TROUT LAKE
COMMUNITY CENTRE

WINTER 2027
Recreation Guide
January 1 – March 31, 2027



TROUT LAKE COMMUNITY CENTRE ASSOCIATION

TROUT LAKE
COMMUNITY CENTRE
ASSOCIATION

2026 TLCCA Board of Directors

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Member at Large . . . . . Igor Pavlov
Member at Large . . . . Sam Simonton
Board Administrator . . . Krista Bones

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!



Registration Info:

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

Summer Camp Registration
In Person/Online:
Wednesday, April 14 at 7:00PM

Winter Senior Program Registration
In Person/Online:
Thursday, December 3 at 10:00AM

Spring/Summer Program Registration
In Person/Online:
Thursday, March 11 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.

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Hours of Operation:

January 1 – March 31, 2027

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)
Feb 15 . . . . . Regular hours
March 26 . . . . . Regular Hours
March 29 . . . . . Regular Hours

Your Recreation Staff:

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

Margo Dunnet . . . . . Recreation Supervisor
Joe Oliveira . . . . . Recreation Programmer
Matt Sung . . . . . Recreation Programmer
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

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

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 Jan 14-Feb 4	10:00 AM-11:30 AM
$68/4 sess	646505
Th Feb 11-Mar 11	10:00 AM-11:30 AM
$85/5 sess	646506

Dog Awareness & Safety with Marnie NEW! (3-5 yrs)

Join Marnie of Canine Compass for a fun and interactive introduction to dog safety designed especially for young children. Through movement, games, discussion and the Doggone Safe Be a Tree program, children learn how to recognize when a dog needs space, notice simple canine body-language cues, and practise safe ways to behave around dogs. A great introduction for families who are thinking about welcoming a dog into their home, as well as children and their grown-ups who would like to feel more confident and comfortable around dogs. A positive, age-appropriate introduction to dog safety and awareness.

Marnie Grey	Lakewood Room
Su Jan 24	2:45 PM-3:30 PM
$25/1 sess	651945



Dog Awareness & Safety with Marnie



Creative Play: Joyful Learning

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 Jan 12-Mar 9	10:00 AM-11:30 AM
$162/9 sess	648774

Tiny Tot Kitchen with BUBU: Tong Yuen & Sesame Balls NEW! (2-5 yrs)

A new cooking-and-puppet class for children and their caregivers. Each little chef cooks side by side with their grown-up, making tong yuen, soft, chewy filled rice dumplings, and sesame balls, filled, coated in sesame seeds and fried until crisp outside and chewy inside. While the food cooks, BUBU, our mischievous little rainbow kitchen girl, takes the stage for a 20-minute puppet show. Caregiver must accompany each child group. Price is for 1 child and 1 adult. Additional child $45.

Abraham Wong	Grandview Room
Su Jan 31	9:30 AM-11:00 AM
$75/1 sess	651386
Su Jan 31	11:30 AM-1:00 PM
$75/1 sess	651390

Martial Arts

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

Capoeira is a multidisciplinary Martial Art from Brazil. The classes introduce the children to all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, and language. Classes focus on developing confidence, rhythm, reflexes, balance, coordination, strength and flexibility. Mon drop in $17, space permitting. No session Feb 16.

Kenneth Clarke	Elm Room
M W Jan 4-Mar 10	3:45pm-4:45pm
$247/19 sess	642063
M Jan 4-Mar 8	3:45pm-4:30pm
$153/9 sess	655223

Gentle Method Jiu Jitsu

Gentle Method JJ offers beginner-friendly Brazilian Jiu-Jitsu classes for children with age-specific programming that builds confidence, discipline, and self-defence skills with positional techniques and light sparring games. Classes focus on mobility and physical awareness, catering to all learning needs and levels. A full Gi (kimono & belt) uniform can be purchased upon request; instruction will be a blend of gi and no-gi. Please wear athletic clothing and check our website for more class details: gentlemethodjj.com. Drop in $25, space permitting. No session Feb 14.

Parent & Tot 1-3 yrs

Gentle Method Jiu Jitsu	Elm Room
W Jan 6-Mar 10	1:00pm-1:45pm
$210/10 sess	652561

Toddler 3-6 yrs

Gentle Method Jiu Jitsu	Elm Room
Su Jan 10-Mar 14	3:00pm-3:45pm
$189/9 sess	652555

Parent & Kids Aikido (4-6 yrs)

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

Shohei Juku Aikido Canada	Elm Room
Sa Jan 9-Mar 13	10:00am-10:50am
$100/10 sess	656024

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 Feb 15.

West Side Music Together	Lakewood Room
M Jan 11-Mar 8	12:15 PM-1:00 PM
$209/8 sess	647343
M Jan 11-Mar 8	1:15 PM-2:00 PM
$209/8 sess	647344

Ballet Parent & Toddler Dance (2-3 yrs)

Parent and child will explore circle stretches, story dances, rhythm, traveling steps, and free-form improvisation. Practice moving as a group, cooperating, and following directions. No class Feb 14.

Nicole Daniela Pavia	Cedar Hall
Su Jan 10-Mar 14	9:30 AM-10:00 AM
$99/9 sess	647333
Su Jan 10-Mar 14	10:05 AM-10:35 AM
$99/9 sess	647334

Check out TLCCA Program Cost Assistance

See page 42.

Ballet/Jazz Fusion (4-6 yrs)

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

Endorphin Rush Dance	Cedar Hall
Sa Jan 9-Mar 13	11:00 AM-11:45 AM
$140/10 sess	647682

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. No class Feb 15.

West Side Music Together	Lakewood Room
Karina	
Th Jan 14-Mar 11	3:30 PM-4:15 PM
$227/9 sess	647349
Th Jan 14-Mar 11	4:30 PM-5:15 PM
$227/9 sess	647352
Noa	
M Jan 11-Mar 8	9:30 AM-10:15 AM
$209/8 sess	647340
M Jan 11-Mar 8	10:30 AM-11:15 AM
$209/8 sess	647342
W Jan 13-Mar 10	9:30 AM-10:15 AM
$227/9 sess	647345
W Jan 13-Mar 10	10:30 AM-11:15 AM
$227/9 sess	647347

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 Feb 15.

Endorphin Rush Dance	Cedar Hall
(3-5 yrs)	
Sa Jan 9-Mar 13	9:30 AM-10:15 AM
$140/10 sess	647678
M Jan 18-Mar 8	10:15 AM-11:00 AM
$98/7 sess	647702
M Jan 18-Mar 8	12:15 PM-1:00 PM
$98/7 sess	647705
(4-6 yrs)	
Sa Jan 9-Mar 13	10:15 AM-11:00 AM
$140/10 sess	647679
Sa Jan 9-Mar 13	12:45 PM-1:30 PM
$140/10 sess	647687

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, Metro Vancouver, and the Government of Canada.

Foolish Operations Society	Elm Room
W Jan 20-Mar 10	9:30 AM-10:30 AM
$20/8 sess	647663
W Jan 20-Mar 10	11:00 AM-12:00 PM
$20/8 sess	647664

EARLY CHILDHOOD

Hip Hop and Jazz (4-5 yrs)

Hip hop and jazz is a fun class where your kids will learn how to groove and move with style! They will be taught basic fundamentals of these two genres and dances to show off their moves. Children must be able to dance without a parent in the room. No class Feb 14.

Nicole Daniela Pavia	Cedar Hall
Su Jan 10-Mar 14	11:30 AM-12:15 PM
$108/9 sess	647336

Mini Ballerinas (3-4 yrs)

Basic ballet vocabulary, posture, and alignment will be introduced. Practice moving as a group, cooperating, and following directions. Dance with props and costumes and have fun acting stories through dance. Dancers are encouraged to express themselves creatively as well as to imitate movements and dance patterns. Children must be able to dance without a parent in the room. No class Feb 14.

Nicole Daniela Pavia	Cedar Hall
Su Jan 10-Mar 14	10:40 AM-11:25 AM
$108/9 sess	647335

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. Drop in $15, space permitting. No class Feb 15.

Endorphin Rush Dance	Cedar Hall
M Jan 18-Mar 8	9:15 AM-10:00 AM
$98/7 sess	647698

TROUT LAKE LICENSED PRESCHOOL

ONLINE REGISTRATION ONLY

Sept 2027 - June 2028 School Year
Opens February 2 at 9:15 AM

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

How to register:

- Make sure to create your child an account prior to registration at recreation.vancouver.ca and have a valid credit card saved.
- On February 2nd before 9:15am, sign in with your child's account
- On February 2nd at 9:15am, search for the Trout Lake Preschool by typing in the search field at **655777** 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 2027 & June 2028 Deposit
4. Packages will be emailed at the close of registration. Completed package must be returned to the front desk on Feb 23 OR Feb 25 between the hours of 9am-2:30pm. **If package is not turned in on time, the spot is forfeited.**
6. Parents must give 31 days notice in writing to troutlakecc@vancouver.ca if you wish to withdraw for September 2027 or the deposit is forfeited. July 31, 2027 is the last day to withdraw for September 1, 2027 to receive the deposit.

Children 3 years of age before December 31, 2027		
Class Day	Class Time	Monthly Fee
Tues/Thurs	9:15-11:15 AM	$114
Tues/Thurs	12:45-2:45 PM	$114
Children 4 years of age before December 31, 2027		
Mon/Wed/Fri	9:15-11:45 AM	$151
Mon/Wed/Fri	12:45-3:15 PM	$151
Note: Monthly fees are subject to change.		



For 2026-2027 school year, check #596313 at recreation.vancouver.ca for spot availability

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. Drop in $15, space permitting. No class Feb 15.

Endorphin Rush Dance	Cedar Hall
M Jan 18-Mar 8	11:05 AM-11:50 AM
$98/7 sess	647704

Social

Parent and Tot Gym (0-5 yrs)

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

Maya Liam, Alexis Quon, & Jared Smith	Gymnasium
Su W Jan 3-Mar 14	10:00am-11:45am
Free/21 sess	642151

Sports

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

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

Hai Doan	Gymnasium - North (2/3)
Sa Jan 9-Mar 13	3:30pm-4:15pm
$225/9 sess	642114

High 5 Sports (3-5 yrs)

This program that prioritizes the development of physical literacy. The goal is to motivate children to be active for life and unleashing the power of play. No session Feb 13.

Hai Doan	Gymnasium - North (2/3)
Sa Jan 9-Mar 13	4:15pm-5:00pm
$225/9 sess	642113

Sportball Parent and Tot Multisport (2-3 yrs)

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

Sportball Vancouver	Gymnasium - North (2/3)
M Jan 4-Mar 8	9:00am-9:45am
$171/9 sess	642181
W Jan 6-Mar 10	9:00am-9:45am
$190/10 sess	642180

Sportball Multi Sport (3-5 yrs)

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

Sportball Vancouver	Gymnasium - North (2/3)
M Jan 4-Mar 8	9:45am-10:45am
$171/9 sess	642179
W Jan 6-Mar 10	9:45am-10:45am
$190/10 sess	652216

Visual Arts

Art and Music with Sun Rey (18mo-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.

Sun Rey Han	Art Studio
M Jan 4-Feb 8	9:45 AM-10:30 AM
$120/6 sess	647369
M Jan 4-Feb 8	10:45 AM-11:30 AM
$120/6 sess	647370



Art and Music with Sun Rey

Art Is Fun (3-5 yrs)

Children will explore creativity and imagination through fun, hands-on art experiences using a variety of materials and techniques including collage, clay, mixed media, finger painting, mini book projects, and masterpiece art activities. Classes are designed to inspire creativity, self expression, confidence, and fine motor skills in an engaging and supportive environment. All art supplies are provided. This is an independent participation program for children who are comfortable attending class on their own and using the washroom independently. Drop in $26, space permitting.

Sun Rey Han	Art Studio
M Jan 4-Feb 8	1:00 PM-2:00 PM
$138/6 sess	647371

SPRING BREAK CAMPS

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.

Early Childhood Camps

Art is Fun Camp (3-5 yrs)

Join us for a fun-filled mural art project designed to spark creativity and imagination! Children will enjoy a variety of hands-on art activities including painting, clay modeling, stamping, collage, finger painting, crafting, and more. Alongside art-making, we'll also have dedicated time for sing-alongs, storytelling, and free play to keep the energy high and the smiles wide. Art supplies are provided. Please bring a water bottle. Drop-in $30, space permitting. This is a drop-off program. Children must be able to participate independently without a parent or guardian present.

Sun Rey Han	Art Studio
M-F Mar 15-Mar 19	12:30 PM-2:00 PM
$140/5 sess	647373



Art is Fun Camp

Encanto Mini Movers (4-6 yrs)

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

Endorphin Rush Dance	Cedar Hall
M-F Mar 15-Mar 19	10:45 AM-12:00 PM
$118/5 sess	647365

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! More info:

Endorphin Rush Dance	Cedar Hall
M-F Mar 15-Mar 19	9:15 AM-10:30 AM
$118/5 sess	647364

Spring Break Day Camp (5-12 yrs)

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

Grandview and Lakewood Room	
M-F Mar 15-Mar 19	9:00am-3:30pm
$150/5 sess	642185
M-F Mar 22-Mar 26	9:00am-3:30pm
$150/5 sess	642186

Spring Break Camp After Care (5-12 yrs)

Grandview and Lakewood Room	
M-F Mar 15-Mar 19	3:30pm-5:00pm
$15/5 sess	642182
M-F Mar 22-Mar 26	3:30pm-5:00pm
$15/5 sess	642183

School Age Camps

Art Lab: Experiments in Creativity NEW! (8-12 yrs)

Art Lab is a hands-on, curiosity-driven program for children who love to explore and create. Young artists experiment with charcoal, ink, and pastel; watercolour and tempera; and clay, discovering new ways of seeing while finding their own creative voice. New experiments each session, so returning artists will find fresh challenges. Led by Cathy, an educator with over 25 years of experience, Art Lab builds confidence, problem-solving, and joyful artistic exploration.

