



## Trout Lake Community Centre Association

### 2024 Board of Directors

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Cornelia Haack

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

As we transition to shorter days into autumn and the children head back to school, Trout Lake Community Centre is gearing up for another exciting programming season! After a bustling summer of day camps and activities in the sun, we're thrilled to share a host of activities designed to keep YOU and your family engaged this fall.

Here's what's in store:

### NEW SENIOR PROGRAMS REGISTRATION

We're introducing a new registration process for senior programs (ages 55+). Registration begins at **10:00 a.m. on August 15th**. All other program registrations start at 7:00 p.m. on the same day. This change was made based on feedback and with consideration for older adults in our community, aiming to improve accessibility for those who need in-person assistance.

### EXCITING EVENTS

Join us for these fun fall events:

- **Fall Harvest Community Dance** on October 11th, featuring square dancing!
- **Spooky Halloween Bash** on October 26th, including Trout Lake Youth Council's haunted house
- **Pottery and Bake, Quilt, Knit** sale on November 23rd, perfect for holiday gift purchases
- **Winter Troutfest** on December 15th, a morning full of winter wonders

### NEW PROGRAMS

Be on the lookout for the NEW programs throughout this guide!

Foodies will find that there are several new cooking and baking classes. Beginner Baking Fun for Teens (Page 18) where teens learn collaboratively in a relaxed atmosphere to make tasty treats. Adults, we have workshops in the kitchen for you too, in baking, cooking, and fermenting (Pages 24-26).

For older adults, we have Seniors Active Fun Fitness, a program focused on improving functional mobility and total body strength.

### CAMPS FOR KIDS

Parents! Check out **Winter Break Camps** in this guide. Options include dance, robotics, yoga and MORE!

### VOLUNTEER OPPORTUNITIES

Meet the Association! The Trout Lake Community Centre Association is always seeking Committee volunteers. We're a charity that works with the Parks Board to shape events and programming. Come learn more about the Association and how YOU can get involved at one of our Meet the Association events (Page 29). The first one is on Wednesday, September 18 from 11 a.m. to 1 p.m.

Can't attend but want more info? Contact our Board Administrator at [admin@troutlakecc.com](mailto:admin@troutlakecc.com).

Happy Fall,

Valerie Spicer

*For the TLCCA Board of Directors*



## Registration Info:

### Fall Program Registration

In Person/Online:

Thursday, August 15 at 7:00 PM

### Fall Senior Program Registration

In Person/Online:

Thursday, August 15 at 10:00AM

### Winter Program Registration

In Person/Online:

Thursday, December 5 at 7:00 PM

Register by phone at 604-257-6955 the following day.

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

Register at any Vancouver Community Centre.

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

## Where to find us:

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

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



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## Hours of Operation:

### September 1-December 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)

Labour Day, September 2 ..... Closed

September 30, October 14 & November 11 ..... Regular hours

Dec 24 & Dec 31 ..... 8:00 AM-4:00 PM

Dec 25 & Jan 1 ..... 10:30 AM-3:30 PM

Dec 26 ..... 10:30 AM-3:30 PM

## Your Recreation Staff:

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

Margo Dunnet ..... Recreation Supervisor

TBA ..... Recreation Programmer

Matt Sung ..... Recreation Programmer

Ivan Dragelj, Marlon Flores, Gloria Lai ..... Program Assistant III

Joe Oliveira ..... Fitness Programmer

Eddy Uechi ..... Ice Rink Programmer

Bernie Dionne ..... Community Youth Worker

Jerry Chan ..... Rental Coordinator

Jason Wu ..... Mechanical Technician II



# EARLY CHILDHOOD

## 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. Drop in \$11, space permitting.

Katherine Single-Dain Cedar Hall  
W Sep 11-Oct 23 11:45 AM-12:30 PM  
\$63/7 sess 515045  
W Oct 30-Dec 11 11:45 AM-12:30 PM  
\$63/7 sess 515046

### Ballet Parent & Toddler Dance (2-3 yrs)

Parent and child will explore circle stretches, story dances, rhythm, traveling steps, and free-form improvisation. Practice moving as a group, cooperating, and following directions. No class Oct 13.

Nicole Pavia Cedar Hall  
Su Sep 08-Oct 27 9:30 AM-10:00 AM  
\$56/7 sess 513869  
Su Sep 08-Oct 27 10:05 AM-10:35 AM  
\$56/7 sess 513871  
Su Nov 03-Dec 15 9:30 AM-10:00 AM  
\$56/7 sess 513875  
Su Nov 03-Dec 15 10:05 AM-10:35 AM  
\$56/7 sess 513876

### 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. Drop in \$11, space permitting.

Katherine Single-Dain Cedar Hall  
W Sep 11-Oct 23 10:45 AM-11:30 AM  
\$63/7 sess 515043  
W Oct 30-Dec 11 10:45 AM-11:30 AM  
\$63/7 sess 515044

### 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.

Endorphin Rush Dance Cedar Hall  
Sa Sep 14-Oct 26 11:00 AM-11:45 AM  
\$91/7 sess 513913  
Sa Nov 02-Dec 14 11:00 AM-11:45 AM  
\$91/7 sess 513922

### Beginner Ballet (5-6 yrs)

In this class you will enter into the world of ballet, learning the basics and fundamentals. We will combine the joy of movement with exciting games, imaginative exercises and make up dances to bring home. No class Oct 13.

Nicole Pavia Cedar Hall  
Su Sep 08-Oct 27 12:15 PM-1:00 PM  
\$70/7 sess 513874  
Su Nov 03-Dec 15 12:15 PM-1:00 PM  
\$70/7 sess 513877



Licensed Preschool

## TROUT LAKE LICENSED PRESCHOOL

Registration opened February 6th, 2024 for the 23-24 school year and there are limited spaces remaining.

To register please use the **Registration Package course #486274** and then choose the age group am or pm option from the menu. This includes the \$50.00 registration fee and June 2025 deposit. Please note returning students and siblings have priority.

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

3 year Tue/Thurs AM waitlist . . #486295 4 year Mon/Wed/Fri AM waitlist . . #486293  
3 year Tue/Thurs PM waitlist . . . #486296 4 year Mon/Wed/Fri PM waitlist . . #486294

Children 3 years of age before December 31, 2024		
Class Day	Class Time	Monthly Fee
<b>FULL</b> Tues/Thurs	9:15-11:15 AM	\$102
Tues/Thurs	12:45-2:45 PM	\$102
Children 4 years of age before December 31, 2024		
<b>FULL</b> Mon/Wed/Fri	9:15-11:45 AM	\$135
<b>FULL</b> Mon/Wed/Fri	12:45-3:15 PM	\$135
Monthly fees are subject to change.		

## Check out TLCCA Program Cost Assistance

See page 38.

## Creative Ballet

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

**Endorphin Rush Dance** Cedar Hall

(3-5 yrs)

M Sep 09-Oct 28 11:05 AM-11:50 AM  
\$78/6 sess 513932

M Nov 04-Dec 09 11:05 AM-11:50 AM  
\$78/6 sess 513935

Sa Sep 14-Oct 26 9:30 AM-10:15 AM  
\$91/7 sess 513911

Sa Nov 02-Dec 14 9:30 AM-10:15 AM  
\$91/7 sess 513919

(4-6 yrs)

Sa Sep 14-Oct 26 10:15 AM-11:00 AM  
\$91/7 sess 513912

Sa Sep 14-Oct 26 12:45 PM-1:30 PM  
\$91/7 sess 513916

Sa Nov 02-Dec 14 10:15 AM-11:00 AM  
\$91/7 sess 513921

Sa Nov 02-Dec 14 12:45 PM-1:30 PM  
\$91/7 sess 513927

## Creative Play

(3-5 yrs)

Step into the world of play-based learning, where children learn through active engagement! In this small group setting children wonder, explore, experiment and create together, building cognitive, social/emotional, & physical skills. From sharing stories to kitchen play, building to art activities, connecting to each other and nature, there's never a dull moment. These joyful experiences with play helps build focus, flexibility and adaptability - laying the foundation for 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 Sep 19-Oct 17 10:00 AM-11:30 AM  
\$85/5 sess 513591

Th Oct 24-Nov 28 10:00 AM-11:30 AM  
\$102/6 sess 513592

## Dancing the Parenting (2mo-5 yrs)

We welcome families into dance improvisation practice and relationship-based creative dance with their children. Register one child/family, siblings come for free. Through creative dance and songs, French will be introduced. Parents/caregivers will engage in their own dancing as much as their children. No experience is necessary but the ability to move easily from ground to standing is recommended. This unique program has been led by Foolish Operations artists since 2011. This program is subsidized by the City of Vancouver Cultural Services, and The Department of Canadian Heritage.

**Foolish Operations Society** Elm Room

W Sep 18-Nov 27 10:00 AM-10:45 AM  
\$15/11 sess 515819

## Hip Hop and Jazz

(4-5 yrs)

Hip hop and jazz is a fun class where your kids will learn how to groove and move with style! They will be taught basic fundamentals of these two genres and dances to show off their moves. Children must be able to dance without a parent in the room. No class Oct 13.

**Nicole Pavia** Cedar Hall

Su Sep 08-Oct 27 11:30 AM-12:15 PM  
\$70/7 sess 513873

Su Nov 03-Dec 15 11:30 AM-12:15 PM  
\$70/7 sess 513878

## Kids Music Jam for Toddlers

(1-5 yrs)

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

**Diego Kohl** Lakewood Room

F Sep 13-Oct 18 10:00 AM-10:45 AM  
\$60/6 sess 516536

F Sep 13-Oct 18 11:00 AM-11:45 AM  
\$60/6 sess 516541

F Nov 01-Dec 06 10:00 AM-10:45 AM  
\$60/6 sess 516539

F Nov 01-Dec 06 11:00 AM-11:45 AM  
\$60/6 sess 516542

## Birthday Parties Available!

See page 41 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. No class Oct 13.

**Nicole Pavia** Cedar Hall  
Su Sep 08-Oct 27 10:40 AM-11:25 AM 513872  
\$70/7 sess  
Su Nov 03-Dec 15 10:40 AM-11:25 AM 513879  
\$70/7 sess

## Mini Hip-Hop

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  
(3-5 yrs)  
M Sep 09-Oct 28 12:05 PM-12:50 PM 513933  
\$78/6 sess  
M Nov 04-Dec 09 12:05 PM-12:50 PM 513936  
\$78/6 sess  
(4-5 yrs)  
Th Sep 12-Oct 31 3:30 PM-4:15 PM 513937  
\$104/8 sess  
Th Nov 07-Dec 12 3:30 PM-4:15 PM 513941  
\$78/6 sess

## 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. Find out how important - and how much fun - your role can be! Our 9 award-winning music collections and research-based curriculum supports parents at home and keeps the music making alive all week. In our mixed age class, each child participates at 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. 45 minutes of pure fun each week! Parent participation required. Siblings attend at a reduced tuition rate and children 6 months and under attend free with a registered sibling. \$60 Music Together Licensing fee is non-refundable after first class. No class Sept 30, Oct 14, Nov 11.

**West Side Music Together** Lakewood Room  
**Karina**  
M Sep 16-Dec 02 9:30 AM-10:15 AM 514461  
\$195/9 sess  
Th Sep 19-Nov 28 3:45 PM-4:30 PM 514627  
\$225/11 sess  
**Noa**  
M Sep 16-Dec 02 10:30 AM-11:15 AM 514463  
\$195/9 sess  
M Sep 16-Dec 02 11:30 AM-12:15 PM 514464  
\$195/9 sess  
W Sep 18-Nov 27 9:30 AM-10:15 AM 514467  
\$225/11 sess  
W Sep 18-Nov 27 10:30 AM-11:15 AM 514468  
\$225/11 sess

## 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 Sept 30 & Oct 14.

**Endorphin Rush Dance** Cedar Hall  
M Sep 09-Oct 28 10:15 AM-11:00 AM 513931  
\$78/6 sess  
M Nov 04-Dec 09 10:15 AM-11:00 AM 513934  
\$78/6 sess



My First Dance Class

## Rhythm and Flow for Parent & Toddlers (2-3 yrs)

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

**Katherine Single-Dain** Cedar Hall  
W Sep 11-Oct 23 9:45 AM-10:30 AM 515041  
\$63/7 sess  
W Oct 30-Dec 11 9:45 AM-10:30 AM 515042  
\$63/7 sess



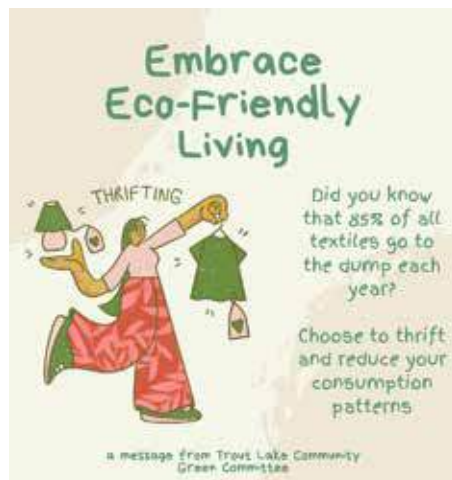
Music Together



## Rhythm Kids 1 by Music Together (4-5 yrs)

Big kids age 4-5 know what they like. Telling silly stories. Playing games. Being creative! Designed specifically for pre-K, Rhythm Kids 1 taps into how children this age learn, through music games, animal rhythm stories, and lots of stomping-flying-dancing fun. 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. Big kids will have opportunities to lead their peers, solo and improvise as well as using their collaboration skills. 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. Big kids and adults alike can 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. Drum provided for classroom experience. Parent participation required. \$60 Music Together Licensing fee is non-refundable after first class.

