Indoor cycling is a motivating exercise class that uses high-performance Keiser indoor cycling-bicycles to burn calories, build muscle, and relieve stress.

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<td>9:30am-10:30am Cycle Fit</td>
<td>9:30am-10:30am Cycle Core</td>
<td>9:30am-10:30am Cycle Fit</td>
<td>6:15am-7:00am Cycle Xpress</td>
<td>8:15am-9:15am Intro to Cycling</td>
<td>9:30am-10:30am Cycle Fit</td>
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Schedule is subject to change. Please call 604-257-6955 (1) to confirm or visit http://vancouver.ca/parks-recreation-culture/indoor-cycling.aspx

Intro to Cycling
Designed to introduce new participants 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 RESERVE YOUR SEAT
Register for your favourite class for the whole season or call ahead and reserve your spot on a drop in basis.

Seasonal Registration Procedures: Register for your favourite class. There will be 12 of 25 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 Dec 28, 2018.

Whole Season
Registered classes include GST

Drop in
$6.40 for drop in or $51.24 for 10 Ticket* pass.

Drop in Reservation Procedures
1. Call 604.257.6955 (push #1) to reserve 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 by 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.
7. All paid participants will receive a numbered card that they must give to the instructor just before the start of the class.

*10 tickets may be used for all indoor cycling classes at Champlain, Creekside, Dunbar, Hillcrest, Kitsilano and Trout Lake.
Fit 4 Two Mom and Baby Barre
Danya from Fit4Two Van East
Designed specifically for postpartum women, focuses on posture, core strength and flexibility. **Pre-mobile babies only please. Drop-in $18.00 (space permitting).**
Th, 1:00-2:00 PM Jan 10-Mar 14 $140/10 sess
Cedar Hall 188609

Fit 4 Two Prenatal Fitness
Carey from Fit4Two Van East
Connect with other moms-to-be in your community while reducing prenatal discomforts like lower back ache, fatigue and swelling. **Drop-in is $18.00.**
W, 7:30-8:30 PM Jan 09-Feb 13 $96/6 sess
Cedar Hall 188612
W, 7:30-8:30 PM Feb 20-Mar 27 $96/6 sess
Cedar Hall 192668

Fit 4 Two Stroller Bootcamp
Shanna from Fit4Two Van East
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. Drop-in $18.00. March 19, 21, 26 and 28 classes will be outside.**
Tu Th, 10:00-11:00 AM Jan 08-Jan 31 $128/8 sess
Grandview Room 189465
Tu Th, 10:00-11:00 AM Feb 05-Feb 28 $128/8 sess
Grandview Room 189466
Tu Th, 10:00-11:00 AM Mar 05-Mar 28 $128/8 sess
Grandview Room 192667

Fit 4 Two Stroller Fitness
Carey from Mobile baby-friendly workout, all fitness levels. OUTDOOR strength and cardio, INDOOR core and flexibility. **Must be 4+ weeks postpartum (6+ weeks for caesareans). Yoga mat required. Drop-in $16.00. March 20 & 27 classes will be outside.**
W, 11:00 AM-12:00 PM Jan 09-Feb 13 $80/6 sess
Grandview Room 189469
W, 11:00 AM-12:00 PM Feb 20-Mar 27 $80/6 sess
Grandview Room 192669

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. Using circuit and/or individual stations you will learn to monitor intensity and technique to individually tailor the workout for safety. **Drop-in $6.00.**
W, 6:30-7:30 PM Jan 09-Mar 06 $45/9 sess
Gymnasium 188594

Body Sculpting
Anita Ciolli
Designed to tone the muscles of the body using weights, bands. When you perform them with proper form, recommendations and directions, you raise your metabolic rate, tone the muscle, improve posture and increase your functional strength and endurance. **Drop-in $6.00.**
Tu, 6:00-7:00 PM Jan 08-Mar 19 $53/11 sess
Gymnasium - North 188600

Kinesis
Julie
Kinesis, the Latin word for movement, is full body training that combines strength training with cardiovascular training as well as deriving balance and flexibility benefits. Using the Kinesis machines in combination with functional training gives a great work out!
Th, 7:15 PM-8:15 PM Jan 10-Feb 7 $30/5 sess
Fitness Centre 200234
Th, 7:15 PM-8:15 PM Feb 21-Mar 21 $30/5 sess
Fitness Centre 200235

Fat Burner
Sculp, chisel and tone in this total body conditioning class. **Drop in $6.00. No class February 18.**
M, 6:30-7:30 PM Jan 07-Mar 18 $48/10 sess
Gymnasium - North 189464

Trout Lake Bootcamp
A challenging, interval style cardio and muscle conditioning class with step sequences, plyometric exercises and weight training. **Drop in $6.00.**
Sa, 9:00-10:00 AM Jan 12-Mar 16 $48/10 sess
Gymnasium - Trout Lake 190435

A social advantage of recreation is that it unites people with similar interests and fosters friendships. Get active and meet new friends in Bootcamp!!
**SPORTS SCHEDULE AND PROGRAMS**

