

Lantern Procession
August 27th!



Trout Lake Community Centre Association (TLCCA)

2025 Board of Directors

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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.



Hey neighbours!

The sun is shining, and it's the perfect time to dive into something new. Whether you're looking to spark your child's curiosity, learn a hands-on skill, or enjoy music just before the sun sets, our summer programs and events are full of opportunities to learn, connect, and celebrate the season. Browse our summer programs in this guide and read on for a few highlights!

Specialty Camps are open for registration! From arts and sports to science and tech, we've got something for every curious kid. These fun, creative camps fill quickly, so check out the full lineup and register early to secure your spot (Pages 6-13).

Explore your creative side in **Mandala of Dreams and Nature** (Page 33) with Village Vancouver. Create a beautiful plant-based mandala, stamp your dreams into the artwork, and learn about the plants used while connecting with others through stories.

Feeling crafty? Don't miss the **leatherworking workshops** (Page 22) with the Vancouver Tool Library. Learn to make a belt, dog leash and collar, garden tool carrier, or tote bag using beginner-friendly hand tools and basic leather working techniques. No prior experience required!

Boost your wellness in our **Just Ferment It Workshop Series** (Page 21). Learn the health benefits of fermented foods and how to safely make your own delicious fermented vegetables. Take home what you make and the skills to keep going!

Want to capture summer memories just the way you see them? Join Anton's **Photography Fundamentals: Master Exposure and Composition** (Page 21) workshop and gain the confidence to take stunning, intentional photos. You'll walk away with essential skills to tell your story through your lens.

And don't forget to mark your calendar for our free **Summer Outdoor Concert Series!** Every Wednesday evening from July 9 to August 20, enjoy local bands performing everything from jazz to Brazilian percussion. Bring a picnic, some friends, and enjoy live music in the park. See the full line up on the back page of this program guide, or on our website: www.troutlakecc.com/events

Lastly, we want to give a **heartfelt thank you to Shehan Slemmermann and Arlene Martin**, two dedicated members of our Green Committee who are moving on after two incredible years of volunteerism. Their proactive and eager leadership helped make our last two Earth Day events a huge success, and their contributions have left a lasting impact. We will miss their presence dearly.

Feeling inspired to get involved? We'd love to hear from you! Our community thrives because of volunteers like you. Reach out to admin@troutlakecc.com to learn how you can make an impact.

Here's to a summer full of creativity, community, and connection. We can't wait to see you out there!

Warmly,
Kari-Jane Adams, Secretary for the Board of Directors
On Behalf of the Trout Lake Community Centre Association

Registration Info:

**Summer Program Registration
In Person/Online:
Thursday, May 22 at 7:00 PM**

**Fall Program Registration
In Person/Online:
Thursday, August 14 at 7:00 PM**

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

Register online at vancouver.ca/troutlakerec.

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:

July 2 - August 31, 2025

Community Centre Hours

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

Office Hours

Mon-Fri 9:00 AM-8:30 PM
Sat & Sun 8:00 AM-3:30 PM

Fitness Centre Hours

Mon-Fri 6:00 AM-8:45 PM
Sat & Sun 8:00 AM-3:45 PM

Holiday Hours

(Community Centre and Fitness Centre)

July 1 (Canada Day) Closed
August 5 (BC Day) Closed
Sept 1 (Labour Day) Closed

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
Gloria Lai, Alison Wright, Kya Prince Program Assistant III
Kin Dang Fitness Programmer
Maegan Montemayor 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 Aug 4.

Kenneth Clarke
M W Jul 7-Aug 20
\$168/14 sess

Elm Room
3:30pm-4:15pm
564434

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 Aug 3rd.

Nicole Daniela Pavia

Su Jul 6-Aug 24
\$63/7 sess

Su Jul 6-Aug 24
\$63/7 sess

Cedar Hall

9:30 AM-10:00 AM
561610

10:05 AM-10:35 AM
561611

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 Aug 2.

Endorphin Rush Dance

Sa Jul 5-Aug 23
\$91/7 sess

Cedar Hall

11:00 AM-11:45 AM
562747

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 Aug 3rd.

Nicole Daniela Pavia

Su Jul 6-Aug 24
\$70/7 sess

Cedar Hall

12:15 PM-1:00 PM
561614

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 Aug 2.

Endorphin Rush Dance

(3-5 yrs)
Sa Jul 5-Aug 23
\$91/7 sess

Cedar Hall

9:30 AM-10:15 AM
562745

(4-6 yrs)

Sa Jul 5-Aug 23
\$91/7 sess

10:15 AM-11:00 AM
562746

Sa Jul 5-Aug 23
\$91/7 sess

12:45 PM-1:30 PM
562749

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
FULL 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.

Check out TLCCA Program Cost Assistance

See page 30.

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 Aug 3rd.

Nicole Daniela Pavia Cedar Hall
Su Jul 6-Aug 24 11:30 AM-12:15 PM
\$70/7 sess 561613

Outdoor Music Together With Karina (0-5 yrs)

Summer music in the sun! Outdoor Music Together® offers a fun-filled, family music making park class with a new songbook and award winning music each semester to continue the learning at home. Discover new ways to play with music and rhythm and help your child become a confident music-maker. In our mixed age class, each child participates at his or her own level and their natural musicality is nurtured through singing, dancing, listening, watching, and exploring the musical instruments. Class cancellations due to weather made at the discretion of the teacher and all participants will be notified and refunded. Parent participation is 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 the first class.

West Side Music Together John Hendry
Grass Area NW – Near Gravel Field & Playground

Tu Th Jul 3-Jul 31 9:30 AM-10:15 AM
\$204/9 sess 562740

Tu Th Jul 3-Jul 31 10:30 AM-11:15 AM
\$204/9 sess 562741

Tu Th Jul 3-Jul 31 11:30 AM-12:15 PM
\$204/9 sess 562743

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 Aug 3rd.

Nicole Daniela Pavia Cedar Hall
Su Jul 6-Aug 24 10:40 AM-11:25 AM
\$70/7 sess 561612

Physical Recreation

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

Parent & child program that prioritizes the development of physical literacy. The goal is to motivate children to be active for life and unleashing the power of play.

Hai Doan Gymnasium
Sa Jul 5-Aug 23 2:30pm-3:15pm
\$198/8 sess 564327

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.

Hai Doan Gymnasium - North (2/3)
Sa Jul 5-Aug 23 3:15pm-4:00pm
\$198/8 sess 564328

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 Aug 4.

Sportball Vancouver Outside - John Hendry
Gravel Field
Su Jul 6-Aug 24 9:30am-10:15am
\$133/7 sess 564341

Sportball Parent and Tot 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. Parents and children learn 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 session Aug 4.

Sportball Vancouver Outside - John Hendry
Gravel Field
M Jul 7-Aug 18 5:00pm-5:45pm
\$114/6 sess 564339

Sportball Outdoor Multi Sport (3-5 yrs)

Learn 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 social skills. Class is outside rain or shine. Parents must stay on the field but not required to participate. No session Aug 3.

Sportball Vancouver Outside - John Hendry
Gravel Field
Su Jul 6-Aug 24 10:15am-11:15am
\$133/7 sess 564342

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 session Aug 4.

Sportball Vancouver Outside - John Hendry
Gravel Field
M Jul 7-Aug 18 5:45pm-6:45pm
\$114/6 sess 564340

SPECIALTY CAMPS

Early Childhood Camps

Art and Music with Sun Rey Camp (20mo-3 yrs)

This is a wonderful way to introduce your child to art and music. Experience mural art project and more. There will be time set aside for sing a longs, movement and storytelling as well as play time. Parent/caregiver participation is required. Art supplies will be included. Drop-in \$22, space permitting.

Sun Rey Han	Art Studio
M-F Jul 7-Jul 11	9:30 AM-10:30 AM
\$97.5/5 sess	551104
M-F Jul 7-Jul 11	10:45 AM-11:45 AM
\$97.5/5 sess	551106
M-F Aug 11-Aug 15	10:45 AM-11:45 AM
\$97.5/5 sess	551108
M-F Aug 11-Aug 15	9:30 AM-10:30 AM
\$97.5/5 sess	551110

Art is Fun Camp (3-5 yrs)

Help create a mural art project and have fun with painting ,origami, clay modelling, stamping, collage to abstract, mixed media art, finger painting, crafting and more. There will be time set aside for sing a longs and story time as well as play time. Child must be able to take class unaccompanied by an adult. Please, bring water & a healthy snack. Drop in \$28, space permitting.

Sun Rey Han	Art Studio
M-F Jul 7-Jul 11	12:30 PM-2:00 PM
\$133/5 sess	551111
M-F Aug 11-Aug 15	12:30 PM-2:00 PM
\$133/5 sess	551112

Ballet Adventure: Into the Jungle! (3-5 yrs)

Get ready to embark on a wild ballet adventure through the jungle! In this fun-filled ballet camp, young dancers will step into the jungle and transform into wild animals using ballet techniques and creative movement. Each day, campers will explore new jungle animals, bringing its unique movements to life through ballet and imaginative play. Attendees must be comfortable without their parents in the room.

Nicole Daniela Pavia	Cedar Hall
Tu-F Aug 5-Aug 8	9:15 AM-10:30 AM
\$80/4 sess	561608

Bounce and Boogie (3-5 yrs)

Join Anushka for Bounce & Boogie - a fun, high-energy dance class for kids aged 3-5! Through music, movement, and play, little ones will build coordination, confidence, and a love for dance! No class July 1.

Anushka Kashyap	Cedar Hall
M W Th F Jun 30-Jul 4	9:15 AM-10:00 AM
\$51/4 sess	562827

Butterfly Garden Ballet (3-5 yrs)

Step into a whimsical world where ballet comes to life! In this class, dancers will learn basic ballet techniques while moving through imaginative landscapes inspired by nature. From hopping like bunnies and twirling through a garden of flowers, to fluttering like butterflies and fairies, each class encourages creativity and fun. Beginner-friendly. Please wear comfortable clothing for movement.

Emily Clarke	Cedar Hall
M-F Jul 7-Jul 11	9:15 AM-10:30 AM
\$100/5 sess	563904

Creative Dance: Fairies, Frogs & Fire Breathing Dragons (4-6 yrs)

Dancers are encouraged to let their imaginations run wild in this playful and expressive dance camp. In a warm and welcoming environment; children will make new friends while improving their dance technique, and exploring creative expression. Beginner friendly. Bring your cameras! Presentation for parents on the last day!

