



**Celebrate the Trout Lake Community!**  
**Trout Lake Annual General Meeting**  
**November 22nd at 7 p.m.**

# COMMUNITY CENTRE ASSOCIATION

## Trout Lake Community Centre Association

### 2023 Board of Directors

President . . . . . Lisa Kew  
Vice President I . . . . . Che Poppins  
Vice President II . . . . . Leslie Tenta  
Vice President III . . . . . Jim Morris  
Treasurer . . . . . Bill Hawke  
Secretary . . . . . David Finnis

#### Members at Large:

Kari-Jane Adams, Iona Bonamis,  
Kevin Gilliam, Stacey Hagerty,  
Yiman Jiang, Anchita Kaushik,  
Rebecca McInnes, Igor Pavlov, Sam  
Simonton, Valerie Spicer, Teresa  
Whitehouse

Senior Board Administrator: Carol Smith

**We would like to acknowledge that  
the land on which we work, play  
and live is on the unceded  
territories of the  
Musqueam, Squamish,  
and Tsleil-Wututh Nations.**

### Mission Statement

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



## Welcome, from the TLCCA Board

Welcome to the Fall season at Trout Lake Community Centre. I hope that you and your family had a great summer and enjoyed some of our programs, classes, day camps, summer concerts and the beauty of John Hendry Park. As the colourful changing leaves of Fall approach, so does our exciting lineup for all ages.

### Creative community events

This season, our event calendar includes:

- the popular and yummy Fall Harvest Dance (Oct. 13, activity #466908)
- a Spooky Halloween Bash (Oct. 28, activity #466919) that features Trout Lake Youth Council's increasingly amazing haunted house
- TLCC Seniors' quilt, knit, and bake sale (Nov. 25); and the lovely Artisan Pottery Sale (Nov. 24-25)

Check out the events pages in this Recreation Guide for more or head to [troutlakecc.com](http://troutlakecc.com).

### Programs for brain, body, and soul

Fall is the season to start putting indoor play and learning back into your life. Choose from our array of popular programs like pottery, music, painting in watercolour or acrylics, dance of several sorts, after school programs, and many sports and recreation choices. Preschool and Parent & Tot programs are back in session too. Also, don't forget to check out our creative and thought-provoking workshops and effortless birthday party packages.

### Calling all older adults

Trout Lake's weekly Social Tuesdays are a fantastic community building opportunity for older adults (55+). Midday workshops are followed by social time over coffee and tea and the cost is just \$8/season. Come along and please share this opportunity with someone you know who might enjoy a weekly gathering.

### Trout Lake Community Centre Association

Fall is when members have opportunities to learn about our creative, accountable, and locally driven non-profit Board of Directors. Attend our 'Meet the Board' socials (check [troutlakecc.com](http://troutlakecc.com) in September for dates or look for our table in the hallway) and find out how you can contribute to the Trout Lake community. From event day help to operational planning, the giving of your time will be appreciated. Please reach out to [carol.smith@troutlakecc.com](mailto:carol.smith@troutlakecc.com) for details.

I also encourage you to attend our Annual General Meeting on November 22 to learn about all we accomplished this year. You will meet Board members and centre & Association staff. Find out about the Association's committees and affiliated groups and hear about the amazing work they do together at the centre.

PS: The TLCC Association holds a strong belief that access to programs should be available regardless of income. We encourage anyone who needs it to look into our Program Cost Assistance. Come in and chat with the centre's wonderful staff for more info.

See you here soon,

Lisa Kew & the TLCCA Board of Directors

## Registration Info:

### Fall Program Registration

In Person/Phone/Online:

Thursday, August 17 at 7:00 PM

### Winter Program Registration

In Person/Phone/Online:

Thursday, December 7 at 7:00 PM

Register by phone at 604-257-6955 and press 1.

Register online at [vancouver.ca/troutlakecc](http://vancouver.ca/troutlakecc)

Please have your Credit Card number and  
Course number ready for phone in registration.

## Where to find us:

3360 Victoria Drive (between 15th & 19th Ave)  
Vancouver, B.C. V5N 4M4

604-257-6955 and press 1 | [troutlakecc.com](http://troutlakecc.com)



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## Hours of Operation:

September 4 – December 31, 2023

### 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-9:45 PM  
Sat & Sun ..... 8:00 AM-4:45 PM

### Holiday Hours

Labour Day, September 4 ..... Closed

#### Dec 24 & Dec 31

Fitness Centre/Community Centre ..... 8:00 AM-4:00 PM

#### Dec 25 & Jan 1

Fitness Centre ..... 10:30 AM-3:30 PM

Community Centre ..... 10:30 AM-3:30 PM

#### Dec 26

Fitness Centre ..... 10:30 AM-3:30 PM

Community Centre ..... 10:30 AM-3:30 PM

## Your Recreation Staff:

If you have any questions, contact us at [troutlakecc@vancouver.ca](mailto:troutlakecc@vancouver.ca)

Shannon Donaghey-Antunes ..... Recreation Supervisor  
Maggie Vasicek ..... Recreation Programmer  
Matt Sung ..... Recreation Programmer  
Ivan Dragelj, Marlon Flores, Gloria Lai ..... Program Assistant III  
Steve Tautscher ..... Fitness Programmer  
Eddy Uechi ..... Ice Rink Programmer  
Bernie Dionne ..... Community Youth Worker  
Jerry Chan ..... Rental Coordinator  
Dean Andrews ..... Mechanical Technician II



# EARLY CHILDHOOD

## Martial Arts

### Axe Capoeira Mini Kids (3-6 yrs)

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.

Kenneth Clarke Elm Room

#### Beginner

M Sep 11-Dec 18 3:45 PM-4:30 PM  
\$182/13 sess 470383

#### Intermediate

W Sep 13-Dec 20 3:45 PM-4:30 PM  
\$210/15 sess 470384

### Parent & Kids Aikido (4-6 yrs)

Enjoy Japanese martial arts Aikido with parent-and child! In this class, the goal is to create fun memories while learning flexible exercises and simple basic techniques in a fun atmosphere. Participate in simple clothes that allow you to exercise. It is a class for one parent per child. Drop-in \$15.00, space permitting. No class Sept 30, Oct 7 and Nov 11.

Shohei Juku Aikido Canada Elm Room  
Sa Sep 09-Dec 09 10:00 AM-10:45 AM  
\$143/11 sess 469577

## Performing Arts

### Athletic Dance Skills for Active Young Folks (3-5 yrs)

If you have a young one that loves to run, jump and be physical this is the class for them! We will be learning skills that are applicable to many forms of sports, dance, and general good health through this fun and educational dance class for preschoolers! Children of all genders and sexes are highly encouraged to join.

Katherine Single-Dain Cedar Hall  
W Sep 06-Oct 18 11:45 AM-12:30 PM  
\$63/7 sess 463007  
W Oct 25-Dec 06 11:45 AM-12:30 PM  
\$63/7 sess 463010



Licensed Preschool

### Ballet Parent & 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. No class Oct 8.

Nicole Pavia Cedar Hall  
Su Sep 10-Oct 22 9:30 AM-10:00 AM  
\$42/6 sess 462809  
Su Sep 10-Oct 22 10:05 AM-10:35 AM  
\$42/6 sess 462990  
Su Oct 29-Dec 10 9:30 AM-10:00 AM  
\$42/6 sess 462991  
Su Oct 29-Dec 10 10:05 AM-10:35 AM  
\$42/6 sess 462992

### Ballet-Jazz Fusion with Kat (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  
W Sep 06-Oct 18 10:45 AM-11:30 AM  
\$63/7 sess 463008  
W Oct 25-Dec 06 10:45 AM-11:30 AM  
\$63/7 sess 463011

### Ballet/Jazz Fusion (4-6 yrs)

In this class children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. They will jump and turn with delight in this fun and high energy class. Children must be able to participate without a parent in the room. There will be a performance on the last day of class for friends and family. No class Sept 30 & Oct 7.

Endorphin Rush Dance Cedar Hall  
Sa Sep 09-Dec 16 11:00 AM-11:45 AM  
\$169/13 sess 464256

## TROUT LAKE LICENSED PRESCHOOL

Registration opened February 7th, 2023 and there are limited spaces remaining.

To register please use the **Registration Package course #436803** and then choose the age group a.m. or p.m. option from the menu. This includes the \$50.00 registration fee and June 2023 deposit. Please note returning students and siblings have priority.

If the program is full, please add your name to the waitlist:

3 year Tue/Thurs AM waitlist . . . #437747 4 year Mon/Wed/Fri AM waitlist . . #437744

3 year Tue/Thurs PM waitlist . . . #437749 4 year Mon/Wed/Fri PM waitlist . . #437745

Children 3 years of age before December 31, 2023		
Class Day	Class Time	Monthly Fee
<b>FULL</b> Tues/Thurs	9:15-11:15 AM	\$136
Tues/Thurs	12:45-2:45 PM	\$136
Children 4 years of age before December 31, 2023		
<b>FULL</b> Mon/Wed/Fri	9:15-11:45 AM	\$186
<b>FULL</b> Mon/Wed/Fri	12:45-3:15 PM	\$186
Monthly fees are subject to change, including the upcoming Provincial childcare fee reduction.		

## Beginner Ballet

(5-6 yrs)

In this class you will enter into the world of ballet, learning the basics and fundamentals. We will combine the joy of movement with exciting games, imaginative exercises and make up dances to bring home. No class Oct 8.

Nicole Pavia	Cedar Hall
Su Sep 10-Oct 22	12:15 PM-1:00 PM
\$54/6 sess	463147
Su Oct 29-Dec 10	12:15 PM-1:00 PM
\$54/6 sess	463148

## Creative Ballet

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. There will be a performance on the last day of class for friends and family. Please wear fitted, stretchy clothing and ballet slippers. No drop-ins. No class Sept 30 & Oct 7.

Endorphin Rush Dance	Cedar Hall
(3-5 yrs)	
Sa Sep 09-Dec 16	9:30 AM-10:15 AM
\$169/13 sess	464254
M Sep 11-Dec 11	10:20 AM-11:05 AM
\$169/13 sess	464269

(4-6 yrs)	
Sa Sep 09-Dec 16	10:15 AM-11:00 AM
\$169/13 sess	464255
Sa Sep 09-Dec 16	12:45 PM-1:30 PM
\$169/13 sess	464258

## Dancing The Parenting

(2mo-5 yrs)

This bilingual program welcomes families who would like to try relationship-based movement with their children, in English and French. Parents/caregivers will engage in their own dancing as much as their children. No experience necessary but ability to move easily from ground to standing recommended. This program is subsidized by the City of Vancouver Cultural Services, and The Department of Canadian Heritage. Register one child/family, siblings come for free.

Julie Lebel	Elm Room
W Oct 18-Nov 22	10:00 AM-10:45 AM
\$10/6 sess	463364

## Hip Hop Breakers

(3-5 yrs)

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room. There will be a performance on the last day of class for friends and family. No class Oct 9.

Endorphin Rush Dance	Cedar Hall
M Sep 11-Dec 11	11:10 AM-11:55 AM
\$169/13 sess	464270

## Hip Hop and Jazz

(4-5 yrs)

Hip hop and jazz is a fun class where your kids will learn how to groove and move with style! They will be taught basic fundamentals of these two genres and dances to show off their moves. Children must be able to dance without a parent in the room. No class Oct 8.

Nicole Pavia	Cedar Hall
Su Sep 10-Oct 22	11:30 AM-12:15 PM
\$54/6 sess	462995
Su Oct 29-Dec 10	11:30 AM-12:15 PM
\$54/6 sess	462996

## Kids Music Jam for Toddlers

(18mo-5 yrs)

A class for young children to explore and learn about a variety of instruments and rhythms. Led by musician and educator Diego Kohl who brings with him years of experience teaching and playing world music, classical music and jazz. This class will include singing and lots of rhythm and fun. Parent participation required. Drop in \$13, space permitting.

Diego Kohl	Lakewood Room
F Sep 08-Oct 27	10:00 AM-10:45 AM
\$80/8 sess	465080
F Sep 08-Oct 27	11:00 AM-11:45 AM
\$80/8 sess	465081
F Nov 03-Dec 15	10:00 AM-10:45 AM
\$70/7 sess	465082
F Nov 03-Dec 15	11:00 AM-11:45 AM
\$70/7 sess	465083

**Check out TLCCA Program  
Cost Assistance**

See page 36.

## Mini Ballerinas

(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. Children must be able to dance without a parent in the room. No class Oct 8.

Nicole Pavia	Cedar Hall
Su Sep 10-Oct 22	10:40 AM-11:25 AM
\$54/6 sess	462993
Su Oct 29-Dec 10	10:40 AM-11:25 AM
\$54/6 sess	462994

## Mini Hip-Hop

(4-5 yrs)

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room. There will be a performance on the last day of class for friends and family. No drop-ins.

Endorphin Rush Dance	Cedar Hall
Th Sep 14-Dec 07	3:30 PM-4:15 PM
\$169/13 sess	464249

## Birthday Parties Available!

See page 40 for more  
information ...





# EARLY CHILDHOOD

## Music Together (0-5 yrs)

At Music Together® experience the joys of music-making and the powerful benefits of having music in your child's life. In our mixed age class, each child participates at their own level and their natural musicality is nurtured through singing, dancing, and exploring musical instruments. Parent participation required. Siblings attend at a reduced tuition rate and children 6 months and under attend free with a registered sibling. \$58 Music Together Licensing fee is non-refundable after first class. No class Oct 9.

West Side Music Together Lakewood Room

### Noa

M Sep 18-Dec 04 9:30 AM-10:15 AM  
\$217.50/11 sess 463001

M Sep 18-Dec 04 10:30 AM-11:15 AM  
\$217.50/11 sess 463003

W Sep 20-Nov 29 9:30 AM-10:15 AM  
\$217.50/11 sess 463005

W Sep 20-Nov 29 10:30 AM-11:15 AM  
\$217.50/11 sess 463006

### Katherine

M Sep 18-Dec 04 11:30 AM-12:15 PM  
\$217.50/11 sess 463004

## My First Dance Class (2-4 yrs)

An introduction to creative dance. Aspiring little dancers will use songs, movement explorations and games to explore coordination, rhythm, spatial awareness and cooperation. This class for the youngest of dancers to experience a playful class with the support of their parents being present. No class Oct 9.

Endorphin Rush Dance Cedar Hall  
M Sep 11-Dec 11 9:30 AM-10:15 AM  
\$169/13 sess 464267



Parent and Tot Gym

## Rhythm and Flow for Parent & Toddlers NEW! (17mo-2 yrs)

Parent and child will explore equal parts Music and Dance with 100% parent/caregiver participation! Using songs, percussion instruments and movement exercises this class will give your child a well-rounded experience not to mention a great time!

Katherine Single-Dain Cedar Hall  
W Sep 06-Oct 18 9:45 AM-10:30 AM  
\$63/7 sess 467108  
W Oct 25-Dec 06 9:45 AM-10:30 AM  
\$63/7 sess 467109

## Rhythmic Dance (4-6 yrs)

Rhythmic dance 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 through play and games. This is a wonderful sport to test hand-eye coordination, balance, agility, flexibility, and rhythm. No class Oct 6, Oct 8, Nov 10 and Nov 12.

Elite Gymnastics Elm Room  
F Sep 08-Dec 08 4:30 PM-5:15 PM  
\$78/12 sess 464380  
Su Sep 10-Dec 10 1:00 PM-1:45 PM  
\$78/12 sess 464382  
Su Sep 10-Dec 10 1:45 PM-2:30 PM  
\$78/12 sess 464383

## Physical Recreation

### 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. Parental supervision required and the ratio of caregiver to child is 1:3. No class May 14. Sundays & Wednesdays only. Drop ins \$3. Registration is not required.

No Instructor Gymnasium  
Su W Sep 06-Dec 13 10:00 AM-11:45 AM  
\$3 Drop-in per child 462176

## Sportball Floor Hockey NEW! (4-6 yrs)

Sportball Indoor Hockey programs introduce fundamental concepts of gameplay and teach the basic skills required to shoot it like Crosby in a supportive, non-competitive environment. Coaches zero in on skills like shooting, stick handling, and passing, in fun, exciting, skill-focused games.

Sportball Vancouver Gymnasium  
Tu Sep 19-Oct 24 3:45 PM-4:30 PM  
\$114/6 sess 469965

## 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. No class Oct 9 and Nov 13.

Sportball Vancouver Gymnasium - North (2/3)  
M Sep 18-Oct 30 9:45 AM-10:45 AM  
\$114/6 sess 469869  
M Nov 06-Dec 18 9:45 AM-10:45 AM  
\$114/6 sess 469870  
W Sep 13-Oct 25 9:45 AM-10:45 AM  
\$133/7 sess 469873  
W Nov 01-Dec 13 9:45 AM-10:45 AM  
\$133/7 sess 469874

## 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. Class is outside rain or shine.

Sportball Vancouver Outside - John Hendry Gravel Field  
M Sep 11-Oct 02 6:00 PM-7:00 PM  
\$76/4 sess 469878

## 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. Class is outside rain or shine.

Sportball Vancouver Outside - John Hendry  
Gravel Field  
M Sep 11-Oct 02 5:15 PM-6:00 PM  
\$76/4 sess 469877

## Sportball Parent and Tot Multisport (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. No class Oct 9 and Nov 13.

Sportball Vancouver Gymnasium - North (2/3)  
M Sep 18-Oct 30 9:00 AM-9:45 AM  
\$114/6 sess 469861  
M Nov 06-Dec 18 9:00 AM-9:45 AM  
\$114/6 sess 469866  
W Sep 13-Oct 25 9:00 AM-9:45 AM  
\$133/7 sess 469871  
W Nov 01-Dec 13 9:00 AM-9:45 AM  
\$133/7 sess 469872

## 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. Please note kids will play barefoot indoors.

Toni Lo Cascio Gymnasium - South (1/3)  
F Sep 08-Dec 08 11:45 AM-12:30 PM  
\$98/14 sess 464067

## Tot Soccer Advanced (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. Please note kids will play barefoot indoors.