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| Pickleball<br>1:30-3:30PM<br>Jan07-Mar18<br>(No class Feb18)<br>$20/10 sess<br>Drop In $3<br>Gym 188520 | **Older Adults Badminton**<br>1:30-3:30PM<br>Jan08-Mar19<br>$22/11 sess<br>Drop In $3<br>Gym 188522 | **Older Adults Badminton**<br>1:30-3:30PM<br>Jan09-Mar20<br>$22/11 sess<br>Drop In $3<br>Gym 188521 | **Volleyball Recreational**<br>8:00PM-9:45PM<br>Jan10-Mar21<br>$47/11 sess<br>Drop In $5<br>Gym 188519 |

| Badminton<br>8:00-9:45PM<br>Jan07-Mar18<br>(no class Feb18)<br>$43/10 sess<br>Drop In $5<br>Gym 188515 | **Basketball**<br>8:00-9:45PM<br>Jan08-Mar19<br>$47/11 sess<br>Drop In $5<br>Gym 188517 | **Indoor Soccer**<br>8:00-9:45PM<br>Jan09-Mar20<br>$47/11 sess<br>Drop In $5<br>Gym 188518 | **Volleyball Beg & Inter**<br>3:00-4:45PM<br>Jan06-Mar17<br>$43/10 sess<br>Drop In $5<br>Gym 188524 |

**Adult Tennis**
Wilson Tan

Our programs take Progressive Tennis in an open skills environment, allowing development important to improving your tennis. The program upholds our values that are Character, Conditioning and Competency. You will learn about basic skills and competencies to play tennis.

Th,6:15-7:45 PM <br>Jan10-Mar21 <br>$30/8/11 sess<br>Gymnasium 188531

**Sun Run Clinics**
SportMed BC

The Sun Run InTraining clinic can help you reach your fitness goal in a safe and supportive environment. The 13-week InTraining programs designed by SportMedBC gradually build strength and stamina and focus on improving your overall health and fitness while staying injury free. **Youth participants ages 13-16 must be accompanied by an adult.**

**Learn to Run 10K**
M,6:30-8:30 PM <br>Jan14-Apr08 <br>$157.50/13 sess<br>Willow Room 177646

**Nordic Walk 10K**
M,6:30-8:30 PM <br>Jan14-Apr08 <br>$157.50/13 sess<br>Willow Room 177649

**Run 10K Stronger**
M,6:30-8:30 PM <br>Jan14-Apr08 <br>$157.50/13 sess<br>Willow Room 177649

**Walk 10K**
M,6:30-8:30 PM <br>Jan14-Apr08 <br>$157.50/13 sess<br>Willow Room 177648

**Adult Health Workshops**
More details on Page 34.

**Outdoor Pickleball Court**
Sign up at the front desk with your OneCard

**Morning/Afternoon Sport Drop-In Procedures**
1. First priority of play is given for those who are registered.
2. Drop Ins only if space available.
3. Drop Ins will be placed onto a list at 9:00am/1:00pm in person only.
4. Registered participants have until 9:45am/1:45pm to check-in.

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

TLCC creates champions.
**MARTIAL ARTS**

**Aikido**

Shohei Juku Aikido Canada

Aikido is an opportunity for everyone to learn self-defence and spiritual discipline while improving body coordination with gentle circular movements. Please note: Pro-rated fees do not apply to this program. Drop-in $10.00.

M Tu Th, 6:00-7:30 PM, Sa 11:00 AM-12:30 PM
Jan01-Jan31 $70/18 sess
Elm Room 188532

M Tu Th, 6:00-7:30 PM, Sa 11:00 AM-12:30 PM
Feb01-Feb28 $70/15 sess
Elm Room 188575

M Tu Th, 6:00-7:30 PM, Sa 11:00 AM-12:30 PM
Mar01-Mar31 $70/17 sess
Elm Room 188743

**Self-Defence for Women**

Miguel Renigifo

This course teaches defence against the most common types of physical aggression. It was developed by combining techniques from several martial arts for practical application.

Th, 7:45-8:45 PM Jan10-Mar14 $120/10 sess
Elm Room 190190

**Shorinji Kempo**

Shorinji Kempo Society

A martial art that develops an individual’s confidence and courage. Pro-rated fees do not apply to this program. Drop-in $8.00. A registered non profit organization. No class on February 18.

M 7:35-9:35 PM, F 7:00-9:00 PM, Sa 2:30-4:30 PM
Jan05-Jan28 $50/11 sess
Elm Room 190193

M 7:35-9:35 PM, F 7:00-9:00 PM, Sa 2:30-4:30 PM
Feb01-Feb25 $50/11 sess
Elm Room 190194

M 7:35-9:35 PM, F 7:00-9:00 PM, Sa 2:30-4:30 PM
Mar01-Mar30 $50/14 sess
Elm Room 190195

**Jiu Jitsu (Shorinji Kan)**

Kevin Eugene

Jiu Jitsu offers an enjoyable atmosphere for participants to achieve a higher fitness level while gaining valuable self-defence skills. New students do not need a high standard of physical fitness or flexibility to begin, as participants will improve their endurance, strength, flexibility and speed.