West Side Music Together Lakewood Room  
Th Oct 03-Nov 28 5:00 PM-5:45 PM  
\$204/9 sess 514628



## 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 Sept 30, Oct 14 and Nov 11.

Kenneth Clarke Elm Room

#### Beginner

M Sep 09-Dec 16 3:45 PM-4:30 PM  
\$168/12 sess 522369

#### Intermediate

W Sep 11-Dec 18 3:45 PM-4:30 PM  
\$210/15 sess 522370

#### Advanced

M Sep 09-Dec 16 3:45 PM-4:30 PM  
\$168/12 sess 524607

### 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 Oct 5.

Shohei Juku Aikido Canada Elm Room

Sa Sep 07-Dec 07 10:00 AM-10:45 AM  
\$169/13 sess 522668

## Physical Recreation

### High 5 Sports Parent and Tot (2-3 yrs)

Parent & child program that prioritizes the development of physical literacy. The goal is to motivate children to be active for life and unleashing the power of play. No class Oct 13 and Nov 10.

Hai Doan Gymnasium - North (2/3)  
Sa Sep 14-Dec 14 3:30 PM-4:15 PM  
\$272.25/11 sess 522379

### High 5 Sports (3-5 yrs)

This program that prioritizes the development of physical literacy. The goal is to motivate children to be active for life and unleashing the power of play. No class Sept 28, Oct 12 and Nov 9.

Hai Doan Gymnasium - North (2/3)  
Sa Sep 14-Dec 14 4:15 PM-5:00 PM  
\$272.25/11 sess 522385

### 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.

No Instructor Gymnasium  
Su W Sep 11-Dec 11 10:00 AM-11:45 AM  
\$3/drop in 523085

### 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.

Elite Gymnastics Elm Room  
F Sep 13-Dec 13 4:30 PM-5:15 PM  
\$91/14 sess 523091  
Su Sep 15-Dec 15 1:00 PM-1:45 PM  
\$91/14 sess 523094  
Su Sep 15-Dec 15 1:45 PM-2:30 PM  
\$91/14 sess 523095

### 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 Sep 10-Oct 29 3:45 PM-4:30 PM  
\$152/8 sess 523001  
Tu Nov 05-Dec 17 3:45 PM-4:30 PM  
\$133/7 sess 523002

# EARLY CHILDHOOD

## 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.

Sportball Vancouver	Gymnasium - North (2/3)
M Sep 09-Oct 28	9:45 AM-10:45 AM
\$114/6 sess	522734
M Nov 04-Dec 16	9:45 AM-10:45 AM
\$114/6 sess	522735



Sportball Multi Sport

## Sportball Outdoor 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. Class is outside rain or shine. Parents must stay on the field but not required to participate. No class Sept 29.

Sportball Vancouver	Outside - John Hendry
	Gravel Field
Su Sep 08-Oct 06	10:15 AM-11:15 AM
\$76/4 sess	522740

## Sportball Outdoor 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. Classes are outdoors rain or shine. No class Sept 29.

Sportball Vancouver	Outside - John Hendry
	Gravel Field
Su Sep 08-Oct 06	9:30 AM-10:15 AM
\$76/4 sess	522738

## Sportball Outdoor T-Ball (4-6 yrs)

Big League Fun! Sportball T-Ball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. Parents must stay at the field but do not participate in the classes. Class is outside rain or shine. No class Sept 30.

Sportball Vancouver	Outside - John Hendry
	Gravel Field
M Sep 09-Oct 07	5:45 PM-6:45 PM
\$76/4 sess	522750

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

Home Run! Participants are introduced to fundamental concepts of T-ball and are provided the basic skills required to play with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on baseball skills including: throwing, catching, batting, running bases and fielding. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Class is outside rain or shine. No class Sept 30.

Sportball Vancouver	Outside - John Hendry
	Gravel Field
M Sep 09-Oct 07	5:00 PM-5:45 PM
\$76/4 sess	522748

## 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.

Sportball Vancouver	Gymnasium - North (2/3)
M Sep 09-Oct 28	9:00 AM-9:45 AM
\$114/6 sess	522732
M Nov 04-Dec 16	9:00 AM-9:45 AM
\$114/6 sess	522733
W Sep 11-Oct 23	9:00 AM-9:45 AM
\$133/7 sess	522736
W Oct 30-Dec 11	9:00 AM-9:45 AM
\$133/7 sess	522737

## Visual Arts

### Art and Music with Sun Rey (20mo-3 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 \$20, if space available. No class Sept 30, Oct 14, Nov 11.

Sun Rey Han	Art Studio
M Sep 16-Nov 18	10:00 AM-10:45 AM
\$121/7 sess	514526
M Sep 16-Nov 18	11:00 AM-11:45 AM
\$121/7 sess	514527



## Art and Music Christmas with Sun Rey

(22mo-3 yrs)

Jingle bells, jingle bells and ho ho fun. You will make many holiday decorations and gifts to take home or to give to someone special. There will be time set aside for sing a longs and storytelling time. Parent/caregiver participation is required. Material fee non refundable after first class. Drop-in \$24, if space available.

Sun Rey Han	Art Studio
M Dec 02-Dec 16	10:00 AM-11:00 AM
\$64.50/3 sess	514529
M Dec 02-Dec 16	11:00 AM-12:00 PM
\$64.50/3 sess	514530

## 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 \$23, space permitting. No class Sept 30, Oct 14, Nov 11.

Sun Rey Han	Art Studio
M Sep 16-Nov 18	1:00 PM-2:00 PM
\$143/7 sess	514528

## Art Is Fun Christmas

(3-5 yrs)

Dashing through the snow and making your special holiday gift craft. Have fun with clay modelling, painting, collage to abstract, mixed media art, crafting and more. Child must be able to take class unaccompanied by an adult. Material fee non refundable after first class. Drop-in \$26.50, if space available.

Sun Rey Han	Art Studio
M Dec 02-Dec 16	1:00 PM-2:00 PM
\$67.50/3 sess	514531

## The Process Art Studio

**NEW!**

(3-5 yrs)

Join Cathy and explore your creativity through process art, a form of self-expression that emphasizes the experience of creating art. In each series we'll do a deep dive into a medium, giving children time to explore and understand the materials, fuelling creativity. Whether we're exploring paint, clay, collage, printmaking, 3D art, pastels or drawing, children can tap into their imagination and experience the joy of making their own unique art piece, while building their observation skills, problem solving abilities and fine motor skills! All art materials included.

Cathy Belgrave	Location unspecified
W Sep 18-Oct 16	10:00 AM-11:00 AM
\$70/5 sess	513589
W Oct 23-Nov 20	10:00 AM-11:00 AM
\$70/5 sess	513590

## Yoga

### Happy Yoga Minis (Yoga for Preschoolers)

(2-5 yrs)

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

Flora Sze	Elm Room
Tu Sep 10-Nov	10:00 AM-10:45 AM
26 \$130/12 sess	522034

### Toddler Yoga

(3-5 yrs)

Welcome your child to the world of Yoga on Friday mornings. Throughout the 8 week session your child will learn about meditation, breathing techniques and yoga poses through songs, stories and activities. Smiley Kylie is very excited to bring Toddler Yoga back to Trout Lake!

Kylie Raitlon	Cedar Hall
F Sep 13-Oct 18	10:45 AM-11:45 AM
\$72/6 sess	519523
F Nov 01-Nov 29	10:45 AM-11:45 AM
\$60/5 sess	519525

## Winter Break Camps

### Frozen 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. Bring your camera! Presentation for parents on the last day! No class Jan 1.

Endorphin Rush Dance	Cedar Hall
M Tu Th F Dec 30-Jan 03	

	11:00 AM-12:15 PM
\$87.20/4 sess	514509

### My First Dance Camp

(2-4 yrs)

An introduction to creative dance. Aspiring little dancers, along with their guardians, 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. Parent/guardian participation is required. No class Jan 1.

Endorphin Rush Dance	Cedar Hall
M Tu Th F Dec 30-Jan 03	

	9:15 AM-10:00 AM
\$52/4 sess	514504

M Tu Th F Dec 30-Jan 03	
	10:05 AM-10:50 AM

\$52/4 sess	514508
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### Day Camp Refund Policy:

- 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.
- Registrations are non-transferable to another person.

## 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 Nov 12-Dec 03 4:00 PM-5:30 PM  
\$100/4 sess 518747

### 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 Sept 30, Oct 14 and Nov 11.

Petit Architect Design For Kids Ltd.

Grandview Room

(6-9 yrs)  
M Sep 16-Dec 09 3:45 PM-5:00 PM  
\$283.60/10 sess 521963

(10-14 yrs)  
M Sep 16-Dec 09 5:15 PM-6:30 PM  
\$283.60/10 sess 521964

### ESL 45 minute private lessons (5-19 yrs)

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

Charis Chung Board Room  
Tu Sep 10-Nov 26 5:30 PM-7:45 PM  
\$430/10 sess

### WEDO 1 Robotics (6-11 yrs)

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

Tomorrow's Playground Grandview Room  
Tu Sep 17-Oct 08 4:00 PM-5:30 PM  
\$100/4 sess 518737

### WEDO 2 Robotics (7-12 yrs)

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

Tomorrow's Playground Grandview Room  
Tu Oct 15-Nov 05 4:00 PM-5:30 PM  
\$100/4 sess 518746

## 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 Oct 14 and Nov 11.

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

M Sep 09-Dec 09 4:45 PM-5:45 PM  
\$100/11 sess 522673

(8-12 yrs)  
Tu Sep 10-Dec 10 4:45 PM-5:45 PM  
\$140/14 sess 522675

### Axe Capoeira For Youth (7-13 yrs)

Capoeira is an Afro-Brazilian martial art that combines music, self-defense, dance, acrobatics and physical conditioning to create a unique, multidisciplinary experience. Modern capoeira is one of the most inherently diverse martial arts in the world today with creativity, music, self-expression and strategic thinking as much a part of the core curriculum as physical training and fitness. Kids will love this program. Class is three a week. No class Sept 30, Oct 11, Oct 14 and Nov 11.

Kenneth Clarke Lakewood Room

Beginners  
W F Sep 11-Dec 20 4:30 PM-4:45 PM  
\$360/30 sess 522371

Intermediate  
M W Sep 09-Dec 18 5:15 PM-5:30 PM  
\$243/27 sess 522376

Advanced  
M W F Sep 09-Dec 20 5:15 PM-4:45 PM  
\$410/41 sess 522377

Check out TLCCA Program  
Cost Assistance

See page 38.

## Shorinji Kempo (8-12 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 Oct 12. Shorinji Kempo Society Elm Room  
Sa Sep 07-Dec 14 1:00 PM-2:30 PM  
\$98/14 sess 522407

## Performing Arts

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

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

Jhaymee Hizon Cedar Hall  
W Sep 11-Oct 23 4:45 PM-5:45 PM  
\$77/7 sess 514620  
W Oct 30-Dec 11 4:45 PM-5:45 PM  
\$77/7 sess 514621

### Classical/Jazz/Pop Piano & Guitar 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 Sep 12-Dec 12 3:30 PM-7:00 PM  
\$420/14 sess

### Dance Extreme 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 Sep 14-Oct 26 2:30 PM-3:30 PM  
\$98/7 sess 513918  
Sa Nov 02-Dec 14 2:30 PM-3:30 PM  
\$98/7 sess 513930

### Guitar & Ukulele (7-19 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 Oct 26. No class Sept 30, Oct 14, Nov 11.

Rene Hugo-Sanchez GCCA Board Room  
Sa Sep 14-Dec 07 10:00 AM-2:00 PM  
\$360/12 sess  
M Sep 16-Dec 09 5:45 PM-7:45 PM  
\$300/10 sess

### Hip Hop Movers (4-7 yrs)

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  
Sa Sep 14-Oct 26 12:00 PM-12:45 PM  
\$91/7 sess 513915  
Sa Sep 14-Oct 26 1:45 PM-2:30 PM  
\$91/7 sess 513917  
Sa Nov 02-Dec 14 12:00 PM-12:45 PM  
\$91/7 sess 513926  
Sa Nov 02-Dec 14 1:45 PM-2:30 PM  
\$91/7 sess 513928

### Hip-Hop (8-12 yrs)

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  
Th Sep 12-Oct 31 5:15 PM-6:15 PM  
\$112/8 sess 515049  
Th Nov 07-Dec 12 5:15 PM-6:15 PM  
\$84/6 sess 515050

### Hip-Hop & Jazz (6-8 yrs)

Combine the style of hip-hop with the technical dance skills of jazz! Learn steps, jumps, turns, stretches and fun choreography to your favourite music. Please bring running shoes and wear comfortable stretchy clothing and non-marking shoes. There will be a performance on the last day of class for friends and family. No drop-ins.

Endorphin Rush Dance Cedar Hall  
Th Sep 12-Oct 31 4:15 PM-5:15 PM  
\$112/8 sess 513938  
Th Nov 07-Dec 12 4:15 PM-5:15 PM  
\$84/6 sess 513942

### Piano with Charis (4-19 yrs)

Tailor made 30-min piano lesson taught by experienced award-winning professional and music educator. Graduate of UBC B.Mus. & UBC Master of Education in Music. Beginners are all welcome! Students learn to play music in a fun and encouraging environment. Books are not included. Students would acquire their own books upon instructor's advice in the first lesson. There will be NO make-up lessons due to student's absence. No classes Oct 15, Oct 17, Oct 22 & Oct 24.