Endorphin Rush Dance	Cedar Hall
M-F Aug 18-Aug 22	9:15 AM-10:30 AM
\$109/5 sess	561580

Creative Dance: Under the Sea & Up to the Stars (4-6 yrs)

Dive into the ocean and soar into space in this exciting class that combines ballet, jazz, and hip-hop! Dancers will explore the magical worlds of the sea, moving like fish and mermaids, then blast off to leap across planets and soar through the stars. As we move through both magical worlds, we'll learn the basics of each dance style and practice creativity and expression through movement. Beginner-friendly. Please wear comfortable clothing for movement.

Emily Clarke	Cedar Hall
M-F Jul 7-Jul 11	10:35 AM-11:50 AM
\$100/5 sess	563908

Creative Play: Where Learning Meets Joy! (4-7 yrs)

Spark curiosity and creativity! In this warm, small-group program, children build friendships, strengthen literacy skills, and develop critical thinking through hands-on exploration. From art and building to imaginative play, every day is a new adventure where creativity and learning come together - boosting confidence and making learning joyful!

Cathy Belgrave	Art Studio
Tu-F Aug 5-Aug 8	10:00 AM-11:30 AM
\$85/4 sess	562150



Art and Music with Sun Rey Camp

Enchanted Ballet: A Fairy Tale Dance Adventure! (3-5 yrs)

Step into a magical world of dance, imagination, and fairy tales! In this enchanting ballet camp, young dancers will twirl, leap, and glide through classic storybook adventures like Cinderella, Sleeping Beauty, The Nutcracker, and more! Each day brings a new tale to life through graceful ballet steps, creative movement, and playful storytelling. Attendees must be comfortable without their parents in the room.

Nicole Daniela Pavia Cedar Hall
M-F Jul 28-Aug 1 9:15 AM-10:30 AM
\$100/5 sess 561606

Frozen Ballet Dance Camp

100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancers imagination. No experience required as dancers learn the basics of ballet and expression through movement. Costumes are welcome, but not required. Beginner friendly. Bring your camera! Presentation for parents on the last day!

Endorphin Rush Dance Cedar Hall
(3-5 yrs)
M-F Aug 11-Aug 15 9:15 AM-10:30 AM
\$109/5 sess 561575

(4-6 yrs)
M-F Aug 11-Aug 15 10:45 AM-12:00 PM
\$109/5 sess 561577

Hip Hop Moves and Grooves Dance Camp (4-7 yrs)

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

Endorphin Rush Dance Cedar Hall
M-F Aug 18-Aug 22 10:45 AM-12:00 PM
\$109/5 sess 561581

Jump, Twirl & Groove: Beginner Dance Combo Camp (4-6 yrs)

This fun and energetic camp combines jazz, hip-hop, ballet and creative movement. As we explore a variety of styles, we'll learn how to match our movements to the rhythm and lyrics of the music. We'll focus on building foundational dance techniques and encourage creativity and self-expression, all while making new friends and working together to create our own unique dances! Beginner-friendly. Please wear comfortable clothing for movement.

Emily Clarke Cedar Hall
M-F Jul 21-Jul 25 10:35 AM-11:50 AM
\$100/5 sess 563913

Kids on Wheels Parent & Tot Balance Bike Camp (2-3 yrs)

Introduce your child to the joy of cycling with our balance bike summer camp! Designed for beginners and intermediate riders, this camp focuses on building confidence, improving risk management, and developing essential skills like stopping, turning, gliding, and balancing. Children will get comfortable using balance bikes and helmets (provided or bring your own) through fun games, bike-themed books, and songs. Parents and caregivers actively participate, learning tips to support their child's safe riding journey and ensuring a collaborative, enriching experience. Balance bikes and helmets are provided, though participants are welcome to bring their own gear.

BC Cycling Coalition Outside - John Hendry Sport Court
M-F Jul 28-Aug 1 9:30am-10:30am
\$140/5 sess 564454
M-F Aug 4-Aug 8 9:30am-10:30am
\$140/5 sess 564456

Kids on Wheels Preschool Balance Bike Camp (3-5 yrs)

Embark on an exciting journey with our dynamic balance bike camp, packed with fun on-bike and off -bike activities! Each day, children will navigate an interactive riding course, practice essential skills like stopping, gliding, balancing, and turning, and learn about road signs and safety rules. Off the bike, kids will enjoy building their own biking maps, reading books, coloring, singing, and engaging in creative crafts. Designed for intermediate and advanced riders, this camp boosts confidence, enhances risk management, and prepares children for a smooth transition to pedal bikes – no training wheels needed! Balance bikes and helmets are provided, though participants are welcome to bring their own gear. As a drop-off program, parents and caregivers can relax while children thrive in a supportive, independent environment. Balance bikes and helmets are provided, though participants are welcome to bring their own gear.

BC Cycling Coalition Outside - John Hendry Sport Court
M-F Jul 28-Aug 1 10:45am-12:05pm
\$220/5 sess 564457
M-F Aug 4-Aug 8 10:45am-12:05pm
\$220/5 sess 564458



Kids on Wheels Parent & Tot Balance Bike Camp

SPECIALTY CAMPS

Mini Musical Movers (3-5 yrs)

This creative dance class lets young dancers explore movement through inspiring and exciting music from Moana, Frozen, The Lion King and more. Dancers will learn basic movement techniques in a variety of styles while expressing themselves through movement inspired by the rhythm and lyrics of each song. This class aims to spark creativity, imagination and fun! Beginner-friendly. Please wear comfortable clothing for movement.

Emily Clarke Cedar Hall
M-F Jul 21-Jul 25 9:15 AM-10:30 AM
\$100/5 sess 563912

Moana's Island Dance Adventure! (4-6 yrs)

Set sail on a high-energy dance journey inspired by Moana! Young dancers will explore hip-hop, jazz, and free movement as they dance like ocean waves, stomp like island warriors, and glide like sailing canoes. At the end of the week, they'll share their performance to iconic Moana music! Attendees must be comfortable without their parents in the room.

Nicole Daniela Pavia Cedar Hall
M-F Jul 28-Aug 1 10:45 AM-12:00 PM
\$100/5 sess 561607

Rhythmic Dance Camp (4-6 yrs)

Rhythmic gymnastics combines the grace of ballet and the strength of artistic gymnastics. Participants will learn basic body movements of apparatus technique while moving to various musical rhythms. This is a wonderful sport to test hand-eye coordination, balance, agility, flexibility, and rhythm.

Elite Gymnastics Elm Room
M-F Aug 5-Aug 8 12:30pm-1:30pm
\$52/4 sess 564416
M-F Aug 11-Aug 15 9:30am-10:30am
\$65/5 sess 564419

Sportball Multi Sport Outdoor Camp

Sportball camps focus on a variety of different ball sports, arts and crafts, snack time, stories, music, cooperative games and theme days. Camps are run outdoors, please dress for the weather.

Sportball Vancouver Outside - John Hendry
Grass Area NW

(3-5 yrs)		
M-F Jul 7-Jul 11	10:45am-12:00pm	564344
\$85/5 sess		
M-F Jul 21-Jul 25	10:45am-12:00pm	564345
\$85/5 sess		
M-F Jul 28-Aug 1	10:45am-12:00pm	564346
\$85/5 sess		
M-F Aug 11-Aug 15	10:45am-12:00pm	564347
\$85/5 sess		
M-F Aug 18-Aug 22	10:45am-12:00pm	564348
\$85/5 sess		
(5-8yrs)		
M-F Jul 7-Jul 11	1:00pm-4:00pm	565888
\$85/5 sess		
M-F Jul 21-Jul 25	1:00pm-4:00pm	565889
\$85/5 sess		
M-F Jul 28-Aug 1	1:00pm-4:00pm	565890
\$85/5 sess		
M-F Aug 11-Aug 15	1:00pm-4:00pm	565891
\$85/5 sess		
M-F Aug 18-Aug 22	1:00pm-4:00pm	565892
\$85/5 sess		

Superhero Dance Academy! (4-6 yrs)

Calling all future heroes! At Superhero Dance Academy, kids (ages 4-6) will leap, spin, and power up their moves through an action-packed mix of hip-hop, jazz, and freestyle dance! Each day, they'll unlock new superpower moves and complete the week with a performance of their dance powers. Attendees must be comfortable without their parents in the room.

Nicole Daniela Pavia Cedar Hall
Tu-F Aug 5-Aug 8 10:45 AM-12:00 PM
\$80/4 sess 561609

The Process Art Series: Where Creativity and Learning Meet! (4-7 yrs)

Spark creativity and confidence! In this playful, process-focused series, participants will explore a variety of media, discovering the different elements and making intentional choices to express themselves. Through hands-on projects, they'll build confidence, unleash their imagination, and find joy in the creative process!

Cathy Belgrave Art Studio
Tu-F Aug 5-Aug 8 1:00 PM-2:30 PM
\$85/4 sess 562152



Sportball Multi Sport Outdoor Camp

School Age Specialty Camps

Art and Yoga Summer Camp for Kids (6-12 yrs)

The earlier we can share the gift of yoga with our children, the earlier we can enrich their lives. Yoga at an early age encourages self-esteem and promotes healthy living habits and positive body awareness with a physical activity that's accessible to everyone. Give your children the gift of mind and body wellness and a chance to build confidence, cultivate mindfulness, make new friends, have fun and express their creativity. Our camp is designed by Angela Lopez, a certified Yoga, Pilates, Dance & Draw Lab instructor. Please bring your yoga mat, lunch, snacks, and water bottle. All materials are included.

Angela Lopez	Elm Room
M-F Jul 14-Jul 18	9:15 AM-3:00 PM
\$375/5 sess	561919
Nadia Medi	Elm Room
M-F Aug 18-Aug 22	9:15 AM-3:00 PM
\$375/5 sess	561920

Art Around the World Camp (5-7 yrs)

You will learn about different countries and cultures from around the world and will make beautiful art. Each class focuses on different materials and gaining new art skills. Have fun with origami, clay modelling, stamping, abstract collage, crafting and experimenting with a variety of art medias. Supplies included. Bring a nut free snack and drink. Drop-in \$37.50, space permitting.

Sun Rey Han	Art Studio
M-F Jul 7-Jul 11	2:30 PM-4:30 PM
\$177/5 sess	551115
M-F Aug 11-Aug 15	2:30 PM-4:30 PM
\$177/5 sess	551116

Art Camp: Colour Lab (6-12 yrs)

What is a color wheel? How to use colors to make your artwork truly impressive? Kids will learn the basic color theory including primaries and mixing colors. They will explore what color is and why it works the way it does and how to use the effective color technique to create beautiful combinations. By understanding and appreciation of color, kids will participate in a variety of art projects that incorporate color, play and art experimentation. Art supplies are included.

