Jointly operated by the Vancouver Board of Parks and Recreation and the Grandview Community Centre Association

TROUT LAKE COMMUNITY CENTRE

SPRING 2016 Recreation Guide
April 4 – June 30

It's your hub!

Photo: Erin Pasternak

VANCOUVER BOARD OF PARKS AND RECREATION

Jointly operated by the Vancouver Board of Parks and Recreation and the Grandview Community Centre Association
Celebrate Hanami at TLCC! Hanami is an important Japanese custom and is held all over Japan in spring. Hanami means viewing flowers. Hanami dates back to more than one thousand years ago when aristocrats enjoyed looking at beautiful cherry blossoms and wrote poems. Today, people in Japan celebrate by viewing the cherry blossoms and having picnics under the beautiful blossoming trees.

At TLCC we will celebrate with traditional performances, Aikido demonstrations, taste traditional tea from a TLCC pottery cup that you can purchase for $3.00, taste traditional food, origami and crafts for the kids. Bring a picnic to enjoy under the Cherry Blossom tree located on the north side of the building. Enjoy this family fun event. Please pre register.

**Schedule of events**

**Sunday**

**April 10**

10:30 AM-1:30 PM

**Free**

Grandview and Lakewood Room 44380

**Hanami — Japanese Cherry Blossom Celebration**

**10:30-1:30pm**

*ON GOING ACTIVITIES:*
- Origami and Cherry Blossom Arts & Crafts, TLCC handmade pottery cups $3.00 and tea, Ikebana (flower arrangement), Kimono demonstration, Japanese Food Trucks

**10:35-11:20am**

*Japanese Tea Ceremony*
- Demonstration with Omote Senke

**11:30-12:00pm**

*Performance by Ave Motion*
- Calligrapher - Etsu Essence Inoue
- Shakuhachi - Alcvin Ryuzen Ramos
- Koto - Vi-An Diep

**12:05-12:20pm**

*LIVE KITSUKE (Kimono dressing)*
- Demo with Yoko Matsuno

**12:30-12:35pm**

*AIKIDO DEMONSTRATION*
- Shohei Juku Aikido
- Canada, Aikido Enbu

**12:45-1:00pm**

*CATTLEYA CHORUS, Kuniko Naito, Pianist - Hiroko Sheppard*

**1:05-1:25pm**

*JAPANESE DANCE RECITAL*
- Satsuki.Kai - Nishikawa Kayo

**1:30pm**

*CHERRY BLOSSOM TREE PLANTING CEREMONY*
GRANDVIEW COMMUNITY CENTRE ASSOCIATION

Welcome to Spring! It’s always wonderful to see the flowers reappearing and the light getting longer. We have a great line up coming this year. Our Spring Break Day Camps will be a sure hit as always so make sure you book as earliest as possible. Check out all our programming as I’m sure there’s something for everyone.

I hope that you were able to stop by our Family Day/Anniversary Celebration - this has turned into such a wonderful event that we all look forward to!

We have also had some changes with our Supervisor that I wanted to note. Peter Odynsky has returned to Brittania. I wanted to say how much we enjoyed Peter’s time with us and are very grateful for all that he gave us. We now welcome Alison Cristall as our new Community Recreation Supervisor. Alison was a user of the Centre and is excited to be working here. We wish her great success with us!

Lastly, our Centre was voted Best Community Centre (Westender)! We are very proud and are thrilled to be recognized. Big thanks to staff and Board for a great collaboration!

I wish you all a Happy Spring and look forward to seeing you in the coming months.

Kate Perkins, President

MISSION STATEMENT

Our mandate is to bring together our community to provide accessible recreational, social, educational, and cultural opportunities that promote and develop individual, family and community well being.

GRANDVIEW COMMUNITY CENTRE ASSOCIATION

Our responsibilities include shaping programming, hiring instructors, raising funds, and accessing grants, developing rental policy, advocating for our parks and insuring that decisions affecting the community are made at the grass roots level. The revenue generated through programs and rentals stays in our community and is invested in activities for children, special events, facility enhancements, park programs and artist residencies among other things. The Association advocates for this community on a number of levels and your voice helps us better represent the community. Let us know how this centre can serve you and if and how you would like to be involved. Your contribution can be anywhere from an hour at an event to serving on the Board or one of its committees.

WHY A BOARD?

The GCCA is a non-profit society comprised of community volunteers that jointly operates the Trout Lake Community Centre with the Vancouver Park Board. The Association seeks to make the centre a place where health and wellness is at the forefront of thinking and where a full spectrum of social, physical, arts and culture programs enriches the lives of individuals and their community. Anyone who would like to be involved is invited to contribute. Contact Lora at troutlakecc@vancouver.ca.

BOARD OF DIRECTORS 2015/2016

President .......................... Kate Perkins
Past President .......................... Chris Payne
1st Vice President ....................... Dana McDonald
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Secretary .............................. Heather Armstrong

Members at Large: Bree Cropper, Bethany Elliott, Dana McDonald, Ken Robb, Lisa Kew, Magdalena Szpala, Dorothy Tong
THINGS YOU NEED TO KNOW

3360 Victoria Drive, (between 15th & 19th Ave.) Vancouver, B.C. V5N 4M4
Phone number 604 257-6955

- Cheques accepted for Association programs only. N.S.F. cheques will be assessed a $20 fee.
- NOTE: 7 days notice required for refunds of weekly programs.
- Private Music Lessons: Make up classes will be arranged when the instructor is absent, however, due to the nature of private lessons there are no make ups or partial refunds for student absence.
- Registration is required for most programs and need a minimum to run.
- Programs that do not reach minimum may be cancelled.
- Please verify on receipt course dates, times, prices and location.
- Receipts may be picked up anytime during office hours.
- Registrations are non-transferable and
- You may register for yourself and one other person.

HOW TO REGISTER

In Person/Phone/Online: Wednesday March 16, 9:00am
www.vancouver.ca/troutlakerec

LEISURE ACCESS PROGRAM

The Leisure Access Program allows Vancouver residents who are in financial need to access basic recreation services and programs at reduced cost. Residents who pre-qualify for the LAC program are eligible to receive a OneCard that includes a built-in 50% subsidy that is accepted at all Park Board pools, rinks, fitness centres and for many community centre programs (some conditions and restrictions apply).

If you would like more information about the Leisure Access Program such as the benefits, eligibility, applications procedures please contact a community centre near you or visit us on-line at http://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx.

ASSOCIATION REFUND POLICY

Full refunds will be issued for any programs cancelled by the Centre. Refund requests must be submitted within 24 hours of the completion of the 2nd scheduled class. No other refund requests will be considered without a doctor’s note. All refunds will be pro-rated with an administration fee of $5 applied to each person & program. Please note this policy does not apply to Birthday Party (14 days notice), Personal Training, Workshops and all Camp programs which is 7 days notice. Refunds will be returned by method of payment, with the exception of cash. Cash refunds will be returned by cheque and may take up to 14 days.

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HOURS OF OPERATION

Community Centre Hours
Mon-Fri ............................................. 9:00 am-10:00 pm
Sat & Sun ........................................... 8:00 am-5:00 pm
Office Hours . . Mon-Fri 9:00 am-9:30 pm, Sat & Sun 8:00 am-4:30 pm

Fitness Centre Hours
Mon-Fri ............................................. 6:00 am-10:00 pm
Sat & Sun ........................................... 8:00 am-5:00 pm

Holidays Hours
Community Centre and Fitness Centre
Monday, May 23 .................................... Victoria Day Regular Hours

Ice Rink closed for Skating Season

STAFF

We want your recreation experience to be a positive one. If you have any questions, comments or concerns please contact us.
Troutlakecc@vancouver.ca
Alison Cristall ...................................... Recreation Supervisor
Lora Graham ............................................ Facility Clerk
Eva Srobotnjak .................................... Recreation Programmer
Steve Tautscher .................................... Fitness Programmer
Brittany Wong ...................................... Ice Rink Programmer
Garrett Wong ....................................... Program Assistant III
Bernie Dionne ..................................... Community Youth Worker
Sunny Abebe and Audrey Macaraeg ................. Licensed Preschool
Noel Carino ........................................ Engineer
Three ways to stay organized with your online account

Have you tried the new online registration system yet? Besides registering for your favourite programs and classes, here are some features to keep you organized with the new online system:

Grab your tax receipt
With tax season ahead of us, many of us are preparing documents for filing our taxes. Save time by getting your tax receipts from your online account:
1. Log into your account at recreation.vancouver.ca
2. Click on My Account
3. Click on My Payment Receipts
4. Select and print the receipts you are looking for

Print out your 2015 winter, spring, and summer tax receipts from the previous system at https://pbregister.vancouver.ca/safari_accountoptions.htm

Find your Flexipass details
Not sure when your pass expires or how many drop-in visits you have left? Skip the line and get your Flexipass details:
1. Log into your account at recreation.vancouver.ca
2. Click on My Account
3. Click on My Pass Usage and Expiry Dates

Remember, you can always purchase or renew your Flexipass online.

Go green, email that receipt
For a convenient, hassle-free and green way to keep track of your transactions at the front desk, ask for your receipt to be emailed to you instead.

All Vancouver Park Board community centres, rinks and pools are now using the new system. For more information, visit recreation.vancouver.ca
Parent and Tot Gym  (0-5 yrs)
Join us at this playtime created especially for families. **This is a parent participation drop-in program. Parental supervision required and the ratio of caregiver to child is 1:3. Drop in fee is $3.00, $5.00 for family (2 or more kids). Strip of 10 tickets can also be purchased: single child $24.00, family $40. No session April 19.**
Su M Tu W Th F, 10:00 AM-12:00 PM  Apr03-Jun26
$0.72 sess
Gymnasium - Trout Lake  42470

Parent and Tot Tennis
Wilson Tan
Parents or Guardians are encouraged to participate in the activities that effectively integrate athletic skills development and apply story telling to engage pre-schoolers into learning tennis skills, manners, and courtesies. The Le Petit program is ideally suited and integrated as a pre-cursor to our Kids Progressive Tennis Programs. **No Class May 23.**
(2-3 yrs)
M,10:00 AM-10:45 AM  Apr11-Jun20
$70/10 sess
Gymnasium - South (1/3)  42471

Sportball Junior  (1-2 yrs)
Sportball Vancouver
Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and much more. Children will be introduced to a different sport each week.
W,9:30 AM-10:15 AM  Apr06-Jun08
$183/10 sess
Gymnasium - South (1/3)  42596

Sportball Multi Sport  (3-5 yrs)
Sportball Vancouver
Sportball Multi-Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in the eight core sports of the Sportball methodology.
W,1:00 AM-12:00 PM  Apr06-Jun08
$183/10 sess
Gymnasium - South (1/3)  42597

Sportball Parent and Tot  (2-3 yrs)
Sportball Vancouver
Parent & Child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing.
W,10:15 AM-11:00 AM  Apr06-Jun08
$183/10 sess
Gymnasium - South (1/3)  42598

Tot Soccer
Toni Lo Cascio
Soccer in a fun learning environment where children will learn the basic skills of soccer through fun games and lots of opportunity to touch the ball. **Coached by Toni Lo Cascio trainer and coach with the Grandview Legion Football Club. No class May 20.**
(3.5-4 yrs)
F,10:15 AM-11:00 AM  Apr08-Jun10
$54/9 sess
Gymnasium - South (1/3)  42616

Sportball Parent and Tot  (2-3 yrs)
Sportball Vancouver
Parent & Child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing.
W,10:15 AM-11:00 AM  Apr06-Jun08
$183/10 sess
Gymnasium - South (1/3)  42598

Sportball Parent and Tot  (2-3 yrs)
Sportball Vancouver
Parent & Child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing.
W,10:15 AM-11:00 AM  Apr06-Jun08
$183/10 sess
Gymnasium - South (1/3)  42598

Rhythmic Gymnastics  (4-6 yrs)
Elite Gymnastics
Rhythmic gymnastics combines the grace of ballet and the strength of artistic gymnastics. Participants will learn basic body movements of apparatus technique while moving to various musical rhythms. This is a wonderful sport to test hand-eye coordination, balance, agility, flexibility, and rhythm. **No class May 22.**
F,3:55 PM-4:40 PM  Apr08-Jun17
Elm Room  42564
Su,1:00 PM-1:45 PM  Apr10-Jun19
Elm Room  42565
Su,1:45 PM-2:30 PM  Apr10-Jun19
Elm Room  42566

OPEN HOUSE
April 4
4:00-6:30pm

Trout Lake LICENSED Preschool—2016-2017

NEW STUDENT REGISTRATION

**Registration begins April 11 7:00am**
In-person registration only. Students must pay a non-refundable $25 admin fee and must also pay a deposit (in form of last month, June 2017) on day of registration.

**PRESCHOOL INFORMATION PACKAGES**
will be handed out on April 11 and must be returned May 1 2016.
Please bring your child’s birth certificate.
Note: All parents MUST give a minimum of one months notice (August 1 2016) if child’s spot is not needed for September 2016 or if they will forfeit the deposit. ($25 admin fee is non-refundable).

Audrey and Sunny welcome you to Trout Lake Preschool, where they offer children aged 3 and 4 years old a stimulating, warm and playful educational program.
When we dance together we create an unbreakable bond.

**Ballet Toddler Dance**  
(2-3 yrs)  
Ellie Bishom  
Parent and child will explore circle stretches, story dances, rhythm, traveling steps, and free-form improvisation. Practice moving as a group, cooperating, and following directions. *Ellie looks forward in sharing her love of dance with the Trout Lake Community.*  
W, 9:30 AM-10:00 AM  
Apr06-Jun08  
$46/10 sess  
Cedar Hall 42314  
W, 10:00 AM-10:30 AM  
Apr06-Jun08  
$46/10 sess  
Cedar Hall 42315

**Pre-Ballet Level 1**  
(3-4 yrs)  
Ellie Bishom  
Basic ballet vocabulary, posture, and alignment will be introduced. Practice moving as a group, cooperating, and following directions. Dance with props and costumes and have fun acting stories through dance. *Dancers are encouraged to express themselves creatively as well as to imitate movements and dance patterns.*  
W, 10:30 AM-11:15 AM  
Apr06-Jun08  
$68/10 sess  
Cedar Hall 42354

**Ballet 1A**  
(4-6 yrs)  
Skye Matheson  
An introduction to ballet positions and steps. Students are engaged and entertained while developing musicality and expression. *Skye Matheson is a veteran educator in the performing arts.*  
Su, 12:30 PM-1:15 PM  
Apr10-Jun12  
$68/10 sess  
Cedar Hall 42311  
Su, 2:30 PM-3:15 PM  
Apr10-Jun12  
$68/10 sess  
Cedar Hall 42312

**Creative Ballet With Catherine**  
(3-4 yrs)  
Catherine Andersen  
Explore basic ballet positions and movements while incorporating creative dance, imagination, and story time. *Please wear fitted, stretchy clothing and ballet slippers. Child must be able to take class unaccompanied by an adult.*  
W, 1:00 PM-1:45 PM  
Apr06-Jun08  
$68/10 sess  
Cedar Hall 42347

**Creative Ballet With Kirby**  
(3-5 yrs)  
Kirby Rae Snell  
We will explore basic ballet positions and movements while incorporating creative dance, imagination, and story time. *Dancers must be able to attend without guardian present. No drop ins.*  
M, 10:00 AM-10:45 AM  
Apr04-Jun13  
$68/10 sess  
Cedar Hall 42348

**Mini Hip-Hop**  
(4-5 yrs)  
Catherine Andersen  
We will dance to big beats, play dance games, learn hip-hop moves and grooves, and have loads of fun in this dance class! Wear comfy clothing and please bring a water bottle and running shoes with non-marking soles. *Dancers must be able to attend without guardian present. No drop ins.*  
Th, 3:30 PM-4:15 PM  
Apr07-Jun09  
$68/10 sess  
Cedar Hall 42447

**Dancing The Parenting**  
(2-3 yrs)  
Julie Lebel  
This program welcomes families who would like to try dancing with their children. The Reggio Emilia inspired class introduces playful and creative exploration of developmental movement patterning and engages parents into their own dancing just as much as the children. *Julie Lebel graduated with a B.F.A. in Dance and is a choreographer specialized in community engaged arts.*  
0-1 yrs  
W, 9:00 AM-9:30 AM  
Apr13-May18  
$48/6 sess  
Elm Room 42357  
2-3 yrs  
W, 8:45 AM-9:30 AM  
Apr13-May18  
$48/6 sess  
Elm Room 42356

When we dance together we create an unbreakable bond.

