Celebrate the Spring with Community Events
Hanami Cherry Blossom Festival
Dano Korean Celebration
See pages 42-43
troutlakecc.com

Jointly operated by the Vancouver Board of Parks and Recreation and the Grandview Community Centre Association
We are thrilled to welcome you to the Spring season at Trout Lake Community Centre (TLCC)!

Within the pages of this Spring brochure, you will find our tried-and-true programs and events along with a few new and fun additions, including:

- Pow Wow on Mothers' Day weekend (May 10-12th), hosted by the Britannia Community Centre Association and a number of other community collaborators (page 16).
- Our Artisan Pottery Sale will be showcasing and selling their work on this weekend as well.
- Numerous cultural and seasonal celebrations, such as Japanese Hanami, Easter, Cinco De Mayo Festival, Korean Dano (page 42-43).
- Live music in the play gym on May 20th with J’LAmour Accordion Man and on June 14th with GinaLina (page 41)
- Unique birthday party packages – Hula Hoop, Pottery, and Art Making (page 40)
- First Nations Hooping Dance with Jessica McMann (page 28)

I would like to offer a warm welcome to our new GCCA Directors: Molly Ewert, Leslie Tenta, and Yiman Jiang and Committee Members: Megan Turnock, Jim Morris, Andrew Walker. They join our team of seasoned and dedicated Directors and collectively, this year, we tackle a five-year strategic plan and build on our high functioning administrative and governance structures.

The stellar programming and events at TLCC are possible because of effective collaboration between our creative, accountable, and locally driven not-for-profit Board of Directors, volunteers, and staff and the insightful, skilled, and committed Parks Board staff. If you are keen to get involved with our Board or volunteer on our Committees – or if you have a great programming idea or pressing community issue you think we could help with – please reach out (troutlakecc@gmail.com)! And as always, Centre staff are happy to help, so please connect. This is your community centre. Come, enjoy it. Come, be part of it. Come, make it great!

On the topic of “great,” Coretta Scott King, wife of Martin Luther King and a community activist herself said: “the greatness of a community is most accurately measured by the compassionate actions of its members.” Let’s make this Spring season and the 2019 year at TLCC focused building a greater sense of community and compassion. This will mean different things to each of us, but let us bring all the positive expressions of community and compassion with us as we enter and depart the doors of TLCC.

See you here soon!

Sarah Lusina (President) & the GCCA Board of Directors

<table>
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<tr>
<th>BOARD OF DIRECTORS 2019</th>
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<tr>
<td>President</td>
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<td>Members at Large:</td>
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LEISURE ACCESS PROGRAM

The Leisure Access Program allows Vancouver residents in financial need to access basic recreation services and programs at reduced cost. Residents who pre-qualify for the LAP 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). TLCC allows one LAP discount per person per season. (one registered program #) For more information, go to http://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx.
Axe Capoeira

Mini Kids NEW (3-6 yrs)

Axe Capoeira

Focus on developing confidence, rhythm, reflexes, balance, coordination, strength and flexibility.

1x/week Tu OR W:3:45-4:30 PM Apr09-May08 $75/5 sess 214709
2x/week Tu AND W:3:45-4:30 PM Apr09-May08 $100/10 sess Elm Room 213579
1x/week Tu OR W:3:45-4:30 PM May14-Jun12 $75/5 sess 214710
2x/week Tu AND W:3:45-4:30 PM May14-Jun12 $100/10 sess Elm Room 214711

Rhythmic Gymnastics (4-6 yrs)

Elite Gymnastics

Participants will learn basic body movements of apparatus technique while moving to various musical rhythms. No class April 19, 21 & May 10 & 19.

F,4:30-5:15 PM Apr12-Jun14 $48/8 sess Elm Room 211659
Su,1:00-1:45 PM Apr07-Jun09 $42/7 sess Elm Room 211661
Su,1:45-2:30 PM Apr07-Jun09 $42/7 sess Elm Room 211662

Sportball T-Ball NEW

Sportball Vancouver

Zero in on baseball skills including: throwing, catching, batting, running bases and fielding. Classes are outside rain or shine. No class May 20.

Parent & Child T-Ball (2-3 yrs)

M,4:30-5:15 PM May06-Jun17 $108/6 sess Outside - John Hendry Gravel Field 213339

Outdoor T-Ball (4-6 yrs)

M,5:15-6:15 PM May06-Jun17 $108/6 sess Outside - John Hendry Gravel Field 213346

Sportball Parent and Tot (2-3 yrs)

Sportball Vancouver

Coaches introduce a different sports using developmentally appropriate games and activities.

W,10:15-11:00 AM Apr17-Jun19 $180/10 sess Gymnasium 211676

Tot Soccer (4-5 yrs)

Toni Lo Cascio

Learn the basic skills of soccer through fun games. If you have never been coached by Toni, please sign up for the beginner class. No class April 19 and May 10. Drop in $8 for Intermediate class only.

3-5 yrs Beginner

F,10:15-11:00 AM Apr12-Jun14 $48/8 sess Gymnasium 211927

4-5 yrs Intermediate

F,11:00-11:45 AM Apr12-Jun14 $48/8 sess Gymnasium 211928

Sportball Multi Sport (3-5 yrs)

Sportball Vancouver

Practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development, enabling confidence and developing the social skills necessary to succeed in sport and life.

W,11:00 AM-12:00 PM Apr17-Jun19 $180/10 sess Gymnasium 211675

Parent and Tot Gym (0-5 yrs)

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). 10 pass can also be purchased: single child $24.00, family $40. Children under 1 are free. No session April 10, April 22, May 20, June 26 and June 27.

Su,10:00-12:00 PM Apr01-Jun30 /73 sess Gymnasium 211007

Parent and Tot Tennis (3-4 yrs)

Wilson Tan

Parents or guardians are encouraged to participate in the activities that effectively integrate athletic skills No class April 22 and May 20.

M,9:45-10:30 AM Apr08-Jun10 $56/8 sess Gymnasium 211009

IN PERSON REGISTRATION ONLY Monday April 8, 2019 @ 7 am

Email: sunny.abebe@vancouver.ca for more information

Required at time of registration:

1. Non-refundable $25.00 registration fee
2. September 2019 and June 2020 payment
3. VISA/MC/AMEX credit card information or 8 postdated cheques dated 1st of the month – eg. Oct 1, 2019-May 1, 2020. Cheques to receive the deposit
4. Proof of age – birth certificate/passport
5. Completed Preschool Package must be returned to the front desk no later than May 1, 2019 @ 9 pm
6. Parents must give 30 days notice in writing to troutlakecc if you wish to withdraw for September 2019 or the deposit is forfeited. August 1, 2019 is the latest date to withdraw for September 1, 2019 to receive the deposit.
**Ballet Toddler Dance** (2-3 yrs)  
Danielle Mackenzie  
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.  
W,9:30-10:00 AM Apr10-Jun12 $46/10 sess  
Cedar Hall 207611  
W,10:00-10:30 AM Apr10-Jun12 $46/10 sess  
Cedar Hall 207612

**Ballet Jazz Fusion** (3-5 yrs)  
Katheryn Hives  
In this class, your little dancer will be introduced to the world of ballet and jazz. Little ones will build on coordination, musicality, strength, and will develop a basic vocabulary for ballet steps. This class aims to promote a love for movement, and to develop creativity and self-confidence. **Katheryn teaches dance throughout the Lower Mainland and has a Dance Major Degree from Simon Fraser University. No class date April 19th.**  
F,10:00-10:45 AM Apr05-Jun14 $68/10 sess  
Cedar Hall 207613

**Creative Ballet** (3-4 yrs)  
Rachel Helten  
Learn to dance through imaginative games, songs and music! Students will be introduced to basic ballet steps and concepts of body, energy, space, & time. Wear leotard, tights and ballet shoes with hair neatly tied back. **Child must be able to take class unaccompanied by an adult. No class date April 20th.**  
Sa,10:30-11:15 AM Apr06-Jun15 $68/10 sess  
Cedar Hall 207618  
Sa,11:15AM-12:00 PM Apr06-Jun15 $68/10 sess  
Cedar Hall 207619

**Creative Ballet With Kirby** (3-5 yrs)  
Endorphin Rush Dance And Fitness  
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. No drop ins. No class dates April 22nd and May 20th.**  
M,10:00-10:45 AM Apr08-Jun17 $62/9 sess  
Cedar Hall 215862  
W,1:00-1:45 PM Apr10-Jun12 $68/10 sess  
Cedar Hall 207621

**Dancing The Parenting** (0-4 yrs)  
Julie Lebel  
This program welcomes families who would like to try relationship-based dancing with their children. The Reggio Emilia inspired creative process introduces playful and creative exploration of developmental movement by patterning and engaging 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 specializing in community engaged arts.**  
W,9:30-10:30 AM Apr03-Apr24 $10/4 sess  
Elm Room 208548

**Mini Groovers** (3-5 yrs)  
Katheryn Hives  
In this class, little dancers will be introduced to the basics of hip hop. Get ready to jump into this high energy class as we explore rhythm, learn cool new moves, and of course have fun! **Dancers must be able to take this class without a parent in the room. Katheryn teaches dance throughout the Lower Mainland and has a Dance Major Degree from Simon Fraser University. No class date April 19th.**  
F,9:15-10:00 AM Apr12-Jun14 $68/9 sess  
Cedar Hall 215878

**Mini Hip-Hop** (3-4 yrs)  
Endorphin Rush Dance And Fitness  
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 a guardian present. No class date April 22 and May 20. Instructor Kirby Rae Snell.**  
M,1:00-1:45 PM Apr08-Jun17 $62/9 sess  
Cedar Hall 215879  
Th,3:30-4:15 PM Apr11-Jun13 $68/10 sess  
Cedar Hall 215879

**Pre-Ballet** (3-4 yrs)  
Skye Matheson  
A gentle, joyful introduction to the world of ballet for the very young. Nursery rhymes, songs and games get little dancers moving. **Skye Matheson is a veteran educator in the performing arts. Her classes have been developed to nurture children as they develop emotionally and physically. No class date April 21st.**  
Su,9:30-10:15 AM Apr14-Jun16 $61.20/9 sess  
Cedar Hall 207609

**Pre-Ballet Level 1** (3-4 yrs)  
Danielle Mackenzie  
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,10:30-11:15 AM Apr10-Jun12 $68/10 sess  
Cedar Hall 215880

**Parent and Tot Dance** (2-3 yrs)  
Rachel Helten  
Come explore rhythm, songs and structured play in this parent and tot interactive movement class.  
Sa,9:15 AM-9:45 AM Apr06-Jun15 $46/11 sess  
Cedar Hall 215881  
Sa,9:45 AM-10:15 AM Apr06-Jun15 $46/11 sess  
Cedar Hall 215882

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**Trout Lake Community Centre**  
**Early Childhood Performing Arts**  
**Programmer: Amanda**
**EARLY CHILDHOOD**

**PERFORMING ART**

**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 with a maximum of 2 children per parent. Registration includes music CD and parent education booklet. Siblings 3 months and under are free.** Andrea has been teaching for 15 years.

Th, 9:30-10:15 AM  Apr 11-Jun 06  $117/9 sess
Elm Room  207627

**Music Together** (0-5 yrs)

Learn how to share the joys of music-making and the powerful benefits of having music in your young child’s life. Our 9 award-winning music collections and research-based curriculum supports parents at home and keeps the music making alive all week! In our mixed age class, each child participates at his or her own level and their natural musicality is nurtured through singing, dancing, listening, and exploring the musical instruments. The whole family is welcome for this important family music experience. Parent participation is required. Siblings attend at a reduced tuition rate of 110.00 and children 6 months and under attend free with a registered sibling. **PLEASE NOTE: $60 Music Together Licensing fee is non-refundable after the first class. This includes the course package. No class date: Friday April 19th.**

**KATY**

F, 9:30-10:15 AM  Apr 12-Jun 21  $170/10 sess
Elm Room  211085

F, 10:30-11:15 AM  Apr 12-Jun 21  $170/10 sess
Elm Room  211086

F, 11:30 AM-12:15 PM  Apr 12-Jun 21  $170/10 sess
Elm Room  211087

**NOA**

Tu, 9:30-10:15 AM  Apr 16-Jun 18  $170/10 sess
Willow Room  211093

Tu, 10:30-11:15 AM  Apr 16-Jun 18  $170/10 sess
Willow Room  211094

Tu, 11:30 AM-12:15 PM  Apr 16-Jun 18  $170/10 sess
Willow Room  211095

W, 9:30 AM-10:15 AM  Apr 17-Jun 19  $170/10 sess
Willow Room  211096

W, 10:30 AM-11:15 AM  Apr 17-Jun 19  $170/10 sess
Willow Room  211097

W, 11:30 AM-12:15 PM  Apr 17-Jun 19  $170/10 sess
Willow Room  211099

**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! Our goal is to inspire children to have fun and be creative. **No class dates April 21st and May 19th.**

Su, 10:00 -10:45 AM  Apr 07-Jun 16  $81/9 sess
Elm Room  215750

**Young Piano Group Lessons** (4-5 yrs)

Donna Huang

Join Donna and her friends, Beethoven Bear and Mozart Mouse, in a fun musical adventure through Music for Little Mozarts! These group lessons include singing, listening, movement, rhythm activities, and beginning activities on the keyboard. A great introduction to music and the piano. **Materials purchased separately.**

Th, 10:30-11:30 AM  Apr 11-May 09  $118/5 sess
Maple Room  216993

**Parent and Tot Yoga** (1-5 yrs)

Kylie Railton

This class is designed for parents and children to explore the world of yoga together for your child’s first yoga class. Class will consist of basic movement, storytelling, history of yoga, games, mantras and mudras. With children’s yoga your child will gain confidence, positivity, creativity and knowledge of beginner yoga poses. All classes have been designed by Kidding Around Yoga which include songs, games and stories your child will love. **No class date April 19th. Drop in $8.00.**

