

EARTH DAY

*More Info
on Page 56!*



**SUN APRIL 26
11AM - 2PM**

COMMUNITY CENTRE ASSOCIATION

Trout Lake Community Centre Association (TLCCA)

2025 Board of Directors

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

Members at Large:

Anchita Kaushik, Igor Pavlov,
Sam Simonton, Jordan Huang

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

Mission Statement

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



Greetings from the Trout Lake Community Centre Association (TLCCA)

The bulbs are blooming, the buds are opening, and we are thinking ahead to longer and warmer days.

This is the **FIRST COMBINED SPRING AND SUMMER PROGRAM GUIDE** for the Trout Lake Community Centre! You have 60 pages of information and lots of fun planning ahead. You will see new children's educational camps as well as new adult and senior fitness opportunities.

Some Special Events to check out and mark on the calendar:

April 26	Earth Day
May 2	Pottery Sale and Seniors' Bake Sale
May 8-10	Mothers' Day Pow Wow
June 1	Seniors Week (programming and events to be announced)
June 7	Pride Month Screening plus Q&A of documentary The Fruit Machine
August 26	Lantern Procession

Always a Summer favourite, our Wednesday Concert Series is back! Details on back cover. Keep an eye out for workshops happening at the newly expanded Medicine Wheel Garden. Details can be found with other great Greening Workshops on page 59.

As we fill our calendars with exciting program opportunities and special events, those of us on the TLCCA Board look forward to seeing you here in the coming months!

A note about parking:

The Park Board has implemented paid parking at all the parking lots in John Hendry (Trout Lake) Park, including the one closest to Trout Lake Community Centre. Through the Association's advocacy to the Park Board, the city has agreed to provide one **three-hour session of free parking per day for Trout Lake Community Centre users**. To access this, you will need to input your license plate number and general purpose of visit at a screen **INSIDE** the community Centre. If you have any questions or feedback about paid parking, you are welcome to contact the City of Vancouver by dialing 3-1-1. They will connect you with the staff managing this project.

Registration Info:

Spring/Summer Program Registration

In Person/Online:

Thursday, March 12 at 7:00 PM

Summer Camp Registration

In Person/Online:

Wednesday, April 8 at 7:00PM

Spring/Summer Senior Program Registration

In Person/Online:

Thursday, March 12 at 10:00AM

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

Hours of Operation:

Spring: April 1 – June 30, 2026

Summer: July 2 – August 31, 2026

Community Centre Hours

Spring

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

Sat & Sun 8:00 AM-5:00 PM

Summer

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

Sat & Sun 8:00 AM-4:00 PM

Office Hours

Spring

Mon-Fri 9:00 AM-9:30 PM

Sat & Sun. 8:00 AM-4:30 PM

Summer

Mon-Fri 9:00 AM-8:30 PM

Sat & Sun 8:00 AM-3:30 PM

Fitness Centre Hours

Spring

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

Sat & Sun 8:00 AM-4:45 PM

Summer

Mon-Fri 6:00 AM-8:45 PM

Sat & Sun 8:00 AM-3:45 PM

Holiday Hours

(Community Centre and Fitness Centre)

Apr 3 (Good Friday) Regular Hours

Apr 6 (Easter Monday) Regular Hours

May 18 (Victoria Day) Regular Hours

July 1 (Canada Day) Closed

Aug 3 (BC Day) Closed

Where to find us:

3360 Victoria Drive (between 15th & 19th Ave)

Vancouver, B.C. V5N 4M4

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

[f](#) [ig](#) [X](#) @troutlakecc



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Your Recreation Staff:

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

Margo Dunnet Recreation Supervisor

Joe Oliveira Recreation Programmer

Matt Sung Recreation Programmer

Gloria Lai, Alison Wright, Kya Prince Program Assistant III

Patrick Wong Fitness Programmer

Maegan Montemayor Ice Rink Programmer

Artika Mehta Community Youth Worker

Jerry Chan Rental Coordinator

Jason Wu Mechanical Technician II

EARLY CHILDHOOD

Martial Arts

Axé Capoeira Mini Kids (all levels)

(4-7 yrs)

Capoeira is a multidisciplinary Martial Art from Brazil. The classes introduce the children to all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, and language. Classes focus on developing confidence, rhythm, reflexes, balance, coordination, strength and flexibility. No session May 18.

Kenneth Clarke Elm Room

M Apr 13-Jun 22 3:45pm-4:30pm

W Apr 8-Jun 24 4:00pm-4:45pm

\$264/22 sess 598364

M W Jul 6-Aug 19 3:30pm-4:15pm

\$156/13 sess 608978

Parent & Kids Aikido (4-6 yrs)

Enjoy Japanese martial arts Aikido with parent-and child! In this class, the goal is to create fun memories while learning flexible exercises and simple basic techniques in a fun atmosphere. Participate in simple clothes that allow you to exercise. It is a class for one parent per child. Drop-in \$15.00, space permitting. No session May 9.

Shohei Juku Aikido Canada Elm Room

Sa Apr 11-Jun 20 10:00am-10:45am

\$100/10 sess 598459

Birthday Parties Available!

See page 55 for information ...



TROUT LAKE LICENSED PRESCHOOL

NOW OPEN

Sept 2026 - June 2027 School Year

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

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

How to register:

- Make sure to create your child an account prior to registration at recreation.vancouver.ca and have a valid credit card saved.
- Search for the Trout Lake Preschool by typing in the search field **596313** at recreation.vancouver.ca
- Follow the prompts and select one of the times below for your child's age group
- Please note if the class is full, you will be given a waitlist activity number that you will have to search and enroll separately

Required at time of registration:

1. Non-refundable \$50.00 registration fee
 2. Sept 2026 & June 2027 Deposit
 4. Packages will be emailed after registration fees and deposits have been paid for. Forms must be handed into preschool teacher before attending first day.
- * Parents must give 31 days notice in writing to troutlakecc@vancouver.ca if you wish to withdraw for September 2026 or the deposit is forfeited. July 31, 2026 is the last day to withdraw for September 1, 2026 to receive the deposit.

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



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

Performing Arts

Babies Only Music Together with Monica (0-8mo)

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 May 18.

West Side Music Together Lakewood Room
M Apr 13-Jun 15 12:15 PM-1:00 PM
\$218/9 sess 602665

Ballet Parent & Toddler Dance (2-3 yrs)

Parent and child will explore circle stretches, story dances, rhythm, traveling steps, and free-form improvisation. Practice moving as a group, cooperating, and following directions. No class May 10 + Aug 2.

Nicole Daniela Pavia Cedar Hall
Su Apr 12-Jun 21 9:30 AM-10:00 AM
\$101/10 sess 602685
Su Apr 12-Jun 21 10:05 AM-10:35 AM
\$101/10 sess 602686
Su Jul 5-Aug 23 9:30 AM-10:00 AM
\$71/7 sess 602690
Su Jul 5-Aug 23 10:05 AM-10:35 AM
\$71/7 sess 602691

Ballet/Jazz Fusion (4-6 yrs)

In this class children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. They will jump and turn with delight in this fun and high energy class. Children must be able to participate without a parent in the room. There will be a performance on the last day of class for friends and family. No class May 9.

Endorphin Rush Dance Cedar Hall
Sa Apr 11-Jun 20 11:00 AM-11:45 AM
\$140/10 sess 602704
Sa Jul 4-Aug 22 11:00 AM-11:45 AM
\$112/8 sess 602719

Beginner Ballet (5-6 yrs)

In this class you will enter into the world of ballet, learning the basics and fundamentals. We will combine the joy of movement with exciting games, imaginative exercises and make up dances to bring home. No class May 10.

Nicole Daniela Pavia Cedar Hall
Su Apr 12-Jun 21 12:15 PM-1:00 PM
\$111/10 sess 602689
Su Jul 5-Aug 23 12:15 PM-1:00 PM
\$78/7 sess 602694

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 May 9 + May 18.

Endorphin Rush Dance Cedar Hall
(3-5 yrs)
Sa Apr 11-Jun 20 9:30 AM-10:15 AM
\$140/10 sess 602702
Sa Jul 4-Aug 22 9:30 AM-10:15 AM
\$112/8 sess 602717
M Apr 13-Jun 15 10:15 AM-11:00 AM
\$126/9 sess 602714
M Apr 13-Jun 15 12:15 PM-1:00 PM
\$126/9 sess 602716
(4-6 yrs)
Sa Apr 11-Jun 20 10:15 AM-11:00 AM
\$140/10 sess 602703
Sa Apr 11-Jun 20 12:45 PM-1:30 PM
\$140/10 sess 602706
Th Apr 16-Jun 18 3:30 PM-4:15 PM
\$140/10 sess 602708
Sa Jul 4-Aug 22 10:15 AM-11:00 AM
\$112/8 sess 602718
Sa Jul 4-Aug 22 12:45 PM-1:30 PM
\$112/8 sess 602721

Hip Hop and Jazz (4-5 yrs)

Hip hop and jazz is a fun class where your kids will learn how to groove and move with style! They will be taught basic fundamentals of these two genres and dances to show off their moves. Children must be able to dance without a parent in the room. No class May 10 + Aug 2.

Nicole Daniela Pavia Cedar Hall
Su Apr 12-Jun 21 11:30 AM-12:15 PM
\$111/10 sess 602688
Su Jul 5-Aug 23 11:30 AM-12:15 PM
\$78/7 sess 602693

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!

Check out TLCCA Program Cost Assistance

See page 52.

Summer Camps!

See pages 8-13.

Check out our Special Events for Kids

See pages 56-57..

EARLY CHILDHOOD

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. 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. 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 May 18.

West Side Music Together Lakewood Room Karina

Th Apr 9-Jun 11	3:30 PM-4:15 PM	602668
\$235/10 sess		
Th Apr 9-Jun 11	4:30 PM-5:15 PM	602669
\$235/10 sess		

Noa

M Apr 13-Jun 15	9:30 AM-10:15 AM	602663
\$218/9 sess		
M Apr 13-Jun 15	10:30 AM-11:15 AM	602664
\$218/9 sess		
W Apr 8-Jun 10	9:30 AM-10:15 AM	602666
\$235/10 sess		
W Apr 8-Jun 10	10:30 AM-11:15 AM	602667
\$235/10 sess		

My First Dance Class (2-4 yrs)

An introduction to creative dance. Aspiring little dancers will use songs, movement explorations and games to explore coordination, rhythm, spatial awareness and cooperation. This class for the youngest of dancers to experience a playful class with the support of their parents being present. No class May 18.

Endorphin Rush Dance	Cedar Hall
M Apr 13-Jun 15	9:15 AM-10:00 AM
\$126/9 sess	602713

Outdoor Music Together with Karina (0-5 yrs)

Outdoor Music Together® offers a fun-filled, family music making park class with a new songbook and award winning music each semester to continue the learning at home. In our mixed age class, each child participates at his or her own level and their natural musicality is nurtured through singing, dancing, listening, watching, and exploring the musical instruments. Class cancellations due to weather made at the discretion of the teacher and all participants will be notified and refunded. Parent participation is required. Siblings attend at a reduced tuition rate and children 6 months and under attend free with a registered sibling. \$65 Music Together Licensing fee is non-refundable after the first class.

West Side Music Together Outside – Near John Hendry Gravel Field

Tu Th Jun 30 - Jul 23	9:30 AM-10:15 AM	602680
\$201/8 sess		
Tu Th Jun 30 - Jul 23	10:30 AM-11:15 AM	602681
\$201/8 sess		
Tu Th Jun 30 - Jul 23	11:30 AM-12:15 PM	602682
\$201/8 sess		

Visual Arts

Art and Music with Sun Rey (17mo-3 yrs)

This is a wonderful way to introduce your child to art and music. Art and music boosts creativity, builds confidence, increases concentration and improves hand-eye coordination. Experience finger painting, abstract art, collage, colouring, stickers, stamping, clay modelling and more. There will be time set aside for sing a longs and storytelling time. Parent/caregiver participation is required. Drop-in \$21, if space available. No class May 18.

Sun Rey Han	Art Studio
M Apr 13-Jun 8	9:45 AM-10:30 AM
\$139/8 sess	598780
M Apr 13-Jun 8	10:45 AM-11:30 AM
\$139/8 sess	598781

Art Is Fun (3-5 yrs)

Have fun with origami, clay modeling, stamping, collage, abstract art, mixed media art, finger painting, crafting and more. There will be time set aside for sing a longs and storytelling. Child must be able to take class unaccompanied by an adult. Drop in \$23, space permitting. No class May 18.

Sun Rey Han	Art Studio
M Apr 13-Jun 8	1:00 PM-2:00 PM
\$145/8 sess	598782

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 Apr 9-May 7	10:00 AM-11:30 AM
\$85/5 sess	598775
Th May 14-Jun 11	10:00 AM-11:30 AM
\$85/5 sess	598777

Tiny Hands, Big Ideas (3-5 yrs)

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

Cathy Belgrave	Art Studio
W Apr 8-May 6	10:00 AM-11:00 AM
\$70/5 sess	598773
W May 13-Jun 10	10:00 AM-11:00 AM
\$70/5 sess	598774

Social

Parent and Tot Gym (Infant-5 yrs)

Join us at this playtime created especially for families. Toddlers will have the opportunity to explore various climbing equipment and other toys. Toddlers develop their motor skills using gym equipment while meeting new friends. Parental supervision required and the ratio of caregiver to child is 1:3. Drop-in \$3, registration not required. No session Apr 26, May 10 & Jun 24.

Supervisors: Maya Liem & Alexis Quon

Gymnasium
Su W Apr 8-Jun 21 10:00am-11:45am
\$3/drop-in 598460

Sports

High 5 Sports

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 May 9, 16 & Apr 1.

Hai Doan Gymnasium - North (2/3)
(3-5 yrs)

Sa Apr 11-Jun 27 4:15pm-5:00pm
\$250/10 sess 598408
Sa Jul 4-Aug 29 3:15pm-4:00pm
\$200/8 sess 608990

High 5 Sports Parent and Tot

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 May 9, 16 & Apr 1.

Hai Doan Gymnasium - North (2/3)
(2-3 yrs)

Sa Apr 11-Jun 27 3:30pm-4:15pm
\$250/10 sess 598409
Sa Jul 4-Aug 29 2:30pm-3:15pm
\$200/8 sess 608991

Sportball Multi Sport (3-5 yrs)

Sportball Multi-Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in the eight core sports of the Sportball methodology. Classes use developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development, enabling confidence and developing the social skills necessary to succeed in sport and life. No session May 18.

Sportball Vancouver Gymnasium - North (2/3)

M Apr 13-Jun 22 9:45am-10:45am
\$190/10 sess 598497
W Apr 8-May 13 9:45am-10:45am
\$114/6 sess 598498
W May 20-Jun 17 9:45am-10:45am
\$95/5 sess 598499

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

Parent & child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. Classes are outdoors rain or shine. No session Aug 2.

Sportball Vancouver Outside - John Hendry Gravel Field

Su May 24-Jun 21 9:30am-10:15am
\$95/5 sess 598502
Su Jul 5-Aug 23 9:30am-10:15am
\$133/7 sess 609085

Sportball Parent and Tot Multisport (2-3 yrs)

Parent & child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. No session May 18.

Sportball Vancouver Gymnasium - North (2/3)

M Apr 13-Jun 22 9:00am-9:45am
\$190/10 sess 598504
W Apr 8-May 13 9:00am-9:45am
\$114/6 sess 598505
W May 20-Jun 17 9:00am-9:45am
\$95/5 sess 598506

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

Home Run! Participants are introduced to fundamental concepts of T-ball and are provided the basic skills required to play with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on baseball skills including: throwing, catching, batting, running bases and fielding. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Class is outside rain or shine. No session May 18 & Aug 3.

Sportball Vancouver Outside - John Hendry Gravel Field

M May 4-Jun 22 5:00pm-5:45pm
\$133/7 sess 598507
M Jul 6-Aug 17 5:00pm-5:45pm
\$114/6 sess 609087

Sportball Outdoor T-Ball (3-5 yrs)

Big League Fun! Sportball T-Ball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. Parents must stay at the field but do not participate in the classes. Class is outside rain or shine. No session May 18 & Aug 3.

Sportball Vancouver Outside - John Hendry Gravel Field

M May 4-Jun 22 5:45pm-6:45pm
\$133/7 sess 598503
M Jul 6-Aug 17 5:45pm-6:45pm
\$114/6 sess 609086

Summer Day Camp Registration Update

Starting 2026, all Vancouver community centres will share one city-wide registration date. There will no longer be separate dates for each centre.

Registration opens:

- Online & In-Person: Wednesday, April 8 at 7 pm
- By Phone: Thursday, April 9 at 10 am

Tip: Make sure your ActiveNet account is up to date before registration day.

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.

Full Day - Camps

Art Camp:

Colour Explorers

(6-12 yrs)

Are you ready to dive into the world of color? Understanding color mixing and theory can transform how children interact with the world around them. Color theory provides the foundation for understanding how colors work together to create visual art. By engaging in color mixing experiments, children learn the relationships between colors and develop a deeper appreciation for artistic expression. Through these activities, they will use various mediums to explore endless color combinations and create their own unique artwork. Art supplies are included.

Alex Lam	Art Studio
M-F Aug 24-Aug 28	9:15 AM-3:00 PM
\$285/5 sess	608186

Art Studio Camp

(7-12 yrs)

Drawing, mixed media and collage your way into art. Drawing will be our main emphasis with nature walks outside and drawing from your imagination. We will use a number of different drawing materials including inks and water soluble pens, chalk and charcoal. We will cut up old drawings and create scenes or animals from the textured cuts. Students should bring lunch and snacks for the day as well as a hat and sunscreen for when we go outside. It's recommended that students also bring a sketchbook.

Janine Schroedter	Preschool
M-F Jul 6-Jul 10	9:15 AM-3:00 PM
\$310/5 sess	608169

Architecture Around the World with Petit Architect

(7-12 yrs)

Kids will explore the fascinating world of vernacular and traditional architecture. Each day, campers will discover how communities around the world have designed homes using local materials, clever techniques, and sustainable practices, then bring those designs to life with their own hands. Each camper will have a collection of traditional home models and a new appreciation for how architecture reflects culture, climate, and creativity. No experience needed—just bring your curiosity and love for hands-on building!

Petit Architect	Maple Room
M-F Jul 20-Jul 24	9:15am-3:00pm
\$450/5 sess	609129

Beautiful Boutiques Camp

with Petit Architect

(7-12 yrs)

Campers will explore the creative process of designing a boutique from start to finish—whether it's a cozy bookstore, a whimsical candy shop, or a luxurious skincare boutique. Each camper will have a fully realized 3D model of their dream boutique, along with the skills and confidence to think like a designer and entrepreneur. No experience needed, just bring your imagination and a love for creativity!

Petit Architect	Maple Room
M-F Jul 27-Jul 31	9:15am-3:00pm
\$450/5 sess	609130

Dream House Camp with Petit Architect

(7-12 yrs)

Imagine designing a home that's 100% you—from the cozy bedroom to the ultimate game room, a chef's kitchen, or even a secret hideout! Kids will become architects, interior designers, and builders as they create their dream house from the ground up. Each camper will have a one-of-a-kind 3D model of their dream home, a space that reflects their personality, creativity, and style. No experience needed, just bring your imagination and a love for design!

Petit Architect	Maple Room
M-F Jul 13-Jul 17	9:15am-3:00pm
\$490/5 sess	609128

Happy City Camp

with Petit Architect

(7-12 yrs)

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! Each camper will leave with a model of their very own Happy City and a new appreciation for how design can create spaces that bring people together. No experience needed, just bring your creativity and big ideas!

Petit Architect	Maple Room
M-F Jul 6-Jul 10	9:15am-3:00pm
\$450/10 sess	609126

SUMMER CAMPS - REGISTRATION: APRIL 8TH | 7PM

Byte Camp -

3D Animation

(11-14 yrs)

Ever wonder how those awesome 3D animated movies like Shrek, Toy Story and Frozen are made? Spend the week learning how by modeling, animating and telling your own stories in 3D. You'll use Blender, a wonderful (& free!) 3D software, to design characters that jump off the screen and then make them come alive by adding voices, soundtracks and completing a group-made short film.

Byte Camp

Preschool

Tu-F Aug 4-Aug 7

9:00am-4:00pm

\$355/4 sess

609136

Byte Camp - Introduction to Coding

(9-12 yrs)

Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with Scratch and get to use those skills to make their very own games. Students will learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can access and play or proudly share with friends online.