Cathy Belgrave	Art Studio
M-F Mar 22-Mar 26	1:00 PM-3:00 PM
$120/5 sess	647360



Art Lab: Experiments in Creativity

Brick Animation Camp (6-12 yrs)

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

Tomorrow's Playground	Preschool
M-F Mar 15-Mar 19	10:00am-12:00pm
$195/5 sess	642092

Comics & Clay Camp (7-12 yrs)

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

Janine Schroedter	Maple Room
M-F Mar 22-Mar 26	9:15 AM-3:30 PM
$350/5 sess	648083

Creative Play Camp (4-7 yrs)

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

Cathy Belgrave	Art Studio
M-F Mar 22-Mar 26	10:00 AM-12:00 PM
$113/5 sess	647357



Creative Play Camp

Design to Dine Camp with Petit Architect (7-12 yrs)

Create a food experience that delights all the senses! In this immersive 4-day camp, you'll design a restaurant from concept to completion—where great food meets creative design. Develop a playful restaurant theme, explore responsible and functional design, craft a tasty local menu, sketch a floor plan, and build a 3D model of your dream dining space. Please bring nut-free snacks, lunch and water, and be dressed and ready for the elements. We will go outside for breaks/lunch/games.

Petit Architect	Preschool
M Tu W Th Mar 22-Mar 25	9:15am-3:00pm
$390/4 sess	642143

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	Cedar Hall
M-F Mar 22-Mar 26	9:00am-3:00pm
$250/5 sess	655334

Happy Cities Camp with Petit Architect (7-12 yrs)

What makes a city happy? In this imaginative STEAM camp, kids will become urban planners and architects for a week, designing their own Happy City—a place where people, nature, and fun come together! Please bring nut-free snacks, lunch and water, and be dressed and ready for the elements. We will go outside for breaks/lunch/games.

Petit Architect	Maple Room
M-F Mar 15-Mar 19	9:15am-3:00pm
$450/5 sess	642058

Pottery Camp (8-12 yrs)

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

Laura Van Der Linde	Pottery Studio
M-F Mar 15-Mar 19	9:30 AM-12:00 PM
$250/5 sess	646065
M-F Mar 22-Mar 26	1:00 PM-3:30 PM
$250/5 sess	646067

Kids Team Tennis Camp

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

Wilson Tan	Gymnasium
(5-6 yrs)	
M-Th Mar 22-Mar 25	10:45am-11:45am
$120/4 sess	642129
(7-9 yrs)	
M-Th Mar 22-Mar 25	12:00pm-1:00pm
$120/4 sess	642130
(10-13 yrs)	
M-Th Mar 22-Mar 25	1:15pm-2:15pm
$120/4 sess	642131

K-Pop Demon Hunters Dance Camp (6-10 yrs)

K-Pop Demon Hunters Theme Dance Camp: 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. More info:

Endorphin Rush Dance	Cedar Hall
M-F Mar 15-Mar 19	12:30 PM-3:00 PM
$225/5 sess	647366

SPRING BREAK CAMPS

Little Artist Camp (5-6 yrs)

Unleash your child's creativity in this exciting and inspiring art class! Through a vibrant mix of drawing, painting, origami, stamping, collage, abstract art, finger painting, and more, children will explore their imagination and express themselves freely. At the end of the program, each child will take home a personalized scrapbook—a colourful collection of their artistic journey. Supplies included. Please, bring water and a nut-free snack . Drop-in $38, space permitting.

Sun Rey Han	Art Studio
M-F Mar 15-Mar 19	9:30 AM-11:30 AM
$180/5 sess	647372

Math/Literacy Camp Grade 2 & Grade 3 (6-9 yrs)

Come join us for an action-packed week of activities which will encourage social, emotional learning, literacy and active team play. The camp will help build the confidence of young learners and help them prepare for the remaining school year by engaging in literacy and math activities in a fun and engaging manner. Literacy will focus on developing paragraphs, grammar and enhancing vocabulary and math will develop multiplication and division skills. Please bring a nut-free snack, nut-free lunch and water bottles.

Ready Set Play	Board Room
M-F Mar 22-Mar 26	9:00am-3:00pm
$250/5 sess	655340

Math/Literacy Camp Kindergarten & Grade 1 (4-6 yrs)

Come join us for an action-packed week of activities which will encourage social, emotional learning, literacy and active team play. The camp will help build the confidence of young learners and help them prepare for the remaining school year by engaging in literacy and math activities in a fun and engaging manner. The literacy component will focus on identifying and blending letters sounds and the numeracy will focus on place value, addition and subtraction. Please bring a nut-free snack, nut-free lunch and water bottles.

Ready Set Play	Board Room
M-F Mar 15-Mar 19	9:00am-3:00pm
$250/5 sess	655337

Multi-Sport Camp (5-8 yrs)

Come join us for an action-packed week of activities which will encourage social, emotional learning, develop their leadership skills, physical literacy and active team play. Physical movement is crucial for physical, cognitive, and social-emotional development of children. The camp will help children find ways to stay active in a non-competitive atmosphere. We will play a variety of games which will build their confidence in variety of movement activities, co-operative games, dance yoga and sports. Please bring a nut-free snack, nut-free lunch and water bottles.

Ready Set Play	Elm Room
M-F Mar 22-Mar 26	9:00am-3:00pm
$250/5 sess	655332

Pro D Camp: Build a Geodesic Structure with Petit Architect (7-12 yrs)

Get ready to design and construct your own geodesic dome, inspired by the stunning Bloedel Conservatory! We'll provide all the materials—just bring your creativity and curiosity. You'll explore the fascinating world of geometric patterns and engineering as you build a stable, eye-catching structure from scratch.

Petit Architect	Grandview Room
F Feb 12	9:15am-3:00pm
$125/1 sess	642093

Soccer Camp with Top Skills Soccer (6-12yrs)

Learn basic soccer skills while having fun! This one-week program will focus on passing, dribbling, shooting, teamwork and playing games for the last 30 minutes each day followed by a World Cup games on the last day of camp. Mohsen is a certified soccer coach with many years of coaching experience with the Whitecaps and other soccer clubs, community centres and schools in Vancouver.

Mohsen Hatamian	Gymnasium
M-F Mar 15-Mar 19	3:15pm-5:15pm
$120	656368
M-Th Mar 22-Mar 25	3:15pm-5:15pm
$96	656369

SPIKE ROBOTICS with Scratch Coding Camp (9-12 yrs)

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

Tomorrow's Playground	Preschool
M-F Mar 15-Mar 19	3:00pm-5:00pm
$225/5 sess	652107

Spring Break Capoeira Movement Exploration (7-14 yrs)

Capoeira is a multidisciplinary Martial Art from Brazil. Our classes introduce the children to all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, and language. Classes focus on developing confidence, rhythm, reflexes, balance, coordination, strength and flexibility. This class will include intermediate martial arts and dance techniques with more complex and challenging concepts for more experienced Capoeira practitioners. It will also contain fun and engaging physical conditioning exercises suitable for brand new and experienced students. Led by Ken 'Prof Polvo' Clarke

Kenneth Clarke	Elm Room
M-F Mar 15-Mar 18	9:30am-12:30pm
$140/4 sess	642184

WEDO Robotics Camp (6-8 yrs)

An introduction to Robotics with LEGO® Education WeDo software. Students will build robots featuring working motors and sensors and then program their various models and explore a series of cross-curricular theme-based activities. Teamwork is encouraged in this STEM-based class as students develop their skills in science, technology, engineering and mathematics.

Tomorrow's Playground	Preschool
M-F Mar 15-Mar 19	12:30pm-2:30pm
$195/5 sess	642208

Education

Brick Animation (6-12 yrs)

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

Tomorrow's Playground	Grandview Room
Tu Jan 12-Feb 2	4:00pm-5:30pm
$120/4 sess	642091

Cook and Bake with Lily (8-12 yrs)

Cook and Bake is back for the Winter with fun recipes! 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 – Banana Bread, Mac & Cheese, Danishes, Roasted Potatoes w/ Chicken & More

Th Jan 7-Feb 4	4:00 PM-6:00 PM
$180/5 sess	648009

Set 2 – Valentine's Jam Cookies, Pizza, Cocnut Chia Pudding, Baked Egg Cups & More

Th Feb 11-Mar 11	4:00 PM-6:00 PM
$180/5 sess	648011

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 Jan 7-Jan 28	3:30 PM-5:30 PM
$100/4 sess	645988

Design & Architecture for Kids (7-12 yrs)

Enjoy a journey of architectural discovery with our engaging and creative hands-on classes designed for kids! Every week, young architects will explore the incredible worlds of famous architects and design concepts, growing their creativity through the creation of 2D drawings and 3D models. We transform learning into an exciting adventure, encouraging children to observe and appreciate their built and natural surroundings. As they learn about new concepts, their vocabulary blossoms and their fine motor skills thrive through the exciting process of drawing and model-making, just like real architects in the making! All supplies will be provided and students will be able to take their models home. Our curriculum changes every term, so you can keep learning with us! No session Feb 15.

Petit Architect	Grandview Room
M Jan 18-Mar 8	5:15pm-6:30pm
$210/7 sess	642049

Dog Awareness & Safety with Marnie NEW! (6-9 yrs)

You may know her as Music with Marnie, but did you know that Early Childhood Educator Marnie Grey is also a Professional Dog Trainer? Join Marnie of Canine Compass for a fun and interactive dog-safety workshop where children learn how to better understand the dogs around them. Through movement, games, discussion and the Doggone Safe Be a Tree program, participants explore canine body language, learn how to recognize when a dog needs space, and practise practical skills for safer interactions with dogs. This workshop is also a great fit for families considering bringing a dog into their home, children who feel unsure or nervous around dogs, and anyone wanting to build greater confidence and understanding around canine behaviour. An engaging and empowering introduction to dog safety and awareness.

Marnie Grey	Lakewood Room
Su Jan 24	1:30 PM-2:15 PM
$25/1 sess	651947

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 Feb 7	12:00 PM-1:30 PM
$70/1 sess	648030

Flourish Beyond (11-16 yrs)

TLCCA SUBSIDIZED

Flourish Beyond is a new free monthly drop-in program, designed to welcome back Flourish alumni (past camp participants), to reconnect with each other and remain part of our supportive, inspiring community. Each monthly session will include guided activities led by past camp Facilitators and program volunteers. Youth are not required to commit to multiple sessions; however, registration in advance of each monthly session is required. Recommend ages 11 - 16, but all youth are welcome. NOTE this program is designed for youth who have previously attended a Flourish program, but if your child is not a Flourish alum and is keen to join, please get in touch with us at empower@flourishbc.org. Registration is by application. **For more information on how to apply: https://flourishbc.org/flourish-beyond/**

Flourish Education	Lakewood Room
F Jan 15	7:00 PM-9:00 PM
Free/1 sess	
F Feb 19	7:00 PM-9:00 PM
Free/1 sess	
F Mar 26	7:00 PM-9:00 PM
Free/1 sess	

Check out TLCCA Program Cost Assistance

See page 42.

Fun Chess (Level 1) (6-13 yrs)

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

Enrichmind Academy	Art Studio
F Jan 8-Mar 12	3:45 PM-4:45 PM
$90/10 sess	646522

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?

Enrichmind Academy	Art Studio
F Jan 8-Mar 12	5:00 PM-6:00 PM
$149/10 sess	646526

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

Find your words. Make your mark. Not more school. A studio where children make things and find their words along the way. There's nothing to get right or wrong here. Children sketch, write, and play with colour, line, and shape, turning their ideas into stories at their own pace and in their own way. Along the way they build vocabulary, learn how a story holds together, and practice saying what they mean. What they take home: more confidence, a bigger toolbox of words, and a journal full of ideas they're proud of. Bring a journal & pencil. All art supplies provided.

Cathy Belgrave	Art Studio
Sa Jan 16-Feb 6	2:00 PM-3:30 PM
$72/4 sess	646507

Martial Arts

Aikido Beginner to Upper Beginner Level

Aikido is a non-competitive but very effective martial art and emphasizes the development of self-discipline, focus, manners, meditation and self defense within a friendly training atmosphere. Drop-in $12.00, space permitting. No session Feb 15.

Shohei Juku Aikido Canada	Elm Room
(5-7 yrs)	
M Jan 4-Mar 8	4:45pm-5:45pm
$90/9 sess	642053
(8-12 yrs)	
Tu Jan 5-Mar 9	4:45pm-5:45pm
$100/10 sess	642054

Axe Capoeira For Youth (8-14 yrs)

Capoeira is an Afro-Brazilian martial art that combines music, self-defense, dance, acrobatics and physical conditioning to create a unique, multidisciplinary experience. Modern capoeira is one of the most inherently diverse martial arts in the world today with creativity, music, self-expression and strategic thinking as much a part of the core curriculum as physical training and fitness. Kids will love this program. Class is three a week. No session Feb 15.