Toni Lo Cascio Gymnasium - South (1/3)  
F Sep 08-Dec 08 11:00 AM-11:45 AM  
\$98/14 sess 464068

## Visual Arts

### Art and Music Christmas with Sun Rey (2-4 yrs)

Jingle bells, jingle bells and ho ho fun. You will make many holiday decorations and gifts to take home or to give to someone special. There will be time set aside for sing a longs and storytelling time. Parent/caregiver participation is required. Drop-in if space available \$18.00.

Sun Rey Han Art Studio  
M Nov 27-Dec 11 10:00 AM-10:45 AM  
\$49.50/3 sess 463973  
M Nov 27-Dec 11 11:00 AM-11:45 AM  
\$49.50/3 sess 463974

### Art and Music with Sun Rey (20mo-4 yrs)

This is a wonderful way to introduce your child to art and music. Experience finger painting, abstract art, collage, colouring, stickers, stamping, clay modelling and more. There will be time set aside for sing a longs and storytelling time. Parent/caregiver participation is required. Drop-in if space available \$16.00. No class Oct 9.

Sun Rey Han Art Studio  
M Sep 18-Nov 13 10:00 AM-10:45 AM  
\$112/8 sess 463970  
M Sep 18-Nov 13 11:00 AM-11:45 AM  
\$112/8 sess 463971

## Art Is Fun (3-5 yrs)

Have fun with origami, clay modeling, stamping, collage, abstract art, mixed media art, finger painting, crafting and more. There will be time set aside for sing a longs and storytelling. Child must be able to take class unaccompanied by an adult. Drop in \$19, space permitting. No class Oct 9.

Sun Rey Han Art Studio  
M Sep 18-Nov 13 1:00 PM-2:00 PM  
\$136/8 sess 463972

## Art Is Fun Christmas (3-5 yrs)

Dashing through the snow and making your special holiday gift craft. Have fun with clay modelling, painting, collage to abstract, mixed media art, crafting and more. Child must be able to take class unaccompanied by an adult. Drop-in if space available \$19.50

Sun Rey Han Art Studio  
M Nov 27-Dec 11 1:00 PM-2:00 PM  
\$55.50/3 sess 463975

## Creative Play (4-5 yrs)

In this small group setting children wonder, explore, experiment and create together. From sharing stories to kitchen play, block play to art activities, connecting to each other and nature. Each child is seen, heard, valued and supported in their individual growth. This program can be a great stepping stone to kindergarten as the small class size supports each child's growing confidence and self-expression. A portion of our time may be spent outside so come dressed for all weather! Art supplies included.

Cathy Belgrave Art Studio  
Th Sep 14-Oct 19 10:00 AM-11:30 AM  
\$96/6 sess 462582  
Th Oct 26-Nov 30 10:00 AM-11:30 AM  
\$96/6 sess 462583

# EARLY CHILDHOOD

## Parent & Child Sensory Art

(2-4 yrs)

Become a sensory explorer with your child as you both experience the world of process art! Celebrate the experience of discovery as your child explores a variety of art materials. Each day brings a new experience and unique art creation. Art materials provided.

Cathy Belgrave

Art Studio

W Sep 13-Oct 18

10:00 AM-10:45 AM

\$60/6 sess

462579

W

Oct 25-Nov 29

10:00 AM-10:45 AM

\$60/6 sess

462581

## Yoga

### Baby & Me Yoga

(19+yrs)

Nurture the precious bond between you and your baby while gaining the strength, energy and balance that parenthood demands. Naturally integrating both music & sign language these classes are designed to be engaging and fun for both you & your baby! This gentle flow class is perfect for your postpartum body and your baby aged 1 month to crawling...or crawling slowly enough to catch. We encourage participants to bring their own yoga mat. Drop-in \$20 space permitting. No class Oct 8.

Lynda Sing

Elm Room

Su Sep 10-Oct 22

11:30 AM-12:30 PM

\$108/6 sess

470352

Su Oct 29-Dec 10

11:30 AM-12:30 PM

\$108/6 sess

470353

## Happy Yoga Minis

### (Yoga for Preschoolers) (2-5 yrs)

Join Flora for stories and songs to promote imaginative play through yoga movements. Explore different breathing techniques and self-regulation in a fun and calming environment. So get ready to buzz like a bee, hop like frogs, and enjoy the world of playful yoga. Parent/caregiver participation required. Please bring your own yoga mat. Drop-in \$13, space permitting.

Flora Sze

Elm Room

Tu Sep 12-Nov 28

11:45 AM-12:30 PM

\$144/12 sess

469579

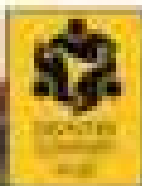
## EMERGENCY PREPAREDNESS

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 [emergency@troutlakerec.ca](mailto:emergency@troutlakerec.ca)



## Café

### LOCATED IN THE ICE RINK

Monday: . . . . . Closed

Tuesday - Friday: . . . . 11:00am - 8:00pm

Saturday & Sunday: . . . 8:45am - 4:30pm

- Muffins
- Cookies
- Sandwiches
- & More!
- Espresso Drinks
- Hot Chocolate
- Tea
- Canned/Bottled Beverages





## Education

### Design and Architecture for Kids

Learn about architecture and design thinking through fun hands-on workshops! Discover famous architects and buildings, play with materials and materiality, learn architectural drawings and build 3D models just like an architect! No class Oct 9 and Nov 13.

Petit Architect Design For Kids Ltd.

Grandview Room

(6-9 yrs)

M Sep 18-Dec 04

3:45 PM-4:45 PM

\$210/10 sess

464687

(10-14 yrs)

M Sep 18-Dec 04

5:00 PM-6:15 PM

\$242/10 sess

464689

### ESL 45 minute private lessons

(5-19 yrs)

B.C. TEAL Teacher and experienced School Board Instructor Charis uses B.C. curriculum to help students achieve academic goals and success in speaking, listening, reading and writing English. 45-min Private Tutoring. No make-up lessons will be given. Teacher will assign the book needed in the first lesson.

Charis Chung

Board Room

Tu Sep 12-Dec 05 5:30 PM, 6:15 PM, 7:00PM

\$559/13 sess 463917, 463919, 463920

W Sep 13-Dec 06

1:30 PM, 2:15 PM

\$559/13 sess

463926, 463927

### Kids Cooking

#### Around the World **NEW!**

Join Growing Chefs Chef Educator in exploring the kitchen and cooking around the world! Learn age-appropriate, lifelong kitchen skills while preparing and sharing a meal. Recipes for each week will be vegetarian and have been created by a different chef interested in sharing their culture's cuisine. Dishes from Caribbean, Filipino, Indian, Italian, and Indigenous cuisines will be explored.

Growing Chefs

Grandview Room

(5-7 yrs)

W Sep 06-Oct 04

3:45 PM-5:15 PM

\$100/10 sess

464472

(8-10 yrs)

W Oct 11-Nov 08

3:45 PM-5:15 PM

\$100/10 sess

464473

(11-13 yrs)

W Nov 15-Dec 13

3:45 PM-5:15 PM

\$100/10 sess

464474

### WEDO 2 Robotics

(7-12 yrs)

The LEGO Education WEDO 2.0 system provides an exciting experience into the world of Robotics! WEDO 2.0 supports a hands-on, minds on learning experience. Using LEGO elements, and experimentation, and incorporates activities across science, engineering, and technology with STEM education. No prior robotics experience necessary. Students will be assigned projects according to their abilities and returning students will be given new projects. This class includes an introduction to the EV3 Mindstorms System. All equipment is provided.

Tomorrow's Playground

Grandview Room

Tu Sep 19-Oct 10

4:00 PM-5:30 PM

\$100/4 sess

469121

### WEDO 1 Robotics

(6-11 yrs)

Exciting and Fun introduction to Robotics with Lego® Education WeDo 1 software. In this exciting STEM-based program, students will develop their skills in science, technology, engineering, and mathematics. Using LEGO elements, teams of students will build various robots featuring a working motor, sensors, and gears, and then program their models using block coding, and engage in fun theme-based activities!

Tomorrow's Playground

Grandview Room

Tu Oct 17-Nov 07

4:00 PM-5:30 PM

\$100/4 sess

469122

## Martial Arts

### 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. Coloured belt kids included. Drop-in \$12.00, space permitting. No class Oct 9 and Oct 31.

Shohei Juku Aikido Canada

Elm Room

(5-7 yrs)

M Sep 11-Dec 11

4:45 PM-5:45 PM

\$130/13 sess

469187

(8-12 yrs)

Tu Sep 12-Dec 12

5:00 PM-5:50 PM

\$130/13 sess

469179



## 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](http://www.grandviewskatingclub.com)

## Axe Capoeira For Youth (7-12 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. Class is twice a week. No class Oct 9, Oct 13 and Nov 13.

Kenneth Clarke	Lakewood Room
M	5:45 PM-6:45 PM
W	4:30 PM-5:30 PM
F	3:45 PM-4:45 PM

### Beginners

W F	Sep 13-Dec 22
\$209/29 sess	471985

### Intermediate

M W	Sep 11-Dec 20
\$252/28 sess	471986

### Advanced

M W F	Sep 11-Dec 22
\$378/42 sess	471984

## Shorinji Kempo (7-12 yrs)

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 \$10.00, space permitting. No class Nov 11.

Shorinji Kempo Society	Elm Room
Sa Sep 09-Sep 23	1:00 PM-2:30 PM
\$15/3 sess	469741
Sa Nov 04-Dec 16	1:00 PM-2:30 PM
\$30/6 sess	469744

## Performing Arts

### B-Boy Dance with Jhaymee (7-13 yrs)

Learn really cool moves! Now is your chance! Learn to prock, to do floor moves, power moves and freezes. Students will understand how to freestyle and cypher in this fun class! Jhaymee (aka bboy Eloquence) is a national breakdance champion.

Jhaymee Hizon	Cedar Hall
W Sep 06-Oct 18	4:45 PM-5:45 PM
\$70/7 sess	468355
W Oct 25-Dec 06	4:45 PM-5:45 PM
\$70/7 sess	468358

### 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! Please bring your own pencil and eraser. No class Oct 9.

Janine Schroedter	Lakewood Room
M Sep 11-Oct 23	3:30 PM-5:00 PM
\$72/6 sess	468182
M Oct 30-Dec 04	3:30 PM-5:00 PM
\$72/6 sess	468184

### 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! No class Sept 30 & Oct 7.

Endorphin Rush Dance	Cedar Hall
Sa Sep 09-Dec 16	2:15 PM-3:15 PM
\$182/13 sess	464261

## Guitar & Ukulele (7-19 yrs)

These 30-minute lessons focus on technique, repertoire, basic theory and practicing skills. Participants work at their own level and pace. Please bring your guitar/ukulele strap if you have one. Students must bring their own instrument, a digital tuner, note book, pencil and eraser. 3/4 sized nylon string guitar or soprano ukulele with strap recommended for children. No class Sept 30.

Rene Hugo-Sanchez	Board Room
Sa Sep 09-Dec 02	10:00 AM-2:00PM
\$300/12 sess	
M Sep 11-Dec 04	5:45 PM-8:15 PM
\$300/12 sess	

## Guitar/Jazz & Pop Piano with Diego (4-19 yrs)

Choose between learning how to play the guitar or the piano. Guitar classes will include technique, reading, constructing melodies and bass lines as well as learning a variety of different chords. We will also learn pop songs, rock songs, blues, jazz and world music. Piano lessons will focus on jazz harmony improvisation and also how to play their favourite pop songs, any style.

Diego Kohl	Board Room
Th Sep 07-Dec 14	3:30 PM-7:00 PM
\$375/15 sess	

## 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 guardian present. No drop-ins. No class Sept 30 & Oct 7.

Endorphin Rush Dance	Cedar Hall
(4-7 yrs)	

Sa Sep 09-Dec 16	12:00 PM-12:45 PM
\$169/13 sess	464257
Sa Sep 09-Dec 16	1:30 PM-2:15 PM
\$169/13 sess	464259

### (8-12 yrs)

Th Sep 14-Dec 07	5:15 PM-6:15 PM
\$182/13 sess	464251

**Check out TLCCA Program  
Cost Assistance**

See page 36.

## Hip-Hop & Jazz

(6-8 yrs)

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. There will be a performance on the last day of class for friends and family. No drop-ins.

Endorphin Rush Dance Cedar Hall  
Th Sep 14-Dec 07 4:15 PM-5:15 PM  
\$182/13 sess 464250

## Piano with Charis

(4-19 yrs)

These are one-on-one 30-minute private lessons for all ages and musical levels. Learn to play classical or pop music in a fun and encouraging environment. 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. No class Oct 8th.

Charis Chung Maple Room  
Su Sep 10-Dec 03 10:00 AM-4:00 PM  
\$300/12 sess  
Tu Sep 12-Dec 05 3:30 PM-8:45 PM  
\$325/13 sess  
W Sep 13-Dec 06 3:00 PM-8:30 PM  
\$325/13 sess

## Piano with Iris

(4+yrs)

These are one-on-one 30 minute private lessons for all ages and musical levels. Lessons are customized to student's development level; Special needs are welcome. Learn to play classical, pop, or compose music in a fun and encouraging environment. Books are not included. Students would acquire their own books upon instructor's advice. There will be no make-up classes due to participant missing a class. No class Nov 15.

Iris Lam Maple Room  
W Sep 20-Nov 29 12:30 PM-2:00 PM  
\$250/10 sess

## Piano with Lydia

(4+yrs)

These are one-on-one 30-minute private lessons for all ages and musical levels. Learn to play classical or pop music in a fun and encouraging environment. 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 Sep 07-Dec 14 3:30 PM-8:00 PM  
\$375/15 sess

## Piano with Samuel

(3+yrs)

Learn to play classical, pop, or to compose music in a fun and encouraging environment. Lessons cover a variety of practical skills such as rhythm, dexterity, technique, theory, note/chord reading as well as musical appreciation and performance opportunities. There will be no make-up classes due to student's absence. No class Sept 30 & Oct 9.

Samuel Chan Maple Room  
F Sep 08-Dec 15 3:30 PM-9:30 PM  
\$375/15 sess  
M Sep 11-Dec 11 3:30 PM-9:30 PM  
\$325/13 sess  
Sa Sep 09-Dec 16 9:00 AM-4:30 PM  
\$350/14 sess  
W Sep 06-Dec 13 3:30 PM-9:30 PM  
\$375/15 sess

## Rhythmic Dance

(7-12 yrs)

Rhythmic dance combines the grace of ballet and the strength of artistic gymnastics. Participants will learn basic body movements of apparatus technique while moving to various musical rhythms. This is a wonderful sport to test hand-eye coordination, balance, agility, flexibility, and rhythm. No class Oct 6, Oct 8, Nov 10 and Nov 12.

Elite Gymnastics Elm Room  
F Sep 08-Dec 08 5:15 PM-6:15 PM  
\$84/12 sess 464381  
Su Sep 10-Dec 10 2:30 PM-3:30 PM  
\$84/12 sess 464384

## Violin and Fiddle

### Lessons

(4-19 yrs)

30 minute private violin and fiddle lessons for all ages. Classical teaching follows the Suzuki Method where ear training is emphasized so that students become comfortable with the instrument before learning to read music. Students must provide their own instrument. No lessons Oct 9, Oct 10, Oct 31 & Nov 13.

Shannon Saunders Board Room  
M Sep 11-Dec 18 3:00 PM-9:00 PM  
\$325/13 sess  
Tu Sep 05-Dec 19 3:00 PM-9:00 PM  
\$350/14 sess

## Physical Recreation

### Smashball

(9-12 yrs)

Smashball is a new, fun way for youth to learn how to play volleyball. Smashball lets kids compete and play while focusing on the most fun part of the game – smashing the ball! By teaching through gameplay, Smashball develops both physical and games-literacy. As athletes advance, Smashball becomes faster and more competitive to match their new skills. Smashball is fast-paced, engaging, and a lot of fun!

Volleyball BC Gymnasium - South (1/3)  
W Sep 06-Oct 18 5:15 PM-6:30 PM  
\$91/7 sess 470377  
W Oct 25-Dec 13 5:15 PM-6:30 PM  
\$104/8 sess 470379

### Sportball

### Floor Hockey

(6-9 yrs)

Sportball Indoor Hockey programs introduce fundamental concepts of gameplay and teach the basic skills required to shoot it like Crosby in a supportive, non-competitive environment. Coaches zero in on skills like shooting, stick handling, and passing, in fun, exciting, skill-focused games.

Sportball Vancouver Gymnasium  
Tu Nov 07-Dec 12 4:30 PM-5:15 PM  
\$114/6 sess 469966

## Stretching for Athletes

### Juniors

(7-19 yrs)

This class will focus on improvements to flexibility and developing increased range of motion. The benefits in flexibility training include: injury prevention, improved extension, improved positioning for spirals, spins, and basic skating skills. Daily stretching and flexibility work is highly recommended for overall improvements in this area. This is a specialized class for skaters looking to build on their stretching. No class Sept 27 and Dec 6.

Elite Gymnastics      Lakewood Room  
W Sep 13-Dec 13      3:30 PM-4:05 PM  
\$96/12 sess      468960

## Stretching for Athletes

### Seniors

(7-55 yrs)

This class will focus on improvements to flexibility and developing increased range of motion. The benefits in flexibility training include: injury prevention, improved extension, improved positioning for spirals, spins, and basic skating skills. Daily stretching and flexibility work is highly recommended for overall improvements in this area. This is a specialized class for skaters looking to build on their stretching.

Elite Gymnastics      Lakewood Room  
W Sep 13-Dec 13      4:20 PM-5:15 PM  
\$156/12 sess      468961

## Tennis Lessons for Kids (10-13 yrs)

Kids Team Tennis is an exciting tennis program that provides participants with the opportunity to practice and play with a focus on skill development through game play. Team tennis promotes a game-based approach to stimulate and maintain both excitement and enjoyment for participants. Participants practice and play matches on 1/2 court with low compression balls and mini nets in a friendly, learner-based team environment similar to other sport house leagues.