Charis Chung  
Tu Sep 10-Nov 26 3:30 PM-8:45 PM  
\$300/10 sess  
W Sep 11-Nov 27 3:30 PM-8:30 PM  
\$300/10 sess  
Th Sep 12-Nov 29 3:30 PM-8:30 PM  
\$300/10 sess  
Su Sep 15-Nov 24 10:00 AM-4:00 PM  
\$270/9 sess



## Piano with Samuel (3+yrs)

Learn to play classical, pop, or to compose music in a fun and encouraging environment. Lessons cover a variety of practical skills such as rhythm, dexterity, technique, theory, note/chord reading as well as musical appreciation and performance opportunities. There will be no make-up classes due to student's absence. No class Sept 30, Oct 14, and Nov 11.

Samuel Chan	Maple Room
F Sep 06-Dec 13	3:30 PM-9:30 PM
\$450/15 sess	
Sa Sep 07-Dec 14	9:00 AM-4:45 PM
\$450/15 sess	
M Sep 09-Dec 09	3:30 PM-9:30 PM
\$330/11 sess	
W Sep 11-Dec 11	3:30 PM-9:30 PM
\$420/14 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..Email instructor at fiddlelessons@shaw.ca for more information. No lessons on Sept 30, Oct 14, Nov 4 & 11.

Shannon Saunders	
M Sep 09-Dec 16	3:00 PM-9:00 PM
\$330/11 sess	
Tu Sep 10-Dec 17	3:00 PM-9:00 PM
\$450/15 sess	513966

## Physical Recreation

### Indoor 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  
(5-6yrs)

Th Sep 05-Sep 26	4:15 PM-5:00 PM
\$48/4 sess	523295
Th Oct 03-Oct 24	4:15 PM-5:00 PM
\$48/4 sess	523296
Th Oct 31-Nov 21	4:15 PM-5:00 PM
\$48/4 sess	523299
Th Nov 28-Dec 19	4:15 PM-5:00 PM
\$48/4 sess	523306

(7-9 yrs)

Th Sep 05-Sep 26	5:00 PM-6:30 PM
\$96/4 sess	523323
Th Oct 03-Oct 24	5:00 PM-6:30 PM
\$96/4 sess	523326
Th Oct 31-Nov 21	5:00 PM-6:30 PM
\$96/4 sess	523327
Th Nov 28-Dec 19	5:00 PM-6:30 PM
\$96/4 sess	523328

(10-13 yrs)

Th Sep 05-Sep 26	5:00 PM-6:30 PM
\$96/4 sess	523316
Th Oct 03-Oct 24	5:00 PM-6:30 PM
\$96/4 sess	523317
Th Oct 31-Nov 21	5:00 PM-6:30 PM
\$96/4 sess	523318
Th Nov 28-Dec 19	5:00 PM-6:30 PM
\$96/4 sess	523319

## 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.

Elite Gymnastics	Elm Room
F Sep 13-Dec 13	5:15 PM-6:15 PM
\$98/14 sess	523092
Su Sep 15-Dec 15	2:30 PM-3:30 PM
\$98/14 sess	523097

## 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". \*\* There will be no class Oct 12.

Raincity Basketball Club  
Gymnasium - North (2/3)

(5-8 yrs)

Sa Sep 14-Dec 14	12:35 PM-1:45 PM
\$235/14 sess	517277

(9-13 yrs)

Sa Sep 14-Dec 14	1:50 PM-3:00 PM
\$235/14 sess	517278

## Birthday Parties Available!

See page 41 for more information ...



## Smashball

(9-12 yrs)

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

Volleyball BC	Gymnasium - South (1/3)
W Sep 11-Oct 23	5:15 PM-6:30 PM
\$91/7 sess	522025
W Oct 30-Dec 11	5:15 PM-6:30 PM
\$91/7 sess	522026

## Sportball Outdoor Multi Sport

(5-7 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. Class is outside rain or shine. Parents must stay on the field but not required to participate. No class Sep 29.

Sportball Vancouver	Outside - John Hendry Gravel Field
Su Sep 08-Oct 06	11:15 AM-12:15 PM
\$76/4 sess	522741

## 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 Sep 10-Oct 29	4:30 PM-5:15 PM
\$152/8 sess	523003
Tu Nov 05-Dec 17	4:30 PM-5:15 PM
\$133/7 sess	523004

## Stretching for Athletes Juniors

(7-19 yrs)

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

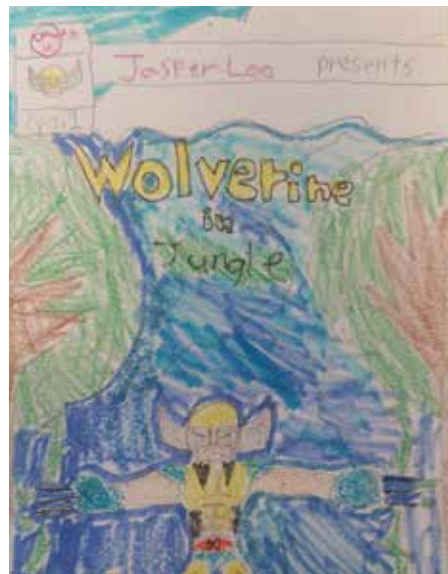
Elite Gymnastics	Lakewood Room
W Sep 11-Dec 11	3:30 PM-4:05 PM
\$104/13 sess	522755

## Stretching for Athletes Seniors

(7-55 yrs)

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

Elite Gymnastics	Lakewood Room
W Sep 11-Dec 11	4:20 PM-5:15 PM
\$169/13 sess	522756



Comics & Cartooning

## 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.

Janine Schroedter	Grandview Room
W Sep 11-Oct 16	3:30 PM-5:00 PM
\$84/6 sess	515012
W Oct 23-Nov 27	3:30 PM-5:00 PM
\$84/6 sess	515013

### Drawing and Painting for Kids

(7-14 yrs)

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

Mohammad Reza Atashzad	Art Studio
Tu Sep 17-Dec 17	3:45 PM-5:15 PM
\$280/14 sess	515057

### Explore With Clay & Pottery

(8-11 yrs)

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

Laura Van Der Linde	Pottery Studio
Th Sep 05-Oct 24	3:30 PM-4:30 PM
\$186/8 sess	514549

## Family Fun Pottery (7-12 yrs)

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

Janine Schroedter	Pottery Studio
W Sep 11-Oct 23	6:00 PM-7:30 PM
\$237/7 sess	515014
W Oct 30-Dec 11	6:00 PM-7:30 PM
\$237/7 sess	515015

## Junior Author and Artist Studio (8-12 yrs)

Communication, creativity and self-expression - that's what writing and art offer the young writer-artist! Through a variety of activities, children experiment with vocabulary, story structure, colour, line, shape to bring to life their ideas and tell their own unique story. Together, art and story give children accessible ways to communicate clearly with intent, building confidence and a positive learner identity. Bring your journal & pencil. All art supplies provided. No class Oct 12.

Cathy Belgrave	Art Studio
Sa Sep 21-Oct 19	2:00 PM-3:30 PM
\$72/4 sess	513593
Sa Nov 02-Nov 30	2:00 PM-3:30 PM
\$72/4 sess	513594

## Painting and Drawing (6-12 yrs)

Lessons include drawing and painting activities using a variety of materials and techniques, such as pastels, charcoal, markers, paint and more. Emily Carr graduate Alex Lam has a passion for teaching and promoting Art appreciation. Price includes \$5 art supply fee. No class Oct 26, Nov 9, Nov 23.

Alex Lam	Art Studio
Sa Sep 21-Dec 07	9:45 AM-11:15 AM
\$195/9 sess	514625
Sa Sep 21-Dec 07	11:30 AM-1:00 PM
\$195/9 sess	514626



Family Fun Pottery

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

Janine Schroedter	Pottery Studio
Tu Sep 10-Oct 15	3:30 PM-4:30 PM
\$138/6 sess	515008
Tu Oct 22-Nov 26	3:30 PM-4:30 PM
\$138/6 sess	515009

## 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 Sep 10-Nov 19	5:00 PM-6:30 PM
\$281/11 sess	515010

## Yoga

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

For families with children aged 5-12 years of age on the spectrum. Come celebrate Christmas 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 Christmas 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 Dec 08	2:00 PM-3:30 PM
\$10/1 sess	522031

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

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 Oct 20	2:00 PM-3:30 PM
\$10/1 sess	522030

### 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 Raiton	Cedar Hall
Tu Sep 10-Dec 10	4:00 PM-5:00 PM
\$168/14 sess	519514



## Winter Break Camps

### Winter Break Day Camp (5-12 yrs)

We are offering a fun-filled day camp during the winter school break. The camp leaders will provide a variety of age appropriate activities designed to engage, educate and entertain the campers. The camp will run from 9-3:30 pm. We anticipate that this camp will fill quickly so please register early to avoid disappointment. No class Jan 1.

Daycamp Leaders

Grandview and Lakewood Room

#### Week 1

M Tu F Dec 23-Dec 27 9:00 AM-3:30 PM  
\$96/3 sess 519452

#### Week 2

M Tu Th F Dec 30-Jan 03 9:00 AM-3:30 PM  
\$128/4 sess 519455

### 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 Dec 30-Jan 03 10:30 AM-12:30 PM  
\$175/5 sess 519482



Winter Break Day Camp

## Day Camp Refund Policy:

- 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.
- Registrations are non-transferable to another person.

### Rain City Holiday Hoops Camp

This program is for the focussed athlete. Our expert coaches are pushing every player in this program to their limits, to help them reach their full potential on and off the court. These workouts are tough, they are designed to challenge you mentally, and physically. We will be working on advanced skill sets, and many high level game situations. You will improve as a player in your training, and you will also improve your understanding of the game, your basketball IQ will develop. This is a program for players who have dreams of playing past high school and beyond. We look forward to working with you. Get Better Here!! \*\* Please bring your own basketball and water bottle. No class Jan 1.

Raincity Basketball Club Gymnasium

#### (6-8 yrs)

M Tu Th F Dec 30-Jan 03 12:00 PM-1:30 PM  
\$100/4 sess 517281

#### (9-13 yrs)

M Tu Th F Dec 30-Jan 03 1:35 PM-3:05 PM  
\$100/4 sess 517282

### Swiftie Dance Party Camp

(6-12 yrs)

Taylor Swift Fans Unite! This upbeat, empowering, and vibrant dance camp is set to 100% Taylor Swift tunes included Anti-Hero and Shake it Off. Dancers will improve jazz technique, play interactive dance games, and learn dynamic choreographics all while making new friends. Please wear comfortable clothing for movement, clean dance or running shoes, and bring a water bottle. Get ready to cheer, there will be a presentation on the last day of camp. No class Jan 1.

Endorphin Rush Dance Cedar Hall  
M Tu Th F Dec 30-Jan 03 12:30 PM-3:30 PM  
\$168/4 sess 514510

### WEDO I Robotics Camp (6-12 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 Dec 30-Jan 03 1:00 PM-3:00 PM  
\$175/5 sess 519502

### Yoga Dance and Art Camp

(6-10 yrs)

Come join Smiley Kylie for a week of yoga, dance and mindful crafts. Throughout the week we will build to give a short performance at the end of the day on Friday. All crafts will be nature based (as much as possible) learning knots, weaving, imaginary and sensory based. Please bring a lunch, snack, hat and yoga mat (if you have one). No class Jan 1.

Kylie Raitlon Elm Room  
M Tu Th F Dec 30-Jan 03 9:00 AM-3:00 PM  
\$250/8 sess 518380

## 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@vancover.ca. Join us for a full day program on school ProD days! There will be NO class on September 30, October 14 and November 11.

Karine Ling Willow Room

### 1 Day a Week

M-F Sep 09-Dec 20 3:15 PM-5:30 PM  
\$120/75 sess 517290

### 2 Days a Week

M-F Sep 09-Dec 20 3:15 PM-5:30 PM  
\$240/75 sess 517323

### 3 Days a Week

M-F Sep 09-Dec 20 3:15 PM-5:30 PM  
\$360/75 sess 517328

## Youth In Action (Y.I.A.) Pro-D Camp

F Oct 25 9:00 AM-3:30 PM  
\$20/1 sess 517295

F Nov 22 9:00 AM-3:30 PM  
\$20/1 sess 517296

## Youth In Action (Y.I.A.) Winter Camp

### Week 1

M Tu F Dec 23-Dec 27  
9:30 AM-3:30 PM  
\$60/3 sess 517297

### Week 2

M Tu Th F Dec 30-Jan 03  
9:00 AM-3:30 PM  
\$80/4 sess 517298

## 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 City Wide Youth Program Participant membership (free with OneCard) is required to join this program. To register please contact Bernie at bernie.dionne@vancover.ca or call 604-257-3098. \*\* Program times may be changed or cancelled on last minute notice!

Witton Chau

F Sep 06-Dec 13  
\$0/15 sess

Grandview Room

5:30 PM-7:30 PM  
517287

### Youth Council Winter Party

(13-18 yrs)

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

Witton Chau

F Dec 20  
\$0/1 sess

Grandview Room

5:00 PM-8:00 PM  
517288

### 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

Sa Sep 28  
\$0/1 sess

Willow Room

10:00 AM-1:00 PM  
517300

## Education

### Babysitting Course

(11-19 yrs)

The Babysitting Course refreshed and revised, now has a greater emphasis on First Aid skills. The Canadian Red Cross Babysitting course covers everything from managing difficult behaviors to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency. Course Content: How to be responsible and demonstrate leadership. How to make good decisions and manage difficult behaviors. Information on children's developmental stages, and specific strategies for each stage. How to feed, diaper, dress, and play with children and babies. How to recognize and prevent unsafe situations, make safe choices and promote safe behaviors. First Aid skills. The business of babysitting. Comes with a course manual and certificate of completion from the Canadian Red Cross. In-person Babysitting course: 7 hours. As per Red Cross, our class minimum is 6 students and a maximum of 25 students. If you have any questions, please feel free to contact me anytime.