Kenneth Clarke	Lakewood Room
M	4:45pm-5:45pm
F	4:00pm-5:00pm
	Elm Room
W	4:30pm-5:30pm
Beginners	
F Jan 6-Mar 12	
$260/20 sess	642061
Intermediate	
M W Jan 4-Mar 10	
$247/19 sess	642062
Advanced	
M W F Jan 4-Mar 12	
$319/29 sess	642060

Don Jitsu Ryu (Karate/ Jiu Jitsu) (8-13 yrs)

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

Shihan Amber Murphy-Smith	Elm Room
Su Jan 10-Mar 14	11:30am-12:30pm
$162/9 sess	642100



Meet Kenneth Clarke:

Kenneth, known as Professor Polvo, has been teaching and training Capoeira for over 20 years and holds the rank of Professor in the internationally recognized Group Axé Capoeira. He is an In-School Program Leader and Show Team Lead for Axé Vancouver and has competed and traveled extensively throughout North America and Brazil. In the 2023 Capoeira World Cup, he was a top 16 finalist.

Professor Polvo is known for his fun, engaging, and detail-oriented teaching style that balances motivation with patience. His passion for Capoeira is unparalleled and clearly conveyed in his classes. He offers Adult, Youth, and Minis Capoeira programs, as well as seasonal Spring Break and Summer Camps at Trout Lake. Kenneth believes Capoeira builds community, accountability, health, and joy, which is why he plans to practice Capoeira for life.

Gentle Method Kids Jiu Jitsu (7-9 yrs)

Gentle Method JJ offers beginner-friendly Brazilian Jiu-Jitsu classes for children with age-specific programming that teaches self-defense, discipline, and builds confidence. Classes focus on mobility and physical awareness, catering to all learning levels. A full Gi uniform can be purchased upon request; instruction will be a blend of gi and no-gi. Drop in $25, space permitting. No session Feb 14.

Gentle Method Jiu Jitsu	Elm Room
Su Jan 10-Mar 14	4:00pm-4:45pm
$189/9 sess	652559

Shorinji Kempo (8-12 yrs)

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

Shorinji Kempo Vancouver	Elm Room
Sa Jan 9-Mar 13	1:00pm-2:30pm
$70/10 sess	642171

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 Feb 14.

Nicole Daniela Pavia	Cedar Hall
Su Jan 10-Mar 14	12:15 PM-1:00 PM
$108/9 sess	647337

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

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

Jhaymee Hizon	Cedar Hall
W Jan 13-Mar 10	4:45 PM-5:45 PM
$117/9 sess	647331

Classical/Jazz/Pop Piano & Guitar with Diego (4+yrs)

Choose between learning how to play the guitar or learn about jazz harmony improvisation on the piano. Guitar classes will include technique, reading, constructing melodies and bass lines as well as learning a variety of different chords (complexity depends on level of enrollment and students' previous experience) We will also learn pop songs, rock songs, blues, jazz and world music. Piano lessons will focus on jazz harmony improvisation and also how to play their favourite pop songs, any style. Choose any song and style and Diego can help you achieve your music goals.

Diego Kohl	Maple Room
Th Jan 14-Mar 11	3:30 PM-7:00 PM
$288/9 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 Feb 14.

Nicole Daniela Pavia	Cedar Hall
Su Jan 10-Mar 14	1:00 PM-2:00 PM
$117/9 sess	647339

Guitar & Ukulele (7+yrs)

Private 30 minute lessons to work at your own level and pace in ukulele or guitar. The classes are focused on technique, repertoire, basic theory and practicing skills. Participants must provide their own instrument, and a digital tuner. A 3/4 sized nylon string guitar and a soprano ukulele with a strap is highly recommended for children. Books will be available at the first class for $15.00. Please bring a foot stool for classical guitar. No class Feb 15.

Rene Hugo-Sanchez	Board Room
M Jan 4-Mar 8	5:45 PM-7:15 PM
$288/9 sess	
Th Jan 7-Mar 11	6:00 PM-8:00 PM
$320/10 sess	
Sa Jan 9-Mar 13	10:00 AM-2:00 PM
$320/10 sess	

Hip Hop (8-12 yrs)

Your dancer will build confidence, coordination, and expand their hip hop vocabulary in this high-energy class packed with hip hop choreography, beginner breakdancing, and fun dance games set to pre-teen friendly beats. No experience needed, just energy! Presentation for family on the last day. More information:

Endorphin Rush Dance	Cedar Hall
Th Jan 21-Mar 11	5:15 PM-6:15 PM
$120/8 sess	647711

Hip Hop Movers (4-7 yrs)

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

Endorphin Rush Dance	Cedar Hall
Sa Jan 9-Mar 13	12:00 PM-12:45 PM
$140/10 sess	647684
Sa Jan 9-Mar 13	1:45 PM-2:30 PM
$140/10 sess	647691

Hip-Hop & Jazz (6-8 yrs)

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

Endorphin Rush Dance	Cedar Hall
Th Jan 21-Mar 11	4:15 PM-5:15 PM
$120/8 sess	647709

Musical Magic (6-11 yrs)

Each term, we dive into a new musical adventure inspired by the stories and characters kids love! From KPop Demon Hunters and Moana to exciting new favourites like Wicked, there's always something fresh to discover! Classes include singing and dance warm-ups, song rehearsals, acting, and fun improv games to build confidence, creativity, and teamwork. Kids will bring characters to life while developing performance skills and having lots of fun! The term wraps up with a mini performance for parents to celebrate their hard work! No class: Feb 19

Anushka Kashyap	Cedar Hall
F Jan 15-Mar 12	4:15 PM-5:30 PM
$168/8 sess	645997

Piano with Charis (6-19 yrs)

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

Charis Chung	Maple Room
Tu Jan 12-Mar 9	3:30 PM-8:00 PM
$288/9 sess	
W Jan 13-Mar 10	3:30 PM-8:00 PM
$288/9 sess	
Th Jan 14-Mar 11	3:30 PM-8:00 PM
$288/9 sess	
Su Jan 17-Mar 14	10:00 AM-3:30 PM
$288/9 sess	

Piano with Samuel Friday (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 Feb 15

Samuel Sang Chan	Maple Room
M Jan 4-Mar 8	3:30 PM-9:30 PM
$288/9 sess	
W Jan 6-Mar 10	3:30 PM-9:30 PM
$320/10 sess	
F Jan 8-Mar 12	3:30 PM-9:30 PM
$320/10 sess	
Sa Jan 9-Mar 13	9:00 AM-4:45 PM
$320/10 sess	



Piano Lessons

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 StewartPreschool	
Tu Jan 12-Mar 9	3:30 PM-8:00 PM
$288/9 sess	

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 Feb 12 & 14.

Elite Gymnastics	Elm Room
(4-6 yrs)	
F Jan 8-Mar 12	4:30pm-5:15pm
$125/9 sess	642165
Su Jan 10-Mar 14	12:45pm-1:30pm
$125/9 sess	642166
(7-12 yrs)	
F Jan 8-Mar 12	5:30pm-6:30pm
$135/9 sess	642168
Su Jan 10-Mar 14	1:45pm-2:45pm
$135/9 sess	642169

Sports

Top Skills Soccer Academy

An introduction to the game of soccer, and individual skill development, for boys and girls, both new and experienced players. All sessions are run by Mohsen Hatamian, an experienced professional coach, with an emphasis on fun, fitness, ball mastery skills and teamwork. Drop-in $17, space permitting. No session Feb 14.

Mohsen Hatamian	Gymnasium
(6-8 yrs)	
Su Jan 10-Mar 14	12:40pm-1:40pm
$135/9 sess	642111
(9-12 yrs)	
Su Jan 10-Mar 14	1:45pm-2:45pm
$135/9 sess	642112

Spring Break Camps!

See pages 8-10.

Indoor Tennis Lessons for Kids

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

Wilson TanGymnasium

(5-6 yrs)

Th Jan 7-Feb 4	4:15pm-5:00pm
$56.25/5 sess	642117
Th Feb 11-Mar 11	4:15pm-5:00pm
$56.25/5 sess	642118

(7-9 yrs)

Th Jan 7-Feb 4	5:00pm-6:30pm
$112.5/5 sess	642119
Th Feb 11-Mar 11	5:00pm-6:30pm
$112.5/5 sess	642120

(10-13 yrs)

Th Jan 7-Feb 4	5:00pm-6:30pm
$112.5/5 sess	642115
Th Feb 11-Mar 11	5:00pm-6:30pm
$112.5/5 sess	642116

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!

Volleyball BC	Gymnasium - South (1/3)
W Jan 6-Mar 10	5:15pm-6:30pm
$140/10 sess	642230

Rain City Basketball Skills Sessions

We offer a program that is devoted to helping young players get better. No matter what your skill level is, you will learn the tools to help you take your game to the next level. We offer a fun, safe, energetic, and competitive atmosphere to really motivate and encourage all participants. This program aims to help all participants learn to love the hard work needed to get better at anything. Please bring a basketball and a waterbottle as this will NOT be supplied.

Raincity Basketball Club	Gymnasium - North (2/3)

(5-8 yrs)

Sa Jan 09-Mar 13	11:20 AM- 12:30 PM
$200/10 sess	655132

(9-11 yrs)

Sa Jan 09-Mar 13	12:30 PM- 1:45 PM
$215/10 sess	655133

Sportball Floor Hockey

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

Sportball Vancouver	Gymnasium

(4-6 yrs)

Tu Jan 5-Mar 9	3:45pm-4:30pm
$190/10 sess	642176

(6-9 yrs)

Tu Jan 5-Mar 9	4:30pm-5:15pm
$190/10 sess	642177

Visual Arts

Bath Crayon Making with Lily (6-12 yrs)

Make bath time fun, creative, and colorful with a custom set of bath crayons. Mix and match colours, swirl or layer them to create unique bath crayons that can be used to draw on bath tiles. Rinses away easily with no staining! Visit soapifystudio.com for more information.

Lily Sum	Art Studio
Su Mar 7	2:00 PM-3:00 PM
$30/1 sess	648028

Comics & Cartooning (7-12 yrs)

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

Janine Schroedter	Grandview Room
W Jan 6-Feb 3	3:30 PM-5:00 PM
$75/5 sess	647967
W Feb 10-Mar 10	3:30 PM-5:00 PM
$75/5 sess	647968

Drawing and Painting for Kids & Youth (7-18 yrs)

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

Mohammad Reza Atashzad	Art Studio
Tu Jan 5-Mar 9	4:00 PM-5:30 PM
$198/10 sess	647675

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 Jan 5-Feb 2	7:00 PM-8:30 PM
$172/5 sess	647964
Tu Feb 9-Mar 9	6:45 PM-8:15 PM
$172/5 sess	647965

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 Jan 31	12:00 PM-1:30 PM
$74/1 sess	648023
Su Mar 7	12:00 PM-1:30 PM
$74/1 sess	648024

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 Feb 13.

Alex Lam	Art Studio
Sa Jan 16-Mar 13	9:45 AM-11:00 AM
$213/8 sess	647667
Sa Jan 16-Mar 13	11:15 AM-12:30 PM
$213/8 sess	647668

Play with Clay (6-10 yrs)

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

Janine Schroedter	Pottery Studio
Tu Jan 5-Feb 2	3:30 PM-4:30 PM
$117/5 sess	647958
Tu Feb 9-Mar 9	3:30 PM-4:30 PM
$117/5 sess	647960



Painting and Drawing

Tween Pottery (10-14 yrs)

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

Janine Schroedter	Pottery Studio
Tu Jan 5-Mar 9	5:00 PM-6:30 PM
$277/10 sess	647962

Yoga

Kids Yoga (5-8yrs) (5-8 yrs)

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

Kylie Railton	Cedar Hall
Tu Jan 5-Mar 9	4:00pm-5:00pm
$130/10 sess	642132

Kids Yoga (8-13yrs) (8-13 yrs)

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

Kylie Railton	Cedar Hall
Tu Jan 5-Mar 9	5:15pm-6:15pm
$150/10 sess	642133

Birthday Parties Available!

See page 46 for more information ...



Please register early!

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

Youth In Action (Y.I.A.) (12-18 yrs)

Youth In Action (YIA) is an adaptive recreation program for teens with mild to moderate behavioural and developmental support needs. Youth have an opportunity to build friendships and learn life skills in a safe, supportive environment. Join us for 1,2 or 3 days a week. CYSN registration through the Ministry of Children and Family Development is required. Full-day Pro-D Day programs available. For more information, please contact the YIA Supervisor Alison Wright at yia@vancouver.ca or 604-257-6970. No session February 15.