Wilson Tan      Gymnasium  
Th Sep 07-Oct 26      5:00 PM-6:30 PM  
\$180/8 sess      472035  
Th Nov 02-Dec 12      5:00 PM-6:30 PM  
\$180/8 sess      472039  
Su Sep 10-Dec 10      1:30 PM-3:00 PM  
\$225/12 sess      472050

## Tennis Lessons for Kids (5-6 yrs)

Kids Team Tennis is an exciting tennis program that provides participants with the opportunity to practice and play with a focus on skill development through game play. Team tennis promotes a game-based approach to stimulate and maintain both excitement and enjoyment for participants. Participants practice and play matches on 1/2 court with low compression balls and mini nets in a friendly, learner-based team environment similar to other sport house leagues.

Wilson Tan      Gymnasium  
Th Sep 07-Oct 26      4:15 PM-5:00 PM  
\$90/8 sess      472031  
Th Nov 02-Dec 12      4:15 PM-5:00 PM  
\$90/8 sess      472037  
Su Sep 10-Dec 10      12:45 PM-1:30 PM  
\$135/12 sess      472046

## Tennis Lessons for Kids (7-9 yrs)

Kids Team Tennis is an exciting tennis program that provides participants with the opportunity to practice and play with a focus on skill development through game play. Team tennis promotes a game-based approach to stimulate and maintain both excitement and enjoyment for participants. Participants practice and play matches on 1/2 court with low compression balls and mini nets in a friendly, learner-based team environment similar to other sport house leagues. No class Oct 8 and Nov 12.

Wilson Tan      Gymnasium  
Th Sep 07-Oct 26      5:00 PM-6:30 PM  
\$185/8 sess      472033  
Th Nov 02-Dec 12      5:00 PM-6:30 PM  
\$185/8 sess      472038  
Su Sep 10-Dec 10      1:30 PM-3:00 PM  
\$225/12 sess      472047



Tennis Lessons for Kids

## Toni's Soccer

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. Please note kids will play barefoot indoors. Drop in \$12.00. No class Sept 30 and Oct 28.

Toni Lo Cascio      Gymnasium - North (2/3)  
(5-6 yrs)

Sa Sep 09-Dec 09      10:30 AM-11:30 AM  
\$120/12 sess      471994

(7-9 yrs)

Sa Sep 09-Dec 09      11:30 AM-12:30 PM  
\$120/12 sess      471997

## Trout Lake Little League

### Skills Clinic

(8-12 yrs)

Let's play ball! The Bullpen Baseball Academy is here to help all young athletes take their game to the next level with the highest level of training. We will cover all aspects of the game; including throwing, building arm strength & accuracy, catching, pitching, hitting, hitting for power, hitting for contact, & bunting. The class will be led by high level instructors with College & University Baseball experience. This class is perfect for any young athlete looking to develop their skills, whether you're a first time little leaguer or an experienced baseball player.

Trout Lake Little League      Gymnasium  
Sa Sep 09-Dec 09      3:00 PM-5:00 PM  
\$225/26 sess      467906



## Visual Arts

### Creative Play for Homelearners (5-7 yrs)

Join Cathy for this inquiry, play-based series, where the children's interests guide the classes. From storytelling, art, to play areas and outdoor time, children are invited to explore in their unique way, with Cathy supporting next levels of learning. Come dressed for the weather as we go outside regularly. Art supplies included.

Cathy Belgrave	Art Studio
Th Sep 14-Oct 19	1:00 PM-2:30 PM
\$96/6 sess	462585
Th Oct 26-Nov 30	1:00 PM-2:30 PM
\$96/6 sess	462586

### Drawing and Painting for Kids (7-13 yrs)

In this class students will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscape, still life, flowers, figures and more. Please bring any drawing and colouring material (coloured pencils, art markers, watercolours, pastels, acrylics, etc) to the first class. I would be happy to help you with any of these mediums. Supplies are not included, supply list available on receipt.

Mohammad Reza Atashzad	Art Studio
Tu Sep 12-Dec 12	3:30 PM-5:00 PM
\$280/14 sess	466813

### Explore With Clay & Pottery (8-11 yrs)

Imagination, creativity and getting your hands muddy are a great experience for kids. This class focuses on handbuilding techniques, pinching, coiling and soft slabs. Projects will be themed for the season. Please bring an apron.

Laura Van Der Linde	Pottery Studio
Th Sep 14-Nov 02	3:30 PM-4:30 PM
\$185/8 sess	464411

### Family Fun Pottery (8-14 yrs)

A fun and creative way to explore the wonders of clay while bonding with your loved one. This class is designed to make collaborative projects while learning pottery techniques such as pinching, coiling, slabs and decorating your pieces with slip, carving, scraffito and inlay too. Create keepsakes and make memories with your family member. Family friendly atmosphere. Fee is for one school age child and one adult.

Laura Van Der Linde	Pottery Studio
W Sep 13-Nov 01	6:00 PM-7:30 PM
\$264/8 sess	464415

### Family Fun Pottery – Seasonal Ornament Making **NEW!** (8-14 yrs)

Have fun creating your own festive season ornaments for family and friends. Create memories with your very own designs. Decorate with slips, underglazes, stamps and glazes. On the last class we will add ribbon, beads and sparkles to our precious creations. Fee is for one school age child and one adult.

Laura Van Der Linde	Pottery Studio
W Nov 29-Dec 13	6:00 PM-7:30 PM
\$99/3 sess	464419

### Holiday Stamp Card (10-18 yrs)

Create beautiful handmade cards for the holidays! Students will be guided through basic lino block carving techniques and create their own hand carved stamps for printing. Pre-made stamps will also be available to add that extra flare.

Janine Schroedter	Art Studio
M Dec 11	3:30 PM-5:00 PM
\$35/1 sess	468205

### Kids Pottery – Seasonal Ornament Making **NEW!** (8-11 yrs)

Have fun creating your own festive season ornaments for family and friends. Create memories with your very own designs. Decorate with slips, underglazes, stamps and glazes. On the last class we will add ribbon, beads and sparkles to our precious creations. Please bring an apron.

Laura Van Der Linde	Pottery Studio
Th Nov 30-Dec 14	3:30 PM-4:30 PM
\$72.50/3 sess	464422

### Painting and Drawing (6-12 yrs)

Lessons include drawing and painting activities using a variety of materials and techniques, such as pastels, charcoal, markers, paint and more. Emily Carr graduate Alex Lam has a passion for teaching and promoting Art appreciation. Price includes \$5 art supply fee. No class Oct 28 & Nov 25.

Alex Lam	Art Studio
Sa Oct 07-Dec 09	9:45 AM-11:15 AM
\$165/8 sess	469097
Sa Oct 07-Dec 09	11:30 AM-1:00 PM
\$165/8 sess	469098

### Parent and Child Holiday Workshop **NEW!** (6-9 yrs)

Come celebrate the holidays and make a festive pottery project with your child. Family's can choose from a number of themes to create together. Create and paint all in one class, pick up before the holiday break. Price is for 1 child, 1 adult, and materials.

Janine Schroedter	Pottery Studio
Tu Nov 21	5:00 PM-6:30 PM
\$40/1 sess	469455
Tu Nov 28	5:00 PM-6:30 PM
\$40/1 sess	469458

### 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 has a BFA in Visual Arts and has worked in a number of mediums, with over 5 years' experience working with clay and hand building. No class Oct 31.

Janine Schroedter	Pottery Studio
Tu Sep 05-Oct 17	3:30 PM-4:30 PM
\$159/7 sess	468189
Tu Oct 24-Dec 12	3:30 PM-4:30 PM
\$159/7 sess	468191



Play with Clay





Tween Pottery

## Tween Pottery (10-14 yrs)

Learn how to sculpt, throw and hand build pottery. Projects will be both functional and sculptural for beginners and returning artists. Janine has a BFA in Visual Arts and has worked in a number of mediums, with over 5 years experience working with clay and hand building. No class Oct 31.

**Janine Schroedter** Pottery Studio  
Tu Sep 05-Nov 14 5:00 PM-6:30 PM  
\$255/10 sess 468193

## Youth Pottery (12-17 yrs)

Pottery is cool. This class focuses on the fun-damentals of handbuilding. We will start with pinching, coiling, rolling soft slabs with the emphasis on functional pottery. We will also investigate the creative process, construction, design elements and surface decoration. By the end of the course projects will be self directed.

**Laura Van Der Linde** Pottery Studio  
Th Sep 14-Nov 02 5:00 PM-6:30 PM  
\$235/8 sess 464412

## Youth Pottery – Seasonal Ornament Making **NEW!** (12-17 yrs)

Have fun creating your own festive season ornaments for family and friends. Create memories with your very own designs. Decorate with slips, underglazes, stamps and glazes. On the last class we will add ribbon, beads and sparkles to our precious creations.

**Laura Van Der Linde** Pottery Studio  
Th Nov 30-Dec 14 5:00 PM-6:30 PM  
\$91.25/3 sess 464424



Youth Pottery

## Yoga

### Christmas Yoga & Art: Families with Children on Spectrum (5+yrs)

For families with children aged 5-12 years of age on the spectrum. Come celebrate Christmas with yoga and art. This fun-filled activity includes 60 minutes of family yoga and fun Christmas craft project. Each family member must be registered. No drop-ins. Please visit [www.happyogaminis.com](http://www.happyogaminis.com) for more information.

**Flora Sze** Grandview Room  
Su Dec 10 2:00 PM-3:30 PM  
\$5/1 sess 471982

### Halloween Yoga & Art: Families with Children on Spectrum (5+yrs)

For families with children aged 5-12 years of age on the spectrum. Come celebrate Halloween with yoga and art. Join Flora for a Halloween yoga adventure with your family. This fun-filled activity includes 60 minutes of family yoga and fun Halloween craft project. Each family member must be registered. No drop-ins. Please visit [www.happyogaminis.com](http://www.happyogaminis.com) for more information.

**Flora Sze** Grandview Room  
Su Oct 22 2:00 PM-3:30 PM  
\$5/1 sess 471983

### Kids Yoga (5-9 yrs)

Kids learn through songs, activities, games, stories and play. Kids yoga teaches kids all about meditation, movement, breathing, emotional awareness and all 8 limbs of yoga in a creative fun class. No class Oct 31.

**Kylie Railton** Cedar Hall  
Tu Sep 12-Dec 05 4:00 PM-5:00 PM  
\$140/12 sess 464697

### Yoga for Pre-Teens (10-15 yrs)

What is Yoga? This class will give your preteen movement plus learning about the benefits of meditation, breathing, journaling, building confidence, team work in a fun yoga class. Journals will be provided as we open each class with journaling. No class Oct 31.

**Kylie Railton** Cedar Hall  
Tu Sep 12-Dec 05 5:15 PM-6:15 PM  
\$140/12 sess 464698

Check out our weekly programs and activities for 2SLGBTQIA+ and 2STGD folks of all ages.

[vancouver.ca/park-board-pride](http://vancouver.ca/park-board-pride)



# WINTER BREAK CAMPS

## Winter Break Camps

### Winter Break Day Camp

(6-12 yrs)

We are offering a fun-filled day camp during the winter school break. The camp leaders will provide a variety of age appropriate activities designed to engage, educate and entertain the campers. The camp will run from 9:00 a.m.-3:30 p.m. We anticipate that this camp will fill quickly so please register early to avoid disappointment.

Daycamp Leaders

Grandview &  
Lakewood Room

#### Week 1

W Th F Dec 27-Dec 29 9:00 AM-3:30 PM  
\$90/3 sess 462194

#### Week 1 After Care

W Th F Dec 27-Dec 29 3:30 PM-5:00 PM  
\$9/3 sess 462188

#### Week 2

Tu W Th F Jan 02-Jan 05 9:00 AM-3:30 PM  
\$120/4 sess 462198

#### Week 2 After Care

Tu W Th F Jan 02-Jan 05 3:30 PM-5:00 PM  
\$12/4 sess 462196



Winter Break Camps

### Art & Yoga Winter Camp for Kids

(6-10 yrs)

Give your children the gift of wellness, build confidence, cultivate mindfulness, have fun and express their creativity in a non-competitive, nurturing environment. Our camp offers an opportunity for children to express themselves through art while also receiving the benefits of a yoga practice. Angela Lopez, a 280-hour certified yoga instructor, and Dance & Draw Lab instructor will be facilitating all sessions. Bring your yoga mat, lunch, snacks & water bottle. Materials are included.

Angela Lopez

Elm Room

Tu W Th F Jan 02-Jan 05 9:15 AM-3:00 PM  
\$266/4 sess 464211

### Dance Extreme

#### (Dance Sampler) Camp (6-12 yrs)

Explore a number of different dance styles in this upbeat and welcoming dance camp. Kids will leave feeling proud of their new dance skills, and have a great time making new friends. Styles may include Latin Dance, Contemporary, Waacking, Popping, Hip Hop, Acrobatic Dance, Creative Movement and Bollywood! Please wear comfortable clothing and bring water and clean indoor shoes for dancing. There will be a presentation for family members on the last day of camp.

Endorphin Rush Dance

Cedar Hall

Tu W Th F Jan 02-Jan 05 12:30 PM-3:30 PM  
\$168/4 sess 465070

### Frozen Ballet Extravaganza Camp

100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancers imagination. No experience required as dancers learn the basics of ballet and expression through movement. Children must be able to participate without a guardian being present. Costumes are welcome, but not required.

Endorphin Rush Dance

Cedar Hall

(3-5 yrs)

Tu W Th F Jan 2-Jan 5 9:15 AM-10:30 AM  
\$79/4 sess 465068

(4-6 yrs)

Tu W Th F Jan 2-Jan 5 10:45 AM-12:00 PM  
\$79/4 sess 465069

### Rain City Holiday

#### Hoops

(6-11 yrs)

This program is for the focussed athlete. Our expert coaches are pushing every player in this program to their limits, to help them reach their full potential on and off the court. These workouts are tough, they are designed to challenge you mentally, and physically. We will be working on advanced skill sets, and many high level game situations. You will improve as a player in your training, and you will also improve your understanding of the game, your basketball IQ will develop. This is a program for players who have dreams of playing past high school and beyond. We look forward to working with you. Get Better Here!! \*\*Please bring your own basketball and water bottle\*\*

Raincity Basketball Club

Gymnasium

#### Week 1

W Th F Dec 27-Dec 29 12:00 PM-1:30 PM  
\$75/3 sess 469528

#### Week 2

Tu W Th F Jan 02-Jan 05 12:00 PM-1:30 PM  
\$100/4 sess 469530

**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! There will be NO class on September 30, October 11 and November 11!!

**Willow Room****1 Day a Week**

M-F Sep 11-Dec 22 3:15 PM-5:30 PM  
\$120/75 sess 469540

**2 Days a Week**

M-F Sep 11-Dec 22 3:15 PM-5:30 PM  
\$240/75 sess 469541

**3 Days a Week**

M-F Sep 11-Dec 22 3:15 PM-5:30 PM  
\$360/75 sess 469542

**Youth In Action  
Pro-D Camp**

F Nov 24 9:00 AM-3:30 PM  
\$20/1 sess 469543

F Oct 20 9:00 AM-3:30 PM  
\$20/1 sess 469544

**Youth In Action  
Winter Camp****Week 1**

W Th F Dec 27-Dec 29 9:30 AM-3:30 PM  
\$60/3 sess 469546

**Week 2**

Tu W Th F Jan 2-Jan 5 9:30 AM-3:30 PM  
\$80/4 sess 469547

**Community****Neighbourhood Cleanup  
Party****(12+yrs)**

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

**Bernie Dionne****Willow Room****Sa Oct 21****10:00 AM-1:00 PM****Free/1 sess****469522****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. To register please contact Bernie at bernie.dionne@vancouver.ca or call 604-257-6955. Program times may be changed or cancelled on last minute notice!

**Witton Chau****Grandview Room****F Sep 08-Dec 15****5:30 PM-7:30 PM****Free/15 sess****469535****Youth Council  
Winter Party****(13-18 yrs)**

The Trout Lake Youth Council will host a winter celebration party for those youth who have volunteered throughout September to December and who are members of the Trout Lake Youth Council. \*\*Must have attended Youth Council and volunteered at events for a minimum of 15 hours to attend\*\*

**Witton Chau****Grandview Room****F Dec 15-Dec 15****5:00 PM-8:00 PM****Free/1 sess****469536****Youth Volunteer Orientation****(13-18 yrs)**

For youth who are wanting to volunteer at Trout Lake and/or want to be part of our Youth Council (YC), you will need to attend this orientation. A Trout Lake CC Youth Program Participant membership (free with OneCard) is required to join this training. This orientation is for first time volunteers/ YC participants only. Must register for this free training session.

**Witton Chau****Willow Room****Sa Sep 16****10:00 AM-1:00 PM****Free/1 sess****469549***Youth Council*

## Education

### STEAM Workshop (9-11 yrs)

Come join Angela, Chloe, Joyann and Rhea in a FREE 5-week STEAM workshop! Each session, children will explore different fields in Science, Technology, Engineering, English, Art, and Math through fun activities and experiments. Activities will include making catapults, creating balloon animals, building water filters, and more. This program will keep children thinking and moving while using their problem-solving skills and creative thinking!

Art Studio  
W Sep 27-Oct 25 4:00 PM-5:30 PM  
\$8/5 sess 471283

### BeaYOUtiful Workshop (8-10 yrs)

The BeaYOUtiful Foundation is dedicated to building confidence and self-love amongst young girls and non-binary youth. This self-esteem program includes topics focused on media literacy, artistic expression, and positive body image activities. Workshops include making dream boards, dance or yoga classes, empowering female guest speakers, and most importantly, one-on-one mentorship with women in your community. No class Nov 10. \*\*This program is FREE for female and non-binary identifying youth, and presented by the BeaYOUtiful Foundation, a registered Canadian charity.

Lakewood Room  
F Nov 17-Dec 15 6:15 PM-8:15 PM  
Free/5 sess 469519

### FOODSAFE Level 1

#### for Youth (15-30 yrs)

A food handling, sanitation and work safety course designed for those working with food. The course covers important food safety and worker safety information including food-borne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing. Certification valid for 5 years. Please bring pens (blue, red), pencil/eraser, highlighters (2 colours), home address and contact information. Lunch is not provided; however lunch is taken.

