

# WINTER 2024 Recreation Guide

January 1 – March 31, 2024



# COMMUNITY CENTRE ASSOCIATION

## Trout Lake Community Centre Association

### 2023/24 Board of Directors

President . . . . . Lisa Kew  
Vice President I . . . . . Leslie Tenta  
Vice President II. . . . . Valerie Spicer  
Vice President III . . . . . Jim Morris  
Treasurer. . . . . Bill Hawke  
Secretary. . . . . Kari-Jane Adams

### Members at Large:

Iona Bonamis, David Finnis, Kevin Gilliam, Stacey Hagerty, Yiman Jiang, Anchita Kaushik, Rebecca McInnes, Igor Pavlov, Sam Simonton, Valerie Spicer, Ashley Tanasiychuk

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.



## Greetings, from the TLCCA Board

Busy days continue as we prepare for our season of celebrations and also seek time to plan for the wintry months ahead. Oops, Spring Break to think about, too! Whew...

### Help is at hand. The Trout Lake team has done it again!

- wander through this easy to use colour-coded brochure
- mark the programs, classes and events that catch your eye. *Hint: make a list of the program number and program name*
- then go to [vanrec.ca](http://vanrec.ca)
- click on "Register for activities"
- click on the word "where" and scroll to Trout Lake Community Centre
- sign in and start your *wish list* of favourites ♥
- you are ready to register on Thursday, December 7<sup>th</sup> at 7 p.m.

### Some of those favourites might be

- educational workshops for parents such as Learning through Play (& more) with Cathy Belgrave
- group fitness classes which are always popular; sign up early for these
- Seniors Luncheons are also popular and fill up quickly; again, sign up early

### Then again, check out

- new and long-enjoyed programs for all age groups
- gardening workshops to satisfy your Spring cravings
- tips and reminders for some small ways to be more eco aware
- Program Cost Assistance on page 40

### Trout Lake Family Day Celebration

- **February 19th, 11:00 to 3:00**
- always a fun day with something for everybody
- put this free event on your calendar; details on back cover
- register your family's intent and prepare for an all-ages good time

### Zero in on Spring Break Camps

Lots planned for your school-aged kiddos — art, dance, yoga and art, basketball and more. Find the details in the Specialty Camps section.

### Behind the Scenes

The Trout Lake Community Centre Association (TLCCA) held the 2022/2023 AGM in November with financial and committee reports which outlined an excellent back-to-normal year! Yahoo! The volunteer Directors of the TLCCA Board work closely with our Park Board partners; in addition, other volunteers help on committees and at special events; volunteers are always welcome. Read more at [troutlakecc.com](http://troutlakecc.com) or reach out to [info@troutlakecc.com](mailto:info@troutlakecc.com) for details.

Time for a warm welcome for Margo Dunnet who recently joined TLCC as the Community Recreation Supervisor. Managing the day-to-day operation of Trout Lake Community Centre, liaising with the TLCCA and the Park Board plus working with TLCC's large talented staff will make full use of Margo's skills and experience. Glad you are with us, Margo.

Best wishes to all in the Trout Lake community.  
Leslie Tenta for the TLCCA Board of Directors

## Registration Info:

**Winter Program Registration**  
**In Person/Phone/Online:**  
**Thursday, December 7 at 7:00 PM**

**Spring Program Registration**  
**In Person/Phone/Online:**  
**Thursday, March 14 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)



## What's Inside:

Early Childhood Programs .....	4
Licensed Preschool .....	4
Spring Break Camps .....	9
School Age Programs .....	12
Teen Programs .....	17
Adult Fitness .....	20
Adult Programs .....	24
Seniors Programs .....	31
Community Groups .....	39
Birthday Parties .....	35
Fitness Centre .....	36
Ice Rink .....	38
Registration & Refund Policies .....	40
Rentals .....	41
Greening Initiatives & Workshops .....	42

## Hours of Operation:

**January 1 – March 31, 2024**

### 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

(Community Centre and Fitness Centre)

Jan 1 (New Year's Day) ..... 10:30 AM-3:30 PM  
 Feb 19 (Family Day) ..... Regular Hours

## Your Recreation Staff:

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

Margo Dunnet ..... 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. No class Feb 19.

Kenneth Clarke

Elm Room

**Beginner**

M Jan 15-Mar 11

3:45 PM-4:30 PM

\$112/8 sess

484466

**Intermediate**

W Jan 17-Mar 13

3:45 PM-4:30 PM

\$126/9 sess

484467

### 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 Feb 19.

Shohei Juku Aikido Canada Elm Room

Sa Jan 13-Mar 09

10:00 AM-10:45 AM

\$117/9 sess

485603

## 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 Jan 17-Mar 13

11:45 AM-12:30 PM

\$81/9 sess

485881

# TROUT LAKE LICENSED PRESCHOOL

## ONLINE REGISTRATION ONLY

**Opens February 6 at 9:15 AM and closes February 13 at 12:00 PM**

Email: [tlcc.preschool@gmail.com](mailto:tlcc.preschool@gmail.com) for more information

### How to register:

- Make sure to create your child an account prior to registration at [recreation.vancouver.ca](http://recreation.vancouver.ca)
- On February 6 before 9:15 a.m., sign in with your child's account
- On February 6 at 9:15 a.m., search for the Preschool Registration Package by typing 486274 into the search field at [recreation.vancouver.ca](http://recreation.vancouver.ca)
- Follow the prompts and select one of the times below for your child's age group
- Please note if the class is full, you will be given a waitlist activity number that you will have to search and enroll separately

### Required at time of registration:

1. Non-refundable \$50.00 registration fee
2. June 2025 payment
3. VISA/MC/AMEX credit card information updated.
4. Packages will be emailed at the close of registration. Completed package must be returned to the front desk no later than 12:00 p.m. on February 29, 2024. If package is not turned in on time, the spot is forfeited.
5. Parents must give 31 days notice in writing to [troutlakecc@vancouver.ca](mailto:troutlakecc@vancouver.ca) if you wish to withdraw for September 2024 or the deposit is forfeited. July 31, 2024 is the last day to withdraw for September 1, 2024 to receive the deposit.

Children 3 years of age before December 31, 2024			
Activity #	Class Day	Class Time	Monthly Fee
486288	Tues/Thurs	9:15-11:15 AM	\$98
486289	Tues/Thurs	12:45-2:45 PM	\$98
Children 4 years of age before December 31, 2024			
486283	Mon/Wed/Fri	9:15-11:45 AM	\$129
486284	Mon/Wed/Fri	12:45-3:15 PM	\$129
<b>Note: Monthly fees are subject to change.</b>			



## 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 Jan 13-Mar 16 11:00 AM-11:45 AM  
\$130/10 sess 480881

## 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 Jan 17-Mar 13 10:45 AM-11:30 AM  
\$81/9 sess 485880

## 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 Feb 18.

Nicole Pavia Cedar Hall  
Su Jan 14-Mar 10 9:30 AM-10:00 AM  
\$64/8 sess 479633  
Su Jan 14-Mar 10 10:05 AM-10:35 AM  
\$64/9 sess 479634

## Creative Ballet (3-5 yrs)

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 Feb 19.

Endorphin Rush Dance Cedar Hall  
M Jan 15-Mar 11 11:05 AM-11:50 AM  
\$104/8 sess 480885  
Sa Jan 13-Mar 16 9:30 AM-10:15 AM  
\$130/10 sess 480882

## Dancing The Parenting (0-5 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 Jan 24-Feb 28 10:00 AM-10:45 AM  
\$10/6 sess 479002

## 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 Nov 12.

Nicole Pavia Cedar Hall  
Su Jan 14-Mar 10 11:30 AM-12:15 PM  
\$80/8 sess 479636

## 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 Jan 12-Mar 15 10:00 AM-10:45 AM  
\$100/10 sess 485480  
F Jan 12-Mar 15 11:00 AM-11:45 AM  
\$100/10 sess 485482

Check out TLCCA Program  
Cost Assistance

See page 40.

## Birthday Parties Available!

See page 35 for more information ...



# EARLY CHILDHOOD

## 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.

Nicole Pavia

Cedar Hall

Su

Jan 14-Mar 10

10:40 AM-11:25 AM

\$80/8 sess

479635

## Mini Hip Hop

(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 on Feb 19.

Endorphin Rush Dance

Cedar Hall

M Jan 15-Mar 11

12:00 PM-12:45 PM

\$104/8 sess

480889

## 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, listening and watching the adults, and exploring musical instruments. The whole family is welcome (parents, grandparents, caregivers) for this important family music experience. 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 Feb 19.

West Side Music Together Lakewood Room

Noa

M Jan 15-Mar 11

9:30 AM-10:15 AM

\$178/8 sess

479652

M Jan 15-Mar 11

10:30 AM-11:15 AM

\$178/8 sess

479653

W Jan 17-Mar 13

9:30 AM-10:15 AM

\$193/9 sess

479654

Katherine

M Jan 15-Mar 11

11:30 AM-12:15 PM

\$178/8 sess

479651

W Jan 17-Mar 13

10:30 AM-11:15 AM

\$193/9 sess

479655

## 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 Feb 19.

Endorphin Rush Dance

Cedar Hall

M Jan 15-Mar 11

10:15 AM-11:00 AM

\$104/8 sess

480893

## Rhythm and Flow for Parent & Toddlers

NEW!

(1-2 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 Jan 17-Mar 13

9:45 AM-10:30 AM

\$81/9 sess

485878

## Rhythm Kids 1

by Music Together

NEW!

(4-5 yrs)

Come together as a family after school and spend time together making music! Families will improvise, choreograph, and conduct using djembe drums, instruments, their voices and their bodies. Families will also build musical connections to the global community by learning drumming rhythms inspired by musical traditions around the world, from West African Gahu, to Japanese Taiko, to Brazilian Samba. Learn about steady beat, drumming hand positions, and pairing language to rhythm patterns for easy rhythmic learning. Tuition includes full Rhythm Kids 1 curriculum including songbook, digital music download, at home practice videos, and parent guidebook. Djembe drum required for class. Purchase from front desk (\$80) before first class or bring your own djembe drum. Parent participation required.

West Side Music Together Lakewood Room

Th Jan 25-Mar 14

3:30 PM-4:15 PM

\$186/8 sess

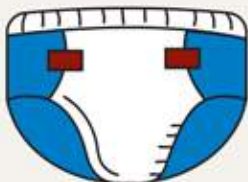
483155



## ECO-FRIENDLY TIPI

Want to up your  
Reuse game?

