



COMMUNITY CENTRE ASSOCIATION

Trout Lake Community Centre Association (TLCCA)

2025 Board of Directors

President Lisa Kew
Vice President I Leslie Tenta
Vice President II Valerie Spicer
Vice President III Jim Morris
Treasurer Bill Hawke
Secretary Kari-Jane Adam
Board Administrator . . . Krista Bones

Members at Large:

Anchita Kaushik, Igor Pavlov,
Sam Simonton, Jordan Huang

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

Mission Statement

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



Welcome

The leaves are off the trees and the temperatures have dropped. Our Trout Lake Community Centre (TLCC) has taken on a festive appearance under its newly resurfaced beams. We are excited to offer a wide range of programs and activities for this winter season.

Check out these **Winter Highlights** amongst the many favourites and the new possibilities.

Family Day: Always a fun, lively time for all. This is a free event sponsored by the Trout Lake Community Centre Association (TLCCA) but please remember to register as numbers help the planning.

Spring Break Camps: Seems early, but registration opens December 4th.

Member-led programs and events grow from community interest, commitment and TLCCA support. Look for “no instructor” under the program entry for opportunities like *Games and Gather*, *Knitting Together*, *the Quilting Circle*, *Table Tennis*, *Pickleball*, *Book Club*, *Building our Local Communities*, *Mah Jong*, *Bridge*, and more. Please also register for these, as some reach capacity very quickly.

Hands-on programs such as leatherwork, weaving, printing and fabric dyeing, art in its many forms and the environmental Green programs highlighted at the end of the guide are winter pleasures.

Music, Dance, Health & Fitness: Whether you want to move or be moved, our music, dance and fitness offerings, including *Singing Mamas—a welcoming circle*, promise connection and joy. Also, check out *Self-defense for Women* for empowerment and safety.

Social gatherings: TLCC is a community hub combining music, dance, quiet conversations and social events to bring neighbours together.

Curious about the TLCCA? Here's an FYI: The Trout Lake Community Centre Association shapes programming to reflect local interests and needs guided by our volunteer committees. We employ program instructors, oversee program revenue, set operational and capital budgets and operate the Trout Lake Preschool. The Association is also financially responsible for the purchase of equipment used in programs, maintaining furniture in the centre and assists in maintaining our popular Café.

It is important to note that the Association does not operate or maintain the Trout Lake Arena or Fitness Centre.

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

Here's to enjoying the winter season. We can't wait to see you at your Trout Lake Community Centre.

Jim and Leslie for the TLCCA Board

ATTENTION: BIG NEWS FOR NEXT SEASON!

Spring & Summer Programs - Now in One Guide!

New Registration Dates:

- ****Full Day Summer Camps:**** April 8th | 7 PM (Citywide)
- ****All Other Spring & Summer Programs or Half Day Summer Camps:****
 - March 12th | 10 AM (Senior Programs)
 - March 12th | 7 PM (Everything Else)

Watch out for the combined Spring/Summer
Brochure in early March

Registration Info:

Winter Program Registration

In Person/Online:

Thursday, December 4 at 7:00 PM

Winter Senior Program Registration

In Person/Online:

Thursday, December 4 at 10:00AM

Spring/Summer Program Registration

In Person/Online:

Thursday, March 12 at 7:00 PM

Full Day Summer Camp Registration

In Person/Online:

Wednesday, April 8 at 7:00PM

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

Register online at vancouver.ca/troutlakecc.

Register at any Vancouver Community Centre.

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

Where to find us:

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

604-257-6955 and press 1 | troutlakecc.com



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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
Patrick Wong	Fitness Programmer
Maegan Montemayor	Ice Rink Programmer
Artika Mehta	Community Youth Worker
Jerry Chan	Rental Coordinator
Jason Wu	Mechanical Technician II



Hours of Operation:

January 1 – March 31, 2026

Community Centre Hours

Mon-Fri. 9:00 AM-10:00 PM

Sat & Sun

Office Hours

Mon-Fri

Sat & Sun

Fitness Centre Hours

Mon-Fri. 6:00 AM-9:45 PM

Sat & Sun

Holiday Hours

(Community Centre and Fitness Centre)

Jan 1 (New Year's Day) 10:30 AM-3:30 PM

Feb 17 (Family Day) Regular Hours

EARLY CHILDHOOD

Education

Pre-school Math & Literacy (Part 1)

(3-4 yrs)

This class will introduce pre-school students to basic numeracy and literacy skills. Students will be introduced to all the letters in the alphabet and number 1-20 through art, songs and dance. Drop-in \$15 space permitting. No session Feb 16.

Ready Set Play

Board Room

Tu Jan 6-Mar 3

3:30pm-4:15pm

\$90/9 sess

590285

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 Feb 16.

Kenneth Clarke

Elm Room

M W Jan 5-Mar 11

M

3:45pm-4:30pm

W

4:00pm-4:45pm

\$228/19 sess

587450

Parent & Kids Aikido (4-6 yrs)

Enjoy Japanese martial arts Aikido with parent-and child! In this class, the goal is to create fun memories while learning flexible exercises and simple basic techniques in a fun atmosphere. Participate in simple clothes that allow you to exercise. It is a class for one parent per child. Drop-in \$15.00, space permitting.

Shohei Juku Aikido Canada

Elm Room

Sa Jan 10-Mar 14

10:00am-10:50am

\$100/10 sess

587525

TROUT LAKE LICENSED PRESCHOOL

ONLINE REGISTRATION ONLY

Sept 2026 - June 2027 School Year

Opens February 3 at 9:15 AM

Email: tlcc.preschool@gmail.com for more information

We will have two wonderful full-time preschool teachers with a maximum of 20 students in each class.

How to register:

- Make sure to create your child an account prior to registration at recreation.vancouver.ca and have a valid credit card saved.
- On February 3rd before 9:15am, sign in with your child's account
- On February 3rd at 9:15am, search for the Trout Lake Preschool by typing in the search field **596313** 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 2026 & June 2027 Deposit
4. Packages will be emailed at the close of registration. Completed package must be returned to the front desk on Feb 25 OR Feb 26 between the hours of 9am-3pm. **If package is not turned in on time, the spot is forfeited.**
6. Parents must give 31 days notice in writing to troutlakecc@vancouver.ca if you wish to withdraw for September 2026 or the deposit is forfeited. July 31, 2026 is the last day to withdraw for September 1, 2026 to receive the deposit.

Children 3 years of age before December 31, 2026		
Class Day	Class Time	Monthly Fee
Tues/Thurs	9:15-11:15 AM	\$110
Tues/Thurs	12:45-2:45 PM	\$110
Children 4 years of age before December 31, 2026		
Mon/Wed/Fri	9:15-11:45 AM	\$145
Mon/Wed/Fri	12:45-3:15 PM	\$145
Note: Monthly fees are subject to change.		



For 2025-2026 school year, check #539830 at recreation.vancouver.ca for spot availability

Performing Arts

Babies Only Music Together With Karina (0-8mo)

Music Together® Babies Only will start you on the path to becoming a musical family and is specifically designed for infants eight months and younger. This one-semester introduction to Music Together allows babies to embrace, enjoy, and express their inborn musicality while you sing, dance, and play with your child. Parent participation required. Twin siblings attend at a reduced tuition rate. \$65 Music Together Licensing fee is non-refundable after first class. No class Feb 16.

West Side Music Together Lakewood Room
M Jan 12-Mar 9 12:15 PM-1:00 PM
\$201/8 sess 589418

Ballet Parent & Toddler Dance (2-3 yrs)

Parent and child will explore circle stretches, story dances, rhythm, traveling steps, and free-form improvisation. Practice moving as a group, cooperating, and following directions. No class Feb 15.

Nicole Daniela Pavia Cedar Hall
Su Jan 11-Mar 15 9:30 AM-10:00 AM
\$90/9 sess 587989
Su Jan 11-Mar 15 10:05 AM-10:35 AM
\$90/9 sess 587990

Ballet/Jazz Fusion (4-6 yrs)

In this class children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. They will jump and turn with delight in this fun and high energy class. Children must be able to participate without a parent in the room. There will be a performance on the last day of class for friends and family.

Endorphin Rush Dance Cedar Hall
Sa Jan 10-Mar 14 11:00 AM-11:45 AM
\$140/10 sess 589744

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 Feb 15.

Nicole Daniela Pavia Cedar Hall
Su Jan 11-Mar 15 12:15 PM-1:00 PM
\$99/9 sess 587994

Creative Ballet

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

Endorphin Rush Dance Cedar Hall
(3-5 yrs)
Sa Jan 10-Mar 14 9:30 AM-10:15 AM
\$140/10 sess 589742
M Jan 19-Mar 9 10:15 AM-11:00 AM
\$98/7 sess 589758
M Jan 19-Mar 9 12:15 PM-1:00 PM
\$98/7 sess 589762
(4-6 yrs)
Sa Jan 10-Mar 14 10:15 AM-11:00 AM
\$140/10 sess 589743
Sa Jan 10-Mar 14 12:45 PM-1:30 PM
\$140/10 sess 589747
Th Jan 15-Mar 12 3:30 PM-4:15 PM
\$126/9 sess 589751

Dancing The Parenting (0-5 yrs)

We welcome families into dance improvisation practice and relationship-based creative dance with their children. Register one child/family, siblings come for free. Through creative dance and songs, French will be introduced. Parents/caregivers will engage in their own dancing as much as their children. No experience is necessary but the ability to move easily from ground to standing is recommended. This program is subsidized by the City of Vancouver Cultural Services, the province of British Columbia, Théâtre la Seizième, and the Government of Canada.

Foolish Operations Society Elm Room
W Jan 14-Mar 11 10:00 AM-10:45 AM
\$18/9 sess 587702

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 Feb 15.

Nicole Daniela Pavia Cedar Hall
Su Jan 11-Mar 15 11:30 AM-12:15 PM
\$99/9 sess 587993

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 Feb 15.

Nicole Daniela Pavia Cedar Hall
Su Jan 11-Mar 15 10:40 AM-11:25 AM
\$99/9 sess 587992



Creative Ballet

Check out TLCCA Program
Cost Assistance

See page 42.

EARLY CHILDHOOD

Mini Hip Hop Movers (3-5 yrs)

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room. There will be a performance on the last day of class for friends and family. No class Feb 16.

Endorphin Rush Dance Cedar Hall
M Jan 19-Mar 9 11:05 AM-11:50 AM
\$98/7 sess 589761

Music Together (0-5 yrs)

In our mixed age class, each child participates at their own level and their natural musicality is nurtured through singing, dancing, listening and watching the adults, and exploring musical instruments. The whole family is welcome (parents, grandparents, caregivers) for this important family music experience. Parent participation required. Siblings attend at a reduced tuition rate and children 6 months and under attend free with a registered sibling. \$65 Music Together Licensing fee is non-refundable after first class.

West Side Music Together Lakewood Room
Karina

Th Jan 15-Mar 12 3:30 PM-4:15 PM
\$218/9 sess 589426

Th Jan 15-Mar 12 4:30 PM-5:15 PM
\$218/9 sess 589428

Noa

M Jan 12-Mar 9 9:30 AM-10:15 AM
\$201/8 sess 589344

M Jan 12-Mar 9 10:30 AM-11:15 AM
\$201/8 sess 589417

W Jan 7-Mar 4 9:30 AM-10:15 AM
\$218/9 sess 589419

W Jan 7-Mar 4 10:30 AM-11:15 AM
\$218/9 sess 589421



Music Together

My First Dance Class (2-4 yrs)

An introduction to creative dance. Aspiring little dancers will use songs, movement explorations and games to explore coordination, rhythm, spatial awareness and cooperation. This class for the youngest of dancers to experience a playful class with the support of their parents being present. No class Feb 16.

Endorphin Rush Dance Cedar Hall
M Jan 19-Mar 9 9:15 AM-10:00 AM
\$98/7 sess 589756

Social

Parent and Tot Gym (0-5 yrs)

Join us at this playtime created especially for families. Toddlers will have the opportunity to explore various climbing equipment and other toys. Toddlers develop their motor skills using gym equipment while meeting new friends. Parental supervision required and the ratio of caregiver to child is 1:3. Drop-in \$3, registration not required. Sundays & Wednesdays only. Drop ins \$3. Registration is not required.

No Instructor Gymnasium
Su W Jan 4-Mar 15 10:00am-11:45am
\$3/ sess 587526



Parent and Tot Gym

Sports

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

Parent & child program that prioritizes the development of physical literacy. The goal is to motivate children to be active for life and unleashing the power of play. No session Feb 14.

Hai Doan Gymnasium
Sa Jan 10-Mar 14 3:30pm-4:15pm
\$225/9 sess 587485

High 5 Sports (3-5 yrs)

This program that prioritizes the development of physical literacy. The goal is to motivate children to be active for life and unleashing the power of play. No session Feb 14.

Hai Doan Gymnasium
Sa Jan 10-Mar 14 4:15pm-5:00pm
\$225/9 sess 587484

Sportball Parent and Tot Multisport (2-3 yrs)

Parent & child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities.

Sportball Vancouver Gymnasium - North (2/3)
M Jan 12-Mar 9 9:00am-9:45am
\$152/8 sess 587561
W Jan 14-Mar 11 9:00am-9:45am
\$171/9 sess 587560

Sportball Multi Sport (3-5 yrs)

Sportball Multi-Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in the eight core sports of the Sportball methodology. Classes use developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development, enabling confidence and developing the social skills necessary to succeed in sport and life.

Sportball Vancouver Gymnasium
W Jan 14-Mar 11 9:45am-10:45am
\$171/9 sess 587558
M Jan 12-Mar 9 9:45am-10:45am
\$152/8 sess 587559

Visual Arts

Art and Music with Sun Rey

(17mo-3 yrs)

This is a wonderful way to introduce your child to art and music. Art and music boosts creativity, builds confidence, increases concentration and improves hand-eye coordination. Experience finger painting, abstract art, collage, colouring, stickers, stamping, clay modelling and more. There will be time set aside for sing a longs and storytelling time. Parent/caregiver participation is required. Drop-in \$21, if space available. No class Feb 16.

Sun Rey Han	Art Studio
M Jan 19-Mar 9	9:45 AM-10:30 AM
\$121/7 sess	587352
M Jan 19-Mar 9	10:45 AM-11:30 AM
\$121/7 sess	587353

Art Is Fun

(3-5 yrs)

Have fun with origami, clay modeling, stamping, collage, abstract art, mixed media art, finger painting, crafting and more. There will be time set aside for sing a longs and storytelling. Child must be able to take class unaccompanied by an adult. Drop in \$24, space permitting. No class Feb 16.

Sun Rey Han	Art Studio
M Jan 19-Mar 9	1:00 PM-2:00 PM
\$144/7 sess	587354

Creative Play: Joyful Learning

(3-5 yrs)

Play is children's favorite way to learn! In this wonder-filled program, preschoolers build friendships, explore their creativity and ideas through art, building, and hands-on discovery. With gentle guidance from Cathy, an experienced educator, children develop the confidence and curiosity they'll carry into school and beyond.

Cathy Belgrave	Art Studio
Th Jan 8-Feb 5	10:00 AM-11:30 AM
\$85/5 sess	587325
Th Feb 12-Mar 12	10:00 AM-11:30 AM
\$85/5 sess	587330



Creative Play: Joyful Learning



Tiny Hands, Big Ideas

Tiny Hands, Big Ideas

NEW!

(3-5 yrs)

Every scribble, brushstroke, and shape tells a story. In this joyful art series, preschoolers discover how to use art to share their ideas, feelings, and discoveries. With gentle guidance from Cathy, an experienced educator, children gain confidence in self-expression while building creativity that lasts a lifetime.

Cathy Belgrave	Art Studio
W Jan 7-Feb 4	10:00 AM-11:00 AM
\$70/5 sess	587328
W Feb 11-Mar 11	10:00 AM-11:00 AM
\$70/5 sess	587329

Birthday Parties Available!

See page 45 for more information ...



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!