Tu, 8:00-9:30 PM Jan08-Mar12 $50/10 sess
Elm Room 192670

**Tai Chi - 24 Form**

Kelly Maclean

If you are new to Tai Chi, it is probably best to start with this short 24 Form Drop in $15.00.

W, 6:00-7:00 PM Jan09-Mar20 $151/11 sess
Grandview Room 190425

**Tai Chi - 48 Form Part Two**

Kelly Maclean

The 48 Form combines the 4 most important traditional styles of Tai Chi: Chen, Yang, Wu, and Sun. In this course, we will study the second part of the form. The third part will be offered in the next session. Experience with Part One is recommended. Drop in $15.00.

W, 7:00-8:00 PM Jan09-Mar20 $151/11 sess
Grandview Room 190426

**Qigong (Ch’i Kung)**

Kelly Maclean

Qigong (Ch’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. Drop in $15.00.

W, 8:00-9:00 PM Jan09-Mar20 $151/11 sess
Grandview Room 198664

**Health QiGong**

Amy Li Hua Zhu

During the process of regulating Qi and blood, and balancing Yin and Yang, it achieves the effect of strengthening the body and nourishing the heart. Amy is fluent in Chinese and has limited English. Drop-in $5.00

Th, 10:30-11:00 AM Jan10-Mar14 $42/10 sess
Cedar Hall 189471

**Tai Chi - Yang Style 42 Steps**

Amy Li Hua Zhu

This instructional Tai Chi exercise class will focus on Yang Style 42 steps Tai Chi, the most prominent style in the family of Tai Chi. Amy is fluent in Chinese and has limited English. Drop in $10.00.

Th, 11:00 AM-12:00 PM Jan10-Mar14 $85/10 sess
Cedar Hall 190428

**Tai Chi - Yang Style**

Michael Chiao

Tai Chi improves strength, flexibility, balance and coordination. Suitable for all ages and fitness levels.

Sa, 9:00-11:00 AM Jan12-Mar16 $40/10 sess
Lakewood Room 190427

**Pilates**

**Pilates Beginners**

Amy Kiara Ruth

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 February 18.

M, 12:00-1:10 PM Jan07-Mar18 $120/10 sess
Elm Room 190654

W, 6:15 - 7:25 PM Jan09-Mar20 $132/11 sess
Elm Room 190655

**Pilates Intermediate**

Amy Kiara Ruth

Enjoy more advanced Pilates exercises and continue to pay attention to breath, alignment, movement quality, and integration of core support. Drop in $15.00.

W, 7:30-8:40 PM Jan09-Mar20 $132/11 sess
Elm Room 190659

**Pilates Fusion**

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 $12.00.

Th, 9:30 -10:15 AM Jan10-Mar14 $100/10 sess
Cedar Hall 190656

Recreation reduces health care, social service and police/justice costs
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 Adult $15.00. No class February 18.
M,10:00-11:00 AM Jan07-Mar11 $108/9 sess Elm Room 193399

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. All trimesters and levels welcome. Partners welcome too! www.melissarodrigues.com  Drop in $15.00.
Sa,11:15 AM-12:15 PM Jan12-Mar16 $120/10 sess Lakewood Room 190666

Chair Yoga
Dee Kroeker
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. Dee completed her Yoga Teacher Training in India and enjoys sharing the benefits of yoga with others. Drop in $12.00 and Seniors $8.00.
Tu,9:00-10:00 AM Jan08-Mar12 $100 & Seniors $60/10 sess Lakeside Room 190665

Flow Yoga For Cyclists
Shelby Lewis
We will focus on areas of the body that become stressed or strained from cycling to bring about more flexibility while preventing injury. Participants will go home with exercises they can do every day. Classes are all-levels and no previous yoga experience required. Drop in $15.00. No class February 18.
M,5:30-6:45 PM Jan07-Mar18 $100/10 sess Lakewood Room 190660

Gentle Yoga
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.
Dee Kroeker
Tu,10:15 -11:45 AM Jan08-Mar12 $100 & Seniors $60/10 sess Cedar Hall 190666

Yoga Flow
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 January 18 and February 8.
Melissa Rodrigues
F,9:45-11:00 AM Jan11-Mar01 $60/6 sess Lakewood Room 190670

Yoga Iyengar
Bridget Donald
Join this class to increase your flexibility, strength and relaxation. The Iyengar method of yoga involves meditation in action: with its focus on the details of the yoga poses and conscious movement, it helps to bring the body and mind into healthy alignment. Beginners and ongoing students are welcome in the class. Drop in $18.00.
Tu,7:45 -9:15 PM Jan15-Mar19 $150/10 sess Lakewood Room 190675
Th,9:30-11:00 AM Jan17-Mar14 $135/9 sess Lakewood Room 190676

Family Yoga to Live Music NEW (5+yrs)
Michele Smith
Enjoy yoga with the family to live music. Classes explore yoga poses, breathing exercises, visual imagery and relaxation techniques. A low cost program thanks to funding from Grandview Community Centre Association.
Sa,1:00-2:00 PM Jan19 $1/1 sess Lakewood Room 190328
Sa,1:00-2:00 PM Feb16 $1/1 sess Lakewood Room 190330