Alex Lam	Preschool
M-F Jul 7-Jul 11	9:30 AM-3:00 PM
\$280/5 sess	561923

Art Camp: Ocean Wonders (6-12 yrs)

From the surface to the sea floor, the oceans are packed with life. Let's go diving and finding many wonderful creatures in the ocean. Maybe you'll find jellyfish, sea horse, crab or creatures that glow in the dark. How about talking to a dolphin or an octopus? Kids will create paintings with watery scenes of the Ocean. Learning to paint, draw and color. This art camp provides children with fun ways to engage their creative minds through visual art activities. Art supplies are included.

Alex Lam	Art Studio
M-F Jul 14-Jul 18	9:30 AM-3:00 PM
\$280/5 sess	561926

Art Studio Camp (7-12 yrs)

Drawing, mixed media and collage your way into art. Drawing will be our main emphasis with nature walks outside and drawing from your imagination. We will use a number of different drawing materials including inks and water soluble pens, chalk and charcoal. We will cut up old drawings and create scenes or animals from the textured cuts. Students should bring lunch and snacks for the day as well as a hat and sunscreen for when we go outside. It's recommended that students also bring a sketchbook. No class July 1st.

Janine Schroedter	Art Studio
M W Th F Jun 30-Jul 4	9:15 AM-3:00 PM
\$262/4 sess	563454

Art Studio: Cardboard City (9-12 yrs)

Come on a cardboard adventure! For one week we will take on the engineering task of creating a city with our own twist. Creating buildings, roads, cars and parks. Our group vision will become reality. Dress for the weather.

Janine Schroedter	Preschool
M-F Aug 18-Aug 22	9:15 AM-3:00 PM
\$325/5 sess	563456

Brick Animation Camp (6-12 yrs)

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

Tomorrow's Playground	Preschool
M-F Jul 21-Jul 25	10:00am-12:00pm
\$175/5 sess	564316
M-F Aug 11-Aug 15	10:00am-12:00pm
\$175/5 sess	564319

Building the Band - Music Camp for Kids (6-12 yrs)

The camp will feature workshops on different percussion instruments, Guitars, keyboards, vocals and Mic techniques. Once we have covered each category of instruments students will choose their favourite one and participate in a grand finale style group Jam featuring some given pop songs and world Music. Building the band is the ultimate result and all of the students are important players in this experience.

Diego Kohl	Maple Room
M-F Jul 7-Jul 11	11:00 AM-1:00 PM
\$150/5 sess	562168
M-F Aug 11-Aug 15	11:00 AM-1:00 PM
\$150/5 sess	562172

SPECIALTY CAMPS

Capoeira Advanced Youth Intensive

(7-14 yrs)

This camp's content will be designed to challenge participants with complex Capoeira techniques and concepts. It will be suitable for those that have a good understanding of Capoeira fundamentals, and have already achieved a solid level of physical conditioning and durability.

Kenneth Clarke Elm Room
M-F Jul 7-Jul 11 9:30am-1:00pm
\$175/5 sess 564438

Capoeira Youth Camp (All Levels)

(7-14 yrs)

Capoeira is a multidisciplinary Martial Art from Brazil. Our 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. Led by Ken – Prof Polvo – Clarke. No session Jul 1.

Kenneth Clarke Elm Room
M-F Jul 28-Aug 1 9:30am-12:00pm
\$125/5 sess 564439

Design to Dine with

Petit Architects **NEW!** (6-13 yrs)

Create a food experience that speaks to the senses! Learn how to design a restaurant that entertains and offers up a tasty local meal. In this class we will develop a playful restaurant concept, learn about responsible design, create a menu, draw a floorplan, and build a 3D model. With Petit Architect, children will enjoy both individual and group activities, with a healthy mix of indoors and outdoors. Please bring a nut free snack, lunch, and water bottle. Dress for the weather, bring sunscreen and hats.

Petit Architect Design For Kids Ltd.

Preschool
M-F Jul 28-Aug 1 9:30am-3:00pm
\$430/5 sess 564451

Green Cities with

Petit Architect **NEW!** (6-13 yrs)

Learn what a green city is and explore the relationship between architecture, urban design, and the environment. Using creative problem solving, we will create 2D architectural drawings and build 3D models of buildings that respect the environment around us. With Petit Architect, children will enjoy both individual and group activities, with a healthy mix of indoors and outdoors. Please bring a nut free snack, lunch, and water bottle. Dress for the weather, bring sunscreen and hats.

Petit Architect Design For Kids Ltd.

Art Studio
M-F Aug 25-Aug 29 9:30am-3:00pm
\$430/5 sess 564452

Kids Team Tennis Camp

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

Wilson Tan Outside - Tennis Court –
John Hendry Park

(5-6 yrs)

M-F Jul 14-Jul 18 10:00am-11:00am
\$76/5 sess 564354
M-F Jul 14-Jul 18 1:00pm-2:00pm
\$76/5 sess 564357
M-F Jul 28-Aug 1 10:00am-11:00am
\$76/5 sess 564360
M-F Jul 28-Aug 1 1:00pm-2:00pm
\$76/5 sess 564363
M-F Aug 11-Aug 15 10:00am-11:00am
\$76/5 sess 564366
M-F Aug 11-Aug 15 1:00pm-2:00pm
\$76/5 sess 564369
M-F Aug 18-Aug 22 10:00am-11:00am
\$76/5 sess 564373
M-F Aug 18-Aug 22 1:00pm-2:00pm
\$76/5 sess 564376

(7-9 yrs)

M-F Jul 14-Jul 18 11:00am-12:30pm
\$96/5 sess 564355
M-F Jul 14-Jul 18 2:00pm-3:30pm
\$96/5 sess 564358
M-F Jul 28-Aug 1 11:00am-12:30pm
\$96/5 sess 564361
M-F Jul 28-Aug 1 2:00pm-3:30pm
\$96/5 sess 564364
M-F Aug 11-Aug 15 11:00am-12:30pm
\$96/5 sess 564367
M-F Aug 11-Aug 15 2:00pm-3:30pm
\$96/5 sess 564370
M-F Aug 18-Aug 22 11:00am-12:30pm
\$96/5 sess 564374
M-F Aug 18-Aug 22 2:00pm-3:30pm
\$96/5 sess 564377

(10-13 yrs)

M-F Jul 14-Jul 18 11:00am-12:30pm
\$96/5 sess 564356
M-F Jul 14-Jul 18 2:00pm-3:30pm
\$96/5 sess 564359
M-F Jul 28-Aug 1 11:00am-12:30pm
\$96/5 sess 564362
M-F Jul 28-Aug 1 2:00pm-3:30pm
\$96/5 sess 564365
M-F Aug 11-Aug 15 11:00am-12:30pm
\$96/5 sess 564368
M-F Aug 11-Aug 15 2:00pm-3:30pm
\$96/5 sess 564371
M-F Aug 18-Aug 22 11:00am-12:30pm
\$96/5 sess 564375
M-F Aug 18-Aug 22 2:00pm-3:30pm
\$96/5 sess 564378

Rhythmic Dance Camp

Rhythmic gymnastics combines the grace of ballet and the strength of artistic gymnastics. Participants will learn basic body movements of apparatus technique while moving to various musical rhythms. This is a wonderful sport to test hand-eye coordination, balance, agility, flexibility, and rhythm.

Elite Gymnastics Elm Room

(6-7 yrs)

M-F Aug 11-Aug 15 10:30am-11:30am
\$65/5 sess 564420
M-F Aug 5-Aug 8 1:30pm-2:30pm
\$52/4 sess 564417

(8-12 yrs)

M-F Aug 5-Aug 8 2:30pm-3:30pm
\$52/4 sess 564418
M-F Aug 11-Aug 15 11:30am-12:30pm
\$65/5 sess 564421

SPIKE ROBOTICS with Scratch coding **NEW!** (8-12 yrs)

This is a Fun & exciting introductory educational robotics program featuring LEGO® SPIKE Robotics. In this STEAM-based program, teams of students will learn to design, program, and control Robots and other mechanisms with the use of motors, sensors and gears, and engage in exciting Fun Challenges! Using Scratch coding, students can build, program, and test their solutions based on real-life robotics technology.

Tomorrow's Playground Preschool
M-F Aug 11-Aug 15 3:00pm-5:00pm
\$225/5 sess 564321

Vancouver Landmarks with Petit Architect **NEW!** (6-13 yrs)

Discover Vancouver architectural landmarks and their famous architects. From Science World's geodesic dome, to skyscrapers with podiums, students will create architectural 2D drawings and build 3D models of our city's iconic buildings. With Petit Architect, children will enjoy both individual and group activities, with a healthy mix of indoors and outdoors. Please bring a nut free snack, lunch, and water bottle. Dress for the weather, bring sunscreen and hats. Petit Architect Design For Kids Ltd.

Maple Room
M-F Jul 2-Jul 4 9:30am-3:00pm
\$258/3 sess 564450



Vancouver Landmarks with Petit Architect

WEDO I Robotics Camp (6-12 yrs)

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

Tomorrow's Playground Preschool
M-F Jul 21-Jul 25 12:30pm-2:30pm
\$175/5 sess 564317
M-F Aug 11-Aug 15 12:30pm-2:30pm
\$175/5 sess 564320

WEDO 2 Robotics Camp (7-12 yrs)

The LEGO Education WEDO 2.0 system provides an exciting experience into the world of Robotics! WEDO 2.0 supports a hands-on, minds on learning experience. Using LEGO elements, and experimentation, and incorporates activities across science, engineering, and technology with STEM education. No prior robotics experience necessary. Students will be assigned projects according to their abilities.

Tomorrow's Playground Preschool
M-F Jul 21-Jul 25 3:00pm-5:00pm
\$175/5 sess 564318

Yoga Dance and Art Camp (6-10 yrs)

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

Kylie Railton Elm Room
M-F Jul 21-Jul 25 9:00am-3:00pm
\$275/10 sess 564334
M-F Aug 25-Aug 29 9:00am-3:00pm
\$275/10 sess 564335

Byte Camp - Claymation Movie Production (9-12 yrs)

Make your own clay characters come to life, just like Shaun the Sheep! Participants will work to build their own clay characters, sets and props; develop their own script; shoot their movie scenes; and then learn to edit and add sounds and special effects to complete the whole project. Don't worry parents, there will be plenty of time devoted to outdoor games and activities!

Byte Camp Art Studio
M-F Jul 21-Jul 25 9:00am-4:00pm
\$395/5 sess 564314

Byte Camp - Foundations in AI (11-14 yrs)

AI is taking over the world. Learn how computers think, how to think like computers, and how to make the computers think like us. This camp will explore the basics of AI and give students an opportunity to build and train their own bots as they compete with other bots in simulated competitions.