SPRING BREAK CAMPS

Early Childhood Camps

Art is Fun Camp (3-5 yrs)

Join us for a fun-filled mural art project designed to spark creativity and imagination! Children will enjoy a variety of hands-on art activities including painting, clay modeling, stamping, collage, finger painting, crafting, and more. Alongside art-making, we'll also have dedicated time for sing-alongs, storytelling, and free play to keep the energy high and the smiles wide. Art supplies are provided. Please bring a water bottle. Drop-in available if space permits. This is a drop-off program. Children must be able to participate independently without a parent or guardian present. Drop in \$28, space permitting.

Sun Rey Han Art Studio
M-F Mar 16-Mar 20 12:30 PM-2:00 PM
\$133/5 sess 587667

Creative Play: Joyful Learning Camp (4-7 yrs)

Play is children's favorite way to learn! In this wonder-filled program, preschoolers build friendships, explore their creativity and ideas through art, building, and hands-on discovery. With gentle guidance from Cathy, an experienced educator, children develop the confidence and curiosity they'll carry into school and beyond.

Cathy Belgrave Art Studio
M-F Mar 23-Mar 27 10:00 AM-11:30 AM
\$85/5 sess 587332

Encanto Mini Movers Dance Camp (4-6 yrs)

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

Endorphin Rush Dance Cedar Hall
M-F Mar 16-Mar 20 10:45 AM-12:00 PM
\$109/5 sess 594121

Frozen Ballet Dance Camp (3-5 yrs)

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

Endorphin Rush Dance Cedar Hall
M-F Mar 16-Mar 20 9:15 AM-10:30 AM
\$109/5 sess 594120

Little Artists Camp (5-6 yrs)

Unleash your child's creativity in this exciting and inspiring art class! Through a vibrant mix of drawing, painting, origami, stamping, collage, abstract art, finger painting, and more, children will explore their imagination and express themselves freely. At the end of the program, each child will take home a personalized scrapbook, a colourful collection of their artistic journey. Supplies included. Please bring water and a nut-free snack. Drop in \$37.50, space permitting.

Sun Rey Han Art Studio
M-F Mar 16-Mar 20 9:30 AM-11:30 AM
\$177/5 sess 587666

School Age Camps

Architecture + Nature Spring Camp with Petit Architect (7-12 yrs)

Building with Biophilia! Get ready to design like nature's greatest architects! In this hands-on camp, kids will explore the exciting world of biophilic architecture, a way of building that connects people with the natural world. Campers will discover how trees, shells, honeycombs, and rivers inspire architects to create buildings that are beautiful, sustainable, and full of life. Through drawing, model-making, and creative building challenges, kids will:- Learn how nature shapes amazing architectural ideas- Design their own 'green' structures that blend with the environment- Experiment with natural materials and patterns- Imagine structures and building where people and nature thrive together. Please bring nut-free snacks, lunch and water, and be dressed and ready for the elements. We will go outside for breaks/ lunch. \$30 of materials included, and children will have a model to bring home.

Petit Architect Design Maple Room
M-F Mar 16-Mar 20 9:15am-3:00pm
\$430/5 sess 594339

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

The earlier we can share the gift of yoga and mindfulness with our children, the earlier we can enrich their lives. Yoga and mindfulness 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 Nadia a certified Yoga, Pilates, Dance instructor. Please bring your yoga mat, lunch, snacks, and water bottle. All materials are included.

Nadia Medi Elm Room
M-F Mar 23-Mar 27 9:15 AM-3:00 PM
\$375/5 sess 594187

ATTENTION: BIG NEWS FOR NEXT SEASON!

Spring & Summer Programs - Now in One Guide!

New Registration Dates:

- ****Full Day Summer Camps:**** April 8th | 7 PM (Citywide)
- ****All Other Spring & Summer Programs or Half Day Summer Camps:****
 - March 12th | 10 AM (Senior Programs)
 - March 12th | 7 PM (Everything Else)

Watch out for the combined Spring/Summer Brochure in early March

SPRING BREAK CAMPS

Build a Mini Tree House

Pro-D Camp

(7-12 yrs)

This hands-on workshop invites young architects to explore the art of design by crafting their own miniature treehouses. Using a variety of recycled materials, students will learn about basic architectural concepts and techniques while crafting their models. The workshop focuses on sustainable design principles and encourages problem-solving and imaginative thinking, making it a perfect blend of learning and fun! All supplies provided and students will bring home their model.

Petit Architect Design Grandview Room
F Feb 13 9:15am-3:00pm
\$115/1 sess 594329

Brick Animation Camp (6-12 yrs)

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

Tomorrow's Playground Preschool
M-F Mar 16-Mar 20 10:00am-12:00pm
\$175/5 sess 586454

Comics & Clay Camp (7-12 yrs)

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

Janine Schroedter Preschool
M-F Mar 23-Mar 27 9:15 AM-3:00 PM
\$262/5 sess 592755

Famous Artist Adventure

Camp

(6-8 yrs)

A creative and educational art class inspired by the world's most famous artists. In this thoughtfully designed program, children will be introduced to the lives and works of renowned artists while exploring a wide range of art techniques, including drawing, painting, clay modelling, collage, and sculpture. Each session fosters creativity, confidence, and an appreciation for the arts through hands-on, artist-inspired projects. Fun games and themed activities related to each featured artist will also be incorporated to make learning even more engaging and memorable. The camp will end with a special art exhibition for families to celebrate the children's work. Supplies included. Please, bring water and a nut free snack. Drop in \$39.50, space permitting.

Sun Rey Han Art Studio
M-F Mar 16-Mar 20 2:30 PM-5:15 PM
\$198/5 sess 587671

Junior Author & Artist

Studio Camp

(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 Art Studio
M-F Mar 23-Mar 27 1:00 PM-3:30 PM
\$150/5 sess 587334

Kids Team Tennis Camp

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

Wilson Tan Gymnasium

(5-6 yrs)

M-F Mar 16-Mar 20 9:30am-11:30am
\$150/5 sess 589927

M-F Mar 16-Mar 20 12:30pm-2:30pm
\$150/5 sess 589930

(7-9 yrs)

M-F Mar 16-Mar 20 9:30am-11:30am
\$150/5 sess 589928

M-F Mar 16-Mar 20 12:30pm-2:30pm
\$150/10 sess 589932

(10-13 yrs)

M-F Mar 16-Mar 20 9:30am-11:30am
\$150/5 sess 589929

M-F Mar 16-Mar 20 12:30pm-2:30pm
\$150/5 sess 589933

Rain City Basketball

Spring Break Camp (6-13 yrs)

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

Raincity Basketball Club Gymnasium

M-F Mar 16-Mar 20 3:00 PM-5:00 PM
\$135/5 sess 595216

SPRING BREAK CAMPS

Modernism Architecture Spring Camp with Petit Architect

(7-12 yrs)

Step into the world of bold ideas and sleek design! In this camp, kids will explore Modernism, a movement in architecture that changed how we see buildings. Instead of castles and ornament, modern architects dreamed up clean lines, open spaces, glass walls, and futuristic forms that shaped the cities we know today. Through drawing, model-making, and hands-on design challenges, campers will:- Discover famous modern architects and their revolutionary ideas- Experiment with shapes, light, and materials - Design their own modern houses- Practice creative problem-solving while imagining the future of design. Please bring nut-free snacks, lunch and water, and be dressed and ready for the elements. We will go outside for breaks/lunch. \$30 of materials included, and children will have a model to bring home.

Petit Architect
M-F Mar 23-Mar 27
\$430/5 sess

Maple Room
9:15am-3:00pm
594343

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
M-F Mar 16-Mar 20
\$250/5 sess

Pottery Studio
9:30 AM-12:00 PM
587344

M-F Mar 23-Mar 27
12:00 PM-2:30 PM
587345

Day Camp Refund Policy

- A full 30 days' notice required from the first day of camp. Note that 30 days includes weekend days.
- Registrations are non-transferable to another person.

Spring Break Capoeira Intensive

(7-14 yrs)

This class will be a combination of intermediate martial arts and dance techniques with more complex and challenging concepts for more experienced Capoeira practitioners. It will also contain fun and engaging physical conditioning exercises suitable for brand new and experienced students. Led by Professor Polvo of Axé Capoeira.

Kenneth Clarke
M-Th Mar 16-Mar 19
\$125/4 sess

Elm Room
9:30am-12:00pm
594358

Swiftie Dance party

(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
M-F Mar 16-Mar 20
\$220/5 sess

Cedar Hall
12:30 PM-3:00 PM
594122

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. This camp includes an introduction to the EV3 Mindstorms System.

Tomorrow's Playground
M-F Mar 16-Mar 20
\$175/5 sess

Preschool
3:00pm-5:00pm
586458

Spring Break Day Camp

(5-12 yrs)

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

Week 1

Grandview & Lakewood Room
M-F Mar 16-Mar 20
\$150/5 sess

593824

Week 2

Grandview & Lakewood Room
M-F Mar 23-Mar 27
\$150/5 sess

593825

Spring Break Day Camp After Care

(5-12yrs)

Week 1

Grandview & Lakewood Room
M-F Mar 16-Mar 20
\$15/5 sess

594870

Week 2

Grandview & Lakewood Room
M-F Mar 23-Mar 27
\$15/5 sess

594869

Education

Advanced Architecture for Kids

(8-13 yrs)

Take your child's creativity to the next level with Advanced Architecture for Kids, a more advanced version of Design & Architecture for Kids. Perfect for students who love building, designing, and problem-solving. Young architects will practice advanced skills such as creating scaled floor plans, learning about sections and elevations, and experimenting with innovative building methods through detailed 2D architectural drawings and 3D model-making projects. By tackling more complex projects, students will strengthen critical thinking skills and gain confidence in expressing their creative ideas just like professional architects. As this is an advanced class, prior experience with our classes or similar is expected. All supplies provided and students will bring home their models. No session Feb 16.

Petit Architect Design Grandview Room
M Jan 12-Mar 9 5:15pm-6:30pm
\$210/8 sess 587469

Brick Animation

(6-12 yrs)

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

Tomorrow's Playground Grandview Room
Tu Feb 10-Mar 3 4:00pm-5:30pm
\$100/4 sess 587460

**Check out TLCCA Program
Cost Assistance**

See page 42.

Cook and Bake with Lily

(8-12 yrs)

Learn valuable culinary skills, such as safe knife handling, measuring techniques, and proper food hygiene. Each week we will make a different treat, such as breakfast wraps, mac and cheese, mini cheesecakes, chia pudding, puff pastry danishes and more! Visit <https://soapifystudio.com/> to see the full menu. Parents must notify info@soapifystudio.com of any allergies/dietary restrictions as last-minute recipe changes may not be possible.

Lily Sum Grandview Room
Th Jan 8-Mar 12 4:00 PM-6:00 PM
\$340/10 sess 589433



Cook and Bake with Lily

D&D After School

(9-13 yrs)

Join our 4-week Dungeons & Dragons after school program! D&D is a collaborative storytelling game. Players go on adventures, dice decide the outcomes, and everyone wins as we build a story together. We will provide all supplies while children will provide and practice imagination, math, and problem-solving. Perfect for young fans of adventure, fairy-tales, and/or anime.

Thomas Long Art Studi
Th Jan 8-Jan 29 3:30 PM-5:30 PM
\$100/4 sess 594560

Design and Architecture for Kids

(7-12 yrs)

Embark on a journey of architectural discovery with our engaging and playful hands-on classes designed for kids aged 7 to 12! Every week, young architects explore the fascinating worlds of famous architects, design concepts, and captivating buildings, unleashing their creativity through the creation of 2D drawings and 3D models. We transform learning into an exciting adventure, encouraging children to observe and appreciate their built and natural surroundings. As they delve into fresh concepts, their vocabulary blossoms, and their fine motor skills thrive through the exciting process of drawing and model-making ? just like real architects in the making! Projects change every session so students can keep building with us! All supplies provided and students will bring home their models. No session Feb 16.

Petit Architect Design Grandview Room
M Jan 19-Mar 9 3:45pm-5:00pm
\$210/7 sess 587468

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. Only 1 registration required per group (up to 3 participants.) Visit <https://soapifystudio.com/> for more information.

Lily Sum Art Studio
Su Jan 25 12:00 PM-1:30 PM
\$65/1 sess 589439
Su Mar 1 12:00 PM-1:30 PM
\$65/1 sess 589440



Family Fun Lip Gloss Making with Lily

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. Only 1 registration required per group (up to 3 participants.) Visit soapifystudio.com for more information.

Lily Sum	Art Studio
Su Jan 18	12:00 PM-1:45 PM
\$74/1 sess	589436
Su Feb 15	12:00 PM-1:45 PM
\$74/1 sess	589437
Su Mar 15	12:00 PM-1:45 PM
\$74/1 sess	589438



Family Fun Soap Making with Lily

Fun Chess (Level 1)

(6-13 yrs)

The Fun Chess Program is a beginner-level course designed for children with little to no prior experience in chess. Students will learn the basics of the chessboard, the different pieces, and the rules to play a complete game. By the end of the course, they will also be able to checkmate in simple game positions. In addition to learning chess strategies, students will develop good sportsmanship and learn to be respectful in competitive environments.

Enrichmind Academy	Art Studio
F Jan 9-Mar 13	3:45 PM-4:45 PM
\$90/10 sess	589904

Literacy Kindergarten (Part 2)

(4-5 yrs)

This is an introductory class to basic phonics. Students will be introduced to a few letters each class and will be given opportunities to learn to print, recognize and sound out letters using a variety of activities such as art, games using different materials. Students will be given homework each class. Drop-in \$15, space permitting. No session Feb 16.

Ready Set Play	Board Room
M Jan 5-Mar 2	3:30pm-4:15pm
\$80/8 sess	587506

Literacy Grade 1 (Part 2)

(5-6 yrs)

This is an introductory class to helping emerging readers improve their reading fluency. Students will be introduced to rhymes, sight words and will be given opportunities to write words and sentences. Students will be given homework each class. Drop-in \$15, space permitting.

Ready Set Play	Art Studio
W Jan 7-Mar 4	3:30pm-4:15pm
\$90/9 sess	587505

Math Kindergarten (Part 2)

(4-5 yrs)

This is an introductory class to basic numeracy. Students will be introduced to a few numbers each class and will be given opportunities to count, write and read the numbers 1-50. We will also introduce concepts such as skip counting, addition and subtraction up to 10 using a variety of activities, worksheets and games. Students will be given homework each class. Drop-in \$15, space permitting. No session Feb 16.

Ready Set Play	Board Room
M Jan 5-Mar 2	4:15pm-5:00pm
\$80/8 sess	587512

Math Grade 1 (Part 2)

(5-6 yrs)

This is an introductory class to help students become comfortable with numbers. Through games, activities and hands-on lessons, students become confident with numbers and improve their numeracy skills. We will focus on counting to 100, arithmetic operations such as addition and subtraction up to 20. Students will be given homework each class. Drop-in \$15, space permitting.

Ready Set Play	Art Studio
W Jan 7-Mar 4	4:15pm-5:00pm
\$90/9 sess	587511

Pre Foundation Chess (Level 2)

(6-13 yrs)

For children who have completed the Fun Chess program or have some experience playing chess. If the answers to the following questions are all "Yes," your child can be ready to register for this level 2. 1. Do you know the names of all the chess pieces? Can you explain how they move on the chessboard? 2. Do you know all the rules to play a game? 3. Have you ever completed a full chess game?

Enrichmind Academy	Art Studio
F Jan 9-Mar 13	5:00 PM-6:00 PM
\$149/10 sess	589905

Martial Arts

Aikido Beginner Level

Aikido is a non-competitive but very effective martial art and emphasizes the development of self-discipline, focus, manners, meditation and self defense within a friendly training atmosphere. Drop-in \$12.00, space permitting. No session Feb 16.

Shohei Juku Aikido Canada	Elm Room
(5-7 yrs)	
M Jan 12-Mar 9	4:45pm-5:45pm
\$80/8 sess	587442
(8-12 yrs)	
Tu Jan 13-Mar 10	4:45pm-5:45pm
\$90/9 sess	590939

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.

Axe Capoeira for Youth (8-14 yrs)

Capoeira is an Afro-Brazilian martial art that combines music, self-defense, dance, acrobatics and physical conditioning to create a unique, multidisciplinary experience. Modern capoeira is one of the most inherently diverse martial arts in the world today with creativity, music, self-expression and strategic thinking as much a part of the core curriculum as physical training and fitness. Kids will love this program. Class is three a week. No session Feb 16.

