



CLINIC LOCATION	CLINIC TIME	ADDRESS	REGISTRATION #	PROGRAMS OFFERED
VANCOUVER				
Britannia Community Centre	Mondays 6:00 PM	1661 Napier Street, Vancouver, B.C., V5L4X4	604-718-5800	Walk10K, LearnToRun10K, Run10KStronger, NordicWalk10K
Coal Harbour Community Centre	Sundays 10:15AM	480 Broughton Street, Vancouver, B.C., V6G3H4	604-718-8222	Walk10K, LearnToRun10K, Run10KStronger
Creekside Community Rec Centre	Thursdays 7:00 PM	1 Athletes Way, Vancouver, B.C., V5Y0B1	604-257-3050 ext. 2	Walk10K, LearnToRun10K, Run10KStronger
Dunbar Community Centre	Sundays 9:00 AM	4747 Dunbar Street, Vancouver, B.C., V6S2H2	604-222-6060	NordicWalk10K, Walk10K, LearnToRun10K, Run10KStronger
False Creek Community Centre	Saturdays 9:15AM	1318 Cartwright Street, Vancouver, B.C., V6H6R8	604-257-8195	Walk10K, LearnToRun10K, Run10KStronger
Hillcrest Community Centre	Wednesdays 6:45 PM	4575 Clancy Loranger Way, Vancouver, B.C. V5Y2M4	604-257-8680	LearnToRun10K
Kerrisdale Community Centre	Mondays 6:30 PM	5851 West Boulevard, Vancouver, B.C., V6M3W9	604-257-8100	NordicWalk10K, Walk10K, LearnToRun10K, Run10KStronger
Kitsilano Community Centre	Sundays 9:30 AM	2690 Larch St, Vancouver, BC V6K 4K9	604-257-6976 ext. 1	Walk10K, LearnToRun10K, Run10KStronger
Renfrew Park Community Centre	Saturdays 9:00 AM	2929 East 22nd Avenue, Vancouver, B.C., V5M2Y3	604-257-8388	LearnToRun10K, Run10KStronger
Roundhouse Community Centre	Tuesdays 6:30 PM	181 Roundhouse Mews, Vancouver, B.C., V6Z2W3	604-713-1800	LearnToRun10K, Run10KStronger, Walk10K
Sitka Physio and Wellness Clinic	Wednesdays 5:15 PM	Fairmont Hotel Vancouver, Lower Level Suite 12, 900 West Georgia Street, Vancouver, B.C., V6C2W6	604-558-2222	LearnToRun10K, Run10KStronger
Sunset Community Centre	Sundays 9:00 AM	6810 Main Street, Vancouver, B.C., V5X0A1	604-718-6508	NordicWalk10K, Walk10K, LearnToRun10K, Run10KStronger
Trout Lake Community Centre	Mondays 6:30 PM	3360 Victoria Drive, Vancouver, B.C., V5N4M4	604-257-6955	Walk10K, LearnToRun10K, Run10KStronger
West Point Grey Community Centre	Sundays 9:15 AM	4397 West 2nd Avenue, Vancouver, B.C., V6R1K4	604-257-8140	Walk10K, LearnToRun10K, Run10KStronger
BURNABY				
Bonsor Recreation Complex	Sundays 9:00 AM	6550 Bonsor Avenue, Burnaby, B.C., V5H3G4	604-297-4597	Walk10K, LearnToRun10K, Run10KStronger
Burnaby Lake Sports Complex	Wednesdays 9:30 AM	3677 Kensington Avenue, Burnaby, B.C., V5B4Z6	604-297-4521	NordicWalk10K, Walk10K, LearnToRun10K
Cameron Recreation Centre	Sundays 8:30 AM	9523 Cameron Street, Burnaby, B.C., V3J1L6	604-297-4452	Walk10K, LearnToRun10K
Edmonds Community Centre	Saturdays 8:45 AM	7433 Edmonds Street, Burnaby, B.C., V3N1B1	604-297-4838	Walk10K, LearnToRun10K, Run10KStronger
