Summer 2019 Recreation Guide
July 2-August 31

Yoga in the Park

Mini Arts Events
Outdoor Concerts
See page 34 & 35
We are thrilled to welcome you to the Summer season at Trout Lake Community Centre (TLCC)! Within the pages of this activity guide you will find something to keep you and those you love active, creative, and connected in community. Some highlights:

- **Powered by TLCC’s youth volunteers, the Summer Concert series will kick off on Wednesday July 3rd and will run every Wednesday until the end of August.** Bonus activities: food trucks, art activities, Red Fox activity stations, and more!
- **Yoga in the Park will run on Tuesday and Thursday evenings through July and August. Find out more on page 32.**
- **Mini-Art series will begin again on Wednesday mornings through July and August. Find out more on page 34.**
- **Don’t miss our Gina Lina Concert, Family Music Jamboree, Puppet Show and Music with Marnie Concerts! Learn more on pages 5 and 33.**
- **A variety of summer camps: Summer Daze, LEGO & Byte camps, more full day camps for Art/Yoga/Dance, Cartooning, Chess, Breakdance, Hip-Hop, Ballet, Capoeira, French, Pottery, & Little Einstein’s.**
- **Community events – don’t miss VINES Art Festival, the Lantern Procession, & National Indigenous Day! Details on pages 34-35.**
- **Bunting Flag Project – to help keep things festive and reduce the waste associated with disposable decorations, we are going to make reusable decorations for TLCC’s events and birthday parties. Come and make a flag or two with friends and family at our Wednesday morning Mini-art events and Wednesday evening concerts. We will then sew them together with help from the Seniors’ Quilting Club. Made by the community for the community (and the earth)!**
- **Youth Council will be hosting a movie in the park on Friday July 12 movie (TBA) and on Saturday July 13 they will host Recyclefest from 10 am – 3:00 pm.**

If you would like to get involved as a volunteer at one of our community events, with one of our committees or with the Board of Directors, please drop us an email: troutlakecc@vancouver.ca. We’d love to have you join our team!

See you here soon!

Sarah Lusina (President) & the TLCCA Board of Directors

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**MISSION STATEMENT**

The Trout Lake Vancouver Community Centre Association is a non-profit, charitable organization that jointly operates Trout Lake Community Centre with the Vancouver Board of Parks and Recreation. The Association is made up of community volunteers who operate under the mission of providing accessible and inclusive social, cultural, recreational, and educational opportunities that strengthen individual, family, and community wellbeing. Our vision is that the Trout Lake Community Centre will be a place of connection that fosters a healthy, vibrant community.

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**BOARD OF DIRECTORS 2019**

President ...................................................... Sarah Lusina
Past President .............................................. Kate Perkins
Vice President ............................................. David Clarke
Treasurer ................................................... Dan Kearns
Secretary ................................................. Heather Armstrong
Members at Large: Kari Jane Adams, Amy Butler, Bree Cropper, Molly Ewert, Alexis Fluevog, Bill Hawke, Yiman Jiang, Lisa Kew, Ken Robb, Leslie Tenta, Dorothy Tong.
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HOURS OF OPERATION
Community Centre Hours July 1-September 3
Mon-Fri .................................................. 8:30 am-9:00 pm
Sat & Sun .................................................. 8:00 am-4:00 pm
Office Hours ....... Mon-Fri 8:30 am-8:30 pm, Sat & Sun 8:00 am-3:30 pm

Fitness Centre Hours
Mon-Fri .................................................. 6:00 am-9:00 pm
Sat & Sun .................................................. 8:00 am-4:00 pm
Note: Please use Victoria Drive entrance on 2nd floor for early morning fitness centre access (6:00am-8:30pm).

Holiday Hours Community Centre and Fitness Centre Closed
Canada Day July 1, B.C. Day August 6 & Labour Day September 3.
Ice Rink Closed for Skating Season.

STAFF
If you have any questions, contact us at troutlakecc@vancouver.ca
Alison Cristall .................................................. Recreation Supervisor
Amanda Lye .................................................. Recreation Programmer
Matt Sung .................................................. Recreation Programmer
Steve Tautscher .............................................. Fitness Programmer
Brittany Wong ............................................... Ice Rink Programmer
Bernie Dionne ................................................ Community Youth Worker
Noel Carino .................................................. Community Youth Worker
Jessica Lani De Jesus ......................................... Engineer

LEISURE ACCESS PROGRAM
Residents who pre-quality 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.

In Person/Phone/Online: Wednesday, May 15th, 9:00am
Please have your Credit Card number and Course number ready for phone in registration.

Fall Program Registration: Wednesday, August 14th 7:00pm
NEW REGISTRATION TIME
3360 Victoria Drive (between 15th & 19th Ave) Vancouver, B.C. V5N 4M4
604-257-6955 and press 1
tROUTLAKEC.C.COM

REFUND POLICY: All Day Camps, Workshops & Tours
- Camps run Monday to Friday.
- Full refunds, minus the $5 administration fee, will be issued to the purchaser with a full 7 days’ notice before camp starts.
Note that 7 days includes weekend days. For example, if a camp is planned for July 10 at 9:00 am a request for cancellation must be received by 9:00 am on July 3.
- Refund requests received after the 7 day period will not be issued any refund.
- Note: Please see website troutlakecc.com for a more detailed version of the refund and transfer policies.

REGISTRATION POLICY
- Registrations are non-transferrable to another person.
- Persons may register for themselves, their immediate family members, and a maximum of one other person.
- Cheques will be accepted. NSF cheques will have a $35 fee.
- Programs that do not reach minimum may be cancelled.

REFUND & TRANSFER POLICY: Programs
- Full refunds and transfers will be issued for any program cancelled by the Association.
- Full refunds and transfers, minus the $5.00 administration fee, will be issued to the purchaser with a full 48 hours’ notice before the program begins.
- For refund & transfer requests received up to 24 hours after the second class, the purchaser will be charged the $5.00 administration fee and the cost of the first two classes. After this time there is no refund.
- Cancellation requests cannot be submitted by email or 311 calls.

REFUND POLICY: Birthday Parties
- Full refunds, minus an administration fee ($5.00), will be issued to the purchaser with a full 14 days’ notice. Note that 14 days includes weekend days.

TROUTLAKEC.C.COM
Kids on Wheels: Balance Bike Camp (2.5-5 yrs)

BC Cycling Coalition
For children to learn to ride balance bikes (no-pedal bikes) with skilled instructors and in a safe environment while having fun and playing games, learning important skills such as stopping, balancing and gliding. Balance bikes help children to gain confidence, improve their self esteem and risk management. Each class will build on their experience and add more excitement as well as more features to our riding course! In addition the children will also learn some road signs and safety rules of the road.

The balance bikes and helmets are provided.
M-F:10:00-11:30 AM  Jul29-Aug02  $150/5 sess
Outside - John Hendry Sport Court  222349

Sportball Junior in the Park (1-2 yrs)

Sportball Vancouver
This 45-minute program is a perfect introduction to Sportball. Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and much more. Although these programs focus more on exploration, children will be introduced to a different sport each day.

Camps are run outdoors, please dress for the weather.
M-F:15:30-4:00 PM Jul08-Jul12  $90/5 sess
Outside - John Hendry Gravel Field  224058
M-F:11:30 AM-12:15 PM Jul22-Jul26  $90/5 sess
Outside - John Hendry Gravel Field  224059
M-F:13:30-4:00 PM Aug12-Aug16  $90/5 sess
Outside - John Hendry Gravel Field  224060
M-F:11:30 AM-12:15 PM Aug19-Aug23  $90/5 sess
Outside - John Hendry Gravel Field  224061

Sportball Multi Sport Camp (3-5 yrs)

Sportball Vancouver
Sportball camps focus on the eight core Sportball sports, arts and crafts, snack time, stories, music, cooperative games and theme days. Camps are run outdoors, please dress for the weather.
M-F:9:30-11:30 AM  Jul08-Jul12  $136/6 sess
Outside - John Hendry Gravel Field  224057
M-F:9:30-11:30 AM  Jul22-Jul26  $136/6 sess
Outside - John Hendry Gravel Field  224055
M-F:9:30-11:30 AM  Aug12-Aug16  $136/6 sess
Outside - John Hendry Gravel Field  224056
M-F:9:30-11:30 AM  Aug19-Aug23  $136/6 sess
Outside - John Hendry Gravel Field  224057

Sportball Outdoor Multisport Parent & Child (2-3 yrs)

Sportball Vancouver
Programs focus on physical literacy and social exploration as toddlers learn fundamental sport skills. Children are challenged according to their individual skill level and group sizes are taught techniques to help toddlers refine motor skills while developing social skills. Classes will run outdoors rain or shine. Sportball maintains a one-parent-per-child ratio policy in the program to ensure that focus is kept on helping little ones practice and progress. No class Aug 3.

Sa:9:30-10:15 AM  Jul06-Aug17  $108/6 sess
Outside - John Hendry Park Grass Area SW  224090

Sportball Outdoor Multisport (3-5 yrs)

Sportball Vancouver
Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. Classes will run outdoors rain or shine. Parents must remain at the field for safety reasons but do not participate in the class. No class Aug 3.

Sa:10:15-11:15 AM  Jul06-Aug17  $108/6 sess
Outside - John Hendry Park Grass Area SW  224091

Rhythmic Gymnastics (4-6 yrs)

Elite Rhythmic
Rhythmic gymnastics combines the grace of ballet and the strength of artistic gymnastics. Participants will learn basic body movements of apparatus technique while moving to various musical rhythms. This is a wonderful sport to test hand-eye coordination, balance, agility, flexibility, and rhythm.
M-F:12:30-1:45 PM  Jul15-Jul19  $45/5 sess
Elm Room  224117
M-F:1:45-3:00 PM  Jul15-Jul19  $45/5 sess
Elm Room  224118
M-F:12:30-1:45 PM  Jul22-Jul26  $45/5 sess
Elm Room  224119
M-F:1:45-3:00 PM  Jul22-Jul26  $45/5 sess
Elm Room  224120

Sportball Parent and Child T-Ball (2-3 yrs)

Sportball Vancouver
Participants are introduced to fundamental concepts of T-ball and are provided the basic skills required to play with confidence in fun, exciting, skills-focused games. With the guidance and support of our Sportball Coach, parents and children zero in on baseball skills including throwing, catching, batting, running bases and fielding. Camps are run outdoors, please dress for the weather.

M:4:30 PM-5:15 PM  Jul08-Jul29  $73/4 sess
Outside - John Hendry Gravel Field  224062

Sportball Parent and Child T-Ball (4-6 yrs)

Sportball Vancouver
Sportball T-Ball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. Parents must stay at the field but do not participate in the classes. Camps are run outdoors, please dress for the weather.

M:15:15 PM-6:15 PM  Jul08-Jul29  $73/4 sess
Outside - John Hendry Gravel Field  224063

Tot Soccer Camp (4-6 yrs)

Toni Lo Cascio
Soccer in a fun learning environment where children will learn the basic skills of soccer through fun games and lots of opportunity to touch the ball! Coached by Toni Lo Cascio, trainer and coach with the Grandview Legion Football Club. Classes are held outdoors rain or shine. Dress for the weather.
Tu-F:9:30-10:30 AM  Jul02-Jul05  $40/4 sess
Outside - John Hendry Park Grass Area SE  223723
M-F:9:30-10:30 AM  Jul08-Jul12  $50/5 sess
Outside - John Hendry Park Grass Area SE  223725
M-F:9:30-10:30 AM  Aug26-Aug30  $50/5 sess
Outside - John Hendry Park Grass Area SE  223726

Parent & Tot Gym
Last day of Parent and Tot Gym will be June 30. There is no Parent and Tot Gym in the Summer. It will begin again on September 9.
Creative Ballet (3-5 yrs)
Kirby from Endorphin Rush
All music and moves are age appropriate in this fun and open hip-hop camp program. Parents and friends are invited to the performance on the last day of camp. No Drop ins.