Kenneth Clarke Lakewood Room

Beginners

Elm Room

W Jan 7-Mar 13 4:30pm-5:30pm

Lakewood Room

F Jan 9-Mar 13 4:00pm-5:00pm

\$240/20 sess 587448

Intermediate

Lakewood Room

M Jan 5-Mar 11 5:15pm-6:15pm

Elm Room

W Jan 5-Mar 11 4:30pm-5:30pm

\$240/19 sess 587449

Advanced

Lakewood Room

M Jan 5-Mar 13 5:15pm-6:15pm

F Jan 5-Mar 13 4:00pm-5:00pm

Elm Room

W Jan 5-Mar 13 4:45pm-5:45pm

\$290/29 sess 587447



Axe Capoeira

Don Jitsu Ryu (Karate/ Jiu Jitsu)

(8-13 yrs)

Don Jitsu Ryu (Karate/ Jiu Jitsu) style of martial arts was founded in Trinidad & Tobago and is practiced by Purple Dragon globally. Students learn practical and effective self-defence techniques, katas (forms), break falling, and sport karate sparring drills while improving fitness and learning philosophies of the Don Jitsu Ryu system. Uniforms are required, and are \$32.34 incl. tax/ sizes vary between #0-#3). If you have any questions you can reach us at pdkitsoffice@gmail.com. Classes are taught by Shihan Amber Murphy-Smith, a World Champion and 6th Degree Black Belt.

Shihan Amber Murphy-Smith Elm Room

Su Jan 4-Mar 8 11:30am-12:30pm

\$180/10 sess 587470

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 defense 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! Enroll today and watch your child thrive in this exciting, supportive setting! Drop-in \$10 space permitting.

Shorinji Kempo Vancouver Elm Room

Sa Jan 10-Mar 28 1:00pm-2:30pm

\$84/12 sess 587548

Performing Arts

B-Boy Dance with Jhaymee

(7-13 yrs)

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

Jhaymee Hizon

W Jan 14-Mar 11

\$117/9 sess

Cedar Hall

4:45 PM-5:45 PM

589822

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

Th Jan 8-Mar 12

\$310/10 sess

Board Room

3:30 PM-6:00 PM

Birthday Parties Available!

See page 45

for more information ...



Guitar & Ukulele (7+yrs)

Private 30 minute lessons to work at your own level and pace in ukulele or guitar. The classes are focused on technique, repertoire, basic theory and practicing skills. Participants must provide their own instrument, and a digital tuner. A 3/4 sized nylon string guitar and a soprano ukulele with a strap is highly recommended for children. Books will be available at the first class for \$15.00. Please bring a foot stool for classical guitar. No class Feb 16.

Rene Hugo-Sanchez	Art Studio
M Jan 5-Mar 9	5:45 PM-6:15 PM
\$279/9 sess	590503
M Jan 5-Mar 9	6:15 PM-6:45 PM
\$279/9 sess	590504
M Jan 5-Mar 9	6:45 PM-7:15 PM
\$279/9 sess	590505
Th Jan 8-Mar 12	7:05 PM-7:35 PM
\$310/10 sess	590516
Th Jan 8-Mar 12	7:35 PM-8:05 PM
\$310/10 sess	590517
Sa Jan 10-Mar 14	10:00 AM-2:00 PM
\$310/10 sess	

Hip Hop Movers (4-7 yrs)

We will dance to big beats, play dance games, learn hip-hop moves and grooves, and have loads of fun in this dance class! Wear comfy clothing and please bring a water bottle and running shoes with non-marking soles. Dancers must be able to attend without guardian present. No drop-ins.

Endorphin Rush Dance	Cedar Hall
Sa Jan 10-Mar 14	12:00 PM-12:45 PM
\$140/10 sess	589745
Sa Jan 10-Mar 14	1:45 PM-2:30 PM
\$140/10 sess	589749

Hip-Hop (8-12 yrs)

We will dance to big beats, play dance games, learn hip-hop moves and grooves, and have loads of fun in this dance class! Wear comfy clothing and please bring a water bottle and running shoes with non-marking soles. Dancers must be able to attend without guardian present. No drop-ins.

Endorphin Rush Dance	Cedar Hall
Th Jan 15-Mar 12	5:15 PM-6:15 PM
\$135/9 sess	589753

Hip-Hop & Jazz (6-8 yrs)

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

Endorphin Rush Dance	Cedar Hall
Th Jan 15-Mar 12	4:15 PM-5:15 PM
\$135/9 sess	589752

Musical Magic (7-10 yrs)

Each term, we dive into a new musical adventure such as The Lion King, KPop Demon Hunters, and Matilda. Classes include singing and dance warm-ups, key song rehearsals, and fun improv games to spark creativity and teamwork. Kids will practice acting, expression, and line delivery while collaborating to bring the story to life. The term wraps up with a mini performance for parents to celebrate their hard work! No class Mar 6.

Anushka Kashyap	Cedar Hall
F Jan 23-Mar 13	4:15 PM-5:00 PM
\$89/7 sess	589503

Piano with Charis (6-19 yrs)

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

Charis Chung	Maple Room
Su Jan 4-Mar 1	10:00 AM-4:00 PM
\$279/9 sess	
Tu Jan 6-Mar 3	3:30 PM-8:30 PM
\$279/9 sess	
W Jan 7-Mar 4	3:30 PM-8:00 PM
\$279/9 sess	
Th Jan 8-Mar 5	3:30 PM-8:00 PM
\$279/9 sess	

Piano with Samuel (3+yrs)

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

Samuel Chan	Maple Room
M Jan 5-Mar 9	3:30 PM-9:30 PM
\$279/9 sess	
W Jan 7-Mar 11	3:30 PM-9:30 PM
\$310/10 sess	
F Jan 9-Mar 13	3:30 PM-9:30 PM
\$310/10 sess	
Sa Jan 10-Mar 14	9:00 AM-4:45 PM
\$310/10 sess	

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, KPop Demon Hunters, Blackpink, and more. Each session builds confidence, rhythm, and performance skills, and at the end of the term, students will take the stage to perform for their families and friends, showcasing their star power! No class Mar 6.

Anushka Kashyap	Cedar Hall
F Jan 23-Mar 13	5:00 PM-5:45 PM
\$89/7 sess	589506

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!

Rhythmic Dance

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

Elite Gymnastics (4-6 yrs)	Elm Room
F Jan 9-Mar 13	4:30pm-5:15pm
\$80/10 sess	587541
Su Jan 11-Mar 15	12:45pm-1:30pm
\$80/10 sess	587542
Su Jan 11-Mar 15	1:45pm-2:30pm
\$80/10 sess	587543
(7-12 yrs)	
F Jan 9-Mar 13	5:30pm-6:30pm
\$80/10 sess	587544
Su Jan 11-Mar 15	2:45pm-3:45pm
\$80/10 sess	587545

Showtime Kids! (7-14 yrs)

Build confidence, find your voice, and shine on stage! In this fun, supportive, and 45 minute one on one lesson, kids learn to sing, move, and perform with confidence. Through games, warm-ups, and creative exercises, participants discover how to overcome nerves, connect with their audience, and enjoy performing.

Natalye Vivian	Preschool
W Jan 7-Mar 11	3:30 PM-8:00 PM
\$470/10 sess	595638-595643

Singing Stars

(5-7 yrs)

Sing, dance, and shine to a mix of Disney hits, K-pop favorites, and kid-friendly pop songs. Each week features music from Frozen, Encanto, Sing, The Little Mermaid, and KPop Demon Hunters, plus upbeat tracks by Taylor Swift, Olivia Rodrigo, and Meghan Trainor. Kids build confidence, creativity, and teamwork through games, choreography, and sing-alongs, ending with a mini performance for families. No class Mar 6.

Anushka Kashyap	Cedar Hall
F Jan 23-Mar 13	3:30 PM-4:15 PM
\$89/7 sess	589500

Violin and Fiddle Lessons (6+yrs)

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

Katie Stewart	Preschool
Tu Jan 6-Mar 10	3:30 PM-8:00 PM
\$310/10 sess	

Sports

Golden Boot Soccer Academy

An introduction to the game of soccer, and individual skill development, for boys and girls, both new and experienced players. All sessions are run by Mohsen Hatamian, an experienced professional coach, with an emphasis on fun, fitness, ball mastery skills and teamwork. Drop-in \$17, space permitting. No session Feb 15.

Mohsen Hatamian (6-8 yrs)	Gymnasium
Su Jan 4-Mar 15	12:40pm-1:40pm
\$150/10 sess	587481
(9-12 yrs)	
Su Jan 4-Mar 15	1:45pm-2:45pm
\$150/10 sess	587482

Indoor Tennis Lessons for Kids

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

Wilson Tan (5-6 yrs)	Gymnasium
Th Jan 8-Feb 5	4:15pm-5:00pm
\$56.25/5 sess	587491
Th Feb 19-Mar 12	4:15pm-5:00pm
\$56.25/5 sess	587492
(7-9 yrs)	
Th Jan 8-Feb 5	5:00pm-6:30pm
\$112.50/5 sess	587495
Th Feb 19-Mar 12	5:00pm-6:30pm
\$112.5/5 sess	587496
(10-13 yrs)	
Th Jan 8-Feb 5	5:00pm-6:30pm
\$112.50/5 sess	587487
Th Feb 19-Mar 12	5:00pm-6:30pm
\$112.5/5 sess	587488

ATTENTION: BIG NEWS FOR NEXT SEASON!

Spring & Summer Programs - Now in One Guide!

New Registration Dates:

- ****Full Day Summer Camps:**** April 8th | 7 PM (Citywide)
- ****All Other Spring & Summer Programs or Half Day Summer Camps:****
 - March 12th | 10 AM (Senior Programs)
 - March 12th | 7 PM (Everything Else)

Watch out for the combined Spring/Summer
Brochure in early March

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
W Jan 7-Mar 11 5:15pm-6:30pm
\$190/10 sess 587552

Sportball Floor Hockey

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

Sportball Vancouver Gymnasium
(4-6 yrs)
Tu Jan 13-Mar 10 3:45pm-4:30pm
\$171/9 sess 587554
(6-9 yrs)
Tu Jan 13-Mar 10 4:30pm-5:15pm
\$171/9 sess 587555

Stretching for Athletes

This class will focus on improvements to flexibility and developing increased range of motion. The benefits in flexibility training include: injury prevention, improved extension, improved positioning for spirals, spins, and basic skating skills. Daily stretching and flexibility work is highly recommended for overall improvements in this area. This is a specialized class for skaters looking to build on their stretching. No session on Nov 5.

Juniors (7-19yrs)

Elite Gymnastics Lakewood Room
W Jan 7-Mar 11 3:30pm-4:05pm
\$80/10 sess 587563

Seniors (7-55yrs)

Elite Gymnastics Lakewood Room
W Jan 7-Mar 11 4:20pm-5:15pm
\$130/10 sess 587564

Visual Arts

Cedar Weaving Hearts with Todd DeVries

(9-18 yrs)

Join Haida Artist/Weaver Todd DeVries in this hands-on workshop to create a cedar heart, symbolizing Every Child Matters. Participants will also learn the history and cultural values of Cedar Bark Weaving and hear some of Todd's personal life stories.

Todd DeVries Grandview Room
Su Feb 8 1:00 PM-3:00 PM
\$20/1 sess 594035



Cedar Weaving Hearts with Todd DeVries

Chenille Stem Valentines Day Flower Arrangement

Workshop **NEW!**

(7-16 yrs)

Unleash your creativity by turning simple chenille stems (pipe cleaners) into colorful flowers! This hands-on course teaches basic twisting, coiling, and shaping techniques to craft stunning petals, stems, and leaves. From classic daisies to imaginative fantasy blooms, you'll explore color blending and floral design. Perfect for all ages, this fun and relaxing activity explores a playful art form. You will get to take home your final flower arrangement. No experience needed, just bring your imagination and enjoy creating!

Karon Wong Board Room
Su Feb 1 1:30 PM-3:00 PM
\$32/1 sess 594567

Comics & Cartooning

(7-12 yrs)

Young artists will learn easy ways of drawing superheroes, monsters, robots, manga and more! Learn to create original characters and your own comic strips! Please bring your own pencil and eraser.

Janine Schroedter Grandview Room
W Jan 7-Feb 4 3:30 PM-5:00 PM
\$75/5 sess 590492
W Feb 11-Mar 11 3:30 PM-5:00 PM
\$75/5 sess 590493

Creative Art

(9-12 yrs)

Explore the world as you see it! In this workshop, students will be introduced to art projects that combine drawing, painting, and mixed-media techniques. They will learn to draw three-dimensionally using different lines, shapes, colours, textures, form, space, and value. This workshop also focuses on the fundamentals of composition, tone, and color blending with proper balance, contrast, emphasis, proportion, rhythm, variety, and unity through art. Acrylic and watercolour painting techniques will also be introduced in this class. Drop in \$18, space permitting. No class Feb 16.

Viola Choy Art Studio
M Jan 12-Mar 9 3:30 PM-4:30 PM
\$109/8 sess 587982



Chenille Stem Valentines Day Flower Arrangement Workshop

Drawing and Painting for Kids & Youth

(7-18 yrs)

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

Mohammad Reza Atashzad Art Studio
Tu Jan 6-Mar 10 4:00 PM-5:30 PM
\$250/10 sess 589518

Easter Sugar Art **NEW!** (10-17 yrs)

Celebrate Easter with sugar art, a traditional craft recognized as cultural heritage. Using colorful sugar dough and just a pair of scissors, you'll sculpt chicks and decorate your own Easter eggs, creating a few sweet treats to welcome this joyful season of renewal.

Yee Chan Grandview Room
Su Mar 29 10:00 AM-11:00 AM
\$42/2 sess 589734



Easter Sugar Art

Family Fun Pottery

(7-12 yrs)

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

Janine Schroedter Pottery Studio
W Jan 7-Feb 4 6:00 PM-7:30 PM
\$172/5 sess 590494
W Feb 11-Mar 11 6:00 PM-7:30 PM
\$172/5 sess 590495



Junior Author and Artist Studio



Glowing Koi of the Lunar New Year

Glowing Koi of the Lunar New Year - Family **NEW!** (6-18 yrs)

Celebrate the New Year together by making a glowing koi decoration - a symbol of abundance and good fortune. Parent and child pairs will work with rattan and crepe paper to shape and decorate their own koi, finishing with light and tassel to create a festive piece to hang at home. Registration is for 1 child and 1 adult (please just register the child). All material included, 1 koi per family.

Yee Chan Lakewood Room
Su Feb 8 11:00 AM-12:30 PM
\$48/1 sess 589730

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

Communication, creativity and self-expression - that's what writing and art offers the young writer-artist! Through a variety of activities, children experiment with vocabulary, story structure, colour, line, shape to bring to life their ideas and tell their own unique story. Together, art and story give children accessible ways to communicate clearly, with purpose, build confidence and a positive learner identity. Bring your journal & pencil. All art supplies provided. No class Oct 11.

Cathy Belgrave Art Studio
Sa Jan 17-Feb 7 2:00 PM-3:30 PM
\$72/4 sess 587326
Sa Feb 21-Mar 14 2:00 PM-3:30 PM
\$72/4 sess 587331

Spring Break Camps!

See pages 8-10.

Painting and Drawing (6-12 yrs)

Lessons include drawing and painting activities using a variety of materials and techniques, such as pastels, charcoal, markers, paint and more. Emily Carr graduate Alex Lam has a passion for teaching and promoting Art appreciation. Price includes \$5 art supply fee. No class Feb 14.

Alex Lam	Art Studio
Sa Jan 10-Mar 14	9:45 AM-11:15 AM
\$208/9 sess	589515
Sa Jan 10-Mar 14	11:30 AM-1:00 PM
\$208/9 sess	589516

Play with Clay (6-10 yrs)

Imagination, creativity, and getting your hands dirty are all that is required for having lots of fun while creating in clay. Janine has a BFA in Visual Arts and has worked in a number of mediums, with many years of experience working with clay and hand building.

