

TROUT LAKE COMMUNITY CENTRE



Fall 2019 Recreation Guide

September 1-December 31

troutlakeecc.com



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

COMMUNITY CENTRE ASSOCIATION

TROUT LAKE COMMUNITY CENTRE ASSOCIATION

Welcome to our always lively Fall season! First, however, we'd like to thank so many of you for joining us in a wonderful Summer that was filled with day camp fun, magical music, exciting art projects and all sorts of goodies. Now, autumn may bring a change in weather but it also brings **EVENTS, EVENTS, EVENTS!** Come check out the fascinating Bayanihan Filipino Celebration, Draw Draw Draw, our Fall Harvest Dance, Halloween, Stat Holiday Events, Diwali, Hanukkah, Breakfast with Santa, to name a few!

Fall is also the season to put indoor play and learning back into your life. Choose from our **ARRAY OF POPULAR PROGRAMS** like pottery, music, painting in watercolour and with acrylics, dance of many sorts, after school programs, so many sports and recreation choices, workshops and birthday parties. Preschool and Parent & Tot programs also begin again. The Fall's **SENIOR SOCIAL TUESDAYS** are packed with goodness, and the legendary Senior Friday Luncheons are back.

Fall will also see some behind the scenes action in terms of **THE CENTRE'S PEOPLE POWER**. The Park Board team will have a new permanent programmer: welcome aboard, Maggie Vasicek!

On the Trout Lake Community Centre Association front, Fall is when members can learn about our creative, accountable and locally driven non-profit Board of Directors. Attend our 'Meet the Board' socials and find out how you can **BE PART OF THE GOOD IN YOUR 'HOOD!** We seek volunteers to power our Committees and committed locals interested in exploring roles on our Board of Directors, so come and chat about these beneficent opportunities. Also mark your calendar for our Annual General Meeting on November 27th. Meanwhile — if you are keen to get involved or have a great programming idea or pressing community issues you think we could help with — please reach out (troutlakecc@gmail.com)!

And, as always, Centre staff are happy to help, so please connect.

Until soon!

Sarah Lusina (President) & the TLVCCA Board of Directors



MISSION STATEMENT

The Trout Lake Vancouver Community Centre Association is a non-profit, 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 operate 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 will be a place of connection that fosters a healthy, vibrant community.

BOARD OF DIRECTORS 2019

President Sarah Lusina
Past President Kate Perkins
Vice President David Clarke
Treasurer Dan Kearns
Secretary Heather Armstrong
Members at Large: Kari Jane Adams, Amy Butler, Bree Cropper, Molly Ewert, Alexis Fluevog, Bill Hawke, Yiman Jiang, Lisa Kew, Ken Robb, Leslie Tenta, Dorothy Tong.

NEW REGISTRATION TIME

Fall Program Registration

Person/Phone/Online: Wednesday August 14th at 7:00pm

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

Winter Program Registration

Wednesday November 27th at 7:00pm

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

604-257-6955 and press 1
troutlakecc.com



REFUND POLICY: All Day Camps, Workshops & Tours

- Camps run Monday to Friday.
- Full refunds, minus the \$5 administration fee, will be issued to the purchaser **with a full 7 days' notice before camp starts.** Note that 7 days includes weekend days. For example, if a camp is planned for July 10 at 9:00 am a request for cancellation must be received by 9:00 am on July 3.
- Refund requests received after the 7 day period will not be issued any refund.
- Note: Please see website troutlakecc.com for a more detailed version of the refund and transfer policies.

REGISTRATION POLICY

- Registrations are non-transferrable to another person.
- Persons may register for themselves, their immediate 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.

REFUND & TRANSFER POLICY: Programs

- Full refunds and transfers will be issued for any program cancelled by the Association.
- Full refunds and transfers, minus the \$5.00 administration fee, will be issued to the purchaser with a full 48 hours' notice before the program begins
- For refund & transfer requests received up to 24 hours after the second class, the purchaser will be charged the \$5.00 administration fee and the cost of the first two classes. After this time there is no refund.
- Cancellation requests cannot be submitted by email or 311 calls.

REFUND POLICY: Birthday Parties

- Full refunds, minus an administration fee (\$5.00), will be issued to the purchaser with a full 14 days' notice. Note that 14 days includes weekend days.

LEISURE ACCESS PROGRAM

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>.

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HOURS OF OPERATION

Community Centre Hours September 3-December 31, 2019

Mon-Fri 9:00 am-10:00 pm
Sat & Sun 8:00 am-5:00 pm
Office Hours Mon-Fri 9:00 am-9:30 pm, Sat & Sun 8:00 am-4:30 pm

Fitness Centre Hours

Mon-Fri 6:00 am-10:00 pm
Sat & Sun 8:00 am-5:00 pm

Holiday Hours Community Centre and Fitness Centre

Labour Day Closed
Thanksgiving and Remembrance Day Regular Hours

December 24 & December 31

Fitness Centre 6:00 am-4:00 pm
Centre 8:00 am-4:00 pm

December 25 & January 1

Centre & Fitness Centre 10:00 am-4:00 pm
Ice Rink Holiday Public Skates. Dec 25 & Jan 1 11:45 am-3:15 pm

December 26

Centre 9:00 am-4:00 pm
Fitness Centre 6:00 am-4:00 pm

STAFF

If you have any questions, contact us at troutlakecc@vancouver.ca
Alison Cristall Recreation Supervisor
Maggie Vasicek Recreation Programmer
Amanda Lye Recreation Programmer
Matt Sung Program Assistant III
Steve Tautscher Fitness Programmer
Brittany Wong Ice Rink Programmer
Bernie Dionne Community Youth Worker
Noel Carino Engineer
Jessica Lani De Jesus Rentals Program Assistant III



EARLY CHILDHOOD

PHYSICAL RECREATION

Axe Capoeira Mini Kids (3-6 yrs)

Axe Capoeira

Our classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, and language. Classes focus on developing confidence, rhythm, reflexes, balance, coordination, strength and flexibility.

W,3:45-4:30 PM	Sep11-Oct23	\$105/7 sess
Elm Room		234830
W,3:45-4:30 PM	Oct30-Dec11	\$105/7 sess
Elm Room		234831

Parent and Tot Gym (0-5 yrs)

Join us at this playtime created especially for families. Toddlers will have the opportunity to explore various climbing equipment and other toys. This is a parent participation drop-in program. **Parental supervision required and the ratio of caregiver to child must be 1:3. Drop in fee is \$3.00, \$5.00 for family (2 or more kids). 10 pass can be purchased: single child \$24.00, family \$40. Children under 1 are free. No session October 13, November 10, December 8, 18 and 19.**

Su,F,10:00 AM-12:00 PM	Sep09-Dec20	84 sess
Gymnasium		234822

Parent and Tot Tennis (3-4 yrs)

Wilson Tan

Parents or guardians are encouraged to participate in the activities that effectively integrate athletic skills development and apply story telling to engage pre-schoolers into learning tennis skills, manners, and courtesies. **No class Oct 14 & Nov 11**

M,9:45-10:30 AM	Sep09-Nov25	\$70/10 sess
Gymnasium - South		233013

Rhythmic Gymnastics (4-6 yrs)

Elite Gymnastics

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

F,4:30-5:15 PM	Sep13-Dec13	\$84/14 sess
Elm Room		232325
Su,1:00-1:45 PM	Sep15-Dec15	\$84/14 sess
Elm Room		232328
Su,1:45-2:30 PM	Sep15-Dec15	\$84/14 sess
Elm Room		232329

Tot Soccer (3-5 yrs)

Toni Lo Cascio

Soccer in a fun learning environment where children will learn the basic skills of soccer through fun games and lots of opportunity to touch the ball! **If you have never been coached by Toni, please sign up for the beginner class.**

Beginner (3-5yrs)

F,10:15-11:00 AM	Sep13-Dec13	\$84/14 sess
Gymnasium - South		232332

Intermediate (4-5yrs)

F,11:00-11:45 AM	Sep13-Dec13	\$84/14 sess
Gymnasium - South		232333

Sportball Junior (1-2 yrs)

Sportball Vancouver

A perfect introduction to Sportball. Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and much more.

W,9:30 -10:15 AM	Sep11-Oct23	\$128/7 sess
Gymnasium - South		232272
W,9:30 -10:15 AM	Oct30-Dec11	\$128/7 sess
Gymnasium - South		232273

Sportball Parent and Tot (2-3 yrs)

Sportball Vancouver

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.

W,10:15-11:00 AM	Sep11-Oct23	\$128/7 sess
Gymnasium - South		232277
W,10:15-11:00 AM	Oct30-Dec11	\$128/7 sess
Gymnasium - South		232279

Sportball Multi Sport (3-5 yrs)

Sportball Vancouver

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.

W,11:00 AM-12:00 PM	Sep11-Oct23	\$128/7 sess
Gymnasium - South		232274
W,11:00 AM-12:00 PM	Oct30-Dec11	\$128/7 sess
Gymnasium - South		232275

Sportball Outdoor Multisport Parent & Child (2-3 yrs)

Sportball Vancouver

Programs focus on physical literacy and social exploration as toddlers learn fundamental sport skills. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one-parent-per-child ratio policy in the program to ensure that focus is kept on helping little ones practice and progress. **Class is run outdoors rain or shine, please dress for the weather.**

Sa,9:30-10:15 AM	Sep07-Oct05	\$90/5 sess
Outside - John Hendry Park		232400

Sportball Outdoor Multisport (3-5 yrs)

Sportball Vancouver

Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. **Parents must remain at the field for safety reasons but do not participate in the class. Class is run outdoors rain or shine, please dress for the weather.**

Sa,10:15-11:15 AM	Sep07-Oct05	\$90/5 sess
Outside - John Hendry Park		232401

Sportball Parent and Child T-Ball

Sportball Vancouver

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. **Class is run outdoors rain or shine, please dress for the weather.**

(2-3 yrs)

Parent participation required.

M,4:30-5:15 PM	Sep09-Oct07	\$90/5 sess
Outside - John Hendry Gravel Field		232391

(4-6 yrs)

Parent must be present onsite.

M,5:15-6:15 PM	Sep09-Oct07	\$90/5 sess
Outside - John Hendry Gravel Field		232397

Ballet Toddler Dance

(2-3 yrs)

Danielle Long

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.

W,9:30-10:00 AM Sep11-Nov13 \$46/10 sess
Cedar Hall **235483**

Ballet 1 on Sunday

(4-6 yrs)

Skye Matheson

An introduction to ballet positions and steps. Students are engaged and entertained while developing musicality and expression. **Skye Matheson is a veteran educator in the performing arts. No classes Oct 13 and Nov 10.**

Su,11:00-11:45 AM Sep22-Nov24 \$54.4/8 sess
Cedar Hall **235510**
Su,12:00-12:45 PM Sep22-Nov24 \$54.4/8 sess
Cedar Hall **235511**



Creative Ballet with Kirby

(3-5 yrs)

Endorphin Rush Dance And Fitness

Explore basic ballet positions and movements while incorporating creative dance, imagination, and story time. **Please wear fitted, stretchy clothing and ballet slippers. Child must be able to take class unaccompanied by an adult. No drop ins. No classes on Oct 14 and Nov 11**

M,10:00-10:45 AM Sep09-Nov25 \$62/10 sess
Cedar Hall **234666**

Creative Ballet

(3-5 yrs)

Endorphin Rush Dance And Fitness

Explore basic ballet positions and movements while incorporating creative dance, imagination, and story time. Child must be able to take class unaccompanied by an adult. **Parents and friends invited to a performance on the last day of class! No Drop ins. Instructor: Kirby Rae Snell.**

W,1:15-2:00 PM Sep11-Nov13 \$68/10 sess
Cedar Hall **234665**

Creative Ballet Sunday

(3-4 yrs)

Rachel Helten from Dezza Dance

Learn to dance through imaginative games, songs and music! Students will be introduced to basic ballet steps and concepts of body, energy, space, & time. **Wear leotard, tights and ballet shoes with hair neatly tied back. Child must be able to take class unaccompanied by an adult. No clas Oct 12 & Nov 9.**

Sa,10:30-11:15 AM Sep14-Nov30 \$68/10 sess
Cedar Hall **240714**

Sa,11:15-12:00 PM Sep14-Nov30 \$68/10 sess
Cedar Hall **240715**

Dancing The Parenting

(0-4 yrs)

Julie Lebel

This program welcomes families who would like to try relationship-based dancing with their children. The Reggio Emilia inspired creative process introduces playful and creative exploration of developmental movement by patterning and engaging parents into their own dancing just as much as the children. **No experience necessary. This program is subsidized by the City of Vancouver Cultural Services.**

W,9:30 -10:30 AM Sep25-Nov13 \$10/8 sess
Elm Room **234139**

Mini Hip-Hop

Endorphin Rush Dance And Fitness

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 a guardian present. Instructor Kirby Rae Snell. No drop ins. No classes on Oct 14 and Nov 11**

(3-4 yrs)
M,1:00-1:45 PM Sep09-Nov25 \$62/10 sess
Cedar Hall **234668**

(4-5 yrs)
Th,3:30-4:15 PM Sep12-Nov28 \$68/12 sess
Cedar Hall **234663**

Ballet Toddler Dance

(2-3 yrs)

Danielle Long

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.

