

**Summer Daze 2025
Day Camp Registration Open!**



Trout Lake Community Centre Association (TLCCA)

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Huang

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 the vibrant energy of spring awakens, we're thrilled to transition into a season filled with renewal and growth. We have an exciting lineup of programs and events planned, promising something for everyone in our community.

This spring, we're particularly excited to highlight the diverse range of programs our team has curated. From enriching workshops to engaging community events, there's a wealth of opportunities to connect, learn, and grow. We're also pleased to announce that we are working on improving our volunteer engagement process to make it easier for our community to contribute.

Our **program highlights** include the **Earth Day Event on April 12th**, a fantastic opportunity for families to learn and have fun while embracing environmental stewardship.

Discover your rhythm with **BeMoved**, a dance experience for all abilities, or find your tribe with The **MotherFlock Mom Group**, a supportive community for new moms.

For those seeking personal and collective growth, **Climate Wayfinding** offers tools and support for climate action, while **Out in the Open: Conversations about Death** encourages open dialogue on a sensitive topic.

Get creative with **Cook and Bake with Lily**, or **craft your own beauty products** with Family Fun Lip Gloss and Soap Making.

Teens can delve into adventure with **Dungeons and Dragons**, and we're also excited to announce upcoming **Cedar Cottage Food Network Medicine Wheel** workshops, a **Free Kids Concert on May 19th**, and a special Draw Draw Draw event for **National Indigenous Peoples Day** on June 15th.

Plus, for those looking for regular fitness and social opportunities, join us for Pilates Morning Energizer on Friday mornings, Unwind & Reset Pilates on Tuesday afternoons, Cardio Kickboxing on Friday mornings, Lunch Crunch: Groove & Sweat on Mondays, or Core & More: Strength to the Beat on Wednesdays. Youth can build skills and confidence with Don Jitsu Ryu (Karate/Jiu Jitsu) on Sunday mornings, and our minds can be sharpened every 2nd Thursday of the month with our Duplicate Bridge Tournaments.

We are also very excited to highlight the Mother's Day traditional Pow Wow on May 9th, 10th and 11th, a wonderful opportunity to honor and celebrate Indigenous culture and community.

We invite you to join us in making this spring a season of community and connection. Volunteer opportunities are available, and we encourage you to get involved. Whether you're interested in assisting with events, joining a committee, or contributing your skills in other ways, your support is invaluable. Please reach out to our Board Admin at admin@troutlakecc.com for more details on how you can contribute to the TLCCA.

Sincerely,

Lisa Kew | Board President
Trout Lake Community Centre Association
troutlakecc.com

Registration Info:

Spring Program Registration

In Person/Online:

Thursday, March 13 at 7:00 PM

Spring Senior Program Registration

In Person/Online:

Thursday, March 13 at 10:00AM

Summer Program Registration

In Person/Online:

Thursday, May 22 at 7:00 PM

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

Register online at 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



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Hours of Operation:

April 1 – June 30, 2025

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)

Apr 18 (Good Friday) Regular Hours

Apr 21 (Easter) Regular Hours

May 19 (Victoria Day) Regular Hours

Your Recreation Staff:

If you have any questions, contact us at troutlakecc@vancouver.ca

Margo Dunnet Recreation Supervisor

Joe Oliveira Recreation Programmer

Matt Sung Recreation Programmer

Alison Wright, Lawrence Luong, Gloria Lai... Program Assistant III

Kin Dang Fitness Programmer

TBA.....Ice Rink Programmer

Bernie Dionne Community Youth Worker

Jerry Chan Rental Coordinator

Jason Wu Mechanical Technician II



EARLY CHILDHOOD

Martial Arts

Axe Capoeira Mini Kids (all levels)

(4-7 yrs)

Capoeira is a multidisciplinary Martial Art from Brazil. The classes introduce the children to 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 session Apr 21 & May 19

Kenneth Clarke

Elm Room

M W Apr 2-Jun 25

3:45pm-4:30pm

\$312/26 sess

551952

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 session Apr 19, May 3 & 10.

Shohei Juku Aikido Canada

Elm Room

Sa Apr 5-Jun 14

10:00am-10:45am

\$80/8 sess

552019

Performing Arts

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 May 11.

Nicole Daniela Pavia

Cedar Hall

Su Apr 6-Jun 22

9:30 AM-10:00 AM

\$99/11 sess

545772

Su Apr 6-Jun 22

10:05 AM-10:35 AM

\$99/11 sess

545773

Ballet/Jazz Fusion

(4-6 yrs)

In this class children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. They will jump and turn with delight in this fun and high energy class. Children must be able to participate without a parent in the room. There will be a performance on the last day of class for friends and family. No class Apr 19 & May 10.

Endorphin Rush Dance

Cedar Hall

Sa Apr 5-Jun 21

11:00 AM-11:45 AM

\$130/10 sess

545871

Th Apr 10-Jun 19

3:30 PM-4:15 PM

\$143/11 sess

545885

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 May 11.

Nicole Daniela Pavia

Cedar Hall

Su Apr 6-Jun 22

12:15 PM-1:00 PM

\$110/11 sess

545774

TROUT LAKE LICENSED PRESCHOOL

Sept 2025 - June 2026 School Year Now Open

Email: tlcc.preschool@gmail.com for more information. We will have two full-time preschool teachers with a maximum of 20 students in each class.

How to register:

- Search for the Trout Lake Preschool by typing in the search field **539830** at recreation.vancouver.ca
- Follow the prompts and select one of the times below for your child's age group
- Please note if the class is full, you will be given a waitlist activity number that you will have to search and enroll separately

Required at time of registration:

1. Non-refundable \$50.00 registration fee
2. Sept 2025 & June 2026 Deposit
3. Form packages will be emailed and returned at given deadline.
4. Parents must give 31 days notice in writing to troutlakecc@vancouver.ca if you wish to withdraw for September 2025 or the deposit is forfeited. July 31, 2025 is the last day to withdraw for September 1, 2025 to receive the deposit.

Children 3 years of age before December 31, 2025		
Class Day	Class Time	Monthly Fee
Tues/Thurs	9:15-11:15 AM	\$106
Tues/Thurs	12:45-2:45 PM	\$106
Children 4 years of age before December 31, 2025		
FULL Mon/Wed/Fri	9:15-11:45 AM	\$140
FULL Mon/Wed/Fri	12:45-3:15 PM	\$140

Note: Monthly fees are subject to change.

For 2024-2025 school year, check #486274 at recreation.vancouver.ca for spot availability



Licensed Preschool

Creative Ballet

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. There will be a performance on the last day of class for friends and family. Please wear fitted, stretchy clothing and ballet slippers. No drop-ins. No class Apr 19 & May 10.

Endorphin Rush Dance Cedar Hall
(3-5 yrs)

Sa Apr 5-Jun 21 9:30AM-10:15AM
\$130/10 sess 545862

M Apr 7-Jun 23 11:05 AM-11:50 AM
\$130/10 sess 545894

(4-6 yrs)

Sa Apr 5-Jun 21 10:15 AM-11:00 AM
\$130/10 sess 545863

Sa Apr 5-Jun 21 12:45 PM-1:30 PM
\$130/10 sess 545877

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 May 11.

Nicole Daniela Pavia Cedar Hall
Su Apr 6-Jun 22 11:30 AM-12:15 PM
\$110/11 sess 545775

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 May 11.

Nicole Daniela Pavia Cedar Hall
Su Apr 6-Jun 22 10:40 AM-11:25 AM
\$110/11 sess 545776

Mini Hip Hop Movers (3-5 yrs)

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room. There will be a performance on the last day of class for friends and family. No class Apr 21 & May 19.

Endorphin Rush Dance Cedar Hall
M Apr 7-Jun 23 12:05 PM-12:50 PM
\$130/10 sess 545897

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 Apr 21 & May 19.

Endorphin Rush Dance Cedar Hall
M Apr 7-Jun 23 10:15 AM-11:00 AM
\$130/10 sess 545891

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

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. Learn drumming rhythms inspired by musical traditions around the world, from West African Gahu, to Japanese Taiko, to Brazilian Samba. 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 Apr 24-Jun 12 5:00 PM-5:45 PM
\$192/8 sess 545791

Music Together (0-5 yrs)

At Music Together® experience the joys of music-making and the powerful benefits of having music in your child's life. In our mixed age class, each child participates at their own level and their natural musicality is nurtured through singing, dancing, listening and watching the adults, and exploring musical instruments. The whole family is welcome (parents, grandparents, caregivers). 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 May 19.

West Side Music Together Lakewood Room
Karina

M Apr 7-Jun 9 11:30 AM-12:15 PM
\$204/9 sess 545787

Th Apr 10-Jun 12 3:45 PM-4:30 PM
\$220/10 sess 545790

Noa
M Apr 7-Jun 9 9:30 AM-10:15 AM
\$204/9 sess 545783

M Apr 7-Jun 9 10:30 AM-11:15 AM
\$204/9 sess 545785

W Apr 9-Jun 11 9:30 AM-10:15 AM
\$220/10 sess 545788

W Apr 9-Jun 11 10:30 AM-11:15 AM
\$220/10 sess 545789



My First Dance Class

Physical Recreation

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 session April 18.

Carey Yuen
Gymnasium
F Apr 4-May 16 1:30pm-2:30pm 551953
\$74/5 sess
F May 30-Jun 20 1:30pm-2:30pm 551954
\$59/4 sess

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. Drop-in \$13, space permitting.

Flora Sze
Elm Room
Tu Apr 8-Jun 10 10:00am-10:45am 551981
\$110/10 sess

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 Apr 12 & May 10.

Hai Doan
Gymnasium - North (2/3)
Sa Apr 5-Jun 7 3:30pm-4:15pm 551983
\$198/8 sess

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 Apr 12 & May 10.

Hai Doan
Gymnasium - North (2/3)
Sa Apr 5-Jun 7 4:15pm-5:00pm 551982
\$198/8 sess

Parent and Tot Gym (Infant-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 Apr 6-Jun 15 10:00am-11:45am 552020
\$3/ Drop In

Sportball Multi Sport (3-5 yrs)

Introduction to the concepts and skills involved in the eight core sports of the Sportball methodology. 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 Apr 7-Jun 23 9:45am-10:45am 552049
\$190/10 sess
W Apr 9-May 14 9:45am-10:45am 552050
\$114/6 sess
W May 21-Jun 18 9:45am-10:45am 558651
\$95/5 sess



Parent and Tot Gym

Sportball Outdoor Multi Sport

Introduction to the concepts and skills involved in the eight core sports of the Sportball methodology. 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 session May 18.

Sportball Vancouver
Outside - John Hendry
Gravel Field

3-5yrs
Su May 4-Jun 22 10:15am-11:15am 558654
\$133/7 sess

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 session May 18.

Sportball Vancouver
Outside - John Hendry
Gravel Field

Su May 4-Jun 22 9:30am-10:15am 558653
\$133/7 sess

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 Apr 7-Jun 23 9:00am-9:45am 552051
\$190/10 sess
W Apr 9-May 14 9:00am-9:45am 552052
\$114/6 sess
W May 21-Jun 18 9:00am-9:45am 558652
\$95/5 sess

Sportball Outdoor T-Ball (3-5 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 May 19.

Sportball Vancouver Outside John Hendry Field
M May 5-Jun 23 5:45pm-6:45pm
\$133/7 sess 558816

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

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. 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 May 19.

Sportball Vancouver Outside John Hendry Field
M May 5-Jun 23 5:00pm-5:45pm
\$133/7 sess 558819

Please register early!

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

Visual Arts

Art and Music with Sun Rey (1-3 yrs)

This is a wonderful way to introduce your child to art and music. Experience finger painting, abstract art, collage, colouring, stickers, stamping, clay modelling and more. There will be time set aside for sing a longs and storytelling time. Parent/ caregiver participation is required. Drop-in \$20, if space available. No class April 21 & May 19.

Sun Rey Han Art Studio
M Apr 14-Jun 9 9:45 AM-10:30 AM
\$121/7 sess 545747
M Apr 14-Jun 9 10:45 AM-11:30 AM
\$121/7 sess 545748

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 April 21 & May 19.

Sun Rey Han Art Studio
M Apr 14-Jun 9 1:00 PM-2:00 PM
\$143/7 sess 545749

Creative Play: Where Learning Meets Joy! **NEW!** (3-5 yrs)

Are you looking for a child-centered program to nurture your child's growth and prepare them for school? Creative Play offers a warm, small-group environment where children can: build friendships and develop social skills, strengthen pre-literacy and literacy foundations, cultivate critical thinking and problem-solving abilities, enhance observation skills through hands-on exploration, and unleash their creativity through art, building, and play. Join us for a program that blends fun, creativity, and skill-building!

Cathy Belgrave Art Studio
Th Apr 3-May 8 10:00 AM-11:30 AM
\$102/6 sess 544038
Th May 15-Jun 19 10:00 AM-11:30 AM
\$102/6 sess 544042

Process Art: Where Creativity and Learning Come Together! **NEW!** (3-5 yrs)

Did you know that engaging in art builds essential skills for school and beyond? In this process-focused art series, preschoolers will: develop spatial awareness & perspective, strengthen multisensory integration, a key foundation for literacy development, practice critical thinking, problem-solving, learn to value their imagination and creativity while experiencing a sense of accomplishment, build confidence in self-expression and develop emotional intelligence. Join us for a joyful journey into the world of art and discovery!

Cathy Belgrave Art Studio
W Apr 2-May 7 10:00 AM-11:00 AM
\$84/6 sess 544033
W May 14-Jun 18 10:00 AM-11:00 AM
\$84/6 sess 544036

Birthday Parties Available!

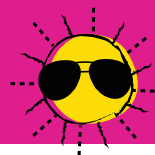
See page 37 for more information ...