Janine Schroedter	Pottery Studio
Tu Jan 6-Feb 3	3:30 PM-4:30 PM
\$117/5 sess	590487
Tu Feb 10-Mar 10	3:30 PM-4:30 PM
\$117/5 sess	590488

Tween Pottery (10-14 yrs)

Learn how to sculpt, throw and hand build pottery. Projects will be both functional and sculptural for beginners and returning artists. Janine has a BFA in Visual Arts and has worked in a number of mediums, with many years of experience working with clay and hand building.

Janine Schroedter	Pottery Studio
Tu Jan 6-Mar 10	5:00 PM-6:30 PM
\$277/10 sess	590489

Wool Felting Basics for Young People (8-18 yrs)

First Session: Using wool, water and agitation, we'll make fabric that may be cut and stitched into craft projects plus we'll make multi-layered felt balls. Second Session: Needle felting is a popular crafting method for making animals, characters and toys. We'll build on the pieces we made in the first session We'll make flat badges and small 3-dimensional shapes. Participants are welcome to bring their project ideas to class.

Amy Walker	Art Studio
Su Feb 1-Feb 8	10:00 AM-12:00 PM
\$108/2 sess	593138



Wool Felting Basics for Young People

Yoga

Kids Yoga (5-8 yrs)

Come join Smiley Kylie for after school Yoga class. Each week will be a different theme centered around the seasons, nature, animals, space, stories and anatomy of our growing bodies. Through creative play, games and activities the kids will develop a yoga practice consisting of meditation "Peace begins with me", breathwork and movement. Drop-in \$15, space permitting.

Kylie Railton	Cedar Hall
Tu Jan 6-Mar 10	4:00pm-5:00pm
\$130/10 sess	587500



Junior Author and Artist Studio

Kids Yoga (8-13 yrs)

Come join Smiley Kylie for an after school Yoga class for the intermediate kids in the school. Each week will begin with journaling followed by a yoga practice which involves meditation, breathwork, movement, strength, games and activities. No drop-in.

Kylie Railton	Cedar Hall
Tu Jan 6-Mar 10	5:15pm-6:15pm
\$150/10 sess	587501



Youth In Action (YIA)

(12-18 yrs)

Youth In Action is an exciting adaptive program for teens with mild to moderate needs (behavioural and developmental). Join us two or three times a week for fun, challenging activities in a safe recreational environment. Youth have an opportunity to learn and form long lasting friendships. Note: Youth must first be registered with a CYSN through the Ministry of Children and Family Development before registering for YIA. For more information, please contact Amanda at 604.257.6970 or YIA@vancouver.ca. Join us for a full day program on school ProD days! There will be NO program on Feb 16th.

Amanda Simonetto Willow Room

1 Day a Week

M-F Jan 5-Mar 13 3:15 PM-5:30 PM
\$120/48 sess 593781

2 Days a Week

M-F Jan 5-Mar 13 3:15 PM-5:30 PM
\$240/48 sess 593784

3 Days a Week

M-F Jan 5-Mar 13 3:15 PM-5:30 PM
\$360/48 sess 593797

Youth In Action (Y.I.A.) Pro-D Camp - Feb 13th

F Feb 13 9:00 AM-3:30 PM
\$20/1 sess 594327

Youth In Action (Y.I.A.) Spring Break Camp

Week 1

M-F Mar 16-Mar 20 9:00 AM-3:30 PM
\$100/5 sess 593808

Week 2

M-F Mar 23-Mar 27 9:00 AM-3:30 PM
\$100/5 sess 593811

Community

Youth Council

(13-18 yrs)

The Trout Lake Youth Council wants to make a difference in the community. Our goal is to have a group of young people who can work together toward improving youth opportunities and experiences. The youth will earn volunteer hours, fundraise for great causes, gain employment training, and plan events. The council will also have a representative sit on the Trout Lake Community Centre Association Board. A City-Wide Youth Pass is required to join this program. To register please email the Youth Worker or call 604 257 3098. Program times may be changed or cancelled on last minute notice!

Omar Tanbous

F Jan 9-Mar 27

Free/12 sess

Grandview Room

5:30 PM-7:30 PM

592325

Education

FOODSAFE Level 1 for Youth

(15-30 yrs)

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

Paul Richardson

Sa Mar 7

\$50/1 sess

Willow Room

9:00 AM-5:00 PM

594328

Check out TLCCA Program Cost Assistance

See page 42.

Red Cross Babysitting (11-19 yrs)

The Canadian Red Cross Babysitting course covers everything from managing difficult behaviors to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This curriculum has been updated to include new science. The course content includes: How to be responsible, demonstrate leadership, make good decisions, manage difficult behaviors, information on children's developmental stages, and specific strategies for each stage; How to feed, diaper, dress, and play with children and babies. How to recognize and prevent unsafe situations, make safe choices and promote safe behaviors. It also covers First Aid skills, the business of babysitting. Course manual and certificate of completion from the Canadian Red Cross are given post-class. It is a 7 hour in-person babysitting course. Students to bring a doll/ teddy bear for hands on practice. Lastly, as per Red Cross, our class minimum is 6 students and a maximum of 25 students. If you have any questions, please feel free to contact me anytime.

First Aid Pro

Sa Feb 21

\$70/1 sess

Willow Room

9:00 AM-3:00 PM

595044

Sports

Pre-teens & Teen Badminton

(8-13 yrs)

Youth-led badminton sessions with instructors present to give advice when asked. For players of all levels who want to have fun in a non-competitive and friendly environment. Rackets provided, feel free to bring your own. City-Wide Youth Pass not required because it is a registered program; Please check in with instructors for attendance. ** No class on Feb 16**

Richard Nguyen Gymnasium - North (2/3)

M Jan 5-Mar 9

3:45 PM-5:00 PM

\$54/9 sess

592552

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

The Trout Lake Fishies youth dragon boat team returns for another season! Join us from January to June for some recreationally competitive paddling and racing. Land training begins Monday January 19th from 3:45 p.m.-5:15 pm at Trout Lake. On-water practices begin Monday March 16th from 4:00-6:30pm at East False Creek. We will also participate in 2 festivals, competing against a variety of teams in May. Don't miss out and register now! Minimum 20 participants required. Ensure your account email is correct for urgent communications. Get in touch with us on Instagram @ troutlakefishies ** No class on Feb 16**

Anita Hsiao Gymnasium - South (1/3)
M Jan 19 - Mar 9 3:45 PM-5:15 PM
\$100/21 sess 594290

Future Bounce Basketball Grades 8-10 (13-17 yrs)

Future Bounce Basketball is Vancouver's first female run and female focused subsidized basketball program - founded and coached by the women of today to empower the women of tomorrow. Our goal is to give all self-identified girls the chance to play basketball, build connections, and enhance their skills. We know that basketball is about more than just what happens on the court. It's about developing confidence, teamwork, leadership, and life skills. Each week of practice will consist of a unique set of high level training to help you take your game to the next level, and lots of games! This program is designed for players of all skill levels. No session Feb 15.

Future Bounce Gymnasium
Su Jan 4-Mar 15 3:00pm-4:45pm
\$175/10 sess 587479

Visual Arts

The Art Lab (13-17 yrs)

Unleash your creativity in this hands-on art program designed for teens ready to deepen their artistic skills. Through guided projects in drawing, illustration, painting, and mixed media, students will explore tools, techniques, and styles while developing their unique artistic voice. Students will learn core concepts like composition, tone, color blending, and three-dimensional drawing, while applying design principles such as balance, contrast, and unity. Ideal for both beginners and experienced young artists looking to build confidence, skill, and community through art. Material's fee non refundable after first class. Drop in \$18, space permitting. No class Feb 16.

Viola Choy Art Studio
M Jan 12-Mar 9 4:30 PM-5:30 PM
\$109/8 sess 587967

Youth Pottery (13-17 yrs)

This class is suitable for all levels of clay. We will focus on the FUNdamentals of hand building including pinching, coiling, soft slab techniques and learn how to throw on the potter's wheel in a welcoming and relaxed environment. Students are encouraged to explore their own ideas through individual projects. Returning students welcome. Supplies and firings included in the course fee.

Laura Van Der Linde Pottery Studio
Th Jan 15-Mar 5 4:00 PM-6:00 PM
\$322/8 sess 587341

YOUTH SCHEDULE OPEN GYM AND GAMES ROOM

Wednesday	Friday		
North Gym	North Gym	South Gym	Willow Room
	Pre-teen Basketball 9-12 yrs 3:15 - 4:40pm	Pre-teen Volleyball 9-12 yrs 3:15 - 4:40pm	
Youth Basketball 13-18 yrs 3:45 - 6:15pm	Youth Basketball 13-18 yrs 4:45 - 9:45pm	Youth Volleyball 13-18 yrs 4:45 - 9:00pm	Games Room 13-18 yrs 5:30 - 9:45pm

Must be enrolled in a City-Wide Youth Pass. Gym is supervised but no instruction provided. Schedule subject to change.

City-Wide Youth Pass (9-18 yrs)

The City-Wide Youth Pass is a free pass that is required for ALL drop-in youth programs at Trout Lake Community Centre. This would include Youth Drop-In Basketball, Volleyball, Games Room and Youth Council. It is loaded on the One Card (This is not a flexi-pass). To register for a City-Wide Youth Pass, please visit the youth office located in the Willow Room across from the pottery studio to speak with a youth staff.

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!

Health & Fitness

Adapted Gym

(19+ yrs)

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

No Instructor Gymnasium - North (2/3)
Th Jan 8-Mar 12 10:05am-11:05am
\$30/10 sess 587438

Baby & Me Bootcamp

(19+ yrs)

Come join other parents and babies in your community at Baby & Me Bootcamp. It will be a circuit-style class, with strength, cardio and core intervals. There will be a focus on postnatal mobility and strengthening, however this will be a next level class. Participants should be ready for advanced levels options. If you are easing back into fitness postpartum, the recommendation is that you have attended a few months of Outdoor/Indoor Stroller Fitness with Carey, which is an entry level class, prior to joining this Bootcamp class. This class will take place in the gym, where strollers are not permitted. There will be stroller parking available. Drop in \$18, space permitting.

Carey Yuen Gymnasium
F Jan 9-Mar 6 1:30pm-2:30pm
\$144/9 sess 587451

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 \$9, space permitting. No session Feb 14.

Carey Yuen Gymnasium
Sa Jan 10-Mar 7 9:00am-10:00am
\$64/8 sess 587458

Bootcamp Circuits

(19+ yrs)

Join us on Fridays for the perfect lunch hour workout. This all ages, circuit-based class involves strength, cardio, and core stations. Adaptations and progressions are available for each station. Sweat out the week or set yourself up for the weekend, either way it's a win. Drop in \$9, space permitting.

Carey Yuen Gymnasium - South (1/3)
F Jan 9-Mar 6 12:15pm-1:15pm
\$72/9 sess 587459

Dance Fit!

(19+ yrs)

Enjoy a holistic fusion of dance, fitness, pilates, and yoga! Sweat it out with easy-to-learn cardio-dance moves inspired by a range of styles including shuffle dance, hip hop, martial arts, bellydance, bhangara, bollywood, african dance, and more. Then build strength with core exercises and top it off with a relaxing stretch and mindful meditation. More than a fitness class, this experience offers a way to connect and deepen your relationship with your body, mind, heart, spirit, and community. Bring running shoes and a water bottle; optional to bring your own yoga mat. Drop-in \$18, space permitting.

Loretta Laurin Cedar Hall
Tu Jan 13-Feb 10 7:00pm-8:00pm
\$85/5 sess 587466
Tu Feb 17-Mar 17 7:00pm-8:00pm
\$85/5 sess 587467

Foam Roll & Stretch

(19+ yrs)

In this class we will use a variety of foam rolling techniques, along with stretching, to release the fascia, ease tension and open up the body. The perfect way to start your Sunday. Please bring any tools you have, i.e. foam rollers, rolling stick, peanut roller, massage balls. There will also be some equipment available to borrow. Drop-in \$29, space permitting.

Carey Yuen Grandview Room
Su Jan 18-Jan 18 9:30am-11:00am
\$27/1 sess 587474
Su Feb 8-Feb 8 9:30am-11:00am
\$27/1 sess 587475

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. \$9 drop-in, space permitting. No session Feb 16.

Carey Yuen Gymnasium
M Jan 5-Mar 2 5:30pm-6:30pm
\$64/8 sess 587478

Lunch Crunch

(19+ yrs)

Lunch Crunch is a full-body MetCon workout packed with compound exercises that target multiple muscle groups. Set to high-energy music, this energizing midday session will help you build strength, boost balance and coordination, and keep your heart rate up. Drop-in for just \$9.50, space permitting. No session Feb 16.

Anushka Kashyap Gymnasium - North (2/3)
M Jan 19-Mar 2 12:15pm-1:15pm
\$48/6 sess 587507

Metabolic Conditioning Blast

(19+ yrs)

This full-body MetCon workout uses compound exercises to target multiple muscle groups for maximum impact. You'll build strength, improve balance and coordination, and keep your heart pumping all to the beat of high-energy music that keeps you motivated from start to finish. Drop in \$9.50, space permitting. No session Mar 10.

Anushka Kashyap Gymnasium
Tu Jan 20-Mar 17 6:45pm-7:45pm
\$64/8 sess 587514

Mindfulness Meditation

(19+ yrs)

A gentle introduction to the fundamentals of mindfulness meditation. Suitable for beginners and those looking to refresh their practice. It covers core principles and techniques. Mindfulness meditation can have transformative effects on the body, mind, and life. Taught by an experienced teacher. Info: lifen.me

Sung Yang Lakewood Room
W Feb 25-Feb 25 7:30pm-8:30pm
\$15/1 sess 587515

Outdoor/Indoor Stroller

Fitness with Carey (19+ yrs)

Come join other parents and babies in your community at Stroller Fitness. It will be an all levels class with strength & cardio intervals, mobility work, and postnatal-specific core work. The class takes place outdoors as much as possible, however we do have an indoor option for rainy days. Come for the workout, stay for the friendships. Participants should be 4+ weeks postpartum and 6+ weeks for caesareans. Participants will need a yoga mat and water bottle. Optional to bring their own resistance band. Participants do not need a jogging stroller. Instructor is a Certified Pre & Postnatal Fitness Specialist. Drop-in \$18, space permitting.

Carey Yuen	Elm Room
Tu Th Jan 6-Feb 5	11:00am-12:00pm
\$160/20 sess	587522
Tu Th Feb 10-Mar 5	11:00am-12:00pm
\$128/16 sess	594357

Outdoor/Indoor Stroller

Fitness with Carey (19+ yrs)

Come join other parents and babies in your community at Stroller Fitness. It will be an all levels class with strength & cardio intervals, mobility work, and postnatal-specific core work. The class takes place outdoors as much as possible, however we do have an indoor option for rainy days. Come for the workout, stay for the friendships. Participants should be 4+ weeks postpartum and 6+ weeks for caesareans. Participants will need a yoga mat and water bottle. Optional to bring their own resistance band. Participants do not need a jogging stroller. Instructor is a Certified Pre & Postnatal Fitness Specialist. Drop-in \$18, space permitting. No session Feb 16.

Carey Yuen	Grandview Room
M W Jan 5-Feb 4	11:00am-12:00pm
\$160/20 sess	587523
M W Feb 9-Mar 4	11:00am-12:00pm
\$112/14 sess	587524

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 \$18, space permitting. No session Feb 16.

Carey Yuen	Lakewood Room
M Jan 5-Jan 26	7:00pm-8:00pm
\$64/4 sess	587535
M Feb 2-Mar 2	7:00pm-8:00pm
\$64/4 sess	587536

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! \$8.50 drop-in, space permitting. No session Mar 10.

Anushka Kashyap	Gymnasium
Tu Jan 20-Mar 17	5:45pm-6:30pm
\$56/8 sess	587539

Zumba Gold

(19+ yrs)

ZUMBA® Gold is a low impact dance-fitness class for beginners and seniors that uses zesty Latin music, Salsa, Cha Cha, Cumbia, Merengue, Rock n Roll, (including Twist and Charleston), with easy to follow moves to create a dynamic and fun fitness class. Zumba® Gold strives to improve your balance, strength, flexibility and most importantly the heart. It is a 'feel happy' workout that is great for both the body and the mind. <http://www.ZumbaVancouver.ca> Drop-ins \$15, space permitting.