Yoga to Live Music and Candle Light
Kylie Railton
Enjoy yoga to candle light and live music. Drop in $8.00 if there is space. Program subsidized by the GCCA. No class February 18.
M,8:15-9:15 PM Jan28-Feb25 $35/4 sess Cedar Hall 190814
Absolute Beginner Folk Guitar
Sue Malcolm
Always wanted to learn guitar? It is never too late! Sue Malcolm is an experienced and patient instructor, specializing in adult beginners. *No music reading required.* By learning a few basic chords, you can accompany hundreds of songs and discover the fun of playing guitar!
Tu, 7:00-8:30 PM Jan 29-Mar 19 $140/8 sess
Grandview Room 190835

Belly Dance
Georgina Daniels
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!* Drop in $12.00.
W, 6:15-7:15 PM Jan 16-Mar 20 $100/10 sess
Cedar Hall 190834

Bluegrass Slow Pitch Jam
Sue Malcolm
Songbook Volume 4
All levels welcome. For guitar, mandolin, banjo, fiddle, bass, dobro and ukulele. You should be able to play basic chords or melody and speed is not necessary. An excellent way to practice your instrument, work on soloing, sing lead and harmony, and meet jamming buddies. *Instructional materials are available from Sue. Slow Pitch Jam Volume 4 songbook, and playalong CD. $20.00. Please pay Sue for material. Drop in $18.00.*
Th, 7:00-9:00 PM Jan 31-Mar 21 $120/8 sess
Lakewood Room 190836

Contact Improvisation Jam
Katherine Single-Dain, River Ricey & Joni Cooke
This is a facilitated open jam space for contact dancing and improvisation. *We welcome newcomers; however, because it is not a lesson, some experience is required. Drop in $3.50.*
Th, 8:15-9:30 PM Jan 10-Mar 21 $33/11 sess
Cedar Hall 190837

Collaborative Creative Dance Workshops
Desiree Dunbar
Take a creative journey and discover the joy of working and creating dance collaboratively. No experience necessary. *All abilities are welcome.*
*No class February 18. Drop in $5.00.*
M, 12:30-2:00 PM Jan 7-Mar 11 $27/9 sess
Grandview Room 190084

Adult Ballet 1
Rachel Helten
Learn the basic ballet terminology and movements. The class is structured with a classical ballet barre, centre work, and fluid movements across the floor. Dance gracefully while working on strengthening techniques. *Rachel is a professional dancer and dance teacher. Drop in $12.00.*
Sa, 1:30-2:30 PM Jan 19-Mar 23 $100/10 sess
Cedar Hall 190825

Adult Ballet II
Rachel Helten
The class is structured with a classical ballet barre, centre work, and fluid movements across the floor. Dance gracefully while working on strengthening techniques. *Rachel is a professional dancer and dance teacher. Drop in $12.00.*
Sa, 2:30-3:30 PM Jan 19-Mar 23 $100/10 sess
Cedar Hall 190828

All Bodies Dance Project
Carolina Bergonzoni
All Bodies Dance Project brings together persons with and without disabilities to explore movement as a means of creative expression. This class explores the dancing body in relationship to live percussion music. *No experience required. FREE, thanks to funding from the Grandview Community Association. www.allbodiesdance.ca.*
Th, 6:30-8:00 PM Jan 17-Mar 21 Free/10 sess
Grandview Room 190832

Expressive Dance With A Focus On An Ecosystem
Eleanor Hendriks & Helen Spiegelman
For adults, children welcome if accompanied by an adult. Using movement, music and dance, we will explore, choreograph and perform our connection with our local environment in our Finding Trout Lake series. *First time drop-ins welcome any time during the session. www.communityverve.ca.*
*No class February 18.*
M, 5:00-6:30 PM Jan 14-Mar 11 Free/8 sess
Grandview Room 190838

Hoop Dance Beginner
Jenny Zhang
Take a creative spin on dance and fitness using the hula hoop as a primary tool. Learn all the basic tricks and tips to get you started. Explore movement and dance choreography all while having a blast and meeting new hula hoopers!
*No class February 18. Drop in $12.00.*
M, 5:30-6:30 PM Jan 14-Mar 18 $90/9 sess
Cedar Hall 190841

Jenny teaching Hoop Dance! It’s kind of fun to do the impossible
Learn to Dance

Jhayme Hizon

Ever wanted to learn how to dance, but didn’t have 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 it your own by putting your own groove and feeling into the move! Come have some fun and get your heart rate going at the same time! Drop in $12.00.
Tu, 6:30 - 7:30 PM Jan 15-Mar 19 $100/10 sess
Cedar Hall 190833

Line Dancing Intermediate With Helen

Helen Ai Yee Lee

Get out on the dance floor and learn some new steps! Great for the body and soul. No partner needed. Drop in $6.50. Seniors rate is $2.00 class. No class February 18.
M, 2:00-3:30 PM Jan 07-Mar 11 $36 & Seniors $18/9 sess
Cedar Hall 190846
Tu, 12:00-1:30 PM Jan 08-Mar 12 $40 & Seniors $20/10 sess
Cedar Hall 190843