F, 1:00-1:45 PM  Apr 12-Jun 14  $54/9 sess
Cedar Hall  220148

**Yoga for Young Ones** (3-5 yrs)

Kylie Railton

This class will consist of basic movement, story telling, history of yoga, games, mantras and mudras. With children’s yoga your child will gain confidence, positivity, creativity and knowledge of beginner yoga poses. All classes have been designed by Kidding Around Yoga which include songs, games and stories your child will love. **No class date April 19th. Drop in $8.00.**

F, 2:00-2:45 PM  Apr 12-Jun 14  $54/9 sess
Cedar Hall  219888
Art and Music Together  (1-4 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 singing along with movement, storytelling, as well as play time. Drop in $10.00. No class April 22 and May 20.
M,9:30-10:30 AM Apr08-Jun17 $76/9 sess Art Studio 207603
M,10:45-11:45 AM Apr08-Jun17 $76/9 sess Art Studio 207604

Art Is Fun  (3-5 yrs)
Sun Rey Han
Have fun with origami, clay modeling, stamping, collage, abstract art, mixed media art, finger painting and more. Drop in $10.00. No class April 22 and May 20th.
M,3:30-4:30 PM Apr08-Jun17 $76/9 sess Art Studio 207605

Child Care  (1-5 yrs)
Maria Arico & Esther Fernandez
While you attend a Trout Lake health and fitness, art or education program, Child Care provides an opportunity for your child to play in a safe environment. Parents must remain onsite. Pre-registration fees are non-transferable. Drop in $15.00 if space available. No class April 19.
W,9:30-11:30 AM Apr10-Jun12 $115/11 sess Lakewood Room 207615
F,9:30-11:30 AM Apr12-Jun14 $115/10 sess Art Studio 207616

Create and Imagine Together  (2-5 yrs)
Emily Luo
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. Drop in $10.00. No class dates April 21, May 12 and 19.
Su,10:30-11:30 AM Apr07-Jun16 $76/8 sess Art Studio 216994

Early Literacy & Art  (3-5 yrs)
Cathy Beigrave
This series offers a variety of stories and art activities that support the development of self-expression and early literacy. Books and stories are used to develop vocabulary; art activities focus on exploration of paint, pastels, and clay. All supplies provided. Cathy is a Reggio-Inspired teacher who integrates literacy, art and nature into a variety of fun learning experiences.
Th,10:00-11:15 AM Apr11-May09 $60/5 sess Art Studio 216995
Th,10:00-11:15 AM May16-Jun13 $60/5 sess Art Studio 216996

Exploring Art Together  (1-4 yrs)
Sun Rey Han
Calling all young artists to discover the pure joy 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 (parent participation required). Drop in $10.00.
W,9:30-10:30 AM Apr10-Jun12 $85/10 sess Art Studio 217018
W,10:45-11:45 AM Apr10-Jun12 $85/10 sess Art Studio 217019

Green Art and Learning  (3-5 yrs)
Jinny Yun
In this class, we will go outside and collect natural things such as flowers, grass and leaves to create beautiful art. We will also learn to make all natural glue, flour dough, and paints from edible pantry items. In addition, we will read earth friendly books to learn how to take better care of this beautiful planet. Drop in $5.00.
Tu,11:30 AM-12:15 PM Apr09-Apr30 $20/4 sess Art Studio 216974
Tu,11:30 AM-12:15 PM Jun04-Jun25 $20/4 sess Art Studio 216975

Out and About Adventures  (3-6 yrs)
Cara Agro
This is an out-door, play-based early learning program based on the philosophies of Forest Schools but modified to work in an urban park setting. We enjoy experiences such as climbing, running, building, creating, exploring and working with materials and tools. We play in all kinds of weather. Please dress for the weather and bring a nut-free snack. No class April 22 and May 20.
M,10:30 AM-12:30 PM Apr08-Jun10 $160/8 sess Outside - Gazebo by East Playground 217029
M,2:00-4:00 PM Apr08-Jun10 $160/8 sess Outside - Gazebo by East Playground 217032

Reggio Toddler Time  (2-3 yrs)
Donna Huang
Our Reggio-inspired learning includes circle time, music on the piano, and various explorations with a take home portfolio at the end of program. Our vision is to instill curiosity and to inspire children through hands-on learning. Parent participation required. Jennie Laxamana and Donna Huang have worked with children for nearly 20 years as an ECE instructors. Drop in $11.00. No class April 22 and May 20.
M,10:30-11:30 AM Apr08-Jun10 $72/8 sess Lakewood Room 217034

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. Child must be 3 at the start of the class.
Tu,10:00-11:00 AM Apr09-Jun11 $85/10 sess Maple Room 217035

Try our New Circuit Training Program and get a workout!
Go to page 24 for detailed information
Childcare Available.

Ready Set Learn (3-4 yrs)
Kindergarten Prep Event.
Go to page 41 for detailed information

troutlakecc.com
Programmer: Amanda

EARLY CHILDHOOD
ART & EDUCATION
EARLY CHILDHOOD
SPRING BREAK CAMPS

Art and Music Together
Camps (2-5 yrs)
Sun Rey Han
In this Adult and Child camp you will discover music, art, and dancing together. Sun Rey has a week of fun, creative activities planned! Parent participation required. Drop in $10.00 space permitting.
M-F, 9:30-10:30 AM  Mar 25-Mar 29  $45/5 sess
Art Studio  188041
M-F, 10:45-11:45 AM  Mar 25-Mar 29  $45/5 sess
Art Studio  188042

Hip-Hop Breakers Camp (3-4 yrs)
Kirby Rae Snell
This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Kirby, armed with vast international performance and choreography experience, delivers fun and creatively rich dance programs for all ages. No Drop ins.
M-F, 9:00-9:45 AM  Mar 25-Mar 29  $40/5 sess
Cedar Hall  188054

Little Einsteins Spring Camp (3-5 yrs)
Esther Fernandez
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. Drop in $20.00, space permitting.
M-F, 9:30 AM-11:30 AM  Mar 18-Mar 22  $80/5 sess
Preschool  188050
M-F, 9:30 AM-11:30 AM  Mar 25-Mar 29  $80/5 sess
Preschool  188051

Art 4 All Camp (3-5 yrs)
Esther Fernandez
Young artists will create lots of messy art projects while finger painting, stamping, clay building, sticking, gluing and colouring with markers and crayons. Fun and creativity run free in this class! Participants must be toilet trained and come with a healthy snack. Drop in $12.00 space permitting.
M-F, 1:00-2:15 PM  Mar 18-Mar 22  $55/5 sess
Art Studio  188052
M-F, 1:00-2:15 PM  Mar 25-Mar 29  $55/5 sess
Art Studio  188053

Creative Ballet Camp With Kirby (3-4 yrs)
Kirby Rae Snell
Explore basic ballet positions and movements while incorporating creative dance, imagination, and story time. Please wear fitted, stretchy clothing and ballet slippers (no skirts please) Parents invited to watch on the last day. Child must be able to take class unaccompanied by an adult. No drop ins.
M-F, 10:00-10:45 AM  Mar 25-Mar 29  $40/5 sess
Cedar Hall  188055

Spring Break 2019 @TLCC
Need Lunch? BitterSweet Kitchen will supply lunches to all full-day camp kids, through easy online ordering!
Browse our menu at www.bittersweetkitchen.ca
Have a question? Please email bittersweetkitch@gmail.com
MoreSports program policy

"PAY WHAT YOU CAN"

Subsidy can only be applied in-person or over the phone.

If you have any questions please ask the front desk.

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. New students will be required to buy a uniform for $40. No class April 20, 22, May 18 & 20. Drop in $12.00

**Beginner Level (5-7 yrs)**
Tu,5:00-5:45 PM Apr09-Jun11 $110/10 sess
Elm Room 209834

**Beginner Level (6-12 yrs)**
M,4:30-5:30 PM Apr08-Jun17 $90/9 sess
Elm Room 209836

**Intermediate Level (8-12 yrs)**
Sa,10:00-11:00 AM Apr06-Jun22 $90/9 sess
Elm Room 209837

**Upper Beginner Level (8-12 yrs)**
Th,5:00-6:00 PM Apr11-Jun13 $100/10 sess
Elm Room 209838

Atomic Volleyball
Volleyball BC
Atomic Volleyball focuses on basic volleyball skills in a fun environment and is an ideal introduction to the sport of volleyball. Offered in partnership with Volleyball BC.

**Beginner Level (9-12 yrs)**
Th,3:45-5:00 PM Apr11-Jun13 $115/10 sess
Gymnasium 209840

Axe Capoeira For Youth (6-12 yrs)
Axe Capoeira
Modern capoeira focuses on creativity, music, self-expression and strategic thinking as much a part of the core curriculum as physical training and fitness. No class April 21, May 12, & 19.

1X per week Su OR W,4:30-5:30 PM Apr10-Jun12 $96/8 sess
Elm Room 214707

2X per week Su AND W,4:30-5:30 PM Apr10-Jun12 $128/16 sess
Elm Room 209841

**FUNdamental: Sport Skills (6-9 yrs)**
Lawrence Luong
Have fun running, jumping, and throwing - key skills in 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 April 22 & May 20

M,3:45-5:00 PM Apr08-Jun17 $31.5/9 sess
Gymnasium 210187

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

Th,3:45-5:00 PM Apr11-Jun13 $30/10 sess
Gymnasium 210253

MoreSports Floor Hockey (8-10 yrs)
Matthew Luong
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,3:45-5:00 PM Apr10-Jun12 $30/10 sess
Gymnasium - South 210834

MoreSports Mini Soccer (5-6 yrs)
Waisse Ururyar
No experience is necessary! Soccer boots and shin guards are not provided, however, they may be worn if your child has them. Each sessions will focus on a fundamental skill(s) and/or drill(s) followed by a game. Ending season Tournament - Soccer Jam - will be held at Trilium Field on Saturday June 8. No class on May 19 & June 9.

5-6 yrs
Su,9:00-10:15 AM Apr21-Jun09 $30/6 sess
Offsite - Van Tech Artificial Turf Field 215404

7-8 yrs
Su,10:30-11:45 AM Apr21-Jun09 $30/6 sess
Offsite - Van Tech Artificial Turf Field 215406

9-10 yrs
Su,12:00-1:30 PM Apr21-Jun09 $30/6 sess
Offsite - Van Tech Artificial Turf Field 215407

11-12 yrs
Su,12:00-1:30 PM Apr21-Jun09 $30/6 sess
Offsite - Van Tech Artificial Turf Field 215408

MoreSports Smash Badminton (9-12 yrs)
Brian Luong
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,3:45-5:00 PM Apr09-Jun11 $30/10 sess
Gymnasium 210836
Moving Meditation
Training (7-12 yrs)
Grow Your Roots
This class is a carefully sequenced combination of slow-paced mind and body practices that regulate the heart rate and generate awareness. Our program encourages the development of internal and external resilience. Each session topic is focused on improving the human condition surrounding negative thought patterns.
No class April 19, May 10, 17 & June 14
F: 4:00-5:00 PM Apr 12-Jun 21 $84/7 sess
Lakewood Room 210837

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 April 19, 21, May 10, 12 & 19.
Su: 2:30-3:30 PM Apr 7-Jun 9 $45/5 sess
Elm Room 211663
F: 5:15-6:15 PM Apr 12-Jun 14 $52/8 sess
Elm Room 211660

Shorinji Kempo (8-12 yrs)
Shorinji Kempo Society
Kids develop discipline, improved health, and confidence learning self-defense 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. No class April 20, & May 18.
Sa: 1:00-2:30 PM Apr 6-Jun 22 $70/10 sess
Elm Room 211660

Steve Nash Basketball (8-12 yrs)
Emmanuel Segun
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. No class on April 20 & May 18.
Sa: 1:00-2:30 PM Apr 6-Jun 15 $100/8 sess
Gymnasium - North 211918

Toni’s Soccer
Toni Lo Cascio
Soccer in a fun learning environment where children will learn skills of the game and develop team spirit! On sunny days, classes will be outside. Drop in $12.00. No class April 20, May 11 & 18.
5-6 yrs
Sa: 10:30-11:30 AM Apr 6-Jun 15 $63/7 sess
Gymnasium - North 211935

Toni’s Soccer-Teen NEW (13-16 yrs)
Toni Lo Cascio
Soccer in a fun learning environment where teens will learn the basic skills of soccer through fun games and lots of opportunity to touch the ball! Classes will be outside. Drop in $17.00. No class April 21, May 12, & 19.
Su: 10:30 AM-12:00 PM Apr 7-Jun 16 $120/8 sess
Outside - John Hendry Park Grass Area 215240

Kids Team Tennis (8-12 yrs)
Wilson Tan
This program provides the opportunity to practice and play with a focus on skill development through game play. Participants practice and play matches on 1/2 court with low compression balls and mini nets in a friendly, learner-based team environment similar to other sport house leagues. No class April 21, May 12, & 19.
Su: 12:45-2:45 PM Apr 7-Jun 16 $160/8 sess
Gymnasium - North 210239

Yoga For Kids (6-12 yrs)
Endorphin Rush Dance And Fitness
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 $9.00.
Tu: 4:00-5:00 PM Apr 9-Jun 11 $70/10 sess
Cedar Hall 215887

Yoga For Pre-Teens (10-14 yrs)
Kylie Railton
This class will introduce your child to the world of yoga. Through activities and songs your child will learn breathing techniques, mindfulness, meditation and asanas that we will start to sequence together. Drop in $9.00. No class on April 19.
F: 4:00-5:00 PM Apr 12-Jun 14 $63/9 sess
Cedar Hall 215885

3 on 3 Basketball Classic on March 30
Go to page 15 for detailed information
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. **No class date April 21st.**
Su,11:00-11:45 AM  Apr14-Jun16  $61.20/9 sess
Cedar Hall  207606
Su,12:00-12:45 PM  Apr14-Jun16  $61.20/9 sess
Cedar Hall  207607

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 designed 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. **No class date April 21st.**
Su,12:45-1:45 PM  Apr14-Jun16  $81/9 sess
Cedar Hall  207608

Breakdancing  (7-13 yrs)
Jhaymee Hizon
Learn really cool breakdancing moves! Now is your chance!! Learn to prock, to do floor moves, power moves and freezes. Students will understand how to freestyle and cypher in this fun class! Jhaymee (aka bboy Eloquence) is a national breakdance champion. **Drop in $10.00. No class April 22 and May 20th.**
M,3:45-4:45 PM  Apr08-Jun10  $72/8 sess
Cedar Hall  207614

