TROUT LAKE
COMMUNITY CENTRE

FALL 2026
Recreation Guide
September 1 – December 31, 2026

troutlakecc.com **@troutlakecc**

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

VANCOUVER BOARD OF PARKS AND RECREATION

TROUT LAKE COMMUNITY CENTRE

Trout Lake Community Centre Association (TLCCA)

2026 Board of Directors

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

Did you know?

- TLCCA is a non-profit organization
- TLCCA is made up of community volunteers
- We shape programming to reflect local interest and needs
- We employ program instructors
- We oversee program revenue and budgets
- We operate the Trout Lake Preschool
- Our community volunteer committees provide vital input into programming and special events
- By registering for TLCCA programs you are a member!

TROUT LAKE
COMMUNITY CENTRE

A warm welcome back to the fall season at Trout Lake Community Centre!

Whether you're returning to a favourite program or exploring something new, I hope you'll find opportunities to connect with friends and neighbours, learn a new skill, and enjoy all that our community has to offer.

This fall, we invite you to join us as we recognize the National Day for Truth and Reconciliation, dance at our annual Fall Harvest Community Dance, and come together for Winter Troutfest. These events reflect the spirit of our community and the many volunteers, participants, and staff who make Trout Lake such a welcoming place.

Thank you for being part of our community. We look forward to seeing you at the centre this fall.

Lisa Kew, President

Meet the Association

Come by the lobby on the following dates to chat with TLCCA members about what we do and learn about volunteer opportunities!

- **Tues, Sept 15 | 5:30–7:30pm**
- **Sat, Sept 19 | 12pm-2pm**
- **Sat, Sept 26 | 10am-12pm**

Be part of what's good in your neighbourhood!

*Mark your calendar:
**Annual General Meeting
November 25, 7–9:00 pm**

2026 Vancouver Election

ALL CANDIDATES MEETING

LOCATION:
Collingwood Neighbourhood House Annex
3690 VANNESS AVE, VANCOUVER, BC

**WED, SEPTEMBER 16
6:30 PM**

Join us as election candidates discuss issues facing our community.

Registration Info:

Fall Program Registration
In Person/Online:
Thursday, August 13 at 7:00 PM

Fall Senior Program Registration
In Person/Online:
Thursday, August 13 at 10:00AM

Winter Program Registration
In Person/Online:
Thursday, December 3 at 7:00 PM

Register by phone at 604-257-6955 the following day.
Register online at vancouver.ca/troutlakerec.
Register at any Vancouver Community Centre.

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

Where to find us:

3360 Victoria Drive (between 15th & 19th Ave)
Vancouver, B.C. V5N 4M4
604-257-6955 and press 1 | **troutlakecc.com**
@troutlakecc

Hours of Operation:

September 8 – December 31, 2026

Community Centre Hours
Mon-Fri . . . . . 9:00 AM-10:00 PM
Sat & Sun . . . . . 8:00 AM-5:00 PM

Office Hours
Mon-Fri . . . . . 9:00 AM-9:30 PM
Sat & Sun . . . . . 8:00 AM-4:30 PM

Fitness Centre Hours
Mon-Fri . . . . . 6:00 AM-9:45 PM
Sat & Sun . . . . . 8:00 AM-4:45 PM

Holiday Hours
(Community Centre and Fitness Centre)
Sept 7 (Labour Day) . . . . . Closed
Sept 30, Oct 12, Nov 11 . . . . . Regular Hours
Dec 24 & Dec 31 . . . . . 9:00 AM-5:00 PM
Dec 25, Dec 26 & Jan 1 . . . . . 9:30 AM-2:30 PM

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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

EARLY CHILDHOOD

Education

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 Sep 17-Oct 15	10:00 AM-11:30 AM
$85/5 sess	624956
Th Oct 22-Nov 26	10:00 AM-11:30 AM
$85/5 sess	624957

Martial Arts

Axé Capoeira Mini Kids (all levels) (4-7 yrs)

Capoeira is a multidisciplinary Martial Art from Brazil. The classes use fun and lighthearted games and exercises to introduce the children to various aspects of Capoeira: martial arts, dance, music, and acrobatics. Classes focus on developing confidence, rhythm, reflexes, balance, coordination, strength and flexibility. No session Oct 12, Nov 16, 18 & 23.

Kenneth Clarke	Elm Room
M W Sep 14-Dec 16	3:45pm-4:30pm
$312/24 sess	625651
M Sep 14-Dec 14	3:45pm-4:30pm
$240/12 sess	625651

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 Sep 12-Dec 5	10:00am-10:45am
$130/13 sess	625722

Check out TLCCA Program Cost Assistance

See page 46.

TROUT LAKE LICENSED PRESCHOOL

NOW OPEN

Sept 2026 - June 2027 School Year

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.
- 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 after registration fees and deposits have been paid for. Forms must be handed into preschool teacher before attending first day.

* 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		
FULL 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.		

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. No session Oct 12 & Dec 14.Sundays & Wednesdays only. Drop ins $3. Registration is not required.

Maya Liam, Alexis Quon & Gavin Dhinsa — Gymnasium

Su W Sep 6-Dec 16	10:00am-11:45am
$3/sess	625723

Performing Arts

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

Babies love music but did you know they are also a natural music-makers? There is a lot you can do to nurture your new little musician - even if you don't think of yourself as a "musical" person. Making music together from the very beginning will lead to a lifetime of shared musical enjoyment for both you and your child. 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 Oct 12.

West Side Music Together	Lakewood Room
M Sep 21-Nov 30	12:15 PM-1:00 PM
$235/10 sess	624754
M Sep 21-Nov 30	1:15 PM-2:00 PM
$235/10 sess	629880

Ballet Parent & Toddler Dance (2-3 yrs)

Parent and child will explore circle stretches, story dances, rhythm, traveling steps, and free-form improvisation. Practice moving as a group, cooperating, and following directions. No class Oct 11.

Nicole Daniela Pavia	Cedar Hall
Su Sep 13-Oct 25	9:30 AM-10:00 AM
$66/6 sess	626761
Su Sep 13-Oct 25	10:05 AM-10:35 AM
$66/6 sess	626762
Su Nov 1-Dec 13	9:30 AM-10:00 AM
$77/7 sess	626767
Su Nov 1-Dec 13	10:05 AM-10:35 AM
$77/7 sess	626768

Music Together (0-5 yrs)

At Music Together® experience the joys of music-making and the powerful benefits of having music in your child's life. Find out how important - and how much fun - your role can be! Our 9 award-winning music collections and research-based curriculum supports parents at home and keeps the music making alive all week. In our mixed age class, each child participates at their own level and their natural musicality is nurtured through singing, dancing, listening and watching the adults, and exploring musical instruments. The whole family is welcome (parents, grandparents, caregivers) for this important family music experience. 45 minutes of pure fun each week! Parent participation required. Siblings attend at a reduced tuition rate and children 6 months and under attend free with a registered sibling. $65 Music Together Licensing fee is non-refundable after first class.

West Side Music Together	Lakewood Room
Karina	
Th Sep 24-Nov 26	3:30 PM-4:15 PM
$235/10 sess	624757
Th Sep 24-Nov 26	4:30 PM-5:15 PM
$235/10 sess	624758
Noa	
M Sep 21-Nov 30	9:30 AM-10:15 AM
$235/10 sess	624752
M Sep 21-Nov 30	10:30 AM-11:15 AM
$235/10 sess	624753
W Sep 23-Dec 2	9:30 AM-10:15 AM
$218/9 sess	624755
W Sep 23-Dec 2	10:30 AM-11:15 AM
$218/9 sess	624756

Ballet/Jazz Fusion (4-6 yrs)

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

Endorphin Rush Dance	Cedar Hall
Sa Sep 12-Oct 31	11:00 AM-11:45 AM
$112/8 sess	628379
Sa Nov 7-Dec 12	11:00 AM-11:45 AM
$84/6 sess	628380

Creative Ballet

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. There will be a performance on the last day of class for friends and family. Please wear fitted, stretchy clothing and ballet slippers. No drop-ins. No class Oct 12.

Endorphin Rush Dance	Cedar Hall
(3-5 yrs)	
Sa Sep 12-Oct 31	9:30 AM-10:15 AM
$112/8 sess	628375
Sa Nov 7-Dec 12	9:30 AM-10:15 AM
$84/6 sess	628376
M Sep 14-Oct 26	10:15 AM-11:00 AM
$84/6 sess	628390
M Nov 2-Dec 14	10:15 AM-11:00 AM
$98/7 sess	628394
M Sep 14-Oct 26	12:15 PM-1:00 PM
$84/6 sess	628398
M Nov 2-Dec 14	12:15 PM-1:00 PM
$98/7 sess	628399
(4-6 yrs)	
Sa Sep 12-Oct 31	10:15 AM-11:00 AM
$112/8 sess	628377
Sa Nov 7-Dec 12	10:15 AM-11:00 AM
$84/6 sess	628378
Sa Sep 12-Oct 31	12:45 PM-1:30 PM
$112/8 sess	628383
Sa Nov 7-Dec 12	12:45 PM-1:30 PM
$84/6 sess	628384
Th Sep 17-Oct 29	3:30 PM-4:15 PM
$98/7 sess	628400
Th Nov 5-Dec 17	3:30 PM-4:15 PM
$98/7 sess	628402

EARLY CHILDHOOD

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, songs and books, French will be introduced. Parents/caregivers will engage in their own dancing as much as their children. No experience is necessary but the ability to move easily from ground to standing is recommended. This unique program has been led by Foolish Operations artists since 2011, visit www.foolishoperations.org for more information. This program is subsidized by the City of Vancouver Cultural Services, the Province of British Columbia and the Governement of Canada. No class Sept 30 & Nov 11.

Foolish Operations Society	Elm Room
W Sep 16-Dec 2	9:30 AM-10:30 AM
$20/10 sess	624281
W Sep 16-Dec 2	11:00 AM-12:00 PM
$20/10 sess	624282

Hip Hop and Jazz (4-5 yrs)

Hip hop and jazz is a fun class where your kids will learn how to groove and move with style! They will be taught basic fundamentals of these two genres and dances to show off their moves. Children must be able to dance without a parent in the room. No class Oct 11.

Nicole Daniela Pavia	Cedar Hall
Su Sep 13-Oct 25	11:30 AM-12:15 PM
$72/6 sess	626764
Su Nov 1-Dec 13	11:30 AM-12:15 PM
$84/7 sess	626771

Mini Ballerinas (3-4 yrs)

Basic ballet vocabulary, posture, and alignment will be introduced. Practice moving as a group, cooperating, and following directions. Dance with props and costumes and have fun acting stories through dance. Dancers are encouraged to express themselves creatively as well as to imitate movements and dance patterns. Children must be able to dance without a parent in the room. No class Oct 11.

Nicole Daniela Pavia	Cedar Hall
Su Sep 13-Oct 25	10:40 AM-11:25 AM
$72/6 sess	626763
Su Nov 1-Dec 13	10:40 AM-11:25 AM
$84/7 sess	626772

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 Oct 12.

Endorphin Rush Dance	Cedar Hall
M Sep 14-Oct 26	9:15 AM-10:00 AM
$84/6 sess	628387
M Nov 2-Dec 14	9:15 AM-10:00 AM
$98/7 sess	628388

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 Oct 12.

Endorphin Rush Dance	Cedar Hall
M Sep 14-Oct 26	11:05 AM-11:50 AM
$84/6 sess	628396
M Nov 2-Dec 14	11:05 AM-11:50 AM
$98/7 sess	628397

Sports

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 Oct 3, 10 & 17.

Hai Doan	Gymnasium - North (2/3)
Sa Sep 5-Dec 19	4:15pm-5:00pm
$325/13 sess	625688

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 Oct 3, 10 & 17.

Hai Doan	Gymnasium - North (2/3)
Sa Sep 5-Dec 19	3:30pm-4:15pm
$325/13 sess	625690

Sportball Outdoor Parent and Tot Multisport (2-3 yrs)

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

Sportball Vancouver	Outside - John Hendry Gravel Field
Su Sep 6-Oct 4	9:30am-10:15am
$95/5 sess	625764

Sportball Parent and Tot Multisport (2-3 yrs)

Parent & child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. No session Sep 30, Oct 7, 12 & Nov 11.

Sportball Vancouver	Gymnasium - North (2/3)
M Sep 14-Oct 26	9:00am-9:45am
$114/6 sess	625766
M Nov 2-Dec 14	9:00am-9:45am
$133/7 sess	625769
W Sep 9-Oct 28	9:00am-9:45am
$114/6 sess	625767
W Nov 4-Dec 16	9:00am-9:45am
$114/6 sess	625768

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

With the guidance and support of their Sportball Coach, parents and children zero in on baseball skills including: throwing, catching, batting, running bases and fielding. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Class is outside rain or shine. No class May 19.

Sportball Vancouver	Outside - John Hendry Gravel Field
M Sep 14-Oct 5	5:00pm-5:45pm
$76/4 sess	625770

Sportball Multi Sport (3-5 yrs)

Sportball Multi-Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in the eight core sports of the Sportball methodology. Classes use developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development, enabling confidence and developing the social skills necessary to succeed in sport and life. No session Sep 30, Oct 7, 12 & Nov 11.

Sportball Vancouver	Gymnasium - North (2/3)
M Sep 14-Oct 26	9:45am-10:45am
$114/6 sess	625758
M Nov 2-Dec 14	9:45am-10:45am
$133/7 sess	625761
W Sep 9-Oct 28	9:45am-10:45am
$114/6 sess	625759
W Nov 4-Dec 16	9:45am-10:45am
$114/6 sess	625760

Sportball Outdoor Multi Sport (3-5 yrs)

Sportball Multi-Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in the eight core sports of the Sportball methodology. Classes use developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development, enabling confidence and developing the social skills necessary to succeed in sport and life. Class is outside rain or shine. Parents must stay on the field but not required to participate.

Sportball Vancouver	Outside - John Hendry Gravel Field
Su Sep 6-Oct 4	10:15am-11:15am
$95/5 sess	625763

Sportball Outdoor T-Ball (3-5 yrs)

Big League Fun! Sportball T-Ball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. Parents must stay at the field but do not participate in the classes. Class is outside rain or shine.

Sportball Vancouver	Outside - John Hendry Gravel Field
M Sep 14-Oct 5	5:45pm-6:45pm
$76/4 sess	625765

Sportball Floor Hockey (4-6 yrs)

Sportball Indoor Hockey programs introduce fundamental concepts of gameplay and teach the basic skills required to shoot it like Crosby in a supportive, non-competitive environment. Coaches zero in on skills like shooting, stick handling, and passing, in fun, exciting, skill-focused games. No session Oct 13 & Nov 11.

Sportball Vancouver	Gymnasium
Tu Sep 15-Oct 27	3:45pm-4:30pm
$114/6 sess	625754
Tu Nov 3-Dec 15	3:45pm-4:30pm
$133/7 sess	625756\

Visual Arts

Art and Music Christmas with Sun Rey (22mo-3 yrs)

Jingle bells, jingle bells and ho ho fun. You will make many holiday decorations and gifts to take home or to give to someone special. There will be time set aside for sing a longs and storytelling time. Parent/caregiver participation is required.. Drop-in $25, if space available.

Sun Rey Han	Art Studio
M Nov 30-Dec 14	9:45 AM-10:45 AM
$70/3 sess	626587
M Nov 30-Dec 14	11:00 AM-12:00 PM
$70/3 sess	626588

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 $23, if space available. No class Oct 12.

Sun Rey Han	Art Studio
M Sep 14-Nov 9	9:45 AM-10:30 AM
$160/8 sess	626584
M Sep 14-Nov 9	10:45 AM-11:30 AM
$160/8 sess	626585

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 $26, space permitting. No class Oct 12.

Sun Rey Han	Art Studio
M Sep 14-Nov 9	1:00 PM-2:00 PM
$184/8 sess	626586

Art is Fun Christmas (3-5 yrs)

Dashing through the snow and creating special holiday gift crafts! Each session, children will make two fun and festive art projects using a variety of materials and techniques. From clay modelling, painting, collage, abstract art, mixed media, crafting, and more, children will enjoy a creative and exciting holiday experience. Projects can be used as beautiful home decorations or thoughtful handmade gifts for someone special. A fun-filled program full of imagination, creativity, and holiday cheer! This is an independent class for toilet-trained children who are comfortable participating without a parent/caregiver. Drop-in $28,space permitting.

Sun Rey Han	Art Studio
M Nov 30-Dec 14	1:00 PM-2:00 PM
$75/3 sess	626589

Education

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	Board Room
Th Oct 1-Oct 22	3:30 PM-5:30 PM
$100/4 sess	624292

Design and Architecture for kids (7-12 yrs)

In this hands-on architecture class, young designers explore famous architects, design concepts, and real-world buildings. Each week, students build creativity and confidence through 2D drawing and 3D model-making. They will develop design vocabulary, fine motor skills, and an appreciation for the world around them, just like real architects in training! No session Oct 12.