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. No partners required. No previous experience required. Drop in $5.00.
F, 6:15-7:15 PM Jan 04-Mar 22 $42/12 sess
Cedar Hall 190852

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 dance steps. No partners required. Drop in $6.00.
F, 7:30-9:00 PM Jan 04-Mar 22 $60/12 sess
Cedar Hall 190854

Private Fiddle, Piano and Guitar

Go to page 12 & 13 for detailed information

Singing Fun For Adults (16+yrs)

Alison 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!
Tu, 6:30-7:30 PM Jan 22-Mar 12 $68/8 sess
GCCA Board Room 190859
W, 11:30 AM-12:30 PM Jan 23-Mar 13 $68/8 sess
GCCA Board Room 190855

Vintage Swing Partnered Dance

Katherine Single-Dain

Join us for a fun progressive class series on Charleston and Swing Dance basics 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. Register with two people and pay $90.00 each.
W, 8:40-9:40 PM Jan 16-Mar 20 $100/10 sess
Cedar Hall 190857

Zumba

Zumba Vancouver

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. It combines Salsa, Cumbia, Merengue, and more, giving you a feel-happy workout that is great for both the body and the mind. Drop in $11.00 space permitting.
www.ZumbaVancouver.ca

Denise

M, 7:00-8:00 PM Jan 07 Free/1 sess
Cedar Hall 192100
M, 7:00-8:00 PM Jan 14-Feb 11 $40/5 sess
Cedar Hall 192104
M, 7:00-8:00 PM Feb 25-Mar 25 $40/5 sess
Cedar Hall 192106

Lesley

Tu, 7:45-8:45 PM Jan 08 Free/1 sess
Cedar Hall 195373
Tu, 7:45-8:45 PM Jan 15-Feb 19 $48/6 sess
Cedar Hall 192107
Tu, 7:45-8:45 PM Feb 26-Mar 26 $40/5 sess
Cedar Hall 192108

Desiree teaching Collaborative Dance. Shoot for the moon. Even if you miss you will land among the stars

Belly Dancing with Georgina!
Shake, Shimmy and Laugh
Abstract Bold Creative Painting Workshop  NEW
Niina Chebry
We will be using flowers as part of our inspiration in a very abstract way. Niina Chebry, will be your personal painting coach, providing clear demonstrations on colour mixing and new painting techniques. Supplies not included, may be purchased in class. A starter kit (paint, brushes, canvas paper) is available, $55.00 upon request. www.niinachebry.com
M,7:00-9:00 PM | Jan07-Jan28 | $84/4 sess
Grandview Room | 190704

Cedar Weaving Bracelet Workshop
Todd DeVries
Learn to weave cedar bark into a beautiful bracelet that you can take home with you. All supplies included.
F,6:30 -8:30 PM | Feb22 | $10/1 sess
Art Studio | 190481

Creative Photography
Jhaymee Hizon
Learn 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 photo editing software. No class February 18.
M,6:00-7:15 PM | Jan07-Mar18 | $100/10 sess
GCCA Board Room | 190866

Drawing Portraits and the Human Figure
Cara Bain
Many people think drawing people is too difficult for beginner artists to achieve. The instructor will teach you how to break it down into steps and that anyone can learn to draw a beautiful portrait or figurative piece of art! This class includes at least 1 live model session. No class February 18.
M,7:30-9:30 PM | Jan28-Mar18 | $147/7 sess
Art Studio | 190867

Cedar Basket Weaving Workshop
Todd DeVries
In the Haida/ Kwakwakwakw culture, cedar is referred to as the tree of life. Participants will learn traditional knowledge of cedar, and the historical and spiritual importance of cedar and the steps of harvesting cedar bark. Learn to weave cedar bark into baskets. All supplies included. Todd DeVries Giilgii is a Haida Weaver.
F,6:30-9:00 PM | Feb01-Feb08 | $18/2 sess
Art Studio | 190480

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! Supplies are not included in fee. A list of the needed supplies will be handed out at the first class.
Sa,2:00-3:30 PM | Jan26-Mar09 | $45/7 sess
Art Studio | 190862

Creative Painting In Acrylic For Beginners
Philip Tsang
Philip will teach you step by step how to paint an abstract, landscape, still-life or portrait. Supplies are not included in fee. A list of the needed supplies will be handed out at the first class. No class February 18.
M,9:45-11:45 AM | Jan21-Mar11 | $56/7 sess
Grandview Room | 190865

Drawing For Beginners  NEW
Philip Tsang
Drawing is the fundamental training for all fine art even for animation and architecture. A variety of drawing techniques will be covered including composition, tonal value, perspective, shape and more to help you develop an artistic foundation. No class February 18.
M,7:00-8:30 PM | Jan21-Mar11 | $105/7 sess
Lakewood Room | 187739

Beginner Acrylic Painting
Niina Chebry
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. A detailed list of needed materials and ordering of the art kit available at www.niinachebry.com
Tu,7:00-9:00 PM | Jan29-Mar05 | $126/6 sess
Art Studio | 190863

Cedar Weaving Bracelet Workshop
Todd DeVries
Middle Philip Tsang’s artwork. Sign up for Drawing Portraits and the Human Figure

Cedar Basket Weaving Workshop
Todd DeVries
Todd DeVries Giilgii is a Haida Weaver

Middle Philip Tsang’s artwork. Sign up for Drawing For Beginners

Cara Bain’s artwork. Sign up for Drawing Portraits and the Human Figure
The Trout Lake Pottery Club
The Trout Lake Pottery Club is an affiliated group of the Grandview Community Centre Association. This club is a volunteer-operated club that promotes & encourages community involvement and active participation. Not suitable for production and/or professional potters. New membership applications only accepted at monthly meetings if space available (3rd Saturday @ 9:45am).