**My First Dance Class**  
(3-4 yrs)  
Kirby Rae Snell  
Aspiring little dancers will use songs, movement explorations, and games to explore coordination, rhythm, spatial awareness, and cooperation. Parents are required to participate with their little ones. This class is about having fun, working on coordination and becoming comfortable in a dance class environment. *No class May 23.*  
M, 9:15 AM-10:00 AM  
Apr04-Jun13  
$68/10 sess  
Cedar Hall 42460

**Register at vancouver.ca/troutlakerec**  
**Phone: 604 257-6955**

**Programmer: Eva**
Drama Bugs [NEW] (1-3 yrs)
Rebecca Salters
Awaken your child’s imagination while promoting their development of social and motor skills. Enter the world of make believe in this fun drama based class using songs, sign language, stories and movement. **Parent participation is required. Drop in $10.00**
W:9:00 AM-9:45 AM   Apr13-Jun15   $70/10 sess
Maple Room   48540

Drama Bugs [NEW] (3-5 yrs)
Rebecca Salters
A giant, a wizard, an animal! What will you become in this fun filled class? Exploring stories, songs, movement and drama games your little ones will be introduced to the world of theatre and creative play. Building confidence and creative skills while improving concentration and vocabulary. **Drop in $10.00**
W:9:50 AM-10:50 AM   Apr13-Jun15   $70/10 sess
Maple Room   48549

Twinklers Group Fiddle (3-7 yrs)
Tegan Ceschi-Smith
Beginner violin students who are learning how to play and are currently taking individual lessons based on the Suzuki Method and working on Twinkle Twinkle Little Star, Lightly Row, or Song of the Wind. **Bring your foot chart!**
F:4:30 PM-5:00 PM   Apr15, 29, May 13, 27 Jun 03,10   $60/6 sess
$60/6 sess   42621

Suzuki Book 1 Beginner Fiddlers Group (5-12 yrs)
Tegan Ceschi-Smith
Group class for beginner violin students who are currently taking individual lessons based on the Suzuki Method and who are currently working on pieces from Suzuki Book 1 from Go Tell Aunt Rody to Gavotte by Gossec.
F:5:15 PM-5:45 PM   Apr15, 29, May 13, 27 Jun 03,10   $60/6 sess
$60/6 sess   42606

Family Fiddle Group (3-100 yrs)
Tegan Ceschi-Smith
Join Donna and her friends Beethoven Bear and Mozart Mouse in a fun musical adventure. This group lesson includes: singing, listening, movement, rhythm activities, and beginning activities on the keyboard. **Materials purchased separately.**
Th:10:30 AM-11:30 AM   Apr07-May12   $118/6 sess
Maple Room   42638
Th:10:30 AM-11:30 AM   May19-Jun16   $98/5 sess
Maple Room   46813
Th:11:35 AM-12:35 PM   Apr07-May12   $118/6 sess
Maple Room   46814
Th:11:35 AM-12:35 PM   May19-Jun16   $98/5 sess
Maple Room   46816

Tiny Tot Musical Adventure (1-3 yrs)
Lydia Leung
Get the rhythm and beat, come on and dance on our feet. Shakers and sticks and songs oh my! We will give music, singing and dancing a try! **No class May 22.**
Su,10:00 AM-10:45 AM   Apr10-Jun19   $70/10 sess
Elm Room   42613

Grow With Music (0-3 yrs)
Andrea Unrau
Sing, dance, and learn with your little one! Use xylophones, blocks, drums, shakers, feet, voices and more to explore music. **Parent participation required (max 8 children per parent; siblings 3 months and under attend free). Registration includes music CD and parent education booklet. No class May 19.**
Th,9:30 AM-10:15 AM   Apr28-Jun02   $65/5 sess
Elm Room   42403

Young Piano Group Lessons [NEW TIMES] (4-5 yrs)
Donna Huang
Drama Bugs Parent & Tot [NEW] (1-3 yrs)
Rebecca Salters
Join Donna and her friends Beethoven Bear and Mozart Mouse in a fun musical adventure. This group lesson includes: singing, listening, movement, rhythm activities, and beginning activities on the keyboard. **Materials purchased separately.**
Th,10:30 AM-11:30 AM   Apr07-May12   $118/6 sess
Maple Room   42638
Th,10:30 AM-11:30 AM   May19-Jun16   $98/5 sess
Maple Room   46813
Th,11:35 AM-12:35 PM   Apr07-May12   $118/6 sess
Maple Room   46814
Th,11:35 AM-12:35 PM   May19-Jun16   $98/5 sess
Maple Room   46816

Music Together (0-5 yrs)
Westside Music Together
Come dance and sing together! You will find happy village folk songs, Korean lullabies, calypso rhythms, bells, triangles, train whistles, shakers, rhythm sticks, scarves, and instruments galore! **All this with a developmentally appropriate, research based curriculum taught by a registered Music Together® teacher. Siblings $100. Siblings 6 months. and under free!**
Tu,9:30 AM-10:15 AM   Apr12-Jun14   $160/10 sess
Willow Room   42454
Tu,10:30 AM-11:15 AM   Apr12-Jun14   $160/10 sess
Willow Room   42456
Tu,11:30 AM-12:15 PM   Apr12-Jun14   $160/10 sess
Willow Room   42458

Roya-Elm Room
F,9:30 AM-10:15 AM   Apr15-Jun17   $190/10 sess
Elm Room   42457
F,10:30 AM-11:15 AM   Apr15-Jun17   $190/10 sess
Elm Room   42458
F,11:30 AM-12:15 PM   Apr15-Jun17   $190/10 sess
Elm Room   42459

Piano, Fiddle & Violin 30 Minute Private (4+ yrs)
There will be an extra cost for books. Please pay the instructor. Go to page 15 for detailed information.

You learn a lot about people when you listen to the songs that mean something to them.
ART PROGRAMS “with” Sun Rey
Sun Rey has been teaching art to children since 1990. Sun Rey has been working with children for over 20 years at day care centres and operating her own Art Academy and she has a diploma in Craft Art.

Art & Music Together (1-5 yrs)
Sun Rey Han
A wonderful way to start your child with art and music. Sun Rey will introduce children to finger-painting, abstract art, colouring, collage, peeling stickers, gluing, stamping, clay modeling and origami. There will be time set aside for sing along with movement, storytelling as well as play time. **Drop in $9.00. No class May 23.**

Art & Music Together with Sun Rey Han
A wonderful way to start your child with art and music. Sun Rey will introduce children to finger-painting, abstract art, colouring, collage, peeling stickers, gluing, stamping, clay modeling and origami. There will be time set aside for sing along with movement, storytelling as well as play time. **Drop in $9.00. No class May 23.**

Exploring Art Together (1-5 yrs)
Sun Rey Han
Calling all young artists to discover the pure joy and absolute excitement of creating original art through creative activities designed to enhance their motor skills complemented with inspiring storytelling, poetry, sing-along and a bonus of having Mommy or Daddy right there. **Drop in $9.00.**

Creativity is seeing what everyone else has seen, and thinking what no one else has thought!

Exploring Art Together with Sun Rey Han
Calling all young artists to discover the pure joy and absolute excitement of creating original art through creative activities designed to enhance their motor skills complemented with inspiring storytelling, poetry, sing-along and a bonus of having Mommy or Daddy right there. **Drop in $9.00.**

Create & Imagine Together (2-5 yrs)
Sun Rey Han
Bring out the creative nature in your special little ones in a fun creative family environment. Come for an hour of Arts, Painting, Colouring, Collage and sticker art. Each class will also include storytime, free play and sing-along songs that everybody knows & loves. **Drop in $9.00.**

Parent & Child Pottery (5-105 yrs)
Myriam Duchesne
A class to bond with your loved one whether they are 5 or 105. This class is designed to make collaborative projects while learning basic beginner pottery techniques. Make creative keepsakes and memories with your child or parent. Family friendly atmosphere. **Price is for two people.**

Fun Family Pottery For All Ages
Laura Van Der Linde
Children’s creativity, fine motor skills and socializing will be encouraged through exploration in clay. Little ones will learn the basic techniques like pinching, coiling and slapping. **Pieces will be painted with slip and glazed. Focus in this class is play not product. Parent must attend.**

Child Care (1-5 yrs)
Terry So
Child care provides an opportunity for your child to play while you visit a dance, yoga, fitness centre, or other program. Pre-registration fees are non-transferable. Parents must remain onsite. **Space is limited to 6 children and drop in if there is space $15.00.**

**Register at vancouver.ca/troutlakerec**
**Phone: 604 257-6955**
**Programmer: Eva**
The Reading Tree (3-5 yrs)  
Debbie Leboe  
Early Literacy Program assisting with kindergarten readiness. Develop alphabet letter and sound recognition, vocabulary and critical thinking skills. No drop ins.  
Tu, 10:00 AM-11:00 AM  Apr 12-Jun 07  $85/9 sess  
Maple Room  51712

Art & Science Together (4-7 yrs)  
Sun Rey Han  
This awesome science and art class is a great way to teach science by using art. At the end of the program students will take home a scrapbook full of their art and science made in class. Drop in $9.00. No class May 23.  
M, 4:45 PM-5:45 PM  Apr 04-Jun 13  $85/10 sess  
Art Studio  51549

Weaving Lives Together: A Textile Media Project  
Intergenerational Project 5+yrs  
Mariana Frochtengarten  
Develop and explore your personal artistic talents! You will experiment with a variety of textile media such as dyeing, embroidering, applique and printing. You will make unique pieces to take home. No experience required and any previous experience is welcome! All supplies included. Children under 12 must be accompanied by an adult. Mariana Frochtengarten is a teacher, textile artist, and specializes mainly in resist manual dyeing methods.  
M, 6:30 PM-8:30 PM  Apr 04-Jun 13  $40.00/person/10 sess  
Grandview Room  42628  
F, 10:00 AM-12:00 PM  Apr 15-Jun 17  $36.00/person/10 sess  
Kitchen  42629

Spanish Pompitas (3-5 yrs)  
Isabel Mendo Giner  
This entertaining and educational language program is taught through music, art, games, story tales and culture. Kids Spanish lessons are an immersion of activities and games. Isabel Mendo was born in Spain and has a Degree in Education and 12 years of experience working with children. Drop in $12.00.  
Tu, 9:30 AM-10:45 AM  Apr 05-Jun 07  $89/10 sess  
Art Studio  42591  
Tu, 11:00 AM-12:15 PM  Apr 05-Jun 07  $89/10 sess  
Art Studio  42592  
Th, 9:30 AM-10:45 AM  Apr 07-Jun 09  $89/10 sess  
Art Studio  42593  
Th, 11:00 AM-12:15 PM  Apr 07-Jun 09  $89/10 sess  
Art Studio  42594

La Petit Ecole (4-6 yrs)  
Nadia Lafortune  
Learn all things French through songs, games, and stories. We will learn new vocabulary and then reinforce with organized games, arts or crafts, nature interpretation, songs, show and tell, games and more! Nadia is from Montreal and has been teaching French for over 10 years. Drop in $12.00.  
Sa, 9:30 AM-10:30 AM  Apr 09-Jun 11  $79/10 sess  
Spruce Room  42426  
Sa, 10:45 AM-11:45 AM  Apr 09-Jun 11  $79/10 sess  
Spruce Room  42425

Out and About Adventures (3-6 yrs)  
Cara Agro  
Children will be required to dress to be comfortable outdoors in the rain/cold, mud/muck and bring a small backpack and a nut-free snack. A list of clothing will be provided. Class meets at the picnic shelter outside of facility. Cara teaches Fresh Air Learning out of Pacific Spirit Park in Vancouver. Cara has completed the Early Childhood Diploma. www.outandaboutadventures.org. No class May 23.  
M, 2:00 PM-4:00 PM  Apr 04-Jun 13  $190/10 sess  
Outside – Picnic Shelter  42465  
M, 10:30 AM-12:30 PM  Apr 04-Jun 13  $190/10 sess  
Outside – Picnic Shelter  42466  
M, 4:30 PM-6:30 PM  Apr 04-Jun 13  $190/10 sess  
Outside – Picnic Shelter  53006

Spanish Storytelling & Music (2-5 yrs)  
Maura Camino  
Parent and child will learn words, expressions, animals, songs and stories in a musical environment. Kids can dance, play, make instruments and learn Spanish. Drop in $7.00.  
F, 10:00 AM-11:00 AM  Apr 08-Jun 10  $60/10 sess  
Maple Room  42595

### Little Einsteins Camp

**Isabel Mendo Giner**

Each day will be filled with a new theme and exciting activities. Please bring a healthy snack and drink. Please note this program is a peanut free zone. Children must be able to stay on their own and be toilet trained. *Please fill out waiver form first day of camp. Drop in $20.00.*

<table>
<thead>
<tr>
<th>Camp</th>
<th>Days</th>
<th>Dates</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun Sea, Sand</td>
<td>M Tu W Th F 9:30 AM-11:30 AM</td>
<td>Jul 04-Jul 08</td>
<td>$80/5 sess 53003</td>
</tr>
<tr>
<td>Farm Animals</td>
<td>M Tu W Th F 9:30 AM-11:30 AM</td>
<td>Jul 11-Jul 15</td>
<td>$80/5 sess 53705</td>
</tr>
<tr>
<td>Farm Dinosaurs</td>
<td>M Tu W Th F 9:30 AM-11:30 AM</td>
<td>Jul 18-Jul 22</td>
<td>$80/5 sess 53710</td>
</tr>
<tr>
<td>Fun Science Experiments</td>
<td>M Tu W Th F 9:30 AM-11:30 AM</td>
<td>Jul 25-Jul 29</td>
<td>$80/5 sess 53711</td>
</tr>
<tr>
<td>Mountains &amp; Forests</td>
<td>M Tu W Th F 9:30 AM-11:30 AM</td>
<td>Aug 02-Aug 05</td>
<td>$64/4 sess 53714</td>
</tr>
<tr>
<td>Space &amp; Planets</td>
<td>M Tu W Th F 9:30 AM-11:30 AM</td>
<td>Aug 08-Aug 12</td>
<td>$80/5 sess 53715</td>
</tr>
<tr>
<td>Flowers &amp; Fairies</td>
<td>M Tu W Th F 9:30 AM-11:30 AM</td>
<td>Aug 15-Aug 19</td>
<td>$80/5 sess 53716</td>
</tr>
<tr>
<td>Safari Adventures</td>
<td>M Tu W Th F 9:30 AM-11:30 AM</td>
<td>Aug 22-Aug 26</td>
<td>$80/5 sess Preschool Room 53718</td>
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</tbody>
</table>

### Hanami - Japanese Cherry Blossom Celebration

Celebrate Hanami at TLCC! Hanami is an important Japanese custom and is held all over Japan in spring. Hanami means viewing flowers. Hanami dates back to more than one thousand years ago when aristocrats enjoyed looking at beautiful cherry blossoms and wrote poems. Today, people in Japan celebrate by viewing the cherry blossoms and having picnics under the beautiful blossoming trees.

At TLCC we will celebrate with traditional performances, Aikido demonstrations, taste traditional tea from a TLCC pottery cup that you can purchase for $3.00, taste traditional food, origami and crafts for the kids. Bring a picnic to enjoy under the Cherry Blossom tree located on the north side of the building. Enjoy this family fun event. Please pre register.

Su, 10:30 AM-1:30 PM  Apr 10  Free  Grandview and Lakewood Room  44380
MoreSports

Fastbreak Basketball  (9-12 yrs)
Anthony Thai
Learn the FUNdamentals of basketball - dribble, pass and shoot through progressive skill development, role playing and active participation. This program is designed for beginners to intermediate players.

Tu, 3:45 PM-5:00 PM  Apr 12-Jun 14 $30/10 sess
Gymnasium - Trout Lake  42453

MoreSports

Floor Hockey  (8-10 yrs)
Larry Govinhasamy
Come and learn the basics of floor hockey. Focus is on active participation, fair play and skill development. Safety goggles provided and mandatory. All equipment provided. Only cosom hockey sticks are used.

W, 3:45 PM-5:00 PM  Apr 20-Jun 15 $27/9 sess
Gymnasium - South (1/3)  42452

MoreSports

Smash Badminton  (9-12 yrs)
Saif Zaman
We teach the basic FUNdamentals of badminton through skill development, teamwork, and exploring new strokes, strategies, and footwork. Take your game to the next level while having LOTS of fun!

Tu, 3:45 PM-5:00 PM  Apr 12-Jun 14 $30/10 sess
Gymnasium - Trout Lake  42453

MoreSports Mini Soccer

Pedro Reis
No experience is necessary! Soccer boots and shin guards are not provided, however, may be worn if your child has them. Each session will focus on a fundamental skill(s) and/or drill(s) followed by a game. Ending season Tournament Soccer Jam on Saturday June 12. No class on May 22.

(5-6 yrs)
Su, 9:00 AM-10:15 AM  Apr 24-Jun 12 $35/7 sess
Offsite - Van Tech Artificial Turf Field  51800

(7-8 yrs)
Su, 10:30 AM-11:45 AM  Apr 24-Jun 12 $35/7 sess
Offsite - Van Tech Artificial Turf Field  51805

(9-10 yrs)
Su, 12:15 PM-1:45 PM  Apr 24-Jun 12 $35/7 sess
Offsite - Van Tech Artificial Turf Field  51807

(11-12 yrs)
Su, 12:15 PM-1:45 PM  Apr 24-Jun 12 $35/7 sess
Offsite - Van Tech Artificial Turf Field  51809

Toni’s Soccer

Toni Lo Cascio
Soccer in a fun learning environment where children will learn the basic skills of soccer through fun games and lots of opportunity to touch the ball! On sunny days, classes will be outside. Coached by Toni Lo Cascio trainer and coach with the Grandview Legion Football Club. No class May 21.