Byte Camp

Maple Room

M-F Aug 17-Aug 21

9:00am-3:15pm

\$380/5 sess

609137

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. No class Aug 3.

Janine Schroedter

Art Studio

Tu-F Aug 4-Aug 7

9:15 AM-3:00 PM

\$262/4 sess

608172

M-F Aug 17-Aug 21

9:15 AM-3:00 PM

\$325/5 sess

608174

Flow with Nature:

Art and Yoga

(6-12 yrs)

Children will learn to move with the rhythm of nature-stretching tall like sunlit trees, flowing gently like rivers, and grounding themselves like strong mountain roots. Through mindful movement, quiet reflection, and creative expression, little yogis will discover balance, confidence, and joy-while connecting with friends in a warm, supportive space. Please bring your yoga mat, lunch, snacks, and a water bottle. All other natural, nurturing materials are included.

Endorphin Rush Dance

Cedar Hall

M-F Jul 6-Jul 10

9:15 AM-3:00 PM

\$445/5 sess

609318

Hummingbird Empowerment Camp

(10-12 yrs)

We provide free transformative, community programs for girls and gender-diverse youth. We will explore different topics surrounding adolescence and introduce conversations on gender stereotypes and body positivity, menstruation, navigating friendship and power dynamics and creating a culture of respect. We balance learning with relevant crafts, a daily dose of nature time and provide space for vulnerability and openness with our daily heart circles. This is a LGBTQ2SIAP+ inclusive space and we welcome gender-diverse youth. Registration is by Application. For more information on how to apply: <https://fireandflowergirls.org/summer/> or contact jenn@fireandflowergirls.org. No camp on July 1.

Flourish Education & Mentorship Society

Preschool

M Tu + Th F Jun 29-Jul 3

9:30 AM-3:30 PM

Free/4 sess

609268

Kingfisher Empowerment Camp

(10-12 yrs)

We provide free transformative, community programs for girls and gender-diverse youth. We will explore different themes and topics surrounding adolescence such as gender equity, body positivity, changes in physical developments and emotional shifts at this time, the diversity of anatomy in different bodies and an in-depth look at menstruation. This is a LGBTQ2SIAP+ inclusive space and we welcome gender-diverse youth. Registration is by Application. For more information on how to apply: <https://fireandflowergirls.org/summer/> or contact jenn@fireandflowergirls.org

Flourish Education & Mentorship Society

Preschool

M-F Jul 13-Jul 17

9:30 AM-3:30 PM

Free/5 sess

609933

Math & Literacy Camp

(5-7 yrs)

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

Ready Set Play

Art Studio

M-F Jul 27-Jul 31

9:00am-3:00pm

\$310/5 sess

615964

Multi-Sport Camp

(5-9 yrs)

An action-packed week of activities which will encourage social, emotional learning, develop their leadership skills, physical literacy and active team play. 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 Aug 17-Aug 21

9:00am-3:00pm

\$250/5 sess

609032

SUMMER CAMPS - REGISTRATION: APRIL 8TH | 7PM

Pop Stars & Creative Arts

(4-7 yrs)

Our Summer Camp blends singing, dancing, pop music, and arts & crafts. Kids build confidence, creativity, and teamwork through fun, structured activities. The week ends with a mini show for family and friends! All materials are provided for a safe, energetic, and creative experience.

Anushka Kashyap Cedar Hall
M-F Jul 20-Jul 24 9:15 AM-3:30 PM
\$405/5 sess 609347

Rhythm and Art Summer Camp

(7-12 yrs)

Join us for a vibrant and creative summer at our Dance, Art, and Smartphone Photography Camp! Students will also learn the basic fundamentals of Hip Hop and Breaking where they build strength, and develop confidence while having fun, followed by smartphone photography sessions where students will learn the basics of camera settings, composition, lighting, and editing. In addition, students will experiment with various mediums like painting, drawing, sculpture, and mixed media.

Jhaymee Hizon + Viola Choy Preschool/
Cedar Hall
M-F Jul 27-Jul 31 9:30 AM-3:30 PM
\$330/10 sess 609429

Partial Day - Camps

Advanced Youth Capoeira Intensive

(7-14 yrs)

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

Kenneth Clarke Elm Room
M-F Jul 6-Jul 10 9:30am-1:00pm
\$175/5 sess 608971

Art is Fun Camp

(3-5 yrs)

Children will enjoy a variety of hands-on art activities including painting, clay modeling, stamping, collage, finger painting, crafting, and more. We'll also have dedicated time for sing-alongs, storytelling, and free play. Art supplies are provided. Please bring a water bottle. Drop-in \$28, 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 Jul 6-Jul 10 12:30 PM-2:00 PM
\$133/5 sess 608161
M-F Aug 10-Aug 14 12:30 PM-2:00 PM
\$133/5 sess 608162

Art Lab Camp: Experiments in Creativity

(8-12 yrs)

Art Lab is a hands-on, curiosity-driven program for children who love to explore and create. From guided experiments with paper marbling, to art journaling and clay work, young artists discover new techniques while expressing their unique creative voice.

Cathy Belgrave Art Studio
M-F Jul 20-Jul 24 10:00 AM-12:00 PM
\$130/5 sess 607984

Bluey's Big Summer Camp

(3-5 yrs)

Get ready for a tail-wagging good time at Bluey's Big Summer Dance Camp! Inspired by the fun, imagination, and family themes kids love, this joyful camp invites young dancers to move, play, and create through dance and games.

Endorphin Rush Dance Cedar Hall
M-F Aug 17-Aug 21 9:15 AM-10:30 AM
\$109/5 sess 609321

Creative Play Camp

(4-5 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
M-F Jul 13-Jul 17 10:00 AM-12:00 PM
\$113/5 sess 607964

Dance Extreme Camp

(6-12 yrs)

Explore a number of different dance styles in this upbeat and welcoming dance camp. Styles may include Latin Dance, Contemporary, Popping, Hip Hop, Acrobatic Dance, Creative Movement and Bollywood! Please wear comfortable clothing and bring water and clean indoor shoes for dancing. There will be a presentation for family members on the last day of camp. No experience required. No class July 1.

Endorphin Rush Dance Location unspecified
M Tu + Th F Jun 29-Jul 3 12:30 PM-3:30 PM
\$220/4 sess 609317

Fairytale Remix

(3-5 yrs)

Classic fairytales meet movement and imagination. Young dancers bring princes, princesses, heroes, and magical creatures to life through ballet and jazz-inspired movement. This camp encourages creativity, listening skills, and confidence while introducing basic dance technique in a fun and engaging way.

Endorphin Rush Dance Cedar Hall
M-F Aug 17-Aug 21 10:45 AM-12:00 PM
\$109/5 sess 609324

Famous Artists Remix Camp

(6-8 yrs)

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

Sun Rey Han Art Studio
M-F Aug 10-Aug 14 2:30 PM-4:45 PM
\$198/5 sess 608164

SUMMER CAMPS - REGISTRATION: APRIL 8TH | 7PM

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. Presentation for parents on the last day!

Endorphin Rush Dance Cedar Hall

M-F Jul 27-Jul 31 12:30 PM-1:45 PM

\$110/5 sess 609292

M-F Aug 24-Aug 28 9:15 AM-10:30 AM

\$109/5 sess 609307

M-F Aug 24-Aug 28 10:45 AM-12:00 PM

\$109/5 sess 609308

Hip Hop Playground (4-7 yrs)

Dancers learn foundational grooves, rhythm, and short choreography combinations while building confidence and musicality. This camp balances structure and creativity, making it ideal for dancers who love high-energy movement and modern music. There will be a presentation for family members on the last day of camp. No experience required, all dancers welcome. No class July 1.

Endorphin Rush Dance Cedar Hall

M Tu + Th F Jun 29-Jul 3

10:45 AM-12:00 PM

\$88/4 sess 609316

Junior Author & Artist Studio

Camp (8-12 yrs)

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

Cathy Belgrave Art Studio

M-F Jul 20-Jul 24 1:00 PM-3:30 PM

\$150/5 sess 607987

M-F Aug 17-Aug 21 1:00 PM-3:30 PM

\$150/5 sess 607996

Brick Animation

Camp (6-12 yrs)

Create a stop-motion Brick Animation mini movie, using LEGO Movie Maker Software and LEGO elements! We'll use a variety of LEGO sets including LEGO CITY, LEGO Friends, Jurassic, Superheroes, and more! In a fun and supportive environment, students will learn the basic techniques of Brick Animation including movement, timing, effects, editing, voice overs, and more!

Tomorrow's Playground Preschool

M-F Jul 20-Jul 24 10:00am-12:00pm

\$175/5 sess 610779

M-F Aug 10-Aug 14 10:00am-12:00pm

\$175/10 sess 610781

SPIKE ROBOTICS

with Scratch coding (8-12 yrs)

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

Tomorrow's Playground Preschool

M-F Aug 10-Aug 14 3:00pm-5:00pm

\$225/5 sess 609072

K-Pop Demon Hunter & Crafts Camp!

(5-10 yrs)

We will work on our Jazz, Hip Hop, and K-Pop moves while we embody and create our own Demon Hunter characters. Then we will string together moves for a performance at the end of the week! We will do crafts and games inspired by the Demon Hunters and dance to your favourite songs from the movie. Wear your favourite outfits that you can move comfortably in, bring some water and a snack!

Nicole Daniela Pavia Cedar Hall

M-F Aug 10-Aug 14 9:15 AM-12:15 PM

\$225/5 sess 609295

WEDO I Robotics

Camp (6-12 yrs)

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

Tomorrow's Playground Preschool

M-F Jul 20-Jul 24 12:30pm-2:30pm

\$175/5 sess 609100

WEDO Robotics

Camp (6-11 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 Aug 10-Aug 14 12:30pm-2:30pm

\$175/5 sess 609099

Little Artist Camp

(5-6 yrs)

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

Sun Rey Han Art Studio

M-F Jul 6-Jul 10 9:30 AM-11:30 AM

\$177/5 sess 608158

M-F Aug 10-Aug 14 9:30 AM-11:30 AM

\$177/5 sess 608160

SUMMER CAMPS - REGISTRATION: APRIL 8TH | 7PM

Kids Team Tennis Camp

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

Wilson Tan Outside - Tennis Court

(5-6 yrs)

M-F Jul 13-Jul 17	10:00am-11:00am
\$95/5 sess	609003
M-F Jul 27-Jul 31	10:00am-11:00am
\$95/5 sess	609005
M-F Aug 10-Aug 14	10:00am-11:00am
\$95/5 sess	609007
M-F Aug 24-Aug 28	10:00am-11:00am
\$95/5 sess	609009

(7-9 yrs)

M-F Jul 13-Jul 17	11:00am-12:30pm
\$120/5 sess	609011
M-F Jul 27-Jul 31	11:00am-12:30pm
\$120/5 sess	609013
M-F Aug 10-Aug 14	11:00am-12:30pm
\$120/5 sess	609015
M-F Aug 24-Aug 28	11:00am-12:30pm
\$120/5 sess	609017

(10-13 yrs)

M-F Jul 13-Jul 17	11:00am-12:30pm
\$120/5 sess	608996
M-F Jul 27-Jul 31	11:00am-12:30pm
\$120/5 sess	608997
M-F Aug 10-Aug 14	11:00am-12:30pm
\$120/5 sess	608999
M-F Aug 24-Aug 28	11:00am-12:30pm
\$120/5 sess	609001



Kids Team Tennis Camp

Pottery Camp

(8-12 yrs)

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

Laura Van Der Linde Pottery Studio

M-F Jul 6-Jul 10	9:30 AM-12:00 PM
\$250/5 sess	602659
M-F Jul 13-Jul 17	1:00 PM-3:30 PM
\$250/5 sess	602661
M-F Aug 17-Aug 21	1:00 PM-3:30 PM
\$250/5 sess	602662
M-F Aug 24-Aug 28	9:30 AM-12:00 PM
\$250/5 sess	602660

Soccer Camp with Golden Boot Soccer

We will focus on passing, dribbling, shooting, teamwork and playing games for the last 30 minutes each day followed by a World Cup games on Friday. No session July 1.

Mohsen* Hatamian Outside - John Hendry Grass Area NW

(6-7 yrs)

M-F Jun 29-Jul 3	9:00am-11:30am
\$110/4 sess	609056
M-F Jul 13-Jul 17	9:00am-11:30am
\$137.5/5 sess	609057
M-F Jul 27-Jul 31	9:00am-11:30am
\$137.5/5 sess	609059
M-F Aug 17-Aug 21	9:00am-11:30am
\$137.5/5 sess	609062

(8-12 yrs)

M-F Jun 29-Jul 3	9:00am-12:00pm
\$132/4 sess	609064
M-F Jul 13-Jul 17	9:00am-12:00pm
\$165/5 sess	609066
M-F Jul 27-Jul 31	9:00am-12:00pm
\$165/5 sess	609068
M-F Aug 18-Aug 21	9:00am-12:30pm
\$165/4 sess	609069

Sportball Multi Sport Outdoor Camp

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

Sportball Vancouver Outside - John Hendry Grass Area NW

(3-5 yrs)

M-F Jul 6-Jul 10	10:45am-12:00pm
\$85/5 sess	609073
Tu-F Jul 21-Jul 24	10:45am-12:00pm
\$68/4 sess	609074
M-F Jul 27-Jul 31	10:45am-12:00pm
\$85/5 sess	609075
M-F Aug 10-Aug 14	10:45am-12:00pm
\$85/5 sess	609076
M-F Aug 17-Aug 21	10:45am-12:00pm
\$85/5 sess	609077

(5-8 yrs)

M-F Jul 06-Jul 10	1:00pm-4:00pm
\$195/5 sess	609078
M-F Jul 20-Jul 24	1:00pm-4:00pm
\$195/5 sess	609079
M-F Jul 27-Jul 31	1:00pm-4:00pm
\$195/5 sess	609080
M-F Aug 10-Aug 14	1:00pm-4:00pm
\$195/10 sess	609081
M-f Aug 17-Aug 21	1:00PM-4:00PM
\$195/10 sess	609082

Stories in the Studio Camp

(6-8 yrs)

Stories in the Studio invites children to explore storytelling through art and imagination. In this small, supportive group, children share oral stories, write simple narratives, and create artwork inspired by the stories they tell and hear.

Cathy Belgrave Art Studio

M-F Jul 13-Jul 17	1:00 PM-3:00 PM
\$120/5 sess	607966
M-F Aug 17-Aug 21	10:00 AM-12:00 PM
\$120/5 sess	607995

SUMMER CAMPS - REGISTRATION: APRIL 8TH | 7PM

Storytelling & Creative Writing

(5-8 yrs)

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

Ready Set Play Art Studio
M-F Jul 27-Jul 31 3:00pm-5:00pm
\$110/5 sess 616103

Superhero Dance Academy!

(4-6 yrs)

Kids will leap, spin, and power up their moves through an action-packed mix of hip-hop, jazz, and freestyle dance! Each day they'll unlock new superpower moves and they will complete the week with a performance of their dance powers. Sticky socks, barefoot, or clean runners are welcome to wear. Attendees must be comfortable without their parents in the room.

Nicole Daniela Pavia Cedar Hall
M-F Aug 10-Aug 14 12:30 PM-1:45 PM
\$110/5 sess 609293

Superhero Training Academy Dance Camp

(6-12 yrs)

In this action-packed camp, dancers train their superpowers through big movements, jumps, spins, and creative dance challenges. Using jazz and hip hop-inspired movement, kids build strength, coordination, and confidence while learning teamwork and imagination-based storytelling.

Endorphin Rush Dance Cedar Hall
M-F Aug 17-Aug 21 12:30 PM-3:30 PM
\$220/5 sess 609328



Superhero Training Academy Dance Camp

Swiftie Dance Camp

(6-12 yrs)

This upbeat, empowering, and vibrant dance class is set to 100% Taylor Swift tunes. Dancers will improve jazz technique, play interactive dance games, and learn dynamic choreographies. Please wear comfortable clothing for movement, clean dance or running shoes, and bring a water bottle. Get ready to cheer; there will be a presentation on the last day of class.

Endorphin Rush Dance Cedar Hall
M-F Aug 24-Aug 28 12:30 PM-3:30 PM
\$220/5 sess 609309

Swifties Dance & Craft Party!

(5-10 yrs)

Come "Shake it off" to all your favourite Taylor Swift tunes with "Me!", your dance teacher, Nicole. We will have "The Best Day" working on our dance technique and learning moves from every Era. We will make crafts like "Paper Rings" inspired by Taylor Swift! Wear your favourite outfits and see "Sparks Fly" while we do a dazzling performance at the end of the week! Wear something comfortable that you can move in, bring a water bottle, and a small snack.

Nicole Daniela Pavia Cedar Hall
M-F Jul 27-Jul 31 9:15 AM-12:15 PM
\$225/5 sess 609288

Under the Sea Dance Quest

(3-6 yrs)

We'll use ballet, jazz, and creative movement to explore flowing, playful dances inspired by sea creatures and underwater adventures. Through storytelling, movement games, and music, dancers build coordination, confidence, and a love of dance while letting their imaginations swim free. No class July 1.

Endorphin Rush Dance Cedar Hall
M Tu + Th F Jun 29-Jul 3 9:15 AM-10:30 AM
\$88/4 sess 609311

Yoga Dance and Art Camp

(6-10 yrs)

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

Kylie Raitlon Elm Room
M-F Aug 10-Aug 14 9:00am-3:00pm
\$285/10 sess 609102
M-F Aug 24-Aug 28 9:00am-3:00pm
\$285/10 sess 609103



Yoga Dance and Art Camp

Please register early!

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

Education

Advanced Architecture for Kids

(8-12 yrs)

Take your creativity to the next level with Advanced Architecture for Kids, a more advanced version of Design & Architecture for Kids. Perfect for students who love building, designing, and problem-solving. Young architects will practice advanced skills such as creating scaled floor plans, learning about sections and elevations, and experimenting with innovative building methods through detailed 2D architectural drawings and 3D model-making projects. By tackling more complex projects, students will strengthen critical thinking skills and gain confidence in expressing their creative ideas just like professional architects. As this is an advanced class, prior experience with our classes or similar is expected. All supplies provided and students will bring home their models. No session May 18.

Petit Architect Design For Kids Ltd.

M Apr 13-Jun 8
\$240/8 sess

Grandview Room
5:15pm-6:30pm
598382

Character Cake Decorating: **NEW!** Fondant Art for Kids

(9-12 yrs)

Unleash your child's creativity in this Character Cake Decorating workshop! This beginner-friendly class introduces young artists to fondant basics. Kids will learn to roll, shape, and design a 'Twinkle Twinkle' inspired mini bear cake. Guided by the instructor, students develop fine motor skills and patience while bringing their sweet imagination to life. Please bring a sandwich size container for your cake.

Karon Wong
Su Jun 14
\$38/1 sess

Grandview Room
1:00 PM-3:00 PM
614338



Character Cake Decorating

Cook and Bake with Lily

(8-12 yrs)

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

Lily Sum
Th Apr 9-Jun 25
\$420/24 sess

Kitchen
4:00 PM-6:00 PM
602000

Design and Architecture for Kids

(7-12 yrs)

Embark on a journey of architectural discovery with our engaging and playful hands-on classes designed for kids aged 7 to 12! Every week, young architects explore the fascinating worlds of famous architects, design concepts, and captivating buildings, unleashing their creativity through the creation of 2D drawings and 3D models. From Nader Khalili's shelters to Gustave Eiffel's tower, our winter afterschool classes invite students to discover diverse structures, innovative materials, and iconic spaces across cultures and history. Projects change every session so students can keep building with us! All supplies provided and students will bring home their models. No session May 18.

Petit Architect Design For Kids Ltd.

M Apr 13-Jun 8
\$240/8 sess

Grandview Room
3:45pm-5:00pm
598381

D&D After School

(9-13 yrs)

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

Thomas Long

Art Studio

Th May 7-May 28
\$100/4 sess

3:30 PM-5:30 PM
601449

Family Fun Lip Gloss Making with Lily

(6-12 yrs)

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

Lily Sum

Art Studio

Su Apr 19
\$70/1 sess
Su Jun 7
\$70/1 sess
Su Jul 19
\$70/1 sess

12:00 PM-1:30 PM
602017
12:00 PM-1:30 PM
602042
2:30 PM-4:00 PM
602044

Family Fun Soap Making with Lily

(6-12 yrs)

Choose from over 40 scents, 60+ molds, endless colour combinations and learn how to create make 6 personalized soaps to take home! No experience required and all supplies are included. Only 1 registration required per group (up to 3 participants.) Visit soapifystudio.com for more information.