Tu-F, 10:00-11:00 AM  Jul02-Jul05  $40/4 sess
Cedar Hall  223947
Tu-F, 10:00-11:00 AM  Aug06-Aug09  $40/4 sess
Cedar Hall  223954

Hip-Hop Camp (3-5 yrs)
Endorphin Rush
All music and moves are age appropriate in this fun and open hip-hop camp program. Parents and friends are invited to the performance on the last day of camp. No Drop ins.

Tu-F, 9:00-9:45 AM  Jul02-Jul05  $32/4 sess
Cedar Hall  223216
Tu-F, 11:00 AM-12:00 PM Jul02-Jul05  $40/4 sess
Cedar Hall  223953
Tu-F, 9:00-9:45 AM  Aug06-Aug09  $32/4 sess
Cedar Hall  223952
Tu-F, 11:00 AM-12:00 PM Aug06-Aug09  $40/4 sess
Cedar Hall  223948

Little Cooks Camp (4-6 yrs)
Cathy Belgrave
In this week-long camp, children will develop literacy, teamwork and problem-solving skills in the kitchen and the garden. Playing with food is encouraged.
M-F, 9:30 AM-11:00 AM Jul22-Jul26  $70/5 sess
Kitchen  224078

Music Family Jamboree Event (0-8 yrs)
Katherine Deane
We will make music! We will gather our community in a fun filled morning of song and dance where we will sing our hearts out, have a good ol’ circle dance, a family dance party, and shake a few instruments too. This event is for families with children newborn to 8 years. Full parent participation is expected. A low cost program thanks to funding from Trout Lake Vancouver Community Centre Association. $1.00 per person please pre-register as space is limited.

Sa, 11:30 AM-12:45 PM  Jul13  $1/1 sess
Lakewood Room  227593

Ginalina Concert-FREE
Ginalina is a nationally recognized Juno-nominated singer-songwriter. Whether for 10 or 1000 people, she always engages the audience, and her catchy songs and dance routines get children and adults of all ages laughing, roaring, singing, jumping, and clapping! Her sincere and effusive personality plus her passion for sharing her life and music will captivate all! On this special day during Parent and Tot gym she will perform. Please pre-register.

F, 11:00 AM-11:45 AM  Jun14  FREE
Gymnasium  220156

Contempory Dance for Families NEW
All are welcome to this playful class focused on a contemporary form of partnered dance known as Contact Improvisation. This is a fun and inclusive class for adults and young dancers of any age. Whole families are welcome and no experience is necessary. Come with your curiosity and your comfortable clothing for movement into and out of the floor. No class August 4.

Su, 11:15 AM-12:30 PM  Jul21-Aug18  $34/4 sess
Cedar Hall  227683

TROUT LAKE LICENSED PRESCHOOL 2019-2020

Monday, Wednesday, Friday—4 years
$161/month 9:15-11:45am, 12:45pm-3:15pm
Tuesday/Thursday—3 years
$114/month 9:15-11:15am, 12:45pm-2:45pm
Registration fee $25
For more information contact or call 604 257-6955.
*Monthly fees are subject to change.

For more information contact or call 604 257-6955.
Music Together With Laura (0-5 yrs)
Summer music in the sun! Experience Music Together® and find out how much fun music can be! 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, watching, and exploring the musical instruments. The whole family is welcome - parents, grandparents, caregivers - for this important family music experience. 45 minutes of pure fun twice a week! Parent participation is required. Siblings attend at a reduced tuition rate and children 6 months and under attend free with a registered sibling. $60 Music Together Licensing fee is non-refundable after the first class.
W, F 9:30-10:15AM Jul03-Jul26 $148/8 sess
Elm Room 223716
W, F 10:30-11:15AM Jul03-Jul26 $148/8 sess
Elm Room 223717
W, F 11:30 AM-12:15PM Jul03-Jul26 $148/8 sess
Elm Room 223718

Art & Music Together Camp (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! Drop in $12.00
M-F, 9:30-10:30 AM Jul02-Jul05 $40/4 sess
Art Studio 222327
M-F, 10:45-11:45 AM Jul02-Jul05 $40/4 sess
Art Studio 222328
M-F, 9:30-10:30 AM Jul29-Aug02 $50/5 sess
Art Studio 222329
M-F, 10:45-11:45 AM Jul29-Aug02 $50/5 sess
Art Studio 222337

Parent & Child Pottery (5+ yrs)
Myriam Duchesne
A class to bond with your loved one, whether 5 or 105. This class is designed to make collaborative projects while learning basic beginner pottery techniques. Make creative keepsakes and memories with your child or parent. Family friendly atmosphere. Price is for two people. No class on July 26th.
F:6:00-7:30 PM Jul05-Aug16 $162/6 sess
Pottery Studio 226100

Music with Marnie Concert
Go to page 34 for detailed information.
Led by talented musicians!

Exploring Art Together Camp (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! Drop in $12.00
M-F, 9:30-10:30 AM Jul15-Jul19 $50/5 sess
Art Studio 223181
M-F, 10:45-11:45 AM Jul15-Jul19 $50/5 sess
Art Studio 223182
Tu-F, 9:30-10:30 AM Aug06-Aug09 $40/4 sess
Art Studio 223987
Tu-F, 10:45-11:45 AM Aug06-Aug09 $40/4 sess
Art Studio 223988

Make a Messterpiece (5-6 yrs)
Sun Rey Han
Sun Rey has a week of fun, creative arts activities planned! Painting, clay, and other fun materials with be used to explore your child’s imagination and make a Messterpiece! Drop in $22.00
Tu-F, 1:00-3:00 PM Jul02-Jul05 $80/4 sess
Art Studio 223179

Creative Dance & Movement for Preschool Ages (3-4 yrs)
Katherine Single-Dain
This class for young ones in creative movement will explore dance, songs and floor exercises. Katherine Single-Dain has a vast array of dance and performance experience. Join her for an engaging and fun time! Drop in space permitting. No class Aug 4.
Su, 10:15-11:00 AM Jul21-Aug18 $34/4 sess
Cedar Hall 227679

Pre-Ballet (3-4 yrs)
Katherine Single-Dain
A gentle, joyful introduction to the world of ballet for the very young. Katherine Single-Dain is lively and fun, with a vast array of dance and performance experience. Drop in space permitting. No class Aug 4.
Su, 9:30 -10:15 AM Jul21-Aug18 $34/4 sess
Cedar Hall 227676

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. Each class will also include storytelling, free play and sing-along songs that everybody knows & loves. Drop in $10.00. No class August 4th
Su, 10:30-11:30 AM Jul07-Aug18 $51/6 sess
Art Studio 227603

Art Studio
223716
223717
223718

Pottery Studio
226100

Cedar Hall
227679
227676

Parent & Child Pottery
226100
Mini Art Events
Go to page 34 for detailed information.
Sports camps taught by physical literacy experts!

**Aikido Camp** (7-12 yrs)
Shohei Juku Aikido Canada
We emphasize cooperation, mutual respect, team building and self-discipline in a friendly environment. Aikido Kids Camp begins every day for one week with a lively exercise program based on a unique blend of martial arts and sport conditioning movements. By the end of this Aikido Camp, children will have made new friends, learned new skills for self-defence.

M-F: 4:30-5:30 PM   Jul08-Jul12   $50/5 sess
Elm Room   224101
M-F: 4:30-5:30 PM   Aug12-Aug16   $50/5 sess
Elm Room   224102

**Atomic Volleyball Camp** (8-12 yrs)
Volleyball BC
Atomic Volleyball focuses on the basic volleyball skills in a fun environment and is an ideal introduction to the sport of volleyball. Offered in partnership with Volleyball BC.

M-F: 3:30-5:00 PM   Aug12-Aug16   $70/5 sess
Gymnasium - Trout Lake   216806

**Basketball Skills Camp**
Emmanuel Segun & Claude Mulrain
Designed to help develop and increase their skills, good sportsmanship and a "LOVE" for the game. Coaches will focus on teaching the FUN-damentals of basketball and play games suited to their age and skill level. Whether you are a beginner or advanced player, we will challenge participants to improve their skills in a FUN and encouraging environment.

6-8 yrs
M-F: 3:30-5:00 PM   Jul08-Jul12   $40/5 sess
Gymnasium - South (1/3)   225162
Tu-F: 3:30-5:00 PM   Aug06-Aug09   $32/4 sess
Gymnasium - South (1/3)   225164

9-12 yrs
M-F: 3:30-5:00 PM   Jul08-Jul12   $40/5 sess
Gymnasium - North (2/3)   225163
Tu-F: 3:30-5:00 PM   Aug06-Aug09   $32/4 sess
Gymnasium - North (2/3)   225165

**Badminton Skills Camp** (9-12 yrs)
Raymond Vu & Brian Luong
An exciting program for children to learn one of the world’s fastest sports - Badminton. We focus on developing agility, balance, coordination and speed appropriate to each individual’s age and skill level. Kids will be taught single and double. We teach badminton through sport development, team work and exploring new strokes, strategies and footwork. And it’s lots of FUN!

M-F: 3:30-5:00 PM   Jul22-Jul26   $40/5 sess
Gymnasium - Trout Lake   225842
M-F: 3:30-5:00 PM   Aug19-Aug23   $40/5 sess
Gymnasium - Trout Lake   225845

**Family StreetWise Cycling**
HUB Cycling
This fun, interactive course is for families with children ages 8 and up. Learn road safety skills and build confidence to ride on the road together as a family. This course is taught by HUB Cycling’s certified cycling instructors, and includes theory, on-bike skills practice and a neighbourhood road ride. Courses are aimed at children and family members that already know how to ride (balance, pedal, steer), and are looking to take their skills to the next level and ride confidently on the road. All children must be accompanied by a participating adult. All participating family members must be registered in the course. Maximum of 3 children per adult. All participants must bring their own working bike and helmet.

Su, 10:00 AM-1:00 PM   Jul14   $10/1 sess
Outside - John Hendry Sport Court   223241

**Gladiator Volleyball Camp** (9-12 yrs)
Gladstone Secondary School
This camp is instructed by the Gladstone Girls Grade 10 Volleyball team. These players were 3-time Vancouver city champions in elementary school and 2-time division champions in high school. Head instructor is Terry Johnston, who has been coach for 5 years with this team and is the long time PE teacher/volleyball coordinator at Selkirk Elementary. Our philosophy is to make sure we are having fun and from there the skills, knowledge and love of the game will grow. That’s the secret to our success.

Tu-F: 3:00-4:30 PM   Jul02-Jul05   $36/4 sess
Gymnasium - Trout Lake   225166
M-F: 3:00-4:30 PM   Jul15-Jul19   $45/5 sess
Gymnasium - Trout Lake   225167

**Rhythmic Gymnastics** (7-12 yrs)
Elite Gymnastics
Rhythmic gymnastics combines the grace of ballet and the strength of artistic gymnastics. Participants will learn basic body movements of apparatus technique while moving to various musical rhythms. This is a wonderful sport to test hand-eye coordination, balance, agility, flexibility, and rhythm.

M-F: 3:30-5:00 PM   Jul15-Jul19   $50/5 sess
Elm Room   224114
M-F: 3:30-5:00 PM   Jul22-Jul26   $50/5 sess
Elm Room   224115
Leadership skills will be learned through positive instruction!