(5-6 yrs)
Sa, 10:30 AM-11:30 AM  Apr 09-Jun 11 $81/9 sess
Gymnasium - North (2/3)  42614

(7-8 yrs)
Sa, 11:30 AM-12:45 PM  Apr 09-Jun 11 $99/9 sess
Gymnasium - North (2/3)  42615

(9-12 yrs)
Su, 10:00 AM-11:30 AM  Apr 10-Jun 12 $99/9 sess
Outside Facility  52997
Kids Tennis
Wilson Tan
Our programs take Progressive Tennis in an open skills environment allowing development important to improving your tennis. Our values in the areas Character-Conditioning-Competency. You will learn: 1.0-1.5, about basic skills and competencies to play tennis. All Progressive Tennis Programs use modified equipment scaled to suit the child’s physical size and age. Modified equipment include smaller racquets. No class May 22.

1.0-1.5 (5-7 yrs)
Su,12:45 PM-1:45 PM Apr10-Jun19 $110/10 sess
Gymnasium - South (1/3) 42420

1.0-1.5 (8-12 yrs)
Su,12:45 PM-1:45 PM Apr10-Jun19 $110/10 sess
Gymnasium - North (2/3) 42421

2.0-2.5 (5-7 yrs)
Su,1:45 PM-2:45 PM Apr10-Jun19 $110/10 sess
Gymnasium - South (1/3) 42422

2.0-2.5 (8-12 yrs)
Su,1:45 PM-2:45 PM Apr10-Jun19 $110/10 sess
Gymnasium - North (2/3) 42423

Yoga For Kids (6-12 yrs)
Endorphin Rush Dance
Cooperative games, theme activities, storytelling, music, and art engage the natural energy and enthusiasm of kids. Classes explore yoga poses, breathing exercises, visual imagery and relaxation techniques while conveying lessons in self expression, body image, social skills, positive thinking, and environmental awareness. Drop in $8.00.
Tu,4:30 PM-5:30 PM Apr05-Jun07 $65/10 sess
Cedar Hall 42633

Atomic Volleyball (8-12 yrs)
Volleyball BC
Atomic is geared to youth looking for instruction combined with an opportunity to practice their skills in game situations. Beginners can look forward to basic skill instruction; while more advanced players will have an opportunity to focus on developing positive habits. Offered in partnership with Volleyball BC. All participants will receive a Volleyball BC drawstring bag.
F,5:30 PM-7:00 PM Apr08-Jun17 $112.50/10 sess
Gymnasium - North (2/3) 42307

Steve Nash Basketball (8-12 yrs)
Want to bring your game to the next level? Learn plays and drills that will help you be a better player and instill your “LOVE OF THE GAME”. This program is designed for intermediate to advanced players. Enrollment includes a reversible Steve Nash Basketball jersey and Basketball BC Steve Nash Youth Membership Card. No class May 21.
Sa,1:00 PM-2:30 PM Apr09-Jun18 $115/10 sess
Gymnasium - North (2/3) 42601

FUNdamental: Sport Skills (6-9 yrs)
Larry Govinthasamy
Have fun running, jumping and throwing - keys skills in all land-based sports that can benefit all children. This program provides a strong foundation for success in day to day physical activities and sports in age appropriate progressions. No class May 23.
M,3:45 PM-5:00 PM Apr11-Jun13 $31.5/9 sess
Gymnasium - Trout Lake 42398

Aikido
Shohei Juku Aikido Canada
Aikido is a non-competitive but very effective martial art and emphasizes the development of self-discipline, focus, manners, meditation and self-defence within a friendly training atmosphere. $12.00 Drop-in. No class May 21 and 23.

Beginner Level (5-7 yrs)
Tu,5:00 PM-5:45 PM Apr12-Jun14 $100/10 sess
Elm Room 42295

Beginner Level (8-12 yrs)
M,4:30 PM-5:30 PM Apr04-Jun13 $100/10 sess
Elm Room 42296

Upper Beginner Level (8-12 yrs)
Th,5:00 PM-6:00 PM Apr14-Jun16 $100/10 sess
Elm Room 42298

Intermediate Level (8-12 yrs)
Sa,10:00 AM-11:00 AM Apr09-Jun18 $100/10 sess
Elm Room 42297

Shorinji Kempo (8-12 yrs)
Shorinji Kempo Society
Kids develop discipline, improved health, and confidence learning self-defence skills in a safe and supportive environment, and nurture a spirit of compassion and a sense of justice, all while having fun! Drop in $7.00. A registered non profit organization. No class May 21.
Sa,1:00 PM-2:30 PM Apr09-Jun18 $70/10 sess
Elm Room 42578

Rhythmic Gymnastics (7-13 yrs)
Elite Gymnastics
Rhythmic gymnastics is a wonderful sport to test hand eye coordination, balance, agility, flexibility, and rhythm. No class May 22.
F,4:40 PM-5:40 PM Apr08-Jun17 $71.50/11 sess
Elm Room 42567
Su,2:30 PM-3:30 PM Apr10-Jun19 $65/10 sess
Elm Room 42568

Ask us about our free wireless internet!
Register at vancouver.ca/troutlakerec
Phone: 604 257-6955
Programmer: Eva

Ballet 1A
(4-6 yrs)
Skye Matheson
An introduction to ballet positions and steps. Students are engaged and entertained while developing musicality and expression. Skye Matheson is a veteran educator in the performing arts.

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<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>Su, 12:30 PM-1:15 PM Apr 10-Jun 12</td>
<td>$68/10 sess Cedar Hall 42311</td>
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</tr>
<tr>
<td>Su, 2:30 PM-3:15 PM Apr 10-Jun 12</td>
<td>$68/10 sess Cedar Hall 42312</td>
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</table>

Ballet 1B
(7-8 yrs)
Skye Matheson
Technique, strength and flexibility are highlighted as well as personal expression, music appreciation and lyrical choreography. Skye’s classes are developed to nurture children as they develop emotionally and physically. Her love for dance is contagious and the noncompetitive, supportive atmosphere makes it easy for kids to enjoy.

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<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
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<tr>
<td>Su 10:30 AM-11:30 AM Apr 10-Jun 12</td>
<td>$90/10 sess Cedar Hall 42313</td>
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</table>

Hip-Hop & Jazz (6-8 yrs)
Catherine Andersen
Combine the style of hip-hop with the technical dance skills of jazz! Learn steps, jumps, turns, stretches and fun choreography to your favourite music. Please bring running shoes and wear comfortable stretchy clothing and non-marking shoes.

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<th>Date</th>
<th>Time</th>
<th>Price</th>
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<tr>
<td>Th 6:35 PM-7:30 PM Apr 7-Jun 9</td>
<td>$110/10 sess Cedar Hall 42314</td>
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</table>

Hip-Hop & Jazz Level 2 (8-13 yrs)
Catherine Andersen
This class is for dancers that have taken 2 full sessions of Hip-hop/Jazz with Catherine, or equivalent dance training elsewhere. Please bring running shoes and wear comfortable stretchy clothing and non-marking shoes.

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<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
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<tr>
<td>Tu 5:30 PM-6:30 PM Apr 5-Jun 7</td>
<td>$90/10 sess Cedar Hall 42315</td>
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Breakdancing (7-13 yrs)
Jhaymee Hizon
Ever wanted to learn really cool breakdancing moves? Now is your chance!! Students will understand how to freestyle and cypher in this fun class! Jhaymee aka bboy Eloquence is a national breakdance champion.

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<th>Date</th>
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<th>Price</th>
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<tbody>
<tr>
<td>M 3:45 PM-4:45 PM Apr 4-Jun 13</td>
<td>$72/10 sess Cedar Hall 42316</td>
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</table>

Dance X-treme (7-13 yrs)
Kirby Rae Snell
Come and explore a number of different styles of dance with a variety of guest dance artists. Enjoy energetic exploration of movement in a warm, safe and inspiring environment. Styles may include - Hip Hop, Latin Dance, Acrobatic Dance, Musical Theatre, Creative Movement, and Bollywood! Drop in $10. www.kirbysnelldance.com

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<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
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<tr>
<td>Tu 5:30 PM-6:30 PM Apr 5-Jun 7</td>
<td>$90/10 sess Cedar Hall 42317</td>
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R: Dance-Makers (7-11 yrs)
Desiree Dunbar
Join professional dancers from Dezza Dance to learn some cool new moves and how to make a dance to your favourite music. No previous experience required. Dezza Dance is a contemporary dance company originated by Desiree Dunbar, MFA featuring graduates of SFU dance program who specialize in choreography.

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<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>Sa 9:30 AM-10:30 AM Apr 9-Jun 11</td>
<td>$47.5/10 sess Cedar Hall 42318</td>
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</table>

Ruby’s Ukes
Family Ukulele (5+ yrs)
Ruby’s Ukes
Go to page 28 for detailed information.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>Su 2:30 PM-3:30 PM May 15-Jun 12</td>
<td>$69/4 sess Grandview Room 42571</td>
<td></td>
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</tbody>
</table>

Suzuki Book 1, Family Fiddle & Twinklers
Group Fiddle
Go to page 8 for detailed course description.

Life takes us to unexpected places sometimes. The future is never set in stone.
Acting For Youth (12-19 yrs)
Andy Thompson
Interested in acting? Want to get on stage or the big screen? Join this fun class and develop on-camera and live theatre performance skills from a seasoned, professional, working actor! Lively instructor Andy Thompson will help you develop your confidence and acting techniques! All skill levels welcome!

Fiddle and Violin 30 Minute Private (4+ yrs)
Tegan Ceschi-Smith
Individual violin lessons for music lovers of all ages and levels. No class May 16, 19 & 23.
M: 4:00 PM-8:30 PM Apr04-Jun13 $171/9 sess
Pre-school Apr2368-42377
Th: 4:00 PM-8:30 PM Apr07-Jun16 $190/10 sess
Pre-school Apr2378-42387

Drama - For Film & TV (9-14 yrs)
Andy Thompson
Led by professional film actors, this hands-on introduction teaches everything required to begin acting in film and television, from finding an agent to understanding production. Mock auditions and fun acting games build skills. Final performance day includes parent Q&A.

Drama Fun (7-12 yrs)
Michael Undem
Through fun-filled drama games, improvisation, individual work and group collaboration we will learn what it takes to be an actor, to put on a show and work as team. Be prepared for lots of fun, lots of laughs, lots of learning. Michael is a clown, actor, improviser, interdisciplinary artist and dad.

Piano 30 Minute Private (4+ yrs)
Learn to play classical, pop, or compose music in a fun and encouraging environment. Lessons will cover a variety of practical skills such as rhythm, dexterity, technique, theory, note/chord reading as well as musical appreciation and performance opportunities. There will be an extra cost for books. Please pay the instructor.

Samuel Chan
M: 3:30 PM-9:00 PM Apr04-May16 $133/7 sess
Spruce Room Apr2506-42515
W: 3:00 PM-9:00 PM Apr06-May25 $152/8 sess
Maple Room Apr2530-42541
Sa: 9:30 AM-4:00 PM Apr09-May21 $133/7 sess
Maple Room Apr2517-42529

Anita Wong
Th: 4:00 PM-8:30 PM Apr07-Jun09 $190/10 sess
Maple Room Apr2473-42480

Nina Vu
F: 3:30 PM-8:00 PM Apr29-Jun17 $152/8 sess
Maple Room Apr2406-42505

Lydia Leung
No class May 22nd.
Su: 11:30 AM-4:00 PM Apr10-Jun19 $190/10 sess
Maple Room Apr2486-42495

Guitar, Ukulele, Mandolin 30 Minute Private (7+yrs)
René Hugo-Sanchez
The classes are focused on technique, repertoire, basic theory and practicing skills. Participants must have their own instrument, note book and digital tuner for string instruments. Books available first class for about $15 depending on the instrument, style and level. No class May 23rd.
M: 4:30 PM-8:30 PM Apr11-Jun20 $190/10 sess
Maple Room Apr2404-42412

Painting & Drawing (6-12 yrs)
Alex Lam
Lessons will include drawing and painting activities using a variety of materials and techniques, such as pastels, charcoal, markers, paint and more. Program will focus on different techniques and developing painting skills. Emily Carr graduate Alex Lam has a passion for teaching and promoting Art appreciation. Drop in $15.00. No class May 21.
Sa: 9:30 AM-11:00 AM Apr09-Jun11 $108/9 sess
Art Studio Apr42467
Sa: 11:15 AM-12:45 PM Apr09-Jun11 $108/9 sess
Art Studio Apr42468

Art & Science Together (NEW) (4-7 yrs)
Sun Rey Han
This awesome science and art class is a great way to teach science by using art. At the end of the program students will take home a scrapbook full of their art science made in class. Drop in $9.00. No class May 23.
M: 4:45 PM-5:45 PM Apr04-Jun13 $85/10 sess
Art Studio Apr51549

Art From The Heart (6-10 yrs)
Viola Choy
An exciting program that focuses on building art skills and inspiring creativity! Program includes a wide variety of drawing, painting, and sculpture projects that are specifically designed to your child's age and ability. At the end of the session students will present an art exhibition. Drop in $9.00.
W: 3:45 PM-5:00 PM Apr13-Jun08 $72/9 sess
Art Studio Apr42302

World Art For Kids (6-10 yrs)
Viola Choy
An exciting program that provides young artists with a creative education outlet. Children will learn about cultures around the world while creating beautiful projects inspired by that country. From India to Argentina to Kenya, from drawing to painting, travel the world one masterpiece at a time. Drop in $9.00.
Th: 3:45 PM-5:00 PM Apr14-Jun09 $72/9 sess
Art Studio Apr42630
**Explore With Clay (6-10 yrs)**

Laura Van Der Linde

We will craft a variety of functional and sculptural projects using hand building techniques. Pinching, slabbing, coiling and ceramic finishes will be explored. **The class includes decorating with a variety of underglazes and glazes.**

<table>
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<th>Time</th>
<th>Dates</th>
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<tr>
<td>Th,3:30 PM-4:30 PM</td>
<td>Apr 14-Jun 09</td>
<td>$94.5/9 sess</td>
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</table>

Pottery Studio 42364

**Play With Clay (6-10 yrs)**

Tarrynea Bialecki

Imagination, creativity, and getting your hands dirty are all that is required to having lots of fun while creating in clay. **Clay and glazes included.**

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<th>Time</th>
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<tr>
<td>Tu,3:30 PM-4:30 PM</td>
<td>Apr 13-May 31</td>
<td>$80/8 sess</td>
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Pottery Studio 42548

**Creative Clay (8-15 yrs)**

Tarrynea Bialecki

Learn the basics of pottery techniques and the use of glazes. Creativity is encouraged while planning skills are developed to bring your imagination alive. **Clay and glazes included.**

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<th>Time</th>
<th>Dates</th>
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<tr>
<td>Tu,5:00 PM-6:30 PM</td>
<td>Apr 12-May 31</td>
<td>$120/8 sess</td>
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Pottery Studio 42349

**Tween Pottery (11-16 yrs)**

Laura Van Der Linde

Pottery is cool. We will start with the basic hand-building techniques - pinching, coiling, soft and hard slabs, then we move onto learning to throw on the wheel. Decorating the surface will be explored with slips, carving, wax resist and glazes.