Alison Wright	Willow Room
Winter	
M Jan 04-Mar 08	3:15PM-5:30PM
$72/9 sess	654731
Tu Jan 05-Mar 9	3:15PM-5:30PM
$80/10 sess	654732
W Jan 06-Mar 10	3:15PM-5:30PM
$80/10 sess	654733
Th Jan 07-Mar 11	3:15PM-5:30PM
$80/10 sess	654735
F Jan 08-Mar 12	3:15PM-5:30PM
$72/9 sess	654736

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

F Feb 12	9:00 AM-3:30 PM
$20/1 sess	655101

Youth In Action (Y.I.A.) Spring Camps (12-18 yrs)

Alison Wright	Willow Room
Week 1	
M-F Mar 15-Mar 19	9:00AM- 3:30PM
$100/5 sess	655130
Week 2	
M-F Mar 22-Mar 26	9:00AM- 3:30PM
$100/5 sess	655131

Check out TLCCA Program Cost Assistance

See page 42.

Community

Youth Council (13-18 yrs)

The Trout Lake Youth Council wants to make a difference in the community. Our goal is to have a group of young people who can work together toward improving youth opportunities and experiences. The youth will earn volunteer hours, fundraise for great causes, gain employment training, and plan events. The council will also have a representative sit on the City Wide Youth Council. A quick application process is required and staff will need to approve of enrollment including previous members. A Trout Lake CC Youth Program Participant membership (free with OneCard) is also required.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 Jan 08-Mar 12	5:30 PM-7:30 PM
$0/10 sess	655136

Education

FOODSAFE Level 1 for Youth (15-30 yrs)

A food handling, sanitation and work safety course designed for those working with food. The course covers important food safety and worker safety information including food-borne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing. Certification valid for 5 years. Please bring pens (blue, red), pencil/eraser, highlighters (2 colours), home address and contact information. Please bring a lunch.

Paul Richardson	Willow Room
Sa Feb 20	9:00 AM- 5:00 PM
$50/1 sess	654759



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.

Intermediate/ Standard First Aid (Blended) CPR/AED Level C (15-65 yrs)

This is a comprehensive course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. This course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.(Occupational First Aid Level 2 Equivalent). This course includes an online component (3–6 hours) that must be completed before attending the in-person training. Please make sure your email is on file, emails will be sent with the online course components a week before the in-person training.

First Aid Pro	Willow Room
Sa Mar 06	9:30AM- 4:30PM
$135/1 sess	655025

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.The course content includes: How to be responsible, demonstrate leadership, making good decisions and manage difficult behavior. Information on children's developmental stages, and specific strategies for each stage; How to feed, diaper, dress, and play with children and babies. How to recognize and prevent unsafe situations, make safe choices and promote safe behaviors. It also covers First Aid skills, the business of babysitting.Course manual and certificate of completion from the Canadian Red Cross post-class is given. It is a 7 hour in-person Babysitting course. Students please bring a doll/teddy bear for hands on practice.

First Aid Pro	Willow Room
Sa Feb 06	9:30AM- 4:30PM
$75/1 sess	654778

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

First Aid Pro	Willow Room
Su Feb 14	12:00 PM- 4:00PM
$65/1 sess	655024



Visual Arts

Youth Pottery (13-17 yrs)

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

Laura Van Der Linde	Pottery Studio
Th Jan 14-Mar 4	4:00 PM-6:00 PM
$322/8 sess	646070

Sports

Pre-teens & Teen Badminton (8-13 yrs)

A supervised badminton program for youth of all skill levels. Participants will enjoy self-directed games and free play in a supportive, non- competitive atmosphere. Staff are available to provide assistance, answer questions, and offer pointers. The program is not structured as a lesson or coached session. Rackets provided. Please check in with staff upon arrival. No session Feb 15.

Maggie Chen	Gymnasium
M Jan 04-Mar 08	3:45 PM- 5:00PM
$54/9 sess	655135



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 Feb 14.

Future Bounce Athletic Association

	Gymnasium
Su Jan 10-Mar 7	3:00pm-4:45pm
$140/8 sess	642109

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

The Trout Lake Fishies youth dragon boat team returns for another season! Join us from January to June for some recreationally-competitive paddling and racing. Land training begins Monday, January 18th from 3:45 p.m.-5:15 p.m. On-water practices begin on Monday March 15 from 4:00-6:30pm at East False Creek. We will also participate in 3 festivals, competing against a variety of teams in May and June. Don't miss out and register now! Minimum 20 participants required. In the event participant count doesn't meet the minimum of 20, the program will be cancelled. Please ensure your account email is correct for urgent communications. Get in touch with us on Instagram @troutlakefishies.No class on Feb 15 Family Day

Anita Hsiao	Gymnasium - South (1/3)
M Jan 18-Mar 08	3:45 PM- 5:15 PM
$100/7 sess	655129

Rain City Basketball Skills Sessions

We offer a program that is devoted to helping young players get better. No matter what your skill level is, you will learn the tools to help you take your game to the next level. We offer a fun, safe, energetic, and competitive atmosphere to really motivate and encourage all participants. This program aims to help all participants learn to love the hard work needed to get better at anything. Please bring a basketball and a waterbottle as this will NOT be supplied.

Raincity Basketball Club

	Gymnasium - North (2/3)
5-9 yrs	
Sat Jan 09- Mar 13	11:20 AM- 12:30 PM
$200/10 Sess	655132
(9-11 yrs)	
Sa Jan 09-Mar 13	12:30 PM- 1:45 PM
$215/10 sess	655133
(12-14 yrs)	
Sa Jan 09-Mar 13	1:50 PM- 3:00 PM
$215/10 sess	655134

Rain City Spring Break Camp (10-13 yrs)

This program is for the focused athlete. Our expert coaches are pushing every player in this program to help them reach their full potential on and off the court. 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. Please bring a basketball and a waterbottle as this will NOT be supplied.

Raincity Basketball Club

Intermediate (10-13 yrs)	Gymnasium - South (1/3)
M-F Mar 15-Mar 19	12:00 PM- 3:00 PM
$200/5 sess	655180
Juniors (6-8 yrs)	Gymnasium- North (2/3)
M-F Mar 15-Mar 19	12:30 PM- 2:30 PM
$150/5 sess	655194

OPEN GYM AND GAMES ROOM SCHEDULE

January 6 – March 12

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.

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

Health & Fitness

Adapted Gym (19+ yrs)

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

No Instructor	Gymnasium - North (2/3)
Th Jan 7-Mar 11	10:05am-11:05am
$20/10 sess	642048

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.

Monika Schoenenberger	Cedar Hall
W Jan 6	1:30pm-2:45pm
Free/1 sess	655157
W Jan 13-Mar 10	1:30pm-2:45pm
$90/9 sess	642221

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 Jan 8-Feb 5	1:30pm-2:30pm
$80/5 sess	642064
F Feb 19-Mar 12	1:30pm-2:30pm
$64/4 sess	652154

Bootcamp (19+ yrs)

This is a full body circuit class for all levels, using stations designed to increase strength, cardio, balance, agility, and core strength. All stations have adaptations and progressions available. Jump start your weekend with a little sweat and a lot of fun. Drop in $9, space permitting. No session Feb 13.

Carey Yuen	Gymnasium
Sa Jan 9-Mar 20	9:00am-10:00am
$80/10 sess	642089

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 Feb 12.

Carey Yuen	Gymnasium - North (2/3)
F Jan 8-Mar 12	12:15pm-1:15pm
$72/9 sess	642090

Foam Roll & Stretch (19+ yrs)

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

Carey Yuen	Grandview Room
Su Jan 17	9:30am-11:00am
$27/1 sess	642103
Su Feb 21	9:30am-11:00am
$27/1 sess	642104

Full Body Conditioning (19+ yrs)

This class is a full body workout, using strength and cardio intervals, along with mobility work, to keep your body in optimal condition. Adaptations and progressions available for all levels. Drop in $9, space permitting. No session Feb 15.

Carey Yuen	Gymnasium
M Jan 4-Mar 15	5:30pm-6:30pm
$84/10 sess	642108

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, space permitting. No session Feb 15.

Anushka Kashyap	Gymnasium - North (2/3)
M Jan 11-Mar 8	12:10pm-1:10pm
$61/7 sess	642138

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!

Midlife Strength (19+ yrs)

Midlife Strength is a full-body fitness class designed for women in perimenopause and menopause who want to feel stronger, fitter and more confident in their bodies. Combining functional strength training with bursts of cardio, this class focuses on building muscle, improving cardiovascular fitness, supporting bone health and developing the strength needed for everyday life. Come as you are and build from there, with adaptations available where needed. Build strength. Boost energy. Own your next chapter. Drop-in $15, space permitting.

Carey Yuen	Gymnasium
Tu Jan 5	6:45pm-7:45pm
Free/1 sess	655353
Tu Jan 12-Mar 9	6:45pm-7:45pm
$108/9 sess	642222

Mindful Breathing Space (19+ yrs)

Mindfulness meditation sessions for inner peace, wellbeing, and flourishing together. Featuring various meditations, gentle support and Q&A. Welcome new and returning participants- we explore new topics and skills. Join us in nurturing positive inner qualities that enrich both our lives and our community. Taught by an experienced teacher. Info:lifen.me

Sung Yang	Preschool
W Feb 17-Feb 24	7:30pm-8:30pm
$30/2 sess	642142



Meet Carey Yuen:

Carey joined the Fitness Industry 7 years ago, when she decided to follow her passion instead of staying in her 9-5. She started her fitness journey as a Group Fitness Instructor, with a Pre & Postnatal Fitness Specialization and has since become a Personal Trainer. Carey uses her knowledge and experience to make movement accessible for all, wherever they are at. Join a class for the workout and stay for the friendships.

Outdoor/Indoor Stroller Fitness with Carey (19+ yrs)

Come join other parents and babies in your community at Stroller Fitness. It will be an all levels class with strength & cardio intervals, mobility work, and postnatal-specific core work. The class takes place outdoors as much as possible, however we do have an indoor option for rainy days. Come for the workout, stay for the friendships. Participants should be 4+ weeks postpartum and 6+ weeks for caesareans. Participants will need a yoga mat and water bottle. Optional to bring their own resistance band. Participants do not need a jogging stroller. Instructor is a Certified Pre & Postnatal Fitness Specialist. Drop-in $18, space permitting. No session Feb 9, 10 11 & 15.

Carey Yuen	Grandview Room
M W Jan 4-Jan 27	11:00am-12:00pm
$128/16 sess	642147
M W Feb 1-Mar 10	11:00am-12:00pm
$160/20 sess	642148
Tu Th Jan 5-Jan 28	11:00am-12:00pm
$128/16 sess	642149
Tu Th Feb 2-Mar 11	11:00am-12:00pm
$160/20 sess	652153

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.

Carey Yuen	Grandview Room
M Jan 4-Feb 8	7:00pm-8:00pm
$96/6 sess	642159
M Feb 22-Mar 15	7:00pm-8:00pm
$64/4 sess	642160

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 drop-in, space permitting.

Anushka Kashyap	Gymnasium
Tu Jan 12-Mar 9	5:45pm-6:30pm
$67.50/9 sess	642163

Sound Bath Meditation (19+ yrs)

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 (Courtney) Gervais	Lakewood Room
Th Jan 14-Mar 11	8:15pm-9:15pm
$63/3 sess	642240



Meet Coco Gervais:

Hi, I am Coco a Somatic Practitioner and offer group movement + meditation. I guide from the belief that how you feel in your body matters. Form will always be important, and so is your internal experience. I hold space for both. My intention is to create a welcoming, and inclusive environment paced to support beginners while still offering depth for those with experience. You can learn more about me at www.experiencewellness.ca

TB Vets Community Walk Club (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. No session Feb 15.

TB Vets Charitable Foundation Centre Lobby

M Jan 4-Mar 8	10:00am-11:30am
Free/9 sess	652463

Total Body Reset - Stretch, Roll & Restore (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 Jan 12	12:30pm-1:30pm
Free/1 sess	642231
Tu Jan 19-Mar 9	12:30pm-1:30pm
$126/8 sess	642233

Zumba Gold (19+ yrs)

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

Zumba Vancouver	Cedar Hall
Th Jan 7	12:30pm-1:30pm
Free/1 sess	642214
Th Jan 14-Feb 11	12:30pm-1:30pm
$71/5 sess	642212
Th Feb 18-Mar 11	12:30pm-1:30pm
$57/4 sess	642213

Zumba (19+ yrs)

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. It combines Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. http://www.ZumbaVancouver.ca Drop-ins for $15, space permitting.

Zumba Vancouver	Gymnasium
Mondays	
M Jan 4	6:45pm-7:45pm
Free/1 sess	642217
M Jan 11-Feb 8	6:45pm-7:45pm
$71/5 sess	642215
M Feb 22-Mar 15	6:45pm-7:45pm
$57/4 sess	642216
Wednesdays	
W Jan 6	6:45pm-7:45pm
Free/1 sess	642220
W Jan 13-Feb 10	6:45pm-7:45pm
$71/5 sess	642219
W Feb 17-Mar 17	6:45pm-7:45pm
$71/5 sess	642218

Sports

Badminton (19+ yrs)

For players of all levels who want to have fun in a non-competitive and friendly environment. First priority for play is for those who are registered. Drop-in $7, space permitting. No session Feb 15.

No Instructor	Gymnasium
M Jan 4-Mar 29	8:00pm-9:45pm
$72/12 sess	642065

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 Jan 5-Mar 11	1:45pm-3:30pm
$16/1 sess	

Basketball (19+ yrs)

For players of all levels who want to have fun in a non-competitive and friendly environment. First priority for play is for those who are registered. Drop-in $7, space permitting.