Dance X-treme  (7-13 yrs)
Lyndsay from Endorphin Rush Dance and Fitness
Explore different styles of dance with a variety of guest dance artists. Enjoy energetic exploration of movement in a warm, safe, inspiring environment. Styles include Hip Hop, Latin Dance, Acrobatic Dance, Musical Theatre, Creative Movement, and Bollywood! **Drop in $10.00 space permitting.**
Th,4:00-6:00 PM  Apr04-Jun06$140/10 sess
Lakewood Room  220140

Drama Improv  (7-12 yrs)
Christache Ross
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 a team. Christache is an actor, improviser, clown, playwright and theatre director.
Th,4:00-6:00 PM  Apr04-Jun06  $140/10 sess
Lakewood Room  217061

Fiddle & Violin 30 Minute Private Lessons  (4+ yrs)
Individual violin lessons for music lovers of all ages and levels. Tegan is an enthusiastic instructor with an interest and expertise in a diversity of music. She brings more than ten years teaching experience to this student-focused class. **No class on April 22nd and May 20th.**
Tegan Ceschi-Smith
M,4:00-9:00 PM  Apr08-Jun17  $180/9 sess
Preschool  214089-214105
Aline Daigle
Tu,4:00-9:00 PM  Apr09-Jun11  $200/11 sess
Preschool  214118-214191
Th,4:00-9:00 PM  Apr11-Jun13  $200/11 sess
Preschool  214106-214116

Guitar, Ukulele, Mandolin 30 Minute Private Lesson  (7+ yrs)
Rene Hugo-Sanchez
The 30 minute classes focus on technique, repertoire, basic theory and practicing skills. Participants work at their own level and pace. **Participants must have their own instrument, note book and digital tuner for string instruments. Books available for about $15 depending on the instrument. No class date on April 20th and May 18th.**
Sa,10:00 AM-1:00 PM  Apr06-Jun22  $200/10 sess
Preschool  213381-213415
M,4:30-8:30 PM  Apr08-Jun24  $200/10 sess
Spruce Room  213454-213519

Delicious Sandwiches and Coffees
CAROUSEL CAFE OPEN
SCHOOL AGE PERFORMING ARTS
## Performing Arts

### Hip-Hop & Jazz

**Kirby Rae Snell**  
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. No drop ins.**

**6-8 yrs**  
| Day | Time       | Date       | Session |  
|-----|------------|------------|
| Thu | 4:30-5:30 PM | Apr 11-Jun 13 | $100/10 sess | Cedar Hall |

**8-12 yrs**  
| Day | Time       | Date       | Session |  
|-----|------------|------------|
| Thu | 5:30-6:30 PM | Apr 11-Jun 13 | $100/10 sess | Cedar Hall |

### Sing For Joy (Level 1)

**Amir Mirabadi & Maryam**  
Music fills our hearts with joy. This is a great opportunity for all children to share the joy of choral music participation and experience the wonder of choral singing. **No previous musical experience and knowledge required.**

**9-12 yrs**  
| Day | Time       | Date       | Session |  
|-----|------------|------------|
| Tue | 4:00-5:15 PM | Apr 9-May 28 | $96/8 sess | Lakewood Room |

### Piano

**Anita**  
Learn to play classical, pop, or to compose music in a fun and encouraging environment. Lessons 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 for books.**

**6-8 yrs**  
| Day | Time       | Date       | Session |  
|-----|------------|------------|
| Thu | 4:30-9:00 PM | Apr 4-Jun 13 | $200/11 sess | Maple Room |

**8-12 yrs**  
| Day | Time       | Date       | Session |  
|-----|------------|------------|
| Thu | 5:30-6:30 PM | Apr 11-Jun 13 | $100/10 sess | Cedar Hall |

### Magician: Abra-Dabdra

**Jeff Christensen**  
Learn the principles of magic using cards, coins and other common objects in a hands-on, supportive and fun environment. Learn how to fool your parents, friends and even your teacher! **All materials provided and no experience necessary. Jeff was recently recognized as “Inspirational Canadian Magician of Year” by Canada’s Magic.**

**8-12 yrs**  
| Day | Time       | Date       | Session |  
|-----|------------|------------|
| Wed | 4:15-5:30 PM | Apr 10-May 22 | $84/7 sess | Lakewood Room |

### Lydia

**Samuel**  
**4+ yrs**  
Learn to play classical, pop, or to compose music in a fun and encouraging environment. Lessons 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 for books.**

**6-8 yrs**  
| Day | Time       | Date       | Session |  
|-----|------------|------------|
| Thu | 4:30-9:00 PM | Apr 4-Jun 13 | $200/11 sess | Maple Room |

**8-12 yrs**  
| Day | Time       | Date       | Session |  
|-----|------------|------------|
| Thu | 5:30-6:30 PM | Apr 11-Jun 13 | $100/10 sess | Cedar Hall |

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**6-8 yrs**  
| Day | Time       | Date       | Session |  
|-----|------------|------------|
| Thu | 4:30-9:00 PM | Apr 4-Jun 13 | $200/11 sess | Maple Room |

**8-12 yrs**  
| Day | Time       | Date       | Session |  
|-----|------------|------------|
| Thu | 5:30-6:30 PM | Apr 11-Jun 13 | $100/10 sess | Cedar Hall |

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|-----|------------|------------|
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| Day | Time       | Date       | Session |  
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| Thu | 4:30-9:00 PM | Apr 4-Jun 13 | $200/11 sess | Maple Room |

**8-12 yrs**  
| Day | Time       | Date       | Session |  
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| Thu | 5:30-6:30 PM | Apr 11-Jun 13 | $100/10 sess | Cedar Hall |

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| Day | Time       | Date       | Session |  
|-----|------------|------------|
| Thu | 4:30-9:00 PM | Apr 4-Jun 13 | $200/11 sess | Maple Room |

**8-12 yrs**  
| Day | Time       | Date       | Session |  
|-----|------------|------------|
| Thu | 5:30-6:30 PM | Apr 11-Jun 13 | $100/10 sess | Cedar Hall |

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**9-12 yrs**  
| Day | Time       | Date       | Session |  
|-----|------------|------------|
| Tue | 4:00-5:15 PM | Apr 9-May 28 | $96/8 sess | Lakewood Room |

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**6-8 yrs**  
| Day | Time       | Date       | Session |  
|-----|------------|------------|
| Thu | 4:30-9:00 PM | Apr 4-Jun 13 | $200/11 sess | Maple Room |

**8-12 yrs**  
| Day | Time       | Date       | Session |  
|-----|------------|------------|
| Thu | 5:30-6:30 PM | Apr 11-Jun 13 | $100/10 sess | Cedar Hall |
Artistic Artists (6-12 yrs)
Mariana Frochtengarten
Join this creative journey and explore art. Explore with a variety of materials and techniques (drawing, painting, collage, printing and more). We will have an art show at the end of the session for families. All supplies included. Drop in $12.00 space permitting.
Th, 3:45 PM-5:00 PM Apr 11-Jun 13 $80/10 sess
Art Studio 217074

Art From The Heart (6-10 yrs)
Mariana Frochtengarten
An art 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. No class April 19. Drop in $10.00.
F, 3:45 PM-5:00 PM Apr 12-Jun 21 $80/10 sess
Art Studio 217071

Catch a Famous Artist (5-10 yrs)
Sun Rey Han
This class promises to be a fun and great experience for your children. Using various art processes and techniques, the children will learn about famous artists. They will be inspired by the work of famous artists to create their own art work through drawing, painting, clay, collage and sculpture. Drop in $10.00 space permitting. No class April 22 or May 20.
M, 4:45 PM-5:45 PM Apr 8-Jun 10 $68/8 sess
Art Studio 218129

Comics & Cartooning (7-12 yrs)
Janine Schroedter
Young artists will learn easy ways of drawing superheroes, monsters, robots, manga and more! Learn to create original characters and your own comic strips! No drop in. No class April 22 & May 20.
M, 3:30 PM-4:30 PM Apr 8-Jun 10 $72/8 sess
GCCA Board Room 217076

Creative Clay (8-15 yrs)
Janine Schroedter
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. Janine has a BFA in Visual Arts and has worked in a number of mediums. She has over 5 years experience working with clay and hand building.
Tu, 5:00 PM-6:30 PM Apr 9-Jun 11 $150/10 sess
Pottery Studio 207620

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 under-glazes and glazes. Laura Van Der Linde has been working in clay for 25 years.
Th, 3:30-4:30 PM Apr 11-Jun 13 $100/10 sess
Pottery Studio 207622

Painting and Drawing (6-12 yrs)
Alex Lam
Lessons include drawing and painting activities using a variety of materials and techniques, such as pastels, charcoal, markers, paint and more. Emily Carr graduate Alex Lam has a passion for teaching and promoting Art appreciation. Drop in $15.00. No classes April 20th and May 11,18
Sa, 9:30-11:00 AM Apr 6-Jun 22 $108/9 sess
Art Studio 215004
Sa, 11:15 AM-12:45 PM Apr 6-Jun 22 $108/9 sess
Art Studio 215006

Play With Clay (6-10 yrs)
Janine Schroedter
Imagination, creativity, and getting your hands dirty are all that is required for having lots of fun while creating in clay. Janine has a BFA in Visual Arts and has worked in a number of mediums, with over 5 years experience working with clay and hand building.
Tu, 3:30-4:30 PM Apr 9-Jun 11 $100/10 sess
Pottery Studio 217082

Family Yoga to Live Music (5+yrs) NEW
Go to page 27 for detailed information
Animal Aware  
(5+ yrs)  
Parks Canada Agency  
Join Parks Canada and learn about seeing wildlife in their natural habitat. In this family friendly workshop, tips will be provided on how to safely view animals while keeping a respectful distance. **Children must be accompanied by an adult. All participants must register.**  
Su,  2:45-3:15 PM  Apr07  Free  
Lakewood Room  216481

LEGO WEDO I Robotics  
(6-14 yrs)  
Julio & Rio Sperschneider  
Boys and girls 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,  4:00-5:30 PM  Apr09-Apr30  $100/4 sess  
GCCA Board Room  217089

Camping Experience  
(5+ yrs)  
Parks Canada Agency  
Bring the family and join Parks Canada to discover and practice all of the basics of campsite set up. This program will include instruction on campsite planning, safe food storage practices, learning the Leave No Trace Principles and trying your hand at setting up a tent. **Children must be accompanied by an adult. All participants must register.**  
Su,  1:30-2:30 PM  Apr07  Free  
Lakewood Room  216480

WEDO II - Robotics and Coding  
(6-12 yrs)  
Julio & Rio Sperschneider  
The LEGO WEDO 2.0 system provides an exciting introductory experience into the world of Robotics! WEDO 2.0 supports a hands-on, “minds on” learning solution that gives students the confidence to ask questions, and the tools to find the answers. Using LEGO elements, WEDO combines coding and robotics projects built on key science standards. Students will build projects such as a Walking Elephant, Climbing Monkey, and more! This class encourages science exploration and experimentation, and incorporates activities across Science, Engineering and Technology with STEM Education.  
Tu,  4:00-5:30 PM  May07-May28  $100/4 sess  
GCCA Board Room  217090

Creative Writing  
(8-12 yrs)  
Cathy Belgrave  
Learn about the elements of a story as you explore and write a variety of story styles. Each class will cover an aspect of narrative writing that supports stronger story writing skills. **Bring your writing journal and pencil!**  
Sa,  1:00 PM-2:30 PM  May25-Jun22  $65/5 sess  
GCCA Board Room  211109

Nature Journaling  
(8-12 yrs)  
Cathy Belgrave  
Develop your scientific observation skills as you draw, write and enjoy the natural beauty of Trout Lake. **Bring your sketchbook, pencil and curiosity! A portion of the class will be spent outdoors so come dressed for the weather. Art supplies included. This is a 4 week program. No class date: April 20**  
Sa,  9:30 AM-4:30 PM  May26  $61/1 sess  
Willow Room  217121

Korean Cooking For Kids  
(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.**  
Th,  4:00 PM-5:00 PM  May09-May30  $32/4 sess  
Kitchen  220227

Red Cross Babysitting  
(11-16 yrs)  
Community Care First Aid  
This course is a nationally recognized program designed to prepare your growing teen to develop self-assurance, knowledge, and skills required for babysitting duties and when caring for themselves alone. **Red Cross Babysitter’s Completion Card will be given with no expiry date.**  
Su,  9:30 AM-4:30 PM  May26  $61/1 sess  
Willow Room  217121

LEGEND  
Delicious Sandwiches and Coffees  
CAROUSEL CAFE OPEN  
Register at vancouver.ca/troutlakerec Phone: 604 257-6955  
Programmer: Amanda
**SCHOOL AGE SPRING BREAK CAMPS**

**Check out all the Spring Break Camps at TROUT LAKE CC!**

Registration for Spring Break Camps started in the Fall of 2018, and many are fully registered. For more information see our website www.troutlakecc.com

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**BC Spring 3 on 3 Basketball Classic**

Vancouver Basketball Academy

Registration is open for teams or individuals. Every player must register individually through Trout Lake. **Email team name and registered players (5 player max.) to team@academybasketball.com.** If you don’t have a team, athletes will be drafted to teams on the day of the tournament.

