

RACQUET SPORTS

FREE G.O. DAY – BADMINTON – BEGINNER – FOR GIRLS – YOUTH

Learn various serves, forehand and backhand grips plus other badminton basics. Combine the skills and knowledge learned in this class to play this fun and interactive game. *Registration required.*

Steveston Community Centre **13–18yrs**
Mar 21 M..... 5:00-6:00pm..... 141895

FREE G.O. DAY – PICKLEBALL – FOR GIRLS AND WOMEN – YOUTH AND ADULTS

Learn the rules and basic techniques of this increasingly popular game that combines ping pong, tennis and badminton on a badminton size court. This a fun, simple and fast-paced program is designed for beginners of all ages. *Registration required.*

Sea Island Community Centre **13yrs+**
Mar 29 Tu..... 6:00-7:30pm..... 142212

FREE G.O. DAY – TENNIS – BEGINNER – FOR GIRLS – YOUTH

Learn basic tennis techniques that develop hand-eye coordination, footwork and ball control skills. *Registration required.*

Steveston Community Centre **13–18yrs**
Mar 29 Tu..... 5:30-6:30pm..... 141896

SPORTS

FREE G.O. DAY – VOLLEYBALL – FOR GIRLS – YOUTH

Improve game play in this session that include mini games and a fun and non-competitive atmosphere. *Registration required.*

Thompson Community Centre **13–18yrs**
Mar 28 M..... 4:00-5:00pm..... 142124



DROP-IN ACTIVITIES

No registration required!

FREE G.O. DAY – DROP-IN – OPEN GYM – FOR GIRLS – YOUTH

Cambie Community Centre **13–18yrs**
Mar 14–18 M-F..... 3:00-4:30pm
Mar 21–25 M-F..... 3:00-4:30pm

FREE G.O. DAY – DROP-IN – VOLLEYBALL – FOR GIRLS – YOUTH

West Richmond Community Centre **13–18yrs**
Mar 16 W..... 3:00-6:00pm
Mar 18 F..... 3:00-6:00pm

G.O. DAYS in Richmond

18 days of healthy, active lifestyle programs for girls and women – all for free!

March 14–31

These 30+ programs are for all fitness and ability levels. These fun and social sessions are a great opportunity to try something new! So, grab a friend or get ready to make some new ones. Most of the programs require registration, so sign up early to ensure your spot.

Thank you for being a part of G.O. Days 2022!



G.O. Days is a joint initiative by the City of Richmond, Richmond School District No. 38, Vancouver Coastal Health and various community associations and societies.

www.richmond.ca/goday



Richmond Arts Centre



G.O. DAY

Girls Only Lifestyle Expo

www.richmond.ca/goday



PRIORITY REGISTRATION

For G.O. Days bag recipients only

Mar 7 - 8:30am-5:00pm

Mar 8 - 8:30am-5:00pm

Mar 9 - 8:30am-noon

Registration Call Centre only

- 604-276-4300, Mon-Fri, 8:30am-5:00pm

PUBLIC REGISTRATION

For all girls and women

Mar 9 - starts at noon

Mar 10-31 - ongoing

3 ways to register:

- www.richmond.ca/register
- 604-276-4300, Mon-Fri, 8:30am-5:00pm
- In-person at any community facility

AQUATICS

FREE G.O. DAY – AQUAFIT – FOR GIRLS AND WOMEN – YOUTH AND ADULTS

Splash and dash to upbeat music for exercise and fun in this class led by an Aquafit instructor. No experience necessary. *Registration required.*

Watermania	13+yrs
Mar 19 Sa 8:30-9:15pm	141865
Mar 26 Sa 8:30-9:15pm	141866

FREE G.O. DAY – MERMAID SWIM – FOR GIRLS – YOUTH

Pull on a sparkly mermaid tail over a bathing suit, learn some safety skills and then have fun exploring the Wave Pool with new mermaid friends. This program includes pool admission and use of a fabric mermaid tail and monofin (a variety of sizes fit children to adult 3x). Ability to float, glide, roll over and swim underwater recommended. *Registration required.*

Watermania	13-18yrs
Mar 19 Sa 7:30-8:30pm	142299
Minoru Centre for Active Living	13-18yrs
Mar 21 M 11:00am-12:00pm	142294



FREE G.O. DAY – POWER WATER WALKING – FOR GIRLS – YOUTH

Wade through the River Channel for a unique water-resistant workout and fun challenge. *Registration required.*