Lily Sum

Art Studio

Su Apr 12
\$74/1 sess
Su May 17
\$74/1 sess
Su Jun 21
\$74/1 sess
Su Aug 9
\$74/1 sess

12:00 PM-1:30 PM
602029
12:00 PM-1:30 PM
602039
12:00 PM-1:30 PM
602043
2:30 PM-4:00 PM
602048

Check out TLCCA Program Cost Assistance

See page 52.

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

The Fun Chess Program is a beginner-level course designed for children with little to no prior experience in chess. Students will learn the basics of the chessboard, the different pieces, and the rules to play a complete game. By the end of the course, they will also be able to checkmate in simple game positions. In addition to learning chess strategies, students will develop good sportsmanship and learn to be respectful in competitive environments. No class May 8.

Enrichmind Academy Art Studio
F Apr 10-Jun 19 3:45 PM-4:45 PM
\$81/10 sess 602683

Grade 1 Literacy (5-6 yrs)

This is an introductory class to helping emerging readers improve their reading fluency. Students will be introduced to rhymes, sight words and will be given opportunities to write words and sentences. Students will be given homework each class. Drop-in \$15, space permitting. No session Apr 29 & Jun 10.

Ready Set Play Art Studio
W Apr 8-Jun 24 3:30pm-4:15pm
\$110/10 sess 615936

Grade 1 Math (5-6 yrs)

This is an introductory class to help students become comfortable with numbers. Through games, activities and hands-on lessons, students become confident with numbers and improve their numeracy skills. We will focus on counting to 100, arithmetic operations such as addition and subtraction up to 20. Students will be given homework each class. Drop-in \$15, space permitting. No session Apr 29 & Jun 10.

Ready Set Play Art Studio
W Apr 8-Jun 24 4:15pm-5:00pm
\$110/10 sess 615963

It's a Chinese Dumpling

Family Party! **NEW!** (6-18 yrs)

It's a Chinese dumpling party! Learn how to prepare 2 meat based fillings, wrap, and cook your own delicious jiaozi. Afterwards, eat a delicious bowl of your own home-made dumplings with dipping sauces. Bring 2 containers to take-away some of your dumplings to freeze and enjoy at home later. This is a family program, 1 adult must accompany 1 child. Only 1 registration required per pair.

Kristine Hui Grandview Room
Su Apr 5 10:00 AM-1:00 PM
\$93/1 sess 603660

Kindergarten Literacy (4-5 yrs)

This is an introductory class to basic phonics. Students will be introduced to a few letters each class and will be given opportunities to learn to print, recognize and sound out letters using a variety of activities such as art and games using different materials. Students will be given homework each class. Drop-in \$15, space permitting. No session May 18.

Ready Set Play Board Room
M Apr 13-Jun 22 3:30pm-4:15pm
\$110/10 sess 615787

Kindergarten Math (4-5 yrs)

This is an introductory class to basic numeracy. Students will be introduced to a few numbers each class and will be given opportunities to count, write and read the numbers 1-100. We will also introduce concepts such as skip counting, addition and subtraction up to 20 and multiplication up to 2 using a variety of activities, worksheets and games. The students will focus on counting loonies and toonies. Students will be given homework each class. Drop-in \$15, space permitting. No session May 18.

Ready Set Play Board Room
M Apr 13-Jun 22 4:15pm-5:00pm
\$110/10 sess 615849

Korean Gimbap Making

Family Party! **NEW!** (6-18 yrs)

Roll into fun! Parents and kids team up to make Korean gimbap - colorful seaweed wrapped rice rolls filled with veggies, egg, and tasty add ins. Families prepare and choose their fillings, learn simple rolling techniques, and create delicious, personalized gimbaps together in a relaxed, no heat environment. Just remember to bring 2 containers to bring your gimbap home in. This is a family program, 1 adult must accompany 1 child. Only 1 registration required per pair.

Kristine Hui Grandview Room
Su May 24 12:00 PM-2:30 PM
\$93/1 sess 603663

Pre Foundation Chess

(Level 2) (6-13 yrs)

For children who have completed the Fun Chess program or have some experience playing chess. If the answers to the following questions are all "Yes," your child can is ready to register for this level 2. 1. Do you know the names of all the chess pieces? Can you explain how they move on the chessboard? 2. Do you know all the rules to play a game? 3. Have you ever completed a full chess game? No class May 8.

Enrichmind Academy Art Studio
F Apr 10-Jun 19 5:00 PM-6:00 PM
\$134/10 sess 602684

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.

Summer Camps!

See pages 8-13.

Pro-D Day with Petit Architect-Design Your Dream Playground! (7-12 yrs)

Unleash your creativity and become a playground designer for a day! In this hands-on STEAM camp, kids ages 7-12 will explore the exciting world of architecture and urban planning by designing their very own dream playground. By the end of the day, each camper will leave with a model of their unique playground and a new appreciation for how design shapes the spaces we play in. No experience needed, just imagination and a love for fun! All supplies provided and students will bring home their model. Bring a nut free lunch, water bottle, and dress for the weather as we will go outdoors:) Petit Architect Design For Kids Ltd.

Board Room
M Apr 20 9:15am-2:45pm
\$115/1 sess 598474



Pro-D Day with Petit Architect

WEDO I Robotics (6-11 yrs)

Exciting and Fun introduction to Robotics with Lego® Education WeDo 1 software. In this exciting STEM-based program, students will develop their skills in science, technology, engineering, and mathematics. Using LEGO elements, teams of students will build various robots featuring a working motor, sensors, and gears, and then program their models using block coding, and engage in fun theme-based activities!

Tomorrow's Playground Grandview Room
Tu Apr 14-May 05 4:00pm-5:30pm
\$100/4 sess 598529

Martial Arts

Aikido Beginner Level

Aikido is a non-competitive but very effective martial art and emphasizes the development of self-discipline, focus, manners, meditation and self defense within a friendly training atmosphere. Drop-in \$12.00, space permitting. No session May 18.

Shohei Juku Aikido Canada Elm Room
(5-7 yrs)

M Apr 13-Jun 22 4:45pm-5:45pm
\$100/10 sess 598355

(8-12 yrs)
Tu Apr 7-Jun 23 4:45pm-5:45pm
\$120/12 sess 598356

Aikido Summer Kids Class (8-12 yrs)

Aikido is a non-competitive Japanese martial art form. Kids learn basic techniques, movements, and develop self-discipline with warm and friendly atmosphere. Drop-in \$15, space permitting.

Shohei Juku Aikido Canada Elm Room
Tu Jul 7-Aug 25 4:30pm-5:30pm
\$80/8 sess 616060

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 Apr 11-Jun 27 1:00pm-2:30pm
\$77/11 sess 598486
Sa Jul 4-Jul 25 1:00pm-2:30pm
\$35/4 sess 609052

Axé Capoeira for Youth (8-14 yrs)

Capoeira is an Afro-Brazilian martial art that combines music, self-defense, dance, acrobatics and physical conditioning to create a unique, multidisciplinary experience. Modern capoeira is one of the most inherently diverse martial arts in the world today with creativity, music, self-expression and strategic thinking as much a part of the core curriculum as physical training and fitness. Kids will love this program. Class is twice a week. No session May 8, 18, Jun 5 & Aug 3.

Kenneth Clarke
(Beginners)

Elm Room
W Apr 8-Jun 24 4:30pm-5:30pm
Lakewood Room

F Apr 10-Jun 26 4:00pm-5:00pm
\$264/22 sess 598362

(Intermediate)
Lakewood Room

M Apr 13-Jun 22 4:45pm-5:45pm
Elm Room

W Apr 8-Jun 24 4:30pm-5:30pm
\$264/22 sess 598363

(Advanced)
Lakewood Room

M Apr 13-Jun 22 4:45pm-5:45pm
F Apr 10-Jun 26 4:00pm-5:00pm

Elm Room
W Apr 8-Jun 24 4:30pm-5:30pm
\$320/32 sess 598361

(All Levels)
Lakewood Room

M Jul 6-Aug 17 5:15pm-6:15pm
Elm Room

W Jul 8-Aug 19 4:30pm-5:30pm
\$156/13 sess 608977



Axé Capoeira for Youth

Youth Don Jitsu Ryu

(Karate/ Jiu Jitsu) (8-12 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. White Karate uniform is required and available for purchase at Trout Lake CC. If you have any questions you can reach us at pdkitsoffice@gmail.com. Classes are taught by Shihan Amber Murphy-Smith, a World Champion and 6th Degree Black Belt. No session May 8 & 17.

Shihan Amber Murphy-Smith Elm Room
Su Apr 12-Jun 21 11:30am-12:30pm
\$162/9 sess 598534

Performing Arts

B-Boy Dance with Jhaymee

(7-13 yrs)

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

Jhaymee Hizon Cedar Hall
W Apr 15-Jun 17 4:45 PM-5:45 PM
\$130/10 sess 602955



B-Boy Dance with Jhaymee

Classical/Jazz/Pop Piano & Guitar with Diego

(4+yrs)

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

Diego Kohl Board Room
Th Apr 9-Jun 18 3:30 PM-7:00 PM
\$341/11 sess 600560
Th Jul 9-Aug 20 3:30 PM-7:00 PM
\$217/7 sess 600569

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 May 9 + May 18 + Aug 3

Rene Hugo-Sanchez
Board Room - Spring
Sa Apr 18-Jun 20 10:00 AM-2:00 PM
\$279/9 sess
Th Apr 16-Jun 18 7:05 PM-8:05 PM
\$310/10 sess
Art Studio - Spring
M Apr 13-Jun 22 5:45 PM-7:15 PM
\$310/10 sess
Art Studio - Summer
Sa Jul 4-Aug 22 10:00 AM-2:00 PM
\$248/8 sess
Th Jul 2-Aug 27 6:00 PM-7:30 PM
\$279/9 sess
M Jun 29-Aug 24 5:45 PM-7:15 PM
\$248/8 sess

Hip Hop Movers

(4-7 yrs)

We will dance to big beats, play dance games, learn hip-hop moves and grooves, and have loads of fun in this dance class! Wear comfy clothing and please bring a water bottle and running shoes with non-marking soles. Dancers must be able to attend without guardian present. No drop-ins. No class May 9.

Endorphin Rush Dance Cedar Hall
Sa Apr 11-Jun 20 12:00 PM-12:45 PM
\$140/10 sess 602705
Sa Apr 11-Jun 20 1:45 PM-2:30 PM
\$140/10 sess 602707
Sa Jul 4-Aug 22 12:00 PM-12:45 PM
\$112/8 sess 602720
Sa Jul 4-Aug 22 1:45 PM-2:30 PM
\$112/8 sess 602722

Hip-Hop

(8-12 yrs)

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

Endorphin Rush Dance Cedar Hall
Th Apr 16-Jun 18 5:15 PM-6:15 PM
\$140/10 sess 602710

Hip-Hop & Jazz

(6-8 yrs)

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

Endorphin Rush Dance Cedar Hall
Th Apr 16-Jun 18 4:15 PM-5:15 PM
\$140/10 sess 602709

Mini Ballerinas (3-4 yrs)

Basic ballet vocabulary, posture, and alignment will be introduced. Practice moving as a group, cooperating, and following directions. Dance with props and costumes and have fun acting stories through dance. Dancers are encouraged to express themselves creatively as well as to imitate movements and dance patterns. Children must be able to dance without a parent in the room. No class May 10 + Aug 2.

Nicole Daniela Pavia	Cedar Hall
Su Apr 12-Jun 21	10:40 AM-11:25 AM
\$111/10 sess	602687
Su Jul 5-Aug 23	10:40 AM-11:25 AM
\$78/7 sess	602692

Mini Hip Hop Movers (3-5 yrs)

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room. There will be a performance on the last day of class for friends and family. No class May 18.

Endorphin Rush Dance	Cedar Hall
M Apr 13-Jun 15	11:05 AM-11:50 AM
\$126/9 sess	602715

Musical Magic (7-10 yrs)

Each term, we dive into a new musical adventure such as The Lion King, KPop Demon Hunters, and Matilda. Classes include singing and dance warm-ups, key song rehearsals, and fun improv games to spark creativity and teamwork. Kids will practice acting, expression, and line delivery while collaborating to bring the story to life. The term wraps up with a mini performance for parents to celebrate their hard work! No class May 8 & 15.

Anushka Kashyap	Cedar Hall
F Apr 10-Jun 26	4:15 PM-5:00 PM
\$127/10 sess	599335

Piano with Charis (6-19 yrs)

Tailor made 30-min piano lesson taught by experienced award-winning professional and music educator. Graduate of UBC B.Mus. & UBC Master of Education in Music. Beginners are all welcome! Students learn to play music in a fun and encouraging environment. Books are not included. Students would acquire their own books upon instructor's advice in the first lesson. There will be NO make-up lessons due to student's absence. No class May 10 + Aug 3.

Charis Chung	Maple Room/Board Room
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Spring	
Tu Apr 7-Jun 23	3:30 PM-8:30 PM
\$372/12 sess	
W Apr 8-Jun 24	3:30 PM-8:00 PM
\$372/12 sess	
Th Apr 9-Jun 25	3:30 PM-8:00 PM
\$372/12 sess	
Su Apr 12-Jun 21	10:00 AM-4:00 PM
\$310/10 sess	

Summer	
M Jul 6-Aug 24	3:30 PM-8:00 PM
\$217/7 sess	
Tu Jul 7-Aug 25	3:30 PM-8:30 PM
\$248/8 sess	
W Jul 8-Aug 26	3:30 PM-8:00 PM
\$248/8 sess	
Su	Jul 12-Aug 23
10:00 AM-3:30 PM	
\$217/7 sess	

Piano with Samuel (3+yrs)

Learn to play classical, pop, or to compose music in a fun and encouraging environment. Lessons cover a variety of practical skills such as rhythm, dexterity, technique, theory, note/chord reading as well as musical appreciation and performance opportunities. There will be no make-up classes due to student's absence. No class May 8

Samuel Chan	Maple Room
M Apr 6-Jun 8	3:30 PM-9:30 PM
\$310/10 sess	
W Apr 8-Jun 10	3:30 PM-9:30 PM
\$310/10 sess	
F Apr 10-Jun 12	3:30 PM-9:30 PM
\$279/9 sess	
Sa Apr 11-Jun 13	9:00 AM-4:45 PM
\$279/9 sess	

Pop Star Power (7-10 yrs)

Sing, dance, and shine like a true pop star! Learn fun choreography and vocal techniques to hit songs from Taylor Swift, Olivia Rodrigo, BTS, KPop Demon Hunters, Blackpink, and more. Each session builds confidence, rhythm, and performance skills, and at the end of the term, students will take the stage to perform for their families and friends, showcasing their star power! No class May 8 & 15.

Anushka Kashyap	Cedar Hall
F Apr 10-Jun 26	5:00 PM-5:45 PM
\$127/10 sess	599336

Rhythmic Dance

Rhythmic dance combines the grace of ballet and the strength of artistic gymnastics. Participants will learn basic body movements of apparatus technique while moving to various musical rhythms through play and games. This is a wonderful sport to test hand-eye coordination, balance, agility, flexibility, and rhythm. No session May 8, 10, 15 & 17.

Elite Gymnastics	Elm Room
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(4-6 yrs)	
F Apr 10-Jun 19	4:30pm-5:15pm
\$85/9 sess	598479
Su Apr 12-Jun 21	1:00pm-1:45pm
\$85/9 sess	598480
Su Apr 12-Jun 21	1:45pm-2:30pm
\$85/9 sess	598481

(7-12 yrs)	
F Apr 10-Jun 19	5:15pm-6:15pm
\$95/9 sess	598482
Su Apr 12-Jun 21	2:30pm-3:30pm
\$95/9 sess	598483

Showtime Singing & Voiceover **NEW!** (7-12 yrs)

These private one on one lessons are designed to give young performers an exciting introduction to singing or voiceover work, helping them build confidence, vocal technique, and performance skills in a fun, supportive environment. Students will have the opportunity to explore character voices, practice audition techniques, and perform in their own mini-production.

Natalye Vivian	Preschool
W Apr 15-Jun 17	3:30 PM-8:00 PM
\$470/10 sess	

Singing Stars

(5-7 yrs)

Sing, dance, and shine to a mix of Disney hits, K-pop favorites, and kid-friendly pop songs. Each week features music from Frozen, Encanto, Sing, The Little Mermaid, and KPop Demon Hunters, plus upbeat tracks by Taylor Swift, Olivia Rodrigo, and Meghan Trainor. Kids build confidence, creativity, and teamwork through games, choreography, and sing-alongs, ending with a mini performance for families. No class May 8 & 15.

Anushka Kashyap Cedar Hall
F Apr 10-Jun 26 3:30 PM-4:15 PM
\$127/10 sess 599334

Violin and Fiddle Lessons (6+yrs)

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

Katie Stewart Preschool
Tu Apr 7-Jun 23 3:30 PM-8:00 PM
\$372/12 sess

Sports

Golden Boot Soccer Academy

An introduction to the game of soccer, and individual skill development, for boys and girls, both new and experienced players. All sessions are run by Mohsen Hatamian, an experienced professional coach, with an emphasis on fun, fitness, ball mastery skills and teamwork. Drop-in \$17, space permitting. No session Apr 26, May 10, 17 & Aug 2.

Mohsen* Hatamian Gymnasium
(6-8 yrs)

Su Apr 12-Jun 21 12:40pm-1:40pm
\$120/8 sess 611946
Su Jul 5-Aug 23 2:45pm-3:45pm
\$105/7 sess 612021

(9-12 yrs)

Su Apr 12-Jun 21 1:45pm-2:45pm
\$120/8 sess 611947
Su Jul 5-Aug 23 3:50pm-4:50pm
\$105/7 sess 612024

Kids Tennis

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

Wilson Tan Gymnasium
(5-6yrs)

Th Apr 9-Apr 30 4:15pm-5:00pm
\$57/4 sess 598417

Th May 7-May 28 4:15pm-5:00pm
\$57/4 sess 598419

Th Jun 4-Jun 25 4:15pm-5:00pm
\$57/4 sess 598422

Th Jul 2-Jul 23 4:15pm-5:00pm
\$57/4 sess 609023

Th Aug 6-Aug 27 4:15pm-5:00pm
\$57/4 sess 609024

Su Jul 5-Jul 26 12:15pm-1:00pm
\$57/4 sess 609025

Su Aug 9-Aug 30 12:15pm-1:00pm
\$57/4 sess 609026

(7-9 yrs)
Th Apr 9-Apr 30 5:00pm-6:30pm
\$96/4 sess 598423

Th May 7-May 28 5:00pm-6:30pm
\$96/4 sess 598425

Th Jun 4-Jun 25 5:00pm-6:30pm
\$96/4 sess 598428

Th Jul 9-Jul 30 5:00pm-6:30pm
\$96/4 sess 609027

Th Aug 6-Aug 27 5:00pm-6:30pm
\$96/4 sess 609028

Su Jul 5-Jul 26 1:00pm-2:30pm
\$96/4 sess 609029

Su Aug 9-Aug 30 1:00pm-2:30pm
\$96/4 sess 609030

(10-13 yrs)
Th Apr 9-Apr 30 5:00pm-6:30pm
\$96/4 sess 598411

Th May 7-May 28 5:00pm-6:30pm
\$96/4 sess 598413

Th Jun 4-Jun 25 5:00pm-6:30pm
\$96/4 sess 598416

Th Jul 22-Jul 23 5:00pm-6:30pm
\$120/4 sess 609019

Th Aug 6-Aug 27 5:00pm-6:30pm
\$96/4 sess 609020

Su Jul 5-Jul 26 1:00pm-2:30pm
\$96/4 sess 609021

Su Aug 9-Aug 30 1:00pm-2:30pm
\$96/4 sess 609022

Moresports Soccer at Van Tech

A fun, energetic, and supportive soccer program where young players can learn, gain skills, and make new friends. Participants will rotate through skill stations led by trained coaches and volunteers, focusing on dribbling, passing, shooting, and teamwork. Each session ends with a mini game and includes a nut-free snack break. No experience is necessary. Soccer shoes and shin guards are recommended. Location: Van Tech Secondary – Artificial Turf Field

Malcolm Lee Offsite - Van Tech
Artificial Turf Field

(5-6 yrs)
Su Apr 12-May 24 9:00am-10:00am
\$88/7 sess 598448

(6-8yrs)
Su Apr 12-May 24 10:00am-11:00am
\$88/7 sess 598449

(9-12 yrs)
Su Apr 12-May 24 11:00am-12:00pm
\$88/7 sess 598447

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 Apr 8-May 27 5:15pm-6:30pm
\$104/8 sess 598491

W Jul 8-Aug 19 5:15pm-6:30pm
\$91/7 sess 609055

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 Apr 7-May 12 3:45pm-4:30pm
\$114/6 sess 598493

Tu May 19-Jun 23 3:45pm-4:30pm
\$114/6 sess 598495

(6-9 yrs)

Tu Apr 7-May 12 4:30pm-5:15pm
\$114/6 sess 598494

Tu May 19-Jun 23 4:30pm-5:15pm
\$114/6 sess 598496

Sportball Outdoor Multi Sport

Sportball Multi-Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in the eight core sports of the Sportball methodology. Classes use developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development, enabling confidence and developing the social skills necessary to succeed in sport and life. Class is outside rain or shine. Parents must stay on the field but not required to participate. No session Aug 2.