Byte Camp Art Studio
M-F Jul 28-Aug 1 9:00am-4:00pm
\$395/5 sess 564315

Fire & Flower Girls Empowerment Camp: Hummingbird (10-12 yrs)

Our Hummingbird camp will explore different themes and topics surrounding adolescence and young adulthood such as examining stereotypes and body positivity, navigating friendship and power dynamics and creating a culture of respect. We balance learning with relevant crafts, a daily dose of nature time and provide space for vulnerability and openness with our daily heart circles. This is a LGBTQ2SIAP+ inclusive space and we welcome gender-diverse youth. Registration: All interested families must apply by submitting an Expression of Interest. To apply and for more information: <https://fireandflowergirls.org/summer/> or contact jenn@fireandflowergirls.org United Girls Of The World Society

Preschool
M W Th F Jun 30-Jul 4 9:00 AM-3:00 PM
Free/4 sess

SPECIALTY CAMPS

Creative Dance Combo Camp

(6-8 yrs)

This dynamic dance camp combines ballet, jazz and modern styles for an exciting and fun-filled experience! Dancers will explore the flow, musicality and energetic movement of each style while learning foundational techniques. Along the way, we'll build confidence and exercise our creativity. This camp is great for beginners and encourages kids to have fun while learning new skills. Please wear comfortable clothing for dancing and bring a water bottle.

Emily Clarke Cedar Hall
M-F Jul 21-Jul 25 12:20 PM-3:00 PM
\$215/5 sess 563914

Dance Extreme Camp

(6-12 yrs)

Explore a number of different dance styles in this upbeat and welcoming dance camp. Kids will leave feeling proud of their new dance skills, and have a great time making new friends. Styles may include Latin Dance, Contemporary, Popping, Hip Hop, Acrobatic Dance, Creative Movement and Bollywood! Please wear comfortable clothing and bring water and clean indoor shoes for dancing. There will be a presentation for family members on the last day of camp. No experience required, all dancers welcome.

Endorphin Rush Dance Cedar Hall
M-F Aug 18-Aug 22 12:30 PM-3:30 PM
\$225/5 sess 561583

Groove and Flow

(9-12 yrs)

Master groove dance moves, smooth transitions, and freestyle to the hottest tracks! Build confidence, style, and creativity as you learn exciting routines. At the end of the week, showcase your skills in an energetic and fun performance! No class July 1.

Anushka Kashyap Cedar Hall
M W Th F Jun 30-Jul 4 2:00 PM-3:00 PM
\$68/4 sess 562953

Groove Stars

(5-7 yrs)

Join Anushka's Groove Stars class for young dancers! This dynamic session combines grooving basics, dance games, and upbeat music to enhance coordination and rhythm. It's a fun and engaging way for children to stay active while expressing themselves through movement! Plus, there's a performance opportunity for parents at the end! No class July 1.

Anushka Kashyap Cedar Hall
M W Th F Jun 30-Jul 4 10:05 AM-10:50 AM
\$51/4 sess 562949
M-F Jul 14-Jul 18 11:15 AM-12:00 PM
\$64/5 sess 562957

Jump, Twirl, & Groove:

Dance Combo Camp

(6-8 yrs)

This energetic dance camp combines jazz, hip-hop, ballet and creative movement. Dancers will explore a variety of styles, learning to match their movements to the rhythm and lyrics of the music. We'll focus on building foundational dance techniques and encourage creativity and self-expression. Along the way, dancers will make new friends and work together to create their own unique routines. Beginner-friendly. Please wear comfortable clothing for dancing and bring a water bottle.

Emily Clarke Cedar Hall
M-F Jul 7-Jul 11 12:20 PM-3:00 PM
\$215/5 sess 563910

Junior Author & Artist Studio

(8-12 yrs)

Unlock the power of communication, creativity, and self-expression! In this engaging mini-camp, young writer-artists will explore the magic of storytelling and art through hands-on activities. Children will experiment with vocabulary, story structure, color, line, and shape to bring their unique ideas to life. By combining art and story, they'll discover new ways to communicate with clarity and purpose, building confidence and a positive learner identity. Bring your journal and pencil?art supplies are provided!

Cathy Belgrave Preschool
M-F Jul 14-Jul 18 1:00 PM-3:00 PM
\$120/5 sess 562160
M-F Aug 18-Aug 22 1:00 PM-3:00 PM
\$120/5 sess 562164

Making Art: Finding Joy in the Process

(8-12 yrs)

Discover the joy of creating! In this inspiring camp, children will explore the elements of art composition, value, line, and colour - learning how they work together to spark creativity. Using the natural beauty of Trout Lake as inspiration, participants will engage in open-ended projects that celebrate the creative process, not just the final product. This camp encourages self-expression and confidence, helping children find joy in making and valuing their own unique artistic voice. All art supplies provided!

Cathy Belgrave Preschool
M-F Jul 14-Jul 18 10:00 AM-12:00 PM
\$140/5 sess 562154
M-F Aug 18-Aug 22 10:00 AM-12:00 PM
\$140/5 sess 562163

Math & Literacy

Camp

(5-7 yrs)

Come join us for an action-packed week of activities which will encourage social, emotional learning, literacy and active team play. The camp will help build the confidence of young learners and help them prepare for the upcoming school by engaging in literacy and math activities in a fun and engaging manner. Please bring a nut-free snack, nut-free lunch and water bottles.

Alisha Parashar Willow Room
M-F Aug 25-Aug 29 9:00am-3:00pm
\$300 566354

Musical Magic

(7-10 yrs)

Join our Musical Magic Summer Camp! In just one week, we'll focus on a single musical such as Seussical, Annie, or Beauty and the Beast. Kids will enjoy singing and dance warmups, key song rehearsals, improv games, and acting exercises. At the end of the week, they'll perform for their parents, showcasing all they've learned. Don't miss out on the magic of theater!

Anushka Kashyap Cedar Hall
M-F Jul 14-Jul 18 10:05 AM-11:05 AM
\$85/5 sess 562956

Phonics & Printing

Literacy **NEW!** (5-7 yrs)

We will review printing and reading short vowel words each day in a fun and engaging manner. Students will review sight words and improve their printing as well as reading fluency.

Alisha Parashar Art Studio
M-F Aug 5-Aug 8 3:00pm-5:00pm
\$80 566355

Pop Star Power (7-10 yrs)

Sing, dance, and shine like a true pop star! Learn fun choreography and vocal techniques to hit songs from Taylor Swift, Olivia Rodrigo, BTS, and more. At the end of the week, campers will take the stage and perform for their families & friends, showcasing their star power! No class July 1.

Anushka Kashyap Cedar Hall
M W Th F Jun 30-Jul 4 12:45 PM-1:45 PM
\$68/4 sess 562952
M-F Jul 14-Jul 18 2:00 PM-3:00 PM
\$85/5 sess 562959

Pottery Camp (8-12 yrs)

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

Laura Van Der Linde Pottery Studio
M-F Jul 7-Jul 11 9:30 AM-12:00 PM
\$250/5 sess 550470
M-F Jul 14-Jul 18 1:00 PM-3:30 PM
\$250/5 sess 550472
M-F Aug 11-Aug 15 1:00 PM-3:30 PM
\$250/5 sess 550473
M-F Aug 18-Aug 22 9:30 AM-12:00 PM
\$250/5 sess 550471

Step Up Kids (7-10 yrs)

Groove, move, and shine in this high-energy dance class! Learn fun combos to hits like Levitating, Dynamite, and Can't Stop the Feeling! Build confidence, find your rhythm, and show off your moves in a mini performance! No class July 1.

Anushka Kashyap Cedar Hall
M W Th F Jun 30-Jul 4 11:00 AM-12:00 PM
\$68/4 sess 562950
M-F Jul 14-Jul 18 12:45 PM-1:45 PM
\$85/5 sess 562958

Rhythm and Art Summer Camp

(7-12 yrs)

Join us for a vibrant and creative summer at our Dance, Art, and Smartphone Photography Camp! This immersive camp is designed for young artists, photographers, and dancers who want to explore their passion, develop new skills, and express themselves in a supportive and fun environment. Students will also learn the basic fundamentals of Hip Hop and Breaking where they build strength, and develop confidence while having fun, followed by smartphone photography sessions where students will learn the basics of camera settings, composition, lighting, and editing. In addition, students will experiment with various mediums like painting, drawing, sculpture, and mixed media. Come join us for a summer of artistic exploration, creative growth, and unforgettable fun!

Jhaymee Hizon Maple Room
M-F Jul 28-Aug 1 9:15 AM-3:00 PM
\$315/10 sess 562960
Tu-F Aug 5-Aug 8 9:15 AM-3:00 PM
\$252/8 sess 562961

Singing Star (4-7 yrs)

Join us for a magical adventure where kids explore Disney classics through singing, dancing, and fun games! Each class features a different movie such as 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!

Anushka Kashyap Cedar Hall
M-F Jul 14-Jul 18 9:15 AM-10:00 AM
\$64/5 sess 562955

Storytelling & Creative

Writing **NEW!** (6-8 yrs)

Through a variety of fun reading and visual art and movement activities, children will gather ideas for their own creative stories. To build confidence in reading and speaking, children will also have opportunities to share and present their stories.

Alisha Parashar Art Studio
M-F Aug 5-Aug 8 3:00pm-5:00pm
\$100 566350

Swiftie Dance Camp (6-12 yrs)

Taylor Swift Fans Unite! This upbeat, empowering, and vibrant dance class is set to 100% Taylor Swift tunes including Anti-Hero and Shake it Off. Dancers will improve jazz technique, play interactive dance games, and learn dynamic choreographies all while making new friends. Please wear comfortable clothing for movement, clean dance or running shoes, and bring a water bottle. Get ready to cheer; there will be a presentation on the last day of class.

Endorphin Rush Dance Cedar Hall
M-F Aug 11-Aug 15 12:30 PM-3:30 PM
\$225/5 sess 561578

Wickedly Good Time: Pink Passion & Emerald Vibes

Dance Camp (6-12 yrs)

Pink Passion and Emerald Vibes Dance Camp: Skip into the magical world of Emerald city and let your imagination fly in this Wicked-Inspired Dance Camp. Dancers will improve their dance technique (fused with styles including jazz, hip hop and contemporary), let their creativity flourish, all while making new friends. Get ready to cheer and enjoy a spellbinding performance on the last day of camp for family.

Endorphin Rush Dance Cedar Hall
M-F Aug 25-Aug 29 9:15 AM-12:15 PM
\$225/5 sess 561584

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!