Petit Architect Design For Kids Ltd.

	Grandview Room
M Sep 28-Dec 7	5:15pm-6:30pm
$300/10 sess	625672

Cook and Bake with Lily (8-12 yrs)

Cook and Bake is back for the fall. Visit https://soapifystudio.com/ to see additional details. Parents must notify info@soapifystudio.com of any allergies/ dietary restrictions as last-minute recipe changes may not be possible.

Lily Sum	Grandview Room
Set 1 - Mini pumpkin pie, witches finger cookies, pizza, fettuccine alfredo & more	
Sep 10-Oct 29	4:00 PM-6:00 PM
$252/7 sess	624775
Set 2 - Stained glass cookies, gingerbread house, mac & cheese, and more	
Th Nov 5 - Dec 17	4:00 PM-6:00 PM
$252/7 sess	624837

Character Cake Decorating: Fondant Art for Kids (9-12 yrs)

Unleash your child's creativity in this fun and hands-on Foundational Cake Decorating: Fondant Art for Kids course! Perfect for young aspiring bakers and artists, this beginner-friendly class introduces children to the colorful world of fondant cake decorating in a safe, engaging, and supportive environment. Kids will learn the basics of working with fondant-from rolling, shaping, and creating shapes to create their very own character cake. Through step-by-step guidance and age-appropriate techniques, students will explore their imagination while developing fine motor skills, patience, and attention to detail. Please bring a sandwich size container for your cake.

Karon Wong	Grandview Room
Su Oct 4	1:30 PM-3:30 PM
$38/1 sess	626712
Su Nov 8	1:30 PM-3:30 PM
$38/1 sess	626705

Character Cake Decorating

ESL 45 minute private lessons (5-19 yrs)

B.C. TEAL Teacher and experienced School Board Instructor Charis uses B.C. curriculum to help students achieve academic goals and success in speaking, listening, reading and writing English. 45-min Private Tutoring. No make-up lessons will be given. Teacher will assign the book needed in the first lesson. No class Sept 30.

Charis Chung	Art Studio
W Sep 16-Nov 25	2:45 PM-3:30 PM
$480/10 sess	628515
Th Sep 17-Nov 26	2:45 PM-3:30 PM
$528/11 sess	628519

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

Mix and match food grade flavour oils, cosmetic grade pigments and create your own personalized lip 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 Sep 20	12:00 PM-1:30 PM
$70/1 sess	624841
Su Nov 15	12:00 PM-1:30 PM
$70/1 sess	624842

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. No class Oct 9 & Nov 27.

Enrichmind Academy	Art Studio
FSep 18-Dec 4	3:45 PM-4:45 PM
$90/10 sess	627638

Literacy Kindergarten (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 Oct 13.

Ready Set Play	Lakewood Room
Tu Sep 22-Dec 1	3:30pm-4:15pm
$120/10 sess	625704

Check out TLCCA Program Cost Assistance

See page 46.

Math Kindergarten (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 1-20. 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 Oct 13.

Ready Set Play	Lakewood Room
Tu Sep 22-Dec 1	4:15pm-5:00pm
$120/10 sess	625710

Literacy Grade 1 (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 emailed homework each class. Drop-in $15, space permitting. No session Oct 12.

Ready Set Play	Art Studio
M Sep 21-Nov 30	3:30pm-4:15pm
$120/10 sess	62570

Math Grade 1 (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, subtraction and an introduction to multiplication. Students will be given homework each class. Drop-in $15, space permitting. No session Oct 12.

Ready Set Play	Art Studio
M Sep 21-Nov 30	4:15pm-5:00pm
$120/10 sess	625709

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 is 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? No class Oct 9 & Nov 27.

Enrichmind Academy	Art Studio
F Sep 18-Dec 4	5:00 PM-6:00 PM
$149/10 sess	627639

WEDO Robotics (6-10 yrs)

A fun, hands-on introduction to robotics using LEGO® Education WeDo. Teamwork is encouraged as students build and program robots with motors and sensors, while developing STEM skills through themed activities. All equipment is provided.

Tomorrow's Playground	Grandview Room
Tu Nov 17-Dec 8	4:00pm-5:30pm
$120/4 sess	625793

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. Coloured belt kids included. Drop-in $12.00, space permitting. No session Oct 12.

Shohei Juku Aikido Canada	Elm Room
(5-7yrs)	
M Sep 14-Dec 7	4:45pm-5:45pm
$120/12 sess	625643
(8-12yrs)	
Tu Sep 8-Dec 8	4:45pm-5:45pm
$140/14 sess	625644

Axé 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. No session Oct 9, 12, Nov 13, 16, 18, 20 & 23.

Kenneth Clarke	Lakewood Room
Mon	4:45pm-5:45pm
Fri	4:00pm-5:00pm
	Elm Room
Wed	4:30pm-5:30pm
Beginners	
Sep 9-Dec 18	
$338/26 sess	627720
Intermediate	
Sep 9-Dec 16	
$325/25 sess	627726
Advanced	
Sep 9-Dec 18	
$407/30 sess	627727

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. No session Oct 11.

Shihan Amber Murphy-Smith	Elm Room
Su Sep 13-Dec 6	11:30am-12:30pm
$216/12 sess	625673

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 and supportive setting! Drop-in $10.00, space permitting. No session Oct 10.

Shorinji Kempo Vancouver	Elm Room
Sa Sep 12-Dec 12	1:00pm-2:30pm
$91/13 sess	625746

Performing Arts

Beginner Ballet (5-6 yrs)

In this class you will enter into the world of ballet, learning the basics and fundamentals. We will combine the joy of movement with exciting games, imaginative exercises and make up dances to bring home. No class Oct 11.

Nicole Daniela Pavia	Cedar Hall
Su Sep 13-Oct 25	12:15 PM-1:00 PM
$72/6 sess	626765
Su Nov 1-Dec 13	12:15 PM-1:00 PM
$84/7 sess	626769

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. No class Sept 30 & Nov 11.

Jhaymee Hizon	Cedar Hall
W Sep 16-Oct 28	4:45 PM-5:45 PM
$78/6 sess	627445
W Nov 4-Dec 16	4:45 PM-5:45 PM
$78/6 sess	627446

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	Art Studio
Th Sep 10-Dec 10	3:30 PM-7:00 PM
$448/14 sess	

Dance Fusion (6-8 yrs)

Get ready to move, groove, and create! This class combines jazz, hip hop, ballet, and creative movement in a fun and energetic way. Dancers will learn foundational steps, explore freestyle movement, and work together to create exciting dance combinations while building confidence and creativity. No class Oct 11.

Nicole Daniela Pavia	Cedar Hall
Su Sep 13-Oct 25	1:00 PM-2:00 PM
$78/6 sess	626766
Su Nov 1-Dec 13	1:00 PM-2:00 PM
$91/7 sess	626770

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 Oct 12.

Rene Hugo-Sanchez	Art Studio
M Sep 14-Dec 14	5:45 PM-7:15 PM
$416/13 sess	
Th Sep 17-Dec 10	7:05 PM-8:05 PM
$416/13 sess	
Sa Sep 19-Dec 12	10:00 AM-2:00 PM
$384/12 sess	

Hip Hop Movers (4-7 yrs)

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

Endorphin Rush Dance	Cedar Hall
Sa Sep 12-Oct 31	12:00 PM-12:45 PM
$112/8 sess	628381
Sa Nov 7-Dec 12	12:00 PM-12:45 PM
$84/6 sess	628382
Sa Sep 12-Oct 31	1:45 PM-2:30 PM
$112/8 sess	628385
Sa Nov 7-Dec 12	1:45 PM-2:30 PM
$84/6 sess	628386

Hip-Hop & Jazz (6-8 yrs)

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

Endorphin Rush Dance	Cedar Hall
Th Sep 17-Oct 29	4:15 PM-5:15 PM
$105/7 sess	628403
Th Nov 5-Dec 17	4:15 PM-5:15 PM
$105/7 sess	628405

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 Oct 9 & Nov 6.

Anushka Kashyap	Cedar Hall
F Sep 11-Dec 11	4:15 PM-5:00 PM
$152/13 sess	624370

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. No class Sept 30.

Charis Chung	Maple Room
Tu Sep 15-Nov 24	3:30 PM-8:00 PM
$352/11 sess	
W Sep 16-Nov 25	3:30 PM-8:00 PM
$320/10 sess	627523
Th Sep 17-Nov 26	3:30 PM-8:00 PM
$352/11 sess	627524
Su Sep 20-Nov 29	10:00 AM-4:00 PM
$352/11 sess	627525

Piano with Samuel (3+yrs)

Learn to play classical, pop, or to compose music in a fun and encouraging environment. Lessons cover a variety of practical skills such as rhythm, dexterity, technique, theory, note/chord reading as well as musical appreciation and performance opportunities. There will be no make-up classes due to student's absence. No class Sept 30 & Oct 12.

Samuel Sang Chan	Maple Room
W Sep 9-Dec 9	3:30 PM-9:30 PM
$416/13 sess	
F Sep 11-Dec 11	3:30 PM-9:30 PM
$448/14 sess	
M Sep 14-Dec 7	3:30 PM-9:30 PM
$384/12 sess	
Sa Sep 12-Dec 12	9:00 AM-4:45 PM
$448/14 sess	

Piano Lessons

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 Oct 9 & Nov 6.

Anushka Kashyap	Cedar Hall
F Sep 11-Dec 11	5:00 PM-5:45 PM
$152/13 sess	624371

Pre-Teen Street Dance (8-12 yrs)

Join our introduction into Street Dance. This is the perfect class for energetic movers ready to learn fresh street-style moves in a fun, supportive environment. Dancers explore hip hop foundations, grooves, rhythm, freestyle, and short choreography combinations while building confidence, coordination, and performance skills. No experience needed - just bring your energy and personality! No drop-ins.

Endorphin Rush Dance	Cedar Hall
Th Sep 17-Oct 29	5:15 PM-6:15 PM
$105/7 sess	628407
Th Nov 5-Dec 17	5:15 PM-6:15 PM
$105/7 sess	628409

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. No session Oct 9 & 11.

Elite Gymnastics	Elm Room
(4-6 yrs)	
F Sep 11-Dec 4	4:30pm-5:15pm
$90/12 sess	625738
Su Sep 13-Dec 6	1:00pm-1:45pm
$90/12 sess	625739
(7-12 yrs)	
F Sep 11-Dec 4	5:30pm-6:30pm
$96/12 sess	625741
Su Sep 13-Dec 6	2:00pm-2:45pm
$96/13 sess	625740

Showtime Singing & Voiceover (7-12 yrs)

These private 45min one on one lessons are designed to give young performers an exciting introduction to singing or voiceover work, helping them build confidence, vocal technique, and performance skills in a fun, supportive environment. Students will have the opportunity to explore character voices, practice audition techniques, and perform in their own mini-production. No class Sept 30 & Nov 11.

Natalye Vivian	Preschool
W Sep 16-Dec 2	3:30 PM-8:00 PM
$475/10 sess	

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 Oct 9 & Nov 6.

Anushka Kashyap	Cedar Hall
F Sep 11-Dec 11	3:30 PM-4:15 PM
$152/13 sess	624372

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@katieplays.live for more information.

Katie Stewart	Preschool
Tu Sep 8-Dec 15	3:30 PM-8:00 PM
$480/15 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 Dec 13.

Mohsen Hatamian — Gymnasium

(6-8 yrs)

Su Sep 13-Oct 25	12:40pm-1:40pm
$105/7 sess	632636
Su Nov 1-Dec 20	12:40pm-1:40pm
$105/7 sess	632637

(9-12 yrs)

Su Sep 13-Oct 25	1:45pm-2:45pm
$105/7 sess	632639
Su Nov 1-Dec 20	1:45pm-2:45pm
$105/7 sess	632642

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. No session Oct 15.

Wilson Tan — Gymnasium

(5-6 yrs)

Th Sep 10-Oct 29	4:15pm-5:00pm
$84/7 sess	630222
Th Nov 5-Dec 17	4:15pm-5:00pm
$84/7 sess	630227

(7-9 yrs)

Th Sep 10-Oct 29	5:00pm-6:30pm
$168/7 sess	630225
Th Nov 5-Dec 17	5:00pm-6:30pm
$168/7 sess	630229

(10-13 yrs)

Th Sep 10-Oct 29	5:00pm-6:30pm
$168/7 sess	630219
Th Nov 5-Dec 17	5:00pm-6:30pm
$168/7 sess	630226

Learn to Play Volleyball (9-12 yrs)

This introductory program guides players into the game by building the core skills of passing, setting, attacking and serving through targeted drills, small sided gameplay and loud, fun movement challenges! Active, guided discovery of the game led by experienced and accredited coaches! No session Sep 30, Oct 7 & Nov 11.

Volleyball BC — Gymnasium - South (1/3)

W Sep 16-Dec 9	5:15pm-6:30pm
$130/10 sess	627172

Rain City Basketball Skills Sessions (5-11 yrs)

We offer a program that is devoted to helping young players get better. No matter what your skill level is you will learn the tools to help you take your game to the next level. We offer a fun, safe, energetic, and competitive atmosphere to really motivate and encourage all participants. This program aims to help all participants learn the hard work needed to get better at anything. Participants must bring a basketball and a water ball as this will NOT be supplied. No Class on Oct 3,10,17, 31 and Dec 12.

Raincity Basketball Club — Gymnasium - North (2/3)

(5-8 yrs)

Sa Sept 19-Dec 19	11:20AM-12:30 PM
$175/9 sess	635936

(9-11 yrs)

Sa Sept 19-Dec 19	12:30 PM-1:45 PM
$200/9 sess	635937

Sportball Floor Hockey (6-9 yrs)

Sportball Indoor Hockey programs introduce fundamental concepts of gameplay and teach the basic skills required to shoot it like Crosby in a supportive, non-competitive environment. Coaches zero in on skills like shooting, stick handling, and passing, in fun, exciting, skill-focused games. No session Oct 13.

Sportball Vancouver — Gymnasium

Tu Nov 3-Dec 15	4:30pm-5:15pm
$133/7 sess	625757
Tu Sep 15-Oct 27	4:30pm-5:15pm
$114/6 sess	625755

Sportball Outdoor Multi Sport (5-7 yrs)

Preschool and primary school children are introduced to the concepts and skills involved in the eight core sports of the Sportball methodology. Classes use developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development, enabling confidence and developing the social skills necessary to succeed in sport and life. Class is outside rain or shine. Parents must stay on the field but not required to participate.

Sportball Vancouver — Outside - John Hendry Gravel Field

Su Sep 6-Oct 4	11:15am-12:15pm
$95/5 sess	625762

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 Sep 16, 30, Nov 11 & Nov 25.

Elite Gymnastics — Lakewood Room

(7-19 yrs)

W Sep 9-Dec 16	3:30pm-4:05pm
$96/12 sess	625772

(7-55 yrs)

W Sep 9-Dec 16	4:20pm-5:15pm
$156/12 sess	625773

Visual Arts

Christmas Tree Lamp Workshop NEW! (9-18 yrs)

Create a glowing Christmas tree lamp using bamboo sticks and mulberry paper. Participants will build and decorate their own festive light-up piece to take home. No experience required. Materials include lamp base, E26/E27 socket, switch, and plug. Light bulb not included.

Yee Chan — Lakewood Room

Su Nov 22	10:45 AM-1:15 PM
$62/1 sess	628913

Christmas Sugar Art Workshop NEW! (9-18 yrs)

Celebrate Christmas with sugar art, a traditional craft recognized as cultural heritage. Using colourful sugar dough and just a pair of scissors, participants will create festive Christmas-themed sugar art lollipops to take home. No experience required.

Yee Chan	Grandview Room
Su Nov 29	11:30 AM-1:00 PM
$42/1 sess	628918

Christmas Sugar Art Workshop

Comics & Cartooning (7-12 yrs)

Young artists will learn easy ways of drawing superheroes, monsters, robots, manga and more! Learn to create original characters and your own comic strips! Please bring your own pencil and eraser. No class Sept 30, Nov 11 & Nov 25.

Janine Schroedter	Grandview Room
W Sep 9-Oct 21	3:30 PM-5:00 PM
$90/6 sess	628313
W Oct 28-Dec 9	3:30 PM-5:00 PM
$75/5 sess	628314

Comics & Cartooning

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 Sep 15-Dec 15	4:00 PM-5:30 PM
$280/14 sess	628946

Family Fun Pottery (7-12 yrs)

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

Janine Schroedter	Pottery Studio
Tu Sep 8-Oct 13	6:45 PM-8:15 PM
$205/6 sess	628311
Tu Oct 20-Nov 17	6:45 PM-8:15 PM
$172/5 sess	628312

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

Choose from over 40 scents, 60+ molds, endless colour combinations and learn how to create 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 Sep 13	12:00 PM-1:30 PM
$74/1 sess	624838
Su Oct 18	12:00 PM-1:30 PM
$74/1 sess	624839
Su Nov 22	12:00 PM-1:30 PM
$74/1 sess	624840

Family Holiday Pottery (7-12 yrs)

Create holiday memories with your child in this choose your own adventure workshop. There will be lots of examples to choose from with more complicated projects being done in pairs, and easier projects that each participant can create on their own. Pick up will be at the front office anytime on and after December 8.