**8-10 yrs**
Sa,9:30 AM-12:30 PM Mar30 $45/1 sess Gymnasium 218234

**11-13 yrs**
Sa,1:00-4:00 PM Mar30 $45/1 sess Gymnasium 218235

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**Breakdancing Camp**

Jhaymee Hizon

Learn all the breakdancing moves this Spring such as floor moves, power moves and freezes. Students will learn how to freestyle and cypher in this fun class. **Jhaymee aka “bboy Eloquence” is a national breakdance champion. Drop in $10 space permitting.**

M-F,3:00-4:00 PM Mar25-Mar29 $40/5 sess Cedar Hall 188059

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**Brick Animation Camp**

Julio & Rio Sperschneider

Students will use LEGO to create their own 3D animation. They will learn how to use the LEGO movie maker software, including movement, timing, effects, editing, voice overs, and more. M-F,10:00 AM-12:00 PM Mar25-Mar29 $190/5 sess GCCA Board Room 191123

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**Comics and Cartooning Camp**

Janine Schroeder

Learn to draw superheroes, monsters, robots, manga and more! Learn to create original characters and your own comic strips! **No drop ins.**

M-F,3:30 PM-5:00 PM Mar18-Mar22 $70/5 sess Maple Room 188048

M-F,3:30 PM-5:00 PM Mar25-Mar29 $70/5 sess Maple Room 188049

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**French Camp:**

**Parlez Vous Francais?**

Nadia Lafortune

Practice your French and make masterpieces! In this fun camp, children will learn more French Vocabulary and will be required to express themselves in French throughout the day. They will also participate in games, songs, drama, and arts, as well as exploring nature around Trout Lake.

M-F,9:00 AM-3:00 PM Mar18-Mar22 $125/5 sess Lakewood Room 188037

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**Lego Wedo Robotics Camps**

Julio & Rio Sperschneider

WEDO ROBOTICS I in the mornings and WEDO ROBOTICS II in the afternoon. Bringing science, technology, mathematics, and engineering together all with the fun of LEGO, children learn about robotics. With the use of sensors, programming their models, and theme based activities they will create projects and team building in this STEM based program at this more advanced level they will create Walking Elephant, Climbing Monkey and more! **Previous WEDO Robotics experience recommended!**

M-F,10:00 AM-12:00 PM Mar18-Mar22 $175/5 sess GCCA Board Room 191122

M-F,1:00 PM- 3:00 PM Mar18-Mar22 $175/5 sess GCCA Board Room 191124

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**Lego Wedo Robotics vs Camp**

Julio & Rio Sperschneider

Students will build a number of machines that challenge each other in strength, targeting accuracy and more! Build more advanced designs and programs and then customize them to complete new exciting challenges each day! **Previous WEDO Robotics experience recommended!**

M-F,1:00 -3:00 PM Mar25-Mar28 $175/5 sess GCCA Board Room 191125

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**Kids Team Tennis Camp**

Wilson Tan

A camp that provides participants with the opportunity to practice and play with a focus on skill development through game play.

M-F,1:00 -3:00 PM Mar25-Mar28 $110/5 sess Gymnasium 201239

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**Mini Artists Camp**

Sun Rey Han

A camp that provides participants with the opportunity to practice and play with a focus on skill development through game play.

M-F,12:15 -1:15PM Mar25-Mar28 $55/5 sess Art Studio 188043

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**Spring Break 2019 @TLCC Need Lunch?**

BitterSweet Kitchen will supply lunches to all full-day camp kids, through easy online ordering!
Browse our menu at www.bittersweetkitchen.ca
Have a question? Please email bittersweetkitch@gmail.com
EVENTS

Mother’s Day Traditional POW WOW

Honoring the Lifegivers
Remember our Women & Children

May 10-12, 2019

Free Admission, Everyone Welcome!
Craft Vendors & Community Feast
Family-Friendly Event

Photography by Brittany Quinn

Trout Lake Pottery Club

Artisan Pottery SALE

Friday, May 10, 4:00 pm-9:00 pm
Saturday, May 11, 9:00 am-4:00 pm

Trout Lake Seniors

Bake Sale

Saturday, May 11, 9am-3pm
SUMMER DAZE CAMPS

Summer Daze Day Camp

Juniors (6-7 yrs) & Seniors (8-10 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 into Grade 1 in September 2019. Monday to Friday 9:00am-3:30 pm. $135 regular weeks, $108 short weeks (Week 1 & 6).

Preteen Leadership (11-13 yrs)

This summer camp is designed to give preteens the chance to become a young leader through recreational activities and educational workshops/field-trips. Examples of activities (but not limited to) include beach days, eco-hikes, budgeting workshops, community clean-ups and self-directed programming. There will be leadership opportunities for the preteens to facilitate day camp activities for the Junior and Senior Summer Daze Day Camps. Bring your friends and a sense of adventure! A consent and waiver package must be completed and handed to day camp staff prior to the start of the camp week. Parents please fill out waiver forms before the first day of camp; preteens - please bring lunch, water, sunscreen, and knapsack for each day. Monday to Friday 9:00am-3:30 pm. $140 regular weeks, $112 short weeks (Week 1 & 6).

<table>
<thead>
<tr>
<th>Dates</th>
<th>Junior (6-7 yrs) 9:00-3:30pm</th>
<th>Senior (8-10 yrs) 9:00-3:30pm</th>
<th>Preteen Leadership (11-13 yrs) 9:00-3:30pm</th>
<th>Theme</th>
<th>Before Care 8:00-9:00am</th>
<th>After Care 3:30-5:00pm</th>
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<tbody>
<tr>
<td>Tu W Th F,</td>
<td>215911</td>
<td>215924</td>
<td>215933</td>
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<td>215934</td>
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<td>215941</td>
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</table>

Before Care

Before Care is available for parents who start work early. Please register early as the office does not open before 9 am.

Parents: please fill out the waiver forms before the first day of camp. Monday to Friday 8:00-9:00am. $10 regular weeks, $8 short weeks (Week 1 & 6).

After Care

After Care is available for parents who cannot get to the centre by 3:30 pm. Please register early as this program fills up fast. Your child must be picked up by 5:00 pm sharp. Late pick up fees will begin promptly at 5 pm. Late fees will be $1 a minute up until 15 minutes; every minute after will be $5 a minute. Monday to Friday 3:30-5:00pm. $15 regular weeks, $12 short weeks (Week 1 & 6).
Teen Weight Training  
(13-18 yrs)  
Jason  
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  
M,4:00-5:00 PM Apr 8-May 6  
Fitness Centre 216979  
W,4:00 PM-5:00 PM Apr 10-May 8  
Fitness Centre 216980

Youth In Action - Y.I.A. -  
(12-18 yrs)  
Amanda Cremona  
Youth In Action is an exciting adaptive program for teens with mild to moderate needs (behavioural and developmental). Join us two or three times a week for fun, challenging activities in a safe recreational environment. Youth have an opportunity to learn and form long lasting friendships. Note: Youth must first 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. Join us for a full day program on school ProD days!

Pro-D Camp for Youth In Action  
Amanda Cremona  
F:9:30 AM-4:00 PM Apr19 $18.5/1 sess  
Willow Room 215905  
F:9:30 AM-4:00 PM May17 $18.5/1 sess  
Willow Room 215906

Games Room and Youth Office  
Come hang out in the Games Room (Willow Room) after school and play pool, foosball, ping pong, cards, or just chill with your friends.

Get to know the Youth Staff, obtain resources, information, and learn about volunteer and work opportunities. Free with OneCard. Must be enrolled in our Youth Participation Program.

Please contact Bernie Dionne, Community Youth Worker for more information. Games Room hours may be subjected to change without notice.

OPEN GYM & GAMES ROOM SCHEDULE

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Games Room 5:30 PM-7:00 PM</td>
<td>Games Room 5:30 PM-9:30 PM</td>
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<tr>
<td>Community Development Volleyball 3:30 PM-5:45 PM</td>
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<tr>
<td>SOUTH GYM</td>
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</tr>
<tr>
<td>Preteen Volleyball 3:15 PM-5:00 PM</td>
<td>Youth Basketball Drop in 3:15 PM-10:00 PM</td>
</tr>
<tr>
<td>Youth Volleyball Drop in 5:00 PM-8:00 PM</td>
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</tr>
<tr>
<td>Junior Girls Night Hoops Basketball 8:15 PM-9:45 PM (Apr05-May31)</td>
<td>Youth Dodgeball Drop In 8:15 PM-10:00 PM (Jun07-Jun28)</td>
</tr>
</tbody>
</table>

All programs are free with OneCard.  
Must be enrolled in our Youth Participation Program.  
Gym is supervised but no instruction provided.
Girls Club (9-12 yrs)
Anita Hsiao
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.
Tu, 3:30-5:00 PM  Apr16-Jun11  $63/9 sess
Art Studio  215894

Boys Club (9-12 yrs)
Tamuel Nguyen-Serrano
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.
Th, 3:30-5:00 PM  Apr18-Jun13  $63/9 sess
GCCA Board Room  215893

BeaYOUtiful Workshop Series (9-13 yrs)
Taylor Hui
The BeaYOUtiful Foundation is dedicated to building confidence and self-love amongst young girls. This self-esteem program includes topics focused on media literacy, artistic expression, and positive body image activities. Workshops include making dream boards, smoothie bowls, dance and yoga classes, raw beauty photoshoot, theatre activities, guest speakers, and most importantly, one-on-one mentorship with women in your community. No class May 10.
F, 6:30-8:30 PM  May03-Jun14  $85/6 sess
Lakewood Room  215923

Youth Council (13-18 yrs)
Witton Chau
The Trout Lake Youth Council wants to make a difference in the community. Our goal is to have a group of young people who can work together toward improving youth opportunities and experiences. The youth will earn volunteer hours, fundraise for great causes, 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.
F, 5:00-7:00 PM  Apr12-Jun14  FREE/9 sess
Grandview Room  215897

Year-End Appreciation Party
F, 5:00-7:00 PM  Jun21  FREE/1 sess
Grandview Room  215907

Community Development Volleyball (12-15 yrs)
Brian E
To register, please call or email Bernie Dionne 604-257-3098 or bernie.dionne@vancouver.ca
W, 3:30-5:45 PM  Apr03-Jun26  $0/13 sess
Gymnasium - North (2/3)  215922

Youth Volunteer Orientation (13-18 yrs)
Bernie Dionne
For youth who want to volunteer at Trout Lake Summer Daze Daycamp, you will need to attend this orientation. The volunteers will learn a variety of age appropriate activities designed to engage, educate, and entertain campers. Must register for this free training session.
W, 5:30-7:30 PM  Jun19-Jun19  FREE/1 sess
Willow Room  215910

Neighbourhood Cleanup Party
Bernie Dionne
The Youth will be doing Community Clean Ups at Trout Lake/John Hendry Park and also with the Grandview BIA. Contact Bernie Dionne at 604-257-3098 or bernie.dionne@vancouver.ca
Sa, 10:00 AM-1:00 PM  Apr27  FREE/1 sess
Willow Room  215895

Junior Girls Night Hoops Basketball (14-16 yrs)
Want to play some basketball plus gain some life skills? Come join Night Hoops Basketball at Trout Lake! This program is meant to encourage healthy life choices for youth through the context of a pro-social weekend evening basketball program.
F, 8:15-9:45 PM  Apr05-May31  $0/9 sess
Gymnasium - South (1/3)  215909

Camp Get Out Youth Camp (13-18 yrs)
Bernie Dionne
Camp Trip to Camp Sasamat – this weekend is filled with outdoor activities and an opportunity to meet other youth from surrounding municipalities in a camp atmosphere. Leave your phone at home and unplug to connect on this awesome weekend. For more information, please contact Bernie Dionne, Community Youth Worker at Trout Lake Community Centre at 604-257-3098 or bernie.dionne@vancouver.ca.
F, Sa, Sun, May 24-May 26  215995
Youth Week is an internationally celebrated event to promote awareness of youth, increase positive public profile of youth and build stronger connections between youth and the community.

During Youth Week, young people around the world organize and participate in events, performances, forums and community projects.

Community Small Grants are available for you to get involved…plan events, promote activities, and attend events. Contact Bernie Dionne at bernie.dionne@vancouver.ca to see how you can get involved.

May the Fourth Be With YOUth Dance will be held on Saturday, May 4 from 8:00pm to 11:00pm at Trout Lake CC. Tickets are $5 each from your Centre’s Youth Worker, or $7 at the door. Please bring a valid school go-card when you come. A free photo booth, games, and prizes will be available. Contact Bernie at bernie.dionne@vancouver.ca or visit the Youth Office to get your tickets starting April 1.

Basketball Events will be held on Saturday, May 2 at Roundhouse CC. To sign up a team, please email Bernie Dionne with your team roster at bernie.dionne@vancouver.ca.

Skateboard Event & Demos will be held on Saturday, May 5 from 1 to 4pm at the Vancouver Skate Plaza. All skill levels welcome. Contact Bernie at bernie.dionne@vancouver.ca for a waiver form before you participate! This event is a partnership with the Vancouver Skateboard Coalition.

Events are sponsored by the City of Vancouver Board of Parks and Recreation and individual Community Centre Associations.
ICE SKATING

Don’t forget… Public Skating & Skating Lessons are still happening until mid-August at Hillcrest & Sunset Rinks.

The All Body Community Fitness Group
Formerly Healthiest Winner
Workouts beginning April 8, 2019

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 INCLUDES
- Group training
- Healthy Lifestyle Workshops-Free and open to public
- Learn to play various sports
- Support from the ABC Fitness Group coordinator and the ABC team
- Access to all of the Park Board’s 15 Fitness Centres, 9 Pools, and 8 Ice Rinks

PROGRAM FEE:
Included with your Flexipass or ABC 10 class card:
http://vancouver.ca/parks-recreation-culture/flexipasses.aspx
Limited resources: Follow link:
http://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx

INFORMATION SESSIONS
- Trout Lake - Tue April 2, 4-6:00 pm
- Hillcrest - Wed April 3, 4-6:00 pm
- Kensington - Thu April 4, 4-6:00 pm

Ongoing registration is welcome and encouraged

ICE RINK
PHYSICAL ACTIVITY

TROUT LAKE ICE RINK DRY FLOOR

APRIL 24-JUNE 27, 2019

Wednesday Thursday

<table>
<thead>
<tr>
<th></th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Roller Hockey Stick &amp; Puck</td>
<td>Hillcrest</td>
<td>11:45-1:15pm</td>
</tr>
</tbody>
</table>

All Stick & Puck Sessions
Same day reservation. Participants can reserve a spot at 9:30am by calling 604-257-6955 ext. 1. Space permitting. To keep your reservation, you must sign in and pay by 11:30am.

Trout Lake Rink is open for dry floor rentals April 15-August 11, 2019. You can book online at recreation.vancouver.ca. We will reopen for public skating in September and skating lessons in October.