Switch from disposable  
to cloth diapers



## Physical Recreation

### 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 Jan 09-Mar 12 11:45 AM-12:30 PM  
\$115/10 sess 484041

### 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. Sundays & Wednesdays only. Drop ins \$3. Registration is not required.

Gymnasium  
Su W Jan 10-Mar 17 10:00 AM-11:45 AM  
\$3/drop in per child 479730

### 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 Feb 16 and Feb 18.

Elite Gymnastics Elm Room  
F Jan 12-Mar 15 4:30 PM-5:15 PM  
\$58.50/9 sess 485609  
Su Jan 14-Mar 17 1:00 PM-1:45 PM  
\$58.50/9 sess 485610  
Su Jan 14-Mar 17 1:45 PM-2:30 PM  
\$58.50/9 sess 485611

### 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 Feb 19.

Sportball Vancouver Gymnasium - North (2/3)  
M Jan 15-Mar 11 9:45 AM-10:45 AM  
\$152/8 sess 479792  
W Jan 17-Mar 13 9:45 AM-10:45 AM  
\$171/9 sess 479793

### 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 Feb 19.

Sportball Vancouver Gymnasium - North (2/3)  
M Jan 15-Mar 11 9:00 AM-9:45 AM  
\$152/8 sess 479780  
W Jan 17-Mar 13 9:00 AM-9:45 AM  
\$171/9 sess 479787

### Sportball Floor Hockey (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 Jan 16-Mar 12 3:45 PM-4:30 PM  
\$171/9 sess 479794

### 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 - North (2/3)  
F Jan 12-Feb 09 11:45 AM-12:30 PM  
\$35/5 sess 479365



### Meet Toni:

Born and raised in Italy, Toni came to Canada to promote soccer ideologies and a healthy lifestyle. Toni started coaching at Laura Secord and Grandview Legion but had further aspirations to teach you them fundamentals of soccer. Toni's goal is to promote soccer by creating an environment where all the kids can thrive.



# EARLY CHILDHOOD

## Visual Arts

### Art and Music with Sun Rey

(20mo-4 yrs)

This is a wonderful way to introduce your child to art and music. Art and music boosts creativity, builds confidence, increases concentration and improves hand-eye coordination. 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 \$18 if space available. No class Feb 19.

Sun Rey Han	Art Studio
M Jan 15-Mar 04	10:00 AM-10:45 AM
\$112/7 sess	478891
M Jan 15-Mar 04	11:00 AM-11:45 AM
\$112/7 sess	478892

### 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 \$21, space permitting. No class Feb 19.

Sun Rey Han  
M Jan 15-Mar 04  
\$133/7 sess

Art Studio  
1:00 PM-2:00 PM  
478893



*Creative Play*

### Creative Play

(3.5-5 yrs)

Step into the world of play-based learning! In this small group setting children wonder, explore, experiment and create together. From sharing stories to kitchen play, building to art activities, connecting to each other and nature, there's never a dull moment. Each child is seen, heard, valued and supported in their individual growth. The small class size supports each child growing their confidence, self-expression, and gives a solid foundation for later academic learning. A portion of your time may be spent outside so come dressed for all weather! Art supplies included.

Cathy Belgrave	Art Studio
Th Jan 11-Feb 01	10:00 AM-11:30 AM
\$64/4 sess	479696
Th Feb 08-Feb 29	10:00 AM-11:30 AM
\$64/4 sess	479708

### 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. Drop in \$12, space permitting.

Cathy Belgrave	Art Studio
W Jan 10-Jan 31	10:00 AM-10:45 AM
\$40/4 sess	479695
W Feb 07-Feb 28	10:00 AM-10:45 AM
\$40/4 sess	479709



*Art and Music with Sun Rey*



# SPRING BREAK CAMPS

## Early Childhood Camps

### Art & Music with Sun Rey Camp

(2-4 yrs)

Experience mural art project and more. There will be time set aside for sing a longs, movement and story time. Parent/caregiver participation is required. Drop-in \$21, if space available. No class March 29.

Sun Rey Han	Art Studio
M-Th Mar 25-Mar 28	10:00 AM-11:00 AM
\$79/4 sess	478894
M-Th Mar 25-Mar 28	11:00 AM-12:00 PM
\$79/4 sess	478895

### Art is Fun Camp

(3-5 yrs)

Have fun with painting ,origami, clay modelling, stamping, collage to abstract, mixed media art, finger painting, crafting and experience mural art project. Child must be able to take class unaccompanied by an adult. Please, bring water bottle. Drop-in \$28, if space available. No class March 29.

Sun Rey Han	Art Studio
M-Th Mar 25-Mar 28	12:45 PM-2:00 PM
\$100/4 sess	478896

### Frosted Ballet Camp

(3-5 yrs)

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. Costumes are welcome, but not required. Beginner friendly. Presentation for parents on the last day!

Endorphin Rush Dance	Cedar Hall
M-F Mar 18-Mar 22	9:15 AM-10:30 AM
\$109/5 sess	480910

## School Age Camps

### Spring Break Day Camp

(6-12 yrs)

We are offering a fun-filled day camp during the Spring 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 9-3:30 pm. We anticipate that this camp will fill quickly so please register early to avoid disappointment.

#### Daycamp Leaders

Grandview and Lakewood Room

#### Week 1

M-F Mar 18-Mar 22	9:00 AM-3:30 PM
\$150/5 sess	479828

#### Week 2

M-Th Mar 25-Mar 28	9:00 AM-3:30 PM
\$120/4 sess	479829

#### Week 1 After Care

M-F Mar 18-Mar 22	3:30 PM-5:00 PM
\$15/5 sess	479830

#### Week 2 After Care

M-Th Mar 25-Mar 28	3:30 PM-5:00 PM
\$12/4 sess	479831



### Art & Yoga Spring Break 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. Bring your yoga mat, lunch, snacks & water bottle. Materials are included.

Angela Lopez	Elm Room
M-F Mar 18-Mar 22	9:15 AM-3:00 PM
\$333/5 sess	479250

### Brick Animation Camp

(6-12 yrs)

Bring your movie-making ideas to life by creating a stop-motion Brick Animation mini movie, using LEGO Movie Maker Software and LEGO elements! Teams of students will create a mini-movie using a variety of LEGO sets including LEGO CITY, LEGO Friends, Jurassic, Superheroes, and more! In a fun and supportive environment, students will learn the basic techniques of Brick Animation including movement, timing, effects, editing, voice overs, and more!

Tomorrow's Playground	Preschool
M-F Mar 18-Mar 22	10:00 AM-12:00 PM
\$175/5 sess	484959

# SPRING BREAK CAMPS

## Capoeira Youth Camp (6-12 yrs)

Capoeira is an Afro-Brazilian martial art that combines music, self-defense, dance, acrobatics and physical conditioning to create a unique, multidisciplinary experience. Modern Capoeira is one of the most inherently diverse martial arts in the world today with creativity, music, self-expression and strategic thinking as much a part of the core curriculum as physical training and fitness. Through a series of fun and engaging activities this program will focus on building fundamental motor skills, hand eye coordination, physical conditioning, rhythm and flexibility required to learn Capoeira; as well as practicing some basic Capoeira specific movements. Kids are sure to love this program!

**Kenneth Clarke** Elm Room  
M-Th Mar 25-Mar 28 9:30 AM-12:00 PM  
\$120/4 sess 484914

## Comics & Clay Camp (9-12 yrs)

A week of creating art in both 2d and 3d! Students will alternate between drawing characters like robots, superheros or anime and creating 3d sculpture of their characters. Some drawing supplies will be provided but students are welcome to bring their own. Bring a lunch, water bottle and sun safe essentials.

**Janine Schroedter** Preschool  
M-F Mar 25-Mar 29 9:15 AM-3:15 PM  
\$340/5 sess 484517



Comics & Clay Camp

## Creative Play Camp (4-7 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  
W Th F Mar 20-Mar 22 10:00 AM-11:30 AM  
\$48/3 sess 479754



Creative Play Camp

## Creative Writing & Art Camp (8-12 yrs)

Looking for a way to support your child's writing and self-expression? In this fun summer mini-camp, children will learn about the elements of a variety of story styles through fun, hands on activities. Explore different genres while honing writing skills in the comfort of this small group. Art projects are included to further support self-expression. Please bring a writing journal, pencil and snack.

**Cathy Belgrave** Art Studio  
W Th F Mar 20-Mar 22 1:00 PM-3:00 PM  
\$63/3 sess 479755

## Kids Team Tennis Camp

This 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

### (5-7 yrs)

M-F Mar 18-Mar 22 10:00 AM-12:00 PM  
\$140/5 sess 485077

M-F Mar 18-Mar 22 12:30 PM-2:30 PM  
\$140/5 sess 485096

### (7-9 yrs)

M-F Mar 18-Mar 22 10:00 AM-12:00 PM  
\$140/5 sess 485084

M-F Mar 18-Mar 22 12:30 PM-2:30 PM  
\$140/5 sess 485097

### (10-12 yrs)

M-F Mar 18-Mar 22 10:00 AM-12:00 PM  
\$140/5 sess 485088

M-F Mar 18-Mar 22 12:30 PM-2:30 PM  
\$140/5 sess 485100



Kids Team Tennis Camp

## Birthday Parties Available!

See page 35 for more information ...



# SPRING BREAK CAMPS

## Encanto — Mini Movers Dance Camp (4-6 yrs)

Kids will salsa their way through this Encanto-themed camp: playing dance games, learning choreography, cultural references, and a few words in Spanish along the way! Kids will perform an upbeat dance for family and friends on the last day of camp! No experience required, all dancers welcome.

Endorphin Rush Dance Cedar Hall  
M-F Mar 18-Mar 22 10:45 AM-12:00 PM  
\$109/5 sess 480911

## Hip Hop Camp (6-9 yrs)

Calling all b-boys and girls! Let's move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Through the week we will work on a choreographed dance. Get ready to cheer with gusto as there is a presentation for family on the last day! Please bring a filled water bottle each day.

Endorphin Rush Dance Cedar Hall  
M-F Mar 18-Mar 22 2:00 PM-3:15 PM  
\$109/5 sess 480913

## Mini Hip Hop Camp (4-5 yrs)

This non-stop action-packed class includes hip hop, and dance games that will have your dancer moving to the beats. Through the week we will work on a choreographed dance. Get ready to cheer with gusto as there is a presentation for family on the last day! Please bring a filled water bottle each day.

Endorphin Rush Dance Cedar Hall  
M-F Mar 18-Mar 22 12:30 PM-1:45 PM  
\$109/5 sess 480912

## Pottery Camp (8-12 yrs)

Get muddy in the best possible way! You will make a variety of pottery pieces. We will learn pinching, coiling, soft slabbing and other exciting techniques. Will be going outside some days so dress for the weather. Bring a snack and a water bottle.