Paul Richardson Willow Room  
Sa Nov 11 9:00 AM-5:00 PM  
\$45/1 sess 469521

### Standard First Aid (SFA) level 1 & CPR "C" (15-55 yrs)

SFA and CPR "C" is a blended program, this course will have 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 Bernie.dionne@vancouver.ca an email to receive the on line component. This must be completed 24 hours before the in class course date.

First Aid Pro Willow Room  
Sa Nov 18 9:00 AM-4:00 PM  
\$110/1 sess 469532

### Babysitting Course (11-19yrs)

The babysitting Course refreshed and revised, now has a greater emphasis on First Aid skills. The Canadian red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency.

Willow Room  
Sa Oct 21 9:00 AM -3:00 PM  
\$70/1 sess 473725

### Stay Safe for Preteens (8-15yrs)

Real world scenarios often call on children to respond to challenges. The Stay Safe program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! In a variety of different situations.

Willow Room  
Sat Nov 4 9:00 AM -1:00 PM  
\$70/1 sess 473726

## Physical Recreation

### Rain City Basketball Skills Sessions

We offer a program that is devoted to helping young players get better. No matter what your skill level is you will learn the tools to help you take your game to the next level. We offer a fun, safe, energetic, and competitive atmosphere to really motivate and encourage all participants. This program is open to boys and girls, we aim to help all participants learn to love the hard work needed to get better at anything, we hope that the lessons they learn on the court translate to all areas of their life. Raincity Basketball coaches have all played basketball at the highest levels around North America, and they all work with youth off the court also, we are excited to get to work, and help the next generations of leaders. Get Better Here!! Participants must bring a basketball and a water ball as this will NOT be supplied. 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". No class Sept 30 and Oct 28.

Raincity Basketball Club Gymnasium - North (2/3)

#### (5-8 yrs)

Sa Sep 09-Dec 16 12:35 PM-1:45 PM  
\$215/13 sess 469525

#### (9-13 yrs)

Sa Sep 09-Dec 16 1:50 PM-3:00 PM  
\$215/13 sess 469526

## Future Bounce Basketball

**Grades 8-10**

**(13-17 yrs)**

Future Bounce Basketball is Vancouver's first female run and female focused subsidized basketball program – founded and coached by the women of today to empower the women of tomorrow. Our goal is to give all self-identified girls the chance to play basketball, build connections, and enhance their skills. We know that basketball is about more than just what happens on the court. It's about developing confidence, teamwork, leadership, and life skills. Each week of practice will consist of a unique set of high level training to help you take your game to the next level. This program is designed for players of all skill levels. No class Oct 8 and Nov 12.

Future Bounce Athletics Association

Gymnasium

Su Sep 10-Dec 10

3:00 PM-4:45 PM

\$135/12 sess

470348



TL Youth Dodgeball League

## TL Youth Dodgeball League

**(13-18 yrs)**

Calling all dodgeball players from grade 8-12, come join us at Trout Lake CC weekly for our first Dodgeball League! It is co-ed league. Learn the strategies and teamwork needed to improve your game. Most importantly, come have FUN and meet other youth from other community centres and high schools! The first 2 weeks will be an exhibition series for anyone interested in playing dodgeball and to familiarize yourself with the rules. After 2 weeks, we will have a draft to determine teams. weekly game standings

and schedules will be posted on line. Play to the end for your chance to win the first ever Trout Lake Dodgeball championship which includes medals and other awesome prizes. Free with the One Card. Must be enrolled in Trout Lake's Youth Participant Program. Program times may be changed or cancelled on last minute notice!

Witton Chau

Gymnasium - North (2/3)

F Sep 29-Dec 08

8:30 PM-10:00 PM

Free/11 sess

469533

## Winter Break Camps

### Rain City Holiday Hoops

**Intermediate**

**(12-17 yrs)**

This program is for the focussed athlete. Our expert coaches are pushing every player in this program to their limits, to help them reach their full potential on and off the court. These workouts are tough, they are designed to challenge you mentally, and physically. We will be working on advanced skill sets, and many high level game situations. You will improve as a player in your training, and you will also improve your understanding of the game, your basketball IQ will develop. This is a program for players who have dreams of playing past high school and beyond. We look forward to working with you. Get Better Here!! \*\*Please bring your own basketball and water bottle\*\*

Raincity Basketball Club

Gymnasium

**Week 1**

W Th F Dec 27-Dec 29

1:35 PM-3:05 PM

\$75/3 sess

469529

**Week 2**

Tu W Th F Jan 02-Jan 05

1:35 PM-3:05 PM

\$100/4 sess

469531

## 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. 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

WEDNESDAY SEPT 8-DEC 15		FRIDAY SEPT 9-DEC 16	
<b>Games Room</b> 5:30 PM-7:00 PM		<b>Games Room</b> 5:30 PM-9:30 PM	
<b>NORTH GYM</b> <b>Open Gym Basketball</b> 3:30 PM-6:00 PM		<b>SOUTH GYM</b> <b>Preteen Volleyball</b> 3:15 PM-5:00 PM <b>Youth Volleyball</b> Drop-in 5:00 PM-8:00 PM <b>Youth Open Gym</b> 8:15 PM-9:45 PM	<b>NORTH GYM</b> <b>Preteen Basketball</b> 3:15 PM-5:00 PM <b>Youth Basketball</b> 5:00 PM-8:00 PM <b>Youth Dodgeball</b> 8:00 PM-9:45 PM
<i>All programs are free with OneCard. Must be enrolled in our Youth Participation Program. Gym is supervised but no instruction provided.</i>			



## Physical Recreation

### Adapted Gym (19+yrs)

This open gym time is for individuals with complex disabilities and their support workers to socialize and relax in a safe, calm community space. Participants are welcome to use the space to exercise and connect with one another in a low stimulus environment. You will have access to basketballs, soccer balls, nets and hoops.

No Instructor      Gymnasium - North (2/3)  
Th Sep 07-Dec 07      10:05 AM-11:05 AM  
\$28/14 sess      462166

### Body Sculpting (19+yrs)

This class is a total body workout, that combines both strength training, using light and heavy weights and HIIT (High-Intensity Interval) cardio to give you the most efficient and effective workout. You will sweat, but you'll have fun doing it! Drop in \$7, space permitting. No class Nov 14.

Herb DaSilva      Gymnasium  
Tu Sep 05-Dec 19      6:15 PM-7:15 PM  
\$90/15 sess      462177

### Bootcamp (19+yrs)

A challenging, interval style cardio and muscle conditioning class with step sequences, plyometric exercises and weight training. No class Sept 30, Oct 28 and Nov 11.

Herb DaSilva      Gymnasium  
Sa Sep 09-Dec 23      9:00 AM-10:00 AM  
\$78/13 sess      463995

### Bootcamp **NEW!** (19+yrs)

This class is a full body workout, using strength and cardio intervals and stations to keep your body in optimal condition. Adaptations and progressions available for all levels. Drop in \$7, space permitting. No class Oct 27.

Carey Yuen      Grandview Room  
F Sep 08-Sep 22      1:00 PM-2:00 PM  
\$18.90/3 sess      472144  
F Oct 06-Nov 10      1:00 PM-2:00 PM  
\$31.50/5 sess s      472145  
F Dec 01-Dec 15      1:00 PM-2:00 PM  
\$18.90/3 sess      472147



Outdoor/Indoor Stroller Fitness with Carey

### CIRCL Mobility **NEW!** (19+yrs)

Based on the science of functional movement, CIRCL Mobility focuses on flexibility, breathwork, and mobility exercises. Whether you're a fitness enthusiast, a busy mom, or a 9-5er, CIRCL Mobility helps you release stress, restore your range of motion, and renew your ability to move better, longer. Drop in \$13, space permitting.

Monika Schoenenberger      Cedar Hall  
Th Sep 07-Dec 14      9:15 AM-10:15 AM  
\$161.70/15 sess      467842

### Full Body Conditioning (19+yrs)

This class is a full body workout, using strength and cardio intervals, along with mobility work, to keep your body in optimal condition. Adaptations and progressions available for all levels. Drop in \$7, space permitting.

Carey Yuen      Gymnasium  
M Sep 11-Dec 18      5:30 PM-6:30 PM  
\$78/13 sess      462178

### Myofascial Release

### Workshop **NEW!** (19+yrs)

In this class we will use a variety of myofascial release techniques, along with stretching, to ease tension and open up the body. The perfect way to start your Sunday. Bring any rolling tools you have ie. foam rollers, rolling stick, peanut roller, roller balls. There will also be some available to borrow.

Carey Yuen      Grandview Room  
Su Oct 15      9:30 AM-10:30 AM  
\$20/1 sess      472163

### Outdoor/Indoor Stroller Fitness with Carey (19+yrs)

Come join other moms and babies in your community at Stroller Fitness. It will be an all levels class with strength & cardio intervals, mobility work, and postnatal-specific core work. The class takes place outdoors as much as possible, however we do have an indoor option for rainy days. Come for the workout, stay for the friendships. Participants should be 4+ weeks postpartum and 6+ weeks for caesareans. Participants will need a yoga mat and water bottle. Optional to bring their own resistance band. Participants do not need a jogging stroller. Instructor is a Certified Pre & Postnatal Fitness Specialist. Drop-in \$16, space permitting. This is an outdoor class; please dress appropriately. No class Nov 13 and Nov 15.

Carey Yuen      Grandview Room  
M W Sep 11-Nov 08      11:00 AM-12:00 PM  
\$252/36 sess      469147  
M W Nov 20-Dec 20      11:00 AM-12:00 PM  
\$140/20 sess      469152

### Pickleball Lessons for Beginners (19+yrs)

No paddle, no experience, no problem! Learn the FUNdamentals to give you the confidence to join the fastest growing sport in North America. No class Oct 9 and Nov 13.

Richard Lee      Gymnasium - Trout Lake  
M Sep 11-Oct 16      1:45 PM-3:30 PM  
\$147/5 sess      463994  
M Oct 23-Nov 27      1:45 PM-3:30 PM  
\$140/5 sess      463996

# ADULT FITNESS

## 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, space permitting.

Amy Kiara Ruth Elm Room  
W Sep 13-Nov 29 6:15 PM-7:25 PM  
\$144/12 sess 464690

## 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, space permitting.

Amy Kiara Ruth Elm Room  
W Sep 13-Nov 29 7:30 PM-8:40 PM  
\$144/12 sess 464691

## Prenatal Fitness with Carey (19+yrs)

Come join other moms-to-be in your community at Prenatal Fitness, an all-levels, all trimesters welcome, fitness class. This class includes strength & cardio intervals, mobility work, and prenatal-specific core work. We will address common prenatal discomforts through movement, while increasing flexibility and strength. Come for the workout, stay for the friendships. Participants are welcome to bring their own yoga mat and resistance band - equipment will also be available. A water bottle is recommended. Participants are recommended to have a health care practitioner's approval should there be any concerns surrounding the pregnancy. Instructor is a Certified Pre & Postnatal Fitness Specialist. No class Nov 13. Drop in \$16, space permitting.

Carey Yuen Lakewood Room  
M Sep 11-Oct 30 7:00 PM-8:00 PM  
\$110.25/7 sess 472160  
M Nov 06-Dec 18 7:00 PM-8:00 PM  
\$94.50/6 sess 472161

## Tennis-Basics of Net Play & Serving (19+yrs)

Basics of Net Play & Serving – expectations reliable overhead serve & volley consecutive rally 15-25 or more balls by class 8 using a variety of low compression and regular balls.

Wilson Tan Gymnasium  
Th Oct 05-Oct 26 6:30 PM-8:00 PM  
\$160/4 sess 472042

## Tennis-Basics of Rallying (19+yrs)

Basics of Rallying – expectations consecutively rally 30-50 or more balls with a partner by class 4 using a variety of low compression and regular balls.

Wilson Tan Gymnasium  
Th Sep 07-Oct 26 6:30 PM-8:00 PM  
\$160/4 sess 472040

## Tennis-Basics of the Game & Play (19+yrs)

Basics of the Game & Play – expectations understand scoring doubles play and singles play by class 12, may tackle basic strategies and options if time permits.

Wilson Tan Gymnasium  
Th Nov 02-Nov 23 6:30 PM-8:00 PM  
\$160/4 sess 472041

## Tennis-Review of Basics (18+yrs)

Review the rally basics, net play, serving, game & play. Suitable for those who have completed the three courses and would like to review, refresh, or practice. Also ideal for anyone who may have been away from the game for years and is looking to return with this course as an overall refresher.

Wilson Tan Gymnasium  
Th Nov 30-Dec 21 6:30 PM-8:00 PM  
\$160/4 sess 472043

## Zumba (16+yrs)

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. It combines Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. [www.ZumbaVancouver.ca](http://www.ZumbaVancouver.ca) Drop-ins for \$14.70, space permitting.

Zumba Vancouver Gymnasium

**Mondays**

Free Trial 465314

M Sep 11 6:45 PM-7:45 PM

M Sep 18-Oct 30 6:45 PM-7:45 PM

\$83.35/6 sess 465320

M Nov 06-Dec 18 6:45 PM-7:45 PM

\$83.35/6 sess 465321

**Wednesdays**

Free Trial 465315

W Sep 13-Sep 13 6:45 PM-7:45 PM

W Sep 20-Nov 01 6:45 PM-7:45 PM

\$92.61/7 sess 465323

W Nov 08-Dec 20 6:45 PM-7:45 PM

\$92.61/7 sess 465326

## Zumba Gold (19+yrs)

ZUMBA® Gold is a low impact dance-fitness class for beginners and seniors that uses zesty Latin music, Salsa, Cha Cha, Cumbia, Merengue, Rock n Roll, (including Twist and Charleston), with easy to follow moves to create a dynamic and fun fitness class. ZUMBA® Gold strives to improve your balance, strength, flexibility and most importantly the heart. It is a "feel happy" workout that is great for both the body and the mind. <http://www.ZumbaVancouver.ca> Drop-ins \$14.70 space permitting.

Zumba Vancouver Cedar Hall

Free Trial 465317

Th Sep 07 12:30 PM-1:30 PM

Th Sep 14-Oct 26 12:30 PM-1:30 PM

\$92.61/7 sess 465318

Th Nov 02-Dec 14 12:30 PM-1:30 PM

\$92.61/7 sess 465319

## Gymnasium Sports Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MORNING		<b>Table Tennis</b> Tu Sep 12-Dec 12 9:30 AM-12:00 PM \$15/14 sess 462228		<b>Table Tennis</b> Th Sep 07-Dec 07 9:30 AM-12:00 PM \$15/14 sess 462229
AFTERNOON		<b>Older Adults Badminton</b> Tu Sep 05-Dec 12 1:30 PM-3:30 PM \$30/15 sess 462230	<b>Pickleball - Intermediate/Advanced</b> W Sep 06-Dec 13 1:30 PM-3:30 PM \$30/15 sess 464686	<b>Older Adults Badminton</b> Th Sep 07-Dec 21 1:30 PM-3:30 PM \$30/15 sess 464692
EVENING	<b>Badminton</b> M Sep 11-Dec 18 8:00 PM-9:45 PM \$67.49/15 sess 464685	<b>Basketball</b> Tu Sep 05-Dec 19 8:00 PM-9:45 PM \$72/16 sess 464684	<b>Volleyball Beginner &amp; Intermediate</b> W Sep 06-Dec 20 8:00 PM-9:45 PM \$72/16 sess 464688	<b>Volleyball Beginner &amp; Intermediate</b> Th Sep 07-Dec 21 8:00 PM-9:45 PM \$72/16 sess 464694

### Sport Drop-In Procedures

1. First priority of play given for those who are registered.
2. Registered participants have until 15 minutes past the start time before their spot is sold.

## Yoga

### Baby & Me Yoga (19+yrs)

Nurture the precious bond between you and your baby while gaining the strength, energy and balance that parenthood demands. Naturally integrating both music & sign language these classes are designed to be engaging and fun for both you & your baby! This gentle flow class is perfect for your postpartum body and your baby aged 1 month to crawling, or crawling slowly enough to catch. We encourage participants to bring their own yoga mat. Drop-in \$20 space permitting. No class Oct 8.

Lynda Sing Elm Room  
Su Sep 10-Oct 22 11:30 AM-12:30 PM  
\$108/6 sess 470352  
Su Oct 29-Dec 10 11:30 AM-12:30 PM  
\$108/6 sess 470353

### 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 \$15, space permitting.

Michele Smith Lakewood Room  
Su Sep 24-Dec 10 11:00 AM-12:00 PM  
\$157.50/12 sess 470368

### All Levels Hatha Yoga (19+yrs)

Join Anita for this Anusara-inspired class that focuses on the core principles of alignment, breath practices, stretching, strengthening, and gentle relaxation. Suitable for all levels, this class is paced slowly with leveled variations of poses so each person can work on their individual practice. Take time to release physical, mental and emotional tension with these health-enhancing practices that have been used for thousands of years to promote well being on many levels. Please bring a full water bottle and a yoga mat with you to class. Drop ins \$19, space permitting. No class Oct 9.

Anita Callahan Cedar Hall  
M Sep 11-Oct 23 5:15 PM-6:30 PM  
\$94.50/6 sess 464376  
M Oct 30-Dec 18 5:15 PM-6:30 PM  
\$110.25/7 sess 464377  
M Sep 11-Oct 23 6:40 PM-7:55 PM  
\$94.50/6 sess 464378  
M Oct 30-Dec 18 6:40 PM-7:55 PM  
\$110.25/7 sess 464379

### Iyengar Yoga Level 1 (19+yrs)

An introductory course for those new to Iyengar Yoga. 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. Bridget is an Iyengar-certified instructor who has been teaching for more than 20 years. Drop in \$14, space permitting. No class Oct 9 and Nov 13.

Bridget Donald Elm Room  
M Sep 11-Dec 11 11:15 AM-12:15 PM  
\$144/12 sess 469471  
Th Sep 14-Dec 14 11:15 AM-12:15 PM  
\$168/14 sess 469552

**Check out TLCCA Program  
Cost Assistance**

See page 36.

# ADULT FITNESS

## Iyengar Yoga Levels 2-3 (19+yrs)

A class for those with at least six months' experience in Iyengar Yoga. Students should be able to set up for shoulder stand and hold it for five minutes, and also be ready to work on headstand or suitable alternatives. Bridget is an Iyengar-certified instructor who has been teaching for more than 20 years. Drop in \$20, space permitting.