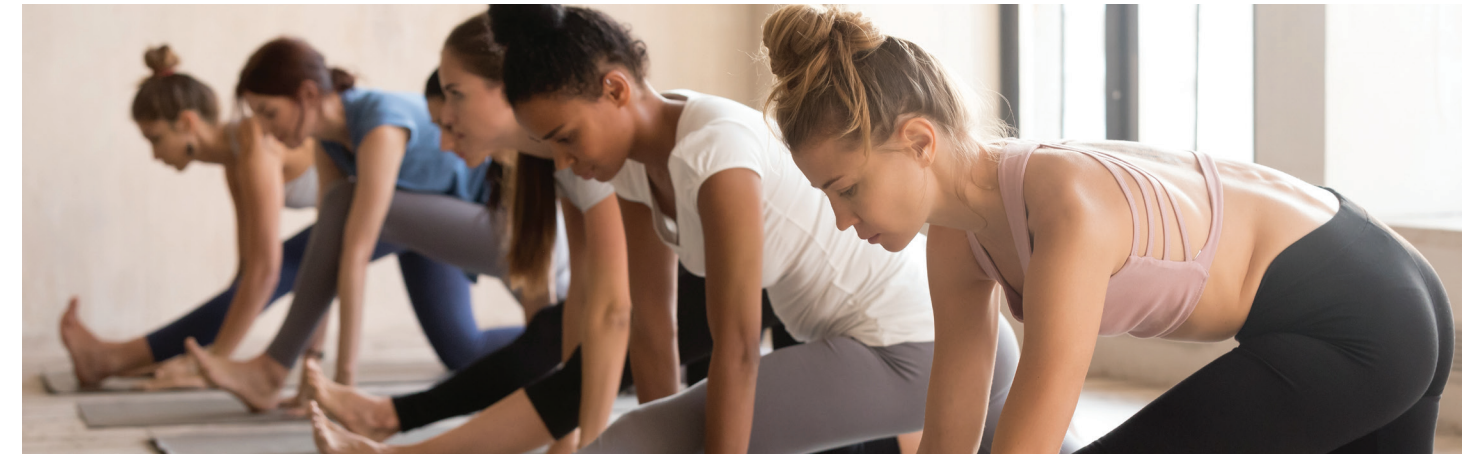
Minoru Centre for Active Living	13-18yrs
Mar 26 Sa 10:00-10:45am	141862

ARENAS

FREE G.O. DAY – SKATING LESSON – FOR GIRLS – YOUTH

Work with a Learn to Skate Instructor in this fun, single session tailored to individual skill level and ability. Skate and helmet rentals available. *Registration required.*

Minoru Arenas	12-15yrs
Mar 14 M 11:00-11:45am	141184
Mar 16 W 12:15-1:00pm	141202
Mar 22 Tu 11:00-11:45am	141204



DANCE

FREE G.O. DAY – BALLET – FOR GIRLS – YOUTH

Learn basic ballet techniques that improve coordination, balance, musicality and fluidity of movement while also learning skills that are a complement to other sports and dance styles. *Registration required.*

Richmond Arts Centre	13-18yrs
Mar 22 Tu 3:30-4:30pm	141708
Mar 24 Th 3:30-4:30pm	141709

FREE G.O. DAY – DANCING QUEEN – INTERGENERATIONAL – FOR GIRLS AND WOMEN – CHILDREN, YOUTH AND ADULTS

Get fit to current tunes in this fitness-like dance program for girls and women facilitated by a certified group fitness instructor. *Registration required.*

City Centre Community Centre	6yrs+
Mar 20 Su 12:30-1:30pm	141920

FREE G.O. DAY – HIP HOP – FOR GIRLS – CHILDREN AND YOUTH

Move to the newest beats in this easy-going and social session. *Registration required.*

Thompson Community Centre	13-18yrs
Mar 22 Tu 3:00-4:00pm	142229

Sea Island Community Centre	9-18yrs
Mar 28 M 5:45-6:45pm	142205

FREE G.O. DAY – JAZZ DANCING – BEGINNER – FOR GIRLS – YOUTH

Explore this popular and energetic dance form that is characterized by syncopated rhythms. Pre-requisite: Some previous dance experience. *Registration required.*

Steveston Community Centre	13-18yrs
Mar 21 M 1:00-2:00pm	141915

FREE G.O. DAY – TAP DANCING – BEGINNER – FOR GIRLS – YOUTH

Develop basic tap techniques in this fun, introductory class. No experience required. Bring tap or hard sole shoes. *Registration required.*

Steveston Community Centre	13-18yrs
Mar 22 Tu 1:00-2:00pm	141916

FITNESS

FREE G.O. DAY – HOOP PLAY – FOR GIRLS – YOUTH

Spin, twirl, dance and play with adult-sized hoops. All fitness and ability levels welcome. No experience required. Hoops provided. *Registration required.*

Minoru Centre for Active Living	13-18yrs
Mar 25 F 2:00-3:00pm	141863

FREE G.O. DAY – KICK BOXING DRILLS AND SKILLS – FOR GIRLS – YOUTH

Improve cardiovascular strength and conditioning using a variety of boxing equipment and techniques for a full body workout. All fitness levels welcome. *Registration required.*

South Arm Community Centre	13-18yrs
Mar 16 W 3:30-4:30pm	141869

Thompson Community Centre	13-18yrs
Mar 23 W 3:00-4:00pm	142228

FREE G.O. DAY – YOGA – FOR GIRLS – YOUTH

Gain flexibility, strength and confidence in these private and non-intimidating sessions. *Registration required.*

South Arm Community Centre	13-18yrs
Mar 25 F 11:30am-12:30pm	141868

Sea Island Community Centre	13-18yrs
Mar 30 W 3:30-4:30pm	142208

FREE G.O. DAY – ZUMBA® – FOR GIRLS – YOUTH

Move to zesty Latin and international music in this dance fitness program that offers a great cardiovascular workout with easy to follow routines. *Registration required.*

Cambie Community Centre	13-18yrs
Mar 23 W 2:00-2:45pm	141825
Mar 28 M 1:00-2:00pm	141824