First Aid Pro

Sa Nov 02  
\$70/1 sess

Willow Room

9:00 AM-3:00 PM  
517271



Youth Council

**BeaYOUtiful Workshop (8-10 yrs)**

The BeaYOUtiful Foundation is dedicated to building confidence and self-love amongst young girls and non-binary youth. This interactive five-week Mental Wellness Program will allow attendees to explore specific feelings and emotions. Work with thoughtful, comforting and empowering female leaders and mentors as we cover various topics including what mental health means and feelings such as stress, fear, loneliness and change in a safe and intimate group setting. Sessions include a hybrid of valuable dialogue and creative activities. Whether you come with a friend or leave making new ones, we promise this is a girls group you will want to be a part of. \*\* This program is FREE for female and non-binary identifying youth and presented by the BeaYOUtiful Foundation, a registered Canadian Charity.

TBA Instructor  
Tu Oct 08-Nov 05  
FREE/5 sess

Lakewood Room  
6:15 PM-8:15 PM  
517273

**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  
Sa Nov 23  
\$45/1 sess

Willow Room  
9:00 AM-5:00 PM  
517274

**Her Time****(8-10 yrs)**

Founder Sergeant Sandy Avelar At Her Time, we create a safe and supportive environment for our participants to actively participate in activities. Moreover, our flexible delivery approach enables activities to be conducted in any sequence according to the group's requirements. Referrals are typically made by school counsellors, principals, and district principals. These professionals are responsible for identifying young women who would thrive and gain from this tailored empowerment program. Founder Detective Anisha Myette GIRLS PROGRAM The Her Time girls program takes a strengths-based approach to empower young females to stay safe and healthy while achieving remarkable things in their lives. The foundational pillars of the Her Time program are organized into a playbook that focuses on positive relationships, healthy living, financial independence, goal setting and personal safety. \*\*\*Please contact the CYW Bernie Dionne at [bernie.dionne@vancouver.ca](mailto:bernie.dionne@vancouver.ca) or 604-257-3098 to be registered into this program\*\*

VPD  
W Sep 25-Dec 11  
FREE/12 sess

Preschool  
3:45 PM-5:45 PM  
518326

**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  
Sa Nov 30  
\$115/1 sess

Willow Room  
9:00 AM-4:00 PM  
517283

**Stay Safe for Preteens (9-15 yrs)**

Course Content How to stay safe at home and within the community How to prepare, recognize and respond to unexpected situations (inclement weather, strangers, unanticipated visits) First Aid Content: Check, Call, Care, Recovery Position, Conscious Choking, Feeling Unwell, Asthma, Anaphylaxis, Poisoning, Wound Care, Minor Cuts and Scrapes, Nose Bleeds, Life-Threatening Bleeds/Burns Comes with a course manual and certificate of completion from the Canadian Red Cross.

First Aid Pro  
Sa Nov 16  
\$70/1 sess

Willow Room  
9:00 AM-1:00 PM  
517284

**STEAM Workshop (9-11 yrs)**

Come join Angela, Chloe, Joyann and Rhea in a 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!

TBA Instructor  
W Sep 11-Oct 09  
\$35/5 sess

Art Studio  
4:00 PM-5:30 PM  
517285

**Teens Personal Safety Workshop****(13-19 yrs)**

The VPD Women's Personal Safety Team (WPST) invites teens identifying as female age 13-19 to participate in a unique, 1 hour and 45 minute, interactive workshop that educates them about situational awareness and personal safety. The workshop will be taught by an all-female police instructor team. Through theory and practical exercises, women learn concepts and skills regarding crime prevention and effectively dealing with violent encounters.

Gymnasium - North (2/3)  
Sa Dec 14  
FREE/1 sess

10:30 AM-12:15 PM  
523342



## Beginner Baking Fun for Teens **NEW!**

(13-18 yrs)

Allison is excited to share her love of baking with others who want to learn how to make some simple tasty bakes. Learn some baking basics in a fun, relaxed atmosphere and then take home some tasty treats - bring a container! Each week the students will learn a new technique - from making and piping buttercream icing, to decorating cupcakes, making meringue kisses, and learning how to prepare and bake pre-made puff pastry with a variety of fillings and decorations.

Allison Berry  
Th Oct 17-Nov 21  
\$180/12 sess

Grandview Room  
3:45 PM-5:45 PM  
517659

## Martial Arts

### Teen Aikido

(13-17 yrs)

Aikido is a Japanese martial art that values harmony. We focus on flowing circular movements and practice basic techniques while building a flexible body and mind. We practice in a non-competitive, friendly, warm atmosphere. Teens, come and join with us! Participate in loose clothes for easy participation. \$12 drop in, space permitting. No class Oct 3 and 31.

Shohei Juku Aikido Canada  
Th Sep 05-Dec 05  
\$130/12 sess

Elm Room  
5:00 PM-5:50 PM  
522672

## Physical Recreation

### Badminton

#### for Pre-teens/Teens

(8-13 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. Space permitting. No class Sep 30, Oct 14 and Nov 11.

Lori Ye  
M Sep 23-Dec 16  
\$60/10 sess

Gymnasium  
3:45 PM-5:00 PM  
517272

## 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, and lots of games! Each week players will be divided into different teams and will play games. This program is designed for players of all skill levels. No class Sept 29, Oct 13 and Nov 10.

Future Bounce Athletics Association

Su Sep 15-Dec 08  
\$155/10 sess

Gymnasium  
3:00 PM-4:45 PM  
517268

## 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. Please bring an apron.

Laura Van Der Linde  
Th Sep 05-Oct 24  
\$236/8 sess

Pottery Studio  
5:00 PM-6:30 PM  
514550

## Yoga

### The Happy Yogi

(10-15 yrs)

What is Yoga? We will look at how meditation can improve our memory, well being and health. We will breathe and look at how this can benefit us in our everyday life. We will move focusing on balance, coordination, stretching and core. Every class begins with 10 minutes of journaling (journals are included). We will explore how a yoga practice can help us become a Happy Yogi.

Kylie Railton  
Tu Sep 10-Dec 10  
\$168/14 sess

Cedar Hall  
5:15 PM-6:15 PM  
519517

## 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 Schedule

FRIDAY SEP 13-DEC 20

#### SOUTH GYM

Preteen Volleyball Drop-in  
3:15 PM-4:30 PM

Youth Volleyball Drop-in  
4:45 PM-9:45 PM

#### NORTH GYM

Preteen Basketball  
3:15 PM-4:30 PM

Youth Basketball  
4:45 PM-8:25 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.

No Instructor      Gymnasium - North (2/3)  
Th Sep 12-Dec 12      10:05 AM-11:05 AM  
\$29.40/14 sess      522400

### Baby & Me Bootcamp

(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 are not permitted. There will be stroller parking available. Drop in \$16, space permitting. No class Nov 8.

Carey Yuen      Gymnasium  
F Sep 13-Dec 20      1:30 PM-2:30 PM  
\$205.80/14 sess      523048

### Bootcamp

(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 \$7.50, space permitting. No class Oct 26 and Nov 9.

Carey Yuen      Gymnasium  
Sa Sep 14-Dec 14      9:00 AM-10:00 AM  
\$88.73/13 sess      523046

### Bootcamp Circuits

(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 \$7.50, space permitting. No class Nov 8.

Carey Yuen      Gymnasium - South (1/3)  
F Sep 13-Dec 20      12:15 PM-1:15 PM  
\$95.55/14 sess      523045

### Dance Fit!

(19+yrs)

Enjoy a holistic fusion of dance, fitness, yoga, and pilates. Sweat it out with easy-to-learn cardio-dance moves inspired by a range of styles including bellydance, bollywood, african dance, hip hop, shuffle dance, martial arts, kickboxing, and more. Then build strength with core exercises and top it off with a relaxing stretch and mindful meditation. More than a fitness class, this experience offers a way to connect and deepen your relationship with your body, mind, heart, spirit, and community. Bring running shoes, a water bottle, and optional yoga mat. Drop-in \$17, space permitting.

Loretta Laurin      Cedar Hall  
Tu Sep 10-Oct 22      7:00 PM-8:00 PM  
\$102.90/7 sess      522336  
Tu Oct 29-Dec 10      7:00 PM-8:00 PM  
\$102.90/7 sess      522338

### 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 Sept 30, Oct 14, Nov 4 and Nov 11.

Carey Yuen      Gymnasium  
M Sep 09-Dec 16      5:30 PM-6:30 PM  
\$75.08/11 sess      523042

### Metabolic Conditioning

#### Workout

(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 Nov 5.

Carey Yuen      Gymnasium  
Tu Sep 10-Dec 17      6:45 PM-7:45 PM  
\$95.55/14 sess      523044

### Mindfulness Meditation

(19+yrs)

Relax, revitalize and cultivate inner peace, inner greatness and happiness with mindfulness meditation. It improves health and wellbeing. Taught by an experienced teacher. Info: lifen.me

Sung Yang      Preschool  
W Sep 18      7:30 PM-8:30 PM  
\$15.75/1 sess      521958

### Myofascial Release

#### Session

(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 Sep 22      9:30 AM-11:00 AM  
\$31.50/1 sess      523067  
Su Oct 27      9:30 AM-11:00 AM  
\$31.50/1 sess      523068  
Su Nov 24      9:30 AM-11:00 AM  
\$31.50/1 sess      523069

# ADULT FITNESS

## 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.

Carey Yuen Grandview Room  
M W Sep 09-Oct 30 11:00 AM-12:00 PM  
\$205.80/14 sess 523050  
M W Nov 13-Dec 18 11:00 AM-12:00 PM  
\$161.70/11 sess 523144

## Outdoor 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.

Carey Yuen Outside - John Hendry Park  
Grass Area SE  
Tu Th Sep 10-Oct 31 11:00 AM-12:00 PM  
\$235.20/8 sess 523063

## Gymnasium Sports Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
AFTERNOON			<b>Pickleball Intermediate/Advanced</b> W Sep 11-Dec 18 1:30 PM-3:30 PM \$45/15 sess 522432	
EVENING	<b>Badminton</b> M Sep 09-Dec 16 8:00 PM-9:45 PM \$60/12 sess 522434	<b>Basketball</b> Tu Sep 10-Dec 17 8:00 PM-9:45 PM \$75/15 sess 522435	<b>Volleyball Beginner &amp; Intermediate</b> W Sep 11-Dec 18 8:00 PM-9:45 PM \$75/15 sess 522436	<b>Volleyball Beginner &amp; Intermediate</b> Th Sep 12-Dec 19 8:00 PM-9:45 PM \$75/15 sess 522437

### 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.

### Pickleball Lesson: Novice (2.0/2.5) Level (19+yrs)

Paddles will be provided if needed. You are fairly new to Pickleball and want to learn the proper fundamentals of the game. The curriculum includes efficient footwork, proper court coverage, and how to master the 5 skills needed to be a proficient player. No class Sept 30 and Oct 14.

Richard Lee Gymnasium  
M Sep 09-Oct 28 1:45 PM-3:30 PM  
\$176.40/6 sess 522036  
M Nov 18-Dec 16 1:45 PM-3:30 PM  
\$147/5 sess 522037



Outdoor Stroller Fitness with Carey

### Pilates Beginners (19+yrs)

In this class, you will focus on breath, alignment, movement, quality, and integration of core support. The mat work exercises are tools to help us move with ease. Amy is a kinesiologist and somatic movement educator and enjoys working with people of all abilities. Drop in \$15, space permitting.

Amy Kiara Ruth Elm Room  
W Sep 11-Nov 27 6:15 PM-7:25 PM  
\$144/12 sess 522403

### Pilates Intermediate (19+yrs)

Enjoy more advanced Pilates exercises and continue to pay attention to breath, alignment, movement quality, and integration of core support. Drop-in \$15, space permitting.

Amy Kiara Ruth Elm Room  
W Sep 11-Nov 27 7:30 PM-8:40 PM  
\$144/12 sess 522404



## 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 Sept 30, Oct 14, Nov 4 and Nov 11. Drop in \$16, space permitting.

Carey Yuen	Lakewood Room
M Sep 09-Oct 28	7:00 PM-8:00 PM
\$94.50/6 sess	523049
M Nov 18-Dec 16	7:00 PM-8:00 PM
\$78.75/5 sess	523140



Prenatal Fitness with Carey

## 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 Oct 13 and Nov 10.

Katherine Single-Dain	Cedar Hall
Su Sep 15-Oct 27	1:45 PM-3:00 PM
\$72/6 sess	515039
Su Nov 03-Dec 15	1:45 PM-3:00 PM
\$72/6 sess	515040

## Tennis - Practice Review,

### Play & Build New Skills (18+yrs)

Now that you have the basic skills from our spring and summer programs. What's next? This program is a continuation of your progress & your journey into the tennis experience. Each class explores different tactical concepts, various spins, positioning options, and match preparedness which improves your game. This program is ideal for all adults who have taken our tennis programs before.