Sportball Vancouver **Outside - John Hendry**
 Gravel Field

(3-5 yrs)

Su May 24-Jun 21 10:15am-11:15am
\$95/5 sess 598500

Su Jul 5-Aug 23 10:15am-11:15am
\$133/7 sess 609083

(5-7 yrs)

Su May 24-Jun 21 11:15am-12:15pm
\$95/5 sess 598501

Su Jul 5-Aug 23 11:15am-12:15pm
\$133/7 sess 609084

Visual Arts

Arts and Crafts with Lily

(8-12 yrs)

Make fun, unique projects every week. Crafts may include but are not limited to soap, lip gloss, headband, rainbow crayon making, pencil case, bag and picture frame painting, beaded and corded bracelet weaving, puffy paint art, succulent terrarium and floral lantern making. Please visit <https://soapifystudio.com/> to view additional details.

Lily Sum Art Studio
Su Jul 5-Aug 30 12:00 PM-2:00 PM
\$324/9 sess 602006

Comics & Cartooning

(7-12 yrs)

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

Janine Schroedter Grandview Room
W Apr 8-May 13 3:30 PM-5:00 PM
\$90/6 sess 603328
W May 20-Jun 24 3:30 PM-5:00 PM
\$90/6 sess 603329

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. No class May 26.

Mohammad Reza Atashzad Art Studio
Tu Apr 7-Jun 23 4:00 PM-5:30 PM
\$275/11 sess 602728

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
W Apr 8-May 13 6:00 PM-7:30 PM
\$205/6 sess 603330
W May 20-Jun 24 6:00 PM-7:30 PM
\$205/6 sess 603331
W Jul 8-Jul 29 6:00 PM-7:30 PM
\$139/4 sess 603333



Family Fun Pottery

Junior Author and Artist Studio with Cathy

(8-12 yrs)

Bring your ideas to life through art and story! In this hands-on studio, children explore: writing and storytelling, colour, line, shape, and design, vocabulary and story structure, build confidence, communicate with purpose, and celebrate your unique voice. Bring your journal & pencil - all art supplies provided!

Cathy Belgrave Art Studio
Sa Apr 11-May 2 2:00 PM-3:30 PM
\$72/4 sess 598778
Sa May 23-Jun 20 2:00 PM-3:30 PM
\$90/5 sess 598779

Painting and Drawing (6-12 yrs)

Lessons include drawing and painting activities using a variety of materials and techniques, such as pastels, charcoal, markers, paint and more. Emily Carr graduate Alex Lam has a passion for teaching and promoting Art appreciation. Price includes \$5 art supply fee. No class May 9.

Alex Lam	Art Studio
Sa Apr 11-Jun 13	9:45 AM-11:15 AM
\$221/9 sess	603321
Sa Apr 11-Jun 13	11:30 AM-1:00 PM
\$221/9 sess	603322

Play with Clay (6-10 yrs)

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

Janine Schroedter	Pottery Studio
Tu Apr 7-May 12	3:30 PM-4:30 PM
\$139/6 sess	603325
Tu May 19-Jun 23	3:30 PM-4:30 PM
\$139/6 sess	603326

Tween Pottery (10-14 yrs)

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

Janine Schroedter	Pottery Studio
Tu Apr 7-Jun 23	5:00 PM-6:30 PM
\$331/12 sess	603327

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

Needle felting is a popular crafting method for making 3-dimensional sculptures as well as fabric surface decoration. In this class we'll make a flat piece and a small 3-dimensional sculpture out of wool. Participants are welcome to bring their project ideas to class.

Amy Walker	Lakewood Room
Su Jul 5	10:00 AM-12:00 PM
\$42/1 sess	606276

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

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

Amy Walker	Art Studio
Th Apr 9	3:30 PM-5:30 PM
\$42/1 sess	604982



Wool Wet Felting for Young People

Yoga

Kids Yoga (5-8 yrs)

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

Kylie Railton	Cedar Hall
Tu Apr 7-Jun 9	4:00pm-5:00pm
\$130/10 sess	611834

Kids Yoga (8-13 yrs)

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

Kylie Railton	Cedar Hall
Tu Apr 7-Jun 9	5:15pm-6:15pm
\$150/10 sess	611835

Birthday Parties Available!

See page 55 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!

SUMMER DAZE CAMPS



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

Get ready for a summer of great games, cool crafts, awesome activities and exciting day trips! Our camp is the perfect place to make friends, get active, and discover new interests all summer long. Please ensure all waiver forms are completed before the first day of camps. Don't forget to pack sunscreen, lunch, a water bottle, hat, and extra clothes, each day! Kids must be going into Grade 1 in September 2026.

Monday-Friday 9:00am-3:30pm, \$185- regular weeks
\$148- 4 day week (Weeks 1 & 6)



Summer Daze Day Camps run Monday to Friday.

*Note we are closed on Stats July 1st and August 3rd, 2026

Preteen Leadership (11-13 yrs)

This summer camp is designed to give preteens the chance to become young leaders through recreational activities and educational workshops. Examples of activities (but not limited to) include beach days, eco-hikes, budgeting workshops, community clean-ups and self directed programming. There will be leadership opportunities for the preteens to facilitate day camp activities for the Junior and Senior Summer Daze Day Camps. Bring your friends and a sense of adventure. Please ensure all waiver forms are completed before the first day of camps. Don't forget to pack sunscreen, lunch, a water bottle, hat, and extra clothes, each day! Kids must be going into Grade 1 in September 2026.

Monday-Friday 9:00am-3:30pm, \$185- regular weeks
\$148- 4 day week (Weeks 1 & 6)

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

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

DATES	JUNIOR (5-7 yrs) 9:00-3:30PM	SENIOR (8-10 yrs) 9:00-3:30PM	PRETEEN LEADERSHIP (11-13 yrs) 9:00-3:30PM	BEFORE CARE 8:00-9:00AM	AFTER CARE 3:30-5:00PM
M, Tu, Th, F June 29-Jul 3	613506	613938	491786	614378	614661
M Tu W Th F, Jul 6- Jul 10	613523	613946	614357	614668	614674
M Tu W Th F, Jul 13- Jul 17	613531	613949	614358	614676	614672
M Tu W Th F, Jul 20- Jul 24	613533	614015	614362	614678	614680
M Tu W Th F Jul 27- Jul 31	613535	614040	614359	614682	614681
Tu W Th F Aug 4- Aug 7	613541	614329	614361	614691	614694
M Tu W Th F, Aug 10- Aug 14	613546	614334	614360	614695	614698
M Tu W Th F, Aug 17- Aug 21	613547	614335	614372	614705	614707
M Tu W Th F, Aug 24- Aug 28	613549	614336	614374	614716	614711

Before Care (5-10 yrs)

Before Care is available for parents who start work early. Please register early as the office does not open before 9 am. Please ensure all waiver forms are completed before the first day of camps. Don't forget to pack sunscreen, lunch, a water bottle, hat, and extra clothes, each day!

Monday-Friday 8:00am-9:00am. \$15 regular weeks, \$12 short weeks (Weeks 1 & 6).

After Care (5-10 yrs)

After Care is available for parents who cannot get to the centre by 3:30 pm. Please register early as this program fills up fast. Your child must be picked up by 5:00 pm sharp. Monday to Friday 3:30 pm-5:00 pm. \$20 regular weeks, \$16 short weeks (Weeks 1 & 6).

Youth In Action (Y.I.A.)

(12-18 yrs)

Youth In Action is an exciting adaptive program for teens with mild to moderate needs (behavioural and developmental). Join us one, two or three times a week for fun and challenging activities in a safe recreational environment. Youth have an opportunity to learn and form long lasting friendships. Note: Youth must first be registered with a CYSN through the Ministry of Children and Family Development before registering for YIA. For more information, please contact the YIA Coordinator at 604.257.6970 or YIA@vancouver.ca. Join us for a full day program on VSB District Wide Pro-D days! No program on May 8 and from June 29-July 3.

YIA Coordinator Willow Room

Spring

1 Day a Week

M-F Apr 7-Jun 26 3:15PM-5:30PM
\$96/12 sess 606703

2 Days a Week

M-F Apr 7- Jun 26 3:15PM-5:30PM
\$192/24 sess 606704

3 Days a Week

M-F Apr 7-June 26 3:15-5:30PM
\$288/36 sess 606705

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

M Apr 20 9:00 AM-3:30 PM
\$20/1 sess 606706

Youth In Action (Y.I.A.)

Summer Camp (12-18 yrs)

YIA Coordinator Willow Room

Week 1

M-F Jul 6-Jul 10 9:00 AM-4:00 PM
\$100/5 sess 615418

Week 2

M-F Jul 13-Jul 17 9:00AM-4:00 PM
\$100/5 sess 615423

Week 3

M-F Jul 20-Jul 24 9:00AM-4:00 PM
\$100/5 sess 615425

Week 4

M-F Jul 27-Jul 31 9:00AM-4:00 PM
\$100/5 sess 615426

Week 5

M-F Aug 4- Aug 7 9:00AM-4:00 PM
\$80/4 sess 615430

Week 6

M-F Aug 10- Aug 14 9:00AM-4:00 PM
\$100/5 sess 615427

Week 7

M-F Aug 17- Aug 21 9:00AM-4:00 PM
\$100/5 sess 615428

Week 8

M-F Aug 24- Aug 28 9:00AM-4:00 PM
\$100/5 sess 615429

Community

Youth Council (13-18 yrs)

The Trout Lake Youth Council works together to improve youth opportunities and experiences. Youth will earn volunteer hours, fundraise for great causes, gain employment training and plan events. Our Youth Council also has a representative on the City-Wide Youth Council. To register contact artika.mehta@vancouver.ca or call 604 257 3098. No session on May 8.

Omar Tanbouz Grandview Room
F Apr 10-June 19 5:30 PM-7:30 PM
Free/12 sess 606700

Youth Volunteer

Orientation

(13-18 yrs)

Mandatory training for first time volunteers who want to volunteer or be apart of Youth Council. Must have a OneCard and complete Volunteer Consent Forms.

Omar Tanbouz Willow Room at *
W Apr 15 6:30-8:30pm
Free/1 sess 612850

Youth Council Wrap Up Party

(13-18 yrs)

An end of the year celebration party for Youth Council members that have volunteered from January-June and completed a minimum of 20 volunteer hours.

Omar Tanbouz Grandview Room
F Jun 26 5:00-8:00 PM
\$Free/1 sess 606701

Youth Volunteer Orientation for Summer Camps/ Playgrounds

(14-19 yrs)

A Mandatory orientation for youth who are wanting to volunteer at Trout Lake for Summer Camps or Playgrounds. Must have a OneCard and complete Volunteer Consent Forms. Please contact artika.mehta@vancouver.ca or call 604 267 3098 with any questions.

Day Camp Manager Willow Room
Tu Jun 9 5:30 PM-8:30 PM
Free/1 sess 614983

Please register early!

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



Education

BeaYOUtiful Workshop (11-14 yrs)

The BeaYOUtiful Foundation is dedicated to building confidence and self-love amongst young girls and non-binary youth ages 8-14 years old across Canada. Sessions include one-on-one mentorship with inspiring women from the community, creating dream boards, making friendship bracelets, artistic expression and more! No session on May 18.

TBA Instructor Willow Room
M Apr 13- May 25 6:15PM-7:45 PM
Free/6 sess 606687

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

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

First Aid Pro	Willow Room
Su Apr 12	9:30 AM-4:30 PM
\$100/1 sess	613492
First Aid Pro	Willow Room
Su May 17	9:30AM-4:30 PM
\$100/1 sess	617483
First Aid Pro	Willow Room
Su Jun 7	9:30AM-4:30 PM
\$100/1 sess	615379
First Aid Pro	Willow Room
Su Aug 16	9:30:AM-4:30 PM
\$100/1 sess	615406

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

This blended course provides the same certification as the full in-person option, with reduced classroom time. Participants complete 1-3 hours online before attending a 4- hour in person session. Valid certification for 3 years. *Worksafe BC OFA Level 1 Equivalent*.

First Aid Pro	Willow Room
Su May 17	9:30-1:30PM
\$100/1 sess	615380
First Aid Pro	Willow Room
Su Aug 16	9:30AM-1:30 PM
\$100/1 sess	617495

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), and a packed lunch.

Paul Richardson Willow Room
Sa June 6 9:00 AM- 5:00 PM
\$50/1 sess 607887

Stay Safe for Youth (9-13 yrs)

This program teaches applicable and age-appropriate skills to improve a youth's safety. This includes how to stay safe at home and in the community, and how respond to unexpected situations. First Aid Content includes: Check, Call, Care, Recovery Position, Conscious Choking, Feeling Unwell, Asthma, Anaphylaxis, Poisoning, Wound Care, Minor Cuts and Scrapes, Nose Bleeds, Life-Threatening Bleeds/Burns. Comes with a course manual and certificate of completion from the Canadian Red Cross.

First Aid Pro	Willow Room
Sa May 2	9:30 AM-1:30PM
\$65/1 sess	613479
Sa Jul 18	9:30 AM-1:30 PM
\$65/1 sess	615407

Red Cross - BabySitting (10-17 yrs)

This course covers everything from managing difficult behaviours to content on leadership and professional conduct as a babysitter. This curriculum includes how to be responsible, demonstrate leadership, and information children's developmental stages. It covers how to recognize and prevent unsafe situations, make safe choices, and promote safe behaviours. A course manual and Red Cross certificate of completion are provided post-class.

This is a 7-hour in-person course. Students should bring a doll or teddy bear for hands-on practice.

First Aid Pro	Willow Room
Sa Apr 18	9:30 AM-4:30PM
\$75/1 sess	611276
Sa May 30	9:30AM-4:30 PM
\$75/1 sess	611289
Sa June 13	9:30AM-4:30 PM
\$75/1 sess	611290
Sa Aug 15	9:30:00 AM-4:30:00 PM
\$75/1 sess	615409

Sports

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

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 also focus on confidence, teamwork, leadership, and life skills. Each week players will be divided into different teams and will play games and also consist of a unique set of high level training to help you take your game to the next level. This program is designed for players of all skill levels. No session May 10 & 17.

Future Bounce Athletic Association
Gymnasium
Su Apr 12-Jun 21 3:00pm-4:45pm
\$140/8 sess 598404

**Check out TLCCA Program
Cost Assistance**

See page 52.

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

Youth-led badminton sessions with instructors present to give advice when asked. For players of all levels who want to have fun in a non-competitive and friendly environment. Rackets provided, feel free to bring your own. Registration is required. Please check in with instructors for attendance. No session on May 18.

Richard Nguyen Gymnasium- North (2/3)
M Apr 13- June 22 3:45 PM-5:00PM
\$60/10 sess 606686

Rain City Basketball Spring Grassroot Sessions

We offer a program that is devoted to helping young players get better. We offer a fun, safe, energetic, and competitive atmosphere to motivate and encourage all participants. This program aims to help all participants learn to love the hard work needed to get better at anything. Participants must bring a basketball and a water bottle, this will not be supplied. No Class May 9.

Raincity Basketball Gymnasium – South (2/3)
(5-8 yrs)

Sa Apr 11- June 27 11:20 AM-12:30 PM
\$200/11 sess 606690

(9-11yrs)

Sa April 11- June 27 12:30PM-1:45PM
\$215/11 sess 606691

(12-14 yrs)

Sa April 11- June 27 1:50 PM-3:00PM
\$215/11 sess 606693

Summer Hoops BBall**Tournament****(12-18 yrs)**

Night Hoops is designed to empower individuals not only to become better basketball players but also to develop the skills to overcome challenges and seize opportunities both on and off the court. For more details or any questions, please contact us @ vancouvercoordinator@nighthoops.ca.

Night Hoops Outside - John Hendry Sport Court

Sa Aug 29 1:00 PM-4:00 PM
\$Free/1 sess 613512

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 Apr 16-Jun 4 4:00 PM-6:00 PM
\$322/8 sess 602657

OPEN GYM AND GAMES ROOM SCHEDULE**April 10 – June 26 (No drop in May 8)**

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

Friday July 3 – August 28

GAMES ROOM 3:30 PM-8:30 PM	SOUTH GYM Youth Volleyball 13-18 yrs 5:30 PM-8:45 PM	NORTH GYM Youth Basketball 13-18 yrs 5:30 PM-8:45 PM
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Must be enrolled in a City-Wide Youth Pass. Gym is supervised but no instruction provided. Schedule subject to change.

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.

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 Apr 9-Jun 11 **10:05am-11:05am**
\$20/10 sess **598351**

Ageless Training NEW!

(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 Ball™, 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 Apr 8-Jun 24 **1:30pm-2:45pm**
\$120/12 sess **617039**

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 May 9, 16 & Aug 1.

Carey Yuen **Gymnasium**
Sa Apr 11-Jun 20 **9:00am-10:00am**
\$71/9 sess **598370**
Sa Jul 11-Aug 22 **9:00am-10:00am**
\$48/6 sess **611297**

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 Apr 10-May 1 **1:30pm-2:30pm**
\$68/4 sess **598366**
F May 22-Jun 19 **1:30pm-2:30pm**
\$84/5 sess **611292**

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 May 8 & 15.

Carey Yuen **Gymnasium - South (1/3)**
F Apr 10-Jun 19 **12:15pm-1:15pm**
\$71/9 sess **598371**



Meet Carey Yuen:

Carey started her fitness journey 7 years ago as a Group

Fitness Instructor, with a Pre & Post-natal Fitness Specialization and has since become a Personal Trainer for all ages. Carey uses her varied knowledge and experience to make movement accessible for people, wherever they are at, wanting exercise to feel good for everyone. Come join a class for the workout and stay for the friendships.

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

Build strength, grace, and rhythm while cultivating a deep mind-body connection. A vibrant fusion of Barre Pilates and Latin American rhythms, this class centers you in your core while inviting you into the joy of movement from the heart (corazón). We begin with Barre-Pilates alignment and toning, then flow into motion guided by Afro-Brazilian beats, salsa, and cumbia, a space to feel strong, alive, and connected through every pulse and groove. Drop in \$18, space permitting. No session Jun 3.

Claudia Bulaievsky **Grandview Room**
W Apr 8-May 6 **9:30am-10:30am**
\$86/5 sess **617138**
W May 20-Jun 24 **9:30am-10:30am**
\$86/5 sess **617139**

Dance Fit!

(19+ yrs)

Enjoy a holistic fusion of dance, fitness, yoga, and pilates. Sweat it out with easy-to-learn cardio-dance moves inspired by a range of styles including bellydance, bollywood, african dance, hip hop, shuffle dance, martial arts, kickboxing, and more. Then build strength with core exercises and top it off with a relaxing stretch and mindful meditation. More than a fitness class, this experience offers a way to connect and deepen your relationship with your body, mind, heart, spirit, and community. Bring running shoes, a water bottle, and optional yoga mat. Drop-in \$17, space permitting.

Loretta Laurin **Cedar Hall**
Tu Apr 7-May 12 **7:00pm-8:00pm**
\$95/6 sess **598379**
Tu May 19-Jun 23 **7:00pm-8:00pm**
\$95/6 sess **598380**

Check out TLCCA Program Cost Assistance

See page 52.