Laura Van Der Linde Pottery Studio  
M-F Mar 18-Mar 22 9:30 AM-12:00 PM  
\$233/5 sess 478903  
M-F Mar 25-Mar 29 1:00 PM-3:30 PM  
\$233/5 sess 478904



Pottery Camp

## WEDO I Robotics Camp (7-12 yrs)

Boys and girls will be able to build Robots featuring working motors and sensors, program their models, and explore a series of cross-curricular theme based activities. Teamwork is encouraged in this STEM based program, as students develop their skills in science, technology, engineering and mathematics.

Tomorrow's Playground Preschool  
M-F Mar 18-Mar 22 12:30 PM-2:30 PM  
\$175/5 sess 484971

## WEDO Robotics 2 Camp (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. This camp includes an introduction to the EV3 Mindstorms System.

Tomorrow's Playground Preschool  
M-F Mar 18-Mar 22 3:00 PM-5:00 PM  
\$175/5 sess 484975

## Yoga Dance and Art Camp (6-10 yrs)

Program will consist of a mix of yoga and art projects. Practice will consist of breathing techniques, salutations, imagination, yoga poses, partner work, creativity and mediation. Art activities will include: decorating shmats, mala knots, painting and peace flags. All classes designed by Kidding Around Yoga which include songs, games and stories your child will love.

Kylie Railton Cedar Hall  
M-F Mar 25-Mar 29 9:00 AM-3:00 PM  
\$225/5 sess 479898



Yoga Dance and Art Camp



## Education

### Brick Animation (6-12 yrs)

Bring your movie-making ideas to life by creating your own stop-motion Brick Animation mini movie using LEGO elements! Students will create a mini-movie using a huge variety of LEGO sets, including Star Wars, LEGO Friends, LEGO City, and many more themes. In a fun and supportive environment, students will learn the basic techniques of Brick Animation with LEGO Movie Maker, including movement, timing, effects, editing, voice overs, and more. Or they can bring their own favorite Lego sets from home!

Tomorrow's Playground Grandview Room  
Tu Jan 16-Feb 06 4:00 PM-5:30 PM  
\$100/4 sess 484944

### 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 Feb 19.

Petit Architect Design For Kids Ltd.

Grandview Room

(6-9 yrs)  
M Jan 15-Mar 11 3:45 PM-4:45 PM  
\$210/8 sess 481532

(10-14 yrs)  
M Jan 15-Mar 11 5:00 PM-6:15 PM  
\$210/8 sess 481537

### 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 Jan 09-Mar 12 5:30 PM-7:45 PM  
\$430/10 sess  
W Jan 10-Mar 13 1:30 PM-3:00 PM  
\$430/10 sess

## 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. Drop-in \$12.00, space permitting. No class Feb 19.

Shohei Juku Aikido Canada Elm Room  
(5-7 yrs)

M Jan 08-Mar 11 4:45 PM-5:45 PM  
\$90/9 sess 485605

(8-12 yrs)  
Tu Jan 09-Mar 12 4:45 PM-5:45 PM  
\$100/10 sess 485606

### 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. No class Feb 19.

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

Beginners  
W F Jan 17-Mar 15  
\$198/18 sess 484469

Intermediate  
M W Jan 15-Mar 13  
\$153/17 sess 484471

Advanced  
M W F Jan 15-Mar 15  
\$234/26 sess 484468

### 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 Mar 30.

Shorinji Kempo Society Elm Room  
Sa Jan 06-Mar 23 1:00 PM-2:30 PM  
\$60/12 sess 479762

## 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 Jan 17-Mar 13 4:45 PM-5:45 PM  
\$99/9 sess 479096

### Creative Ballet (4-6 yrs)

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.

Endorphin Rush Dance Cedar Hall  
Sa Jan 13-Mar 16 10:15 AM-11:00 AM  
\$130/10 sess 480883  
Sa Jan 13-Mar 16 12:45 PM-1:30 PM  
\$130/10 sess 480884

**Check out TLCCA Program  
Cost Assistance**

See page 40.

## 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!

Endorphin Rush Dance Cedar Hall  
Sa Jan 13-Mar 16 2:15 PM-3:15 PM  
\$140/10 sess 480886

## Guitar/Jazz & Pop Piano with Diego

(4-19 yrs)

Choose between learning how to play the guitar or learn about jazz harmony improvisation on the piano. Guitar classes will include technique, reading, constructing melodies and bass lines as well as learning a variety of different chords (complexity depends on level of enrollment and students' previous experience) 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. Choose any song and style and Diego can help you achieve your music goals.

Diego Kohl Board Room  
Th Jan 04-Mar 14 3:30 PM-7:00 PM  
\$308/11 sess



Guitar/Jazz & Pop Piano with Diego

## Guitar & Ukulele

(7+yrs)

Private 30 minute lessons to work at your own level and pace in ukulele or guitar. The classes are focused on technique, repertoire, basic theory and practicing skills. Participants must provide their own instrument, and a digital tuner. A 3/4 sized nylon string guitar and a soprano ukulele with a strap is highly recommended for children. Books will be available at the first class for \$15.00. Please bring a foot stool for classical guitar. No class Feb 19.

Rene Hugo-Sanchez Art Studio  
M Jan 08-Mar 18 5:45 PM-8:15 PM  
\$280/10 sess  
Sa Jan 13-Mar 23 10:00 AM-2:00 PM  
\$308/11 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.

Endorphin Rush Dance Cedar Hall  
(4-7 yrs)  
Sa Jan 13-Mar 16 12:00 PM-12:45 PM  
\$130/10 sess 480887  
Sa Jan 13-Mar 16 1:30 PM-2:15 PM  
\$130/10 sess 480888  
(8-12 yrs)  
Th Jan 18-Mar 14 5:15 PM-6:15 PM  
\$126/9 sess 480890

## 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 Jan 18-Mar 14 4:15 PM-5:15 PM  
\$126/9 sess 480891

## 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 Jan 18-Mar 14 3:30 PM-4:15 PM  
\$117/9 sess 480892

## 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. Lessons cover a variety of practical skills such as rhythm, dexterity, technique, theory, as well as musical appreciation and performance opportunities. Preparation for the RCM (Royal Conservatory Examinations) provided upon request. Books are not included. Students would acquire their own books upon instructor's advice. There will be no make-up classes due to student's absence.

Charis Chung  
Board Room  
Tu Jan 09-Mar 12 3:30 PM-8:45 PM  
\$280/10 sess  
W Jan 10-Mar 13 3:30 PM-8:30 PM  
\$280/10 sess  
Maple Room  
Su Jan 14-Mar 10 10:00 AM-4:00 PM  
\$252/9 sess



Piano with Charis

## 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. Iris has been teaching piano for over 9 years, has student experience that includes learning delays, autism. 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.

Iris Lam Maple Room  
W Jan 10-Feb 28 12:30 PM-2:00 PM  
\$224/8 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. Lessons cover a variety of practical skills such as rhythm, dexterity, technique, theory, as well as musical appreciation and performance opportunities. Preparation for the RCM (Royal Conservatory Examinations) provided upon request. Books are not included. Students would acquire their own books upon instructor's advice. There will be no make-up classes due to student's absence.

Lydia Kay Maple Room  
Th Jan 04-Mar 14 3:00 PM-8:00 PM  
\$308/11 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 Feb 19.

Samuel Sang Chan Chan Maple Room  
W Jan 03-Mar 13 3:30 PM-9:30 PM  
\$308/11 sess  
F Jan 05-Mar 15 3:30 PM-9:30 PM  
\$308/11 sess  
Sa Jan 06-Mar 16 9:00 AM-4:30 PM  
\$308/11 sess  
M Jan 08-Mar 11 3:30 PM-9:30 PM  
\$252/9 sess

## 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. Monday: No lessons Jan 29, Feb 5, 12, & 19th. Tuesday: No lessons on Jan 30, Feb 6 & 13. Email instructor at [fiddlelessons@shaw.ca](mailto:fiddlelessons@shaw.ca) for more information

Shannon Saunders Board Room  
M Jan 08-Mar 11 3:00 PM-9:00 PM  
\$168/6 sess  
Tu Jan 09-Mar 12 3:00 PM-9:00 PM  
\$196/7 sess

## Physical Recreation

### 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 Feb 16.

Elite Gymnastics Elm Room  
F Jan 12-Mar 15 5:15 PM-6:15 PM  
\$63/9 sess 485612  
Su Jan 14-Mar 17 2:30 PM-3:30 PM  
\$63/9 sess 485621

### 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 Jan 10-Feb 14 5:15 PM-6:30 PM  
\$78/6 sess 479826  
W Feb 21-Mar 27 5:15 PM-6:30 PM  
\$78/6 sess 479827

### 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 Jan 16-Mar 12 4:30 PM-5:15 PM  
\$171/9 sess 479795



**ECO-FRIENDLY TIP!**  
(From the Trout Lake Green Committee)

Pack lunches in  
**REUSEable** containers



## Stretching for Athletes

### Juniors

(7-18 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 Feb 14.

Elite Gymnastics      Lakewood Room  
W Jan 17-Mar 13      3:30 PM-4:05 PM  
\$64/8 sess      479862

## Stretching for Athletes

### Seniors

(7-18 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 Feb 14.

Elite Gymnastics      Lakewood Room  
W Jan 17-Mar 13      4:20 PM-5:15 PM  
\$104/8 sess      479863



Stretching for Athletes

## Tennis Lessons for Kids

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
(5-6 yrs)	
Th Jan 11-Mar 07	4:15 PM-5:00 PM
\$101.25/9 sess	487481
Su Jan 7-Mar 03	12:45 PM-1:30 PM
\$90/8 sess	487848
(7-9 yrs)	
Th Jan 11-Mar 07	5:00 PM-6:30 PM
\$202.50/9 sess	487846
Su Jan 7-Mar 3	1:30 PM-3:00 PM
\$180/8 sess	487849
(10-13 yrs)	
Th Jan 11-Mar 7	5:00 PM-6:30 PM
\$202.50/9 sess	487847
Su Jan 7-Mar 3	1:30 PM-3:00 PM
\$180/8 sess	487850

## 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.

Toni Lo Cascio	Gymnasium - North (2/3)
(5-6 yrs)	
Sa Jan 06-Feb 10	10:30 AM-11:30 AM
\$60/6 sess	479370
(7-9 yrs)	
Sa Jan 06-Feb 10	11:30 AM-12:45 PM
\$75/6 sess	479378

## Visual Arts

### 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 Feb 19.

Janine Schroedter      Lakewood Room  
M Jan 08-Mar 11      3:30 PM-5:00 PM  
\$117/9 sess      484476

### 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 Jan 11-Feb 01	1:00 PM-2:30 PM
\$64/4 sess	479702
Th Feb 08-Feb 29	1:00 PM-2:30 PM
\$64/4 sess	479707

### 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 Jan 16-Mar 12	3:45 PM-5:15 PM
\$180/9 sess	483094

## 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 Jan 11-Feb 29 3:30 PM-4:30 PM  
\$185/8 sess 478899

## Family Fun Pottery

(8-14 yrs)

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 Jan 10-Feb 28 6:00 PM-7:30 PM  
\$264/8 sess 478897



Family Fun Pottery

## Junior Author and Artist Studio

(8-12 yrs)

Join the creative, collaborative space of the studio where the invitation to imagine, explore and create is ever present. The young writer/artist will have the chance to take part in a variety of writing, art activities and conversations designed to support storytelling and writing. In this small group, everyone has a voice and a story to tell! Bring your journal and pencil. Art supplies provided.