Wilson Tan	Gymnasium
Th Sep 05-Sep 26	6:30 PM-7:55 PM
\$119/4 sess	523334
Th Oct 03-Oct 24	6:30 PM-7:55 PM
\$119/4 sess	523336
Th Oct 31-Nov 21	6:30 PM-7:55 PM
\$119/4 sess	523337
Th Nov 28-Dec 19	6:30 PM-7:55 PM
\$119/4 sess	523339

## Tennis - Practice Review,

### Play & Build New Skills (18+yrs)

You now have the basic skills from our spring and summer programs. What's next? This program is a continuation of your progress & your journey into the tennis experience. Each class explores different tactical concepts, various spins, positioning options, and match preparedness which improves your game. This program is ideal for all adults who have taken our tennis programs before.

Wilson Tan	Outside - Tennis Court
Su Sep 08-Sep 29	3:15 PM-4:45 PM
\$126/4 sess	523335
Su Oct 06-Oct 27	3:15 PM-4:45 PM
\$126/4 sess	523338

## Triple Threat

### Fitness

(19+yrs)

Join Anushka's Triple Threat class for a focused workout to sculpt core strength, define arms, and shape glutes. With upbeat top chart music adding to the fun, this session blends effective exercises for a balanced and confident physique. Get ready to sweat and groove to the beat! \$19.50 drop-in, space permitting.

Anushka Kashyap	Gymnasium
Tu Sep 10-Oct 29	5:45 PM-6:30 PM
\$113.40/8 sess	524039
Tu Nov 5-Dec 17	5:45 PM-6:30 PM
\$105/7 sess	524160

## Zumba

(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. No class Sept 30, Oct 14 and Nov 11.

Zumba Vancouver	Gymnasium
Mondays	
Free Trial	522844
M Sep 09	6:45 PM-7:45 PM
M Sep 16-Oct 28	6:45 PM-7:45 PM
\$69.45/5 sess	522848
M Nov 04-Dec 16	6:45 PM-7:45 PM
\$75.6/6 sess	522849
Wednesdays	
Free Trial	522845
W Sep 11	6:45 PM-7:45 PM
W Sep 18-Oct 30	6:45 PM-7:45 PM
\$92.61/7 sess	522853
W Nov 06-Dec 18	6:45 PM-7:45 PM
\$92.61/7 sess	522854

## 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	522843
Th Sep 12	12:30 PM-1:30 PM
Th Sep 19-Oct 31	12:30 PM-1:30 PM
\$92.61/7 sess	522846
Th Nov 07-Dec 19	12:30 PM-1:30 PM
\$92.61/7 sess	522847

## 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. No class Sept 30, Oct 14 and Nov 11. Drop ins \$19, space permitting.

Anita Callahan	Cedar Hall
M Sep 09-Dec 16	5:15 PM-6:30 PM
\$189/12 sess	523155
M Sep 09-Dec 16	6:40 PM-7:55 PM
\$189/12 sess	523158
Th Sep 12-Dec 19	9:00 AM-10:00 AM
\$236.25/15 sess	524970

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

An introductory course for those new to Iyengar Yoga. Join this class to increase your flexibility, strength and relaxation. The Iyengar method of yoga involves meditation in action: with its focus on the details of the yoga poses and conscious movement, it helps to bring the body and mind into healthy alignment. Bridget is an Iyengar-certified instructor who has been teaching for more than 20 years. Drop in \$14, space permitting. No class Oct 14 and Nov 11.

Bridget Donald	Elm Room
M Sep 09-Dec 09	10:00 AM-11:00 AM
\$144/12 sess	521973
	Lakewood Room
Th Sep 12-Dec 12	11:15 AM-12:15 PM
\$168/14 sess	522018

### Iyengar Yoga Levels 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. No class Oct 14 and Nov 11.

Bridget Donald	Elm Room
M Sep 09-Dec 09	11:15 AM-12:30 PM
\$180/12 sess	521975
	Lakewood Room
Th Sep 12-Dec 12	9:30 AM-11:00 AM
\$238/14 sess	521990

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

Replenish your energy, strength, flexibility, and balance from your parenthood demands. This class will help to restore you and nurture the precious bond between you and your baby. An engaging class of yoga and playful songs, this gentle flow class is perfect for your postpartum body, (4+ weeks postpartum), and your pre-mobile to slowly crawling baby. We encourage participants to bring their own yoga mat. Registration is for one parent and one baby. Drop-in \$20 space permitting.

Lynda Sing	Elm Room
Su Sep 15-Oct 13	11:30 AM-12:30 PM
\$94.50/5 sess	518761
Su Oct 20-Nov 17	11:30 AM-12:30 PM
\$94.50/5 sess	518800
Su Nov 24-Dec 15	11:30 AM-12:30 PM
\$75.60/4 sess	518767

### 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 Sep 15-Oct 13	10:00 AM-11:00 AM
\$94.50/5 sess	518755
Su Oct 20-Nov 17	10:00 AM-11:00 AM
\$94.50/5 sess	518799
Su Nov 24-Dec 15	10:00 AM-11:00 AM
\$75.60 sess	518757

### Rise n Shine Yoga (19+yrs)

Come and join Kylie Railton each Friday morning for a gentle Vinyasa practice. This class is the perfect class for the parent/caregivers after dropping off your kids at school or preschool. Class will include warm-up, sun salutations, flow sequence, balancing, gentle inversions and time to rest before setting off on the rest of your day. All levels and abilities welcome - variations will be offered. Drop-ins \$16; space permitting. No class Oct 25.

Kylie Railton	Cedar Hall
F Sep 13-Nov 29	9:30 AM-10:30 AM
\$173.25/11 sess	519520

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

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

Flora Sze	Elm Room
Tu Sep 10-Nov 26	11:00 AM-12:00 PM
\$136.50/12 sess	522032

## 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
Tu Sep 10-Oct 22	9:15 AM-10:15 AM
\$66.15/7 sess	523160
Tu Oct 29-Dec 10	9:15 AM-10:15 AM
\$66.15/7 sess	523163
Th Sep 12-Oct 24	8:00 PM-9:00 PM
\$66.15/7 sess	523164
Th Oct 31-Dec 12	8:00 PM-9:00 PM
\$66.15/7 sess	523165

## Yin Yoga (19+yrs)

Slow things down with yin yoga. Yin yoga is a style of yoga asana characterized by passive stretching anywhere from 2-5 minutes at a time to target the fascia, our connective tissue. Improve the range of motion in your joints as you practice mindful meditation and calming breathwork. Whether you are seeking to balance out your fitness workouts or simply need a space for stillness and rest, this class is suitable for all. Props are used to support or enhance the practice. No class Sept 29, Oct 13 and Nov 10.

Irene Lo	Lakewood Room
Su Sep 15-Dec 08	9:15 AM-10:15 AM
\$131.25/10 sess	523169

## 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 Sep 10-Oct 29	8:15 PM-9:30 PM
\$126/8 sess	522989
Tu Nov 05-Dec 17	8:15 PM-9:30 PM
\$110.25/7 sess	522990

## ABC Fitness

### ALL BODIES COMMUNITY RECREATION AND FITNESS

#### A Vancouver Park Board Program

We are an inclusive, choice-based, community-anchored, health and wellness program welcoming all abilities, genders, ages, shapes, and sizes. Our workouts are never meant to be punishing: we offer scalable 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. Our Learn to Play Sports are for folks wanting to return to or try a sport for the first time.

You can participate in ABC core programs by registering on the seasonal "Master Roster", and paying with one of the following methods:

- \*Purchase an ABC flexipass (providing access to the Vancouver Park Board's arenas, pools and fitness centres);
- \*Purchase an ABC 10 visit usage card (good for 10 classes); or
- \*Purchase and ABC Drop-in

\*Please be sure to scan your pass, wear your bracelet as your receipt, and sign the attendance roster.

### ABC Active and Strong

(19+ yrs)

ABC Core program - Accommodating a range of fitness levels, Active and Strong is group exercise class led by registered fitness professionals. Using a non-choreographed format with a focus on improved health and function, classes include strength, mobility and cardiovascular training as well as balance, coordination and agility. Thoughtful coaching provides various options in a welcoming and inclusive environment. No class Monday Sep 30, Oct 14 and Nov 11.

Instructor: ABC Instructor

M W F Sep 9-Dec 20

Master Roster 521851

11:00 AM-12:00 PM GYM  
ABC Drop-in, ABC 10 Pass Card,  
or ABC Flexi-Pass



For more information about these and other ABC programs, schedules changes, and program updates please scan here or contact Kate Lee [kate.lee@vancouver.ca](mailto:kate.lee@vancouver.ca)

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

Enjoy yoga to candle light. All levels welcome. Drop-in \$9, space permitting. No class Sept 30 and Oct 14.

Kylie Railton	Cedar Hall
M Sep 09-Dec 16	8:15 PM-9:15 PM
\$163.80/13 sess	518818



## Education

### Beginner Baking for Adults - Piping Techniques **NEW!** (19+yrs)

Allison is excited to share her love of baking with anyone who loves baking and wants a little help with technique. In this workshop, students will learn piping techniques for decorating cupcakes and meringue desserts. Learn some baking basics in a fun, relaxed atmosphere and then take home some tasty treats - bring a container!

Allison Berry Grandview Room  
Su Nov 24 1:00 PM-4:00 PM  
\$100/2 sess 521779

### Beginner Baking for Adults - Puff Pastry **NEW!** (19+yrs)

Allison is excited to share her love of baking with anyone who wants to learn how to make some simple tasty bakes. Learn some baking basics in a fun, relaxed atmosphere and then take home some tasty treats - bring a container! Students will learn a selection of recipes to make easy and delicious puff pastry desserts using pre-made puff pastry.

Allison Berry Grandview Room  
Su Nov 03 1:00 PM-4:00 PM  
\$100/2 sess 521778

### Dog Obedience - Puppy SmartStart (dogs 10-20 wks) (19+yrs)

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

DOGSmart Training Lakewood Room  
W Sep 11-Oct 09 6:25 PM-7:25 PM  
\$261.45/5 sess 523218



Dog Obedience

### 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 Sep 11-Oct 09 7:30 PM-8:30 PM  
\$261.45/5 sess 523219

### Dog Obedience - Anxious and Fearful **NEW!** (19+yrs)

Is your dog nervous or fearful around strangers, new places, objects? This six week program is designed to help your dog become more confident around people and things that are stressful to him/her while teaching you how to read your dog's body language. It will help your dog be more relaxed in different types of environments. This class is not for dogs who have bitten beyond a level 2 bite.

DOGSmart Training Lakewood Room  
W Oct 23-Nov 27 6:30 PM-8:00 PM  
\$313.95/6 sess 523307

### Easy Cooking Class: Whip Up Delicious Meals in Minutes! **NEW!** (19+yrs)

Join us for a delightful cooking adventure where we master the art of creating delicious meals in a snap. In this hands-on class, you'll learn the secrets to preparing flavorful dishes without sacrificing taste or quality. Whether you're a busy professional, new learner, or simply someone who appreciates good food, this class is designed to meet your needs. By the end of the class, you'll leave with the confidence in your cooking skills and a repertoire of go-to recipes that will impress your loved ones. Sign up today and embark on a culinary journey that proves great food doesn't have to be complicated!

Tahani Alkashef Grandview Room  
Su Oct 27 1:00 PM-3:00 PM  
\$68/1 sess 523130

### Eating Spoon: Carving Workshop (19+yrs)

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

Vancouver Tool Library Art Studio  
Th Sep 12 6:00 PM-9:00 PM  
\$63/1 sess 514473  
Th Nov 07 6:00 PM-9:00 PM  
\$63/1 sess 514474

### Estate Planning: Beyond the Will (50+yrs)

This workshop focuses on the financial planning & tax planning that needs to be considered when organizing your affairs & documenting your plans. Proper planning minimizes taxes, lowers professional fees & other expenses, and maximizes the funds beneficiaries will receive - ensuring that assets are distributed, and final arrangements are made, based on your objectives. David Perkins holds the Certified Financial Planner, Certified Executor Advisor, and the Elder Planning Counsellor professional designation.

David Perkins Grandview Room  
F Oct 18 10:00 AM-11:30 AM  
FREE/1 sess 517600



Easy Cooking Class

## Explore the Arts of Dips: A Hands-On Cooking

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

Join us for an immersive journey into the world of dips, where flavor meets creativity! In this interactive cooking class, you'll learn how to create a variety of irresistible dips that are perfect for any occasion. Whether you're hosting a party, planning a picnic, or simply enjoying a cozy night in, mastering the art of dips will elevate your hosting game to the next level. In the class, you'll gain practical skills in ingredient selection, preparation techniques, and presentation tips that will impress your guests. Spaces are limited, so reserve your spot today and embark on a flavorful journey into the world of dips!

Tahani Alkashef	Grandview Room
Su Dec 01	1:30 PM-3:30 PM
\$70/1 sess	523137

## Discover the Magic of One-Pot Cooking! **NEW!** (19+yrs)

Throughout the class, you'll pick up essential techniques for sautéing, simmering, and braising, as well as tips for selecting the best ingredients and adapting recipes to suit your taste preferences. Discover how one-pot cooking can streamline your meal preparation without sacrificing taste or nutrition. By the end of the session, you'll leave with newfound confidence in your culinary skills and a collection of mouthwatering recipes that are sure to become a staples in your kitchen. Whether you're cooking for one, feeding a family, or hosting a dinner party, one-pot meals are the ultimate solution for creating satisfying dishes with minimal cleanup.

