Hello Community!

Spring is here! Within the pages of this program guide you will find programs and events that will help you get active, connected, and creative as the days get longer and sunnier!

Our community is lucky to have the support, perspectives, and leadership from so many generous and committed volunteers on our committees and Board of Directors. It is with great pleasure that we welcome a number of new Directors to our Board: Jordana Corenblum, Julia Freeman, Rick Havlak, and Nicki Simpson. We look forward to their contributions. If you are keen to get involved, please reach out to find out how, email us at: troutlakecc@gmail.com.

Last year our Board and staff team produced a new strategic plan to guide our work for the next five years. As the year unfolds, you will see some new and enhanced offerings at the Centre — much of this stems from the aims within the strategic plan. An overview of our plan can be found on our website (troutlakecc.com/about/tlcca).

In this season’s guide, be sure to check out these new offerings and tried-and-true favourites:
- Sustainable Arts and Crafts for kids
- Remote Control Car Derby
- Senior’s Friday Luncheons

In response to the City’s declared climate emergency and the ongoing and emergent global impacts of climate change, the Trout Lake Community Centre’s committees, Board, and staff teams are exploring how we can support positive change and action with our community and patrons given our role and the scope of our work. To unite our efforts on climate issues, we have co-founded and are co-leading an evolving initiative called “Communities for Climate Hope”. See page 41 for a brief description and how it shapes programming this Spring and in the year ahead.

And don’t miss our Earth Day celebration on April 18 at 10:00 a.m. It will be a great opportunity to celebrate and unite with your community on the “thing” we all have in common — this beautiful planet of ours!

See you here soon!

Sarah Lusina & the TLVCCA Board of Directors
Registration Info:

In Person/Phone/Online:
Wednesday, March 11 at 7:00 PM
Please have your Credit Card number and Course number ready for phone in registration.

Summer 2020 Program Registration:
Wednesday, May 13 at 7:00 PM

Where to find us:
3360 Victoria Drive (between 15th & 19th Ave)
Vancouver, B.C. V5N 4M4
604-257-6955 and press 1
troutlakecc.com

Your Recreation Staff:
If you have any questions, contact us at troutlakecc@vancouver.ca
Alison Cristall: Recreation Supervisor
Maggie Vasicek: Recreation Programmer
Matt Sung: Recreation Programmer
Kristian Hildebrant: Program Assistant III
Steve Tautscher: Fitness Programmer
Brittany Wong: Ice Rink Programmer
Bernie Dionne: Community Youth Worker
Noel Carino: Engineer
Jessica Lani De Jesus: Rentals

What’s Inside:

Licensed Preschool
Early Childhood Programs
School Age Programs
Summer Daze Camps
Teen Programs
TLCC User Groups
Adult Programs
Adult/Senior Workshops & Education
Seniors Programs
Ice Rink
Adult Fitness
Fitness Centre, Health & Fitness, Sport
Registration & Refund Policies
Rentals
Birthday Parties, Special Events

Hours of Operation:
April 1-June 30, 2020

Community Centre Hours
Mon-Fri: 9:00 AM-10:00 PM
Sat & Sun: 8:00 AM-5:00 PM

Office Hours
Mon-Fri: 9:00 AM-9:30 PM
Sat & Sun: 8:00 AM-4:30 PM

Fitness Centre Hours
Mon-Fri: 6:00 AM-10:00 PM
Sat & Sun: 8:00 AM-5:00 PM

Holiday Hours
(Community Centre and Fitness Centre)
Easter: Fri Apr 10 & Mon Apr 13: Regular Hours
Victoria Day: Mon May 18: Regular Hours
Physical Recreation

Axe Capoeira Mini Kids (3-6 yrs)
We offer ongoing classes for children ages 3-6 years old. Our classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, and language. Classes focus on developing confidence, rhythm, reflexes, balance, coordination, strength and flexibility.

Axe Capoeira
Elm Room
W Apr 8-May 6 3:45 PM-4:30 PM $75/5 sess 273836
W May 13-Jun 10 3:45 PM-4:30 PM $75/5 sess 273837

Parent and Tot Gym (0-5 yrs)
Join us at this playtime created especially for families. Toddlers will have the opportunity to explore various climbing equipment and other toys. Toddlers develop their motor skills using gym equipment while meeting new friends. This is a parent participation drop-in program. Parental supervision required and the ratio of caregiver to child is 1:3. Drop in fee is $3.00, $5.00 for family (2 or more kids). 10 session pass can be purchased: single child $24, family $40. Children under 1 are free. No session April 13, May 18, June 24 and June 25.

Gymnasium - North (2/3)
Su M Tu W Th F Apr 1-Jun 28 10:00 AM-12:00 PM 268078

Parent and Tot Tennis (3-4 yrs)
Parents or guardians are encouraged to participate in the activities that effectively integrate athletic skills development and apply story telling to engage pre-schoolers into learning tennis skills, manners, and courtesies. The Le Petit program is ideally suited and integrated as a pre-cursor to our Kids Tennis Programs. No class May 18.

Moresports Pre K Multisport (3-4 yrs)
Moresports Multisport focuses on developing fundamental movement skills and, team-building through fun sport based activities and games! Please note parents must be present for this class. No class May 16. This program will be held at Gladstone Secondary School located at 4105 Gladstone Street.

Open House
April 1st
3:30pm-6:00pm

Stat Holidays (3+yrs)
A day of fun for the family on your Stat Holiday. We've got the bouncy castle set up, arts & crafts, games and more. FREE! Please pre-register.

Gymnasium - Trout Lake
M Apr 13 10:00 AM-12:00 PM Free/1 sess 265329
M May 18 10:00 AM-12:00 PM Free/1 sess 265330

TROUT LAKE LICENSED PRESCHOOL

IN PERSON REGISTRATION ONLY
Monday April 6, 2020 @ 7:00 AM
Email: sunny.abebe@vancouver.ca for more information

Required at time of registration:
1. Non-refundable $25.00 registration fee
2. June 2021 payment
3. VISA/MC/AMEX credit card information or 9 postdated cheques dated the 1st of the month eg. Sept. 1, 2020 – May 1, 2021. Cheques to be made out to City of Vancouver with child’s name written on the bottom of the cheque and the class the child is attending
4. Proof of Age – birth certificate/passport
5. Completed Package must be returned to the front desk no later than May 1, 2020
6. Parents must give 30 days notice in writing to troutlakecc@vancouver.ca if you wish to withdraw for September 2020 or the deposit is forfeited. July 31, 2020 is the last day to withdraw for September 1, 2020 to receive the deposit.

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<thead>
<tr>
<th>Activity #</th>
<th>Class Day</th>
<th>Class Time</th>
<th>Monthly Fee</th>
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Children 4 years of age before December 31, 2019

<table>
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<th>Class Time</th>
<th>Monthly Fee</th>
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<tbody>
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<td>259544</td>
<td>Mon/Wed/Fri</td>
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Monthly fees are subject to change.
**Sportball Junior** (1-2 yrs)
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 week.

*Vancouver Sportball Gymnasium - South (1/3)*
W Apr 15-Jun 17 9:30 AM-10:15 AM
$183/10 sess 273794

**Sportball Multi Sport** (3-5 yrs)
Sportball Multi-Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in the eight core sports of the Sportball methodology. Classes use developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development, enabling confidence and developing the social skills necessary to succeed in sport and life.

*Vancouver Sportball Gymnasium - South (1/3)*
W Apr 15-Jun 17 10:15 AM-11:00 AM
$183/10 sess 273796

**Sportball Outdoor Multisport** (3-5 yrs)
Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. 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 May 16.

*Vancouver Sportball Gymnasium - South (1/3)*
W Apr 15-Jun 17 11:00 AM-12:00 PM
$183/10 sess 273797

**Sportball Outdoor Multisport Parent & Child** (2-3 yrs)
Programs focus on physical literacy and social exploration as toddlers learn fundamental sport skills. Children are challenged according to their individual skill level and grownups 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 May 16.

*Vancouver Sportball Outside - John Hendry Park Grass Area SW*
Sa May 2-Jun 20 9:30 AM-10:15 AM
$126/7 sess 273798

**Sportball Outdoor T-Ball** (4-6 yrs)
Big League Fun! 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. No class May 18.

*Vancouver Sportball Outside - John Hendry Gravel Field*
M May 4-Jun 15 5:15 PM-6:15 PM
$108/6 sess 273792

**Sportball Parent and Child Outdoor T-Ball** (2-3 yrs)
Home Run! 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 their Sportball Coach, parents and children zero in on baseball skills including: throwing, catching, batting, running bases and fielding. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. No class May 18.

*Vancouver Sportball Outside - John Hendry Gravel Field*
M May 4-Jun 15 4:30 PM-5:15 PM
$108/6 sess 273791

**Sportball Parent and Tot** (2-3 yrs)
Parent & child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities.

*Vancouver Sportball Gymnasium - South (1/3)*
W Apr 15-Jun 17 10:15 AM-11:00 AM
$183/10 sess 273796

**Tot Soccer - Beginner** (3-5 yrs)
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. If you have never been coached by Toni, please sign up for the beginner class.

*Toni Lo Cascio Gymnasium - South (1/3)*
F Apr 17-Jun 19 10:15 AM-11:00 AM
$60/10 sess 273006
**Tot Soccer - Intermediate**  
(4-5 yrs)  
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. If you have never been coached by Toni, please sign up for the beginner class. Drop in $8.00.  
Toni Lo Cascio Gymnasium - South (1/3)  
F Apr 17-Jun 19  
11:00 AM-11:45 AM  
$60/10 sess  
273008

**Social**

**Child Care**  
(1-5 yrs)  
Child care provides an opportunity for your child to play while you visit a dance, yoga, fitness centre, or other program. Pre-registration fees are non-transferable. Parents must remain onsite. Drop in $15.00 if there is space.  
Maria Arico and Esther Fernandez  
W Apr 8-Jun 10  
9:30 AM-11:30 AM  
$L15/10 sess  
Art Studio  
F Apr 17-Jun 12  
9:30 AM-11:30 AM  
$103.5/9 sess  
267346

**Performing & Visual Art**

**Art is Fun**  
(3-5 yrs)  
Have fun with origami, clay modeling, stamping, collage, abstract art, mixed media art, finger painting and more. There will be time set aside for sing a longs and storytelling as well as play time. Drop-in space permitting $10.50. No class May 18.  
Sun Rey Han  
Art Studio  
M Apr 20-Jun 15  
2:15 PM-3:15 PM  
$72/8 sess  
265931  
M Apr 20-Jun 15  
3:30 PM-4:30 PM  
$72/8 sess  
265932

**Art and Music with Sun Rey**  
(1-4 yrs)  
A wonderful way to start your child with art and music. Sun Rey will introduce children to finger-painting, abstract art, colouring collage, peeling stickers, gluing, stamping, clay modeling and origami. There will be time set aside for sing-along with movement, storytelling, as well as play time. Drop-in $10.50 space permitting. No class May 18.  
Sun Rey Han  
Art Studio  
M Apr 20-Jun 15  
9:30 AM-10:30 AM  
$72/8 sess  
265929  
M Apr 20-Jun 15  
10:45 AM-11:45 AM  
$72/8 sess  
265930  
W Apr 15-Jun 17  
9:30 AM-10:30 AM  
$90/10 sess  
265933  
W Apr 15-Jun 17  
10:45 AM-11:45 AM  
$90/10 sess  
265934

**Ballet Toddler Dance**  
(2-3 yrs)  
Parent and child will explore circle stretches, story dances, rhythm, traveling steps, and free-form improvisation. Practice moving as a group, cooperating, and following directions.  
Nicole Pavia  
Cedar Hall  
W Apr 8-Jun 10  
9:30 AM-10:00 AM  
$46/10 sess  
273807  
W Apr 8-Jun 10  
10:00 AM-10:30 AM  
$46/10 sess  
272309  
Art Studio  
F Apr 17-Jun 19  
10:00 AM-10:45 AM  
$70/10 sess  
265918

**Ballet-Jazz Fusion**  
(3-5 yrs)  
In this class, your little dancer will be introduced to the world of ballet and jazz. Little ones will build on coordination, musicality, strength, and will develop a basic vocabulary for ballet steps. This class aims to promote a love for movement, and to develop creativity and self-confidence.  
Katherine Single-Dain  
Cedar Hall  
F Apr 17-Jun 19  
10:00 AM-10:45 AM  
$70/10 sess  
265918

**Create and Imagine Together**  
(2-5 yrs)  
Bring out the creative nature in your special little ones in a fun creative family environment. Come for an hour of arts, painting, colouring, collage and sticker art. Each class will also include storytime, free play and sing-along songs that everybody knows and loves. Drop-in $10. No class Apr 12 & May 17.  
Emily Luo  
Art Studio  
Su Apr 5-Jun 14  
10:30 AM-11:30 AM  
$76.5/9 sess  
265938

**Creative Ballet Monday**  
(3-5 yrs)  
Explore basic ballet positions and movements while incorporating creative dance, imagination, and story time. Please wear fitted, stretchy clothing and ballet slippers. Child must be able to take class unaccompanied by an adult. No drop-ins. No class Apr 13 & May 18.  
Endorphin Rush Dance & Fitness  
Cedar Hall  
M Apr 6-Jun 15  
10:00 AM-10:45 AM  
$63/9 sess  
265872

**Creative Ballet Wednesday**  
(3-5 yrs)  
Explore basic ballet positions and movements while incorporating creative dance, imagination, and story time. Child must be able to take class unaccompanied by an adult. Parents and friends invited to a performance on the last day of class! No drop-ins.  
Endorphin Rush Dance & Fitness  
Cedar Hall  
W Apr 8-Jun 10  
1:00 PM-1:45 PM  
$70/10 sess  
265876

**Creative Ballet Saturday**  
(3-4 yrs)  
Learn to dance through imaginative games, songs and music! Students will be introduced to basic ballet steps and concepts of body, energy, space, and time. Wear leotard, tights and ballet shoes with hair neatly tied back. Child must be able to take class unaccompanied by an adult. No drop-ins.  
Rachel Helten  
Cedar Hall  
Sa Apr 4-Jun 13  
10:30 AM-11:15 AM  
$63/9 sess  
265880  
Sa Apr 4-Jun 13  
11:15 AM-12:00 PM  
$63/9 sess  
265881
Creative Ballet Sunday  (4-6 yrs)
An introduction to ballet positions and steps. Students are engaged and entertained while developing musicality and expression. The class is presented by Endorphin Rush Dance and Fitness; creators of welcoming, innovative and nurturing dance programs. More info: www.KirbySnellDance.com. No class Apr 12 & May 17.
Endorphin Rush Dance & Fitness  Cedar Hall
Su Apr 5-Jun 14  11:00 AM-11:45 AM $63/9 sess  265870
Su Apr 5-Jun 14  12:00 PM-12:45 PM  $63/9 sess  265871

Creative Play  (3-5 yrs)
Step into the world of story! In this series your child will learn about the magic of storytelling through dramatic play, puppetry and art. This small group setting offers lots of opportunities for self-expression, conversation and collaboration. All art supplies provided.
Cathy Belgrave  Art Studio
Th Apr 9-May 7  10:00 AM-11:15 AM $60/5 sess  265956
Th May 14-Jun 11  10:00 AM-11:15 AM $60/5 sess  265957

Dancing The Parenting  (0-4 yrs)
This program welcomes families who would like to try relationship-based dancing with their children. The Reggio Emilia inspired creative process introduces playful and creative exploration of developmental movement patterning and engaging parents into their own dancing just as much as the children. No experience necessary. This program is subsidized by the City of Vancouver Cultural Services.
Julie Lebel  Elm Room
W Apr 1-Apr 29  9:30 AM-10:30 AM $15/5 sess  265923

Grow With Music  (0-3 yrs)
Sing, dance, and learn with your little one! Use xylophones, blocks, drums, shakers, feet, voices and more to explore music. Parent participation required with a maximum of 2 children per parent. Registration includes music CD and parent education booklet. Siblings 3 months and under are free.
Andrea Unrau  Elm Room
Th Apr 16-Jun 11  9:30 AM-10:15 AM $117/9 sess  265927

Little Ballerinas  (3-4 yrs)
Endorphin Rush Dance & Fitness  Cedar Hall
Su Apr 5-Jun 14  9:30 AM-10:15 AM $63/9 sess  265868
Su Apr 5-Jun 14  10:15 AM-11:00 AM  $63/9 sess  265869

Mini Groovers  (3-5 yrs)
In this class, little dancers will be introduced to the basics of hip hop. Get ready to jump into this high energy class as we explore rhythm, learn cool new moves, and of course have fun! Dancers must be able to take this class without a parent in the room.
Katherine Single-Dain  Cedar Hall
F Apr 17-Jun 19  9:15 AM-10:00 AM $70/10 sess  265920

Ready, Set, Learn  (3-5 yrs)
As part of a provincial initiative, Trout Lake Community Centre, Laura Secord, Cunningham, Carleton, Beaconsfield, and Queen Victoria Elementary School with various community organizations are hosting a fun event for pre-kindergarten aged kids. This will help start them on their journey of life-long learning and introduce them to school in a fun way. Please join us and tell your friends. Children must be accompanied by a caregiver. Please pre-register.
Gymnasium
F Apr 3  10:00 AM-11:30 AM FREE  259591

Mini Hip-Hop
We will dance to big beats, play dance games, learn hip-hop moves and grooves, and have loads of fun in this dance class! Wear comfy clothing and please bring a water bottle and running shoes with non-marking soles. Dancers must be able to attend without a guardian present. No drop-ins. No class Apr 13 & May 18.
Endorphin Rush Dance & Fitness  Cedar Hall
3-4 yrs
M Apr 6-Jun 15  1:00 PM-1:45 PM $63/9 sess  265873
4-5 yrs
Th Apr 9-Jun 11  3:30 PM-4:15 PM $70/10 sess  265877
Music Together (0-5 yrs)
Learn how to share the joys of music-making and the powerful benefits of having music in your young child’s life. Our 9 award-winning music collections and research-based curriculum supports parents at home and keeps the making music 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 for this important family music experience. Parent participation is required. Siblings attend at a reduced tuition rate and children 6 months and under attend free with a registered sibling. Please note that the $60 Music Together Licensing fee is non-refundable after the first class.