Cathy Belgrave Art Studio  
Sa Jan 13-Feb 10 1:30 PM-3:00 PM  
\$80/5 sess 479710



Painting and Drawing

## 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 Feb 17.

Alex Lam Art Studio  
Sa Jan 20-Mar 16 9:45 AM-11:15 AM  
\$173/8 sess 483862  
Sa Jan 20-Mar 16 11:30 AM-1:00 PM  
\$173/8 sess 483873

## 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.

Janine Schroedter Pottery Studio  
Tu Jan 09-Feb 06 3:30 PM-4:30 PM  
\$115/5 sess 484477  
Tu Feb 13-Mar 12 3:30 PM-4:30 PM  
\$115/5 sess 484478

## 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 many years of experience working with clay and hand building.

Janine Schroedter Pottery Studio  
Tu Jan 09-Mar 12 5:00 PM-6:30 PM  
\$255/10 sess 484479

## 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 Jan 11-Feb 29 5:00 PM-6:30 PM  
\$235/8 sess 478901

## Yoga

### 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.

Kylie Railton Cedar Hall  
Tu Jan 09-Mar 12 4:00 PM-5:00 PM  
\$120/10 sess 479419

### Valentine's Day Yoga & Art: Families w 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.happyyogaminis.com](http://www.happyyogaminis.com) for more information. Flora Sze Grandview Room  
Su Feb 11-Feb 11 2:00 PM-3:30 PM  
\$7.50/1 sess 484043

### 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.

Kylie Railton Cedar Hall  
Tu Jan 09-Mar 12 5:15 PM-6:15 PM  
\$120/10 sess 479420

## 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!

Willow Room

### 1 Day a Week

M-F Jan 08-Mar 15 3:15 PM-5:30 PM  
\$80/49 sess 479529

### 2 Days a Week

M-F Jan 08-Mar 15 3:15 PM-5:30 PM  
\$160/50 sess 479530

### 3 Days a Week

M-F Jan 08-Mar 15 3:15 PM-5:30 PM  
\$240/50 sess 479531

## Youth In Action Pro-D Camp

F Feb 16 9:00 AM-3:00 PM  
\$20/1 sess 479532

## Youth In Action Spring Break Camp

### Week 1

M-F Mar 18-Mar 22 9:00 AM-3:30 PM  
\$100/5 sess 479533

### Week 2

M-Th Mar 25-Mar 28 9:00 AM-3:30 PM  
\$80/4 sess 479534

## Community

### 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](mailto: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 Jan 12-Mar 15

5:30 PM-7:30 PM

FREE/10 sess

479527



Youth Council

### 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 Jan 13

10:00 AM-1:00 PM

FREE/1 sess

479536

## Education

### 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 provide; however lunch is taken.

Paul Richardson

Willow Room

Sa Mar 09

9:00 AM-5:00 PM

\$45/1 sess

479514

### 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](mailto: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 Mar 16

9:00 AM-4:00 PM

\$110/1 sess

479523



Standard First Aid



**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 Jan 31-Feb 28

4:15 PM-5:45 PM

\$8/5 sess

481761

**Physical Recreation****Badminton for Preteen & Teens (11-16 yrs)**

For players of all levels who want to have fun in a non-competitive and friendly environment. First priority for play is for those who are registered. Drop in \$5.00. Space permitting. No class Feb 19.

Lori Ye Gymnasium - North (2/3)

M Jan 15-Mar 11 3:45 PM-5:15 PM

\$35/8 sess 479513

**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 Feb 18.

Future Bounce Athletics Assoc Gymnasium

Su Jan 07-Mar 10 3:00 PM-4:45 PM

\$101.25/9 sess 481809

**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 Feb 17.

Raincity Basketball Club Gymnasium - North (2/3)

**(5-8 yrs)**

Sa Jan 13-Mar 09 1:00 PM-2:10 PM

\$175/9 sess 478890

**(12-16 yrs)**

Sa Jan 13-Mar 09 2:15 PM-3:25 PM

\$175/9 sess 479518



Trout Lake Youth Dragon Boat Team

**Trout Lake Youth Dragon Boat Team (13-18 yrs)**

The Trout Lake Fishies youth dragon boat team returns again for another season! Join us from January to June for some recreationally-competitive paddling and racing. Land training begins Monday January 22nd from 4:00 p.m.-5:30 p.m. On-water practices begin on Monday March 18 from 4:00-6:30pm at East False Creek. We will also participate in 2 festivals, competing against a variety of teams between May-June. Don't miss out and register now! Ensure your account email is correct for urgent communications. Get in touch with us on instagram @troutlakefishies

Anita Hsiao Gymnasium - South (1/3)

M Jan 22-Mar 11 4:00 PM-5:30 PM

\$80/15 sess 480473

**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.

Kylie Railton Cedar Hall

Tu Jan 09-Mar 12 5:15 PM-6:15 PM

\$120/10 sess 479420



Rain City Basketball Skills

## Spring Break Camps

### Rain City Basketball Spring Break Camp (7-12 yrs)

RainCity Basketball is committed to the development players at all levels and especially at the grassroots level. We want all players to get better, have fun, make friends, and develop confidence. We will teach the fundamental skills and progress with the students as we go. Our spring break camps are high energy, lots of skills and drills, and lots of shooting reps. We preach hard work and repetition over everything, and also a positive attitude. We will have prizes and swag give aways throughout the week. Players can expect a lot of fun, games, music, and hard work. All players will get better here. All RainCity Coaches have high level playing and coaching experience, and we are excited to get to work on the court. Participants are asked to PLEASE bring your own basketball and water bottle.

Raincity Basketball Club      Gymnasium

#### Week 1

M-F Mar 18-Mar 22      3:00 PM-5:00 PM  
\$135/5 sess      479519

#### Week 2 (7-12 yrs)

M-Th Mar 25-Mar 28      3:00 PM-5:00 PM  
\$110/4 sess      479520

### Spring Break Youth Junior 3 on 3 basketball tournament

Raincity Basketball Club      Gymnasium

#### (13-15 yrs)

F Mar 15      5:00 PM-7:00 PM  
FREE      479521

#### (16-18 yrs)

Raincity Basketball Club  
Gymnasium

F Mar 15      7:10 PM-9:40 PM  
FREE      479522

## Visual Arts

### 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 Jan 11-Feb 29      5:00 PM-6:30 PM  
\$235/8 sess      478901



Youth Pottery



Check out our weekly programs and activities for 2STGD and 2SLGBTQIA+ folks of all ages.  
[vancouver.ca/park-board-pride](http://vancouver.ca/park-board-pride)



## 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 JAN 10-MAR 13		FRIDAY JAN 12-MAR 22	
Games Room 5:30 PM-7:00 PM		Games Room 5:30 PM-9:30 PM	
<b>NORTH GYM</b> Open Gym Basketball 3:45 PM-6:00 PM	<b>SOUTH GYM</b> Preteen Volleyball 3:45 PM-5:00 PM Youth Volleyball Drop-in 5:00 PM-8:00 PM Youth Open Gym 8:15 PM-9:45 PM	<b>NORTH GYM</b> Preteen Basketball 3:45 PM-5:00 PM Youth Basketball 5:00 PM-8:00 PM Youth Dodgeball 8:00 PM-9:45 PM	

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

## 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.

**Self Led**      **Gymnasium - North (2/3)**  
Th Jan 11-Mar 14      10:05 AM-11:05 AM  
\$21/10 sess      484047

### 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 \$17, space permitting.

**Loretta Laurin**      **Cedar Hall**  
Tu Jan 09-Feb 13      7:00 PM-8:00 PM  
\$84/6 sess      483123  
Tu Feb 20-Mar 26      7:00 PM-8:00 PM  
\$84/6 sess      483134



Bellyfit

### Baby & Me

#### Bootcamp **NEW!**

(19+yrs)

Come join other parents and babies in your community at Baby & Me Bootcamp. It will be a circuit-style class, with strength, cardio and core intervals. There will be a focus on postnatal mobility and strengthening, however this will be a next level class. Participants should be ready for advanced levels options. If you are easing back into fitness postpartum, the recommendation is that you have attended a few months of Outdoor/Indoor Stroller Fitness with Carey, which is an entry level class, prior to joining this Bootcamp class. This class will take place in the gym, where strollers Drop in \$7, space permitting.

**Carey Yuen**      **Gymnasium - South (1/3)**  
F Jan 12-Mar 15      1:30 PM-2:30 PM  
\$56.70/9 sess      484519

### Bootcamp

(19+yrs)

A challenging, interval style cardio and muscle conditioning class with step sequences, plyometric exercises and weight training. No class Feb 24.

**Carey Yuen**      **Gymnasium**  
Sa Jan 13-Mar 23      9:00 AM-10:00 AM  
\$60/10 sess      485593

### Bootcamp Circuits **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.

**Carey Yuen**      **Gymnasium - South (1/3)**  
F Jan 12-Mar 15      12:15 PM-1:15 PM  
\$56.70/9 sess      484518

### 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**  
**Free Trial**  
Th Jan 18      9:15 AM-10:15 AM  
FREE      484034  
Th Jan 25-Mar 14      9:15 AM-10:15 AM  
\$92.40/8 sess      484033

### 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. No class Feb 19.

**Carey Yuen**      **Gymnasium**  
M Jan 08-Mar 18      5:30 PM-6:30 PM  
\$60/10 sess      484031

### Metabolic Conditioning

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

this full body MetCon workout will use compound exercises to help target multiple muscle groups. Not only will this style of class help you build strength, but it will also improve balance and coordination, while keeping your heart pumping. Drop in \$7, space permitting. No class Feb 20.