Tahani Alkashef	Grandview Room
Su Nov 10	1:00 PM-3:00 PM
\$75/1 sess	523134

## Introduction to Fiction Writing

(19+yrs)

Ignite your creativity and embark on a magical journey into the world of fiction. 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. Through a series of exercises, you'll unlock your imagination and cultivate your storytelling abilities. We will do this in a supportive environment where you can collaborate with fellow aspiring writers, boost your confidence, and take your first steps towards becoming a skilled author of fiction. Please bring a laptop or a notebook. No class Nov 9.

Glenn Mori	Board Room
Sa Nov 02-Dec 14	2:30 PM-4:00 PM
\$90/6 sess	513588

## Leather Belt Workshop (19+yrs)

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

Vancouver Tool Library	Art Studio
Tu Sep 24	6:00 PM-8:00 PM
\$94.50/1 sess	514475
Tu Oct 29	6:00 PM-8:00 PM
\$94.50/1 sess	514476

## Leatherwork

### Drop in Days **NEW!**

(19+yrs)

Are you looking to advance your skill in the craft? These free drop-in days provide an opportunity for those that have participated in a leatherwork workshop (Tote, Belt, Card Holder, Leatherwork 101 or 102) at Trout Lake in the past to come with their own projects and ideas, and bring them to life. You will have access to all the same tools, and some advice (though please note, this is not a workshop, so step-by-step instruction will be limited). Bring your own materials, or purchase some at-cost from a limited selection. Get in touch with Matt at [finance@vancouvertoollibrary.com](mailto:finance@vancouvertoollibrary.com) before the Drop-in Day if you have questions, or specific requests!

Vancouver Tool Library	Willow Room
Th Oct 17	6:30 PM-9:30 PM
Free/1 sess	514496
Th Nov 14	6:30 PM-9:30 PM
Free/1 sess	514497

## Leatherwork: Cardholder (19+yrs)

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

Vancouver Tool Library	Willow Room
Th Nov 28	6:30 PM-9:30 PM
\$94.50/1 sess	514479
Th Nov 21-Nov 21	6:30 PM-9:30 PM
\$94.50/1 sess	514480



Explore the Art of Dips

## 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 Oct 08	6:00 PM-8:00 PM
\$84/1 sess	514477
Tu Nov 19	6:00 PM-8:00 PM
\$84/1 sess	514478

## 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 Oct 03-Oct 10	6:30 PM-9:30 PM
\$157.50/2 sess	514886

## Make Your Own Kombucha and Jun NEW! (19+yrs)

Dive into the world of fermented beverages with our Kombucha and Jun Workshop! Join professional distiller and fermentation specialist Kristine Hui as she shows you how to make these probiotic-rich drinks at home. Learn the basics of fermentation, and how to create your own uniquely flavoured brews. We'll provide you with all the ingredients and equipment needed to craft your own flavourful batch of kombucha and jun to take home. Please bring two 1L mason jars with lids.

Kristine Hui	Grandview Room
Su Oct 06	1:00 PM-3:30 PM
\$62/1 sess	516965

## Moss Ball Workshop (19+yrs)

Come learn the fascinating art of making Kokedama Balls! Kokedama Balls are a globe of moss that contains soil and a plant. Kokedama is the practice of taking the root ball of a plant and suspending it in a mud ball, which is then coated with soft green moss. It is a living planter as well as a distinctive display piece. They may be fixed to a piece of driftwood or bark, suspended from a string, or nestled in a clear, attractive container. Hanging many of these as a Kokedama moss garden is called a string garden. 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 Sep 10	6:00 PM-8:00 PM
\$47.25/1 sess	514481
Tu Oct 22	6:00 PM-8:00 PM
\$47.25/1 sess	514482
Tu Nov 12	6:00 PM-8:00 PM
\$47.25/1 sess	514483

## Napa Cabbage Kimchi Making Class NEW! (19+yrs)

Join professional distiller and fermentation specialist Kristine Hui for a hands-on kimchi making workshop. We'll provide you with all the ingredients and equipment needed to craft your own flavourful batch to take home. All you need to bring is a container for your kimchi. Whether you're a beginner or a seasoned enthusiast, come eat, learn, and make your own napa cabbage kimchi!

Kristine Hui	Kitchen
Su Sep 29	1:00 PM-3:30 PM
\$62/1 sess	516952

## Photography Fundamentals NEW! (19+yrs)

Have you ever looked at a photograph and wondered, 'How did they achieve that?' In this engaging 4-hour workshop, we'll unlock the secrets to capturing stunning images, regardless of your camera! Whether you're using a point-and-shoot, DSLR, or mirrorless camera (or even considering buying one!), this workshop will equip you with the fundamental knowledge and creative techniques to elevate your photography. Please bring your camera and get ready to practice your newfound skills!

Anton Fernando	Lakewood Room
Su Sep 29	11:00 AM-3:00 PM
\$52/1 sess	521755

## Pure & Simple Soap Making! (19+yrs)

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

Cheryl Theilade	Lakewood Room
Tu Oct 01	6:30 PM-9:00 PM
\$60/1 sess	515757



Napa Cabbage Kimchi Making Class



## Stocking Stuffer Skincare

(19+yrs)

Fill up someone's stocking this Christmas! Create fun and affordable high-quality products using organic oils and botanical extracts without the high cost! In class, make a sugar n' citrus body polish, giving gentle exfoliation and leaving your skin feeling silky smooth, an aromatherapy roll-on, a variety of tub fizzers in various scents and shapes, an aromatherapy bath n' body oil and nice spice room spray. Plus, a little body care treat from Santa! Also receive recipes on body sprays and tub treats! All supplies included in course fee.

Cheryl Theilade Lakewood Room  
Su Nov 24 12:00 PM-3:00 PM  
\$51/1 sess 524189

## UBC Law Students Legal

### Advice Program

(18+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, including criminal law, small claims, Workers Compensation, Employment Insurance, wills, employment issues, immigration, refugee, and residential tenancy disputes. You can find out more information by visiting [Islap.bc.ca](http://Islap.bc.ca). We do not book appointments online or by email, so please call (604) 822-5791 to book an appointment. Do not register at Trout Lake CC. We also offer services in other languages if needed. For clients who would require a Mandarin/Cantonese-speaker, please call (604) 684-1628 to book an appointment with the Chinatown Clinic through S.U.C.C.E.S.S.

UBC Law Student's Legal Advice Program  
Willow Room  
M Oct 07-Nov 18 6:00 PM-9:00 PM  
FREE/4 sess 523174

## Check out TLCCA Program Cost Assistance Program

See page 38.

## 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 Oct 14 and Nov 11.

Shohei Juku Aikido Canada	Elm Room	
M	5:55 PM-7:25PM	
Tu Th	6:00PM-7:30PM	
Sa	11:00AM-12:30PM	
September		
\$80/month	522724	
October		
\$80/month	522725	
November		
\$80/month	522726	
December		
\$80/month	522727	

### Health with QiGong Tai Chi

#### Yang Style 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 \$14, space permitting.

Amy Li Hua Zhu	Cedar Hall
Th Sep 12-Oct 24	10:20 AM-11:15 AM
\$90.55/7 sess	518795

### 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 Oct 12, Oct 14 and Nov 11.

Shorinji Kempo Society	Elm Room
M	7:35 PM-9:35PM
F	7:00PM-9:00PM
Sa	2:30PM-4:30PM

September

\$50/month

522412

October

\$50/month

522415

November

\$50/month

522419

December

\$50/month

522421

### Tai Chi - 24 Form

(19+yrs)

Tai Chi is an internal style of Chinese martial arts, based on the principle of the interplay of Yin and Yang. Characterized by slow and graceful movements, it is a gentle form of exercise that promotes balance, coordination, and concentration. In this course, we will learn the 24 Form, also known as the "Simplified Yang Style" routine, ideal for beginners. Drop in \$18.00. No class Oct 2 and Nov 27.

Kelly Maclean	Grandview Room
W Sep 18-Dec 18	7:00 PM-8:00 PM
\$192/12 sess	518714

### 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 Oct 26.

Michael Chiao	Lakewood Room
Sa Sep 07-Dec 14	9:00 AM-11:00 AM
\$88.20/14 sess	521955

## 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 Sep 12-Oct 24 11:20 AM-12:15 PM  
\$90.55/7 sess 518797

## Qigong

(19+yrs)

Qigong can be loosely translated as "energy work." There are countless ways to work with energy! Generally, there are sitting, standing, moving, and lying down forms of practice. We can work with movement and posture, breathing techniques, sound, visualization, etc. to build, circulate, absorb, and emit Qi, for physical and mental health. In this course, we will do some practice that involves simple, gentle movement, to move energy through our channels and into the organs, as well as some sitting practice. Drop in \$18, space permitting. No class Oct 2 and Nov 27.

Kelly Maclean Grandview Room  
W Sep 18-Dec 18 6:00 PM-7:00 PM  
\$192/12 sess 518712

## Performing Arts

### 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 \$15.00.

Rene Hugo-Sanchez Board Room  
Th Sep 19-Dec 05 8:10 PM-8:40 PM  
\$156/12 sess 515017

### 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 \$15.00

Rene Hugo-Sanchez Board Room  
Th Sep 19-Dec 05 8:45 PM-9:15 PM  
\$156/12 sess 515018

### Adult Group Ukulele

#### Advanced **NEW!**

(19+yrs)

Bring your ukulele playing to the next level learning how to play melodies by reading tablature, how to do a fingerpicking accompaniment and basic scales. An Intermediate level of Rene's classes is required or to be fluent with popular chords, strumming patterns and know some basic bar chords. A digital tuner is mandatory and a strap is highly recommended. A guide book will be provided by the teacher for \$15.00. No class Sept 30, Oct 14, Nov 11.

Rene Hugo-Sanchez Art Studio  
M Sep 16-Dec 09 8:50 PM-9:20 PM  
\$130/10 sess 521773

### Adult Group Ukulele Beginners

(19+yrs)

Learn the basic chords and strumming patterns on ukulele while singing in the group your favorite songs. Bring your soprano or concert ukulele (highly recommended with a strap) and a clip-on digital tuner. A guide book will be available on the first class for \$15.00. No class Sept 30, Oct 14, Nov 11.

Rene Hugo-Sanchez Art Studio  
M Sep 16-Dec 09 7:50 PM-8:20 PM  
\$130/10 sess 515032

### 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 \$15.00. No class Sept 30, Oct 14, Nov 11.

Rene Hugo-Sanchez Art Studio  
M Sep 16-Dec 09 8:20 PM-8:50 PM  
\$130/10 sess 515033

### 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 Sep 12 6:15 PM-7:15 PM  
Free/1 sess 513939  
Th Sep 19-Oct 31 6:15 PM-7:15 PM  
\$110.25/7 sess 513940  
Th Nov 07-Dec 12 6:15 PM-7:15 PM  
\$94.50/6 sess 513943



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

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. Experience the joy of moving and creating within a diverse community where differences are celebrated. Absolutely no experience or skill required. ASL interpretation is available for this program upon request at [info@allbodiesdance.ca](mailto:info@allbodiesdance.ca). Participants who require one-to-one support must provide their own assistant. Drop in welcome. If the class is full and you would like to join, please contact us at [info@allbodiesdance.ca](mailto:info@allbodiesdance.ca). 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 Sep 12-Oct 24 6:30 PM-8:00 PM  
Free/7 sess 513895

**Bellydance (19+yrs)**

Bellydance is a beautiful dance form that is available to every type of body. It is low impact, while offering an all body workout. We will isolate, shimmy, learn combos and short choreographies, dare to improvise, laugh a lot and have fun dancing together. Bring a hip scarf (even a favourite neck scarf will do) and be prepared to work your body through dance. All levels welcome. Drop in \$14, space permitting.

**Georgina Daniels** Cedar Hall  
W Sep 11-Oct 23 6:30 PM-7:30 PM  
\$84/7 sess 513466  
W Oct 30-Dec 11 6:30 PM-7:30 PM  
\$84/7 sess 513467

**Bluegrass Slow Pitch Jam - Bluegrass Favourites (19+yrs)**

Learn all the skills you need to participate in bluegrass jamming. For all acoustic bluegrass instruments: guitar, banjo, mandolin, fiddle, dobro and bass. For advanced beginners able to play basic chords. A great way to practice your instrument at a slower pace, work on solos, harmony and repertoire, and meet jamming buddies in a relaxed, fun class. Digital materials included: Slow Pitch Jam songbook favourites with play-along tracks.  
**Sue Malcolm** Grandview Room  
Tu Oct 29-Dec 17 7:00 PM-8:30 PM  
\$168/8 sess 514885

**Brasilian/Latin Fit Dance (19+yrs)**

Fit dance isn't just a fitness class. It's a class you learn choreography movements to songs that are a hit right now like brasilian funk, soca, dancehall, Reggaton and many more. Feel like a Zumba class is to fast and you can't follow? Then this is the class for you! I will break down the movement but still keep your cardio going and guarantee a sweat! I'm hear to help you move your body a way you never have. Drop in \$13, space permitting.