Shellana
Elm Room
F Apr 3-Jun 12 $170/10 sess 9:30 AM-10:15 AM 265484
F Apr 3-Jun 12 $170/10 sess 10:30 AM-11:15 AM 265485
F Apr 3-Jun 12 $170/10 sess 11:30 AM-12:15 PM 265486
Noa
Willow Room
Tu Apr 14-Jun 16 $170/10 sess 9:30 AM-10:15 AM 265487
Tu Apr 14-Jun 16 $170/10 sess 10:30 AM-11:15 AM 265488
Tu Apr 14-Jun 16 $170/10 sess 11:30 AM-12:15 PM 265489
W Apr 15-Jun 17 $170/10 sess 9:30 AM-10:15 AM 265490
W Apr 15-Jun 17 $170/10 sess 10:30 AM-11:15 AM 265491
W Apr 15-Jun 17 $170/10 sess 11:30 AM-12:15 PM 265492

Nature and Art (4-5 yrs)
Be inspired by nature! Through games and outdoor activities, children will explore the great outdoors and then use their discoveries to create unique art pieces. A portion of our time will be spent outside, so come dressed for the weather. All art supplies provided.
Cathy Belgrave
Art Studio
Th Apr 9-May 7 $60/5 sess 1:00 PM-2:15 PM 265962
Th May 14-Jun 11 $60/5 sess 1:00 PM-2:15 PM 265963

Out and About Adventures
Out and About Adventures is an out-door, play-based early learning program based on the philosophies of Forest Schools but modified to work in an urban park setting. We enjoy experiences such as climbing, running, building, creating, exploring and working with materials and tools. Please come dressed and prepared for the weather and bring a nut free snack. No class Apr 13 and May 18.
Cara Agro
Outside - Gazebo by East Playground
3-6 yrs
M Apr 6-Jun 8 $160/8 sess 10:00 AM-12:00 PM 265967
M Apr 6-Jun 8 $160/8 sess 1:30 PM-3:30 PM 265968
4-7 yrs
M Apr 6-Jun 8 $160/8 sess 4:00 PM-6:00 PM 267570

Parent and Tot Dance (2-3 yrs)
Come explore rhythm, songs and structured play in this parent and tot interactive movement class. No class Apr 11 & May 16.
Rachel Helten
Cedar Hall
Sa Apr 4-Jun 13 $45/9 sess 9:15 AM-9:45 AM 265882
Sa Apr 4-Jun 13 $45/9 sess 9:45 AM-10:15 AM 265883

Parent and Tot Yoga (1-5 yrs)
This class is designed for parents and children to explore the world of yoga together for your child’s first yoga class. Class will consist of basic movement, story telling, history of yoga, games, mantras and mudras. With children’s yoga your child will gain confidence, positivity, creativity and knowledge of beginner yoga poses.
Drop-in $8.
Kylie Railton
Cedar Hall
F Apr 17-Jun 19 $60/10 sess 1:00 PM-1:45 PM 265924

Pre-Ballet Level 1 (3-4 yrs)
Basic ballet vocabulary, posture, and alignment will be introduced. Practice moving as a group, cooperating, and following directions. Dance with props and costumes and have fun acting stories through dance. Dancers are encouraged to express themselves creatively as well as to imitate movements and dance patterns.
Nicole Pavia
Cedar Hall
W Apr 8-Jun 10 10:30 AM-11:15 AM $70/10 sess 272312

The Reading Tree (3-5 yrs)
Early Literacy Program assisting with kindergarten readiness. Develop alphabet letter and sound recognition, vocabulary and critical thinking skills. No drop-ins. Child must be 3 years old at the start of the class.
Debbie Leboe
Art Studio
Tu Apr 7-Jun 9 10:00 AM-11:00 AM $110/10 sess 265991

Tiny Tot Musical Adventure (1-3 yrs)
Get the rhythm and beat, come on and dance on our feet. Shakers and sticks and songs oh my! We will give music, singing and dancing a try! Our goal is to inspire children to have fun and be creative. This is a parent and tot interactive class. No class May 17.
Lydia Leung
Elm Room
Su Apr 19-Jun 21 10:00 AM-10:45 AM $81/9 sess 265858

Yoga for Young Ones (3-5 yrs)
This class will consist of basic movement, story telling, history of yoga, games, mantras and mudras. With children’s yoga your child will gain confidence, positivity, creativity and knowledge of beginner yoga poses. All classes have been designed by Kidding Around Yoga which include songs, games and stories your child will love. Drop-in $8.
Kylie Railton
Cedar Hall
F Apr 17-Jun 19 2:00 PM-2:45 PM $60/10 sess 265926
Martial Arts

**Axe Capoeira For Youth (6-12 yrs)**
Capoeira is an Afro-Brazilian martial art that combines music, self-defense, dance, acrobatics and physical conditioning to create a unique, multidisciplinary experience. Modern capoeira is one of the most inherently diverse martial arts in the world today with creativity, music, self-expression and strategic thinking as much a part of the core curriculum as physical training and fitness. Kids will love this program.

Axe Capoeira  
Elm Room  
W Apr 8-Jun 10 4:30 PM-5:30 PM  
$120/10 sess  
273838

**Aikido Beginner Level**
Aikido is a non-competitive but very effective martial art and emphasizes the development of self-discipline, focus, manners, meditation and self-defence within a friendly training atmosphere. New students will be required to buy a uniform for $40. Drop-in $12.00. No class Apr 13 and May 18.

Shohei Juku Aikido Canada  
Elm Room  
7yrs  
Tu Apr 7-Jun 16 5:00 PM-5:45 PM  
$110/11 sess  
274596  
8-12yrs  
M Apr 6-Jun 15 4:30 PM-5:30 PM  
$90/9 sess  
274594

**Aikido Upper Beginner Level**
This class is for coloured belt kids only. Aikido is a non-competitive but very effective martial art and emphasizes the development of self-discipline, focus, manners, meditation and self-defence within a friendly training atmosphere. Drop-in $12.00.

Shohei Juku Aikido Canada  
Elm Room  
Th Apr 9-Jun 18 5:00 PM-6:00 PM  
$110/11 sess  
274598

**Aikido Intermediate Level**
This class is for coloured belt kids only. Aikido teaches physical coordination, interaction with other children, self-discipline, and ability to respond to instruction. Drop-in $12.00. No class Apr 11.

Shohei Juku Aikido Canada  
Elm Room  
Apr 4-Jun 20 10:00 AM-11:00 AM  
$110/11 sess  
274597

**Shorinji Kempo (6-12yrs)**
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.

Shorinji Kempo Society  
Elm Room  
Sa Apr 4-Jan 20 1:00 PM-2:30 PM  
$70/10 sess  
274593

**Physical Recreation**

**Atomic Volleyball (9-12 yrs)**
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.

Volleyball BC  
Gymnasium - South (1/3)  
Th Apr 9-May 28 3:45 PM-5:00 PM  
$92/8 sess  
268357

**Basketball (8-12 yrs)**
Want to bring your game to the next level? Learn plays and drills that will help you be a better player and instill your “LOVE OF THE GAME”. This program is designed for intermediate to advanced players. No class May 16.

Emmanuel Segun  
Gymnasium - North (2/3)  
Sa Apr 18-Jun 13 1:00 PM-2:30 PM  
$80/8 sess  
267652

**Have your Birthday Party at Trout Lake Community Centre!**
See page 40 for all the options.
Remote Control Car Derby  
(6-12 yrs)
Bring your remote control car, or an extra one if you have it. If you don’t have a car, not to worry, come anyways. Test your skills through our obstacle course and timed track.
Wayne Huynh Gymnasium  
M Jun 22  
3:45 PM-5:00 PM  
$7/1 sess  
273882

Rhythmic 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.
Elite Gymnastics  
4-6 yrs  
F Apr 17-Jun 19  
4:30 PM-5:15 PM  
$60/10 sess  
273529  
Su Apr 19-Jun 21  
1:00 PM-1:45 PM  
$54/9 sess  
273530  
Su Apr 19-Jun 21  
1:45 PM-2:30 PM  
$54/9 sess  
273532
7-12 yrs  
F Apr 17-Jun 19  
5:15 PM-6:15 PM  
$65/10 sess  
273536  
Su Apr 19-Jun 21  
2:30 PM-3:30 PM  
$58.5/9 sess  
273538

Sportball Outdoor Multisport  
(5-7 yrs)
Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. 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 May 16.
Vancouver Sportball  
Outside - John Hendry Park Grass Area SW  
Sa May 2-Jun 20  
11:15 AM-12:15 PM  
$126/7 sess  
273801

Toni’s Soccer  
(5-6 yrs)
Soccer in a fun learning environment where children will learn skills of the game and develop team spirit! On sunny days, classes will be outside. Coached by Toni Lo Cascio trainer and coach with the Grandview Legion Football Club. Drop in $12.00. No class May 16.
Toni Lo Cascio Gymnasium - North (2/3)  
Sa Apr 18-Jun 20  
10:30 AM-11:30 AM  
$81/9 sess  
273011

Toni’s Soccer  
(7-9 yrs)
Soccer in a fun learning environment where children will learn skills of the game and develop team spirit! On sunny days, classes will be outside. Coached by Toni Lo Cascio trainer and coach with the Grandview Legion Football Club. Drop in $12.00. No class May 16.
Toni Lo Cascio Gymnasium - North (2/3)  
Sa Apr 18-Jun 20  
11:00 AM-12:00 PM  
$89/9 sess  
273012

Toni’s Soccer  
(10-13 yrs)
Soccer in a fun learning environment where teens will learn the basic skills of soccer through fun games and lots of opportunity to touch the ball! Classes will be outside. Coached by Toni Lo Cascio trainer and coach with the Grandview Legion Football Club. Drop in $17.00. No class May 17.
Toni Lo Cascio Outside - John Hendry Park Grass Area SW  
Su Apr 19-Jun 21  
10:30 AM-12:00 PM  
$135/9 sess  
273662

Zumba Kids  
(7-11 yrs)
Zumba kids classes, featuring kid-friendly fun dance routines based on original Zumba choreography. We break down the dance steps to make it easier for the kids, and add some games to make it fun to explore different cultures.
Suzette Lund Cedar Hall  
W Apr 15-Jun 3  
4:30 PM-5:30 PM  
$56/8 sess  
273526

Education

EV3 Mindstorms Robotics  
(8-12 yrs)
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!
Julio Sperschneider GCCA Board Room  
Tu May 5-May 26  
4:00 PM-5:30 PM  
$100/4 sess  
265837

Healthy Cooking Classes  
(8-12 yrs)
In our healthy cooking classes, kids learn fundamental cooking skills they will use their entire lives. Each week, we follow a healthy recipe that we share at the end of class. Our vegetarian recipes are carefully selected by holistic nutritionists, so that we can focus on fruits, vegetables, nuts, seeds and other wholesome yumminess. No special skills are required; just bring your appetite and curiosity for new food!
Graines De Chefs Grandview Room  
Th Apr 9-Apr 30  
3:45 PM-5:00 PM  
$80/8 sess  
266486  
Th May 7-May 28  
3:45 PM-5:00 PM  
$80/8 sess  
266490

French Treats for Mom  
(7-12 yrs)
Want to show your mom how special she is to you? Come to bake her some French treats. We teach healthy and delicious recipes to kids all year long, and we chose very special recipes for Mother’s Day! You will make madeleines and French chocolate treats. No cooking skills required.
Graines De Chefs Grandview Room  
Su May 3  
2:00 PM-3:30 PM  
$20/1 sess  
274987
Healthy Treats for Dad (7-12 yrs)
Want to show your dad how special he is to you? Come to bake him some healthy treats. We teach healthy and delicious recipes to kids all year long, and we chose very special recipes for Father’s Day! You will make oatmeal chocolate cookies and healthy chocolate truffles. No cooking skills required.
Graines De Chefs Grandview Room
Su Jun 14 2:00 PM-3:30 PM $20/1 sess 274988

LEGO Brick Animation (6-12 yrs)
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, including movement, timing, effects, editing, voice overs, and more. Or they can bring their own favorite Lego sets from home!
Julio Sperschneider GCCA Board Room
Tu Jun 2-Jun 23 4:00 PM-5:30 PM $100/4 sess 265838

LEGO Robotics WEDO 2.0 (7-12 yrs)
The LEGO WEDO 2.0 system provides an exciting introductory experience into the world of Robotics! WEDO 2.0 supports a hands-on, “minds on” learning solution that gives students the confidence to ask questions, and the tools to find the answers. Using LEGO elements, WEDO combines coding and robotics projects built on key science standards. Students will build projects such as a Walking Elephant, Climbing Monkey, and more! This class encourages science exploration and experimentation, and incorporates activities across Science, Engineering and Technology with STEM Education.
Julio Sperschneider GCCA Board Room
Tu Apr 7-Apr 28 4:00 PM-5:30 PM $100/4 sess 265836

Performing & Visual Art

Breakdancing (7-13 yrs)
Learn really cool breakdancing moves! Learn to prock, to do floor moves, power moves and freezes. Students will understand how to freestyle and cypher in this fun class! Jhaymee (aka bboy Eloquence) is a national breakdance champion. Drop-in $10. No class April 13 & May 18.
Jhaymee Hizon Cedar Hall
M Apr 6-Jun 15 3:45 PM-4:45 PM $81/9 sess 266246

Comics & Cartooning (7-12 yrs)
Young artists will learn easy ways of drawing superheroes, monsters, robots, manga and more! Learn to create original characters and your own comic strips! No drop-in. No class Apr 13 & May 18.
Janine Schroedter GCCA Board Room
M Apr 6-Jun 15 3:30 PM-4:30 PM $90/9 sess 265854

Creative Artists Multimedia Studio (6-12 yrs)
Join this creative journey and explore art. Explore with a variety of materials and techniques (drawing, painting, collage, printing and more). We will have an art show at the end of the session for families. All supplies included. Drop-in $12.
Mariana Frochtengarten Art Studio
Th Apr 9-Jun 11 3:45 PM-5:00 PM $90/10 sess 266504

Creative Clay (8-12 yrs)
Learn the basics of pottery techniques and the use of glazes. Creativity is encouraged while planning skills are developed to bring your imagination alive. Students will get to try their skills both on table and wheel projects throughout the set. Clay and glazes included.
Janine Schroedter Pottery Studio
Tu Apr 7-Jun 9 5:00 PM-6:30 PM $155/10 sess 265855

Creative Writing (8-12 yrs)
Learn about the elements of a story as you explore and write a variety of story styles. Each class will cover an aspect of narrative writing that supports stronger story writing skills. Bring your writing journal and pencil!
Cathy Belgrave GCCA Board Room
Sa Apr 4-May 9 1:00 PM-2:30 PM $65/5 sess 265959

Creative Writing Fairytales (8-12 yrs)
Learn about story structure, setting and character development by writing fairytales! In this small group setting, children will participate in a variety of fun, hands-on activities that inspire the young writer. Bring your writing journal and pencil!
Cathy Belgrave GCCA Board Room
Sa May 23-Jun 13 1:00 PM-2:30 PM $52/4 sess 265960

Dance X-treme for Pre-Teens (7-13 yrs)
Explore different styles of dance with a variety of guest dance artists. Enjoy energetic exploration of movement in a warm, safe, inspiring environment. Styles may include Hip Hop, Latin Dance, Acrobatic Dance, Musical Theatre, Creative Movement, and Bollywood! Drop-in $10.
Endorphin Rush Dance & Fitness Cedar Hall
Tu Apr 7-Jun 9 5:15 PM-6:15 PM $90/10 sess 265875