**Kids Team Tennis**  (8-12 yrs)
Wilson Tan
Kids Team Tennis is an exciting tennis program that provides participants with the opportunity to practice and play with a focus on skill development through game play. Team tennis promotes a game-based approach to stimulate and maintain both excitement and enjoyment for participants. **No class August 4.**
Su, 11:45 AM-1:45 PM Jul07-Aug18 $96/6 sess Gymnasium - North (2/3) 223999

**Kids Tennis Camps**  (8-12 yrs)
Tennis camps are Monday to Friday except for Jul 2-5 and Aug 6-9. Camps are from 9:30 AM- 11:30 AM. $110 for 5 days and $88 for 4 days. Rain or shine at the outdoor tennis courts.

<table>
<thead>
<tr>
<th>Date</th>
<th>5-7 yrs</th>
<th>8-12 yrs</th>
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<tbody>
<tr>
<td>Jul 02-Jul 05</td>
<td>227498</td>
<td>224000</td>
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<td>Jul 08-Jul 12</td>
<td>227500</td>
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<td>Jul 15-Jul 19</td>
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<td>Jul 22-Jul 26</td>
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<td>Aug 19-Aug 23</td>
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</tbody>
</table>

**Kids Tennis - 1.0-1.5**  (5-7 yrs)
Wilson Tan
You will learn: 1.0-1.5, about basic skills and competencies to play tennis. All Progressive Tennis Programs use modified equipment scaled to suit the child’s physical size and age. Modified equipment includes smaller racquets. **No class August 4.**
Su, 11:45-1:45 PM Jul07-Aug18 $120/6 sess Gymnasium - South (1/3) 223998
Su, 12:45-1:45 PM Jul07-Aug18 $66/6 sess Gymnasium - South (1/3) 227488

**Shorinji Kempo**  (8-12 yrs)
Shorinji Kempo Society
Kids develop discipline, improved health, and confidence learning self-defence skills in a safe and supportive environment, and nurture a spirit of compassion and a sense of justice, all while having fun! **Drop in $7.00.**
Sa, 1:00-2:30 PM Jul06-Jul27 $91/4 sess Elm Room 223721

**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 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 Jun29 $45/1 sess Gymnasium 219264

**11-13 yrs**
Sa, 1:00-4:00 PM Jun29 $45/1 sess Gymnasium 219260

**Sportball Outdoor Multisport**  (5-7 yrs)
**Sportball Vancouver**
Coaches focus on the basic skills common to all sports. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. **Classes will run outdoors rain or shine. Parents must remain at the field for safety reasons but do not participate in the class. No class Aug 3.**
Sa, 11:15 AM-12:15 PM Jul06-Aug17 $108/6 sess Outside - John Hendry Park Grass Area SW 224092

**Toni’s Soccer Camp**  (7-12 yrs)
**Toni Lo Cascio**
Soccer in a fun learning environment where children will learn the basic skills of soccer through fun games and lots of opportunity to touch the ball! **Coached by Toni Lo Cascio, trainer and coach with the Grandview Legion Football Club. Classes are held outdoors, so dress for the weather. Rain or shine.**
Tu-F, 10:30-12:00 PM Jul02-Jul05 $60/4 sess Outside - John Hendry Park Grass Area SW 223730
M-F, 10:30-12:00 PM Jul08-Jul12 $75/5 sess Outside - John Hendry Park Grass Area SW 223731
M-F, 10:30-12:00 PM Aug26-Aug30 $75/5 sess Outside - John Hendry Park Grass Area SW 223732

**Vancouver Basketball Academy Camp**  (13-15 yrs)
**Vancouver Basketball Academy**
Your week ends here! Train with The Vancouver Basketball Academy this August and develop the skills to take your game to the next level to end the summer. **#RelentlessPursuit**
Sa, 11:00 AM-12:30 PM Aug03-Aug24 $40/4 sess Gymnasium - Trout Lake 226811

**Brewers Playground**
Go to page 17 for detailed schedule
Breakdancing Camp

Jhaymee Hizon
Ever wanted to learn really cool breakdancing moves? Now is your chance!! Learn to prock, 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.

<table>
<thead>
<tr>
<th>Time</th>
<th>Dates</th>
<th>Cost</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>M-F, 3:30-4:30 PM</td>
<td>Jul08-Jul12</td>
<td>$45/5 sess</td>
<td>Cedar Hall</td>
</tr>
<tr>
<td>M-F, 3:30-4:30 PM</td>
<td>Aug12-Aug16</td>
<td>$45/5 sess</td>
<td>Cedar Hall</td>
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</tbody>
</table>

Dance X-treme Summer Camp

Endorphin Rush Dance
Come and explore a number of different styles of dance with a variety of guest dance artists. Enjoy energetic exploration of movement in a warm, safe and inspiring environment. Styles may include - Hip Hop, Latin Dance, Acrobatic Dance, Musical Theatre, Creative Movement, and Bollywood!

<table>
<thead>
<tr>
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<th>Dates</th>
<th>Cost</th>
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<tbody>
<tr>
<td>M-F, 9:00 AM-12:00 PM</td>
<td>Aug19-Aug23</td>
<td>$150/5 sess</td>
<td>Cedar Hall</td>
</tr>
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</table>

Hip-Hop Camp

Endorphin Rush
All music and moves are age appropriate in this fun and open hip-hop camp program. Parents and friends are invited to the performance on the last day of camp. No Drop ins.

<table>
<thead>
<tr>
<th>Time</th>
<th>Dates</th>
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<td>Tu-F, 12:30 PM-1:30 PM</td>
<td>Jul22-Jul26</td>
<td>$40/4 sess</td>
<td>Cedar Hall</td>
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<tr>
<td>Tu-F, 1:30 PM-2:30 PM</td>
<td>Aug06-Aug09</td>
<td>$40/4 sess</td>
<td>Cedar Hall</td>
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</tbody>
</table>

Hip-Hop and Jazz Summer Camp

Endorphin Rush Dance
Hip Hop / Jazz 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.

<table>
<thead>
<tr>
<th>Time</th>
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<th>Cost</th>
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<tbody>
<tr>
<td>M-F, 10:00 AM-2:00 PM</td>
<td>Aug19-Aug23</td>
<td>$165/5 sess</td>
<td>Art Studio</td>
</tr>
</tbody>
</table>

Spanish Fun with Yoga and Mindfulness Camp

Endorphin Rush Dance
Practicing Spanish through Yoga and Mindfulness is a wonderful way for kids to experience and learn the language. This camp is all about having fun, being imaginative, mixing Arts and Music. It all helps them to become happy kids, as they get to learn through games, to connect with themselves and manage stress. Please bring a lunch, snack and water bottle.

<table>
<thead>
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</thead>
<tbody>
<tr>
<td>M-F, 10:00 AM-2:00 PM</td>
<td>Aug19-Aug23</td>
<td>$165/5 sess</td>
<td>Art Studio</td>
</tr>
</tbody>
</table>

Creative Arts Camp with Catherine and Kat

Endorphin Rush Dance
Discover Dance, Arts and Yoga in this Creative Arts Camp with Catherine and Kat! Join us for a collaborative week of dance, art, textile crafts and yoga. We’ll spend the morning moving and grooving in the dance studio, sampling hip-hop, jazz, contemporary and creative dance and then cooling down with yoga. We’ll spend the afternoon in the arts studio playing with textile crafts and creating sets for us to dance in. Don’t miss our performance on the last day of class! You’ll love seeing what we’ve created together.
Please bring clean running shoes, a water bottle, a snack and a lunch

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<thead>
<tr>
<th>Time</th>
<th>Dates</th>
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<th>Location</th>
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</thead>
<tbody>
<tr>
<td>M-F, 9:00 AM-3:00 PM</td>
<td>Jul22-Jul26</td>
<td>$250/5 sess</td>
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</tr>
<tr>
<td>M-F, 9:00 AM-3:00 PM</td>
<td>Jul29-Aug02</td>
<td>$250/5 sess</td>
<td>Cedar Hall</td>
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</table>

Lantern Procession Around the Lake Celebration
Go to page 34 for detailed information.
SCHOOL AGE PROGRAMS

Yoga Dance and Art Camp (6-10 yrs)
Program will consist of a mix of yoga and art projects. Practice will consist of breathing techniques, salutations, imagination, yoga poses, partner work, creativity and meditation. Art activities will include: decorating shmats, mala knots, painting and peace flags. All classes designed by Kidding Around Yoga which include songs, games and stories your child will love. Lower cost program thanks to funding from Trout Lake Vancouver Community Centre Association.
Week 1
M-F, 9:00 AM-3:00 PM  Jul15-Jul19  $150/5 sess
Cedar Hall  223217
Week 2
M-F, 9:00 AM-3:00 PM  Aug12-Aug16  $150/5 sess
Art Studio  223218

Vines Festival
A day of environmentally inspired performances (dance, music, theatre, visual arts), workshops and sustainability conversations. Trout Lake Park. Please see page 33 for detailed information. Please pre-register Sa, 1:00 PM-6:00 PM  Aug17  FREE
Outdoors  227287

Summer Specialty Camps
After Care (6-12 yrs)
This after care program is for children in Specialty Camps that run from 9:00-3:00pm only. Your child must be picked up by 5:00pm sharp. Late pick up fees will begin promptly at 5pm. Late fees will be $1 a minute up until 15 minutes, every minute after that will be $5 a minute. A waiver form, and sign-in and out is mandatory.
M-F, 3:00-5:00 PM  Jul 8-Aug 23  $30/week
Tu-F, 3:00-5:00 PM  Aug 6-Aug 9  $24/week
Grandview Room  228159-228165

Mini Art Events
Go to page 34 for detailed information.

Piano with Iris (4+ yrs)
Iris Lam
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.
W,5:00-5:30 PM  Jul03-Aug07  $120/6 sess
Maple Room  226699
W,5:30-6:00 PM  Jul03-Aug07  $120/6 sess
Maple Room  226700
W,6:00-6:30 PM  Jul03-Aug07  $120/6 sess
Maple Room  226701
W,6:30-7:00 PM  Jul03-Aug07  $120/6 sess
Maple Room  226702
W,7:00-7:30 PM  Jul03-Aug07  $120/6 sess
Maple Room  226703
W,7:30-8:00 PM  Jul03-Aug07  $120/6 sess
Maple Room  226704
W,8:00-8:30 PM  Jul03-Aug07  $120/6 sess
Maple Room  226705
W,8:30-9:00 PM  Jul03-Aug07  $120/6 sess
Maple Room  226706

Go to page 34 for detailed information.
Art Camp: Race to the Bottom of the Ocean (6-11 yrs)
Alex Lam
From the surface to the sea floor, the oceans are full with life. We will dive into the ocean and find many wonderful creatures. Fish are not the only things there. Maybe you will meet jelly fish, sea horses or creatures that glow in the dark. Kids will create paintings with watery scenes of the Ocean. Learn to paint, draw and color and create 3D art. This camp provides children with fun ways to engage their creative minds through visual art activities.
M - F: 2:00-4:00 PM, Jul 15 - Jul 19 $80/5 sess
Art Studio 223183

Art Camp: Race to the Depth of the Jungle (6-12 yrs)
Alex Lam
Let’s run to the Jungle! This art camp is perfect for those who dream of adventure! Kids will explore different animals, such as: the biggest land animal, the longest neck animal, the heavy giant that can run really fast, the most powerful cat, and many more. Children will not only create their own art work, but also explore new techniques, learn about colours and shapes, and experiment with a variety of art media.
M - F: 2:00-4:00 PM, Jul 8 - Jul 12 $80/5 sess
Art Studio 223183

Catch a Famous Artist Camp (6-10 yrs)
Sun Rey Han
This class promises to be a fun and great experience for your children that will teach them about famous artists using various art processes and techniques. Famous artists will be used to inspire your children to create art work through drawing, painting, clay, collage and sculpture. Drop in $22.00.
Tu - F: 1:00-2:30 PM, Aug 6 - Aug 9 $75/4 sess
Art Studio 225984

Comics & Cartooning Camp (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 ins.
M - F: 3:30-5:00 PM, Jul 22 - Jul 26 $70/5 sess
Lakewood Room 225982
M - F: 3:30-5:00 PM, Aug 12 - Aug 16 $70/5 sess
Maple Room 225983

Creative Arts Camp with Catherine and Kat (6-10 yrs)
Catherine Anderson and Kat
Discover Dance, Visual Arts, and Yoga in this Creative Arts Camp with Catherine and Kat! Join us for a collaborative week of learning dance, different art techniques, textile crafts, and yoga moves. We’ll spend the morning moving and grooving in the dance studio, sampling hip-hop, jazz, contemporary and creative dance and then cooling down with yoga. We’ll spend the afternoon in the Arts Studio playing with textile crafts and creating sets for us to dance in. Don’t miss our performance on the last day of class! You’ll love seeing what we’ve created together.
*please bring clean running shoes, a water bottle, a snack and a lunch.