NEED MORE INFORMATION
Please contact our ABC Coordinator kate.lee@vancouver.ca
fitness centre

Our Fitness Centre includes:
- 5 Treadmills
- 3 Cross Trainers
- 2 Recumbent Bikes
- 2 Upright Bikes
- 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

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.

PERSO NAL 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 and fit your busy schedule.

Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport-specific workouts, our trainers will motivate and support you in each 1 hour session.

(Includes GST) Private Semi-Private Small Group
1 session $54.32 $81.45 $114.24
3 session $150.51 $225.80 $306
5 sessions $242.08 $372.79 $448.80
10 sessions $451.02 $692.33 $816

GROUP PERSONAL TRAINING

FOR AS LOW AS $20 PER SESSION*

Try out our 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.

Child Care
Go to page 7 for detailed information.

RATES & FEES

<table>
<thead>
<tr>
<th>Adults (19-64)</th>
<th>Seniors (65+)</th>
<th>Seniors/Youth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop in</td>
<td>$6.40</td>
<td>$4.50</td>
</tr>
<tr>
<td>10 Visit Pass</td>
<td>$52.08</td>
<td>$36.46</td>
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See vancouver.ca/parks-recreation for more info.
Fees include GST.

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.

Monthly Flexipass

<table>
<thead>
<tr>
<th>Adult</th>
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<tbody>
<tr>
<td>1 month $49.47</td>
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<tr>
<td>3 months $133.35</td>
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<td>12 months $427.33</td>
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See vancouver.ca/parks-recreation for more info.
Fees include GST.
Indoor cycling is a motivating exercise class that uses high-performance Keiser indoor cycling-bicycles to burn calories, build muscle, and relieve stress.

<table>
<thead>
<tr>
<th>Monday</th>
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<th>Wednesday</th>
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<tbody>
<tr>
<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>
<td>9:30am-10:30am Cycle Fit</td>
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<tr>
<td>6:00pm-7:00pm Cycle Core</td>
<td>6:00pm-7:00pm Cycle Fit</td>
<td>6:00pm-7:00pm Cycle Core</td>
<td>6:00pm-7:00pm Cycle Fit</td>
<td>9:30am-10:30am Cycle Fit</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 Fit**
60 minutes of indoor riding with a longer warm up and cool down.

**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 favorite class. There will be 12 of 25 bikes available to reserve. You must arrive 5 mins before the start of class or 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 28, 2018

**Whole Season**

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<td>#220160 Apr 4-Jun 27</td>
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**Drop in**

$6.40 for drop in or $52.08 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. Mon. to Fri. calls between 6:30 am to 8:55am and then from 11:30am - 9:15pm. Sat. and Sun. between 8:15 am to 3:30 pm.*note new times.
3. Evening classes call the day of and morning classes can call a day ahead.
4. Check in at the front desk 10 minutes prior to your class start time. *note change.
5. If you have not checked in 10 minutes prior to your class your spot may be given away to someone on the wait list.
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
Fit4Two Van East
Designed specifically for postpartum women, focuses on posture, core strength and flexibility. Pre-mobile babies only please. Drop in $16.00 space permitting.
Th,1:00-2:00 PM Apr04-May16 $98/7 sess
Cedar Hall 212477
Th,1:00-2:00 PM May23-Jun27 $84/6 sess
Cedar Hall 212478

Fit 4 Two Prenatal Fitness
Fit4Two Van East
Enjoy the many benefits of exercising through your pregnancy! Connect with other moms-to-be in your community while reducing prenatal discomforts like lower back ache, fatigue and swelling. Drop in $18.00.
W,7:30-8:30 PM Apr03-May15 $112/7 sess
Cedar Hall 212475
W,7:30-8:30 PM May22-Jun26 $96/6 sess
Cedar Hall 212476

Fit 4 Two Stroller Bootcamp
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.
Tu Th,10:00-11:00 AM Apr02-Apr30 $144/9 sess
Grandview Room 212423
Tu Th,10:00-11:00 AM May22-May30 $144/9 sess
Grandview Room 212424
Tu Th,10:00-11:00 AM Jun04-Jun27 $128/8 sess
Grandview Room 212425

Fit 4 Two Stroller Fitness
Fit4Two Van East
Mobile baby-friendly workout, all fitness levels. Outdoor strength and cardio, indoor core and flexibility. Must be 4+ weeks postpartum (6+ for caesareans). Yoga mat required. Drop in $16.00. April 3 class will be outside.
Mothers Day Special
Th,11:30-12:30 PM May16 Free
Outside - John Hendry Gravel Field 212479
W,11:00-12:00 PM Apr03-May15 $98/7 sess
Grandview Room 212429
W,11:00-12:00 PM May22-Jun26 $84/6 sess
Grandview Room 212474

Athletic Interval Training
Rayan Charlton
Using circuit 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 Apr10-Jun12 $48/10 sess Gymnasium 209839

Body Sculpting
Herb DaSilva
Designed to tone the muscles of the body using weights and bands. 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 Apr09-Jun11 $48/10 sess Gymnasium 210016

Circuit Training
Anita Ciolli
Improve muscular strength and endurance, balance, coordination and cardiovascular health. It is a total body workout done in intervals combining resistance training, cardio segments, body weight exercises, core and stretches. Drop in $6.00.
W,9:45-10:45 AM Apr10-Jun12 $48/10 sess Grandview Room 215241

Try our New Circuit Training Program and get a workout!
Childcare Available
Go to page 7 for detailed information

Fat Burner
Jeanette Chang
Sculpt, chisel and tone in this total body conditioning class. Drop in $6.00. No class April 22 & May 20
M,6:30-7:30 PM Apr08-Jun17 $45/9 sess Gymnasium 201067

Trout Lake Bootcamp
Herb DaSilva
An interval style cardio and muscle conditioning class with step sequences, plyometric exercises and weight training. Drop in $6.00. No class April 13, 20, May 11, & 18.
Sa,9:00-10:00 AM Apr06-Jun15 $31.50/7 sess Gymnasium 211929

Stretch Therapy NEW
Winnie Leung
A beginners stretch therapy class that uses your own body, yoga blocks and partners to improve your range of motion with postures through their four main elements: stretching, re-patterning, strengthening and relaxation. It is a safe and most efficient body work method you can bring into your daily life experience. Drop in $6.00.
Th,6:45-7:45 PM Apr11-May16 $30/6 sess
Cedar Hall 218763

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 Apr 4-May2 $30/5 sess
Fitness Centre 216938
Th,7:15 PM-8:15 PM May 16-Jun 13 $30/5 sess
Fitness Centre 216939
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**Pickleball**

- Apr08-Jun17
- (No class Apr22 & May20)
- $18/9 sess
- Drop In $3
- Gym 209762

**Basketball**

- 8:00-9:45PM
- Apr08-Jun17
- (no class Apr22 & May20)
- $36/9 sess
- Drop In $5
- Gym 209752

**Badminton**

- 8:00-9:45PM
- Apr08-Jun17
- (No class Apr22 & May20)
- $36/9 sess
- Drop In $5
- Gym 209752

**Indoor Soccer**

- 8:00-9:45PM
- Apr10-Jun12
- $45/10 sess
- Drop In $5
- Gym 209761

**Volleyball**

- Recreational
- 8:00PM-9:45PM
- Apr11-Jun12
- $45/10 sess
- Drop In $5
- Gym 209814

**Older Adults Badminton**

- 1:30-3:30PM
- Apr09-Jun11
- $20/10 sess
- Drop In $3
- Gym 209815

**Volleyball Beg & Inter**

- 3:00-4:45PM
- Apr07-Jun16
- (No class Apr21 & May19)
- $40.50/9 sess
- Drop In $5
- Gym 209770

**Recreational Slopitch**

- 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 must 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 7th, at Trout Lake Community Centre 7:00-9:00pm. Please register by Friday March 22, contact troutlakecc@vancouver.ca if you have any questions.
- Su,3:00-4:30 PM | Apr07-Jun16 | $224/8 sess
- Outside - Tennis Court | 218242
- Th,6:30 PM-8:00 PM | Apr11-Jun13 | $280/10 sess
- Outside - Tennis Court | 209816

**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.
**MARTIAL ARTS**

### Aikido

**Shohei Juku Aikido Canada**

Aikido is 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.** Student registration rate only available at front desk. **Drop in $10.00.**

- **M** Tu Th 6:00-7:30 PM, Sa 11:00 AM-12:30 PM
- **Apr01-Apr30**
- **Elm Room** 209829
- **M** Tu Th 6:00-7:30 PM, Sa 11:00 AM-12:30 PM
- **May02-May30**
- **Elm Room** 209832
- **M** Tu Th 6:00-7:30 PM, Sa 11:00 AM-12:30 PM
- **Jun01-Jun22**
- **Elm Room** 209833

### Shorinji Kempo

**Shorinji Kempo Society**

A martial art that develops an individual’s confidence and courage, but also nurtures a spirit of compassion and a sense of justice. **A registered non profit organization.**

- **M** Tu Th 6:00-7:30 PM,
- **Apr01-Apr30**
- **Elm Room** 211669
- **M** Tu Th 6:00-7:30 PM,
- **May03-May31**
- **Elm Room** 211670
- **M** Tu Th 6:00-7:30 PM,
- **Jun01-Jun22**
- **Elm Room** 211671

### Jiu Jitsu (Shorinji Kan)

**Kevin Eugene**

Jiu Jitsu offers an enjoyable atmosphere for participants to achieve a higher fitness level while gaining valuable self-defense skills. Participants will find their endurance, strength, flexibility and speed all improve as training progresses.

- **Tu,8:00-9:30 PM**
- **Apr09-Jun11**
- **Elm Room** 210238

### 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. It has a strong emphasis on overcoming differences of strength and size as well as developing better awareness.

- **Th,7:45-8:45 PM**
- **Apr11-Jun13**
- **Elm Room** 211684

### 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. **Designed for beginners. Drop in $15.00.**

- **W,6:00-7:00 PM**
- **Apr10-Jun19**
- **Grandview Room** 211921

### Tai Chi - 48 Form Part Three

**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 third part of the form. **Experience with Part One and Part Two is recommended. Drop in $15.00.**

- **W,7:00-8:00 PM**
- **Apr10-Jun19**
- **Grandview Room** 211922

### 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. Qigong will benefit the muscles and tendons, joints and ligaments, and internal organs. **Less memorization is required for Qigong than for Tai Chi. Drop in $15.00.**

- **W,8:00-9:00 PM**
- **Apr10-Jun19**
- **Grandview Room** 211658

### Tai Chi - Yang Style

**Michael Chiao**

Tai Chi improves strength, flexibility, balance and coordination. Suitable for all ages and fitness levels. **No class April 20, May 11, & May 18.**

- **Sa,9:00-11:00 AM**
- **Apr06-Jun15**
- **Lakewood Room** 211923

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**PILATES**

### Freeflow Pilates & Stretch **NEW**

**Rachel Helten**

Enjoy a total body workout that leaves you feeling strong, energetic and pain-free. Drop in $18.00. **No class April 20, May 11 & May 18.**

- **Sa,1:30-2:30 PM**
- **Apr6-Jun15**
- **Cedar Hall** 220134

### Pilates

**Amy Kiara Ruth**

Focus on breath, alignment, movement, quality, and integration of core support. **Drop in $15.00.**

- **M,12:00-1:10 PM**
- **Apr08-Jun10**
- **Elm Room** 211010
- **W,6:15-7:25 PM**
- **Apr10-Jun12**
- **Elm Room** 211011

- **Intermediate**
  - **W,7:30-8:40 PM**
  - **Apr10-Jun12**
  - **Elm Room** 211013

### 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. No class May 16**

- **Th,9:30-10:15 AM**
- **Apr11-Jun13**
- **Cedar Hall** 211012
Acroyoga Beginner
Nicholas Rayburn
Acroyoga is the perfect place to strengthen your body, balance your energy and connect with your community. This class is perfect for beginners as well as experienced Acroyogis who wish to lend their strength and experience. **There is no need to bring a partner as the entire class will be working together. Drop in $2.00.**
Tu, 6:00-7:30 PM  Apr09-Jun11  $10/10 sess
Lakewood Room  214071

Parent and Child Yoga
Melissa Rodrigues
Go to page 6 for detailed information

Baby and Me Yoga
Melissa Rodrigues
In the class, we will stretch, strengthen and find moments to involve baby with movement, massage and songs. Crawlers are welcome and older children may come watch and we can set up a reading area. **Please bring a blanket for baby. Drop in $15.00. No class April 22 & May 20**
M, 10:00-11:00 AM  Apr08-Jun17  $108/9 sess
Elm Room  210008

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. **Drop in $12.00 and Senior $8.00.**
Tu, 9:00-10:00 AM  Apr09-Jun11  $100 Adults & $60 Seniors/10 sess
Lakewood Room  210159

Gentle 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 $12.00 and Senior $8.00.**
Dee Kroeker
Tu, 10:15-11:45 AM  Apr09-Jun11  $100 Adults & $60 Seniors/10 sess
Cedar Hall  211945
Michele Smith
Su, 11:30-12:45 PM  Apr07-Jun09  $70 Adults & $42 Seniors/7 sess
Lakewood Room  211946

Yoga Flow
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 April 19, 21, May 12 & 19.**
Michele Smith
Su, 9:00-10:15 AM  Apr07-Jun09  $70/7 sess
Lakewood Room  211936

Frenital Yoga
Melissa Rodrigues
Prenatal yoga is a great way to prepare your body for birth and connect with your growing baby. Improve or prevent back ache and can help relax and calm your whole body and mind. **All trimesters and levels welcome. Partners welcome too! Drop in $15.00. No class April 20, May 11 & 18.**
Sa, 11:15-12:15 PM  Apr06-Jun15  $84/7 sess
Lakewood Room  211014

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. **Drop in $18.00.**
Tu, 7:45-9:15 PM  Apr09-Jun11  $150/10 sess
Lakewood Room  211937
Th, 9:30-11:00 AM  Apr11-Jun13  $150/10 sess
Lakewood Room  211938