Explore With Clay (6-10 yrs)
We will craft a variety of functional and sculptural projects using hand building techniques. Pinching, slABBing, coiling and ceramic finishes will be explored.
Laura Van Der Linde Pottery Studio
Th Apr 16-Jun 18 3:30 PM-4:30 PM $110/10 sess 265857

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Laura Van Der Linde Pottery Studio
Th Apr 16-Jun 18 3:30 PM-4:30 PM $110/10 sess 265857
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.
Endorphin Rush Dance & Fitness Cedar Hall
6-8 yrs
Th Apr 9-Jun 11 4:30 PM-5:30 PM
$100/10 sess 265878
8-12 yrs
Th Apr 9-Jun 11 5:30 PM-6:30 PM
$100/10 sess 265879

Parent & Child Pottery (5+ yrs)
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.
Myriam Duchesne Pottery Studio
F Apr 17-Jun 12 6:00 PM-7:30 PM
$248/9 sess 265846

Play With Clay (6-10 yrs)
Imagination, creativity, and getting your hands dirty are all that is required for having lots of fun while creating in clay.
Janine Schroedter Pottery Studio
Tu Apr 7-Jun 9 3:30 PM-4:30 PM
$110/10 sess 265856

International Kids Yoga Day Event (5-12 yrs)
Come celebrate International Kids Yoga Day at Trout Lake with Smiley Kylie. How cool would it be to know you are practicing yoga with thousands of kids around the world on this one special day. Lots of songs, games, activities, meditation and more in this 2 hours special workshop.
Kylie Raitton Cedar Hall
F Apr 3 4:00 PM-6:00 PM
$15/1 sess 269962

Mother’s Day Handmade Lino-Cut Cards (10-14 yrs)
Create lovingly handmade cards for your parents. Students will be guided through basic lino block carving techniques and create their own hand carved lino stamps for printing. Pre-made stamps will also be available to add that extra flare!
Janine Schroedter Art Studio
M May 4 5:15 PM-6:45 PM
$30/1 sess 274253

Special FX: Born in the Kitchen (12-18 yrs)
Special effects were born in the kitchen! Ever wondered how special effects makeup used to be done? Surprisingly it was with a lot of things you can commonly find in your kitchen and craft drawer already. Learn how to pull off amazing effects without breaking the bank!
Nicky Anderson Grandview Room
Su Apr 26 2:00 PM-4:00 PM
$40/1 sess 275282

Sustainable Arts & Crafts for Kids (8-12 yrs)
Your recycling can become beautiful art pieces and usable crafts, printmaking, wind chimes and more! In this hands on class children will use recycled and natural material to express their creativity. No class May 16.
Cathy Belgrave GCCA Board Room
Sa Apr 18-May 23 11:30 AM-12:30 PM
$60/5 sess 271363

Theatre for Kids Afterschool (7-12 yrs)
Introduce your child to the magic of live theatre. Your child will learn the basics of acting, character development, object manipulation and cooperation on stage. Children will produce a live play with elements of puppetry and mask work by the end of the program. These classes will unleash your child’s creativity to a new height. The course includes homework exercises. Materials and instructions are provided by Vancouver Puppet Theatre.
Viktor Barkar Lakewood Room
Th Apr 9-Jun 11 4:00 PM-5:30 PM
$140/10 sess 266255

 Tween Pottery (11-16 yrs)
We will start with the basic hand-building techniques of pinching, coiling, and soft and hard slabs. Then we will start learning to throw on the wheel and explore decorating the surface with slips, carving, wax resist and glazes. With practice, repetition, focus and creativity, we will make great functional pieces.
Laura Van Der Linde Pottery Studio
Th Apr 16-Jun 18 4:45 PM-6:30 PM
$205/10 sess 265852

Play With Clay (6-10 yrs)
Imagination, creativity, and getting your hands dirty are all that is required for having lots of fun while creating in clay.
Janine Schroedter Pottery Studio
Tu Apr 7-Jun 9 3:30 PM-4:30 PM
$110/10 sess 265856

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Laura Van Der Linde Pottery Studio
Th Apr 16-Jun 18 4:45 PM-6:30 PM
$205/10 sess 265852
**Watercolour Painting for Children** (7-13 yrs)
Learn to paint with watercolour paints in this after school program for children who want to learn how to use water, paper, color and brushes to create an endless variety of tones in their paintings. Supplies are not included. Supply list available upon registration see receipt notes. Drop-in $15 space permitting.
No class Apr 15. www.atashzad.com
Mohammad Atashzad  
Art Studio  
W Apr 8-Jun 17  
3:30 PM-4:30 PM  
$95/10 sess  
266565

**Yoga For Kids** (6-12 yrs)
Cooperative games, theme activities, storytelling, music, and art engage the natural energy and enthusiasm of kids. Classes explore yoga poses, breathing exercises, visual imagery and relaxation techniques while conveying lessons in self expression, body image, social skills, positive thinking, and environmental awareness. Drop in $9.00.
Endorphin Rush Dance & Fitness  
Cedar Hall  
Tu Apr 14-Jun 16  
4:00 PM-5:00 PM  
$71/10 sess  
265874

**Private Music Lessons**

**Fiddle and Violin**

**Tuesday**

(4+ yrs)
Individual violin lessons taught by Aline Daigle for music lovers of all ages and levels. Aline has been performing and teaching for many years. She strives to cater to each student’s personal learning style and needs. Her balanced approach based on the best fit for each student is what makes students coming back.
Aline Daigle  
Preschool  
Tu Mar 31-May 12  
4:00 PM-9:00 PM  
$175/7 sess  
265456-265466

**Guitar, Ukulele, Mandolin**

(7+ yrs)
The 30 minute classes focus on technique, repertoire, basic theory and practicing skills. Participants work at their own level and pace. Participants must have their own instrument, note book and digital tuner for string instruments. Books available for about $15 depending on the instrument.
Rene Hugo-Sanchez  
Saturdays (No class Apr 11 & May 16)  
Preschool  
Sa Apr 4-Jun 20  
10:00 AM-1:30 PM  
$200/10 sess  
265467-265474

**Piano with Samuel**

(4+ yrs)
Learn to play classical, pop, or to compose music in a fun and encouraging environment. Lessons will cover a variety of practical skills such as rhythm, dexterity, technique, theory, note/choral reading as well as musical appreciation and performance opportunities. There will be an extra cost for books. Please pay the instructor. No class May 17.
Samuel Chan  
Maple Room  
Wednesdays  
W Apr 1-May 20  
3:30 PM-9:30 PM  
$200/8 sess  
265412-265424

**Piano with Lydia Leung**

(4+ yrs)
Learn to play classical, pop, or compose music in a fun and encouraging environment. Lessons will cover a variety of practical skills such as rhythm, dexterity, technique, theory, note/choral reading as well as musical appreciation and performance opportunities. There will be an extra cost for books. Please pay the instructor for books.
Lydia Leung  
Maple Room  
Su Apr 19-Jun 21  
11:30 AM-4:00 PM  
$225/9 sess  
265426-265435

**Piano with Lydia Kay**

(4+ yrs)
These are one-on-one piano half an hour private lessons for all ages and musical levels. Learn to play classical or pop music in a fun and encouraging environment. Lessons cover a variety of practical skills such as rhythm, dexterity, technique, theory, as well as musical appreciation and performance opportunities. Preparation for the RCM (Royal Conservatory Examinations) provided upon request. Books are not included. Students would acquire their own books upon instructor’s advice. There will be no make-up classes due to student’s absence.
Lydia Kay  
Maple Room  
Th Apr 2-Jun 11  
3:30 PM-8:00 PM  
$275/11 sess  
265436-265445

**Please register early!**

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
Moresports Fastbreak Basketball (8-12 yrs)
Learn the FUNdamentals of basketball - dribble, pass and shoot through progressive skill development, role playing and active participation. This program is designed for beginner to intermediate players. Moresports programs have a “Pay What You Can” policy. Subsidy can only be applied in-person or over the phone. If you have any question please ask the front desk.
Claude Mulrain Gymnasium - North (2/3)
Th Apr 16-Jun 18 3:45 PM-5:00 PM
$40/10 sess 267649

Moresports Smash Badminton (8-12 yrs)
We teach the basic FUNdamentals of badminton through skill development, teamwork, and exploring new strokes, strategies, and footwork. Take your game to the next level while having LOTS of fun! Moresports programs have a “Pay What You Can” policy. Subsidy can only be applied in-person or over the phone. If you have any question please ask the front desk.
Instructor, TBA Gymnasium
Tu Apr 14-Jun 16 3:45 PM-5:00 PM
$40/10 sess 267647

Moresports Floor Hockey (8-10 yrs)
Come and learn the basics of floor hockey. Focus is on active participation, fair play and skill development. Safety goggles provided and mandatory. All equipment provided. Only cosom hockey sticks are used. Moresports programs have a “Pay What You Can” policy. Subsidy can only be applied in-person or over the phone. If you have any question please ask the front desk.
Matthew Luong Gymnasium - South (1/3)
W Apr 15-Jun 17 3:45 PM-5:00 PM
$40/10 sess 267648

Moresports Fundamental Training
This class is designed to empower pre-teens in physical literacy by learning fundamental movement patterns as a building block to thrive in current and future physical activities. While promoting healthy lifestyle habits, this program will emphasize how to train safely and correctly in a fun and supportive environment while enhancing performance in physical abilities. No class May 16.
Jake Ross Grandview Room
Sa Apr 25-Jun 6 11:30AM-12:30 PM
$30/6 sess 245657

Moresports Mini Soccer
No experience is necessary! Soccer boots and shin guards are not provided; however, they may be worn if your child has them. Each session will focus on fundamental skills and followed by a game. Ending season Tournament - Soccer Jam - will be held at Trilium Field on Saturday June 13. No class on May 17.
Offsite - Van Tech Artificial Turf Field
5-6 yrs
Su Apr 26-Jun 7 9:00 AM-10:15 AM
$30/6 sess 273893

6-8 yrs
Su Apr 26-Jun 7 10:30 AM-11:45 AM
$30/6 sess 273903

9-10 yrs
Su Apr 26-Jun 7 12:30 PM-1:45 PM
$30/6 sess 273904

11-12 yrs
Su Apr 26-Jun 7 12:30 PM-1:45 PM
$30/6 sess 273905

Moresports Multisport
Having a tough time choosing which sport to play? Maybe all sports are your favourite! Join us and receive hands on experience playing a variety of sports including volleyball, soccer, basketball, dodge ball, and hockey! Challenge yourselves to learn new skills in a non-competitive setting! No class May 16. This program will be held at Gladstone Secondary School located at 4105 Gladstone Street.
Offsite - Gladstone School
5-7 yrs
Sa Apr 25-Jun 6 9:15 AM-10:15 AM
$30/6 sess 273911

7-9 yrs
Sa Apr 25-Jun 6 10:30 AM-11:30 AM
$30/7 sess 273908

8-13 yrs
Sa Apr 25-Jun 6 12:15 PM-1:15 PM
$30/6 sess 273910

9-10 yrs
Sa Apr 25-Jun 6 12:15 PM-1:15 PM
$30/6 sess 273909
SUMMER DAZE DAY CAMPS

Juniors (5-7 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 to Grade 1 in September 2020.** 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).

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<th>PRETEEN LEADERSHIP (11-13 yrs) 9:00-3:30PM</th>
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<td>Tu W Th F Aug 4-Aug 7</td>
<td>273357</td>
<td>273367</td>
<td>273399</td>
<td>Reigning Royalty</td>
<td>273378</td>
<td>273388</td>
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<tr>
<td>M Tu W Th F Aug 10-Aug 14</td>
<td>273358</td>
<td>273368</td>
<td>273400</td>
<td>Hawaiian Holidays</td>
<td>273379</td>
<td>273389</td>
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<tr>
<td>M Tu W Th F Aug 17-Aug 21</td>
<td>273359</td>
<td>273369</td>
<td>273401</td>
<td>Inventors Summit</td>
<td>273380</td>
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<tr>
<td>M Tu W Th F Aug 24-Aug 28</td>
<td>273360</td>
<td>273370</td>
<td>273402</td>
<td>Drama Llama</td>
<td>273381</td>
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<tr>
<td>M Tu W Th F Aug 31-Sep 4</td>
<td>273361</td>
<td>273371</td>
<td>273403</td>
<td>Music &amp; Magic</td>
<td>273382</td>
<td>273393</td>
</tr>
</tbody>
</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. $12 regular weeks, $9.60 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. $18 regular weeks, $14.40 short weeks (Week 1 & 6).

Community Youth Worker: Bernie
**Youth In Action (YIA)**  
(12-18 yrs)  
Youth In Action is an exciting adaptive program for teens with mild to moderate needs (behavioural and developmental). Join us two or three times a week for fun, challenging activities in a safe recreational environment. Youth have an opportunity to learn and form long lasting friendships. Note: Youth must first be registered with a CYSN through the Ministry of Children and Family Development before registering for YIA. For more information, please contact Karine at 604.257.6970 or YIA@vancouver.ca. Join us for a full day program on school ProD days!  
**1 Day a Week**  
Willow Room  
M-F Mar 30-Jun 19  3:15 PM-5:30 PM  
$84/12 sess  273404  
**2 Days a Week**  
Willow Room  
M-F Mar 30-Jun 19  3:15 PM-5:30 PM  
$168/24 sess  273405  
**3 Days a Week**  
Willow Room  
M-F Mar 30-Jun 19  3:15 PM-5:30 PM  
$252/36 sess  273407  
**Pro-D Camp**  
Spruce Room  
F May 15  9:30 AM-3:30 PM  
$18.50/1 sess  273408  

**Boys Club**  
(9-12 yrs)  
Come join this club for an exciting boys only adventure! From playing hockey and PS3 to making pizza and scavenger hunts plus much more, we are always on the move. Learn new skills and have fun in a friendly social environment.  
*Tamuel Nguyen- Serrano*  
Art Studio  
Tu Apr 7-Jun 9  3:30 PM-5:00 PM  
$70/10 sess  273342  

**Red Cross Babysitting**  
(11-16 yrs)  
This course is a nationally recognized program designed to prepare your growing teen to develop self-assurance, knowledge, and skills required for babysitting duties and when caring for themselves alone. Red Cross Babysitter’s Completion Card will be given with no expiry date.  
**Community Care First Aid**  
Willow Room  
Su Jun 7  9:30 AM-4:30 PM  
$61/1 sess  275944  

**BeaYOUtiful Workshop Series**  
(9-13 yrs)  
The BeaYOUtiful Foundation is dedicated to building confidence and self-love amongst young girls. This self-esteem program includes topics focused on media literacy, artistic expression, and positive body image activities. Workshops include making dream boards, smoothie bowls, dance and yoga classes, raw beauty photoshoot, theatre activities, guest speakers, and most importantly, one-on-one mentorship with women in your community. No class May 8, 15.  
**Lakewood Room**  
F Apr 24-Jun 12  6:00 PM-8:00 PM  
$85/6 sess  273412  

**Get Out Youth Camp**  
Camp Trip to Camp Sasamat - this weekend is filled with outdoor activities, and an opportunity to meet other youth from surrounding municipalities in a camp atmosphere. Leave your phone at home and unplug to connect on this awesome weekend. For more information, please contact Bernie Dionne, Community Youth Worker at Trout Lake Community Centre at 604-257-3098 or bernie.dionne@vancouver.ca.  
**Dionne, Bernie**  
Willow Room  
F May 15  9:30 AM-3:30 PM  
FREE/1 sess  273413  

**Youth Volunteer Orientation**  
(13-18 yrs)  
For youth who are wanting to volunteer at Trout Lake Summer Daze Daycamp, you will need to attend this orientation. The volunteers will be able to learn a variety of age appropriate activities designed to engage, educate, and entertain campers. Must register for this free training session.  
**Dionne, Bernie**  
Willow Room  
W Jun 10  5:00 PM-7:00 PM  
FREE/1 sess  273413  

**Youth Fundamental Movement Training**  
(13-18 yrs)  
Inclusive youth group training for all abilities. This class is designed to empower youth in physical literacy by learning fundamental movement patterns as a building block to thrive in current and future physical activities. While promoting healthy lifestyle habits, this program will emphasize how to train safely and correctly in a fun and supportive environment while enhancing performance in physical abilities.  
**Ross, Jake**  
Grandview Room  
F May 1-Jun 5  7:30 PM-8:30 PM  
FREE/5 sess  273829  

**Teen Weight Training**  
(13-16 yrs)  
Learn how to use weight training to get in shape, improve your sports performance and reach your fitness goals. Cost is a youth drop in rate or free with a valid Flexipass. All participants must sign up and bring a par q+ and consent and release form signed by their parent or guardian. Forms can be obtained from the Community Centre or online at www.vancouver.ca/parks  
**Jason**  
Fitness Centre  
M Apr 6-May 4  4:00 PM-5:00 PM  
$269146  
**Girls**  
W Apr 8-May 6  4:00 PM-5:00 PM  
$269147  