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 Apr 19	9:30am-11:00am
\$27/1 sess	611293
Su May 24	9:30am-11:00am
\$27/1 sess	611294
Su Jul 19	9:30am-11:00am
\$27/1 sess	611295
Su Aug 16	9:30am-11:00am
\$27/1 sess	611296

Full Body Conditioning (19+ yrs)

This class is a full body workout, using strength and cardio intervals, along with mobility work, to keep your body in optimal condition. Adaptations and progressions available for all levels. \$9 drop-in, space permitting. No session May 11 & May 18.

Carey Yuen	Gymnasium
M Apr 13-Jun 15	5:30pm-6:30pm
\$63/8 sess	598402
M Jul 6-Aug 17	5:30pm-6:30pm
\$49/6 sess	608989

Lunch Crunch (19+ yrs)

Lunch Crunch is a full-body MetCon workout packed with compound exercises that target multiple muscle groups. Set to high-energy music, this energizing midday session will help you build strength, boost balance and coordination, and keep your heart rate up. Drop-in for just \$9.50, space permitting. No session May 18.

Anushka Kashyap	Gymnasium - North (2/3)
M Apr 13-Jun 22	12:10pm-1:10pm
\$78/10 sess	598440

MetCon Blast (19+ yrs)

This full body MetCon workout will use compound exercises to help target multiple muscle groups. Not only will this style of class help you build strength, but it will also improve balance and coordination, while keeping your heart pumping. Drop in \$9.50, space permitting. No session May 19.

Anushka Kashyap	Gymnasium
Tu Apr 14-Jun 23	6:45pm-7:45pm
\$78/10 sess	598445
Carey Yuen	
Tu Jul 7-Aug 25	5:45pm-6:45pm
\$63/8 sess	609034

Mindfulness for Beginners (19+ yrs)

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

Sung Yang	Willow Room
W May 6	7:30pm-8:30pm
\$16/1 sess	611848
Preschool	
W Jul 15	7:30pm-8:30pm
\$16/1 sess	609033

Mindfulness for Enriching Life (19+ yrs)

A meditation session designed to build inner peace, improve well being and enrich life. Including meditation, Q&A and gentle support. Welcome new and returning participants- we explore new topics and skills. Helpful prerequisite: mindfulness meditation skills or 'Mindfulness for Beginners'. Info: lifen.me

Sung Yang	Willow Room
W May 20	7:30pm-8:30pm
\$16/1 sess	598446

Outdoor 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 outdoors. Drop in \$18, space permitting.

Carey Yuen	Outside - John Hendry Park
	Grass Area SW
F Jul 10-Aug 21	11:30am-12:30pm
\$118/7 sess	609035

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. This is an outdoor class; please dress appropriately. Drop-in \$18, space permitting. Note that Summer session is outdoor only.

Carey Yuen	Elm Room
Tu Th Apr 7-May 7	11:00am-12:00pm
\$168/10 sess	598453
M W Apr 8-May 6	11:00am-12:00pm
\$152/9 sess	598457
Tu Th May 19-Jun 25	11:00am-12:00pm
\$202/12 sess	598454
M W May 20-Jun 24	11:00am-12:00pm
\$152/10 sess	611291
Carey Yuen	Outside - John Hendry Park
	Grass Area SE
M W Jul 6-Aug 19	11:00am-12:00pm
\$219/13 sess	609036

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 \$16, space permitting. No session Aug 3.

Carey Yuen	Lakewood Room
M Apr 13-May 4	7:00pm-8:00pm
\$63/4 sess	598470
M May 25-Jun 15	7:00pm-8:00pm
\$63/4 sess	598471
M Jul 6-Aug 17	7:00pm-8:00pm
\$95/6 sess	609042

Pulse & Power

(19+ yrs)

Join Anushka's Pulse & Power class for a focused workout to sculpt core strength, define arms, and shape glutes. Get ready to sweat and groove to the beat! \$8.50 drop-in, space permitting. No session May 19.

Anushka Kashyap	Gymnasium
Tu Apr 14-Jun 23	5:45pm-6:30pm
\$69/10 sess	598475

Zumba Gold

(19+yrs)

ZUMBA® Gold is a low impact dance-fitness class for beginners and seniors that uses zesty Latin music, Salsa, Cha Cha, Cumbia, Merengue, Rock n Roll, (including Twist and Charleston), with easy to follow moves to create a dynamic and fun fitness class. <http://www.ZumbaVancouver.ca> Drop-ins \$15, space permitting.

Zumba Vancouver	Cedar Hall
Th Apr 9-May 14	12:30pm-1:30pm
\$85/6 sess	598535
Th May 21-Jun 25	12:30pm-1:30pm
\$85/6 sess	598536

Zumba in the Park

(19+ yrs)

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

Zumba Vancouver	Outside - John Hendry Park Grass Area SE
Tu Jun 30	6:45pm-7:45pm
Free/1 sess	609104

Zumba

(19+ yrs)

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. It combines Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. <http://www.ZumbaVancouver.ca> Drop-ins for \$15, space permitting.

Zumba Vancouver	Gymnasium
M Apr 13-May 11	6:45pm-7:45pm
\$71/5 sess	598537
M May 25-Jun 22	6:45pm-7:45pm
\$71/5 sess	598538
M Jul 6-Aug 24	8:00pm-8:55pm
\$114/8 sess	609105
W Apr 8-May 13	6:45pm-7:45pm
\$85/6 sess	598539
W May 20-Jun 24	6:45pm-7:45pm
\$85/6 sess	598540



Zumba in the Park

(All Ages)

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

Zumba Vancouver	Outside - John Hendry Park Grass Area SE
Tu Jun 30	6:45 PM-7:45 PM
FREE/1 sess	609104

Sports

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 Apr 7-Jun 24	1:45pm-3:30pm
\$16/1 sess	

Outdoor Tennis - Practice Review, Play & Build New Skills

(18+ yrs)

Ready to take your tennis game to the next level? You've got the basics down, now it's time to refine your skills and strategize like a pro! This program builds on what you've learned, diving into tactical concepts, spins, positioning, and match preparation. Get ready for exciting drills, expert tips, and a whole new level of play! Perfect for adults who've completed our previous tennis programs. Let's keep the tennis journey going! No session May 18.

Wilson Tan	Outside - Tennis Court
Th Jun 4-Jun 25	8:00pm-9:30pm
\$150/4 sess	598516
Th Jul 2-Jul 30	7:30pm-9:00pm
\$187.50/5 sess	609092
Su Apr 12-May 03	3:15pm-4:45pm
\$150/4 sess	598517
Su May 10-May 31	3:15pm-4:45pm
\$150/4 sess	598518
Su Jun 7-Jun 28	3:15pm-4:45pm
\$150/4 sess	598519

Outdoor Tennis-Basics of Net Play & Serving (19+ yrs)

Ace Your Serve & Conquer the Net! This class focuses on two essential skills: serving and volleying. By the end of the course, you'll be serving with confidence and dominating at the net, rallying 15-25+ balls with a partner. Gym indoor backup in case of rain.
Wilson Tan Gymnasium
Th May 7-May 28 6:30pm-8:00pm
\$150/4 sess 598455

Outdoor Tennis-Basics of Rallying (19+ yrs)

New to tennis? No problem! This class is perfect for adults who are just starting out or have played a little. Get ready to hit 30-50+ balls in a row with a partner by the end of the course!
Wilson Tan Gymnasium
Th Aug 6-Aug 27 6:30pm-8:00pm
\$105/4 sess 609037

Outdoor Tennis-Basics of the Game & Play (19+ yrs)

Improve your serve, overhead, and overall game! This class is for beginner and novice adults. We'll cover serve mechanics, overhead technique, and how these skills connect to groundstrokes and volleys.
Wilson Tan Outside - Tennis Court
Th Jun 4-Jun 25 6:30pm-8:00pm
\$150/4 sess 598456
Th Jul 2-Jul 30 5:30pm-7:00pm
\$187.50/5 sess 609038

ABC Fitness

ALL BODIES COMMUNITY RECREATION AND FITNESS

A Vancouver Park Board Program

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

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

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

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

Active and Strong (19+ yrs)

ABC Core program - Accommodating a range of fitness levels, Active and Strong is group exercise class led by registered fitness professionals. Using a non-choreographed format with a focus on improved health and function, classes include strength, mobility and cardiovascular training as well as balance, coordination and agility. Thoughtful coaching provides various options in a welcoming and inclusive environment. No class May 18.

Instructor: ABC Instructor

M W F Apr 13 - Jun 26

Master Roster 607203

11:00 AM-12:00 PM GYM

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

Pickleball Intermediate/Advanced (19+ yrs)

Non Instructional Gymnasium
W Apr 8-Jun 24 1:30pm-3:30pm
\$38/12 sess 598461

Pickleball: Novice/Intermediate Lessons (19+ yrs)

Unlock your full potential on the pickleball court with our program designed to sharpen your skills and expand your strategic toolkit. This comprehensive course caters to novice and intermediate players (3.0-3.25 skill level) eager to refine their technique, enhance their tactical understanding, and boost their on-court performance. We will also delve into doubles strategy, partner communication, and adapt to various game situations by playing guided round robin games.

Richard Lee Gymnasium
M Apr 13-May 4 1:45pm-3:30pm
\$118/4 sess 598462
M May 25-Jun 15 1:45pm-3:30pm
\$118/4 sess 598463

Recreational Slopitch (18+ yrs)

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

Andy Glowinkowski Outdoor Fields
M-Th Apr 27-Aug 9 7:00pm-10:00pm
\$1,554/61 sess 598478

Gymnasium Sports Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
EVENING	Badminton Apr 13-Jun 29 8:00pm-9:45pm \$66/11 sess 598367 No session May 18 Jul 6-Aug 24 7:00pm-8:45pm \$42/7 sess 608979	Basketball Apr 7-Jun 30 8:00pm-9:45pm \$78/13 sess 598368 Jul 7-Aug 25 7:00pm-8:45pm \$48/8 sess 608980	Volleyball Beginner & Intermediate Apr 8-Jun 24 8:00pm-9:45pm \$72/12 sess 598527 Jul 8-Aug 19 7:00pm-8:45pm \$42/7 sess 609097	Volleyball Beginner & Intermediate Apr 9-Jun 25 8:00pm-9:45pm \$72/12 sess 598528 Jul 9-Aug 27 7:00pm-8:45pm \$48/8 sess 609098

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

Adult Outdoor Yoga with Kylie

(19+ yrs)

Come enjoy a Hatha class on the grass under the tree outside the Trout Lake Community Centre. Class is open to all levels. On rainy days classes will be inside. Bring your yoga mat if you have one. Drop-in \$15, space permitting. No session Aug 4. Kylie Railton Outside - John Hendry Park

Tu Jul 7 - Aug 18
\$72/6 sess
608970

Balanced Body

(19+ yrs)

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

Noemie Valois Elm Room
M Apr 13-Jun 22
\$170/10 sess
611948

All Levels Hatha Yoga

(19+ yrs)

Join Anita for a Hatha Practice that focuses on the essential core principles of alignment, breath, stretching, strengthening, and gentle relaxation techniques. In this invigorating class, participants will be required to hold their body weight in poses such as Downward Dog, Plank, and Cobra, which can be both challenging and rewarding. The class is thoughtfully paced, featuring leveled variations of poses so that each individual can work on their personal practice at their own comfort level. Don't forget to bring along a full water bottle and a yoga mat with you to class! Drop-in \$19, space permitting. No session May 18.

Anita Callahan Cedar Hall
M Apr 13-Jun 22
\$150/10 sess
598357
M Apr 13-Jun 22
\$150/10 sess
598358
Grandview Room
M Apr 13-Jun 22
\$158/10 sess
611012
Th Apr 9-Jun 25
\$180/12 sess
598359
M Jul 6-Aug 31
\$120/8 sess
608975
M Jul 6-Aug 31
\$120/8 sess
608976

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 May 18.

Bridget Donald Elm Room
M Apr 13-Jun 22
\$126/10 sess
598429
Th Apr 9-Jun 25
\$152/12 sess
598430

Iyengar Yoga Levels 2

(19+ yrs)

An intermediate level course for those who are interested in continuing and deepening their study of Iyengar Yoga. The Iyengar method of yoga involves mediation in action. With its focus on the details of the yoga poses and conscious movement, it helps to bring the body and mind into healthy alignment. Bridget is an Iyengar-certified instructor who has been teaching for more than 20 years. Drop in \$20, space permitting. No session Apr 21 & May 19.

Bridget Donald Elm Room
M Apr 13-Jun 22
\$166/10 sess
598431
Th Apr 9-Jun 25
\$227/12 sess
598432

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!

Morning Movement with Pilates

(19+ yrs)

This slow and gentle paced one hour class introduces movement integrating the Pilates principles and therapeutic techniques through progressive exercises that focus on stability and efficiency as well as strength. Most exercises in this class are done on the mat in a supine position. Other exercises will be done on hands and knees and standing. Props and modifications are offered. This class is suitable for seniors, those recovering from injury wanting to move, and those interested in adding variety to their exercise schedule. Drop in \$22 for first class only space permitting. NOTE: A PAR Q form, valid for a year, needs to be completed before beginning the first class.

Heather Barnes Elm Room
Tu Apr 21-May 26 9:45am-10:15am
\$124/6 sess 598523

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 Apr 8-Jun 17 6:15pm-7:25pm
\$139/11 sess 598465
W Jul 8-Aug 5 6:15pm-7:25pm
\$63/5 sess 609040

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 Apr 8-Jun 17 7:30pm-8:40pm
\$139/11 sess 598466
W Jul 8-Aug 5 7:30pm-8:40pm
\$63/5 sess 609041

Pilates Morning Energizer

(19+ yrs)

Pilates Morning Energizer class is a mixed level class that incorporates Pilates principles and exercises. This class is open to those who wish to build on their Pilates practice and/or their daily fitness goals. Modifications are offered and props will be used. Come move, have fun and learn with others in a supportive and safe community environment. Drop-in \$21, space permitting. No session on May 8. Note: A PAR Q form, valid for a year, needs to be completed before beginning the first class.

Heather Barnes Elm Room
F Apr 17-May 29 10:30am-11:15am
\$126/6 sess 598467

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. Using the Pilates fundamentals and therapeutic techniques, this class using props will focus on core stability, mobility and strength with special focus on the breath. Modifications are offered. Due to the class size and length, more individual attention and cueing will be given to participants to gain more body awareness. Drop in \$22 for first class only, space permitting. Note: A PAR Q form, valid for a year, needs to be completed before beginning the first class.

Heather Barnes Elm Room
Tu Apr 21-May 26 7:45pm-8:45pm
\$124/6 sess 598522
Tu Jul 7-Jul 28 7:45pm-8:45pm
\$82/4 sess 611045

Yoga by Candle light

(19+ yrs)

Enjoy yoga to candle light. All levels welcome. Drop-in \$15, space permitting. No session May 18.

Kylie Railton Cedar Hall
M Apr 13-Jun 22 8:15pm-9:15pm
\$137/10 sess 598533

Prenatal Yoga

(19+ yrs)

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

Lynda Sing Elm Room
Su Apr 12-May 3 10:00am-11:00am
\$76/4 sess 598472
Su May 24-Jun 28 10:00am-11:00am
\$114/6 sess 598473
Su Jul 12-Aug 16 10:00am-11:00am
\$114/6 sess 609043

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 July 19 & Aug 2.

Yanick McDonald Cedar Hall
Tu Apr 7-Jun 16 9:15am-10:15am
\$104/11 sess 598525
Su Apr 12-Jun 14 9:15am-10:15am
\$76/8 sess 611652
Kate Nguyen Cedar Hall
Tu Apr 7-Jun 23 8:15pm-9:15pm
\$114/12 sess 598526
Th Apr 9-Jun 25 8:00pm-9:00pm
\$114/12 sess 598524
Tu Jul 7-Aug 25 7:45pm-8:45pm
\$76/8 sess 609095
Th Jul 2-Aug 27 7:45pm-8:45pm
\$85/9 sess 609093

Education

Art Sushi **NEW!**

(19+yrs)

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

Motoko Eto

Grandview Room

Relax & Create: Orca Sushi Night

Th Jun 18

7:00 PM-8:30 PM

\$63/1 sess

606631

After-Work Strawberry Sushi Night

Th Jun 11

7:00 PM-8:30 PM

\$63/1 sess

607949

Creative Night Out – Mickey & Minnie Sushi

F Jul 10

6:30 PM-8:00 PM

\$63/1 sess

611301



Art Sushi

Basic Bike Maintenance (19+yrs)

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

HUB Cycling

Outside - John Hendry

Gravel Field

Th Jun 25 5:00 PM-7:00 PM

\$31.50/1 sess

602770

Th Jul 16

5:00 PM-7:00 PM

\$31.50/1 sess

602905

Beginner Bike Skills

(19+yrs)

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

HUB Cycling

Outside - John Hendry

Gravel Field

\$31.50/1 sess

Sa Apr 25

11:00 AM-1:00 PM

602762

Sa Apr 25

2:00 PM-4:00 PM

602890

Sa May 2

11:00 AM-1:00 PM

602891

Th May 21

4:30 PM-6:30 PM

602892

Th May 28

4:30 PM-6:30 PM

602893

Th Jun 4

4:30 PM-6:30 PM

602894

Th Jun 11

5:00 PM-7:00 PM

602895

Sa Jun 13

11:00 AM-1:00 PM

602896

Sa Jun 20

11:00 AM-1:00 PM

602897

Th Jun 25

5:00 PM-7:00 PM

602898

Th Jul 9

5:00 PM-7:00 PM

602911

Sa Jul 11

11:00 AM-1:00 PM

602914

Th Jul 23

5:00 PM-7:00 PM

602916

Sa Jul 25

11:00 AM-1:00 PM

602917

Th Aug 13

5:00 PM-7:00 PM

602919

Sa Aug 15

11:00 AM-1:00 PM

602922

Th Aug 20

5:00 PM-7:00 PM

602923

Sa Aug 22

11:00 AM-1:00 PM

602924

Brewing Methods: 1 Coffee,

3 Brewing Methods **NEW!** (19+yrs)

This workshop will be geared towards learning how different brewing methods affect the taste of the coffee. We will be trying 1 coffee brewed three different ways (kalita, origami and cafec flower dripper). There'll be time for questions, tasting, swapping thoughts. If you have been wondering how different methods affect coffee taste or which method to buy for your own set up, this'll be a fun way to get to taste and compare notes with fellow coffee enthusiasts.

Claire Chan

Grandview Room

Su Jul 26

1:00 PM-3:00 PM

\$37/1 sess

610359

Custom Lip Cosmetics Workshop

(19+yrs)

Do you want to make your own lip cosmetics? Learn about three different natural formulations containing premium oils, butters and waxes. Make 1 pomegranate infused lip glosses, 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 signature blend. Visit <https://soapifystudio.com/> for more information.

Lily Sum

Art Studio

Su Apr 19

2:00 PM-4:00 PM

\$58/1 sess

602024

F Jul 17

6:00 PM-8:00 PM

\$58/1 sess

602047

E-Bike Skills

(19+yrs)

This small group, 2-hour course is for people who have mastered the basics of riding a bike and are now interested in transferring those skills to an E-bike. It will start with an off-road E-bike skills session and progress to a Road Ride in the local community led by an experienced instructor. We strongly recommend that participants take HUB Cycling's free-of-charge StreetWise Cycling Online course [bikehub.ca/swco] in advance. There will be E-bikes and helmets available to borrow should participants require them for the duration of the course.

HUB Cycling

Outside - John Hendry

Gravel Field

Th Jun 4

4:30 PM-6:30 PM

\$31.50/1 sess

602768

Sa Jul 11

2:00 PM-4:00 PM

\$31.50/1 sess

602908

Th Aug 13

5:00 PM-7:00 PM

\$31.50/1 sess

602910

Brewing Methods: 1 Coffee,
3 Brewing Methods

Estate Planning: Beyond the Will (50+ yrs)

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

David Perkins Grandview Room
F May 22 10:00am-11:30am
Free/1 sess 598389

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. 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 Apr 10 10:00am-11:30am

Exploring Coffee: From Process to Pour (19+yrs)

A 2 hour workshop designed for coffee lovers who want to deepen their understanding about coffee, particularly how different coffee processing methods influence taste. Participants will explore common processing methods, taste how this affects the coffees both in a cupping format and in a brewed beverage format. Attendees will: learn about coffee processes and how this affects taste (theoretical and practical), gain experience in industry practice like a cupping session (this is like a wine tasting but for coffee!) and taste the difference of coffees on a cupping table vs a brewed beverage. All supplies are included in the cost.