Check out TLCCA Program Cost Assistance

See page 40.

SUMMER DAZE DAY CAMPS



Juniors (5-7 yrs) & Seniors (8-10 yrs)

Get ready for a summer full of great games, cool crafts, awesome activities and terrific day-trips! Our camp is the perfect place to make friends, get active, and learn new things! Parents please fill out waiver forms before the first day of camp; kids, please bring sunscreen, lunch, water, knapsack, extra clothes for each day. **Kids must be going to Grade 1 in September 2025.** Monday to Friday 9:00 am-3:30 pm. \$175 regular weeks.



Summer Daze Day Camps run Monday to Friday.

*Note we are closed on Stats July 1st and August 4th, 2025.

Preteen Leadership (11-13 yrs)

This summer camp is designed to give preteens the chance to become young leaders through recreational activities and educational workshops. Examples of activities (but not limited to) include beach days, eco-hikes, budgeting workshops, community clean-ups and self directed programming. There will be leadership opportunities for the preteens to facilitate day camp activities for the Junior and Senior Summer Daze Day Camps. Bring your friends and a sense of adventure. Parents please fill out waiver forms before the first day of camp; kids, please bring sunscreen, lunch, water, knapsack, for each day. Monday to Friday 9:00 am-3:30 pm. \$175 regular weeks.

Refund and Waitlist Policy

Full refunds, minus the \$5 administration fee, will be issued to the purchaser with a full 30 days' notice. Note that 30 days includes weekend days. Refund requests received after the 30-day period will not be issued any refund. Please email refunds to tlcc@vancouver.ca

**Please note we are not accepting waitlist applicants for Summer Daze daycamps. Please check the registration website for openings.*

DATES	JUNIOR (5-7 yrs) 9:00-3:30PM	SENIOR (8-10 yrs) 9:00-3:30PM	PRETEEN LEADERSHIP (11-13 yrs) 9:00-3:30PM	THEME	BEFORE CARE 8:00-9:00AM	AFTER CARE 3:30-5:00PM
W Th F, Jul 2-Jul 4	556657	556675	556666	Eureka!	556685	556684
M Tu W Th F, Jul 7-Jul 11	556658	556756	556667	Hawaiian Holidays	556687	556686
M Tu W Th F, Jul 14-Jul 18	556659	556677	556668	Mission Impossible	556689	556688
M Tu W Th F, Jul 21-Jul 25	556660	556678	556669	Sports Mania	556691	556690
Tu W Th F, Jul 28-Aug 1	556661	556679	556670	Superheroes	556693	556692
Tu W Th F, Aug 5-Aug 8	556662	556680	556671	Great Outdoors	556695	556694
M Tu W Th F, Aug 11-Aug 15	556663	556681	556672	Magical Mayhem	556697	556696
M Tu W Th F, Aug 18-Aug 22	556664	556682	556673	Blast from the Past	556699	556698
M Tu W Th F, Aug 25-Aug 29	556665	556683	556674	Into the Spotlight	5566701	556700

Before Care (5-10 yrs)

Before Care is available for parents who start work early. Please register early as the office does not open before 9 am. Parents: please fill out the wavier forms before the first day of camp; and kids please bring lunch, sunscreen, water, nap-sack, and extra clothes each day. Monday to Friday 8:00 am-9:00 am. \$15 regular weeks.

After Care (5-10 yrs)

After Care is available for parents who cannot get to the centre by 3:30 pm. Please register early as this program fills up fast. Your child must be picked up by 5:00 pm sharp. Late pick up fees will begin promptly at 5 pm. Late fees will be \$1 a minute up until 15 minutes; every minute after will be \$5 a minute. Monday to Friday 3:30 pm-5:00 pm. \$20 regular weeks.

Education

Academic ESL Class

with Charis **NEW!** (6-10 yrs)

A-Grade TESOL and Provincial Instructor Diplomas Graduate, Charis, brings this well-received Vancouver School Board Academic English Class to Trout Lake Community Center this term! As a former experienced and certified VSB and Douglas College English instructor and author, Charis combines Canadian Curriculum and practical, interesting materials to stimulate and encourage participants to learn Listening & Speaking, Reading, Writing and other skills in a safe, encouraging, fun and educational environment! Students also learn how to be great young learners to fulfill academic and personal goals in life. Come and learn together with a friend!

Charis Chung Board Room
 Tu Apr 8-Jun 17 5:30 PM-7:00 PM
 \$440/11 sess 542868

Cook and Bake

with Lily **NEW!** (6-12 yrs)

Join us for a fun and engaging cooking adventure! Learn valuable culinary skills, including safe knife handling, measuring techniques, and proper food hygiene. Each week we will create a different delicious treat, such as like egg roll breakfast wraps, mac and cheese, mini cheesecakes, chia pudding, puff pastry danishes and more! Visit soapifystudio.com/cook-and-bake-with-lily for additional recipe details. Please bring a container to take home extras. Please contact info@soapifystudio.com two weeks prior to the first scheduled class if you have dietary restrictions.

Lily Sum Grandview Room
 Th Apr 17-Jun 5 4:00 PM-6:00 PM
 \$240/16 sess 554413

Design and Architecture for Kids

Every week, young architects explore the fascinating worlds of famous architects, design concepts, and captivating buildings, unleashing their creativity through the creation of 2D drawings and 3D models. We encourage children to observe and appreciate their built and natural surroundings. As they delve into fresh concepts, their vocabulary blossoms, and their fine motor skills thrive through the exciting process of drawing and model-making. Supplies included. No session Apr 21, 28 & May 19.

Petit Architect Design For Kids Ltd.

Grandview Room
 (6-9 yrs)
 M Apr 7-Jun 2 3:45pm-5:00pm
 \$175/6 sess 551968
 (8-13 yrs)
 M Apr 7-Jun 2 5:15pm-6:30pm
 \$175/6 sess 551969

Destination: D&D **NEW!** (9-13 yrs)

Dungeons and Dragons is a collaborative storytelling game. Players go on adventures, dice decide the outcomes, and everyone wins as we build a story together. We will provide all supplies while children will provide and practice imagination, math, and problem-solving. Perfect for young fans of adventure, fairy-tales, and/or anime. No class May 1st.

Thomas Long Art Studio
 Th Apr 10-May 15 3:30 PM-5:30 PM
 \$75/5 sess 557744

WEDO I Robotics (6-11 yrs)

Exciting and Fun introduction to Robotics with Lego® Education WeDo 1 software. 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 May 13-Jun 3 4:00pm-5:30pm
 \$100/4 sess 552071

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 defense within a friendly training atmosphere. Drop-in \$12.00, space permitting. No session April 21 & May 19.

Shohei Juku Aikido Canada Elm Room
 (5-7 yrs)
 M Apr 7-Jun 16 4:45pm-5:45pm
 \$90/9 sess 551944
 (8-12 yrs)
 Tu Apr 8-Jun 17 4:45pm-5:45pm
 \$110/11 sess 551945

Youth Don Jitsu Ryu (Karate/ Jiu Jitsu) **NEW!** (8-12yrs)

Don Jitsu Ryu (Karate/ Jiu Jitsu) style of martial arts was founded in Trinidad & Tobago and is practiced by Purple Dragon globally. Students learn practical and effective self-defence techniques, katas (forms), break falling, and sport karate sparring drills while improving fitness and learning philosophies of the Don Jitsu Ryu system. White Karate uniform is required and available for purchase at Trout Lake CC. If you have any questions you can reach us at pdkitsoffice@gmail.com. Classes are taught by Shihan Amber Murphy-Smith, a World Champion and 6th Degree Black Belt. No session Apr 20 & May 11.

Shihan Amber Murphy-Smith Elm Room
 Su Apr 6-Jun 22 11:30am-12:30pm
 \$180/10 sess 558772

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.

Shorinji Kempo Society Elm Room
 Sa Apr 5-Jun 28 1:00pm-2:30pm
 \$84/12 sess 552040

Check out TLCCA Program
 Cost Assistance

See page 40.

SCHOOL AGE

Axe Capoeira for Youth (8-14 yrs)

Capoeira is an Afro-Brazilian martial art that combines music, self-defense, dance, acrobatics and physical conditioning to create a unique, multidisciplinary experience. Modern capoeira is one of the most inherently diverse martial arts in the world today with creativity, music, self-expression and strategic thinking as much a part of the core curriculum as physical training and fitness. Kids will love this program. Class is twice a week. No session Apr 21, May 9 & 19

Kenneth Clarke

Beginners

Elm Room

W Apr 2-Jun 25 4:30pm-5:30pm

Lakewood Room

F Apr 4-Jun 20 3:45pm-4:45pm

\$288/24 sess

Intermediate

Lakewood Room

M Apr 7-Jun 23 5:15pm-6:15pm

W Apr 2-Jun 25 4:30pm-5:30pm

\$276/23 sess

Advanced

Lakewood

M Apr 7-Jun 23 5:15pm-6:15pm

F Apr 4-Jun 20 3:45pm-4:45pm

Elm room

W Apr 2-Jun 25 4:30pm-5:30pm

\$340/34 sess

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 Apr 16-Jun 18

4:45 PM-5:45 PM

\$120/10 sess

544091

Classical/Jazz/Pop Piano & Guitar with Diego

(4+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 Apr 10-Jun 19

3:30 PM-7:00 PM

\$330/11 sess

Contemporary

for Pre Teens **NEW!**

(8-13 yrs)

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical, and classical ballet. Dancers play with pushing boundaries, gravity, breathtaking imagery, intricate gestures, complex vs simple, strength, art, movement vs stillness in this open level, beginner friendly class. Please wear comfortable clothing, and dance barefoot or in shoes. No class Apr 19 & May 10.

Endorphin Rush Dance

Cedar Hall

Sa Apr 5-Jun 21

2:30 PM-3:30 PM

\$130/10 sess

545879

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 class Apr 19 & May 10. No drop-ins.

Endorphin Rush Dance

Cedar Hall

Sa Apr 5-Jun 21

12:00 PM-12:45 PM

\$130/10 sess

545875

Sa Apr 5-Jun 21

1:45 PM-2:30 PM

\$130/10 sess

545878

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! 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 Apr 10-Jun 19

5:15 PM-6:15 PM

\$154/11 sess

545888

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 Apr 10-Jun 19

4:15 PM-5:15 PM

\$154/11 sess

545886

Musical Magic Program (7-9 yrs)

Each term, we'll focus on a single musical like Seussical, Annie, or Beauty and the Beast featuring singing and dance warmups, key song rehearsals, and improv games to boost creativity. Kids will practice line readings to enhance their acting skills while collaborating to bring the story to life. Plus, there's a performance opportunity for parents at the end! No class May 9.

Anushka Kashyap

Cedar Hall

F Apr 25-Jun 27

4:15 PM-5:00 PM

\$115/9 sess

544000

Violin and Fiddle Lessons

(4-19 yrs)

30 minute private violin and fiddle lessons for all ages. Katie studied many genres including classical, jazz, bluegrass, and more. She specializes in customizing lessons to any genre the student is interested in, and emphasizes ear training as well as reading music. Students must provide their own instrument. Email instructor at katie@katirplays.live for more information.

Katie Stewart

Maple Room

Tu Apr 8-Jun 17

3:30 PM-8:00 PM

\$330/11 sess

Guitar & Ukulele (7+yrs)

Private 30 minute lessons to work at your own level and pace in ukulele or guitar. The classes are focused on technique, repertoire, basic theory and practicing skills. Participants must provide their own instrument, and a digital tuner. A 3 / 4 sized nylon string guitar and a soprano ukulele with a strap is highly recommended for children. Books will be available at the first class for \$15.00. Please bring a foot stool for classical guitar. No class Apr 21, May 10, & 19.

Rene Hugo-Sanchez Board Room
 Sa Apr 5-Jun 21 10:00 AM-2:00 PM
 \$330/11 sess

Art Studio
 M Apr 7-Jun 23 5:45 PM-7:45 PM
 \$300/10 sess

Singing Star Program (5-7 yrs)

Join us for a magical adventure where kids explore Disney classics through singing, dancing, and fun games! Each week features a different movie like The Lion King, Beauty and the Beast, Moana, Encanto, Aladdin, and Frozen while building confidence and teamwork. Activities include warm-ups, sing-alongs, simple dance routines, and themed games. It's all about having fun and developing skills in a celebratory, Disney-inspired environment! No class May 9.

Anushka Kashyap Cedar Hall
 F Apr 25-Jun 27 3:30 PM-4:15 PM
 \$115/9 sess 543999

Piano with Charis (4-19 yrs)

Tailor made 30-min piano lesson taught by experienced award-winning professional and music educator. 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.

Charis Chung Board Room
 Tu Apr 8-Jun 17 3:30 PM-8:30 PM
 \$330/11 sess

W Apr 9-Jun 18 3:30 PM-8:30 PM
 \$330/11 sess

Maple Room
 Th Apr 10-Jun 19 3:30 PM-8:30 PM
 \$330/11 sess

Su Apr 13-Jun 22 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 May 9.

Samuel Chan Maple Room
 W Apr 2-Jun 25 3:30 PM-9:30 PM
 \$390/13 sess

F Apr 4-Jun 27 3:30 PM-9:30 PM
 \$360/12 sess

Sa Apr 5-Jun 28 9:00 AM-4:45 PM
 \$360/12 sess

M Apr 7-Jun 23 3:30 PM-9:30 PM
 \$360/12 sess

Physical Recreation

Moresports Mini Soccer at Van Tech (5-6 yrs)

A fun, low-pressure, skill-building experience for participants to play with friends and school mates in a supportive soccer environment. No experience necessary! Soccer shoes and shin guards are not provided but are recommended. Each session includes practice time and game play. *Participants will receive a T-shirt. No class on May 12 and 19. Class takes place at Van Tech Secondary turf field.