W,10:00-10:30 AM Sep11-Nov13 \$46/10 sess
Cedar Hall **235488**

Pre-Ballet Sunday

(3-4 yrs)

Skye Matheson

A gentle, joyful introduction to the world of ballet for the very young. Nursery rhymes, songs and games get little dancers moving. **No classes October 13 and Nov 10**

Su,9:30-10:15 AM Sep22-Nov24 \$54.4/8 sess
Cedar Hall **235518**

Su,10:15-11:00 AM Sep22-Nov24 \$54.4/8 sess
Cedar Hall **235520**

Pre-Ballet Level 1

(3-4 yrs)

Danielle Long

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.

W,10:30 AM-11:15 AM Sep11-Nov13 \$68/10 sess
Cedar Hall **235476**

Mini Groovers

(3-5 yrs)

Katherine Single-Dain

In this class, little dancers will be introduced to the basics of hip hop. Get ready to jump into this high energy class as we explore rhythm, learn cool new moves, and of course have fun! Dancers must be able to take this class without a parent in the room.

F,9:15 AM-10:00 AM Sep13-Nov08 \$68/9 sess
Cedar Hall **234638**

Ballet-Jazz Fusion

(3-5 yrs)

Katherine Single-Dain

In this class, your little dancer will be introduced to the world of ballet and jazz. Little ones will build on coordination, musicality, strength, and will develop a basic vocabulary for ballet steps. This class aims to promote a love for movement, and to develop creativity and self-confidence.

F,10:00-10:45 AM Sep13-Nov08 \$68/9 sess
Cedar Hall **234637**

Parent and Tot Dance

(2-3yrs)

Come explore rhythm, songs and structured play in this parent and tot interactive movement class. No class dates Oct 12 and Nov 9.

Sa, 9:15-9:45 AM Sep14-Nov 30 \$50/10 sess
Cedar Hall **241890**

Sa, 9:45-10:45 AM Sep14-Nov 30 \$50/10 sess
Cedar Hall **241890**

Grow With Music

(0-3 yrs)

Andrea Unrau

Sing, dance, and learn with your little one! Use xylophones, blocks, drums, shakers, feet, voices and more to explore music. **Parent participation required with a maximum of 2 children per parent. Registration includes music CD and parent education booklet. Siblings 3 months and under are free. Andrea has been teaching for 15 years. No class October 17.**

Th,9:30-10:15 AM Sep26-Nov28 \$117/9 sess
Elm Room **233290**

Tiny Tot Musical Adventure (1-3 yrs)

Lydia Leung

Get the rhythm and beat, come on and dance on our feet. Shakers and sticks and songs oh my! We will give music, singing and dancing a try! Our goal is to inspire children to have fun and be creative. **No class on Oct 13 and Nov 10.**

Su,10:00-10:45 AM Sep15-Dec01 \$90/10 sess
Elm Room **234691**

Parent and Tot Yoga

(1-3 yrs)

Kylie Railton

This class is designed for parents and children to explore the world of yoga together for your child's first yoga class. Class will consist of basic movement, story telling, history of yoga, games, mantras and mudras. With children's yoga your child will gain confidence, positivity, creativity and knowledge of beginner yoga poses. All classes have been designed by Kidding Around Yoga which include songs, games and stories your child will love. Drop in \$8.00.

F,1:00-1:45 PM Sep20-Nov22 \$60/10 sess
Cedar Hall **234656**

Yoga for Young Ones

(3-5 yrs)

Kylie Railton

This class will consist of basic movement, story telling, history of yoga, games, mantras and mudras. With children's yoga your child will gain confidence, positivity, creativity and knowledge of beginner yoga poses. All classes have been designed by Kidding Around Yoga which include songs, games and stories your child will love. Drop in \$8.00.

F,2:00-2:45 PM Sep20-Nov22 \$60/10 sess
Cedar Hall **234658**

Music Together

(0-5 yrs)

Experience Music Together® and find out how important - and how much fun - your role can be! Learn how to share the joys of music-making and the powerful benefits of having music in your young 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 his or her own level and their natural musicality is nurtured through singing, dancing, listening, watching, and exploring the musical instruments. The whole family is welcome - parents, grandparents, caregivers - for this important family music experience. 45 minutes of pure fun each week!

Parent participation is required. Siblings attend at a reduced tuition rate and children 6 months and under attend free with a registered sibling. Please note that the \$60 Music Together Licensing fee is non-refundable after the first class.

Katy

F,9:30-10:15 AM	Sep27-Dec06 \$181/11 sess
Elm Room	233759
F,10:30-11:15 AM	Sep27-Dec06 \$181/11 sess
Elm Room	233762
F,11:30-12:15 PM	Sep27-Dec06 \$181/11 sess
Elm Room	233763

Noa

Tu,9:30-10:15 AM	Sep24-Dec03 \$181/11 sess
Willow Room	233743
Tu,10:30-11:15 AM	Sep24-Dec03 \$181/11 sess
Willow Room	233747
Tu,11:30-12:15 PM	Sep24-Dec03 \$181/11 sess
Willow Room	233749
W,9:30-10:15 AM	Sep25-Dec04 \$170/10 sess
Willow Room	233751
W,10:30-11:15 AM	Sep25-Dec04 \$170/10 sess
Willow Room	233756
W,11:30-12:15 PM	Sep25-Dec04 \$170/10 sess
Willow Room	233757

**Trout Lake Community
Centre Association
Annual General Meeting
Wednesday, November 27**



Child Care

(1-5 yrs)

Maria Arico & Esther Fernandez

While you attend a Trout Lake health and fitness, art or education program, **Child Care provides an opportunity for your child to play in a safe environment. Parents must remain onsite. Pre-registration fees are non-transferable. Drop in \$15.00 if space available.**

W,9:30 -11:30 AM	Sep18-Nov20	\$115/10 sess
Lakewood Room		235508
F,9:30-11:30 AM	Sep13-Nov15	\$115/10 sess
Art Studio		235509

Early Literacy and Art

(3-5 yrs)

Cathy Belgrave

This series offers a variety of stories and art activities that support the development of self-expression and early literacy. Books and stories are used to develop vocabulary; art activities focus on exploration of paint, pastels, and clay. **All supplies provided. Cathy is a Reggio-Inspired teacher who integrates literacy, art and nature into a variety of fun learning experiences.**

Th,10:00-11:15 AM	Sep12-Oct17	\$72/6 sess
Art Studio		233703
Th,10:00-11:15 AM	Oct24-Nov28	\$72/6 sess
Art Studio		233705

Art and Music with Sun Rey

(1-4 yrs)

Sun Rey Han

A wonderful way to start your child with art and music. Sun Rey will introduce children to finger-painting, abstract art, colouring collage, peeling stickers, gluing, stamping, clay modeling and origami. There will be time set aside for sing-along with movement, storytelling, as well as play time. Drop in \$10.50. No classes Oct 14 and Nov 11.

M,9:30-10:30 AM	Sep16-Nov25	\$81/9 sess
Art Studio		234573
M,10:45-11:45 AM	Sep16-Nov25	\$81/9 sess
Art Studio		234578

Art Is Fun

(3-5 yrs)

Sun Rey Han

Have fun with origami, clay modeling, stamping, collage, abstract art, mixed media art, finger painting and more. There will be time set aside for sing a longs and storytelling as well as play time. **Drop in space permitting \$10.50. No classes Oct 14 and Nov 11.**

M,2:15-3:15 PM	Sep16-Nov25	\$81/9 sess
Art Studio		234630
M,3:30-4:30 PM	Sep16-Nov25	\$81/9 sess
Art Studio		234631



Create and Imagine Together

(2-5 yrs)

Emily Luo

Bring out the creative nature in your special little ones in a fun creative family environment. Come for an hour of arts, painting, colouring, collage and sticker art. Each class will also include storytime, free play and sing-along songs that everybody knows & loves. **Drop in \$10.00. No classes October 13 and Nov 10**

Su,10:30-11:30 AM	Sep08-Nov24	\$85/10 sess
Art Studio		235525

Exploring Art with Sun Rey

(1-4 yrs)

Sun Rey Han

Calling all young artists to discover the pure joy of creating original art through creative activities designed to enhance their motor skills, complemented with inspiring storytelling, poetry, sing-along and a bonus of having mommy or daddy right there (parent participation required). **Drop in \$11.00.**

W,9:30-10:30 AM	Sep18-Nov20	\$90/10 sess
Art Studio		234627
W,10:45-11:45 AM	Sep18-Nov20	\$90/10 sess
Art Studio		234629



TROUT LAKE LICENSED PRESCHOOL 2019-2020

SPACES
AVAILABLE
TU & TH
AFTERNOON



Monday, Wednesday, Friday—4 years
\$161/month 9:15-11:45am, 12:45pm-3:15pm
Tuesday/Thursday—3 years
\$114/month 9:15-11:15am, 12:45pm-2:45pm
Registration fee \$25
For more information contact
or call 604 257-6955.
*Monthly fees are subject to change.

Stat Holiday Events
Go to page 9 for detailed information.

Nature and Art **NEW** (4-5 yrs)

Cathy Belgrave

Be inspired by nature! Through games and outdoor activities, children will explore the great outdoors and then use their discoveries to create unique art pieces. **A portion of our time will be spent outside, so come dressed for the weather. All art supplies provided.**

Th, 1:00-2:15 PM Sep12-Oct17 \$72/6 sess

Art Studio **233709**

Th, 1:00-2:15 PM Oct24-Nov28 \$72/6 sess

Art Studio **233710**

Out and About Adventures (3-6 yrs)

Cara Agro

Out and About Adventures is an out-door, play-based early learning program based on the philosophies of Forest Schools but modified to work in an urban park setting. We enjoy experiences such as climbing, running, building, creating, exploring and working with materials and tools. **We play in all kinds of weather. No class Oct 14 and Nov 11.**

M, 10:30 AM-12:30 PM Sep09-Nov25 \$195/10 sess

Outside - Festive Plaza **237416**

M, 2:00-4:00 PM Sep09-Nov25 \$195/10 sess

Outside - Festive Plaza **237417**

Play With Clay (6-10 yrs)

Janine Schroedter

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 over 5 years experience working with clay and hand building.**

Tu, 3:30-4:30 PM Sep17-Nov19 \$100/10 sess

Pottery Studio **235535**

The Reading Tree **NEW TIME ADDED** (3-5 yrs)

Debbie Leboe

Early literacy program assisting with kindergarten readiness. Develop alphabet letter and sound recognition, vocabulary, and critical thinking skills. No Drop ins. Children must be at least 3 years of age at the start of the class

Tu, 10:00-11:00AM Sep10-Nov12 \$95/10 sess

Maple Room **241906**

Tu, 11:15AM-12:15PM Sep10-Nov12 \$95/10 sess

Maple Room **241938**

Birthday Parties

Go to page 40 for detailed information.



Mini Art Nights **NEW** (all ages)

Emily Luo

Join us once a month to make Art in the Lobby! Bring the family and each week we will explore a theme using different materials such as natural objects, paint, pastels, markers, and craft based supplies. All materials provided. Children under 8 must be accompanied by an Adult. Please pre-register as space is limited.