Week 1
M -F, 9:00 AM-3:00 PM, Jul 22 - Jul 26 $250/5 sess
Cedar Hall/ Art Studio 222325

Week 2
M - F, 9:00 AM-3:00 PM, Jul 29 - Aug 2 $250/5 sess
Cedar Hall/ Art Studio 222326

Creative Writing Camp (8-12 yrs)
Cathy Belgrave
Looking for a way to support your child’s writing and self-expression? In this fun summer mini-camp, children will learn about the elements of a variety of story styles through fun, hands on activities. Explore different genres while honing writing skills in the comfort of this small group. Art projects are included to further support self-expression. Please bring a writing journal, pencil and a snack.
M - F, 1:00-4:00 PM, Jul 22 - Jul 26 $90/5 sess
Maple Room 224080

Fabric Doll Making Camp (7-12 yrs)
Mariana Frochtengarten
Children will learn how to make dolls using a whole variety of fabrics and accessories like yarn, beads and buttons. Starting from a simple body structure, each doll will acquire their own personality as they become alive through hair, clothes, and other features. Each child will take a doll home. Mariana Frochtengarten has been working with textiles for more than 20 years, doing her personal work, and teaching kids and adults.
Tu - F, 1:00-2:30 PM, Aug 6 - Aug 9 $75/4 sess
Maple Room 224082

This Summer More Full Day Speciality Camps
Kaleidoscope
Summer Camp  (7-12 yrs)
Mariana Frochtengarten
Learn step by step how to make your own kaleidoscope. Kids will learn about the principles of symmetry and reflection involved in the construction of optical instruments. They will create and decorate and experiment. All supplies included. Mariana Frochtengarten has been working with textiles for more than 20 years, doing her personal work, and teaching kids and adults.
Tu-F, 10:00-11:30 AM  Aug06-Aug09  $75/4 sess
Maple Room  224081

Outdoor Drawing Camp  (5-12 yrs)
Janine Schroedter
In this camp we will go outside around Trout Lake and draw from life. We will pick a different outside area each week and if the weather is especially bad we will take some natural items and bring them to the classroom to investigate and draw. Focus will be placed on line and mark making through activities, exploration and discovery. Students are required to have a small travel sized sketch book, pencils, erasers and to dress for the weather.
M - F, 10:00 AM-12:00 PM Jul22-Jul26  $80/5 sess
Art Studio  225980
M -F,1:00-3:00 PM Jul22-Jul26  $80/5 sess
Lakewood Room  225981

Pottery Camp  (6-12 yrs)
Laura van der Linde
Get muddy in the best possible way! You will make a variety of pottery pieces. We will learn pinching, coiling, soft slABBing and other exciting techniques. Please bring a snack and water bottle.
Tu-F,9:30 AM-12:00 PM Jul02-Jul05  $100/4 sess
Pottery Studio  223212
M-F,9:30 AM-12:00 PM Jul08-Jul12  $125/5 sess
Pottery Studio  223213
M-F,9:30 AM-12:00 PM Aug12-Aug16  $125/5 sess
Pottery Studio  223214
M-F,9:30 AM-12:00 PM Aug26-Aug30  $125/5 sess
Pottery Studio  223215

Tie-dye Summer Camp  (8-14 yrs)
Mariana Frochtengarten
In this fun camp, kids will be able to experiment with different types of tie-dye/shibori methods on cotton materials, watching the magic happen in each piece they create! Children will explore many different colour combinations, and will learn about colour mixture as we dye our fabrics to create patterns. Art supplies and t-shirt included. Mariana Frochtengarten has been working with textiles for more than 20 years, doing her personal work, and teaching kids and adults.
M - F,10:00 AM-12:00 PM Aug12-Aug16  $95/5 sess
Art Studio  224083

Yoga Dance and Art Camp  (6-10 yrs)
Kylie Railton
Program will consist of a mix of yoga and art projects. Practice will consist of breathing techniques, salutations, imagination, yoga poses, partner work, creativity and mediation. Art activities will include: decorating shmats, mala knots, painting and peace flags. All classes designed by Kidding Around Yoga which include songs, games, and stories your child will love.
M- F,9:00 AM-3:00 PM  Jul15-Jul19  $150/5 sess
Cedar Hall  223217
M-F,9:00 AM-3:00 PM  Aug12-Aug16  $150/5 sess
Cedar Hall/ Art Studio  223218

Nature School Camp  (7-12 yrs)
Cathy Belgrave
Learn about nature and explore around beautiful Trout Lake through a variety of fun activities. This small group setting offers opportunities for nature based games, storytelling, art, and writing. A large portion of time is spent outside so come dressed for the weather! Bring a journal, pencil and snack. Art supplies included.
Tu -F,10:00 AM-12:00 PM  Aug06-Aug09  $52/4 sess
GCCA Board Room  227003

Trout Lake
Junior Biologists  (9-12 yrs)
Wildcoast Ecological Society
Discover the plants and animals that call Trout Lake home. Through activities around the lake, learn about the secret world within the lake and how you can help protect this special habitat!
Sa, 1:00-3:00 PM  Aug17  $20/1 sess
Willow Room  226301
Chess for Kids Camp  (6-10 yrs)
Chess Vancouver
Children will learn valuable skills of concentration, abstract reasoning, and rational problem-solving, while tapping into their creativity and originality. Chess lessons will include using electronic presentations and videos, chess tournaments in a variety of fun formats, chess puzzles, game analysis, and chess simultaneous exhibitions. The best part is that the children have fun while learning these lessons. (www.vanchess.ca). Instructor: Marcella.
M-F:9:00 AM-3:00 PM  Jul08-Jul12  $250/5 sess
Maple Room  224182
F:9:00 AM-3:00 PM  Aug12-Aug16  $250/5 sess
Maple Room  224183

French Camp: Parlez Vous Francais  (6-10 yrs)
Nadia Lafontaine
Practice your French and make art 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 enjoy lots of different activities, including organized games, drama, arts, nature around the lake, songs, dance and cooperation games. Nadia is from Montreal and has been teaching French for over 15 years.
Tu-F:9:00 AM-3:00 PM  Aug06-Aug09  $120/4 sess
Lakewood Room  224771
M-F:9:00 AM-3:00 PM  Aug19-Aug23  $150/5 sess
Lakewood Room  224772

Little Cooks Camp  (5-10 yrs)
Mariana Frochtengarten
In this week-long camp, children will develop literacy, teamwork and problem-solving skills in the kitchen and the garden. Playing with food is encouraged.
M -F:9:30-11:00 AM  Jul29-Aug02  $70/5 sess
Kitchen  224079

LEGO Boost Robotics  (6-12 yrs)
Julio & Rio Sperschneider
Students will learn the basics of Robotics and Coding, as they build and program various builds, including an interactive personalized Mini Robot, and a Remote Control Car! Creativity and Teamwork are encouraged in this exciting New STEM-based program. Many exciting builds will be offered as program continues!
M-Th,10:00 AM-12:00 PM  Jul22-Jul25  $150/4 sess
GCCA Board Room  214263

LEGO Brick Animation  (6-12 yrs)
Julio & Rio Sperschneider
Bring your movie-making ideas to life by creating your own stop-motion Brick Animation mini movie using LEGO elements! Students will create a mini-movie using a huge variety of LEGO sets including Star Wars, LEGO Friends, LEGO City, and many more themes. In a fun and supportive environment, students will learn the basic techniques of Brick Animation with LEGO Movie Maker Software, including movement, timing, effects, editing, voice overs, and more.
M -F,10:00 AM-12:00 PM  Jul15-Jul19  $175/5 sess
Spruce Room  223994
M-F,1:00-3:00 PM  Aug26-Aug30  $175/5 sess
Board Room  227232

LEGO EV3 Mindstorms Robotics  (8-12 yrs)
Julio & Rio Sperschneider
Exciting Robotics Camp featuring the LEGO EV3 Mindstorms System. Students will learn to design, program, and control Robots and other mechanisms and engage in exciting Builds and Challenges! Using the icon-based software, students can build, program, and test their solutions based on real-life robotics technology. Students will gain a basic understanding of programming, engineering processes, sensor usage and much more!
M -F:3:45 PM-5:15 PM  Jul15-Jul19  $135/5 sess
Preschool  227232

Mini Art Events
Go to page 34 for detailed information.
**LEGO WEDO 2 Robotics**  
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 and technology with STEM education. 
*
**LEGO WEDO I Robotics Camp**  
(6-11 yrs)  
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. 
M-F:10:00AM-12:00 PM Aug26-Aug30  $175/5 sess  
GCCA Board Room  214265  
M -F:1:00-3:00 PM Jul15-Jul19  $175/5 sess  
Preschool  223993

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**Byte Camp - Music Video Production**  
(9-12 yrs)  
Make your own music and music video! Camp time will be split between digital music composition, video filming and editing. Use amazing software tools to craft your very own song from scratch. We will show you the basics on beats, baselines, chords and melodies so that your song will sound awesome. Experiment with video, special effects and editing techniques to make the video as cool as your tune.  
Tu-F:9:00 AM-4:00 PM Jul02-Jul05  $265/4 sess  
GCCA Board Room  223171

**Byte Camp - 2D Video Game Design**  
(11-14 yrs)  
Learn how to build an HTML5 game from the ground up using awesome free tools. This is a coding camp, so be prepared to challenge yourself and learn some new skills. Time will be spent learning how to create advanced 2D vector artwork and animated character sprites to make your game look great. The final project is a game you can take home on USB or proudly share with friends online. **No previous experience is required however Byte Camp's Introduction to Coding is recommended. Now with an additional hour added everyday!**  
M-F:9:00 AM-4:00 PM Jul08-Jul12  $310/5 sess  
GCCA Board Room  223173

**Byte Camp - 3D Animation**  
(11-14 yrs)  
Dreaming of a career with Pixar? Ever wonder how these awesome 3D animated movies like Shrek, Toy Story and Frozen are made? Spend the week learning how by modeling, animating and telling your own stories in 3D. You'll use Blender 3D software to design characters that jump off the screen and then make them come alive by adding voices, soundtracks and completing your own animated short film. Final projects are usually group projects with each student contributing a character and a scene.  
M-F:9:00 AM-4:00 PM Jul15-Jul19  $310/5 sess  
GCCA Board Room  223174