Van Tech Artificial Turf Field
 Su Apr 13-May 25 9:00am-10:00am
 \$65/7 sess 552093

Moresports Mini Soccer at Van Tech

A fun and engaging program for young players to build confidence, and make new friends on the field. Emphasis will be on teaching basic skills such as dribbling, passing, shooting and ball control, as well as concepts like teamwork, sportsmanship, and fair play. Soccer shoes and shin guards are not provided but recommended. *Participants will receive a T-shirt. No experience is necessary! No class on May 12 and 19.

Van Tech Artificial Turf Field

(6-8 yrs)
 Su Apr 13-May 25 10:00am-11:00am
 \$65/7 sess 552095

(9-12 yrs)
 Su Apr 13-May 18 11:00am-12:00pm
 \$65/6 sess 552091

Rhythmic Dance

Combines the grace of ballet and the strength of artistic gymnastics. Participants will learn basic body movements of apparatus technique while moving to various musical rhythms through play and games. This is a wonderful sport to test hand-eye coordination, balance, agility, flexibility, and rhythm. No session May 9 & 11.

Elite Gymnastics Elm Room
 (4-6 yrs)
 F Apr 4-Jun 27 4:30pm-5:15pm
 \$78/12 sess 552034

Su Apr 6-Jun 29 1:00pm-1:45pm
 \$78/12 sess 552036

Su Apr 6-Jun 29 1:45pm-2:30pm
 \$78/12 sess 552037

(7-12 yrs)
 F Apr 4-Jun 27 5:15pm-6:15pm
 \$84/12 sess 552035

Su Apr 6-Jun 29 2:30pm-3:30pm
 \$84/12 sess 552038

Smashball (9-12 yrs)

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.

Volleyball BC Gymnasium - South (1/3)
 W Apr 2-May 21 5:15pm-6:30pm
 \$104/8 sess 552045

Birthday Parties Available!

See page 37 for more information ...



Indoor Tennis Lessons for Kids

Kids Team Tennis 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. No session May 11

Wilson Tan Gymnasium

(5-6 yrs)

Th Apr 3-Apr 24 4:15pm-5:00pm
\$48/4 sess 551989

Th May 1-May 29 4:15pm-5:00pm
\$60/5 sess 551991

Th Jun 5-Jun 26 4:15pm-5:00pm
\$48/4 sess 553263

Su Apr 6-Apr 27 12:45pm-1:30pm
\$48/4 sess 551990

Su May 4-Jun 1 12:45pm-1:30pm
\$48/4 sess 551992

Su Jun 8-Jun 29 12:45pm-1:30pm
\$48/4 sess 551993

(7-9 yrs)

Th Apr 3-Apr 24 5:00pm-6:30pm
\$96/4 sess 551994

Th May 1-May 29 5:00pm-6:30pm
\$120/5 sess 551996

Th Jun 5-Jun 26 5:00pm-6:30pm
\$120/4 sess 553264

Su Apr 6-Apr 27 1:30pm-3:00pm
\$96/4 sess 551995

Su May 4-Jun 1 1:30pm-3:00pm
\$96/4 sess 551997

Su Jun 8-Jun 29 1:30pm-3:00pm
\$96/4 sess 551998

(10-13 yrs)

Th Apr 3-Apr 24 5:00pm-6:30pm
\$96/4 sess 551984

Th May 1-May 29 5:00pm-6:30pm
\$120/5 sess 551986

Th Jun 5-Jun 26 5:00pm-6:30pm
\$96/4 sess 553262

Su Apr 6-Apr 27 1:30pm-3:00pm
\$96/4 sess 551985

Su May 4-Jun 1 1:30pm-3:00pm
\$96/4 sess 551987

Su Jun 8-Jun 29 1:30pm-3:00pm
\$96/4 sess 551988

Sportball Floor Hockey (4-6 yrs)

Sportball Indoor Hockey programs introduce fundamental concepts of gameplay and teach the basic skills 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

4-6yrs

Tu Apr 8-May 13 3:45pm-4:30pm
\$114/6 sess 552047

Tu May 20-Jun 24 3:45pm-4:30pm
\$114/6 sess 558649

6-9yrs

Tu Apr 8-May 13 4:30pm-5:15pm
\$114/6 sess 552048

Tu May 20-Jun 24 4:30pm-5:15pm
\$114/6 sess 558650

Sportball Outdoor Multi Sport

Preschool and primary school children are introduced 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 session May 18.

Sportball Vancouver Outside - John Hendry
Gravel Field

5-7yrs

Su May 4-Jun 22 11:15am-12:15pm
\$133/7 sess 558655

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 Apr 2-May 7 3:30 PM-5:00 PM
\$90/6 sess 545764

W May 14-Jun 18 3:30 PM-5:00 PM
\$90/6 sess 545765

Drawing and Painting for Kids

(7-14 yrs)

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 Apr 1-Jun 24 4:00 PM-5:30 PM
\$260/13 sess 548850

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 Apr 17-Jun 5 3:30 PM-4:30 PM
\$186/8 sess 545770

Family Fun Lip Gloss Making with Lily (6-12 yrs)

Join us to learn how to make lip gloss and balm from scratch using natural ingredients! Mix and match food grade flavour oils, cosmetic grade pigments and create your own personalized products. You will take home 5 lip glosses, 5 lip balms and written recipes. 1 registration required per family (up to 3 participants.)

Lily Sum Art Studio
Su Apr 13 12:30 PM-1:30 PM
\$62/1 sess 554061

Su May 25 12:30 PM-1:30 PM
\$62/1 sess 554063

Su Jun 29 12:30 PM-1:30 PM
\$62/1 sess 554064

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. Fee is for one school age child and one adult.

Janine Schroedter	Pottery Studio
W Apr 2-May 7	6:00 PM-7:30 PM
\$204/6 sess	545766
W May 14-Jun 18	6:00 PM-7:30 PM
\$204/6 sess	545767

Family Fun Soap Making with Lily **NEW!** (6-12 yrs)

Choose from over 30 scents, 60+ molds, endless colour combinations and learn how to create make 6 personalized soaps to take home! No experience required and all supplies are included. 1 registration required per family (up to 3 participants.)

Lily Sum	Art Studio
Su Apr 13	2:00 PM-4:00 PM
\$70/1 sess	554050
Su May 25	2:00 PM-4:00 PM
\$70/1 sess	554056
Su Jun 29	2:00 PM-4:00 PM
\$70/1 sess	554057

Junior Author and Artist Studio with Cathy (8-12 yrs)

Communication, creativity and self-expression - that's what writing and art offers 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 purpose, build confidence and a positive learner identity. Bring your journal & pencil. All art supplies provided.

Cathy Belgrave	Art Studio
Sa May 24-Jun 21	2:00 PM-3:30 PM
\$90/5 sess	544044

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 April 19 & May 10.

Alex Lam	Art Studio
Sa Apr 5-Jun 14	9:45 AM-11:15 AM
\$195/9 sess	545779
Sa Apr 5-Jun 14	11:30 AM-1:00 PM
\$195/9 sess	545780

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 Apr 1-May 6	3:30 PM-4:30 PM
\$138/6 sess	545761
Tu May 13-Jun 17	3:30 PM-4:30 PM
\$138/6 sess	545762

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 Apr 1-Jun 10	5:00 PM-6:30 PM
\$303/11 sess	545763

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	Pottery Studio
Th Apr 17-Jun 5	5:00 PM-6:30 PM
\$236/8 sess	545771



Painting and Drawing

Yoga

Easter Yoga & Art (Adapted Program) (5+yrs)

Come celebrate Easter with yoga and art. Join Flora for a Easter-themed yogaadventure with your family. This fun-filled activity included 60 minutes Family Yoga and fun Easter-related craft project. Each family member must register. No drop-in available. Note that this program is for families with children on spectrum (age 5-12).

Flora Sze	Grandview Room
Su Apr 13	2:00pm-3:30pm
\$5/1 sess	538325

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. Drop-in \$15, space permitting.

Kylie Railton	Cedar Hall
Tu Apr 8-Jun 10	4:00pm-5:00pm
\$130/10 sess	552004

Pre-Teen Yoga (10-15 yrs)

What is Yoga? In this 11 week session 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. No drop-in.

Kylie Railton	Cedar Hall
Tu Apr 8-Jun 10	5:15pm-6:15pm
\$150/10 sess	552026

Youth In Action (YIA)

(12-18 yrs)

Youth In Action is an exciting adaptive program for teens with mild to moderate needs (behavioural and developmental). Join us two or three times a week for fun, challenging activities in a safe recreational environment. Youth have an opportunity to learn and form long lasting friendships. Note: Youth must first be registered with a CYSN through the Ministry of Children and Family Development before registering for YIA. For more information, please contact Karine at 604.257.6970 or YIA@vancouver.ca. Join us for a full day program on VSB District Wide Pro-D days!

Karine Ling Willow Room

1 Day a Week

M-F Apr 1-Jun 20 3:15 PM-5:30 PM
\$96/59 sess 550381

2 Days a Week

M-F Apr 1-Jun 20 3:15 PM-5:30 PM
\$192/59 sess 550382

3 Days a Week

M-F Apr 1-Jun 20 3:15 PM-5:30 PM
\$288/59 sess 550383

Pro-D Camp

M Apr 28 9:00 AM-3:30 PM
\$20/1 sess 550384



Community

Youth Council

(13-18 yrs)

The Trout Lake Youth Council wants to make a difference in the community. Our goal is to have a group of young people who can work together toward improving youth opportunities and experiences. The youth will earn volunteer hours, fundraise for great causes, gain employment training, and plan events. The council will also have a representative sit on the Trout Lake Community Centre Association Board. A Trout Lake CC Youth Program Participant membership (free with OneCard) is required to join this program. To register please contact Bernie at bernie.dionne@vancouver.ca or call 604-257-6955. ** Program times may be changed or cancelled on last minute notice!

Witton Chau Grandview Room
F Apr 4-Jun 13 3:30 PM-8:30 PM
Free/11 sess 550378

Youth Council Wrap Up Party

(13-18 yrs)

The Trout Lake Youth Council will host a winter celebration party for those youth who have volunteered throughout January-June and who are members of the Trout Lake Youth Council. In order to attend you must have attended a minimum of 10 events in total of either youth council or volunteered at an event

Witton Chau Grandview Room
F Jun 20 5:00 PM-8:00 PM
Free/1 sess 550379

Youth Volunteer Orientation for Summer Camps/Playgrounds

(14-19 yrs)

For youth who are wanting to volunteer at Trout Lake for Summer camps and playgrounds 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 required if you want to volunteer this summer. Must register for this free training session.

Witton Chau Willow Room
W Jun 11 5:30 PM-7:30 PM
Free/1 sess 550386

Education

BeaYOUtiful Workshop

(11-14 yrs)

The BeaYOUtiful Foundation is dedicated to building confidence and self-love amongst young girls and non-binary children and youth. This self-esteem program includes topics focused on gratitude, media literacy, artistic expression, goal setting and positive body image. Workshops include interactive and engaging discussions, a combination of worksheets and creative activities, making dream boards, empowering female guest speakers, and most importantly one-on-one mentorship with women in your community. ** This program is FREE for young girls and presented by the BeaYOUtiful Foundation, a registered CANADIAN charity.

Tu Apr 8-May 6 Lakewood Room
Free/5 sess 6:30 PM-8:00 PM
550368

Babysitting Course

(11-16 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.

First Aid Pro Willow Room
Sa Apr 26 9:00 AM-4:00 PM
\$75/1 sess 550366

Stay Safe for Preteens (9-15 yrs)

Real-world scenarios often call on children to respond to challenges. The Stay Safe program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations. 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 Willow Room
Sa May 3 9:00 AM-1:00 PM
\$70/1 sess 550373

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, 2 hour and 30 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. DRESS:Casual/fitness attire

Lakewood Room
Sa May 3 9:00 AM-1:00 PM
Free/1 sess 552613

Check out TLCCA Program Cost Assistance

See page 40.

Physical Recreation

Badminton for Teens (12-18 yrs)

For players of all levels who want to have fun in a non-competitive and friendly environment. First priority for play is for those who are registered. Drop in \$3.50. Space permitting. ****No class on May 20****
Lori Ye Gymnasium - Trout Lake
M Apr 7-Jun 9 3:30 PM-5:00 PM
\$35/10 sess 550367

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 session Apr 20 & May 18.
Future Bounce Athletic Association

Gymnasium - Trout Lake
Su Apr 6-Jun 22 3:00pm-4:45pm
\$157.50/9 sess 551980

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. *There will no class on April 12 and May 10* Participants must bring a basketball and a water ball as this will NOT be supplied.

Raincity Basketball Club Gymnasium - North (2/3)

(5-7 yrs)
Sa Apr 5-Jun 21 10:15 AM-11:15 AM
\$200/10 sess 553242

(8-10 yrs)
Sa Apr 5-Jun 21 11:20 AM-12:35 PM
\$215/10 sess 550371

(11-13 yrs)
Sa Apr 5-Jun 21 12:40 PM-2:00 PM
\$225/10 sess 550372

(14-16 yrs)
Sa Apr 5-Jun 21 2:00 PM-3:00 PM
\$225/10 sess 553243

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. Free with OneCard.

Open Gym Schedule April 4 - June 27

SOUTH GYM	NORTH GYM
Preteen Volleyball Drop-in 3:15 PM-4:30 PM	Preteen Basketball 3:15 PM-4:30 PM
Youth Volleyball Drop-in 4:45 PM-9:45 PM	Youth Basketball 4:45 PM-8:25 PM

Must be enrolled in our Youth Participation Program. Gym is supervised but no instruction provided. Schedule subject to change.