No Instructor	Gymnasium
Tu Jan 5-Mar 30	8:00pm-9:45pm
$78/13 sess	642087

Pickleball Intermediate/ Advanced (19+ yrs)

Non Instructional	Gymnasium - Trout Lake
W Jan 6-Mar 10	1:30pm-3:30pm
$30/10 sess	642152

Pickleball Lesson: Learn to Play Pickleball (19+ yrs)

Never played? Perfect. In two sessions, you'll learn the rules, the scoring, and the feel of the game, then play real points. Come curious, leave hooked. No equipment no problem we will supply.

Richard Lee	Gymnasium
M Mar 1-Mar 8	1:45pm-3:30pm
$56/2 sess	652568

Pickleball Lesson: Nov/Int - Games & Stratetgies (19+ yrs)

Two sessions of game-based play to sharpen your decisions. Learn positioning, shot selection, and how to work with your partner, all while building the awareness to see the court and play with confidence.

Richard Lee	Gymnasium
M Jan 4-Jan 11	1:45pm-3:30pm
$59/2 sess	642153

Pickleball Lesson: Nov/Int - Upwards for the Win! (19+ yrs)

Three sessions, one skill: lift on purpose. Tune into the feel of your paddle and the arc of the ball and let your body learn what "up" really means. Drive, dink, and lob with intention. No session Feb 15.

Richard Lee	Gymnasium
M Feb 1-Feb 22	1:45pm-3:30pm
$89/3 sess	642154

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.

Tennis - Practice Review, Play & Build New Skills (18+ yrs)

Ready to take your tennis game to the next level? You've got the basics down, now it's time to refine your skills and strategize like a pro! This program builds on what you've learned, diving into tactical concepts, spins, positioning, and match preparation. Get ready for exciting drills, expert tips, and a whole new level of play! Perfect for adults who've completed our previous tennis programs. Let's keep the tennis journey going!

Wilson Tan	Gymnasium
Th Jan 7-Feb 4	6:30pm-8:00pm
$197/5 sess	642197
Th Feb 11-Mar 11	6:30pm-8:00pm
$197/5 sess	642198

Volleyball Beginner & Intermediate (19+ yrs)

For players of all levels who want to have fun in a non-competitive and friendly environment. First priority for play is for those who are registered. For Beginners and Intermediate players. Drop-in $7, space permitting.

No Instructor	Gymnasium
W Jan 6-Mar 17	8:00pm-9:45pm
$70/11 sess	642206
Th Jan 7-Mar 18	8:00pm-9:45pm
$70/11 sess	642207

Gymnasium Sports Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
EVENING	**Badminton** Jan 4 - Mar 29 8:00pm-9:45pm $72/12 sess 642065 No session Feb 15	**Basketball** Jan 5 - Mar 30 8:00pm-9:45pm $78/13 sess 642087	**Volleyball Beginner & Intermediate** Jan 6 - Mar 17 8:00pm-9:45pm $66/11 sess 642206	**Volleyball Beginner & Intermediate** Jan 7 - Mar 18 8:00pm-9:45pm $66/11 sess 642207

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.

Yoga & Pilates

All Levels Hatha Yoga (19+ yrs)

Join Anita for a Hatha Practice that focuses on the essential core principles of alignment, breath, stretching, strengthening, and gentle relaxation techniques. In this invigorating class, participants will be required to hold their body weight in poses such as Downward Dog, Plank, and Cobra, which can be both challenging and rewarding. The class is thoughtfully paced, featuring leveled variations of poses so that each individual can work on their personal practice at their own comfort level. Don't forget to bring along a full water bottle and a yoga mat with you to class! Drop-in $19, space permitting.

Anita Callahan	Cedar Hall
M Jan 4-Mar 8	9:10am-10:10am
$142/9 sess	652145
M Jan 4-Mar 8	5:15pm-6:30pm
$425/9 sess	642056
M Jan 4-Mar 8	6:40pm-7:55pm
$142/9 sess	642057
Th Jan 7-Mar 11	9:10am-10:10am
$158/10 sess	642055

Contrology: Mat & Pilates (19+ yrs)

A beginner level mat Pilates class focused on building core strength, and mindfulness. You can expect slow controlled movement and breath. More than just physical exercise this there is nervous system care weaved into the guidance of each movement. Beginner friendly with modifications offered for every exercise. All movements are done on the mat laying down, side lying or in quadraped on all fours. Please bring pilates or yoga mat. Provided: block, pilates ball and pilates ring (or bring your own). Drop-in $20, space permitting

Coco Gervais	Cedar Hall
F Jan 8-Mar 12	9:15am-10:00am
$158/10 sess	655175

ADULT FITNESS

Iyengar Yoga Level 1 (19+ yrs)

An introductory course for those new to Iyengar Yoga. Join this class to increase your flexibility, strength and relaxation. The Iyengar method of yoga involves meditation in action: with its focus on the details of the yoga poses and conscious movement, it helps to bring the body and mind into healthy alignment. Bridget is an Iyengar-certified instructor who has been teaching for more than 20 years. Drop in $14, space permitting. No session Feb 15.

Bridget Donald	Elm Room
M Jan 11-Mar 8	10:00am-11:00am
$101/8 sess	642121
Th Jan 14-Mar 11	11:15am-12:15pm
$114/9 sess	642122

Iyengar Yoga Level 2 (19+ yrs)

An intermediate level course for those who are interested in continuing and deepening their study of Iyengar Yoga. The Iyengar method of yoga involves mediation in action. With its focus on the details of the yoga poses and conscious movement., it helps to bring the body and mind into healthy alignment. Bridget is an Iyengar-certified instructor who has been teaching for more than 20 years. Drop in $20, space permitting. No session Feb 15.

Bridget Donald	Elm Room
M Jan 11-Mar 8	11:15am-12:45pm
$152/8 sess	642123
Th Jan 14-Mar 11	9:30am-11:00am
$171/9 sess	642124

Pilates Matwork Beginners (19+ yrs)

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

Amy Kiara Ruth	Elm Room
W Jan 6-Mar 17	6:15pm-7:25pm
$139/11 sess	642155

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 Jan 6-Mar 17	7:30pm-8:40pm
$139/11 sess	642156

Pilates: Balance & Flow (19+ yrs)

Balanced Body is a Pilates mat class designed to build strength, enhance mobility, and deepen breath awareness. Through mindful movement and focused breathing, this class promotes alignment, flexibility, and a balanced body from the inside out. Suitable for all levels seeking a grounded, whole-body experience. Drop-in $18, space permitting. No session Feb 15.

Noemie Valois	Elm Room
M Jan 11-Feb 1	1:00pm-1:50pm
$64/4 sess	642086
M Feb 8- Mar 8	1:00pm-1:50pm
$64/4 sess	655345

Prenatal Yoga (19+ yrs)

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

Lynda Sing	Elm Room
Su Jan 10-Feb 7	10:00am-11:00am
$95/5 sess	642161
Su Feb 21-Mar 21	10:00am-11:00am
$95/5 sess	642162

Sculpt: Strength & Stretch (19+ yrs)

A low-impact somatic workout and stretch created to strengthen the entire body and increase capacity in the mind by exploring breath, mindful movement and a thoughtfully curated playlist. Moving with the beat of the music you'll be guided to explore functional movement, pilates + yoga. More than just physical exercise this there is nervous system care weaved into the guidance of each movement. Expect to leave each class feeling a little stronger and a lot more confident. All levels of experience welcome. Modifications offered and permission to move at your own pace. Please bring pilates or yoga mat and water. Drop-in $20, space permitting

Coco Gervais	Cedar Hall
F Jan 8-Mar 12	10:15am-11:00am
$158/10 sess	642239

Stretch + Sound (19+ yrs)

End your day with yoga + a sound bath meditation. A slower paced class exploring gentle movement and deep stretches to release tension in the body and calm the mind. Each class closes with a guided sound bath meditation. All levels welcome with modifications and progressions offered. Please bring a yoga mat and a warm layer or blanket. Yoga blocks provided. Drop-in $20, space permitting

Coco Gervais	Cedar Hall
Tu Jan 5-Mar 9	7:00pm-8:00pm
$158/10 sess	655176



Meet Lynda Sing:

Lynda Sing is a compassionate and dedicated yoga teacher with over 15 years of experience guiding students of all ages and stages of life. From pre- and postnatal yoga to classes for children, teens, adults, and seniors, she has supported individuals across diverse communities on their wellness journeys. Visit lyndasingyoga.com to learn more about her and her offerings.

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.

Heather Barnes	Elm Room
Tu Jan 26-Mar 2	7:45pm-8:45pm
$124/6 sess	642227

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 Feb 14.

Kate Nguyen	Cedar Hall
Tu Jan 5-Mar 9	8:15pm-9:15pm
$95/10 sess	642204
Th Jan 7-Mar 11	8:00pm-9:00pm
$95/10 sess	642202
Yanick McDonald	Cedar Hall
Tu Jan 5-Mar 9	9:15am-10:15am
$95/10 sess	642203
	Lakewood Room
Su Jan 10-Mar 14	9:15am-10:15am
$86/9 sess	642205

ABC Fitness

ALL BODIES COMMUNITY RECREATION AND FITNESS

A Vancouver Park Board Program

We are an inclusive, choice-based, community, health and wellness program welcoming all abilities, genders, ages, 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 Feb 15.

Instructor: ABC Instructor	
M W F Jan 4 – Mar 12	11:00 AM-12:00 PM GYM
Master Roster 642012	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 Feb 15.

Kylie Railton	Cedar Hall
M Jan 4-Mar 8	8:15pm-9:15pm
$137.15/9 sess	642211

Education

Adult Beginner French Class - Part 1 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. This beginner-friendly course designed for adults 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 (Jan 18-Mar 17), Part 2 (Mar 31-May17), Part 3 (May 19-June 30). By the end of the course students will have achieved an A1 level of proficiency. No class Feb 15.More information here: https://www.frenchforgrownups.com

Kathryn Harris — Willow Room
M W Jan 18-Mar 17 — 7:00 PM-8:30 PM
$330/17 sess — 647354

Around the Fire: A Dad's Gathering for Grief and Loss NEW! (19+yrs)

TLCCA SUBSIDIZED

A welcoming gathering for dads navigating grief, loss, and life's transitions. Through storytelling, shared experiences, and gentle exploration of grief, participants are invited to connect, reflect, and support one another. This is a space to be seen and heard, without judgment, pressure, or the need to fix anything. Whether you're grieving someone you've lost or adjusting to life's changes, your story matters.

Kevin Gooch — Board Room
Free Trial
Tu Jan 12 — 7:00 PM-9:00 PM
Free/1 sess — 650542
Tu Jan 19-Mar 9 — 7:00 PM-9:00 PM
$15/8 sess — 650539

Book Club (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 January 13.

Teresa Whitehouse — Willow Room
W Jan 13-Mar 10 — 10:00am-11:30am
Free/3 sess — 642226

Chess to Life (19+ yrs)

An engaging and welcoming chess program designed for adults and older adults of all experience levels. Participants will learn chess fundamentals, develop strategic thinking and problem-solving skills, and enjoy friendly games in a relaxed, social environment. Our experienced instructors adapt lessons to accommodate both beginners and returning players, encouraging mental stimulation, social connection and lifelong learning.

Chess Institute of Canada — Board Room
Th Jan 14-Mar 4 — 11:00am-12:00pm
$140/8 sess — 656325

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 Feb 7 — 2:00 PM-4:00 PM
$55/1 sess — 648032

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 Feb 26 — 10:00am-11:30am
Free/1 sess — 642101

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 Jan 22 — 10:00am-11:30am
Free/1 sess — 642196

Dumplings, Three Ways NEW! (19+yrs)

Participants make three handmade dumplings, each with a different filling and folding style: pork & chive; shrimp, fish & corn; and vegetable & mushroom. Each has its own fold, so you can tell them apart by shape. Everyone tastes all three, boiled fresh, then boxes the rest to take home. No previous knowledge of Chinese cooking is needed. Two hours; instruction, ingredients and materials included.

Abraham Wong	Grandview Room
Su Jan 17	11:30 AM-1:30 PM
$79/1 sess	651320

Financial Foundations & Children's Future Planning (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.

Atsuko Fukuda	Grandview Room
Su Feb 21	2:00pm-3:30pm
Free/1 sess	656025

Protecting Your Family While Accumulating Wealth (19+ yrs)

Families learn how to balance growth and protection. This class explains how life insurance, 1critical 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.

Atsuko Fukuda	Lakewood Room
Su Mar 7	2:00pm-3:30pm
Free/1 sess	656026

Home Brewed Kombucha NEW! (19+yrs)

In this hands on workshop, you'll learn how to brew your own delicious, naturally fermented kombucha at home. We'll walk through every step of the process—from making the tea base and understanding SCOBY health, to fermentation timing, flavour development, and safe bottling techniques. You'll get to taste a variety of kombucha styles so you can learn how sweetness, acidity, and fermentation length shape the final drink. Each participant will prepare their own starter batch and leave with a SCOBY, detailed instructions, and the confidence to continue brewing at home. We'll also explore creative flavouring ideas, carbonation tips, troubleshooting common issues, and how to build a continuous brewing system that fits your lifestyle. If under 19 and you want to participate, please email matt.sung@vancouver.ca for further details. Please bring a 2L glass jar or 2x 1L jar for your kombucha.