Education

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 Preschool
Su Aug 3 12:00 PM-1:30 PM
\$65/1 sess 563478

Family Fun Soap Making with Lily (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.) Visit soapifystudio.com to view class details.

Lily Sum Preschool
Sa Jul 5 2:00 PM-4:00 PM
\$73/1 sess 563479
Sa Aug 3 2:00 PM-4:00 PM
\$73/1 sess 563480

Birthday Parties Available!

See page 32 for more information ...



Martial Arts

Aikido Summer Kids Class (8-12 yrs)

Aikido is a non-competitive Japanese martial art form. Kids learn basic techniques, movements, and develop self-discipline with warm and friendly atmosphere. Drop-in \$12, space permitting. No session Aug 2. Shohei Juku Aikido Canada Elm Room
Sa Jul 5-Aug 30 10:00am-10:50am
\$80/8 sess 564415

Axe Capoeira For Youth (All levels) (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 Aug 4.

Kenneth Clarke Elm Room
M W Jul 7-Aug 20 4:15pm-5:15pm
\$168/14 sess 564433

Shorinji Kempo (8-12 yrs)

Sign up your child for our Children's Shorinji Kempo classes – a martial arts program designed to build practical self-defence skills, confidence, and leadership! Run by a dedicated non-profit, this class offers a fun, safe, and non-competitive environment where kids learn manners, compassion, and justice. They'll make friends and grow strong, all while discovering a taste of Japanese culture. Don't miss out – enrol today and watch your child thrive in this exciting, supportive setting! Drop-in \$10. space permitting.

Shorinji Kempo Society Elm Room
Sa Jul 5-Jul 26 1:00pm-2:30pm
\$35/4 sess 564329

Performing Arts

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 Maple Room
Th Jul 10-Aug 21 3:30 PM-7:00 PM
\$210/7 sess

Contemporary for Pre Teens (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 Aug 2.

Endorphin Rush Dance Cedar Hall
Sa Jul 5-Aug 23 2:30 PM-3:30 PM
\$91/7 sess 562751

Check out TLCCA Program Cost Assistance

See page 30.

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 Aug 2 and 4.

Rene Hugo-Sanchez Art Studio
M Jul 7-Aug 18 5:45 PM-7:15 PM
\$180/6 sess

Rene Hugo-Sanchez Art Studio
Sa Jul 5-Aug 23 10:00 AM-2:00 PM
\$210/7 sess 562917

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 Aug 2. No drop-ins.

Endorphin Rush Dance Cedar Hall
Sa Jul 5-Aug 23 12:00 PM-12:45 PM
\$91/7 sess 562748

Sa Jul 5-Aug 23 1:45 PM-2:30 PM
\$91/7 sess 562750

Visual Arts

Comics & Clay Camp (9-12 yrs)

A week of creating art in both 2d and 3d! Students will alternate between drawing characters like robots, superheros or anime and creating 3d sculpture of their characters. Some drawing supplies will be provided but students are welcome to bring their own. Bring a lunch, water bottle and sun safe essentials. No class Aug 4.

Janine Schroedter Preschool
Tu-F Aug 5-Aug 8 9:15 AM-3:00 PM
\$262/4 sess 563455

Physical Recreation

Sportball Outdoor Multi Sport (5-7 yrs)

Sportball Multi-Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in the eight core sports of the Sportball methodology. Classes use developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development, enabling confidence and developing the social skills necessary to succeed in sport and life. Class is outside rain or shine. Parents must stay on the field but not required to participate. No session Aug 3.

Sportball Vancouver Outside - John Hendry Gravel Field
Su Jul 6-Aug 24 11:15am-12:15pm
\$133/7 sess 564343

Smashball (9-12 yrs)

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

Volleyball BC Gymnasium - South (1/3)
W Jul 2-Aug 27 5:15pm-6:30pm
\$117/9 sess 564310

Kids Tennis

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

Wilson Tan Outside - Tennis Court - John Hendry Park

(5-6 yrs)
Th Jul 10-Jul 31 4:15pm-5:00pm
\$57/4 sess 564396
Th Aug 7-Aug 28 4:15pm-5:00pm
\$57/4 sess 564399
Su Jul 6-Jul 27 12:15pm-1:00pm
\$57/4 sess 564402
Su Aug 10-Aug 31 12:15pm-1:00pm
\$57/4 sess 564405

(7-9 yrs)
Th Jul 10-Jul 31 5:00pm-6:30pm
\$96/4 sess 564397
Th Aug 7-Aug 28 5:00pm-6:30pm
\$96/4 sess 564400
Su Jul 6-Jul 27 1:00pm-2:30pm
\$96/4 sess 564403
Su Aug 10-Aug 31 1:00pm-2:30pm
\$96/4 sess 564406

(10-13 yrs)
Th Jul 10-Jul 31 5:00pm-6:30pm
\$96/4 sess 564398
Th Aug 7-Aug 28 5:00pm-6:30pm
\$96/4 sess 564401
Su Jul 6-Jul 27 1:00pm-2:30pm
\$96/4 sess 564404
Su Aug 10-Aug 31 1:00pm-2:30pm
\$96/4 sess 564407



Sportball Outdoor Multi Sport

Youth In Action (YIA)

(12-18 yrs)

Youth In Action an exciting adaptive program for teens with mild to moderate needs (behavioural and developmental challenges). Join us this summer for fun and challenging activities in a safe recreation environment. YIA is a great place for youth to learn and form long lasting friendships. Note: Youth must be registered with a CYSN through the Ministry of Children and Family Development before registering for YIA. For more information please contact Amanda Simonetto at 604.257.6970 or YIA@vancouver.ca.

Willow Room

Week 1

W-F Jul 2-Jul 4 9:00 AM-4:00 PM
\$60/3 sess 563431

Week 2

M-F Jul 7-Jul 11 9:00 AM-4:00 PM
\$100/5 sess 563432

Week 3

M-F Jul 14-Jul 18 9:00 AM-4:00 PM
\$100/5 sess 563433

Week 4

M-F Jul 21-Jul 25 9:00 AM-4:00 PM
\$100/5 sess 563434

Week 5

M-F Jul 28-Aug 1 9:00 AM-4:00 PM
\$100/5 sess 563435

Week 6

Tu-F Aug 5-Aug 8 9:00 AM-4:00 PM
\$80/4 sess 563436

Week 7

M-F Aug 11-Aug 15 9:00 AM-4:00 PM
\$100/5 sess 563437

Week 8

M-F Aug 18-Aug 22 9:00 AM-4:00 PM
\$100/5 sess 563438

Youth Overnight Camping Trip: Sasamat Outdoor Centre

(13-18 yrs)

In order to register participants must first be approved through Bernie Dionne. Join us this summer and head outdoors for a wilderness adventure! Explore local trails, learn and enjoy outdoor activities such as kayaking, ropes course, and archery, and have fun while meeting new friends! Registration fee includes transportation, accommodation, all activity costs, meals, and staff supervision for this 3-day, 2-night cabin camping trip. This trip is in collaboration with 10 other community centres across the city. A welcome e-mail containing a Parent/Guardian Information Package will be sent to all participants prior to the trip with a detailed itinerary for each day. Completed parent/guardian consent forms will be required to participate in the camping trip. There will be a mandatory pre-trip meeting for all participants on Friday August 22 at 5pm at Trout Lake Community Centre (Willow Room). Parents/guardians are also invited to attend. *Note: Activities and schedule may change without notice. Registered participants are asked to please check their e-mails for any updated information, in order to register, please contact the Community Youth Worker: bernie.dionne@vancouver.ca

Youth Leader

Tu W Th Aug 26-Aug 28 2:00 PM-2:30 PM
\$85/3 sess 563439

Check out TLCCA Program Cost Assistance

See page 30.

Summer Hoops BBall Tournament

(12-18 yrs)

Summer Hoops 3v3 basketball tournament! Night Hoops is designed to empower individuals not only to become better basketball players but also to lead successful and fulfilling lives by developing the skills necessary to overcome challenges and seize opportunities both on and off the court. We are thrilled to announce our Youth Basketball Tournament and invite all young athletes to participate! Whether you're an individual player looking to join a team, a group of friends ready to compete together, or someone passionate about spreading the word in your community, there's a part you can play in this community event!

Why Join the 3v3 Tournament? Fun and Inclusive Environment: Enjoy the thrill of the game in a supportive and dynamic atmosphere. Free Food! Who Doesn't Love Food, and it's Free! Community Building: Meet new friends and strengthen community bonds.

How to Participate? As an Individual: If you're an enthusiastic player without a team, don't worry! Sign up as an individual, and we'll place you on a team that matches your age and skill level. This is a great way to make new friends and be part of an exciting experience. As a Team: Gather your friends, form a team, and sign up together! Whether you're a seasoned group or a new team, this tournament is a fantastic opportunity to showcase your skills and enjoy the game.

For more details or any questions, please contact us @ vancouvercoordinator@nighthoops.ca. We are here to help and ensure you have a fantastic tournament experience.

Outside - John Hendry Sport Court

Sa Jul 5 11:00 AM-4:00 PM
Free/1 sess 563427
Sa Jul 19 11:00 AM-4:00 PM
Free/1 sess 563428
Sa Aug 2 11:00 AM-4:00 PM
Free/1 sess 564442



GAMES ROOM AND YOUTH OFFICE

Come hang out in the Games Room (Willow Room) after school and play pool, foosball, ping pong, cards, or just chill with your friends. Get to know the Youth Staff, obtain resources, information, and learn about volunteer and work opportunities. Free with OneCard. Please contact Bernie Dionne, Community Youth Worker for more information. Games Room hours subject to change without notice.

Open Gym & Games Room Schedule: Friday July 4 – August 29

<p>GAMES ROOM 3:30 PM-8:30 PM</p>	<p>SOUTH GYM Youth Volleyball Drop-in 5:30 PM-8:45 PM</p>	<p>NORTH GYM Youth Basketball Drop-in 5:30 PM-8:45 PM</p>
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All programs are free with OneCard. Must be enrolled in our Youth Participation Program. Gym is supervised but no instruction provided.



Physical Recreation

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 Aug 2.

Carey Yuen
Sa Jul 5-Aug 16
\$48/6 sess

Gymnasium
9:00am-10:00am
564424

Brasilian/Latin Fit

Dance (19+ yrs)

Fit dance isn't just a fitness class. It's a class you learn choreography movements to songs that are a hit right now like brasilian funk, soca, dancehall, Reggaton and many more. Feel like a Zumba class is to fast and you can't follow? Then this is the class for you! I will break down the movement but still keep your cardio going and guarantee a sweat! I'm hear to help you move your body a way you never have. Drop in \$13, space permitting. No class Aug 1.