Claire Chan Grandview Room
Su Jun 14 10:00 AM-12:00 PM
\$37/1 sess 603334

Fermented Sauerkraut Making and Perogy Feast Workshop

(19+yrs)
A hands on, fermentation focused workshop where participants learn how to make crisp, tangy sauerkraut from scratch. Participants explore the basics of lacto fermentation and make their own customized jar of sauerkraut. Once the kraut is packed, the workshop shifts into a cozy communal meal featuring perogies, sausages, and bright, freshly seasoned sauerkraut. Just remember to bring a 1L glass mason jar to take your sauerkraut home in.

Kristine Hui Grandview Room
Tu Apr 7 6:00 PM-9:00 PM
\$67/1 sess 603667

French Cuisine with Valentin - French Style Potato Gratin

(19+yrs)
A classic French comfort dish made with potatoes, cream, and simple ingredients. Beginner-friendly, reliable, and perfect for learning basic techniques and sharing a warm meal together.

Valentin Camosseto Grandview Room
Th Apr 2 6:30 PM-8:30 PM
\$32/1 sess 604939

French Cuisine with Valentin - Molten Lava Cake NEW! (19+yrs)

A rich and indulgent chocolate dessert with a soft, molten centre. Easy to follow and always very popular.

Valentin Camosseto Grandview Room
Th Jun 4 6:30 PM-8:30 PM
\$32/1 sess 604941

Fruit Cheong and Mocktail Tasting Workshop NEW! (19+yrs)

Step into the world of Korean culinary heritage with this interactive workshop where you'll learn to make two fruit cheongs - traditional fermented syrups created by layering your choice of fruits with sugar or honey. Once your cheongs are prepared, the workshop shifts into a tasting session. You'll sample refreshing non-alcoholic mocktail drinks made with cheong, and discover how these versatile syrups can be used. Bring two 1L glass mason jars to store your cheongs in.

Kristine Hui Grandview Room
Su Jul 19 1:00 PM-3:30 PM
\$67/1 sess 603671

Guided Bike Ride (19+yrs)

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

HUB Cycling Outside - John Hendry
Sport Court

\$31.50/1 sess
Th May 21 4:30 PM-6:30 PM 602767
Th Jun 11 5:00 PM-7:00 PM 602902
Th Jul 23 5:00 PM-7:00 PM 602933
Th Aug 6 5:00 PM-7:00 PM 602934

HUB Women's Cycling Program

(19+yrs)

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

HUB Cycling Outside - John Hendry
Gravel Field
Tu Jul 7-Aug 11 5:00 PM-7:00 PM
\$105/6 sess 602771



HUB Women's Cycling Program

Indigenous Reads Book Club

(19+ yrs)

If you love to read and talk about books, please consider joining this friendly group of readers that meets once a month. The books handed out at each meeting are either written by Indigenous authors or are about issues related to that population. Hopefully what we learn through our reading will inform some of the choices we make as individuals. We meet on the second Wednesday of each month. The first meeting will take place on Apr 8. Please pick up the first book at the front desk after you register.

Teresa Whitehouse Willow Room
W Apr 8-Jun 10 10:00am-11:30am
Free/3 sess 615978

Intermediate Bike Skills (19+yrs)

This small group 2 hour course is for people who have mastered the basics of riding a bike and are looking to take their skills to the next level. It will start with an off-road refresher skills session and progress to a Road Ride in the local community led by an experienced instructor. We strongly recommend that participants take HUB Cycling's free-of-charge StreetWise Cycling Online course [bikehub.ca] in advance of attending the Intermediate Bike Skills course. There will be free bicycles and helmets for use by any participants who need them.

HUB Cycling Outside - John Hendry
Gravel Field

\$31.50/1 sess
Sa May 2 2:00 PM-4:00 PM 602766
Sa May 30 11:00 AM-1:00 PM 602899
Sa Jun 13 2:00 PM-4:00 PM 602900
Sa Jun 20 2:00 PM-4:00 PM 602901
Sa Jul 25 2:00 PM-4:00 PM 602928
Th Aug 6 5:00 PM-7:00 PM 602929
Sa Aug 15 2:00 PM-4:00 PM 602930
Sa Aug 22 2:00 PM-4:00 PM 602931

Introduction to Fiction Writing

(19+yrs)

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

Glenn Mori Board Room
Sa May 23-Jun 27 2:30 PM-4:00 PM
\$105/6 sess 599337

Lacto Fermented Pickles & Bánh Mì Workshop NEW! (19+yrs)

Discover the magic of fermentation in this lively, hands-on workshop. The session begins with making your own lacto-fermented pickles - crisp, tangy vegetables preserved in brine. Once the jars are sealed, the workshop shifts into a delicious, communal build-your-own bánh mì session. Using fresh herbs and a variety of fillings, you'll assemble vibrant sandwiches inspired by the Vietnamese classic - finished with a generous topping of lacto-fermented pickles.

Kristine Hui Kitchen
Su Aug 16 1:00 PM-3:30 PM
\$67/1 sess 603674



Lacto Fermented Pickles & Bahn Mi Workshop

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/
Willow Room
\$101.85/1 sess
Tu Apr 14 6:00 PM-8:00 PM 602729
Tu May 26 6:00 PM-8:00 PM 602730
Tu Jun 30 6:00 PM-8:00 PM 602731
Tu Jul 28 6:00 PM-8:00 PM 602732

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	
Free/1 sess		
Th Apr 30	6:30 PM-9:30 PM	602742
Th May 28	6:30 PM-9:30 PM	602743
Th Jun 25	6:30 PM-9:30 PM	602744
Th Jul 30	5:30 PM-8:30 PM	602745
Th Aug 27	5:30 PM-8:30 PM	602746

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/ Willow Room	
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\$99.75/1 sess		
Tu Apr 28	6:00 PM-8:00 PM	602738
Tu Jun 9	6:00 PM-8:00 PM	602739
Tu Jul 7	6:00 PM-8:00 PM	602740
Tu Aug 18	6:00 PM-8:00 PM	602741

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	
\$178.50/2 sess		
Th May 14-May 21	6:30 PM-9:30 PM	602751
Th Jun 11-Jun 18	6:30 PM-9:30 PM	602752



Leatherwork Drop in Days

Letter Writing Club (All Ages)

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. Children welcome with an accompanied adult.

Condwiramurs McGowan

Free/1 sess	Willow Room	
Su Apr 19	11:00 AM-2:00 PM	607950
Su May 24	11:00 AM-2:00 PM	613749
Su June 21	11:00 AM-2:00 PM	613750
Su July 19	11:00 AM-2:00 PM	613751
Su Aug 23	11:00 AM-2:00 PM	613752

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/ Willow Room	
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\$63/1 sess		
Tu Apr 21	6:00 PM-8:00 PM	602733
Tu May 12	6:00 PM-8:00 PM	602734
Tu Jun 16	6:00 PM-8:00 PM	602735
Tu Jul 14	6:00 PM-8:00 PM	602736
Tu Aug 25	6:00 PM-8:00 PM	602737



Linocut Printmaking

Matcha Tiramisu Cake Workshop

(19+yrs)

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

Lily Sum	Kitchen
Th May 21	6:30 PM-8:30 PM
\$69/1 sess	602653
F Jul 24	6:00 PM-8:00 PM
\$69/1 sess	602655



Matcha Tiramisu Cake Workshop

Micromobility Skills

(19+yrs)

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

HUB Cycling Outside - John Hendry
Gravel Field

\$31.50/1 sess	
Sa May 30	2:00 PM-4:00 PM 602769
Th Jun 18	5:00 PM-7:00 PM 602903
Th Aug 20	5:00 PM-7:00 PM 602906

Moss Ball Workshop

(19+yrs)

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

Vancouver Tool Library Art Studio
\$52.50/1 sess

Tu May 5	6:00 PM-8:00 PM	602747
Tu Jun 2	6:00 PM-8:00 PM	602748
Tu Jul 21	6:00 PM-8:00 PM	602749
Tu Aug 11	6:00 PM-8:00 PM	602750



Moss Ball Workshop

Organic Hemp Body Seed Oil Products

(19+yrs)

Discover the amazing properties of Hemp Seed Oil! This exceptionally rich oil high in essential omega fatty acids and proteins absorbs well into the skin and is very healing, rejuvenating and has a natural SPF of 6. In class, make high-quality skincare products for all skin types from scratch! Participants will make and take home a Hemp Body Lotion, Hemp Seed Body Exfoliant, Heavenly Hemp Bath n' Body Oil and a Hemp Seed Soap. Recipes for healing salves and body washes.

Cheryl Theilade	Lakewood Room
Th May 21	6:30 PM-9:00 PM
\$64/1 sess	607277

Photography Fundamentals

(19+yrs)

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

Anton Fernando	Lakewood Room
Su May 31	11:00 AM-3:00 PM
\$44/1 sess	612371
Su Jul 26	11:00 AM-3:00 PM
\$44/1 sess	612372

**Check out our
Greening Workshops**

See page 58



Resume & Interview Workshop with Unify

NEW!

(19+yrs)



Unify Social is hosting a Resume & Interview Workshop designed to help newcomers succeed in the Canadian job market. Participants will learn how to structure a Canadian style resume, tailor applications to job postings, and confidently prepare for interviews using proven frameworks like the STAR method. The session includes practical examples, hands-on guidance, personalized feedback, and a gift card raffle for attendees.

Unify Social	Lakewood Room
Th Jun 11	6:00 PM-8:00 PM
Free/1 sess	611299
Su Jul 19	10:30 AM-12:30 PM
Free/1 sess	611300

Spoon Carving 101

(19+yrs)

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

Jasper Moedt	Art Studio
\$75/1 sess	
Th Apr 16	6:00 PM-9:00 PM 603390
Th May 7	6:00 PM-9:00 PM 603392
Th Jun 11	6:00 PM-9:00 PM 603395
Tu Jul 14	6:00 PM-9:00 PM 603397
Tu Aug 11	6:00 PM-9:00 PM 603400



Spoon Carving 101

Spoon Club Drop In

(19+yrs)

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

Jasper Moedt	Art Studio
Th Apr 23	6:00 PM-9:00 PM
Free/1 sess	603404

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! This set is intended for moms of babies born January 2026 - March 2026. No class May 8.

The MotherFlock	Lakewood Room
Babies Born January 2026-March 2026	
F Apr 10-May 15	11:45 AM-1:00 PM
\$140/5 sess	602697

Babies Born February 2026-April 2026	
F May 22-Jun 26	11:45 AM-1:00 PM
\$168/6 sess	602698

Babies Born January 2026-March 2026	
w/ Guest Speakers	
F Apr 10-May 15	10:00 AM-11:15 AM
\$150/5 sess	602695

Babies Born February 2026-April 2026	
w/ Guest Speakers	
F May 22-Jun 26	10:00 AM-11:15 AM
\$180/6 sess	602696

Cedar Weaving Bracelets with Todd DeVries

(19+yrs)

TLCCA SUBSIDIZED

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

Todd DeVries	Lakewood Room
Su Apr 12	11:00 AM-1:00 PM
\$15/1 sess	616964

Soap Making, Honouring Earth Day!

(19+yrs)

Soap from scratch! From pre-blended bases, learn the basics of cold process soap making from scratch! Make a long lasting herbal floral soap and a batch of citrus explosion using earth oxides and clays. Explore different ingredients, methods, and techniques that you can use to create exciting soaps. Learn about troubleshooting, history and packaging/decorating your soaps! Also receive a finished soap bar. Recipes for gourmet garden bar, pet soap, laundry soap and herbal shampoo. Please bring hand towel to class. Come to class scent free and bring an apron (or wear appropriate clothing). All supplies included in course fee.

Cheryl Theilade	Lakewood Room
W Apr 15	6:30 PM-9:00 PM
\$68/1 sess	608127

Cedar Weaving Spider Baskets with Todd DeVries

NEW!

(19+yrs)

TLCCA SUBSIDIZED



In this Cedar Weaving 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 Jul 26 11:00 AM-2:00 PM
\$20/1 sess 616969

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 May 10, 18, Aug 3

Shohei Juku Aikido Canada Elm Room
M Tu Th Sa Apr 2-Apr 30 6:00pm-7:30pm
\$80/17 sess 598352
M Tu Th Sa May 2-May 30 11:00am-12:30pm
\$80/15 sess 598354
M Tu Th Sa Jun 2-Jun 30 6:00pm-7:30pm
\$80/17 sess 598353
M Tu Th Sa Jul 2-Jul 30 6:00pm-7:30pm
\$80/17 sess 608973
M Tu Th Sa Aug 1-Aug 31 11:00am-7:00pm
\$80/17 sess 608972

Axé Capoeira Adult All Levels (14+ yrs)

Capoeira is an Afro-Brazilian martial art that combines self-defense, dance, acrobatics, music, and physical conditioning to create a unique, multidisciplinary experience. Classes focus on developing, rhythm, reflexes, balance, coordination, strength and flexibility. If you're looking to revolutionize your fitness and wellness routine, engage in a vibrant community, and learn an incredible artform this could be perfect for you. Class is twice a week. Drop-in \$25, space permitting. No session May 8, 18 & Jun 5.

Kenneth Clarke Lakewood Room
M F Apr 10-Jun 26 5:15pm-6:15pm
\$331/21 sess 611063

Beginners Aikido (13+ yrs)

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

Shohei Juku Aikido Canada Elm Room
Th Apr 9-Jun 25 5:00pm-5:50pm
\$126/12 sess 598369
Th Jul 2-Aug 20 5:00pm-5:50pm
\$84/8 sess 608981

Qigong (19+ yrs)

Qigong can be loosely translated as "energy work." There are countless ways to work with energy! Generally, there are sitting, standing, moving, and lying down forms of practice. We can work with movement and posture, breathing techniques, sound, visualization, etc. to build, circulate, absorb, and emit Qi, for physical and mental health. In this course, we will do some practice that involves simple, gentle movement, to move energy through our channels and into the organs, as well as some sitting practice. Drop in \$18, space permitting.

Kelly Maclean Grandview Room
W Apr 8-Jun 24 6:00pm-7:00pm
\$192/12 sess 598477

Shorinji Kempo (13+ yrs)

Discover Shorinji Kempo, an authentic Japanese martial art blending practical self defense, throws, releases, and strikes with personal growth. Expert instructors guide all experience levels, building skills and confidence with a clear path for progress through our organized curriculum, plus meditation each class to sharpen focus and calm the mind. Enjoy a dynamic workout boosting strength and flexibility through safe, non-competitive sparring and paired techniques. Philosophy discussions enrich this practice, ideal for all ages. Our non-profit offers affordable fees and free intros. Join today! Train body, mind, and spirit. Drop-in \$10.00, space permitting. No session May 8, 9 & 18.

Shorinji Kempo Vancouver Elm Room
M 7:30pm-9:30pm
F 7:00pm-9:00pm
Sa 2:30pm-4:30pm
M F Sa Apr 3-Apr 27 598487
M F Sa May 1-May 30 598489
M F Sa Jun 1-Jun 29 598488
M F Sa Jul 3-Jul 31 609054
M Aug 17-Aug 24 609053
Drop-in/2 sess

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

The 48 Form combines the 4 most important styles of Tai Chi: Yang, Chen, Wu, and Sun. This exceptionally beautiful form provides a little more technical challenge than the simplified 24 Form. It includes a great variety of movements, and is well-balanced in terms of left and right. Parts Two and Three will follow. Experience with 24 Form is recommended but not crucial. Drop in \$18, space permitting.

Kelly Maclean Grandview Room
W Apr 8-Jun 24 7:00pm-8:00pm
\$192/12 sess 598511

Tai Chi - Yang Style 1 & 2

(19+ yrs)

This class will introduce and expand on Tai Chi Yang Style, Tai Chi Sword and Kung Fu Fan. Another form of Chinese exercise, Qi Gong Ba Duan Jin, will also be taught. Tai Chi improves strength, flexibility, balance and coordination. Slow and relaxing movements improve posture, breathing and energy flow. Suitable for all ages and fitness levels. Instructor speaks English and Chinese. No session May 9.

Michael Chiao	Lakewood Room
Sa Apr 11-Jun 27	9:00am-11:00am
\$75/11 sess	598512
Sa Jul 4-Aug 29	9:00am-11:00am
\$62/9 sess	609091

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

(19+ yrs)

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

Amy Li Hua Zhu	Cedar Hall
Th Apr 9-Jun 25	11:20am-12:15pm
\$174/12 sess	598513

Tai Chi- Traditional Yang Style 22 Form & Health QiGong

(19+ yrs)

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

Amy Li Hua Zhu	Cedar Hall
Th Apr 9-Jun 25	10:20am-11:15am
\$174/12 sess	598514

Women Self-Defense Workshop

(18+ yrs)

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

Janna Pansegrau	Elm Room
Th Apr 9-Jun 25	7:45pm-9:15pm
\$150/12 sess	598531

Performing Arts

Adult Group Guitar Beginners (19+yrs)

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

Rene Hugo-Sanchez	Board Room
Th Apr 16-Jun 18	8:05 PM-8:35 PM
\$130/10 sess	602795
Th Jul 2-Aug 27	7:30 PM-8:00 PM
\$117/9 sess	602806

Adult Group Guitar Intermediate

(19+yrs)

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

Rene Hugo-Sanchez	Board Room
Th Apr 16-Jun 18	8:35 PM-9:05 PM
\$130/10 sess	602797
Th Jul 2-Aug 27	8:00 PM-8:30 PM
\$117/9 sess	602807

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 May 18 + Aug 3.

Rene Hugo-Sanchez	Art Studio
M Apr 13-Jun 22	8:15 PM-8:45 PM
\$130/10 sess	602803
M Jun 29-Aug 24	8:15 PM-8:45 PM
\$104/8 sess	602823

Check out TLCCA Program Cost Assistance Program

See page 52.

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 May 18 + Aug 3.

Rene Hugo-Sanchez Art Studio
M Apr 13-Jun 22 7:15 PM-7:45 PM
\$130/10 sess 602790
M Jun 29-Aug 24 7:15 PM-7:45 PM
\$104/8 sess 602821

Adult Group Ukulele Children Songs

(19+yrs)

This class is highly recommended for parents with small children, teachers, anyone who works with children or simply likes children songs. Bring your ukulele (any size), your clip-on tuner, a capo, a book containing 40 popular children songs arranged by Rene Hugo will be available at the first class for \$20. Must be able to change chords fluently, know basic strumming patterns, some bar chords or to have finished the Intermediate ukulele level of Rene Hugo's classes. No class May 18.

Rene Hugo-Sanchez Art Studio
M Apr 13-Jun 22 8:45 PM-9:15 PM
\$130/10 sess 602804

Adult Group Ukulele Ensemble

(19+yrs)

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

Rene Hugo-Sanchez Board Room
Th Apr 16-Jun 18 9:05 PM-9:35 PM
\$130/10 sess 602805

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 May 18 + Aug 3.

Rene Hugo-Sanchez Art Studio
M Apr 13-Jun 22 7:45 PM-8:15 PM
\$130/10 sess 602802
M Jun 29-Aug 24 7:45 PM-8:15 PM
\$104/8 sess 602822

Adult Hip Hop Fundamentals

(19+yrs)

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

Endorphin Rush Dance Cedar Hall

\$5 Trial
Th Apr 16 6:15 PM-7:15 PM
\$5/1 sess 602711
Th Jul 2 6:15 PM-7:15 PM
\$5/1 sess 602723
Th Apr 23-Jun 25 6:15 PM-7:15 PM
\$157.50/10 sess 602712
Th Jul 9-Aug 20 6:15 PM-7:15 PM
\$110.25/7 sess 602724

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. For more information allbodiesdance.ca. We kindly ask that you register only if you plan to attend all sessions. Free thanks to funding from the Trout Lake Community Centre Association and the BC Arts Council.

