

## Participation Information

- Register with Ian Yeung
- Please come with runners, track pants, T-shirt or other sportswear.
- Monthly fee of \$5.
- Fee must be paid in full prior to class commencement

**Time:** Friday, 1:00 to 2:00 PM

**Location:** Activity Room, RCD

For more info please call  
Ian at 604-232-2404  
email: [ian@rcdrichmond.org](mailto:ian@rcdrichmond.org)

Richmond Centre for Disability,  
#842 - 5300, No.3 Rd  
Lansdowne Centre  
Richmond, BC V6X 2X9  
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## RICHMOND CENTRE FOR DISABILITY



## FUNdamental Skills Exercise Activity

RCD is now offering an exercise activity for members only. The goal of this activity is to help participants develop and improve their functional skills, which help them perform activities of daily living with more ease and confidence. In this activity, participants will form friendship, teamwork and have FUN in a safe and supportive environment.

## Schedule

First class on February 1<sup>st</sup>

Every Friday from  
1:00 – 2:00 pm

## Course Focus

- Flexibility
- Balance
- Coordination
- Motor Control
- Strength



## **FUNDamental Skills Exercise is:**

- For RCD members only.
- A wonderful activity for staying in shape.
- A great place to socialize and meet new friends.
- For you to stay physically fit.
- For you to have fun.

## **What to Bring**

- Yourself
- \$5.00 Monthly Fee
- Sportswear
- Water