Lesley Maranhao
Free Trial
F Jul 4
Free/1 sess
F Jul 11-Aug 22
\$66/6 sess

Cedar Hall
6:00 PM-7:00 PM
59723
6:00 PM-7:00 PM
59726

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. No session Aug 4.

Carey Yuen
M Jul 7-Aug 18
\$87/7 sess

Gymnasium
5:30pm-6:30pm
564423

Meditation for Beginners

(19+ yrs)

Learn how to use one breath to meditate and advance it. Suitable for beginners, those who tried meditation but it didn't work, and those with no progress in practice. Meditation is your innate capacity, has power to transform your body, mind and life. Taught by an experienced teacher. Info: lifen.me

Sung Yang
W Jul16
\$15/1 sess

Preschool
7:30pm-8:30pm
565887

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 \$8.50, space permitting. No session July 29.

Anushka Kashyap
Tu Jul 8-Aug 26
\$51.50/8 sess

Gymnasium
5:45pm-6:45pm
564338

Outdoor Stroller Fitness with Carey

(19+ yrs)

Come join other parents and babies in your community at Stroller Fitness. It will be an all levels class with strength & cardio intervals, mobility work, and postnatal-specific core work. The class takes place outdoors as much as possible, however we do have an indoor option for rainy days. Come for the workout, stay for the friendships. Participants should be 4+ weeks postpartum and 6+ weeks for caesareans. Participants will need a yoga mat and water bottle. Optional to bring their own resistance band. Participants do not need a jogging stroller. Instructor is a Certified Pre & Postnatal Fitness Specialist. This is often an outdoor class; please dress appropriately. Drop-in \$17, space permitting. No session Aug 4.

Carey Yuen
M W Jul 7-Aug 20
\$157.50/13 sess

Outside - John Hendry Park
Grass Area SE
11:00am-12:00pm
564422

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 Jul 10-Jul 31
\$105/4 sess

Gymnasium
5:30pm-7:00pm
564349

Prenatal Fitness with Carey

(19+ yrs)

Come join other moms-to-be in your community at Prenatal Fitness, an all-levels, all trimesters welcome, fitness class. This class includes strength & cardio intervals, mobility work, and prenatal-specific core work. We will address common prenatal discomforts through movement, while increasing flexibility and strength. Come for the workout, stay for the friendships. Participants are welcome to bring their own yoga mat and resistance band - equipment will also be available. A water bottle is recommended. Participants are recommended to have a health care practitioner's approval should there be any concerns surrounding the pregnancy. Instructor is a Certified Pre & Postnatal Fitness Specialist. Drop in \$17, space permitting. No session Aug 4.

Carey Yuen
M Jul 7-Aug 18
\$94.50/6 sess

Lakewood Room
7:00pm-8:00pm
564427

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!

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
W Jul 6-Aug 10 10:00am-11:00am
\$113.50/6 sess 565898

Pulse & Power (19+ yrs)

Join Anushka's Pulse & Power 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! \$15 drop-in, space permitting. No session July 29.

Anushka Kashyap Gymnasium
Tu Jul 8-Aug 26 4:45pm-5:30pm
\$89/7 sess 564337

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. Get ready for exciting drills, expert tips, and a whole new level of play! Perfect for adults who've completed our previous tennis programs. Let's keep the tennis journey going!

Wilson Tan Gymnasium
Th Jul 10-Jul 31 7:30pm-9:00pm
\$105/4 sess 564351

Gymnasium Sports Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
EVENING	Badminton Jul 7-Aug 25 7:00pm-8:45pm \$42/7 sess 564306	Basketball Jul 8-Aug 26 7:00pm-8:45pm \$48/8 sess 564307	Volleyball Beginner & Intermediate Jul 2-Aug 27 7:00pm-8:45pm \$54/9sess 564311	Volleyball Beginner & Intermediate Jul 3-Aug 28 7:00pm-8:45pm \$54/9 sess 564312

Sport Drop-In Procedures

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

Zumba in the Park (3+ yrs)

Bring the entire family to this fitness class that fuses Latin rhythms with easy to follow moves to create a dynamic workout designed for everyone at any fitness level. It combines Salsa, Cumbia, Merengue, Samba, Flamenco and more. www.zumbavancouver.com

Zumba Vancouver Outside - John Hendry
Park Grass Area SE
M Jul 8 6:45pm-7:45pm
Free/1 sess 564431

Zumba Mondays (19+ yrs)

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. It combines Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. <http://www.ZumbaVancouver.ca>
Drop-ins for \$15, space permitting. No session Aug 4.

Zumba Vancouver Cedar Hall
M Jul 14-Aug 25 8:00pm-8:55pm
\$81/6 sess 564332

Seniors Physical Recreation

Strength & Balance (55+ 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
W Jul 3-Aug 28 11:30am-12:30pm
\$57/9 sess 565952

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
M-F Jul 3-Aug 28 11:00am-1:00pm
\$22.50 566322

Education

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 - John Hendry
Gravel Field
Sa Jul 12 2:00 PM-4:00 PM
\$20/1 sess 554377

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 - John Hendry
Gravel Field
\$20/1 sess
Sa Jul 5 11:00 AM-1:00 PM 553656
Th Jul 10 5:00 PM-7:00 PM 553659
Th Jul 17 5:00 PM-7:00 PM 553661
Th Jul 24 5:00 PM-7:00 PM 553669
Sa Jul 26 11:00 AM-1:00 PM 553670
Th Aug 7 5:00 PM-7:00 PM 554359
Th Aug 14 5:00 PM-7:00 PM 554360
Th Aug 28 5:00 PM-7:00 PM 554363
Sa Aug 30 11:00 AM-1:00 PM 554364

Artsy Soap Design **NEW!** (19+yrs)

Choose from over 30 scents, 60+ molds, endless colour combinations and learn how to create 3 of your own personalized soaps to take home! Add some shimmer to your soap and decorate with mica powders. No experience required and all supplies are included. Visit <https://soapifystudio.com/> to view additional details.

Lily Sum Preschool
Sa Jul 5 11:30 AM-1:30 PM
\$58/1 sess 565340

Dog Obedience - Anxious & Fearful Dogs (19+ yrs)

No aggressive dogs - this is exhibited as a dog with bite history either dog to human or dog to dog. This is for dogs that are fearful and or anxious dogs that have no idea of what to do when encountering people or dogs. Dogs may snap. Understanding your dog helps improve body language between humans and other dogs. This class teaches what rewards are, not just food, and how other behaviours can help reduce conflict. Be a voice not a vice with your dog. Dealing with people who assume they can interact with your dog can be frustrating. These classes involve homework assignments working on handling of your own dog. Learn how to speak for your dog. People may need to video themselves and their dog. People may be asked to bring a toy and food even if the dog doesn't take it. If your dog has a soft-sided or small kennel and a light sheet, please bring it with you. Bring soft food, tiny treats and or kong or chew stick and a 6 ft long leash. No retracting leashes. No prong, pinch, choke chains or shock collars. No dogs in heat. No Dogs over 40lbs unless cleared by Instructor

DOGSmart Training Lakewood Room
Tu Jul 8-Jul 29 7:00pm-8:30pm
\$293/4 sess 564440

Habilidades Básicas en Bicicleta para Principiantes **NEW!** (19+yrs)

Este es un curso de 2 horas que está dirigido a personas adultas que desean aprender a andar en bicicleta o mejorar sus habilidades básicas para transportarse en entornos urbanos. Se lleva a cabo completamente fuera de la vía pública, en un entorno seguro y cómodo para quienes están comenzando. Bajo la guía de nuestros instructores con experiencia, quienes participen practicarán habilidades fundamentales como el equilibrio, el frenado, el manejo del manubrio y el pedaleo. Habrá bicicletas y cascos disponibles de manera gratuita para quienes los necesiten durante la clase. Este curso será impartido completamente en español.

HUB Cycling Outside - John Hendry
Gravel Field
Th Jul 3 5:00 PM-7:00 PM
\$20/1 sess 553654
Sa Aug 16 11:00 AM-1:00 PM
\$20/1 sess 554361

E-Bike Skills (19+yrs)

This small group, 2-hour course is 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 - John Hendry
Gravel Field
Th Jul 10 5:00 PM-7:00 PM
\$10/1 sess 554374
Th Aug 14 5:00 PM-7:00 PM
\$10/1 sess 554375

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.

Go for the Glow **NEW!** (19+yrs)

Exfoliate, Hydrate, Nourish. In this hands-on class, using techniques to enhance the beauty and healing of the skin on the face, neck, legs and hands you'll create a papaya walnut facial scrub, seaweed salt scrub, bronzing body butter and a cuticle nail oil. Plus, discussion on sit baths and dry brushing for circulation & toning. Receive recipes on toning massage oil and nail salve.

Cheryl Theilade **Preschool**
 W Jul 9 6:30 PM-8:30 PM
 \$54/1 sess 564305

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. This program will run for six, two-hour sessions, 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 - John Hendry Gravel Field**
 Tu Jul 8-Aug 12 4:30 PM-6:30 PM
 \$35/6 sess 562783



HUB Women's Cycling Program

Intermediate Bike Skills (19+yrs)

This small group 2 hour course is 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 Intermediate Bike Skills course. There will be free bicycles and helmets for use by any participants who need them.

HUB Cycling **Outside - John Hendry Gravel Field**

\$20/1 sess
 Sa Jul 5 2:00 PM-4:00 PM 554367
 Sa Jul 26 2:00 PM-4:00 PM 554368
 Th Jul 31 5:00 PM-7:00 PM 554370
 Sa Aug 16 2:00 PM-4:00 PM 554371
 Th Aug 21 5:00 PM-7:00 PM 554372
 Sa Aug 30 2:00 PM-4:00 PM 554379

It's a Chinese Dumpling Party! **NEW!** (19+yrs)

Learn how to prepare 3 fillings (two meat based, one vegetarian), wrap, and cook your own delicious jiaozi (饺子). Afterwards, eat a delicious bowl of your own home-made dumplings with dipping sauces. Bring a container to take-away some of your dumplings to freeze and enjoy at home later.

Kristine Hui **Grandview Roo**
 F Aug 15 5:45 PM-7:45 PM
 \$61/1 sess 563889



Just Ferment it Workshop Series!

Just Ferment it Workshop Series! **NEW!** (19+yrs)

Get hands-on and creative with our fermented food workshops! Learn to make kimchi, tepache, fermented salsa, fermented pickles and hot sauce while discovering the health benefits of eating fermented foods. Fermented foods are full of probiotics, and can improve your gut health, digestion, and nutrient absorption. These workshops are perfect for beginners and food enthusiasts alike. Just bring your own jars/containers to bring home your own unique delicious fermented creations!