**Bridget Donald** Lakewood Room  
Th Sep 14-Dec 14 9:30 AM-11:00 AM  
\$238/14 sess 469551

## Prenatal Yoga (19+yrs)

Prepare your mind, body, heart & soul to welcome your little one from womb to world. Offering the perfect balance of gentle flow, calming seated poses and quiet meditation, these classes nourish your connection to your body and your baby. Each class integrates birthing skills, breathing techniques and pelvic floor work to facilitate a calm, peaceful & flowing birth. We encourage participants to bring their own mat to class. Drop in \$20, space permitting. No class Nov 12.

**Lynda Sing** Elm Room  
Su Sep 10-Oct 22 10:00 AM-11:00 AM  
\$108/6 sess 470349  
Su Oct 29-Dec 10 10:00 AM-11:00 AM  
\$108/6 sess 470350

## Slow Flow Yoga with Flora (19+yrs)

This is a slow-paced yoga class designed to stretch deeply, breathe fully and relax completely. All levels are welcome. Beginner friendly. Modifications are offered based on student's needs. Give yourself 60 minutes of self-love to recharge the rest of your day. Drop-in \$13, space permitting.

**Flora Sze** Elm Room  
Tu Sep 12-Nov 28 12:45 PM-1:45 PM  
\$132/12 sess 469578

## Vinyasa Yoga (19+yrs)

Vinyasa is a yoga style with a non-stop flow, where you can always focus on your breath, gaze, and posture. It will help to improve your flexibility and the feeling inside your body. We will practice the Vinyasa style in a one hour class, which will include warm-up poses; Sun salutation; Standing poses; Balancing poses; Back bend/forward bend poses/ Hip opening; Inversion/ Core; Cool down; Savasana.

**Dzung Nguyen** Cedar Hall  
Th Sep 14-Oct 26 8:00 PM-9:00 PM  
\$66.15/7 sess 468016  
Th Nov 02-Dec 14 8:00 PM-9:00 PM  
\$66.15/7 sess 468019

## Yin/Restorative Yoga (19+yrs)

Yin Yoga is mostly floor based restorative yoga class where poses will be held for up to 5 minutes each. Increase your flexibility through working into the connective tissues and joints gently. Learn ways to quiet your mind and be present with the body through curated music and thoughtful assist/modifications for all bodies. Please bring a blanket, bolster, and blocks. Drop-in \$19, space permitting.

**Annie Becker** Cedar Hall  
Tu Sep 12-Oct 24 8:15 PM-9:30 PM  
\$110.25/7 sess 464693  
Tu Nov 07-Dec 19 8:15 PM-9:30 PM  
\$110.25/7 sess 464695

## Yoga by Candle light (19+yrs)

Enjoy yoga to candle light. All levels welcome. Drop-in \$9, space permitting. No class Oct 9.

**Kylie Railton** Cedar Hall  
M Sep 11-Oct 30 8:15 PM-9:15 PM  
\$70/7 sess 464708  
M Nov 06-Dec 18 8:15 PM-9:15 PM  
\$70/7 sess 464711

## 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 \$15, space permitting.

**Michele Smith** Elm Room  
Tu Sep 19-Dec 19 9:15 AM-10:15 AM  
\$183.75/14 sess 470362  
**Michele Smith** Lakewood Room  
Su Sep 24-Dec 10 9:30 AM-10:30 AM  
\$157.50/12 sess 470365



## Meet Annie:

Annie Becker is passionate about movement. Annie has trained within many modalities of movement including ballet, contact dance, vinyasa yoga, and yin yoga to name a few. Annie brings together her 300h Karma Teacher Certificate, 50h Yin Certificate, and pranayama training to the mat. A balance of looking inward while Annie holds space in a unique way that allows a deeper connection to the body.

## Education

### Come When Called — Dog Training

(19+yrs)

This program starts with you and your dog off leash in a large enclosed indoor space. We build foundations of paying attention, having fun and being able to stop in a safe environment. We work towards building the behaviour of wanting to come when being called. If weather permits we will take the classroom outside and work in nearby locations. Need a 15 ft non retracting leash. Dogs must be older than 6 months old. No aggressive dogs. No dogs in heat - against city bylaw.

DOGSmart Training W Nov Lakewood Room  
01-Dec 06 6:30 PM-7:30 PM  
\$231/6 sess 470511

### Dog Obedience — Intermediate

(19+yrs)

Two sets of vaccinations are required. In this program, your puppy will learn the importance of socialization to other dogs, people, and objects. Course content includes an introduction to basic commands. Behaviours such as house training, bite inhibition, jumping up, and solutions are discussed.

DOGSmart Training Lakewood Room  
W Sep 13-Oct 18 7:40 PM-8:40 PM  
\$242.55/6 sess 472169

### Dog Obedience — Puppy SmartStart (dogs 10-20 wks)

(19+yrs)

Two sets of vaccinations are required. In this program, your puppy will learn the importance of socialization to other dogs, people, and objects. Course content includes an introduction to basic commands. Behaviours such as house training, bite inhibition, jumping up, and solutions are discussed.

DOGSmart Training Lakewood Room  
W Sep 13-Oct 18 6:30 PM-7:30 PM  
\$242.55/6 sess 470508

### Eating Spoon: Carving Workshop

(19+yrs)

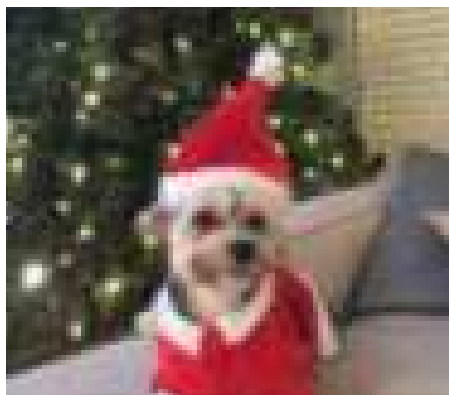
Join us and practice the ancient art of hand carving, by learning to make a wooden spoon! This iteration of the Vancouver Tool Library's popular spoon carving workshops relies exclusively on hand tools, and carving techniques. Learn the basics and get comfortable with the tools, and in the process make your very own wooden utensil. Class will involve the use of hand tools such as carving knives and chisels.

Vancouver Tool Library	Art Studio
Th Sep 07	6:00 PM-9:00 PM
\$63/1 sess	470282
Th Oct 05	6:00 PM-9:00 PM
\$63/1 sess	470283
Th Nov 02	6:00 PM-9:00 PM
\$63/1 sess	470284
Th Dec 07	6:00 PM-9:00 PM
\$63/1 sess	470285

### Leave It — Dog Training(19+ yrs)

Does your dog pick things up off the ground you wish and know he shouldn't? Shred their toys, tissues and chew your phone? Chase birds, squirrels, cats, children or joggers? In this program, we'll teach you and your dog all about the importance of impulse control while helping you train your dog to "Leave It" on cue! Teaching your dog this important skill is extremely useful in many situations and could even save his/her life. Dogs must be 6 months and older.

DOGSmart Training Lakewood Room  
W Nov 01-Dec 06 7:40 PM-8:40 PM  
\$231/6 sess 470512



Dog Obedience

### Leatherwork: Dog Leash and Collar Workshop

NEW!

(19+yrs)

Learn to a leash and collar for your best friend, and have fun developing the skills associated with a new craft. This workshop will familiarize participants with the commonly used leatherworking tools found at the Vancouver Tool Library, and provide an opportunity to practice basic leather working including hole punching, rivet setting and edge finishing.

Vancouver Tool Library	Art Studio
Th Sep 14	6:00 PM-8:00 PM
\$105/1 sess	470166
Th Oct 12	6:00 PM-8:00 PM
\$105/1 sess	470169
Th Nov 09	6:00 PM-8:00 PM
\$105/1 sess	470167
Tu Dec 19	6:00 PM-8:00 PM
\$105/1 sess	470168

### Leather Belt Workshop (19+yrs)

Learn to make items you use every day, and have fun developing the skills associated with a new craft. This workshop will familiarize participants with the commonly used leatherworking tools found at the Vancouver Tool Library, and provide an opportunity to practice basic leather working including hole punching and edge finishing. At the end of the session all participants will have a custom belt they made to take home.

Vancouver Tool Library	Art Studio
Tu Sep 19	6:00 PM-8:00 PM
\$94.50/1 sess	470162
Th Oct 19	6:00 PM-8:00 PM
\$94.50/1 sess	470163
Th Nov 16	6:00 PM-8:00 PM
\$94.50/1 sess	470164
Th Dec 14	6:00 PM-8:00 PM
\$94.50/1 sess	470165



## Leatherwork:

### Cardholder

(19+yrs)

Join us for an evening of leatherwork! In this beginner workshop, you will learn how to make and finish a card holder from vegetable tanned leather! We will cover beveling, burnishing, pricking and saddle stitching. We will also talk about types of leather, tanneries, tools, techniques and more. All materials will be provided. We will be working with natural leather and making a 3 slot card holder.

Vancouver Tool Library	Art Studio
Tu Oct 17	6:00 PM-9:00 PM
\$94.50/1 sess	470174
Tu Nov 14	6:00 PM-9:00 PM
\$94.50/1 sess	470175
Tu Dec 05	6:00 PM-9:00 PM
\$94.50/1 sess	470176



Leatherwork: Cardholder

### Leatherwork: Tote Bag

(19+yrs)

Join us for an evening of leatherwork! In this two-part beginner workshop, you will learn how to take a template to a finished product. We will cover marking, cutting, pricking and saddle stitching. We will also talk about types of leather, tanneries, tools, techniques and more. All tools and materials will be provided. We will be working with leather hides and making a nice tote bag that will last a very, very long time.

Vancouver Tool Library	Lakewood Room
Tu Nov 21-Nov 28	6:00 PM-9:00 PM
\$157.50/2 sess	470177



Moss Ball Workshop

### Moss Ball Workshop

(19+yrs)

Come learn the fascinating art of making Kokedama Balls! Kokedama Balls are a globe of moss that contains soil and a plant. Kokedama is the practice of taking the root ball of a plant and suspending it in a mud ball, which is then coated with soft green moss. It is a living planter as well as a distinctive display piece. Learn the process of mixing and understanding the soil needs, wrapping the soil and placing the plant in the ball. We then tie it together and create a wrap to allow it to hang.

Vancouver Tool Library	Art Studio
Tu Sep 12	6:00 PM-9:00 PM
\$47.25/1 sess	470170
Tu Oct 10	6:00 PM-9:00 PM
\$47.25/1 sess	470171
Tu Nov 07	6:00 PM-9:00 PM
\$47.25/1 sess	470172
Tu Dec 12	6:00 PM-9:00 PM
\$47.25/1 sess	470173

## Pure & Simple

### Soap Making! NEW!

(19+yrs)

From pre-blended bases, learn the basics of cold process soap making from scratch! Make a long-lasting herbal floral soap and a batch of citrus explosion. Explore different ingredients, methods and techniques that you can use to create exciting soaps. Also receive a finished soap bar and recipes for gourmet garden bar, pet soap, laundry soap and herbal shampoo. Please bring hand towel to class. Come to class scent free and bring an apron (or wear appropriate clothing). All supplies included in course fee.

Cheryl Theilade	Lakewood Room
W Oct 25	6:30 PM-9:00 PM
\$55/1 sess	470978

## TykeTalks — Wheezers, Fevers, Pukers & Poopers!

(19+yrs)

Thankfully, most will never actually do CPR, but just about ALL new parents & childcare providers will, at some point, manage children with ILLNESS. Gain confidence about managing inevitable health problems & avoiding common mistakes or outdated info. This class condenses 25 years of emergency health care experience into 3 hours! (Like a first aid course but much more medical). Focusing on 3 months to school age problems, you will learn how to understand, manage & know when and where to seek help for: Fevers & Seizures, Vomiting, Diarrhea & Dehydration, Breathing troubles (CHOKING, Coughs, Colds, Croup, Bronchiolitis & Asthma), Rashes, Allergic reactions, Poisoning Prevention, Nosebleeds, Foreign bodies in ears/nose, Dental problem, Falls, Head injuries, Bumps, Bleeding, Burns, medication administration tips & tricks & much more. Non-mobile babies welcome (bring a blanket & toys). ECE providers, grandparents & babysitters welcome also. Each adult must register.

TYKE TALKS	Lakewood Room
W Sep 13	12:00 PM-3:00 PM
\$100/1 sess	469330
W Nov 29	12:00 PM-3:00 PM
\$100/1 sess	470533

**Worlds of Sound:****Trout Lake Soundwalk (19+yrs)****TLCCA SUBSIDIZED**

A soundwalk guides a group of listeners along a planned route, in order to discover the environment through deep listening. Moving through space without speaking allows us to experience the world as music, to notice local life and activities in new ways, and to spark imagination. Soundwalking can also be deeply meditative, informative, and poetic. This soundwalk will offer prompts for listening to the Trout Lake environment. Children are welcome but must be accompanied by an adult. One field recording unit is available to borrow by contacting Helena.Marie.Krobath@gmail.com. Accessibility: The walk will be wheelchair accessible, and about 1 hour will be spent walking slowly on fairly flat terrain.

Helena Krobath Centre Lobby  
Su Sep 10 1:00 PM-3:00 PM  
Free/1 sess 466837

**Martial Arts****Aikido (17+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-defense and spiritual discipline while improving body coordination with gentle circular movements. Please note: pro-rated fees do not apply to this program. No class Sept 4 and Sept 30.

Shohei Juku Aikido Canada Elm Room  
M Tu Th Sa Sep 02-Sep 30 11:00 AM-12:30 PM  
\$76.19/15 sess 469175  
M Tu Th Sa Oct 02-Oct 31 5:55 PM-7:30 PM  
\$80 month 469176  
M Tu Th Sa Nov 02-Nov 30 6:00 PM-7:30 PM  
\$80 month 469177  
M Tu Th Sa Dec 02-Dec 30 11:00 AM-12:30 PM  
\$80 month 469178

**Beginners Aikido (13+yrs)**

Aikido is a Japanese martial art. This class is for beginners to learn basic aikido techniques and movements with a gentle approach. Also learn the basic aikido weapons in a friendly atmosphere. Participate in loose clothes for easy participation. \$12 drop in, space permitting.  
Shohei Juku Aikido Canada Elm Room  
Th Sep 07-Dec 14 5:00 PM-5:50 PM  
\$157.50/15 sess 469574

**Health QiGong with Tai Chi Yang Style 10 form (19+yrs)**

This traditional Tai Chi exercise class will focus on Yang Family tradition Tai Chi, the most important style in the family of Tai Chi. In fact, other Tai Chi styles originate from the Yang Style. This class is instructed by Amy Zhu who was a disciple of Grand Master Yang Jun (5th Yang Family Tai Chi Chuan Lineage holder), national Tai Chi champion and certified Tai Chi instructor. Drop-in \$12, space permitting.

Amy Li Hua Zhu Cedar Hall  
Th Sep 07-Oct 26 10:25 AM-11:15 AM  
\$88.70/8 sess 467876  
Th Nov 16-Dec 21 10:25 AM-11:15 AM  
\$66.53/6 sess 467880

**Qigong (19+yrs)**

Qi means "energy". Gong means "training", "work" or "skills aquired through training". Thus, Qigong is "energy work" and has a long history in china, dating back over 2,000 years. These countless methods of Qigong coming from martial arts, Chinese medicine, Buddhism and Taoism. There are sitting, standing, moving, and lying down techniques, employing exercises, visualization, and even sound. Qigong is generally very gentle, and good for all fitness levels. Drop in \$18, space permitting. No class Sept 20 and Sept 27.

Kelly Maclean Grandview Room  
W Sep 13-Dec 13 6:00 PM-7:00 PM  
\$192/12 sess 469938

**Shorinji Kempo (13+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-ins only \$10.00 per person.

Shorinji Kempo Society Elm Room  
M F Sa Sep 08-Sep 29 7:00 PM-9:00 PM  
\$50 month 469745  
M F Sa Nov 03-Nov 27 7:00 PM-9:35 PM  
\$50 month 469746  
M F Sa Dec 01-Dec 18 7:00 PM-9:35 PM  
Drop-ins only \$10/1 sess 469747

**Tai Chi 108 Traditional Yang Style (Long Form) Part Three (19+yrs)**

This course is for those who have been studying the form over the last few seasons, and have learned up to the "Fair Maid Works the Shuttles" section, or for anyone who has studied the form in the past and would like a refresher. We will finish learning the choreography of the form, with time for review. Drop-in \$18, space permitting. No class Sept 20 and Sept 27.

Kelly Maclean Grandview Room  
W Sep 13-Dec 13 7:00 PM-8:00 PM  
\$192/12 sess 469941  
W Sep 13-Dec 13 8:00 PM-9:00 PM  
\$192/12 sess 469946

**Tai Chi Yang Style 1 & 2 (19+yrs)**

This class will introduce and expand on Tai Chi Yang Style, Tai Chi Sword and Kung Fu Fan. Another form of Chinese exercise, Qi Gong Ba Duan Jin, will also be taught. Tai Chi improves strength, flexibility, balance and coordination. Slow and relaxing movements improve posture, breathing and energy flow. Suitable for all ages and fitness levels. Instructor speaks English and Chinese. No Class Sept 30 and Oct 28.

Michael Chiao Lakewood Room  
Sa Sep 09-Dec 09 9:00 AM-11:00 AM  
\$60/12 sess 464696

## Tai Chi Kung Fu Fan

with Amy **NEW!**

(19+yrs)

Tai Chi Kung Fu Fan using a traditional hand held fan is a physical exercise that is colourful and attractive. It is a fitness exercise with graceful movement and creates happy moods. A popular form of Tai Chi that is enjoyed by many. This class is instructed by master Amy Zhu national Tai Chi Champion and Certified Tai Chi instructor. Drop-in \$14, space permitting.