Zumba Vancouver	Cedar Hall
Th Jan 8	12:30pm-1:30pm
Free/1 sess	593820
Th Jan 15-Feb 12	12:30pm-1:30pm
\$67.5/5 sess	587590
Th Feb 19-Mar 12	12:30pm-1:30pm
\$54/4 sess	587591

Zumba


(19+ yrs)

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. 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.

Zumba Vancouver	Gymnasium
M Jan 5	6:45pm-7:45pm
Free/1 sess	593821
M Jan 12-Feb 9	6:45pm-7:45pm
\$67.5/5 sess	587592
M Feb 23-Mar 16	6:45pm-7:45pm
\$54/4 sess	587593
W Jan 7-Jan 7	6:45pm-7:45pm
Free/1 sess	593823
W Feb 18-Mar 18	6:45pm-7:45pm
\$67.5/5 sess	587594
W Jan 14-Feb 11	6:45pm-7:45pm
\$67.5/5 sess	587595

Sports

Badminton Court

Rental  (19+ yrs)
Reserve your own badminton court for guaranteed fun for up to six players. There are 4 courts available for play. Each registration is a booking for one court.
No Instructor
Gymnasium
Tu Jan 6-Mar 12 1:45pm-3:30pm
\$16/1 sess

Pickleball Intermediate/Advanced

(19+ yrs)
Non-Instructional
Gymnasium
W Jan 7-Mar 11 1:30pm-3:30pm
\$32/10 sess 587527

Pickleball Lesson -

Round Robin Games (19+ yrs)

Rather than sticking to repetitive basics, we'll dive into real-court scenarios, giving you the skills and confidence to elevate your play, point after point. Each session combines dynamic movement, smart shot choices, and doubles tactics. You'll receive hands-on coaching, immediate feedback, and opportunities to practice with partners?perfect for mastering the strategies that lead to more wins and more fun.

Richard Lee
Gymnasium
M Jan 5-Jan 12 1:45pm-3:30pm
\$59/2 sess 587533

Pickleball Lesson -

Learn to Play (19+ yrs)

A perfect way to jump into this fast-growing sport! You'll get hands-on coaching, learn the basics of the game, and meet other new players. We provide paddles and balls, so just bring your enthusiasm and get ready to enjoy a sport that's easy to learn, great for your fitness, and full of laughs. Whether you're looking for a social activity or a new way to stay active, this clinic is your ticket to joining the pickleball community and having a blast on the court. No session Feb 16.

Richard Lee
Gymnasium
M Feb 2-Mar 9 1:45pm-3:30pm
\$147/5 sess 587532

Gymnasium Sports Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
EVENING	Badminton Jan 5-Mar 16 8:00pm-9:45pm \$60/10 sess 587453 No session Feb 16	Basketball Jan 6-Mar 17 8:00pm-9:45pm \$66/11 sess 587456	Volleyball Beginner & Intermediate Jan 7-Mar 18 8:00pm-9:45pm \$66/11 sess 587584	Volleyball Beginner & Intermediate Jan 8- Mar 19 8:00pm-9:45pm \$66/11 sess 587585

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.

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 Jan 8-Jan 29 6:30pm-8:00pm
\$150/4 sess 587574
Th Feb 5-Feb 26 6:30pm-8:00pm
\$150/4 sess 587575
Th Mar 5-Mar 19 6:30pm-8:00pm
\$112.50/3 sess 587576

Yoga & Pilates

All Levels Hatha Yoga (19+ yrs)

Join Anita for a Hatha Practice that focuses on the essential core principles of alignment, breath, stretching, strengthening, and gentle relaxation techniques. In this invigorating class, participants will be required to hold their body weight in poses such as Downward Dog, Plank, and Cobra, which can be both challenging and rewarding. The class is thoughtfully paced, featuring leveled variations of poses so that each individual can work on their personal practice at their own comfort level. Don't forget to bring along a full water bottle and a yoga mat with you to class! Drop-in \$19, space permitting. No session Feb 16.

Anita Callahan
Cedar Hall
M Jan 5-Mar 9 5:15pm-6:30pm
\$135/9 sess 590896
M Jan 5-Mar 9 6:40pm-7:55pm
\$135/9 sess 590901
Th Jan 8-Mar 12 9:10am-10:10am
\$150/10 sess 587446



ATTENTION: BIG NEWS FOR NEXT SEASON!

Spring & Summer Programs - Now in One Guide!



New Registration Dates:

- **Full Day Summer Camps:** April 8th | 7 PM (Citywide)
- **All Other Spring & Summer Programs or Half Day Summer Camps:**
 - March 12th | 10 AM (Senior Programs)
 - March 12th | 7 PM (Everything Else)

Watch out for the combined Spring/Summer Brochure in early March

ADULT FITNESS

Balanced Body (19+ yrs)

Balanced Body is a Pilates mat class designed to build strength, enhance mobility, and deepen breath awareness. Through mindful movement and focused breathing, this class promotes alignment, flexibility, and a balanced body from the inside out. Suitable for all levels seeking a grounded, whole-body experience. Drop-in \$18, space permitting. No session Feb 16.

Noemie Valois Elm Room
M Jan 26-Mar 9 1:00pm-1:50pm
\$102/6 sess 587454

Core and Corazon, Barre Conditioning and Dance (19+ yrs)

Build strength, grace, and rhythm while cultivating a deep mind-body connection. A vibrant fusion of Barre Pilates and Latin American rhythms, this class centers you in your core while inviting you into the joy of movement from the heart (corazón). We begin with Barre-Pilates alignment and toning, then flow into motion guided by Afro-Brazilian beats, salsa, and cumbia, a space to feel strong, alive, and connected through every pulse and groove. Drop in \$18, space permitting.

Claudia Bulaievsky Cedar Hall
W Feb 8-Mar 11 9:20am-10:20am
\$68/4 sess 594708

Iyengar Yoga Level 1 (19+ yrs)

An introductory course for those new to Iyengar Yoga. Join this class to increase your flexibility, strength and relaxation. The Iyengar method of yoga involves meditation in action: with its focus on the details of the yoga poses and conscious movement, it helps to bring the body and mind into healthy alignment. Bridget is an Iyengar-certified instructor who has been teaching for more than 20 years. Drop in \$14, space permitting. No session Feb 16.

Bridget Donald Elm Room
M Jan 5-Mar 9 10:00am-11:00am
\$114/9 sess 587499
Th Jan 8-Mar 12 11:15am-12:15pm
\$126/10 sess 594691

Iyengar Yoga Level 2 (19+ yrs)

An intermediate level course for those who are interested in continuing and deepening their study of Iyengar Yoga. The Iyengar method of yoga involves mediation in action. With its focus on the details of the yoga poses and conscious movement, it helps to bring the body and mind into healthy alignment. Bridget is an Iyengar-certified instructor who has been teaching for more than 20 years. Drop in \$20, space permitting. No session Feb 16.

Bridget Donald Elm Room
M Jan 5-Mar 9 11:15am-12:45pm
\$162/9 sess 594690
Th Jan 8-Mar 12 9:30am-11:00am
\$180/10 sess 594692

Morning Movement with Pilates (19+ yrs)

This slow and gentle three-session series introduces movement, based on Pilates principles and therapeutic techniques through progressive exercises, with a key focus on core stability and efficiency. Most exercises in this class are done on the mat in supine position. Other exercises will be done on hands and knees and standing. Props and modifications are offered. This class is suitable for seniors, those recovering from injury wanting to move, and those interested in starting Pilates at a restorative/beginner level. NOTE: A PAR Q form needs to be completed before beginning the first class. It is valid for a year.

Heather Barnes Elm Room
Tu Jan 20-Feb 10 9:45am-10:45am
\$81/4 sess 596677

Pilates Matwork Beginners (19+ yrs)

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

Amy Kiara Ruth Elm Room
W Jan 7-Mar 18 6:15pm-7:25pm
\$139/11 sess 587528
W Jan 7-Mar 18 7:30pm-8:40pm
\$139/11 sess 587529

Pilates Morning Energizer (19+ yrs)

Pilates Morning Energizer class is a mixed level class that incorporates Pilates principles and exercises. This class is open to those who wish to build on their Pilates practice and/or their daily fitness goals. Modifications are offered and props will be used. Exercises will be done standing and on hands, knees, stomach and back. Come move, have fun and learn with others in a supportive and safe community environment. NOTE: A PAR Q form needs to be completed before beginning the first class. It is active for a year. Drop-in \$20, space permitting.

Heather Barnes Elm Room
F Jan 16-Feb 13 10:30am-11:15am
\$97/5 sess 587530

Prenatal Yoga (19+ yrs)

Prepare your mind, body, heart & soul to welcome your little one from womb to world. Offering the perfect balance of gentle flow, calming poses and quiet meditation, these classes nourish your connection to your body and your baby. Each class integrates birthing skills, breathing techniques and pelvic floor work to facilitate a calm, peaceful & flowing birth. We encourage participants to bring their own mat to class. Drop in \$20, space permitting.

Lynda Sing Elm Room
Su Jan 11-Feb 15 10:00am-11:00am
\$114/6 sess 587537
Su Mar 1-Mar 29 10:00am-11:00am
\$95/5 sess 587538

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!

Unwind and Reset

Pilates

(19+ yrs)

The Unwind and Reset Pilates series is for those new to Pilates or for those who would like to unwind and reset the body for the day. This slower paced class uses the Pilates fundamentals and therapeutic techniques to help release body tension while improving core stability and strength as well as mobility. A special focus on the breath. Props and modifications are offered. Some exercises will be done on hands, knees, and back. Due to the class size and length, more individual attention and cueing will be given to participants to gain more body awareness. NOTE: A PAR Q form needs to be completed before beginning the first class. It is active for a year unless. No drop-in.

Heather Barnes

Elm Room

Tu Jan 20-Feb 10

7:45pm-8:40pm

\$81/4 sess

587578

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.

Kate Nguyen

Cedar Hall

Tu Jan 6-Mar 10

8:15pm-9:15pm

\$95/10 sess

587582

Th Jan 8-Mar 12

8:00pm-9:00pm

\$100/10 sess

587580

Yanick McDonald

Cedar Hall

Tu Jan 6-Mar 10

9:15am-10:15am

\$95/10 sess

587581

Su Jan 4-Mar 8

9:15am-10:15am

\$86/9 sess

587583

Yoga by Candle light

(19+ yrs)

Enjoy yoga to candle light. All levels welcome. Drop-in \$18, space permitting. No session Feb 16.

Kylie Railton

Cedar Hall

M Jan 5-Mar 9

8:15pm-9:15pm

\$144/9 sess

587588

ABC Fitness

ALL BODIES COMMUNITY RECREATION AND FITNESS

A Vancouver Park Board Program

We are an inclusive, choice-based, community-anchored, health and wellness program welcoming all abilities, genders, ages, shapes, and sizes. Our workouts are never meant to be punishing: we offer scalable easy to follow exercises designed to develop confidence and a foundation for health, fitness, or performance. We teach skills and movements transferable to the "gym" and other activities. Our Learn to Play Sports are for folks wanting to return to or try a sport for the first time.

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

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

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

Active and Strong

(19+ yrs)

ABC Core program - Accommodating a range of fitness levels, Active and Strong is group exercise class led by registered fitness professionals. Using a non-choreographed format with a focus on improved health and function, classes include strength, mobility and cardiovascular training as well as balance, coordination and agility. Thoughtful coaching provides various options in a welcoming and inclusive environment. No class Sep 30, Oct 13, Nov 11.

Instructor: ABC Instructor

M W F Jan 5 – Mar 13

11:00 AM-12:00 PM GYM

Master Roster 586504

ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass



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

Check out TLCCA Program Cost Assistance

See page 42.

Education

Art Sushi **NEW!**

(19+yrs)

Join us for a fun and hands on workshop where you'll learn how to create stunning decorative sushi rolls. No prior experience is needed - this workshop is perfect for beginner and sushi enthusiasts alike! Discover tips and techniques to make your sushi not only delicious but also visually amazing. Please bring container to bring your sushi home.

Motoko Eto Grandview Room
Snowman Sushi Rolls
 Th Jan 8 7:00 PM-8:30 PM
 \$60/2 sess 591374
Valentine's Heart Rolls
 Su Feb 22 10:00 AM-11:30 AM
 \$60/2 sess 591373



Cream, Lotions and Botanical

Body Oils **NEW!**

(19+yrs)

Do you struggle with eczema, psoriasis, dermatitis, or any other skin ailment? Discover the simplicity of making your own healing and moisturizing creams and lotions. The beauty of making your own products is the knowing exactly what ingredients are being used and combining in recipes that address your skin type and/or skin problem. Make and take home a vitamin C calendula cream, an aloe vera moisturizer, rejuvenating facial oil and an herbal infused body oil. Bonus: Bronzing Mica's can be added to your lotion for a sun kissed look! Plus recipes on masks and gentle facial scrubs. All supplies included.

Cheryl Theilade Art Studio
 Th Feb 26 6:30 PM-9:00 PM
 \$61/1 sess 590870

Daikon and Cucumber Kimchi Making Workshop **NEW!**

(19+yrs)

Sour, spicy, and slightly crunchy, kimchi is a beloved staple in Korean food culture. In this workshop, you'll master the skills to make your own batch of crunchy radish and cucumber kimchi. Our expert instructor will guide you through the process of fermentation, and understanding the different types of kimchi that exist. Join us in experiencing the taste, traditions, and techniques of fermenting kimchi - one crunchy bite at a time. (Please bring two 1L glass jars to the workshop to take home the items you'll make.)

Kristine Hui Grandview Room
 Su Feb 15 1:30 PM-4:00 PM
 \$65/1 sess 590989

Exploring Coffee: From

Process to Pour **NEW!**

(19+yrs)

Designed for coffee lovers who want to deepen their understanding about coffee, particularly how different coffee processing methods influence taste. Participants will explore common processing methods, taste how this affects the coffees both in a cupping format and in a brewed beverage format. Attendees will learn about coffee processes and how this affects taste (theoretical and practical), gain experience in industry practice like a cupping session (this is like a wine tasting but for coffee!) and taste the difference of coffees on a cupping table vs a brewed beverage. All supplies are included in the cost.

Claire Chan Grandview Room
 Su Mar 8 2:00 PM-4:00 PM
 \$37/1 sess 591455



Exploring Coffee: From Process to Pour

Indigenous Reads Book Club

(19+ yrs)

If you love to read and talk about books, please consider joining this friendly group of readers that meets once a month. The books handed out at each meeting are either written by Indigenous authors or are about issues related to that population. Hopefully what we learn through our reading will inform some of the choices we make as individuals. We meet on the second Wednesday of each month. Please pick up the first book at the front desk after you register.

Teresa Whitehouse Willow Room
 W Jan 14-Mar 11 10:00am-11:30am
 Free/3 sess 587486

Introduction to Fiction

Writing

(19+yrs)

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

Glenn Mori Board Room
 Sa Feb 7-Mar 14 2:30 PM-4:00 PM
 \$90/6 sess 589912

French Cuisine with Valentin -

Quiche Lorraine **NEW!**

(19+yrs)

Join us for a fun and hands-on French cooking class! Learn how to make a traditional Quiche Lorraine - a savory tart filled with eggs, cream, cheese, and bacon. It's simple, comforting, and perfect for sharing. Together, we'll prepare, bake, and enjoy this delicious French classic while discovering some culinary tips along the way.

Valentin Comosseto Grandview Room
 Tu Jan 6 6:00 PM-8:00 PM
 \$27/1 sess 594908

Kiss and Make Up with Minerals **NEW!**

(19+yrs)

Make mineral makeup for a fraction of the cost! Using earth elements, butters, oils, waxes, and pre blended bases, learn how to make your own mineral makeup! Make a lip gloss (wand applicator), lipstick, mineral eye shadow and a mineral eye liner. Learn alternatives to toxic chemicals that are in mainstream cosmetics. Discussions on blending colours, mineral make up benefits and ingredient knowledge. Also receive recipes on liquid foundation and makeup remover. All supplies included. Please note: This class is not about how to apply or use makeup and some exact formulas are not provided due to copyright.