**Lesley Maranhao** Cedar Hall  
**Free Trial**  
F Sep 13 6:00 PM-7:00 PM  
Free/1 sess 521754  
F Sep 20-Oct 25 6:00 PM-7:00 PM  
\$66/6 sess 513464  
F Nov 01-Dec 13 6:00 PM-7:00 PM  
\$77/7 sess 513465

**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!

**Simon Siu** Cedar Hall  
Sa Sep 14-Oct 26 3:35 PM-4:35 PM  
\$77/7 sess 515735  
Sa Nov 02-Dec 14 3:35 PM-4:35 PM  
\$77/7 sess 515736

**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.

**Helen Ai Yee Lee** Cedar Hall  
Tu Sep 10-Dec 10 12:00 PM-1:30 PM  
\$83.37/14 sess 513949  
F Sep 13-Dec 13 12:00 PM-1:30 PM  
\$83.37/14 sess 513950

**Sing and Strum Bluegrass (19+yrs)**

Bluegrass jamming and vocal skills combined, for intermediate players of all bluegrass instruments. Explore your vocal range, improve vocal technique, and learn basic harmonies. We'll play songs from the Slow Pitch Jam bluegrass songbooks. Materials included. Gain confidence as a singer and player in a relaxed, supportive group atmosphere!

**Sue Malcolm** Grandview Room  
Tu Sep 10-Oct 15 7:00 PM-8:30 PM  
\$147/6 sess 514881

**Meet the Association!**

Want to learn more about how Trout Lakes' programs, events, and initiatives are planned and created? How about volunteering with us? Join us to chat and learn on the following dates:

**Wednesday, September 18**  
**Monday, October 2**  
**Saturday, October 19**  
**Thursday, November 7**

**11:00 a.m. to 1:00 p.m.**  
**5:30 p.m. to 7:30 p.m.**  
**9:30 a.m. to 11:30 a.m.**  
**4:00 p.m. to 6:00 p.m.**



## Visual Arts

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

This is the perfect class to plunge into painting and enjoy the creative release. Colour mixing, theory and brush technique will be clearly demonstrated and will ultimately lead you into a juicy Loose Landscape. No fear of getting lost - experienced instructor Niina Chebry will lead you through to the other side! It's a fun and furious class suited for beginners or for those who need a refresher. Please refer to arts supplies list or you may purchase the \$60 art kit provided by the instructor. To purchase a starter kit, email [niinachebry@gmail.com](mailto:niinachebry@gmail.com) to let her know to bring a kit and pay for a starter kit at the front desk at the beginning of class. No class Sept 30 & Oct 14.

Niina Chebry  
M Sep 16-Oct 28  
\$138/5 sess

Grandview Room  
7:00 PM-9:00 PM  
514532



ABC Acrylics - Beginners - Colour

### 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 Oct 13.

Katherine Single-Dain	Cedar Hall
Su Sep 15-Oct 27	3:15 PM-4:30 PM
\$72/6 sess	515037
Su Nov 03-Dec 15	3:15 PM-4:30 PM
\$72/6 sess	515038

### Adult Beginner & Intermediate 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. Please bring an apron.

Laura Van Der Linde	Pottery Studio
Th Sep 05-Oct 24	11:30 AM-2:30 PM
\$320/8 sess	514542
Th Sep 05-Oct 24	7:00 PM-9:30 PM
\$270/8 sess	514544

### 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 Sep 10-Nov 26	7:00 PM-9:30 PM
\$336/12 sess	515011

### 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 Sep 10-Dec 10	10:00 AM-1:30 PM
\$532/14 sess	513861

### Holiday Wreath Making (19+yrs)

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

Daniela Ciuffa	Lakewood Room
Su Dec 01	1:00 PM-3:30 PM
\$95/1 sess	513468

## 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)

## Intermediate Painting - Get Inspired! **NEW!**

(19+yrs)

Painting coach Niina Chebry will inspire your creative process with a mentoring approach. We'll start with specific warm up exercises with a focus on composition and acrylic mediums. Bring paintings you've been working on or start on something new. Here you can work out the challenges of composition and technique in the atmosphere of a studio filled with other creative people. This is primarily for acrylic painting. But watercolor and drawing media are welcome too. Materials are not included. No class Nov 11.

Niina Chebry      Grandview Room  
M Nov 04-Dec 09      7:00 PM-9:00 PM  
\$138/5 sess      514533

## Natural Dyes and Shibori **NEW!**

(19+yrs)

This workshop combines 2 techniques, shibori and natural dyeing, to create a one-of-a-kind cotton bandana. Shibori is a Japanese manual resist dyeing technique which uses rubber bands, clamps, and string to tie, pinch and fold the fabric to create patterns. The workshop also teaches how to extract colours from plants or food waste such as turmeric, black tea, hibiscus, annatto seeds, marigolds, carrot tops, avocado pitches or onion skins. All material provided.

Fernanda Mascarenhas      Grandview Room  
Th Dec 05      6:00 PM-8:00 PM  
\$45/1 sess      521965



Natural Dyes and Shibori

## Photography: Smartphone

(19+yrs)

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

Jhaymee Hizon      Art Studio  
W Sep 11-Oct 23      6:00 PM-7:30 PM  
\$105/7 sess      514622  
W Oct 30-Dec 11      6:00 PM-7:30 PM  
\$105/7 sess      514623

## Tatakizome Workshop (19+yrs)

Have a lot of fun imprinting two cotton bandanas with leaves, flowers and seeds! Tatakizome translates to dyeing with hammers, but we can use any simple tool, such as a spoon or pebbles, to press the plants onto fabric. Material provided.

Fernanda Mascarenhas      Grandview Room  
Su Sep 15      1:30 PM-3:00 PM  
\$34/1 sess      522125

## The Joy of Acrylic Painting

(19+yrs)

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

Philip Tsang      Art Studio  
F Nov 15-Dec 13      10:00 AM-12:00 PM  
\$120.50/5 sess      515741

## The Joy of Drawing & Sketching

(19+yrs)

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

Philip Tsang      Lakewood Room  
Tu Nov 12-Dec 10      6:30 PM-8:00 PM  
\$90/5 sess      515740

## The Joy of Watercolour Painting **NEW!**

(19+yrs)

This program introduces you to the essential techniques of painting with watercolour. Through demo projects of Landscape still life animal and portrait, you will gain familiarity with the properties of watercolour as you explore various approaches to traditional and contemporary concepts.

Philip Tsang      Art Studio  
F Nov 15-Dec 13      12:15 PM-1:45 PM  
\$150/5 sess      515745

## Watercolour Painting (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 Sep 17-Oct 29      1:30 PM-3:30 PM  
\$198.45/7 sess      515058  
Tu Nov 05-Dec 17      1:30 PM-3:30 PM  
\$198.45/7 sess      515060

## NEW SENIOR PROGRAMS REGISTRATION

We're introducing a new registration process for senior programs (ages 55+).

**Registration begins at 10:00 a.m. on August 15th.**

All other program registrations start at 7:00 p.m. on the same day. This change was made based on feedback and with consideration for older adults in our community, aiming to improve accessibility for those who need in-person assistance.

### Bus Trips

#### Lakeland Flower Festival

##### Bus Trip

(55+yrs)

Stroll through over 20 vibrant acres of sunflowers with dozens of varieties. There's nothing like exploring rows of these delightful floral giants on a summer's day! Also visit the site's lush meadows brimming with blossoming cover crops. This tour includes lunch at Greek Islands Restaurant and fresh ice cream at Birchwood Dairy Farm. PACKAGE INCLUDES: Flower Festival Admission, Lunch at Greek Islands Restaurant and Birchwood Dairy Farm Ice Cream.

##### Enjoy The Journey

Th Sep 05

9:00 AM-3:15 PM

\$100/1 sess

523179

#### The Singing Christmas Tree

##### Bus Trip

(55+yrs)

Enjoy the Singing Christmas Tree choir, as the tree lights up with 80 singers. Actors, dancers, musical soloists, are all part of the festivities. Vancouver's biggest celebration, and a highlight of the Christmas season. Enjoy dinner at the historic Sylvia Hotel overlooking English Bay. PACKAGE INCLUDES Entrance to The Singing Christmas Tree Festival and lunch at the Sylvia Hotel.

##### Enjoy The Journey

F Dec 06

4:00 PM-9:45 PM

\$115/1 sess

523180

### Education

#### Book Club

(19+yrs)

Are you looking for a way to learn more about Indigenous Culture, perhaps so you can take part in the Truth and Reconciliation process? Love to read? This book club will address both of those interests with the added bonus that you might just enjoy having conversations with other thoughtful people from the neighbourhood. We meet each Wednesday of the month at 10:00 am. Books are chosen from the Vancouver Library Book Club Kits, based on recommendations from book club members. Please pick up the first book from the front desk after you register.

Teresa Whitehouse

Willow Room

W Sep 11-Jun 11

10:00 AM-11:30 AM

FREE/10 sess

523322

#### What in the World is Going On.....

(55+yrs)

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

Wally Kunz

Willow Room

W Sep 11-Dec 11

12:00 PM-1:00 PM

FREE/14 sess

516989

### Performing Arts

#### Collaborative Creative Dance Workshops

(55+yrs)

Take a creative journey and discover the joy of working and creating dance collaboratively. No experience necessary. All abilities are welcome. Drop-in \$8, space permitting. No class Sept 30, Oct 14 and Nov 11.

Desiree Dunbar

Grandview Room

M Sep 16-Dec 09

12:30 PM-2:00 PM

\$60/10 sess

523177

## SENIOR'S COMMITTEE MEETINGS:

**Tuesdays at 1:30pm Sept 10, Oct 15, Nov 12 & Dec 3**

Do you have ideas or want to get involved with our Seniors programs, please join the committee with like minded folks.

#### Mission Statement

To bring together our seniors and provide accessible recreational, social, educational and cultural opportunities that promote and develop community and well-being.



## Ukulele Singalong (55+yrs)

Let's Sing! Join local musician and teacher Mark Beaty to learn ukulele basics and sing a wide variety of songs. Each class will focus on a different ukulele chord/skill as we develop a repertoire of easy folk/R&B songs. Please bring a ukulele or plan to purchase one after the first class. No class Sept 30, Oct 14, Nov 11.

Mark Beaty Maple Room  
M Sep 16-Nov 25 9:45 AM-10:45 AM  
\$128/8 sess 513536

## Physical Recreation

### Chair Yoga (55+yrs)

This course is for anyone who finds traditional yoga challenging or inaccessible. We will use chairs and other props to modify traditional yoga poses and will practice breathing and meditation exercises with the aim of improving strength, flexibility, and circulation and creating a renewed sense of confidence and well-being. Please bring your own yoga mat and water bottle. Drop ins \$15, space permitting.

Irene Lo Cedar Hall  
Tu Sep 10-Dec 03 10:45 AM-11:45 AM  
\$170.63/13 sess 523167

### Older Adult Badminton (55+yrs)

For players of all levels who want to have fun in a non-competitive and friendly environment. Bring your own equipment. First priority for play is for those who are registered. Drop-ins \$4, space permitting.

No Instructor Gymnasium  
Tu Sep 10-Dec 17 1:30 PM-3:30 PM  
\$45/15 sess 522406  
Th Sep 12-Dec 19 1:30 PM-3:30 PM  
\$36/15 sess 522430

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

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

Denise Galay Gymnasium - North (2/3)  
Tu Sep 10-Dec 17 10:30 AM-11:15 AM  
\$82.69/15 sess 523175

## Seniors Active Fun

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

Come join me in various fun fitness activities. An active exercise program improving your overall functional mobility for a healthier independent lifestyle. Improve your flexibility, total body strength and cardio. Suitable for anyone who has taken exercise classes and comfortable rising from the floor. Par-Q is required.

Candace Imada Gymnasium - North (2/3)  
W Sep 11-Nov 27 12:15 PM-1:15 PM  
\$73.50/11 sess 523194

### Strength and Balance (55+yrs)

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

Monika Schoenenberger Gymnasium - North (2/3)  
Th Sep 12-Dec 12 11:30 AM-12:30 PM  
\$88.20/14 sess 523176

### Table Tennis (55+yrs)

Come and join us for friendly single and double competitions, have some fun, meet new people and get some exercise while doing something you enjoy. We have 5 tables available. All levels are welcome. Drop-ins \$3, space permitting.

No Instructor Gymnasium - South (1/3)  
Tu Sep 10-Dec 17 9:15 AM-12:00 PM  
\$30/15 sess 522399  
Th Sep 12-Dec 19 9:15 AM-12:00 PM  
\$30/15 sess 522401

## Social

### Knitting Together (55+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 Sept 30, Oct 14 and Nov 11.

No Instructor Willow Room  
M Sep 09-Dec 16 12:00 PM-3:00 PM  
\$1/12 sess 523186

### Mah Jong-Intermediate (55+yrs)

Bring your lunch and come and make new friends while playing Mah Jong. Drop-in \$1.00, space permitting. No class Sept 17, Oct 22 and Nov 19.

No Instructor Lakewood Room  
Tu Sep 10-Dec 10 10:00 AM-2:00 PM  
\$7/season 523012  
Grandview Room  
Th Sep 12-Dec 12 10:00 AM-2:00 PM  
\$7/season 523013

### Patch Work & Quilting (55+yrs)

The Trout Lake Quilting Circle is a member-led group where skills are shared and learners gain experience and comfort with various techniques from hand applique, paper-piecing to machine sewn work. Participants also work on self-selected projects. Some sewing machines are available, and members are encouraged to bring their own if possible. Joint projects are created by the group for donation to BC newcomers or charities. This fall the project is a modified Sticks and Stones pattern and creating fabric name tags. In November, a Christmas craft sale at the community centre allows the sale of quilts and other items. Ideas are always welcome.

Sharon Babu, Susan Gordon, Pat Rooker  
Grandview Room  
W Sep 11-Dec 11 12:45 PM-3:15 PM  
\$20/season 518115



Patch Work & Quilting

## TUESDAY LUNCHEONS

TLCCA SUBSIDIZED

(55+yrs)

Josephine Oh/Kelly Zhao

Grandview/Lakewood Room

### September

MENU: BBQ pork ribs, mashed potatoes, and salad. Dessert: fresh fruit, cake, cookies & lots of door prizes!