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**Byte Camp - Intro to Coding**  
(9-12 yrs)  
Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with easy to use drag-and-drop software, and get to use those skills to make their very own games. Students will also learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can take home on USB or proudly share with friends online. **Now with an additional hour added every day!**  
M-F:9:00 AM-4:00 PM Aug19-Aug23  $310/5 sess  
GCCA Board Room  223177

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**Byte Camp - 3D Game Design**  
(11-14 yrs)  
Create your own 3D Video Game! Invent your own digital worlds levels, adventures, and quests using Blender, a 3D Game Engine. Students will learn to make their own custom controls and gameplay using Blender's unique Logic Bricks design interface. Instructors will lead students through exercises to introduce the most important 3D game design skills in the early part of the week and then support students on their own projects for the second half. The final project is a game you take home on USB. **Byte camp's 3D animation course is a prerequisite. Now with an additional hour added every day!**  
M-F:9:00 AM-4:00 PM Jul29-Aug02  $310/5 sess  
GCCA Board Room  223175

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**Byte Camp - 2D Tablet Animation**  
(9-12 yrs)  
2D Tablet Animation Turn your drawing skills into awesome animation skills on our tablets! We'll show you how to make beautiful animations as wild as your imagination. Participants will learn storyboard and use some advanced animation skills to make their characters really come alive on the screen. Principles like Squash & Stretch, Anticipation and Exaggeration will be introduced in fun lessons and students will produce their own animated short films by the end of the week. **Now with an additional hour added every day!**  
M-F:9:00 AM-4:00 PM Aug12-Aug16  $310/5 sess  
GCCA Board Room  223176

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**BYTE CAMP PROGRAMS**

**3D Game Design**  
Taught by enthusiastic instructors!
**SCHOOL AGE**

**SUMMER DAZE & PRE-TEEN CAMPS**

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**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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<tr>
<td>Tu W Th F, Jul02-Jul05</td>
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<td>215924</td>
<td>215933</td>
<td>City Explorers</td>
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<td>215934</td>
<td>Mission Impossible</td>
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<td>215926</td>
<td>215935</td>
<td>The Mighty Jungle</td>
<td>215944</td>
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<td>M-F, Jul22-Jul26</td>
<td>215914</td>
<td>215927</td>
<td>215936</td>
<td>Surf’s Up</td>
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<td>M-F, Jul29-Aug02</td>
<td>215915</td>
<td>215928</td>
<td>215937</td>
<td>Time Travellers</td>
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<td>215955</td>
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<td>Tu F, Aug06-Aug09</td>
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<td>215929</td>
<td>215938</td>
<td>Reigning Royalty</td>
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<td>215930</td>
<td>215939</td>
<td>Hawaiian Holidays</td>
<td>215948</td>
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<tr>
<td>M-F, Aug19-Aug23</td>
<td>215918</td>
<td>215931</td>
<td>215940</td>
<td>Inventors Summit</td>
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<td>M-F, Aug26-Aug30</td>
<td>215919</td>
<td>215932</td>
<td>215941</td>
<td>Music &amp; Magic</td>
<td>215950</td>
<td>215959</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).*
YOUTH IN ACTION

Youth In Action Summer Camp

Amanda Cremona

Youth In Action an exciting adaptive program for teens with mild to moderate needs (behavioural and developmental challenges). Join us this summer for fun and challenging activities in a safe recreation environment. YIA is a great place for youth to learn and form long lasting friendships.

Note: Youth must be registered with a CYSN through the Ministry of Children and Family Development before registering for YIA. For more information please contact Amanda at 604.257.6970 or YIA@vancouver.ca.

Events

Recyclefest

Electrorecycle is a not for profit organization mandated by the government to recycle small appliances and power tools in BC. RecycleFest is electrorecycle’s signature event. It happens in July every year and allows Vancouverites to save themselves a trip to the depot and recycle right! RecycleFest is the best day of the year to recycle. The one day of the year where recycling also means live music, tons of great games, activities and prizes, as well as free popcorn and cotton candy! Recyclefest is returning for it’s fifth year. We are looking for youth volunteers. If interested please contact Bernie at Bernie.dionne@Vancouver.ca.

Tu - F, 11:30 AM-6:00 PM Jul 2-Jul 5 $74.00/4 sess Willow Room 226068
M - F, 11:30 AM-6:00 PM Jul 8-Jul 12 $92.50/5 sess Willow Room 226069
M - F, 11:30 AM-6:00 PM Jul 15-Jul 19 $92.50/5 sess Willow Room 226070
M - F, 11:30 AM-6:00 PM Jul 22-Jul 26 $92.50/5 sess Willow Room 226071
M - F, 11:30 AM-6:00 PM Jul 29-Aug 2 $92.50/5 sess Willow Room 226072
Tu - F, 11:30 AM-6:00 PM Aug 3-Aug 6 $74.00/4 sess Willow Room 226073
M - F, 11:30 AM-6:00 PM Aug 12-Aug 16 $92.50/5 sess Willow Room 226074
M - F, 11:30 AM-6:00 PM Aug 19-Aug 23 $92.50/5 sess Willow Room 226075

Neighbourhood Cleanup Party

Bernie Dionne

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

Sa, 10:00 AM-1:00 PM Jul 20 FREE/1 sess Willow Room 226061

Movie in the Park

Join us for an evening of movie fun for families. Bring something comfortable to sit on and enjoy the movie! This event is presented by the Trout Lake Youth Council. More information will be released in late June. Movie begins at 9 pm.

Program runs July 7-August 17

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
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<td>10:30 AM-4:30 PM</td>
<td>11:30 AM-6:00 PM</td>
<td>11:30 AM-6:00 PM</td>
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</tbody>
</table>

Brewers Parks Playground

Playground Leaders - Keani Pratt and Robby Letteri

Visit your neighbourhood playground and take part in sports, arts, games, and special events. Please note this free community service is a casual use program; adults remain responsible for their children. Water features of the park will remain open, weather permitting. No program on Monday, August 6th.

Please call 604-257-6955 for more information. Brewers Park Playground is located at Victoria Drive and E. 26th.

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M - F, 11:30 AM-6:00 PM Jul 29-Aug 2 $92.50/5 sess Willow Room 226072
Tu - F, 11:30 AM-6:00 PM Aug 3-Aug 6 $74.00/4 sess Willow Room 226073
M - F, 11:30 AM-6:00 PM Aug 12-Aug 16 $92.50/5 sess Willow Room 226074
M - F, 11:30 AM-6:00 PM Aug 19-Aug 23 $92.50/5 sess Willow Room 226075

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Program runs July 7-August 17

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<td>10:30 AM-4:30 PM</td>
<td>11:30 AM-6:00 PM</td>
<td>11:30 AM-6:00 PM</td>
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</table>
FITTNESS & SPORTS

Youth Development Volleyball
This volleyball program will be supervised by a volunteer instructor. Free with the One Card. Must be enrolled in Trout Lake’s Youth Participant Program.
W F: 5:30-7:30 PM Jul 3-Jul 31 FREE/9 sess
North Gym (W), South Gym (F) 226062

Teen Weight Training
Co-ed
(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

Games Room and Youth Office
Come hang out in the Games Room (Willow Room) 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 and Games Room Schedule

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>WEDNESDAY</th>
<th>FRIDAY</th>
</tr>
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<tbody>
<tr>
<td><strong>Youth Badminton</strong></td>
<td><strong>Youth Basketball</strong></td>
<td><strong>Youth Development Volleyball</strong></td>
</tr>
<tr>
<td>5:30-6:45 PM</td>
<td>5:30-6:30 PM</td>
<td>5:30-7:30 PM</td>
</tr>
<tr>
<td>Jul 8-Aug 26</td>
<td>Jul 3-Aug 28</td>
<td>Jul 3-31</td>
</tr>
<tr>
<td><strong>SOUTH GYM</strong></td>
<td><strong>SOUTH GYM</strong></td>
<td><strong>NORTH GYM</strong></td>
</tr>
<tr>
<td><strong>Youth Basketball</strong></td>
<td><strong>Youth Development Volleyball</strong></td>
<td></td>
</tr>
<tr>
<td>5:30-6:30 PM</td>
<td>5:30-7:30 PM</td>
<td>5:30-8:45 PM</td>
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<tr>
<td>Jul 3-Aug 28</td>
<td>Jul 3-31</td>
<td>Jul 5-26</td>
</tr>
<tr>
<td><strong>NORTH GYM</strong></td>
<td></td>
<td><strong>Youth Volleyball</strong></td>
</tr>
<tr>
<td><strong>Youth Development Volleyball</strong></td>
<td></td>
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<tr>
<td>5:30-7:30 PM</td>
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<td>Jul 5-26</td>
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<td>Aug 2-30</td>
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<tr>
<td></td>
<td></td>
<td><strong>NORTH GYM</strong></td>
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<tr>
<td></td>
<td></td>
<td><strong>Youth Basketball</strong></td>
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<tr>
<td></td>
<td></td>
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<td></td>
<td>Jul 5-Aug 30</td>
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<td></td>
<td></td>
<td><strong>Youth Dodgeball</strong></td>
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<td></td>
<td></td>
<td>7:00-9:00 PM</td>
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<tr>
<td></td>
<td></td>
<td>Jul 5-Aug 30</td>
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</tbody>
</table>

All programs are free with OneCard.
Must be enrolled in our Youth Participation Program.
Gym is supervised but no instruction provided.

TRIPS

Cultus Lake
Bernie Dionne
Come join us for this adventure to the Cultus Lake Waterpark! Fee includes admission and chartered bus to and from the location.
Th, 12:00-8:00 PM Jul 25 $30/1sess Willow Room 226058

Camp CoV at Sasamat Lake
(14-18 yrs)
Bernie Dionne
Community Youth Workers from VPB sites will coordinate a 3 day youth camping trip in the picturesque setting of Camp Sasamat. Youth will participate in outdoor recreation, leadership and teambuilding activities such as kayaking, canoeing, vertical obstacle course, archery and low ropes challenge. For more information on how to join please contact bernie.dionne@vancouver.ca
Tu-Th, 9:00 AM-5:00 PM Aug 27-Aug 29 $75/3 sess Camp Sasamat 226057

Teen Weight Training
Co-ed
(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

Games Room
5:30-7:00 PM
Games Room
5:30-8:40 PM

Please see program descriptions for cancellations; activities may be subject to change without notice.
ICE SKATING

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

TROUT LAKE ICE RINK DRY FLOOR

APRIL 24-JUNE 27, 2019

Wednesday Thursday

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.

Adult Roller Hockey Stick & Puck
11:45-1:15pm

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.

The All Body Community Fitness Group

Formerly Healthiest Winner
Workouts begin July 2 - August 18

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

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

9:30-10:30am Walking Group for Guys @Trout
11:15am-12:15pm Basic Training @Douglas Park
9:00-10:00am Basic Training @Hillcrest rest
8:15-9:15am Indoor Cycling @Trout

1-2:30pm Sledge Hockey Stick & Puck @Hillcrest rest
5:15-6:15pm Basic Training @Trout
5:15-6:15pm Basic Training @Hillcrest rest

5:45-6:45pm Basic Training @Hillcrest rest
6:00-7:00pm Indoor Cycling @Hillcrest rest
5:45-6:45pm Basic Training @Hillcrest rest
7:15-8:15pm Recumbent Training @Kensington by invitation

7:15-8:15pm Recumbent Training @Kensington by invitation

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

7:00-8:00 pm Basic Training H2O Deep @Hillcrest rest

Bunting Flag Project
Go to page 34 for detailed information.