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<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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<tr>
<td>Th,4:30 PM-6:30 PM</td>
<td>Apr 14-Jun 09</td>
<td>$180/9 sess</td>
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</table>

Pottery Studio 42620

**Korean Cooking For Kids (NEW) (8-12 yrs)**

Sun Rey Han

Have fun with Sun Rey and learn all the secrets of how to cook traditional delicious Korean Food. You will make, eat and celebrate. **All supplies included.**

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<tr>
<th>Time</th>
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<tr>
<td>Th,3:30 PM-4:30 PM</td>
<td>Apr 07-Apr 28</td>
<td>$80/4 sess</td>
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Kitchen 52720

**Weaving Lives Together: A Textile Media Project Intergenerational Project 5+yrs**

Mariana Frochtengarten

Develop and explore your personal artistic talents! You will experiment with a variety of textile media such as dyeing, embroidering, applique and printing. You will make unique pieces to take home. **No experience required and any previous experience is welcome! All supplies included. Children under 12 must be accompanied by an adult. Mariana Frochtengarten is a teacher, textile artist, and specializes mainly in resist manual dyeing methods.**

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<tr>
<th>Time</th>
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<th>Fee</th>
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<tbody>
<tr>
<td>M,8:30 PM-9:30 PM</td>
<td>Apr 04-Jun 13</td>
<td>$40.00/person/10 sess</td>
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<tr>
<td>Grandview Room</td>
<td></td>
<td>42268</td>
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<tr>
<td>F,10:00 AM-12:00 PM</td>
<td>Apr 15-Jun 17</td>
<td>$36.00/person/9 sess</td>
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<tr>
<td>Kitchen</td>
<td></td>
<td>42629</td>
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**Comics & Cartooning (7-12 yrs)**

Mara Coman

Mara will show young artists easy ways of drawing superheroes, monsters, robots and manga and more! Learn to create original characters and your own comic strips! **No drop-ins. No class May 23.**

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<tr>
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<th>Fee</th>
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<tbody>
<tr>
<td>M,3:30 PM-4:45 PM</td>
<td>Apr 04-Jun 13</td>
<td>$80/10 sess</td>
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<tr>
<td>GCCA Board Room</td>
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<td>42341</td>
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**Learn Mandarin (9-14 yrs)**

Helen Wang

Learn Mandarin! Class taught in a fun and interactive environment. **Helen Wang is currently teaching Mandarin courses at TLCC.**

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<tr>
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<th>Fee</th>
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<tbody>
<tr>
<td>Tu,5:30 PM-6:30 PM</td>
<td>Apr 12-May 31</td>
<td>$20/8 sess</td>
</tr>
<tr>
<td>Spruce Room</td>
<td></td>
<td>42428</td>
</tr>
</tbody>
</table>

**Project Writing (9-12 yrs)**

Cathy Belgrave

Improve your ability to express your knowledge and ideas in written form. Topics will include how to organize your information in an outline, develop topic sentences and improve vocabulary as you write an interesting introduction, paragraphs and conclusions. **A good understanding of English is necessary.**

<table>
<thead>
<tr>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa,3:00 PM-4:30 PM</td>
<td>Apr 02-May 18</td>
<td>$80/5 sess</td>
</tr>
<tr>
<td>GCCA Board Room</td>
<td></td>
<td>42559</td>
</tr>
</tbody>
</table>

**Learn to Write a Paragraph (7-9 yrs)**

Cathy Belgrave

In this simple step-by-step workshop series, participants learn how to share their knowledge in paragraph form. **Topics include: purpose of a paragraph, topic sentence, details, and closing sentence. Bring your notebook and pencil.**

<table>
<thead>
<tr>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa,1:00 PM-2:30 PM</td>
<td>Apr 02-Apr 30</td>
<td>$70/5 sess</td>
</tr>
<tr>
<td>GCCA Board Room</td>
<td></td>
<td>42429</td>
</tr>
</tbody>
</table>

**Nature Journaling (9-12 yrs)**

Cathy Belgrave

Support the development of your writing and science skills as you enjoy the nature of beautiful Trout Lake. Bring your sketchbook, pencil and curiosity! **No class May 21.**

<table>
<thead>
<tr>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa,1:00 PM-2:30 PM</td>
<td>May 07-Jun 11</td>
<td>$60/5 sess</td>
</tr>
<tr>
<td>GCCA Board Room</td>
<td></td>
<td>51336</td>
</tr>
</tbody>
</table>

**Creative Writing: Story Structure (9-12 yrs)**

Cathy Belgrave

Each class will cover an aspect of narrative writing that supports stronger story writing skills. Bring your writing journal and pen! **A good understanding of English is necessary. No class May 21.**

<table>
<thead>
<tr>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa,3:00 PM-4:30 PM</td>
<td>May 14-Jun 18</td>
<td>$70/5 sess</td>
</tr>
<tr>
<td>GCCA Board Room</td>
<td></td>
<td>51341</td>
</tr>
</tbody>
</table>

**Red Cross Babysitting (11-16 yrs)**

Community Care First Aid

Red Cross Babysitter’s Completion Card will be given with no expiry date.

<table>
<thead>
<tr>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa,9:30 AM-4:30 PM</td>
<td>May 14</td>
<td>$61/1 sess</td>
</tr>
<tr>
<td>Willow Room</td>
<td></td>
<td>42561</td>
</tr>
</tbody>
</table>
Chess for Kids  
Maxim Doroshenko  
Each session will be full of chess puzzles, supervised games and game analysis. This comprehensive and progressive program allows students to learn how to play chess in the optimal manner by gradually increasing complexity. Classes will follow the six-level academic chess program of the Vancouver Chess School (www.vanchess.ca).  
**5-7 yrs**  
Th, 3:45 PM-4:45 PM  
Grandview Room  
$96/8 sess  
**8-12 yrs**  
Th, 5:00 PM-6:00 PM  
Grandview Room  
$96/8 sess

LEGO Wedo  
**Robotics Beginners**  
Julio Sperschneider  
Students will be able to build Robots featuring working motors and sensors, program their models, and explore a series of cross-curricular theme based activities. Teamwork is encouraged in this STEM based program, as students develop their skills in science, technology, engineering and mathematics.  
Tu, 4:00 PM-5:30 PM  
GCCA Board Room  
$80/4 sess

LEGO Brick Animation  
**Robotics Beginners**  
Julio Sperschneider  
Students will learn the basic techniques of Brick Animation with LEGO Movie Maker, including movement, timing, effects, editing, voice overs, and more! Students will create a short LEGO Brick Animation Mini-movie. Use our LEGO sets or bring your own!  
Tu, 4:00 PM-5:30 PM  
GCCA Board Room  
$80/4 sess

LEGO Robotics EV  
**Three Mindstorms**  
Tomorrow’s Playground  
Students will learn to use the software, and will gain a basic understanding of programming, engineering processes, sensor usage and much more! This STEM based program will prepare them for further intermediate and advanced classes.  
Tu, 4:00 PM-5:30 PM  
GCCA Board Room  
$100/4 sess

---

Preteen Camp  
**Junior Camp 6-8 yrs & Senior Camp 9-12 yrs.**  
This summer camp is designed to give preteens the opportunity to get active, check out some of the city’s most popular destinations, and learn some life and leadership skills. The camp will participate in a variety of activities such as swimming, trying different sports and activities, and major out-trips. Preteens must be 9 years of age at the time of the camp. No exceptions.  
Camp is 10:00am-4:00pm.  
$145/5 days

---

**Summer Daze Day Camp**  
**Junior Camp 6-8 yrs & Senior Camp 9-12 yrs.**  
Get ready for a summer full of great games, cool crafts, awesome activities and terrific day-trips! Our camp is the perfect place for your kids to make friends, get active, and learn new things! The Vancouver Aquarium, Science World, and the Space Centre are among some of our interesting destinations. Parents please fill out waiver forms before the first day of camp; kids, please bring lunch, water, knapsack, extra clothes for each day.  
Kids must be going to Grade 1 in September 2016.  
Monday to Friday 9:30am-3:30pm  
$125 regular weeks, $100 (Week 5) short week  
**Before care is 8:00-9:00am ($10 regular week, $8 short week) and After care is 3:30-5:00pm ($15 regular week, $12 short week).**

---

<table>
<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Theme</th>
<th>Junior</th>
<th>Senior</th>
<th>Before Care</th>
<th>After Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>M-F, Jul 4-8</td>
<td>Dinosaur Days</td>
<td>54263</td>
<td>54276</td>
<td>54285</td>
<td>54300</td>
</tr>
<tr>
<td>Week 2</td>
<td>M-F, Jul 11-15</td>
<td>Make a Splash</td>
<td>54265</td>
<td>54277</td>
<td>54286</td>
<td>54301</td>
</tr>
<tr>
<td>Week 3</td>
<td>M-F, Jul 18-22</td>
<td>Monster Mash</td>
<td>54266</td>
<td>54278</td>
<td>54287</td>
<td>54302</td>
</tr>
<tr>
<td>Week 4</td>
<td>M-F, Jul 25-29</td>
<td>Beach Vacation</td>
<td>54267</td>
<td>54279</td>
<td>54288</td>
<td>54303</td>
</tr>
<tr>
<td>Week 5</td>
<td>Tu-Th, Aug 2-5</td>
<td>Game Time</td>
<td>54268</td>
<td>54280</td>
<td>54289</td>
<td>54304</td>
</tr>
<tr>
<td>Week 6</td>
<td>M-F, Aug 8-12</td>
<td>Across the Universe</td>
<td>54269</td>
<td>54281</td>
<td>54290</td>
<td>54305</td>
</tr>
<tr>
<td>Week 7</td>
<td>M-F, Aug 15-19</td>
<td>Destination Science</td>
<td>54270</td>
<td>54282</td>
<td>54291</td>
<td>54306</td>
</tr>
<tr>
<td>Week 8</td>
<td>M-F, Aug 22-26</td>
<td>The Great Outdoors</td>
<td>54271</td>
<td>54283</td>
<td>54292</td>
<td>54307</td>
</tr>
<tr>
<td>Week 9</td>
<td>M-F, Aug 29-Sep 2</td>
<td>Under the Sea</td>
<td>54272</td>
<td>54284</td>
<td>54293</td>
<td>54308</td>
</tr>
</tbody>
</table>
TEEN

Youth Games Room - Supervised (12-18 yrs)
Free with a OneCard. Must be enrolled in our Youth Participant Program. Schedule subject to change.

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Open Games Room</strong>&lt;br&gt;5:30 PM-7:00 PM&lt;br&gt;Apr06-Jun29</td>
<td><strong>Open Games Room</strong>&lt;br&gt;5:30 PM-7:00 PM&lt;br&gt;Apr07-Jun30</td>
<td><strong>Open Games Room</strong>&lt;br&gt;3:00 PM-10:00 PM&lt;br&gt;Apr08-Jul01</td>
</tr>
</tbody>
</table>

Youth Programs & FREE Open Gym (13-18 yrs)

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Open Gym</strong>&lt;br&gt;3:30 PM-5:00 PM&lt;br&gt;Apr06-Jun29&lt;br&gt;Gymnasium - North 42647</td>
<td><strong>Youth Basketball Drop In</strong>&lt;br&gt;3:15 PM-5:00 PM&lt;br&gt;Apr08-Jun24&lt;br&gt;Gymnasium - North (2/3) 42639</td>
</tr>
<tr>
<td><strong>Youth Volleyball Drop In</strong>&lt;br&gt;6:30 PM-8:00 PM&lt;br&gt;Apr08-Jun24&lt;br&gt;Gymnasium - South 42648</td>
<td><strong>Youth Dodgeball Drop In</strong>&lt;br&gt;7:30 PM-9:45 PM&lt;br&gt;Apr08-Jun24&lt;br&gt;Gymnasium - North (2/3) 42642</td>
</tr>
</tbody>
</table>

FITNESS

Teen Weight Training (13-18 yrs)
Learn how to use weight training to get in shape, improve your sports performance and reach your fitness goals. Cost is a youth drop in rate or free with a valid Flexipass. All participants must sign up and bring a par q + and consent and release form signed by their parent or guardian. Forms can be obtained from the Community Centre or online at www.vancouver.ca/parks

**Kin Dang - Boys**
- M, 4:00 PM-5:00 PM<br>Apr 11-May 9<br>54922
- M, 4:00 PM-5:00 PM<br>May 30-Jun 27<br>54923

**Ivan Dragelj - Girls**
- W, 4:00 PM-5:00 PM<br>Apr 13-May 11<br>54924
- W, 4:00 PM-5:00 PM<br>May 25-Jun 22<br>54925

EVENTS

Community Clean Up with Keep Vancouver Spectacular
Bernie Dionne
The Youth will be doing monthly Community Clean Ups throughout the spring months at Trout Lake/John Hendry Park and also with the Grandview BIA. More info can be found by contacting Bernie Dionne at 604-257-3098 or bernie.dionne@vancouver.ca

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Willow Room</td>
<td>Sa, 10:00 AM-1:00 PM</td>
<td>Apr16</td>
<td>FREE with OneCard</td>
<td>42342</td>
</tr>
<tr>
<td>Willow Room</td>
<td>Sa, 10:00 AM-1:00 PM</td>
<td>May14</td>
<td>FREE with OneCard</td>
<td>52407</td>
</tr>
<tr>
<td>Willow Room</td>
<td>Sa, 10:00 AM-1:00 PM</td>
<td>Jun18</td>
<td>FREE with OneCard</td>
<td>52409</td>
</tr>
</tbody>
</table>

**EVENTS**

Teen Weight Training (13-18 yrs)
Learn how to use weight training to get in shape, improve your sports performance and reach your fitness goals. Cost is a youth drop in rate or free with a valid Flexipass. All participants must sign up and bring a par q + and consent and release form signed by their parent or guardian. Forms can be obtained from the Community Centre or online at www.vancouver.ca/parks

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- M, 4:00 PM-5:00 PM<br>Apr 11-May 9<br>54922
- M, 4:00 PM-5:00 PM<br>May 30-Jun 27<br>54923

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- W, 4:00 PM-5:00 PM<br>Apr 13-May 11<br>54924
- W, 4:00 PM-5:00 PM<br>May 25-Jun 22<br>54925

**EVENTS**

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# LIFE SKILLS

## Youth In Action  
**Amanda Cremona**

Youth In Action is an exciting adaptive program for teens with mild to moderate needs (behavioral and developmental challenges). Join us two or three times a week for fun and challenging activities in a safe recreation environment. YIA is a great place for youth to learn and form long-lasting friendships. **Note: Youth must be registered with a CYSN through the Ministry of Children and Family Development before registering for YIA. For more information please contact Amanda at 604.257.6970 or YIA@vancouver.ca.**

**Youth In Action - Pro-D Camp**

**Amanpreet Sandhu**

Come join this club for an exciting boys only adventure! From playing hockey and PS3 to making pizza and scavenger hunts plus much more; we are always on the move. Learn new skills and have fun in a friendly social environment.

<table>
<thead>
<tr>
<th>Time</th>
<th>Date</th>
<th>Room</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30 AM</td>
<td>Apr 18</td>
<td>Willow Room</td>
<td>$87.5/1 sess</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>May 20</td>
<td>Willow Room</td>
<td>$87.5/1 sess</td>
</tr>
</tbody>
</table>

## Youth Volunteer Orientation  
**Witton Chau**

The Trout Lake Youth Council wants to make a difference in their community. Our goal is to have a group of young people who can work together toward improving youth opportunities and experiences. The youth council will earn volunteer hours, raise funds, gain employment training, and plan events. The council will also have a representative sit on the Grandview Community Centre Association Board. **A Trout Lake CC Youth Program Participant membership (free with OneCard) is required to join this program.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Room</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun 11</td>
<td>Lakewood Room</td>
<td>FREE with OneCard/1 sess</td>
</tr>
</tbody>
</table>

## Youths In Action  
**Keani Pratt**

No boys allowed! Sports, cooking, and craft projects are top priority in our agenda. Learn new skills and have fun in a friendly and social environment.

<table>
<thead>
<tr>
<th>Time</th>
<th>Date</th>
<th>Room</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:30 PM</td>
<td>Apr 05</td>
<td>GCCA Board Room</td>
<td>$60/10 sess</td>
</tr>
</tbody>
</table>

## Youth Volunteer Orientation  
**Witton Chau**

The Trout Lake youth who are wanting to volunteer for playgrounds and summer day camps will need to attend this orientation. **A Trout Lake CC Youth Program Participant membership (free with OneCard) is required to join this training.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Room</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun 11</td>
<td>Lakewood Room</td>
<td>FREE with OneCard/1 sess</td>
</tr>
</tbody>
</table>

## Preteen Programs & FREE Open Gym (9-12 yrs)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Room</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Boys Club</strong></td>
<td>3:30 PM-5:00 PM</td>
<td>Apr 05-Jun 07</td>
<td>Maple Room</td>
<td>$60/10 sess</td>
</tr>
<tr>
<td><strong>Girls Club</strong></td>
<td>3:30 PM-5:00 PM</td>
<td>Apr 07-Jun 09</td>
<td>GCCA Board Room</td>
<td>$60/10 sess</td>
</tr>
<tr>
<td><strong>Preteen Floor Hockey</strong></td>
<td>Drop-in</td>
<td>3:15 PM-4:30 PM</td>
<td>Apr 08-Jun 24</td>
<td>Gymnasium - South</td>
</tr>
<tr>
<td><strong>Preteen Volleyball</strong></td>
<td>Drop-in</td>
<td>4:45 PM-6:00 PM</td>
<td>Apr 08-Jun 24</td>
<td>Gymnasium - South</td>
</tr>
</tbody>
</table>
Trout Lake Ice Rink—Dry Floor Season April 21-August 14, 2016

Trout Lake Ice Rink opens for dry floor rentals April 21st, and you can book online at vancouverparks.ca. We will reopen for public skates and lessons at the beginning of October. Detailed public skating and skate lesson information will be available in the Trout Lake Fall brochure and on-line in mid-August 2016.

**Don't forget... Public Skating and Lessons are still on until August at Hillcrest and Sunset Ice Rinks.**

---

**The All Body Community Fitness Group**

**Formly Healthiest Winner**

Get Active! Eat Well! Stay Healthy!