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) at
*Trout Lake Community Centre
Th Apr 10-Jun 12 10:05am-11:05am
\$20/10 sess 551940

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. 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. Drop in \$16, space permitting. No session April 18.

Carey Yuen Gymnasium
F Apr 4-May 16 1:30pm-2:30pm
\$74/5 sess 551953
F May 30-Jun 20 1:30pm-2:30pm
\$59/4 sess 551954

Bootcamp (19+yrs)

This is a full body circuit class for all levels, using stations designed to increase strength, cardio, balance, agility, and core strength. All stations have adaptations and progressions available. Jump start your weekend with a little sweat and a lot of fun. Drop in \$8.50, space permitting. No session Apr 12, 19, May 10 & 17.

Carey Yuen Gymnasium
Sa Apr 5-Jun 21 9:00am-10:00am
\$63/8 sess 551958

Bootcamp Circuits (19+yrs)

Join us on Fridays for the perfect lunch hour workout. This all ages, circuit-based class involves strength, cardio, and core stations. Adaptations and progressions are available for each station. Sweat out the week or set yourself up for the weekend, either way it's a win. Drop in \$8.50, space permitting. No session Apr 18, May 9 & 23.

Carey Yuen Gymnasium - South (1/3)
F Apr 4-Jun 20 12:15pm-1:15pm
\$71/9 sess 551959

BeMoved (19+yrs)

BeMoved is an established dance experience designed by Sherry Zunker, for adults of all movement abilities. The warm-up infuses breath and movement through choreographed, artistic sequences that activate core strength and balance while improving flexibility and coordination. The genre section of class uses continuous engaging dance combinations to inspire anyone from first-time dancers to professionals. Finally, the cool down brings your workout full circle, leaving you balanced in mind, body and soul-feeling rejuvenated. Drop-in \$16, space permitting. No class May 9.

Anita Dance Vancity Inc. Cedar Hall
Free Trial
F Apr 25 10:30 AM-11:30 AM
Free/1 sess 553542
F May 2-May 30 10:30 AM-11:30 AM
\$58.80/4 sess 553540
F Jun 6-Jun 27 10:30 AM-11:30 AM
\$58.80/4 sess 553541

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! Drop in \$13, space permitting. No class Apr 18 & May 9.

Lesley Maranhao Cedar Hall
Free Trial
F Apr 4 6:00 PM-7:00 PM
Free/1 sess 549471
F Apr 11-Jun 20 6:00 PM-7:00 PM
\$99/9 sess 549470

Core & More: Strength to the Beat (19+ yrs)

A 45-minute class combining core moves and full-body strength exercises set to fun, energizing music. Sweat, groove, and feel stronger, all fitness levels welcome! Open to all levels, including beginners. Drop in for just \$19.50, space permitting.

Anushka Kashyap Gymnasium - North (2/3)
W Apr 2 12:15pm-1:15pm
Free/1 sess 558594
W Apr 9-Jun 18 12:15pm-1:15pm
\$156/11 sess 558595

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. Bring running shoes, a water bottle, and optional yoga mat. Drop-in \$17, space permitting.

Loretta Laurin Cedar Hall
Tu Apr 8-May 13 7:00pm-8:00pm
\$95/6 sess 551966
Tu May 20-Jun 24 7:00pm-8:00pm
\$95/6 sess 551967

Foam Roll & Stretch (19+yrs)

In this class we will use a variety of foam rolling techniques, along with stretching, to release the fascia, ease tension and open up the body. The perfect way to start your Sunday. Please bring any tools you have, i.e. foam rollers, rolling stick, peanut roller, massage balls. There will also be some equipment available to borrow. Drop-in \$27, space permitting.

Carey Yuen Cedar Hall
Su Apr 6 9:30am-11:00am
\$26.50/1 sess 551974

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 \$8.50, space permitting. No session Apr 21 & May 19.

Carey Yuen
M Mar 31-Jun 23
\$87/11 sess

Gymnasium
5:30pm-6:30pm
551979

Lunch Crunch:

Groove & Sweat (19+ yrs)

This 45-minute workout blends dance grooves, cardio, and core strength for a fun and energizing midday boost. Perfect for all fitness levels?move, sweat, and shine! Open to all levels, including beginners. Drop in for just \$19.50, space permitting. No session Apr 21 & May 19.

Anushka Kashyap
M Apr 7
Free/1 sess

Gymnasium – North (2/3)
12:15pm-1:15pm
558592

M Apr 14-Jun 30
\$142/10 sess

12:15pm-1:15pm
558585

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.

Anushka Kashyap
Tu Apr 1-Jun 24
\$88/13 sess

Gymnasium - Trout Lake
6:45pm-7:45pm
552012

Mindfulness Meditation (19+yrs)

Learn how to use just one breath to meditate. Meditation is a natural capacity of your mind. It has the power to transform your body, mind and life. Taught by an experienced teacher. Info: lifen.me

Sung Yang
W May 7-May 7
\$16/1 sess

Preschool
7:30pm-8:30pm
552013

Gymnasium Sports Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
AFTERNOON		Older Adult Badminton Apr 1-Jun 24 1:30pm-3:30pm \$41/13 sess 552014	Pickleball Intermediate/Advanced Apr 2-Jun 25 1:30pm-3:30pm \$41/13 sess 552021	Older Adult Badminton Apr 3-Jun 26 1:30pm-3:30pm \$41/13 sess 552015
EVENING	Badminton Apr 7-Jun 30 8:00pm-9:45pm \$55/11 sess 551955	Basketball Apr 1-Jun 24 8:00pm-9:45pm \$65/13 sess 551956	Volleyball Beginner & Intermediate Apr 2-Jun 25 8:00pm-9:45pm \$65/13 sess 552069	Volleyball Beginner & Intermediate Apr 3-Jun 26 8:00pm-9:45pm \$65/13 sess 552070

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.

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. Drop-in \$16, space permitting. This is an outdoor class; please dress appropriately.

Carey Yuen
Tu Th Apr 1-May 15
\$206/14 sess

Outside - John Hendry Park
Grass Area
11:00am-12:00pm
553355

Tu Th May 27-Jun 24
\$133/9 sess

11:00am-12:00pm
553356

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. Participants should be 4+ weeks postpartum and 6+ weeks for caesareans. Participants will need a yoga mat and water bottle. This is often an outdoor class; please dress appropriately. Drop-in \$16, space permitting. No session April 21.

Carey Yuen
M W Mar 31-May 14
\$191/26 sess

Grandview Room
11:00am-12:00pm
552017

M W May 26-Jun 25
\$147/20 sess

11:00am-12:00pm
552018

ADULT FITNESS

Outdoor Tennis – Basics of Rallying

(19+yrs)

New to tennis? No problem! This class is perfect for adults who are just starting out or have played a little. Get ready to hit 30-50+ balls in a row with a partner by the end of the course! *Gym indoor backup in case of rain*

Wilson Tan
Th Apr 3-Apr 24
\$150/4 sess

Gymnasium
6:30pm-8:00pm
558656

Outdoor Tennis– Basics of Net Play & Serving

(19+ yrs)

Ace Your Serve & Conquer the Net! Ready to take your tennis game to the next level? This class focuses on two essential skills: serving and volleying. By the end of the course, you'll be serving with confidence and dominating at the net, rallying 15-25+ balls with a partner. Let's get serving and volleying!* Gym indoor backup in case of rain."

Wilson Tan
Th May 1-May 22
\$150/4 sess

Gymnasium
6:30pm-8:00pm
558658

Outdoor Tennis– Basics of the Game & Play

(19+yrs)

Improve your serve, overhead, and overall game! This class is for beginner and novice adults. We'll cover serve mechanics, overhead technique, and how these skills connect to groundstrokes and volleys. Basic strategy and gameplay will also be introduced. Perfect for those new to the game or looking to improve. *Gym indoor backup in case of rain*

Wilson Tan
Th Jun 5-Jun 26
\$150/4 sess

Gymnasium
6:30pm-8:00pm
558659

Pickleball: Novice/ Intermediate Lessons

(19+yrs)

Unlock your full potential on the pickleball court with our program designed to sharpen your skills and expand your strategic toolkit. This comprehensive course caters to novice and intermediate players (3.0-3.25 skill level) eager to refine their technique, enhance their tactical understanding, and boost their on-court performance. No session April 21 & May 19.

Richard Lee
M Apr 7-Apr 28
\$118/4 sess

Gymnasium
1:45pm-3:30pm
552022

M May 5-Jun 2
\$118/4 sess
553265

M Jun 9-Jun 30
\$118/4 sess
553266

Pilates Matwork 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
W Apr 9-Jun 11
\$126/10 sess

Elm Room
6:15pm-7:25pm
552023

Pilates Matwork Intermediate

(19+yrs)

Enjoy more intermediate Pilates exercises and continue to pay attention to 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
W Apr 2 -Jun 11
\$126/10 sess

Elm Room
7:30pm-8:40pm
552024

Pilates Morning Energizer

NEW!

(19+yrs)

Pilates Morning Energizer class is a mixed level class that incorporates Pilates principles and exercises. This class is open to those who wish to build on their Pilates practice and/or their daily fitness goals. Drop-in \$18, space permitting. No session on May 9.

Heather Barnes
F Apr 25-Jun 13
\$132/7 sess

Elm Room
10:15am-11:00am
558414

Unwind and Reset Pilates

NEW!

(19+ yrs)

The Unwind and Reset Pilates series is for those new to Pilates or for those who would like to unwind and reset the body for the day. Using the Pilates fundamentals and therapeutic techniques, this class using props will focus on core stability, mobility and strength with special focus on the breath. No drop-ins. No class on May 27.

Heather Barnes
Tu Apr 29-Jun 10
\$121/6 sess

Elm Room
7:45pm-8:45pm
558413

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. 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 session April 21. Drop-in \$16, space permitting.

Carey Yuen
M Apr 7-May 12
\$79/5 sess

Lakewood Room
7:00pm-8:00pm
552027

M May 26-Jun 23
\$79/5 sess
552028

Pulse & Power

(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 Apr 1-Apr 1 5:45pm-6:30pm
 Free Trial/1 sess 558641
 Tu Apr 8-Jun 24 5:45pm-6:30pm
 \$171/12 sess 552031

Recreational Slopitch

(18+yrs)

We are a Recreational Slo-pitch League with SPN (Slo-Pitch National) registration located at John Hendry Park designed for fun and simple love of the game for Adults. Each team must have a minimum of 10 players (5 females/5males). Fees include regular season games (up to 18 games), year end playoffs in August. Individual players looking to play slo-pitch are welcome to contact us and will do our best to connect you with a team. For questions please contact our League Coordinator at aglowin@shaw.ca

Andy Glowinkowski Location unspecified
 M-Thu Apr 28-Jun 7 7:00pm-9:00pm
 Su Jun 10
 \$1,544/60 sess 552100

Tennis - Practice Review, Play & Build New Skills

(18+yrs)

Ready to take your tennis game to the next level? You've got the basics down, now it's time to refine your skills and strategize like a pro! This program builds on what you've learned, diving into tactical concepts, spins, positioning, and match preparation. No session May 18.

Wilson Tan Gymnasium
 Th Jun 5-Jun 26 6:30pm-8:00pm
 \$150/4 sess 552063
 Su Apr 6-Apr 27 3:15pm-4:45pm
 \$150/4 sess 552064
 Su May 4-Jun 1 3:15pm-4:45pm
 \$150/4 sess 552065
 Su Jun 8-Jun 29 3:15pm-4:45pm
 \$150/4 sess 558657

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. <http://www.ZumbaVancouver.ca> Drop-ins \$15, space permitting.

Zumba Vancouver Cedar Hall
 Th Apr 3-May 15 12:30pm-1:30pm
 \$100/7 sess 552077
 Th May 22-Jun 26 12:30pm-1:30pm
 \$86/6 sess 552078

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 \$15, space permitting. No session Apr 21.

Zumba Vancouver Gymnasium
 M Apr 7-May 12 6:45pm-7:45pm
 \$71/5 sess 552080
 M May 26-Jun 30 6:45pm-7:45pm
 \$86/6 sess 552081
 W Apr 2-May 14 6:45pm-7:45pm
 \$100/7 sess 552083
 W May 21-Jun 25 6:45pm-7:45pm
 \$86/6 sess 552084

Yoga

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. Visit website: www.happyyogaminis.com

Flora Sze Elm Room
 Tu Apr 1-Jun 24 11:00am-12:00pm
 \$151/13 sess 552044

All Levels Hatha Yoga

(19+yrs)

Join Anita for a Hatha Practice that focuses on the essential core principles of alignment, breath, stretching, strengthening, and gentle relaxation techniques. In this invigorating class, participants will be required to hold their body weight in poses such as Downward Dog, Plank, and Cobra, which can be both challenging and rewarding. The class is thoughtfully paced, featuring leveled variations of poses so that each individual can work on their personal practice at their own comfort level. Don't forget to bring along a full water bottle and a yoga mat with you to class! Drop-in \$19, space permitting. No session April 21 & May 19.

Anita Callahan Cedar Hall
 M Apr 7-Jun 23 5:15pm-6:30pm
 \$158/10 sess 551946
 M Apr 7-Jun 23 6:40pm-7:55pm
 \$158/10 sess 551947
 Th Apr 10-Jun 12 9:10am-10:10am
 \$158/10 sess 551948

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 session Apr 21, 24 & May 19.

Bridget Donald Elm Room
 M Mar 31-Jun 23 10:00am-11:00am
 \$139/11 sess 551999
 Th Apr 3-Jun 26 11:15am-12:15pm
 \$152/12 sess 552000

ADULT FITNESS

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 session Apr 21, 24 & May 19.