**Youth In Action (YIA)**  
(12-18 yrs)  
Youth In Action is an exciting adaptive program for teens with mild to moderate needs (behavioural and developmental). Join us two or three times a week for fun, challenging activities in a safe recreational environment. Youth have an opportunity to learn and form long lasting friendships. Note: Youth must first be registered with a CYSN through the Ministry of Children and Family Development before registering for YIA. For more information, please contact Karine at 604.257.6970 or YIA@vancouver.ca. Join us for a full day program on school ProD days!  
**1 Day a Week**  
Willow Room  
M-F Mar 30-Jun 19  3:15 PM-5:30 PM  
$84/12 sess  273404  
**2 Days a Week**  
Willow Room  
M-F Mar 30-Jun 19  3:15 PM-5:30 PM  
$168/24 sess  273405  
**3 Days a Week**  
Willow Room  
M-F Mar 30-Jun 19  3:15 PM-5:30 PM  
$252/36 sess  273407  
**Pro-D Camp**  
Spruce Room  
F May 15  9:30 AM-3:30 PM  
$18.50/1 sess  273408  

**Boys Club**  
(9-12 yrs)  
Come join this club for an exciting boys only adventure! From playing hockey and PS3 to making pizza and scavenger hunts plus much more, we are always on the move. Learn new skills and have fun in a friendly social environment.  
*Samuel Nguyen- Serrano*  
Art Studio  
Tu Apr 7-Jun 9  3:30 PM-5:00 PM  
$70/10 sess  273342  

**Girls Club**  
(9-12 yrs)  
No boys allowed! Sports, cooking, and craft projects are top priority in our agenda. Learn new skills and have fun in a friendly and social environment.  
*Sera Dass*  
Board Room  
Th Apr 9-Jun 11  3:30 PM-5:00 PM  
$70/10 sess  273341
Neighbourhood Cleanup Party
The Youth will be doing Community Clean Ups 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
Bernie Dionne Willow Room
Sa Apr 25 10:00 AM-1:00 PM
Free/1 sess 273410
Sa May 30 10:00 AM-1:00 PM
Free/1 sess 273411

Slamming the Stage: Poetry & Performance (NEW! (13-18 yrs)
In this course, we’ll explore the wilds of spoken word (or slam!) poetry. Building from an introduction to fundamental principles of spoken word writing and performance, we’ll play with a range of styles and voices, from straightforward personal narratives to fantastic collaborative experimentations!
John MacRae Lakewood Room
Tu Apr 7-May 26 5:00 PM-6:00 PM
$120/8 sess 272732

Youth Council (13-18 yrs)
The Trout Lake Youth Council wants to make a difference in the community. Our goal is to have a group of young people who can work together toward improving youth opportunities and experiences. The youth will earn volunteer hours, fundraise for great causes, gain employment training, and plan events. The council will also have a representative sit on the Trout Lake Community Centre Association Board. A Trout Lake CC Youth Program Participant membership (free with OneCard) is required to join this program.
Witton Chau Grandview Room
F Apr 3-Jun 12 5:00 PM-7:00 PM
Free/11 sess 273343

Year End Party
Grandview Room
F Jun 19 5:00 PM-7:00 PM
Free/1 sess 273344

GAMES ROOM AND YOUTH OFFICE
Come hang out in the Games Room (Willow Room) after school and play pool, foosball, ping pong, cards, or just chill with your friends. Get to know the Youth Staff, obtain resources, information, and learn about volunteer and work opportunities. Free with OneCard. Must be enrolled in our Youth Participation Program. Please contact Bernie Dionne, Community Youth Worker for more information. Games Room hours may be subjected to change without notice.

Open Gym & Games Room Schedule

<table>
<thead>
<tr>
<th>WEDNESDAY APR 1-JUN 17</th>
<th>FRIDAY APR 3-JUN 19</th>
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<tbody>
<tr>
<td><strong>NORTH GYM</strong></td>
<td><strong>SOUTH GYM</strong></td>
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<tr>
<td>Community</td>
<td>Preteen Volleyball</td>
</tr>
<tr>
<td>Development</td>
<td>Drop-in</td>
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<tr>
<td>Volleyball</td>
<td>3:15 PM-5:00 PM</td>
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<tr>
<td>3:30 PM-6:00 PM</td>
<td>Youth Volleyball</td>
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<td>Drop-in</td>
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<td>5:00 PM-8:00 PM</td>
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<td></td>
<td>Youth Open Gym</td>
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<td>8:15 PM-9:45 PM</td>
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</table>

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

Youth Awards Dinner at Killarney CC
Vancouver is recognizing outstanding youth and community centre youth groups who make a difference in communities across the city? Talk to your Youth Worker or contact youthweek@vancouver.ca to find out more.
F May 8 5:30 PM-8:30 PM

Basketball Events at Roundhouse CC
Food, ball and prizes. Girls game information to be announced. Contact sally.chang@vancouver.ca to register your team for FREE!
Sa May 2
JR Boys (Gr 8/9) 3 v3 10:00 AM-1:00 PM
SR Boys (Gr 10-12) 3 v3 1:00 – 4:00 PM
COMMUNITY GROUPS

TLCC Scribes Rugby Football Club

The Scribes RFC is a member club of the Vancouver Rugby Union and based in John Hendry Park. The club has a men's team, a women's team, sponsors mini rugby and tag rugby in the spring and summer. The rugby playing season is from September to March.

www.scribesrfc.com

Grandview Skating Club

Celebrating 51 years at Trout Lake Community Centre, Grandview Skating Club offers a fun, friendly environment, expert coaching and Skate Canada’s nationally recognized learn-to-skate programs for all levels, including: CanSkate, StarSkate, adult skating and CANPower (hockey/ringette skating skills).

Registration and more details at:
www.grandviewskatingclub.com

EMERGENCY PREPAREDNESS

Trout Lake Community Centre is a designated Disaster Support Hub, a place to gather, reunite with family members, seek support and offer assistance in the event of a major earthquake.

TLCC is also home to the local volunteer Emergency Support Services (ESS) team.

We are part of the City of Vancouver’s wider ESS group. We meet once per month at TLCC to plan neighbourhood resilience initiatives and receive training to provide vital support to the community.

To learn more about local emergency preparedness initiatives, email us at esszonec@gmail.com.
Fitness Centre
Cycle and Pilates
A 60 minute class that begins with 30 minutes of interval based cycling drills, followed by 30 minutes of core strengthening Pilates!
Herb Fitness Centre/Elm Room
Tu Apr 7-Jun 23
7:30 PM-8:30 PM
$120/12 sess

Fit 4 Two - Mom and Baby Spin and Strength
This Baby Friendly class allows mom to get a great indoor cycle workout AND attend to baby's needs at any time. Your instructor will take you on a journey through intervals of hill climbs, speed work and endurance riding combined with intervals of muscular endurance work, post natal specific core work and flexibility. Benefit from increased energy, improved posture, and a stronger core. This is a fantastic opportunity to connect with other new moms in your community. Pre-mobile babies only unless your baby is happy staying in your stroller. Drop in $16. Please complete a postnatal intake form online before your first class www.fit4two.ca
Fit 4 Two® Fitness Centre
Free Trial Class
Tu Mar 31
11:30 AM-12:30 PM
275417
Tu Apr 7-May 12
11:30 AM-12:30 PM
$83.04/6 sess
269149
Tu May 19-Jun 23
11:30 AM-12:30 PM
$83.04/6 sess
269150
F Apr 3-May 15
11:00 AM-12:00 PM
$83.04/6 sess
269151
F May 22-Jun 26
11:00 AM-12:00 PM
$83.04/6 sess
269152

Kinesis (19 yrs+)
Kinesis, the Latin word for movement, is full body training that combines strength training with cardiovascular training as well as deriving balance and flexibility benefits. Using the Kinesis machines in combination with functional training gives a great workout out!
Julie Fitness Centre
Th Apr 9-May 7
7:15 PM-8:15 PM
$30/5 sess
269140
Th May 12-Jun 18
7:15 PM-8:15 PM
$30/5 sess
269141

Parent & Child
Fit 4 Two Mom and Baby Barre (19+ yrs)
Designed specifically for postpartum women, Fit 4 Two® Mom & Baby Barre focuses on posture, alignment, strength, core and flexibility. Inspired by ballet, strength training, pilates and yoga, this Baby Friendly class is a great way to meet other moms in your community. All fitness levels welcome. Pre-mobile babies only unless your baby is happy staying in your stroller. Drop in $16. Please complete a postnatal intake form online before your first class www.fit4two.ca
Fit 4 Two® Fitness Centre
Free Trial Class
Th Apr 2
1:00 PM-2:00 PM
276766
Th Apr 9-May 14
1:00 PM-2:00 PM
$83.04/6 sess
273719
Th May 21-Jun 25
1:00 PM-2:00 PM
$83.04/6 sess
276765

Fit 4 Two Mom and Baby Stroller Fitness (19+ yrs)
Each Baby Friendly class includes intervals of cardio drills, functional strength training and short power walks followed by postnatal-specific core work and flexibility. Our mobile intervals are ideal for babies who like to be on the move. Come out and meet other moms in your community! All fitness levels welcome. You do not need a jogging stroller. Double strollers welcome. For safety reasons, mobile babies & tots should remain in their strollers/carriers/arms. Drop in $16. Please complete a postnatal intake form online before your first class www.fit4two.ca
Fit 4 Two® Fitness Centre
Free Trial Class
W Apr 1
11:00 AM-12:00 PM
246768
W Apr 8-May 13
11:00 AM-12:00 PM
$83.04/6 sess
273014
W May 20-Jun 24
11:00 AM-12:00 PM
$83.04/6 sess
276767

Fit 4 Two Prenatal Fitness (19+ yrs)
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. All Fit 4 Two® Instructors are Certified Pre & Postnatal Fitness Specialists and follow the guidelines of Society of Obstetricians and Gynecologists of Canada (SOGC). Drop in $18. Please complete a prenatal intake form online before your first class www.fit4two.ca
Fit 4 Two® Fitness Centre
Free Trial Class
W Apr 1
7:30 PM-8:30 PM
276780
W Apr 8-May 13
7:30 PM-8:30 PM
$93.34/6 sess
273721
W May 20-Jun 24
7:30 PM-8:30 PM
$93.34/6 sess
276770

Child Care (1-5 yrs)
Child care provides an opportunity for your child to play while you visit a dance, yoga, fitness centre, or other program. Pre-registration fees are non-transferable. Parents must remain onsite. Drop in $15.00 if there is space.
Maria Arico and Esther Fernandez
Fit 4 Two® Fitness Centre
W Apr 8-Jun 10
9:30 AM-11:30 AM
$115/10 sess
273807
Art Studio
F Apr 17-Jun 12
9:30 AM-11:30 AM
$103.5/9 sess
267346
ADULT FITNESS

Fitness Classes

Body Sculpting  
(19+ yrs)
Designed to tone the muscles of the body using weights, 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.
Herb DaSilva Gymnasium
Tu Apr 7-Jun 16 6:15 PM-7:15 PM
$52.80/11 sess 273803

Trout Lake Bootcamp  
(19+ yrs)
A challenging, interval style cardio and muscle conditioning class with step sequences, plyometric exercises and weight training. Drop in $6.00. No class April 11 and May 16.
Herb DaSilva Gymnasium
Sa Apr 18-Jun 13 9:00 AM-10:00 AM
$37.80/8 sess 273804

Gymnasium Sports Schedule

<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>MORNING</td>
<td></td>
<td>Table Tennis 9:30 AM-12:00 PM Apr 7-Jun 16</td>
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<td>Table Tennis 9:30 AM-12:00 PM Apr 9-Jun 18</td>
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<td>$11/11 sess Drop-in $2 268358</td>
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<td>$11/11 sess Drop-in $2 268359</td>
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<tr>
<td>AFTERNOON</td>
<td>Pickleball 1:30 PM-3:30 PM Apr 6-Jun 22</td>
<td>Older Adults Badminton 1:30 PM-3:30 PM Apr 7-Jun 16</td>
<td>Pickleball 1:30 PM-3:30 PM Apr 8-Jun 17</td>
<td>Older Adults Badminton 1:30 PM-3:30 PM Apr 9-Jun 18</td>
<td>Volleyball Beg &amp; Inter 3:00 PM-4:45 PM Apr 19-Jun 28</td>
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<td>(No class Apr 13 &amp; May 18)</td>
<td>$22/11 sess Drop-in $3 268360</td>
<td>$22/11 sess Drop-in $3 273812</td>
<td>$22/11 sess Drop-in $3 268361</td>
<td>(No class May 17) $43/10 sess Drop-in $5 273814</td>
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<td>$20/10 sess Drop-in $3 273811</td>
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<tr>
<td>EVENING</td>
<td>Badminton 8:00 PM-9:45 PM Apr 6-Jun 24</td>
<td>Basketball 8:00 PM-9:45 PM Apr 7-Jun 30</td>
<td>Indoor Soccer 8:00 PM-9:45 PM Apr 8-Jun 24</td>
<td>Volleyball Recreational 8:00 PM-9:45 PM Apr 2-Jun 25</td>
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<td>(No class Apr 13 &amp; May 18)</td>
<td>$51/12 sess Drop-in $5 266708</td>
<td>$51/12 sess Drop-in $5 266712</td>
<td>$47/11 sess Drop-in $5 273813</td>
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<tr>
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<td>$46/11 sess Drop-in $5 266675</td>
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Circuit Training  
(19+ yrs)
This workout is designed to improve muscular strength and endurance, balance, coordination and cardiovascular health. It is a total body workout done in intervals combining resistance training, cardio segments, body weight exercises, core and stretches. This class is time efficient, motivating and by constantly switching the routine will prevent boredom. Drop in $6.00.
Brenda Mattman Grandview Room
W Apr 8-Jun 10 9:45 AM-10:45 AM
$50/10 sess 268354

Fat Burner  
(19+ yrs)
Sculpt, chisel and tone in this total body conditioning class. Drop in $6.00. No class April 13 and May 18.
Jeanette Chang Gymnasium
M Apr 6-Jun 22 5:30 PM-6:30 PM
$48/10 sess 269815

Sport Drop-In Procedures

1. First priority of play is given for those who are registered.
2. Drop-ins only if space available.
3. Drop-ins will be placed onto a list at 9:15 AM/1:00 PM/7:00 PM (morning/afternoon/evening) in person only.
4. Registered participants have until 9:45 AM/1:45 PM/8:15 PM (morning/afternoon/evening) to check-in.

Programmer: Maggie

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

Baby and Me Yoga (19+ yrs)
In the class, we will stretch and strengthen and find moments to involve baby with movement, massage and songs. Crawlers are welcome and older children may come and watch and we can set up a reading area. Please bring a blanket for baby. Drop in $15.00. No class May 18.
Melissa Rodrigues  Elm Room
M Apr 20-Jun 22  10:00 AM-11:00 AM
$108/9 sess  269168

Chair Yoga (19+ yrs)
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.
Michele Smith  Lakewood Room
Tu Apr 7-Jun 9  9:00 AM-10:00 AM
$100/10 sess  273816

Gentle Yoga (19+ yrs)
In this dynamic style of yoga, postures are linked together in slow, gentle flowing sequences that follow the natural rhythm of the breath. Suitable for anyone wishing to practice at a more calming meditative pace. Drop in Adult $12.00 and Senior $8.00. No class May 17 and May 31.
Michele Smith  Cedar Hall
Tu Apr 7-Jun 9  10:15 AM-11:45 AM
$100/10 sess  273818
Su Apr 19-Jun 14  11:30 AM-12:45 PM
$70/7 sess  273820

Prenatal Yoga (19+ yrs)
Prenatal yoga is a great way to prepare your body for birth and connect with your growing baby. Some of the postures can help improve or prevent back ache and can help relax and calm your whole body and mind. All trimesters and levels welcome. Partners welcome too! www.melissarodrigues.com  Drop in $15.00. No class May 16.
Melissa Rodrigues  Lakewood Room
Sa Apr 18-Jun 13  11:15 AM-12:15 PM
$96/8 sess  269170

Yoga by Candle Light (19+ yrs)
TLCCA SUBSIDIZED
Enjoy yoga to candle light. All levels welcome. Drop in $8.00 if there is space.
Kylie Raitlon  Cedar Hall
M Apr 20-May 11  8:15 PM-9:15 PM
$28/4 sess  269812

Yoga Flow (19+ yrs)
Suitable for active beginners through to seasoned practitioners, this class will synchronize movement to breath, connecting one posture to the next in smooth, choreographed sequences that create heat in the body and develop strength and flexibility in the muscles and joints. Drop in $12.00. No class May 15, May 17, May 31 and Jun 5.
Melissa Rodrigues  Lakewood Room
F Apr 24-Jun 12  9:45 AM-11:00 AM
$85.14/9 sess  269169
Michele Smith  Lakewood Room
Su Apr 19-Jun 14  9:00 AM-10:15 AM
$66.66/7 sess  273824

Slow Flow Yoga (19+ yrs)
In Slow Flow yoga, enjoy spending time finding space between the poses while maintaining the rhythm of a flow / Vinyasa yoga class. Each class will focus on breath, alignment, lengthening and strengthening the various areas of the body that become easily stressed or strained. Open to all levels. Formerly called ‘Yoga for Cyclists’. Drop in $15.00. No class April 13 and May 18.
Shelby Lewis  Lakewood Room
M Apr 6-Jun 15  5:30 PM-6:45 PM
$90/9 sess  273825

Yoga Iyengar with Bridget (19+ yrs)
Join this class to increase your flexibility, strength and relaxation. The Iyengar method of yoga involves meditation in action: with its focus on the details of the yoga poses and conscious movement, it helps to bring the body and mind into healthy alignment. Beginners and ongoing students are welcome in the class. Bridget is an Iyengar-certified instructor. Drop in $18.00.
Bridget Donald  Lakewood Room
Tu Apr 7-Jun 9  7:45 PM-9:15 PM
$150/10 sess  273826
Th Apr 9-Jun 11  9:30 AM-11:00 AM
$150/10 sess  273827

The Trout Lake Pottery Club
The Trout Lake Pottery Club is an affiliated group of the Trout Lake Community Centre Association. This club is a volunteer-operated club that promotes and encourages community involvement and active participation. Not suitable for the production and/or professional potters. New membership applications only accepted at monthly meetings if space available (3rd Saturday at 9:15 AM).
$80/4 months  Pottery experience required  info@troutlakepotteryclub.groups.io
Pilates

**Freeflow Pilates & Barre (19+ yrs)**
Enjoy a total body workout that leaves you feeling strong, energetic and pain-free. Drop-in $18.00. No class May 16.