$80/4 months. Pottery experience required. troutlakepotteryclub.info@gmail.com

Parent & Child Pottery (5-105 yrs)  
Myriam Duchesne  
This class is designed to make collaborative projects while learning basic beginner pottery techniques.  
F:6:00-7:30 PM  
Jan11-Mar15 $270 For Two People/10 sess  
Pottery Studio  190282

Pottery  
Laura Van Der Linde  
A fun and inspiring class with an emphasis on creating functional ware while learning new skills. Slabbing, pinching and wheel work are just a few of the techniques to be learned. Purchase clay at first class.  
Th:9:00 -11.30 AM Jan17-Mar14 $225/9 sess  
Pottery Studio  190870  
Th:12:00 -2:30 PM Jan17-Mar14 $225/9 sess  
Pottery Studio  190871  
Th:7:00-9:30 PM Jan17-Mar14 $225/9 sess  
Pottery Studio  190872

Weaving 101  
Ana Sousa  
Learn to weave using a rigid heddle loom. Our first project is a sampler wall hanging to practice and experiment using different materials and techniques. The second project will be discussed in class. Materials and loom rental fee is $40 payable to the instructor on the first class. Maximum 5 people  
W:7:00-9:00 PM Feb13-Feb27 $95/3 sess  
Art Studio  190876  
W:7:00-9:00 PM Mar06-Mar20 $95/3 sess  
Art Studio  190875

Mixed Media Art For Youth and Adults  
Caroline Embling  
A creative course designed to experiment with different media, including: magazines, newspapers, fabrics, inks, found objects, acrylic medium, charcoal, and paint.  
Th:4:00-5:30 PM Jan24-Mar07 $63/7 sess  
Grandview Room  190869

Natural Ways to Draw  
Matia Pourghannad  
This course is designed to give students an introduction to natural ways of drawing which are a result of correct observation. We will discover something of the true nature of artistic creation and of the hidden processes by which inspiration works. All levels welcome. mahpou.com No class February 18.  
M:7:00-9:00 PM Feb11-Mar25 $90/6 sess  
Grandview Room  190868

Shibori: Resist Dyeing Techniques  
Mariana Frochtengarten  
Learn how to dye and create patterns and textures on natural fiber fabrics using shibori resist dyeing methods and reactive dyes. In these methods, several ways of folding, pleating, wrapping, tying, and clamping the fabrics allow us to create beautiful surfaces. Course supply fee is $20. Please pay the instructor. Students please bring your own fabric.  
Th:6:30-9:00 PM Jan24-Feb28 $90/6 sess  
Art Studio  190874
Mandarin Lessons
Wei Xu
This course adopts a new approach to teaching Mandarin as a second or foreign language. It is designed for adults who want to learn Mandarin and also those taking SAT II/AP Chinese examinations and IB Chinese exam.
Th, 6:30-9:00 PM  Jan10-Feb28  $120/8 sess
Spruce Room  189481

Spanish Language Beginner
Edgar Anco Ascarza
Learn Spanish in a warm and encouraging environment. You will learn basic Spanish for practical day-to-day situations; as well as, using the present tense to communicate with locals in all 20 Spanish-speaking countries. Be ready to participate and have fun.
Th, 7:30-9:00 PM  Jan10-Feb28  $96/8 sess
GCCA Board Room  190882

Spanish Language Beginner 2
Edgar Anco Ascarza
Continue learning Spanish using everyday situations such as: daily routines, activities at home and with the family, expressing likes, dislikes and similar feelings. You will learn new grammatical constructions, while improving your fluency, pronunciation and listening. We will learn together! Drop in $18.00.
Th, 6:00-7:30 PM  Jan10-Feb28  $96/8 sess
GCCA Board Room  190884

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  Jan27  $59/1 sess
Willow Room  192980

Creek Daylighting 101
Michelle Lara Pollard
Did you know that Vancouver is built upon a network of creeks? Learn about creek daylighting, the process of uncovering buried creeks, and the broader Eco-city concept. A collective art project and discovery tour around Trout Lake is included.
Michelle Pollard has a Masters degree in Environmental Studies specializing in planning and design for sustainability.
Su, 12:00 -4:00 PM  Feb03  $30/1 sess
Willow Room  195936