Janine Schroedter	Pottery Studio
Tu Nov 24	3:30 PM-4:30 PM
$40/1 sess	628318
Tu Nov 24	5:00 PM-6:00 PM
$40/1 sess	628320
Tu Nov 24	6:30 PM-7:30 PM
$40/1 sess	628321

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

Bring your ideas to life through art and story! In this hands-on studio, children explore: Writing and storytelling. Colour, line, shape, and design. Vocabulary and story structure. Build confidence, communicate with purpose, and celebrate your unique voice. Bring your journal & pencil - all art supplies provided! No class Oct 10.

Cathy Belgrave	Art Studio
Sa Sep 12-Oct 17	2:00 PM-3:30 PM
$90/5 sess	625066

Family Fun Soap Making with Lily

Kids Play with Clay – Winter Wonderland NEW! (6-10 yrs)

Join in on the winter fun with hand built clay projects inspired by the winter season. Pottery will be available for pick up on and after January 12 at the front office.

Janine Schroedter	Pottery Studio
Tu Dec 1-Dec 15	3:30 PM-4:30 PM
$73/3 sess	628324

Kids Play with Clay – Winter Wonderland

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. Drop in $30, space permitting. No class Oct 10, Oct 31, and Nov 28.

Alex Lam	Art Studio
Sa Sep 26-Dec 12	9:45 AM-11:15 AM
$245/10 sess	626713
Sa Sep 26-Dec 12	11:30 AM-1:00 PM
$245/10 sess	626714

Play with Clay (6-10 yrs)

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

Janine Schroedter	Pottery Studio
Tu Sep 8-Oct 13	3:30 PM-4:30 PM
$139/6 sess	628308
Tu Oct 20-Nov 17	3:30 PM-4:30 PM
$117/5 sess	628309

Tween Pottery (10-14 yrs)

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

Janine Schroedter	Pottery Studio
Tu Sep 8-Nov 17	4:45 PM-6:15 PM
$304/11 sess	628310

Tween Winter Wonderland Pottery NEW! (10-14 yrs)

Join in on the winter fun with hand built clay projects inspired by the winter season. Pottery will be available for pick up on and after January 12 at the front office.

Janine Schroedter	Pottery Studio
Tu Dec 1-Dec 15	5:00 PM-6:30 PM
$88/3 sess	628322

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

Wool felting is an ancient and environmentally-friendly practice, used for both practical and artistic purposes. Using sheep's wool, water and agitation, we'll make a durable, warm felt fabric that may be cut and stitched into craft projects or displayed as art.

Amy Walker	Art Studio
Su Nov 8	10:00 AM-12:00 PM
$42/1 sess	628924

Yoga

Kids Yoga

Come join Smiley Kylie for after school Yoga class. Each week will be a different theme centered around the fall, 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 for 5-8yrs class only.

Kylie Railton	Cedar Hall
(5-8 yrs)	
Tu Sep 22-Dec 8	4:00pm-5:00pm
$156/12 sess	625697
(8-13 yrs)	
Tu Sep 22-Dec 8	5:15pm-6:15pm
$180/12 sess	625698

Wet Felting Basics for Young People

Birthday Parties Available!

See page 45 for more information ...

Early Childhood Camps

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-Th Dec 21-Dec 24	9:15 AM-10:30 AM
$88.20/4 sess	628423

School Age Camps

Winter Break Day Camp (5-12 yrs)

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

	Grandview and Lakewood Room
M-Th Dec 21-Dec 24	9:00am-3:30pm
$140/8 sess	625796
M-Th Dec 28-Dec 31	9:00am-3:30pm
$140/8 sess	625797

Winter Break Camp – After Care (5-12 yrs)

No after care on Thursday, Dec 24 and 31 as the Centre closes at 4pm.

	Grandview and Lakewood Room
M Tu W Dec 21-Dec 23	3:30pm-5:00pm
$15/3 sess	625794
M Tu W Dec 28-Dec 30	3:30pm-5:00pm
$15/3 sess	625795

Brick Animation Camp (6-12 yrs)

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

Tomorrow's Playground	Preschool
M-F Dec 28-Jan 1	10:00am-12:00pm
$190/5 sess	625662

Build a Haunted House (7-12 yrs)

Get ready for a frightfully fun STEAM adventure! In this spooky hands-on workshop, kids ages 7-12 will become architects of the strange and unusual as they design and build their very own haunted house. By the end of the workshop, each camper will have a one-of-a-kind haunted house model and a spooky new appreciation for architecture and creative design. No experience needed, just bring your imagination and your Halloween spirit! Perfect for: Halloween lovers, creative builders, imaginative storytellers, and kids who love spooky fun!

Petit Architect Design For Kids Ltd.

	Maple Room
F Oct 23	9:15am-3:00pm
$125/1 sess	627891

Design a Classroom (7-12 yrs)

What would your dream classroom look like? In this creative STEAM workshop, kids ages 7-12 will become architects and interior designers as they design their very own classroom space! By the end of the workshop, each camper will have a miniature classroom model and a new understanding of how thoughtful design can create inspiring learning environments. No experience needed, just bring your imagination! Perfect for: Young creators, future architects, imaginative thinkers, and kids who love to design and build!

Petit Architect Design For Kids Ltd.

	Maple Room
M Sep 21	9:15am-3:00pm
$125/1 sess	625663

Design a Mars Station (7-12 yrs)

Blast off into an out-of-this-world STEAM adventure! In this hands-on workshop, kids ages 7-12 will become space architects as they design and build their very own Mars research station. By the end of the workshop, each camper will have a model of their own Mars station and a new understanding of how architecture, science, and engineering work together to help humans explore space. No experience needed, just bring your imagination and curiosity! Perfect for: Future astronauts, young engineers, creative thinkers, space lovers, and kids who love to design and build!

Petit Architect Design For Kids Ltd.

	Maple Room
F Nov 20	9:15am-3:00pm
$125/1 sess	627892

Fine Arts Winter Camp (5-8 yrs)

This camp will give an opportunity for children to develop their self-confidence and interpersonal skills by engaging in a range of art activities including: dance, visual art, yoga and drama for children of all abilities with a focus on well-being. Children will learn to recognize and manage different emotions, regulate their bodies while connecting with their peers and developing a positive self-image. The classes are carefully crafted by B.C certified teachers, keeping the whole child in mind and including fundamental art and movement skills. Please bring a nut-free snack, nut-free lunch and water bottles.

Ready Set Play	Willow Room
M-Th Dec 21-Dec 24	9:00am-3:00pm
$200/4 sess	630271
M-F Dec 28-Jan 1	9:00am-3:00pm
$250/5 sess	630275

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.

WINTER BREAK CAMPS

Hip Hop Playground (4-6 yrs)

Hip Hop Playground is an energetic introduction to hip hop dance. Dancers learn foundational grooves, rhythm, and short choreography combinations while building confidence and musicality. This camp balances structure and creativity, making it ideal for dancers who love high-energy movement and modern music.

Endorphin Rush Dance	Cedar Hall
M-Th Dec 21-Dec 24	10:45 AM-12:00 PM
$88.20/4 sess	628425

K-Pop Demon Hunters Dance Camp (6-12 yrs)

Get ready to move like your favourite K-Pop idols with a fierce twist! In this high energy dance camp, kids learn K-Pop inspired choreography while stepping into a world of fantasy and adventure as brave Demon Hunters. Each day combines dynamic dance training, fun games, and creative activities where campers design their own "hunter" persona, complete with special powers and dramatic flair. Perfect for friendship making! Designed for kids who love music, dance, and a little bit of magic! This camp will leave them feeling confident, powerful, and ready to take on any challenge.

Endorphin Rush Dance	Cedar Hall
M-Th Dec 21-Dec 24	12:30 PM-3:30 PM
$180/4 sess	628429

Arctic Architecture Camp

Winter Wonderland Architecture Camp (7-12 yrs)

Join us for a frosty week of winter-themed architecture! Explore the art of designing cozy A-frame cabins, enchanting winter landscapes, and glowing lanterns. From sketching 2D blueprints to crafting intricate 3D models, students will discover the creativity and engineering behind winter architecture. Bundle up and unleash your inner architect in this hands-on, snowy adventure! Petit Architect has been inspiring young designers for 9 years by fostering creativity and a love for design, empowering the next generation to shape the world around them. Please pack a lunch, snack and water bottle and dress for outdoor activities too!

Petit Architect Design	Art Studio
M-Th Dec 21-Dec 23	9:15am-2:45pm
$320/3 sess	625798

Arctic Architecture Camp (7-12 yrs)

Embark on a global journey to explore cold-climate architecture, from traditional igloos to yurts and more! This hands-on camp invites participants to learn from diverse habitats and cultures, experimenting with 2D drawings and 3D model-making using a variety of mediums and materials. Through creativity and collaboration, campers will reimagine how architecture can thrive in extreme environments. Petit Architect has been inspiring young designers for 9 years by fostering creativity and a love for design, empowering the next generation to shape the world around them. Please pack a lunch, snack and water bottle and dress for outdoor activities too!

Petit Architect Design	
M-Th Dec 28-Dec 30	9:15am-2:45pm
$320/3 sess	627893

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.

WEDO Robotics Camp (6-10 yrs)

A fun, hands-on introduction to robotics using LEGO® Education WeDo. Teamwork is encouraged as students build and program robots with motors and sensors, while developing STEM skills through themed activities. All equipment is provided.

Tomorrow's Playground	Preschool
M-F Dec 28-Jan 1	12:30pm-2:30pm
$190/5 sess	625792

Yoga Dance & Art Camp (6-10 yrs)

Come join Smiley Kylie for a 3 day winter yoga and craft camp. We will be focusing on winter solstice and holiday celebrations with crafts, songs and activities. All crafts are nature based (as much as possible) focusing on tactile, creative and mindfulness approaches. Please bring a lunch, water bottle and yoga mat (if you have one).

Kylie Railton	Elm Room
M Tu W Dec 21-Dec 23	9:00 AM-3:00 PM
$200/6 sess	631002

Rain City Holiday Hoops Camp

This program is for the focussed athlete. Our expert coaches are pushing every player in this program to help them reach their full potential on and off the court. These workouts are tough, they are designed to challenge you mentally, and physically. We will be working on advanced skill sets, and many high level game situations. You will improve as a player in your training, and you will also improve your understanding of the game, your basketball IQ will develop. This is a program for players who have dreams of playing past high school and beyond. We look forward to working with you. must bring a basketball and a water ball as this will NOT be supplied. No class on Dec 25 and Jan 1.

Raincity Basketball Club	
	Gymnasium - South (1/3)
Intermediate (10-13 yrs)	
M-Th Dec 21- Dec 24	12:00 PM-3:00PM
$200/4 sess	636395
M-Th Dec 28-Dec 31	12:00 PM-3:00PM
$200/4 sess	636398
Juniors (6-8 yrs)	Gymnasium - North (2/3)
M-Th Dec 21-24	12:30-2:30pm
$125/4 sess	636347
M-Th Dec 24-28	12:30-2:30pm
$125/4 sess	636348

Youth In Action (Y.I.A.) (13-18 yrs)

Youth In Action is an exciting adaptive program for teens with mild to moderate needs (behavioural and developmental). Join us one, two or three times a week for fun and 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 the YIA Supervisor at 604.257.6970 or YIA@vancouver.ca. Join us for a full day program on VSB District Wide Pro-D days! No sessions on September 30, October 12 and November 11.

YIA Coordinator — Willow Room

Fall

1 Day a Week

M-F Sept 8-Dec 18 — 3:15PM-5:30PM
$120/15 sess — 635927

2 Days a Week

M-F Sept 8- Dec 18 — 3:15PM-5:30PM
$240/30 sess — 635931

3 Days a Week

M-F Sept 8- Dec 18 — 3:15-5:30PM
$360/45 sess — 635932

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

M Nov 20 — 9:00 AM-3:30 PM
$20/1 sess — 635933

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

(13-18 yrs)

YIA Supervisor — Willow Room

Week 1

M-Th Dec 21-Dec 24 — 9:00 AM-3:30 PM
$80/4 sess — 635934

Week 2

M- Th Dec 28 Dec 31 — 9:00AM-3:30 PM
$80/4 sess — 635935

Community

Youth Council Volunteer Orientation (13-18 yrs)

Youth who are wanting to volunteer at Trout Lake and/or be apart of Youth Council must attend and register for this mandatory orientation. A free City-Wide Youth Pass and OneCard is required. Please contact Artika at artika.mehta@vancouver.ca or call (604) 257 3098 for any questions.

Youth Leader — Grandview Room
F Sep 11 — 5:30-7:30 PM
$0/1 sess — 636522

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. A youth representative will also sit on City-Wide Youth Council. A City-Wide Youth Pass is required to join this program. To register you must attend the volunteer orientation on Sept 11. Registration will take place after the volunteer orientation. Please contact Artika at artika.mehta@vancouver.ca or call 604-257-3098 for any questions. Program times may be changed or cancelled on last minute notice!

Youth Leader — Grandview Room
F Sep 19-Dec 11 — 5:30 PM-7:30 PM
$0/12 sess — 635972

Check out TLCCA Program Cost Assistance

See page 46.

Youth Council Wrap Up Party (13-18 yrs)

The Trout Lake Youth Council will host an end of year celebration party for those youth who have volunteered throughout September-December and who are members of the Trout Lake Youth Council. In order to attend you must have a minimum of 25 volunteer hours.

Youth Leader — Grandview Room
F Dec 18 — 5:30PM- 8:30 PM
$0/1 sess — 636000

Education

Red Cross - Babysitting (10-16 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..The course content includes: How to be responsible, demonstrate leadership, making good decisions and manage difficult behaviour. Information on children's developmental stages, including 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..Course manual and certificate of completion from the Canadian Red Cross post-class.It is a 7 hour in-person Babysitting course. Students to bring a doll/teddy bear for hands on practice. As per Red Cross, our class minimum is 6 students and a maximum of 24 students.If you have any questions, please feel free to contact Allan at allan@firstaidpro.ca.

First Aid Pro — Willow Room
Su Nov 15 — 9:30AM-4:30PM
$75/1 sess — 636150

Emergency (Basic) First Aid with CPR/AED Level C (13-65 yrs)

This one-day course provides essential first aid and CPR/AED training for responding to workplace and home emergencies. Participants learn how to assess situations, activate emergency medical services, manage airway, breathing, and circulation emergencies, provide wound care, and respond to cardiac arrest. The course is delivered fully in person (7 hours) and follows current Canadian Red Cross guidelines, with certification valid for 3 years. *WorksafeBC OFA Level 1 Equivalent*

First Aid Pro — Willow Room
Su Nov 8 — 9:30 AM-4:30 PM
$100/1 sess — 636153

Emergency (Blended) First Aid with CPR/AED Level C (13-65 yrs)

This blended course provides the same certification as the full in-person option, with reduced classroom time. Participants complete 1-3 hours online before attending a 4-hour in-person session focused on hands-on skills. Training covers emergency response, airway, breathing and circulation emergencies, wound care, and CPR/AED for cardiac arrest. The course follows current Canadian Red Cross guidelines, with certification valid for 3 years. *WorksafeBC OFA Level 1 Equivalent*

First Aid Pro — Willow Room
Su Nov 8 — 9:30 AM-1:30 PM
$100/1 sess — 636152

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.

Paul Richardson — Willow Room
Sa Nov 28 — 9:00 AM-5:00 PM
$50/1 sess — 633562

Stay Safe for Youth (9-13 yrs)

Real-world scenarios often call on children to respond to challenges. The Stay Safe program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth?s capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations.Course Content: How to stay safe at home and within the community. How to prepare, recognize and respond to unexpected situations (inclement weather, strangers, unanticipated visits).First Aid Content: Check, Call, Care, Recovery Position, Conscious Choking, Feeling Unwell, Asthma, Anaphylaxis, Poisoning, Wound Care, Minor Cuts and Scrapes, Nose Bleeds, Life-Threatening Bleeds/BurnsComes with a course manual and certificate of completion from the Canadian Red Cross.

First Aid Pro — Willow Room
Sa Dec 5 — 12:00 PM- 4:00 PM
$65/1 sess — 636151

Sports

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

Future Bounce Basketball is Vancouver's first female run and female focused subsidized basketball program - founded and coached by the women of today to empower the women of tomorrow. Our goal is to give all self-identified girls the chance to play basketball, build connections, and enhance their skills. We know that basketball is about more than just what happens on the court. It's about developing confidence, teamwork, leadership, and life skills. Each week of practice will consist of a unique set of high level training to help you take your game to the next level, and lots of games! Each week players will be divided into different teams and will play games. This program is designed for players of all skill levels. No session Oct 11.