Cheryl Theilade

Art Studio

Th Mar 12

6:30 PM-9:00 PM

\$64/1 sess

590869

Korean Bossam Making Party **NEW!**

(19+yrs)

Get ready to roll up your sleeves and dive into the delicious world of Bossam - a beloved Korean dish that brings people together through flavor, tradition, and shared joy. In this hands-on workshop, you'll learn how to prepare melt-in-your-mouth pork belly, wrap it in crisp cabbage or lettuce, and pair it with a vibrant spread of sides like spicy radish salad, fermented shrimp sauce, ssamjang, garlic, and fresh chilies. Bossam is more than a meal; it's a communal experience rooted in Korean hospitality and celebration. You'll cook, wrap, and feast together in a lively, interactive setting.

Kristine Hui

Grandview Room

Su Mar 15

1:00 PM-4:00 PM

\$65/1 sess

591004

Lacto-fermented Hot Sauce and Hot Wings

Party **NEW!**

(19+yrs)

Learn to harness the power of naturally occurring lactic acid bacteria to create complex, flavorful hot sauces that pack a punch. Also learn how to use your prepared hot sauces to make marinades and dipping sauces for chicken wings. Our instructor will walk you through the process of selecting and preparing the best chili peppers, to understanding how long to ferment your chilis in order to achieve the perfect balance of heat and flavor. By the end of the workshop, you'll have your own jar of fermented hot sauce and enjoy a plate of different hot wings made from lacto-fermented sauces. Bring your own glass jars to store your hot sauce in.

Kristine Hui

Grandview Room

Su Mar 1

1:30 PM-4:00 PM

\$65/1 sess

591003

Leather Belt Workshop (19+yrs)

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

Vancouver Tool Library

Art Studio

Tu Feb 17

6:00 PM-8:00 PM

\$101.85/1 sess

589778

Tu Mar 10

6:00 PM-8:00 PM

\$101.85/1 sess

589779

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

Vancouver Tool Library

Willow Room

Th Jan 29

6:30 PM-9:30 PM

Free/1 sess

589773

Th Feb 26

6:30 PM-9:30 PM

Free/1 sess

589774

Th Mar 26

6:30 PM-9:30 PM

Free/1 sess

590482

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

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

Vancouver Tool Library

Art Studio

Tu Feb 24

6:00 PM-8:00 PM

\$99.75/1 sess

589780

Join us for fun **FREE** activities:

Community Resource Fair



Playgym, Bouncy Castle, Arts & Crafts



Face Painting & Photo Booth



FREE Skate & Helmet Rental upon availability

**MONDAY
FEB 16
12:00-3:00PM
#586087**

Leatherwork: Tote Bag (19+yrs)

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

Vancouver Tool Library Willow Room
Tu Jan 27-Feb 3 6:30 PM-9:30 PM
\$178.50/2 sess 589771

Leatherworking 101 (19+yrs)

Learn about leatherwork while making a high-quality, fully lined 4-pocket folding card holder using some of the best vegetable-tanned leather in the world. This workshop is perfect if you're curious about getting into leatherwork and want more from the experience than just making an item. Explore different tannages and thicknesses of leather, understand thread selection and stitch spacing, and practice gluing techniques and reinforcements. By the end of the workshop, you'll have hands-on skills, a beautiful finished piece, and a stronger foundation in leathercraft.

Vancouver Tool Library Willow Room
Th Jan 8-Jan 15 6:30 PM-9:30 PM
\$157.50/2 sess 589766
Th Mar 12-Mar 19 6:30 PM-9:30 PM
\$157.50/2 sess 589767

Matcha Tiramisu Cake

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

In this hands-on class, you'll learn to make a delicate, coffee-free tiramisu-style cake. We'll focus on two contrasting elements: the earthy richness of matcha cream and a bright, tangy homemade lemon curd. Topics covered include how to whip cream properly, how to work with eggs in cooked custards, how to assemble a layered dessert, and simple decoration techniques. Please email info@soapifystudio.com with any allergy concerns or questions.

Lily Sum Grandview Room
W Jan 7 6:00 PM-8:00 PM
\$69/2 sess 594559

Moss Ball Workshop (19+yrs)

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

Vancouver Tool Library Art Studio
Tu Jan 20 6:00 PM-8:00 PM
\$52.50/1 sess 589768
Tu Mar 3 6:00 PM-8:00 PM
\$52.50/1 sess 589770

Singing Mamas - Coming

Home Club **NEW!** (19+yrs)

A welcoming circle for women, with or without babies; part of the growing Singing Mamas movement. No singing experience needed! We share simple songs taught by ear that, as research shows, lift mood, calm the nervous system, and ease feelings of depression or isolation. Each 1.5-hour session includes one hour of singing, followed by tea, snacks, and time to connect.

Bryony Ollier Art Studio
Tu Jan 13-Mar 10 10:00 AM-11:30 AM
\$160/9 sess 593885

Spoon Carving 101 (19+yrs)

Join us for the meditative craft of spoon carving! This beginner friendly class is hosted by the Vancouver Spoon Club (@vancouverspoonclub on Instagram) and is focused on the basics of getting comfortable with hand tools, carving techniques, and working with greenwood. The class will involve the use of straight knives and hook knives, as well include discussion of the process of carving your very own spoon, from living tree to wooden eating utensil.

Jasper Moedt Art Studio
Tu Jan 13 6:00 PM-9:00 PM
\$78.75/1 sess 589763
Tu Feb 10 6:00 PM-9:00 PM
\$78.75/1 sess 589764
Tu Mar 31 6:00 PM-9:00 PM
\$78.75/1 sess 589765

Spoon Club Drop In (19+yrs)

For folks who have taken spoon carving classes with the Vancouver Spoon Club. This is a free, non-instructional drop-in session to carve, connect, and share time with other carvers. Basic tools are provided. For more details reach out on Instagram at @vancouverspoonclub

Jasper Moedt Art Studio
Tu Jan 27 6:00 PM-9:00 PM
Free/1 sess 594119

The MotherFlock Mom Group (19+yrs)

This is the baby group with a difference: it's all about Mom! A chance for you to relax, find community, share experiences, learn about resources & self-care tips, and build friendships. Essentially, come out with your own little mom tribe. Because Vancouver moms deserve more... to feel empowered, and ready to rock this whole mom thing!

The MotherFlock Lakewood Room

Babies born Sept-Dec
Jan 9-Feb 6 11:45 AM-12:45 PM
\$125/5 sess 590485

Babies born Nov - Jan
F Feb 13-Mar 13 11:45 AM-12:45 PM
\$125/5 sess 590486

Babies born Sept-Dec - with Guest Speakers
F Jan 9-Feb 6 10:00 AM-11:15 AM
\$150/5 sess 590483

Babies born Nov - Jan - with Guest Speakers
FFeb 13-Mar 13 10:00 AM-11:15 AM
\$150/5 sess 590484



Spoon Carving 101

Law Students Legal Advice Program – Greater Vancouver

With the assistance of supervising lawyers, UBC law students provide a range of services from summary advice to full representation on a case-by-case basis on various areas of the law, including criminal law, small claims, Workers Compensation, Employment Insurance, wills, employment issues, immigration, refugee, and residential tenancy disputes. You can find out more information by visiting lsap.bc.ca. Note that LSLAP does not book appointments by e-mail or phone. To book an appointment please visit lsap.bc.ca and fill out the online intake form. We also offer services in other languages if needed. For clients who would require a Mandarin/Cantonese-speaker, please call (604) 684-1628 to book an appointment with the Chinatown Clinic through S.U.C.C.E.S.S.

UBC Law Student's Legal Advice program

Willow Room

Th Jan 22 & Feb 5 6:00PM-8:00 PM

Preschool Room

Th Feb 26 6:00PM-8:00 PM

Maple Room

Th Mar 12 & Mar 26 6:00PM-8:00 PM

Free/5 sess 597384

Martial Arts

Aikido (February) (17+ yrs)

Aikido is a martial art founded in Japan in the early part of the last century by Morihei Ueshiba (1883-1969). Aikido is an opportunity for everyone to learn self-defense and spiritual discipline while improving body coordination with gentle circular movements. Please note: pro-rated fees do not apply to this program. Drop in \$15. No session Feb 16.

Shohei Juku Aikido Canada Elm Room

M Tu Th Sa Jan 3-Jan 31

M Tu Th 6:00pm-7:30pm

Sa 11:00am-12:30pm

\$80/month 587441

M Tu Th Sa Feb 2-Feb 28

\$80/month 587440

M Tu Th Sa Mar 2-Mar 31

\$80/month 587439

Axe Capoeira Adult

All Levels **NEW!** (14+ yrs)

Capoeira is an Afro-Brazilian martial art that combines self-defense, dance, acrobatics, music, and physical conditioning to create a unique, multidisciplinary experience. Classes focus on developing, rhythm, reflexes, balance, coordination, strength and flexibility. If you're looking to revolutionize your fitness and wellness routine, engage in a vibrant community, and learn an incredible artform this could be perfect for you. Class is twice a week. Drop-in \$25, space permitting. No session Feb 16.

Kenneth Clarke

Lakewood Room

M Jan 5-Mar 9

5:45pm-6:45pm

F Jan 9-Mar 13

5:15pm-6:15pm

\$300/3 sess

596677

Beginners Aikido (13+) (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 Jan 8-Mar 12

5:00pm-5:50pm

\$105/10 sess

587457

Cardio Kickboxing (19+ yrs)

This non-contact total body fitness session teaches effective self-defense techniques and promotes stress release. Participants can improve strength, and gain flexibility while having fun. Class taught by Shihan Amber Murphy-Smith, World Champion and 6th Degree Black Belt. Bring your own gloves or hand wraps, gloves are also available for purchase as well as \$35.84. Drop in \$19.

Shihan Amber Murphy-Smith

Elm Room

F Jan 9-Mar 13

9:15am-10:15am

\$158/10 sess

587461

Qigong

(19+ yrs)

Qi is 'energy'. Gong is 'skill acquired through training'. Hence, Qigong is energy cultivation training. There are many techniques to cultivate the internal energy of the body, from Taoist, Buddhist, martial arts, and Chinese medicine traditions. Various methods include movement, posture, breath work, visualization, sound, massage, etc., all with the purpose of building and regulating the Qi in the body for physical and mental well-being. Drop in \$19, space permitting.

Kelly Maclean

Grandview RoomW

Jan 14-Mar 25

6:00pm-7:00pm

\$176/11 sess

587540

Shorinji Kempo

(13+ yrs)

Discover Shorinji Kempo, an authentic Japanese martial art blending practical self defense, 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. Drop-in \$10.00, space permitting. No session Feb 16.

Shorinji Kempo Vancouver

Elm Room

M F Sa Jan 5-Jan 31

Mon

7:30pm-9:30pm

Fri

7:00pm-9:00pm

Sat

2:30pm-4:30pm

\$50/month

587551

M F Sa Feb 2-Feb 28

\$50/month

587550

M F Sa Mar 2-Mar 30

\$50/month

587549

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.

Tai Chi - 24 Form

(suitable for beginners) (19+ yrs)

Tai Chi (Taiji or Taijiquan) is a Chinese martial art based on the principle of the interplay of Yin and Yang. The slow and graceful movements of Tai Chi promote the circulation of Qi, or vital essence, through the body, and have been shown to improve balance, coordination, and concentration. The 24 Form, or "simplified Yang style," is a short routine perfect for beginners. Drop in \$19, space permitting.

Kelly Maclean
W Jan 14-Mar 25
\$176/11 sess

Grandview Room
7:00pm-8:00pm
587567

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 Oct 25.

Michael Chiao
Sa Jan 10-Mar 28
\$78/12 sess

Lakewood Room
9:00am-11:00am
587568

Check out our Greening Workshops

See page 47



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

(19+ yrs)

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

Amy Li Hua Zhu
Th Jan 8-Mar 12
\$142/10 sess

Cedar Hall
11:20am-12:15pm
587569

Tai Chi- Traditional Yang Style 22 Form & Health QiGong

(19+ yrs)

This Yang Style Tai Chi is short and concise, encompassing the traditional poses as its main movement, movements are closely integrated and flows naturally. The presentation of the "cloud hand " movement is an eye opener proven to enhance and improve health, this Tai Chi style is suitable for every age group. Qigong improves health. People in different ages can evenly advance their physical functions by achieving the balance of Yin and Yang. The improvement of meridional system, and the strengthening of tendons and bones.health. This class is instructed by master Amy Zhu who was a disciple of Grand Master Yang Jun(5th Yang Family Tai Chi Chuan Lineage Holder),national Tai Chi Champion and Certified Tai Chi instructor. Drop-in \$15, space permitting.

Amy Li Hua Zhu
Th Jan 8-Mar 12
\$142/10 sess

Cedar Hall
10:20am-11:15am
587570

Women Self-Defense Workshop

(18+ yrs)

Feel Afraid of walking around at night? Learn how to keep yourself safe and fight back effectively if the worst happens. This progressive course will equip you with a skills toolbox that includes de-escalation, threat assessment, Canadian self defense law, how to talk so law enforcement will listen, projecting authority and how to deal with several threats ? including overcoming your flight/fight/freeze response, being choked, grabbed from behind, striking and blocking, multi-opponent tactics and weapons defense. Any levels or abilities welcome. Safe, trauma informed environment. Tactics can/will be modified to suit different participants.

Janna Pansegrau
Th Jan 8-Mar 26
\$150/12 sess

Elm Room
7:45pm-9:15pm
587587

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
Th Jan 8-Mar 12
\$130/10 sess

Board Room
8:05 PM-8:35 PM
590518

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
Th Jan 8-Mar 5
\$130/9 sess

Board Room
8:35 PM-9:05 PM
590519

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. No class Feb 16.

Rene Hugo-Sanchez

Art Studio

M Jan 5-Mar 9

8:15 PM-8:45 PM

\$117/9 sess

590511

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 Feb 16.

Rene Hugo-Sanchez

Art Studio

M Jan 5-Mar 9

7:15 PM-7:45 PM

\$117/9 sess

590506

Adult Group Ukulele**Ensemble****(19+yrs)**

Join our Ukulele Ensemble class at Trout Lake Community Centre. Sing in a group favorite popular songs and learn a few tips on how to participate in an ensemble, how to perform, how to prepare a song for a band practice, how to use appropriately the repeat signs, articulations, rhythm notations and dynamics. Bring your clip-on tuner, and a pencil to take notes. A song book by Rene Hugo will be available at the first class for \$15. You must be able to change chords fluently, know basic strumming patterns, know some bar chords or to have finished the Intermediate Ukulele level of Rene Hugo's classes.

Rene Hugo-Sanchez

Board Room

Th Jan 8-Mar 12

9:05 PM-9:35 PM

\$130/10 sess

590521

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 Feb 16.

Rene Hugo-Sanchez

Art Studio

M Jan 5-Mar 9

7:45 PM-8:15 PM

\$117/9 sess

590507

Adult Hip Hop**Fundamentals****(19+yrs)**

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

Endorphin Rush Dance

Cedar Hall

\$5 Trial

Th Jan 15

6:15 PM-7:15 PM

\$5/1 sess

589754

Th Jan 22-Mar 12

6:15 PM-7:15 PM

\$126/8 sess

589755

Adult Ukulele Group**Children Songs****NEW!****(19+yrs)**

This class is highly recommended for parents with small children, teachers, anyone who works with children or simply likes children songs. Bring your ukulele (any size), your clip-on tuner, a capo, a book containing 40 popular children songs arranged by Rene Hugo will be available at the first class for \$20. Must be able to change chords fluently, know basic strumming patterns, some bar chords or to have finished the Intermediate ukulele level of Rene Hugo's classes. No class Feb 16.