**Carey Yuen**      **Gymnasium**  
Tu Jan 09-Mar 19      6:15 PM-7:15 PM  
\$60/10 sess      485595



## Myofascial Release Workshop

(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 i.e. foam rollers, rolling stick, peanut roller, roller balls. There will also be some available to borrow.

Carey Yuen	Grandview Room
Su Jan 14	9:30 AM-11:00 AM
\$31.50/1 sess	484434
Su Feb 11	9:30 AM-11:00 AM
\$31.50/1 sess	484435
Su Mar 10	9:30 AM-11:00 AM
\$31.50/1 sess	484436

## Outdoor/Indoor Stroller Fitness with Carey

(19+yrs)

Come join other parents 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 Feb 19 and 21.

Carey Yuen	Grandview Room
M W Jan 08-Feb 14	11:00 AM-12:00 PM
\$176.40/24 sess	484020
M W Feb 26-Mar 20	11:00 AM-12:00 PM
\$117.60/14 sess	484021

## 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 Jan 23, Jan 29 and Feb 19.

Richard Lee	Gymnasium
M Jan 08-Mar 11	1:45 PM-3:30 PM
\$196/7 sess	48600

## 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 Jan 10-Mar 13	6:15 PM-7:25 PM
\$120/10 sess	479712

## 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 Jan 10-Mar 13	7:30 PM-8:40 PM
\$120/10 sess	479713

## 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 Feb 19. Drop in \$16, space permitting.

Carey Yuen	Lakewood Room
M Jan 08-Mar 18	7:00 PM-8:00 PM
\$157.50/10 sess	484019



## Meet Carey:

Carey joined the Fitness Industry 7 years ago, when she decided to follow her passion instead of staying in her 9-5. She started her fitness journey as a Group Fitness Instructor, with a Pre & Postnatal Fitness Specialization and has since become a Personal Trainer for all ages. Carey uses her varied knowledge and experience to make movement accessible for people, wherever they are at, wanting exercise to feel good for everyone. She is often seen around the Trout Lake Community Centre teaching a variety of classes, from Prenatal Fitness and Stroller Fitness to Bootcamps and Full Body Conditioning Classes. Carey has also started a new Myofascial Release Workshop for those who want to slow down, have a moment to breathe, and release from the inside out.

## Stretch & Strength

(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! Drop in \$14, space permitting. No class Feb 18.

Katherine Single-Dain	Cedar Hall
Su Jan 14-Mar 10	1:15 PM-2:30 PM
\$96/8 sess	485882

## 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 Feb 08-Feb 29 6:30 PM-8:00 PM  
\$160/4 sess 487479

## 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 Jan 11-Feb 01 6:30 PM-8:00 PM  
\$160/4 sess 487478

## 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 Mar 7-Mar 28 6:30 PM-8:00 PM  
\$160/4 sess 487480

## Zumba Mondays (19+yrs)

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

Drop-ins for \$14, space permitting.  
Zumba Vancouver Gymnasium

### Free Trial

M Jan 08 6:45 PM-7:45 PM  
484511

M Jan 15-Feb 12 6:45 PM-7:45 PM  
\$66.15/5 sess 484512

M Feb 26-Mar 25 6:45 PM-7:45 PM  
\$66.15/5 sess 484513

## Gymnasium Sports Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MORNING		<b>Table Tennis</b> Tu Jan 09-Mar 12 9:30 AM-12:00 PM \$20/10 sess 473987		<b>Table Tennis</b> Th Jan 11-Mar 14 9:30 AM-12:00 PM \$20/10 sess 473992
AFTERNOON		<b>Older Adults Badminton</b> Tu Jan 09-Mar 12 1:30 PM-3:30 PM \$30/10 sess 473996	<b>Pickleball - Intermediate/Advanced</b> W Jan 10-Mar 13 1:30 PM-3:30 PM \$30/10 sess 474024	<b>Older Adults Badminton</b> Th Jan 11-Mar 14 1:30 PM-3:30 PM \$30/10 sess 474023
EVENING	<b>Badminton</b> M Jan 08-Mar 11 8:00 PM-9:45 PM \$45/10 sess 474025	<b>Basketball</b> Tu Jan 09-Mar 12 8:00 PM-9:45 PM \$45/10 sess 474032	<b>Volleyball Beginner &amp; Intermediate</b> W Jan 10-Mar 13 8:00 PM-9:45 PM \$45/10 sess 474045	<b>Volleyball Beginner &amp; Intermediate</b> Th Jan 11-Mar 14 8:00 PM-9:45 PM \$45/10 sess 474046

## 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.

## Zumba Wednesdays (19+yrs)

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

Limited Drop-ins available for \$14.70 when space permits

Zumba Vancouver Gymnasium

### Free Trial

W Jan 10 6:45 PM-7:45 PM  
484514

W Jan 17-Feb 14 6:45 PM-7:45 PM  
\$66.15/5 sess 484515

W Feb 21-Mar 27 6:45 PM-7:45 PM  
\$79.38/6 sess 484516

## 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

Th Jan 11 12:30 PM-1:30 PM  
484509

Th Jan 18-Mar 14 12:30 PM-1:30 PM  
\$119.07/9 sess 484510

## Yoga

### 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.

Anita Callahan	Cedar Hall
M Jan 08-Feb 12	5:15 PM-6:30 PM
\$94.50/6 sess	484501
M Feb 26-Mar 25	5:15 PM-6:30 PM
\$78.75/5 sess	484502
M Jan 08-Feb 12	6:40 PM-7:55 PM
\$94.50/6 sess	484504
M Feb 26-Mar 25	6:40 PM-7:55 PM
\$78.75/5 sess	484505

### 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 Feb 19.

Bridget Donald	
Elm Room	
M Jan 08-Mar 11	10:00 AM-11:00 AM
\$108/9 sess	486026
Lakewood Room	
Th Jan 11-Mar 14	11:15 AM-12:15 PM
\$120/10 sess	486027

### Iyengar Yoga Level 2 (19+yrs)

An intermediate level course for those who are interested in continuing and deepening their study of Iyengar Yoga. The Iyengar method of yoga involves mediation 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 \$20, space permitting.

Bridget Donald	
Elm Room	
M Jan 08-Mar 11	11:15 AM-12:30 PM
\$135/9 sess	486147
Lakewood Room	
Th Jan 11-Mar 14	9:30 AM-11:00 AM
\$170/10 sess	486028

### 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 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.

Lynda Sing	Elm Room
Su Jan 07-Feb 11	10:00 AM-11:00 AM
\$108/6 sess	484507
Lynda Sing	Elm Room
Su Feb 25-Mar 31	10:00 AM-11:00 AM
\$108/6 sess	484508

### 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 Jan 09-Mar 12	12:45 PM-1:45 PM
\$120.75/10 sess	484035

### 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.

Kate Nguyen	Cedar Hall
Th Jan 11-Mar 28	8:00 PM-9:00 PM
\$113.40/12 sess	485545
Tu Jan 09-Mar 05	9:15 AM-10:15 AM
\$85.05/9 sess	485548

### 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 and bolster. Drop-in \$19, space permitting.

Annie Becker	Cedar Hall
Tu Jan 09-Feb 13	8:15 PM-9:30 PM
\$94.50/6 sess	479834
Tu Feb 20-Mar 26	8:15 PM-9:30 PM
\$94.50/6 sess	479835

### Yoga by Candle light (19+yrs)

Enjoy yoga to candle light. All levels welcome. Drop-in \$9, space permitting.

Kylie Raiton	Cedar Hall
M Jan 08-Mar 11	8:15 PM-9:15 PM
\$100/10 sess	479421



Yoga by Candle light



## Education

### Aromatherapy, The Art of Blending **NEW!**

(19+yrs)

Aromatic Essences derived from portions of the plants - discover the alternative form of healing! Learn the top ten essential oils, their therapeutic properties and how to use them every day safely and effectively. In class, create blends for sleep, concentration, lymphatic drainage, scarring, acne and other ailments. Create a personal synergy (blend), a roll-on, massage oil, a solid scent perfume, and a perfume spray. Recipes and blends provided. All supplies included in course fee.

Cheryl Theilade      Lakewood Room  
Tu Jan 30      6:30 PM-9:00 PM  
\$45/1 sess      479902

### Dog Obedience — Introduction to Rally Obedience

(19+yrs)

This course is a combination of Rally Obedience and games. Each week, you will work on a variety of movements and incorporate those into Fun rally obedience. This course will help you and your dog work on your bond and further improve your obedience skills. This is for FUN! Suitable age for this class is dogs over 5 months old, and have some previous training background. This class does not address behavior problems. Rally-O is a sport based on the obedience practice of active warm-up and freestyle exercises, it requires teamwork between dog and handler along with performance skills similar to obedience. The handler proceeds around a course of 10-20 designed stations with the dog in the heel position. At each station, a sign provides instructions regarding the specific exercise required of the dog.

DOGSmart Training      Lakewood Room  
W Jan 10-Feb 14      7:40 PM-8:40 PM  
\$232/6 sess      485587

### Dog Obedience — Out and About at Trout Lake Community Centre

(19+yrs)

Improve your handling skills and your dog's attention in more than one place. Each week's class will be in a different location. Elevators, stairs and automatic doors will be use. Indoor and outdoor as weather permits. Emphasis will be on dealing with distractions.

DOGSmart Training W      Lakewood Room  
Feb 21-Mar 13      7:40 PM-8:40 PM  
\$220/4 sess      485591

### Dog Obedience — Walk this Way

(19+yrs)

Dogs pull forward, zigzag, or sometimes lag to get where they want. This can be a natural behaviour for dogs but it also makes walks challenging. Loose leash walking is a difficult skill for most dogs and it requires patience, planning, and persistence. In this class, we'll teach you some unique ways to teach your dog how to walk calmly beside you all in a fun and friendly environment. This class is all about force-free training and helping your dog find their walking groove! This will be an indoor and outdoor class (weather permitting).

DOGSmart Training      Lakewood Room  
W Feb 21-Mar 13      6:30 PM-7:30 PM  
\$220/4 sess      485589

### Dog Obedience — Beginner Life Skills (dogs 6 mths+)

(19+yrs)

The focus of beginner training is to learn everyday basic life skill exercises such as sit, stay, down, come when called, and proper leash handling methods while incorporating varying degrees of distractions. We use food, praise and play along with scientific learning principles to teach your dog how to achieve these goals.