Yoga to Live Music & Candle Light
Kylie Railton
Enjoy yoga to candlelight and live music. All levels welcome. **Drop in $8.00 if space permitting. Program subsidized by the GCCA. No class April 22.**
M, 8:15-9:15 PM  Apr08-May06  $35/4 sess
Cedar Hall  218486

Yoga for Athletes
Michele Smith
We will focus specifically on lubricating the joints, stretching the muscles, and finding functional alignment to help you prevent injuries and improve your performance. Less stiffness in the body, and greater mobility overall, will enhance your enjoyment of your favourite activities. Modifications will be offered to make poses accessible to all. **Drop in $15.00. No class April 22 & May 20.**
M, 5:30-6:45 PM  Apr08-Jun17  $90/9 sess
Lakewood Room  210161

Family Yoga
(M+ yrs)
Michele Smith
Enjoy yoga with the family to live music Classes explore yoga poses, breathing exercises, visual imagery and relaxation techniques. **All levels welcome. Michele loves to teach yoga to all ages. This program is subsidized by GCCA.**
Sa, 1:00-2:00 PM  Apr27  $1/1 sess
Lakewood Room  216123
Sa, 1:00-2:00 PM  May25  $1/1 sess
Lakewood Room  216125
Sa, 1:00-2:00 PM  Jun15  $1/1 sess
Lakewood Room  216127
**ADULT PERFORMING ART**

**Adult Ballet 1** (16+ yrs)
Rachel Helten
Learn the basic ballet terminology and movements. The class is structured with 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. No class April 20 & May 18.**
Sa,2:30-3:30 PM Apr06-Jun15 $84/8 sess Cedar Hall 218702

**All Bodies Dance Performance Project** (19+ yrs)
Naomi Brand
All Bodies Dance Project brings together persons with and without disabilities to explore movement as a means of creative expression. This class is for people returning to the program who are working towards a dance performance LINK in the Spring. **Instructor approval is required for this 6 week session. www.allbodiesdance.ca. Program subsidized by the GCCA Arts Committee.**
Th,6:30-8:00 PM Apr18-May23 Free/6 sess Grandview Room 207602

**Belly Dance** (16+ yrs)
Georgina Daniels
What is Belly Dance? 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 Apr10-Jun12 $100/10 sess Cedar Hall 215524

**Beginner Guitar Level II** (16+ yrs)
Sue Malcolm
A continuation from Absolute Beginner. Participants should be able to tune the guitar and play basic chords A, C, D, E, F, G. We will continue to learn more chords as well as working on right hand techniques, bass runs, and the use of the capo. Lots of singing in class; folk, bluegrass, and country. **No music reading required. Please bring your own acoustic guitar, tuner and capo to class.**
Tu,7:00 PM-8:30 PM Apr16-Jun04 $140/8 sess Grandview Room 207598

**Bluegrass Slow Pitch Jam Songbook Volume 5** (16+ yrs)
Sue Malcolm
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 5 songbook, and play-along CD. $20.00. Please pay Sue for materials. Drop in $18.00.**
Th,7:00-9:00 PM Apr18-Jun06 $120/8 sess Lakewood Room 215526

**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 April 22. Drop in $5.00.**
M,12:30-2:00 PM Apr08-Jun10 $27/9 sess Grandview/Lakewood 207617

**Contact Improvisation Jam** (16+ yrs)
Katherine Single-Dain
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. Facilitators: Katherine Single-Dain, River Ritchey and Joni Cooke. **Drop in $3.50.**
Th,8:15-9:30 PM Apr11-Jun13 $30/10 sess Cedar Hall 215531

**Hoop Dance Beginner** (16+ yrs)
Jenny Zhang
Take a creative spin on dance and fitness using the hula hoop as a primary tool. This class blends cardio fitness with hoop dance tricks and mindful movement. Learn all the basic on-body hoop moves as well as fun off-body tricks and combine them to find your own unique flow! Hoops provided or bring your own. **Drop in $12.00. No class dates April 22 and May 20.**
M,5:30-6:30 PM Apr06-Jun16 $80/8 sess Cedar Hall 217103

**Jessica McMann First Nations Hoop Workshops** (NEW) (16+ yrs)
Jessica McMann
Jessica McMann is a Calgary-based Cree musician, contemporary dancer and choreographer. She has been dancing fancy shawl, jingle and hoop dance for 17 years, and has had the opportunity to present contemporary and traditional work at festivals across western Canada, and northern Europe. Take advantage of this amazing opportunity to join Jessica for a workshop on First Nations Hoop Dance. **Program subsidized by the GCCA.**
Sa,2:30-4:00 PM Apr06 $5/1 sess Lakewood Room 219466
Sa,2:30-4:00 PM Apr13 $5/1 sess Lakewood Room 219467

**Pow Wow Workout Program** (NEW)
Shyama-Priya
In this class you will build your flexibility, stamina and endurance. You will experience and learn the meanings of each of the dances by trying each of the styles. This class blends Pow Wow moves with yoga and calisthenics to tone and strengthen your mind body and spirit. **Subsidized by GCCA.**
Sa,1:00-2:00 PM May04 $5/1 sess Lakewood Room 220138
Learn to Dance (16+ yrs)
Jhaymee Hizon
Be confident on the dance floor. 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  Apr09-Jun 11  $100/10 sess
Cedar Hall  217104

Line Dancing Intermediate With Helen (16+ yrs)
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 and Senior $2.00. No class April 22 and May 20.
M,2:00-3:30 PM  Apr08-Jun17  $36 and $18 for Seniors/9 sess
Cedar Hall  207630
W,11:30 AM-12:30 PM  Apr24-Jun12  $68/8 sess
GCCA Board Room  217110

Modern Line Dance Beginner
Lucy Chiu
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. No class April 19, May 17, May 31 & June 7.
Beginner
F,6:15-7:15 PM  Apr05-Jun28  $31.50/9 sess;$5/drop in
Cedar Hall  217105

Intermediate
F,7:30-9:00 PM  Apr05-Jun28  $45/9 sess;$6/drop in
Cedar Hall  217106

Zumba (16+ yrs)
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. No class Apr 22.
W,8:40-9:40 PM  Apr10-Jun28  $100/10 sess
Cedar Hall  217112

Free Outdoor Zumba Class
Friday, June 28th 7:30 - 8:30pm. Come enjoy a Free Zumba Class with Zumba Vancouver, outside in the park.
Abstract Bold Creative Painting Workshop
Niina Chebry
Try new techniques with acrylics and enjoy a creative release. In this workshop, we will be using flowers as part of our inspiration in a very abstract way. Be prepared to use more than just a brush! Supplies not included, may be purchased in class. A starter kit (paint, brushes, canvas paper) is available, $55.00 upon request. For further info, go to www.niinachebry.com
M,7:00-9:00 PM Apr08-Apr29 $84/4 sess Grandview Room  218134

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. A detailed list of needed materials and ordering of the art kit available at www.niinachebry.com
Tu,7:00-9:00 PM Apr16-May21 $126/6 sess Art Studio  218201

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 April 22 and May 20
M,6:00-7:15 PM Apr08-Jun10 $84/8 sess GCCA Board Room  217213

Acrylic Painting In The Style Of Oil & Watercolour
Philip Tsang
Acrylic painting in oils and watercolor style, the class will guide you to paint in oils or watercolour techniques with acrylic. Philip will demonstrate step by step to paint a beautiful picture in every session. A supply list, which is not included in the course price, will be handed out at the first class. Philip speaks English, Mandarin, Cantonese and Taiwanese. No class dates April 22.
M,9:45-11:45 AM Apr08-May13 $42/5 sess Grandview Room  217218

Drawing For Beginners
Philip Tsang
A variety of drawing techniques will be covered including composition, tonal value, perspective, shape and more to help you develop an artistic foundation. 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.
M,7:00-8:30 PM Apr08-May13 $75/5 sess Lakewood Room  217124

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! A supply list, which is not included in the course price, will be handed out at the first class.
Sa,2:00-3:30 PM Apr06-May25 $46/7 sess Art Studio  216981

Drawing Portraits and the Human Figure
Cara Bain
Have you ever wanted to express the people around you through art? Many people think drawing portraits is too difficult for beginner artists to achieve. Cara 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. Please bring an art notebook and pencil. No class April 22 and May 20.
M,7:30-9:30 PM Apr08-Jun03 $140/7 sess Art Studio  217221

Watercolour Painting with Mohammad Atashzad
See pages 13 & 31 for detailed information.
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). $80/4months. Pottery experience required. troutlakepotteryclub.info@gmail.com

Pottery Hand & Wheel
Janine Schroedter
This class offers the opportunity to create sculptural and functional pottery. We will explore hand building techniques and wheel work. Purchase clay at the front desk.
Tu, 7:00-9:30 PM Apr09-Jun11 $250/10 sess
Pottery Studio 217952

Shibori – Resist Dying Techniques
Marianna Frochtengarten
Learn the art of dying natural fibre fabrics using Shibori resist techniques. By folding, wrapping, tying, and clamping the fabrics, you can create wonderful patterns with vibrant colours. Course supply fee is $20. Please pay the instructor. Students please bring your own fabrics. Subsidized by GCCA.
M, 6:30-9:00 PM Apr25-May30 $90/6 sess
Art Studio 217953

Pottery Sale
Friday, Saturday May 10-11
See page 16 for detailed information.

Watercolour Painting for Adults and Seniors
Mohammad Atashzad
Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. Mohammad Atashzad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. Supply list available upon registration. Drop in $25.00 space permitting. No class date April 24. www.atashzad.com
W, 1:00-3:00 PM Apr10-Jun12 $179/9 sess
Art Studio 218202

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. Ana Sousa is a Vancouver weaver under the name Ana Isabel Textiles.
W, 7:00 PM-9:00 PM Apr17-May01 $95/3 sess
Art Studio 220224
W, 7:00 PM-9:00 PM May08-22 $95/3 sess
Art Studio 220226

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. Laura has been working in clay for over 25 years.
Th, 9:00-11:30 AM Apr11-Jun13 $262.50/10 sess
Pottery Studio 207599
Th, 12:00-2:30 PM Apr11-Jun13 $262.50/10 sess
Pottery Studio 207600
Th, 7:00-9:30 PM Apr11-Jun13 $262.50/10 sess
Pottery Studio 207601
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  Apr11-Jun20  $145/11 sess
GCCA Board Room  211673

Spanish Language Beginner 2

Edgar Anco Ascarza

Continue learning Spanish using everyday situations as: daily routines, activities at home and with the family. Expressing likes, dislikes and similar feelings. You will learn new grammatical constructions; as well as, improving your fluency, pronunciation and listening. We will learn together! *Drop in $18.00.*
Th,6:00-7:30 PM  Apr11-Jun20  $145/11 sess
GCCA Board Room  211672

Earthquake Preparedness - Apartment Living

City Of Vancouver NEPP

This session is for the apartment / condo dwellers - who have unique challenges when preparing for emergencies or disasters. It covers what is required to develop your emergency plan, how to conduct a Hazard Hunt and what to do when an earthquake strikes when you live in an apartment or strata.
Tu,7:00-8:30 PM  Jun11  Free
Willow Room  216087

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 PM-8:30 PM  May14  Free
Willow Room  216086

Red Cross Emergency Childcare
First Aid & CPR  (13+ yrs)

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.
Sa,9:00 AM-5:00 PM  Jun22  $95/1 sess
Willow Room  217122

Creek Daylighting 101

Michelle Pollard

Did you know that Vancouver is built upon a network of creeks? In this workshop you will 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 has a Masters degree in Environmental Studies specializing in planning and design for sustainability.*
Su,12:00-4:00 PM  Jun09  $30/1 sess
Willow Room  216106

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. Program subsidized by the GCCA.
Sa,12:00-1:00 PM  Jun01  $2/1 sess
Centre Lobby  216313

Learn English

Lima Geogy Samuel

Learn English is a fun interactive environment! Program subsidized by the GCCA. *No class April 19*

Beginner
Th,F:10:00-11:15 AM  Apr05-May10  $10/10 sess
Maple Room & GCCA Board Room  210251

Intermediate
Th,F:11:15am-12:30 PM  Apr05-May10  $10/10 sess
Maple Room & GCCA Board Room  210247

Family Camping and Animal Awareness

Go to page 14 for detailed information
Build Up Your Tents and Your Camping Experience "NEW"
Parks Canada Agency
Join Parks Canada’s Learn-to Camp team to discover the basics of campsite set up. Explore campsite planning, safe food storage practices, Leave No Trace Principles, and tent set-up. This workshop is for adults only.
Th, 6:30-8:00 PM  Jun 06  Free
Grandview Room  216482

Petite French Desserts "NEW"
Valentine Kitamura
Just in time for Mother’s day! Learn some mini French desserts to serve along your tea, coffee, or just anytime! Lemon Madeleines: the French classic tea time companion. Palmiers: crispy, sweet and flaky little pastries and Chocolate Mousse in jars!
W, 6:00-8:00 PM  May 08  $60/1 sess
Kitchen  214186

Camp Cooking "NEW"
Parks Canada Agency
The key to an unforgettable camping trip is unforgettable meals! The Learn to Camp team will teach you the skills you need to build your own campfire and safely operate a camp stove. Learn some camp friendly meal plans, safe food storage practices, and learn all you need to create your own tasty camping treats! This workshop is for adults only.
Th, 6:30-8:00 PM  Jun 13  Free
Grandview Room  216483

Building Healthy Soil "NEW"
Village Vancouver
In this Village Vancouver Workshop with Karen Ageson from Farmers on 57th, you’ll learn some rudimentary soil biology and the importance of feeding your soil to build a healthy garden. You’ll walk away with some basic techniques and the knowledge to help your garden thrive. Program subsidized by the GCCA.
Tu, 6:30-8:30 PM  Apr 09  $20/1 sess
Grandview Room  218299

Early Summer Gardening "NEW"
Village Vancouver
You’ll learn what to plant now and how to plant properly on your balcony, in your yard, or in your community garden plot. You’ll come away with the knowledge to plant, grow, and harvest vegetables such as peas, beans, greens, beets, the onion family, root veggies, herbs, tomatoes, and carrots starting now! Program subsidized by the GCCA.
Sa, 2:00-4:00 PM  May 04  $20/1 sess
Willow Room  218306