Future Bounce Athletic Association — Gymnasium
Su Sep 13-Dec 6 — 3:00pm-4:45pm
$210/12 sess — 625685

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 Oct 12

Gymnasium – North (2/3)
M Sept 14-Dec 14 — 3:45 PM- 5:00PM
$78/13 sess — 636035

Rain City Basketball Skills Sessions (12-14 yrs)

We offer a program that is devoted to helping young players get better. No matter what your skill level is you will learn the tools to help you take your game to the next level. We offer a fun, safe, energetic, and competitive atmosphere to really motivate and encourage all participants. This program aims to help all participants learn the hard work needed to get better at anything. Participants must bring a basketball and a water ball as this will NOT be supplied. No Class on Oct 3,10,17, 31 and Dec 12.

Raincity Basketball Club — Gymnasium - North (2/3)

(5-8 yrs)
Sa Sept 19-Dec 10 — 11:20am-12:30pm
$175/ 9 sess — 635936

(9-11 yrs)
Sa Sept 19-Dec 19 — 12:30pm-1:45pm
$200/9 sess — 635937

(12-14 yrs)
Sa Sept 19-Dec 19 — 1:50 PM-3:00PM
$200/9 sess — 635940

Mural Painting

Rain City Holiday Hoops Camp

This program is for the focussed athlete. Our expert coaches are pushing every player in this program to help them reach their full potential on and off the court. These workouts are tough, they are designed to challenge you mentally, and physically. We will be working on advanced skill sets, and many high level game situations. You will improve as a player in your training, and you will also improve your understanding of the game, your basketball IQ will develop. This is a program for players who have dreams of playing past high school and beyond. We look forward to working with you. must bring a basketball and a water ball as this will NOT be supplied. No class on Dec 25 and Jan 1.

Raincity Basketball Club

Gymnasium - South (1/3)

Intermediate (10-13 yrs)

M-Th Dec 21- Dec 24	12:00 PM-3:00PM
$200/4 sess	636395
M-Th Dec 28-Dec 31	12:00 PM-3:00PM
$200/4 sess	636398

Juniors (6-8 yrs)

Gymnasium - North (2/3)

M-Th Dec 21-24	12:30-2:30pm
$125/4 sess	636347
M-Th Dec 24-28	12:30-2:30pm
$125/4 sess	636348

Health & Fitness

Teen Fit & Power NEW! (12-16 yrs)

A fun, high-energy fitness class for teens combining strength training, cardio, core work, and athletic-style conditioning set to upbeat music. Designed to help teens stay active, build confidence, and have a positive space to move after school away from screens. Participants should wear runners and bring a water bottle. $9.50 drop-in, space permitting

Anushka Kashyap	Grandview Room
Tu Sep 15-Oct 27	3:30pm-4:15pm
$52.50/7 sess	636569

Youth Cooking for Easter Event

Visual Arts

Photography: Smartphone NEW! (13-18 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. No class Sept 30.

Jhaymee Hizon	Board Room
W Sep 16-Oct 28	6:00 PM-7:30 PM
$90/6 sess	627582
W Nov 4-Dec 16	6:00 PM-7:30 PM
$90/6 sess	627585

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 Sep 17-Nov 5	4:00 PM-6:00 PM
$322/8 sess	626581

OPEN GYM AND GAMES ROOM SCHEDULE

September 11 – December 18

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

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

Youth Volunteering for Tree Chipping Event

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 session Oct 15.

No Instructor	Gymnasium - North (2/3)
Th Sep 10-Dec 17	10:05am-11:05am
$28/14 sess	625638

Ageless Training (19+ yrs)

Ageless Training is a solution to living with less pain, more vitality and a true solution to a better life. It will give you methods of movement to achieve more energy, functionality, flexibility, mobility and strength. This method is easy to follow. A few tools like a Bender BallTM, gliding disc, massage ball and foam roller and resistance band will be the keys to unlock an ageless, strong body. All tools will be provided. All levels of fitness can benefit from this workout. About half of the class will take place on the floor on a mat. Drop-in $13, space permitting. No session Sep 30 & Nov 11.

Monika Schoenenberger	Cedar Hall
W Sep 9-Dec 16	1:30pm-2:45pm
$136.50/13 sess	627902

Check out TLCCA Program Cost Assistance

See page 46.

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 Sep 11-Oct 30	1:30pm-2:30pm
$128/8 sess	625652
F Nov 13-Dec 18	1:30pm-2:30pm
$96/6 sess	625653

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 Oct 3, 10, 24 & 31.

Carey Yuen	Gymnasium
Sa Sep 12-Dec 19	9:00am-10:00am
$87/11 sess	625659

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. No session Nov 6.

Carey Yuen	Gymnasium - South (1/3)
F Sep 11-Dec 18	12:15pm-1:15pm
$112/14 sess	625660

Core and Corazon (19+ yrs)

Build strength, then feel your groove. This class opens with a core-focused conditioning workout, then ignites into the rhythms of Afro-Brazilian and Latin dance, moving from the inside out, straight from the heart. It's a joyful, full-body reset that leaves you energized and ready for whatever the day holds. Perfect whether you're easing back into movement or just looking for a reason to love your workout. Drop-in $20, space permitting. No session Nov 11.

Claudia Bulaievsky	Grandview Room
W Sep 2-Sep 23	9:30am-10:30am
$72/4 sess	629478
W Oct 21-Oct 21	9:30am-10:30am
Free/1 sess	636562
W Oct 28-Dec 16	9:30am-10:30am
$117/7 sess	636559

Dance Fit! (19+ yrs)

Shake off the week and sweat with purpose! This beloved community class fuses high-energy cardio-dance, deep Pilates core work, and grounding yoga stretches into one holistic hour. Designed to celebrate the connection between body, mind, heart, and community, it's equal parts exhilarating workout and mindful reset. Expect great music, big smiles, and a welcoming vibe. Bring running shoes, a water bottle, and optional yoga mat. Drop-in $17, space permitting.

Loretta Laurin	Cedar Hall
Tu Sep 15-Oct 27	7:00pm-8:00pm
$111/7 sess	625668
Tu Nov 3-Dec 15	7:00pm-8:00pm
$111/7 sess	625669

Check out our Greening Workshops

See page 51

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	Lakewood Room
Su Sep 13	10:30am-12:00pm
$27/1 sess	625677
	Grandview Room
Su Oct 25	9:30am-11:00am
$27/1 sess	627807
Su Nov 29	9:30am-11:00am
$27/1 sess	627808

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 Oct 12 & Nov 2.

Carey Yuen	Gymnasium
M Sep 14-Dec 14	5:30pm-6:30pm
$103/12 sess	625683

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 $10.00, space permitting. No session Oct 12, Nov 2 & 9.

Anushka Kashyap	Gymnasium - North (2/3)
M Sep 14-Dec 14	12:10pm-1:10pm
$93.50/11 sess	625705

MetCon Blast (19+ yrs)

This full body MetCon workout will use compound exercises to help target multiple muscle groups. Not only will this style of class help you build strength, but it will also improve balance and coordination, while keeping your heart pumping. Drop in $10.00, space permitting. No session Oct 6, 13, Nov 3 & 10.

Anushka Kashyap	Gymnasium
Tu Sep 15-Dec 15	6:45pm-7:45pm
$85/10 sess	625712

Mindful Breathing Space (19+ yrs)

A meditation session for inner peace, wellbeing and fulfilling life. Including meditation, Q&A and gentle support. Welcome new and returning participants- we explore new topics and skills. Helpful prerequisite: mindfulness meditation skills or 'Mindfulness for Beginners'. Info: lifen.me

Sung Yang	Preschool
Th Oct 22	7:30pm-8:30pm
$16/1 sess	633471

Mindfulness for Beginners (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	Preschool
Th Oct 15	7:30pm-8:30pm
$16/1 sess	625713

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 Sep 30, Oct 12 & Nov 11.

Carey Yuen	Grandview Room
M W Sep 9-Oct 28	11:00am-12:00pm
$224/28 sess	625720
M W Nov 9-Dec 16	11:00am-12:00pm
$176/22 sess	625721
	Elm Room
Tu Th Sep 8-Oct 29	11:00am-12:00pm
$256/32 sess	627776
Tu Th Nov 10-Dec 17	11:00am-12:00pm
$192/24 sess	627779

Outdoor/Indoor Stroller Fitness with Carey

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!

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.

ADULT FITNESS

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 Nov 2.

Carey Yuen	Lakewood Room
M Sep 14-Oct 5	7:00pm-8:00pm
$64/4 sess	625732
M Oct 19-Nov 16	7:00pm-8:00pm
$64/4 sess	625733
M Nov 23-Dec 14	7:00pm-8:00pm
$64/4 sess	627798

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! $9.00 drop-in, space permitting. No session Oct 6, 13, Nov 3 & 10.

Anushka Kashyap	Gymnasium
Tu Sep 15-Dec 15	5:45pm-6:30pm
$75/10 sess	625736

Sound Bath Meditation (19+yrs) NEW!

A meditation experience designed to explore slowing down, grounding, and nervous system care through sound. Participants are invited to rest comfortably while being immersed in soothing sounds and vibrations created from instruments such as singing bowls, chimes, drums and other meditative sound tools. This class offers space to pause, reconnect, and rest without expectation. You are welcome to sit, stretch or lie down in whatever way feels most supportive for your body. No experience is needed, and all bodies, backgrounds, and experience levels are welcome. Please bring a yoga mat, pillow and blanket for the most supportive experience. Drop ins $25, space permitting.

Coco Gervais	Lakewood Room
Th Oct 8-Dec 10	8:15pm-9:15pm
$60/3 sess	637820

TB Vets Community Walk Club NEW! (19+ yrs)

TB Vets X Poplar Pulmonary Community Walk Club is a free, welcoming walking program designed to support people of all abilities in improving their health through regular physical activity, respiratory wellness, and social connection. Led by respiratory health professionals from Poplar Pulmonary and supported by TB Vets, each 90-minute session includes a 15-minute welcome and warm-up, a 30–45 minute guided walk at a comfortable pace, and a 15-minute cool-down and wrap-up featuring practical tips on breathing, lung health, and healthy living. Whether you're living with a respiratory condition, recovering from illness, or simply looking for a supportive way to stay active, you're welcome to join. Participants who require walking aids or other mobility supports are welcome to use them; however, all walking and mobility supports must be provided by the participant and are not supplied as part of the program. No previous walking experience is required. Come as you are and take a step toward better health, one walk at a time.

TB Vets & Poplar Pulmonary	Lobby
Mon Aug 31	11:00am-12:30pm
Tu Sep 8-Dec 15	10:00am-11:30am
Free/15 sess	636584

Total Body Reset – Stretch, Roll & Restore NEW! (19+ yrs)

Improve flexibility and mobility with a guided mix of foam rolling and stretching designed to release fascia, reduce tightness, and enhance overall movement. Suitable for all levels, this class helps increase range of motion, and keep joints moving efficiently. We target key areas like hips, back, and shoulders to reduce tightness, support muscle function, and help you stay powerful, efficient, and ready for whatever's next. Soft foam rollers provided. Drop in $19, space permitting.

Denise Galay	Elm Room
Tu Sep 15-Sep 15	12:30pm-1:30pm
Free/1 sess	636571
Tu Sep 22-Oct 27	12:30pm-1:30pm
$111/6 sess	636572

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 Sep 10	12:30pm-1:30pm
Free/1 sess	625804
Th Sep 17-Oct 29	12:30pm-1:30pm
$100/7 sess	625802
Th Nov 5-Dec 17	12:30pm-1:30pm
$100/7 sess	625803

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. No session Oct 12.

Zumba Vancouver	Gymnasium
M Sep 14	6:45pm-7:45pm
Free/1 sess	625807
M Sep 21-Oct 26	6:45pm-7:45pm
$71/5 sess	625805
M Nov 2-Dec 14	6:45pm-7:45pm
$100/7 sess	625806
W Sep 9	6:45pm-7:45pm
Free/1 sess	625810
W Sep 16-Oct 28	6:45pm-7:45pm
$71/5 sess	625809
W Nov 4-Dec 16	6:45pm-7:45pm
$100/7 sess	625808

Sports

Positively Pickleball Training: Novice Series (19+ yrs)

A welcoming, upbeat class designed for players who know the basics and want to build a rock-solid foundation. Over the weeks, you'll develop the consistency to keep rallies going and the persistence to overcome common beginner hurdles. Expect fun drills, clear step-by-step guidance, and supportive coaching that will help you master scoring, grip, and positioning. Whether you're looking to play more confidently with friends or join your first social league, this class will set you up for success and keep you smiling every step of the way! For levels 2.0-2.75.

Richard Lee	Gymnasium
M Sep 14-Oct 5	1:45pm-3:30pm
$118/4 sess	625729
M Oct 19-Nov 9	1:45pm-3:30pm
$118/4 sess	625730
M Nov 16-Dec 7	1:45pm-3:30pm
$118/4 sess	625731

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! No session Oct 15.

Wilson Tan	Outside - Tennis Court
Su Sep 13-Oct 25	3:15pm-4:45pm
$262.5/7 sess	630241
Th Sep 10-Oct 29	6:30pm-8:00pm
$262.5/7 sess	630245
Th Nov 5-Dec 17	6:30pm-8:00pm
$262.5/7 sess	630249

Badminton Court Rental (19+ yrs)

Reserve your own badminton court for guaranteed fun for up to four players. There are 4 courts available for play per 1.75 hour timeslot. Each registration is a booking for one court.

No Instructor	Gymnasium
Tu/Thu Sep 8-Dec 17	1:45pm-3:30pm
$16/1 sess	

Pickleball Intermediate/ Advanced (19+ yrs)

No session Sep 30 & Oct 7.

Non Instructional	Gymnasium
W Sep 9-Dec 16	1:30pm-3:30pm
$41/13 sess	625724

Yoga & Pilates

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 Oct 12.

Noemie Valois	Elm Room
M Oct 5-Nov 9	1:00pm-1:50pm
$80/6 sess	625656
M Nov 16-Dec 14	1:00pm-1:50pm
$80/5 sess	631957

Gymnasium Sports Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
EVENING	**Badminton** Sep 14-Dec 14 8:00pm-9:45pm $78/13 sess 625654 No session Oct 12	**Basketball** Sep 8 - Dec 15 8:00pm-9:45pm $84/14 sess 625657 No session Oct 13	**Volleyball Beginner & Intermediate** Sep 9 - Dec 16 8:00pm-9:45pm $78/13 sess 625790 No session Sep 30 & Oct 7	**Volleyball Beginner & Intermediate** Sep 10-Dec 17 8:00pm-9:45pm $84/14 sess 625791 No session Oct 15

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.

ADULT FITNESS

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 Oct 12.

Anita Callahan	Cedar Hall
M Sep 14-Dec 14	5:15pm-6:30pm
$205/13 sess	625645
M Sep 14-Dec 14	6:40pm-7:55pm
$205/13 sess	625646
Th Sep 10-Dec 17	9:10am-10:10am
$221/15 sess	625647
Grandview Room	
M Sep 14-Dec 14	9:10am-10:10am
$205/13 sess	627665

Inclusive Yoga & Sound Bath NEW! (19+ yrs)

Gentle Yoga with Sound Bath is an inclusive movement + meditation experience created to meet you where you are. You'll be guided to explore gentle stretches, supported restorative postures, and mindful breathing, suitable for all levels. The practice closes with a guided sound bath meditation using various instruments including crystal sound bowls, koshi chimes, ocean drum and more. This experience is open to all bodies and experience levels, with an emphasis on moving in a way that feels supportive, comfortable, and personal to you. Please bring a yoga mat, all other props will be provided. Drop ins $20, space permitting.

Coco Gervais	Cedar Hall
F Oct 2-Nov 6	10:45am-11:30am
$90/6 sess	637818
F Nov 13-Dec 18	10:45am-11:30am
$90/6 sess	637819

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 Sep 17 & Oct 12.

Bridget Donald	Elm Room
M Sep 14-Dec 14	10:00am-11:00am
$164/13 sess	625693
Th Sep 10-Dec 17	11:15am-12:15pm
$177/14 sess	625694

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 Sep 17 & Oct 12.

Bridget Donald	Elm Room
M Sep 14-Dec 14	11:15am-12:45pm
$246/13 sess	625695
Th Sep 10-Dec 17	9:30am-11:00am
$265/14 sess	625696

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 Sep 9-Sep 23	6:15pm-7:25pm
$38/3 sess	625725
W Oct 28-Dec 16	6:15pm-7:25pm
$101/8 sess	630217

Pilates matwork Intermediate (19+ yrs)

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

Amy Kiara Ruth	Elm Room
W Sep 9-Sep 23	7:30pm-8:40pm
$38/3 sess	625726
W Oct 28-Dec 16	7:30pm-8:40pm
$101/8 sess	630218

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. Some exercises will be done on hands and knees. 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. Completed PAR Q form is valid for a year. Drop-in $20, space permitting. No session Oct 9.