Animals

W, 6:30- 8:00PM Sep 25 \$2/1 sess
Lobby **241908**

Halloween

W, 6:30- 8:00PM Oct 23 \$2/1 sess
Lobby **241909**

Underwater Creatures

W, 6:30- 8:00PM Nov20 \$2/1 sess
Lobby **241910**

Holiday Cheer

W, 6:30- 8:00PM Dec18 \$2/1 sess
Lobby **241911**



Gingerbread Fun

(2-5 yrs)

Sun Rey Han

In this adult and child class, you will decorate gingerbread people, trains, houses and more. Bring your apron and get decorating and tasting! **Drop in \$15.00.**

M,9:30 -10:30 AM	Dec02-Dec16	\$39/3 sess
Art Studio		234632
M,10:45 -11:45 AM	Dec02-Dec16	\$39/3 sess
Art Studio		234633

Jingle Jolly Creations

(2-5 yrs)

Sun Rey Han

Jingle bells, jingle bells and ho ho fun. In this adult and child program, you will make many holiday decorations and gifts to take home or to give to someone special. **Drop in \$15.00.**

W,9:30-10:30 AM	Dec04-Dec18	\$39/3 sess
Art Studio		234634
W,10:45-11:45 AM	Dec04-Dec18	\$39/3 sess
Art Studio		234635

Little Einsteins Holiday Camp (3-5 yrs)

Each day will be filled with a new theme and exciting activities. Please bring a healthy snack and drink. Please note that this program is a peanut free zone. Children must be able to stay on their own and be toilet trained. Drop-in \$15.00 if there is space. No class January 1.

M,Tu,Th,Fr 9:30-11:00AM	Dec30-Jan3	\$48/4 days
Art Studio		241280
M,Tu,Th,Fr 1:00-2:30PM	Dec30-Jan3	\$48/4 days
Art Studio		242424

Music

Intergenerational Event

(All Ages)

Sue Malcolm

A holiday sing along for everyone! We will gather the generations of our community together in song for the holidays! See more info on page

Sa 10:30 -11:45 AM	Dec14	\$1/1 sess
Lakewood Room		230710



Holiday Cookies **NEW**

with Cathy

(3-5 yrs)

Cathy Belgrave

Join us for this fun holiday cooking class! We will bake cookies and other holiday delights. Children must be 3 years old at the start of the program. All supplies included. Please notify instructor of any allergies.

M, 1:00-2:30PM	Dec 2	\$14/1 sess
Kitchen		241962
M, 1:00-2:30PM	Dec 16	\$14/1 sess
Kitchen		242432

Fun & Festive Crafts **NEW** (3-5 yrs)

Emily Luo

Oh Christmas tree, Oh Christmas tree! Have fun creating Christmas ornaments, and holiday gifts for your special someone. This is an adult and child class. All supplies included. Drop in \$15.00.

Su, 10:30-11:30PM	Dec8-15	\$24/2 sess
Art Studio		241907

Holiday

Printmaking Fun! **NEW** (3-5 yrs)

Janine Schroedter

Printmaking fun! Join us for this card and wrapping paper making workshop where we will explore with sponges and stamps to make some special artwork for the holidays. Parent participation required.

Su, 12:30-1:00PM	Dec8	\$20/1 sess
Art Studio		241975
Su, 12:30-1:00PM	Dec15	\$20/1 sess
Art Studio		241976

FREE!

PLEASE PRE-REGISTER!

Stat Holiday Events

WE'VE GOT THE BOUNCY CASTLE, ARTS & CRAFTS, GAMES AND MORE! NEW THIS SEASON, WE WILL BE INTRODUCING THEMES FOR EACH STAT HOLIDAY EVENT.

OCTOBER 14TH

THANKSGIVING DAY

THEME: MYSTICAL ANIMALS

#232390

NOVEMBER 11TH

REMEMBRANCE DAY

THEME: SUPER KIDS

#232389

DECEMBER 26TH

BOXING DAY

THEME: WINTER WONDERLAND

232388

GYMNASIUM

Aikido

Shohei Juku Aikido Canada

Aikido is a non-competitive but very effective martial art and emphasizes the development of self-discipline, focus, manners, meditation and self-defence. **New students will be required to buy a uniform for \$40. Drop-in \$12.00**

Beginner Level (5-7yrs)

Tu, 5:00-5:45 PM Sep10-Dec10 \$140/14 sess
Elm Room **232625**

Beginner Level (8-12yrs)

No class Oct 14 & Nov 11

M, 4:30-5:30 PM Sep09-Dec09 \$120/12 sess
Elm Room **232636**

Intermediate Level (8-12yrs)

Sa, 10:00-11:00 AM Sep07-Dec14 \$150/15 sess
Elm Room **232640**

Upper Beginner Level (8-12yrs)

Th, 5:00-6:00 PM Sep12-Dec12 \$140/14 sess
Elm Room **232645**

Atomic Volleyball

(9-12 yrs)

Volleyball BC

Atomic Volleyball focuses on the basic volleyball skills in a fun environment and is an ideal introduction to the sport of volleyball. **Offered in partnership with Volleyball BC.**

Th, 3:45-5:00 PM Sep12-Oct24 \$81/7 sess
Gymnasium - South **233037**

Th, 3:45-5:00 PM Oct31-Dec12 \$81/7 sess
Gymnasium - South **233039**

Axe Capoeira For Youth

(6-12 yrs)

Axe Capoeira

Capoeira 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 is part of the core curriculum as much as physical fitness.

W, 4:30-5:30 PM Sep11-Dec11 \$168/14 sess
Elm Room **234826**

FUNDamental:

Sport Skills

(6-9 yrs)

Have fun running, jumping and throwing - key skills in all land-based sports that can benefit all children. This program provides a strong foundation for success in day to day physical activities and sports in age appropriate progressions. **No class Oct 14 & Nov 11**

M, 3:45-5:00 PM Sep09-Dec02 \$38.5/11 sess
Gymnasium **233356**

Baseball Skills Clinic

Trout Lake Little League

Learn the fundamentals of Little League: how to throw, catch, pitch, and good batting techniques. This is excellent for the first-timer or a strong season primer for the seasoned little leaguer. **Drop-in \$12.00. No class Oct 12 and Oct 26.**

TBall/Rookies (6-8 yrs)

Sa, 3:30-5:00 PM Sep14-Oct26 \$60/6 sess
Gymnasium **233494**

Minors/Majors (9-12 yrs)

Sa, 3:30-5:00 PM Nov16-Dec14 \$50/5 sess
Gymnasium **233495**

Kids Tennis - 1.0-1.5

(5-7 yrs)

Wilson Tan

Our programs take Progressive Tennis in an open skills environment allowing development important to improving your tennis. Our values in the areas Character-Conditioning-Competency. You will learn: 1.0-1.5, about basic skills and competencies to play tennis. All Progressive Tennis Programs use modified equipment scaled to suit the child's physical size and age. **Modified equipment includes smaller racquets. No class Oct 13 & Nov 10**

Su, 12:45-2:45 PM Sep15-Dec01 \$200/10 sess
Gymnasium **233018**

Su, 1:45-2:45 PM Sep15-Dec01 \$111/10 sess
Gymnasium **233019**

Kids Team Tennis

(8-12 yrs)

Wilson Tan

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. **Participants practice and play matches on 1/2 court with low compression balls and mini nets in a friendly, learner-based team environment similar to other sport house leagues. No class Oct 13 & Nov 10**

Su, 12:45-2:45 PM Sep15-Dec01 \$200/10 sess
Gymnasium **233017**

Toni's Soccer

(10-13 yrs)

Toni Lo Cascio

Soccer in a fun learning environment where children will learn skills of the game and develop team spirit! **Classes will be outside. Please dress for the weather. Coached by Toni Lo Cascio trainer and coach with the Grandview Legion Football Club. Drop in \$12.00.**

Su, 10:30 AM-12:00 PM Sep08-Oct06 \$55/5 sess
Outside - John Hendry Park Grass Area SW **234757**

Toni's Soccer

Toni Lo Cascio

Soccer in a fun learning environment where children will learn skills of the game and develop team spirit! On sunny days, classes will be outside. **Drop in \$12.00. No class Oct 26**

5-6yrs

Sa, 10:30-11:30 AM Sep14-Dec14 \$117/13 sess
Gymnasium - North **232334**

7-9yrs

Sa, 11:30 AM-12:45 PM Sep14-Dec14 \$143/13 sess
Gymnasium - North **232341**

Toni's Soccer Workshop

NEW

Toni Lo Cascio

Whether you are new to soccer or a seasoned player needing of a tune up, this 1 day workshop is a great opportunity to practice basic skills and have fun playing the beautiful game of soccer. Portions of the class will be no shoes to improve finesse and confidence with the ball. **Coached by Toni Lo Cascio trainer and coach with the Grandview Legion Football Club.**

10-13yrs

Su, 1:00-2:15 PM Oct13 \$16/1 sess
Gymnasium **234758**

14-16yrs

Su, 2:30-4:00 PM Oct13 \$16/1 sess
Gymnasium **234761**





MoreSports program policy

"PAY WHAT YOU CAN"

Subsidy can only be applied in-person or over the phone.

If you have any questions please ask the front desk.

Moresports Smash

Badminton

(9-12 yrs)

Wayne Huynh

We teach the basic FUNDamentals of badminton through skill development, teamwork, and exploring new strokes, strategies, and footwork. Take your game to the next level while having LOTS of fun!

Tu, 3:45-5:00 PM	Sep10-Oct22	\$21/7 sess
Gymnasium		233354
Tu, 3:45-5:00 PM	Oct29-Dec10	\$21/7 sess
Gymnasium		233355

Moresports Floor Hockey (8-10 yrs)

Come and learn the basics of floor hockey. Focus is on active participation, fair play and skill development. Safety goggles provided and mandatory. **All equipment provided. Only cosom hockey sticks are used.**

W, 3:45 -5:00 PM	Sep11-Oct23	\$21/7 sess
Gymnasium - South		233352
W, 3:45-5:00 PM	Oct30-Dec11	\$21/7 sess
Gymnasium - South		233353

Moresports Fastbreak

Basketball

(9-12 yrs)

Claude Mulrain

Learn the FUNDamentals of basketball - dribble, pass and shoot through progressive skill development, role playing and active participation. **This program is designed for beginner to intermediate players.**

Th, 3:45-5:00 PM	Sep12-Oct24	\$21/7 sess
Gymnasium - North		233349
Th, 3:45-5:00 PM	Oct31-Dec12	\$21/7 sess
Gymnasium - North		233350

These program will be held at Gladstone Secondary School located at 4105 Gladstone Street.

Moresports Fastbreak Basketball

Improve your basketball IQ and increase your game by learning key fundamental skills. Improve your ball handling, dribbling, shooting and much more!

7-10 yrs

Sa, 10:30-11:30 AM	Oct05-Nov30	\$40/8 sess
Gladstone School		240999

9-12 yrs

Sa, 10:30-11:30 AM	Oct05-Nov30	\$40/8 sess
Gladstone School		241000

Moresports Multisport

Learn to run, dribble, pass, shoot, and score! Moresports Multisport focuses on developing your fundamental movement skills and, team-building through fun sport based activities such as soccer, basketball, and so much more!

4-7 yrs

Sa, 9:15-10:15 AM	Oct05-Nov30	\$40/8 sess
Gladstone School		240995

6-9 yrs

Sa, 10:30-11:30 AM	Oct05-Nov30	\$40/8 sess
Gladstone School		240996

Moresports Multisport

Having a tough time choosing which sport to play? Maybe all sports are your favourite! Join us and receive hands on experience playing a variety of sports including volleyball, soccer, basketball, dodge ball, and hockey! Challenge yourselves to learn new skills in a non-competitive setting!

7-10 yrs

Sa, 12:00-1:00 PM	Oct05-Nov30	\$40/8 sess
Gladstone School		240997

9-12 yrs

Sa, 12:00-1:00 PM	Oct05-Nov30	\$40/8 sess
Gladstone School		240998

Moresports Smash

Badminton

(7-12 yrs)

Practice agility, movement, and work on your reflexes! This program will cover all the basic movements and techniques while building and improving your skills. Expect scrimmages, drills and lots of fun games!