Bridget Donald Elm Room
 M Mar 31-Jun 23 11:15am-12:30pm
 \$174/11 sess 552001
 Th Apr 3-Jun 26 9:30am-11:00am
 \$216/12 sess 552002

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 Apr 6-May 4 10:00am-11:00am
 \$76/4 sess 552029
 Su May 25-Jun 29 10:00am-11:00am
 \$114/6 sess 552030

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. Drop in \$12.

Thi Yen Phan Cedar Hall
 Tu Apr 1-Jun 24 9:15am-10:15am
 \$123/13 sess 554744
 Tu Apr 1-Jun 24 **NEW!** 8:15pm-9:15pm
 \$123/13 sess 555509
Kate Nguyen Cedar Hall
 Th Apr 3-Jun 26 8:00pm-9:00pm
 \$123/13 sess 552068

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 breath work. Whether you are seeking to balance out your fitness work-outs 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 session May 11.

Thi Yen Phan Lakewood Room
 Su Apr 6-Jun 29 9:15am-10:15am
 \$158/12 sess 552074

Yoga by Candle light (19+yrs)

Enjoy yoga to candle light. All levels welcome. Drop-in \$15, space permitting. No session Apr 21 & May 19.

Kylie Railton Cedar Hall
 M Mar 31-Jun 23 8:15pm-9:15pm
 \$151/11 sess 552075



Yoga by Candle Light

ABC Fitness

A Vancouver Park Board Program

ALL BODIES COMMUNITY RECREATION AND FITNESS

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 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)
- *Purchase and ABC Drop-in

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

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 Friday April 18, Monday April 21, May 19.

Instructor: ABC Instructor

M W F Apr 7 - Jun 23

11:00 AM-12:00 PM GYM

Master Roster 549527

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

Education

Aromatherapy, Summertime

Essentials NEW! (19+yrs)

Aromatic Essences derived from portions of the plants - discover the alternative form of healing! Learn the top ten essential oils, their therapeutic properties and how to use them every day safely and effectively. Discuss creating your own essential oil medicine cabinet. In class, create blends for all your outdoor summer activities. Create a personal synergy (blend), a bug bite roll-on, a sun protection lip-balm, and a natural insect repellent spray OR heat exhaustion spray. Recipes and blends provided. All supplies included in course fee.

Cheryl Theilade Lakewood Room
 Th May 22 6:30 PM-9:00 PM
 \$54/1 sess 554913

Beginner Bike Skills (19+yrs)

This small group 2 hour course is for people who want to learn to ride a bike or learn basic handling skills to cycle for urban transportation. It occurs completely off-road, in a safe and comfortable environment for new riders. Under the guidance of our experienced instructors, participants will practice fundamental bike handling skills such as balance, braking, steering, and pedaling. There will be free bicycles and helmets for use by any participants who need them.

HUB Cycling Outside - Gravel Field
 \$20/1 sess

Sa Apr 26	11:00 AM-1:00 PM	548907
Sa Apr 26	2:00 PM-4:00 PM	548919
Sa May 3	11:00 AM-1:00 PM	548923
Sa May 3	2:00 PM-4:00 PM	548924
Th May 15	5:00 PM-7:00 PM	549357
Sa May 17	11:00 AM-1:00 PM	548926
Sa May 31	11:00 AM-1:00 PM	548928
Sa Jun 7	11:00 AM-1:00 PM	548936
Sa Jun 7	2:00 PM-4:00 PM	548937
Th Jun 12	5:00 PM-7:00 PM	548940
Sa Jun 14	11:00 AM-1:00 PM	548943
Th Jun 19	5:00 PM-7:00 PM	548950
Sa Jun 21	11:00 AM-1:00 PM	548952
Sa Jun 21	2:00 PM-4:00 PM	548955
Th Jun 26	5:00 PM-7:00 PM	548956

Book Club (19+yrs)

Join us at our monthly book club where we will have friendly discussions about our chosen titles. We will arrange to borrow book club sets from the library. As an added bonus, we will be reading books by Indigenous authors. The first session will be a "meet and greet" where you will receive a copy of our first selection.

Teresa Whitehouse Willow Room
 W Apr 9-Jun 11 10:00am-11:30am
 Free/3 sess 552088

Dog Obedience – Adolescent Antics (19+yrs)

Your dog changes from puppy to adulthood via adolescence. This change happens anywhere from 6 months and ends as late as 24 months. Adolescent dogs have lots of energy and low impulse control when they play, explore and interact both with dogs and humans. Topics covered include: luring, capturing and shaping behaviours, settle vs down vs calm, relax around the environment, tiredness vs overstimulating. Your dog must be over 6 months of age and have been introduced to basic obedience skills. Please equip your dog with a flat buckle collar, front buckle harness, or head-halter for all classes. All other types of collars including pinch, choke, martingale, and shock collars, as well as retractable leashes are not permitted. No fearful dogs. No aggressive dogs towards other dogs or people.

DOGSmart Training Lakewood Room
 W May 28-Jun 25 7:30pm-8:30pm
 \$262/5 sess 555494

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. Dogs must be older than 6 months old. No aggressive dogs. No dogs in heat - against city bylaw. No registration after the second session.

DOGSmart Training Lakewood Room
 W Apr 9-May 14 7:30pm-8:30pm
 \$314/6 sess 551971

Dog Obedience – Come When Called (19+yrs)

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

DOGSmart Training Lakewood Room
 W Apr 9-May 14 6:20pm-7:20pm
 \$314/6 sess 553354

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 May 28-Jun 25 6:15pm-7:15pm
 \$262/5 sess 555480

Basic Bike Maintenance (19+yrs)

This fun, interactive course is for participants that are new to maintaining their bike or would like a refresher. Participants are encouraged to bring their bike to the workshop and are shown how to perform a basic "ABC Quick Check" to ensure that it is safe to ride. We review some simple maintenance tips that can be done at home to prolong bike life, as well as how to properly lock a bike to prevent bike theft, and change a flat tire. Includes time for participant questions.

HUB Cycling Outside - Gravel Field
 Sa May 24 11:00 AM-1:00 PM
 \$20/1 sess 548908

E-Bike Skills

(19+yrs)

For people who have mastered the basics of riding a bike and are now interested in transferring those skills to an E-bike. It will start with an off-road E-bike skills session and progress to a Road Ride in the local community led by an experienced instructor. We strongly recommend that participants take HUB Cycling's free-of-charge StreetWise Cycling Online course [bikehub.ca/swco] in advance. There will be E-bikes and helmets available to borrow should participants require them for the duration of the course.

HUB Cycling	Outside - Gravel Field
Th Jun 19	5:00 PM-7:00 PM
\$10/1 sess	548909
Th May 15	5:00 PM-7:00 PM
\$10/1 sess	549358

Eating Spoon: Carving Workshop

(19+yrs)

Practice the ancient art of hand carving, by learning to make a wooden spoon! This workshop relies exclusively on hand tools, and carving techniques. Learn the basics and get comfortable with the tools. Class will involve the use of hand tools such as carving knives and chisels.

Vancouver Tool Library	Art Studio
Th Apr 17	6:00 PM-9:00 PM
\$63/1 sess	545792
Th May 15	6:00 PM-9:00 PM
\$63/1 sess	545793
Th Jun 19	6:00 PM-9:00 PM
\$63/1 sess	545794



Intermediate Bike Skills

(19+yrs)

For people who have mastered the basics of riding a bike and are looking to take their skills to the next level. It will start with an off-road refresher skills session and progress to a Road Ride in the local community led by an experienced instructor. We strongly recommend that participants take HUB Cycling's free-of-charge StreetWise Cycling Online course [bikehub.ca] in advance of attending the course. There will be free bicycles and helmets for use by any participants who need them.

HUB Cycling	Outside - Gravel Field
Sa May 31	2:00 PM-4:00 PM
\$20/1 sess	548910
Sa Jun 14	2:00 PM-4:00 PM
\$20/1 sess	548946

HUB Women's Cycling Program

(19+yrs)

Are you looking for a supportive community of new riders to help you grow your cycling skills? Look no further than HUB Cycling's Women's Cycling Program! Non-binary and trans inclusive, our experienced instructors will help you develop your skills in a safe, community oriented environment. Starting with the basics of cycling and culminating with group rides around the neighborhood! If cost or childcare is a barrier, email streetwise@bikehub.ca for information. Please visit bikehub.ca/womens-cycling-program for more information. Bikes and helmets will be provided to participants during the program.

HUB Cycling	Outside - Gravel Field
Tu Apr 15-May 20	4:30 PM-6:30 PM
\$36.75/6 sess	550417

Please register early!

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

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.

Glenn Mori	Board Room
Sa May 24-Jun 28	2:30 PM-4:00 PM
\$90/6 sess	553273

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. Note that LSLAP does not book appointments by e-mail or phone. To book an appointment please visit Islap.bc.ca and fill out the online intake form.

UBC Law Student's Legal Advice Program	Board Room
Tu W Th May 13-Jun 26	12:00pm-3:00pm
Free/20 sess	552006

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

vancouver.ca/park-board-pride



Leather Belt Workshop (19+yrs)

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 Apr 29 6:30 PM-8:30 PM
 \$94.50/1 sess 545800

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 May 27 6:30 PM-8:30 PM
 \$84/1 sess 545801
 Tu Jun 24 6:30 PM-8:30 PM
 \$84/1 sess 545802

Leatherwork Drop-in Days (19+yrs)

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. 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@vancouvertoolibrary.com before the Drop-in Day if you have questions, or specific requests!

Vancouver Tool Library Willow Room
 Th Apr 10 6:30 PM-9:30 PM
 Free/1 sess 545795
 Th May 15 6:30 PM-9:30 PM
 Free/1 sess 545796
 Th Jun 12 6:30 PM-9:30 PM
 Free/1 sess 545797

Leatherwork: Garden

Tool Belt **NEW!** (19+yrs)

Participants will craft a sturdy and functional leather garden tool belt. Designed to hold a variety of tools while balancing weight and comfort. Students will learn how to select the right leather, cut and shape pieces for a practical design, and master traditional techniques like saddle stitching and rivet setting for durability. The workshop also covers leather care and maintenance, ensuring each belt lasts for years to come.

Vancouver Tool Library Willow Room
 Th Apr 3 6:30 PM-9:30 PM
 \$157.50/1 sess 557823
 Th May 29 6:30 PM-9:30 PM
 \$157.50/1 sess 557791

No Sew Cardholder

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

This beginner-friendly workshop will teach you how to understand different types of leather, as well as how to mark and cut leather with precision. You will learn how to burnish, set hardware, and finish a cardholder using hand tools and without any sewing.

Vancouver Tool Library Willow Room
 Th May 22 6:30 PM-9:30 PM
 \$94.50/1 sess 545803

Leatherwork: Tote Bag (19+yrs)

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.

Vancouver Tool Library Willow Room
 Th Apr 17-Apr 24 6:30 PM-9:30 PM
 \$157.50/2 sess 545798
 Th Jun 19-Jun 26 6:30 PM-9:30 PM
 \$157.50/2 sess 545799

Leatherworking 101 (19+yrs)

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

Vancouver Tool Library Willow Room
 Th May 1-May 8 6:30 PM-9:30 PM
 \$147/1 sess 548839
 Th Jun 5-Jun 12 6:30 PM-9:30 PM
 \$147/1 sess 548840

Let's Make Fermented

Hot Sauce! **NEW!** (19+yrs)

It's getting hot in here. Learn to harness the power of naturally occurring lactic acid bacteria to create complex, flavorful hot sauces that pack a punch. Kristine will walk you through the process of selecting and preparing the best chili peppers, to understanding how long to ferment your chilis in order to achieve the perfect balance of heat and flavor. By the end of the workshop, you'll have your own jar of fermented hot sauce. Join us and ignite your taste buds with the magic of fermentation – one spicy drop at a time!

Kristine Hui Kitchen
 Su Jun 1 1:00 PM-3:00 PM
 \$57/1 sess 554033

Out in the Open: Conversations about Death **NEW!** (19+yrs)

Join us for an open and honest guided conversation about a topic we often avoid: death. Through prompt questions, participants will share thoughts, fears, and questions about death, the end of life, grief, and loss. Let's break the taboo and start talking openly about death.

Iris Paradela-Hunter Lakewood Room
 Tu May 13 7:00 PM-8:30 PM
 \$14/1 sess 554036

Moss Ball Workshop (19+yrs)

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. 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 Apr 15	6:00 PM-8:00 PM
\$47.25/1 sess	545804
Tu May 13	6:00 PM-8:00 PM
\$47.25/1 sess	545805
Tu Jun 17-Jun 17	6:00 PM-8:00 PM
\$47.25/1 sess	545806

Photography Fundamentals (19+yrs)

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, 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! If under 19 and you want to participate, please email matt.sung@vancouver.ca for further details.

Anton Fernando	Lakewood Room
Su Apr 27	11:00 AM-3:00 PM
\$52/1 sess	550408

Practical Strategies for Better Sleep **NEW!** (19+yrs)

Sleep is one of the building blocks of well-being and good health. Learn practical tools and strategies to improve your sleep. The workshop includes education on sleep-related topics, how to prepare your mind and body to sleep. Have more questions? email hello@mirimalkin.com

Miri Malkin	Willow Room
M May 5-May 12	5:45pm-7:45pm
\$95/2 sess	552025

The MotherFlock Mom Group **NEW!** (19+yrs)

This is the baby group with a difference: it's all about Mom! A chance for you to relax, find community, share experiences, learn about resources & self-care tips, and build friendships. Essentially, come out with your own little mom tribe. Guest speakers from various areas of postpartum care will occasionally be in attendance. Because Vancouver moms deserve more... to feel empowered, and ready to rock this whole mom thing! No class Apr 18 & May 9.