DOGSmart Training      Lakewood Room  
W Jan 10-Feb 14      6:30 PM-7:30 PM  
\$220/6 sess      485583

### 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.

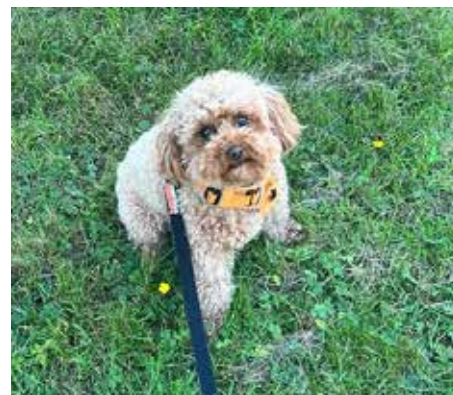
Vancouver Tool Library      Art Studio  
Th Jan 11      6:00 PM-9:00 PM  
\$63/1 sess      485491  
Th Feb 08      6:00 PM-9:00 PM  
\$63/1 sess      485493  
Th Mar 07      6:00 PM-9:00 PM  
\$63/1 sess      485494

### Introduction to Fiction Writing

(19+yrs)

In this program, 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. 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. No class Feb 17.

Glenn Mori      Board Room  
Sa Feb 03-Mar 16      2:30 PM-4:00 PM  
\$75/6 sess      484485



Dog Obedience

**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 Jan 09	6:00 PM-8:00 PM
\$94.50/1 sess	485495
Tu Mar 12	6:00 PM-8:00 PM
\$94.50/1 sess	485496

**Leatherwork: Dog Leash and Collar Workshop (19+yrs)**

Learn to make 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
Tu Feb 06	6:00 PM-8:00 PM
\$84/1 sess	485499

**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	Willow Room
Th Jan 18-Jan 25	6:30 PM-9:30 PM
\$157.50/2 sess	485497
Th Mar 14-Mar 21	6:30 PM-9:30 PM
\$157.50/2 sess	485498

**Leatherworking****101 NEW! (19+yrs)**

Come and spend two evenings learning about leatherwork, and making a high quality fully lined 4 pocket folding card-holder with some of the best vegetable tanned leather in the world. This workshop is right for you if you're thinking about getting into leatherwork and are hoping for more out of a workshop than just making an item. Explore different tannages and thicknesses of leather. Learn about thread selection, stitch spacing, gluing techniques and reinforcements. No prior experience required.

Vancouver Tool Library	Willow Room
Th Feb 15-Feb 22	6:30 PM-9:30 PM
\$147/2 sess	485501

**Mindfulness for a Flourishing Life NEW! (19+ yrs)**

Join us in unlocking our inner greatness and empowering ourselves through meditation to create a brighter present and future for all. Taught by an experienced teacher. Info at lifen.me.

Sung Yang	Lakewood Room
W Mar 20	7:30 PM-8:30 PM
\$15.75/1 sess	487609

**Mooncake Making Workshop NEW! (19+yrs)**

Have you ever wished that you could eat mooncakes all year round without waiting until mid-autumn? Have you ever marveled at the intricately inscribed designs of these popular filled pastries? Satisfy your cravings and creativity by learning how to make your own mooncakes using traditional ingredients such as lotus seed paste and red bean, plus explore new favourites with a variety of different fillings and doughs. Delight in making these mini works of art through your choice of a vast assortment of decorative mooncake presses. Bring two take-out style containers or small cookie tins to carry home your delicious creation, just in time for Lunar New Year!

Carlene Jang	Grandview Room
Su Feb 04	1:30 PM-4:00 PM
\$32/1 sess	479063

**Moss Ball Workshop (19+yrs)**

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. Participants will go through 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 Jan 23	6:00 PM-9:00 PM
\$47.25/1 sess	485503
Tu Mar 05	6:00 PM-9:00 PM
\$47.25/1 sess	485505

**Organic Hemp Seed Oil Skincare NEW! (19+yrs)**

Discover the amazing properties of Hemp Seed Oil! This exceptionally rich oil high in essential omega fatty acids and proteins absorbs well into the skin and is very healing and rejuvenating. Make high-quality skincare products for all skin types from scratch! Participants will make and take home a Hemp Body Lotion, Hemp Seed Body Exfoliant, Heavenly Hemp Bath n Body Oil and a Hemp Seed Soap. Recipes for healing salves and body washes.

Cheryl Theilade	Lakewood Room
Tu Mar 12	6:30 PM-8:30 PM
\$46/1 sess	479904



Mooncake Making Workshop

## Parent Workshop Series

Cathy is a parent, elementary teacher and ECE certified Wonder-Led Educator. She has been working with children for over 25 years in a variety of settings and is the founder of Creative Studio for Children. She currently offers workshops to preschool teachers, and teaches preschool and elementary play-based programs in Vancouver. When not teaching, Cathy loves to be outside in nature and can be found communing with the trees in the forest or watching the sunset.

### Learning Through Play

**NEW!**

(19+yrs)

What is learning through play? How does it support academic success? What is the role of the adult? Join Cathy and discover the answer to these questions and much more. Through hands-on experience with play and discussion, you will enhance your understanding of learner identity, children's developmental stages of play, the brain science behind play, how our view of the child can limit us seeing their learning. Session summary & recommended reading included. PD certificate available upon request.

Cathy Belgrave

Art Studio

Sa Jan 27

3:00 PM-4:30 PM

\$31.50/1 sess

479719

### Learning Through Paint

**& Process Art**

**NEW!**

(19+yrs)

Learn about the connection between knowledge and imagination as you explore line, colour and process art. What is process art? What is the relationship between the process and the finished product? How do the properties of tempera, watercolour, acrylic influence how we use these materials? In this hands-on workshop, you will explore the medium of paint and we will discuss how art connects to academic learning strands from preschool through elementary school. All art supplies provided. Session summary & recommended reading included. PD certificate available upon request.

Cathy Belgrave

Art Studio

Sa Feb 10

3:00 PM-4:30 PM

\$31.50/1 sess

479720

### Learning Through Play:

**Story, Storytelling &**

**Writing**

**NEW!**

(19+yrs)

Learn how story and storytelling not only supports the development of language skills, understanding of story structure and writing, but has the capacity to connect us and build community. Join Cathy and learn how to develop the retelling of stories in children, integrate play into storytelling, how to lead a meaningful conversation, and how to support children's story writing. We will explore good quality stories and discuss how they can be used in the preschool to elementary school classroom. Session summary & recommended reading included. PD certificate available upon request.

Cathy Belgrave

Art Studio

Sa Feb 24

3:00 PM-4:30 PM

\$31.50/1 sess

479721

### 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 Jan 17-Mar 13

6:00 PM-7:30 PM

\$135/9 sess

479098

### UBC Law Students

**Legal Advice Program**

(19+yrs)

With the assistance of supervising lawyers, UBC law students provide a range of services from summary advice to full representation on a case-by-case basis on various areas of the law. We do not book appointments online or by email, so please call (604) 822-5791. Do not register at Trout Lake CC. We also offer services in other languages if needed.

UBC Law Student's Legal Advice Program

Willow Room

M Jan 29, Feb 12, Feb 26, Mar 11 & Mar 25

7:00 PM-9:00 PM

FREE

488533

## 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 Feb 19.

Shohei Juku Aikido Canada

Elm Room

M

5:55 PM-7:30 PM

Tu Th

6:00 PM-7:30 PM

Sa

11:00 AM-12:30 PM

**January**

\$80/month

485599

**February**

\$80/month

485600

**March**

\$80/month

485601





Beginners Aikido

### 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 Jan 11-Mar 14 5:00 PM-5:50 PM  
\$100/10 sess 485602

### Qigong — 8 Pieces of Brocade **NEW!** (19+yrs)

Qi is energy. Gong is training or work, or skills acquired through training. Qigong, therefore, is energy cultivation training. There are many ways to cultivate the internal energy of the body, including movement and posture, breath work, visualization, massage, etc. The 8 Pieces of Brocade is a very popular form of Qigong developed in the 12th century. The practice will improve circulation of blood and Qi to nourish the internal organs and will help to maintain mobility of muscles and joints. The practice of Qigong is compatible with the practice of Tai Chi yet does not require as much space to do it. Suitable for all fitness levels. Drop in \$18, space permitting. Kelly Maclean Grandview Room  
W Jan 10-Mar 27 6:00 PM-7:00 PM  
\$192/12 sess 485180

### Health QiGong Tai Chi Yang Style Tai Chi 22 Form (19+yrs)

Qigong improves health. People in different ages can evenly advance their physical functions by achieving the balance of Yin and Yang. The improvement of meridional system, and the strengthening of tendons and bones. health. This Yang style Tai Chi is short and concise, encompassing the traditional poses as its main movement, movements are closely integrated and flows naturally. The presentation of the "cloud hand" movement is an eye opener proven to enhance and improve health, this Tai Chi style is suitable for every age group. This class is instructed by master 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 Jan 11-Mar 14 10:25 AM-11:20 AM  
\$144.14/10 sess 485232

### 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-in \$10.00, space permitting. No class Feb 19.

Shorinji Kempo Society Elm Room  
M 7:35 PM-9:35 PM  
F 7:00 PM-9:35 PM  
Sa 2:30 PM-4:30 PM  
\$50/January 479766  
\$50/February 479767  
\$50/March 479770



Tai Chi

### Tai Chi — Going Deeper into the Traditional Yang Style 108 (19+yrs)

In this course, we will study the "Long Form," one of the most widely practiced forms of Tai Chi in the world. We will look at every movement and it's mirror image. This extra long version is known as the "Double Yang" form. Studying the mirror image accomplishes two important goals: Firstly, it helps to balance the left and right sides of our body and our brain! Secondly, it is an excellent way of cultivating the "beginner's mind," particularly for those who may have studied the form in the past and learned only the "right-handed" version. We will concentrate on posture correction, and will also do some partner work (Push Hands) to shed light on the efficacy of our movements, and lead to a deeper relaxation within the body. Your instructor has studied it under Yang Zhenduo (4th generation lineage holder), as well as with He Weiqi (a disciple of Fu Zhongwen), and Sam Masich (a legend when it comes to the study of Push Hands.) Though the material is a little bit challenging, beginners are welcome. Drop-in \$18, space permitting.

Kelly Maclean Grandview Room  
W Jan 10-Mar 27 7:00 PM-8:00 PM  
\$192/12 sess 485181

## 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 on Feb 10.

Michael Chiao Lakewood Room  
Sa Jan 06-Mar 30 9:00 AM-11:00 AM  
\$72/12 sess 484045

## Tai Chi Kung Fu Fan with Amy (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 Jan 11-Mar 14 11:20 AM-12:15 PM  
\$129.36/10 sess 485235

## Performing Arts

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

Ballet and Contemporary Dance Fundamentals - 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! Drop in \$14, space permitting. No class Feb 18.