Sa, 1:15-2:15 PM	Oct05-Nov30	\$40/8 sess
Gladstone School		241001

Rhythmic Gymnastics

(7-12 yrs)

Elite Gymnastics

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

F, 5:15-6:15 PM	Sep13-Dec13	\$91/14 sess
Elm Room		232326
Su, 2:30-3:30 PM	Sep15-Dec15	\$91/14 sess
Elm Room		232330

Steve Nash Basketball

(8-12 yrs)

Emmanuel Segun

Want to bring your game to the next level? Learn plays and drills that will help you be a better player and instill your "LOVE OF THE GAME". **This program is designed for intermediate to advanced players. No class Oct 12 & Oct 26**

Sa, 1:00-2:30 PM	Sep14-Dec14	\$120/12 sess
Gymnasium - North		234718

Shorinji Kempo

(8-12 yrs)

Shorinji Kempo Society

Kids develop discipline, improved health, and confidence learning self-defence skills in a safe and supportive environment, and nurture a spirit of compassion and a sense of justice, all while having fun! **Drop-in \$7.00.**

Sa, 1:00-2:30 PM	Sep07-Dec21	\$112/16 sess
Elm Room		233645

Zumba Kids **NEW**

(7-11 yrs)

Suzette Lund

Zumba kids classes, featuring kid-friendly fun dance routines based on original Zumba choreography. We break down the dance steps to make it easier for the kids, and add some games to make it fun to explore different cultures.

W, 4:30-5:30 PM	Sep11-Oct30	\$56/8 sess
Cedar Hall		239589

Winter Break Camps

Go to page 16 for detailed information.

Ballet 1 on Sunday

(4-6 yrs)

Skye Matheson

An introduction to ballet positions and steps. Students are engaged and entertained while developing musicality and expression. **Skye Matheson is a veteran educator in the performing arts. No classes Oct 13 and Nov 10.**

Su, 11:00-11:45 AM Sep22-Nov24 \$54.4/8 sess
Cedar Hall **235510**
Su, 12:00-12:45 PM Sep22-Nov24 \$54.4/8 sess
Cedar Hall **235511**

Breakdancing

(7-13 yrs)

Jhaymee Hizon

Learn really cool breakdancing 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. Drop in \$10.00. No class Oct 14 and Nov 11**

M, 3:45 -4:45 PM Sep09-Nov25 \$72/10 sess
Cedar Hall **235505**

Dance X-treme

(7-13 yrs)

Endorphin Rush Dance And Fitness

Explore different styles of dance with a variety of guest dance artists. Enjoy energetic exploration of movement in a warm, safe, inspiring environment. **Styles may include Hip Hop, Latin Dance, Acrobatic Dance, Musical Theatre, Creative Movement, and Bollywood! Drop in \$10.00. Instructor Lindsay Flynn is committed to delivering inclusive, community centered classes.**

Tu, 5:15 -6:15 PM Sep10-Nov12 \$90/10 sess
Cedar Hall **234667**

Hip-Hop & Jazz

Kirby Rae Snell

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. No drop ins.**

6-8 yrs

Th, 4:30 -5:30 PM Sep12-Nov28 \$100/12 sess
Cedar Hall **234661**

8-12 yrs

Th, 5:30 -6:30 PM Sep12-Nov28 \$100/12 sess
Cedar Hall **234662**

Yoga For Kids

(6-12 yrs)

Endorphin Rush Dance And Fitness

Cooperative games, theme activities, storytelling, music, and art engage the natural energy and enthusiasm of kids. Classes explore yoga poses, breathing exercises, visual imagery and relaxation techniques while conveying lessons in self expression, body image, social skills, positive thinking, and environmental awareness. **Lindsay Flynn loves yoga as it lets her mind be creative, and her soul glow all while challenging herself physically. Drop in \$9.00. No classes on Oct 14 and Nov 11**

Tu, 4:00-5:00 PM Sep10-Nov12 \$70/10 sess
Cedar Hall **234670**

Theatre for Kids

Afterschool

(7-12yrs)

Vicktor Baker

Introduce your child to the magic of live theatre. Your child will learn the basics of acting, character development, object manipulation and cooperation on stage. Children will produce a live play with elements of puppetry and mask work by the end of the program. These classes will unleash your child's creativity to a new height. The course includes homework exercises. Materials and instructions are provided by Vancouver Puppet Theatre.

Th 4:00-6:00 PM Sep19-Nov21 \$140/10 sess
Lakewood Room **235527**

Yoga for Pre-Teens

(10-15 yrs)

Kylie Raiton

This class will introduce your child to the world of yoga. Through activities and songs your child will learn breathing techniques, mindfulness, meditation and asanas in which we will start to sequence together. **Drop in \$9.00.**

F, 3:45-5:00 PM Sep20-Nov22 \$70/10 sess
Cedar Hall **234657**

Winter Break Camps

Go to page 16 for detailed information.



Fiddle and Violin (4+ yrs)

Mondays

Tegan Ceschi-Smith

Individual violin lessons for music lovers of all ages and levels. Tegan is an enthusiastic instructor with an interest and expertise in a diversity of music. She brings more than ten years teaching experience to this student-focused class. Half an hour private lessons. No class on October 14 and November 11.

M, 4:00-9:00 PM Sep16-Dec09 \$275/11 sess
Preschool **234232-234250**

Fiddle and Violin (4+ yrs)

Individual violin lessons taught by Aline Daigle for music lovers of all ages and levels. Aline has been performing and teaching for many years. She strives to cater to each student's personal learning style and needs. Her balanced approach based on the best fit for each student is what makes keeps student's coming back. Half an hour private lessons.

Tuesdays

Aline Daigle

Tu, 4:00-9:00 PM Sep10-Nov12 \$250/10 sess
Preschool **239798-239811**

Wednesdays

Aline Daigle

W, 4:00-9:00 PM Sep11-Nov13 \$250/10 sess
Preschool **239812-239825**



Guitar, Ukulele, Mandolin (7+ yrs)

Rene Hugo-Sanchez

The 30 minute classes focus on technique, repertoire, basic theory and practicing skills. Participants work at their own level and pace. Participants must have their own instrument, note book and digital tuner for string instruments. Half an hour private lesson. Books available for about \$15 depending on the instrument. Half an hour private lessons. No classes on October 14 and November 11.

Monday

M, 4:30 - 8:30 PM Sep09-Dec09 \$240/12 sess
Spruce Room **234013-234025**

Saturday

Sa, 10:00 AM - 1:00 PM Sep07-Nov23 \$240/12 sess
Preschool **234026-234041**

Piano with Lydia Kay NEW INSTRUCTOR

(5+ yrs)

Lydia Kay

These are one-on-one piano half an hour private lessons for all ages and levels. Learn to play classical or pop music in a fun and encouraging environment. Lessons cover a variety of practical skills such as rhythm, dexterity, technique, theory, as well as musical appreciation and performance opportunities. Preparation for the RCM (Royal Conservatory Examinations) provided upon request. Books are not included. Students would acquire their own books upon instructor's advice. There will be no make-up class for missed classes due to student's absence.

Thursdays

Th, 3:30-8:00 PM Sep12-Nov21 \$275/11 sess
Maple Room **234671-234680**

Piano with Samuel (4+ yrs)

Samuel Chan

Learn to play classical, pop, or compose music in a fun and encouraging environment. Lessons will 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 an extra cost for books. Please pay the instructor. No class Oct 14 and Nov 11.

Mondays

M, 3:00-9:00 PM Sep16-Dec02 \$250/10 sess
Maple Room **237431-237443**

Wednesday

W, 3:30-9:00 PM Sep11-Nov27 \$300/12 sess
Maple Room **238916-238932**

Friday

F, 3:30-9:30 PM Sep13-Nov29 \$300/12 sess
Maple Room **237418-237430**

Saturday

No class Oct 12 & Nov 9
Sa, 9:00 AM-4:00 PM Sep14-Dec07 \$275/11 sess
Maple Room **238882-238904**

Piano with Lydia Leung (4+ yrs)

Lydia Leung

Learn to play classical, pop, or compose music in a fun and encouraging environment. Lessons will 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 an extra cost for books. Please pay the instructor. No class on Oct 13 and Nov 10.

Sundays

Su, 11:30 AM-4:00 PM Sep15-Dec01 \$250/10 sess
Maple Room **234681-234690**

Comics & Cartooning (7-12 yrs)

Janine Schroedter

Young artists will learn easy ways of drawing superheroes, monsters, robots, manga and more! Learn to create original characters and your own comic strips! **No drop in. No classes October 14 and Nov 11**

M, 3:30 - 4:45 PM Sep09-Nov25 \$90/10 sess
TLCCA Board Room **235523**

Creative Artists Multimedia Studio (6-12 yrs)

Mariana Frochtengarten

Join this creative journey and explore art. Explore with a variety of materials and techniques. We will have an art show at the end of the session for families. **All supplies included. Drop in \$12.00.**

Th, 3:45 - 5:00 PM Sep26-Nov28 \$90/10 sess
Art Studio **239882**

Creative Treasures Art Making **NEW** (6-10 yrs)

Katrina D'Souza

Recycled arts and crafts can be a valuable tool of entertainment. Come and attend an after school arts program as we explore ways to create environmentally friendly works of art using up cycled and found materials with a limitless imagination. **Drop in \$12.00.**

F, 4:15 - 5:45 PM Sep20-Nov22 \$90/10 sess
Art Studio **240577**

Explore With Clay (6-10 yrs)

Laura Van Der Linde

We will craft a variety of functional and sculptural projects using hand building techniques. Pinching, slabbing, coiling and ceramic finishes will be explored. **The class includes decorating with a variety of under-glazes and glazes. Laura Van Der Linde has been working in clay for 25 years. No classes on Nov 7 and 14**

Th, 3:30 - 4:30 PM Sep19-Dec12 \$110/11 sess
Pottery Studio **234715**

Nature School **NEW** (7-12 yrs)

Cathy Belgrave

Learn about nature and beautiful Trout Lake through a variety of fun activities. This small group setting offers opportunities for nature based games, storytelling, art, and writing. **A large portion of time is spent outside so come dressed for the weather! Bring a journal, pencil and snack. Art Supplies included.**

Sa, 1:00 - 2:30 PM Sep14-Oct05 \$52/4 sess
TLCCA Board Room **233706**

Creative Clay (6-10 yrs)

Janine Schroedter

Learn the basics of pottery techniques and the use of glazes. Creativity is encouraged while planning skills are developed to bring your imagination alive. **Clay and glazes included. Janine has a BFA in Visual Arts and has worked in a number of mediums. She has over 5 years experience working with clay and hand building.**

Tu, 5:00 - 6:30 PM Sep17-Nov19 \$150/10 sess
Pottery Studio **240258**

Creative Writing (8-12 yrs)

Cathy Belgrave

Learn about the elements of a story as you explore and write a variety of story styles. Each class will cover an aspect of narrative writing that supports stronger story writing skills. **Bring your writing journal and pencil! No class date Nov 9.**

Sa, 1:00 - 2:30 PM Oct19-Nov30 \$78/6 sess
TLCCA Board Room **233707**

Painting and Drawing (6-12 yrs)

Alex Lam

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. Drop in \$15.00. No class dates Oct 19, Nov 9, Nov 30**

Sa, 9:30 - 11:00 AM Sep14-Dec07 \$130/10 sess
Art Studio **233769**

Sa, 11:15 AM - 12:45 PM Sep14-Dec07 \$130/10 sess
Art Studio **233770**

Tween Pottery (11-16 yrs)

Laura Van Der Linde

Pottery is cool. We will start with the basic hand-building techniques of pinching, coiling, and soft and hard slabs. Then we will start learning to throw on the wheel and explore decorating the surface with slips, carving, wax resist and glazes. With practice, repetition, focus and creativity, we will make great functional pieces. **No classes on Nov 7 and 14.**

Th, 4:45 - 6:30 PM Sep19-Dec12 \$220/11 sess
Pottery Studio **234714**

Parent & Child Pottery (5-105 yrs)

Myriam Duchesne

A class to bond with your loved one, whether 5 or 105. This class is designed to make collaborative projects while learning basic beginner pottery techniques. Make creative keepsakes and memories with your child or parent. **Family friendly atmosphere. Price is for two people.**

F, 6:00 - 7:30 PM Sep20-Nov15 \$243/9 sess
Pottery Studio **238424**

Watercolour Painting for Children **NEW** (7-13 yrs)

Mohammad Atashzad

Learn to paint with watercolour paints in this after school program for children who want to learn how to use water, paper, color and brushes to create an endless variety of tones in their paintings. **Mohammad has over 30 years' experience in drawing and painting at his own Atashzad Academy of Art. Visit www.atashzad.com. Supplies are not included. Supply list available upon registration. Drop in \$15 space permitting.**

W, 3:30 - 4:30 PM Oct02-Dec04 \$95/10 sess
Art Studio **240424**



Winter Break Camps

Go to page 16 for detailed information.