Tu Sep 17 12:00 PM-1:30 PM  
\$8.50/1 sess 513781

### October

MENU: Teriyaki chicken, rice, salad and miso soup. Dessert: fresh fruit, cake, cookies & lots of door prizes!

Tu Oct 22 12:00 PM-1:30 PM  
\$8.50/1 sess 513782

### November

MENU: Chicken, potatoes, Greek salad and pita. Dessert: fresh fruit, cake, cookies & lots of door prizes!

Tu Nov 19 12:00 PM-1:30 PM  
\$8.50/1 sess 513784

### December

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

Tu Dec 17 12:00 PM-1:30 PM  
\$8.50/1 sess 513785

## FRIDAY SOCIAL LUNCH

TLCCA SUBSIDIZED

(55+yrs)

### Pizza and salad

F Oct 04 12:00 PM-1:30 PM  
\$7/1 sess 513779

### Shepherd's Pie and salad

F Nov 08 12:00 PM-1:30 PM  
\$7/1 sess 513780

## SOCIAL TUESDAYS

September 10 – December 10, 2024

12:00 PM – 1:30 PM

\$20/season. TLCCA Subsidized.

Please pre-register #513786

Are you looking to get out of the house and socialize with others; join us on Tuesdays at 12:00pm.

Coffee and tea will be served.

No class September 17, October 22 and November 19.

Sept 10 . . Bingo

Sept 17 . . no class

Sept 24 . . Hearing Health – Connect Hearing

Oct 1 . . . SURPRISE

Oct 8 . . . Fun Fitness

Oct 15 . . . Coffee with a Cop

Oct 22 . . . no class

Oct 29 . . . Wheel of Fortune

Nov 5 . . . An Introduction to brain health –  
BC Alzheimer's Society

Nov 12 . . . Make your own sauerkraut

Nov 19 . . . no class

Nov 26 . . . Chair Yoga

Dec 3 . . . Christmas Swag/Wreaths

Dec 10 . . . Holiday sing-a-long and potluck



# Public Skating Schedule

Please check online or call 311 for schedules from Dec 21 to Jan 3.

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

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

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

September 28 – December 20, 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<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>Stick, Puck &amp; Ring</b> 11:45-1:15 PM	<b>Public Skate</b> 12:45-2:15 PM
<b>Public Skate</b> 1:45-3:30 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>Discount Skate/ Lessons</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</b> 8:15-9:45 PM		
No Public Skate on Monday Stat Holidays						

## SKATING LESSON INFORMATION

### Fall Set I

Registration begins **Thursday, Sep 19 at 7:00 PM**  
Sundays, Sep 29-Nov 3  
Mondays, Sep 30-Nov 4

### Fall Set II

Registration begins **Thursday, Nov 7 at 7:00pm**  
Sundays, Nov 10-Dec 15  
Mondays, Nov 11-Dec 16

- 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)	\$3.71	\$33.39
Youth (13-18yrs)	\$5.19	\$46.71
Adult (19-64yrs)	\$7.41	\$66.69
Senior (65+)	\$5.19	\$46.71
Discount Skate	50% off regular admission	
Skate Rental	\$3.74	\$33.66
Skate Sharpening	\$7.21	
Family Rate*	\$3.71	
*Minimum charge of \$7.41 1-2 adults of same household and their children under 19yrs		
Prices subject to change. Prices do not include taxes.		



## Trout Lake Fitness Centre



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

### Hours of Operation

Monday – Friday 6:00 AM - 9:45 PM  
Weekends 8:00 AM - 4:45 PM

### Rates & Fees

	ADULT	SENIOR / YOUTH
Drop-in	\$7.41	\$5.19
10 Visit Pass	\$66.69	\$46.71
<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	\$59.95	\$41.96
3 month	\$161.87	\$113.31
12 month	\$517.97	\$362.58
<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	\$58.72	\$87.23
3 sessions	\$162.73	\$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

**September 4 - December 20, 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 Fit</b> 9:30-10:30 AM Traci No class Oct 14 & Nov 11		<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.

## 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	\$7.41
10 Visit Pass	\$65.19
(Fees do not include tax) Fees subject to change	

### 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.

### Fitness for Older Adults

Wed Sep 4-Sep 25	10:30 AM-11:30 AM	525551
Wed Oct 9-Oct 30	10:30 AM-11:30 AM	525552
Wed Nov 6-Nov 27	10:30 AM-11:30 AM	525553

### Fitness for Youth

Fri Sep 6-Sep 27	4:00 PM-5:00 PM	525555
Fri Oct 11-Oct 25	4:00 PM-5:00 PM	525557
Fri Nov 8-Nov 22	4:00 PM-5:00 PM	525558

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

# REGISTRATION & REFUND POLICIES

## Registration Info:

### Fall Program Registration

In Person/Online:

**Thursday, August 15 at 7:00 PM**

### Fall Senior Program Registration

In Person/Online:

**Thursday, August 15 at 10:00AM**

### Winter Program Registration

In Person/Online:

**Thursday, December 5 at 7:00 PM**

Register by phone at 604-257-6955 the following day.

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

Register at any Vancouver Community Centre.

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

## Where to find us:

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

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

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

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

## Registration Policy:

- Registrations are non-transferable 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.

## 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 and All Camps

- 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.
- Registrations are non-transferable to another person.

## Refund Policy: Special Events, Workshops and Bus Trips

- 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.
- Refund requests received after the 8-day period will not be issued any refund.

*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. 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. **(30 days notice required for refunds.)**

**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:

**Please note booking times include set up and clean up. No entry prior the the start of your rental time.**

- 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.
- 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
- Podium
- Gym Score Clock (deposit required)

### Equipment Fees:

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

### Time to Say Good-Bye to Balloons!

Trout Lake is no longer allowing **ANY TYPE OF BALLOON**. Balloons are single use garbage and an environmental hazard.



## 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)

# COMMUNITY GROUPS

## TLCC Scribes Rugby Football Club

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

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



## Café

### LOCATED IN THE ICE RINK

Monday..... Closed  
Tuesday-Friday..... 11:00am-8:30pm  
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



# 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. 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. No birthday Oct 19, 26.

### AM Parties

Grandview Room

Sa Sep 14-Dec 14 11:00 AM-1:00 PM  
\$312/1 sess

### PM Parties

Grandview Room

Sa Sep 14-Dec 14 2:00 PM-4:00 PM  
\$312/1 sess

## Add Ons

Popcorn: \$30

Paint Tattoos: \$30

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

*\*Service runs for approximately 30 minutes*

*\*\*Paint Tattoos and Button Making cannot be booked for same party*

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



## Toddler Birthday Party

(0-5 yrs)

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

Grandview Room

Su Sep 15	10:00 AM-12:00 PM	\$230/1 sess	522269
Su Sep 29	10:00 AM-12:00 PM	\$230/1 sess	522271
Su Oct 06	10:00 AM-12:00 PM	\$230/1 sess	522272
Su Oct 20	10:00 AM-12:00 PM	\$230/1 sess	522273
Su Nov 03	10:00 AM-12:00 PM	\$230/1 sess	522274
Su Nov 17	10:00 AM-12:00 PM	\$230/1 sess	522276
Su Dec 01	10:00 AM-12:00 PM	\$230/1 sess	522278
Su Dec 08	10:00 AM-12:00 PM	\$230/1 sess	522279

## Time to Say Good-Bye to Balloons!

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.





# GREENING WORKSHOPS



In an effort to help us all be better green ambassadors for our planet through behavioral and knowledge keeping, the Trout Lake Community Centre Association has subsidized the following greening workshops to help you along your way.

## DIY Body Care and Cleaning Products Workshop (19+yrs)

TLCCA SUBSIDIZED

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 lip balm, immunity-supportive essential oil roller blend, and hand and body foaming soap. All supplies, including refillable containers, will be provided.

Iona Bonamis  
Su Oct 13  
\$5/1 sess

Grandview Room  
11:00 AM-12:30 PM  
522365

## Medicine Wheel Garden – Talk with Elder Seis'lom

TLCCA SUBSIDIZED (19+yrs)

Learn about Indigenous foods and medicines growing in Trout Lake's Medicine Wheel Garden! This month, we are honoured to welcome Elder Seis'lom of Lil'wat Nation, resident Elder at Lu'Ma Medical Centre Society. Elder Seis'lom will share some songs and give a talk, in preparation for Truth and Reconciliation Day. Fall garden tidy and seed saving at 2pm, followed by tea and snacks. The talk begins at 3pm. Please take our survey and share your ideas about garden expansion at [tiny.cc/gardensurvey](http://tiny.cc/gardensurvey)

Cedar Cottage Food Network  
Medicine Wheel  
Su Sep 15  
Free/1 sess

2:00 PM-4:00 PM  
522366

## Home Made Ornament Social (All Ages)

TLCCA SUBSIDIZED

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

Brian Wong  
Su Dec 08  
Free/1 sess

Lakewood Room  
1:00 PM-2:30 PM  
515069

## DIY Beeswax Wraps and Zero waste in the Kitchen NEW! (19+yrs)

TLCCA SUBSIDIZED

Beeswax Wraps are an eco-friendly alternative to plastic cling wraps, and a wonderful zero-waste gift! In this Village Vancouver workshop with Rashmi GC, participants will learn how to make beeswax wraps using the least wasteful methods. Each participant will make and take Beeswax Wraps home with them, and we'll also discuss other easy to implement zero waste ideas. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Fee includes cost of all materials.

Village Vancouver  
Sa Nov 09  
\$30/1 sess

Art Studio  
10:00 AM-12:00 PM  
524069

## Trashformations NEW! (All Ages)

TLCCA SUBSIDIZED

Upcycle Art Challenge encourages families to use their creativity to transform materials that would otherwise have been thrown away or recycled (no compost or organic material) into an art piece in the form of an animal, such as a lion, a bird, a fish, etc. 90% of the art piece must be made from items that are accepted in the blue box or recycling cart. All mediums of art are encouraged, including sculptures, collages and murals, among others. TLCC will provide recycled materials, glue and paint and guidance in assembly. Participants can bring their materials if they know what they are going to make. Final art pieces will be displayed as part of Waste Reduction Week in Canada. Adult participation required.

Brian Wong  
Su Sep 22  
Free/1 sess

Lakewood Room  
1:30 PM-3:30 PM  
523764

## Unplug and Recharge with a Guided Forest Bathing Session NEW! (19+yrs)

TLCCA SUBSIDIZED

Take a break and join us for a guided nature immersion (forest bathing) experience at Trout Lake. Our certified guide will lead you on a gentle two-hour journey to slow down, awaken your senses, and reconnect with nature. This well-researched therapeutic practice is suitable for everyone, rain or shine and includes tea and snacks. No swimming involved, just a gentle escape from the daily grind. Ready to refresh your mind and body?

Tara Brown  
Su Sep 22  
\$20/1 sess

Art Studio  
10:00 AM-12:00 PM  
525504

# SPECIAL EVENTS



## Fall Harvest Community Dance

(All Ages)

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

F Oct 11

6:00 PM-8:00 PM

\$7/1 sess

513105



## Stat Holiday Event Thanksgiving

(2+yrs)

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

Gymnasium

M Oct 14

Free/1 sess

10:00 AM-12:00 PM

513106

## National Day of Truth and Reconciliation

In honour of the National Day of Truth and Reconciliation, please join Trout Lake Community Centre for a free public screening of:

**We Were Children** - (1hr 22min)

In this feature film, the profound impact of the Canadian government's residential school system is conveyed through the eyes of two children who were forced to face hardships beyond their years. As young children, Lyna and Glen were taken from their homes and placed in church-run boarding schools, where they suffered years of physical, sexual and emotional abuse, the effects of which persist in their adult lives. We Were Children gives voice to a national tragedy and demonstrates the incredible resilience of the human spirit.

Thank you to the National Film Board of Canada for assisting with this screening.

**Monday, September 30**

10:30AM-12PM #526131

3PM-4:30PM #526132

Grandview Lakewood Room



Warning: this film contains disturbing content and is recommended for audiences 16 years of age or older. Parental discretion, and/or watching this film within a group setting is strongly advised.



## Pottery Sale

Purchase handcrafted pottery from the Trout Lake Pottery Club.

Sa Nov 23 9:00 AM-4:00 PM

Su Nov 24 9:00 AM-3:00 PM

## Senior's Bake, Quilt, Knit Sale

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

Sa Nov 23 9:00 AM-4:00 PM



**SATURDAY OCTOBER 26 | 10:00AM – 12:00PM**

FOR AGES 2-13 YEARS OLD

**ACTIVITIES INCLUDE:**

**PHOTO BOOTH, GAMES, BOUNCY CASTLE, HAUNTED HOUSE, CRAFTS, AND MORE!**

**REGISTER ONLINE: 513107**

PARTNERED WITH TLCC



# WINTER TROUTFEST

**SUNDAY DECEMBER 15 | 12:30PM - 3:30PM**

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

**Please register: #513113**

## PANCAKE LUNCH

**Enjoy pancakes, breakfast sausages and fruit**

**Please pre-register for pancake lunch (Limited Spots)**

**11:30 AM - 12:30 PM : #513109**

**1:00 PM - 2:00 PM : #513111**

**\$5/ PERSON**

**\*Bring your own plates, cups and utensils**

[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