Kristine Hui	Grandview Room
Su Feb 28	1:15 PM-3:45 PM
$68/1 sess	648005

Hong Kong Pineapple Bun & Milk Tea NEW! (19+yrs)

Learn how to make the iconic Hong Kong Pineapple bun. Crispy, crackly, golden on top and soft, fluffy, and warm inside — this is the ultimate cha chaan teng classic, and now you can make it from scratch. Enjoy freshly made pineapple buns with butter and HK style milk tea. Make and take home the pineapple bun dough, so that you can bake them and enjoy them fresh at home. If under 19 and you want to participate, please email matt.sung@vancouver.ca for further details. Please bring a large takeaway container for your pineapple buns.

Kristine Hui	Grandview Room
Su Jan 24	1:15 PM-4:15 PM
$68/1 sess	648003

Introduction to Mending (19+yrs)

The art of repairing and extending the life of your favorite garments. Explore a variety of mending techniques, including patching holes, darning worn areas, repairing seams, replacing buttons, and both visible and invisible mending methods. Bring clothing, linens, sheets or other textiles and household items that need repair, and receive guidance on how to restore and personalize them. Whether you are new to sewing or looking to build confidence in garment repair, this class will provide practical skills you can use every day. Back to the basics. Materials and basic supplies will be provided. A beginner's sewing kit will be available for purchase for $15. Additional notions, patches, thread, and other supplies will be available for purchase starting at $5.

Jeanette MacDonald	Lakewood Room
Su Feb 28	11:00 AM-4:00 PM
$74/1 sess	648394

K9 Kindergarten - Dog Obedience Level 1 (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 Jan 19-Feb 16	6:00pm-7:00pm
$184/5 sess	642225

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 Jan 26	6:00 PM-8:00 PM
$101.85/1 sess	648105
Tu Mar 9	6:00 PM-8:00 PM
$101.85/1 sess	648111

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. To book an appointment please visit lslap.bc.ca and fill out the online intake form, or leave a message at 604-822-5791. We also have a dedicated phone line for Mandarin/Cantonese speakers, who can leave a message at 604-244-4523.

UBC Law Student's Legal Advice Program	Board Room
M Jan 18-Mar 15	6:00pm-8:00pm
Free/5 sess	642135

Check out our Greening Workshops

See page 47



Leatherwork Drop in Days (19+yrs)

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

Vancouver Tool Library	Willow Room
Th Jan 21	6:30 PM-9:30 PM
Free/1 sess	648101
Th Feb 25	6:30 PM-9:30 PM
Free/1 sess	648102
Th Mar 25	6:30 PM-9:30 PM
Free/1 sess	648104

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	Willow Room
Th Jan 14	6:30 PM-9:30 PM
$102.90/1 sess	648095
Th Feb 18	6:30 PM-9:30 PM
$102.90/1 sess	648096
Th Mar 18	6:30 PM-9:30 PM
$102.90/1 sess	648097

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

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

Vancouver Tool Library	Art Studio
Tu Feb 9	6:00 PM-8:00 PM
$99.75/1 sess	648113

Leatherwork: Tote Bag (19+yrs)

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

Vancouver Tool Library	Willow Room
Th Feb 4-Feb 11	6:30 PM-9:30 PM
$178.50/2 sess	648112

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 Jan 19	6:00 PM-8:00 PM
$63/1 sess	648098
Tu Mar 16-Mar 16	6:00 PM-8:00 PM
$63/1 sess	648100

Letter Writing Club (5-99 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 Jan 17	11:00 AM-2:00 PM
Free/1 sess	648359
Su Feb 21	11:00 AM-2:00 PM
Free/1 sess	648360
Su Mar 21	11:00 AM-2:00 PM
Free/1 sess	648361

Nin Go & Lo Bak Go NEW! (19+yrs)

Two completely different Lunar New Year cakes in one class. Nin go is a sweet, chewy steamed rice cake traditionally associated with wishes for progress and advancement in the coming year. Lo bak go is a savoury Cantonese turnip/radish cake; after steaming and cooling, slices are pan-fried until crisp on the outside. No previous knowledge of Chinese cooking is needed. Two hours; instruction, ingredients and materials included.

Abraham Wong	Grandview Room
Su Jan 31	2:00 PM-4:00 PM
$79/1 sess	651384

Photography Fundamentals (19+yrs)

We'll unlock the secrets to capturing stunning images, regardless of your camera! Whether you're using a point-and-shoot, DSLR, or mirrorless camera (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
Su Feb 21	11:00 AM-3:00 PM
$40/1 sess	648033

Sewing Machine for Beginners (19+yrs)

In this three-part class, we will explore our sewing machines while experimenting with a variety of stitches, techniques, and tools. Please bring any mending projects or sewing projects you are currently working on, or projects you would like help starting or completing. Materials, notions, and patterns are included in the course fee. A beginner's sewing kit will be available for purchase for $15. Additional notions and larger fabric pieces will also be available for purchase for $5 and up. **Please bring your machine, basic supplies and fabric, scissors.** Drop in available - $50/day.

Jeanette MacDonald	Willow Room
Su Jan 10, Feb 7, Mar 7	11:00 AM-2:00 PM
$120/3 sess	648401

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 Jan 12-Mar 9	10:00 AM-11:30 AM
$162/9 sess	648774

Siu Mai, Three Ways NEW! (19+yrs)

Siu mai are the familiar open-topped steamed dumplings served at dim sum restaurants. Participants make three versions: pork, shrimp & shiitake mushroom; curry seafood; and chicken & water chestnut. They learn filling texture, shaping, steaming and finishing, then taste a plate steamed live. No previous knowledge of Chinese cooking is needed. Two hours; instruction, ingredients and materials included.

Abraham Wong	Grandview Room
Su Jan 17	2:30 PM-4:30 PM
$79/1 sess	651383

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 Jan 28	6:00 PM-9:00 PM
$78.75/1 sess	648041
Tu Feb 16	6:00 PM-9:00 PM
$78.75/1 sess	648043
Th Mar 11	6:00 PM-9:00 PM
$78.75/1 sess	648044

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	Art Studio
Tu Mar 23	6:00 PM-9:00 PM
Free/1 sess	648045

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! Must be 1-4 months postpartum by the program start date.

The MotherFlock	Lakewood Room
With Guest Speakers	
F Jan 15-Feb 19	10:00 AM-11:15 AM
$180/6 sess	647639
Without Guest Speakers	
F Jan 15-Feb 19	11:45 AM-12:45 PM
$168/6 sess	647649

Intro to Sourdough NEW! (19+yrs)

Ever wondered how to turn simple ingredients into a beautiful loaf of sourdough bread? In this hands-on introductory workshop, you'll learn the fundamentals of sourdough baking, make your own dough to take home, and enjoy a selection of fresh sourdough goods. You'll also receive your own sourdough starter, recipes, and step-by-step guides to continue baking at home. Leave with the knowledge and confidence to begin your sourdough journey! Please bring a jar for your starter.

Jennie Le	Grandview Room
Su Jan 10	1:30 PM-4:00 PM
$75/1 sess	652557



Intro to Sourdough

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 Feb 15.

Shohei Juku Aikido Canada	Elm Room
January	
M Tu Th Sa Jan 4-Jan 30	5:55pm-12:30pm
$80/16 sess	642051
February	
M Tu Th Sa Feb 1-Feb 27	6:00pm-12:30pm
$80/15 sess	642050
March	
M Tu Th Sa Mar 1-Mar 30	6:00pm-7:30pm
$80/18 sess	642052

Axe Capoeira Adult (19+ yrs)

Capoeira is an Afro-Brazilian martial art that combines self-defense, dance, acrobatics, music, and physical conditioning to create a unique, multidisciplinary experience. Classes focus on developing, rhythm, reflexes, balance, coordination, strength and flexibility. If you're looking to revolutionize your fitness and wellness routine, engage in a vibrant community, and learn an incredible artform this could be perfect for you. Class is twice a week. Drop-in $25, space permitting. No session Feb 15.

Kenneth Clarke	Lakewood Room
All Levels	
M F Jan 4-Mar 12	5:45pm-6:15pm
$247/19 sess	642059
Intermediate	
W Jan 6 - Mar 3	5:15pm-6:00pm
$119/9 sess	655341

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 Jan 7-Mar 25	5:00pm-5:50pm
$126/12 sess	642088



Meet Tamami Nakashimada:

Tamami Sensei began her Aikido training with Morito Suganuma Shihan at the Shohei Juku dojo in Fukuoka, Japan in 1978. She arrived in Canada in 1985 and became the Chief Instructor of Shohei Juku Canada. Nakashimada Sensei was awarded the rank of Rokudan i.e. 6th degree (or Dan) black belt in January 2014. She has continued her Aikido studies under the direction of Suganuma Sensei who visits the Vancouver dojo each year. Nakashimada Sensei is an inspiring and energetic teacher. Learn more at https://www.shoheijuku.ca/

Gentle Method Adult Jiu Jitsu (16+ yrs)

Gentle Method JJ offers beginner-friendly Brazilian Jiu-Jitsu classes for adults interested in self-defence, physical fitness, functional mobility, and a puzzle-like stress reliever. A full Gi (kimono & belt) uniform can be purchased upon request; instruction will be a blend of gi and no-gi. Please wear athletic clothing and check our website for more class details: gentlemethodjj.com.

Gentle Method Jiu Jitsu	Elm Room
F Jan 8-Mar 12	12:00pm-1:00pm
$221/10 sess	652551

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 pairedtechniques. Philosophy discussions enrich this practice, ideal for all ages. Our non-profit offers affordable fees and free intros. Join today! Train body, mind, and spirit. Drop-in $10.00, space permitting. No session Feb 15.

Shorinji Kempo Vancouver	Elm Room
M	7:30pm-9:30pm
F	7:00pm-9:00pm
Sa	2:30pm-4:30pm
January	
M F Sa Jan 8-Jan 30	
$50/11 sess	642173
February	
M F Sa Feb 1-Feb 27	
$50/11 sess	642172
March	
M F Sa Mar 1-Mar 22	
$50/10 sess	642174

Qigong (19+ yrs)

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

Kelly Maclean	Grandview Room
W Jan 13-Mar 31	6:30pm-7:30pm
$192/12 sess	642164

Tai Chi - 24 Form (suitable for beginners) (19+ yrs)

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

Kelly Maclean	Grandview Room
W Jan 13-Mar 31	5:30pm-6:30pm
$192/12 sess	642241



Meet Kelly Maclean:

Kelly has studied Chinese martial arts since her youth and has been teaching for over 35 years. She specializes in Tai Chi and Qigong (the study of energy and a meditative practice). She holds a 7th degree black belt in Chinese martial arts. She has studied with some of the world's greatest teachers, including her primary teacher, Master Shouyu Liang. In the 1990's, Kelly had an illustrious and successful competition career, representing Canada in tournaments around the world, winning many medals and Grand Championship titles.

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

In this course, we will continue our work on the 48 Form, which combines the 4 main styles of Tai Chi (Yáng 杨, Chén 陳, Wú 吳, and Sūn 孫). Participants should be reasonably familiar with the form, up to the second set of "Cloud Hands." We will review everything we have learned, and continue to the end of the form! There will be time to do some review, especially of the second half of the form. Drop in $19, space permitting.

Kelly Maclean	Grandview Room
W Jan 13-Mar 31	7:30pm-8:30pm
$192/12 sess	642192

Tai Chi - Yang Style 1 & 2 (19+ yrs)

This class will introduce and expand on Tai Chi Yang Style, Tai Chi Sword and Kung Fu Fan. Another form of Chinese exercise, Qi Gong Ba Duan Jin, will also be taught. Tai Chi improves strength, flexibility, balance and coordination. Slow and relaxing movements improve posture, breathing and energy flow. Suitable for all ages and fitness levels. Instructor speaks English and Chinese. No session Oct 25.

Michael Chiao	Lakewood Room
Sa Jan 9-Mar 27	9:00am-11:00am
$82/12 sess	642193

Tai Chi - Yang Style Tai Chi Sword 32 Form with Amy (19+yrs)

32-Form Tai Chi Sword blends traditional Yang Style elegance with fluid choreography. Featuring balanced, gentle movements, it sharpens focus and enhances flexibility, posture, and core strength, making it a highly accessible routine for holistic health. This Tai Chi Sword Style is suitable for every age group and beginners.This class is instructed by Master Amy Zhu national Tai Chi Champion and Certified Tai Chi instructor. Drop-in $16, space permitting. No session Feb 11.

Amy Li Hua Zhu	Cedar Hall
Th Jan 7	11:20am-12:15pm
Free/1 sess	655181
Th Jan 14-Mar 11	11:20am-12:15pm
$121/8 sess	642194

Tai Chi- Traditional Yang Style 26 Form & Health QiGong (19+ yrs)

This Yang Style Tai Chi is a low-impact, mind-body exercise characterized by slow, gentle , and flowing movements. It offers comprehensive physical and mental health benefits.Reduces stress, strengthens core, improves balance, and promotes total mind-body health. This Tai Chi style is suitable for every age group and beginners. Qigong improves health. 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 Feb 11.