Follow Link: https://ca.apm.activecommunities.com/vancouver/activity-search/32610

Welcoming all shapes, sizes and abilities we are an inclusive and specialized lifestyle management program designed to provide choice, encouragement and support for people pursuing a healthier lifestyle.

**Program Fee:** Included with Healthiest Winner Flexipass or Healthiest Winner 10 class card

Follow Link: vancouver.ca/parks-recreation-culture/flexipasses.aspx Limited resources: Follow Link: vancouver.ca/parks-recreation-culture/leisure-access-card.aspx

Everyone welcome.

**PROGRAM INCLUDES:**

- Group training
- Healthy Life Workshops
- Support from the ABC Fitness Group coordinator and the ABC team
- Access to all of the Park Board’s 15 Fitness Centre’s, 9 Pools, and 8 Ice Rinks

PAR Q PLUS REQUIRED: print and complete www.csep.ca/cmfiles/publications/parq/parqpluspr2011version_all.pdf.ca

---

**Hillcrest Ice Rink**

Spring Skating Lesson/Public Skates

Register at Hillcrest Centre or call 604.257-8680

www.vancouver.ca/hillcrestrink

**Sunset Ice Rink**

Spring Skate Lessons/Public Skates

Register at Sunset Rink/C.C. or call 604.718-6517 during the Public Skating Sessions or visit www.vancouver.ca/sunsetrink

---

**Beginning April 1, 2016**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>11:15am-12:15pm</td>
<td>Basic Training @ Hillcrest</td>
<td>12:00pm-1:00pm</td>
<td>Basic Training @ Hillcrest</td>
<td>8:15-9:15am Indoor Cycling @ Trout</td>
</tr>
<tr>
<td></td>
<td>5:15-6:15pm</td>
<td>Basic Training @ Trout</td>
<td>5:15-6:15pm</td>
<td>Basic Training @ Hillcrest</td>
<td>5:45-6:45pm Yoga/Relax @ Trout</td>
</tr>
<tr>
<td></td>
<td>5:45-6:45pm</td>
<td>Indoor Cycling @ Hillcrest</td>
<td>5:45-6:45pm</td>
<td>Basic Training @ Hillcrest</td>
<td>9:15-10:15am Basic Training @ Hillcrest</td>
</tr>
<tr>
<td></td>
<td>7:00-8:00pm</td>
<td>Lifestyle workshops @Hillcrest</td>
<td>7:15-8:15pm</td>
<td>Recumbent Training @Kensington Contact <a href="mailto:kate.lee@vancouver.ca">kate.lee@vancouver.ca</a> for invitation</td>
<td>7:15-8:15pm Recumbent Training @Kensington Contact <a href="mailto:kate.lee@vancouver.ca">kate.lee@vancouver.ca</a> for invitation</td>
</tr>
</tbody>
</table>

7:00-8:00pm Recumbent Training @Hillcrest Contact kate.lee@vancouver.ca for invitation

7:00-8:00pm Bodysense Dietician/Peer led

8:30-9:30pm Basic Training H2O @ Hillcrest

---

Call Trout Lake CC to reserve for cycling 604-257-6955

9:00-10:00am Basic Training H2O @Kensington

---

Need more information, please contact our HW Coordinator Kate Lee at kate.lee@vancouver.ca
TROUT LAKE FITNESS CENTRE

Register at vancouver.ca/troutlakefitness Phone: 604 257-6955

HOURS OF OPERATION
Monday to Friday .......... 6:00 am-10:00 pm
Weekends .................. 8:00 am-5:00 pm

Your hub for Community Fitness

Fitness Centre Consultations
Let us help you reach your fitness goals. Whether you need instruction, motivation, or support; our highly trained staff are here to help you succeed. Enlist one of our staff to get you started with an introductory fitness program. Please call ahead 604-257-6975 or come in person to make an appointment for a fitness consultation. Participants under the age of 18 must fill out a par q+ form and have consent and release form signed by their parent or guardian. Minimum age to use the Fitness Centre is 13 years of age.

Our Fitness Centre includes:
• 5 Treadmills
• 3 Cross Trainers
• 2 Recumbent bikes
• 2 Upright Bikes
• 2 Conc-E Rowers
• 2 Cybex Arc Trainers
• 20 Keiser M3 Bikes
• 1 Cable Motion Adjustable Pulley
• 1 Seated Leg Curl
• 1 Assisted Dip/chin
• 1 Row/Rear Delt
• 1 Cable Motion Shoulder Press
• 1 Cable Motion Chest Press
• 1 Pec Fly/Rear Deltoid
• 1 Cable Motion Row
• 1 Cable Motion Pull Down
• 2 Hammer Strength Half Racks
• Free Weights
• 1 Smith Machine
• 1 Back Extension
• 3 Kinesis Machines
• 2 FLEXibility stretching machines
• 1 Shuttle MVP Pro
• Training Room
• Steam Room

GROUP PERSONAL TRAINING  NEW

FOR AS LOW AS $20 PER SESSION*

Try out our new small group personal training and enjoy the same intimate coaching experience as a personal training session but at a reduced cost. A small group can include you and 2-3 of your friends/family members which can be very powerful in helping you stay on track when trying to attain your fitness goals. Training as a group provides a comfortable support system where you can encourage one another and foster some healthy competition! *Individual cost based on the purchase of 10 sessions for a group of 4.

<table>
<thead>
<tr>
<th></th>
<th>(Includes GST)</th>
<th>Private</th>
<th>Semi-Private</th>
<th>Small Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 session</td>
<td></td>
<td>$48.75</td>
<td>$73.10</td>
<td>$112</td>
</tr>
<tr>
<td>3 sessions</td>
<td></td>
<td>$131.25</td>
<td>$196.85</td>
<td>$300</td>
</tr>
<tr>
<td>5 sessions</td>
<td></td>
<td>$219.40</td>
<td>$341.25</td>
<td>$440</td>
</tr>
<tr>
<td>10 sessions</td>
<td></td>
<td>$390.00</td>
<td>$633.75</td>
<td>$800</td>
</tr>
</tbody>
</table>

PERSONAL TRAINING

Improve your health and wellness with support from our qualified and experienced personal trainers. Our trainers will work with you to develop a customized fitness plan designed to meet your fitness goals. Whether you are a beginner, rehabilitating from an injury, or looking for sport-specific or a more challenging workout, our trainers will motivate and support you in each 1 hour session.

The Flexipass Membership
Enjoy flexible and affordable recreation with our no contract all access pass. Purchase a monthly Flexipass at any Park Board fitness centre and receive unlimited access to our 15 fitness centres, 9 indoor pools, 4 outdoor pools and 8 ice rinks. For more information and locations visit vancouverparks.ca.

<table>
<thead>
<tr>
<th>Monthly Flexipass</th>
<th>Adult</th>
<th>Seniors/Youth</th>
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<tr>
<td>1 month</td>
<td>$47.54</td>
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<tr>
<td>3 months</td>
<td>$126.05</td>
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<tr>
<td>12 months</td>
<td>$401.80</td>
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</table>

See vancouver.ca/parks-recreation for more info. Fees include GST.

Believe in yourself and you will be unstoppable
Indoor cycling is a motivating exercise class that uses high-performance spin bicycles to burn calories, build muscle, and relieve stress.

Indoor Cycling Schedule

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<tr>
<th>Monday</th>
<th>Tuesday</th>
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<td>6:15am-7:00am</td>
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<td>8:15am-9:15am</td>
<td>9:30am-10:30am</td>
<td>6:00pm-7:00pm</td>
<td>9:30am-10:30am</td>
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<tr>
<td>Cycle Xpress</td>
<td>Cycle Xpress</td>
<td>Cycle Core</td>
<td>Cycle Core</td>
<td>Intro to Cycling</td>
<td>Cycle Fit</td>
<td>Cycle Fit</td>
</tr>
<tr>
<td>*no class May 23</td>
<td>9:30am-10:30am</td>
<td>9:30am-10:30am</td>
<td>9:30am-10:30am</td>
<td>9:30am-10:30am</td>
<td>6:00pm-7:00pm</td>
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<tr>
<td>Cycle Fit</td>
<td>Cycle Fit</td>
<td>Cycle Core</td>
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<td>Cycle Core</td>
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<td>6:00pm-7:00pm</td>
<td>Cycle Fit</td>
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Intro to Cycling
This class is designed to introduce new members to indoor cycling. This session includes instruction on how to set up your bike properly with 45 minutes of riding and a question and answer period at the end of the class.

Cycle Core
45 minutes of cycling, including the warm-up, followed by 15 minutes of core training (abs and back) and stretching.

Cycle Xpress
45 minutes of riding with quick warm up & cool down.

TWO WAYS TO PAY FOR YOUR SPOT
Register for your favorite class for the whole season or call ahead and reserve your spot on a drop in basis. Registration date ends March 31, 2016.

Whole Season
Drop in

- Whole Season
  - $6.15 for drop in or $49.20 for 10 ticket* pass.
- Drop in Registration Procedures
  1. Call 604.257.6955 to reserve a bike. Spots may not be reserved via voicemail.
  2. Calls can be made 6:30am to 8:30pm Monday to Friday 8:00am to 3:30pm Saturday and Sunday.
  3. Afternoon and evening classes call the day of as of 6:30am.
  4. Check in at the front desk 5 minutes prior to your class start time.
  5. If you have not checked in 5 minutes prior to your class, your spot will be given away.
  6. You may reserve a bike for you and one other person.
- *10 tickets may be used for all indoor cycling classes at Champlain, Creekside, Dunbar, Hillcrest, Kitsilano, Trout Lake and the West End

Seasonal Registration Procedures
Register for your favorite class. There will be 10 bikes available to reserve. If you arrive late without calling ahead your spot may be given to someone on the drop in wait list. Refund requests must be submitted within 24 hours of the completion of the 2nd scheduled class. No other refund requests will be considered without a doctor’s note. You may only take the class you are registered in and classes are not transferable to another person. Registration ends Mar 31st.
**Fitness Centre**

**Kinesis**

*Julie Iverson*

Kinesis is full body training that combines strength training with cardiovascular training as well as deriving balance and flexibility benefits. Using the new Kinesis machines in combination with functional training get a great work out!

Th,7:15 PM-8:15 PM  Apr 7-May 5  $30/5 sess
Fitness Centre  54926
Th,7:15 PM-8:15 PM  May 19-Jun 16  $30/5 sess
Fitness Centre  54927

**Cycle and Pilates**

*Herb DaSilva*

A 60 minute class that begins with 30 minutes of interval based cycling drills, followed by 30 minutes of core strengthening Pilates!

Tu,7:15PM-8:15PM  Apr05-May31  $90/9 sess
Fitness Centre/Elm Room  54918

**Fit 4 Two®**

**Mom and Baby Spin and Strength**

*Pilar Lehmann*

This class allows mom to spin AND attend to baby’s needs. *For women 4+ weeks postpartum ( 6 weeks for caesareans).* Pre-mobile babies. No shoes with external cleats. **$15.50 drop in (space permitting).** [www.fit4two.ca](http://www.fit4two.ca).

<table>
<thead>
<tr>
<th>Class</th>
<th>Dates</th>
<th>Fees</th>
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</thead>
<tbody>
<tr>
<td>Fit 4 Two® Mom &amp; Baby Barre</td>
<td>Apr 1-May 6</td>
<td>$81.00/6 sess</td>
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<td>Fitness Centre</td>
<td>54916</td>
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<tr>
<td>Tu,11:30 AM-12:30 PM</td>
<td>Apr 5-May 31</td>
<td>$121.50/9 sess</td>
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<td>Fitness Centre</td>
<td>54915</td>
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<tr>
<td>Tu,10:45 AM-11:45 AM</td>
<td>May 13-Jun 24</td>
<td>$94.50/7 sess</td>
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<td>Fitness Centre</td>
<td>54917</td>
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</tbody>
</table>

**Fit 4 Two® Stroller Bootcamp**

*Pilar Lehmann*

Intense baby-friendly in/outdoor workout includes strength, power, agility, cardio, core. **Must be 8+ weeks postpartum (exercising regularly for 6+ weeks).** Yoga mat required. **$17.50. Drop in [www.fit4two.ca](http://www.fit4two.ca).**

<table>
<thead>
<tr>
<th>Class</th>
<th>Dates</th>
<th>Fees</th>
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<tr>
<td></td>
<td>Apr 1-May 18</td>
<td>$94/7 sess</td>
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<td></td>
<td>Grandview Room</td>
<td>42394</td>
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<tr>
<td>Tu,10:00 AM-11:00 AM</td>
<td>May 26-Jun 30</td>
<td>$81/6 sess</td>
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<td></td>
<td>Cedar Hall</td>
<td>45534</td>
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</table>

**Fit 4 Two® - Prenatal Fitness**

*Pilar Lehmann*

Each class includes a pregnancy specific warm up, strength training session and yoga segment. **ParMED-X for Pregnancy form must be submitted prior to participation. $17.50 drop-in.** [www.fit4two.ca](http://www.fit4two.ca).

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<tr>
<th>Class</th>
<th>Dates</th>
<th>Fees</th>
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<td>Apr 06-May 18</td>
<td>$108.50/7 sess</td>
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<td>Cedar Hall</td>
<td>42388</td>
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<tr>
<td>W,7:30 PM-8:30 PM</td>
<td>May 25-Jun 29</td>
<td>$93/6 sess</td>
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<td></td>
<td>Cedar Hall</td>
<td>42389</td>
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**Child Care**

1.5-5 yrs

Child care available Wednesday & Friday mornings.

Go to page 9 for detailed information.

**Parent & Child**

**Fat Burner**

*Lora Graham*

Sculpt, chisel and tone in this total body conditioning class. **Drop in $6.00. No class May 23.**

M,6:30 PM-7:30 PM  Apr04-Jun13  $47.50 /10 sess
Gymnasium - Trout Lake  42618

**Body Sculpting**

*Herb DaSilva*

Designed to tone the muscles of the body using weights, bands. **Drop in $6.00.**

Tu,6:00 PM-7:00 PM  Apr05-Jun21  $57/12 sess
Gymnasium - Trout Lake  42306

**Athletic Interval Training**

*Rayan Charlton*

Fun Fast and Furious, this non-choreographed high energy interval class uses a mixture of cardio and strength to make the most of the time you have. **Drop in $6.00.**

W,6:30 PM-7:30 PM  Apr06-Jun22  $57/12 sess
Gymnasium - Trout Lake  42306

**Seniors Fun Fitness** *(55+ yrs)*

*Sharon Chan*

Exercises include a whole body work out and strength training with resitantbands. **No class May 23. $30/10 tickets.**

M,11:00 AM-12:00 PM  Apr04-Jun27  12 sess
Cedar Hall  42574
W,11:30 AM-12:30 PM  Apr06-Jun29  12 sess
Cedar Hall  42575
F,11:00 AM-12:00 PM  Apr01-Jun24  11 sess
Cedar Hall  42576

**Trout Lake Bootcamp**

*Herb DaSilva*

A challenging, interval style cardio and muscle conditioning class with step sequences, plyometric exercises and weight training. **Drop in $8.00.**

Sa,9:00 AM-10:00 AM  Apr09-Jun18  $47.50/10 sess
Gymnasium - Trout Lake  42619

Register at vancouver.ca/troutlakerec  Phone: 604 257-6955  Programmer: Steve. Garrett

Steady Feet

Go to page 33 for detailed information.
SPORTS SCHEDULE AND PROGRAMS

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>Table Tennis</td>
<td>Table Tennis</td>
<td>Table Tennis</td>
<td>Volleyball Beg &amp; Inter</td>
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<tr>
<td>9:30AM-12:00PM Apr 5-Jun 21</td>
<td>9:30AM-12:00PM Apr 7-Jun 23</td>
<td>3:00PM-4:45PM Apr 3-Jun 19</td>
<td>(no class May 22) $46.75/11 sess Gym 42626</td>
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<tr>
<td>(No class Apr 19) $11/11 sess; $2/drop-in Gym - South 42607</td>
<td>$12/12 sess; $2/drop-in Gym - South 42608</td>
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<tr>
<td><strong>Pickleball</strong></td>
<td><strong>Older Adults Badminton</strong></td>
<td><strong>Pickleball</strong></td>
<td><strong>Older Adults Badminton</strong></td>
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<tr>
<td>1:30PM-3:30PM Apr 4-Jun 20</td>
<td>1:30PM-3:30PM Apr 5-Jun 21</td>
<td>1:30PM-3:30PM Apr 6-Jun 22</td>
<td>1:30PM-3:30PM Apr 7-Jun 23</td>
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<tr>
<td>(no class May 23) $22/11 sess; $3/drop-in Gym 42542</td>
<td>$24/12 sess; $3/drop-in Gym 42463</td>
<td>$24/12 sess; $3/drop-in Gym 42543</td>
<td>$24/12 sess; $3/drop-in Gym 42464</td>
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<tr>
<td><strong>Badminton</strong></td>
<td><strong>Basketball</strong></td>
<td><strong>Indoor Soccer</strong></td>
<td><strong>Volleyball Recreational</strong></td>
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<tr>
<td>8:00PM-9:45PM Apr 4-Jun 20</td>
<td>8:00PM-9:45PM Apr 5-Jun 21</td>
<td>8:00PM-9:45PM Apr 6-Jun 22</td>
<td>8:00PM-9:45PM Apr 7-Jun 23</td>
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<tr>
<td>(no class May 23) $46.75/11 sess Gym 33684</td>
<td>$51/12 sess Gym 42319</td>
<td>$51/12 sess Gym 42418</td>
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<tr>
<td><strong>Basketball</strong></td>
<td><strong>Volleyball</strong></td>
<td><strong>Pickleball</strong></td>
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<td>1:30PM-3:30PM Apr 4-Jun 20</td>
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<tr>
<td>$12/drop-in Gym 42319</td>
<td>$22/11 sess; $3/drop-in Gym 42542</td>
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<tr>
<td><strong>Older Adults</strong></td>
<td><strong>Recreational Slopitch</strong></td>
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<tr>
<td>Badminton</td>
<td>(18+ yrs)</td>
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<tr>
<td>1:30PM-3:30PM Apr 5-Jun 21</td>
<td>Andy Glowinkowski</td>
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<tr>
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<tr>
<td><strong>Basketball</strong></td>
<td><strong>Volleyball</strong></td>
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<td>8:00PM-9:45PM Apr 5-Jun 21</td>
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<td>Beg &amp; Inter</td>
<td>$51/12 sess Gym 42427</td>
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<td>3:00PM-4:45PM Apr 3-Jun 19</td>
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<td>(no class May 22) $46.75/11 sess Gym 42626</td>
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**Adult Tennis**
Wilson Tan
Our programs take Progressive Tennis in an open skills environment, allowing development important to improving your tennis. Our values in the areas Character-Conditioning-Competency.