LEGO Brick Animation (6-12 yrs)

Julio Sperschneider

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

Tu, 4:00-5:30 PM Oct15-Nov05 \$100/4 sess
TLCCA Board Room **233863**

LEGO WEDO I Robotics (6-12 yrs)

Julio Sperschneider

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.

Tu, 4:00-5:30 PM Sep17-Oct08 \$100/4 sess
TLCCA Board Room **233862**

LEGO WEDO II Robotics (6-12 yrs)

Julio Sperschneider

The LEGO WEDO 2.0 system provides an exciting introductory experience into the world of Robotics! WEDO 2.0 supports a hands-on, "minds on" learning solution that gives students the confidence to ask questions, and the tools to find the answers. Using LEGO elements, WEDO combines coding and robotics projects built on key science standards. Students will build projects such as a Walking Elephant, Climbing Monkey, and more! This class encourages science exploration and experimentation, and incorporates activities across Science, Engineering and Technology with STEM Education

Tu, 4:00-5:30 PM Nov19-Dec10 \$100/4 sess
TLCCA Board Room **233864**

Healthy Afterschool Cooking Classes **NEW** (7-12 yrs)

Graines De Chef - Lily Leung

In our healthy cooking classes, kids learn fundamental cooking skills they will use their entire lives. Each week, we follow a healthy recipe that we share at the end of class. Our vegetarian recipes are carefully selected by holistic nutritionists, so that we can focus on fruits, vegetables, nuts, seeds and other wholesome yumminess. **The October session will focus on late summer recipes. The November session will focus on fall recipes. No special skills are required; just bring your appetite and curiosity for new food! This program is subsidized by the TLVCC Society and is a part of Sustenance Festival.**

Th, 4:00-5:30 PM	Oct03-Oct31	\$50/5 sess
Kitchen		240780
Th, 4:00-5:30 PM	Nov07-Dec05	\$50/5 sess
Kitchen		240781

Draw, Draw, Draw

(2+ yrs)

Chris Ross

Draw on the walls! Draw on the floor! The big draw 2019 at Trout Lake Community Centre invites the public to engage in drawing in a playful and sensory way. This free, event is designed for people of all ages and abilities to come and draw in unconventional ways. Participants will be invited to draw on the floors and the walls of the community centre, they will experiment with drawing to music and sounds, drawing with their non-dominant hand, drawing with their eyes closed, walking while drawing, drawing with pens taped to their limbs, partner drawing, and more. **Please pre-register.**

Sa, 11:00 AM-1:00 PM Oct 5 Free
Centre Lobby **230694**

Special Events

Go to page 42-43 for detailed information.



Winter Break Camp

The camp leaders will provide a variety of age appropriate activities designed to engage, educate and entertain the campers. No camp Dec 25, 26 & Jan 1.



6-8 yrs

M Tu F, 9:00 AM-3:30 PM	Dec23-Dec27	\$75/3 sess
Grandview and Lakewood Room		233670
M Tu Th F, 9:00-3:30 PM	Dec30-Jan03	\$100/4 sess
Grandview and Lakewood Room		233674

9-12 yrs

M Tu F, 9:00 AM-3:30 PM	Dec23-Dec27	\$75/3 sess
Grandview and Lakewood Room		233677
M Tu Th F, 9:00-3:30 PM	Dec30-Jan03	\$100/4 sess
Grandview and Lakewood Room		233678

After Care

For children being picked up from after care, your child must be picked up by 5:00pm sharp. Late pick up fees will begin promptly at 5pm. Late fees will be \$1 a minute up until 15 minutes, every minute after that will be \$5 a minute.

M Tu F, 3:30-5:00 PM	Dec23-Dec27	\$9/3 sess
Grandview Room		233665
M Tu Th F, 3:30-5:00 PM	Dec30-Jan03	\$12/4 sess
Grandview Room		233667

Before Care

Care before the day camp begins for parents who start work earlier. Please register early as the office does not open before 9am. Parents please fill out waiver forms before the first day of camp.

M Tu F, 8:00-9:00 AM	Dec23-Dec27	\$6/3 sess
Grandview Room		233662
M Tu Th F, 8:00-9:00 AM	Dec30-Jan03	\$8/4 sess
Grandview Room		233663

Holiday Lino-Cut Printmaking for Tweens NEW (10-14yrs)

Janine Schroedter

Printmaking fun! Join us for this card and wrapping paper making workshop where we will explore with lino cutting and inks to make some special artwork for the holidays.

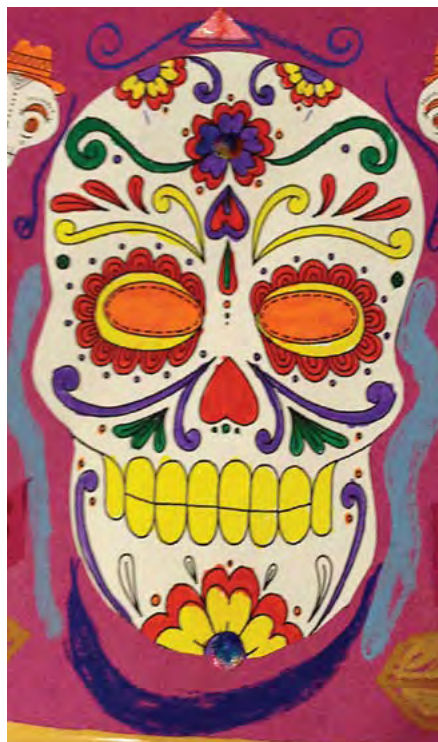
Su, 1:45 – 3:30 PM	Dec8-15	\$30/2 sess
Art Studio		241977

Cookies with Cathy NEW (6-12yrs)

Cathy Belgrave

Join us for this fun holiday cooking class! We will bake cookies and other holiday delights. All supplies included. Please notify instructor of any allergies.

M, 3:30-5:00 PM	Dec2	\$14/1 sess
Kitchen		241965
M, 3:30-5:00 PM	Dec16	\$14/1 sess
Kitchen		242435



Fabric Doll Making

(7+ yrs)

Mariana Frochtengarten

In this 3 day workshop, child and parent will learn how to make dolls using a whole variety of fabrics and accessories like yarn, beads, sequins and buttons. Starting from a simple body structure, each doll will acquire their own personality and become alive as they gain face features, hair, clothes, and accessories that we will create and produce during the workshop. Participants will take their doll home. Please note, price is for 1 doll. If families would like to work on the same doll, only register one person.

Su, 1:00-3:00 PM	Nov17-Dec01	\$50/3 sess
Willow Room		238166

Red Cross Babysitting (11-16 yrs)

Community Care First Aid

This course is a nationally recognized program designed to prepare your growing teen to develop self-assurance, knowledge, and skills required for babysitting duties and when caring for themselves alone. Red Cross Babysitter's Completion Card will be given with no expiry date.

Su, 9:30 AM-4:30 PM	Oct06	\$61/1 sess
Willow Room		237324

Mini Art Nights NEW (all ages)

Emily Luo

Join us once a month to make Art in the Lobby! Each week we will explore a theme using different materials such as natural objects, paint, pastels, markers, and craft based supplies. All materials provided. Children under 8 must be accompanied by an Adult. Please pre-register as space is limited.

Animals

W, 6:30- 8:00 PM	Sep 25	\$2/1 sess
Lobby		241908

Halloween

W, 6:30- 8:00 PM	Oct 23	\$2/1 sess
Lobby		241909

Underwater Creatures

W, 6:30- 8:00 PM	Nov20	\$2/1 sess
Lobby		241910

Holiday Cheer

W, 6:30- 8:00 PM	Dec18	\$2/1 sess
Lobby		241911

Birthday Parties

Go to page 40 for detailed information.

SOCIAL

Pro-D Camp

F, 9:30 AM-3:30 PM	Oct 25	\$18.50/1 sess
Willow Room		240369
F, 9:30 AM-3:30 PM	Nov 05	\$18.50/1 sess
Willow Room		240370

WinterBreak Camp

M Th F, 9:30 AM-3:30 PM	Dec 23-Dec 27	\$55.50/3 sess
Willow Room		240371
M Tu Th F, 9:30 AM-3:30 PM	Dec 30-Jan 03	\$74.00/4 sess
Willow Room		240372

Boys Club

(9-12 yrs)

Tamuel Nguyen-Serrano

Come join this club for an exciting boys only adventure! From playing hockey and PS3 to making pizza and scavenger hunts plus much more; we are always on the move. Learn new skills and have fun in a friendly social environment.

Tu, 3:30-5:00 PM	Sep 24-Dec 10	\$84.00/12 sess
Art Studio		240373

Girls Club

(9-12 yrs)

No boys allowed! Sports, cooking, and craft projects are top priority in our agenda. Learn new skills and have fun in a friendly and social environment.

Th, 3:30-5:00 PM	Sep 26-Dec 12	\$84.00/12 sess
TLCCA Board Room		240374

EVENTS



Neighbourhood Clean Up Party

Bernie Dionne

The Youth will be doing Community Clean Ups at Trout Lake/John Hendry Park and also with the Grandview BIA. **More info can be found by contacting Bernie Dionne at 604-257-3098 or bernie.dionne@vancouver.ca**

Sa, 10:00 AM-1:00 PM	Sep 21	FREE/1 sess
Willow Room		240387
Sa, 10:00 AM-1:00 PM	Oct 19	FREE/1 sess
Willow Room		240388

LEADERSHIP

FOODSAFE Level 1 for Youth

(15-18 yrs)

Paul Richardsom

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

F, 9:00 AM-5:00 PM	Nov 8	\$35.00/1 sess
Willow Room		240375

Youth Volunteer Orientation

Witton Chau

For youth who are wanting to volunteer at Trout Lake and/or want to be part of our Youth Council (YC), you will need to attend this orientation. **A Trout Lake CC Youth Program Participant membership (free with OneCard) is required to join this training. This orientation is for first time volunteers/YC participants only. Must register for this free training session.**

Sa, 10:00 AM-1:00 PM	Sep 14	FREE/sess
Willow Room		240376

Youth Council

(13-18 yrs)

Witton Chau

The Trout Lake Youth Council wants to make a difference in their community. Our goal is to have a group of young people who can work together toward improving youth opportunities and experiences. The youth council will earn volunteer hours, fundraise for great causes, gain employment training, and plan events. **The council will also have a representative sit on the Trout Lake Vancouver Centre Association Board. As well a few members from council will also sit on the City Wide Youth Council which meets once a month at City Hall. A Trout Lake CC Youth Program Participant membership (free with OneCard) is required to join this program.**

F, 5:00-7:00 PM	Sep 06-Dec 20	FREE/14 sess
Grandview Room		240377

BeaYOUtiful Workshop Series

(9-13 yrs)

Taylor Hui / Kate Stafford

The BeaYOUtiful Foundation is dedicated to building confidence and self-love amongst young girls. This self-esteem program includes topics focused on media literacy, artistic expression, and positive body image activities. Workshops include making dream boards, smoothie bowls, dance and yoga classes, raw beauty photoshoot, theatre activities, guest speakers, and most importantly, one-on-one mentorship with women in your community. **No class Nov 8.**