Rene Hugo-Sanchez

Art Studio

M Jan 5-Mar 9

8:45 PM-9:15 PM

\$117/9 sess

590515

All Bodies Dance Project (19+yrs)

All Bodies Dance Project brings together artists with and without disabilities to explore movement as a means of creative expression. These accessible and inclusive classes are for people of all abilities, genders, sizes, and backgrounds. Classes explore improvisation in an open, safe, and fun environment. Experience the joy of moving and creating within a diverse community where differences are celebrated. Absolutely no experience or skill required! - ASL interpretation is available for this program upon request at info@allbodiesdance.ca. - Participants who require one-to-one support must provide their own assistant. - Please note these classes are scent-reduced and participants are asked to refrain from wearing perfumes, colognes or scented products. For more information allbodiesdance.ca. We kindly ask that you register only if you plan to attend all sessions. Free thanks to funding from the Trout Lake Community Centre Association and the BC Arts Council.

All Bodies Dance Project

Grandview and

Lakewood Room

Th Jan 15-Mar 12

6:30 PM-8:00 PM

Free/9 sess

587234

Bellydance**(19+yrs)**

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

Georgina Daniels

Cedar Hall

W Jan 14-Mar 4

6:30 PM-7:30 PM

\$120/8 sess

589917

Bluegrass Slow Pitch Jam

(19+yrs)

For acoustic guitar, mandolin, banjo, fiddle, bass, dobro and ukulele. All levels welcome. You should be able to play basic chords or melody. Learn by ear through lots of singing and playing. A great way to practice your instrument, work on soloing, sing lead and harmony, learn about jam etiquette and meet jamming buddies. Class will include vocal technique and bluegrass harmony singing while playing your instrument. Learn how to find your vocal range and become confident singing and playing together. We will have a couple of visiting singers/instrumentalists during the course, plus there will be a performance at the ANZA Club to wind up. Slow Pitch Jam digital songbook and play-along tracks are included. Drop-in \$20.

Sue Malcolm Grandview Room
Tu Jan 20-Mar 10 7:00 PM-8:30 PM
\$160/8 sess 589913

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 brasilan funk, soca, dancehall, Reggaton and many more. Feel like a Zumba class is to fast and you can't follow? Then this is the class for you! I will break down the movement but still keep your cardio going and guarantee a sweat! I'm hear to help you move your body a way you never have. Drop in \$13, space permitting.

Lesley Maranhao Cedar Hall
Free Trial
F Jan 9 6:00 PM-7:00 PM
Free/1 sess 591532
F Jan 16-Mar 13 6:00 PM-7:00 PM
\$99/9 sess 591530

Line Dancing Intermediate With Helen

(19+ yrs)

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

Helen Ai Yee Lee Cedar Hall
Tu Jan 6-Mar 10 12:00pm-1:30pm
\$60/10 sess 587503
F Jan 9-Mar 13 12:00pm-1:30pm
\$60/10 sess 587504

Open Level Jazz Funk (19+yrs)

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 \$18, space permitting.

Anushka Kashyap Cedar Hall
W Jan 14-Mar 11 7:45 PM-8:45 PM
\$154/9 sess 589496

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. No class Jan 23.

Naduska Lopez Cedar Hall
F Jan 9-Feb 6 7:15 PM-8:45 PM
\$84/4 sess 592802

Traditional Bachata Sunday Social – Let's Dance!

NEW!

(19+yrs)

Join us for a fun and friendly social where you can dance, connect, and enjoy two authentic rhythms of the Dominican Republic — Bachata and Merengue. We'll start with a complimentary introductory class that's perfect for beginners or anyone wanting a refresher, followed by social dancing where you can practice, meet others, and enjoy the music. No partner or experience needed— just bring your good energy and a water bottle! Come dance, smile, and laugh while enjoying these two beautiful rhythms in a welcoming community!

Naduska Lopez Cedar Hall
Su Jan 4 1:30 PM-4:30 PM
\$20/1 sess 594982
Su Mar 29 1:30 PM-4:30 PM
\$20/1 sess 593886

Social

Games & Gather (19+ yrs)

Looking for a fun way to unwind in the afternoon? Join us for Games & Gather, a FREE board game social where you can meet new people and share a passion of games, old and new! Classics like Crib, Rummy, Yahtzee, Scrabble, Backgammon, Dominoes, Uno and Monopoly to name a few. Suggestions of games are always welcome and we can all learn together. All supplies will be provided, open to Ages 19 and over. Doors open at 11am. No session Feb 12.

No Instructor Willow Room
Th Jan 15-Mar 5 11:00am-1:00pm
Free/7 sess 587480

Check out TLCCA Program Cost Assistance Program

See page 42.

ATTENTION: BIG NEWS FOR NEXT SEASON!

Spring & Summer Programs - Now in One Guide!

New Registration Dates:

- ****Full Day Summer Camps:**** April 8th | 7 PM (Citywide)
- ****All Other Spring & Summer Programs or Half Day Summer Camps:****
 - March 12th | 10 AM (Senior Programs)
 - March 12th | 7 PM (Everything Else)

Watch out for the combined Spring/Summer Brochure in early March

Visual Arts

ABC Acrylic Basics Covered

(19+yrs)

Acrylic paint has few rules and is a perfect medium for beginners! The first couple classes are about the basics: colour mixing, theory and brush technique- all clearly demonstrated. Next you'll be painting a juicy loose, Group of Seven inspired landscape. No fear of getting lost - instructor Niina Chebry will lead you through to the other side! This class is suited for beginners or for those who need a refresher (and a good nudge to get started). Acrylic paint supplies available upon request. \$70 art kit includes paint, canvas and brushes or check out the supplies you'll need here: www.niinachebry.com.

Niina Chebry
M Jan 12-Feb 9
\$138/5 sess

Grandview Room
7:00 PM-9:00 PM
589911



ABC Acrylic Basics Covered

Acrylic Painting

(19+yrs)

Enjoying and relaxing with acrylic painting as an expressive and vibrant medium. You will learn how to use the brushes to achieve a variety of techniques including blending, glazing, lifting, wet on wet and over dry to create different textures and brush strokes on your artwork. We will focus on beautiful landscapes, flowers and figures. Visit: www.atashzad.com [atashzad.com] (Supplies are not included; supply list available upon registration on receipt)

Mohammad Reza Atashzad Art Studio
Tu Feb 10-Mar 10 1:45 PM-3:45 PM
\$147/5 sess 592766

Adult Beginners Pottery (19+yrs)

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

Janine Schroedter Pottery Studio
Tu Jan 6-Mar 10 7:00 PM-9:30 PM
\$342/10 sess 590490

Adult Pottery

(19+yrs)

This class is suited for beginners and those looking to refresh the fundamentals of ceramics. We will learn basic hand building techniques while creating fun and functional projects before we venture onto the potter's wheel. We will also explore surface, decorating and glazing. Please bring your own apron. Purchase clay at the first class.

Laura Van Der Linde Pottery Studio
Th Jan 15-Mar 5 12:30 PM-3:00 PM
\$279/8 sess 587337
Th Jan 15-Mar 5 7:00 PM-9:30 PM
\$279/8 sess 587339

Adult Pottery: Wheel Throwing

(19+yrs)

A fun and inspiring class with an emphasis on creating functional pieces on the pottery wheel. Learn the fundamentals of wheel throwing, including wedging, centering, throwing, trimming and glazing. Suitable for beginners and those looking to practice pottery in a friendly and supportive atmosphere. Purchase clay at first class.

Suzanne Cowan Pottery Studio
Tu Jan 13-Mar 10 10:00 AM-1:30 PM
\$430/9 sess 587681



Adult Pottery: Wheel Throwing

Artsy Soap Design

(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 Art Studio
Su Jan 18 2:00 PM-4:00 PM
\$55/1 sess 589434
Su Feb 15-Feb 15 2:00 PM-4:00 PM
\$55/1 sess 589435

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

Basket Weaving 101 (19+yrs)

Learn the fundamentals of basket weaving - design, technique and tools - in a creative and social class. Working with natural rattan reed, we'll construct an open-weave base, build and shape the walls with a plain weave pattern and finish the basket with a lashed rim. You'll leave with a finished basket (approx. 6"L x 6"W x 8"H); a design that's easy to scale-up and customize for future projects. All materials included.

Suzanne Cowan Art Studio
Su Feb 22 10:00 AM-3:00 PM
\$126/1 sess 587682

Basket Weaving 201 (19+yrs)

Build your knowledge of basket weaving, working with natural rattan reed to create a versatile and durable tote with a filled-in base, twill weave walls and integrated wrapped handles. Please bring your lunch and an old towel for covering your work surface. Otherwise, all supplies are included. Previous weaving experience or Basket Weaving 101 is recommended.

Suzanne Cowan Art Studio
Su Mar 8 10:00 AM-4:00 PM
\$189/1 sess 587683

Cedar Weaving Bracelets with Todd DeVries (19+yrs)

In this meaningful workshop led by Haida Artist/Weaver Todd DeVries, create a cedar bracelet representing non-violence and anti-bullying. The session includes teachings on the history and significance of Cedar Bark Weaving and Todd's personal life stories. Come learn, create, and take part in a shared commitment to reconciliation and respect.

Todd DeVries Grandview Room
Su Jan 18 1:00 PM-3:00 PM
\$35/1 sess 594015



Cedar Weaving Bracelets

Chenille Stem Valentines Day Flower Arrangement Workshop NEW! (19+yrs)

Unleash your creativity by turning simple chenille stems (pipe cleaners) into colorful flowers! This hands-on course teaches basic twisting, coiling, and shaping techniques to craft stunning petals, stems, and leaves. From classic daisies to imaginative fantasy blooms, you'll explore color blending and floral design. Perfect for all ages, this fun and relaxing activity explores a playful art form. You will get to take home your final flower arrangement. No experience needed, just bring your imagination and enjoy creating!

Karon Wong Board Room
Su Jan 25 1:30 PM-3:00 PM
\$38/1 sess 594566



Chenille Stem Valentines Day Flower Arrangement Workshop

Easter Sugar Art NEW! (19+yrs)

Celebrate Easter with sugar art, a traditional craft recognized as cultural heritage. Using colorful sugar dough and just a pair of scissors, you'll sculpt chicks and decorate your own Easter eggs, creating a few sweet treats to welcome this joyful season of renewal.

Yee Chan Grandview Room
Su Mar 29 11:45 AM-12:45 PM
\$45/1 sess 589737



Easter Sugar Art

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

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

Fernanda Mascarenhas Grandview Room
Su Jan 25 1:00 PM-4:30 PM
\$100/1 sess 589799

Glowing Koi of the Lunar New Year NEW! (19+yrs)

Bring light and luck into the New Year with a glowing koi fish. In this hands-on workshop, you'll learn traditional rattan craft to bend and shape the frame, then cover and decorate your koi with crepe paper, light and tassel to create a symbol of abundance and good fortune to hang in your home as the new year begins.

Yee Chan Lakewood Room
Su Feb 8 1:15 PM-3:45 PM
\$51/1 sess 589732

Hand Building Mug Workshop **NEW!**

(19+yrs)

Discover the art of hand building your very own drinking vessel. Students will get an introduction to clay and how best to make it yield to your command. No experience necessary.

Janine Schroedter Pottery Studio
Tu Mar 24 6:00 PM-7:30 PM
\$45/1 sess 593940

Natural Dye and Shibori - Tote Bag

(19+yrs)

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

Fernanda Mascarenhas Grandview Room
Su Jan 11 2:00 PM-4:00 PM
\$69/1 sess 589796

Photography: Smartphone

(19+yrs)

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

Jhaymee Hizon Art Studio
W Jan 14-Mar 11 6:00 PM-7:30 PM
\$135/9 sess 589824



Glowing Koi of the Lunar New Year

Stitched Shibori and Natural Dye

(19+yrs)

You will hand-dye a one-of-a-kind organic cotton bandana using a special technique to create patterns: the stitched shibori. Shibori is a group of manual resist dyeing techniques from Japan, and the stitched one allows us to create beautiful and delicate patterns. The stitched-shibori bandana will naturally dye with plants such as turmeric or madder. All material provided.

Fernanda Mascarenhas Grandview Room
Su Feb 1 1:00 PM-4:00 PM
\$79/1 sess 589800

The Joy of Acrylic Painting

(19+yrs)

The class will guide you to acrylic painting in a friendly and relaxing atmosphere. Philip will demonstrate step by step to paint a beautiful picture in every session. \$10 art supply fee included in price, non refundable after first advertised class. Materials provided at first class.

Philip Tsang Art Studio
F Jan 9-Feb 6 10:00 AM-12:00 PM
\$120.50/5 sess 589924



The Joy of Drawing & Sketching

The Joy of Drawing & Sketching

(19+yrs)

Drawing is the fundamental training for all fine art even for the animation and architecture. A variety of drawing techniques will be covered including composition, tonal value, perspective, shape and more to help you develop an artistic foundation. Supplies will be provided first class.

Philip Tsang Lakewood Room
Tu Jan 6-Feb 3 6:30 PM-8:00 PM
\$90/5 sess 589922

The Joy of Watercolour Painting

(19+yrs)

This program introduces you to the essential techniques of painting with watercolour. Through demo projects of Landscape still life animal and portrait, you will gain familiarity with the properties of watercolour as you explore various approaches to traditional and contemporary concepts. All materials provided by instructor, \$10 non refundable material fee included in price.

Philip Tsang Art Studio
F Jan 9-Feb 6 12:15 PM-1:45 PM
\$160.50/5 sess 589925

Watercolour Painting

(19+yrs)

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

Mohammad Reza Atashzad Art Studio
Tu Jan 6-Feb 3 1:45 PM-3:45 PM
\$147/5 sess 592765

Wool Felting Basics

(19+yrs)

Wool felting produces an environmentally-friendly textile, well-suited to our cool, wet climate. First Session: Using wool, water and agitation, we'll make fabric that may be cut and stitched into craft projects or displayed as art. Second Session: We'll explore needle felting flat surfaces and small 3-dimensional sculpted forms. Participants are welcome to bring their project ideas to class.

Amy Walker Art Studio
Su Feb 1 1:00 PM-3:00 PM
\$114/2 sess 593139



Wool Felting Basics

Bus Trips

Wildlife Photographer of the Year (55+ yrs)

The prestigious Wildlife Photographer of the Year exhibition is back at the Royal BC Museum in 2026 with 100 new incredible photos showcasing the best from around the world. Enjoy lunch at Steamship Grill on Victoria's Inner Harbour. *Additional \$36 ferry fee for 64 years and under* PACKAGE INCLUDES: Royal BC Museum admission, Wildlife Photographer of The Year Exhibit, Lunch at Steamship Grill, All Fees and Taxes

Enjoy The Journey Trout Lake Community Centre
Tu Feb 24 7:00am-7:45pm
\$115/1 sess 587510

Mystery Tour (55+ yrs)

This fun and entertaining magical mystery tour takes you to unknown destinations filled with clues, prizes, and props! A must-see attraction, it includes a great lunch and afternoon mystery stops. Use the Mystery stop clues correctly to win a variety of prizes! PACKAGE INCLUDES: mystery attractions, lunch, mystery stops, and Prizes

Enjoy The Journey Trout Lake Community Centre
F Mar 13-Mar 13 8:15am-5:00pm
\$115/1 sess 587483

Education

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

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

David Perkins Grandview Room
F Feb 20 10:00am-11:30am
Free/1 sess 587571

Estate Planning: Beyond the Will (50+ yrs)

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

David Perkins Grandview Room
F Mar 13 10:00am-11:30am
Free/1 sess 587472

Performing Arts

Collaborative Creative Dance Workshops (50+ yrs)

Step into a joyful, co-creative space where we cultivate freedom, connection and play through movement. Rooted in gentle mobility, grounding techniques and guided improvisation, this collaborative dance class welcomes all bodies and all abilities. No experience necessary. Drop-in \$8, space permitting. No session Feb 16.

soma anima arts - Rachel Helten
Grandview Room
M Jan 5-Mar 9 12:30pm-2:00pm
\$60/9 sess 587465

Ukulele for Beginners **NEW!** (55+yrs)

New to the ukulele? This introductory course is for you. Establishing good technique can make learning faster and more enjoyable. Topics include: what to look for when buying an instrument, how to hold the instrument, fundamental techniques such as plucking melodies and strumming chords. No experience necessary. This course is also appropriate for those still working on the basic chord shapes (C, Am, F, G7) and strumming patterns or have never had in-person instruction. Please bring a ukulele or plan to purchase one after the first class. No class Feb 16.