*You will learn: 1.0-1.5, about basic skills and competencies to play tennis.*

1.0-1.5
Tu,6:30 PM-7:45 PM Apr 05-Jun 21 $195/12 sess Outside - Tennis Court 53037
Th,6:30 PM-7:45 PM Apr 07-Jun 23 $195/12 sess Gymnasium - South (1/3) 42288

2.0-2.5
You will learn: 2.0-2.5, better command of your tennis competencies & introduce strategic concepts.
Tu,6:30 PM-7:45 PM Apr 05-Jun 21 $195/12 sess Outside - Tennis Court 53039
Th,6:30 PM-7:45 PM Apr 07-Jun 23 $195/12 sess Gymnasium - North (2/3) 42290

**Recreational Slopitch** (18+ yrs)
Andy Glowinkowski
We are a Recreational Slopitch league with SPN registration located at John Hendry Park designed for fun and simple love of the game for adults. Each team much have a minimum of 10 players (5 females/5 males). Fees include regular season games (up to 18 games), Spring tournament and year end playoffs in August. Individual players looking to play slopitch are welcome to contact us and we will do our best to connect you with a team. *Mandatory Team Captain’s meeting on March 31 7-9pm. Please register by Friday April 8, contact troutlakecc@vancouver.ca if you have any questions.*

M Tu W Th,7:00 PM-9:00 PM May02-Aug04 $1400/56 sess Outside - Parking Lot 52991

**Evening Sport Drop In Procedures**
1. $5.00 for Drop in
2. First priority of play is given for those who are registered.
3. Participants will be placed onto a list at 7:00 pm.
4. Registered participants have until 8:15 pm to check in.

Ask us about our free wireless internet!
MARTIAL ARTS

Aikido
Shohei Juku Aikido Canada
An opportunity for everyone to learn self-defense and spiritual discipline while improving body coordination with gentle circular movements. Please note: Pro-rated fees do not apply to this program. Drop ins $10.00. Student fee $45. No class May 21 & 23.

April
M 5:55PM-7:25PM, Tu Th 6:00PM-7:30PM, Sa 11:00AM-12:30PM
Apr 4-Apr 30 $70/16 sess
Elm Room 42294
May
M 5:55PM-7:25PM, Tu Th 6:00PM-7:30PM, Sa 11:00AM-12:30PM
May 2-May 31 $70/16 sess
Elm Room 42669
June
M 5:55PM-7:25PM, Tu Th 6:00PM-7:30PM, Sa 11:00AM-12:30PM
Jun 2-Jun 30 $70/17 sess
Elm Room 42670

Shorinji Kempo
Shorinji Kempo Society
A sophisticated martial art that not only develops individual's confidence and courage, but also nurtures a spirit of compassion and a sense of justice. Pro-rated fees do not apply to this program. Drop in $8.00. No class May 21 and 23.

April
M 7:35PM-9:35PM, F 7:30PM-9:30PM, Sa 2:30PM-4:30PM
Apr 4-Apr 30 $50/12 sess
Elm Room 42579
May
M 7:35PM-9:35PM, F 7:30PM-9:30PM, Sa 2:30PM-4:30PM
May 2-May 30 $50/11 sess
Elm Room 45092
June
M 7:35PM-9:35PM, F 7:00PM-9:00PM, Sa 2:30PM-4:30PM
Jun 3-Jun 27 $50/12 sess
Elm Room 45095

PILATES

Tai Chi - 24 Form
Kelly Maclean
The graceful slow motions of Tai Chi condition the muscles and joints, circulate energy through the channels and organs, and develop inner balance and tranquility. If you are new to Tai Chi, it is probably best to start with the short 24 Form, which was designed for beginners. Kelly Maclean has studied with some of the world’s most famous Tai Chi masters, such as Chen Xiao Wang, Chen Zheng Lei, Yang Zhen Duo, Yang Jwing Ming, Wang Ju Rong, and her own teacher, Shouyu Liang.

April
W 6:00PM-7:00PM Apr 06-Jun 15 $150.37/11 sess
Grandview Room 42609

Tai Chi - Qigong (Chi’i Kung)
Kelly Maclean
Qigong (Chi’i Kung) is a broad category of study that involves movement and posture, breathing techniques, visualization, and even sound, to generate, direct and circulate energy through the body. Qigong will benefit the muscles and tendons, joints and ligaments, channels and internal organs. Less memorization is required for Qigong than for Tai Chi.

April
W 8:00 PM-9:00 PM Apr 06-Jun 15 $150.37/11 sess
Grandview Room 42610

Tai Chi - Traditional 108 Yang Style
Kelly Maclean
The graceful slow motions of Tai Chi condition the muscles and joints, circulate energy through the channels and organs, and develop inner balance and tranquility. The Traditional 108 Yang Style form will take at least 3 seasons to complete, whereas the 24 Form can be completed in just one season.

April
W 7:00 PM-8:00 PM Apr 06-Jun 15 $150.37/11 sess
Grandview Room 42611

Tai Chi - Yang Style
Michael Chiao
This class will introduce and expand on Tai Chi Yang Style, Tai Chi Sword and Kung Fu Fan. Another form of Chinese exercise, Qi Gong Ba Duan Jin, will also be taught. Tai Chi improves strength, flexibility, balance and coordination. Suitable for all ages and fitness levels. Instructor speaks English and Chinese.

April
Sa 9:00 AM-11:00 AM Apr 09-Jun 18 $40/10 sess
Lakewood Room 42612

Pilates Beginner
Diana VanderVeen
Increase levels of core strength, balance, flexibility, muscle tone, stamina, and well-being. Exercises are modified to meet the different needs of the class. Drop in $11.00. dianavanderveen@dianavanderveen.com.

April
Th 9:30 AM-10:15 AM Apr 07-Jun 16 $110/11 sess
Cedar Hall 42544

Pilates Beginners
Amy K Ruth
In this class you will focus on breath, alignment, movement, quality, and integration of core support. The mat work exercises are tools to help us move with ease. Drop in $15.00. No class May 23.

April
M 12:00 PM-1:10 PM Apr 04-Jun 13 $120/10 sess
Elm Room 42545
W 6:15PM-7:25PM Apr 06-Jun 15 $132/11 sess
Elm Room 42546

Pilates Intermediate
Amy K Ruth
These more advanced Pilates exercises will continue to offer an opportunity to pay attention to breath, alignment, movement quality, and integration of core support. Drop in $15.00.

April
W 7:30 PM-8:40 PM Apr 06-Jun 15 $132/11 sess
Elm Room 42547
Prenatal Yoga  
Melissa Rodrigues  
Prenatal yoga is a great way to prepare your body for birth and connect with your growing baby. Some of the postures can help improve or prevent back ache and can help relax and calm your whole body and mind. www.melissarodrigues.com  
Drop in $17.00.  
Sa, 11:15 AM-12:15 PM  Apr 09-Jun 11  $120/10 sess  
Lakewood Room 42555

Baby and Me Yoga  
Melissa Rodrigues  
In the class, we will stretch and strengthen and find moments to involve baby with movement, massage and songs. Crawlers are welcome and older children may come and watch and we can set up a reading area. Please bring a blanket for baby. Drop in $18.00. No class May 23.  
M, 10:00 AM-11:00 AM  Apr 04-Jun 13  $96/10 sess  
Elm Room 42308

Chair Yoga  
Michele Smith  
This course is for anyone who finds traditional yoga challenging or inaccessible. We will use chairs and other props to modify traditional yoga poses and will practice breathing and meditation exercises with the aim of improving strength, flexibility, and circulation and creating a renewed sense of confidence and well-being. Drop in $12.00.  
Tu, 9:00 AM-10:00 AM  Apr 05-Jun 14  $110 & $66 Senior/11 sess  
Lakewood Room 42334

Gentle Yoga  
Michele Smith  
In this dynamic style of yoga, postures are linked together in slow, gentle flowing sequences that follow the natural rhythm of the breath. Suitable for anyone wishing to practice at a more calming meditative pace. Drop in Adult $12.00 and Senior $8.00. No class May 6.  
Tu, 10:00 AM-11:30 AM  Apr 05-Jun 14  $110 & $66 Senior/11 sess  
Cedar Hall 42399  
F, 11:30 AM-1:00 PM  Apr 15-Jun 17  $90 & $54 Senior/9 sess  
Lakewood Room 42400

Yoga Flow  
Michele Smith  
Suitable for active beginners through to seasoned practitioners, this class will synchronize movement to breath, connecting one posture to the next in smooth, choreographed sequences that create heat in the body and develop strength and flexibility in the muscles and joints. Drop in $12.00. No class May 6.  
Su, 9:00 AM-10:30 AM  Apr 17-Jun 19  $100/10 sess  
Lakewood Room 42631  
F, 8:45 AM-11:15 AM  Apr 15-Jun 17  $90/9 sess  
Lakewood Room 42632

Yoga Iyengar  
Bridget Donald  
Students will learn the fundamentals of yoga through the Iyengar method, which includes detailed instructions on alignment, varying sequencing of postures, and some individualized attention. Classes emphasize flexibility, strength, and stamina, as well as concentration and relaxation. All levels welcome. Bridget is an Iyengar-certified instructor. Drop in $18.00.  
Tu, 7:30 PM-9:00 PM  Apr 05-Jun 07  $150/10 sess  
Lakewood Room 42634

Yoga Iyengar  
Gerie Primerano  
Iyengar yoga, distinguished by detailed instructions on alignment, sequencing of postures, and individual attention, benefits students regardless of experience or skill. Gerie has been a practitioner of Iyengar yoga for over 25 years and studied with the Iyengar family in India three times. Drop in $18.00. No class May 23.  
M, 4:30 PM-6:00 PM  Apr 11-Jun 20  $150/10 sess  
Lakewood Room 42635  
M, 6:15 PM-7:45 PM  Apr 11-Jun 20  $150/10 sess  
Lakewood Room 42636  
Th, 9:30 AM-11:00 AM  Apr 07-Jun 16  $165/11 sess  
Lakewood Room 42637

Bring yourself into the present moment, that’s the only place where life exists.
Zumba
Zumba Vancouver
This fitness class fuses Latin rhythms with easy to follow moves to create a dynamic workout designed for everyone at any fitness level. It combines Salsa, Cumbia, Merengue, Samba, Flamenco and more. www.zumbavancouver.ca Drop in $11.00.

Kate
M, 7:00 PM-8:00 PM Apr 04 Free/1 sess Cedar Hall 42601
M, 7:00 PM-8:00 PM Apr 11-May 16 $48/6 sess Cedar Hall 42640
M, 7:00 PM-8:00 PM May 30-Jun 27 $40/5 sess Cedar Hall 42650

Laura
Tu, 7:45 PM-8:45 PM Apr 05 Free/1 sess Cedar Hall 42604
Tu, 7:45 PM-8:45 PM Apr 12-May 17 $48/6 sess Cedar Hall 42652
Tu, 7:45 PM-8:45 PM May 24-Jun 28 $48/6 sess Cedar Hall 42653

Belly Dance
Leona Finlayson
What is Bellydance? Come out, try a class and find out about this ancient dance. It is a fun low-impact workout, that works on all parts of the body. All levels welcome. We will isolate, shimmy, shake, laugh, learn combos and have fun! leonabellydance.com. Drop in $12.00.

W, 6:15 PM-7:15 PM Apr 06-Jun 15 $110/11 sess Cedar Hall 42632

All Bodies Dance Project
Naomi Brand
The All Bodies Dance Project brings together artists with and without disabilities to explore movement as a means of creative expression. Participants experience the joy of dancing, performing and choreographing in a diverse community of movers. www.allbodiesdance.ca FREE thanks to funding from the Canada Council and Grandview Community Centre Association. Participants must have taken the previous January session as a pre-requisite to register.

Th, 6:30 PM-8:00 PM Apr 07-May 12 Free/6 sess Grandview Room 42299

Burlesque
Endorphin Rush Dance And Fitness
Endorphin Rush Dance and Fitness Burlesque Blast is a fun, invigorating, sultry dance-fitness program, which combines all the sass of burlesque with the sculpting and fitness elements. A combination of dance drills, conditioning and choreography - this class is bound to make you sweat and feel sexy. Drop in $13.00.
Tu, 6:30 PM-7:30 PM Apr 05 Free/1 sess Cedar Hall 42332
Tu, 6:30 PM-7:30 PM Apr 12-Jun 14 $110/10 sess Cedar Hall 42331

Community Verve Dance Art
(8 + yrs)
Eleanor Hendriks
This community dance practice deepens participant’s understanding of nature and offers fun and imaginative choreographed dances for all to share. For dance enthusiasts of all ages and moves.
Sa, 2:00 PM-3:30 PM Apr 16-Jun 11 Free/9 sess Cedar Hall 42343

Vintage Swing Partnered Dance
Katherine Single-Dain
Kat The Dusty Flowerpot Cabaret teaches swing dance in a rare and wonderfully accessible way using the partnered connection as a base for the Lindy Hop Step. No partner or previous experience needed! Drop in $12.00.
W, 8:40 PM-9:40 PM Apr 06-Jun 13 $100/10 sess Cedar Hall 42625

Contact Improvisation Jam
Katherine Single-Dain
This is a facilitated open jam space for contact dancing and improvisation. We welcome newcomers to the form, however, because it is not a lesson, there is a requirement of some experience. Drop in $3.50.
Th, 8:30 PM-9:45 PM Apr 07-Jun 13 $36/12 sess Cedar Hall 42344

Dance Class For Men
Jhaymee Hizon
Ever wanted to learn how to dance, but never had the courage to? Here is your chance! Be confident on the dance floor. Come and learn basic dance steps you can use for all types of music. You will then take the basic steps and make them your own by putting your own groove and feeling into the move! Come have some fun and great exercise at the same time! Drop in $6.00.
M, 5:15 PM-6:15 PM Apr 06-Jun 13 $47.50/10 sess Cedar Hall 42333

Dezza Dance Fitness
Dezza Dance
Dezza Dance is passionate about dance for exercise, artistry and wellness. Expect great music, challenging ab workouts and choreographed combinations that are so fun you’ll forget it’s a workout. Come ignite your creativity and open yourself to more vitality. Adult class for all levels with Dezza Dance Company member and instructor Melissa Panetta. See our latest class combo at www.dezzadance.com/dance-workout. Drop in $6.00.
Sa, 11:00 AM-12:00 PM Apr 06-Jun 13 $47.50/10 sess Cedar Hall 42358

Free your soul and get lost in the moment!
Flamenco Percussion Workshops
Davide Sampaolo
Learn about the wonderful world of flamenco music & rhythm, secrets about Techniques on Cajón Flamenco (Drum-box from Spain) and the correct posture on the instrument. You will also learn concepts of percussion, Rhythms in 12 beats, 6 and in 4 beats. Also includes theoretical and practical elements on Afro-Cuban percussion. **No instrument necessary. No experience necessary. Drop in $15.00.**
Tu, 6:00 PM-7:00 PM  Apr12-Jun14  $110/10 sess
Grandview Room  42396