Heather Barnes	Elm Room
F Sep 25-Nov 27	10:30am-11:15am
$180/9 sess	625727

Prenatal Yoga (19+ yrs)

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

Lynda Sing	Elm Room
Su Sep 13-Oct 18	10:00am-11:00am
$114/6 sess	625734
Su Nov 1-Dec 13	10:00am-11:00am
$133/7 sess	625735

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 and knees. 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. Completed PAR Q is valid for a year. Drop-in $20, space permitting. No session Nov 10.

Heather Barnes	Elm Room
Tu Sep 29-Nov 24	7:45pm-8:45pm
$165/8 sess	625784

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. No session Nov 17, 19, 24 & 26.

Yanick McDonald	Cedar Hall
Tu Sep 8-Dec 8	9:15am-10:15am
$133/14 sess	625787
Lakewood Room	
Su Sep 13-Dec 6	9:15am-10:15am
$104/11 sess	625789
Kate Nguyen	Cedar Hall
Tu Sep 8-Dec 15	8:15pm-9:15pm
$123/13 sess	625788
Th Sep 10-Dec 17	8:00pm-9:00pm
$123/13 sess	625786

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 7,30, Oct 12, Nov 11.

Instructor: ABC Instructor	
M W F Sep 9-Dec18	11:00 AM-12:00 PM GYM
Master Roster 633800	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

Yoga by Candle light (19+ yrs)

Enjoy yoga to candle light. All levels welcome. Drop-in $18, space permitting. No session Oct 12.

Kylie Railton	Cedar Hall
M Sep 14-Dec 14	8:15pm-9:15pm
$178/13 sess	625800

Education

Adult Beginner French Class NEW! (19+yrs)

Whether you're planning to travel, connect with French-speaking communities, or simply learn something new, this class offers an enjoyable introduction to French. These twice a week lessons are designed for adults with little or no previous experience, this beginner-friendly course uses a fun, immersive approach that makes language learning feel natural and rewarding. Lessons are dynamic, interactive, and designed to make vocabulary and grammar easy to remember and use. **This is one 6-month course split into three parts. Part 1 (Sept 9 - Nov 4), Part 2 (Nov 9 - Dec 16), Part 3 (Jan 4 - Feb 10).** By the end of the course students will have achieved an A1 level of proficiency. No class Oct 12.

Kathryn Harris — Willow Room

Part 1

M W Sep 9-Nov 4 — 7:00 PM-8:30 PM
$336/16 sess — 631514

Part 2

M W Nov 9-Dec 16 — 7:00 PM-8:30 PM
$252/12 sess — 631531

Book Club NEW! (19+ yrs)

If you love to read and enjoy talking about books, please consider joining this friendly group of people on the second Wednesday of each month at 10:00 am. For the past three years we have been reading books by Indigenous authors. This year, we will broaden our focus to include topics like colonialism, cultural identity, racism etc. We borrow VPL Book Club kits from VPL to provide each participant with the chosen title each month, Please pick up the first book at the front desk after you register so you can be prepared to share your thoughts at the first meeting on September 9.

Teresa Whitehouse — Willow Room
W Sep 9-Dec 9 — 10:00am-11:30am
Free/4 sess — 625692

Cottage Cheese Making Workshop NEW! (19+yrs)

Learn how to make fresh, creamy cottage cheese from scratch in this hands on, beginner friendly workshop. Working in small groups, you'll heat, curdle, and strain your own batch of cottage cheese while learning the simple dairy science behind curds and whey. We'll explore how to adjust texture, how to use different acids, and how to turn everyday milk into something truly special. While your curds drain, your instructor will prepare a warm cottage cheese pasta dish for the class to enjoy at the end. You'll top it with your freshly made cottage cheese for a cozy, delicious tasting that shows just how versatile homemade cheese can be. Just bring a tupperware container or jar to take your fresh cottage cheese home in.

Kristine Hui — Grandview Room
Su Dec 6 — 1:15 PM-4:15 PM
$68/1 sess — 629124

Cottage Cheese Making Workshop

Creams, Lotions & Salves (19+yrs)

Making your own moisturizing creams and lotions is fun and affordable! 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 ailment (eczema, pain, anti-aging). In this fun and informative class, make and take home a nutrient packed cream, aloe vera moisturizer, arnica salve (for pain) and an herbal infused body oil. Plus receive recipes on masks and gentle facial scrubs. All supplies included.

Cheryl Theilade — Grandview Room
M Nov 30 7:00 PM-9:00 PM
$54/1 sess — 633633

Custom Lip Cosmetics Workshop (19+yrs)

Learn about three different natural formulations containing premium oils, butters and waxes. Customize 1 pomegranate infused lip gloss, 1 passionfruit-coconut lip oil and 1 cocoa butter tinted lip balm. Add a selection of cosmetic-grade pigments, shimmery micas and flavour oils to create your own custom shades. Visit https://soapifystudio.com/ for more information.

Lily Sum — Art Studio
Su Sep 20 — 2:00 PM-4:00 PM
$55/1 sess — 624843

Custom Lip Cosmetics Workshop

Demystifying Decaf: Exploring & Tasting Decaf Coffee Process NEW! (19+yrs)

We have heard it before, "death before decaf"! But what really is the decaffeination process and how does it affect the taste of coffee? In this workshop, we will explore 2 kinds of decaffeination processes through a theoretical approach as well as a practical approach through a brewing session where we get to sample 4 different decaf coffees. The workshop ends with half an hour of q & a and a chance to share ideas with fellow attendees.

Clarice Chan — Grandview Room
Su Nov 15 — 10:00 AM-11:30 AM
$37/1 sess — 626718

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 Nov 27	10:00am-11:30am
Free/1 sess	625675

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 Sep 25	10:00am-11:30am
Free/1 sess	625780

Financial Foundations & Children's Future Planning NEW! (19+ yrs)

This session helps parents build a strong financial base while planning ahead for their children's future. Topics include budgeting basics, managing cash flow, understanding government benefits, education savings (RESP), and long-term planning for children at different life stages. Designed to give families clarity and confidence in everyday financial decisions.

WSB, Atsuko Fukuda	Grandview Room
Su Sep 27	2:00pm-3:30pm
Free/1 sess	636582

Guided Bike Ride (19+yrs)

This small group 2 hour bike ride is for people who want to practice riding on the road, but would prefer to do so in a safe, group setting. Under the guidance of our experienced instructors, participants will embark on a leisurely paced bike ride around the local streets, complete with educational pit stops to talk about road safety and cycling infrastructure. The average ride length will be between 6 and 10 km. There will be free bicycles and helmets for use by any participants who need them. Although not required, this course is perfect for folks to practice after taking our Intermediate Bike Skills course, StreetWise Cycling Online, or other HUB Cycling StreetWise Courses.

HUB Cycling	Outside - John Hendry Gravel Field
Sa Sep 12	2:00 PM-4:00 PM
$31.50/1 sess	628931

Hand Milled Soaps n'Scrubs (19+yrs)

In this hands-on class, create healthy handmade suds with natural herbs, spices, and scents using all vegan based soap blocks. Make a ginger n'ginseng soap, an almond exfoliating facial bar, plus a French pink clay body wash, and a Marigold Castile Body Scrub. Recipes for citrus dish soap and shaving soap. No previous soap making experience required! All supplies included.

Cheryl Theilade	Lakewood Room
W Nov 4	6:30 PM-9:00 PM
$58/1 sess	633618

Intro to Mending Techniques (19+yrs)

Join us for 3 Sunday mornings of relax and repair. Using 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. Let's shift the FOCUS to relearning the art of the everyday. Please bring supplies you have (optional kits for purchase, sewing// fabric//notions), You can also bring your sewing machine (Items to bring to mend/ patch: household items, clothing, camping gear, outerwear, bags/backpacks/purses). Meeting dates Sept 27, Oct 25, Dec 6.

Jeanette MacDonald	Willow Room
Su Sep 27, Oct 25, Dec 6	11:00 AM-2:00 PM
$126/3 sess	629098

Intro to Mending Techniques

GREEN YOUR EVENT BY BOOKING A REUSABLE DISHWARE PACKAGE!

Choose a selection of dishware or a package to incorporate re-usable cups, plates, and utensils into your event for as little as a $1 per person.

The best part? Clean up is covered in the rental fee!

Brought to you in partnership between the Trout Lake Green Committee and share wares.

Law Students Legal Advice Program - Greater Vancouver (18+ yrs)

With the assistance of supervising lawyers, UBC law students provide a range of services from summary advice to full representation on a case-by-case basis on various areas of the law, including criminal law, small claims, Workers Compensation, Employment Insurance, wills, employment issues, immigration, refugee, and residential tenancy disputes. You can find out more information by visiting lslap.bc.ca. Note that LSLAP does not book appointments by e-mail or phone. To book an appointment please visit lslap.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 — Board Room

M Oct 5-Nov 16	6:00pm-8:00pm
Free/4 sess	625700

Leather Belt Workshop (19+yrs)

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

Vancouver Tool Library	Art Studio
Tu Sep 15	6:00 PM-8:00 PM
$101.85/1 sess	627473
Tu Oct 13	6:00 PM-8:00 PM
$101.85/1 sess	627474
Tu Nov 17	6:00 PM-8:00 PM
$101.85/1 sess	627475
Tu Dec 15	6:00 PM-8:00 PM
$101.85/1 sess	627476

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 Oct 1	6:30 PM-9:30 PM
Free/1 sess	627487
Th Oct 22	6:30 PM-9:30 PM
Free/1 sess	627483
Th Nov 26	6:30 PM-9:30 PM
Free/1 sess	627484
Th Dec 17	6:30 PM-9:30 PM
Free/1 sess	627485

Leatherwork: Cardholder (19+yrs)

Join us for an evening of leatherwork. In this beginner-friendly workshop, you'll learn how to craft and finish a 3-slot card holder using vegetable-tanned leather. Along the way, we'll cover essential techniques including beveling, burnishing, pricking, and saddle stitching. You'll also get an introduction to different types of leather, tanneries, tools, and techniques. All materials are provided, and we'll be working with natural leather.

Vancouver Tool Library	Art Studio
Tu Sep 22	6:30 PM-9:30 PM
$102.90/1 sess	627490
Th Oct 8	6:30 PM-9:30 PM
$102.90/1 sess	627491
Th Oct 15	6:30 PM-9:30 PM
$102.90/1 sess	627493

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 and provide an opportunity to practice basic leather working including hole punching, rivet setting and edge finishing.

Vancouver Tool Library	Art Studio
Tu Sep 29	6:00 PM-8:00 PM
$99.75/1 sess	627477
Tu Oct 27	6:00 PM-8:00 PM
$99.75/1 sess	627478
Tu Dec 1	6:00 PM-8:00 PM
$99.75/1 sess	627479

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
Th Sep 10-Sep 17	6:30 PM-9:30 PM
$178.50/2 sess	627471
Th Nov 5-Nov 12	6:30 PM-9:30 PM
$178.50/2 sess	627472

Linocut Printmaking (19+yrs)

Learn how to carve your own design on a linoleum block and print it onto paper using linocut hand tools and water-based inks. A linocut is a relief printmaking process similar to a woodcut, using linoleum as the surface into which the design is carved and then printed. Explore the beauty of the linocut printing process, including transferring your image, carving the linoleum block, inking, and printing onto paper. Great for all experience levels.

Vancouver Tool Library	Art Studio
Tu Oct 6	6:00 PM-8:00 PM
$63/1 sess	627480
Tu Nov 10	6:00 PM-8:00 PM
$63/1 sess	627481
Tu Dec 8	6:00 PM-8:00 PM
$63/1 sess	627482

Letter Writing Club (5+ yrs)

The Letter Writing Club is a relaxed, social space to unplug and get creative with pen and paper (or postcard!) Come write real letters, share stories, and connect with others. Whether you're new to letter writing or just miss it, this is a fun way to slow down, meet people, and reconnect with your community one handwritten note at a time. A note: Please be mindful of possible scent-sensitivity. Children must be attended with an adult. Registration not required, come and go as you please.

Condwiramurs McGowan — Willow Room

Su Sep 20	11:00 AM-2:00 PM
Free/1 sess	626719
Su Oct 18	11:00 AM-2:00 PM
Free/1 sess	626721
Su Nov 22	11:00 AM-2:00 PM
Free/1 sess	626722
Su Dec 13	11:00 AM-2:00 PM
Free/1 sess	626725

Micromobility Skills (19+yrs)

Are you interested in learning more about riding e-scooters and staying safe on the road? Join us for a two hour, small group, immersive course on how to safely and legally use an e-scooter in Coquitlam and across BC. This course includes an introductory discussion, an exploratory skill session, and a guided ride around local streets.

HUB Cycling — Outside - John Hendry Gravel Field

Sa Sep 12	11:00 AM-1:00 PM
$31.50/1 sess	628929
Sa Sep 19	11:00 AM-1:00 PM
$31.50/1 sess	628932

Miso Making! NEW! (19+yrs)

Make your own miso in this hands-on class! Learn the art of fermenting soybeans with koji to create rich, umami-packed miso from scratch. We'll explore the history, techniques, and flavors that make miso a staple in Japanese cuisine. Just bring a wide-mouthed jar to store your miso in! Your miso will be ready to enjoy in 3-6 months.

Kristine Hui — Grandview Room

Su Oct 18	1:15 PM-4:15 PM
$68/1 sess	629120

Letter Writing Club

Natural Deodorant Making NEW! (19+yrs)

Learn how to make an effective natural deodorant base (without aluminum or baking soda) and customize it with your choice of essential oils and/or fragrance oils. You will make and take home 3 travel sized, twist-up deodorants that will last you several months. Please email info@soapifystudio.com with any allergy concerns or questions.

Lily Sum — Grandview Room

Th Dec 3	6:30 PM-8:00 PM
$38/1 sess	626592

Perfume Making with Lily NEW! (19+yrs)

Create your own personalized fragrance blends for two spray-perfumes and learn how to make a solid, twist-up perfume stick. Scent categories to explore include but are not limited to florals, citrus, woodsy, fruity, fresh and green notes. Infuse your custom perfume products with he addition of pure essential oils for a clean, botanical fragrance.

Lily Sum — Art Studio

Su Oct 4	12:00 PM-2:00 PM
$65/1 sess	624845

Photography Fundamentals (19+yrs)

Have you ever looked at a photograph and wondered, 'How did they achieve that?' In this engaging 4-hour workshop, we'll unlock the secrets to capturing stunning images, regardless of your camera! Whether you're using a point-and-shoot, DSLR, or mirrorless camera (or even considering buying one!), this workshop will equip you with the fundamental knowledge and creative techniques to elevate your photography. Please bring your camera and get ready to practice your newfound skills! If under 19 and you want to participate, please email matt.sung@vancouver.ca for further details.

Anton Fernando — Lakewood Room

SuNov 29	11:00 AM-3:00 PM
$40/1 sess	624902

Protecting Your Family While Accumulating Wealth NEW! (19+ yrs)

Families learn how to balance growth and protection. This class explains how life insurance, critical illness coverage, and disability protection work together to safeguard income, savings, and family goals, especially while raising children and paying off major expenses like a mortgage. The focus is on risk management, not sales.

WSB, Atsuko Fukuda — Lakewood Room
Su Nov 15 — 2:00pm-3:30pm
Free/1 sess — 636583

K9 Kindergarten – Dog Obedience Level 1 NEW! (19+ yrs)

One the main goals of this class is for the owners to become a confident leader. Your puppy is looking to you to help him navigate through the world he lives in. The goal for the puppy is to have them learn their basic commands. I use only positive reinforcement training & classic conditioning. A main feature of my training methods is that I want you & your puppy to have fun. Training your puppy can be frustrating at times but with a puppy you have to laugh & let go of the problems. Each puppy is unique & some learn faster than others. The younger they are the faster they learn. Try to remember that puppyhood doesn't last forever. Enjoy the ride!

Alix Bawlf — Lakewood Room
Tu Sep 22-Oct 20 — 6:00pm-7:00pm
$184/5 sess — 636573

GREEN YOUR EVENT BY BOOKING A REUSABLE DISHWARE PACKAGE!

Choose a selection of dishware or a package to incorporate re-usable cups, plates, and utensils into your event for as little as a $1 per person.

The best part? Clean up is covered in the rental fee!

Brought to you in partnership between the Trout Lake Green Committee and share wares.

Sewing Machine for Beginners (19+yrs)

We will explore our machines and go over set up with some troubleshooting. Some basic stitches and vocabulary, we will explore how to choose fabrics and cutting. This is intended for beginners or those who need a refresh on some previous home knowledge. 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. 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 Oct 18 — 11:00 AM-4:00 PM
$74/1 sess — 629095

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 — Willow Room
Th Sep 24 — 6:00 PM-9:00 PM
$78.75/1 sess — 627494
Th Oct 29 — 6:00 PM-9:00 PM
$78.75/1 sess — 627495
Th Nov 19 — 6:00 PM-9:00 PM
$78.75/1 sess — 627496
Th Dec 10 — 6:00 PM-9:00 PM
$78.75/1 sess — 627498

Spoon Carving 101

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. Please note you must have taken Spoon Carving 101 with Jasper before in order to register for this drop in.