Brewers Playground
Go to page 17 for detailed schedule

Lantern Procession Around the Lake Celebration
Go to page 34 for detailed information.
**TROUT LAKE FITNESS CENTRE**

**FITNESS CENTRE**

**ADULT PERSONAL TRAINING**

Improve your health and wellness with support from our qualified and experienced personal trainers.

Our trainers will work with you to develop a customized fitness plan designed to meet your fitness goals 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.

**TROUT LAKE FITNESS CENTRE**

- 5 Treadmills
- 3 Cross Trainers
- 2 Recumbent Bikes
- 2 Upright Bikes
- 2 Conc-E Rowers
- 2 Cybex Arc Trainers
- 20 Keiser M3 Bikes
- 1 Cable Motion Adjustable Pulley
- 1 Seated Leg Curl
- 1 Assisted Dip/chin
- 1 Row/Rear Delt
- 1 Cable Motion Shoulder Press
- 1 Cable Motion Chest Press
- 1 Cable Motion 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 – Friday .......................... 6:00 am – 9:00pm
Weekends ................................. 8:00am - 4:00pm
Holiday Hours ............................ July 1, Aug 5 and Sept 2 closed

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.

**Our Fitness Centre includes:**

**PERSONAL TRAINING**

Improve your health and wellness with support from our qualified and experienced personal trainers.

Our trainers will work with you to develop a customized fitness plan designed to meet your fitness goals 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)

<table>
<thead>
<tr>
<th></th>
<th>Private</th>
<th>Semi-Private</th>
<th>Small Group</th>
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<tr>
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</table>

**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></th>
<th>Adults (19-64)</th>
<th>Seniors (65+)</th>
<th>Youth (13-18)</th>
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<tbody>
<tr>
<td>Drop in</td>
<td>$6.40</td>
<td>$4.50</td>
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<tr>
<td>10 Visit Pass</td>
<td>$52.08</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**

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<tr>
<th></th>
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<td>3 months</td>
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<td>12 months</td>
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<td>$292.61</td>
</tr>
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</table>

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.

**Indoor Cycling**

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

**Intro to Cycling**
Designed to introduce new participants to indoor cycling. This session includes instruction on how to set up your bike properly with 45 minutes of riding and a question and answer period at the end of the class.

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

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

**TWO WAYS TO RESERVE YOUR SEAT**
Register for your favourite class for the whole season or call ahead and reserve your spot on a drop in basis.

**Seasonal Registration Procedures:** Register for your 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 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 June 27, 2019.

**Whole Season**  Registered classes include GST

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<tr>
<th>Monday: (No class Aug 5)</th>
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<tr>
<td>9:30am Cycle Fit</td>
<td>6:15am Cycle Xpress</td>
<td>9:30am Cycle Core</td>
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<tr>
<td>#226857 Jul 8 – Aug 26</td>
<td>#226844 Jul 4 – Aug 29</td>
<td>#226870 Jul 4 – Aug 29</td>
<td>#226876 Jul 4 – Aug 29</td>
<td>#226879 Jul 5 – Aug 30</td>
<td>#226880 Jul 6 – Aug 31</td>
<td>#226882 Jul 7 – Aug 25</td>
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<td>6:00pm Cycle Core</td>
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<td>#226880 Jul 6 – Aug 31</td>
<td>#226882 Jul 7 – Aug 25</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 a bike. Spots may not be reserved via voicemail.
2. Calls can be made between 6:30 am to 8:55am and from 12:00pm -9:15pm pm Mon to Fri 8:00 am to 3:30 pm Saturday and Sunday. *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 waitlist.
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.
**Parent & Child**

**Fit 4 Two Prenatal Fitness**
*Fit 4 Two Van East*
Connect with other moms-to-be in your community while reducing prenatal discomforts like lower back ache, fatigue and swelling. Your certified pre and postnatal fitness specialists will lead you through pregnancy safe cardiovascular exercise, functional strength training, flexibility and relaxation. **Drop-in is $18.00.**

- W,7:30-8:30 PM    Jul03-Aug21  $127.12/8 sess
- Cedar Hall  224342

**Fit 4 Two Stroller Bootcamp**
*Fit 4 Two 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 $16.00.**

- Tu Th,10:00-11:00 AM    Aug06-Aug29  $110.72/8 sess
- Grandview Room  224124

**Fit 4 Two Stroller Fitness**
*Fit 4 Two 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.** www.fit4two.ca. **April 3 class will be outside.**

- W,11:00 AM-12:00 PM    Jul03-Aug21  $110.72/8 sess
- Grandview Room  224343

**Fit 4 Two Body Sculpting**
*Herb DaSilva*
Designed to tone the muscles of the body using weights and bands. The benefits of body sculpting workouts are numerous. When you perform them with proper form, recommendations and directions, you raise your metabolic rate, tone the muscle, improve posture and increase your functional strength and endurance. **Drop-in $6.00.**

- Tu,6:00-7:00 PM    Jul02-Aug20  $36/8 sess
- Gymnasium - North (2/3)  222571

**Circuit Training**
*Brenda Mattman*
This workout is designed to improve muscular strength and endurance, balance, coordination and cardiovascular health. It is a total body workout done in intervals combing resistance training, cardio segments, body weight exercises, core and stretches. This class is time efficient, motivating and by constantly switching the routine will prevent boredom. **Drop in $6.00**

- W,9:45-10:45 AM    Jul03-Aug21  $40/8 sess
- Grandview Room  227425

**Child Care**
Go to page 7 for detailed information.

**Fit 4 Two - Mom and Baby Spin and Strength**
*Fit 4 Two® Pre and Postnatal Fitness Inc*
This class allows mom to spin AND tend to baby’s needs. Intervals of hill climbs, speed work and endurance combined with muscular endurance work, postnatal specific core work and flexibility. **For women 4+ weeks postpartum (6 weeks for cesareans). Pre-mobile babies. No shoes with external cleats.** **Drop-in $16.00 (space permitting).** www.fit4two.ca

- Tu,11:30 AM-12:30 PM    Jul02-Aug 27  $126/9 sess
- Fitness Centre  226808

**Trout Lake Bootcamp**
*Herb DaSilva*
A challenging, interval style cardio and muscle conditioning class with step sequences, plyometric exercises and weight training. **Drop in $6.00.**

- Sa,9:00-10:00 AM    Aug03-Aug31  $25/5 sess
- Gymnasium - Trout Lake  222575
# SPORTS SCHEDULE AND PROGRAMS

<table>
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<th>Monday</th>
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<tr>
<td><strong>Table Tennis</strong></td>
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<td><strong>Volleyball Beg &amp; Inter</strong></td>
<td><strong>Volleyball Recreational</strong></td>
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<tr>
<td>9:00AM-11:30AM Jul 2-Jul 30</td>
<td>9:00AM-12:00PM Jul 4-Aug 1</td>
<td>2:00-3:45PM Jul 7-Aug 18 (No class August 4)</td>
<td>2:00-3:45PM Jul 7-Aug 18</td>
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<tr>
<td>$5/5 sess Gym - South 224041</td>
<td>$5/5 sess Gym - South 224048</td>
<td>$26/6 sess Gym 224051</td>
<td>$26/6 sess Gym 224051</td>
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- **Pickleball**
  - 12:30-2:30PM Jul 8-Jul 29
  - $8/4 sess Gym 224039

- **Older Adults Badminton**
  - 12:30-2:30PM Jul 2-Jul 30
  - $10/5 sess Gym 224043

- **Older Adults Badminton**
  - 12:30-2:30PM Jul 3-Aug 7
  - $12/6 sess Gym 224046

- **Badminton**
  - 7:00-8:45PM Jul 8-Aug 19
  - (no class August 5)
  - $26/6 sess Gym 224040

- **Basketball**
  - 7:008:45PM Jul 2-Aug 20
  - $34/8 sess Gym 224045

- **Volleyball Recreational**
  - 7:00-8:45PM Jul 4-Aug 22
  - $34/8 sess Gym 224050

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**Adult Tennis**

**Wilson Tan**

Our programs take Progressive Tennis in an open skills environment, allowing development important to improving your tennis. You will learn better command of your tennis competencies & introduce strategic concepts. *Classes are rain or shine at the outdoor tennis courts.*

- **Th,6:30-8:00 PM**
  - Jul04-Aug22
  - $224/8 sess
  - 224008

- **Outside - Tennis Court**
  - Su,3:00-4:30 PM
  - Jul11-Aug15
  - $168/6 sess
  - 224009

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**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 8:45am/12:00pm in person only.
4. Registered participants have until 9:15am/12:45pm to check-in.

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**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 6:00pm in person only.
4. Registered participants have until 7:15pm to check-in.
MARTIAL ARTS

Aikido
Shohei Juku Aikido Canada
Aikido is an opportunity for everyone to learn self-defence and spiritual discipline while improving body coordination with gentle circular movements. Please note: Pro-rated fees do not apply to this program. Drop in $10.00. No class August 5.
M, 5:30-6:55 PM  Tu Th, 6:00-7:30 PM
Sa, 10:00 AM-12:30 PM
Jul02-Jul30  $70/month
Elm Room  224095
M, 5:30-6:55 PM  Tu Th, 6:00-7:30 PM
Sa, 10:00 AM-12:30 PM
Aug01-Aug31  $70/month
Elm Room  224096

Shorinji Kempo
Shorinji Kempo Society
A sophisticated martial art that develops individual's confidence and courage. Please note: Pro-rated fees do not apply to this program. Drop in $8.00. A registered non profit organization.
M, 7:00-8:45PM  F, 6:30-8:30PM  Sa,2:30-3:30 PM
Jul05-Jul29  $50/month
Elm Room  224100
M, 7:00-8:45PM  F, 6:30-8:30PM  Sa,2:30-3:30 PM
Aug02-Aug30  $50/month
Elm Room  224356

Tai Chi - Yang Style
Michael Chiao
Tai Chi improves strength, flexibility, balance and coordination. Slow and relaxing movements improve posture, breathing and energy flow. Suitable for all ages and fitness levels. Instructor speaks English and Chinese.
Sa,9:00-11:00 AM  Jul06-Aug24  $32/8 sess
Lakewood Room  224344

YOGA

Chair Yoga
Michele Smith
This course is for anyone who finds traditional yoga challenging or inaccessible. We will use chairs and other props to modify traditional yoga poses and will practice breathing and meditation exercises with the aim of improving strength, flexibility, and circulation and creating a renewed sense of confidence and well-being. Drop in $12.00 and Seniors $8.00.
Tu,9:00-10:00 AM  Jul02-Jul30  $50/5 sess
Lakewood Room  225664

Gentle Yoga
Michele Smith
In this dynamic style of yoga, postures are linked together in slow, gentle flowing sequences that follow the natural rhythm of the breath. Suitable for anyone wishing to practice at a more calming meditative pace. Drop in Adult $12.00 and Senior $8.00.
Tu,10:15-11:30 AM  Jul02-Jul30
$50 Adults & $30 Seniors/5 sess
Lakewood Room  225865
Su,11:30 AM-12:45 PM  Jul07-Jul28
$40 Adults & $24 Seniors/4 sess
Lakewood Room  225867

Yoga Flow
Michele Smith
Suitable for active beginners through to seasoned practitioners, this class will synchronize movement to breath, connecting one posture to the next in smooth, choreographed sequences that create heat in the body and develop strength and flexibility in the muscles and joints. Drop in $12.00. No class Aug 4.
Su,9:00-10:15 AM  Jul07-Jul28  $40/4 sess
Lakewood Room  225613