F, 6:00-8:00 PM	Oct 25-Nov 29	\$85/5 sess
Lakewood Room		240379

YOUTH IN ACTION



Youth In Action

Amanda Cremona

Youth In Action is an exciting adaptive program for teens with mild to moderate needs (behavioral and developmental). Join us two or three times a week for fun, challenging activities in a safe recreational environment. Youth have an opportunity to learn and form long lasting friendships. **Note: Youth must first be registered with a CYSN through the Ministry of Children and Family Development(MCFD) before registering for YIA. For more information, please contact Briana at 604.257.6970 or YIA@vancouver.ca. Join us for a full day program on school ProD professional days!**

M Tu W Th F, 3:15-5:30 PM	Sep 09-Dec 20	
Willow Room		
One day per week	\$98.00/14 sess	240366
Two days per week	\$196.00/28 sess	240367
Three days per week	\$294.00/42 sess	240368

FITNESS & SPORTS

Youth DodgeBall**Tournament (14-18 yrs)**

Be part of Trout Lake's youth Dodgeball team. Join our youth dodgeball tournament with other **Community Centres. November 2 at Killarney CC, November 16 at Trout Lake CC, November 23 at Hillcrest CC, November 30 Britannia CC.** Various centres **240737**

Toni's Soccer (10-13 yrs)**Toni Lo Cascio**

Soccer in a fun learning environment where children will learn skills of the game and develop team spirit! On sunny days, classes will be outside. **Coached by Toni Lo Cascio trainer and coach with the Grandview Legion Football Club. Drop in \$12.00.**

Su, 10:30 AM-12:00 PM Sep08-Oct06 \$55/5 sess
Outside - John Hendry Park Grass Area SW **234757**

Toni's Soccer Workshop**Toni Lo Cascio**

Whether you are new to soccer or a seasoned player needing of a tune up, this 1 day workshop is a great opportunity to practice basic skills and have fun playing the beautiful game of soccer. Portions of the class will be no shoes to improve finesse and confidence with the ball. **Coached by Toni Lo Cascio trainer and coach with the Grandview Legion Football Club.**

10-13yrs

Su, 1:00-2:15 PM Oct13 \$16/1 sess
Gymnasium **234758**

14-16yrs

Su, 2:30-4:00 PM Oct13 \$16/1 sess
Gymnasium **234761**

Teen Weight Training (13-18 yrs)

Learn how to use weight training to get in shape, improve your sports performance and reach your fitness goals. **Cost is a youth drop in rate or free with a valid Flexipass. All participants must sign up and bring a par q and consent and release form signed by their parent or guardian. Forms can be obtained from the Community Centre or online at www.vancouver.ca/parks**

Boys: M, 4:00-5:00 PM Sep 9-Oct 7 **240826**
Fitness Centre
Girls: W, 4:00-5:00 PM Sep 11-Oct 9 **240827**
Fitness Centre

GAMES ROOM AND YOUTH OFFICE

Come hang out in the Games Room (Willow Room) after school and play pool, foosball, ping pong, cards, or just chill with your friends.

Get to know the Youth Staff, obtain resources, information, and learn about volunteer and work opportunities. Free with OneCard. Must be enrolled in our Youth Participation Program. Please contact Bernie Dionne, Community Youth Worker for more information. Games Room hours may be subjected to change without notice.

**Open Gym and Games Room Schedule****WEDNESDAY**

GAMES ROOM
Sep 4-Dec 18
3:30-5:45 PM

All programs are free with OneCard. Must be enrolled in our Youth Participation Program. Gym is supervised but no instruction provided.

**Activity may be changed unannounced based on participation numbers

**FRIDAY**

GAMES ROOM
Sep 6-Dec 20
3:15-9:45 PM

SOUTH GYM

****Preteen Volleyball**
Sep 13-Dec 20
3:15-5:00 PM

Youth Volleyball
Sep 13-Dec 20
5:00-8:00 PM

NORTH GYM

Youth Basketball
Sep 13-Dec 20
3:15-7:00 PM

Youth Dodgeball
Sep 13-Dec 20
7:00-8:00 PM

FULL GYM

Youth Open Gym
Sep 13-Dec 20
8:15-9:45 PM
Dec 27-Jan 3
3:15-9:45 PM

TROUT LAKE COMMUNITY CENTRE USER GROUPS

TLCC Scribes Rugby Football Club

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



Grandview Skating Club



Celebrating 51 years at Trout Lake Community Centre, Grandview Skating Club offers a fun, friendly environment, expert coaching and Skate Canada's nationally recognized learn-to-skate programs for all levels, including: CanSkate, StarSkate, adult skating and CANPower (hockey/ringette skating skills).

Registration and more details at: www.grandviewskatingclub.com

Be Part of the Good in Your Neighbourhood

JOIN THE TROUT LAKE COMMUNITY CENTRE ASSOCIATION

Trout Lake Community Centre's stellar programming and events are possible because of effective collaboration between skilled and committed Parks Board staff and our Association's creative, accountable and locally driven non-profit Board of Directors, committee volunteers and staff. If you are keen to get involved, reach out today to troutlakecc@gmail.com.

Committees

Why not plug your passion into the following committees:

Programs

- Contributes to, and informs, programming ideas and efforts
- Currently oversees communications and marketing efforts

Arts & Social

- Plans social and cultural events and activities celebrating diversity in the community.
- Advises incumbent of 'Artist in the Community Program'

Parks

- Provides a conduit for local residents' input to matters related to John Hendry, Brewer and Clark Parks
- Formulates recommendations, priorities and needs related to John Hendry, Brewer and Clark Parks

Seniors

- Focuses on the programming needs of the seniors in the community within the scope of the Association's mandate
- Members assist by volunteering at events

Preschool

- Supports the programming and administrative needs of the Trout Lake Preschool

Green (New)

- Will support the Board and committees to integrate an environmental and conservation lens to their work



ICE RINK

SKATING LESSONS & PUBLIC SKATING SCHEDULE

SEPTEMBER 3-DECEMBER 31, 2019

Please check online or call 311 for schedules on December 24, 25, 26, 31 & Jan 1.
Children 7 yrs & younger must be accompanied on the ice by a parent or guardian over the age of 16 yrs.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																		
Skate *Lessons 10:15am-2:30pm		50 yrs & Better Skate 10:00-11:30am				Public Skate 12:45-2:15pm																																		
Public Skate 2:45-4:15pm	Adult Stick & Puck 11:45-1:15pm	Adult Co-ed Drop in Hockey 11:45-1:15pm	Co-ed 50+ Drop in Hockey 11:45-1:15pm	Adult Co-ed Drop in Hockey 11:45-1:15pm	Discount Skate/ *Lessons 11:45-1:15pm	Family Fun Hockey 2:30-3:30pm																																		
	All Drop in Hockey & Stick & Puck Sessions Same day reservation. Participants can reserve a spot at 9:30am - call 604-257-6955. Space permitting. To keep your reservation, you must sign in and pay by 11:30am.	Family Hockey 1:30-2:30pm		Public Skate 6:30-8:00pm	Discount Skate 3:00-5:00pm	*Learn to Play Hockey 5-9 yrs 3:45-4:30pm																																		
		Discount Skate 2:30-3:30pm		Adult Skate/ *Lessons 8:15-9:45pm																																				
		Skate *Lessons 3:45-6:15pm		Ice Skating Rates & Fees <small>Prices subject to change.</small>																																				
		Public Skate 6:30-8:00pm		<table><tr><td></td><td>Single</td><td>10 Usages</td></tr><tr><td>Tot (4 & under)</td><td>FREE</td><td></td></tr><tr><td>Child (5-12yrs)</td><td>\$3.20</td><td>\$26.04</td></tr><tr><td>Youth (13-18yrs)</td><td>\$4.48</td><td>\$36.46</td></tr><tr><td>Adult (19-64yrs)</td><td>\$6.41</td><td>\$52.08</td></tr><tr><td>Senior (65+)</td><td>\$4.48</td><td>\$36.46</td></tr><tr><td>Discount skate</td><td colspan="2">50% off regular admission</td></tr><tr><td>Drop-in Hockey</td><td>\$6.41</td><td>\$51.24</td></tr><tr><td>Skate Rental</td><td>\$3.45</td><td>\$27.59</td></tr><tr><td>Skate Sharpening</td><td>\$6.65</td><td></td></tr><tr><td>Family Rate</td><td>\$3.20</td><td></td></tr></table>					Single	10 Usages	Tot (4 & under)	FREE		Child (5-12yrs)	\$3.20	\$26.04	Youth (13-18yrs)	\$4.48	\$36.46	Adult (19-64yrs)	\$6.41	\$52.08	Senior (65+)	\$4.48	\$36.46	Discount skate	50% off regular admission		Drop-in Hockey	\$6.41	\$51.24	Skate Rental	\$3.45	\$27.59	Skate Sharpening	\$6.65		Family Rate	\$3.20	
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Skate Sharpening	\$6.65																																							
Family Rate	\$3.20																																							
			Minimum charge of \$6.41, 1-2 adults of same household and their children under 19yrs																																					
*Pre-registration required for these programs. Space is limited. No drop-ins.		*Power Skating 7-12 yrs 8:15-9:00pm Adult 9:00-9:45pm																																						

SKATING LESSON INFORMATION

Fall Set I

Sundays Sep 29-Nov 3, Tuesdays Oct 1-Nov 5

Online and in-person registration will begin on Friday September 13 @ 7:00pm

Fall Set II

Sundays Nov 10-Dec 15, Tuesdays Nov 12-Dec 17

Online and in-person registration will begin on Friday November 8 @ 7:00pm

- You can only register for one lesson at a time per child.
- Please register in the correct level according to your report card. If you register in the wrong level, there is no guarantee that your child can be transferred into the correct level.
- If the class you want is full, please ask to be placed on the wait list.
- 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. If you are unsure of which level to register in, we strongly recommend a FREE skating assessment during any of our public/discount skates.

You can
register at any
Vancouver Park
Board Community
Centre



Public Skating Birthday Party Packages Saturdays & Sundays

Includes dedicated party area.
Party price is \$102 for
15 admissions and 15 skate
rental tickets. Additional admissions
(\$3.20) and skate rental tickets
(\$3.45) can be purchased at the rink reception.
Party space fits 20 guests.

SKATING PROGRAMS



Power Skating

(7 yrs+)

This Power skating program is designed to improve skating techniques for hockey, ringette players and figure skaters. Power skating is not only for straight line acceleration, but for all skating skill areas. Backward skating, tight glideturns, forward and backward crossovers, are just a few areas we focus on. Our goal is to improve basic skating techniques and in turn, improve power, agility & speed.

Parent and Tot Skating Lessons

Introduce your child to the ice in a play-based environment. Parents are allowed to be on the ice with their child (For those who cannot skate, ice cleats will be provided for parents, free of charge). **Friday 11:45am-1:15pm lessons only**

Adult Skating Lessons

For all levels looking to gain confidence on the ice and improve skating skills. **This is a 30-minute self-paced lesson. *Thursday lessons take place during an Adult Skate session on 1/3 of the ice surface.**

Learn to Play Hockey

(5-9 yrs)

This is a class for skaters and Minor Hockey players who want to further develop their hockey skills and technique. **All sessions will include hockey skill games. Full hockey equipment is required. All participants are expected to be able to skate forward, backward, turn and stop at a basic level prior to registration.**



The All Body Community Fitness Group

Get Active! Eat Well! Stay Healthy! Try it for FREE! September 9-15, 2019.



Welcoming all shapes, sizes and abilities, we are an inclusive, specialized, choice based lifestyle management program developed to encourage and support your personal health goals.