Earthquake Preparedness
Personal & Family
City Of Vancouver NEPP
We could be faced with a massive earthquake - yet few of us take the steps to ensure we are prepared. This session covers what is required to develop your family emergency plan, how to conduct a “Home Hazard” Hunt and what to do when an earthquake strikes.
Tu, 7:00-8:30 PM  Feb05  Free/1 sess
Willow Room  201276

Red Cross Emergency Childcare First Aid & CPR
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.
Su, 9:00 AM-5:00 PM  Mar03  $95/1 sess
Willow Room  192983

Brain Training
Cognicise
Keiko Murakami
Did you know that Mild Cognitive Impairment could start as early as age 40? It is best to start training your brain at an early age. This class focuses on dual task training, physical exercise and cognitive function. Your body and brain will be vividly led towards an active FUN-ctional workout! No class February 16.
Sa, 11:00 AM-12:15 PM  Jan12-Mar23  $100/10 sess
Spruce Room  193359

Delicious Sandwiches and Coffees

Charly enjoying winter CAMPING! All you need is LOVE and a DOG
Camping Hacks

Parks Canada Agency
Join Parks Canada and learn some do-it-yourself camping hacks to make your next camping trip more affordable! Use items from your home to make your own low cost camping equipment. This workshop is for adults only.
Su,1:30-2:30 PM Mar10 Free/1 sess Willow Room 200179

Parks Canada Trip Planning 101

Parks Canada Agency
Learn from Parks Canada on where to go on your dream camping vacation, how to book your site, and what you need to pack for a front country camping experience! This workshop is for adults only.
Su,2:45-3:45 PM Mar10 Free/1 sess Willow Room 200180

Introduction to Zero Waste

Jinny Yun
This workshop will provide simple and easy waste reduction tips that I’ve learned with my family in our zero waste journey, and that can be implemented right away in your everyday life. Jinny Yun has been living zero waste life with her family for the past 3 years.
Tu,6:30-7:30 PM Jan15-Jan29 $15/3 sess Willow Room 195814

Lakeview & Cedar Cottage Historical Walk

Peter Finch
Starting from TLCC, this walk skirts two early town sites outside Vancouver before World War I. Learn about the Lakeview Disaster, some local stories and legends, forgotten street names, streetcars, and the village of Cedar Cottage. Led by artist/historian/gardener Peter Finch.
Sa,12:00-1:00 PM Mar16 $2/1 sess Centre Lobby 195919

Sourdough Hands On

Valentine Kitamura
Are you dreaming of making artisan style sourdough bread but not sure how to get started? This class will guide you through the different steps with tons of tips to succeed. Please bring a mixing bowl as you will go home with your prepared dough to cook at home!
W,6:00-8:30 PM Jan23 $70/1 sess Kitchen 191453

Choux Pastries - Valentine’s Day Special

Valentine Kitamura
Valentine is a baker from France who will show you the basics to make amazing pastries such as eclairs and cream puffs! You will pipe your own pastries, fill and decorate them before taking them home. Please bring a container.
W,6:00-8:00 PM Feb06 $60/1 sess Kitchen 191458

Provencal Vegetarian Dinner

Valentine Kitamura
We will travel to southern Europe and demonstrate how to make homemade Olive Tapenade Crostini, Provence Vegetable Tian, and Almond Panna Cotta. Bring a container to take leftovers home.
W,6:00-8:00 PM Mar06 $60/1 sess Kitchen 191462

Elderberry Syrup

Emma Postl
Elderberry is one of the best medicines for flu season, as well as a wonderful addition to jams and baking. Learn the ins and outs of elderberry medicine, make a batch of syrup for everyone to take home, and learn medicine making basics.
Tu,6:00-7:30 PM Jan15 $20/1 sess Kitchen 191737

Fire Cider Workshop

Emma Postl
Fire Cider has been used for generations as an immune booster and cold medicine. We will make fire cider and learn about its history and importance in the herbal medicine world. Each participant will leave with a small jar of fire cider, and a recipe to make another batch at home!
Tu,6:00-7:30 PM Jan22 $20/1 sess Kitchen 191740

Free Dirt with Backyard Composting

Village Vancouver
Composting produces a valuable addition to your gardening that is rich in nutrients and beneficial microorganisms. Learn how to start composting, optimize your compost bin and produce free compost year-round.
Su,2:00-4:00 PM Feb10 $20/1 sess Grandview Room 200548

Grow Your Own Microgreens

Village Vancouver
Microgreens are tasty and nutritious greens that can be eaten as a fresh snack or added to salads, smoothies, soups and more. Look at the difference between sprouts and microgreens and review the many possible seeds that can be used for starting microgreens. You’ll prepare your own microgreen tray to take home! Supplies included.
Su,2:30-4:00 PM Jan20 $20/1 sess Grandview Room 200547

Vegetable Gardening for Beginners

Village Vancouver
Always wanted to learn how to grow your food but don’t know where to start? Learn about soil health basics, planting, watering, fertility, harvesting, plant health, troubleshooting, and information about the most common vegetable plant families and what they need to thrive.
Su,2:00-4:00 PM Mar03 $20/1 sess Kitchen 200550

Art of Making Lotions, Potions and Scrubs

Iona Bonamis
Iona Bonamis, Eco-Maternity Consultant and Greenproofer, will teach you how to easily make your own lip balm, toothpaste, bath bomb, sleepy time essential oil roll-on blend, and hand sanitizer. All supplies will be provided.
Tu,6:30-8:15 PM Mar12 $55/1 sess Willow Room 19808

Family Camping and Animal Awareness

Go to page 14 for detailed information
### How to Kick the Sugar Habit
**Cheryl Devine**
Are you curious why you have sugar cravings, why those sugar cravings feel out of control, and make it hard to lose weight? Learn tips, and tricks for weeding sugar out of your diet without massive cravings.