The MotherFlock	Lakewood Room
Babies born January-March	
F Apr 4-May 16	10:00 AM-11:00 AM
\$95/5 sess	542583
Babies born February-April	
F May 23-Jun 27	10:00 AM-11:00 AM
\$114/6 sess	542587



The MotherFlock Mom Group

Women Self-Defense Workshop (18+yrs)

Learn how to keep yourself safe and fight back effectively if the worst happens. This progressive course will equip you with a skills toolbox that includes de-escalation, threat assessment, Canadian self defense law, how to talk so law enforcement will listen, projecting authority and how to deal with several threats – including overcoming your flight/fight/freeze response, being choked, grabbed from behind, striking and blocking, multi-opponent tactics and weapons defense. Any levels or abilities welcome. Safe, trauma informed environment. Tactics can/will be modified to suit different participants. No class Mar 20 & 27.

Janna Pansegrau	Elm Room
Th Apr 17-Jul 3	7:45pm-9:15pm
\$76/12 sess	552073

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. Drop in \$15. No session April 21, May 3, 10 & 19.

Shohei Juku Aikido Canada	Elm Room
M	5:55pm-7:30pm
Tu Thu	6:00pm-7:30pm
Sa	11:00am-12:30pm
April	
\$80/month	551942
May	
\$75/month	551941
June	
\$80/month	551943

Beginners Aikido (13+yrs)

Aikido is a Japanese martial art. This class is for beginners to learn basic Aikido techniques and movements with a gentle approach and friendly atmosphere. Please wear loose clothes for easy participation. \$12 drop in, space permitting.

Shohei Juku Aikido Canada	Elm Room
Th Apr 3-Jun 19	5:00pm-5:50pm
\$126/12 sess	551957

Cardio Kickboxing **NEW!** (19+yrs)

This non-contact total body fitness session teaches effective self-defense techniques and promotes stress release. Participants can improve strength, and gain flexibility while having fun. Class taught by Shihan Amber Murphy-Smith, World Champion and 6th Degree Black Belt. Drop-in \$18, space permitting. No session May 9.

Shihan Amber Murphy-Smith	Elm Room
F Apr 4-Jun 27	9:15 AM-10:15AM
\$189/12 sess	558773

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.

Kelly Maclean Grandview Room
W Apr 9-Jun 25 6:00pm-7:00pm
\$192/12 sess 552033

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! Prorated fees do not apply to this program. A registered non profit organization. Drop-in \$10.00, space permitting. No session Apr 21 & May 19.

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

April 552042
\$50/month

May 552043
\$50/month

June 552041
\$50/month

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.

Kelly Maclean Grandview Room
W Apr 9-Jun 25 7:00pm-8:00pm
\$192/12 sess 552058

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 session May 3 & 10.

Michael Chiao Lakewood Room
Sa Apr 19-Jun 28 9:00am-11:00am
\$57/9 sess 552059

Tai Chi Kung Fu Fan – Second Set and Health QiGong With Amy

(19+yrs)

Tai Chi Kung Fu Fan using a traditional hand held fan is a physical exercise that is colorful 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. Health QiGong.Yi Jin Jing Can improve the functions of the cardiovascular, respiratory and digestive systems, raise the balancing ability, and better the flexibility and force of the muscles, improve the mood, lessen the anxiety and depression. Also, it plays an active role in healing some common diseases in the middle-aged and elderly people. This class is instructed by Master Amy Zhu national Tai Chi Champion and Certified Tai Chi instructor. Drop-in \$15, space permitting.

Amy Li Hua Zhu Cedar Hall
Th Apr 10-Jun 26 11:20am-12:15pm
\$174/12 sess 552060

Tai Chi – Traditional Yang Style 22 Form & Health QiGong

(19+yrs)

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. People in different ages can evenly advance their physical functions by achieving the balance of Yin and Yang. This class is instructed by master Amy Zhu who was a disciple of Grand Master Yang Jun, national Tai Chi Champion and Certified Tai Chi instructor. Drop-in \$15, space permitting.

Amy Li Hua Zhu Cedar Hall
Th Apr 10-Jun 26 10:20am-11:15am
\$174/12 sess 552061

Performing Art

All Bodies Dance Project (19+yrs)

TLCCA SUBSIDIZED

Artists with and without disabilities come together 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. Participants who require one-to-one support must provide their own assistant. If the class is full and you would like to join, please contact us at 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 Apr 3-Apr 24 6:30 PM-8:00 PM
Free/4 sess 545757

Yes, you can rent one of our rooms!

The Board Room, Maple Room, Lakewood Room, Grandview Room, Kitchen and Gymnasium can all be rented for your special event, meeting or party. Go to page 37 for more information.

BeMoved **NEW!**

(19+yrs)

BeMoved is an established dance experience designed by Sherry Zunker, for adults of all movement abilities. The warm-up infuses breath and movement through choreographed, artistic sequences that activate core strength and balance while improving flexibility and coordination. The genre section of class uses continuous engaging dance combinations to inspire anyone from first-time dancers to professionals. Finally, the cool down brings your workout full circle, leaving you balanced in mind, body and soul-feeling rejuvenated. Drop-in \$16, space permitting. No class May 9.

Anita Dance Vancity Inc. Cedar Hall

Free Trial

F Apr 25	10:30 AM-11:30 AM	
Free/1 sess		553542
F May 2-May 30	10:30 AM-11:30 AM	
\$58.80/4 sess		553540
F Jun 6-Jun 27	10:30 AM-11:30 AM	
\$58.80/4 sess		553541

Adult Contemporary/Jazz Technique

(19+yrs)

Adult Contemporary / Jazz Technique is excellent for Movement Enthusiasts, Athletes and Dancers. In a welcoming atmosphere participants will give their bodies a treat through our thorough warm-up / stretch followed by technique, improvisation, and very basic jazz/contemp tricks and moves. No experience required. All body types are welcome. Drop-in \$18.90, space permitting. No class Apr 20, May 11 & 18. More info:

Endorphin Rush Dance Cedar Hall

Free Trial

Su Apr 6	3:30 PM-4:30 PM	
Free/1 sess		545909
Su Apr 13-Jun 22	3:30 PM-4:30 PM	
\$126/8 sess		545907

Adult Group Guitar Advanced

(19+yrs)

Bring your guitar playing to the next level learning how to play melodies by reading tablature, how to do a fingerpicking accompaniment and bar chords. An Intermediate level of Rene's classes is required or to be fluent with popular chords, and basic strumming patterns. A digital tuner is mandatory. A guide book will be provided by the teacher for \$15.00.

Rene Hugo-Sanchez Board Room
Th Apr 3-Jun 19 8:15 PM-8:45 PM
\$156/12 sess 544090

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 Apr 3-Jun 19 7:05 PM-7:35 PM
\$156/12 sess 543727

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 Apr 3-Jun 19 7:40 PM-8:10 PM
\$156/12 sess 543728

Adult Group Ukulele Advanced

(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.

Rene Hugo-Sanchez Board Room
Th Apr 3-Jun 19 8:50 PM-9:20 PM
\$156/12 sess 543726

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 Apr 21 & May 19.

Rene Hugo-Sanchez Art Studio
M Apr 7-Jun 23 7:45 PM-8:15 PM
\$130/10 sess 543984

Adult Group Ukulele Ensemble

(19+yrs)

Sing with us your favorite songs and learn a few tips on how to participate in an ensemble, how to perform and how to prepare a song for a practice. Bring your ukulele (any size), your clip-on tuner, and a pencil to take notes. A song book by Rene Hugo will be available at the first class for \$15.00. In the last class we will perform for our friends. Requirements: To be able to change chords fluently. To know basic strumming patterns. Or to have finished the Intermediate ukulele level of Rene Hugo's classes. No class Apr 21 & May 19.

Rene Hugo-Sanchez Art Studio
M Apr 7-Jun 23 8:45 PM-9:15 PM
\$156/10 sess 544059

Check out TLCCA Program
Cost Assistance Program

See page 40.

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 Apr 21 & May 19.

Rene Hugo-Sanchez Art Studio
M Apr 7-Jun 23 8:15 PM-8:45 PM
\$130/10 sess 543986

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 Apr 10 6:15 PM-7:15 PM
Free/1 sess 545889
Th Apr 17-Jun 19 6:15 PM-7:15 PM
\$157.50/10 sess 545890

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 May 20-Jun 24 7:00 PM-8:30 PM
\$126/6 sess 544746

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 Apr 9-Jun 11 6:30 PM-7:30 PM
\$120/10 sess 545755

Latin and Ballroom Dance

(19+yrs)

Explore Latin Ballroom dancing Jive, Cha Cha, Waltz, Samba, Rumba, Tango, Paso Doble and Line Dance. Simple and basic steps for both men and women will be introduced. Simon Siu has won the best teacher award and he is an associate of the International Dance Teachers' Association (UK). Beginners to experienced dancers are welcome. No partner needed! No class May 10 & 17.

Simon Siu Cedar Hall
Sa Apr 12-Jun 14 3:45 PM-4:45 PM
\$88/8 sess 545752

Line Dancing Intermediate With Helen

(19+yrs)

Get out on the dance floor and learn some new steps! Great for the body and soul. No partner needed. Adult drop-in \$6.50, Seniors drop-in \$4. No session Apr 18 & May 9

Helen Ai Yee Lee Cedar Hall
Tu Apr 8-Jun 24 12:00pm-1:30pm
Adults \$72/12 sess 552007
Seniors \$26/12 sess
F Apr 4-Jun 27 12:00pm-1:30pm
Adults \$66/11 sess 552008
Seniors \$22/12 sess

Open Level Jazz Funk

(19+yrs)

Join Anushka's Jazz Funk! This high-energy dance style channels the spirit of artists like Britney Spears, Beyoncé, and Rihanna. Focus on rhythm, coordination, and hitting those beats! Each session features a cardio warm-up, a stretch, and a fun routine. Please wear non marking shoes. All skill levels are welcome! Drop in \$19.50, space permitting.

Anushka Kashyap Cedar Hall
Free Trial
W Apr 9 7:45 PM-8:45 PM
Free/1 sess 543996
W Apr 16-Jun 18 7:45 PM-8:45 PM
\$164/10 sess 543997

Sunday Sultry Movement

(19+yrs)

Sundays are about to get steamy! Ready to dip your toe, or fully immerse yourself into the pleasure of a Sultry Movement Class. In each class we'll thoroughly warm-up, you'll learn stabilizing tips and tricks while improving technique followed by a short, empowering, and saucy choreography. Open to all levels beginner friendly. No experience required. Please wear non marking runners (no heels). Drop-in \$18.90 (space permitting). No class Apr 20, May 11 & 18.

Endorphin Rush Dance Cedar Hall
Free Trial
Su Apr 6 2:30 PM-3:30 PM
Free/1 sess 545906
Su Apr 13-Jun 22 2:30 PM-3:30 PM
\$126/8 sess 545903

Traditional Bachata NEW! (19+yrs)

Learn authentic Bachata footsteps, connection, leading and following while simultaneously improving coordination and rhythm in a fun energetic and vibrant class! Let's smile and laugh while learning! No partner needed. Wear loose comfortable clothes, an option to dance in bare feet or indoor shoes and bring a water bottle! No drop ins. No class May 9th.

Naduska Lopez Cedar Hall
F Apr 4-May 16 7:15 PM-8:45 PM
\$126/6 sess 557707
F May 23-Jun 27 7:15 PM-8:45 PM
\$126/6 sess 557710

Visual Arts

ABC Acrylics - Beginners - Colour (19+yrs)

SPRING into painting! This is the perfect class to take the plunge into something NEW! Enjoy the creative release and learn about colour mixing, theory and brush technique. All will be clearly demonstrated and will ultimately lead you into a juicy Loose Landscape. No fear of getting lost - experienced navigator of colour and composition - 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 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 April 21 & May 19.

Niina Chebry
M Apr 14-May 26
\$138/5 sess

Grandview Room
7:00 PM-9:00 PM
545750

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
Th Apr 17-Jun 5
\$324/8 sess

Pottery Studio
11:30 AM-2:30 PM
545768

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
Th Apr 17-Jun 5
\$270/8 sess

Pottery Studio
7:00 PM-9:30 PM
545769

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
Tu Apr 1-Jun 17
\$370.25/12 sess

Pottery Studio
7:00 PM-9:30 PM
545760

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
Tu Apr 1-May 20
\$345.50/8 sess

Pottery Studio
10:00 AM-1:30 PM
545759

Basket Weaving (19+yrs)

Learn the foundations of basket weaving - design, technique and tools - in a creative and social class. Working with natural rattan reed, we'll weave a flat base, build and shape walls and lash the basket's rim, using twining and plaiting techniques. You'll leave with a finished basket (approx. 6"L x 6"W x 8"H); a design that's easy to scale-up and customize for future projects. All materials included. Hand strength is required for basket weaving.

Suzanne Cowan
Su May 4
\$115.50/1 sess

Art Studio
10:00 AM-3:00 PM
545758

Drawing Landscapes, Flowers, Figures (19+yrs)

You will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscapes, flowers, figures and more. Throughout the course, you will experiment with various textures, lines, tones, lights and shadows, as well as linear and atmospheric perspectives. (Supplies are not included, supply list available on receipt).