INCLUDED WITH YOUR FLEXIPASS OR ABC 10 CLASS CARD:

www.vancouver.ca/parks-recreation-culture/exipasses.aspx

- Program registration on master roster #235880
- Group Training
- Support from the ABC Fitness Group coordinator and the ABC team
- Access to all of the Park Board's 15 Fitness Centre's, 9 Pools, and 8 Ice Rinks
- Wellness workshops – Free to public
- Limited resources: www.vancouver.ca/parks-recreation-culture/leisure-access-card.aspx

Ongoing registration is welcome and encouraged.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:30am Walking Group for Guys @ Trout	11:15am-12:15pm Basic Training @ Hillcrest		9:00-10:00am Basic Training @ Hillcrest		8:15-9:15am Intro to Indoor Cycling @ Trout	
1:00-2:30pm Sledge Stick and Puck @ Hillcrest Rink	5:15-6:15pm Basic Training @ Trout		5:15-6:15pm Basic Training @ Trout	10:30-11:30am Vision Journaling Workshop 4th Friday @ Kensington	9:00-10:00am Basic Training H2O Shallow @Kensington	
5:45-6:45pm Basic Training @ Hillcrest	6:00-7:00pm Intro to Indoor Cycling @ Hillcrest	5:45-6:45pm Basic Training @ Hillcrest	5:45-6:45pm Learn to play Walking Soccer Pilot @ Hillcrest	Call Trout Lake CC to reserve for cycling 604-257-6955	9:15-10:15am Basic Training @Hillcrest	2:00-3:30pm Learn to Play Walking Water Sports @ Hillcrest
7:00-8:30pm FREE Lifestyle Workshops @Hillcrest	7:00-8:30pm FREE Lifestyle workshops @ Trout 7:15-8:15pm Recumbent Training @Kensington by invitation	7:00-8:00pm Vision Journaling Workshops 2 Wed per Month 2nd @Hillcrest 4th @ Trout Lake	5:00-6:30pm FREE Lifestyle Workshops @Kensington 7:15-8:15pm Recumbent Training @Kensington by invitation	5:15-6:30pm Learn to play Sledge Hockey @ Hillcrest 5:30-6:30pm Yoga/Relax @ Trout		7:00-8:00pm Basic Training H2O Deep @ Hillcrest

Need more information or want to be on our Email List? please contact our HW Coordinator Kate Lee at kate.lee@vancouver.ca

TROUT LAKE FITNESS CENTRE



HOURS OF OPERATION

Monday – Friday	6:00 am - 10:00pm
Weekends	8:00am - 5:00pm
Fitness Centre	closed Sept 2
December 24 & December 31	6:00 am-4:00 pm
December 25 & January 1	10:00 am-4:00 pm
December 26	6:00 am-4:00 pm

Your hub for community fitness

Fitness Centre Consultations

Let us help you reach your fitness goals. Whether you need instruction, motivation, or support our highly trained staff are here to help you succeed. Enlist one of our staff to get you started with an introductory fitness program. Please call ahead 604-257-6975 or come in person to make an appointment for a fitness consultation. Participants under the age of 18 must fill out a par q+ form and have consent and release form signed by their parent or guardian.

Minimum age to use the Fitness Centre is 13 years.

Our Fitness Centre includes:

- 5 Treadmills
- 3 Cross Trainers
- 2 Recumbent Bikes
- 2 Upright Bikes
- 2 Conc-E Rowers
- 2 Cybex Arc Trainers
- 20 Keiser M3 Bikes
- 1 Cable Motion Adjustable Pulley
- 1 Seated Leg Curl
- 1 Assisted Dip/chin
- 1 Row/Rear Delt
- 1 Cable Motion Shoulder Press
- 1 Cable Motion Chest Press
- 1 Pec Fly/Rear Deltoid
- 1 Cable Motion Row
- 1 Cable Motion Pull Down
- 2 Hammer Strength Half Racks
- Free Weights
- 1 Smith Machine
- 1 Back Extension
- 3 Kinesis Machines
- 2 FLEXibility Stretching Machines
- 1 Shuttle MVP Pro
- Training Room
- Steam Room

PERSONAL TRAINING

Improve your health and wellness with support from our qualified and experienced personal trainers.

Our trainers will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your busy schedule.

Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport-specific workouts, our trainers will motivate and support you in each 1 hour session.

(Includes GST)	Private	Semi-Private	Small Group
1 session	\$54.32	\$81.45	\$114.24
3 session	\$150.51	\$225.80	\$306
5 sessions	\$242.08	\$372.79	\$448.80
10 sessions	\$451.02	\$692.33	\$816.00

RATES & FEES

	Adults (19-64)	Seniors (65+) Youth (13-18)
Drop in	\$6.40	\$4.50
10 Visit Pass	\$52.08	\$36.46
See vancouver.ca/parks-recreation for more info. Fees include GST.		

The Flexipass Membership

Enjoy flexible and affordable recreation with our no contract all access pass. Purchase a monthly Flexipass at any Park Board fitness centre and receive unlimited access to our 15 fitness centres, 9 indoor pools, 4 outdoor pools and 8 ice rinks. For more information and locations, visit vancouverparks.ca.

	Adult	Seniors/Youth
1 month	\$49.47	\$34.63
3 months	\$133.35	\$93.03
12 months	\$427.33	\$292.61
See vancouver.ca/parks-recreation for more info. Fees include GST.		

GROUP PERSONAL TRAINING

FOR AS LOW AS \$20 PER SESSION*

Try out our small group personal training and enjoy the same intimate coaching experience as a personal training session but at a reduced cost.

A small group can include you and 2-3 of your friends/family members which can be very powerful in helping you stay on track when trying to attain your fitness goals.

Training as a group provides a comfortable support system where you can encourage one another and foster some healthy competition!

***Individual cost based on the purchase of 10 sessions for a group of 4.**

Child Care

Go to page 7 for detailed information.

INDOOR CYCLING

Sept 1 – Dec 22, 2019 *No classes on Sept 2

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			6:15am-7:00am Cycle Xpress		8:15am-9:15am Intro to Cycling	
9:30am-10:30am Cycle Fit	9:30am-10:30am Cycle Core	9:30am-10:30am Cycle Fit	9:30am-10:30am Cycle Core	9:30am-10:30am Cycle Fit	9:30am-10:30am Cycle Fit	9:30am-10:30am Cycle Fit
6:00pm-7:00pm Cycle Core	6:00pm-7:00pm Cycle Fit	6:00pm-7:00pm Cycle Core	6:00pm-7:00pm Cycle Fit			

Schedule is subject to change without notice. Please call 604-257-6955 (1) to confirm or visit <http://vancouver.ca/parks-recreation-culture/indoor-cycling.aspx>

Intro to Cycling **NEW FORMAT**

Welcoming ABC patrons, members new to indoor cycling and those looking for an active recovery option, we are happy to announce an even more accessible format for our Intro to indoor cycling. Starting this September this 45 minute class will include 30 minutes on the bike and 15 minutes follow-up for core, balance, flexibility and mobility. Our trainers are committed to your success and will take time to come around while you are cycling to support appropriate technique and intensity. *Please note drills for this class will be seated.

Cycle Fit

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

Cycle Core

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

Cycle Xpress

45 minutes of riding with quick warm up & cool down.

TWO WAYS TO RESERVE YOUR SEAT

Register for your favourite class for the whole season or call ahead and reserve your spot on a drop in basis.

Seasonal Registration Procedures: Register for your favorite class. There will be 12 of 25 bikes available to reserve. You must arrive 5 mins before the start of class or your spot may be given to someone on the drop in wait list. Refund requests must be submitted within 24 hours of the completion of the 2nd scheduled class. No other refund requests will be considered without a doctor's note. You may only take the class you are registered in and classes are not transferable to another person. **Registration ends August 29, 2019**

Whole Season

Registered classes include GST

Drop in

\$6.40 for drop in or \$52.08 for 10 Ticket* pass.

Drop in Reservation Procedures

1. Call 604.257.6955 (push #1) to reserve bike. Spots may not be reserved via voicemail.
2. Calls can be made between 6:30 am to 8:55am and from 12:00pm -9:15pm pm Mon to Fri 8:00 am to 3:30 pm Saturday and Sunday. ***note new times.**
3. Evening classes call the day of and morning classes can call a day ahead.
4. Check in at the front desk 10 minutes prior to your class start time. ***note change.**
5. If you have not checked in 10 minutes prior to your class your spot may be given away **to someone on the waitlist.**
6. You may reserve a bike for you and one other person.
7. **All paid participants will receive a numbered card that they must give to the instructor just before the start of the class.**

*10 tickets may be used for all indoor cycling classes at Champlain, Creekside, Dunbar, Hillcrest, Kitsilano and Trout Lake.

Monday:

9:30am Cycle Fit

#240949 Sep 9-Dec 23 \$83.36/16 sess

6:00pm Cycle Core

#240951 Sep 9-Dec 23 \$83.36/16 sess

Tuesday:

9:30am Cycle Core

#240954 Sep 3-Dec 17 \$83.36/16 sess

6:00pm Cycle Fit

#240958 Sep 3-Dec 17 \$83.36/16 sess

Wednesday:

9:30am Cycle Fit

#240959 Sep 4-Dec 18 \$83.36/16 sess

6:00pm Cycle Core

#240955 Sep 4-Dec 18 \$83.36/16 sess

Thursday:

6:15am Cycle Xpress

#240963 Sep 5-Dec 19 \$83.36/16 sess

9:30am Cycle Core

#240956 Sep 5-Dec 19 \$83.36/16 sess

6:00pm Cycle Fit

#240960 Sep 5-Dec 19 \$83.36/16 sess

Friday:

9:30am Cycle Fit

#240957 Sep 6-Dec 20 \$83.36/16 sess

Saturday:

9:30am Cycle Fit

#240961 Sep 7-Dec 21 \$83.36/16 sess

Sunday:

9:30am Cycle Fit

#240962 Sep 1-Dec 22 \$88.57/17 sess

PARENT & CHILD

Please complete a pre/postnatal intake form online before your first class www.fit4two.ca

Fit 4 Two Mom and Baby Barre

Fit4Two Van East

Designed specifically for postpartum women. Focuses on posture, alignment, strength, core and flexibility. **All fitness levels welcome. Pre-mobile babies only unless your baby is happy staying in your stroller. Drop in \$16.**

Th, 1:00-2:00 PM	Sep12-Oct31	\$110.72/8 sess	
Cedar Hall		234727	
Th, 1:00-2:00 PM	Nov07-Dec19	\$96.88/7 sess	
Cedar Hall		234728	

Fit 4 Two Mom and Baby Bootcamp

Fit4Two Van East

Bootcamp includes a variety of drills that focus on strength, power, agility, balance, cardio and core. **Pre-mobile babies only unless your baby is happy staying in your stroller. Women must have already eased back into fitness, for at least 8 weeks, be injury free and not have diastasis recti. Drop in \$16**

Tu, 10:00-11:00 AM	Sep10-Oct29	\$110.72/8 sess	
Grandview Room		234720	
Tu, 10:00-11:00 AM	Nov05-Dec17	\$96.88/7 sess	
Grandview Room		234721	

Fit 4 Two Prenatal Fitness

Fit4Two Van East

Reduce prenatal discomforts like lower back ache, fatigue and swelling. These pregnancy safe cardiovascular exercises focus on strength training, flexibility and relaxation. **Drop in \$18.**

W, 7:30-8:30 PM	Sep11-Oct30	\$127.08/8 sess	
Cedar Hall		234724	
W, 7:30-8:30 PM	Nov06-Dec18	\$111.20/7 sess	
Cedar Hall		234725	

Fit 4 Two Stroller Fitness

Fit4Two Van East

Each Baby Friendly class includes intervals of cardio drills, functional strength training and short power walks followed by postnatal-specific core work and flexibility. All fitness levels welcome. You do not need a jogging stroller. **Double strollers welcome. For safety reasons, mobile babies & tots should remain in their strollers/carriers/arms. Drop in \$16.**

W, 11:00 AM-12:00 PM	Sep11-Oct30	\$110.72/8 sess	
Grandview Room		234722	
W, 11:00 AM-12:00 PM	Nov06-Dec18	\$96.88/7 sess	
Grandview Room		234723	

FITNESS CLASSES

Step and Sculpt **NEW**

Jeanette Chang

A Step class that provides a full-body cardio workout. Using a non-slip platform step, this class is a calorie burner. A cardio component is followed by a strength and conditioning circuit to keep your heart pumping. **Drop-in \$6.00.**

W, 6:00-7:00 PM	Sep18-Dec11	\$65/13 sess	
Gymnasium		234729	

Fat Burner

Jeanette Chang

Sculpt, chisel and tone in this total body conditioning class. **Drop in \$6.00. No class Oct 14 and Nov 11.**

M, 5:30-6:30 PM	Sep09-Dec09	\$60/12 sess	
Gymnasium		232406	

Body Sculpting

Herb DaSilva

Designed to tone the muscles of the body using weights, bands. When you perform them with proper form, recommendations and directions, you raise your metabolic rate, tone the muscle, improve posture and increase your functional strength and endurance. **Drop-in \$6.00.**

Tu, 6:15-7:15 PM	Sep10-Dec10	\$70/14 sess	
Gymnasium		234730	

Circuit Training

Brenda Mattman

This workout is designed to improve muscular strength and endurance, balance, coordination and cardiovascular health. It is a total body workout done in intervals combining resistance training, cardio segments, body weight exercises, core and stretches. This class is time efficient, motivating and by constantly switching the routine will prevent boredom. **Drop in \$6.00**

W, 9:45-10:45 AM	Sep11-Dec11	\$70/14 sess	
Grandview Room		234731	



Child Care available during Circuit Training
Go to page 7 for detailed information.