Rachel Helten
Cedar Hall
Sa Apr 18-May 30 1:30 PM-2:30 PM
$96/6 sess 273815

**Pilates Beginners (19+ yrs)**
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.

No class Apr 13 and May 18.

Amy Kiara Ruth
Elm Room
M Apr 6-Jun 15 12:00 PM-1:10 PM
$108/9 sess 268489
W Apr 8-Jun 17 6:15 PM-7:25 PM
$132/11 sess 268491

**Pilates Intermediate (19+ yrs)**
Enjoy more advanced Pilates exercises and continue to pay attention to breath, alignment, movement quality, and integration of core support. Drop in $15.00.

Amy Kiara Ruth
Elm Room
M Apr 6-Jun 15
12:00 PM-1:10 PM
$108/9 sess 268489
W Apr 8-Jun 17
6:15 PM-7:25 PM
$132/11 sess 268491

**Pilates Fusion (19+ yrs)**
For women and men who want to try a different method of fitness in a warm, encouraging environment. Increase levels of core strength, balance, flexibility, muscle tone, stamina, and well-being. Exercises are modified to meet the different needs of the class. Drop in $12.00.

Diana VanderVeen
Cedar Hall
Th Apr 2-Jun 11
9:30 AM-10:15 AM
$110/11 sess 273478

Marital Arts

**Aikido (16+ yrs)**
Aikido is a martial art founded in Japan in the early part of the last century by Morihei Ueshiba (1883-1969). 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 Apr 13 and May 18.

Shohei Akido
Elm Room
M 5:55 PM-7:25 PM Tu & Th 6:00 PM-7:30 PM
Sa 11:00 AM-12:30 PM

April
Apr 2-Apr 30
$70/month
267667

May
May 4-May 28
$70/month
267668

June
Jun 1-Jun 25
$70/month
267669

**Health QiGong (19+ yrs)**
During the process of regulating Qi and blood, and balancing Yin and Yang, it achieves the effect of strengthening the body and nourishing the heart. This class is instructed by Amy Zhu, national QiGong competition champion and certified Tai Chi instructor. Drop-in $7.00.

Amy Li Hua Zhu
Cedar Hall
Th Apr 2-Jun 25
10:30 AM-11:10 AM
$77.35/12 sess 273504

**KungFu Fan with Tai Chi - NEW! (19+ yrs)**
Tai Chi Kungfu Fan is a dynamic and enjoyable fan form that incorporates wide range of movements from traditional Chinese Kungfu, Tai Chi, and movements from non-martial sources. Coupled with the distinctively motivating, energising music. This is instructed by Amy Zhu, national gold medal QiGong champion and certified Tai Chi instructor. Drop-in $12.00.

Amy Li Hua Zhu
Granview Room
W Apr 8-Jun 24
6:00 PM-7:00 PM
$160/12 sess 273003

Shorinji Kempo (12+ yrs)
A sophisticated martial art that develops an individual's confidence and courage, but also nurtures a spirit of compassion and a sense of justice. Develop cooperation, teamwork, and leadership skills while having fun! Pro-rated fees do not apply to this program. A registered non profit organization. Drop-in $8.00.

Shorinji Kempo Society
Elm Room
M 7:35 PM-9:35 PM
F 7:00 PM-9:00 PM
Sa 2:30 PM-4:30 PM
Apr 3-Apr 27
$50/month
267670
May 1-May 30
$50/month
267672
Jun 1-Jun 27
$50/month
267674

T'ai Chi - 24 Form (19 yrs+)
T'ai Chi is practiced for health, self-defense and enjoyment. This short form is the perfect place to begin your studies. Kelly Maclean has trained since 1988 under some of the great masters and lineage holder of our time. This simplified Yang style form is perfect for beginners. Kelly has practiced martial arts and meditation for over 30 years. She has twice represented Canada at the World Wushu Competitions, and has won many medals internationally. She holds a 7th-degree black belt and is certified in Taijiquan (T'ai Chi), Xinyi, Bagua, Water Boxing, and QiGong. Drop in $16.00.

Kelly Maclean
Grandview Room
W Apr 8-Jun 24
6:00 PM-7:00 PM
$160/12 sess 273003
Tai Chi - 48 Form Part 1  (19+ yrs)
This form artfully combines the 4 main styles of taijiquan (Tai Chi); Yang, Chen, Wu, and Sun. It is a beautiful and nicely balanced routine. Experience with the 24 Form would serve as an excellent foundation. Drop in $16.
Kelly Maclean  Grandview Room  W Apr 8-Jun 24 7:00 PM-8:00 PM $160/12 sess 273004

Tai Chi - Yang Style  (19+ yrs)
Tai Chi improves strength, flexibility, balance and coordination. Suitable for all ages and fitness levels.
Michael Chiao  Lakewood Room  Sa Apr 11-Jun 13 9:00 AM-11:00 AM $40/10 sess 269167

Yang Style Traditional
22 steps  (19+ yrs)
This instructional Tai Chi exercise class will focus on Yang Style traditional Tai Chi, the most prominent style in the family of Tai Chi. Other Tai Chi styles originate from Yang Style. This class is instructed by Master Amy Zhu, national gold medal Tai Chi champion and certified Tai Chi instructor. Drop-in $10.00.
Amy Li Hua Zhu  Cedar Hall  Th Apr 2-Jun 18 11:15 AM-12:10 PM $102.84/12 sess 273502

Social
Mah Jong Intermediate  (40+ yrs)
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.
Teresa Chang  Lakewood Room  Tu Apr 7-Jun 16 11:30 AM-3:30 PM $5/season 273279
Th Apr 9-Jun 18 11:30 AM-3:30 PM 273280

Performing & Visual Art
ABC Acrylic Beginners - Colours  (19+ yrs)
With acrylics there is never a mistake - it's just another layer! Fast drying, water based acrylics has few rules and is a perfect medium for beginners to delve into painting. Colour mixing, theory and brush technique will be clearly demonstrated and will ultimately lead you into a juicy Loose Landscape. This is a class suited for beginners or for those who need a refresher in colour theory and brush technique. Acrylic paint supplies available upon request. $55 art kit includes paint, canvas and brushes.
Niina Chebry  Art Studio  Tu Apr 7-May 12 7:00 PM-9:00 PM $120/6 sess 266598

Sports
Adult Tennis  (18+ yrs)
Our programs take Progressive Tennis in an open skills environment, allowing development important to improving your tennis. The program upholds our values that are Character, Conditioning and Competency. You will learn about basic skills and competencies to play tennis. No class May 17
Wilson Tan  Outside - Tennis Court  Su Apr 19-Jun 21 3:15 PM-4:45 PM $240/9 sess 273710

Recreational Slopitch  (18+ yrs)
We are a Recreational Slopitch league with SPN registration located at John Hendry Park designed for fun and simple love of the game for adults. Each team must have a minimum of 10 players (5 females/5 males). Fees include regular season games (up to 18 games), Spring tournament and year end playoffs in August. Individual players looking to play slopitch are welcome to contact us and we will do our best to connect you with a team. Mandatory Team Captains meeting on March 7th, at Trout Lake Community Centre 7:00-9:00pm. Please register by Friday March 22, contact troutlakecc@vancouver.ca if you have any questions.
Andy Glowinkowski  John Hendry Diamond NW at John Hendry / Trout Lake Park  Every day Apr 27-Aug 9 7:00 PM-7:00 PM $1500/team 272825

Acrylic for Beginners  (19+ yrs)
Discover the creative artist in you! Acrylic is the perfect medium for beginners, and even professionals love the flexibility and ease of using acrylic. Rey will teach you the techniques, for building a painting, from underpainting to color mixing techniques in a fun and supportive environment. Art supplies included.
Reynato Pablo  Art Studio  Sa Apr 11- May 2 2:00 PM-4:00 PM $65/4 sess 266591

Acrylic Masterclass  (19+ yrs)
This class is designed for artists with painting experience and will focus on how you can use acrylics to achieve fantastic results. Rey will teach you about luminosity, color intensity, and mastering the transparent and translucent properties of glazes and veils. Bring a photo of your choice (still life, landscape, or portrait) and create a masterpiece from a blank canvas! Materials not included. You will be given the materials list 1 week before start date. Drop in $20, if space available.
Reynato Pablo  Art Studio  Sa May 16- Jun 6 2:00 PM-4:00 PM $60/4 sess 275622

ABC Acrylic Beginners - Colours  (19+ yrs)
With acrylics there is never a mistake - it's just another layer! Fast drying, water based acrylics has few rules and is a perfect medium for beginners to delve into painting. Colour mixing, theory and brush technique will be clearly demonstrated and will ultimately lead you into a juicy Loose Landscape. This is a class suited for beginners or for those who need a refresher in colour theory and brush technique. Acrylic paint supplies available upon request. $55 art kit includes paint, canvas and brushes.
Niina Chebry  Art Studio  Tu Apr 7-May 12 7:00 PM-9:00 PM $120/6 sess 266598
Acrylic Painting In The Style Of Oil & Watercolour (35+ yrs)  
**TLCCA SUBSIDIZED**  
This class will guide you to paint in oils or watercolor techniques with acrylic. Philip will demonstrate step by step to paint a beautiful picture in every session. A supply list, which is not included in the course price, will be handed out at the first class. No class May 18.  
Philip Tsang  
Grandview Room  
M Apr 20-Jun 1  
9:45 AM-11:45 AM  
$60/6 sess  
266579

**Adult Pottery** (19+ yrs)  
A fun and inspiring class with an emphasis on creating functional ware while learning new skills. Slabbing, pinching and wheel work are just a few of the techniques to be learned. Purchase clay at first class.  
Laura Van Der Linde  
Pottery Studio  
Th Apr 16-Jun 18  
9:00 AM-11:30 AM  
$250/10 sess  
266548  
Th Apr 16-Jun 18  
12:00 PM-2:30 PM  
$250/10 sess  
265849  
Th Apr 16-Jun 18  
7:00 PM-9:30 PM  
$250/10 sess  
265850

**All Bodies Dance - Spring Performance Project** (19+ yrs)  
**TLCCA SUBSIDIZED**  
All Bodies Dance Project brings together persons with and without disabilities to explore movement as a means of creative expression. The Spring Performance Project is for returning students interested in building choreography towards public performance. Instructor approval is required for this special 5 week session. ASL interpretation is available upon request.  
FREE thanks to funding from the Trout Lake Vancouver Community Centre Association (TLVCCA). Registration required. Please note this program is a scent reduced space so please do not wear perfumes, colognes or strong smelling products to class. For questions regarding this program, contact info@allbodiesdance.ca or go to www.allbodiesdance.ca.  
Rianne Svelnis  
Grandview Room  
Th Apr 30-May 28  
6:30 PM-8:00 PM  
Free/5 sess  
266606

**Be Bold and Go Big! Acrylic Painting** (19+ yrs)  
Try new techniques with acrylics and enjoy a creative release in this Be Bold and Go Big Acrylic Painting Class. We will be working with a variety of painting tools in a large scale format. Upstretched canvases will give you more freedom. Be prepared to use more than just a brush! Projects are designed to build confidence in painting and to simply loosen up. Supplies not included, may be purchased in class. A starter kit (paint, brushes, canvas paper) is available, $55 upon request. www.niinachebry.com  
Niina Chebry  
Grandview Room  
M May 25-Jun 22  
7:00 PM-9:00 PM  
$100/5 sess  
266599

**Belly Dance** (19+ yrs)  
Belly dance is a beautiful dance form that is available to every type of body. It is low impact, while offering an all body workout. We will isolate, shimmy, learn combos and short choreographies, dare to improvise, laugh a lot and have fun dancing together. All levels welcome. Drop-in $12.  
Georgina Daniels  
Cedar Hall  
W Apr 8-Jun 10  
6:15 PM-7:15 PM  
$100/10 sess  
266607

**Bluegrass and Appalachian Harmony Singing with Sue** (19+ yrs)  
Learn to sing the high lonesome harmonies of bluegrass and Appalachian old time songs the traditional way, by ear. We’ll explore the music of The Carter Family, Doc Watson, The Stanley Brothers, Monroe Brothers and many more pioneers of this rich musical style. Discover how to find harmony parts with different combinations of singers in small and large groups. No music reading or instrument playing - just lots of breathing, singing and fun! No drop-ins.  
Sue Malcolm  
Grandview Room  
Tu Apr 14-Jun 2  
7:00 PM-8:30 PM  
$150/8 sess  
266682

**Bluegrass Slow Pitch Jam Songbook Volume 2** (19+ yrs)  
All levels welcome. For guitar, mandolin, banjo, fiddle, bass, dobro and ukulele. You should be able to play basic chords or melody and speed is not necessary. Learn by ear through lots of singing and playing. An excellent way to practice your instrument, work on soloing, sing lead and harmony, and meet jamming buddies. There will be one or two community performances at the end of the session. Instructional materials are available from Sue. Slow Pitch Jam Volume 2 songbook with play-along CD available from instructor for $20. Please pay Sue for material. Drop-in $18.  
Sue Malcolm  
Lakewood Room  
Th Apr 16-Jun 4  
7:00 PM-9:00 PM  
$120/8 sess  
266688

**Cedar Square Basket Weaving Workshop** (12+ yrs)  
**TLCCA SUBSIDIZED**  
In the Haida/Kwakwakawakw 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. 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 square baskets. All supplies included.  
Todd DeVries  
Art Studio  
F Jun 5-Jun 12  
6:30 PM-9:00 PM  
$25/2 sess  
267564

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**Cedar Square Basket Weaving**
Yes, you can rent one of our rooms!