Amy Li Hua Zhu	Cedar Hall
Th Sep 07-Oct 26	11:20 AM-12:15 PM
\$103.49/8 sess	467897
Th Nov 16-Dec 21	11:20 AM-12:15 PM
\$77.62/6 sess	467899

## Performing Arts

### Adult Ballet and Contemporary Dance Fundamentals **(19+yrs)**

All Levels Movement Technique Basics that can be applied to all forms of dance and sport. Balance, strength and stretch, and most of all FUN. Dance can be fully fun and feel good, and this class will focus on enjoying the process of training the body and mind to do things you couldn't before, using ballet and contemporary fundamentals to get you there!

Katherine Single-Dain	Cedar Hall
Su Sep 10-Oct 22	2:45 PM-4:00 PM
\$84/7 sess	463009
Su Nov 05-Dec 10	2:45 PM-4:00 PM
\$75.60/6 sess	463012

### Adult Group Ukulele

#### Beginners

**(19+yrs)**

Learn the basic chords and strumming patterns on ukulele while singing in the group your favorite songs. Bring your soprano or concert ukulele (highly recommended with a strap) and a clip-on digital tuner. A guide book will be available on the first class for \$15.00. No class Oct 9.

Rene Hugo-Sanchez	Art Studio
M Sep 11-Dec 04	8:15 PM-8:45 PM
\$144/12 sess	464873
Th Sep 14-Dec 07	8:15 PM-8:45 PM
\$156/13 sess	465064

## Adult Group Ukulele

Ensemble **NEW!**

**(19+yrs)**

Join our ukulele group at Trout Lake Community Centre. Bring your ukulele (any size), your clip-on tuner, a small music stand, and your \$15.00 for the song book. Requirements: To be able to change chords on tempo. To know basic strumming patterns. To be familiar with some bar chords such as Bb or to have finished the Intermediate ukulele level of Rene's classes. Singing and playing is recommended but not mandatory.

Rene Hugo-Sanchez	Board Room
Th Sep 14-Dec 07	8:45 PM-9:15 PM
\$156/13 sess	465065

## Adult Group Ukulele

Intermediate **NEW!**

**(19+yrs)**

Bring your ukulele up to the next level. Learn a variety of strumming patterns, new chords and new keys while singing together as a group. Any size of ukulele is welcome, a digital tuner mandatory and a strap is highly recommended. A guide song book will be provided by the teacher for \$15.00. No class Oct 9.

Rene Hugo-Sanchez	Art Studio
M Sep 11-Dec 04	8:45 PM-9:15 PM
\$144/12 sess	465063

## Adult Hip Hop

Fundamentals **NEW!**

**(19+yrs)**

All hip hop enthusiasts unite! Dancers will refine their technique through Hip Hop fundamentals, learning choreography, footwork, isolations, stretches and more! Enjoy great tunes and good vibes while working up a sweat and meeting new friends along the way. Open level, beginner friendly. Drop in \$18.90, space permitting.

Endorphin Rush Dance	Cedar Hall
Free Trial	
Th Sep 07	6:15 PM-7:15 PM
Free/1 sess	466583
Th Nov 02	6:15 PM-7:15 PM
Free/1 sess	466584
Th Sep 14-Oct 26	6:15 PM-7:15 PM
\$110.25/7 sess	466580
Th Nov 09-Dec 14	6:15 PM-7:15 PM
\$94.50/6 sess	466582



Adult Ukulele

## All Bodies Dance Project **(19+yrs)**

**TLCCA SUBSIDIZED**

All Bodies Dance Project brings together artists with and without disabilities to explore movement as a means of creative expression. These accessible classes are for people of all abilities, genders, sizes, and backgrounds. Classes explore improvisation in an open, safe, and fun environment. Absolutely no experience or skill required. ASL interpretation is available for this program upon request at [info@allbodiesdance.ca](mailto:info@allbodiesdance.ca). Participants who require one-to-one support must provide their own assistant. Drop in welcome. If the class is full and you would like to join, please contact us at [info@allbodiesdance.ca](mailto:info@allbodiesdance.ca). \*Please note that these classes are scent-reduced and participants are asked to refrain from wearing perfumes, colognes or scented products.

All Bodies Dance Project	Grandview and Lakewood Room
Th Sep 28-Dec 07	6:30 PM-8:00 PM
Free/11 sess	462999



All Bodies Dance Project

**Bellydance****(19+yrs)**

Bellydance 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. Bring a hip scarf (even a favourite neck scarf will do) and be prepared to work your body through dance. All levels welcome. Drop in \$14, space permitting.

Georgina Daniels	Cedar Hall
W Sep 20-Oct 25	6:30 PM-7:30 PM
\$72/6 sess	462699
W Nov 08-Dec 13	6:30 PM-7:30 PM
\$72/6 sess	462700

**Bluegrass and Country Rhythm Guitar****(19+yrs)**

For intermediate players who want to learn how to use a flat pick, play bass runs and licks, play in different keys and play great rhythm. Materials included. No drop ins.

Sue Malcolm	Grandview Room
Tu Sep 26-Oct 17	7:00 PM-8:30 PM
\$100/4 sess	462653

**Bluegrass Slow Pitch Jam SongBook #1****(19+yrs)**

For acoustic guitar, mandolin, banjo, fiddle, bass, dobro and ukulele. All levels welcome. You should be able to play basic chords or melody. Learn by ear through lots of singing and playing. A great way to practice your instrument, work on soloing, sing lead and harmony, learn about jam etiquette and meet jamming buddies. Drop in \$20. Materials required: Slow Pitch Jam Volume 1 songbook plus additional materials for \$20.00. Available on the first day of class.

Sue Malcolm	Grandview Room
Tu Oct 24-Dec 12	7:00 PM-8:30 PM
\$125/8 sess	462643

**Latin and Ballroom Dance****(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 Sept 30, Oct 7, & Nov 11.

Simon Siu	Cedar Hall
Sa Sep 09-Dec 09	3:35 PM-4:35 PM
\$110/11 sess	464478

**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 Oct 9 & Nov 13

Helen Ai Yee Lee	Cedar Hall
M Sep 11-Dec 18	1:15 PM-2:45 PM
\$74.22/13 sess	465316
Tu Sep 05-Dec 19	12:00 PM-1:30 PM
\$91.35/16 sess	465324

**Physical Recreation****Bellyfit****(19+yrs)**

Enjoy a holistic fusion of fitness, dance, and yoga. Sweat it out with easy-to-learn cardio-dance moves inspired by bellydance, bollywood, african dance, martial arts, and more. Then build strength with core exercises and top it off with a relaxing stretch and meditation. Energize your body, mind, heart, and spirit! All genders welcome. Bring running shoes, a water bottle, and optional yoga mat. Drop-in \$16, space permitting.

Loretta Laurin	Cedar Hall
Tu Sep 12-Oct 24	7:00 PM-8:00 PM
\$91/7 sess	462636
Tu Nov 07-Dec 19	7:00 PM-8:00 PM
\$91/7 sess	462637

**Stretch & Strength****NEW! (19+yrs)**

Stretch and Strength is a class that will both relax you and pump you up! Done to music at times rhythmic and at times enchanting, this class will give you a continuous hour of exercise that balances core strength building with flexibility. Part dance, part yoga and part workout, this class will have something for everyone!

Katherine Single-Dain	Cedar Hall
Su Sep 10-Oct 22	1:15 PM-2:30 PM
\$84/7 sess	465354
Su Nov 05-Dec 10	1:15 PM-2:30 PM
\$72/6 sess	465355

**Social****Book Club****NEW!****(19+yrs)**

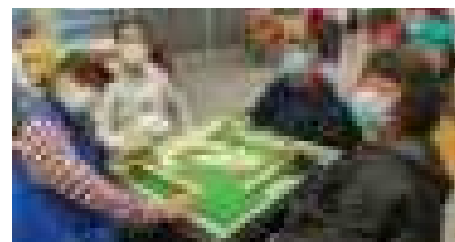
Do you like to read? Looking to expand your book choices and enhance your reading? If so, please join us at our monthly book club where we will have friendly discussions about our chosen titles. We will arrange to borrow book club sets from the library. As an added bonus, we will be reading books by Indigenous authors. The first session will be a "meet and greet" where you will receive a copy of our first selection.

Teresa Whitehouse	Board Room
W Sep 13-Dec 13	10:00 AM-11:30 AM
FREE/4 sess	470408

**Mah Jong-Intermediate****(40+yrs)**

Bring your lunch and come and make new friends while playing Mah Jong. Drop-in \$1.00, space permitting. No class Sept 12, Oct 17 and Nov 14.

No Instructor	Lakewood Room
Tu Sep 05-Dec 12	11:30 AM-3:30 PM
\$5/season	462180
No Instructor	Grandview Room
Th Sep 07-Dec 14	11:30 AM-3:30 PM
\$5/season	462182



Mah Jong



## Visual Arts

### ABC Acrylics Beginners — Colour (19+yrs)

This is the perfect class to plunge into painting and enjoy the creative release. Colour mixing, theory and brush technique will be clearly demonstrated and will ultimately lead you into a juicy Loose Landscape. It's a fun and furious class suited for beginners or for those who need a refresher. Acrylic paint supplies available upon request. \$55 art kit includes paint, canvas and brushes. No class Oct 9.

Niina Chebry Grandview Room  
M Sep 18-Oct 23 7:00 PM-9:00 PM  
\$135/5 sess 468272

### Abstract Acrylic Painting (19+yrs)

Acrylic paint is one of the most versatile (and forgiving!) mediums to work with. Be prepared to use non traditional painting techniques with brooms, squeegees and more. We'll start with continuous mark making exercises with a variety of prompts including music, flowers and masks. Later you'll be guided through compositional considerations. Ultimately this is a class to release your creative self! All materials included.

Niina Chebry Grandview Room  
M Oct 30-Nov 20 7:00 PM-9:00 PM  
\$155/4 sess 468279

### Adult Beginners Pottery (19+yrs)

This class offers an intro to hand building and wheel throwing with functional projects in mind. Put your own spin on design and bring your ideas to life. Purchase clay at the front desk on the first day of classes. No class Oct 31.

Janine Schroedter Pottery Studio  
Tu Sep 05-Nov 21 7:00 PM-9:30 PM  
\$308/11 sess 468196



Adult Pottery

### Adult Intermediate & Beginner Pottery (19+yrs)

Express your creative talent in this relaxed and informal class. Focus on hand building techniques, pinching, coiling, soft slab construction and the wheel. We will also investigate form and surface decoration with sgraffito, stamps, underglaze and glaze. Class suitable for all levels.

Laura Van Der Linde Pottery Studio  
Th Sep 14-Nov 02 7:00 PM-9:30 PM  
\$270/8 sess 464413  
Th Sep 14-Nov 02 11:30 AM-2:30 PM  
\$320/8 sess 464421

### Adult Pottery — Seasonal Ornament Making (19+yrs)

Have fun creating your own festive seasonal ornaments for family and friends. Create memories with your very own designs. Decorate with slips, underglazes, stamps and glazes. On the last class we will add ribbon, beads and sparkles to our precious creations. Class suitable for all levels.

Laura Van Der Linde Pottery Studio  
Th Nov 30-Dec 14 11:30 AM-2:30 PM  
\$120/3 sess 464410  
Th Nov 30-Dec 14 7:00 PM-9:30 PM  
\$101.25/3 sess 464425

### Adult Pottery with Wheel Throwing (19+yrs)

A fun and inspiring class with an emphasis on creating functional pieces on the pottery wheel. Learn the fundamentals of wheel throwing, including wedging, centering, throwing, trimming and glazing. Suitable for beginners and those looking to practice pottery in a friendly and supportive atmosphere. No class Oct 3.

Suzanne Cowan Pottery Studio  
Tu Sep 12-Dec 12 10:00 AM-1:30 PM  
\$494/13 sess 462642

### Advance Acrylic Painting with Rey (19+yrs)

Expand your repertoire and learn the Old Masters Method! Work on a portrait or a landscape from a photo of your choice. Bring your ideas and leave with a ready-to-frame work of art. A supply list, which is not included in the course price, will be emailed to you. You can also order an Art Kit & Easel from Rey for \$100. Email will be sent with instructions.

Reynato Pablo Art Studio  
Su Nov 05-Dec 03 1:00 PM-3:00 PM  
\$60/5 sess 469450

### Animal Sculpture in Clay (19+yrs)

Explore the world of hand built sculptures in this one-day intensive workshop. Learn a number of ways to start your build and, with expressive manipulation, form your animal and add texture and colour for finishing touches. Hand building experience is recommended. Bring a reference of your animal.

Janine Schroedter Pottery Studio  
Tu Dec 05 6:00 PM-9:00 PM  
\$75.25/1 sess 469460  
Tu Dec 12 6:00 PM-9:00 PM  
\$75.25/1 sess 469461

## The Trout Lake Pottery Club

The Trout Lake Pottery Club is an affiliated group of the Trout Lake Community Centre Association. This is a volunteer-operated club that promotes and encourages community involvement and active participation. Not suitable for the production and/or professional potters. Pottery experience required. For membership information, please email: [tlpotteryclubinfo@gmail.com](mailto:tlpotteryclubinfo@gmail.com)



## Beginner's Acrylic Painting with Rey (19+yrs)

Learn how to paint from a photo of your choice (abstract, landscape, still-life or portrait). Bring your ideas and leave with a ready-to-frame work of art! A supply list, which is not included in the course price, will be emailed to you. You can also order an Art Kit & Easel from Rey for \$50. Email will be sent with instructions. No class Oct 8.

Reynato Pablo Art Studio  
Su Sep 17-Oct 22 1:00 PM-3:00 PM  
\$60/5 sess 469448

## Holiday Wreath Making (19+yrs)

**NEW!**  
TLCCA SUBSIDIZED

This holiday wreath making workshop will teach you the skills to create your own one of a kind holiday wreath. We love the holidays, this class will give you basic tips on how to create a holiday wreath using standard evergreens and holiday accents. Come create and enjoy learning how to add some festive fragrance and beauty to the winter months. All supplies included in fee.

Daniela Ciuffa Lakewood Room  
Su Nov 26 1:00 PM-3:30 PM  
\$80/1 sess 471588

## Introduction to Fiction Writing (19+yrs)

We'll explore the essential elements of storytelling, including relatable characters, descriptive writing, and effective dialog. From there, we'll delve into the art of crafting compelling narratives and engaging plots. Through a series of exercises, you'll unlock your imagination and cultivate your storytelling abilities. We will do this in a supportive environment where you can collaborate with fellow aspiring writers, boost your confidence, and take your first steps towards becoming a skilled author of fiction. Please bring a laptop or a notebook.

Glenn Mori Board Room  
Sa Oct 14-Nov 18 2:30 PM-4:00 PM  
\$75/6 sess 469468

## Photography: Smartphone (19+yrs)

If taking pictures is a passion of yours then join us as we dive deeper into the art of creating beautiful photographs using smartphone cameras. This introductory course is composed of lectures, outdoor photo walks, and constructive photo critiques focusing on the fundamentals of photography. Bring your smartphone to each class and dress for the weather as a portion of the class will be outside.

Jhaymee Hizon Art Studio  
W Sep 06-Oct 18 6:00 PM-7:30 PM  
\$90/7 sess 468359  
W Oct 25-Dec 06 6:00 PM-7:30 PM  
\$90/7 sess 468361

## The Joy of Acrylic Painting (19+yrs)

The class will guide you to acrylic painting in a friendly and relaxing atmosphere. Philip will demonstrate step by step to paint a beautiful picture in every session. \$10 art supply fee included in price, non refundable after first advertised class. Materials provided at first class. Philip loves teaching art and has taught interior design and art classes at Vancouver Training Institute, Vancouver School Board continuing education and Langara College continuing education.

Philip Tsang Art Studio  
F Sep 29-Oct 27 10:00 AM-12:00 PM  
\$120.50/5 sess 462997

## The Joy of Drawing & Sketching (19+yrs)

Drawing is the fundamental training for all fine art even for the animation and architecture. A variety of drawing techniques will be covered including composition, tonal value, perspective, shape and more to help you develop an artistic foundation. Philip loves teaching art and has taught interior design and art classes at Vancouver Training Institute, Vancouver School Board continuing education and Langara College continuing education. Supplies will be provided first class.

Philip Tsang Lakewood Room  
Tu Sep 26-Oct 24 6:30 PM-8:00 PM  
\$90/5 sess 46299

## ABC Fitness

### All Bodies Community Recreation and Fitness Group

Register once on the **Master Roster #466112** for all of our programs except specialty classes which require a separate registration. To pay and participate in ABC fitness and sports use an ABC drop in, an ABC 10 pass usage card, or an ABC Flexi pass, which has all the same great benefits as a regular flexi pass plus the ABC activities.

### ABC Active and Strong

Scalable and easy to follow exercises designed to help you develop confidence and a foundation for health, fitness, or performance. We teach skills and movements transferable to the "gym" and other activities.

M Sep 18 - Dec 11 11:00 AM-12:00 PM  
No class Oct 9 Nov 13  
W Sep 13 - Dec 13 11:00 AM-12:00 PM  
F Sep 15 - Dec 15 11:00 AM-12:00 PM  
No Class Oct 13, 27, Dec 15

### ABC Mind Body Yoga and Relaxation

Safe, easy to follow exercises with guidelines and tips to help you start a successful Yoga practice.

F Sep 15 - Dec 15 5:00 PM-6:00 PM  
No Class Oct 13, 27

To see the schedule for other activities included with your ABC 10 pass or ABC Flexi pass scan here.

To see our schedule of free workshops scan here.



Or visit us online <https://vancouver.ca/people-programs/all-bodies-community.aspx>

## Bus Trips

### Tracycakes High Tea and Cascade Casino (55+ yrs)

We will enjoy High Tea at Tracycakes in historic Murrayville featuring decadent treats, fresh-made scones with Devonshire cream and savoury finger sandwiches after lunch you will have 2 hours to spend at the Cascade Casino in Langley.

Ivan Dragelj Charter Bus  
Fr Nov 17 10:00 AM-4:30 PM  
\$70/1 sess 472889

## Out Trips

### Dr. Sun Yat Sen Chinese Gardens and Dim Sum Lunch (55+ yrs)

We will travel by transit to the Gardens; this Ming Dynasty-style garden-home is the first among its kind to have been built outside of China, and continues to be unique among the world as the result of the joint collaborative effort of the community members, the Canadian Government, and the People's Republic of China. After the garden we will enjoy a dim sum lunch which is included.