All Bodies Dance Project Grandview and
Lakewood Room

Th Apr 9-May 14 6:30 PM-8:00 PM
Free/6 sess 598263

Bellydance

(19+yrs)

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

Georgina Daniels Cedar Hall
W Apr 8-Jun 17 6:30 PM-7:30 PM
\$165/11 sess 601450



Bellydance

Bluegrass Slow Pitch**Jam****(19+yrs)**

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

Sue Malcolm Grandview Room
 Tu Apr 14-Jun 16 7:00 PM-8:30 PM
 \$200/10 sess 603323

Brasilian/Latin Fit**Dance****(19+yrs)**

Fit dance isn't just a fitness class. It's a class you learn choreography movements to songs that are a hit right now like brasilian funk, soca, dancehall, Reggaton and many more. Feel like a Zumba class is to fast and you can't follow? Then this is the class for you! I will break down the movement but still keep your cardio going and guarantee a sweat! I'm hear to help you move your body a way you never have. Drop in \$13, space permitting. No class May 8 + July 31.

Lesley Maranhao Cedar Hall

Free Trial

F Apr 10 6:00 PM-7:00 PM
 Free/1 sess 598767
 F Jul 3 6:00 PM-7:00 PM
 Free/1 sess 599330
 F Apr 17-Jun 26 6:00 PM-7:00 PM
 \$110/10 sess 598768
 F Jul 10-Aug 14 6:00 PM-7:00 PM
 \$55/5 sess 599331

Jazz Funk & Grooves**(19+yrs)**

This high-energy dance class channels the style and confidence of Britney, Beyoncé, Rihanna, Pussycat Dolls, Dua Lipa, and Doja Cat. Focus on rhythm, coordination, and hitting those beats with attitude. Each session includes a cardio warm-up, stretch, and a fun, sultry combo broken down for all levels. Please wear non-marking shoes. Drop in \$18, space permitting. No class May 13.

Anushka Kashyap Cedar Hall
 W Apr 8-Jun 24 7:45 PM-8:45 PM
 \$188/11 sess 599332

Line Dancing Intermediate**With Helen****(19+ yrs)**

Get out on the dance floor and learn some new steps! Great for the body and soul. No partner needed. Adult drop-in \$6.50, Seniors drop-in \$4. No session May 8.

Helen Ai Yee Lee Cedar Hall
 Tu Apr 7-Jun 23 12:00pm-1:30pm
 \$72/12 sess 598437
 F Apr 10-Jun 26 12:00pm-1:30pm
 \$66/11 sess 598438

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.

Bryony Ollier Art Studio
 Tu Apr 14-Jun 16 10:00 AM-11:30 AM
 \$180/10 sess 608112

Traditional Bachata**(19+yrs)**

Learn authentic Bachata footsteps, connection, leading and following while simultaneously improving coordination and rhythm in a fun energetic and vibrant class! Let's smile and laugh while learning! No partner needed. Wear loose comfortable clothes, an option to dance in bare feet or indoor shoes and bring a water bottle! No drop ins. No class May 8.

Naduska Lopez Cedar Hall
 F Apr 3-May 15 7:15 PM-8:45 PM
 \$157.50/6 sess 602782
 F May 22-Jun 26 7:15 PM-8:45 PM
 \$157.50/6 sess 602784
 F Jul 10-Aug 14 7:15 PM-8:45 PM
 \$157.50/6 sess 602787

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, challenge friends, and enjoy a variety of classic and modern board games. Whether you're a strategic mastermind or just in it for the laughs, there's a game for everyone! All supplies will be provided, open to Ages 19 and over. No session Apr 9, May 14 & Jun 11.

No Instructor Willow Room
 Th Apr 9-Jun 25 11:00am-1:00pm
 Free/9 sess 598405

Please register early!

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

Visual Arts

ABC Acrylic Basics Covered

(19+yrs)

Acrylic paint has few rules and is a perfect medium for beginners! The first couple classes are about the basics: colour mixing, theory and brush technique- all clearly demonstrated. Next you'll be painting a juicy loose, Group of Seven inspired landscape. No fear of getting lost - instructor Niina Chebry will lead you through to the other side! This class is suited for beginners or for those who need a refresher. (and a good nudge to get started). No class May 18. Acrylic paint supplies available upon request. \$70 art kit includes paint, canvas and brushes or check out the supplies you'll need here: www.niinachebry.com.

Niina Chebry
M May 4-Jun 8
\$138/5 sess

Grandview Room
7:00 PM-9:00 PM
598277

Acrylic Painting

(19+yrs)

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

Mohammad Reza Atashzad
Tu Jun 2-Jun 23
\$110/4 sess

Art Studio
1:45 PM-3:45 PM
602727

Adult Beginners Pottery (19+yrs)

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

Janine Schroedter
Tu Apr 7-Jun 23
\$418/12 sess
Tu Jul 7-Aug 25
\$279/8 sess

Pottery Studio
7:00 PM-9:30 PM
603324
6:00 PM-8:30 PM
603332

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
Th Apr 16-Jun 4
\$294/8 sess
Th Apr 16-Jun 4
\$294/8 sess

Pottery Studio
12:30 PM-3:00 PM
602656
7:00 PM-9:30 PM
602658

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
Tu Apr 7-Jun 2
\$502/9 sess

Pottery Studio
10:00 AM-2:00 PM
600024

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
Su Apr 12
\$55/1 sess
F Aug 7-Aug 7
\$55/1 sess

Art Studio
2:00 PM-4:00 PM
602033
6:00 PM-8:00 PM
602053

Basket Weaving 101

(19+yrs)

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

Suzanne Cowan
Su May 24
\$136.50/1 sess

Art Studio
10:00 AM-3:00 PM
600025



Basket Weaving 101

The Trout Lake Pottery Club

The Trout Lake Pottery Club is an affiliated group of the Trout Lake Community Centre Association. This is a volunteer-operated club that promotes and encourages community involvement and active participation. Not suitable for the production and/or professional potters.

Pottery experience required. For membership information, please email: tlpotteryclubinfo@gmail.com

Basket Weaving 201 (19+yrs)

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

Suzanne Cowan Art Studio
Su May 31 10:00 AM-4:00 PM
\$189/1 sess 600026

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

Learn to make a multi-section softcover book with a functional and attractive exposed binding that lies flat, making your handbound book ideal for sketching, journaling or creating an artist book. No previous experience necessary. All supplies included.

Suzanne Cowan Grandview Room
Th May 28 6:30 PM-9:30 PM
\$115.50/1 sess 602848



Bookbinding

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

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

Fernanda Mascarenhas Kitchen
Su May 3 1:00 PM-4:30 PM
\$100/1 sess 606347

Journaling Meet-up and Stationery Swap (All Ages)

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

Kathryn Wong Lakewood Room
Su May 3 1:00 PM-3:00 PM
Free/1 sess 601598

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

TLCCA SUBSIDIZED

Let's make a lantern and take part in the lantern procession. In this workshop, we will create a lantern using simple materials, finished with a small LED light. You are welcome to bring your handmade lantern to the procession and share an evening together under the moon.

Yee Chan Preschool
Su Aug 23 10:30 AM-12:30 PM
\$10/1 sess 607073
Su Aug 23 1:15 PM-3:15 PM
\$10/1 sess 616034

Natural Dye and Shibori (19+yrs)

This workshop combines 2 techniques, shibori and natural dyeing, to create a one-of-a-kind small 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 Kitchen
Su Jul 12 1:00 PM-3:00 PM
\$69/1 sess 606349

Photography: Smartphone (19+yrs)

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

Jhaymee Hizon Art Studio
W Apr 15-Jun 17 6:00 PM-7:30 PM
\$157.50/10 sess 602959

Rattan Paper Lamp

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

Bring a handmade rattan paper lamp into your home. Using traditional lantern making techniques, we will design and build a unique table lamp using rattan, wire and paper. This workshop is open to all skill levels. By the end of the workshop, we will complete a functional lamp that brings a warm glow into our living space. All materials are included, along with an E26/E27 table lamp base with cord switch and plug (bulb not included).

Yee Chan Lakewood Room
W Apr 22-May 20 6:00 PM-8:30 PM
\$188/5 sess 607063



Rattan Paper Lamp Workshop

Tatakizome On A Tote Bag

(19+yrs)

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

Fernanda Mascarenhas Kitchen
Su Aug 2 1:00 PM-3:00 PM
\$58/1 sess 606350

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 Apr 3-May 1 10:00 AM-12:00 PM
\$120.50/5 sess 603465

The Joy of Drawing & Sketching

(19+yrs)

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

Philip Tsang Lakewood Room
Tu Mar 31-Apr 28 6:30 PM-8:00 PM
\$90/5 sess 603462

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 Apr 3-May 1 12:15 PM-1:45 PM
\$160.50/5 sess 603468

Watercolour Painting (19+yrs)

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

Mohammad Reza Atashzad Art Studio
Tu Apr 7-May 19 1:45 PM-3:45 PM
\$195/7 sess 602726

Wool Needle Felting (19+yrs)

Needle felting is a popular crafting method for making 3-dimensional sculptures as well as fabric surface decoration. In this class we'll make a flat piece and a small 3-dimensional sculpture out of wool. Participants are welcome to bring their project ideas to class.

Amy Walker Lakewood Room
Su Jul 5 12:15 PM-2:15 PM
\$44/1 sess 606277



Wool Needle Felting

Wool Wet Felting (19+yrs)

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

Amy Walker Art Studio
Th Apr 9 5:45 PM-7:45 PM
\$44/1 sess 604966

Bus Trips

Alpine Meadows Wildflowers

(55+ yrs)

Enjoy a breathtaking day among vibrant wildflowers at Manning Park's unique Sub-Alpine Meadows. Stroll the Heather or Paintbrush Trails, enjoy a generous picnic lunch surrounded by mountain beauty, and soak up the fresh alpine air and stunning scenery. Level: Moderate, package includes: Sub-Alpine Meadow, Alpine Wild Flowers, Alpine Meadow Lookout, Picnic Table Lunch, escorted Meadow Walk, all fees and taxes

Enjoy The Journey TLCC Lobby
Tu Aug 4 8:45am-5:45pm
\$109/1 sess 611806

Bowen Island

(55+ yrs)

Tour Bowen Island with a local step-on guide to Orchard Historical Society and Lighthouse Lane. Visit Killarney Lake, the Bowen Island Museum and Village Square for a delicious lunch at Artisan Eats. *Additional \$10 ferry fee for 64 years and under. Level: Easy Package includes: Bowen Island Museum, local Step-On Guide, Killarney Lake, lunch at Artisan Eats, Lighthouse Lane

Enjoy The Journey TLCC Lobby
M Apr 13 8:30am-5:45pm
\$139/1 sess 598407

Galiano Island

(55+ yrs)

Experience the magic of BC's Wild West Coast featuring stunning views, marine park trails where local artisans await you on Galiano Island. Level: Easy *Additional \$36 ferry fee for 64 years and under* Package includes: Montague Harbour Marine Park, Gray Peninsula Escorted Walk, lunch Woodstone Manor, Galiano Soap Works, Galiano Shops

Enjoy The Journey TLCC Lobby
M Jul 13 8:45am-7:45pm
\$159/2 sess 611803

Salt Spring Saturday Market

(55+ yrs)

With over 140 artisans, this market has earned its reputation as a hotbed for world-class artisans and organic farmers. Vendors are joined by local entertainment, creating a fun and festive vibe. Level: easy, package includes: Salt Spring Saturday Market, Scenic Gulf Islands Sail, all Ferry fees

Enjoy The Journey TLCC Lobby
Sa Jun 13 7:45am-6:45pm
\$129/1 sess 598520

Squamish Canyon

(55+ yrs)

Experience the new Squamish Canyon, an immersive forest walk with towering boardwalks, a forest lounge, roaring Mamquam Falls, and interactive stories celebrating BC's wild beauty and culture. Level: *moderate, up to 80 stairs* Package includes: Squamish Canyon Ticket, lunch Watershed Grill, Squamish Old Town, Sp?akw?us Feather Park, All Fees and Taxes

Enjoy The Journey TLCC Lobby
M May 11 8:45am-5:15pm
\$139/1 sess 598484

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. Instructor: David Perkins, CFP®, EPC, CEA

David Perkins Grandview Room
F May 22 10:00am-11:30am
Free/1 sess 598389

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. 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 Apr 10 10:00am-11:30am
Free/1 sess 598515

SENIORS' COMMUNITY MEETING:

Thursdays at 1:30pm April 17, May 21, June 11

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

Mission Statement

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

Seniors Cycling Program

(55+yrs)

Join the Seniors Cycling Program to build skills, confidence and to make friends with other seniors on their cycling journey. Topics like basic maneuvering, proper signals, how to maintain your bike and how to plan the safe cycling routes. Our experienced instructors will help you develop your skills in a safe, community-oriented environment. By creating a community of older adults who are interested in skill sharing and group encouragement, we hope to build participants' cycling confidence enough that they can ride throughout the city in safety and comfort. This program is aimed for beginners or participants who have not cycled in many years, but all levels of cyclists are welcome! If cost or is a barrier, email streetwise@bikehub.ca for information. Please visit bikehub.ca/seniors-cycling-program for more information. Bikes and helmets will be provided to participants during the program.

HUB Cycling Outside - John Hendry
Gravel Field
Tu Apr 21-May 26 4:30 PM-6:30 PM
\$105/6 sess 602701

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 welcome, \$8, space permitting. No session May 18. soma anima arts - Rachel Helten

Grandview Room
M Apr 13-Jun 22 12:30pm-2:00pm
\$60/10 sess 598376

Ukulele for Beginners

(55+yrs)

New to the ukulele? This introductory course is for you. Establishing good technique can make learning faster and more enjoyable. Topics include: what to look for when buying an instrument, how to hold the instrument, fundamental techniques such as plucking melodies and strumming chords. No experience necessary. This course is also appropriate for those still working on the basic chord shapes (C, Am, F, G7) and strumming patterns or have never had in-person instruction. Please bring a ukulele or plan to purchase one after the first class. No class May 18.

Mark Beaty Maple Room
M Apr 13-Jun 15 9:30 AM-10:20 AM
\$162/9 sess 602773

Ukulele Singalong

(55+yrs)

Experience the joy of singing and strumming in a group! This course is designed for players that are comfortable moving fluidly between the basic chords (C " Am " F " G7), and looking to expand their ukulele playing and musicality. We work on a new technique or skill each class, then apply what we've learned through songs and singing as a group. Repertoire includes folk, R&B, and popular music. An optional community performance happens at the end of the course. Please bring a ukulele and a folding music stand. No class May 18.

Mark Beaty Maple Room
M Apr 13-Jun 15 10:30 AM-11:20 AM
\$162/9 sess 602775

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 Apr 7-Jun 16 10:45am-11:45am
\$145/11 sess 598373
Coco Gervais
F Apr 10-Jun 26 10:45am-11:45am
\$144/11 sess 598374

Fun Fitness

(55+ yrs)

Come join a fun low impact exercise program focusing on various functional mobility movements at your own pace. Improve balance, flexibility, endurance and total body strength. Keep fit for a healthier independent lifestyle. Suitable for anyone who has taken exercise classes and comfortable rising from the floor. Par-q required. \$10 drop-in, space permitting.

Candace Imada Cedar hall
W Apr 8-May 6 10:30am-11:30am
\$35/5 sess 611809
W May 13-Jun 10 10:30am-11:30am
\$35/5 sess 616059

Older Adults Strength & Conditioning with Denise

(55+ yrs)

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

Denise Galay Gymnasium - North (2/3)
Tu Apr 7-Jun 23 11:00am-11:45am
\$67/12 sess 598452
Th Jul 2-Jul 30 11:30am-12:15pm
\$28/5 sess 612016

REMINDER:
Senior Programs
Registration
begins at 10:00am
on March 12th.

Strength and Balance (55+ yrs)

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

Monika Schoenenberger	Gymnasium - North (2/3)
Th Apr 9-Jun 18	11:30am-12:30pm
\$70/11 sess	598508
Th Aug 6-Aug 27	11:30am-12:30pm
\$26/4 sess	609089

Zumba Gold (19+yrs)

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

Zumba Vancouver	Cedar Hall
Th Apr 9-May 14	12:30pm-1:30pm
\$85/6 sess	598535
Th May 21-Jun 25	12:30pm-1:30pm
\$85/6 sess	598536

Social

Building our Local Communities (55+ yrs)

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

Wally Kunz	Willow Room
W Apr 8-Jun 24	12:00pm-1:00pm
Free/12 sess	598724

Duplicate Bridge Tournament (40+yrs)

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

No Instructor	Willow Room
Th Apr 9-Jun 11	10:30am-3:00pm
Free/3 sess	598387

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, challenge friends, and enjoy a variety of classic and modern board games. Whether you're a strategic mastermind or just in it for the laughs, there's a game for everyone! All supplies will be provided, open to Ages 19 and over. No session Apr 9, May 14 & Jun 11.

No Instructor	Willow Room
Th Apr 9-Jun 25	11:00am-1:00pm
Free/9 sess	598405

Mah Jong-Intermediate (40+yrs)

Bring your lunch and come and make new friends while playing Mah Jong. Drop-in \$1.00, space permitting. No session Apr 21, May 26 & Jun 16.

No Instruction	Lakewood Room
Tu Apr 7-Jun 23	10:00am-2:00pm
\$7.50/8 sess	598442
Grandview Room	
Th Apr 9-Jun 25	10:00am-2:00pm
\$7.50/12 sess	598443

Trout Lake Quilting Circle (50+yrs)

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

No Instructor	Grandview/Lakewood Room
W Apr 8-Jun 24	12:45pm-3:15pm
\$21/12 sess	598521

Sports

Table Tennis (55+ yrs)

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

No Instructor	Gymnasium - South (1/3)
Tu Apr 7-Jun 23	9:15am-12:00pm
\$26/12 sess	598509
Th Apr 9-Jun 18	9:15am-12:00pm
\$24/11 sess	598510
Th Jul 2-Aug 27	11:00am-1:00pm
\$19/9 sess	609090

Seniors Table Tennis (55+ yrs)

No session Apr 20.	
No Instructor	Willow Room
M F Apr 13-Jun 26	9:15am-11:45am
Free/21 sess	598485

TUESDAY LUNCHEONS

TLCCA SUBSIDIZED

(55+yrs)

Josephine Oh

Grandview and Lakewood Room

April

Enjoy a delicious lunch! MENU: Lemon grass chicken, vietnamese style noodles, Thai salad & spring roll

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

Tu Apr 21 12:00pm-1:30pm

\$8.50/2 sess 598360

May

Enjoy a delicious lunch! MENU: stir fried beef, Korean japchae noodles, sushi & potato soup

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

Tu May 26 12:00pm-1:30pm

\$8.50/2 sess 598444

June

Enjoy a delicious lunch! MENU: baked salmon, mini potatoes & salad

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

Tu Jun 16 12:00pm-1:30pm

\$8.50/2 sess 598433

FRIDAY SOCIAL LUNCH

TLCCA SUBSIDIZED

(55+yrs)

Pasta and Salad

F Apr 17 12:00pm-1:30pm

\$7.00/1 sess 598399

Lentil Sweet Potato Soup with Focaccia Bread

F May 8 12:00pm-1:30pm

\$7.00/1 sess 617045

Black Bean burgers with potato wedges

F Jun 12 12:00pm-1:30pm

\$7.00/1 sess 598401

SOCIAL TUESDAYS

April 7 – June 16, 2026

12:00 PM – 1:30 PM

\$21/season. TLCCA Subsidized.

Please pre-register #598492

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

Coffee and tea will be served.

No session April 21, May 26, Jun 16

April 7 . . . Gentle Fitness with Daniela Duva

April 14 . . Bingo

April 28 . . Tatakizome Art on a Tote Bag

May 5 . . . Sleep and Stress Management w/
OASIS

May 12. . . Vase Making with Janine

May 19. . . Flower Arrangement with Patricia

Jun 2 . . . Marbled Art

Jun 9 . . . Board Games Day

Jun 23 . . . Surprise!



B.C. SENIORS WEEK!

Keep a look out for free activities offered during the week of June 1 - 5 from educational workshops to social events, free for all seniors!

TLCC Scribes Rugby Football Club

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

www.scribesrfc.com



Café

LOCATED IN
THE ICE RINK

Monday.....3pm-8pm
Tuesday.....11am-8pm
Wednesday.....3pm-8pm
Thursday.....3pm-8pm
Friday11am-8pm
Saturday8:45am-3:45pm
Sunday10am-3:45pm

*Closed on all stat holidays

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



The Grandview Skating Club offers a fun, friendly environment, expert coaching and Skate Canada's nationally recognized learn-to-skate programs for all levels.