Amy Li Hua Zhu	Cedar Hall
Th Jan 7	10:20am-11:15am
Free/1 sess	655178
Th Jan 14-Mar 11	10:20am-11:15am
$121/8 sess	642195

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 Jan 7-Mar 25	7:45pm-9:15pm
$150/12 sess	642210

Performing Arts

Adult Afro-Fusion NEW! (19+yrs)

Sweat, smile, and move like nobody's watching. Afro-Fusion blends Afro beats, dancehall, and contemporary grooves into high-energy choreography you'll actually learn. Open level means beginners and experienced dancers thrive side by side. Build confidence, rhythm, and stamina in a supportive, nopressure space. Leave every class feeling stronger, freer, and alive. More info: Drop in $18.90, space permitting.

Endorphin Rush Dance	Cedar Hall
Th Jan 21-Mar 11	6:15 PM-7:15 PM
$126/8 sess	647714

Adult Classical Guitar or Pan Flutes NEW! (19+yrs)

Private 30 minute lessons to work at your own level and pace. Learn to play the beautiful finger picking style of the classical guitar or the enchanting sounds of the pan flute. In these classes you will also learn basic music theory and how to read music. No previous experience is required. Bring your own instrument and your method book if you already have. A nylon string guitar, foot stool and a digital tuner is required for classical guitar students OR a wooden or bamboo pan flute in the key of C,G or chromatic is required of pan flute students. Teacher's own method book will also be available for $15.00

Rene Hugo-Sanchez	Board Room
Sa Jan 9-Mar 13	2:30 PM-4:30 PM
$320/10 sess	

Adult Group Guitar Advanced NEW! (19+yrs)

Bring your guitar playing to the next level. Learn how to play melodies by reading tablature, how to do fingerpicking and walking bass accompaniment plus more seventh, diminished and suspended chords. An Intermediate level of Rene's classes or to be fluent with chord changes, strumming patterns and some basic bar chords is required. A digital tuner is mandatory and a strap is highly recommended. A guide book will be provided by the teacher for $15.00

Rene Hugo-Sanchez	Board Room
Th Jan 7-Mar 11	9:10 PM-9:40 PM
$130/10 sess	648294

Adult Group Guitar Beginners (19+yrs)

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

Rene Hugo-Sanchez	Board Room
Th Jan 7-Mar 11	8:10 PM-8:40 PM
$130/10 sess	648278

Adult Group Guitar Intermediate (19+yrs)

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

Rene Hugo-Sanchez	Board Room
Th Jan 7-Mar 11	8:40 PM-9:10 PM
$130/10 sess	648281

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. No class Feb 15.

Rene Hugo-Sanchez	Art Studio
M Jan 4-Mar 8	8:45 PM-9:15 PM
$117/9 sess	648301

Adult Group Ukulele Advanced (19+yrs)

Bring your ukulele playing to the next level learning how to play melodies by reading tablature, how to do a fingerpicking accompaniment and basic scales. An Intermediate level of Rene's classes is required or to be fluent with popular chords, strumming patterns and know some basic bar chords. A digital tuner is mandatory and a strap is highly recommended. A guide book will be provided by the teacher for $15.00. No class Feb 15.

Rene Hugo-Sanchez	Art Studio
M Jan 4-Mar 8	8:15 PM-8:45 PM
$117/9 sess	648300

Adult Group Ukulele Beginners (19+yrs)

Learn the basic chords and strumming patterns on ukulele while singing in the group your favorite songs. Bring your soprano or concert ukulele (highly recommended with a strap) and a clip-on digital tuner. A guide book will be available on the first class for $15.00. No class Feb 15.

Rene Hugo-Sanchez	Art Studio
M Jan 4-Mar 8	7:15 PM-7:45 PM
$117/9 sess	648298

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 Group Ukulele Intermediate (19+yrs)

Bring your ukulele up to the next level. Learn a variety of strumming patterns, new chords and new keys while singing together as a group. Any size of ukulele is welcome, a digital tuner mandatory and a strap is highly recommended. A guide song book will be provided by the teacher for $15.00. No class Feb 15.

Rene Hugo-Sanchez	Art Studio
M Jan 4-Mar 8	7:45 PM-8:15 PM
$117/9 sess	648299

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.caWe kindly ask that you register only if you plan to attend all sessions.Free thanks to funding from the Trout Lake Community Centre Association and the BC Arts Council.

All Bodies Dance Project	Grandview and Lakewood Room
Th Jan 14-Mar 11	6:30 PM-8:00 PM
Free/9 sess	646058

Check out TLCCA Program Cost Assistance Program

See page 42.

Bellydance (19+yrs)

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

Georgina Daniels	Cedar Hall
W Feb 3-Mar 17	6:30 PM-7:30 PM
$105/7 sess	647375

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.While all levels are welcome, this jam is especially intended for beginner and intermediate players, including those who are new to Bluegrass or playing in a group. Whether you prefer to sing along, play rhythm, or try a solo, you'll be encouraged to participate at your own comfort level in a friendly, supportive, and welcoming environment where the emphasis is on making music together and having fun.

Ed Mou & Chantelle MacIsaac	
	Grandview Room
Tu Jan 12-Mar 23	7:00 PM-8:30 PM
$110/11 sess	647367

Brasilian/Latin Fit Dance (19+yrs)

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

Lesley Maranhao	Cedar Hall
Free Trial	
F Jan 8	6:00 PM-7:00 PM
Free/1 sess	648635
F Jan 15-Mar 12	6:00 PM-7:00 PM
$99/9 sess	648637

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 Jan 8-Feb 12	7:15 PM-8:45 PM
$160/6 sess	647650
F Feb 19-Mar 26	7:15 PM-8:45 PM
$160/6 sess	647651



Bluegrass Community Jam

Dominican Bachata Flow (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, 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.

Naduska Lopez	Cedar Hall
Sa Jan 9-Feb 13	3:45 PM-4:45 PM
$128/6 sess	647652
Sa Feb 20-Mar 27	3:45 PM-4:45 PM
$128/6 sess	647653

Dominican Bachata Social - Tropical Dress (19+yrs)

Wear your most colourful outfit and let's dance with warm vibrant vibes! 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
F Apr 2	7:15 PM-9:45 PM
$21/1 sess	647658

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.

FROM $1 PER SET



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.

Anushka Kashyap	Cedar Hall
W Jan 13-Feb 24	7:45 PM-8:45 PM
$120/7 sess	645996

Line Dancing Intermediate With Helen (19+ yrs)

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

Helen Ai Yee Lee	Cedar Hall
Tu Jan 5-Mar 9	12:00pm-1:30pm
$60/10 sess	642136
F Jan 8-Mar 12	12:00pm-1:30pm
60/10 sess	642137

Samba & Candombe Movement Foundations (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!

Naduska Lopez	Cedar Hall
Sa Jan 9-Feb 13	2:45 PM-3:45 PM
$128/6 sess	647654
Sa Feb 20-Mar 27	2:45 PM-3:45 PM
$128/6 sess	647655

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 Instructor	Willor Room
Tu Jan 14-Mar 4	11:00am-1:00pm
Free/1 sess	642110

Visual Arts

Adult Beginners Pottery (19+yrs)

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

Janine Schroedter	Pottery Studio
W Jan 6-Mar 10	6:00 PM-9:00 PM
$417/10 sess	647971

Adult Pottery (19+yrs)

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

Laura Van Der Linde	Pottery Studio
Th Jan 14-Mar 4	12:30 PM-3:00 PM
$294/8 sess	646068
Th Jan 14-Mar 4	7:00 PM-9:30 PM
$294/8 sess	646069

Adult Pottery: Wheel Throwing (19+yrs)

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

Suzanne Cowan	Pottery Studio
Tu Jan 19-Mar 2	10:00 AM-2:00 PM
$412/7 sess	645992

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

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 Jan 31	2:00 PM-4:00 PM
$55/1 sess	648025

Cedar Weaving Spider Basket with Todd DeVries

(19+yrs)

TLCCA SUBSIDIZED

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

Todd DeVries	Lakewood Room
Su Feb 7	11:30 AM-2:30 PM
$20/1 sess	652982

Introduction to Rug Hooking Workshop NEW! (19+yrs)

Explore your inner creativity—and discover a meaningful chance to recharge for yourself—through the simple, relaxing, meditative, and rhythmic art of rug hooking. It is incredibly easy to learn (featuring only one stitch) and has "no mistakes" (loops pull right out). In this introductory course you will learn the basics of rug hooking, including a brief history of the craft, essential equipment and material, and the foundational techniques of creating loops to successfully begin a small mat project. All required introductory equipment and supplies will be supplied in a take home kit.

Corinne Sanderson	Art Studio
Su Feb 21	1:00 PM-3:30 PM
$69/1 sess	651124



Introduction to Rug Hooking Workshop



Learn to Carve an Animal

Learn to Carve an Animal NEW! (19+yrs)

Join the Vancouver Spoon Club (@ vancouverspoonclub on Instagram) for a beginner-friendly introduction to the craft of hand-carving. Participants will learn foundational carving skills, including basic knife safety, essential carving cuts, and techniques for working with greenwood using simple hand tools. Everyone will have the opportunity to put these skills into practice while carving a small animal figurine to take home. The class is focused on learning the basics of carving and getting comfortable working with wood and hand tools, rather than creating a perfect finished piece.

Jasper Moedt	Art Studio
Tu Mar 2	6:00 PM-9:00 PM
$78.75/1 sess	648046

Natural Dye & Shibori - Bandana (19+yrs)

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

Fernanda Mascarenhas	Grandview Room
Su Feb 7	1:15 PM-3:15 PM
$68/1 sess	648369



Natural Dye & Shibori - Bandana

Indigenous Mini Drum Necklace Workshop NEW!

(19+yrs)

TLCCA SUBSIDIZED

Join Indigenous artist Sabian Rawcliffe for a hands-on cultural workshop where you'll create your own 4" natural deerhide mini drum on a 4" wood ring necklace made from buffalo bones and glass beads. Along the way, hear the stories and teachings and leave with a handcrafted necklace drum. All materials provided.

Michael Sabian Rawcliffe

	Lakewood Room
Su Jan 31	11:30 AM-1:30 PM
$32/1 sess	655086



Check out TLCCA Program Cost Assistance Program

See page 42.

Smartphone Video & Cinematography - Beginner NEW!

(19+yrs)

Learn how to shoot and edit better videos using your smartphone! This beginner-friendly weekly course introduces participants to the fundamentals of smartphone cinematography and video editing, giving you the tools to create more creative, polished and engaging videos. Participants will learn basic cinematography techniques such as composition, framing, camera angles, shot types, lighting, camera movement and storytelling, followed by hands-on instruction in video editing using DaVinci Resolve Free. Editing topics will include importing and organizing footage, trimming and arranging clips, adding music and audio, transitions, titles and text, basic colour adjustments, and exporting a finished video. No previous video editing or filmmaking experience is required. Participants should bring a modern smartphone capable of recording video and have access to a laptop. DaVinci Resolve Free will need to be downloaded and installed on the laptop before the first class.

Jhaymee Hizon	Board Room
W Jan 13-Mar 10	6:00 PM-7:30 PM
$117/9 sess	647332

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 Jan 8-Feb 5	10:00 AM-12:00 PM
$120.50/5 sess	645990

The Joy of Watercolour Painting

(19+yrs)

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

Philip Tsang	Art Studio
F Jan 8-Feb 5	12:15 PM-1:45 PM
$160.50/5 sess	645991

The Shared Canvas: A Collaborative Art Experience NEW!

(19+yrs)

Ever felt like you wanted to try something creative - but talked yourself out of it because you weren't sure you were good enough? This is your invitation to show up anyway. The Shared Canvas is a two-hour collaborative art experience for a small group of ten. Not an art class. Not a workshop where you have to keep up. Just a warm, unhurried space to try something new, connect with others, and discover what happens when a room full of people create something together. No experience required. Come as you are. Bring your curiosity. Leave your inner critic at the door. Through simple drawing explorations, open conversation, and the joy of adding colour alongside others, you'll find yourself settling into something you didn't expect - a sense of ease, connection, and quiet creativity that was there all along. You'll leave with something you couldn't have made alone. Looking for a different kind of break? This is it. All materials provided.

Cathy Belgrave	Art Studio
Sa Feb 20	2:00 PM-4:00 PM
$37/1 sess	647356

Bus Trips

British Sweets + Eco Dairy (55+ yrs)

Take a trip down memory lane at Dickens Sweet Shop and British Museum. Tour the amazing Eco-Dairy in partnership with Science World. Enjoy a taste of Britain lunch at Olive's Tea Room. Package includes Dickens Sweet Shop and British Museum , "Taste of Britain" Traditional High Tea Lunch, Eco-Dairy (partnership w/ Science World), Campbell's Gold Honey Farm & Meadery, all fees, and taxes

Enjoy The Journey	Trout Lake Community Centre
F Feb 19	8:00am-5:45pm
$114/1 sess	642209

Westminster Abbey (55+ yrs)

Westminster Abbey is a beautiful, peaceful place with magnificent architecture and stunning stained glass. See and hear about the monks unique way of life including the Midday Prayer. This tour includes a visit at Golden Ears Cheesecrafters and lunch at Greek Islands Restaurant. Package includes Westminster Abbey Monk Greeting and Donation, Midday Prayer, Monastery Grounds free time, lunch Greek Islands Restaurant, Golden Ears Cheesecrafters, all fees, and taxes

Enjoy The Journey	Trout Lake Community Centre
Th Mar 4	9:00am-5:15pm
$124/1 sess	642201

REMINDER:
Senior Programs Registration begins at 10:00am on December 3

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 Feb 26	10:00am-11:30am
Free/1 sess	642101

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 Jan 22	10:00am-11:30am
Free/1 sess	642196

Chess to Life (19+ yrs)

An engaging and welcoming chess program designed for adults and older adults of all experience levels. Participants will learn chess fundamentals, develop strategic thinking and problem-solving skills, and enjoy friendly games in a relaxed, social environment. Our experienced instructors adapt lessons to accommodate both beginners and returning players, encouraging mental stimulation, social connection and lifelong learning.