Wild Food and Medicine Walk "NEW"
Emma Postl
Ever wonder which common weeds you can eat and use as medicine? In this workshop you will learn how to identify a variety of common edible and medicinal plants found growing in parks, backyards and sidewalks cracks. We will explore the new native plant medicine wheel garden at Trout Lake Park and discuss wildcrafting ethics. Participants will learn how to make two basic herbal medicine preparations and take home their own jar of spring tonic vinegar.
Su, 1:00-3:00 PM  Apr 14  $20/1 sess
Kitchen  217510

DIY Calendula Salve "NEW"
Emma Postl
In this hands on workshop we will learn two different ways to prepare and infuse herbal oil. Each participant will take home their own jar of homemade calendula salve, oil, and a recipe. We will also discuss Calendula medicine and become acquainted with other herbs which can be added to your healing salves.
M, 6:00-7:30 PM  Apr 15  $20/1 sess
Kitchen  217511

Balcony, Container and Small Space Gardening "NEW"
Village Vancouver
Want to grow food, but don’t have much room? Rhiannon Johnson will cover the techniques and challenges specific to gardening in small spaces, both indoors and outdoors. We’ll look at soil, fertilizing organically, watering, types of containers, different sun orientations and, of course, what to grow in your space. Program subsidized by the GCCA.
Sa, 2:00-4:00 PM  Jun 01  $20/1 sess
Willow Room  218308

Easing into Zero Waste Series
Jonny Yun/Tara Browman
Kitchen/Eating "NEW"
This is the most delicious place to start your zerowaste journey! Topics include eliminating single use plastic with affordable and interesting solutions, composting, and tips for how to shop and eat at restaurants without creating waste. We will also share some of our favorite kitchen staple recipes such as: nut milk, yogurt, granola, as well as some simple hacks that can save you time, money and lower your waste output.
Th, 6:30-8:00 PM  May 02  $15/1 sess
Willow Room  214543

Cleaning/Laundry/Clothing "NEW"
Learn simple and easy waste reduction tips that we’ve learned along our zero waste journey. We will cover ways to reduce single use plastic and recyclables in your home. Additionally, we will provide handouts with recipes to make household cleaners, such as: all purpose cleaner, window cleaner, laundry soap and etc. Each participant will leave with a sample of a green alternative you can take home and try!
Th, 6:30-8:00 PM  May 09  $15/1 sess
Willow Room  214544

Personal Care "NEW"
Learn about easy to make, planet-friendly personal care products such as: body butter, sunscreen, lotion bars, conditioning hair rinse, toothpaste, mouthwash, and facial scrub among others. You will have the opportunity to touch, feel, smell and try products as well as leave this hands-on workshop with two products you make. Bring 2 jars (at least ½ cup in size) of your choice from home.
Th, 6:30-8:00 PM  May 16  $15/1 sess
Willow Room  214545

Babies & Children "NEW"
Topics include: gifting, toys, holidays, clothing, diapering, school lunches/snacks, books and resources. You will leave with handouts about resources, recipes for commonly used personal care products for babies and children (ie. diaper cream, wipes, bath bombs, home remedies, etc). We will demonstrate how to make a simple bath bomb for you to take home.
Th, 6:30-8:00 PM  May 23  $15/1 sess
Willow Room  214546
Brain Training Cognicise (40+ yrs) 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 April 20.**
Sa, 11:00 AM-12:15 PM Apr06-May04 $50/4 sess Spruce Room 210154
Sa, 11:00 AM-12:15 PM May25-Jun15 $50/4 sess Spruce Room 212399

Philosophers’ Cafe

**SFU Philosopher’s Cafe**
Your chance to discuss philosophical issues with members of your community. This cafe 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 Apr17 Free GCCA Board Room 190880
W, 7:00-8:30 PM May15 Free GCCA Board Room 217116
W, 7:00-8:30 PM Jun19 Free GCCA Board Room 217117

Parenting Workshop

**Empowering Your Child** [NEW]
Miri Malkin
This program is for parents of children ages 5-15 who are interested to learn more on: How to empower your children in their lives? How to help your child cope with stress and anxiety? How to communicate with your child more effectively? How to create a calm and supportive environment for your child?
Th, 7:00-8:30 PM Apr11-Apr25 $6/3 sess Willow Room 218466

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 and decrease our stress, we can improve our sleep, strengthen our mind-body-soul, and enhance physical health.
Tu, 6:30-7:30 PM May07 $10/1 sess Willow Room 216083

Stress Buster Techniques [NEW]
Cheryl Devine
Learn and practice different relaxation techniques to help relieve stress. There is no single relaxation technique that is best for everyone. Find the right relaxation technique that resonates with you and your lifestyle. **Cheryl Devine is a certified Health Coach and has over 30 years of experience in the Fitness Industry.**
Tu, 6:30-7:30 PM Jun04 $10/1 sess Willow Room 216084

Philosophers’ Cafe

**SFU Philosopher’s Cafe**
Your chance to discuss philosophical issues with members of your community. This cafe 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 Apr17 Free GCCA Board Room 190880
W, 7:00-8:30 PM May15 Free GCCA Board Room 217116
W, 7:00-8:30 PM Jun19 Free GCCA Board Room 217117

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. Do not register at Trout Lake CC.** www.lslap.bc.ca.  
Tu W, Th, 1:00-9:00 PM May14-Jun13 Spruce Room 216078

Pow Wow Workout Program [NEW]
Shyama-Priya
In this class you will build your flexibility, stamina and endurance. You will experience and learn the meanings of each of the dances by trying each of the styles. This class blends Pow Wow moves with yoga and calisthenics to tone and strengthen your mind body and spirit. **Subsidized by GCCA.**
Sa, 1:00-2:00 PM May04 $5/1 sess Lakewood Room 220138

Jessica McMann First Nations Hoop Workshops [NEW] (16+ yrs)
Jessica McMann
Jessica McMann is a Calgary-based Cree musician, contemporary dancer and choreographer. Take advantage of this amazing opportunity to join Jessica for a workshop on First Nations Hoop Dance. Program subsidized by the GCCA.
Sa, 2:30-4:00 PM Apr06 $5/1 sess Lakewood Room 219466
Sa, 2:30-4:00 PM Apr13 $5/1 sess Lakewood Room 219467

All Body Communities Workshop

**Workshop - Discovering Canada’s New Food Guide**
Joyce Wong, Registered Dietician
Curious about the new food guide and how it came to be? Find out what’s in and what’s out, and how eating together is part of the new recommendations. **For more information contact Kate Lee. kate.lee@vancouver.ca**
Tu, 7:00-8:30 PM Apr09 Free/1 sess Willow Room 214046

All Body Communities Workshop

**- Anxiety and Depression**
Heidi Schmidt, Registered Social Worker
Vancouver Coastal Health. Bring your questions and learn about depression and anxiety. Heidi will share local resources and teach you how mindfulness and cognitive behavior strategies can help you manage. **For more information contact Kate Lee. kate.lee@vancouver.ca**
Tu, 7:00-8:30 PM May07 Free/1 sess Maple Room 214043

All Body Communities Workshop

**- Calcium, Vitamin D and Bone Health**
Anna Brisco, Registered Dietitian
This nutrition workshop highlights the importance of adequate calcium, protein and vitamin D intake throughout life to reduce risk for osteoporosis. You will have the opportunity to assess your diet for one or more of the nutrients related to bone health and learn about resources you can use. **For more information contact Kate Lee. kate.lee@vancouver.ca**
Tu, 7:00-8:30 PM May21 Free/1 sess Willow Room 214051

Family Yoga to Live Music

Go to page 27 for detailed information
**Axe Capoeira For Seniors**

**Axe Capoeira**
Modern capoeira is one of the most inherently diverse martial arts in the world today with creativity, music, self-expression and strategic thinking as much a part of the core curriculum as physical training and fitness.

W,1:00-2:00 PM  Apr10-Jun12  $50/10 sess
Elm Room  210007

**Breathe Well Live Well**

**Vancouver Coastal Health Healthy Living Program**
This is a community based education and exercise program designed for people living with chronic respiratory conditions such as COPD, emphysema or bronchitis. Participants are required to attend an individual pre-program assessment. **A medical referral is required. Please call 604.267.4430 or 604.709.6510 for more information. Register at Trout Lake CC.**

**No class April 22 and May 20.**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>M, Th</td>
<td>12:30-3:00 PM</td>
<td>218353</td>
</tr>
<tr>
<td>M</td>
<td>12:30-3:00 PM</td>
<td>218354</td>
</tr>
</tbody>
</table>

**Blood Pressure Health Screening Event**

**Vancouver Coastal Health Healthy Living Program**
M, 2:00-4:00 PM  May13  Free/1 sess
Centre Lobby  219266

**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. Desiree is a graduate from the dance program at SFU University who specializes in dance technique and choreography. No class April 22 & May 20. Drop in $5.00.**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>12:30-2:00 PM</td>
<td>207617</td>
</tr>
</tbody>
</table>

**Mary’s Walking Group**

**Mary Freeman**
Meet in the Lobby at 11:15am to walk around the lake with Mary and meet new friends. **Please pre-register.**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tu, Th</td>
<td>9:30 AM-11:00 AM</td>
<td>210960</td>
</tr>
</tbody>
</table>

**First Steps to Prevention**

**Vancouver Coastal Health Healthy Living Program**
First Steps to Prevention is a free program designed to support individuals at risk for developing chronic disease and to promote healthy lifestyle changes. **Contact Healthy Living Program at 604-267-4430 for information.**

This program is suitable for people with pre-diabetes, but not diabetes. Please pre-register. [healthylivingprogram@vch.ca](mailto:healthylivingprogram@vch.ca)

<table>
<thead>
<tr>
<th>M, 1:00-3:00 PM</th>
<th>Jun10-Jun24</th>
<th>Free/3 sess</th>
</tr>
</thead>
</table>

**Older Adult Active and Strong**

**Kate Lee**
Using a variable format and functional easy to follow exercises, this class has a focus on strength and cardiovascular fitness as well as mobility and balance. **This class welcomes all ages but will have particular value for the older adult. $30/10 tickets or $3.50 Drop in.**

<table>
<thead>
<tr>
<th>W, 11:30-12:30 PM</th>
<th>Apr10-Jun12</th>
<th>10 sess</th>
</tr>
</thead>
</table>

**Seniors Fun Fitness**

This class is catered towards seniors but participants of all ages are welcome! **$30/10 tickets or $3.50 drop in. No class April 19, 22, May 10 & 20.**

<table>
<thead>
<tr>
<th>M, 11:00 AM-12:00 PM</th>
<th>Apr08-Jun10</th>
<th>8 sess</th>
</tr>
</thead>
</table>

**Strength and Balance**

**Audrey Howatson**
This balance and mobility program for older adults will help improve your functional mobility, increase lower body strength, improve balance and reduce fall risk. **No class April 22 & May 20.**

<table>
<thead>
<tr>
<th>M, 12:00-1:00 PM</th>
<th>Apr08-Jun10</th>
<th>$24/8 sess</th>
</tr>
</thead>
</table>

| M, 1:05-2:05 PM | Apr08-Jun10 | $24/8 sess |

<table>
<thead>
<tr>
<th>Lakewood Room</th>
<th>211921</th>
</tr>
</thead>
</table>

| Lakewood Room   | 211919       |

**Kinesis and Stretch 55+**

**Brian**
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 PARQ+ form and consent form. Forms can be found online at http://vancouver.ca/parks-recreation-culture/register-for-fitness-training.aspx or can be picked up at the Community Centre. Please contact Steven at steven.tautscher@vancouver.ca if you have any questions.**

<table>
<thead>
<tr>
<th>W, 11:00 AM-12:00 PM</th>
<th>Apr 3-May 1</th>
<th>$30/5 sess</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>W, 11:00 AM-12:00 PM</th>
<th>May 15-Jun 12</th>
<th>$30/5 sess</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Fitness Centre</th>
<th>217813</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Fitness Centre</th>
<th>217815</th>
</tr>
</thead>
</table>

**Seniors Weight Training**

**Brian/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. **All participants must be registered in the class in order to attend. If you are 65 years or older the cost is a senior’s drop in rate or Flexi-pass rate. Participants under 65 years of age will pay an adult fee. All participants must either complete a written PARQ+ or be administered the verbal PARQ in the last 12 months.**

<table>
<thead>
<tr>
<th>Tu, 9:30 AM-11:00 AM</th>
<th>Apr 2-Jun 25</th>
<th>216973</th>
</tr>
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</table>

| Th, 9:30 AM-11:00 AM | Apr 4-Jun 27 | 216978 |

<table>
<thead>
<tr>
<th>Fitness Centre / Elm Room</th>
<th>216973</th>
</tr>
</thead>
</table>

| Fitness Centre / Elm Room | 216978 |

**Table Tennis, Badminton & Pickleball**

Go to page 25 for detailed information

[troutlakecc.com](http://troutlakecc.com)
## A Home Away From Home

### Social Tuesdays

**April 9 – June 25, 2019, 12:15-2:30pm**

$7/12 sessions. Please pre-register #205002

Join us for a different workshop each week from yoga, cooking, art to education. Workshops begin at 12:30pm. All supplies included. Delicious sandwiches and desserts available from $6.00 (please pay Dorothy cash). Grandview Room.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 9</td>
<td>Bingo &amp; PRIZES!</td>
</tr>
<tr>
<td>April 16</td>
<td>Vancouver Coastal Workshop: Diabetes</td>
</tr>
<tr>
<td>April 23</td>
<td>Pedestrian Safety &amp; Financial Scams with Constable Hooper, VPD</td>
</tr>
<tr>
<td>April 30</td>
<td>Pizza Luncheon, Performance by Gwen</td>
</tr>
<tr>
<td>May 7</td>
<td>Vancouver Coastal Workshop: NEW Canadian Food Guide</td>
</tr>
<tr>
<td>May 14</td>
<td>Arm Chair Traveler: Iceland, Robert Bowes</td>
</tr>
<tr>
<td>May 21</td>
<td>Gentle Yoga with Dee</td>
</tr>
<tr>
<td>May 28</td>
<td>Shepherd’s Pie Luncheon, Performance by Aline</td>
</tr>
<tr>
<td>June 4</td>
<td>Art Class with Nevana</td>
</tr>
<tr>
<td>June 11</td>
<td>Italian Cooking Workshop with Maria Di Antonio</td>
</tr>
<tr>
<td>June 18</td>
<td>Another Island Adventure by Judith &amp; Syd Performance by Winsome Kind</td>
</tr>
<tr>
<td>June 25</td>
<td>Chinese Luncheon, Sing-A-Long with Dan from the Vaudevillian</td>
</tr>
</tbody>
</table>
Patch Work & Quilting
Pat Rooker & Judith Pilley
Beginners and experienced quilters are welcomed to this social group. Each term we learn new quilting skills and together make a Community Quilt which is donated to a local cause. Members are encouraged to incorporate these skills into one of their own creations.
W, 12:45-3:15 PM  Apr10-Jun12  $5/20 sess
Grandview Room