Join us at the Trout Lake Community Centre for our CanSkate, StarSkate, Adult Skating, CanPower (Hockey/Ringette skills) and Special Olympics programs!



grandviewskatingclub.com



Skate
Canada

Special
Olympics
British Columbia



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
<i>All fees above subject to change. Prices do not include tax.</i>		

The Flexipass Membership

Enjoy flexible and affordable recreation with our 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
<i>All fees above subject to change. Prices do not include tax.</i>		

Fitness Centre Consultations

Take advantage of our fitness consultations! With the price of admission or included in your membership pass, our Fitness Centre staff will show you in the initial session how to use equipment, create a personalized fitness program, and you will receive a card to track your progress. At the next session, our staff will monitor your exercise technique and answer any questions about your fitness program. Book a third session if you need additional support, motivation or a change in your program! Call ahead 604-257-6975 or visit in person to schedule an appointment for your fitness consultation. NOTE: Par Q+ and consent & release forms required (available at the Fitness Centre). **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
<i>All fees above subject to change. Prices do not include tax.</i>			

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

Scanning the code below 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.



Indoor Cycling

April 1 – August 31, 2026

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

- 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 after class start time may not be admitted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle Fit 9:30am-10:30am Apr 6-Aug 31	Cycle Xpress 6:30am-7:15am Jun 2 -Aug 25	Cycle Core 9:30am-10:30am Apr 1-Aug 26		Cycle Fit 9:30am-10:30am Apr 3-Aug 28	Cycle Xpress 9:00am-9:45am Jun 6-Aug 29
Cycle Fit 5:30pm-6:30pm Apr 13-Jun 29		Cycle Fit 5:30pm-6:30pm Apr 1-Jun 24	Cycle Fit 6:00pm-7:00pm Apr 2-Aug 27		
<i>Schedule is subject to change. Please visit www.vanrec.ca to register for your classes!</i>					

INDOOR CYCLING FEES	
Single visit	\$7.93
10 visit	\$71.37
<i>All fees above subject to change. Prices do not include tax.</i>	

Fitness Programs

Knowledgeable Fitness Centre staff will guide participants through a four week program covering all components of a complete fitness program. Feel more confident in any fitness centre. Connect with other likeminded members in your community.

NOTE: completed Par-Q and Consent & Release are required (available at the Fitness Centre).

Maximum 4 registered.

Registration to reserve a spot is free but admission fee to access the fitness centre is required per visit (drop-in fee, 10 usage pass or monthly Flexipass scan).

Fitness for Women (19+yrs)		Fitness for Older Adults (55+ yrs)		Fitness for Youth (13-18 yrs)	
Tues	10:00-11:00pm	Wed	10:30-11:30am	Fri	4:00-5:00pm
Apr 7 – Apr 28	#609252	Apr 1 – Apr 22	#609259	Apr 3 – Apr 24	#609265
May 5 – May 26	#609253	May 6 – May 27	#609260	May 1 – May 22	#609266
Jun 2 – Jun 23	#609254	Jun 3 – Jun 24	#609261	Jun 5 – Jun 26	#609267
Jul 7 – Jul 28	#609256	Jul 1 – Jul 22	#609262	Jul 3 – Jul 24	#609269
Aug 4 – Aug 25	#609257	Aug 5 – Aug 26	#609263	Aug 7 – Aug 28	#609271

REGISTRATION & REFUND POLICIES

Registration Info:

Spring/Summer Program Registration

In Person/Online:

Thursday, March 12 at 7:00 PM

Summer Camp Registration

In Person/Online:

Wednesday, April 8 at 7:00PM

Spring/Summer Senior Program Registration

In Person/Online:

Thursday, March 12 at 10:00AM

Fall Program Registration

In Person/Online:

Thursday, August 13 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-transferable to another person.
- Persons may register for themselves, their family members, and a maximum of one other person.
- Cheques will be accepted. NSF cheques will have a \$35 fee.
- Programs that do not reach minimum may be cancelled.

TLCCA Program Cost Assistance

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

Refund & Transfer Policies: Programs

- Full refunds and transfers will be issued for any program cancelled by the Association.
- Full refunds and transfers minus the \$5 administration fee, will be issued to the purchaser with a full 48 hours' notice before the first advertised class.
- For refund & transfer requests received up to 24 hours after the second advertised class, the purchaser will be charged the \$5 administration fee and the cost of the program's first two classes. After this time there is no refund.
- Material fees non-refundable after the first advertised class.
- Cancellation requests cannot be submitted by 311 calls. Please email tlcc@vancouver.ca or call the front desk at 604-257-6955 during operating hours..
- Registrations are non-transferable to another person.

Refund Policy: Birthday Parties and All Camps

- Full refunds, minus an administration fee (\$5), will be issued to the purchaser with a full 30 days' notice. Note that 30 days includes weekend days.
- Registrations are non-transferable to another person.

Refund Policy: Special Events, Workshops and Bus Trips

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

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

LEISURE ACCESS PROGRAM

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

Host Your Private Function With Us!

Nestled in John Hendry Park with views of beautiful wildlife habitats, Trout Lake Community Centre offers bright and modern spaces to hold your next private event. Whether it is a birthday party, business meeting, corporate event, wedding or playing sports in our gymnasium with family and friends, we've got it!

Deposit Fee & Payments To confirm your booking, payment of the deposit fee or total payment is mandatory at the time of booking. Should there not be any damages to the rented room or additional charges that occur the deposit will be refunded within 30 days of your rental date. Full payment and signed rental agreement **MUST** be received no later than 30 days prior to the rental date. **(30 days notice required for refunds.)**

Staffing Fee & Special Event Permit All rentals will be subject to staffing charges. The staffing fee is \$25 per hour with a minimum 2 hour booking. The Rental Staff must also be scheduled 15 minutes before and after the start and end time of the rental. The number of staff is dependent on the size of the event. Any events with 100 guests or more in attendance and/or are serving alcohol are required to have two Rental Staff at minimum. A copy of the renters Special Event Permit is required 2 weeks before the rental date when serving alcohol during the event.

Music Royalty Fees When playing music at your event, the SOCAN (Society of Composers, Authors and Music Publishers of Canada) fee applies. This fee is required for any events that will play music (live or recorded) to account for any copyright fees. These fees are collected and remitted by Trout Lake Community Centre.

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

Important Information:

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

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

For more information, please visit www.eventpolicy.ca

Available Upon Request:

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

Equipment Fees:

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

Time to Say Good-Bye to Balloons!

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



Make a reservation today!

To make a rental request or arrange a booking, please email troutlakerental@vancouver.ca. Please allow 3-5 business days to receive a response from the Rental Coordinator. Rental request must be submitted at least 7 days prior to your booking date. For more information, please visit www.troutlakecc.com

Public Skating Schedule

Spring Schedule April 1- June 28

Summer Schedule June 29-Aug 14

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.



SKATING LESSON INFORMATION

Spring Lessons

Registration

Set 1: Thursday, March 26th at 7:00pm

Set 2: Thursday, May 14th at 7:00pm

Set 3: Thursday June 25th at 7:00pm

Saturdays 6 week sets

Set 1 April 4-May 2 (5 weeks)

Set 2 May 16- June 27 (7 weeks)

Set 3 July 4 - Aug 8

Thursdays 6 week sets

Set 1 April 2 - May 14 (7 weeks)

Set 2 May 21 - June 25

Set 3 July 2- Aug 13 (7 weeks)

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.		

BIRTHDAY PARTY PACKAGES

Birthday Party

(0-12 yrs)

Here's what's included:

- birthday party leaders
- large birthday party room
- bouncy castle
- 45 minutes of gym time & toys
- tables and chairs
- table cloths
- reusable plates, cups, and cutlery
- set up and clean up of the room

Trout Lake is becoming more GREEN! In an effort to reduce waste, reusable plates, cups, and cutlery will be included in the birthday package. All you need to do is provide the cake, food, party guests, and party favours! Don't worry about any clean up or set up, our amazing birthday party leaders will take care of that too!

A leader will contact you to discuss party details. Please make sure your email and phone number are current. Maximum 50 people. No modifications/extensions to any birthday party package, no exceptions. You can register online/by phone/in-person. Highly recommend to register online. **30 days notice required for refunds.** Please email tlcc@vancouver.ca to request email. Bouncy Castle certified through Safety BC licence #LAM0201686.

AM Parties

Grandview Room	\$320/1 sess
Spring	
Sa Apr 18-June 20	11:00 AM-1:00 PM
Summer	
Sa Jul 4-Aug 22	10:00 AM-12:00 PM
Su Jul 5-Aug 23	10:00 AM-12:00 PM

PM Parties

Grandview Room	\$320/1 sess
Spring	
Sa Apr 11-June 20	2:00 PM-4:00 PM
Summer	
Sa Jul 4-Aug 22	1:00 PM-3:00 PM

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.



Toddler Birthday Party

(0-5 yrs)

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

Grandview Room		\$245/1 sess
Su Apr 12	10:00 AM-12:00 PM	601765
Su May 3	10:00 AM-12:00 PM	601766
Su May 17	10:00 AM-12:00 PM	601767
Su Jun 21	10:00 AM-12:00 PM	601769

SPECIAL EVENTS

FREE

Seed Potting

Plant a seed and take it home to grow

Zero Waste Collection

Bring in your clean & bagged items:

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

Brought to you by:
TLCC Green Committee

Seed Swap

Pick up seeds for your garden, swap or donate seeds

Brought to you by:
Village Vancouver

EARTH DAY SUN APRIL 26 | 11AM - 2PM

CRAFTS | GAMES | PRIZES & MORE

Bike Repair

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

Brought to you by:
Vancouver Tool Library

Kids on Wheels

Learn to use balance bikes. Borrow bikes and helmets, or bring your own, guided by instructors. (Ages 2 - 6)

Brought to you by:
HUB Cycling

Medicine Wheel

Open house! Garden with us and learn about the Medicine Wheel. Tea and snacks!

Brought to you by:
Public Health Association of BC

Drumming Circle

Drumming Circle 12pm at the Medicine Wheel with Daughters of the Drum

Creative Stamps

Bring something old to upcycle with unique stamps! with Ania Dziewonski

Cook for the Planet

Hands-on family cooking workshop and explore how food choices connect to climate action!

Registration required
\$10 per adult/child pair
11am-12:30PM | (ages 7-12)
#616053

Brought to you by:
EcoCooks

Nylon Zoo

Large salmon inflatable, environmental puppet show and kids parade.

11:30am
12:30pm
1:30pm

Brought to you by:
Angela Brown

*visit our website for more participating groups!

FREE OUTDOOR CONCERT



Music with Marnie

July 20 (600032) | Aug 17 (600033)
11:00am-11:45am

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



EVENT UPDATE

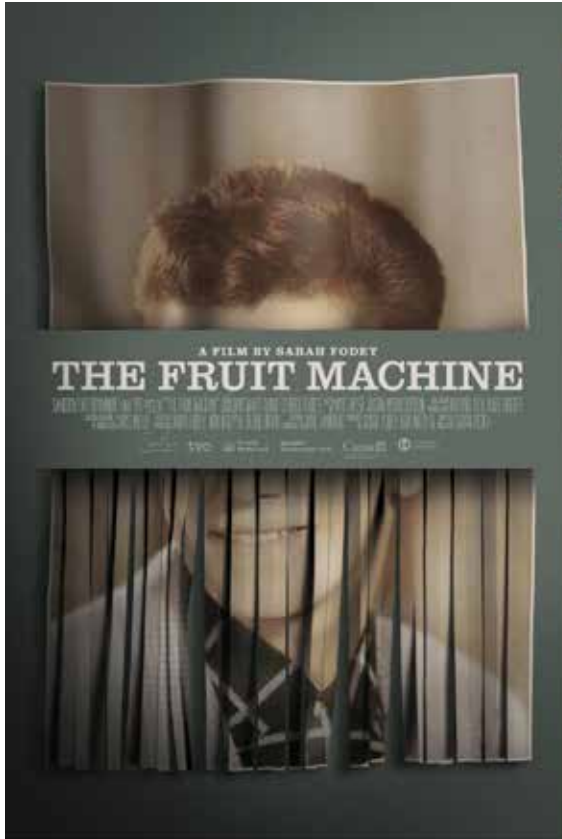
Refer to @troutlakecc on Instagram for the latest updates

POW WOW

All Ages

We are honoured to host the Pow Wow on the traditional and unceded territories of the xʷməθkʷəy̓ə (Duwamish), Skwxwú7mesh (Squamish) and səlíl̓wətaʔt (Métis) Nations.

This year's Mother's Day Traditional Pow Wow will be on ~~Friday May 8, Saturday May 9 and Sunday May 10, 2026~~. More info will be out in the upcoming months. Check our <http://troutlakecc.com/> website in April for more information.



The Fruit Machine exposes a dark chapter in Canadian history. From the 1950s until 1996, the Canadian government systematically hunted and interrogated 2SLGBTQI+ people in the RCMP, military, and civil service. An estimated 9,000 people were discriminated against, harassed, and often fired - in what is known as the LGBT Purge.

Join us for a screening followed by Q&A with survivors from the LGBT Purge Fund board: military survivors Martine Roy and Diane Pitre (who appear in the film), and RCMP survivor retired S/Sgt Wayne Davis. Members from Out on Patrol will be in attendance and light refreshments will be served.

Viewer discretion advised: This film contains sensitive discussions and personal recollections of sexual abuse which may be triggering for some viewers. Support resources will be available.



Stat Holiday Free Play Gym | Arts & Crafts (2+ yrs)

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

Gymnasium - Trout Lake

M Apr 6	10:00 AM- 12:00 PM
Free/1 sess	597494
M May 18	10:00 AM-12:00 PM
Free/1 sess	597495



Artisan Pottery & Bake Sale

(All Ages)

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

Centre Lobby

Sa May 2

9:00 AM-4:00 PM

GREENING WORKSHOPS



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

Fall and Winter Gardening

(19+yrs)

TLCCA SUBSIDIZED

Want veggies this fall—crunchy home grown lettuce, hearty kale, and other greens? Summer is the perfect time to plant for the fall and winter, and to start planning overwintering herbs and vegetables. In this Village Vancouver workshop with Rhiannon Johnson, you'll learn how and when to plant cool weather crops such as kale, lettuce, parsley, coriander, spinach, and Swiss chard, whether you're gardening on a balcony or in a backyard. A community seed library will be available—pick up free seeds for your garden, or swap or donate seeds.

Village Vancouver
Tu Jul 7
\$27/1 sess

Preschool
6:30 PM-8:30 PM
612315

EcoCooks:

Cook for the Planet (7-12 yrs)

Discover where our food comes from and how everyday choices impact the planet in this hands-on EcoCooks workshop for families. Explore the connection between food choices and climate change, learn simple climate-friendly actions you can take at home, and cook a delicious plant-based lentil taco recipe together. Workshop for 1 adult + 1 child. Register only the child required.

EcoCooks
Su Apr 26
\$10/1 sess

Grandview Room
11:00 AM-12:30 PM
616053

Introduction to Organic Gardening

(19+yrs)

TLCCA SUBSIDIZED

This workshop covers the basics of planning, preparing and starting a food garden. You'll learn some simple techniques including starting plants indoors and in the garden, tailored to your space. Be rewarded with the taste of freshly grown veggies this season. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.

Village Vancouver
M Apr 20
\$27/1 sess

Willow Room
6:30 PM-8:30 PM
606376

Intro to Mending Techniques

(19+yrs)

TLCCA SUBSIDIZED

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

Jeanette MacDonald
Su Apr 19
\$30/1 sess
Su Jul 12
\$30/1 sess

Lakewood Room
11:00 AM-4:00 PM
607947
11:00 AM-4:00 PM
608118

Sewing Machine for Beginners

(19+yrs)

TLCCA SUBSIDIZED

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

Jeanette MacDonald
Su Jun 14
\$30/1 sess
Su Aug 9
\$30/1 sess

Lakewood Room
11:00 AM-4:00 PM
607948
11:00 AM-4:00 PM
608120

Upcycle Your Clothes: Eco Printing with Plants (19+yrs)

TLCCA SUBSIDIZED

In honour of Earth Day, upcycle your clothes using the magic of eco-printing with plants. In this workshop, you'll create beautiful, nature-made patterns with leaves, flowers, and bark while learning the basics of this natural dyeing technique. **Participants are asked to bring one light-coloured item, preferably white, made of cotton, linen, or rayon.** The fabric must be washed. We'll work with both traditional dye plants and plants gathered from the streets, discovering the beauty of nature all around us.

Fernanda Mascarenhas
Su Apr 12
\$22/1 sess

Grandview Room
1:00 PM-4:30 PM
60634



Medicine Wheel Garden (19+yrs)

TLCCA SUBSIDIZED

This project is currently being supported by Community Garden Roots in partnership with Lu'Ma Medical Centre and Vancouver Board of Parks and Recreation. We are grateful for the ongoing support from all our funders and for Cedar Cottage Neighbourhood House for the previous stewardship and expansion of this space.

Public Health

Medicine Wheel

Association Of BC

Earth Day | Drum Circle with Daughters of the Drum

Celebrate Earth Day with us at the Medicine Wheel Garden! Join us at the garden for the Daughters of the Drum Circle and some light gardening and tea. Or come say hi to us at our table, set up with some seed giveaways and information about how to get more involved in the garden.

Su Apr 26

11:00 AM-2:00 PM

Free/1 sess

617084

Medicine Making Workshop

This month in the garden, we will be joined by a guest speaker to share about medicine making and indigenous traditional practices using the plants growing in the garden. Join us for this informative hands-on session with some light garden tending and harvesting.

Su Jun 28

11:00 AM-2:00 PM

\$5/1 sess

617087

Open Garden Session

Learn more about Indigenous foods and medicine growing at Trout Lake's Medicine Wheel Garden! Join us for some light gardening and maintenance, knowledge sharing and tea and snacks. We will have a tent set up in case of heat or rain.

Su May 31

11:00 AM-2:00 PM

Free/1 sess

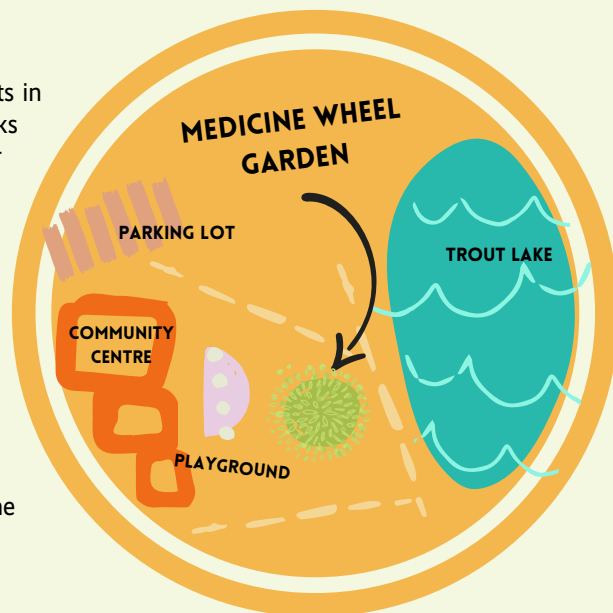
617085

Su Jul 26

11:00 AM-2:00 PM

Free/1 sess

617086



SUMMER OUTDOOR CONCERT SERIES

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



WEDNESDAYS, JULY 8 - AUG 19



6:30PM - 8:30PM



OUTDOORS (EAST SIDE OF THE BUILDING)

IN EVENT OF RAIN, CONCERTS WILL BE INDOORS

JUL
29



THE
COVERALLS
ALT, FOLK,
COUNTRY & SOUL

JUL
8



BALKAN
SHMALKAN
BRASSY DANCE
BEATS

AUG
5



NORINE
BRAUN
BAND
BLUESY ROOTS
ROCK

JUL
15



THE
SODA
CRACKERS
BLUEGRASS,
COUNTRY & JAZZ

AUG
12



MIDMAY
FOLK, ROCK, BLUES,
GOSPEL & SOUL

JUL
22



THE
RIO SAMAYA
BAND
ANDEAN,
AFRO-LATIN &
CONTEMPORARY
WORLD

AUG
19



CHECO & VOC
GOSPEL CHOIR
GOSPEL & SOUL



LANTERN PROCESSION

AUG

26

8:30PM - 9:30PM

@ JOHN HENDRY PARK

LEAD BY

THE CARNIVAL BAND

troutlakecc.com @troutlakecc

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