The Board Room, Maple Room, Lakewood Room, Grandview Room, Kitchen and Gymnasium can all be rented for your special event, meeting or party. Go to page 37 for more information.
Latin and Ballroom Dance *NEW* (19+ yrs)
Explore Latin Ballroom dancing Jive, Cha Cha, Waltz, Samba, Rumba, Tango, Paso Doble and Line Dance. Simple and basic steps for both men and women will be introduced. Simon Siu has won the best teacher award and he is an associate of the International Dance Teachers Association (UK). Beginners to experienced dancers are welcome. No partner needed! No class May 17. Drop-in $12.
Simon Siu Cedar Hall
Su Apr 19-Jun 14 1:00 PM-2:00 PM
$80/8 sess 268968

Learn to Dance (16+ yrs)
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! Drop-in $12.
Jhaymee Hizon Cedar Hall
Tu Apr 7-Jun 9 6:30 PM-7:30 PM
$100/10 sess 266249

Line Dancing Intermediate with Helen (19+yrs)
Get out on the dance floor and learn some new steps! Great for the body and soul. No partner needed. Adult drop-in $6.50, Seniors drop-in $4. No class April 13 & May 18.
Helen Ai Yee Lee Cedar Hall
M Apr 6-Jun 22 2:00 PM-3:30 PM
$60/10 sess 267569
Tu Apr 7-Jun 23 12:00 PM-1:30 PM
$72/12 sess 267568

Mixed Media Art Making for Adults (19+yrs)
Broaden your artistic world by combining, layering and creating, using a variety of different mediums and techniques. Among them are drawing, painting, printmaking, collage, stenciling and stamping. We will consider composition, color, shape, value, texture and line. Realism and contemporary themes can be mastered with mixed media. Let’s create out of the box! All supplies included.
Matia Pourghannad Grandview Room
F Apr 17-Jun 5 10:00 AM-12:00 PM
$114/8 sess 266689

Modern Line Dance Beginner and Intermediate (19+yrs)
In this beginner class, learn ballroom dance steps like Cha Cha, Waltz, Samba, Tango etc. with beautiful contemporary music. We will then have more intermediate steps to learn for those who want a challenge! It’s a great way to exercise and meet new friends. No partners required. No previous experience required. Drop-in $6. No class May 22.
Lucy Chiu Cedar Hall
F May 15-Jun 26 6:30 PM-8:30 PM
$30/6 sess 267572

Poetry for Performance: Slam and Spoken Word *NEW* (19+yrs)
In Introductions to Spoken Word, we’ll survey a range of approaches to performance poetry designed to help participants explore and cultivate their voice. With a mix of performance and writing exercises that range from writing poems from personal experience to writing poems with two or more people, this course offers lots to explore. Whether you’ve never written a poem in your life, or you slam every Monday night, this course offers fun challenges for all!
John MacRae Lakewood Room
Tu Apr 7-May 26 6:00 PM-7:00 PM
$120/8 sess 272745

Pottery Hand & Wheel (16+ yrs)
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.
Janine Schroeder Pottery Studio
Tu Apr 7-Jun 9 7:00 PM-9:30 PM
$250/10 sess 265847

PowWow Drum and Dance Workshop *NEW* (6+yrs)
TLCCA SUBSIDIZED
Red Fox Healthy Living Society offers fun activities that encourage participants to get active, meet others in their community and connect with Indigenous culture. We are facilitating an interactive PowWow Drum and Dance workshop at Trout Lake taught by Phabion Sutherland and elder Kat Norris. Our Pow Wow Drum and Dance Group fosters increased confidence in children, develops public speaking and performance skills. Children also develop team work skills by practicing and performing together. Please pre-register.
Red Fox Healthy Living Society Grandview Room
M May 4 6:00 PM-7:00 PM
Free/1 sess 273220

Samba/Brazilian Swag (19+yrs)
Explore the Brazilian culture through dance. Learn the basic steps of samba, Brazilian funk, Afro, frevo, samba reggae and many other Brazilian dances. At the end of the class, a short choreography is presented by all students. All levels are welcome and come and have some fun! Drop-in $10.
Lesley Maranhao Cedar Hall
Free Trial Class (Please Register)
Tu Apr 14 8:45 PM-9:45 PM 266608
Tu Apr 21-Jun 23 8:45 PM-9:45 PM 266609
Singing Fun for Adults  (19+ yrs)
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!
Allison Berry  GCCA Board Room
Tu Apr 21-Jun 23  6:30 PM-7:30 PM  $110/10 sess  267573
W Apr 22-Jun 24  11:30 AM-12:30 PM  $110/10 sess  267574

STRONG by Zumba  (NEW!)(19+ yrs)
Stop counting reps. Start training to the beat. STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. In each class you’ll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. STRONG by Zumba instructors change up the music and moves frequently to make sure you’re always challenged to the max. Drop in $10.
Lesley Maranhao  Gymnasium - South (1/3)
Free Trial (Please Register)
W Apr 15  6:00 PM-6:50 PM  268363
Free/1 sess
W Apr 22-Jun 24  6:00 PM-6:50 PM  $80/10 sess  268362

Sustainable Art & Play Ideas for Parents  (NEW!)(18+ yrs)
In this hands-on workshop, Cathy offers simple do-it-yourself ideas to enrich your child’s play at home. With a focus on natural and re-purposed material, Cathy provides a framework from which to address your child’s play and art expression. All materials provided. Children welcome. 
Cathy Belgrave  BA. B.Ed. is a Reggio-Inspired teacher, parent, and facilitator of authentic play experiences.
Cathy Belgrave  Art Studio
Th May 7  6:30 PM-7:30 PM  $15/1 sess  270480

Vintage Swing Partnered Dance  (16+ yrs)
Join us for a fun progressive class series on Charleston and Swing Dance basics in a rare and wonderfully accessible way using the partnered connection as a base for the Lindy Hop Step. No partner or previous experience needed! Drop-in $12. Register with two people and pay $90 each.
Katherine Single-Dain  Cedar Hall
W Apr 15-Jun 17  8:40 PM-9:40 PM  $100/10 sess  265921

Watercolour Painting for Adults and Seniors  (19+ yrs)
Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. Drop-in $25 space permitting. www.atashzad.com. Supply list will be provided first day of class. No class Apr 15.
Mohammad Atashzad  Art Studio
W Apr 8-Jun 17  1:30 PM-3:30 PM  $175/10 sess  266561

Zumba Mondays with Denise  (19+ 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 space permitting. No class May 18. www.ZumbaVancouver.ca
Denise  Cedar Hall
Free Trial (Please Register)
M Apr 6  7:00 PM-8:00 PM  266228
Free/1 sess
M Apr 20-May 25  7:00 PM-8:00 PM  266231
$40/5 sess
M Jun 1-Jun 29  7:00 PM-8:00 PM  266233
$40/5 sess

Zumba Tuesdays with Lesley  (19+ yrs)
This fitness class fuses Latin rhythms with easy to follow moves to create a dynamic workout designed for everyone at any fitness level. It combines Salsa, Cumbia, Merengue, Samba, Flamenco and more. Drop-in $11. www.zumbavancouver.ca
Zumba Vancouver  Cedar Hall
Free Trial (Please Register)
Tu Apr 7  7:45 PM-8:45 PM  266234
Free/1 sess
Tu Apr 14-May 26  7:45 PM-8:45 PM  266237
$56/7 sess
Tu Jun 2-Jun 30  7:45 PM-8:45 PM  266238
$40/5 sess
Education

Working with a Physiotherapist – Pelvis and Hips
This workshop will discuss common Hip and Pelvis pain and dysfunction and the various management strategies.
Heather Camenzind Registered Physiotherapist
Tu Apr 14 7:00 PM-8:30 PM 259819

Trans Inclusion in Fitness and Recreation
This workshop helps to go over the barriers that trans folks face in a fitness setting, and gives you tools and strategies to overcome those barriers. In addition you learn skills around language and pronouns to make everyone feel more safe and comfortable.
Dakota Shelby, Facilitator, Trans, Gender Diverse, and Two Spirited Inclusion Recreation
Tu Apr 28 7:00 PM-8:30 PM 260313

Working with a Physiotherapist – Managing Back Pain
Low back pain is one of the leading causes of disability and poses a huge burden of cost on our healthcare system. Many people don’t know what to expect when seeing a physiotherapist. This presentation will cover various types of low back pain and relevant treatment options to create a framework for achieving activity goals. Persistent pain and pain science will also be discussed within the topic of low back pain.
Iyad Salloum Registered Physiotherapist
Lyad Salloum Registered Physiotherapist
Tu May 12 7:00 PM-8:30 PM 259746

The Role of a Pharmacist
Perhaps you already know what a great resource your Pharmacist is. Join us to discover the many ways can work with your pharmacist.
CAPSI Canadian Association of Pharmacy Students and Interns
Tu May 26 7:00 PM-8:30 PM 259747

Drip Irrigation for a Waterwise Garden
With climate change making our summers drier and longer, the need to water our plants in a responsible way is more important than ever. In this Village Vancouver workshop with Dr.Yael Stav, we’ll discuss the various options for water-sensitive irrigation, and focus on drip irrigation systems and their benefits. We’ll explore irrigation planning in different scenarios, from large gardens through to patio containers, and familiarize ourselves with the typical components of drip irrigation and their setup. We’ll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.
Village Vancouver Willow Room Sa Jun 13 2:00 PM-4:00 PM $20/1 sess 275774

Growing Tasty Tomatoes
With the right conditions, tomatoes are easy to grow and taste terrific homegrown! Learn how to grow tomatoes in your sunny garden or containers. In this Village Vancouver workshop with Rhiannon Johnson, we’ll cover different types of tomatoes, starting from seed vs. buying a start, transplants, soil, care, and what to expect. To keep your tomatoes healthy, we’ll talk about tomato diseases and how to avoid them. You’ll learn how and when to harvest the tomatoes and how to ripen the green ones in the fall. We’ll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.
Village Vancouver Willow Room Sa Apr 4 10:00 AM-12:00 PM 275773

Green Committee (8+ yrs)
Join us the last Thursday of each month to share ideas and have conversations on how to make the community Centre and our city a greener place.
Jinny Yun Spruce Room Th Apr 30, May 28, Jun 25 7:00 PM-8:00 PM FREE 274766

Growing Superfoods (19+ yrs)
Enhance your health by adding homegrown superfoods to your plate! In this Village Vancouver workshop with Rhiannon Johnson, you’ll learn how to grow your own superfoods such as kale, ginger, turmeric, sprouts, and blueberries. Some superfoods are best grown indoors, and others outdoors, which equally flourish in a garden or in containers. We’ll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.
Village Vancouver Willow Room Sa Jun 13 2:00 PM-4:00 PM $20/1 sess 275774

Animal Aware (5+ yrs)
Join Parks Canada’s and learn about seeing wildlife in their natural habitat. In this family friendly workshop, tips will be provided on how to safely view animals while keeping a respectful distance. Children must be accompanied by an adult. All participants must register.
Parks Canada Agency Willow Room Sa Apr 4 2:00 PM-3:30 PM FREE 270454

Coast Smart (5+ yrs)
Take advantage of having the ocean in your backyard! This program will provide an introduction to recreation activities you can enjoy near or on the water and safety precautions to take when participating in coastal adventures. Learn about tides, rip currents, beach environments, coastal weather and personal safety for exploring the awe inspiring west coast.
Parks Canada Agency Willow Room Sa Apr 4 2:30 PM-3:30 PM FREE 270461

We have many more Creative Programs!
See pages 23 - 27 for detailed information
Dog Obedience - Intro to Dog Sport (18+ yrs)
Agility, scent work, Rally-O, tricks and conditioning exercises will be touched upon. Come out and fine tune your "obedience" cues while learning skills for a new sport each week. We will work on focus, stays, recalls, heeling, distance work, targeting games and relations building exercises - such a great way to build communication skills between you and your dog. Two sets of vaccinations are required.
DOGSsmartTraining | Lakewood Room
W Apr 15-May 20 | 8:30 PM-9:30 PM
$174/6 sess | 268526

Earthquake Preparedness - Apartment Living (18+ yrs)
This session is for the apartment / condo dwellers who have unique challenges when preparing for emergencies or disasters. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session will ensure you and your family are prepared. It covers what is required to develop your emergency plan, how to conduct a Hazard Hunt and what to do when an earthquake strikes when you live in an apartment or strata.
City Of Vancouver | Grandview Room
F May 8 | 1:00 PM-2:30 PM
Free/1 sess | 273487

Fungi & Art Walk (7+ yrs)
An experiential, educational, and artistic urban mushroom walking tour facilitated by mycologist and artist Willoughby Arevalo. Guided through sensorial and artistic explorations, each participant will be invited to reflect on the intersections between fungi, the urban ecosystem and the sensing/thinking body. Under 13 yrs old must be accompanied by an adult.
Willoughby Davi Arevalo | Willow Room
Sa Apr 25 | 1:00 PM-4:00 PM
$25/1 sess | 273486

Mindful Parenting (19+ yrs)
Through the practice of mindful parenting, parents can develop the capacity to be less reactive and to be more responsive in communication with their children. This course will give parents coping mechanisms for when they find themselves in stressful situations. The program itself is based on knowledge of the best of parenting research in addition to newer psychological research on the science of compassion, attachment and cognitive schemas. No class on May 18.
Sally McMahon | Art Studio
M Apr 20-Jun 15 | 7:15 PM-9:15 PM
$140/8 sess | 273881
**Philosophers’ Café** *(19+ yrs)*
Your chance to discuss philosophical issues with members of your community. This café is free and open to the public. You do not need formal training or experience, just a willingness to listen and exchange ideas.

*SFU Philosopher’s Café Board Room*
*Topic: Education is so last century, should we stop it?*

- W Apr 15 7:00 PM-8:30 PM
  - FREE 268520
- Topic: TBA W May 20 7:00 PM-8:30 PM
  - FREE 268521
- Topic: TBA W Jun 17 7:00 PM-8:30 PM
  - FREE 268522

**Plogging** *(7+ yrs)*
Plogging from the Swedish work “plocka upp” meaning “pick up” is a fitness and cleanliness routine while combining picking up litter while jogging. Get active while contributing to our community. Supplies can be picked up at 10am at the Community Centre.

*Centre Lobby*
*Sa Apr 25 and May 30 10:00 AM-12:00 PM*
- FREE 273809

**Self Defense for Women** *(19+ yrs)*
This course teaches defence against the most common types of physical aggression. It was developed by combining techniques from several martial arts for practical application. It has a strong emphasis on overcoming differences of strength and size as well as developing better awareness.

*Miguel Renigifo Elm Room*
*Th Apr 9-Jun 11 7:45PM-8:45PM*
- $96/8 sess 274270

**Spanish 1** *(19+ yrs)*
Learn Spanish in a warm and encouraging environment. You will learn basic Spanish for practical day-to-day situations; as well as, using the present tense to communicate with locals in all 20 Spanish-speaking countries. Be ready to participate and have fun.

*Edgar Anco Ascarza Board Room*
*Th Apr 30-Jun 18 5:30 PM-7:00 PM*
- $96/8 sess 268487

**Spanish 2** *(19+ yrs)*
Continue learning Spanish using everyday situations such as: daily routines, activities at home and with the family. Expressing likes, dislikes and similar feelings. You will learn new grammatical constructions; as well as, improving your fluency, pronunciation and listening. We will learn together!

*Edgar Anco Ascarza Board Room*
*Th Apr 30-Jun 18 7:00 PM-8:30 PM*
- $96/8 sess 268488

**Standard First Aid** *(15-55 yrs)*
SFA is a blended program is an online component, which can be completed in 2-7 hrs, followed by a one day 7 hr in class course. After you register please send maggie.vasicek@vancouver.ca an email to receive the on line component. This must be completed before the in class course date.

*Su Apr 26 9:30 AM-4:30 PM*
- $85/1 sess 276783

**Sustainable Art & Play Ideas for Parents** *(NEW! 18+ yrs)*
In this hands-on workshop, Cathy offers simple do-it-yourself ideas to enrich your child's play at home. With a focus on natural and re-purposed material, Cathy a framework from which to address your child's play and art expression. All materials provided. Children welcome.

*Cathy Belgrave BA. B.Ed. is a Reggio-Inspired teacher, parent, and facilitator of authentic play experiences.*

*Cathy Belgrave Art Studio*
*Th May 7 6:30 PM-7:30 PM*
- $15/1 sess 270480

**UBC Law Students Legal Advice Program** *(18+ yrs)*
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.

*UBC Law Students Willow Room*
*M Apr 20-Jun 15 6:30 PM-8:30 PM*
- FREE 273828

**Accessible Vegan:**

**Vegan Breakfast** *(19+ yrs)*
No eggs, no problem! Prefer savory over sweet to start your day, we got you! This workshop will provide you with ideas and inspiration for delicious day starter. Whether for on the go, or a sit down brunch with friends. We will go over vegan substitutes for animal products most commonly associated with the first meal of the day, and we'll cook up some recipes so you can see how easy vegan cooking is. No experience is necessary - just the desire to learn and have fun! Bring an apron if you have one! This workshop is led by Sarah Kim, a vegan baker and chef of 15 years+.

*Sarah Kim Grandview Room*
*Su May 24 10:00 AM-12:30 PM*
- $15/1 sess 273829

**VPD Women’s Personal Safety Team Workshop** *(NEW! 16+ yrs)*
The workshop is open to women, minimum age of 16 years. Anyone under 18 years must come with a parent to sign their waiver. This workshop is designed to be easily learned and remembered by women with little or no tactical training.