Mohammad Reza Atashzad
Tu Apr 1-May 13
\$147/7 sess

Art Studio
2:15 PM-3:45 PM
548858

Tu May 20-Jun 24
\$126/6 sess

Art Studio
2:15 PM-3:45 PM
548863

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



Eco Printing a Silk Scarf with Plants (19+yrs)

This workshop aims to teach the basic concepts of Eco Printing, a delightful natural dyeing technique. This process uses leaves, flowers, seeds, and bark to print colours and shapes directly on the fabric, creating unique designs. Each participant will create a beautiful silk scarf while learning about dyeing plants, the different fabric types, and the use of mordants or colour fasteners. In addition to the traditional dyeing plants, we will use plants gathered in the streets. In this way, we inspire a more comprehensive look of each participant to Nature, which surrounds us, with all its generosity and beauty, even in an urban area like Metro Vancouver.

Fernanda Mascarenhas Grandview Room
Su Jun 15 1:00 PM-4:30 PM
\$89.25/1 sess 549653

Intermediate Painting - Get Inspired! (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.

Niina Chebry Grandview Room
M Jun 2-Jun 30 7:00 PM-9:00 PM
\$138/5 sess 545751



Tatakizome Workshop

Natural Dyes and Shibori (19+yrs)

This workshop combines 2 techniques, shibori and natural dyeing, to create a one-of-a-kind organic 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
Su May 18 2:00 PM-4:00 PM
\$57.75/1 sess 549642

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 Apr 16-Jun 18 6:00 PM-7:30 PM
\$150/10 sess 544092

Tatakizome Workshop (19+yrs)

Tatakizome is a technique to capture the colours of plants onto fabric. Leaves and flowers are placed between two layers of fabric and 'hammered' until their colours appear. In this workshop, have fun imprinting a small cotton tote bag and a bandana using rubber hammers, a spoon, or pebbles to press the plants onto the fabric. All material provided.

Fernanda Mascarenhas Kitchen
Su Apr 27 2:30 PM-4:30 PM
\$47.25/1 sess 549633

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 May 23-Jun 20 10:00 AM-12:00 PM
\$120.50/5 sess 548868

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 May 20-Jun 17 6:30 PM-8:00 PM
\$90/5 sess 548867

The Joy of Watercolour Painting (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. All materials provided by instructor, \$10 non refundable material fee included in price.

Philip Tsang Art Studio
F May 23-Jun 20 12:15 PM-1:45 PM
\$160.50 / 5 sess 549475

NEW SENIOR PROGRAMS REGISTRATION

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

Registration begins at 10:00am on March 13th.

All other program registrations start at 7:00pm 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.

Education

Book Club

(19+yrs)

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

Teresa Whitehouse
W Apr 9-Jun 11
Free/3 sess

Willow Room
10:00am-11:30am
552088

Estate Planning: Beyond the Will

(50+yrs)

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

David Perkins
F May 23
Free/1 sess

Grandview Room
10:00am-11:30am
551972

Practical Strategies for Better Sleep

NEW!

(19+yrs)

Sleep is one of the building blocks of well-being and good health. Learn practical tools and strategies to improve your sleep. The workshop includes education on sleep-related topics, how to prepare your mind and body to sleep. Have more questions? email hello@mirimalkin.com

Miri Malkin
M May 5-May 12
\$95/2 sess

Willow Room
5:45pm-7:45pm
552025

Seniors Cycling Program

NEW!

(55+yrs)

Covering topics like basic maneuvering, proper signals, how to maintain your bike and how to plan the safe cycling routes. We hope to build participants' cycling confidence enough that they can ride throughout the city in safety and comfort. This program is aimed for beginners or participants who have not cycled in many years, but all levels of cyclists are welcome! If cost or is a barrier, email streetwise@bikehub.ca for information. Please visit bikehub.ca/seniors-cycling-program for more information. Bikes and helmets will be provided to participants during the program.

HUB Cycling

Outside - John Hendry
Gravel Field
1:30 PM-3:30 PM
550425

Tu Apr 15-May 20
\$35/6 sess

Tax Planning for Assisted Living & Long-Term Care Options

(50+yrs)

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

David Perkins
F Apr 11
Free/1 sess

Grandview Room
10:00am-11:30am
552062

Please register early!

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

Performing Arts

Collaborative Creative Dance Workshops (50+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 session Apr 21 & May 19.

Desiree Dunbar Grandview Room
M Apr 7-Jun 23 12:30pm-2:00pm
\$63/10 sess 551965

Line Dancing Intermediate With Helen (19+yrs)

Get out on the dance floor and learn some new steps! Great for the body and soul. No partner needed. Adult drop-in \$6.50, Seniors drop-in \$4. No session Apr 18 & May 9

Helen Ai Yee Lee Cedar Hall
Tu Apr 8-Jun 24 12:00pm-1:30pm
Adults \$72/12 sess 552007
Seniors \$26/12 sess
F Apr 4-Jun 27 12:00pm-1:30pm
Adults \$66/11 sess 552008
Seniors \$22/12 sess

Ukulele Singalong (55+yrs)

Let's Sing! Join local musician and teacher Mark Beaty to learn ukulele basics and sing a wide variety of songs. Each class will focus on a different ukulele chord/skill as we develop a repertoire of easy folk/R&B songs. Please bring a ukulele or plan to purchase one after the first class. No class Apr 21 & May 19.

Mark Beaty Maple Room
M Apr 7-Jun 16 10:00 AM-11:00 AM
\$144/9 sess 551521

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.

Thi Yen Phan Cedar Hall
Tu Apr 1-Jun 24 10:45am-11:45am
\$171/13 sess 551962

FUN FITNESS 55+ **NEW!**

Come join a fun low impact exercise program focusing on various functional mobility movements at your own pace. Improve balance, flexibility, endurance and total body strength. Keep fit for a healthier independent lifestyle. Suitable for anyone who has taken exercise classes and comfortable rising from the floor.

Par-q req.
Candace Imada Cedar Hall
W Apr 2-Jun 25 10:30am-11:30am
\$91/13 sess 552826



Senior's Luncheon

ActivAge

(55+yrs)

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

Daniela Duva Cedar Hall
Tu Apr 15-Jun 10 2:45pm-3:45pm
Free/9 sess 551939

Choose to Move

(55+yrs)

Choose to Move is a FREE 3-month program for people 55+ who are inactive and wishing to become more active. Choose to Move is not a fitness class or movement class. It is a motivational coaching program where you will meet with Activity Coach Daniela Duva and other participants to discuss ways to incorporate more physical activity into your life.

Daniela Duva Cedar Hall
Tu Apr 8-Jun 10 1:45pm-2:45pm
Free/11 sess 551963

Yes, you can rent one of our rooms!

The Board Room, Maple Room, Lakewood Room, Grandview Room, Kitchen and Gymnasium can all be rented for your special event, meeting or party. Go to page 37 for more information.

SENIOR'S COMMUNITY MEMBER MEETING:

Tuesdays at 1:30pm, Apr 8, May 6, & Jun 3

Do you have ideas or want to get involved with our Seniors programs, please join this focus group 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.

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 Apr 1-Jun 24 10:30am-11:15am
 \$72/13 sess 552016

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 Apr 1-Jun 24 1:30pm-3:30pm
 \$41/13 sess 552014
 Th Apr 3-Jun 26 1:30pm-3:30pm
 \$41/13 sess 552015

Seniors Table Tennis (55+yrs)

No session May 9.

No Instructor Willow Room
 M F Apr 7-Jun 13 9:15am-11:45am
 Free/19 sess 552039

FRIDAY SOCIAL LUNCH

TLCCA SUBSIDIZED (55+yrs)

Grandview Room

April

Chili, salad, and bun.

F Apr 4 12:00pm-1:30pm
 \$7/1 sess 551976

May

Teriyaki chicken, rice and salad

F May 30 12:00pm-1:30pm
 \$7/1 sess 551977

June

Lasagna, roasted veggies and garlic bread

F Jun 27 12:00pm-1:30pm
 \$7/1 sess 551978

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 Apr 17-Jun 26 11:30am-12:30pm
 \$70/11 sess 552053

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
 Tu Apr 1-Jun 24 9:15am-12:00pm
 \$26/13 sess 552056
 Th Apr 3-Jun 26 9:15am-12:00pm
 \$26/13 sess 552057

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 \$15, space permitting.

Zumba Vancouver Cedar Hall
 Th Apr 3-May 15 12:30pm-1:30pm
 \$100/7 sess 552077
 Th May 22-Jun 26 12:30pm-1:30pm
 \$86/6 sess 552078



Senior's Luncheon

TUESDAY LUNCHEONS

TLCCA SUBSIDIZED (55+yrs)

Each luncheon includes dessert: fresh fruit, cake, cookies & lots of door prizes!

Josephine Oh/Kelly Zhao

Grandview/Lakewood Room

April Luncheon

Roast beef, mashed potatoes, gravy and veggies.

Tu Apr 15 12:00pm-1:30pm
 \$8.50/1 sess 552003

May Luncheon

Lemon grass chicken, noodles, spring roll, and Thai salad.

Tu May 13 12:00pm-1:30pm
 \$8.50/1 sess 551973

June Luncheon

Salmon, mini potatoes, salad, and veggies.

Tu Jun 10 12:00pm-1:30pm
 \$8.50/1 sess 552011

SOCIAL TUESDAYS

TLCCA SUBSIDIZED (55+yrs)

Coffee and tea will be served. Please pre-register. No session Apr 15, May 13 & Jun 10.

Apr 1-Jun 3 12:00 PM – 1:30 PM
 \$20/season 538413

Apr 1 Bingo

Apr 8 Planning your Estate with Nicholas & Atsuko

Apr 29 Vancouver Fire & Rescue Services with Lt. Christian Craig

May 6 Needle Felting Workshop with Noah

May 20 Watercolour painting with Nina

May 27 Tatakizome (Eco-printing) Workshop with Fernanda

June 3 Flower arranging with Patricia

Social

Duplicate Bridge Tournament **NEW!**

(55+ yrs)

Come join our friendly, non-competitive group of Bridge players for our monthly duplicate 'tournament'. We play on the second Thursday of every month, from 10:30 am to 2:45 pm. No partner required. There is no instruction, and all players must know how to play bridge. Because of the rather complicated movement of both players and boards, we need to know the number of players expected. If you plan to come, please inform the organizer, Cris, at least 2 days in advance at reyescp315@gmail.com. No registration required, Drop-in only, \$1.

No Instructor Willow Room
Th 10:30am-3:00pm
\$1/sess 558660

Knitting Together

(50+yrs)

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

No Instructor Willow Room
M Apr 7-Jun 30 12:00pm-3:00pm
\$2/13 sess 552005

Mah Jong-Intermediate

(40+yrs)

Bring your lunch and come and make new friends while playing Mah Jong. Drop-in \$1.00, space permitting. No class April 15, May 13, June 10 & June 17

No Instructor Lakewood Room
Tu Apr 1-Jun 24 10:00am-2:00pm
\$7.50/9 sess 552009
Th Apr 3-Jun 26 10:00am-2:00pm
\$7.50/13 sess 552010

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 Apr 2-Jun 25 12:00pm-1:00pm
Free/13 sess 552072

Trout Lake Quilting Circle

(50+yrs)

The Trout Lake Quilting Circle is a member-led group of quilting lovers where skills are shared, and learners gain experience with various techniques in hand applique and machine sewn work. Community projects are created for BC newcomers or to donate to charities. This term the community quilt will be Curvy Blocks/ Creative Tops. We'll try a Spring Theme applique - either using machine quilting or Appliquick. Participants also work on self-selected projects. Some sewing machines are available, and members are encouraged to bring a machine if possible. Ideas are always welcome.

No Instructor Grandview & Lakewood Room
W Apr 2-Jun 18 12:45pm-3:15pm
\$21/36 sess 553267



Trout Lake Quilting Circle

Bus Trips **NEW!**

Harrison Tulip Festival (55+ yrs)

Tiptoe through designated pathways adorned with 10 million tulips and the new 2 1/2 acre show garden at the Harrison Tulip Festival. Includes lunch at River's Edge Restaurant and a stop at Golden Ears Cheesecrafters. PACKAGE INCLUDES: Harrison Tulip Festival Admission, Rivers Edge Restaurant Lunch, and a stop at Golden Ears Cheesecrafters.

Enjoy The Journey Trout Lake
Community Centre
Tu Apr 15 8:30am-4:30pm
\$115/1 sess 558184

Secret Cove Sunshine Coast

(55+ yrs)

Explore the Sunshine Coast aka the 'Best Place on Earth?! Visit Davis Bay, an Ancient Forest, an Arbutus tree boardwalk at 5-star Rockwater Secret Cove Resort. Enjoy a two course lunch at the resort. Level: Easy *Additional \$10 ferry fee for 64 years and under* PACKAGE INCLUDES: Boardwalk Rockwater Secret Cove Resort, Lunch at Rockwater Secret Cove Resort, Hidden Groves, Davis Bay, Gibson's Landing

Enjoy The Journey Trout Lake
Community Centre
Th May 15 8:00am-7:30pm
\$115/1 sess 558185

The Train Tour

(55+ yrs)

Take an outdoor 2-mile miniature railway ride through woodlands, bridges and tunnels. Learn about the first passenger train to Vancouver in 1887. Enjoy lunch beside a train car in Gastown and finish the day on the West Coast Express Waterfront Station to Mission City Station. Level: Easy PACKAGE INCLUDES: Burnaby Central Railway, Miniature Railway Ride, Engine #374 Exhibit, Lunch Old Spaghetti Factory, & West Coast Express Ticket

Enjoy The Journey Trout Lake
Community Centre
F Jun 20 10:30am-6:15pm
\$115/1 sess 558186

Public Skating Schedule

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 Maegan.montemayor@vancouver.ca.