TRICITIES				
Pinetree Community Centre	Sundays 8:45 AM	1260 Pinetree Way, Coquitlam, B.C., V3B7Z4	604-927-6928	Walk10K, LearnToRun10K, Run10KStronger
Poirier Sports and Leisure Centre	Thursdays 6:30 PM	630 Poirier Street, Coquitlam, B.C., V3J6B1	604-927-4386	Walk10K, LearnToRun10K, Run10KStronger
Port Moody Recreation Complex	Saturdays 8:30 AM	300 Ioco Road, Vancouver, B.C., V3H2V9	604-469-4556	Walk10K, LearnToRun10K, Run10KStronger
Queens Park Arena	Tuesdays 6:30 PM	103 3rd Ave. New Westminster, BC V3L 1L7	604-777-5111	NordicWalk10K, Walk10K, LearnToRun10K, Run10KStronger
Queensborough Community Centre	Sundays 9:00 AM	920 Ewen Street, New Westminster, B.C., V3M5C8	604-525-7388	NordicWalk10K, Walk10K, LearnToRun10K, Run10KStronger
RICHMOND/DELTA				
Ladner Community Centre	Thursdays 6:30 PM	4734 51st Street, Delta BC, V4K 3R8	604-952-3000	NordicWalk10K, Walk10K, LearnToRun10K, Run10KStronger
Muscle Memory	Sundays 8:30 AM	5670 12th Ave, Tsawwassen, B.C., V4L1C4	604-948-3488	NordicWalk10K, Walk10K, LearnToRun10K, Run10KStronger
North Delta Recreation Centre	Tuesday 6:00 PM	11415 84th Ave., Delta BC, V4C 2L9	604-952-3000	NordicWalk10K, Walk10K, LearnToRun10K, Run10KStronger
Richmond Olympic Oval	Tuesdays 6:30 PM	6111 River Road, Richmond, BC, V7C0A2	778-296-1400	Walk10K, LearnToRun10K, Run10KStronger
South Arm Community Centre	Wednesdays 6:30 PM	8088 Williams Road, Richmond, B.C., V7A1G6	604-238-8060	Walk10K, LearnToRun10K, Run10KStronger
Steveston Community Centre - Japanese Cultural Centre	Fridays 9:30 AM	4111 Moncton Street, Richmond, B.C., V4C2H7	604-276-4300	NordicWalk10K, Walk10K, LearnToRun10K, Run10KStronger
Steveston Community Centre	Sundays 8:30 AM	4111 Moncton Street, Richmond, B.C., V4C2H7	604-276-4300	NordicWalk10K, Walk10K, LearnToRun10K, Run10KStronger
West Richmond Community Centre	Saturdays 9:15 AM	9180 No. 1 Road, Richmond, B.C., V7E6L5	604-238-8400	NordicWalk10K, Walk10K, LearnToRun10K, Run10KStronger
NORTH SHORE AND COAST				
Bowen Island Community Recreation	Saturdays 8:30 AM	1041 Mt Gardner Road, Bowen Island, B.C., V0N1G0	604-947-2216	NordicWalk10K, Walk10K, LearnToRun10K, Run10KStronger
Brennan Park Recreation Centre	Saturdays 9:00 AM	1009 Centennial Way, Squamish, B.C., V0N1T0	604-898-3604	NordicWalk10K, Walk10K, LearnToRun10K, Run10KStronger
Delbrook Community Recreation Centre	Mondays 7:00 PM	600 West Queens Road, North Vancouver, B.C., V7N 2L3	604-987-7529	Walk10K, LearnToRun10K, Run10KStronger
Gibsons & Area Community Centre	Sundays 9:15 AM	700 Park Avenue, Gibsons, B.C., V0N1V0	604-885-7529	NordicWalk10K, Walk10K, LearnToRun10K, Run10KStronger