Yoga Iyengar
Bridget Donald
The iyengar method of yoga involves meditation in action and helps to bring the body and mind into healthy alignment. Beginners and ongoing students are welcome in the class. Drop in $18.00.
Tu,7:00-8:30 PM  Jul02-Aug20  $120/8 sess
Lakewood Room  227860

PILATES

Pilates Beginners
Amy Kiara Ruth
In this class, you will focus on breath, alignment, movement, quality, and integration of core support. The mat work exercises are tools to help us move with ease. Amy is a kinesiologist and somatic movement educator and enjoys working with people of all abilities. Drop in $15.00.
W,6:15 PM-7:25 PM  Jul03-Aug14  $84/7 sess
Elm Room  224010

Pilates Intermediate
Amy Kiara Ruth
Enjoy more advanced Pilates exercises and continue to pay attention to breath, alignment, movement quality, and integration of core support. Drop in $15.00.
W,7:30-8:40 PM  Jul03-Aug14  $84/7 sess
Elm Room  224010

Freeflow Pilates & Stretch
Rachel Helten
Enjoy a total body workout that leaves you feeling strong, energetic and pain-free. Drop in $18.00. No class Aug 3.
Sa,10:00-11:00 AM  Jul06-Aug24  $112/7 sess
Cedar Hall  226191
Hoop Dance Beginner

Jenny Zhang
Take a creative spin on dance and fitness using the hula hoop as a primary tool. Learn all the basic tricks and tips to get you started. Explore movement and dance choreography all while having a blast and meeting new hula hoopers! Jenny is a hoop dancer whose mission is to inspire people to experience the joy of hooping and empower them to express themselves. Her classes blend high-cardio fitness hula hooping with modern hoopdance and mindful movement. **No class August 5. Drop in $12.00.**

M: 5:30-6:30 PM  Jul08-Aug19  $60/6 sess
Cedar Hall  226101

Modern Line Dance

Lucy Chiu
In this beginner class, learn ballroom dance steps like Cha Cha, Waltz, Samba, Tango etc. with beautiful contemporary music. It's a great way to exercise and meet new friends. **No partners required. No previous experience required. No class on August 2.**

**Beginner Drop in $5.00.**
F: 6:00-7:00 PM  Jul05-Aug23  $24/7 sess
Cedar Hall  227157

**Intermediate Drop in $6.00**
F: 7:15 PM-8:45 PM  Jul05-Aug23  $32/7 sess
Cedar Hall  227158

Learn to Dance

Jhaymee Hizon
Ever wanted to learn how to dance, but did not have the courage? Here is your chance! Be confident on the dance floor. Come and learn basic dance steps you can use for all types of music. You will then take the basic steps and make it your own by putting your own groove and feeling into the move! Come have some fun and get your heart rate going at the same time! **Jhaymee (aka bboy Eloquence) is a national breakdance champion. Drop in $12.00.**

Tu: 6:00-7:00 PM  Jul09-Aug20  $70/7 sess
Cedar Hall  223992

Belly Dance **NEW** (16+ yrs)

Kathleen Sharp
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  Jul03-Aug07  $60/6 sess
Cedar Hall  227591

Singing Fun For Adults (19+ yrs)

Allison Berry
Do you sing in the shower? Do you sing only when nobody is listening? Then this is the class for you! This class will introduce you to simple singing techniques that will enhance your singing skills and build your confidence. Come learn to sing with a friendly, patient and experienced instructor!

Tu: 6:30 PM-7:30 PM  Jul09-Aug13  $51/6 sess
Lakewood Room  227595

Zumba (16+ yrs)

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.** http://www.ZumbaVancouver.ca"

**Free Outdoor Zumba**
F: 7:30-8:30 PM  Jun 28  FREE
Outside  223720

**Mondays with Denise**
M: 7:00-8:00 PM  Jul08-Jul29  $30.47/4 sess
Cedar Hall  227004

**Tuesdays with Lesley**
Tu: 7:30 PM-8:30 PM  Jul02-Aug13  $56/7 sess
Cedar Hall  227005
The Trout Lake Pottery Club

The Trout Lake Pottery Club is an affiliated group of the Trout Lake Vancouver 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. info@troutlakepotteryclub.group.io

Hand & Wheel Pottery

Janine Schroeder

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, 6:00-9:30 PM  Jul02-Aug06  $138/6 sess

Pottery Studio  226103

Parent & Child Pottery

Myriam Duchesne

A class to bond with your loved one, whether 5 or 105. This class is designed to make collaborative projects while learning basic beginner pottery techniques. Make creative keepsakes and memories with your child or parent. **Family friendly atmosphere. Price is for two people.**

**No class on July 26th**

F, 6:00-7:30 PM  Jul05-Aug16  $162/6 sess

Pottery Studio  226100

Creative Photography

(16+ yrs)

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.

M, 6:00 PM-7:15 PM  Jul08-Aug19  $70/7 sess

GCCA Board Room  223991

Smartphone Photography

NEW

Jhaymee Hizon

Learn how to use your Smartphone to create photographic images. You will develop skills in composition by understanding shape, colour, and texture. Learn to take professional looking photographs with your smartphone.

Tu, 7:30-8:45 PM  Jul09-Aug20  $70/7 sess

GCCA Board Room  224773

Drumming - Musical Rhythm & Creative Expression

NEW

Kevin Pereira

Learn to use rhythm and creative expression with percussion instruments. Bring your own hand drum (djembe) or rhythm and percussion instruments. Some classes will be outside by Trout Lake, weather permitting.

Su, 2:15 PM-3:45 PM  Jul07-Aug11  $53.04/6 sess

GCCA Board Room  227006

Contemporary Dance for Families

All are welcome to this playful class focused on a contemporary form of partnered dance known as Contact Improvisation. This is a fun and inclusive class for adults and young dancers of any age. Whole families are welcome and no experience is necessary. Come with your curiosity and your comfortable clothing for movement into and out of the floor. **No class August 4.**

Su, 11:15 AM-12:15 PM  Jul21-Aug18  $34/4 sess

Cedar Hall  227683

Weaving 101

(16+ yrs)

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, 6:30-8:30 PM  Jul03-Jul17  $90.47/3 sess

Art Studio  227544

W, 6:30-8:30 PM  Aug07-Aug21  $90.47/3 sess

Art Studio  227545

Bunting Flag Project

Go to page 34 for detailed information.
Spanish Language Beginner
Edgar Anco Ascarza
Learn Spanish in a warm encouraging environment. You will learn basic words and sentences for everyday situations.
Th, 6:00-7:15 PM Aug 01 - Aug 29 $64/5 sess
GCCA Board Room 225905

Spanish Language Beginner 2
Edgar Anco Ascarza
Continue learning Spanish using everyday situations such as daily routines, activities at home, and with family, feelings, likes, dislikes, preferences and interests. You will continue to improve your pronunciation and listening; Drop in $18.00.
Th, 7:15-8:30 PM Aug 01 - Aug 29 $64/5 sess
GCCA Board Room 225906

Earthquake Preparedness - Personal & Family
City Of Vancouver NEPP
This session covers what is required to develop your family emergency plan, how to conduct a “Home Hazard” Hunt and what to do when an earthquake strikes.
Tu, 7:00-8:30 PM Aug 13 Free/1 sess
Willow Room 225855

Family StreetWise Cycling (8+ yrs)
HUB Cycling
Learn road safety skills and build confidence to ride on the road together as a family. Includes theory, on-bike skills practice and a neighbourhood road ride. Courses are aimed at children and family members that already know how to ride (balance, pedal, steer). All children must be accompanied by a participating adult. All participating family members must be registered in the course. Maximum of 3 children per adult. All participants must bring their own working bike and helmet.
Su, 10:00 AM-1:00 PM Jul 14 $10/1 sess
Outside - John Hendry Sport Court 223241

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 Ecosystem concept. A collective art project and discovery tour around Trout Lake is included.
Su, 11:00 AM-3:00 PM Aug 04 $30/1 sess
Willow Room 225593

Lakeview & Cedar Cottage Historical Walk
Peter Finch
Starting from TLCC, this walk skirts two early town sites outside Vancouver before World War I. Learn about the Lakeview Disaster, some local stories and legends, forgotten street names, streetcars, and the village of Cedar Cottage. Led by artist/historian/gardener Peter Finch.
Sa, 12:00-1:00 PM Aug 10 $2/1 sess
Centre Lobby 225594

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. Please pre-register.
Sa, 8:00 AM-3:45 PM Jul 27 $95/1 sess
Willow Room 226529

Canning: Preserve the Summer
Valentine Kitamura
Summer is the time to preserve the wonderful fruits and veggies of the season. Learn the basics of canning with simple recipes such as: Blueberry & Lemon Jam, Zucchini Pickles, Basil Walnut Pesto. Demonstration class. Go home with a small jar of each.
W, 6:00-8:00 PM Aug 07 $50/1 sess
Kitchen 227599

Ride the Road (16+ yrs)
HUB Cycling
For people who already ride a bike but want to gain the skills and confidence needed to cycle for urban transportation. This course begins in the classroom reviewing the BC Motor Vehicle Act and various traffic scenarios before moving onto bikes for a hands-on experience riding on city streets. Participants will practice fundamental cycling skills. Participants will also learn how to plan cycling route, and how to combine their bike ride with transit.
Su, 10:00 AM-1:00 PM Jul 28 $10/1 sess
Willow Room 223240

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 Jun 18 - Aug 15 Free
Spurce Room 225928

Cedar Weaving – Bracelet
Todd DeVries
Participants will learn traditional knowledge of cedar, and the historical and spiritual importance of cedar and the steps of harvesting cedar bark. Learn to weave cedar bark into a beautiful bracelet that you can take home with you. All supplies included.
F, 6:30-8:30 PM Jul 19 $10/1 sess
Art Studio 228074

Cedar Weaving – Square Basket
Todd DeVries
In the Haida/ Kwakwakwaawakw culture, cedar is referred to as the tree of life. Many of our sacred teachings come from the cedar tree; there is a lot to learn from her. Learn to weave cedar bark into square baskets. All supplies included. Todd DeVries Giihiigiaa is a Haida Weaver.
Sa, 1:00 - 3:00 PM Jul 20 & Jul 27 $18/2 sess
Art Studio 228075
Senior
Senior Committee/Health & Fitness

Join Our
Seniors Committee
July 23 at 2:15pm.
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.

Seniors Fun Fitness
Take this fitness class as a perfect way to stay fit, get active and to socialize with others. Every class ends with a relaxing cool down including a full body stretch to relax the entire body. This class is catered towards seniors but participants of all ages are welcome! $30/10 tickets or $3.50 drop in.