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

April 1 – June 30, 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Fun Hockey 12:15pm-1:30pm		LESSONS 3:45pm-6:15pm	Figure Skating 12:00pm-1:30pm		Stick, Puck & Ring 12:00pm-1:30pm	LESSONS 9:00am-12:15pm
Public Skate 1:45pm-3:15pm		Public Skate 6:30pm-8:00pm	Hockey 1:45pm-3:15pm		Figure Skating 1:45pm-3:15pm	Public Skate 12:30pm-2:00pm
Power Skate Lesson 3:30pm-4:30pm						
<i>No Public Skate on Monday Stat Holidays</i>						

SKATING LESSON INFORMATION

Spring Set 1

Registration begins **Thursday, March 27 at 7:00 PM**

Sundays, April 5 to May 3*

Mondays, April 1 to May 13

**No lessons on Mother's Day Weekend due to Pow Wow*

Spring Set 2

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

Sundays, May 17 to June 21

Mondays, May 20 to June 24

You can register at any Vancouver Park Board Community Centre

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

ICE SKATING RATES & FEES

	Single	10 Usages
Preschooler (4 and under)	FREE	
Child (5-12yrs)	\$3.97	\$33.39
Youth (13-18yrs)	\$5.55	\$46.71
Adult (19-64yrs)	\$7.93	\$66.69
Senior (65+)	\$5.55	\$46.71
Family Rate*	\$7.94	
Group Admission (10+ people)	25% off regular admission	
Low Cost Skate	50% off regular admission	
*\$7.94 for up to 2 members (minimum charge). \$3.97 for each additional family member.		
Skate Rental	\$4.00	\$36.00
School Skate Rental	\$2.00	
Skate Sharpening	\$7.71	
<i>Prices subject to change. Prices do not include taxes.</i>		

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



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



Skate
Canada

Special
Olympics
British Columbia



SPECIAL EVENTS

DRAW, DRAW, DRAW

All ages

Sunday, June 15th 11:00 AM – 1:00 PM



Join us for a vibrant day of creativity and culture at the community centre! This free, interactive event welcomes people of all ages and abilities to celebrate through art and music.

Featuring special guest **Shadae Johnson**, a published

artist from the Indigenous Dream Team Coloring Book, who will lead inspiring collaborative art activities. Enjoy a drum circle performance by the Red Fox Youth Drummers and take part in hands-on art experiences.

Come connect, create, and honor Indigenous culture in a fun and meaningful way!

Centre Lobby

Su Jun 15

11:00 AM-1:00 PM

Free/1 sess

553681

STAT HOLIDAYS

TLCCA SUBSIDIZED

FREE!

Woody's Bush Cabaret

(All ages)

Word's out on the "Aussie Bush Telegraph"! Woody and his kooky pals are staging a cabaret experience like no other! Get ready to sing, dance, and laugh your heart out in a laugh-out-loud adventure that's as wild as a Year 3 campfire singalong. Packed with silly songs, puppetry, and comedic chaos, Woody's Bush Cabaret brings families together in a high-energy celebration of music and imagination. Please pre-register.

Gymnasium - Trout Lake

M May 19

11:00 AM-11:45 AM

Free/1 sess

556798

Easter

(2+yrs)

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

Gymnasium

M Apr 21

10:00 AM-12:00 PM

Free

554919

ARTISAN POTTERY & BAKE SALE

Saturday, May 3rd 9:00 AM – 3:00 PM

Check out our selection of handmade and crafted pottery from you Trout Lake Pottery Club while you indulge in delicious treats for Moms and everyone else! There will be lots of pies, cakes, cookies, loaves, savouries, and more – all made by the Trout Lake Seniors!



TROUT LAKE MOTHER'S DAY TRADITIONAL POW WOW

All ages

We are honoured to be hosting the Pow Wow on the traditional and unceded Coast Salish territories of the xʷməθkʷəyəm (Musqueam), Skwxwú7mesh (Squamish) and səlilwətaʔ (Tsleil-Waututh) Nations.

This year's Mother's Day Traditional Pow Wow will be on Friday May 9, Saturday May 10 and Sunday May 11, 2025. More info will be out in the upcoming months. Check our <https://troutlakecc.com/> website in April for more information.

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.** Please email tlcc@vancouver.ca to request email. Bouncy Castle certified through Safety BC licence #LAM0201686. No birthday May 10.

AM Parties

Grandview Room

Sa Apr 19-Jun 21 11:00 AM-1:00 PM
\$312/1 sess

PM Parties

Grandview Room

Sa Apr 19-Jun 21 2:00 PM-4:00 PM
\$312/1 sess

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.** Please email tlcc@vancouver.ca to request email.

Grandview Room

Su Apr 13	10:00 AM-12:00 PM	\$230/1 sess	548939
Su Apr 27	10:00 AM-12:00 PM	\$230/1 sess	548942
Su May 4	10:00 AM-12:00 PM	\$230/1 sess	548944
Su May 18	10:00 AM-12:00 PM	\$230/1 sess	548945
Su Jun 1	10:00 AM-12:00 PM	\$230/1 sess	548947
Su Jun 15	10:00 AM-12:00 PM	\$230/1 sess	548954

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



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 very often fatal to wildlife.



- Brightly coloured balloon fragments in lakes and oceans harm seabirds, sea turtles, fish and mammals. They see balloon bits as food and frequently die as a result
- Land critters and birds are equally impacted by balloons, especially when the balloons drift skywards with strings and ribbons attached.
- These ribbons and strings entangle land, air and sea creatures, leading to a quite dreadful end.

A loud popping balloon can be damaging to young, tender ears and quite terrifying for pets.

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	\$7.93	\$5.55
10 Visit Pass	\$71.37	\$49.95
<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.

	ADULT	SENIOR / YOUTH
1 month	\$64.15	\$44.91
3 month	\$173.21	\$121.25
12 month	\$554.26	\$387.98
<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	\$65.98	\$98.93
3 sessions	\$182.83	\$274.29
5 sessions	\$294.07	\$452.85
10 sessions	\$527.90	\$841.00
<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)
- 3 Life Fitness Treadmills Walk/Run
- 2 Woodway Treadmills
- 3 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

April 2 – June 30, 2025

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
Cycle Fit 9:30-10:30 AM Traci No class Apr 21, May 19		Cycle Core 9:30-10:30 AM Ed		Cycle Fit 9:30-10:30 AM Ed		
<i>Schedule is subject to change without notice. Visit https://vancouver.ca/parks-recreation-culture/indoor-cycling.aspx for up-to-date schedule.</i>						

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	\$7.93
10 Visit Pass	\$71.37
<i>(Fees do not include tax) Fees subject to change</i>	

How it works

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

Guided and Registered Fitness Workshops

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

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

Fitness for Older Adults

(55+ yrs)

Wed Apr 9-30	10:30am-11:30am	549865
Wed May 7-28	10:30am-11:30am	553946
Wed Jun 4-25	10:30am-11:30am	553948

Fitness for Youth (Co-Ed)

(13-18 yrs)

Fri Apr 4-25	4:00pm-5:00pm	549867
Fri May 9-30	4:00pm-5:00pm	553952
Fri Jun 6-27	4:00pm-5:00pm	553953

Fitness for Women **NEW!**

(19+ yrs)

Tue Apr 8-29	10:00am-11:00am	546898
Tue May 6-27	10:00am-11:00am	553949
Tue Jun 3-24	10:00am-11:00am	553950

Maximum of four and registration is required. Fee is a Fitness Centre drop-in admission, valid Flexipass, or Usage Pass.

REGISTRATION & REFUND POLICIES

Registration Info:

**Spring Program Registration
In Person/Online:**

Thursday, March 13 at 7:00 PM

**Spring Senior Program Registration
In Person/Online:**

Thursday, March 13 at 10:00AM

**Summer Program Registration
In Person/Online:**

Thursday, May 22 at 7:00 PM

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

Register online at 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

   [@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 311 calls. Please email tlcc@vancouver.ca or 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 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 will 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.

Important Information:

Please note booking times include set up and clean up. No entry prior to 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

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

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

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. 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

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.

Climate Wayfinding **NEW!**

TLCCA SUBSIDIZED (19+yrs)

Climate Wayfinding is a program for people who want to find direction, confidence, and support in their efforts to address climate change. It helps participants explore their unique role in climate action and build the skills needed to make a real impact. This program is perfect for those who are unsure about their place in climate work or want to connect with others while gaining clarity and focus. It offers a supportive community to help you discover your deeper motivations and strengthen your contributions.

Tara Mahoney Willow Room
Su May 25-Jun 29 2:00 PM-4:00 PM
\$46/6 sess 548794

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

Store-bought body care and cleaning products are often filled with artificial fragrances, parabens, and other harmful chemicals. Plus, there's so much packaging involved! Get step-by-step instructions and hands-on experience creating natural body care & household products, including healing calendula salve, hand sanitizer, and toothpaste. All supplies, including refillable containers, will be provided.

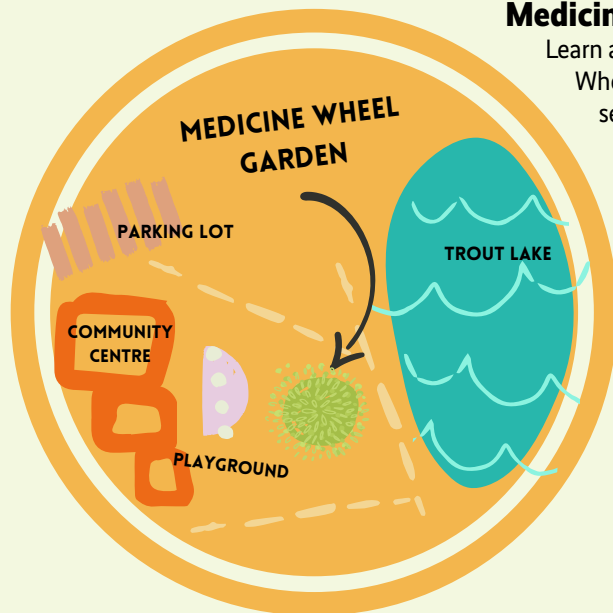
Iona Bonamis Grandview Room
Sa Apr 12 11:00 AM-12:30 PM
\$21/2 sess 554392

Nature and Bird Walk **NEW!**

TLCCA SUBSIDIZED (19+yrs)

With summer around the corner, join local naturalist, Sam MacTavish, to explore what's in bloom around Trout Lake as well as what birds can be found at this time of year.

Sam MacTavish Centre Lobby
Su Jun 1 1:00 PM-2:30 PM
\$10/1 sess 557794



Medicine Wheel Garden – Mother's Day Pow Wow (19+yrs)

Learn about Indigenous foods and medicines growing in Trout Lake's Medicine Wheel Garden! Join us for some light gardening, medicine making with in-season plants from the garden, tea and snacks! We'll have a tent set up in case of heat or rain. Brought to you by Cedar Cottage Food Network and Community Garden Roots. Thank you to our funders - Whole Foods Market Foundation, TD Friends of the Environment Foundation, Neighbourhood Matching Fund program of the Vancouver Board of Parks and Recreation.

Public Health Association Of BC Medicine Wheel

Earth Day Event | Drum Circle with Daughters of the Drum

Sa Apr 12 11:00 AM-2:00 PM
Free/1 sess 558378

Mother's Day Pow Wow

Sa May 10 2:00 PM-4:00 PM
Free/1 sess 558379

Special Guest Speaker

Sa Jun 7 2:00 PM-4:00 PM
\$5/1 sess 558380



Share your ideas for the garden expansion

EARTH DAY



SATURDAY, APRIL 12 | 11AM - 2PM

TLCC Green Committee

The driving force and organizer for Earth Day and other green events at TLCC.

Enter to win environmentally friendly prizes by joining us at our activity tables.

All ages (while supplies last)!

Seed Potting

Plant a seed and take it home to grow

Green Arts & Crafts

Using recycled, sustainable materials to inspire creative, environmentally conscious projects

Beeswax Wrap

Create sustainable, reusable wraps for eco-friendly food storage - \$2/ per wrap

Zero Waste Collection

Bring in your clean and bagged items:

- Batteries, small electronics, light bulbs, hand appliances
- Plastic bags & film
- Styrofoam & clean meat trays

Brought to you by:
Trout Lake Community Centre Association

Bike Repair

Bring your bike for minor repairs and learn about VTL's tool loaning program and program offerings

Brought to you by:
Vancouver Tool Library

Learn2Ride

Review and practice basic rules and cycling etiquette in a simulated course. Bikes will be provided (Ages 8 & Up)

Brought to you by:
HUB Cycling

Nature Walk

Take a walk around Trout Lake with a local naturalist highlights the birds and plants that call Trout Lake home. 1pm-1:45pm

Brought to you by:
Sam MacTavish

Lego Donation

Drop off gently used lego to be donated to families and kid centered organizations

Brought to you by:
Who Gives a Brick

Medicine Wheel

Open house! Garden with us and learn about the Medicine Wheel within Trout Lake. Herbal tea and seed giveaway!

Brought to you by:
Cedar Cottage Food Network

Drumming Circle @ 12pm with
Daughters of the Drum

Seed Swap

Pick up seeds for your garden, swap or donate seeds

Brought to you by:
Village Vancouver

More participating groups!

BC Hydro
Broom Busters
Canadian Parks & Wilderness Society
Cedar Cottage Community Garden
Fisheries and Oceans of Canada
Grandview Woodland Area Council
Green Technology Education Centre
Northwest Wildlife Preservation Society
Sewer and Drainage Design

Story on Wheels
Solid Waste
SPEC Elders
Suzuki Elders
The Fur Bearers
Vancouver Electric Vehicle Association
Village Vancouver
Wildcoast Ecological Society

SATURDAY, APRIL 12 | 11AM - 2PM

EARTH DAY

Connect & learn how to be better stewards of our environment!



GAMES | CRAFTS | PRIZES | WORKSHOPS | INFORMATION BOOTHS

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

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