Mark Beaty Maple Room
M Jan 12-Mar 9 9:30 AM-10:20 AM
\$144/8 sess 587250



Ukulele for Beginners

Check out our Greening Workshops

See page 47



Ukulele Singalong (55+ yrs)

Experience the joy of singing and strumming in a group! This course is designed for players that are comfortable moving fluidly between the basic chords (C - Am - F - G7), and looking to expand their ukulele playing and musicality. We work on a new technique or skill each class, then apply what we've learned through songs and singing as a group. Repertoire includes folk, R&B, and popular music. An optional community performance happens at the end of the course. Please bring a ukulele and a folding music stand. No class Feb 16.

Mark Beaty Maple Room
M Jan 12-Mar 9 10:30 AM-11:20 AM
\$144/8 sess 587252

Health & Fitness

Chair Yoga (55+ yrs)

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

Yanick McDonald Cedar Hall
Tu Jan 6-Mar 10 10:45am-11:45am
\$132/10 sess 587462
Coco Gervais
F Jan 9-Mar 13 10:45am-11:45am
\$132/10 sess 587463

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

This class will focus on balance, core and flexibility. All participants must be registered in the class in order to attend. All participants must either complete a written par q+ or be administered the verbal par q in the last 12 months. Drop-in \$7, space permitting. No session Sep 30.

Denise Galay Gymnasium - North (2/3)
Tu Jan 6-Mar 10 10:30am-11:15am
\$63/10 sess 587521

ActivAge

(55+ yrs)

ActivAge is a 3-month group led physical activity program for older adults who are not regularly active, to introduce participants to the benefits of physical activity and reinforce their commitment to incorporate it into their daily lives. ActivAge is led by BCRPA registered Fitness Leaders with the Older Adult specialty. The unique aspect of this program is that alongside physical activity specifically tailored for older adults, ActivAge also encourages social interactions and overall health. Note that registration for the ActivAge program will open on Jan 6th after the 'Choose to Move' program information session.

Daniela Duva Cedar Hall
Tu Jan 13-Mar 10 2:45pm-3:45pm
Free/9 sess 587437

Choose to Move

(55+ yrs)

Choose to Move is a FREE 3-month program for people 55+ who are inactive and wishing to become more active. Choose to Move is not a fitness class or movement class. It is a motivational coaching program where you will meet with Activity Coach Daniela Duva and other participants to discuss ways to incorporate more physical activity into your life. To achieve maximum benefits registrants in this program should also register for the ActivAge program. Note that registration for the ActivAge program will open on Jan 6th after the 'Choose to Move' program information session.

Daniela Duva Cedar Hall
Tu Jan 6-Mar 10 1:45pm-2:45pm
Free/10 sess 587464

Strength and Balance (55+ yrs)

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

Monika Schoenenberger Gymnasium - North (2/3)
Th Jan 8-Mar 12 11:30am-12:30pm
\$64/10 sess 587562

Social

Building our Local Communities (55+ yrs)

How can we build our neighbourhoods into communities? People of all ages are looking for ways to engage in real life instead of just on social media. All ideas are welcome. We will also have opportunities to take action - this is not just a discussion group. See how much fun it is to actually make a difference.

Wally Kunz Willow Room
W Jan 7-Mar 11 12:00pm-1:00pm
Free/10 sess 594709

Duplicate Bridge Tournament (40+ yrs)

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

No Instructor Willow Room
Th Jan 8-Mar 12 10:30am-3:00pm
\$1/3 sess 587471

Games & Gather (19+ yrs)

Looking for a fun way to unwind in the afternoon? Join us for Games & Gather, a FREE board game social where you can meet new people and share a passion of games, old and new! Classics like Crib, Rummy, Yahtzee, Scrabble, Backgammon, Dominoes, Uno and Monopoly to name a few. Suggestions of games are always welcome and we can all learn together. All supplies will be provided, open to Ages 19 and over. Doors open at 11am. No session Feb 12.

No Instructor Willow Room
Th Jan 8-Mar 12 11:00am-1:00pm
\$Free/7 sess 587480

Knitting Together (50+ yrs)

Enjoy knitting and making new friends. The program also consists of knitting at least one hat and scarf for Downtown Eastside homeless folks using donated yarn. No session Feb 16.

No Instructor Willow Room
M Jan 5-Mar 9 12:00pm-3:00pm
\$20/9 sess 587502

Mah Jong-Intermediate (40+ yrs)

Bring your lunch and come and make new friends while playing Mah Jong. Drop-in \$1.00, space permitting. No session Jan 13, Feb 3, Mar 10.

No Instructor
Lakewood Room
Tu Jan 6-Mar 10 10:00am-2:00pm
\$7.50/7 sess 587508
Grandview Room
Th Jan 8-Mar 12 10:00am-2:00pm
\$7.50/10 sess 587509

Trout Lake Quilting Circle

(50+ yrs)

The Trout Lake Quilting Circle is a member-led group of quilting lovers where skills are shared, and learners gain experience and comfort with various techniques including hand applique and machine sewn work. Community projects are created for BC newcomers and to donate to charities. There is some instruction by experienced quilters and participants also work on self-selected projects. Some sewing machines are available, and members are encouraged to bring a machine if possible. New ideas are always welcome.

No Instructor Grandview & Lakewood Room
W Jan 7-Mar 11 12:30pm-3:15pm
\$21/10 sess 587577

Sports

Badminton Court Rental

(19+ yrs)

Reserve your own badminton court for guaranteed fun for up to six players. There are 4 courts available for play. Each registration is a booking for one court.

No Instructor Gymnasium
Tu/Th Jan 6-Mar 12 1:45pm-3:30pm
\$16/1 sess

Seniors Table Tennis (55+ yrs)

No session Feb 16.
No Instructor Willow Room
M F Jan 5-Mar 13 9:15am-11:45am
\$Free/18 sess 587546

Table Tennis (55+ yrs)

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

No Instructor Gymnasium - South (1/3)
Tu Jan 6-Mar 10 9:15am-12:00pm
\$20/10 sess 587565
Th Jan 8-Mar 12 9:15am-12:00pm
\$20/10 sess 587566

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!

REMINDER:
Senior Programs
Registration
begins at 10:00am on
December 4th.

SENIORS' COMMUNITY MEETING:

Tuesdays at 1:30pm Jan 20, Feb 10, Mar 10

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

Mission Statement

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

TUESDAY LUNCHEONS

TLCCA SUBSIDIZED

(55+yrs)

Josephine Oh

Grandview and Lakewood Room

January

MENU: Lobster with noodles and veggies

Dessert: Fresh fruit, something sweet & lots of door prizes

Tu Jan 13

12:00pm-1:30pm

\$8.50/ sess

587547

February

MENU: BBQ pork ribs, mashed potatoes and salad

Dessert: Fresh fruit, something sweet & lots of door prizes

Tu Feb 3

12:00pm-1:30pm

\$8.50/1 sess

587518

March

MENU: Lasagna with Salad

Dessert: Fresh fruit, something sweet & lots of door prizes

Tu Mar 10

12:00pm-1:30pm

\$8.50/1 sess

587517

FRIDAY SOCIAL LUNCH

TLCCA SUBSIDIZED

(55+yrs)

Shepherds Pie & Salad

F Jan 30

12:00pm-1:30pm

\$7/1 sess

587476

Chili with buns, sour cream, cheese and chives.

Meat and vegetarian options available

F Feb 27

12:00pm-1:30pm

\$7/1 sess

587477

Pizza and Veggies. Meat and Vegetarian options available

F Mar 6

12:00pm-1:30pm

\$7/1 sess

592235

SOCIAL TUESDAYS

January 6 – March 3, 2026

12:00 PM – 1:30 PM

\$20/season. TLCCA Subsidized.

Please pre-register #587553

Are you looking to get out of the house and socialize with others; join us on Tuesdays at 12:15pm.

Coffee and tea will be served.

No session Jan 13, Feb 3, Mar 10.

Jan 6 . . . Bingo

Jan 20 . . . Curious about Cannabis for
Joint Pain with OASIS

Jan 27 . . . Wheel of Fortune

Feb 10 . . . Coffee with a Cop

Feb 17 . . . Seniors Cookbook - bring your
favourite recipe to share!

Feb 24 . . . Intro to Meditation

Mar 3 . . . Painting with Janine



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 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

Jan 5 - Mar 31, 2026

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	Cycle Xpress 6:30-7:15am Meghan	Cycle Core 9:30-10:30 AM Ed		Cycle Fit 9:30-10:30 AM Ed		
		Cycle Fit 5:30-6:30 PM Audrey				
Schedule is subject to change without notice. Visit https://vancouver.ca/parks-recreation-culture/indoor-cycling.aspx for up-to-date schedule.						

Cycle Core

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

Register Online

Register for classes on-line paying the drop-in fee or by using the 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
(Fees do not include tax) Fees subject to change	

Cycle Fit

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

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.

Fitness Workshops

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

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

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

Fitness for Older Adults

(55+yrs)

Wed Jan 7 - 28	10:30am-11:30am	587738
Wed Feb 4 - 25	10:30am-11:30am	587739
Wed Mar 4 - 25	10:30am-11:30am	587740

Fitness for Youth (Co-Ed)

(13-18 yrs)

Fri Jan 9 - 30	4:00pm-5:00pm	587744
Fri Feb 6 - 27	4:00pm-5:00pm	587745
Fri Mar 6 - 27	4:00pm-5:00pm	587746

Fitness for Women

NEW!

(19+yrs)

Tue Jan 6 - 27	10:00am-11:00am	587741
Tue Feb 3 - 24	10:00am-11:00am	587742
Tue Mar 3 - 24	10:00am-11:00am	587743

REGISTRATION & REFUND POLICIES

Registration Info:

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

Thursday, December 4 at 7:00 PM

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

Thursday, December 4 at 10:00AM

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

Thursday, March 12 at 7:00 PM

**Full Day Summer Camp Registration
In Person/Online:**

Wednesday, April 8 at 7:00PM

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 | troutlakeec.com

   @troutlakeec

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://troutlakeec.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 troutlakeec.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

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.

January 3 - March 27, 2026						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Public Hockey* 11:45-1:15pm		Stick, Puck & Ring* 10-11:30am	50& Better Skate 10-11:30am		
Lessons 10:15-2:00pm	Discount Skate 1:30-3:15pm		40+ Hockey 11:45-1:15pm	Public Hockey* 11:45- 1:15pm	Stick, Puck& Ring 11:45-1:15pm	Public Skate 12:45-2:15pm
Public Skate 2:15-3:30pm	Lessons 3:30-6:00pm				Discount Skate 1:30-3:00pm	Family Fun Hockey 2:30-3:30pm
	Public Skate 6:15-7:30pm			Public Skate 6:30-8:00pm	Public Skate 3:15-5:00pm	Learn to Play Hockey Lesson 3:45-4:30pm
	Power Skating Lessons 7:45-9:15pm			Adult Skate 8:15-9:45pm		
<i>No Public Skate on Monday Stat Holidays. *Pre Registration Opens 3 days prior at Vanrec.ca</i>						

SKATING LESSON INFORMATION

Winter Lessons

Winter Set 1 Registration: Dec 18th @7pm

Winter Set 2 Registration: Feb 12th @7pm

Sundays Jan 4-Feb 8 & Feb15- Mar 22

Monday Jan 5- Feb 9 Feb 16- Mar 23

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	
Prices subject to change. Prices do not include taxes.		

TLCC Scribes Rugby Football Club

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

www.scribesrfc.com



Café

LOCATED IN
THE ICE RINK

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

*Closed on all stat holidays

- Muffins • Cookies • Sandwiches
- Espresso Drinks • Tea • Hot Chocolate
- 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



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@vancover.ca to request email. Bouncy Castle certified through Safety BC licence #LAM0201686.

AM Parties

Grandview Room

Sa Jan 10-Mar 21 11:00 AM-1:00 PM
\$320/1 sess

PM Parties

Grandview Room

Sa Jan 10-Mar 21 2:00 PM-4:00 PM
\$320/1 sess

Add Ons

Popcorn: \$30

Paint Tattoos: \$30

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

Photo Back Drop: \$30

**Service runs for approximately 30 minutes*

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

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



Toddler Birthday Party

(0-5 yrs)

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

Grandview Room

Su Jan 11	10:00 AM-12:00 PM	\$245/1 sess	586728
Su Jan 25	10:00 AM-12:00 PM	\$245/1 sess	586729
Su Feb 1	10:00 AM-12:00 PM	\$245/1 sess	586730
Su Feb 15	10:00 AM-12:00 PM	\$245/1 sess	586731
Su Mar 1	10:00 AM-12:00 PM	\$245/1 sess	586732
Su Mar 15	10:00 AM-12:00 PM	\$245/1 sess	586733

Time to Say Good-Bye to Balloons!

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

WHY?

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



GREENING WORKSHOPS



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

Intro to Mending Techniques

(19+yrs)

TLCCA SUBSIDIZED

Use our hands and our creativity to fix our items and wears. Darning and patching, MENDING our things. We will learn some darning techniques, hand sew on patches, embroidery stitches, we will make our own patches and making shopping bags with our scrap materials. (Items to bring to mend/patch: household items, clothing, camping gear, outerwear, bags/backpacks/purses). Simple Sewing kit available for \$15. Includes thread, measuring tape, pre cut fabric squares, mini scissors, notions and few other sewing related surprises. Please email jeanettemariemh@gmail.com if you plan on purchasing a kit.

Jeanette MacDonald Lakewood Room
Su Feb 22 11:00 AM-4:00 PM
\$24/1 sess 593889

Introduction to Vertical Gardening **NEW!** (19+yrs)

TLCCA SUBSIDIZED

We'll review the opportunities and benefits of growing food gardens in an urban setting. We'll discuss the different systems and technologies available for gardening and talk about the principles of setting up a successful food garden on fences, walls, and balconies, including watering, weight, light and plant choice considerations.

Village Vancouver Art Studio
Tu Feb 3 6:30 PM-8:30 PM
\$16/1 sess 592790

Free Repair Cafe

(15+yrs)

The Society Promoting Environmental Conservation (SPEC) in partnership with the City of Vancouver brings together local repair volunteers with a knack for repairing who are willing to lend their knowledge and show event participants how to carry out repairs. Community members are encouraged to bring one item - computers/laptops, bicycles, small appliances, electronics and clothing/textiles to be diagnosed and, if possible, repaired. Please note that you do not have to book with the community centre. You must book an appointment on the SPEC website which will open in mid February. For more information and to book an appointment visit: <https://spec.bc.ca/waste/repair-cafe/> Contact repaircafe@spec.bc.ca for questions.

Brian Wong Grandview and Lakewood Room
Su Mar 22 9:30 AM-1:30 PM
Free - Must Register spec.bc.ca/waste/repair-cafe/



Planning Your Spring Garden

(19+yrs)

TLCCA SUBSIDIZED

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

Village Vancouver Lakewood Room
Sa Mar 7 11:30 AM-1:30 PM
\$16/1 sess 593262

Sewing Machine for Beginners **NEW!** (19+yrs)

TLCCA SUBSIDIZED NEW

We will explore our machines, go over set up, troubleshooting, basic stitches, vocabulary, how to choose fabrics and cutting. This is intended for beginners or those who need a refresh. We will have a choice of a couple simple projects. Please bring your machine, basic supplies and fabric scissors. You can bring anything you are wanting to work on or a pattern to cut. A supply list will be sent closer to date. Simple Sewing kit available for \$15. Includes thread, measuring tape, pre cut fabric squares, mini scissors, notions and few other sewing related surprises. Please email jeanettemariemh@gmail.com if you plan on purchasing a kit.

Jeanette MacDonald Lakewood Room
Su Jan 18 11:00 AM-4:00 PM
\$24/1 sess 593890



FAMILY DAY

Join us for fun **FREE** activities:



Community Resource Fair



Playgym, Bouncy Castle, Arts & Crafts



Face Painting & Photo Booth



FREE Skate & Helmet Rental upon availability

*Parking is limited. Please consider alternate forms of transportation

**MONDAY
FEB 16
12:00-3:00PM
#586087**

Building Stronger Families Together!