**Tu, 5:45-7:15 PM Jan 08**  
**$12/1 sess**  
**Lakewood Room**  
**191907**

### Reduce your Stress and Sleep Better
**Cheryl Devine**
By sleeping soundly, we can create and live an amazing life. When we eat better, increase our physical activity decrease our stress. We can improve our sleep, strengthen our mind, body, soul and enhance mental and physical health.

**Tu, 5:45-7:15 PM Jan 10**  
**$12/1 sess**  
**Grandview Room**  
**191913**

### Mindful Eating for Better Digestion
**Cheryl Devine**
Develop a healthy relationship with food, create healthy habits that enliven you and improve your digestion. Digestive discomfort has become a fact of life, but it doesn’t have to be.

**Tu, 5:45-7:15 PM Jan 22**  
**$12/1 sess**  
**Lakewood Room**  
**191963**

### Lose Weight Without Dieting
**Cheryl Devine**
Many simple lifestyle habits can help you lose weight. Some of them have nothing to do with conventional diet or exercise. Focus on nourishing your body instead of depriving it. Learn how to lose weight without counting calories or starving yourself.

**Tu, 5:45-7:15 PM Jan 29**  
**$12/1 sess**  
**Lakewood Room**  
**191964**

### Meditation for Beginners
**Cheryl Devine**
You will have the opportunity to meditate twice. In between the two main meditations there will be a talk to help understand meditation hopefully leading to integrating meditation into daily life in different and practical ways.

**Tu, 7:00-8:30 PM Jan 15**  
**Free/1 sess**  
**Grandview Room**  
**197163**

### Pain Management and Osteoarthritis
**Cheryl Devine**
What makes pain worse? How can I manage a flare up? What strategies can I use to deal with my chronic pain? Join us for this informative workshop.

**Tu, 7:00-9:00 PM Jan 29**  
**Free/1 sess**  
**Maple Room**  
**197165**

### Fall Prevention and Detection
**Cheryl Devine**
We will review home safety tips, statistics on falls and the realities of aging. We will also talk about the importance of medical alert and fall detection devices.

**Tu, 7:00-8:30 PM Feb 12**  
**Free/1 sess**  
**Willow Room**  
**197158**

### Aging and Self Compassion
**Cheryl Devine**
This workshop is a presentation of ongoing research pertaining to older mens and womens perceptions of aging, body image and self-compassion. Our goal is to promote psychological health and well-being later in life.

**Tu, 7:00-8:30 PM Feb 26**  
**Free/1 sess**  
**Willow Room**  
**197166**

### Do Diets Work? A Healthy Approach to Weight
**Cheryl Devine**

**Tu, 7:00-8:30 PM Mar 12**  
**Free/1 sess**  
**Maple Room**  
**197161**

### Hearing Conservation and Loss
**Cheryl Devine**
Learn about hearing loss and how to conserve your hearing.

**Tu, 7:00-8:30 PM Mar 26**  
**Free/1 sess**  
**Willow Room**  
**197160**

### Philosophers’ Cafe
**SFU Philosopher’s Cafe**
Your chance to discuss philosophical issues with members of your community. This café is free and open to the public. You do not need formal training or experience, just a willingness to listen and exchange ideas.

**W, 7:00-8:30 PM Jan 23**  
**Free/1 sess**  
**GCCA Board Room**  
**190877**

**W, 7:00-8:30 PM Feb 20**  
**Free/1 sess**  
**GCCA Board Room**  
**190878**

**W, 7:00-8:30 PM Mar 20**  
**Free/1 sess**  
**GCCA Board Room**  
**190879**

**W, 7:00-8:30 PM Apr 17**  
**Free/1 sess**  
**GCCA Board Room**  
**190880**

### UBC Law Students Legal Advice Program
**Free legal advice for people who cannot afford a lawyer.**
We can assist with residential tenancy disputes, employment matters, WCB/EI/CPP, social assistance, simple wills and estates, small claims and minor criminal matters. Please call 604-822-5791 to make an appointment. www.lslap.bc.ca.

**6:30-8:30 PM Jan 10, Jan 22, Feb 12, Feb 26, Mar 12**  
**Spruce Room**  
**187693**

### Writing and Illustrating your Story
**Tanya Melanson**
Tanya will guide you through a step by step approach that includes imagining, writing, editing, illustrating and binding your own short story. No experience necessary.

**Tu, 5:45-7:15 PM Feb 05-Mar 19**  
**$60/6 sess**  
**Lakewood Room**  
**191975**

### Delicious Sandwiches and Coffees
[Open]

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