Modern Line Dance Beginner
Lucy Chiu
In this beginner class, learn ballroom dance steps like Cha Cha, Waltz, Samba, Tango etc. with beautiful contemporary music. It’s a great way to exercise and meet new friends. **No partners required. No previous experience required. Drop in $5.00. No class June 3.**
F, 6:15 PM-7:15 PM  Apr29-Jun24  $28/8 sess
Cedar Hall  42448

Modern Line Dance Intermediate
Lucy Chiu
This lively and energetic intermediate line dance program is an unique form of exercise and dance that incorporates easy to follow ballroom dance steps like Cha Cha, Waltz, Samba, Tango etc. with beautiful contemporary music. **No partners required. Drop in $6.00. No class June 3.**
F,7:30 PM-9:00 PM  Apr29-Jun24  $35/8 sess
Cedar Hall  42449

Ruby’s Ukes
Family Ukulele (5+ yrs)
Ruby’s Ukes
In this parent and child session, you will learn simple chords, strumming and how to play simple songs on the Ukulele. All you need for a fun time playing the Ukulele together. Please bring your Ukulele with you, or borrow at the workshop. **Price includes one child and one adult. No class May 22.**
Su, 2:30 PM-3:30 PM  May 15-June 12  $69/4 sess
Grandview Room  42571

Singing Fun For Adults (19+ yrs)
Allison Berry
Do you sing in the shower? Do you sing only when nobody is listening? Then this is the class for you! This class will introduce you to simple singing techniques that will enhance your singing skills and build your confidence. Come learn to sing with a friendly, patient and experienced instructor!
W,11:30 AM-12:30 PM  Apr18-Jun20  $68/8 sess
Maple Room  42562

Creative Photography
Jhaymee Hizon
Learn how to take professional looking photographs with your DSLR. Understand how to use the manual setting to take control of your picture. You will develop skills in composition by understanding shape, colour, and texture. You will also learn how to enhance your photos by using a photo editing software. **No class May 23.**
M, 6:00 PM-7:15 PM  Apr18-Jun20  $95/9 sess
GCCA Board Room  42351

For More Singing Classes
Go to page 35 for detailed information
Artisan Pottery Sale
Enjoy live music, hand crafted pottery from the Trout Lake Pottery Club. On Saturday, only, enjoy delicious home baking from the TL Seniors and beautiful hand knitting by the TL Knitting Group.
Sa, 10:00 AM-4:00 PM May 27 Free sess Centre Lobby 45925

Beginner Acrylic Painting
Niina Chebry
In this class, you have a personal painting coach. Niina Chebry will provide clear demonstrations on colour mixing and brush technique. Projects are designed to build confidence in painting and to enjoy a creative release. Students will be guided through landscape painting and more.
Tu, 7:00 PM-9:00 PM Apr 26-May 31 $126/6 sess Art Studio 42320

Acrylic Painting With Rey
Reynato Pablo
Discover the creative artist in you! Rey will teach you how to paint from a painting of your choice (abstract, landscape, still-life or portrait). Bring your ideas and leave with a ready-to-frame work of art! Rey is an active member of the Federation of Canadian Artists. A supply list will be handed out at the first class which is not included in the course price.
Sa, 2:00 PM-3:30 PM Apr 16-May 28 $46/7 sess Art Studio 42284

Creative Painting In Acrylic For Beginners
Philip Tsang
Discover the creative artist in you! Learn how to paint from a painting of your choice (abstract, landscape, still-life or portrait). A supply list will be handed out at the first class which is not included in the course price. Philip loves teaching art and has taught Interior design and art classes at Vancouver Training Institute, Vancouver School Board continuing education and Langara College continuing education. Philip speaks English, Mandarin, Cantonese and Taiwanese. No class May 23.
Th, 7:00 PM-8:15 PM Apr 21-Jun 13 $80/8 sess Art Studio 42417

Introduction to Interior Design
Viola Choy
Students will discover the fundamentals of design, exploring and applying elements and principles of design. This course will also cover an introduction to space planning, colour theories and materials & finishes. Please bring a notebook and pen to the first class. No class May 23.
M, 8:15 PM-9:15 PM Apr 18-Jun 13 $70/8 sess Art Studio 42419

Still Life Drawing
Viola Choy
Students will learn how to view and draw objects with a proper perspective. The first half of the class will focus on perspective, outline, shape, proportion, balance and composition and the second half will focus on tone and shading and different shading techniques to three dimensional form. No class May 23.
M, 6:45 PM-8:00 PM Apr 18-Jun 13 $80/8 sess Art Studio 42602

How To Draw Your Pet
Viola Choy
Students will learn how to view and draw their pets with a proper perspective, shapes, proportions, colours, and compositions. The first half of the class will focus on how to get the proper outlines, shapes, proportions, and compositions. The other half of the class will focus on different shading and colouring techniques to build their drawings of their pets to their three-dimensional form. Supply list available on line.
Th, 7:00 PM-8:15 PM Apr 21-Jun 13 $80/8 sess Art Studio 42417

Weaving Lives Together: An Intergenerational Textile Media Project
Go to page 16 for more information.

Parent and Child Pottery Classes
Go to page 9 for detailed information.
Spanish For Beginners
Isabel Mendo Giner
If you love Spanish culture then this is the class for you. These lessons are very communicative and entertaining. You will learn sentences, vocabulary and use them in real life situations that will allow you to survive. Isabel Mendo has a Degree in Education at the University of Zaragoza.
Th, 6:00 PM-7:30 PM  
Apr14-Jun09  
$130/9 sess
GCCA Board Room  42589

Spanish Beginner II
Isabel Mendo Giner
If you had your first Spanish lessons or you know the basics of this language already, Beginners 2 is your place!
Th, 7:30 PM-9:00 PM  
Apr14-Jun09  
$130/9 sess
GCCA Board Room  42587

Mandarin Fun
Helen Wang
Learn Mandarin in a fun and supportive environment. You will learn sentences, vocabulary and use them in real life situations.
Tu, 7:00 PM-8:30 PM  
Apr12-Jun14  
$20/10 sess
Spruce Room  42442

Basic First Aid & CPR
For Babies & Children
Community Care First Aid
A short informative and interactive course which provides basic first-aid and CPR skills to treat babies and children. Cover common emergencies such as choking, SIDS, allergic reactions and more. This course is noncertifying. Please pre-register.
Su, 10:00 AM-1:00 PM  
May29  
$59 /1 sess
Willow Room  42318

Red Cross Emergency Childcare
First Aid &CPR B/AED
Community Care First Aid
This course is approved for Day Care and Day Home Providers in BC by the BC Provincial Childcare Facilities, covering major emergencies in babies and children. Certificate valid for 3 years is provided with course completion. Please pre-register.
Sa, 9:00 AM-5:00 PM  
Apr30  
$95 /1 sess
Willow Room  42562
Are Your Food Cravings Getting the Better of You?  
Jonathan Ley

Trying to resist acting on your food cravings often seems like trying to stop a freight train—something very difficult to do. While uncontrolled cravings and specific food choices related to these cravings can have detrimental consequences on your health, you may also be surprised to learn that these cravings actually serve a very important function that you might not be aware of. **The facilitator is a Chartered Herbalist, Certified Detoxification Specialist, and Life Coach.**

W,6:30 PM-7:45 PM  
May 18  
Free/1 sess  
Lakewood Room  
42435

Money Skills  
Financial Literacy Program  
Jose Jaime Guerrero

The object of this program is to encourage participants to be proactive rather than reactive in tackling issues related to their personal finances. Participants will learn skills and tools that will enable them to gain more control over their financial futures. The main goal is to deliver training workshops on various aspects of banking, budgeting, credit/debt management, and consumerism.

Su, 12:30 PM-4:30 PM  
May 01-May 08  
Free/2 sess  
GCCA Board Room  
42450

Summertime Skin Care  
Cheryl Theilade

Customize your sun protection - worry free! Look after skin and hair naturally by making your own beach and poolside essentials: tropical sun lotion, aloe after sun spray, chamomile hair treatment and a lip balm. Recipes on hair rinses and deep conditioners.

**ALL SUPPLIES INCLUDED IN COURSE FEE.** Class supplies:  
Shea butter, Mango butter, aloe vera juice, beeswax, carnauba wax, carrier oils, essential oils, floral water, various herbs, coconut oil, witch hazel, cocoa butter, coconut oil, shampoo bars, jojoba oil, guar gum, sea salts, and bottles/jars provided.

W, 6:30 PM-9:30 PM  
May 04  
$35/1 sess  
Preschool  
42755

Guided Meditation  
Miri Malkin

Join us for guided meditation which focuses on stress management, self-acceptance and creating better state of living. Guided meditation is designed for those who wish to introduce meditation to their lives but find it challenging to quiet their racing thoughts. **Please bring a blanket and pillow. For further info please contact: miri.malkin@gmail.com. Drop in for $10.00.**

Th, 7:45 PM-8:45 PM  
Apr 07-Apr 28  
$32/4 sess  
Elm Room  
54139

Natural Treatments for Allergy & Immune System  
Melanie MacIver

Learn about the causes of allergies and immune dysfunction and some natural options to treat it including herbal medicine, nutrition, vitamin D, and low dose immunotherapy. **Dr. MacIver has done numerous public lectures on hormone balancing and the immune system. Please pre-register.**

W, 7:00 PM-8:00 PM  
May 25  
Free/1 sess  
Lakewood Room  
42462

Music and Culture  
Kamshi Kanavathy

Unity in a diverse world is created by pleasant communication, fun participation, mutual acceptance, nurturing of cultural awareness, understanding, and knowledge. Explore the cultural attributes of Canada, India, Africa and Japan through music, dance and discussion. Evaluate existing knowledge with new insight. Internationally qualified in music, culture, English and education.

W, 7:00 PM-8:30 PM  
Apr 13-May 18  
$55/6 sess  
Art Studio  
50176

Money Skills  
Financial Literacy Program  
Jose Jaime Guerrero

The object of this program is to encourage participants to be proactive rather than reactive in tackling issues related to their personal finances. Participants will learn skills and tools that will enable them to gain more control over their financial futures. The main goal is to deliver training workshops on various aspects of banking, budgeting, credit/debt management, and consumerism.

Su, 12:30 PM-4:30 PM  
May 01-May 08  
Free/2 sess  
GCCA Board Room  
42450

Summertime Skin Care  
Cheryl Theilade

Customize your sun protection - worry free! Look after skin and hair naturally by making your own beach and poolside essentials: tropical sun lotion, aloe after sun spray, chamomile hair treatment and a lip balm. Recipes on hair rinses and deep conditioners.

**ALL SUPPLIES INCLUDED IN COURSE FEE.** Class supplies:  
Shea butter, Mango butter, aloe vera juice, beeswax, carnauba wax, carrier oils, essential oils, floral water, various herbs, coconut oil, witch hazel, cocoa butter, coconut oil, shampoo bars, jojoba oil, guar gum, sea salts, and bottles/jars provided.

W, 6:30 PM-9:30 PM  
May 04  
$35/1 sess  
Preschool  
42755
Tips, Tricks and Tools to Manage Your Joints  
**Arthritis Society**
You may have arthritis, but it doesn’t have YOU! While arthritis can make daily activities challenging and painful, this interactive workshop will provide information about the many tools, gadgets and techniques to help make daily tasks easier. Join us for information and tips to help you take control of your arthritis.

W: 6:30 PM-8:30 PM  Jun01  Free/1 sess
Lakewood Room  42339

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**Sourdough: Making and Maintaining a Starter Part 1**
Maintaining a sourdough starter can be a flexible, predictable, and very rewarding practice. In this introductory class you will learn how to keep a starter, different ways to use it, and about the many health benefits of fermenting grains. 
**Participants are encouraged to enroll in both classes. If you register for both sourdough classes, it will be a total cost of $30.00.**

**Sourdough Bread Simplified Part 2**
This hands-on class is designed to encourage bakers and non-bakers alike to make the switch from yeasted breads to baking their own more nutritious loaves using the magic of natural leaven (ie. sourdough)! 
Course includes handouts, demos, and fresh baked bread. 
**Participants are encouraged to enroll in both classes. If you register for both sourdough classes, it will be a total cost of $30.00.**

**Sausage Making**
Ever wanted to make your own sausages at home? Learn the tricks of the trade and leave with your own batch to enjoy later.

**Introduction to Fermentation: Salsas and Pickles**
Participants will learn to create delicious fermented foods! This introductory workshop will cover two favourites: salsa and pickles. Fermented foods are full of nutrient and great for digestive health.
ADULT & SENIOR Health | Fitness

Join Our Seniors Committee
the last Monday of the month
April 25, May 30 at 2:45pm.
Refreshments will be served. If you have a program idea, please join the committee. Everyone is welcome and we are always looking for exciting new ideas in our new facility! We have a lot of ideas! Meet in the Grandview Room.

Mission Statement
To bring together our seniors and provide accessible recreational, social, educational and cultural opportunities that promote and develop community well-being.

Kinesis & Stretch 55+
This class is suitable for “active boomers”, and the class is run as a circuit using the Kinesis machines, dumbbells, bands and body weight exercises. All participants must provide a par q form. This class may not be suitable for participants with health issues such as osteoporosis, heart issues or other medical concerns. Please contact Steven at steven.tautscher@vancouver.ca if you have any health issues and he may be able to recommend a class that is more suitable.
W,11:15 AM-12:15 PM Apr 6-May 4 $30/5 sess
Fitness Centre 54928
W,11:15 AM-12:15 PM May 18-Jun 15 $30/5 sess
Fitness Centre 56235

Seniors Weight Training
Ivan / Denise
The first hour of the session is spent strengthening and toning muscles in the fitness centre. The last half hour of this session focuses on stretching and strengthening core muscles. If you are 65 yrs or older the cost is a senior’s drop in rate or Flexipass rate. Participants under 65 years of age will pay an adult fee. All Participants must have a signed par q and consent and release on file.
Tu,9:30 AM-10:30 AM Apr 5-Jun 28 $30/5 sess
Fitness Centre 54919
Th,9:30 AM-10:30 AM Apr 7-Jun 30 13 sess
Fitness Centre 54921

Guided Meditation
Miri Malkin
Join us for guided meditation which focuses on stress management, self-acceptance and creating better state of living. miri.malkin@gmail.com. Drop in $10.00
Th,7:45 PM-8:45 PM Apr 07-Apr 28 $32/4 sess
Elm Room 54139

Mary’s Walking Group
Meet in the Lobby at 11:15am and walk around the lake with Mary and meet new friends. Please pre-register.
Tu,11:15 AM-12:00 PM Apr 05-Jun 21 Free/12 sess
Lobby 42443

Seniors Fun Fitness
Sharon Chan
Exercises include a whole body work out and strength training with resistantbands. No class May 23. $30/10 tickets.
M,11:00 AM-12:00 PM Apr 04-Jun 27 12 sess
Cedar Hall 42574
W,11:30 AM-12:30 PM Apr 06-Jun 29 12 sess
Cedar Hall 42575
F,11:00 AM-12:00 PM Apr 01-Jun 24 11 sess
Cedar Hall 42576

SteadyFeet
Sabine Iseli
Recommended by doctors and physiotherapists, this balance and mobility program for older adults will help improve your functional mobility, increase lower body strength, and improve balance and reduce fall risk. The April 4 class will be an assessment for registered participants. Please fill out a health questionnaire and fall efficiency that are located at the front desk. No class May 23.
M,12:30 PM-1:30 PM Apr 04-Jun 13 $30/10 sess
Lakewood Room 51520

Line Dancing Classes
Go to page 28 for detailed information

Register at vancouver.ca/troutlakerec Phone: 604 257-6955
A Home Away from Home!

Social Tuesdays 12:15pm
April 5-June 21 #42483

Join us for a different workshop each week from dance, drama, art, cooking to education. Workshops begin at 12:30pm in the Grandview Room. Delicious sandwiches and desserts available for $6.00 (please pay Dorothy cash). Please pre-register for this program. All supplies included.

April 5 Korean Cooking Class with Sun Rey
April 12 Bingo & Trivia
April 19 Earthquake Preparedness
April 26 Lasagna Lunch: Lasagna, salad & bun $6.00 please pay at the front desk in advance. Space is limited. #42584
May 3 Iceland Presentation with Sid & Judith
May 10 Flower Arranging Workshop
May 17 Art Class with Phil the Artist
May 24 Shepherd’s Pie Lunch: Shepherd’s pie salad & bun $6.00 please pay at the front desk in advance. Space is limited #42585
May 31 Making Weight Loss Sustainable
June 7 Cooking Class
June 14 Health Workshop
June 21 Emily Best’s Sing A Long Class
Collaborative Creative Dance Workshops
Desiree Dunbar
Take a creative journey and discover the joy of working and creating dance collaboratively. Where you go and how you get there is decided as a group. No experience necessary. All abilities are welcome. Desiree is a graduate from the dance program at SFU University who specializes in dance technique and choreography. No class May 23. Drop in $4.00. M,12:30 PM-2:30 PM Apr04-Jun13 $35/10 sess Grandview Room 42430

A day patched with quilting seldom unravels!