Kristine Hui **Kitchen**
 F Jul 11-Aug 1 5:45 PM-7:45 PM
 \$209/8 sess 563895

Photography Fundamentals: Master Exposure and Composition (19+yrs)

Break free from AUTO mode and take full control of your camera! In this hands-on workshop, you'll gain a solid understanding of the three key elements of perfect exposure- ISO, shutter speed, and aperture. Beyond the technical, we'll dive into the creative side of photography, exploring composition rules and when to break them. By the end, you'll have the confidence to shoot in semi-manual modes and craft stunning images with intention.

Anton Fernando **Lakewood Room**
 Su Jul 13-Jul 13 11:00 AM-3:00 PM
 \$49.52/1 sess 563458

Leather Belt Workshop (19+yrs)

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

Vancouver Tool Library	Willow Room
Tu Jul 15	6:00 PM-8:00 PM
\$101.85/1 sess	562980

Leatherwork Drop-in Days (19+yrs)

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

Vancouver Tool Library	Willow Room
Th Jul 24	5:30 PM-8:30 PM
Free/1 sess	565459
Th Aug 28	5:30 PM-8:30 PM
Free/1 sess	565460

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	Willow Room
Tu Jul 22	6:00 PM-8:00 PM
\$99.75/1 sess	565841
Tu Aug 12	6:00 PM-8:00 PM
\$99.75/1 sess	565453

Leatherwork: Garden Tool Belt (19+yrs)

In this hands-on workshop, participants will craft a sturdy and functional leather garden tool belt—just in time for gardening season! Designed to hold a variety of tools while balancing weight and comfort, this belt is built for long days in the garden. 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 ages beautifully and lasts for years to come.

Vancouver Tool Library	Willow Room
Tu Aug 19	5:30 PM-8:30 PM
\$157.50/1 sess	565456

Leatherwork: Tote Bag (19+yrs)

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

Vancouver Tool Library	Willow Room
Th Jul 3-Jul 10	5:30 PM-8:30 PM
\$178.50/2 sess	565454



Leatherwork: Tote Bag

Leatherworking 101 (19+yrs)

Come and spend two evenings learning about leatherwork, and making a high quality fully lined 4 pocket folding card-holder with some of the best vegetable tanned leather in the world. This workshop is right for you if you're thinking about getting into leatherwork and are hoping for more out of a workshop than just making an item. Explore different tannages and thicknesses of leather. Learn about thread selection, stitch spacing, gluing techniques and reinforcements. We'll cover a lot, but not to worry – you'll leave with resources! No prior experience required.

Vancouver Tool Library	Willow Room
Th Jul 17-Jul 31	5:30 PM-8:30 PM
\$157.50/2 sess	565457
Th Aug 14-Aug 21	5:30 PM-8:30 PM
\$157.50/2 sess	565458

Moss Ball Workshop (19+yrs)

Come learn the fascinating art of making Kokedama Balls! Kokedama Balls are a globe of moss that contains soil and a plant. Kokedama is the practice of taking the root ball of a plant and suspending it in a mud ball, which is then coated with soft green moss. It is a living planter as well as a distinctive display piece. They may be fixed to a piece of driftwood or bark, suspended from a string, or nestled in a clear, attractive container. Hanging many of these as a Kokedama moss garden is called a string garden. Participants will go through the process of mixing and understanding the soil needs, wrapping the soil and placing the plant in the ball. We then tie it together and create a wrap to allow it to hang.

Vancouver Tool Library	Willow Room
Tu Jul 8	6:00 PM-8:00 PM
\$52.50/1 sess	562758
Tu Aug 5	6:00 PM-8:00 PM
\$52.50/1 sess	562964

No Sew Cardholder Workshop

(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 Aug 7 5:30 PM-8:30 PM
\$117.60/1 sess 565455

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.

Shohei Juku Aikido Canada Elm Room
M Tu Th Sa Jul 3-Jul 31
Mon 5:30pm-7:00pm
Tu Th 6:00pm-7:30pm
Sa 11:00am-12:30pm
\$80/month 564412
M Tu Th Sa Aug 2-Aug 30 11:00am-12:30pm
\$80/month 564413

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 Jul 3-Aug 28 5:00pm-5:50pm
\$94.50/9 sess 564414

Shorinji Kempo

(13+ yrs)

Discover Shorinji Kempo, an authentic Japanese martial art blending practical self-defence, throws, releases, and strikes with personal growth. Expert instructors guide all experience levels, building skills and confidence with a clear path for progress through our organized curriculum, plus meditation each class to sharpen focus and calm the mind. Enjoy a dynamic workout boosting strength and flexibility through safe, non-competitive sparring and paired techniques. Philosophy discussions enrich this practice, ideal for all ages. Our non-profit offers affordable fees and free intros. Join today – train body, mind, and spirit. Note that the August monthly program has only 2 sessions scheduled and is drop-in fee only.

Shorinji Kempo Society Elm Room
M F Sa Jul 4-Jul 28
M F 7:00pm-8:30pm
Sa 2:30pm-3:30pm
\$50/month 564330
M Aug 18-25 7:00pm-8:30pm
\$5/sess 564331

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 Jul 5-Aug 30 9:00am-11:00am
\$57/9 sess 564322

Performing Arts

Adult Group Guitar Beginners

(19+ yrs)

Learn the basic chords and strumming patterns on guitar while singing in a group your favorite songs. Bring your own guitar, classical or acoustic (highly recommended with strap) and a clip on guitar tuner. A guide book will be provided by the teacher at the first class for \$15.00.

Rene Hugo-Sanchez Art Studio
Th Jul 3-Aug 21 7:05 PM-7:35 PM
\$104/8 sess 562873

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 Art Studio
Th Jul 3-Aug 21 7:35 PM-8:05 PM
\$104/8 sess 562878

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 Art Studio
Th Jul 3-Aug 21 8:05 PM-8:35 PM
\$104/8 sess 562883

Check out TLCCA Program Cost Assistance Program

See page 32.

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 Aug 4.
Rene Hugo-Sanchez Art Studio
 M Jul 7-Aug 18 7:15 PM-7:45 PM
 \$78/6 sess 562912

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 Aug 4.
Rene Hugo-Sanchez Art Studio
 M Jul 7-Aug 18 7:45 PM-8:15 PM
 \$78/6 sess 562913

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 \$17, space permitting.
Anushka Kashyap Cedar Hall
 Free Trial
 W Jul 2 6:45 PM-7:45 PM 562738
 Free/1 sess
 W Jul 9-Aug 20 6:45 PM-7:45 PM 562739
 \$\$108/7 sess

Visual Arts

3D Lantern Making **NEW!**

TLCCA SUBSIDIZED (19+yrs)

Join in this three-part session to make artistic 3D lanterns out of invasive trees branches and tissue paper! Learn techniques to construct a light-up sculpture while learning about the history of these plants and their roles within the local ecosystem. This family-friendly evening workshop will provide participants with their very own lantern ahead of Trout Lake's Lantern Procession on August 27th!

Joshua Ralph Preschool
 Tu Jul 8-Jul 22 6:00 PM-8:00 PM 563873
 \$60/3 sess
 Tu Aug 5-Aug 19 6:00 PM-8:00 PM 563874
 \$60/3 sess



3D Lantern Making

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

Adult Beginners Pottery (19+yrs)

This class offers an intro to hand building and wheel throwing with functional projects in mind. Put your own spin on design and bring your ideas to life. Purchase clay at the front desk on the first day of classes.

Janine Schroedter Pottery Studio
 Tu Jul 8-Aug 26 6:00 PM-8:30 PM
 \$252/8 sess 563457

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 Preschool
 Su Jul 6 11:30 AM-3:00 PM
 \$99.75/1 sess 563459



Eco Printing a Silk Scarf with Plants

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 Preschool
Su Aug 17 1:00 PM-3:00 PM
\$57.75/1 sess 563460

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 Preschool
Su July 27 1:00 PM-3:00 PM
\$47.25/1 sess 563461

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
Tu Jul 8-Aug 5 6:30 PM-8:00 PM
\$120.50/5 sess 560258

Traditional Bachata

(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.

Naduska Lopez Cedar Hall
F Jul 4-Aug 22 7:15 PM-8:45 PM
\$168/8 sess 562755

Yoga

Outdoor Yoga

with Kylie

(19+ yrs)

Come enjoy a Hatha class on the grass under the tree outside the Trout Lake Community Centre. Class is open to all levels. On rainy days classes will be inside. Bring your yoga mat if you have one. No class Aug 5. Drop-in \$15, space permitting.

Kylie Railton Outside - John Hendry Park
Grass Area SE
Tu Jul 15-Aug 26 6:30pm-7:30pm
\$94.50/6 sess 564336

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 class Aug 4.

Anita Callahan Cedar Hall
M Jul 7-Aug 25 5:15pm-6:30pm
\$111/7 sess 564323
M Jul 7-Aug 25 6:40pm-7:55pm
\$111/7 sess 564324

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, space permitting. No session Aug 3.

Thi Yen Phan Cedar Hall
Tu Jul 8-Aug 26 7:45pm-8:45pm
\$76/8 sess 564448
Kate Nguyen Cedar Hall
Th Jul 3-Aug 28 7:45pm-8:45pm
\$85/9 sess 564333
Su Jul 6-Aug 31 **NEW!** 9:15am-10:15am
\$105/8 sess 564446



Meet Iris Phan:

Iris is a dedicated Yoga teacher and a firm believer in the transformative power of this ancient practice. Holding a 500-hour Yoga Teacher Training Certificate, plus many years of practicing and teaching on the mat, her classes are designed to guide students in practicing Yoga by integrating postures with breathing techniques and short meditation, empowering students to cultivate a deep and harmonious connection between their body and mind.

Iris committed to creating a supportive and safe environment in her Vinyasa Yoga classes, firmly believing that Yoga is for everyone.

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.