*Vancouver Police Department Gymnasium - Trout Lake*
*Tu Jun 23 7:00 PM-9:00 PM*
- FREE 273262

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**Please register early!**

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
Social

**Secret Garden High Tea Outing**  (NEW)
Meet us at Secret Garden (2138 W. 40th Ave, Vancouver) for high tea.
F Jun 12  12:00 PM-1:30 PM  
$53/1 sess  275780

**Knitting Together**  (50+ yrs)
Enjoy knitting and making new friends. The program also consists of knitting at least one hat and scarf for the Downtown Eastside homeless folks using donated yarn. No class April 13 and May 18.
M Apr 6-Jun 15  11:00 AM-3:00 PM  
Willow Room  273277

**Patch Work & Quilting**  (50+ yrs)
Beginners and experienced quilters are welcomed to this social group. Each term we learn new quilting skills and together make articles which are donated to worthy causes. Members are encouraged to incorporate these skills into one of their own creations. This term we are recycling like early quilters; from used denim and jeans we will be making colourful cathedral window rag quilts.
W Apr 8-Jun 17  12:45 PM-3:15 PM  
$20/season  273275

**Seniors Collaborative Creative Writing**  (50+ yrs)
You have important stories to tell and only you can tell them. Ingrid will lead you through the creative writing process step by step from start to finish. No previous experience with creative writing, just a willingness to let go and dive in. Experienced writers will also find room to expand.
Ingrid Rose  Willow Room  
Th Apr 9-Jun 11  10:00 AM-12:30 PM  
$85/10 sess  270038

Health & Fitness

**Breathe Well - Live Well**  (50+ yrs)
This is a community based education and exercise program designed for people living with chronic respiratory conditions such as COPD, emphysema or bronchitis. Participants are required to attend an individual pre-program assessment. A medical referral is required. Please call 604.267.4430 or 604.709.6510 for more information. Register at Trout Lake CC. No class April 13.
Vancouver Coastal Health  Healthy Living Program  Maple Room  
M Th Apr 6-May 14  12:30 PM-3:00 PM  
FREE  272993

**Gentle Fit**  (45+ yrs)
Fitness for the young at heart. Mild to moderate exercises plus motivating music to give you a gentle cardiovascular exercise while you enjoy a workout. For more active and mobile seniors who have attended fitness classes and wish to maintain their fitness level. Floor work is optional and can be done in chairs.
Rachel King  Grandview Room  
Tu Apr 7-Jun 16  9:15 AM-10:15 AM  
$44/11 sess  274767

**Mary’s Walking Group**  (50+ yrs)
Meet in the Lobby at 11:15am and walk around the lake with Mary. Meet new friends and enjoy the beauty of Trout Lake. Please pre-register.
Mary Freeman  Centre Lobby  
Tu Apr 7-Jun 23  11:15 AM-12:00 PM  
FREE  273830

Bus Trips

**Whistler Village and Shannon Falls**  (55+ yrs)
Come spend the day in Whistler Village and discover why over two million people visit Whistler annually. On our way home to Vancouver we will stop by Shannon Falls which is composed of series of cliffs, rising 335 metre above Highway 99 making it the third highest falls in the province.
Centre Lobby  
W May 27  9:30 AM-5:00 PM  
$65/1 sess  268485

**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 Montaque Park. Visit an artist and local shops. Enjoy lunch in a pretty restaurant, Afternoon Tea is served in the village. If anybody is UNDER 65 or Not a BC resident the ferry fare is $30 return.
Joy Brown  Centre Lobby  
Th Jun 4  8:15 AM-6:15 PM  
$79/1 sess  267337

**Tuscan Farm and Tanglebank Gardens**  (55+ yrs)
Take a refreshing guided tour of Tuscan Farm Gardens during lavender bloom and enjoy a lunch at Rendezvous Restaurant (not included in fee). After lunch we will be heading to Tanglebank Gardens. Cost of tour includes transportation and entrance fee to Tuscan Farm Gardens.
Centre Lobby  
W Jun 24  9:30 AM-3:30 PM  
$65/1 sess  268486

Seniors Writing Group
Learn to write your own life stories or express yourself through poetry. Join our writing group for motivation, encouragement, and structure as we write in a friendly, supportive environment. Led by Vanneau Neesham, writer, retired journalist & English teacher. Please pre-register. No class May 18.
Vanneau Neesham  Granview Room  
M Apr 20-Jun 15  10:00 AM-11:30 AM  
FREE  275970
Older Adults - Active & Strong (55+ yrs)
Get involved in a fun and exciting seniors’ aerobics class! Take this fitness class as a perfect way to stay fit, get active and to socialize with others. Exercises include a whole body work out and strength training with resistance bands. Best of all, 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. No class Apr 13 and May 18.
Sharon Chan Cedar Hall
M Apr 6-Jun 8 11:00 AM-12:00 PM 273833
Kate Lee
W Apr 8-Jun 10 11:30 AM-12:30 PM 275795
Gail Dibernardol
F Apr 17-Jun 12 11:00 AM-12:00 PM 273834

Osteofit for Life (40+ yrs)
BC Women’s Hospital Osteofit Program designed for individuals with osteoporosis, also suitable for inactive and/or no exercise-experience individuals. Goals: to improve posture, mobility, balance & strength. All participants are required to complete the BC Women’s Hospital Health Centre’s Health Screening Form, and if there is an answer “yes”, then also the Medical Clearing Form.
Rachel King
Lakewood Room
Th Apr 9-Jun 18 1:30 PM-2:30 PM 268356

Strength and Balance (45+ yrs)
This balance and mobility program for older adults will help improve your functional mobility, increase lower body strength, improve balance and reduce fall risk. No class April 13 and May 18.
Rachel King
Lakewood Room
M Apr 6-Jun 15 12:00 PM-1:00 PM $36/9 sess 268355

Physical Recreation

Axe Capoeira for Seniors (55+ yrs)
Capoeira is an Afro-Brazilian martial art that combines music, self-defense, dance, acrobatics and physical conditioning to create a unique, multidisciplinary experience. Modern capoeira is one of the most inherently diverse martial arts in the world today with creativity, music, self-expression and strategic thinking as much a part of the core curriculum as physical training and fitness.
Axe Capoeira Elm Room
W Apr 8-Jun 10 1:00 PM-2:00 PM $50/10 sess 273835

Chair Yoga (19+ yrs)
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.
Michele Smith Lakewood Room
Tu Apr 7-Jun 9 9:00 AM-10:00 AM $100/10 sess 273816

Gentle Yoga (19+ yrs)
In this dynamic style of yoga, postures are linked together in slow, gentle flowing sequences that follow the natural rhythm of the breath. Suitable for anyone wishing to practice at a more calming meditative pace. Drop in Adult $12.00 and Senior $8.00. No class May 17 and May 31.
Michele Smith
Cedar Hall
M Tu Apr 7-Jun 9 10:15 AM-11:45 AM $100/10 sess 273818

Fintess Centre

Kinesis and Stretch 55+
This class is suitable for “active boomers”, and the class is run as a circuit using the Kinesis machines, dumbbells, bands and body weight exercises. All participants must provide a par q+ form 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.tautscherg@vancouver.ca if you have any health issues and he may be able to recommend a class that is more suitable.
Brian Fitness Centre
W Apr 8-May 6 11:00 AM-12:00 PM $30/5 sess 269142
W May 20-Jun 17 11:00 AM-12:00 PM $30/5 sess 269143

Older Adults Strength & Conditioning (55 yrs+)
The first 30 mins of the class, participants will do their own warm up, 30 mins will be allocated for groups to use the Kinesis or other strength equipment. The last 30 mins will focus on balance, core and flexibility. 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.
Brian/Brenlee Fitness Centre
Tu Apr 7-Jun 30 9:30 AM-11:00 AM 269144
Th Apr 2-Jun 25 9:30 AM-11:00 AM 269145
SOCIAL TUESDAYS

TLCCA SUBSIDIZED

April 7 - June 23, 2020 @ 12:15 PM

$7/season. Grandview Room. Please pre-register #271167

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.

Apr 7 . . . Ukranian Egg Decorating – Melanie Lemaire
Apr 14 . . . Bingo and PRIZES
Apr 21 . . . Zero Waste – City of Vancouver
Apr 28 . . . Czech Luncheon $7.00 (please pay at the front desk in advance)
May 5 . . . Gentle Yoga – Michele Smith
May 12 . . . Taste of Italy – Gabrio Mannucci
May 19 . . . Lasagna Luncheon $7.00 (please pay at the front desk in advance)
May 26 . . . Strength and Balance – Rachel King
June 2 . . . BC Genealogy Society
June 9 . . . Play with Clay – Marie-Paule Biscaino
June 16 . . . Soup, Sandwich and Salad Luncheon $7.00 (please pre-register at the front desk)
June 23 . . . Picture to Story Part 2 – Karen Janke
FRIDAY LUNCHEONS

Easter Luncheon
Enjoy a delicious lunch and performance. Menu: turkey, stuffing, cranberries, mashed potatoes, green salad and dessert followed by a performance by The Wind Choir.
F Apr 17  12:00 PM-2:00 PM
$8.50/1 sess

Mother’s Day Luncheon
Enjoy a delicious lunch and performance. Menu: chicken, rice, salad and dessert followed by a performance by The Soda Crackers.
F May 15  12:00 PM-2:00 PM
$8.50/1 sess

Seniors’ Week Luncheon
F June 5  12:00 PM-2:00 PM
$8.50/1 sess

Join Our Seniors Committee

Tuesdays
April 28, May 19, June 16
at 2:00 PM

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.

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

Programmer: Maggie
Ice Skating
Public skating & skating lessons are still happening until mid-August at Sunset, Hillcrest & Britannia Ice Rinks! Trout Lake will reopen for public skating in early September & skating lessons late in September.

Trout Lake Ice Rink Dry Floor
Adult Roller Hockey Stick & Puck
Wed & Thu Apr 15-Jun 25  11:45 AM-1:15 PM
All Stick & Puck sessions: Same day reservations. Participants can reserve a spot at 9:30am by calling 604-257-6955 ext 1. Space permitting. To keep your reservation, you must be sign in and pay by 11:30 AM. Trout Lake Arena is open for dry floor rentals. Please visit https://vancouver.ca/parks-recreation-culture/rink-rentals.aspx for details.

THE ALL BODY COMMUNITY FITNESS GROUP
Get Active! Eat Well! Stay Healthy! Workouts beginning April 6, 2020
Welcoming all shapes, sizes and abilities, we are an inclusive, specialized, choice based lifestyle management program developed to encourage and support your personal health goals.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Walk Group for Guys</strong> 9:30-10:30 AM</td>
<td><strong>Basic Training</strong> 10:30-11:30 AM</td>
<td><strong>Basic Training</strong> 9:10:00 AM</td>
<td><strong>Basic Training</strong> H2O Shallow 9-10:00 AM</td>
<td><strong>Basic Training</strong> H2O Shallow 9-10:00 AM</td>
<td><strong>Basic Training</strong> 9:15-10:15 AM</td>
<td><strong>Intro to Indoor Cycling</strong> 9:30-10:30 AM</td>
</tr>
<tr>
<td><strong>Sledge Hockey Stick and Puck</strong> 1-2:30 PM</td>
<td>Included with your Flexipass or ABC 10 class card: <a href="http://vancouver.ca/parks-recreation-culture/flexipasses.aspx">http://vancouver.ca/parks-recreation-culture/flexipasses.aspx</a></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Ongoing registration is welcome and encouraged!</td>
</tr>
<tr>
<td><strong>Basic Training</strong> 5:15-6:15 PM</td>
<td><strong>Basic Training</strong> 5:15-6:15 PM</td>
<td><strong>Call Trout &amp; reserve a seat for indoor cycling 604-257-6955</strong></td>
<td></td>
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</tr>
<tr>
<td><strong>Walking Soccer Pilot</strong> 7-8:00 PM</td>
<td><strong>Intro to Indoor Cycling</strong> 6:15-7:00 PM</td>
<td><strong>Basic Training</strong> 5:45-6:45 PM</td>
<td></td>
<td><strong>Walking Soccer Pilot</strong> 5:45-6:45 PM</td>
<td><strong>Yoga and Relaxation</strong> 5:30-6:30 PM</td>
<td><strong>Basic Training</strong> H2O Deep 7-8:00 PM</td>
</tr>
<tr>
<td><strong>Health &amp; Wellness Wksp</strong> 7-8:30 PM Select Tuesdays</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Health &amp; Wellness Wksp</strong> 7-8:30 PM Select Mondays</td>
<td><strong>Recumbent Training by invitation</strong> 6:00-7:00 PM</td>
<td><strong>Recumbent Training by invitation</strong> 6:00-7:00 PM</td>
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</tbody>
</table>

Included with your Flexipass or ABC 10 class card:
- ABC Master roster registration (by request)
- Group Training
- Support from the ABC Fitness Group coordinator and the ABC team
- Access to all of the Park Board’s 15 Fitness Centre’s, 9 Pools, and 8 Ice Rinks
- Wellness workshops – Free to public

*Limited resources: http://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx

Ongoing registration is welcome and encouraged!

Need more information?
Please contact our HW Coordinator: kate.lee@vancouver.ca

Trout Lake Ice Rink Dry Floor
Adult Roller Hockey Stick & Puck
Wed & Thu Apr 15-Jun 25  11:45 AM-1:15 PM
All Stick & Puck sessions: Same day reservations. Participants can reserve a spot at 9:30am by calling 604-257-6955 ext 1. Space permitting. To keep your reservation, you must be sign in and pay by 11:30 AM. Trout Lake Arena is open for dry floor rentals. Please visit https://vancouver.ca/parks-recreation-culture/rink-rentals.aspx for details.
REGISTRATION & REFUND POLICIES

Registration Info:

In Person/Phone/Online:
Wednesday, March 11 at 7:00 PM
Please have your Credit Card number and Course number ready for phone in registration.

Summer 2020 Program Registration:
Wednesday, May 13 at 7:00 PM

Where to find us:
3360 Victoria Drive (between 15th & 19th Ave)
Vancouver, B.C. V5N 4M4
604-257-6955 and press 1
tROUTL@KECC.COM
@ROUTL@KECC

Registration Policy:
• Registrations are non-transferrable to another person.
• Persons may register for themselves, their 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 Policies: Programs
• Full refunds and transfers will be issued for any program cancelled by the Association.
• Full refunds and transfers, minus the $5 administration fee, will be issued to the purchaser with a full 48 hours’ notice.
• For refund & transfer requests received up to 24 hours after the second class, the purchaser will be charged the $5 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), will be issued to the purchaser with a full 14 days’ notice. Note that 14 days includes weekend days.

Refund Policy: All Camps, Workshops and Bus Trips
• Camps run Monday to Friday
• Full refunds, minus the $5 administration fee, will be issued to the purchaser with a full 7 days notice. Note that 7 days includes weekend days. For example, if a camp is planned for July 10th 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.

LEISURE ACCESS PROGRAM

The Leisure Access Program allows Vancouver residents in financial need to access basic recreation services and programs at reduced cost. Residents who pre-qualify for the LAP program are eligible to receive a OneCard that includes a built-in 50% subsidy that is accepted at all Park Board pools, rinks, fitness centres and for many community centre programs (some conditions and restrictions apply). TLCC allows one LAP discount per person per season. (one registered program #) For more information, go to http://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx.
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 is a birthday party, business meeting, corporate event, wedding or playing sports in our gymnasium with family and friends, we’ve got it!

Deposit Fee & Payments

To confirm your booking, payment of the deposit fee or total payment is mandatory at the time of booking. This deposit fee will vary based on the timing, complexity, scope and size of your event. Should there not be any damages to the rented room or additional charges that occur the deposit will be refunded within 14 days of 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. The staffing fee is $25 per hour with a minimum 2 hour booking. The Rental Staff must also be scheduled 15 minutes before and after the start and end time of the rental. The number of staff is dependent on the size of the event. Any events with 100 guests or more in attendance and/or are serving alcohol are required to have two Rental Staff at minimum. A copy of the renters Special Event Permit is required 2 weeks before the rental date when serving alcohol during the event.

Important Information:

- Use of the Kitchen is for warming and serving food only. No cooking allowed.
- All room rentals must host private functions only, the functions cannot be advertised and open to the public.
- 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 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 Recreation Programmer.
- Discounted room rental rates are available for Non-Profit Organizations. A copy of your society certificate is required at the time of booking to obtain these rates.
- Gym rentals are for approved sports activities only. Ball and floor hockey are not allowed. A Certificate of Insurance is required prior to the gym rental date(s). For more information, please visit www.eventpolicy.com

Available Upon Request:

- 2.5’ x 6’ rectangular tables
- Chairs
- Sound System
- Wireless Microphone
- Projector Screen
- Podium

Equipment Fees:

- 5’ round tables - $9/table
- LCD projector - $50
- Parent & Tot Equipment - $25
- Bouncy Castle - $60 (with the rental of the Gymnasium only)

TROUT LAKE COMMUNITY CENTRE ROOM RENTAL INFORMATION

<table>
<thead>
<tr>
<th>Room Name</th>
<th>Maximum Capacity (Lecture)</th>
<th>Maximum Capacity (Reception)</th>
<th>Dimensions &amp; Square Footage</th>
<th>Deposit Fee</th>
<th>Room Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Board Room</td>
<td>25</td>
<td>14</td>
<td>19x12 ft./230 sq. ft.</td>
<td>$25</td>
<td>$25/hr.</td>
</tr>
<tr>
<td>Maple Room</td>
<td>30</td>
<td>15</td>
<td>26x11 ft./285 sq. ft.</td>
<td>$25</td>
<td>$25/hr.</td>
</tr>
<tr>
<td>Lakewood Room</td>
<td>65</td>
<td>45</td>
<td>34x25 ft./1010 sq. ft.</td>
<td>$100</td>
<td>$45/hr.</td>
</tr>
<tr>
<td>Grandview Room</td>
<td>125</td>
<td>80</td>
<td>46x25 ft./1255 sq. ft.</td>
<td>$200</td>
<td>$65/hr.</td>
</tr>
<tr>
<td>Grandview/Lakewood Room (Combined)</td>
<td>190</td>
<td>125</td>
<td>80x25 ft./2265 sq. ft.</td>
<td>$300</td>
<td>$110/hr.</td>
</tr>
<tr>
<td>Kitchen</td>
<td>8</td>
<td>N/A</td>
<td>15x211 ft./165 sq. ft.</td>
<td>N/A</td>
<td>$25</td>
</tr>
<tr>
<td>Gymnasium (Full)</td>
<td>400</td>
<td>N/A</td>
<td>104x72 ft./7488 sq. ft.</td>
<td>N/A</td>
<td>$75/hr.</td>
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<tr>
<td>Gym 2/3</td>
<td>240</td>
<td>N/A</td>
<td>57.5x72 ft./4140 sq. ft.</td>
<td>N/A</td>
<td>$40/hr.</td>
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<tr>
<td>Gym 1/3</td>
<td>160</td>
<td>N/A</td>
<td>57.5x72 ft./4140 sq. ft.</td>
<td>N/A</td>
<td>$35/hr.</td>
</tr>
</tbody>
</table>

Wedding rates are subject to a 10% increase and $500 damage deposit is required. Film/Movie rates apply, please contact the Rentals Department for rates. Music Royalty fees will apply when live or recorded music is played to account for any copyright fees. 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 troutlakerental@vancouver.ca. Please allow 3-5 business days to receive a response from the Rental Coordinator. Rental request must be submitted at least 7 days prior to your booking date. For more information, please visit www.troutlakecc.com
**FITNESS CENTRE**

**Trout Lake Fitness Centre**

**Hours of Operation**
- Monday – Friday: 6:00 AM-10:00 PM
- Weekends: 8:00 AM-5:00 PM

**Rates & Fees**

<table>
<thead>
<tr>
<th></th>
<th>ADULT</th>
<th>SENIOR / YOUTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop-in</td>
<td>$6.53</td>
<td>$4.57</td>
</tr>
<tr>
<td>10 Visit Pass</td>
<td>$53.89</td>
<td>$37.72</td>
</tr>
</tbody>
</table>

*(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.