Katherine Single-Dain Cedar Hall  
Su Jan 14-Mar 10 2:45 PM-4:00 PM  
\$96/8 sess 485883



All Bodies Dance Project

## 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, space permitting. If the class is full and you would like to join, please contact us at [info@allbodiesdance.ca](mailto:info@allbodiesdance.ca). Free thanks to funding from the Trout Lake Community Centre Association and the City of Vancouver. \*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 Jan 11-Mar 14 6:30 PM-8:00 PM  
Free/10 sess 483116

## Adult Group Guitar Beginners

(19+yrs)

Learn the basic chords and strumming patterns on guitar while singing in a group your favorite songs. Bring your own guitar, classical or acoustic (highly recommended with strap) and a clip on guitar tuner. A guide book will be provided by the teacher at the first class for \$15.

Rene Hugo-Sanchez Board Room  
Th Jan 11-Mar 21 8:15 PM-8:45 PM  
\$132/11 sess 485036

## Adult Group Guitar Intermediate

(19+yrs)

Bring your guitar playing up to the next level. Learn a variety of strumming patterns, new combinations of chords and bar chords, while singing together as a group. A classical or acoustic guitar is welcome and a strap is highly recommended as well as a digital tuner. A guide book will be provided by the teacher for \$15.

Rene Hugo-Sanchez Board Room  
Th Jan 11-Mar 21 8:45 PM-9:15 PM  
\$132/11 sess 485037

## 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. No class Feb 19.

Rene Hugo-Sanchez Art Studio  
M Jan 08-Mar 18 8:15 PM-8:45 PM  
\$120/10 sess 485043

## Adult Group Ukulele Intermediate

(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. No class Feb 19.

Rene Hugo-Sanchez Art Studio  
M Jan 08-Mar 18 8:45 PM-9:15 PM  
\$120/10 sess 485044

## Check out TLCCA Program Cost Assistance Program

See page 40.

## Adult Hip Hop Fundamentals

(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 Jan 11 6:15 PM-7:15 PM

Free/1 sess 480879

Th Jan 18-Feb 15 6:15 PM-7:15 PM

\$78.75/5 sess 480877

Th Feb 22-Mar 28 6:15 PM-7:15 PM

\$94.50/6 sess 480898

## 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 Jan 17-Mar 13 6:30 PM-7:30 PM

\$108/9 sess 479180

## Bluegrass & Country Rhythm Guitar — Beginner Level 2 (19+yrs)

This class is for students who already play guitar beyond the absolute beginner level, with or without a pick, and can play basic first position chords - G, C, D, A, E, F. Learn to play the solid rhythm needed to become a valued member of a bluegrass band or jam session. We'll start by learning how to use a flat pick - a must for bluegrass guitar. Then we'll learn how to play the boom-chuck rhythm, add moving bass runs, and finally learn the iconic G-run, to get the real bluegrass sound. We'll also learn how to use a capo to change keys easily. Sue teaches in the traditional bluegrass way - by ear. There will be no music reading and lots of singing.

Sue Malcolm Grandview Room

Tu Jan 09-Feb 13 7:00 PM-8:30 PM

\$147/6 sess 483416

## Bluegrass Slow Pitch Jam — Bluegrass Favourites

(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. Materials included in digital format. Drop in \$25.

Sue Malcolm Grandview Room

Tu Feb 20-Mar 26 7:00 PM-8:30 PM

\$147/6 sess 483418

## 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 Feb 17.

Simon Siu Cedar Hall

Sa Jan 13-Mar 30 3:35 PM-4:35 PM

\$132/12 sess 483117

## 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 Feb 19.

Helen Ai Yee Lee Cedar Hall

M Jan 08-Mar 11 1:15 PM-2:45 PM

\$53.96/9 sess 485623

Tu Jan 09-Mar 12 12:00 PM-1:30 PM

\$60/10 sess 485626

## Visual Arts

### ABC Acrylics Beginners — Colour

(19+yrs)

Colour mixing, theory and brush technique will be clearly demonstrated and will ultimately lead you into a juicy landscape. This is a class suited for beginners or for those who need a refresher in colour theory and brush technique. Acrylic paint supplies (\$60) available upon request to niinachebry@gmail.com.

Niina Chebry Grandview Room

M Jan 08-Feb 05 7:00 PM-9:00 PM

\$135/5 sess 484357

### 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.

Janine Schroedter Pottery Studio

Tu Jan 09-Mar 12 7:00 PM-9:30 PM

\$280/10 sess 484481

### 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. Purchase clay at first class.

Laura Van Der Linde Pottery Studio

Th Jan 11-Feb 29 11:30 AM-2:30 PM

\$320/8 sess 478898

## 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)



## 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. Purchase clay at first class from the front desk.

Laura Van Der Linde Pottery Studio  
Th Jan 11-Feb 29 7:00 PM-9:30 PM  
\$270/8 sess 478902

## 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. Purchase clay at first class.

Suzanne Cowan Pottery Studio  
Tu Jan 16-Mar 12 10:00 AM-1:30 PM  
\$342/9 sess 479975

## Gyotaku Fish Printing **NEW!** (19+ yrs)

A traditional Japanese art form that started in the mid 1800's in Japan. It is believed to have started as a way of recording a fisherman's catch. Paint is applied to the body of a real fish. Japanese paper is then placed on the fish and by rubbing the paper, the paint gets transferred from the fish's body to the paper giving the artist an exact image of the fish! Kids over 12 may register with an accompanying adult. Please contact matt.sung@vancouver.ca for details.

Paula Nishikawara Grandview Room  
Su Mar17 2:00 PM-4:00 PM  
\$37/1 sess 488357



Gyotaku - Fish Printing

## 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 Tsang Art Studio  
F Feb 02-Mar 01 10:00 AM-12:00 PM  
\$120.50/5 sess 485046

## 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 Tsang Lakewood Room  
Tu Feb 06-Mar 05 6:30 PM-8:00 PM  
\$90/5 sess 485045

## Watercolour Painting **NEW!** (19+yrs)

This program will give you the chance to learn to apply watercolour painting by exploring the medium's full potential. Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting techniques and studies of nature (flowers). Supplies are not included, supply list available on receipt.

Mohammad Reza Atashzad Art Studio  
Tu Jan 16-Mar 12 1:30 PM-3:30 PM  
\$261/9 sess 483097



Watercolour Painting

## ABC Fitness

### All Bodies Community Recreation and Fitness Group

Register once on the **Master Roster #485419** 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 Jan 8-Mar 11 11:00 AM-12:00 PM  
No class Feb 19  
W Jan 10-Mar 13 11:00 AM-12:00 PM  
F Jan 12-Mar 15 11:00 AM-12:00 PM

### ABC Mind Body Yoga and Relaxation

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

F Jan 12-Mar 15 5:00 PM-6:00 PM

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>

## Education

### Estate Planning: What You Should Know **NEW!** (50+yrs)

Estate planning extends beyond just the legal documents. The goal is to provide your loved ones with the greatest amount of support in the event of your passing. By organizing your affairs and documenting your plans, you help ensure that assets will be distributed, and final arrangements will be made, based on your objectives. Proper planning will minimize taxes; lower professional fees and other expenses; and maximize the funds your beneficiaries will receive. Join us for an informative 90-minute workshop on estate planning hosted by Certified Executor Advisor, David Perkins.

David Perkins  
F Jan 12  
FREE  
Grandview Room  
1:00 PM-2:30 PM  
486152

### Mindfulness for a Flourishing Life **NEW!** (19+ yrs)

Join us in unlocking our inner greatness and empowering ourselves through meditation to create a brighter present and future for all. Taught by an experienced teacher. Info at lifen.me.

Sung Yang  
W Mar 20  
\$15.75/1 sess  
Lakewood Room  
7:30 PM-8:30 PM  
487609

## 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; Special needs are welcome. Learn to play classical, pop, or compose music in a fun and encouraging environment. Iris has been teaching piano for over 9 years, has student experience that includes learning delays, autism. 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.

Iris Lam  
W Jan 10-Feb 28  
\$224/8 sess  
Maple Room  
12:30 PM-2:00 PM

## Physical Recreation

### Choose to Move (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 Info Session to be eligible for the full program.

Lynne Pruner  
F Jan 12  
FREE  
F Jan 19-Mar 15  
FREE  
Cedar Hall  
9:15 AM-10:15 AM  
486210  
9:15 AM-10:15 AM  
486153

### ActivAge (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.

Lynne Pruner  
F Jan 19-Mar 15  
FREE  
Cedar Hall  
10:30 AM-11:30 AM  
486154

### 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.

Irene Lo  
Tu Jan 09-Mar 12  
\$131.25/10 sess  
Cedar Hall  
10:45 AM-11:45 AM  
486043

### 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  
Tu Jan 09-Mar 12  
\$55.13/10 sess  
Gymnasium - North (2/3)  
10:30 AM-11:15 AM  
485187

### 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  
Th Jan 18-Mar 14  
\$56.70/9 sess  
Gymnasium - North (2/3)  
11:30 AM-12:30 PM  
484032

### ECO-FRIENDLY TIPS!

Brought to you by the Trout Lake Green Committee.  
Come and join us for a greener centre!



**REFUSE**

▶ Skip the paper towel and switch to rags



**REUSE**

▶ Be sure to take your travel mug



▶ Bring along some reusable shopping bags



## 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

Th Jan 11

12:30 PM-1:30 PM

484509

Th Jan 18-Mar 14

12:30 PM-1:30 PM

\$119.07/9 sess

484510

## Social

### Book Club

(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

Willow Room

W Jan 10-Mar 13

10:00 AM-11:30 AM

FREE

484976



Knitting Together

### 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 class Feb 19.

No Instructor

Willow Room

M Jan 08-Mar 11

12:00 PM-3:00 PM

\$1/season

485009

### 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 Jan 9, Feb 27 and Mar 12.

No Instructor

Lakewood Room

Tu Jan 16-Mar 05

11:30 AM-3:30 PM

\$7/season

485004

Th Jan 11-Mar 14

11:30 AM-3:30 PM

\$7/season

485005

### Patch Work & Quilting

(50+yrs)

Join us for this social class and create some beautiful, quilted items. This term we will use a pattern called Dresden Plate. It is a wonderful circular pattern dating back to the 1930's which uses scraps of coordinated fabrics. We will provide the materials for each member to make one block. We will show you the best ways of constructing the block which we will assemble as a quilt to be donated to a worthy cause. Using your own fabrics, you can then create your own item. The patter can be adapted to make a variety of articles, lap quilts or full size quilts, cushion covers, table runners, Christmas tree skirts and many more. All participants are asked to make one additional item a term to donate to worthy cause.. 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 Room

W Jan 10-Mar 13

12:45 PM-3:15 PM

\$21/season

486031

### 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 Jan 10-Mar 13

12:00 PM-1:00 PM

FREE

485013



Patch Work & Quilting



## TUESDAY LUNCHEONS

TLCCA SUBSIDIZED

(55+yrs)

### January

MENU: Lemongrass chicken, noodles, spring roll and salad.