Jasper Moedt — Lakewood Room
W Oct 21 6:00 PM-9:00 PM
Free/1 sess — 629909

Strawberry Chocolate Tiramisu NEW! (19+yrs)

Learn how to make a delicious no-bake dessert with a classic flavour combination. You'll be making and layering rich chocolate cream, ladyfingers and a strawberry compote to create a balanced, not-too-sweet treat.Please email info@soapifystudio.com with any allergy concerns or questions.

Lily Sum — Grandview Room
Th Sep 10 — 6:30 PM-8:30 PM
$69/1 sess — 626591

The MotherFlock New Mom Group (19+yrs)

"Gather": 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! No class Oct 9.

The MotherFlock Lakewood Room

Babies born April 2026 – July 2026
F Sep 11-Oct 23 — 11:45 AM-12:45 PM
$160/6 sess — 627449

Babies born June 2026 – September 2026
F Nov 6-Dec 11 — 11:45 AM-12:45 PM
$160/6 sess — 627455

Babies born April 2026 – July 2026 w/ Guest Speakers
F Sep 11-Oct 23 — 10:00 AM-11:15 AM
$180/6 sess — 627447

Babies born June 2026 – September 2026 w/ Guest Speakers
F Nov 6-Dec 11 — 10:00 AM-11:15 AM
$180/6 sess — 627448

Traditional Napa Cabbage Kimchi Making Workshop (Spicy) (19+yrs)

Join us for a hands-on kimchi making workshop where you'll learn the art of crafting this iconic Korean dish from scratch. You'll learn fermentation basics and the health benefits of eating kimchi. We'll provide you with all the ingredients and equipment needed to craft your own flavourful batch to take home. All you need to bring is a container for your kimchi. Whether you're a beginner or a seasoned enthusiast, come eat, learn, and make your own napa cabbage kimchi! Just bring your own large containers to take your kimchi home in. Please note that kimchi will be made in a batch with the group.

Kristine Hui — Grandview Room
Su Nov 22 — 1:15 PM-4:15 PM
$68/1 sess — 629123

Sushi Art (19+yrs)

Join us for a fun and hands-on workshop designed for adults! Relax while learning how to create stunning decorative sushi rolls. No prior experience is needed - perfect for beginners and sushi enthusiasts alike. Discover tips and techniques to make your sushi both delicious and visually amazing. All materials are provided. Please bring a container to take your sushi home.

Motoko Eto — Grandview Room

Halloween Special
Su Sep 27 — 10:30 AM-12:00 PM
$63/1 sess — 635835

Autumn Grapes
Su Nov 1 — 10:30 AM-12:00 PM
$63/1 sess — 635836

Sushi Art

Martial Arts

Aikido (17+ yrs)

Aikido is a martial art founded in Japan in the early part of the last century by Morihei Ueshiba (1883-1969). Aikido is an opportunity for everyone to learn self-defense and spiritual discipline while improving body coordination with gentle circular movements . Please note: pro-rated fees do not apply to this program. Drop in $15. No session Sep 7, Oct 12, Nov 11, Dec 24 & 26.

Shohei Juku Aikido Canada — Elm Room
M Tu Th Sa Sep 1-Sep 29
M Tu Th — 6:00pm-7:30pm
Sa — 11:00am-12:30pm
$80/16 sess — 625642
M Tu Th Sa Oct 1-Oct 31
$80/17 sess — 625641
M Tu Th Sa Nov 2-Nov 30
$80/17 sess — 625640
M Tu Th Sa Dec 1-Dec 29
$80/15 sess — 625639

Axé Capoeira Adult All Levels (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 Oct 9, 12, Nov 13, 16, 20 & 23.

Kenneth Clarke — Lakewood Room
M F Sep 11-Dec 18 — 5:15pm-6:15pm
$345/23 sess — 627733

Beginners Aikido (13+ yrs)

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

Shohei Juku Aikido Canada — Elm Room
Th Sep 10-Dec 10 — 5:00pm-5:50pm
$147/14 sess — 625658

Don Jitsu Ryu NEW! (50+ yrs)

The Don Jitsu Ryu (Karate/Jiu-Jitsu) martial arts style was founded in Trinidad & Tobago and is practiced by Purple Dragon globally. Students learn practical and effective self-defence techniques, katas (forms), breakfalls, and sport karate sparring drills while improving fitness and learning the philosophies of the Don Jitsu Ryu system. Build strength, bone density, and relieve stress. A white karate uniform is required and available for purchase at Trout Lake CC. If you have any questions, you can reach us at pdkitsoffice@gmail.com. Classes are taught by Shihan Amber Murphy-Smith, a World Champion and 6th Degree Black Belt.

Shihan Amber Murphy-Smith — Elm Room
F Sep 11 — 9:15am-10:15am
Free/1 sess — 633549
F Sep 18-Dec 4 — 9:15am-10:15am
$227/12 sess — 627900

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. No session Sep 30, Nov 11 & 25.

Kelly Maclean — Grandview Room
W Sep 9-Dec 16 — 6:30pm-7:30pm
$192/12 sess — 625737

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.

Shorinji Kempo Vancouver	**Elm Room**
M F Sa Sep 11-Sep 21	
Mon	**7:30pm-9:30pm**
Fri	**7:00pm-9:00pm**
Sat	**2:30pm-4:30pm**
$40/6 sess	**625750**
M F Sa	**Oct 2-Oct 31**
$50/14 sess	**625749**
M F Sa	**Nov 2-Nov 30**
$50/13 sess	**625748**
M F Sa	**Dec 4-Dec 18**
$50/7 sess	**625747**

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. No class Sep 30, Nov 11 & 25.

Kelly Maclean	**Grandview Room**
W Sep 9-Dec 16	**5:30pm-6:30pm**
$192/12 sess	**625776**

Tai Chi - 48 Form Part 2 (19+ yrs)

In this course, we will continue our study of the beautiful 48 Form from where we left off in the spring/summer. Participants should be familiar with the sequence up to about "Slap foot and Tame the Tiger" (movement #'s 15, 16, approximately). Drop in $19, space permitting. No class Sep 30, Nov 11 & 25.

Kelly Maclean	**Grandview Room**
W Sep 9-Dec 16	**7:30pm-8:30pm**
$192/12 sess	**633548**

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 31.

Michael Chiao	**Lakewood Room**
Sa Sep 12-Dec 12	**9:00am-11:00am**
$89/13 sess	**625777**

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 $16, space permitting. No session Oct 15, 22 & 29.

Amy Li Hua Zhu	**Cedar Hall**
Th Sep 3-Dec 17	**11:20am-12:15pm**
$175.50/13 sess	**625778**

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 $16, space permitting. No session Oct 15, 22 & 29.

Amy Li Hua Zhu	**Cedar Hall**
Th Sep 3-Dec 17	**10:20am-11:15am**
$175.50/13 sess	**625779**

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. Drop-in $18, space permitting.

Janna Pansegrau	**Elm Room**
Th Sep 10-Nov 26	**7:45pm-9:15pm**
$147/12 sess	**625799**

Performing Arts

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 Sep 17-Nov 26	6:30 PM-8:00 PM
Free/11 sess	626590

Adult Group Guitar Beginners (19+yrs)

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

Rene Hugo-Sanchez	Art Studio
Th Sep 17-Dec 10	8:05 PM-8:35 PM
$169/13 sess	627548

Adult Group Guitar Intermediate (19+yrs)

Bring your guitar playing up to the next level. Learn a variety of strumming patterns, new combinations of chords and bar chords, while singing together as a group. A classical or acoustic guitar is welcome and a strap is highly recommended as well as a digital tuner. A guide book will be provided by the teacher for $15.00

Rene Hugo-Sanchez	Art Studio
Th Sep 17-Dec 10	8:35 PM-9:05 PM
$169/13 sess	627550

Adult Group Ukulele – Guitar Ensemble (19+yrs)

Bring your ukulele or guitar and join our group to play a set of favorite popular songs. Advanced level of Rene's classes or ability to play a variety of strumming patterns, basic bar chords and read tablature is required. Any size ukulele is welcome. A digital tuner is mandatory. A guide book will be provided by the teacher for $15.00.

Rene Hugo-Sanchez	Art Studio
Th Sep 17-Dec 10	9:05 PM-9:35 PM
$169/13 sess	627552

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 Oct 12.

Rene Hugo-Sanchez	Art Studio
M Sep 14-Dec 14	8:15 PM-8:45 PM
$169/13 sess	627542

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 Oct 12.

Rene Hugo-Sanchez	Art Studio
M Sep 14-Dec 14	7:15 PM-7:45 PM
$169/13 sess	627541

Adult Group Ukulele Children Songs (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 Oct 12.

Rene Hugo-Sanchez	Art Studio
M Sep 14-Dec 14	8:45 PM-9:15 PM
$169/13 sess	629082

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 Oct 12.

Rene Hugo-Sanchez	Art Studio
M Sep 14-Dec 14	7:45 PM-8:15 PM
$169/13 sess	627543

Check out TLCCA Program Cost Assistance Program

See page 46.

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 Sep 10	6:15 PM-7:15 PM
$5/1 sess	628411
Th Sep 17-Oct 29	6:15 PM-7:15 PM
$110.25/7 sess	628414
$5 Trial	
Th Nov 5	6:15 PM-7:15 PM
$5/1 sess	628422
Th Nov 12-Dec 17	6:15 PM-7:15 PM
$94.50/6 sess	628421

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. No class Sept 30.

Georgina Daniels	Cedar Hall
W Sep 16-Nov 4	6:30 PM-7:30 PM
$105/7 sess	626582
W Nov 18-Dec 9	6:30 PM-7:30 PM
$60/4 sess	626583

GREEN YOUR EVENT BY BOOKING REUSABLE DISHWARE!

The best part? Clean up is covered in the rental fee!

Brought to you by the Trout Lake Green Committee and share wares.

Bluegrass Community Jam (19+yrs)

For acoustic guitar, mandolin, banjo, fiddle, bass, dobro, and ukulele. All levels welcome. Participants should be able to play basic chords or simple melodies. This is a volunteer-led community Bluegrass jam session, not an instructional class. Participants can enjoy bluegrass in the traditional way: learning songs by ear, singing, listening, and playing together in a welcoming and supportive environment. A great opportunity to practice your instrument, enjoy traditional bluegrass songs, sing lead and harmony, and meet fellow musicians. Come and join us to gain confidence playing and singing with others, learn jam etiquette, and find jamming partners. Occasional guest singers and instrumentalists may join us to expand our repertoire. Drop-in $12.

Edward Mou	Grandview Room
Tu Sep 8-Dec 8	7:00 PM-8:30 PM
$140/14 sess	630721

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. No class Oct 9.

Lesley Maranhao	Cedar Hall
Free Trial	
F Sep 11	6:00 PM-7:00 PM
Free/1 sess	624283
F Sep 18-Oct 30	6:00 PM-7:00 PM
$66/6 sess	624284
F Nov 6-Dec 11	6:00 PM-7:00 PM
$66/6 sess	624285

Dominican Bachata Flow NEW! (19+yrs)

Dive deeper into the foundations and movement principles of this beautiful traditional dance from the Dominican Republic. Learn authentic footwork, drills to build precision and muscle memory, grounded movement and connection with the floor, movement quality, and progressive sequences that develop fluidity and confidence. Develop the flow, rhythm, and movement vocabulary that make Dominican Bachata unique. **No partner required.** Wear comfortable clothing, indoor shoes, and bring a water bottle. No drop-ins. No class Oct 10 & Nov 21.

Naduska Lopez	Cedar Hall
Sa Sep 19-Oct 31	3:45 PM-4:45 PM
$126/6 sess	634084
Sa Nov 7-Dec 19	3:45 PM-4:45 PM
$126/6 sess	634088

Dominican Bachata (19+yrs)

Dive into this beautiful traditional dance from the Dominican Republic. Learn authentic footwork, connection, leading and following. Each series includes partner work, allowing you to develop confidence, musicality, coordination, and social dancing skills. Learn, apply, smile, and laugh while dancing in a fun, energetic, and vibrant environment. **No partner is required to sign up, as we rotate partners throughout class.** Wear comfortable clothing, indoor shoes, and bring a water bottle. No drop-ins.

Naduska Lopez	Cedar Hall
F Sep 18-Oct 23	7:15 PM-8:45 PM
$157.50/6 sess	628467
F Nov 6-Dec 11	7:15 PM-8:45 PM
$157.50/6 sess	628468

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!

Dominican Bachata Social (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

Tropical Dress

F Sep 11 — 7:15 PM-9:45 PM
$21/1 sess — 629112

Halloween Costumes

F Oct 30 — 7:15 PM-9:45 PM
$21/1 sess — 629114

Happy Holiday!

F Dec 18 — 7:15 PM-9:45 PM
$21/1 sess — 629116

Hula Hoop Magic: Moms & Tots NEW! (19+yrs)

A playful class for moms (or caregivers) and their little ones to explore the joy of hula hoops. Through games, movement prompts, free play, and beginner hoop skills, participants are invited to connect, move, and express themselves in a fun and supportive environment. This class includes a blend of shared mom-and-tot activities, independent exploration, and opportunities for caregivers to learn hoop tricks while their children play nearby. Sprinkle some hula hoop magic into your life! Children suggested ages: 2-5. Hoops provided. Drop in $17, space permitting.

Marina Tsougrianis — Elm Room
Th Sep 17-Oct 22 — 9:30 AM-10:30 AM
$90/6 sess — 627459
Th Oct 29-Dec 3 — 9:30 AM-10:30 AM
$90/6 sess — 627460

Jazz Funk & Grooves (19+yrs)

This high-energy dance class channels the style and confidence of Britney, Beyoncé, Rihanna, Pussycat Dolls, Dua Lipa, and Doja Cat. Focus on rhythm, coordination, and hitting those beats with attitude. Each session includes a cardio warm-up, stretch, and a fun, sultry combo broken down for all levels. Please wear non-marking shoes. Drop in $18, space permitting. No class Sept 30 & Nov 4 & 11.

Anushka Kashyap — Cedar Hall
W Sep 16-Dec 16 — 7:45 PM-8:45 PM
$188/11 sess — 624369

Line Dancing Intermediate with Helen (19+ yrs)

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

Helen Ai Yee Lee — Cedar Hall
Tu Sep 8-Nov 24 — 12:00pm-1:30pm
$72/12 sess — 625701
F Sep 11-Nov 27 — 12:00pm-1:30pm
$72/212 sess — 625702

Hula Hoop Magic: Moms & Tots

Samba Candombe Movement Foundation NEW! (19+yrs)

Feel empowered with this unique women's only movement class! Learn authentic Samba from Brazil, Candombe from Uruguay, and more. The focus is not only on learning steps, but on discovering how to move your body within each step while connecting to the music in a natural and expressive way. The focus is on foundation and to move with intention while learning these beautiful dances. As you develop rhythm, coordination, posture, and confidence while exploring a variety of movements - hips, torso, shoulder and more - you will also dive into the cultural roots behind each dance. Learn, smile, and move like never before and become part of a welcoming supportive community. Wear loose comfortable clothes, an option to dance in bare feet or indoor shoes and bring a water bottle! No class Oct 10 & Nov 21.

Naduska Lopez — Cedar Hall
Sa Sep 19-Oct 31 — 2:45 PM-3:45 PM
$126/6 sess — 634076
Sa Nov 7-Dec 19 — 2:45 PM-3:45 PM
$126/6 sess — 634079

Singing Mamas - Coming Home Club (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. Drop in $23, space permitting.

Bryony Ollier — Art Studio
Tu Sep 15-Oct 27 — 10:00 AM-11:30 AM
$126/7 sess — 627051
Tu Nov 3-Dec 15 — 10:00 AM-11:30 AM
$126/7 sess — 627056

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 Oct 9, Nov 13, Dec 11

No Instructor	Willow Room
Th Sep 10-Dec 17	11:00am-1:00pm
Free/15 sess	625686

Pop-Up Recycling Program NEW! (19+ yrs)

Join the Trout Lake pop-up recycling program to see how much fun it can be to engage with our members. Learn how to collect recycling materials that the city expects residents to take to the depot. Our members are very good about rinsing and bagging their materials so it's easy for us to take these materials to the depot for them. The Lower Mainland does an excellent job of converting collected material into new, useful products. Act locally and act now to collect more material for our neighbours who have difficulty transporting their recycling to the depot. Volunteers get a free tote bag - "Reducing plastic is my bag ... Yoda". No session Oct 11, Nov 29 & Dec 13.