Madelaine and Marian’s Coffee Break
Sit back and enjoy a cup of coffee or tea and chat with your friends. Please pre-register. Tu,2:30 PM-3:30 PM Apr05-Jun21 Free/12 sess Grandview Room 42436

Mah Jong
Teresa, Lily & Shirley
Bring your lunch and come and make new friends while playing Mah Jong. Drop in $1.00 if there is space. Tu,11:30 AM-3:30 PM Apr05-Jun21 $3/12 sess Lakewood Room 42440 Th,11:30 AM-3:30 PM Apr07-Jun23 $3/12 sess Grandview Room 42441

ESL Fun
Helen Wang
Practice your English in our friendly, easy going class. Learn: conversation, reading, pronunciation, and vocabulary. Drop in $1.00. Tu 10:00 AM-12:00 PM Apr12-Jun14 $10/10 sess GCCA Board Room 42362 F,10:00 AM-12:00 PM Apr15-Jun17 $10/10 sess GCCA Board Room 42363

Creative Painting In Acrylic For Beginners
Philip Tsang
Discover the creative artist in you! Learn how to paint from a painting of your choice (abstract, landscape, still-life or portrait). Sa,2:00 PM-3:30 PM Apr16-May28 $46/7 sess Art Studio 42284

Seniors Collaborative Creative Writing
Ingrid Rose
You have important stories to tell and only you can tell them. Ingrid will lead you through the creative writing process step by step from start to finish. No previous experience with creative writing, just a willingness to let go and dive in. Experienced writers will also find room to expand. Th,9:30 AM-11:30 AM Apr07-May26 $54/8 sess Willow Room 42573

Seniors Writing Group
Vanneau Neesham
Do you want to write your own life stories or express yourself through poetry or another kind of writing? Join our writing group for motivation, encouragement, and structure as we write in a friendly, supportive environment. Led by Vanneau Neesham, writer, retired journalist & English teacher. No class May 23. Please pre-register. M,10:00 AM-11:30 AM Apr11-Jun06 Free/8 sess GCCA Board Room 42577

Sing A Long Wednesdays
Emily Best
Learn how to sing and let your voice shine through in a sing a long jam session every Wednesday with trained jazz vocalist and pianist, Emily Best. With over a decade in classical and jazz training, Emily will take you through the fundamentals of vocal technique in a positive and easy-going setting. Drop in $2.00. W,9:45 AM-10:45 AM Apr13-Jun01 $8.00/8 sess GCCA Board Room 42581

Sing A Long Fridays
Allison Berry
Enjoy singing to all your favorite songs and holiday songs too. A piano teacher will lead the group every week with the electric piano. Drop in $3.00. No class May 6. F,12:45 PM-2:15 PM Apr19-May20 $10/5 sess Maple Room 42580

Knitting Together
Nina Ury
You will receive assistance in reading and interpreting patterns, help with colour work, cabling and crocheting. The program also consists of knitting at least one hat and scarf for the Downtown Eastside homeless folks using donated wool. Class will run May 23. M,9:30 AM-11:30 AM Apr18-Jun06 $56/7 sess Grandview Room 42350

A day patched with quilting seldom unravels!

Patch Work & Quilting
Judith Pilley
Join us for a supportive social quilting circle. As we learn the needle-turned applique method we will each make a block for a community quilt before progressing to individual work. Experienced quilters are welcome to join us with their own projects. Some kits will be available for purchase. Judith Pilley, is an addicted quilter and teacher. W,12:45 PM-3:15 PM Apr06-Jun08 $5/10 sess Grandview Room 42472

Weaving Lives Together:
A Textile Media Project
Intergenerational Project 5+yrs
Mariana Frochtengarten
Go to page 10 for more information

Register at vancouver.ca/troutlakerec Phone: 604 257-6955
**SENIOR LUNCHES | TOURS**

**Easter Luncheon**
Enjoy a delicious luncheon and performance.
Menu: turkey, stuffing, cranberries, mashed potatoes, green salad, vegetables and cole slaw.  
*Dessert: fresh fruit, cake, cookies and 4 door prizes. Enjoy live music by Sue Malcolm.*  
F: 12:00 PM-2:00 PM Apr08  $7.50/1 sess  
Grandview and Lakewood Room  42749

**Mother’s Day Luncheon**
Enjoy a delicious luncheon and performance.
Menu: roast pork, apple sauce, vegetables, green salad, cole slaw, and pasta salad.  
*Dessert: fresh fruit, cake, cookies and 4 door prizes. Live music featuring a Dixie Band.*  
F: 12:00 PM-2:00 PM May06  $7.50/1 sess  
Grandview and Lakewood Room  42599

**Father’s Day Luncheon**
Enjoy a delicious luncheon and performance.
Menu: baron of beef and dip, potato salad, pasta salad, cole slaw, and vegetable tray.  
*Dessert: fresh fruit, cake, cookies and 4 door prizes.*  
Enjoy a 17-piece big band plus vocalist who will play ball room dance music primarily from the big band era (1940-1970) plus the common Latin dances of that era. Bring your dancing shoes and voice to sing.  
F: 12:00 PM-2:00 PM Jun24  $7.50/1 sess  
Grandview and Lakewood Room  44379

**Tulips Of The Valley**
Tip toe through the tulip fields at Tulips of the Valley in Agassiz where colours of the season cover over 40 acres of land and the Abbotsford Tulip Festival with 10 acres of Tulip Fields!  
*This tour includes admission fees to Agassiz and Abbotsford Tulip Fields, a stop at Honeyview Farms and lunch at Bow & Stern Restaurant in Abbotsford.*  
F: 8:00 AM-2:30 PM Apr08  $99/1 sess  
Centre Lobby  51376

**Surrey Heritage Train & White Rock Thrift Store**
Ride the restored 1910 Interurban Surrey Heritage Train on the original BC Electric Railway and experience the thrill of thrift hunting at White Rock’s best Thrift Stores! Spend afternoon free time strolling the White Rock Pier and Promenade with a visit to the “White Rock” to hear the history of this legendary rock.  
*Activity Level: Easy (please note: stairs with railing at restaurant).*  
Sa: 7:45 AM-5:00 PM Jun04  $99/1 sess  
Centre Lobby  51379

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Luncheons Held in the Grandview Room: Please Pre-register.  
Doors open at 11:30am

**Enjoy Tour & Travel Excursions**

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There’s no place like home.
**Trout Lake Community Centre Room Rental Information & Rates**

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<thead>
<tr>
<th>Room Name</th>
<th>Standing Capacity</th>
<th>Seated Capacity</th>
<th>Dimensions (approx.)</th>
<th>Square Footage</th>
<th>Features</th>
<th>Damage Deposit</th>
<th>Room Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>GCCA Board Room</td>
<td>25</td>
<td>14</td>
<td>19x12</td>
<td>230</td>
<td>Glass walls, Carpeted Floors</td>
<td>$20</td>
<td>$20/hr</td>
</tr>
<tr>
<td>Maple Room</td>
<td>30</td>
<td>15</td>
<td>26x11</td>
<td>285</td>
<td>Rug, Natural Light</td>
<td>$20</td>
<td>$20/hr</td>
</tr>
<tr>
<td>Lakewood Room</td>
<td>65</td>
<td>45</td>
<td>34x25</td>
<td>1010</td>
<td>Natural Lights, Beautiful View</td>
<td>$100</td>
<td>$40/hr</td>
</tr>
<tr>
<td>Grandview Room</td>
<td>125</td>
<td>80</td>
<td>46x25</td>
<td>1255</td>
<td>Natural Lights, Kitchen, Beautiful View</td>
<td>$200</td>
<td>$60/hr</td>
</tr>
<tr>
<td>Grandview/Lakewood Room</td>
<td>190</td>
<td>125</td>
<td>80x25</td>
<td>2265</td>
<td>Attached by Dividing Wall</td>
<td>$300</td>
<td>$100/hr</td>
</tr>
<tr>
<td>Gymnasium (Full) – sport</td>
<td>400</td>
<td>N/A</td>
<td>104x72</td>
<td>7488</td>
<td>Full Sized Gymnasium</td>
<td>N/A</td>
<td>$65/hr</td>
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<tr>
<td>Gym 2/3</td>
<td>240</td>
<td>N/A</td>
<td>57.5X72</td>
<td>4140</td>
<td>2/3 Sized</td>
<td>N/A</td>
<td>$35/hr</td>
</tr>
<tr>
<td>Gym 1/3</td>
<td>160</td>
<td>N/A</td>
<td>46.5X72</td>
<td>3348</td>
<td>1/3 Sized</td>
<td>N/A</td>
<td>$30/hr</td>
</tr>
</tbody>
</table>

All price quotes do not include taxes;

**Additional Fees & Charges**

**Staff Charges**
- Applicable for rentals that serve alcohol and/or have more than 50 guests;
- Staffing charges are $25 per hour with a minimum 2-hour booking;
- The number of staff is dependent on the size of the rental.

**Music Royalty Fees**
- For rentals that play pre-recorded music and/or dancing, SOCAN fees are dependent on rental group size and activity.

**Damage Deposit**
- Deposit fees are dependent on scope and size of the rental.

**Please note:**
- All price quotes do not include GST.
- Rental times must include set-up and clean-up time;
- Use of the Community Kitchen is for warming and serving food only. No cooking allowed.
- Fundraising rentals must have prior approval by the GCCA;
- Commercial events, filming, and sports leagues are subject to our regular rates;
- Discounted room rental rates are available for Not-for-Profit organizations;
- Gym rentals are for approved sports activities only. **Ball and floor hockey are not allowed.**
- A Certificate of Insurance is required prior to the gym rental date;
- Full payment and the completed and signed rental agreement MUST be received no later than 2 weeks prior to the rental event;
- To make a rental request or arrange a booking, please visit www.troutlakecc.com and complete the room rental online form;
- For more information please email Denis.Laferriere@vancouver.ca or telephone 604.257.3084.
**Hanami - Japanese Cherry Blossom Celebration** *(All Ages)*

Celebrate Hanami at TLCC! At TLCC we will celebrate with traditional performances, Aikido demonstrations, taste traditional tea from a TLCC pottery cup that you can purchase for $3.00, taste traditional food, origami and crafts for the kids. Bring a picnic to enjoy under the Cherry Blossom tree located on the north side of the building. Enjoy this family fun event. Please pre-register.

**Su, 10:30 AM-1:30 PM Apr 10 Free Grandview and Lakewood Room 44380**

**Ready, Set, Learn** *(3-5 yrs)*

As part of a provincial initiative, Trout Lake Community Centre and Laura Secord, Selkirk, Beaconsfield, Queen Victoria schools and various community organizations are hosting a fun event for pre-kindergarten aged kids from 3-5 years old to help start them on their journey of life-long learning and introduce them to school in a fun way. Please join us and tell your friends. Children must be accompanied by a caregiver. Please pre-register.

**Tu, 9:30 AM-11:00 AM Apr 19 Free Gymnasium 54642**

**Magic Trout Imaginarium Open House** *(All Ages)*

The Magic Trout Imaginarium is a project based out of the Tiny Community Center; the first ‘tiny house’ ever used as a community classroom and artist residency. As a curiosity cabinet with a modern twist, artists Zee Kesler, Emily Smith and Françoise Thibault will explore art making as a means of self-expression in order to create a new understanding and appreciation of Trout Lake’s natural ecology, environment and neighbourhood as a place of wonder and inspiration. magictroutimaginarium.tumblr.com tinycommunitycenter.com. Please pre-register.

Emily Smith, Zee Kesler, Francoise Thibault

**Sa, 11:00 AM-1:00 PM Apr30 Free/1 sess 42437 Magic Trout Imaginarium**

**Sa, 11:00 AM-1:00 PM May28 Free/1 sess 42438 Magic Trout Imaginarium**

**Sa, 11:00 AM-1:00 PM Jun25 Free/1 sess 42439 Magic Trout Imaginarium**

**Artisan Pottery Sale**

Enjoy live music, hand crafted pottery from the Trout Lake Pottery Club. On Saturday, only, enjoy delicious home baking from the TL Seniors and beautiful hand knitting by the TL Knitting Group.

**Sa, 10:00 AM-4:00 PM May 07 Free/1 sess Centre Lobby 45525**

**Stat Holiday Victoria Day** *(All Ages)*

A day of fun for the family on your Stat Holiday. We’ve got the bouncy castle set up, arts & crafts, games and more. FREE! Please pre-register.

**M, 10:00 AM-1:00 PM May 23 Free Gymnasium - Trout Lake 42600**

**Intro to Botanical Illustration** *(12+ yrs)*

Emily Smith

Learn the basics of botanical illustration! We will go through a series of exercises to loosen up your drawing brain. Please bring in any samples you’d like to draw otherwise, we can select samples from in and around Trout Lake. Please pre-register.

**Su, 12:00 PM-3:00 PM June18 Free/ sess Magic Trout Imaginarium 56199**

**Libby’s**

Café Libby’s makes great sandwiches! Thank you for donating coffee during registration days!
SPECIAL EVENTS

MUSIC ON THE BOW

Chris Ronald
was nominated for “Song Writer of the Year” at the Canadian Folk Music Awards. In a recent review, The Georgia Straight praised his “immaculate songcraft and keenly luxuriant voice.”

Tuesday, 7:00-9:00pm
April 12, May 10, June 14

Riosamaya
Original music of songs and poetry in a magical combination of Latin, Reggae & Rhumba.

Wednesday, 7:00-9:00pm
April 6, 13 and May 11, 25

The Soda Crackers
Enjoy the best of Bluegrass music!

Wednesday, 7:00-9:00pm
April 20, May 18, June 22

Thursday Night Jazz Trio
Enjoy the best of jazz music!

Thursday, 7:00-9:00pm
April 14, May 12, June 9

SPECIAL EVENTS

Birthday Party (3-12 yrs)
Lorisa Yun
Phone or in Person Registration ONLY. We will provide 2 amazing leaders to entertain the children, the room, some decorations, and 45 minutes of gym time. All you need to do is provide the food, cake, cutlery, plates, party guests and party favours. Don’t worry about the clean up or set up, we have that done for you too! A leader will contact you 10 days in advance to discuss party details. Max 30 kids and 30 adults.
April 16, 23, 30 May 7, 14, 21, 28 June 4, 11

MORNING PARTY
Saturday, 11:00am - 1:00pm Gym time: 11:30am-12:15pm
$190/party Rent the Bouncy Castle for an additional $60
Gymnasium – North & Grandview Room

AFTERNOON PARTY
Saturday, 2:00pm - 4:00pm Gym time: 2:00-2:45pm
$190/party Rent the Bouncy Castle for an additional $60
Gymnasium – North & Grandview Room

Pottery Birthday Party (6-14 yrs)
Laura Van Der Linde
Party includes 1 hour of clay activities such as plates, pots, masks or animals led by a pottery instructor, 1 hour in the art studio, balloons and table covers led by a Birthday party leader. All you need to do is provide the food, cake, cutlery, plates, party guests and party favours. Please note: there is no kitchen facility for this program. Max 12 kids.

Su,1:00 PM-3:00 PM May 15
Art Studio 42549
$230/1 sess

Su,1:00 PM-3:00 PM Jun 12
Art Studio 42550
$230/1 sess

Arts Theme Birthday Party (3-14 yrs)
Sun Rey Han
All you need to do is provide the food, cake, plates, cutlery, party guests and party favours. Birthday party includes creative art activity led by Sun Rey in the art studio. Balloons and table covers included. Sun Rey will contact you 10 days in advance to discuss party details. Please note: there is no kitchen facility for this program. Max 12 kids.

Su,1:00 PM-3:00 PM May 29
Art Studio 42304
$160/1 sess

Su,1:00 PM-3:00 PM Jun 05
Art Studio 42305
$160/1 sess

Su,1:00 PM-3:00 PM Apr 10
Art Studio 42303
$160/1 sess

Thank you to all the wonderful volunteers who helped out on FAMILY DAY! We appreciate it so much!

Register at vancouver.ca/troutlakerec Phone: 604 257-6955
Festivals and events

Trout Lake Park hosts many festivals in the spring, summer and fall, at all times of the day and through all types of weather. Many local photographers capture their excitement, quiet, beauty, diversity, chaos and sometimes challenges.

The Grandview Community Association is sponsoring a third annual photo contest and is looking for images that celebrate festivals and events. Trout Lake (John Hendry Park) must be easily identified in each picture and the event names and dates must be included.

Greeting cards will be made with the winning photos and sets of these will be sold in the centre. The images will also be used in brochures and posters in the community centre.

Prizes are $50 gift certificate to community centre programs for the top five photos and a set of greeting cards.

For contest details go to our website: www.troutlakecc.com

Photo credit: Jhaymee Hizon