Dessert: fresh fruit, cake, cookies & lots of door prizes!

Tu Jan 09 12:00 PM-1:30 PM

\$8.50/1 sess 475371

### February

MENU: Honey garlic pork ribs, rice and veggies. Dessert:

fresh fruit, cake, cookies & lots of door prizes!

Tu Feb 27 12:00 PM-1:30 PM

\$8.50/1 sess 475372

### March

MENU: Roast Beef, mashed potatoes, gravy and veggies.

Dessert: fresh fruit, cake, cookies & lots of door prizes!

Tu Mar 12 12:00 PM-1:30 PM

\$8.50/2 sess 475373



## FRIDAY SOCIAL LUNCH

TLCCA SUBSIDIZED

(55+yrs)

### Chili, Salad and Bun

F Jan 19 12:00 PM-1:30 PM

\$7/1 sess 475376

### Soup and Sandwich

F Feb 09 12:00 PM-1:30 PM

\$7/1 sess 475377

### Meatloaf, Potatoes and Veggies

F Mar 01 12:00 PM-1:30 PM

\$7/1 sess 485050



### Intergenerational Cookbook Project (55+yrs)

Van Tech students will partner with a senior; interview them, take a photo and the senior will provide a recipe. The students will create a cookbook with all the information and on the last day; seniors will bring their cooked recipe to share and students will present the cookbooks. Seniors must commit to all the date.

Van Tech Highschool Students

Grandview Room

M W F Mar 6, Apr 24, 26, 29, May 1, 3, 6, 8, 10, 22, 24

12:00 PM-1:00 PM

FREE

488629

## SOCIAL TUESDAYS

**January 16 — March 5, 2024 12:15 PM - 1:45 PM**

**\$20/season. TLCCA Subsidized. Please pre-register #475379**

Are you looking to get out of the house and socialize with others; join us on Tuesdays at 12:15pm.  
Coffee and tea will be served. No class Feb 27.

- Jan 16 . . . Bingo
- Jan 23 . . . Make your own yogurt parfait
- Jan 30 . . . Watercolour Painting  
with Mohammad
- Feb 6 . . . Fitness Fun
- Feb 13 . . . Wheel of Fortune
- Feb 20 . . . Information session about  
Handydart – Chris Chen
- Feb 27 . . . No class – February  
Luncheon #475372
- Mar 5 . . . Financial Awareness – Crime Stoppers



# BIRTHDAY PARTY PACKAGES

## Birthday Party

(0-12 yrs)

### Here's what's included:

- birthday party leaders
- large birthday party room
- bouncy castle
- 45 minutes of gym time & toys
- tables and chairs
- table cloths
- reusable plates, cups, and cutlery
- set up and clean up of the room

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!

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.** Bouncy Castle certified through Safety BC licence #LAM0201686.

### AM Parties

Grandview Room

Sa Jan 06-Mar 30 11:00 AM-1:00 PM  
\$299/1 sess

### PM Parties

Grandview Room

Sa Jan 06-Mar 30 2:00 PM-4:00 PM  
\$299/1 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 Jan 21	10:00 AM-12:00 PM	\$220/1 sess	485225
Su Jan 28	10:00 AM-12:00 PM	\$220/1 sess	485223
Su Feb 04	10:00 AM-12:00 PM	\$220/1 sess	485226
Su Feb 18	10:00 AM-12:00 PM	\$220/1 sess	485227
Su Mar 17	10:00 AM-12:00 PM	\$220/1 sess	485228

## 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.





## 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

### Rates & Fees

	ADULT	SENIOR / YOUTH
Drop-in	\$6.99	\$4.89
10 Visit Pass	\$61.51	\$43.06
<i>(Fees do not include tax) Fees subject to change</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) Fees subject to change</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)
1 session	\$58.17	\$87.23
3 sessions	\$161.20	\$241.84
5 sessions	\$259.27	\$399.26
10 sessions	\$465.43	\$741.49
<i>(Fees do not include tax) Fees subject to change</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

January 3 – March 31, 2024

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
<i>(Fees do not include tax) Fees subject to change</i>	

### 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 Jan 17-Feb 7	10:30 AM-11:30 AM	483691
Wed Feb 21-Mar 13	10:30 AM-11:30 AM	483693

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

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

### Fitness for Youth

Tues Jan 16-Feb 6	4:00 PM-5:00 PM	483697
Tues Feb 20-Mar 12	4:00 PM-5:00 PM	483695

## 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.

January 6 – March 31, 2024						
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

#### Winter Set 1

Registration begins **Thursday, Dec 21 at 7:00 PM**

Sundays, Jan 7 to Feb 11

Mondays, Jan 8 to Feb 12

#### Winter Set 2

Registration begins **Thursday, Feb 15 at 7:00pm**

Sundays, Feb 18 to Mar 24

Mondays, Feb 19 to Mar 25

- 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.

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

### 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.		



## TLCC Scribes Rugby Football Club

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

[www.scribesrfc.com](http://www.scribesrfc.com)



## Café

### LOCATED IN THE ICE RINK

Monday..... 4:00pm-8:00pm  
Tuesday..... 3:00pm-8:00pm  
Wednesday-Friday.... 11:00am-8:00pm  
Saturday..... 8:45am-3:45pm  
Sunday..... 10:00am-3:30pm

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



The Grandview Skating Club offers a fun, friendly environment, expert coaching and Skate Canada's nationally recognized learn-to-skate programs for all levels.

Join us at the Trout Lake Community Centre for our CanSkate, StarSkate, Adult Skating, CanPower (Hockey/Ringette skills) and Special Olympics programs!



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



Skate  
Canada

Special  
Olympics  
British Columbia



# REGISTRATION & REFUND POLICIES

## Registration Info:

**Winter Program Registration  
In Person/Phone/Online:  
Thursday, December 7 at 7:00 PM**

**Spring Program Registration:  
In Person/Phone/Online:  
Thursday, March 14 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)**

   **@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 8 days' notice. Note that 8 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 2.
- Refund requests received after the 8-day period will not be issued any refund.
- 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 WORKSHOPS



## DIY Body Care and Cleaning Products Workshop

(19+yrs)

Store-bought body care and cleaning products are often filled with artificial fragrances, parabens, and other harmful chemicals. Plus, there's so much packaging involved! Get step-by-step instructions and hands-on experience creating natural body care & household products, including a laundry soap, shampoo, and restorative facial moisturizer. All supplies, including refillable containers, will be provided.

Iona Bonamis

Kitchen

Su Mar 03

11:00 AM-12:30 PM

\$12/1 sess

478620

## Introduction to Seed Saving

NEW!

(19+yrs)

Would you like to start saving your own seeds? If so, then this is the perfect time of the year to start thinking about saving seeds from your garden! In this Village Vancouver workshop, Rhiannon Johnson will provide you with the knowledge needed to understand the basic principles behind seed saving and the skills necessary to begin saving seeds.

Village Vancouver

Willow Room

Su Feb 04

11:00 AM-1:00 PM

\$12/1 sess

484360

## Planning Your Spring Garden

NEW!

(19+yrs)

Enjoy the taste of freshly grown veggies from your garden this coming spring! Village Vancouver presents a workshop with Rhiannon Johnson covering the basics of planning, and then preparing and starting a food garden come Spring. You'll learn how to plan and prepare your garden space, as well as some simple techniques for starting plants indoors and in the garden, tailored to your space.

Village Vancouver

Willow Room

Su Mar 10

11:00 AM-1:00 PM

\$12/1 sess

484363

## Free Repair Cafe

(All Ages)

Got broken stuff? Holes in your favourite clothes? No problem! The City of Vancouver in partnership with volunteers offers FREE community repair events because we believe that Vancouver can be a zero waste city by 2040. The more we can repair, reuse, and recycle, the longer products stay in circulation. So join us to fix that hole in your best shirt or get that reading lamp working again! To register please go to the following link for information: <https://spec.bc.ca/waste/repair-cafe/>

Su Mar 24

FREE

Grandview Room

9:30 AM-1:30 PM

487894

## Mighty Microgreens Family Workshop

NEW!

(5-10 yrs)

Learn how to grow your own microgreens inside all year round on your kitchen counter. Microgreens have 40x the nutrients of an adult green, only take 10 days to grow and you can add them to all of your favourite snacks and meals. During this practical and fun workshop you will: taste different microgreens, be shown how you can incorporate microgreens into snacks, plant your own microgreens & learn how to care for them over the next 10 days including how to harvest them. Price is for one child and one adult. Trays and seeds included in the workshop.

Earthbites Society

Grandview Room

Su Mar10

12:30 PM-1:45 PM

\$15/1 sess

487760



Mighty Microgreens Family Workshop



# ECO-FRIENDLY HOLIDAY TIPS

Brought to you by the Trout Lake Green Committee.  
Come and join us for a greener centre!



Choose reusable  
or homemade  
decorations



Have a zero  
waste vegan  
meal



Use recycled  
or reusable  
wrapping for gifts



Buy eco friendly  
useful gifts



Choose a  
sustainable or  
reusable tree



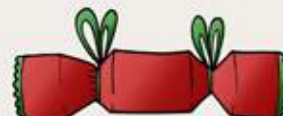
Send e-cards  
online



Use decorative  
LED lights



Set the thermostat  
for maximum  
energy saving



Choose eco-  
friendly crackers



# Family Day

## CELEBRATION

Commemorating 60 years of the  
Grandview/Trout Lake Community Centre



Come dressed in your groovy 60's attire!

**MONDAY, FEBRUARY 19 2024**

**11:00AM - 3:00PM**

Get ready for a day of making memories and enjoying a wide range of  
**FREE** fun-filled activities!

**CRAFTS | PLAY GYM & BOUNCY CASTLE | PUBLIC SKATE | CAKE  
PROGRAM DEMOS: SPORTS | DANCE | POTTERY**

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

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