Wally Kunz	Centre Lobby
Su Sep 13-Dec 13	2:00pm-4:00pm
Free/11 sess	633579

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). No class Oct 12.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	Grandview Room
M Sep 14-Oct 19	7:00 PM-9:00 PM
$138/5 sess	627590

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. (Supplies are not included; supply list available upon registration on receipt)

Mohammad Reza Atashzad	Art Studio
Tu Nov 3-Dec 15	1:45 PM-3:45 PM
$140/7 sess	628956

Acrylic Painting – Five Famous Self Portraits

Acrylic Painting – Five Famous Self Portraits NEW! (19+yrs)

Choose a famous self portrait to launch your own painting - no drawing or painting experience needed. Vancouver artist Niina Chebry will be your personal painting coach with clear demonstrations on colour mixing and brush technique. We will be looking at a range of famous artists, from Frida Kahlo to Picasso to Emily Carr for inspiration. Build your confidence in painting AND enjoy a creative release. Be prepared to let loose and get messy. 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	Grandview Room
M Oct 26-Nov 23	7:00 PM-9:00 PM
$138/5 sess	627591

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. No class Nov 11.

Janine Schroedter	Pottery Studio
W Sep 9-Dec 9	6:00 PM-9:00 PM
$542/13 sess	628317

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 Sep 17-Nov 5	12:30 PM-3:00 PM
$294/8 sess	626579
Th Sep 17-Nov 5	7:00 PM-9:30 PM
$294/8 sess	626580

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 Sep 15-Oct 27	10:00 AM-2:00 PM
$412/7 sess	624759
Tu Nov 3-Dec 8	10:00 AM-2:00 PM
$353/6 sess	624760

Artsy Soap Design (19+yrs)

Choose from over 40 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 Oct 18	2:00 PM-4:00 PM
$55/1 sess	624844

Christmas Tree Lamp Workshop NEW! (19+yrs)

Create a glowing Christmas tree lamp using bamboo sticks and mulberry paper. Participants will build and decorate their own festive light-up piece to take home. No experience required. Materials include lamp base, E26/E27 socket, switch, and plug. Light bulb not included.

Yee Chan	Lakewood Room
Su Nov 22	2:00 PM-4:30 PM
$66/1 sess	628916

Christmas Tree Lamp Workshop

Craft and Yap NEW! (19+yrs)

Share your crafting knowledge at this community gathering. Each session will focus on a specific craft with some guidance. Limited materials will be provided, and we encourage participants to bring and share their own craft supplies. Please note limited spots and registration is required.

Kathryn Wong	Willow Room
Felt Ornaments	
Su Nov 29	1:00 PM-2:30 PM
Free/1 sess	626738
Knitting and Crochet	
Su Oct 4	1:00 PM-2:30 PM
Free/1 sess	626737
Macrame	
Su Sep 13	1:00 PM-2:30 PM
Free/1 sess	626736

Holiday Ornament Carving 101 NEW! (19+yrs)

Join us for the cozy craft of hand-carving holiday ornaments! This beginner-friendly workshop is hosted by the Vancouver Spoon Club (@vancouverspoonclub on Instagram) and will guide participants through the process of carving a Greenwood holiday ornament for the holiday season. The class will focus on foundational carving skills, including basic knife safety, essential carving cuts, and techniques for working with greenwood using simple hand tools. Participants will have the opportunity to develop these skills while creating a handmade ornament of their choosing to take home and hang on their tree.

Jasper Moedt	Lakewood Room
W Dec 2	6:00 PM-9:00 PM
$78.75/1 sess	629910

Intermediate Wool Wet Felting NEW! (19+yrs)

Prerequisite: Wool Wet Felting Basics - Using the felting method learned last session, we'll add dimension and build a vessel around a resist. This technique may be used to make a hat, a satchel, a bowl, arm-warmers, or a sculptural form.

Amy Walker	Art Studio
Su Dec 6	10:00 AM-1:00 PM
$58/1 sess	628926

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

Journaling Meet-up and Stationery Swap

All Ages

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

Kathryn Wong	Lakewood Room
Su Oct 25	1:00 PM-3:00 PM
Free/1 sess	626734

Natural Dye & 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 materials provided.

Fernanda Mascarenhas	Grandview Room
Th Dec 10	6:30 PM-8:30 PM
$68/1 sess	628940

The Joy of Acrylic Painting (19+yrs)

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

Philip Tsang	Art Studio
F Sep 18-Oct 16	10:00 AM-12:00 PM
$120.50/5 sess	629469

The Joy of Drawing & Sketching (19+yrs)

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

Philip Tsang	Board Room
Tu Sep 15-Oct 13	6:30 PM-8:00 PM
$90/5 sess	629468

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 Sep 18-Oct 16	12:15 PM-1:45 PM
$160.50/5 sess	629470

GREEN YOUR EVENT BY BOOKING A REUSABLE DISHWARE PACKAGE!

Choose a custom selection of dishware or a pre-set package to incorporate re-usable cups, plates, and utensils into your event for as little as a $1 per person.

The best part? Clean up is covered in the rental fee!

Brought to you in partnership between the Trout Lake Green Committee and share wares.

The Pumpkin Tee: Embroidery & Dye with Annatto Seeds NEW! (19+yrs)

In this workshop, we will embroider a simple pumpkin motif onto a cotton t-shirt and then naturally dye it with annatto seeds, giving it a delicate, warm orange hue. Participants will learn the basics of both embroidery and natural dyeing, turning a plain t-shirt into something unique and handmade. A fun, creative activity for all levels. All materials included.

Fernanda Mascarenhas	Grandview Room
Su Oct 25	11:30 AM-2:30 PM
$79/1 sess	628936

The Pumpkin Tee

Watercolour Painting (19+yrs)

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

Mohammad Reza Atashzad	Art Studio
Tu Sep 15-Oct 27	1:45 PM-3:45 PM
$140/7 sess	628954

Wet Felting Basics for Adults (19+yrs)

Wool felting is an ancient and environmentally-friendly practice, used for both practical and artistic purposes. Using sheep's wool, water and agitation, we'll make a durable, warm felt fabric that may be cut and stitched into craft projects or displayed as art.

Amy Walker	Art Studio
Su Nov 8-Nov 8	12:15 PM-2:15 PM
$44/1 sess	628925

Bus Trips

Arts Whistler Holiday Market (55+ yrs)

Join this tour of Whistler's original artisan market. Over 100 artisans of every type display their unique, quality handmade products. Spend time in the village too! This market makes for great Christmas shopping. Package includes, Squamish Adventure Centre, admission donation for Arts Whistle, 3 hours of free time

Enjoy The Journey	Trout Lake Community Centre
Su Nov 29	9:00am-4:45pm
$85/1 sess	625711

Harrison Bald Eagle Tour (55+ yrs)

Travel to the Chehalis/Harrison River Estuary to view large numbers of Bald and Golden Eagles. Find your perch at the Sandpiper Resorts Observation Deck, separate forested area and the Chehalis River Hatchery. Package includes Rivers Edge Restaurant Lunch, Multiple Eagle Viewing Locations, and Chehalis River Hatchery

Enjoy The Journey	Trout Lake Community Centre
M Nov 30	6:30am-5:30pm
$122/1 sess	633451

Queen of Peace (55+ yrs)

This Dominican Nun's Monastery is located at the base of Cloudburst Mountain in the Squamish Valley. Take a tour with Sister Claire, witness the sisters singing their morning hymns and visit the monastery's chapel and unique gift shop. Lunch by the river in Squamish. Package includes Queen of Peace Monastery tour, Dominican Nun's daily singing, Squamish river walk and lunch at the Watershed Grill

Enjoy The Journey	Trout Lake Community Centre
W Oct 28	8:00am-4:45pm
$122/1 sess	625687

Sooke Potholes with Drea Harrison (55+ yrs)

Local guide Drea shares her knowledge of unique rock formations created by glaciers about 15,000 years ago. See striking geological features on scenic trails leading to amazing viewpoints. Mother Nature at its best! Additional $36 ferry fee for 64 years and under. Package Includes: Sooke Potholes Local, Guide, 2 Hours at Sooke Potholes Park, Mile 17 House Pub Lunch, all all ferry fees

Enjoy The Journey	Trout Lake Community Centre
W Sep 16	7:30am-7:30pm
$141/1 sess	625708

Timberline Country Christmas (55+ yrs)

Catch the holiday spirit at Timberline Ranch's Country Christmas at its 73-acre horse ranch. This is a "linear" event where you will progress from Christmas activity to activity at your own pace. Finish at the Coquitlam Christmas Night Market and Lights at Lafarge. Includes buffet lunch at Mr. A's Patio Restaurant (Newlands Golf Club). Package includes Timberline Country Christmas, Mr. A's Patio Restaurant buffet lunch, covered wagon ride, Coquitlam Christmas market, and lights at Lafarge

Enjoy The Journey	Trout Lake Community Centre
Su Dec 13	11:30am-7:15pm
$122/1 sess	633452

REMINDER:
Senior Programs Registration begins at 10:00am on August 13

Education

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, CFP®, EPC, CEA

David Perkins	Grandview Room
F Nov 27	10:00am-11:30am
Free/1 sess	625675

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 Sep 25	10:00am-11:30am
Free/1 sess	625780

Book Club NEW! (19+ yrs)

If you love to read and enjoy talking about books, please consider joining this friendly group of people on the second Wednesday of each month at 10:00 am. For the past three years we have been reading books by Indigenous authors. This year, we will broaden our focus to include topics like colonialism, cultural identity, racism etc. We borrow VPL Book Club kits from VPL to provide each participant with the chosen title each month, Please pick up the first book at the front desk after you register so you can be prepared to share your thoughts at the first meeting on September 9.

Teresa Whitehouse	Willow Room
W Sep 9-Dec 9	10:00am-11:30am
Free/4 sess	625692

Martial Arts

Don Jitsu Ryu NEW! (50+ yrs)

The Don Jitsu Ryu (Karate/Jiu-Jitsu) martial arts style was founded in Trinidad & Tobago and is practiced by Purple Dragon globally. Students learn practical and effective self-defence techniques, katas (forms), breakfalls, and sport karate sparring drills while improving fitness and learning the philosophies of the Don Jitsu Ryu system. Build strength, bone density, and relieve stress. A white karate uniform is required and available for purchase at Trout Lake CC. If you have any questions, you can reach us at pdkitsoffice@gmail.com. Classes are taught by Shihan Amber Murphy-Smith, a World Champion and 6th Degree Black Belt.

Shihan Amber Murphy-Smith	Elm Room
F Sep 11	9:15am-10:15am
Free/1 sess	633549
F Sep 18-Dec 4	9:15am-10:15am
$227/12 sess	627900

Performing Arts

Collaborative Creative Dance Workshops (50+ yrs)

Take a creative journey and discover the joy of working and creating dance collaboratively. No experience necessary. All abilities are welcome. Drop-in $8, space permitting. No session Oct 12.

soma anima arts	Grandview Room
M Sep 28-Dec 7	12:30pm-2:00pm
$63/10 sess	625667

Health & Fitness

Chair Yoga - Seniors (55+ yrs)

Chair Yoga is an inclusive 45-minute class designed for those looking for a more supportive approach to movement. Using a combination of seated postures and standing movements there is no mat/floor work. Using the support of a chair, participants will explore meditation and movement to increase strength, flexibility and mobility in a kind and welcoming environment. This class focuses on moving in a way that feels safe and supportive for your body, with options offered throughout class to meet different needs and abilities. Chairs, yoga straps, and blocks are provided. No yoga experience is needed ? all bodies and experience levels are welcome. Be sure to wear clean sneakers or bring a yoga. Drop ins $15, space permitting.

Coco Gervais	Cedar Hall
F Oct 2 - Nov 6	9:45am-10:30am
$75/6 sess	625665
F Nov 13 - Dec 18	9:45am-10:30am
$75/6 sess	627866

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 Sep 8-Dec 8	10:45am-11:45am
$197/14 sess	625664

Fun Fitness NEW! (55+ yrs)

Come join a fun low impact exercise program focusing on various functional mobility movements at your own pace. Improve balance, flexibility, endurance and total body strength. Keep fit for a healthier independent lifestyle. Suitable for anyone who has taken exercise classes and comfortable rising from the floor. Par-q required. $10 drop-in, space permitting. No session Sep 30 & Nov 11.

Candace Imada	Cedar Hall
W Sep 9-Oct 14	10:30am-11:30am
$53/5 sess	625684
W Oct 21-Nov 25	10:30am-11:30am
$53/5 sess	627903

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 Oct 13.

Denise Galay	Gymnasium - North (2/3)
Tu Sep 8-Dec 15	11:00am-11:45pm
$84/14 sess	625718

NATIONAL SENIOR'S DAY - OCTOBER 1ST!

Keep an eye out for free activities that will be posted for National Seniors day at Trout Lake

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 Sep 15th after the 'Choose to Move' program information session.

Daniela Duva	Cedar Hall
Tu Sep 22-Nov 17	2:45pm-3:45pm
Free/9 sess	625637

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 Sep 15th after the 'Choose to Move' program information session.

Daniela Duva	Cedar Hall
Tu Sep 15-Nov 17	1:45pm-2:45pm
Free/10 sess	625666

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. No session Oct 15.

Monika Schoenenberger	Gymnasium - North (2/3)
Th Sep 10-Dec 17	11:30am-12:30pm
$84/14 sess	625771

Social

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 Oct 12.

No Instructor	Willow Room
M Sep 7-Nov 30	12:00pm-3:00pm
$2/12 sess	625699

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: Sept 29, Oct 1, 27 & Nov 17.

No Instructor	Lakewood Room
Tu Sep 8-Dec 8	10:00am-2:00pm
$7.50/11 sess	625706
Th Sep 10-Dec 10	10:00am-2:00pm
$7.50/14 sess	625707

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 session Sep 30

No Instructor	Grandview Room & Lakewood Room
W Sep 16-Dec 9	12:45pm-3:15pm
$21/12 sess	625783

Sports

Seniors Table Tennis **(55+ yrs)**
No session Oct 9 & Nov 20.

No Instructor	Willow Room
M F Sep 14-Dec 18	9:15am-11:45am
Free/27 sess	625744

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 session Oct 13 & 15.

No Instructor	Gymnasium - South (1/3)
Tu Sep 8-Dec 15	9:15am-12:00pm
$28/14 sess	625774
Th Sep 10-Dec 17	9:15am-12:00pm
$28/14 sess	625775

SENIORS' COMMUNITY MEETING:

Thursdays at 12:00pm Sep 17 & Nov 5
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**

Enjoy a delicious lunch with fresh fruit and something sweet for dessert! Lots of door prizes!

September

MENU: Cod fish, tofu, miso soup, rice and cabbage salad.

Tu Sep 29 **12:00pm-1:30pm**
$8.50 **625745**

October

MENU: Roast beef, mashed potato, salad, and garlic bread.

Tu Oct 27 **12:00pm-1:30pm**
$8.50 **625717**

November

MENU: Greek style chicken, mini potatoes, pita bread with Tzatziki.

Tu Nov 17 **12:00pm-1:30pm**
$8.50 **625716**

December

MENU: Turkey, ham, sausage, mashed potatoes, and salad.

Tu Dec 15 **12:00pm-1:30pm**
$8.50 **625670**

FRIDAY SOCIAL LUNCH

TLCCA SUBSIDIZED

(55+yrs) **Grandview Room**

Menu: Meatloaf, veggies and potatoes
F Sep 18 **12:00pm-1:30pm**
$7 **625679**

Menu: Chicken Pot Pie with salad
F Oct 16 **12:00pm-1:30pm**
$7 **625680**

Menu: Soup with Buns
F Nov 6 **12:00pm-1:30pm**
$7 **625681**

Menu: Pasta & Salad
F Dec 4 **12:00pm-1:30pm**
$7 **625682**

SOCIAL TUESDAYS

Sep 8 – Dec 8, 2026
12:00 PM – 1:30 PM
(55+ yrs)
$20/11 sess. TLCCA Subsidized.
Please pre-register #625753

Are you looking to get out of the house and socialize with others? Join us on Tuesdays at 12:00 - 1:30pm to try new activities, arts and crafts, workshops, information sessions, games, and more! Each week will be a different activity, all the while a chance to socialize with your fellow community members. Coffee and tea will be served.
No session Sep 29, Oct 27, Nov17 and Dec 15

Sep 8 . . . . Bingo with Linda
Sep 15 . . . Gentle fitness with Daniela
Sep 22 . . . Baking with Alison
Oct 6 . . . . Hearing Health - Ears to You
Oct 13 . . . Music with Diego
Oct 20 . . . Seeing clearly: Protecting your eyes & vision
Nov 3. . . . Wheel of Fortune
Nov 10. . . High Tea - wear your fancy hat, finger sandwiches
Nov 24. . . Technology time with Kya
Dec 1 . . . . Christmas decorating with Noah
Dec 8. . . . Potluck and swag decorating

Public Skating Schedule

Fall Schedule Sept 26 - Dec 18, 2026

Scan QR code in December for Holiday 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 to check if a public session is the appropriate fit for your group.

Groups of 15 or more are encouraged to rent the ice privately as we cannot guarantee that public sessions will have enough capacity or equipment for all participants..

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

All Sessions are drop in except Public Adult Hockey, Adult Stick, Puck & Ring and Public Figure Skating. These sessions will open for registration 3 days prior to each session.