Chess Institute of Canada	Board Room
Th Jan 14-Mar 4	11:00am-12:00pm
$140/8 sess	656325

Performing Arts

Collaborative Creative Dance Workshops (50+ yrs)

Step into a joyful, co-creative space where we cultivate freedom, connection and play through movement. Rooted in gentle mobility, grounding techniques and guided improvisation, this collaborative dance class welcomes all bodies and all abilities. No experience necessary. Drop-in $8, space permitting. No session Feb 15.

soma anima arts	Grandview Room
M Jan 4-Mar 8	12:30pm-2:00pm
$63/9 sess	642096



Meet David Perkins:

David completed his Certified Financial Planner designation in 1998. He believes in continuing education and has earned industry designations that enhance his ability to deliver exceptional advice. Along with his CFP designation, he has earned his Elder Planning Counsellor and Certified Executor Advisor designations. Whether you would like to discuss your options or start creating your wealth plan today, David will be glad to answer your questions.

Health & Fitness

Chair Yoga (55+yrs)

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

Yanick McDonald	Cedar Hall
Tu Jan 5-Mar 9	10:45am-11:45am
$132/10 sess	642094

Chair Yoga (55+ yrs)

A gentle paced class exploring slow stretches, and mindful movement with the support of yoga props. All of the movement explored is done seated or standing with the support of a chair. The intention of this class is to release tension, calm the mind and increase mobility and strength through functional movements and gentle stretches. Beginner friendly, with modifications and options provided for each movement. Please bring sneakers or grip socks and water. Drop ins $15, space permitting.

Coco Gervais	Cedar Hall
F Jan 8-Mar 12	11:00am-11:45am
$125/10 sess	642238

Choose to Move & ActivAge (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 a motivational, interactive 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. This class will be immediately followed by the ActivAge Fitness class in which participants be automatically registered. Please come to the information session to meet with Daniela and get more information. Note: Returning participants may take Choose to move/ActivAge only once every 2 years.

Daniela Duva	Cedar Hall
Tu Jan 5-Mar 9	1:45pm-3:45pm
Free/10 sess	642095

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

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

Denise Galay	Gymnasium
Tu Jan 5-Mar 9	10:30am-11:15am
$63/10 sess	642145

Strength and Balance (55+ yrs)

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

Monika Schoenenberger	Gymnasium
Th Jan 7-Mar 11	11:30am-12:30pm
$63/10 sess	642187

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 Instructor	Willor Room
Tu Jan 14-Mar 4	11:00am-1:00pm
Free/1 sess	642110

Knitting Together (50+ yrs)

Enjoy knitting and making new friends. The program also consists of knitting at least one hat and scarf for Downtown Eastside homeless folks using donated yarn. No session Feb 15.

No Instructor	Willow Room
M Jan 4-Mar 8	12:00pm-3:00pm
$2/9 sess	642134

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 Instructor	Grandview Room
Tu Jan 5-Mar 9	10:00am-2:00pm
$7.50/10 sess	652603
Th Jan 7-Mar 11	10:00am-2:00pm
$7.50/10 sess	642140

Trout Lake Quilting Circle (50+ yrs)

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

No Instructor	Grandview & Lakewood Room
W Jan 6-Mar 10	12:45pm-3:15pm
$21/15 sess	642200

Sports

Seniors Table Tennis (55+ yrs)

No session Feb 12 & 15.

No Instructor	Willow Room
M F Jan 4-Mar 12	9:15am-11:45am
Free/19 sess	642170

Table Tennis (55+ yrs)

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

No Instructor	Gymnasium
Tu Jan 5-Mar 9	9:15am-12:00pm
$21/10 sess	642190
Th Jan 7-Mar 11	9:15am-12:00pm
$21/10 sess	642191

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!

January

MENU: Lobster with baked potato and salad.

Tu Jan 12 — 12:00pm-1:30pm
$8.50 — 642125

February

MENU: Chicken scallopine with roasted vegetables .

Tu Feb 2 — 12:00pm-1:30pm
$8.50 — 642102

March

MENU: Lasagna with salad.

Tu Mar 9 — 12:00pm-1:30pm
$8.50 — 642141

FRIDAY SOCIAL LUNCH

TLCCA SUBSIDIZED

(55+yrs) — Kitchen

Menu: Chili with buns, sour cream, cheese and chives. Meat and vegetarian options available

F Jan 29 — 12:00pm-1:30pm
$7 — 642105

Menu: Pizza and Salad

F Feb 19 — 12:00pm-1:30pm
$7 — 642106

Menu: Shepherds Pie & Salad

F Mar 5 — 12:00pm-1:30pm
$7 — 642107

SOCIAL TUESDAYS

Jan 5 - Mar 2
12:00 PM – 1:30 PM
(55+ yrs)
$20/11 sess. TLCCA Subsidized.
Please pre-register #642175

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 Jan 12, Feb 2, Mar 9.

Jan 5 . . . . Bingo

Jan 19 . . . Stop, Think, Verify: The insider's guide to scam prevention

Jan 26 . . . Music & dancing with Diego

Feb 9 . . . . REACH: Be Well: Stress Management and Emotional Well-Being

Feb 16 . . . Seniors Cookbook Potluck – bring a recipe to share and eat!

Feb 23 . . . Crafting with Janine

March 2 . . Chair Yoga

SENIORS' COMMUNITY MEETING:

Thursday, Feb 11 at 12:45pm

Do you have ideas or want to get involved with our Seniors programs. Please join our community meeting 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.

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.		

Fitness Centre Get Started Orientation

30-min Get Started orientations are available by appointment only. Please see fitness centre staff for more details. 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 workouts, our trainers will motivate you in each 1 hour session.

	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

January 4 – March 31 2027

Indoor cycling is a low-impact, high-energy workout suitable for all fitness levels.

- 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	FRIDAY
Cycle Fit 9:30am-10:30am	**Cycle Xpress** 6:30am-7:15am	**Cycle Core** 9:30am-10:30am	**Cycle Fit** 9:30am-10:30am
		Cycle Fit 5:30pm-6:30pm	
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.	

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+ forms may be required to be completed (available at front desk or fitness centre).

Strength & Mobility for Sport (19+)

Tues 9:30-10:30am
Jan 5 - 26 (Pickleball) Activity #650374
Feb 2 - 23 (Tennis) Activity #650376
Mar 2 - 23 (Golf) Activity #650378
$120/4 sessions

Build the strength, mobility and stability needed to support your pickleball, tennis or golf game while improving overall physical fitness.

Strength & Fall Prevention for Older Adults (55+)

Fri 8-9am
Jan 8 - Mar 26 Activity #651745
$180/12 sessions

Led by a Certified Personal Trainer, enjoy a one-hour specialized small group class to gain and maintain strength, flexibility, coordination, and balance. By the end of the program, you will have greater skill & understanding in fall prevention and the means to get back up. Par Q+ required.

Strength for Everyday Life – Older Adults (55+)

Thurs 12-1pm
Jan 14 - Feb 11 Activity #647778
Wed 10:45-11:45am
Feb 24 - Mar 24 Activity #647779
$150/5 sessions

Join Personal Trainer Victoria for a one-hour specialized small group strength training class in the Fitness Centre. She will teach you how to safely do several strength exercises for all muscle groups and individualized exercise corrections. Victoria will also teach out how to structure a workout that you can do at the gym or at home. 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. Par Q+ forms required.

Pilates and Strength Fusion (19+)

Thurs 6-7pm
Jan 7 - Feb 11 Activity #650054
Feb 18-Mar 25 Activity #650056
$90/6 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.

Check in-person for more exciting Fitness Centre Programs/Workshops!

REGISTRATION & REFUND POLICIES

Registration Info:

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

Summer Camp Registration
In Person/Online:
Wednesday, April 14 at 7:00PM

Winter Senior Program Registration
In Person/Online:
Thursday, December 3 at 10:00AM

Spring/Summer Program Registration
In Person/Online:
Thursday, March 11 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.

Public Skating Schedule

Winter Schedule Jan 4 - Mar 14, 2027

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

Scan me for Public Skating Schedule

SKATING LESSON INFORMATION

Winter Lessons
Registration
Set 1 Thursday Dec 17th at 7:00pm
Set 2 Thursday Feb 18th at 7:00pm (not applicable to Trout Lake)

Mondays 10 week set
Set 1 Jan 4 - March 8

Fridays 10 week set
Set 1 Jan 8 - 12

Sundays 10 week set
Set 1 Jan 10 - 14

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.*		

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





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. No birthday Jan 16.

AM Parties		PM Parties	
Grandview Room	$330/1 sess	Grandview Room	$330/1 sess
Sa Jan 9-Mar 20	11:00 AM-1:00 PM	Sa Jan 9-Mar 20	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 roomA leader will contact you to discuss party details. Max 50 people (subject to provincial health orders). No modifications/extensions to birthday party package, no exceptions. You can register online/by phone/in-person. Highly recommend to register online. **30 days notice required for refunds.**

Grandview Room		$255/1 sess
Su Jan 10	10:00 AM-12:00 PM	648341
Su Jan 24	10:00 AM-12:00 PM	648342
Su Feb 7	10:00 AM-12:00 PM	648343
Su Feb 28	10:00 AM-12:00 PM	648345
Su Mar 7	10:00 AM-12:00 PM	648346
Su Mar 14	10:00 AM-12:00 PM	648347

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.





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.

Eco-Printing Wool Socks with Fall Leaves NEW! (19+yrs)

TLCCA SUBSIDIZED

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

Fernanda Mascarenhas	Grandview Room
Su Mar 7	1:15 PM-4:15 PM
$25/1 sess	648370

Seeing Trees in Winter (19+yrs)

TLCCA SUBSIDIZED

Even in winter, trees leave plenty of clues to reveal their identity. Join Lalieth White, Landscape Horticulturist and ISA Certified Arborist, for a guided walk around Trout Lake to learn how to identify five native tree species. Afterward, we'll head indoors to sketch and record the key features that help us recognize these trees during the winter months.

Lalieth White	Willow Room
Su Feb 28-Feb 28	10:00 AM-12:00 PM
$5/1 sess	648364

Salmon Leather and Sportfishing Basics NEW! (19+yrs)

TLCCA SUBSIDIZED

Learn the basics of creating fish leather, a sustsinable textile craft that has been re emerging right here in Vancouver. In this Workshop we will work with wild Pacific salmon to make a leather that can be used for small craft projects. Understand the process of fileting, skinning scaling and Tanning to create a small salmon leather craft piece to take home. As an added Bonus at Trout Lake CC, learn the basics of sportfishing locally for trout or salmon. Get started on your fishing journey, understand fishing licences, basic equipment needed, local fishing spots. Understand salmon and prey behaviour, fishing protocol and practices to be a responsible angler. Learn skills to last a lifetime.

J Peachy	Lakewood Room
Tu Feb 23	6:00 PM-8:30 PM
$15/1 sess	653892

Fish Leather Level II - Advanced Crafting & More Colours NEW! (19+yrs)

TLCCA SUBSIDIZED

Prerequisite: Fish Leather Basics. Building on the introductory Fish Leather Basics workshop, take your Fish leather crafting to the next level. In addition see how fish leather can use natural dyes to add colour. Create a larger piece, like a wallet, small hand bag, a tie or where your wild salmon imagination will take you.

J Peachy	Lakewood Room
Tu Mar 9	6:00 PM-8:30 PM
$15/1 sess	655061

Planning Your Spring Garden (19+yrs)

TLCCA SUBSIDIZED

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

Village Vancouver	Lakewood Room
Tu Mar 2	6:30 PM-8:30 PM
$20/1 sess	654077

Plant Based Chocolate Desserts NEW! (19+yrs)

TLCCA SUBSIDIZED

Discover how deliciously indulgent plant-based desserts can be! In this hands-on workshop, you'll learn simple techniques for creating two naturally sweetened chocolate treats: silky plant-based chocolate mousse and rich raw brownie bites. Gain practical skills you can easily recreate at home, using whole food ingredients and plenty of chocolate inspired creativity. Please note: nuts will be used in one of the recipes. Please bring a container to take home your desserts.

Saba Rahbar	Grandview Room
Su Feb 14	2:00 PM-4:00 PM
$28/1 sess	653880

Trout Lake Preschool



2027-2028 REGISTRATION
February 2 | 9:15am
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Easter



MARCH 29
10AM-12PM
FREE

PLAY GYM | BOUNCY CASTLE |
ARTS & CRAFTS | MEET THE BUNNY