Sharon Chan
No Class Aug 5
M,11:00 AM-12:00 PM  Jul08-Aug19  6 sess
Gymnasium - North (2/3)

Gail Dibernardo
F,11:00 AM-12:00 PM  Jul05-Aug23  8 sess
Gymnasium - North (2/3)

Older Adult - Active and Strong
Brenda Mattman
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.
W,11:00 AM-12:00 PM  Jul03-Aug21  8 sess
Gymnasium - North (2/3)

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 par q+ 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. This class may not be suitable for participants with health issues such as osteoporosis, heart issues or other medical concerns. Please contact Steven at steven.tautscher@vancouver.ca if you have any health issues and he may be able to recommend a class that is more suitable.
W,11:00 AM - 12:00 PM  Jul 10–Aug 7  $30/5 sess
Fitness Centre  226814

Mary’s Walking Group
Mary Freeman
Meet in the lobby at 11:15am and walk around the lake with Mary and meet new friends. Please pre-register.
Tu,11:15 AM-12:00 PM  Jul02-Aug20  FREE/8 sess
Centre Lobby  227166

Mah Jong: Intermediate
Teresa Chang, Lily & Shirley
Bring your lunch and come and make new friends while playing Mah Jong. Facilitators: Teresa, Lily and Shirley. Drop in $1.00 if there is space.
Th,11:30 AM-3:15 PM  Jul02-Aug20  $3/8 sess
Centre Lobby  227312

Seniors Weight Training 55+
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 par q+ or be administered the verbal par q in the last 12 months.
Tu,9:30 AM - 11:00 AM  Jul 2-Aug 27
Fitness Centre / Elm Room  226815
Thu,9:30 AM - 11:00 AM  Jul 4-Aug 29
Fitness Centre / Elm Room  226817

Strength and Balance
Rachel King
This balance and mobility program for older adults will help improve your functional mobility, increase lower body strength, improve balance and reduce fall risk. Class in Grandview Room on Aug 9. No class July 12
F,11:45AM-12:45 PM  Jul05-Aug16  $27/6 sess
Lakewood Room  227426

Gentle Yoga & Chair Yoga
Go to page 24 for detailed information
A Home Away From Home

Social Tuesdays 12:15pm

July 2 – August 20 #223695
$7/8 sessions please pre-register.

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

July 2  Bingo & Prizes!
July 9  Senior Art Installation with Katrina Caparas, all supplies included
July 16 Gentle Yoga with Michelle
July 23 Lasagna Lunch: Lasagna, salad & bun. Performances by Gwen. $6.00 please pay at the Front desk in advance. #223704

July 30 Brain Training “Cognicise” with Keiko
August 6 Hawaiian Dance Performance by Wallele Wai Wai
August 13 NEW Canadian Food Guide Workshop with VCH
August 20 Taco Tuesday Luncheon: build your own Taco with chips, salsa and guacamole. Performances by Rene. $7.00 please pay at the front desk in advance #223706
**SENIOR LUNCHEONS & OUT TRIPS**

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

**BBQ Luncheon**
July 12
Enjoy a delicious Salmon BBQ, rice, steamed vegetables, salads, and yummy desserts. **Desserts: fresh fruit, cake, cookies and doors prizes. Enjoy Live Music with Peter Yap, who will perform an Elvis Tribute.**
F, 12:00-2:00 PM Jul12 $7.50/1 sess
Grandview Room 223640

**Social Tuesdays**
Join us for a different workshop each week from dance, drama, art, cooking to education. Workshops begin at 12:30pm. **See brochure for workshop schedule. Delicious sandwiches and desserts available for $6.00 (please pay Dorothy). Please pre-register for this program.**
Tu, 12:00-2:30 PM Jul02-Aug20 $7/8 sess
223695

**Social Tuesdays: Lasagna Luncheon**
Enjoy delicious lasagna, salad, fresh bun and fruits
Tu, 12:00-2:00 PM Jul23 $6/1 sess
Grandview Room 223704

**Social Tuesdays: Taco Tuesday Luncheon**
Tu, 12:00-2:00 PM Aug20 $7/1 sess
Kitchen 223706

**Bus Trip - Mystery Tour (55+ yrs)**
This fun and entertaining magical mystery tour takes you to unknown destinations filled with clues, prizes and props! A must see attraction, a great lunch and afternoon mystery stops included. Use the clues correctly and win a variety of prizes including a free Enjoy Tours Day Trip, lunch, mystery stops and prizes.
W, 8:00 AM-4:45 PM Jul10 $109/1 sess
Centre Lobby 217841

**Galiano Island with Joy Brown (55+ yrs)**
Visit Galiano one of the most beautiful Gulf Islands. Enjoy an easy walk through Bluff Park overlooking Active Pass. Visit the elegant Galiano Inn. Explore Montaqué Park. Visit an artist and local shops. Enjoy lunch in a pretty restaurant and afternoon tea is served in the village. **If anybody is UNDER 65 or Not a BC resident the ferry fare is $30 return.**
Tu, 8:15 AM-6:30 PM Jul30 $136/1 sess
Centre Lobby 225802

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

Staffing Fee & Special Event Permit
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 serving alcohol are required to have two rental staff at minimum. A copy of the renters Special Event Permit is required when serving alcohol during the event.

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.

<table>
<thead>
<tr>
<th>Trout Lake Community Centre Room Rental Information &amp; Rates</th>
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<tbody>
<tr>
<td><strong>Room Name</strong></td>
</tr>
<tr>
<td>GOCB Board Room</td>
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<tr>
<td>Maple Room</td>
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<tr>
<td>Lakewood Room</td>
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<tr>
<td>Grandview Room</td>
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<tr>
<td>Grandview/Lakewood Room</td>
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<tr>
<td>Gymnasium (Full) - sport</td>
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<tr>
<td>Gym 2/3</td>
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<td>Gym 1/3</td>
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</tbody>
</table>

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

Make a reservation today!
To make a rental request or arrange a booking please email troutlakeccrental@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

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
Yoga In The Park

Low cost programs subsidized by TLVCCA.

$1 PERSON
Please pre-register

Yoga In The Park-Parent & Child (5+ yrs)

Kylie Railton
Enjoy yoga in the park (eastside of the centre). Classes explore yoga poses, breathing exercises, visual imagery and relaxation techniques. Bring your yoga mat.

Tu, 6:30-7:30 PM
Jul 09 226049
Jul 16 226050
Jul 23 226051
Jul 30 226052
Aug 06 226053
Aug 13 226054
Aug 20 226055

Yoga In The Park-Adult

Kylie Railton
Enjoy yoga in the park (eastside of the centre). Classes explore yoga poses, breathing exercises, visual imagery and relaxation techniques. All levels welcome. Classes held outside at the east-side of the building. On Rainy days classes will be held in the Grandview Room. Bring your yoga mat.

Th, 6:30-7:30 PM
Jul 11 226041
Jul 18 226042
Jul 25 226043
Aug 01 226045
Aug 08 226046
Aug 15 226047
Aug 22 226048

Fitness In The Park-Capoeira All Ages
$1.00 - Class on Thursday July 4, 6:30-7:30 PM 227989

All levels welcome. Classes held outside at the east-side of the building. On Rainy days classes will be held in the Grandview Room.
Yoga In The Park

All levels welcome. Classes held outside at the east-side of the building.

On Rainy days classes will be held in the Grandview Room.

Please Pre-register for all events

SATURDAY
AUGUST 17, 2019
1-6PM

Trout Lake Park’s
South Beach

Schedule & Information:
vinesartfestival.com

Free Admission
Registration # 227287

Art: Ocean Hyland

HAPPY BIRTHDAY
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. Don’t 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. Birthday Party package time and space as is, no exceptions. Rent the bouncy castle for an additional $60.00. July 6, 13, 20, 27.

Morning Party
Saturdays, 10:00 AM-12:00 PM
Gym time 10:30am-11:15pm $190/party
Rent the Bouncy Castle for an additional $60 225202-225205

Afternoon Party
Saturdays, 1:00-3:00 PM
Gym time 1:00-1:45pm $190/party
Rent the Bouncy Castle for an additional $60 225206-225210

Music On The BOW

Rain City Swing
Great old time jazz!
July 11 & August 8 Thursday, 7:00-9:00pm

Vines Art Festival
an eco-arts festival
featuring multi-talented
musicians, dancers, poets,
visual artists and more!

Bunting Flag Project
Go to page 34 for detailed information.
Mini ARTs Events
Subsidized by TLVCCA - please pre-register

Beading Mobiles and Bracelets
Let’s kick off the Summer with some beading and creative fun! Come make a mobile or bracelet with a colourful selection of beads and strings. Bring your favorite stick or feathers to add to your creation.
W, 10:00 -11:30 AM $2/1 sess Outdoors
Jul 3 226033 | Jul 31 227764

Star Crown Event
Make an inspiring crown that you can wear to all your summer events! All the little stars of Trout Lake will be shimmering and sparkling.
W, 10:00-11:30 AM Jul 24
$2/1 sess Outdoors 226036

Lantern Procession Around the Lake Celebration - FREE
On Wednesday, August 28th after the summer concert there will be a grand finale and we will celebrate at 8:30 pm with a Lantern Procession around the lake with musicians and magical performers! Make a lantern that night from 6:00 pm-8:15 pm at the Lantern station!
Location is outside at the east side of building.
FREE event for everyone. Bring your lantern from home if you have one! Free but please register.
W, 8:30-9:30 PM Aug 28 226039

Nature Art Event
Join us on a natural art making adventure. We will use pinecones, flowers, feathers, rocks and sticks to make inspiring masterpieces, mini animals and more!
W, 10:00 -11:30 AM $2/1 sess Outdoors
Jul 10 226034 | Aug 7 227768

Tiny Homes for Fairies and Gnomes
Build magical homes for gnomes and fairies out of pine cones, moss, rocks and sticks. Be creative by adding a small window or door, a pathway or chimney. Your fairies and gnomes will love to explore!
W, 10:00 -11:30 AM $2/1 sess Outdoors
Jul 17 226035 | Aug 14 227773

Music with Marnie Outdoor Concert - FREE
It is impossible not to get up and boogie during a Music with Marnie Show. The moment the music starts, your children will be dancing, singing and signing along. Get ready to jump in puddles and swing like monkeys, being up on your feet and boogieing to the beat is what this entertainers show is all about. Concert is outdoors, but in Grandview room in case of weather. www.MusicwithMarnie.com Please pre-register.
M, 11:00-11:45 AM Jul 29
Grandview Room 223973
F, 11:00-11:45 AM Aug 23
Grandview Room 223974

Lantern Making Event (3+yrs)
We will create and decorate luminous lanterns for our Grand Final Lantern Festival on Wednesday, August 28 at 8:30pm (meet outside at the east side of the centre). We will parade around the lake with magic, make believe performers and fellow lantern participants! All supplies included. Children under 8 must be accompanied by an adult. Please pre-register as space is limited.
W, 10:00-11:30 AM Jul 21
$2/1 sess Outdoors 226037 | Aug 28 226038

Subsidized by TLVCCA - please pre-register

Bunting Flag Project - FREE
We are working to make a community project this Summer by creating strands of bunting flags for events, and birthday parties made by the community for the community! Come find us at the Mini-Art events on Wednesday mornings or at the Concerts on Wednesday evenings, and decorate a flag that we can use in our project working towards creating sustainable decorations and zero waste for our events in the future.
Free but please register.
W, 10:00 AM-11:30 AM Jul 03-Aug 28
At Art Events Outdoors 227573
Summer Outdoor Concert Series
Wednesdays, 6:30pm-8:30pm

Bring your family and friends and join us at the Outdoor Performance Area (east side of the TLCC Centre). There will be a TLCC Youth Popcorn Fundraiser or Food Trucks and a kids' art station. Red Fox will be providing games for the kids.

- **July 3**: Sanctuary All Stars
- **July 10**: East Van Choir
- **July 17**: Youth East Van Marimba All Stars
- **July 24**: Blackthorn Celtic Band
- **July 31**: Char Hunter and George Faulkner
- **August 7**: Kathara Society
- **August 14**: Norine Braun with Band
- **August 21**: Soda Crackers
- **August 28**: Checo Tohomaso and Gospel Choir
Lantern Procession
Around the Lake Celebration
Wednesday August 28

Lantern Making Events
Wednesdays August 21 & 28
See page 34