Seniors Coffee Break
Sit back and enjoy a cup of coffee or tea and chat with your friends. Please pre-register.
Tu, 2:30 - 3:30 PM  Apr09-Jun11  Free/20 sess
Grandview Room

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, 10:00 AM-12:30 PM  Apr11-Jun13  $68/10 sess
Willow Room

Seniors Writing Group
Vanneau Neesham
Learn to write your own life stories or express yourself through poetry. Led by Vanneau Neesham, writer, retired journalist & English teacher. Please pre-register.
M, 10:00-11:30 AM  Apr08-Jun10  Free/8 sess
GCCA Board Room

Watercolour Painting for Adults and Seniors
Mohammad Atashzad
Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. Mohammad Atashzad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. Supply list available upon registration. Drop in $25.00 space permitting. No class date April 24.
W, 1:00-3:00 PM  Apr10-Jun12  $179/9 sess
Art Studio

New
SENIOR
LUNCHES & OUT TRIPS

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

Easter Luncheon
F: 12:00-2:00 PM Apr05 $7.50/1 sess
Grandview/Lakewood 215074

Mother’s Day Luncheon
F: 12:00-2:00 PM May17 $7.50/1 sess
Grandview/Lakewood 215075

Father’s Day Luncheon
F: 12:00-2:00 PM Jun14 $7.50/1 sess
Grandview/Lakewood 215077

Bus Trip - Fraser Valley Wine Tour (55 + yrs)
Enjoy Tour And Travel
Explore the Sunshine Coast and see why BC is called the “Best Place on Earth”! Visit Davis Bay, an Ancient Forest, Rockwater Secret Cove Resort, and take afternoon free time to discover Gibsons Landing’s charming stores and galleries.
W: 8:00 AM-4:45 PM May22 $109/1 sess
Centre Lobby 217821

Bus Trip - Secret Cove & Sunshine Coast (55 + yrs)
Enjoy Tour And Travel
Explore the Sunshine Coast and see why BC is called the “Best Place on Earth”! Visit Davis Bay, an Ancient Forest, Rockwater Secret Cove Resort, and take afternoon free time to discover Gibsons Landing’s charming stores and galleries.
Additional $10 ferry fee for 64 years and under.
W: 8:00 AM-7:15 PM Apr17 $119/1 sess
Centre Lobby 217820

Bus Trip - Westminster Abbey (55 + yrs)
Enjoy Tour And Travel
Westminster Abbey is a beautiful, peaceful place with magnificent architecture and stunning stained glass. Take this opportunity to see and hear about the monk’s unique way of life.
Tu: 8:45 AM-4:30 PM Jun25 $99/1 sess
Centre Lobby 217826

Join Our Seniors Committee
Tuesdays
April 23, May 28 & June 18 at 2:00pm.
If you have a program idea, please join the committee. 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.

Pizza Luncheon April 23
Tu: 12:00-2:00 PM Apr23 $6/1 sess
Grandview Room 215082

Shepherds Pie Luncheon May 28
Tu: 12:00-2:00 PM May28 $6/1 sess
Grandview Room 215084

Chinese Luncheon June 18
Pay $7.00 at the front desk.
Tu: 12:00 PM-2:00 PM Jun18 $7/1 sess
Grandview Room 215086
Host your private function with us!
Nestled in John Hendry Park with views of beautiful wildlife habitats; Trout Lake Community Centre offers bright and modern spaces to hold your next private event. Whether it be a birthday party, business meeting, corporate event, wedding or playing sports in our gymnasium with family and friends, we’ve got it!

Damage Deposit & Payments
To confirm your booking, payment of the Damage deposit is mandatory at the time of booking. This fee will vary based on timing, complexity, scope, and size of your event. Should there not be any damages to the rented room, the damage deposit will be refunded back within 14 days after your rental date. Full payment and signed rental agreement MUST be received no later than 2 weeks prior to the rental event.

Staff Charges
All rentals may be subject to staffing charges. Staffing charges are $25 per hour with a minimum 2-hour booking. The number of staff is dependent on the size of the rental. Any events with 100 guests or more in attendance and/or is serving alcohol are required to have two rental staff at minimum.

Music Royalty Fees
For rentals that play pre-recorded music SOCAN fees are dependent on group size and activity. GST is applicable.

Set-up & Take Down
Set-up, take down and clean-up are the responsibility of the renter. Tables and chairs are to be stacked and placed at the back of the room. Garbage is to be placed in the garbage containers provided. At the end of the event, garbage must be moved to the bins outside of the building and all personal items, rented equipment and other goods must be removed.

**Trout Lake Community Centre Room Rental Information & Rates**

<table>
<thead>
<tr>
<th>Room Name</th>
<th>Standing Capacity</th>
<th>Seated Capacity</th>
<th>Dimension (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>
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<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>
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<tr>
<td>Grandview/Lakewood Room</td>
<td>190</td>
<td>125</td>
<td>80x25</td>
<td>2255</td>
<td>Attached by Dividing Wall</td>
<td>$300</td>
<td>$100/hr</td>
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<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>
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<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>

GST is not applicable to room, staffing and equipment charges.

Please note:
- Use of the Community Kitchen is for warming and serving food only. No cooking allowed.
- We cannot host events that have the intention to generate revenue or charge for admission. This also includes fundraising activities and payment to a facilitator or speaker at a workshop/seminar.
- If you wish to host a workshop or program at Trout Lake Community Centre please visit www.troutlakecc.com to propose your idea to our Programmer.
- 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 gym rental date(s). For more information please visit www.eventpolicy.com

Make a reservation today!
To make a rental request or arrange a booking please email troutlakerental@vancouver.ca or telephone 604.257.3084. Please allow 3-5 business days to receive a response from the Rental Coordinator. Rental requests must be submitted at least 7 days prior to your booking date. For more information please visit www.troutlakecc.com
**SPECIAL EVENTS**

**The Soda Crackers**
A spicy gumbo of bluegrass, country and swing!
April 17, May 22, June 19 Wednesday, 7:00-9:00pm

**Blue Lasso Band**
Old time country band
May 29, Jun 19 Wednesday, 1:00-3:00pm

**Rain City Swing**
Great old time jazz!
April 18, May 16, June 19 Thursday, 7:00-9:00pm

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**Birthday Party**
(3-12 yrs)

Vanna Nguyen
Highly recommend to register online. 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. Do not worry about the clean up or set up, we have that done for you too!* A leader will contact you to discuss party details. Max 30 kids and 30 adults. Rent the bouncy castle for an additional $60.00. Dates available April 6, 20, 27, May 4, 18, 25, June 1, 8, 15, 22.

**Morning Party**
Saturdays, 11:00-1:00 PM Gym time 11:30-12:15pm
$190/party
Rent the Bouncy Castle for an additional $60 210780-210791

**Afternoon Party**
Saturdays, 2:00-4:00 PM Gym time 2:00-2:45pm
$190/party
Rent the Bouncy Castle for an additional $60 210792-210804

**Art Birthday Party**
(4-14 yrs)

Sun Rey Han
Enjoy an Art THEME birthday party. All you need to do is provide the food, cake, 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. Max 12 kids.*

Su,1:00-3:00 PM Apr07, May05, June16
$175/1 sess
Art Studio at 212569-212571

**Hula Hoop Birthday Party**
(7-12 yrs)

Jenny Zhang
Celebrate with a fun and playful hoop workshop followed by an unforgettable performance by HoopDreamer Spinning Jenny! In this party we will play fun hula hoop games and learn cool hoop skills and circus tricks to wow your friends and family! *Hoops are supplied and are available for purchase. Parents are responsible for party set up, party food, cake and party favours. No kitchen available for party. Max 12 kids.*

Su,2:00 -3:30 PM Apr14, May26, Jun16
$150/1 sess
Lakewood Room 217182-217184

**Pottery Birthday Party**
(4-14 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, party guests and party favours. Laura will contact you 10 days in advance. Max 12 kids.*

Su,1:00-3:00 PM Apr14, May26, Jun09 $230/1 sess

**Music On The BOW**

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

Brought to you by the Grandview Community Centre Association.
Please pre-register for all events and workshops.

**Hanami Japanese Cherry Blossom Celebration**  (All Ages)
At TLCC we will celebrate with traditional performances, cultural demonstrations, taste traditional tea, taste traditional food, and origami crafts for the kids. Enjoy this family fun event. Please pre register. Su, 11:00-1:00 PM Mar 31  Free  Grandview and Lakewood Room 213856

**Ready, Set, Learn**  (3-5 yrs)
As part of a provincial initiative, Trout Lake Community Centre and Laura Secord, Queen Victoria, Cunningham, Beaconsfield and Carleton Elementary 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. W, 10:00-11:30 AM Apr 10  Free  Gymnasium 215054

**Easter Bunny Party**  (All Ages)
Bring the whole family and have fun making Easter arts & crafts. There will also be a visit from Mike’s Critters and there will be an Easter egg hunt. $5 each child. Children under the age of two are free. Please pre-register as space is limited. Sa, 10:00-12:00 PM Apr 13  $5/1 sess  Grandview and Lakewood Room 212175

**Stat Holiday Events – Free**  (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. Please pre-register. May 20th special performance by J’LAmour Accordion Man at 11:00am. M, 10:00 AM-12:00 PM Apr 22 & May 20  Free Gymnasium 217541

**World Music Festival Cinco De Mayo**  (All Ages)
Robin Layne
Enjoy live performances by local Miriachi bands, and traditional mexican snacks. Decorate a sugar skull mask and enjoy this vibrant cultural experience! Free, but please pre-register. Su, 11:30 AM-3:30 PM May 05  Free Grandview Room 216997

**Artisan Pottery & Bake Sale**  (All Ages)
On Mother’s Day weekend, during the Pow Wow, come see the hand crafted pottery from the Trout Lake Pottery Club on Friday and Saturday. Enjoy delicious home baking from the TLCC Seniors Saturday only. F, 4:00-9:00 PM  May 10  Sa, 10:00 AM-4:00 PM  May 11  Free Lobby 219810

**Ginalina Concert**  (0-5 yrs)
Enjoy a special performance by Ginalina during Parent & Tot $3/drop in,$5/family. F, 11:00-12:00 PM Jun 14  Free Gymnasium

**Dano Korean Festival**  (All Ages)
Sun Rey Han
Enjoy live performances, songs, dance and traditional food. There will be an art station for the kids too. Fun for the whole family! Free, but please pre-register. Su, 11:00-1:00 PM Jun 30  Free Grandview and Lakewood Room 213854
**SPECIAL EVENTS**

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**Hanami**

Japanese Cherry Blossom Celebration

**Sunday March 31, 11:00am - 1:30pm**

Artistic Director: Hiroko Shinozaki
Free #213856

- 11:00 - 1:00 On Going Arts & Crafts, Japanese Food Sale
- 11:00 - Yujiro Guitar
- 11:15 - 11:40 Japanese Tea Ceremony Demonstration with Omote Senke
- 11:50 - 12:20 Performance by JAM Calligrapher - Kishuu, Chakuhachi/Shamisen-Ryuzen, Koto-Vi-An Diep
- 12:30 - 12:40 Kitsuke (Kimono Dressing) Demonstration with Yoko Matsuno
- 12:45 - 1:00 Aikido Demonstration
- 1:10 - 1:30 Japanese Dance Performance by Satsuki Kai

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**Easter Bunny Party**

Saturday, April 13, 10:00am - 12:00pm

Bring the whole family and have fun making Easter arts & crafts, parent & tot toys and a bouncy castle.
There will be a visit from the Easter Bunny and there will be an Easter Egg hunt. You will also see Mike’s Critters!

$5.00 per Child (2+yrs)
Children under the age of two years are FREE
Please pre-register #212175
**SPECIAL EVENTS**

**CINCO DE MAYO FEST**

Sunday, May 5, 2019
12:00pm-3:00pm
FREE. Please Pre-Register #216997

Featuring Mexican Music by:
Son De Maple
worldmusicfest.ca
sondemaple.com

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**Dano-Korean Festival**

Sunday, June 30, 11:00am -1:00pm

Artistic Director: Sun Rey Han
FREE #213854

The 5th day of the 5th month of the lunar Korean calendar is Dano. This festival is also called Surit-nal and it’s a holiday in Korea. Fun for the Family! Free, but please pre-register.

11:00-1:00  On Going Arts & Crafts, Korean food sale
11:00-11:15  Korean Pangut (Traditional Korean Percussion with Dancing) by Namsadag Cultural Institute
11:15-11:25  Opening Introduction by Emcee & Sun Rey Han
11:25-11:30  Korean Fan Dance Solo ‘Incense’ by Yusun Min
11:40-11:55  Taekwondo Demonstration
12:05-12:25  Hanbok Demonstration (Korean Traditional Dress)
12:35-12:40  TalChum (Korean Traditional Masked Dance) by Namsadag Cultural Institute
12:40-1:00  Korean Nanta (Korean Drumming) by Namsadag Cultural Institute
Come and Create at Trout Lake Community Centre!
troutlakecc.com

Spring 2019
Recreation Guide
April 1-June 30

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