Ivan Dragelj Public Transit  
Fr Oct 13 9:00 AM-3:00 PM  
\$45/1 sess 473885

## Education

### What in the World is Going On? (55+ yrs)

Are you interested in current events, global warming or the nature of the human condition? Join a friendly group to share ideas about our work today. Discuss important issues both large and small.

Wally Kunz Willow Room  
W Sep 13-Dec 13 12:00 PM-1:00 PM  
FREE/14 sess 464022

## Performing Arts

### Piano with Iris (4+yrs)

These are one-on-one 30 minute private lessons for all ages and musical levels. Lessons are customized to student's development level. Learn to play classical, pop, or compose music in a fun and encouraging environment. Books are not included. Students would acquire their own books upon instructor's advice. There will be no make-up classes due to participant missing a class. No class Nov 15.

Iris Lam Maple Room  
W Sep 20-Nov 29 12:30 PM-2:00 PM  
\$250/10 sess

### Ukulele Singalong (55+yrs)

Let's Sing! Join local musician and teacher Mark Beaty to learn ukulele basics and sing a wide variety of songs. Each class will focus on a different ukulele chord/skill as we develop a repertoire of easy folk/R&B songs. Please bring a ukulele or plan to purchase one after the first class. No class Oct 9, Nov 6, Nov 13.

Mark Beaty Grandview Room  
M Sep 18-Dec 04 9:45 AM-10:45 AM  
\$144/9 sess 463149

## Physical Recreation

### Chair Yoga (55+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. Please bring your own yoga mat and water bottle. Drop ins \$15, space permitting.

Michele Smith Cedar Hall  
Tu Sep 19-Dec 19 10:45 AM-11:45 AM  
\$183.75/14 sess 470363

### Choose to Move **NEW!** (55+yrs)

Choose to Move is a FREE 3-month program for people 55+ who are inactive and wishing to become more active. Choose to Move is not a fitness class or movement class. It is a motivational coaching program where you will meet with Activity Coach Lynne Pruner and other participants to discuss ways to incorporate more physical activity into your life. Participants MUST attend the Information Session to be eligible for the full program.

Lynne Pruner Cedar Hall  
Information Session  
F Sep 08 9:15 AM-10:15 AM  
FREE/1 sess 469752  
F Sep 15-Dec 01 9:15 AM-10:15 AM  
FREE/9 sess 469753

### ActivAge **NEW!** (55+yrs)

ActivAge is a 3-month group-led physical activity program for older adults who are not regularly active, to introduce participants to the benefits of physical activity and reinforce their commitment to incorporate it into their daily lives. ActivAge is led by BCRPA registered Fitness Leaders with the Older Adult specialty. The unique aspect of this program is that alongside physical activity specifically tailored for older adults, ActivAge also encourages social interactions and overall health. Choose to Move participants have priority in registration.

Lynne Pruner Cedar Hall  
F Sep 15-Dec 01 10:30 AM-11:30 AM  
FREE/12 sess 469810

### Older Adults Strength & Conditioning with Denise (55+yrs)

This class will focus on balance, core and flexibility. All participants must be registered in the class in order to attend. All participants must either complete a written par q+ or be administered the verbal par q in the last 12 months. Drop-in \$7, space permitting.

Denise Galay Gymnasium - North (2/3)  
Tu Sep 12-Dec 12 10:30 AM-11:15 AM  
\$77.18/14 sess 467584

## Strength and Balance (55+yrs)

This balance and mobility program for older adults will help improve your functional mobility, increase lower & upper body strength, improve balance and reduce fall risk.

Monika Schoenenberger      Gymnasium - North (2/3)

Th Sep 07-Dec 07      11:30 AM-12:30 PM  
\$88.20/14 sess      463993

## Zumba Gold (19+yrs)

ZUMBA® Gold is a low impact dance-fitness class for beginners and seniors that uses zesty Latin music, Salsa, Cha Cha, Cumbia, Merengue, Rock n Roll, (including Twist and Charleston), with easy to follow moves to create a dynamic and fun fitness class. ZUMBA® Gold strives to improve your balance, strength, flexibility and most importantly the heart. It is a "feel happy" workout that is great for both the body and the mind. <http://www.ZumbaVancouver.ca> Drop-ins \$14.70 space permitting.

Zumba Vancouver      Cedar Hall  
Free Trial      465317

Th Sep 07      12:30 PM-1:30 PM

Th Sep 14-Oct 26      12:30 PM-1:30 PM  
\$92.61/7 sess      465318

Th Nov 02-Dec 14      12:30 PM-1:30 PM  
\$92.61/7 sess      465319

## Social

### Book Club **NEW!** (19+yrs)

Do you like to read? Looking to expand your book choices and enhance your reading? If so, please join us at our monthly book club where we will have friendly discussions about our chosen titles. We will arrange to borrow book club sets from the library. As an added bonus, we will be reading books by Indigenous authors. The first session will be a "meet and greet" where you will receive a copy of our first selection.

Teresa Whitehouse      Board Room  
W Sep 13-Dec 13      10:00 AM-11:30 AM  
FREE/4 sess      470408

## Knitting Together (50+yrs)

Enjoy knitting and making new friends. The program also consists of knitting at least one hat and scarf for Downtown Eastside homeless folks using donated yarn.

No Instructor      Willow Room  
M Sep 11-Dec 18      12:00 PM-3:00 PM  
\$1/season      462179

## Mah Jong-Intermediate (40+yrs)

Bring your lunch and come and make new friends while playing Mah Jong. Drop-in \$1.00, space permitting. No class Sept 12, Oct 17 and Nov 14.

No Instructor      Lakewood Room  
Tu Sep 05-Dec 12      11:30 AM-3:30 PM  
\$5/season      462180

No Instructor      Grandview Room  
Th Sep 07-Dec 14      11:30 AM-3:30 PM  
\$5/season 462182

## Patch Work & Quilting (50+ yrs)

Join us for this social class and create some beautiful, quilted items. This term we will use another of Pat Sloan's patterns called One Block a Day, Cheerful, which makes a 45" square quilt and can be increased in size if you wish. The pattern is available on Pat's website. This pattern is ideal for using up your 5" squares. You will need a variety of coordinating light coloured, five-inch blocks and one yard of a dark fabric preferably solid colour, or visa versa. All participants are asked to make one item a term to donate to a worthy cause which we support. Materials and equipment required for the class will be forwarded to participants after registration.

Judith Pilley/Pat Rooker  
Grandview/Lakewood Room  
W Sep 13-Dec 20      12:45 PM-3:15 PM  
\$20/season      466814

## Tax Planning for Assisted Living & Long Term Care Options (50+ yrs)

Navigating the health care and senior benefits system can be challenging. Many seniors and their caregivers are not prepared when the situation arises, and they are suddenly faced with the research, requirements, paperwork, and often difficult decisions around choosing the best option for their changing needs. Awareness and proper planning can ease the transitions between the varying levels of care. From aging at home to long-term care, join us for an informative 1-hour workshop on the health care options available for you or your loved ones. Topics will include: levels of care in retirement, potential care costs, income planning to reduce taxes and care costs, working with Health Authorities.

David Perkins      Grandview Room  
Tu Sep 26      12:30 PM-2:00 PM  
FREE/1 sess      472895



Patch Work & Quilting

## TUESDAY LUNCHEONS

TLCCA SUBSIDIZED

(55+yrs)

### September Luncheon

MENU: BBQ Chinese Chicken, tofu, rice & veggies. Dessert: fresh fruit, cake, cookies & lots of door prizes!

Tu Sep 12 12:00 PM-1:30 PM  
\$8.50/1 sess 467544

### October Luncheon

MENU: Salmon, mini potatoes & veggies. Dessert: fresh fruit, cake, cookies & lots of door prizes!

Tu Oct 17 12:00 PM-1:30 PM  
\$8.50/1 sess 467547

### November Luncheon

MENU: Pulled pork, beans, bun & coleslaw Dessert: fresh fruit, cake, cookies & lots of door prizes!

Tu Nov 14 12:00 PM-1:30 PM  
\$8.50/1 sess 467556

### December Luncheon

MENU: Turkey, ham, mashed potatoes, stuffing & veggies. Dessert: fresh fruit, cake, cookies & lots of door prizes!

Grandview Room  
Tu Dec 19 12:00 PM-1:30 PM  
\$8.50/1 sess 467559

## FRIDAY SOCIAL LUNCH

TLCCA SUBSIDIZED

(55+yrs)

### Chili and Cheddar Cheese biscuits

F Sep 29 12:00 PM-1:30 PM  
\$7/1 sess 467171

### Perogies, sausage and salad

F Oct 27 12:00 PM-1:30 PM  
\$7/1 sess 467174

### Salmon, potatoes and veggies

F Nov 24 12:00 PM-1:30 PM  
\$7/1 sess 467177



Friday Social Lunch



Social Tuesdays

## SOCIAL TUESDAYS

TLCCA SUBSIDIZED

(55+yrs)

### September 12 to December 12, 2023 12:15 to 1:45 p.m.

Are you looking to get out of the house and socialize with others? Join us on Tuesdays at 12:15pm for a new topic/theme each week. Coffee and tea will be served. No class Oct 17 and Nov 14.

\$8/season 467562

Sept 19. . . . Bingo

Sept 26. . . . Tax Planning for Assisted Living & Long-Term Care Options –

..... David Perkins Assante Financial Management Ltd

Oct 3. . . . . Glass Terrariums

Oct 10. . . . . Chair Yoga – Michele Smith

Oct 17. . . . . Luncheon – please register #467547

Oct 24. . . . . Mobility Workshop with Kate Lee

Oct 31. . . . . Dream Catchers Workshop – Al Chad Houston

Nov 7. . . . . Charades

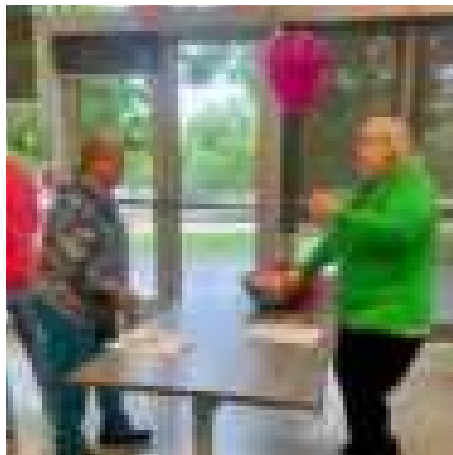
Nov 14. . . . . Luncheon – please register #467556

Nov 21. . . . . Board Games & Cards

Nov 28. . . . . Holiday Cards – Janine

Dec 5. . . . . Potluck & Sing-a-long

Dec 12. . . . . Swags and Wreath Making



Social Tuesdays

# Public Skating Schedule

Please check online or call 311 for schedules from Dec 23 to Jan 5.

Children 7 yrs & younger must be accompanied on the ice by a parent or guardian over the age of 16 yrs.

Groups of 10 or more please contact Eddy.Uechi@vancouver.ca.

10 Visit Pass and Flexipasses must be presented at the time of check-in.

September 30 – December 22, 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Family Fun Hockey</b> 10:15-11:15 AM	<b>Hockey</b> 11:45-1:15 PM		<b>Stick, Puck &amp; Ring</b> 10:00-11:30 AM	<b>50+ Skate</b> 10:00-11:30 AM	<b>Discount Skate/Preschool Lessons</b> 11:45-1:15 PM	<b>Public Skate</b> 12:45-2:15 PM
<b>Public Skate</b> 2:15-3:30 PM	<b>Discount Skate</b> 1:30-3:15 PM		<b>40+ Hockey</b> 11:45-1:15 PM	<b>Hockey</b> 11:45-1:15 PM	<b>Hockey</b> 1:30-3:00 PM	<b>Family Fun Hockey</b> 2:30-3:30 PM
				<b>Public Skate</b> 6:30-8:00 PM	<b>Public Skate</b> 3:15-5:00 PM	
	<b>Public Skate</b> 6:15-7:30 PM			<b>Adult Skate/Lessons</b> 8:15-9:45 PM		

## SKATING LESSON INFORMATION

### Fall Set I

Registration begins **Thursday, Sep 21 at 7:00 PM**  
Sundays, Oct 1 to Nov 5  
Mondays, Oct 2 to Nov 6

### Fall Set II

Registration begins **Thursday, Nov 9 at 7:00pm**  
Sundays, Nov 12 to Dec 17  
Mondays, Nov 13 to Dec 18

*You can register at  
any Vancouver  
Park Board  
Community Centre*

- You can only register in one lesson at a time per child.
- Please register in the correct level. If you register in the wrong level, there is no guarantee that your child can be transferred into the correct level.
- If you are unsure of which level to register in, we strongly recommend a FREE skating assessment during any of our Public/Discount Skate sessions.
- If the class you want is full, please ask to be placed on the wait list. A spot might open up!
- CSA approved hockey or snowboard helmets are required for skate lessons (no bike helmets). A limited number of hockey helmets are available to use for free.

## ICE SKATING RATES & FEES

	Single	10 Usages
Preschooler (4 and under)	FREE	
Child (5-12yrs)	\$3.50	\$30.76
Youth (13-18yrs)	\$4.89	\$43.06
Adult (19-64yrs)	\$6.99	\$61.51
Senior (65+)	\$4.89	\$43.06
Discount Skate	50% off regular admission	
Skate Rental	\$3.53	\$31.06
Skate Sharpening	\$6.80	
Family Rate*	\$3.50	
*Minimum charge of \$6.99 1-2 adults of same household and their children under 19yrs		
Prices subject to change. Prices do not include taxes.		



## Trout Lake Fitness Centre



*Note: Fitness admissions are available until 15 minutes prior to Fitness Centre closing.*

### Hours of Operation

Monday – Friday	6:00 AM - 9:45 PM
Weekends	8:00 AM - 4:45 PM
Sept 4	Closed
<b>Holiday Hours</b>	
Dec 24 and 31	8:00 AM - 4:00 PM
Dec 25 and Jan 1	10:30 AM - 3:30 PM
Dec 26	10:30 AM - 3:30 PM

### Rates & Fees

	ADULT	SENIOR / YOUTH
Drop-in	\$6.99	\$4.89
10 Visit Pass	\$61.51	\$43.06
<i>(Fees do not include tax)</i>		

### 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](http://vancouverparks.ca).

	ADULT	SENIOR / YOUTH
1 month	\$53.83	\$37.68
3 month	\$145.34	\$101.74
12 month	\$465.09	\$325.56
<i>(Fees do not include tax)</i>		

### 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.

	PRIVATE (1 PERSON)	SEMI-PRIVATE (2 PEOPLE)	SMALL GROUP (3-4 PEOPLE)
1 session	\$58.17	\$87.23	\$122.36
3 sessions	\$161.20	\$241.84	\$327.72
5 sessions	\$259.27	\$399.26	\$480.67
10 sessions	\$465.43	\$741.49	\$873.93
<i>(Fees do not include tax)</i>			

### Our Fitness Centre includes

- 2 Life Fitness Bicycles, upright position
- 2 Life Fitness Bicycles, recumbent position
- 2 Rowing machines (Concept2)
- 5 Life Fitness Treadmills Walk/Run
- 4 Life Fitness Cross Trainer Walk/Run/Step Machines
- 1 Elliptical Cross Trainer Machines (Arc Cybex)
- 1 Seated Elliptical (SCIFIT)
- 1 Shuttle MVP Pro System
- 2 Hammer Strength Half Squat Racks
- 1 Smith-Machine Rack
- 2 Techno Gym Flexibility Stretching Machines
- Free Weights Dumbbells ranging from 5lb to 80lb
- Free Weights Barbells ranging from 20lb to 110lb
- Kettle Bells ranging from 10lb-70lb
- 6 Benches (3 adjustable incline, 2 flat benches, 1 upright shoulder press)
- 1 Box Jump platform (20 inch, 24, inch 30 inch height)
- 2 Multi Cable Motion Adjustable Pulley Machine
- 1 Seated Leg Curl Machine
- 1 Assisted Dip/Chin Machine
- 1 Row/Rear Delt Machine
- 1 Upright Cable Motion Chest Press Machine
- 1 Pec Fly/ Rear Delt Machine
- 1 Cable Motion Pull Down Machine

## Indoor Cycling

**September 6 - December 15, 2023**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>Cycle Core</b> 9:30-10:30 AM Ed		<b>Cycle Fit</b> 9:30-10:30 AM Ed		
		<b>Cycle Fit</b> 5:30-6:30 PM Audrey				
Schedule is subject to change without notice. Visit <a href="https://vancouver.ca/parks-recreation-culture/indoor-cycling.aspx">https://vancouver.ca/parks-recreation-culture/indoor-cycling.aspx</a> for up-to-date schedule.						

### Cycle Core

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

### Cycle Fit

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

### NEW! Register Online

Register for classes on-line paying the drop-in fee or by using the new Indoor Cycling Usage Pass.

We will no longer accept paper tickets so please convert any remaining tickets by bringing them into any Vancouver Park Board community centre.

RATES & FEES	ADULT
Drop-in	\$6.99
10 Visit Pass	\$61.51
(Fees do not include tax)	

### How it works

- Patrons will register for all classes on-line starting at noon 3 days prior to the class.
- Registered participants are to wait upstairs by the glass door. You will be able to enter the fitness centre 10 minutes before the class starts.
- Any open spots can be sold no earlier than 30 minutes prior to the class. Drop-in spaces are not guaranteed.
- Drop-in participants can pay using their indoor cycle usage card or a drop-in fee. **\*Must arrive 10 mins before class\***
- Please arrive on time to ensure the safety and enjoyment for everyone in the class. Participants arriving 5 minutes after class start time will not be admitted.
- 10 Visit Passes must be presented at the time of check-in.

### Guided and Registered Fitness Workshops

Our knowledgeable fitness staff will guide participants through a 4-week program teaching exercises to cover all components of a complete fitness program. At the end of the 4 weeks, participants will have a fitness program to follow and have the confidence to use the Fitness Centre on their own. Each week will focus on a different component of the fitness program including; warm up and cool downs, strength, stretching, balance, and core. The program will consist of one day a week where the fitness staff will demonstrate different exercises.