Scan me for Lesson Info

Please either send new QR codes or urls so I can make new QR codes

Scan me for Public Skating Schedule

SKATING LESSON INFORMATION

Fall Lessons
Registration
Set 1 Thursday Sept 17th at 7:00pm
Set 2 Thursday Nov 5th at 7:00pm

Saturdays 6 week sets
Set 1 Sept 26-Oct 31
Set 2 Nov 7 - Dec 12

Thursdays 6 week sets
Set 1 Oct 1 - Nov 5
Set 2 Nov 12 - Dec 17

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
Skate Sharpening	$7.71	
Prices subject to change. *Prices do not include taxes.*		

Trout Lake Fitness Centre

Note: Fitness admissions are available until 15 minutes prior to Fitness Centre closing. Fitness program format and pricing subject to change.

Hours of Operation

Monday – Friday **6:00 AM - 9:45 PM**
Saturday & Sunday **8:00 AM - 4:45 PM**
***Hours subject to change. Check with Community Centre.**

Rates & Fees

	ADULT	SENIOR / YOUTH
Drop-in	$7.93	$5.55
10 Visit Pass	$71.37	$49.95
All fees above subject to change. Prices do not include tax.		

The Flexipass Membership

Enjoy flexible and affordable recreation with our no contract all access pass. Purchase a monthly Flexi-pass at any Park Board fitness centre and receive unlimited access to our 15 fitness centres, 9 indoor 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
All fees above subject to change. Prices do not include tax.		

Get Started: Fitness Centre Orientation

30-min Get Started orientations are available by appointment only. Please see fitness centre staff for more details. Complimentary with Fitness Centre Admission. Minimum age is 13 to use the Fitness Centre.

Personal Training

Improve your health and wellness with support from our certified 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

	PRIVATE (1 PERSON)	SEMI-PRIVATE (2 PEOPLE)	GROUP (3-4)
1 session	$65.98	$98.93	$138.78
3 sessions	$182.83	$274.29	$371.70
5 sessions	$294.07	$452.85	$545.18
10 sessions	$527.90	$841.00	$991.22
All fees above subject to change. Prices do not include tax.			

Scanning the code at right will direct you to a Vancouver Park Board site that will provide you with more information regarding personal training and the necessary forms and steps required to get you started.

Our Fitness Centre includes

- Life Fitness Treadmills - 3
- Woodway Treadmills - 2
- Life Fitness Cross Trainers -3
- Life Fitness Upright Bikes -2
- Life Fitness Recumbent Bikes -2
- Keiser Spin bikes
- Concept2 Rowers -3
- Cybex Arc Trainer -1
- Scifit Accessible Seated Stepper-1
- Life Fitness Selectorized Strength Equipment
- Life Fitness Dual Adjustable Cable Pulley Systems
- Life Fitness Multi-Jungle Cable Pulley Station
- Various Free Weights (Dumbbells, Barbells, Kettlebells)
- Various Benches
- Half Racks -2
- Smith Rack -1
- Functional Exercise Equipment

Indoor Cycling

September 1 – December 20, 2026

Indoor cycling is a motivating exercise class that uses high-performance Keiser indoor cycling bicycles to burn calories, build muscle, and relieve stress.

- Patrons will register for all classes online starting at noon 3 days prior to the class.
- Registered participants may enter the fitness centre 10 minutes before the class starts via 2nd floor entrance.
- Any open spots can be sold no earlier than 30 minutes prior to the class. Drop-in spaces are not guaranteed.
- Drop-in participants must arrive at least 10 minutes before class to register and pay.
- Please arrive on time to ensure the safety and enjoyment for everyone in the class. Participants arriving 5 minutes after class start time may not be admitted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle Fit 9:30am-10:30am Sept 14 – Dec 14	**Cycle Xpress** 6:30am-7:15am Sept 1 – Dec 15	**Cycle Core** 9:30am-10:30am Sept 2 – Dec 16		**Cycle Fit** 9:30am-10:30am Sept 4 – Dec 18	**Cycle Xpress** 9:00am-9:45am Sept 12 – Dec 19
	Cycle Fit 6:00pm-7:00pm Sept 1 – Dec 15	**Cycle Fit** 5:30pm-6:30pm Sept 9 – Dec 16			
Schedule is subject to change. Please visit www.vanrec.ca to register for your classes!					

INDOOR CYCLING FEES	
Single visit	$7.93
10 visit	$71.37
All fees above subject to change. *Prices do not include tax.*	

Stay tuned for more exciting Fitness Centre Programs/Workshops!

Personal Training – Small Group Fitness Centre Specialty Classes

All classes are led by a certified Personal Trainer in the fitness centre. Smaller class sizes allow for more individualized instruction and exercise correction. Par Q+ and Consent & Release forms are required to be completed.

Strength for Everyday Life – Older Adults (55+)

Thurs 12-1pm
Sept 10-Oct 8
$180/5 sessions
Activity #636655

Join Personal Trainer Victoria for a one-hour specialized small group strength training class in the Fitness Centre. She will take you through several strength exercises with a focus on proper movement patterns and individualized exercise corrections. The purpose of this class is to strengthen the muscles you use in everyday life. You will leave the class feeling empowered and strong! All experience levels are welcome.

Pilates & Strength Fusion (19+)

Thurs 6-7pm
Sept 10-Oct 22 – Activity #636657
Oct 29-Dec10 – Activity #637274
$180/7 sessions

This mat pilates class fuses the benefits of pilates with strength training using dumbbells and bands. Adding resistance training to mat pilates will tone muscles, increase metabolism and improve overall function. While pilates targets the core and strengthens the small muscles around joints, the added strength exercises will work the larger muscles. Participants will learn the foundations of pilates core and breath work and fundamental strengthening exercises for a full-body workout.

Flexibility & Fall Prevention for Older Adults (55+)

Fri 8-9am
Sept 11-Nov27
$180/12 sessions
Activity #636656

Led by a Certified Personal Trainer, enjoy a one-hour specialized small group class to enhance and maintain flexibility, mobility and balance. By the end of the program, you will gain the knowledge, confidence and skills used to aid in fall prevention.

REGISTRATION & REFUND POLICIES

Registration Info:

Fall Program Registration
In Person/Online:
Thursday, August 13 at 7:00 PM

Summer Camp Registration
In Person/Online:
Wednesday, April 8 at 7:00PM

Fall Senior Program Registration
In Person/Online:
Thursday, August 13 at 10:00AM

Winter Program Registration
In Person/Online:
Thursday, December 3 at 7:00 PM

Register by phone at 604-257-6955 the following day.
Register online at vancouver.ca/troutlakerec.
Register at any Vancouver Community Centre.

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

Where to find us:

3360 Victoria Drive (between 15th & 19th Ave)
Vancouver, B.C. V5N 4M4
604-257-6955 and press 1 | **troutlakecc.com**
@troutlakecc

Registration Policy:

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

TLCCA Program Cost Assistance

The TLCCA provides assistance with program fees for community members in financial need. More information about the TLCCA Program Cost Assistance can be found online (https://troutlakecc.com/programs/tlcca-subsidy/) or by inquiring at the front desk.

Refund & Transfer Policies: *Programs*

- Full refunds and transfers will be issued for any program cancelled by the Association.
- Full refunds and transfers minus the $5 administration fee, will be issued to the purchaser with a full 48 hours' notice before the first/second advertised class.
- If a cancellation request is received after this 48-hour period, the purchaser will be charged the administration fee and the cost of the first/second class, and refunded for the pro-rated price of the remainder of the program.
- 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 & 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 & Bus Trips*

- Full refunds, minus the $5 administration fee, will be issued to the purchaser with a full 8 days' notice. Note that 8 days includes weekend days.
- Refund requests received after the 8-day period will not be issued any refund.

Note: Please see troutlakecc.com for a more detailed version of the refund and transfer policies.

LEISURE ACCESS PROGRAM

The Leisure Access Program allows Vancouver residents in financial need to access basic recreation services and programs at reduced cost. Residents who pre-qualify for the LAP program are eligible to receive a OneCard that includes a built-in 50% subsidy that is accepted at all Park Board pools, rinks, fitness centres and for many community centre programs (some conditions and restrictions apply). TLCC allows one LAP discount per person per season. (one registered program #) For more information, go to http://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx.

Host Your Event with Us!

Located in beautiful John Hendry Park, Trout Lake Community Centre offers bright, modern spaces for birthdays, meetings, celebrations, weddings, sports activities, and more.

Booking & Payment

- A deposit or full payment is required at the time of booking.
- Full payment and a signed rental agreement are due 30 days before your event.
- Deposits are refunded within 30 days after the event, provided there are no damages or additional charges.
- Refunds require at least 30 days' notice.

Staffing & Alcohol Service

- Staffing fees apply to all rentals: $25/hour per staff member (2-hour minimum).
- Staffing time includes 15 minutes before and after your booking.
- Events with 100+ guests and/or alcohol service require a minimum of two rental staff.
- A Special Event Permit is required for alcohol service and must be submitted 2 weeks before the event.

Additional Fees

- SOCAN music royalties apply when music is played at your event.
- Special rates are apply for weddings and film productions.
- GST does not apply to room, staffing, or equipment fees.

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	15X211 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:

- Rental times include setup and cleanup; early access is not available.
- Kitchen use is limited to warming and serving food only—no cooking.
- Rentals are for private events only and may not be advertised to the public.
- Events cannot generate revenue, charge admission, or be used for fundraising.
- Gym rentals are for approved sports activities only. Ball and floor hockey are not permitted.
- Sports insurance is required for gym rentals. Visit www.eventpolicy.ca for insurance options.

Available Equipment

Included upon request

- Rectangular tables (2.5' x 6')
- Chairs
- Sound system
- Wireless microphone
- Podium
- Gym score clock (deposit required)

Additional rental fees

- 5' round tables: **$9 each**
- LCD projector and screen: **$50**

Green Your Event

Say bye-bye to ballons! Balloons are single use items. Celebrate the planet by choosing earth friendly decorations.

Book a reusable dishware package. Choose a custom selection of dishware or a pre-set package to incorporate reusable cups, plates, and utensils into your event for $1 per person. No clean up required!!

Book Your Event

Email troutlakerental@vancouver.ca to submit a rental request. Please allow 3–5 business days for a response. Rental requests are not accepted within 7 days of the event date, so book early. For more information, visit www.troutlakecc.com.

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

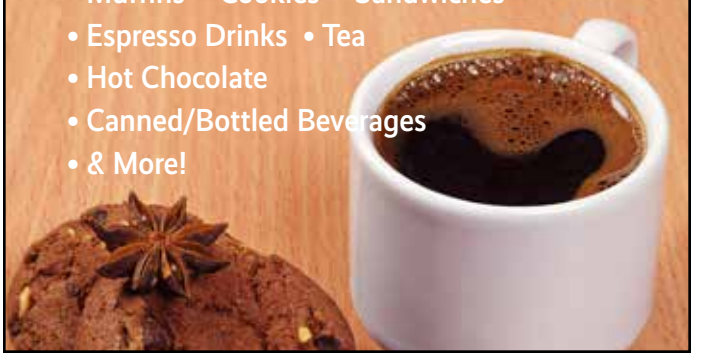
Pour L'Amour Du Jeu

Café

LOCATED IN THE ICE RINK

Monday. . . . . .Closed
Tuesday – Friday . . . .10am-1pm & 3pm-8pm
Saturday 8:45am-4pm
Sunday 10am-4pm
*Closed on all stat holidays

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



Grandview SKATING CLUB SINCE 1966

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

AM Parties		PM Parties	
Grandview Room	$330/1 sess	Grandview Room	$330/1 sess
Sa Sep 12-Dec 12	11:00 AM-1:00 PM	Sa Sep 12-Dec 12	2:00 PM-4:00 PM

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. 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.** More info at troutlakecc.com/program/birthday-parties/

Grandview Room		$255/1 sess
Su Sep 13	10:00 AM-12:00 PM	629154
Su Sep 20	10:00 AM-12:00 PM	629464
Su Oct 4	10:00 AM-12:00 PM	629454
Su Oct 18	10:00 AM-12:00 PM	629456
Su Nov 8	10:00 AM-12:00 PM	629457
Su Nov 22	10:00 AM-12:00 PM	629458
Su Dec 6	10:00 AM-12:00 PM	629467

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*

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.

Fall Harvest Community Dance

(All Ages)

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

F Oct 9 6:00 PM-8:00 PM
$7/1 sess 624169

Stat Holiday Event Thanksgiving

(2+yrs)

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

Gymnasium

M Oct 12 10:00 AM-12:00 PM
Free/1 sess 624170

Pottery Sale

Purchase handcrafted pottery from the Trout Lake Pottery Club.

F Nov 27 5:00 PM-8:00 PM
Sa Nov 28 9:00 AM-5:00 PM

Senior's Bake, Quilt, & Knit Sale

Enjoy delicious home baking from the Trout Lake Seniors and beautiful handmade treasures by the Trout Lake knitting & quilting groups.

Sa Nov 28 9:00 AM-2:00 PM

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.

Colour from the Kitchen: Napkins Dyed with Food Scraps NEW! (19+yrs)

TLCCA SUBSIDIZED

In this workshop, we will transform kitchen scraps - avocado pits, carrot tops, and onion skins - into a set of four dyed cotton napkins. Participants will work with 2 natural colours and learn the basics of natural dyeing, turning what would otherwise be discarded into something beautiful. A fun, sustainable activity for all levels. All materials included.

Fernanda Mascarenhas	Grandview Room
Su Nov 15	12:30 PM-2:30 PM
$21/1 sess	628937

Hot Water Bath Canning NEW! (19+yrs)

TLCCA SUBSIDIZED

In this Village Vancouver workshop with Amy Weeks, participants will learn the basics of hot water bath canning. They'll learn about the most up to date canning methods, equipment needed and will have an opportunity to get some hands on experience canning and will create a jar to take home with them. We'll have a community seed library present, pick up some free seeds for your garden, swap or donate seeds.

Village Vancouver	Grandview Room
Su Nov 11:00 PM-3:00 PM	
$25/1 sess	634103

Colour from the Kitchen: Napkins Dyed with Food Scraps

Seeing Trees NEW! (19+yrs)

TLCCA SUBSIDIZED

Join Lalieth White, landscape horticulturist and ISA certified arborist, for a guided walk around Trout Lake focused on the identification of five native tree species common to the local ecosystem. This outdoor workshop examines key tree characteristics to support identification and appreciation of their unique beauty. A digital tree identification key and a nature journal template will be provided in advance for participants to print at home and use during the walk for sketching, observations, and note taking.

Lalieth White	Outside - John Hendry Gravel Field
Su Sep 13	10:00 AM-1:00 PM
$5/1 sess	624995

Wildcoast Bat Workshop NEW! (19+yrs)

TLCCA SUBSIDIZED

Learn about the bats of Trout Lake! Discover the local bat species that call Vancouver home through a presentation by ecologists. Learn what these bats need to survive as well as the rehabilitation efforts around Trout Lake that benefit these and other local wildlife. If the weather cooperates, you'll then head outside to look for bats at Trout Lake using specialized equipment to identify each species.

Wildcoast Ecological Society	Lakewood Roo
Th Sep 10	7:30 PM-9:00 PM
$5/1 sess	629900

GREEN YOUR EVENT BY BOOKING A REUSABLE DISHWARE PACKAGE!

Choose a selection of dishware or a package to incorporate re-usable cups, plates, and utensils into your event for as little as a $1 per person.

The best part? Clean up is covered in the rental fee!

Brought to you in partnership between the Trout Lake Green Committee and share wares.

TRUTH AND RECONCILIATION

Cedar Weaving Spider Basket with Todd DeVries

SUN SEP 20
11:30 AM - 2:30 PM
$35/PER PERSON
#635834

LIMITED SPOTS - REGISTRATION REQUIRED

Salish Weaving & Knowledge Sharing Session led by Anjeanette Dawson

SUN SEP 27
10:30 AM - 12:30 PM
$35/ PER PERSON
#625056

ALL PROCEEDS GO TO THE INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY.

WEDNESDAY SEP 30

FREE

Mary Two Axe Early: I Am Indian Again

SCREENING START TIME: 12:30 PM

(Courtney Montour, 2021, 34 min)
The inspiring story of a First Nations woman who fought sex discrimination in Canada's Indian Act.

Siksikakowan: The Blackfoot man

SCREENING START TIME: 1:20 PM

(Sinakson Trevor Solway, 2026, 77 min)
Stories of identity, culture, and resilience within the Blackfoot Confederacy.

ONF NFB * The films are provided courtesy of the National Film Board of Canada

Winter Trout Fest

FREE PLAYGYM | SKATE | ARTS & CRAFTS

Join us for

SUN DEC 13
12:30 PM - 3:30 PM

*limited skates and helmets are available

PANCAKE LUNCH

Enjoy delicious pancakes, hot breakfast sausages and fruit

Registration required for pancake lunch
11:30 AM -12:30 PM : #566434
1:00 PM - 2:00 PM: #566435
$5/ PER PERSON
* Bring your own plate, cup and utensils