**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.**

**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.

<table>
<thead>
<tr>
<th></th>
<th>PRIVATE PERSONAL TRAINING</th>
<th>SEMI-PRIVATE PERSONAL TRAINING</th>
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<tbody>
<tr>
<td>1 session</td>
<td>$54.32</td>
<td>$81.45</td>
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<tr>
<td>3 sessions</td>
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<tr>
<td>5 sessions</td>
<td>$242.08</td>
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<tr>
<td>10 sessions</td>
<td>$451.02</td>
<td>$692.33</td>
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*(Fees include GST)*

**Child Care**

Go to page 8 for detailed information
Indoor Cycling

April 1 - June 30, 2020

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>Cycle Fit</td>
<td>Cycle Core</td>
<td>Cycle Fit</td>
<td>Cycle Xpress</td>
<td>Cycle Fit</td>
<td>Intro to Cycling</td>
<td>Cycle Fit</td>
</tr>
<tr>
<td>9:30 AM-10:30 AM</td>
<td>9:30 AM-10:30 AM</td>
<td>9:30 AM-10:30 AM</td>
<td>6:15 AM-7:00 AM</td>
<td>8:15 AM-9:15 AM</td>
<td>9:30 AM-10:15 AM</td>
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<tr>
<td>Cycle Core</td>
<td>Cycle Fit</td>
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<td>6:00 PM-7:00 PM</td>
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Schedule is subject to change without notice. Please call 604-257-6955 (1) to confirm or visit http://vancouver.ca/parks-recreation-culture/indoor-cycling.aspx

Intro to Cycling

Welcoming ABC patrons, members new to indoor cycling and those looking for an active recovery option, we are happy to announce an even more accessible format for our Intro to indoor cycling. Starting this September this 45 minute class will include 30 minutes on the bike and 15 minutes follow-up for core, balance, flexibility and mobility. Our trainers are committed to your success and will take time to come around while you are cycling to support appropriate technique and intensity. *Please note drills for this class will be seated.

Cycle Fit

60 minutes of indoor riding with a longer warm up and cool down

Cycle Core

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

Cycle Xpress

45 minutes of riding with quick warm & cool down.

Two Ways To Reserve Your Seat:

Register for your favorite class for the whole season or call ahead and reserve your spot on a drop-in basis.

Seasonal Registration Procedures: If you don’t check in 10 mins before your class your spot may be given to someone on the drop in wait-list. Refund requests must be submitted within 24 hours of the completion of the 2nd scheduled class. No other refund requests will be considered without a doctor’s note. You may only take the class you are registered in and classes are not transferable to another person. Registration Ends Mar 26, 2020.

Whole Season

Registered classes include GST

Monday:
9:30am Cycle Fit #269160 Apr 6 – Jun 29 $70.02/13 sessions
6:00pm Cycle Core #269155 Apr 6 – Jun 29 $70.02/13 sessions

Tuesday:
9:30am Cycle Core #269157 Apr 7 – Jun 30 $70.02/13 sessions
6:00pm Cycle Fit #269161 Apr 7 – Jun 30 $70.02/13 sessions

Wednesday:
9:30am Cycle Fit #269162 Apr 1 – Jun 24 $70.02/13 sessions
6:00pm Cycle Core #269158 Apr 1 – Jun 24 $70.02/13 sessions

Thursday:
6:15am Cycle Xpress #269166 Apr 2 – Jun 25 $70.02/13 sessions
9:30am Cycle Core #269159 Apr 2 – Jun 25 $70.02/13 sessions

Friday:
9:30am Cycle Fit #269163 Apr 3 – Jun 26 $70.02/13 sessions

Saturday:
8:15am Cycle Fit #269164 Apr 4 – Jun 27 $70.02/13 sessions

Sunday:
9:00am Cycle Fit #269165 Apr 5 – Jun 28 $70.02/13 sessions

Indoor Cycling Drop-In

$6.53 for drop-in or $53.89 for 10 ticket* pass

Drop-in Reservation Procedure

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 and 8:15 am to 3:30 pm Saturday and Sunday. *note new times
3. Evening classes call the day of the class and morning classes can call a day ahead
4. Check in at the front desk 10 minutes prior to your class start time
5. If you have not checked in 10 minutes prior to your class your spot may be given away
6. You may reserve a bike for you and one other person.
7. All paid participants will receive a numbered card a max. 30 min before class. This card must be on the bike.

*10 tickets may be used for all indoor cycling classes at Champlain, Creekside, Dunbar, Hillcrest, Kitsilano and Trout Lake
**BIRTHDAY PARTIES**

at Trout Lake Community Centre

**Birthday Party (3-12 yrs)**
Trout Lake is becoming more GREEN! In an effort to reduce waste: reusable plates, cups, and cutlery will be included in the birthday package. All you need to do is provide the cake, food, party guests, and party favours! Don’t worry about any cleanup or set up, our amazing birthday party leaders will take care of that too!

<table>
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<tr>
<th>Included:</th>
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<tbody>
<tr>
<td>• 3 Birthday Party leaders</td>
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<tr>
<td>• Large Birthday Party Room</td>
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<tr>
<td>• 45 minutes of gym time &amp; toys</td>
</tr>
<tr>
<td>• Tables and Chairs</td>
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<tr>
<td>• Decorations</td>
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<tr>
<td>• Set Up and Clean Up of the room</td>
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</tbody>
</table>

Add on: Bouncy Castle – Additional $65

A leader will contact you to discuss party details. Maximum 30 kids and 30 adults. No modifications/extensions to birthday party package, no exceptions. Highly recommend to register online. Registration day, March 11th at 7pm.

Vanna Nguyen
Grandview Room

**AM Parties**
Sa Apr 11-Jun 27
11:00 AM-1:00 PM
Gym time
11:00 AM-11:45 AM
$220/1 sess 273565-273576

**PM Parties**
Sa Apr 11-June 27
2:00 PM-4:00 PM
Gym time
2:00 PM-2:45 PM
$220/1 sess 273577-273586

**Pottery Birthday Party (4-14 yrs)**
Party includes 1 hour of clay activities such as plates, pots, masks or animals led by a pottery instructor, 1 hour in the art studio, balloons and table covers led by a Birthday party leader. All you need to do is provide the food, cake, party guests and party favours. Myriam will contact you in advance of your party. Max 12 kids.

Myriam Duchesne
Art Studio
Su Apr 5 1:00 PM-3:00 PM 268351
Su May 3 1:00 PM-3:00 PM 268352
Su Jun 14 1:00 PM-3:00 PM 268353

**Art Birthday Party (4-14 yrs)**
Have an artist in your life? This unique Art Birthday Party in our Art Studio will have all your guests feeling inspired. All you need to do is provide the food, cake, party guests and party favours. Birthday party includes Artist Emily Luo, creative activity, and art supplies. Balloons and table covers included. Emily will contact you 10 days in advance to discuss party details. Max 12 kids.

Emily Luo
Art Studio
Su Apr 26 1:00 PM-3:00 PM 265935
Su May 17 1:00 PM-3:00 PM 265936
Su Jun 7 1:00 PM-3:00 PM 265937

**Included:**
- 3 Birthday Party leaders
- Large Birthday Party Room
- 45 minutes of gym time & toys
- Tables and Chairs
- Decorations
- Set Up and Clean Up of the room
If there is one issue that impacts everyone and every community, globally and locally, it is climate change. Organizations, big and small, have a responsibility to do their part to enable positive change and create solutions for the people they serve.

The Trout Lake Vancouver Community Centre Association’s (TLVCCA) committees, Board of Directors, and staff teams are stepping up to do what we can to be part of positive change given our role and the scope of our work.

Within our new strategic plan, we commit to “strengthening environmental sustainability”. To this end, and alongside other Community Centre Associations and Park Board staff, we founded and co-designed an initiative called “Communities for Climate Hope” (C4CH) that identifies strategies and activities to engage, educate, and empower community centre patrons on environmental conservation, sustainable lifestyles, and climate action.

As the C4CH initiative evolves, it will guide programming, events, policies, partnerships, and the provision of our services at Trout Lake Community Centre and may inspire actions within other community centres and community-based organizations. In leading by example, TLVCCA hopes to unite people and positive environmental efforts within our community as well as our network of allied organizations working towards sustainable, healthy communities.

Below is a collection of this season’s programs and events that align with the spirit of Communities for Climate Hope.

- Out and About Adventures (pg. 8)
- Nature and Art (pg. 8)
- Healthy Cooking Class (pg. 10)
- Sustainable Artist Crafts for Kids (pg. 12)
- Neighbourhood Cleanup Party (pg. 17)
- Cedar Square Basket Weaving Workshop (pg. 24)
- Cedar Weaving Bracelet Workshop (pg. 25)
- Sustainable Art and Play Ideas for Parents (pg. 27)
- Animal Aware (pg. 28)
- Coast Smart (pg. 28)
- Essential Oils (pg. 29)
- Vegan Baking (pg. 30)
- Patch Work & Quilting (pg. 31)
- Birthday Party Green Box (pg. 40)
- Earth Day (inside back cover)

Get involved!

*Did you know?*

Did you know that many of Vancouver’s community centres have citizen-led Associations that guide centre programming and policies? If you are interested in learning more about the Association at Trout Lake, please reach out to us!

*troutlakecc@gmail.com*

*troutlakecc.com*

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*troutlakecc.com*
**SPECIAL EVENTS**

**International Kids Yoga Day Event**  
*(5-12 yrs)*  
Come celebrate International Kids Yoga day at Trout Lake with Smiley Kylie. How cool would it be to know you are practicing yoga with thousands of kids around the world on this one special day. Lots of songs, games, activities, meditation and more in this 2 hours special workshop.  
**Kylie Raitton**  
**Cedar Hall**  
**F Apr 3**  
**4:00 PM-6:00 PM**  
**$15/1 sess**  
**269962**

**Stat Holidays**  
*(3+yrs)*  
A day of fun for the family on your Stat Holiday. We’ve got the bouncy castle set up, arts & crafts, games and more. FREE! Please pre-register.  
**Gymnasium - Trout Lake**  
**M Apr 13**  
**10:00 AM-12:00 PM**  
**Free/1 sess**  
**265329**  
**M May 18**  
**10:00 AM-12:00 PM**  
**Free/1 sess**  
**265330**

**PowWow Drum and Dance Workshop**  
*(6+ yrs)*  
**TLCCA SUBSIDIZED**  
Red Fox Healthy Living Society offers fun activities that encourage participants to get active, meet others in their community and connect with Indigenous culture. We are facilitating an interactive PowWow Drum and Dance workshop at Trout Lake taught by Phabion Sutherland and elder Kat Norris. Our Pow Wow Drum and Dance Group fosters increased confidence in children, develops public speaking and performance skills. Children also develop team work skills by practicing and performing together. Please register.  
**Red Fox Healthy Living Society**  
**Grandview Room**  
**M May 4**  
**6:00 PM-7:00 PM**  
**Free/1 sess**  
**273220**

**Ready, Set, Learn**  
*(3-5 yrs)*  
As part of a provincial initiative, Trout Lake Community Centre and Laura Secord, Cunningham, Carleton, Beaconsfield, and Queen Victoria Elementary School and various community organizations are hosting a fun event for pre-kindergarten aged kids from 3-5 years old to help start them on their journey of life-long learning and introduce them to school in a fun way. Please join us and tell your friends. Children must be accompanied by a caregiver. Please pre-register.  
**Gymnasium**  
**F Apr 3**  
**10:00 AM-11:30 AM**  
**FREE**  
**259591**

**Artisan Pottery & Bake Sale**  
Enjoy live music, hand crafted pottery from the Trout Lake Pottery Club. On Saturday only, enjoy delicious home baking from the TL Seniors.  
**Centre Lobby**  
**F May 8**  
**4:00 PM-9:00 PM**  
**Sa Su May 9-May 10**  
**9:00 AM-4:00 PM**  
**273831**

**SAVE THE DATE**

**Honouring and Uplifting the Women and Life-givers in the Community.**

**Mother’s Day Traditional**

**POW WOW**

**TROUT LAKE COMMUNITY CENTRE**

**3360 Victoria Dr, Vancouver, BC V5N 4M4**

**MAY 8–10, 2020**

**Education Day – Friday, May 8th**

**Powwow – Sat - Sun, May 9th - 10th**

**Free Admission, Everyone Welcome**

**Vendor & Exhibitor Registration**

Registration opens Feb 15, 2020. Space is limited! For more information, or to book a table, please contact vancouverpowwow@gmail.com | 604.718.5562
EARTH DAY CELEBRATION

Saturday April 18th, 10:00 AM – 11:00 AM  FREE!

Celebrate Earth Day!  Come join the celebration and entertainment at Trout Lake where there will be musical performances, sustainable arts and crafts using natural materials, and the community coming together to celebrate Earth Day.  After the fun at Trout Lake, join the 10th annual Earth Day Parade and Festival organized by the Windermere Secondary’s Youth for Climate Justice Now.

10:00 - 11:00  Pre-parade celebration - Trout Lake
11:00 - 11:30  Proceed to parade staging area - Grandview and Commercial
11:30 - 12:30  Parade - up Commercial Drive to Grandview Park
12:30 - 3:00  Earth Day Festival - Grandview park

Easter Bunny Party (2+ yrs)

Saturday April 4th, 10:00AM – 12:00PM

Bring the whole family and have fun making Easter arts & crafts, parent & tot toys, bouncy castle, Easter egg hunt, and kid’s entertainment!

$5.00 per Child (2+ yrs)
Children under the age of two years are FREE
Please pre-register # 265328
Dano Korean Festival

Sunday May 31, 11:30am-1:00pm
Artistic Director: Sun Rey Han – Free #268349

Please pre-register.

11:30-1:00 Ongoing Arts & Crafts, Korean Food Sale
11:30-11:45 Korean Samulnori (Traditional Korean Percussion Ensemble) by Namsadag Cultural Institute
11:45-11:50 Opening by Emcee & Sun Rey Han
11:55-12:05 Haeguem solo by Stella Song
12:10-12:20 Hanbok Demonstration (Korean Traditional Dress) by Sun Rey
12:20-12:35 Taekwondo by Namsadag Cultural Institute
12:40-1:00 Korean Nanta (Korean Drumming) by Namsadag Cultural Institute

Hanami
5th Annual Japanese Cherry Blossom Celebration

Sunday March 29, 11:00 AM-1:30 PM
Artistic Director: Hiroko Shinozaki – Free #261448

Please pre-register.

11:00-1:00 Ongoing Arts & Crafts, Japanese Food Sales,
$5 tea cups made by Trout Lake Pottery Club
11:00 Yujiro Guitar
11:10-11:35 Japanese Tea Ceremony Demonstration with Omote Senke
11:40-11:50 Taiko & Okinawa Sanshin (Drumming) with Nori:
11:55-12:05 Kitsuke (Kimono Dressing) Demonstration with Yoko Matsuno
12:10-12:40 Performance by JAM, Calligrapher- Kisyuu, Shakuhachi/Shamisen-Ryuzen,
Koto-Vi-An Diep
12:45-1:00 Aikido Demonstration
1:10-1:30 Japanese Dance Performance by Satsuki Kai