Please note that a completed Par-Q and Consent & Release are required for all sessions.

Maximum of four and registration is free, but **you need to have a valid Flexi-pass, usage card or pay a drop in fee.**

### Fitness for Older Adults

Wed Sept 13 - Oct 4	10:30AM – 11:30AM	471030
Wed Oct 18 - Nov 15	10:30AM – 11:30AM	471033

### Drop- in/Non- registered Fitness Sessions

Fitness for Youth	Thu	4:00PM -5:00PM
Fitness for Older Adults	Fri	4:00PM – 5:00PM

### Fitness for Youth

Tues Sept 12 – Oct 3	4:00PM-5:00PM	471075
Tues Oct 17 – Nov 14	4:00PM – 5:00PM	471076

# REGISTRATION & REFUND POLICIES

## Registration Info:

### Fall Program Registration

**In Person/Phone/Online:**

**Thursday, August 17 at 7:00 PM**

### Winter Program Registration:

**In Person/Phone/Online:**

**Thursday, December 7 at 7:00 PM**

Register by phone at 604-257-6955 and press 1.

Register online at [vancouver.ca/troutlakerec](http://vancouver.ca/troutlakerec)

Please have your Credit Card number and Course number ready for phone in registration.

## Where to find us:

3360 Victoria Drive (between 15th & 19th Ave)  
Vancouver, B.C. V5N 4M4

**604-257-6955** and press 1

[troutlakecc.com](http://troutlakecc.com)

   [@troutlakecc](https://twitter.com/troutlakecc)

## 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.
- Tax will be added to Adult & Senior programs

## TLCCA Program Cost Assistance

The TLCCA provides assistance with program fees for community members in financial need. More information about the TLCCA Program Cost Assistance can be found online (<https://troutlakecc.com/programs/tlcca-subsidy/>) or by inquiring at the front desk.

## 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 before the first advertised class.
- For refund & transfer requests received up to 24 hours after the second advertised class, the purchaser will be charged the \$5 administration fee and the cost of the program's first two classes. After this time there is no refund.
- Material fees non-refundable after the first advertised class.
- Cancellation requests cannot be submitted by email or 311 calls. Please call the front desk at 604-257-6955 during operating hours.
- Registrations are non-transferable to another person.

## Refund Policy: Birthday Parties

- Full refunds, minus an administration fee (\$5), will be issued to the purchaser with a full 30 days' notice. Note that 30 days includes weekend days.

## Refund Policy: All Camps, Special Events, 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.
- Please note Summer Daze Camp requires 8 days.
- Registrations are non-transferable to another person.

*Note: Please see [troutlakecc.com](http://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 30 days of your rental date. Full payment and signed rental agreement MUST be received no later than 30 days 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.

**Music Royalty Fees** When playing music at your event, the SOCAN (Society of Composers, Authors and Music Publishers of Canada) fee applies. This fee is required for any events that will play music (live or recorded) to account for any copyright fees. These fees are collected and remitted by Trout Lake Community Centre.

TROUT LAKE COMMUNITY CENTRE ROOM RENTAL INFORMATION					
Room Name	Maximum Capacity (Lecture)	Maximum Capacity (Reception)	Dimensions & Square Footage	Deposit Fee	Room Rate
Board Room	25	14	19x12 ft./230 sq. ft.	\$25	\$25/hr.
Maple Room	30	15	26X11 ft./285 sq. ft.	\$25	\$25/hr.
Lakewood Room	65	45	34X25 ft./1010 sq. ft.	\$100	\$45/hr.
Grandview Room	125	80	46X25 ft./1255 sq. ft.	\$200	\$65/hr.
Grandview/ Lakewood Room (Combined)	190	125	80X25 ft./2265 sq. ft.	\$300	\$110/hr.
Kitchen	8	N/A	15X21 ft./165 sq. ft.	N/A	\$25
Gymnasium (Full)	400	N/A	104X72 ft./7488 sq. ft.	N/A	\$75/hr.
Gym 2/3	240	N/A	57.5X72 ft./4140 sq. ft.	N/A	\$40/hr.
Gym 1/3	160	N/A	57.5X72 ft./4140 sq. ft.	N/A	\$35/hr.
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. GST is not applicable to room, staffing and equipment charges					

### 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](http://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.ca](http://www.eventpolicy.ca)

### Available Upon Request:

- 2.5' x 6' rectangular tables
- Chairs
- Sound System
- Wireless Microphone
- Projector Screen
- Podium
- Gym Score Clock (deposit required)

### Equipment Fees:

- 5' round tables - \$9/table
- LCD projector - \$50

## Make a reservation today!

To make a rental request or arrange a booking, please email [troutlakerental@vancouver.ca](mailto: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](http://www.troutlakecc.com)

# GREENING INITIATIVES



## Hello from the Green Committee!

In 2019, the Trout Lake Community Centre Association (TLCCA) set out its five-year strategic plan\*.

One **major goal is to strengthen environmental sustainability** in areas we can impact, such as programming, special events, and building operations.

TLCC has been taking a number of actions in this “greening” effort. Reducing waste and using environmentally friendly materials led to the reusable birthday party box initiative, greener art and toy supplies, and items used throughout general maintenance. More programs and events with a climate and environmental focus are being offered. We want to continue expanding our sustainability effort and **we need your help!**

Here are a few things that will help in TLCC’s waste reduction goals:

- Continue to bring your own coffee cup and water bottles.
- Bring your own bowl/plate/utensils/cups to a TLCC event where food is being served
- If hosting an event in one of our TLCC rental spaces, please be conscious of the amount of waste that may be thrown into the garbage. Consider these ideas for reducing the single-use products for your event:
  - Bring your own dishware sets
  - Investigate the *Clark Park Party Box* (<https://clarkparkpartybox.wordpress.com/>) which is a wonderful community-based free dish-borrowing service
  - Check out *sharewares.ca* for their services
  - At the very least, purchase compostable containers/utensils rather than foam-based items.

As we seek ways to reduce our environmental footprint, we encourage anyone who wishes to join others of a like mindset to take part in TLCCA’s Green Committee. We hold monthly meetings; new thoughts and enthusiasms are always eagerly welcomed. (Email to [troutlakecc@gmail.com](mailto:troutlakecc@gmail.com) with *Green Committee* in the subject line).

\*(<https://troutlakecc.com/wp-content/uploads/2019/11/TLVCCA-Strat-Plan-v11-2019-10-23-approved.pdf>)

## Tips for the Holidays

Instead of wrapping paper some alternate options are:

- Reusable gift bags
- Newspaper with drawings on top
- Fabric that can be used for something else
- Pillow case



## A note about Glitter

The reason we are not offering glitter in our programs any more is that it is made of a polymer called polyethylene terephthalate (PET), or Mylar, and winds up in landfills or washed down drains eventually making it to water sources. These microplastics account for 92.4 percent of the total 5.25 trillion pieces of plastic floating around in the ocean.

Instead of glitter you can decorate with

- Paper confetti
- Dyed salt or sugar
- Seed beads
- Sand or natural leaves



# GREENING WORKSHOPS



## Grow Your Own Sprouts & Microgreens **NEW!**

(19+yrs)

**TLCCA SUBSIDIZED**

Microgreens are tasty and nutritious greens that can be eaten, like sprouts, as a fresh snack or added to salads, smoothies and soups. In this Village Vancouver workshop with Dr. Yael Stav, you'll learn how to grow your own trays of microgreens at home and how to grow your own sprouts year-round. We'll look at the difference between sprouts and microgreens, review the many possible seeds that can be used for starting sprouts and microgreens, and look into troubleshooting common problems. You'll prepare your own microgreen tray, and sprouting jar to take home! Fee includes cost of all materials.

Village Vancouver

Willow Room

Tu Sep 26

6:30 PM-8:30 PM

\$10.50/1 sess

467707

## Homemade Ornament Social **NEW!**

(5+yrs)

**TLCCA SUBSIDIZED**

Create memories not garbage by making homemade ornaments with family and friends. Turn trash into treasure by upcycling recycled materials you might already have around the house, into homemade, personalized ornaments that will last for years to come. Make some extra to help decorate the community centre as well! Bring your own toilet paper rolls and old Christmas cards to make extra ornaments to gift to friends and loved ones or to use as gift tags. Light refreshments & snacks provided by the Trout Lake Green Committee. For all ages, free but please register.

Brian Wong

Lakewood Room

Su Dec 03

1:00 PM-2:30 PM

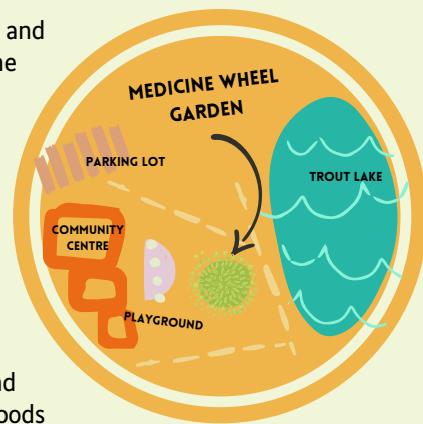
Free/1 sess

470971

## Cedar Cottage Food Network Medicine Wheel Workshops (19+yrs)

**TLCCA SUBSIDIZED**

Join us as we learn about Indigenous foods and medicines growing in Trout Lake's Medicine Wheel Garden, brought to you by Cedar Cottage Food Network in partnership with Trout Lake Community Centre. Our monthly workshop series features Indigenous Educators and Herbalists who will talk about what's in season, traditional uses of the plants, and honorable harvest methods for making herbal home remedies. The Medicine Wheel Garden is a sacred space and educational site, growing Indigenous foods and medicines. It is located on the western side of Trout Lake, on the ancestral and unceded territories of the x̱wməθkʷəy̓əm (Musqueam), sk̓wx̓wú7mesh (Squamish), and sel̓ílwitulh (Tsleil Waututh) Nations. Cedar



Cedar Cottage Food Network Outside - John Hendry Grass Area NW

### DIY Medicinal Herbal Teas with Laura Cisneros

We welcome Laura Cisneros this month in the garden, mujer mestiza from Cuba, of Yoruba, Taino and Spanish descent. Practitioner of conscious dreaming, community builder, and art historian, Laura has studied dreaming and plant medicine practices under various traditional healers, and medicine women and men from the Amazon, Andes, Mexico, and Turtle Island. Laura will be teaching about how to gather, preserve and make our own medicinal herbal teas. As well as how to use conscious dreaming practices to deepen our relationships with the plants and with plant medicine as a practice. Please bring a blanket to sit on. The first hour will be spent in the garden - tending and harvesting and the workshop will begin at 2:30pm. Tea and snacks provided!

Su Sep 10

1:30 PM-4:00 PM

\$5/1 sess

469555

### Seed Saving and Medicinal Salve Making

Join us for our final workshop of the year. We'll tend the garden, harvest what's in season, and save seeds for future plantings! We'll also learn how to make our own diy salve for sore muscles, with beeswax and infused oils made from medicinal plants collected in the garden. All supplies included.

Su Oct 15

1:30 PM-4:00 PM

\$5/1 sess

469557

# BIRTHDAY PARTY PACKAGES

## Birthday Party

(0-12 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 clean up or set up, our amazing birthday party leaders will take care of that too!

**Included:** · birthday party leaders · large birthday party room  
· 45 minutes of gym time & toys · tables and chairs · table cloths  
· reusable plates, cups, and cutlery · set up and clean up of the room.

**Add on:** Bouncy Castle \$68 (children between 1-3 yrs must be supervised by an adult); must be booked 2 weeks before birthday party date.

A leader will contact you to discuss party details. Please make sure your email and phone number are current. Maximum 50 people (subject to provincial health orders). No modifications/extensions to any birthday party package, no exceptions. You can register online/by phone/in-person. Highly recommend to register online.  
**30 days notice required for refunds.** No birthdays offered on Sept 30 & Oct 28.  
Bouncy Castle certified through Safety BC licence #LAM0201686.

### AM Parties

Sa Sep 09-Dec 16

Grandview Room 11:00 AM-1:00 PM  
Gym Time 11:00 AM-11:45 AM  
\$223/1 sess

### PM Parties

Sa Sep 09-Dec 16

Grandview Room 2:00 PM-4:00 PM  
Gym Time 2:00 PM-2:45 PM  
\$223/1 sess

## Add Ons

Popcorn: \$30

Face Painting: \$30

Buttons: \$30 (Up to 40 buttons provided)

*\*Service runs for approximately 30 minutes*

*\*\*Face Painting and Button Making cannot be booked for same party*

*\*\*\*Must be booked at least 2 weeks before birthday party date*



## Toddler Birthday Party

(0-5 yrs)

**This toddler package will include free access to our public Parent & Tot gym time with the bouncy castle (only designated for children ages 0-5).** 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, decorations, and party favours! Don't worry about any clean up or set up, our amazing birthday party leaders will take care of that too! **Included:** - birthday party leaders- large birthday party room- Free access to Parent & Tot Gym Time- tables and chairs - table cloths- reusable plates, cups, and cutlery- set up and clean up of the room. A leader will contact you to discuss party details. Max 50 people (subject to provincial health orders). No modifications/extensions to birthday party package, no exceptions. You can register online/by phone/in-person. Highly recommend to register online.  
**30 days notice required for refunds.**

Grandview Room

Su Sep 10	10:00 AM-12:00 PM	\$210/1 sess	463998
Su Sep 24	10:00 AM-12:00 PM	\$210/1 sess	463999
Su Oct 01	10:00 AM-12:00 PM	\$210/1 sess	464000
Su Oct 22	10:00 AM-12:00 PM	\$210/1 sess	464001
Su Nov 05	10:00 AM-12:00 PM	\$210/1 sess	464002
Su Nov 19	10:00 AM-12:00 PM	\$210/1 sess	464003
Su Dec 03	10:00 AM-12:00 PM	\$210/1 sess	464004
Su Dec 10	10:00 AM-12:00 PM	\$210/1 sess	464005

## Time to Say Good-Bye to Balloons!

This year, Trout Lake is no longer allowing ANY TYPE OF BALLOON at any birthday party package.

### WHY?

- Balloons are single use garbage and an environmental hazard.
  - Normal latex balloons take many years to biodegrade, if ever.
  - The fancy foil (Mylar) balloons never biodegrade, just break into smaller pieces.
  - The foil balloons often cause power outages and fires when they contact power lines.





## Fall Harvest Community Dance

(All Ages)

Bring the family for a fun filled evening of dancing to live Square dancing music. Eat a delicious hearty soup and fresh bread for dinner and enjoy an entertaining pie walk. Price includes: a hearty soup, fresh bread, desert, and a beautiful pottery bowl made and donated by the TL Pottery Club to eat from. Yes, you get to take it home. Enjoy the youth run arts and craft station. Kids under 2 years of age are free and you do not need to register them. In an effort to reduce waste, please bring your own utensils and drinkware.

F Oct 13

6:00 PM-8:00 PM

\$7/1 sess

466908



## Stat Holiday Event Thanksgiving

(2+yrs)

A day of fun for the family on your Stat Holiday. We've got the bouncy castle, arts & crafts, & gym toys. FREE! Please pre-register.

Gymnasium

M Oct 09

Free/1 sess

10:00 AM-12:00 PM

466921



## Spooky Halloween Bash

(2-13 yrs)

Calling all Halloween costumers! Come take a walk through our Haunted House, jump in the bouncy castle, play Halloween games, and make some fun crafts. Free but please register.

Sa Oct 28

10:00 AM-12:00 PM

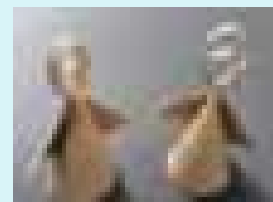
Free/1 sess

466919

## Homemade Ornament Social

(All Ages)

Create memories not garbage by making homemade ornaments with family and friends. Turn trash into treasure by up-cycling recycled materials you might already have around the house, into homemade, personalized ornaments that will last for years to come. Make some extra to help decorate the community centre as well! Bring your own toilet paper rolls and old Christmas cards to make extra ornaments to gift to friends and loved ones or to use as gift tags. Light refreshments & snacks provided by the Trout Lake Green Committee. For all ages, free but please register.



Brian Wong

Su Dec 03

Free/1 sess

Lakewood Room

1:00 PM-2:30 PM

470971

# SPECIAL EVENTS



## POTTERY SALE

Purchase handcrafted pottery from the Trout Lake Pottery Club.

F Nov 24 4:00 PM-8:00 PM

Sa Nov 25 9:00 AM-4:00 PM



## SENIOR'S BAKE, QUILT, KNIT SALE

Enjoy delicious home baking from the TL Seniors and beautiful handmade treasures by the Trout Lake Knitting and Quilting Groups.

Sa Nov 25 9:00 AM-3:00 PM



# JOIN NISGA'A TS'AMIKS VANCOUVER SOCIETY ON SEPTEMBER 30, 2023

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Join us to honour the lost children and survivors from the Indian Residential Schooling system for Truth and Reconciliation Day. Tee-shirts will be available to purchase for \$25.00 (cash only). To participate in the program or support, please email [eventsmanager@tsamiks.com](mailto:eventsmanager@tsamiks.com) or visit [www.tsamiks.com](http://www.tsamiks.com).

John Hendry Park, Trout Lake - gravel field  
3360 Victoria Drive  
1:00 PM

*Please consider taking transit, biking, or walking due to limited parking*



# WINTER TROUTFEST

**SUNDAY DECEMBER 17**  
**12:30 PM - 3:30 PM**

**COME JOIN US FOR AN AFTERNOON FULL OF  
WINTER WONDER AT TROUT LAKE**

**FREE: SKATE | PLAY GYM | ARTS & CRAFTS**

Please note limited FREE skates and helmets are available for public skate.



## PANCAKE LUNCH

Enjoy delicious pancakes, hot yummy breakfast sausages and fruit.

Please pre-register for pancake lunch

11:30 AM - 12:30 PM : #467096

1:00 PM - 2:00 PM: #467097

**\$5/ PERSON**

\* Bring your own plate, cup and utensils