July 1 - Aug 15, 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Fun Hockey 12:15pm-1:30pm		LESSONS 3:45pm-6:15pm	Stick, Puck & Ring 12:30pm-2:00pm		Figure Skating 10:45am-12:15pm Adult Only	LESSONS 10:00am-1:15pm
Public Skate 1:45pm-3:15pm		Public Skate 6:30pm-8:00pm	Figure Skating 2:15pm -3:45pm		Stick, Puck & Ring 12:30-2:00pm	Public Skate 1:30pm- 3:00pm
Women & Gender Diverse Hockey 3:30pm-4:45pm			Women & Gender Diverse Hockey 4:00pm-5:30pm			
<i>No Public Skate on Monday Stat Holidays</i>						

SKATING LESSON INFORMATION

Summer Lessons

Registration begins **Thursday, June 26 at 7:00 PM**

Saturdays July 5 - Aug 9

Tuesdays July 8 - Aug 12

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



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
- 3 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

July 2 - August 29, 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 Aug 4		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 July 9-30	10:30am-11:30am	563982
Wed Aug 6-27	10:30am-11:30am	563983

Fitness for Youth (Co-Ed)

(13-18 yrs)

Fri Jul 4-25	4:00pm-5:00pm	563987
Fri Aug 8-29	4:00pm-5:00pm	563988

Fitness for Women **NEW!**

(19+ yrs)

Tue Jul 8-29	10:00am-11:00am	563985
Tue Aug 5-26	10:00am-11:00am	563986

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:

**Summer Program Registration
In Person/Online:
Thursday, May 22 at 7:00 PM**

**Fall Program Registration
In Person/Online:
Thursday, August 14 at 7:00 PM**

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

Register online at vancouver.ca/troutlakeec.

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

Registration Policy:

- Registrations are non-transferrable to another person.
- Persons may register for themselves, their family members, and a maximum of one other person.
- Cheques will be accepted. NSF cheques will have a \$35 fee.
- Programs that do not reach minimum may be cancelled.

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.

TROUT LAKE COMMUNITY CENTRE ROOM RENTAL INFORMATION					
Room Name	Maximum Capacity (Lecture)	Maximum Capacity (Reception)	Dimensions & Square Footage	Deposit Fee	Room Rate
Board Room	25	14	19x12 ft./230 sq. ft.	\$25	\$25/hr.
Maple Room	30	15	26X11 ft./285 sq. ft.	\$25	\$25/hr.
Lakewood Room	65	45	34X25 ft./1010 sq. ft.	\$100	\$45/hr.
Grandview Room	125	80	46X25 ft./1255 sq. ft.	\$200	\$65/hr.
Grandview/ Lakewood Room (Combined)	190	125	80X25 ft./2265 sq. ft.	\$300	\$110/hr.
Kitchen	8	N/A	15X21 ft./165 sq. ft.	N/A	\$25
Gymnasium (Full)	400	N/A	104X72 ft./7488 sq. ft.	N/A	\$75/hr.
Gym 2/3	240	N/A	57.5X72 ft./4140 sq. ft.	N/A	\$40/hr.
Gym 1/3	160	N/A	57.5X72 ft./4140 sq. ft.	N/A	\$35/hr.
Wedding rates are subject to a 10% increase and \$500 damage deposit is required. Film/ Movie rates apply, please contact the Rentals Department for rates. GST is not applicable to room, staffing and equipment charges					

Important Information:

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

- Use of the Kitchen is for warming and serving food only. No cooking allowed.
- All room rentals must host private functions only, the functions cannot be advertised and open to the public.
- We cannot host events that have the intention to generate revenue or charge for admission. This also includes fundraising activities and payment to a facilitator speaker at a workshop/seminar.
- Gym rentals are for approved sports activities only. Ball and floor hockey are not allowed. A Certificate of Insurance is required prior to the gym rental date(s)

For more information, please visit www.eventpolicy.ca

Available Upon Request:

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

Equipment Fees:

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

Time to Say Good-Bye to Balloons!



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

Make a reservation today!

To make a rental request or arrange a booking, please email troutlakerental@vancouver.ca. 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

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 August 16.

AM Parties

Grandview Room

Sa Jul 5-Aug 23 10:00 AM-12:00 PM
\$312/1 sess
Su Jul 6-Aug 24 10:00 AM-12:00 PM
\$312/1 sess

PM Parties

Grandview Room

Sa Jul 5-Aug 23 1:00 PM-3:00 PM
\$312/1 sess

Add Ons

Popcorn: \$30

Paint Tattoos: \$30

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

**Service runs for approximately 30 minutes*

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

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



Time to Say Good-Bye to Balloons!

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

WHY?

- **Balloons are single use garbage and an environmental hazard.**
 - Normal latex balloons take many years to biodegrade, if ever.
 - The fancy foil (Mylar) balloons never biodegrade, just break into smaller pieces.
 - The foil balloons often cause power outages and fires when they contact power lines after escaping a child's clutch or in a mass ceremonial release. Multi-balloon releases are banned in many parts of the world.
- **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.



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.

Medicine Wheel Garden

(19+yrs)

This project has been supported through the Whole Foods Market Foundation, TD Friends of the Environment Foundation, and the Neighbourhood Matching Fund program of the Vancouver Board of Parks and Recreation, in partnership with Community Garden Roots, Cedar Cottage Food Network, and Lu'Ma Medical Centre Society.

Public Health Association Of BC

Outside – Medicine Wheel

Natural Dyeing with Twinberry

This month in the garden, we welcome Rita Point Kompst, x^wməθk^wəy'əm (Musqueam) Elder, cedar weaver and natural wool dye artist. Rita will talk about her artistic process and approach to natural dyeing and weaving, and will demonstrate how to dye with twinberries from the garden. Garden tending and harvesting at 10am, workshop begins at 11am. All supplies included.

Su Jul 6 10:00 AM-12:00 PM
\$5/1 sess 562756

Open Garden Session

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.

Su Aug 17 10:30 AM-12:00 PM
Free/1 sess 562757

Mandala of Dreams and Nature

NEW!

(19+yrs)

TLCCA SUBSIDIZED

In this Village Vancouver workshop with Laura Cisneros, participants will create a plant-based mandala on which they will stamp their dreams. While maintaining balance to create the mandala, we will share some practices on how to live in harmony with all that exists. We will also share about the plants we are adding to our art, their habitats, their food, and their medicinal properties, and we will share some stories about these plants. We'll have a community seed library present - pick up some free seeds for your garden, or swap or donate seeds.

Village Vancouver Willow Room
Tu Aug 26 6:30 PM-8:30 PM
\$28/1 sess 565317

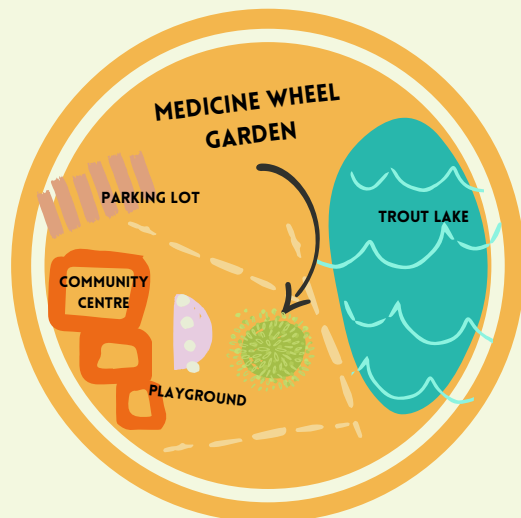
Weaving Reusing Old Household Materials

(19+yrs)

TLCCA SUBSIDIZED

You will be introduced to weaving or a new way of weaving. Gather you old cloths, jackets, shopping bags, plastic bags, yarn, and much more. We will create a simple loom, or use other techniques. You can make a simple shopping bag (also possible, passport holder, coin wallet, pillow, back pack). Your old materials will be cut into strips and woven together. (there is also some materials available to look through). Reusing the products we are eliminating is a small way to alleviate environmental pressures! Back to the basics! You'll make and get to take home your own loom for future projects!

Jeanette MacDonald Lakewood Room
Su Aug 10 11:00 AM-3:30 PM
\$45/1 sess 564707



Please take our survey and share your ideas about a future garden expansion

SUMMER EVENTS



Journaling Meet-up and Stationary Swap

(All Ages)

Bring your journal, pens, and stationary supplies to this free community event. Whether you're a journaling enthusiast or a beginner, we can all journal together, share ideas, and meet new friends. If you have any journaling supplies you want to trade or donate, our event will include a stationary swap!

Kathryn Wong

Su Jul 6

Free/1 sess

Lakewood Room

12:00 PM-3:00 PM

563875



FREE OUTDOOR CONCERT

Music with Marnie

July 14 (560477) | Aug 25 (560478) | 11:00am-11:45am

It is impossible not to get up and boogie during a Music with Marnie Show. The moment the music starts, your children will be dancing, singing and signing along. Get ready to jump in puddles and swing like monkeys, being up on your feet and boogieing to the beat is what this entertainers show is all about. Concert indoors if raining. www.MusicwithMarnie.com Please pre-register.



Movie Night IN THE PARK

July 4th



Join us for an evening of movie fun for families. Bring something comfortable to sit on and enjoy the movie! This event is presented by the Trout Lake Youth council and Collingwood Community Policing Station. Movie begins at 9:00pm. Please call Bernie at 604-257-3098 for more information.

Outside - John Hendry Park Grass Area SE

F Jul 4

9:00PM

Brewer's Park Playground



Visit your neighbourhood playground and take part in sports, arts, games, and special events. Please note this free community service is a casual use program; adults remain responsible for their children. No program on Monday, August 4th. For more information, please call Joe at 604.257.6964. Brewers Park Playground is located at Victoria Drive and E. 26th.

Program runs July 2 - August 29

Mon - Fri 11:30 AM-5:30 PM



Zumba in the Park (All Ages)

Bring the entire family to this fitness class that fuses Latin rhythms with easy to follow moves to create a dynamic workout designed for everyone at any fitness level. It combines Salsa, Cumbia, Merengue, Samba, Flamenco and more. www.zumbavancouver.com.

Zumba Vancouver Outside - John Hendry Park Grass Area SE
Tu Jul 02 6:45 PM-7:45 PM
FREE 508933

SUMMER OUTDOOR CONCERT SERIES

FREE LIVE MUSIC | ARTS & CRAFTS | KID'S ACTIVITIES LED BY RED FOX



WEDNESDAYS, JULY 9 - AUG 20



6:30PM - 8:30PM



OUTDOORS (EAST SIDE OF THE BUILDING)

IN EVENT OF RAIN, CONCERTS WILL BE INDOORS



ROCKITEERS

POP, SOFT ROCK & DANCE



SANCTUARY ALL STARS

CONTEMPORARY BIG BAND JAZZ



SWINGIN' DOORS

COUNTRY, SWING, JAZZ & BLUES



THE COVERALLS

ALT, FOLK, COUNTRY & SOUL



THE SIDE PROJECT

FOLK, ROCK, BLUES, GOSPEL & SOUL



BATUCADA ABRACE

BRAZILIAN PERCUSSION RHYTHMS



CHECO & VOC GOSPEL CHOIR

GOSPEL & SOUL



LANTERN PROCESSION

AUG 27 8:30PM - 9:30PM @ JOHN HENDRY PARK

LEAD BY

THE CARNIVAL BAND