Karen Magnussen Recreation Centre	Sundays 9:00 AM	2300 Kirkston Road, North Vancouver, B.C., V7J1Z6	604-987-7529	NordicWalk10K, Walk10K, LearnToRun10K, Run10KStronger
Parkgate Community Centre	Wednesdays 6:30 PM	3625 Banff Court, North Vancouver, B.C., V7H2Z8	604-987-7529	NordicWalk10K, Walk10K, LearnToRun10K, Run10KStronger
West Vancouver Community Centre	Sundays 9:00 AM	2121 Marine Drive, West Vancouver, B.C., V7V4Y2	604-925-7270	NordicWalk10K, Walk10K, LearnToRun10K, Run10KStronger
SURREY/LANGLEY				
Chuck Bailey Recreation Centre	Saturdays 9:30 AM	13458 107 A Avenue, Surrey, B.C., V3T2X3	604-501-5100	Walk10K, LearnToRun10K, Run10KStronger
Cloverdale Recreation Centre	Tuesdays 6:30 PM	6188 176 Street, Surrey, B.C., V3S4E7	604-501-5100	LearnToRun10K
Fleetwood Community Centre	Saturdays 8:30 AM	15996 84th Avenue, Surrey, B.C., V4N0W1	604-501-5100	NordicWalk10K, Walk10K,
Fraser Heights Recreation Centre	Saturdays 8:30 AM	10588 - 160 Street, Surrey, BC V4N 0A1	604-501-5100	NordicWalk10K, Walk10K, LearnToRun10K, Run10KStronger
South Surrey Recreation Centre	Sundays 8:30 AM	14601 20Avenue, South Surrey, B.C., V4A9P5	604-501-5100	NordicWalk10K, Walk10K, LearnToRun10K, Run10KStronger
Tong Louie Family YMCA	Sundays 9:00 AM	14988 57th Avenue, Surrey, B.C., V3S8W7	604-575-9622	Walk10K, LearnToRun10K, Run10KStronger
Walnut Grove Community Centre	Sundays 9:30 AM	8889 Walnut Grove Way, Langley, B.C., V1M2N7	604-882-0408	Walk10K, LearnToRun10K, Run10KStronger
FRASER VALLEY				
Aldergrove Kinsmen Community Centre	Saturdays 8:45 AM	26770 29 Avenue, Langley, B.C., V4W3B8	604-533-6144	Walk10K, LearnToRun10K, Run10KStronger
Chilliwack Landing Leisure Centre	Wednesdays 6:00 PM	#1 - 9145 Corbould Street, Chilliwack, B.C., V2P4A6	604-793-7946	NordicWalk10K, Walk10K, LearnToRun10K, Run10KStronger
Mission Leisure Centre	Sundays 10:00 AM	7650 Grand Street, Mission, B.C., V2V3T3	604-820-5350	Walk10K, LearnToRun10K, LearnToRun10K
Pitt Meadows Recreation Centre	Wednesdays 6:30 PM	12027 Harris Road, Pitt Meadows, B.C., V3Y2B5	604-465-2470	Walk10K, LearnToRun10K, Run10KStronger
W.C. Blair Recreation Centre	Saturdays 8:30 AM	22200 Fraser Highway, Langley, B.C., V3A7T2	604-533-6170	Walk10K, LearnToRun10K, Run10KStronger
THOMPSON OKANAGAN				
Kamloops: Heritage House	Saturdays 8:30 AM	100 Lorne Street, Kamloops, B.C., V2C1W1	250-828-3500	LearnToRun10K
PacificSport Okanagan	Tuesdays 6:00 PM	Kinsmen Fieldhouse 3975 Gordon Dr. Kelowna, BC V1W 4M8	250-469-8800	Walk10K, LearnToRun10K, Run10KStronger
Penticton Community Centre	Saturdays 9:00 AM	325 Power Street, Penticton, B.C., V2A7K9	250-490-2426	Walk10K, LearnToRun10K, Run10KStronger