Trout Lake Bootcamp

Herb DaSilva

A challenging, interval style cardio and muscle conditioning class with step sequences, plyometric exercises and weight training. **Drop in \$6.00. No class Oct 12 & Oct 26.**

Sa, 9:00-10:00 AM	Sep14-Dec14	\$60/12 sess	
Gymnasium		234732	

FITNESS CENTRE

Fit 4 Two - Mom and Baby Spin and Strength

Fit4Two Fitness

Each Baby Friendly class includes intervals of indoor cycling and functional strength training, followed by postnatal-specific core work and flexibility. Benefit from increased energy, improved posture, and a stronger core. **All fitness levels welcome. Pre-mobile babies. No shoes with external cleats. There is limited space and strollers are only permitted if there is space. Drop-in \$16.00 (space permitting). www.fit4two.ca**

Tu, 11:30 AM-12:30 PM	Sep 10-Oct 29	\$110.72/8 sess	
Fitness Centre		240815	
Tu, 11:30 AM-12:30 PM	Nov 5-Dec 17	\$96.88/7 sess	
Fitness Centre		240816	
F, 11:00 AM-12:00 PM	Sep 13-Nov 1	\$110.72/8 sess	
Fitness Centre		240817	
F, 11:00 AM-12:00 PM	Nov 8-Dec 20	\$96.88/7 sess	
Fitness Centre		240820	

Kinesis

Julie

Kinesis, the Latin word for movement, is full body training that combines strength training with cardiovascular training as well as deriving balance and flexibility benefits. Using the Kinesis machines in combination with functional training gives a great work out!

Th, 7:15-8:15 PM	Sep 12-Oct 10	\$30/5 sess	
Fitness Centre		240821	
Th, 7:15-8:15:00 PM	Oct 24-Nov 21	\$30/5 sess	
Fitness Centre		240822	

Cycle and Pilates

Herb DaSilva

A 60 minute class that begins with 30 minutes of interval based cycling drills, followed by 30 minutes of core strengthening Pilates!

Tu, 7:30-8:30 PM	Sep 10-Nov 12	\$100/10 sess	
Fitness Centre / Elm Room		240830	

SPORTS SCHEDULE AND PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Sunday
	Table Tennis 9:30AM-12:00PM Sep10-Dec10 \$14/14 sess Drop In \$2 Gym - South 231776		Table Tennis 9:30AM-12:00PM Sep12-Dec12 \$14/14 sess Drop In \$2 Gym - South 231778	
Pickleball 1:30PM-3:30PM Sep09-Dec09 (No class Oct14 & Nov11) \$24/12 sess Drop In \$3 Gym 231779	Older Adults Badminton 1:30PM-3:30PM Sep10-Dec10 \$28/14 sess Drop In \$3 Gym 231780	Pickleball 1:30PM-3:30PM Sep11-Dec11 \$28/14 sess Drop In \$3 Gym 231781	Older Adults Badminton 1:30PM-3:30PM Sep12-Dec12 \$28/14 sess Drop In \$3 Gym 231782	Volleyball Beg & Inter 3:00PM-4:45PM Sep15-Dec15(No class Oct13 & Nov10) \$51/12 sess Drop In \$5 Gym 231784
Badminton 8:00PM-9:45PM Sep09-Dec09 (no class Oct14 & Nov11) \$51/12 sess Drop In \$5 Gym 231785	Basketball 8:00PM-9:45PM Sep10-Dec10 \$60/14 sess Drop In \$5 Gym 231787	Indoor Soccer 8:00PM-9:45PM Sep11-Dec11 \$60/14 sess Drop In \$5 Gym 231788	Volleyball Recreational 8:00PM-9:45PM Apr11-Jun13 \$60/14 sess Drop In \$5 Gym 231789	



SPORTS

Adult Tennis

Wilson Tan

Our programs take Progressive Tennis in an open skills environment, allowing development important to improving your tennis. The program upholds our values that are Character, Conditioning and Competency. You will learn about basic skills and competencies to play tennis.

Th, 6:30-8:00 PM	Sep12-Nov28	\$336/12 sess
Gymnasium		233015
Su, 3:00-4:30 PM	Sep08-Oct13	\$168/6 sess
Outside - Tennis Court		233016

SportMedBC Learn to Run 10k

SportMed BC

SportMedBC's LearnToRun10K is a progressive training program that utilizes a combination of running & walking to help gradually increase your strength and stamina. **Guided by a team of trained leaders, you will build the endurance and confidence to prepare you to complete a 10K distance injury-free at the end of 13 weeks.**

Th, 6:30-8:30 PM	Sep19-Dec12	\$94.49/13 sess
Willow Room		232614

Morning/Afternoon
Sport Drop-In Procedures

1. \$2.00/\$3.00 for Drop in, if space available.
2. First priority of play is given for those who are registered.
3. Participants will be placed onto a list at 9:00am/1:00pm.
4. Registered participants have until 9:45am/1:45pm to check-in.

Evening Sport
Drop-In Procedures

1. \$5.00 for Drop in, if space available.
2. First priority of play is given for those who are registered.
3. Participants will be placed onto a list at 7:00pm.
4. Registered participants have until 8:15pm to check-in.

MARTIAL ARTS

Aikido

Shohei Juku Aikido Canada

Aikido is an opportunity for everyone to learn self-defence and spiritual discipline while improving body coordination with gentle circular movements. **Please note: Pro-rated fees do not apply to this program. Student registration rate only available at front desk. Drop-in \$10.00.**

M Tu Th, 6:00-7:30 PM	Sa 11:00 AM-12:30 PM
Sep03-Sep30	\$70/16 sess
Elm Room	232648
M Tu Th, 6:00-7:30 PM	Sa 11:00 AM-12:30 PM
Oct01-Oct31	\$70/18 sess
Elm Room	232649
M Tu Th, 6:00-7:30 PM	Sa 11:00 AM-12:30 PM
Nov02-Nov30	\$70/17 sess
Elm Room	232650
M Tu Th, 6:00-7:30 PM	Sa 11:00 AM-12:30 PM
Dec02-Dec31	\$70/18 sess
Elm Room	232651

Shorinji Kempo

Shorinji Kempo Society

A martial art that develops an individual's confidence and courage. Develop cooperation, teamwork, and leadership skills while having fun! **Pro-rated fees do not apply to this program. Drop-in \$8.00.**

M 7:35-9:35 PM	F 7:00-9:00 PM	Sa 2:30-4:30 PM
Sep03-Sep30	\$50/12 sess	
Elm Room	233650	
M 7:35-9:35 PM	F 7:00-9:00 PM	Sa 2:30-4:30 PM
Oct04-Oct28	\$50/11 sess	
Elm Room	233652	
M 7:35-9:35 PM	F 7:00-9:00 PM	Sa 2:30-4:30 PM
Nov01-Nov30	\$50/13 sess	
Elm Room	233655	
M 7:35-9:35 PM	F 7:00-9:00 PM	Sa 2:30-4:30 PM
Dec02-Dec21	\$35/9 sess	
Elm Room	233656	

Self-Defence for Women

Miguel Renifo

This course teaches defence against the most common types of physical aggression. It has a strong emphasis on overcoming differences of strength and size as well as developing better awareness.

Th, 7:45-8:45 PM	Sep12-Nov14	\$109/10 sess
Elm Room	237491	

Tai Chi with Amy

Amy Li Hua Zhu

Tai Chi incorporates a wide range of movements from traditional Chinese Kung Fu, Tai Chi, and movements for upper body conditioning. **This class is instructed by Amy Zhu, national gold medal Qi Gong Tai Chi Champion and certified Tai Chi instructor.**

Health Qigong

Th, 10:30-11:10 AM	Sep12-Oct24	\$35.30/7 sess
Cedar Hall	234834	
Th, 10:30-11:10 AM	Oct31-Dec12	\$35.30/7 sess
Cedar Hall	234836	

Yang Style 42 Steps & Traditional 10 Steps

Th, 11:15 AM-12:10 PM	Sep12-Oct24	\$60/7 sess
Cedar Hall	234838	
Th, 11:15 AM-12:10 PM	Oct31-Dec12	\$60/7 sess
Cedar Hall	234839	

Tai Chi - 24 Form

Kelly Maclean

Tai Chi is an internal martial art that improves physical and mental balance. It improves concentration and cultivates awareness. This simplified Yang style form is perfect for beginners. **Kelly has practiced martial arts and meditation for over 30 years. She has twice represented Canada at the World Wushu Competitions. No Class Nov 27. Drop in \$16.00.**

W, 6:00-7:00 PM	Sep18-Dec11	\$168/12 sess
Grandview Room	235738	

Tai Chi - Chen Style 18 Form NEW

Kelly Maclean

Chen style is the oldest of the traditional forms of Tai Chi. It is characterized by contrasts between hard and soft, high and low, large and small movements. In this course, we will study a short form which will provide a foundation in the movement vocabulary of the Chen style. **Some previous experience with Tai Chi is recommended for this course. No Class Nov 27. Drop in \$16.**

W, 7:00-8:00 PM	Sep18-Dec11	\$168/12 sess
Grandview Room	235739	

Tai Chi - Yang Style

Michael Chiao

Tai Chi improves strength, flexibility, balance and coordination. Suitable for all ages and fitness levels. **No class October 12, and 26.**

Sa, 9:00-11:00 AM	Sep07-Dec07	\$52/13 sess
Lakewood Room	234833	

PILATES

Freeflow Pilates & Barre NEW

Rachel Helten

Enjoy a total body workout that leaves you feeling strong, energetic and pain-free. **Drop in \$18.00. No class Oct 12.**

Sa, 1:30-2:30 PM	Sep14-Oct26	\$96/6 sess
Cedar Hall	234842	
Sa, 1:30-2:30 PM	Nov02-Dec14	\$112/7 sess
Cedar Hall	234846	

Pilates Beginners

Amy Kiara Ruth

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. **Drop in \$15.00. No class Oct 14 & Nov 11**

M, 12:00-1:10 PM	Sep09-Nov25	\$120/10 sess
Elm Room	234853	
W, 6:15-7:25 PM	Sep11-Dec11	\$168/14 sess
Elm Room	234856	

Pilates Intermediate

Amy Kiara Ruth

Enjoy more advanced Pilates exercises and continue to pay attention to breath, alignment, movement quality, and integration of core support. **Drop in \$15.00.**

W, 7:30-8:40 PM	Sep11-Dec11	\$168/14 sess
Elm Room	234859	

Pilates Fusion

Diana VanderVeen

For women and men who want to try a different method of fitness in a warm, encouraging environment. Increase levels of core strength, balance, flexibility, muscle tone, stamina, and well-being. Exercises are modified to meet the different needs of the class. **Drop in \$12.00.**

Th, 9:30-10:15 AM	Sep12-Dec12	\$140/14 sess
Cedar Hall	234860	



YOGA

Baby and Me Yoga

Melissa Rodrigues

We will stretch and strengthen and find moments to involve baby with movement, massage and songs. **Crawlers are welcome and older children may come and watch and we can set up a reading area. Please bring a blanket for baby. Drop in \$15.00. No class Oct 14 & Nov 11.**

M,10:00-11:00 AM Sep09-Dec09 \$144/12 sess
Elm Room **235215**

Chair Yoga

Michele Smith

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. **Drop in \$12.00 and Seniors \$8.00.**

Tu,9:00-10:00 AM Sep17-Dec10
\$130 Adults & \$78 Seniors/13 sess
Lakewood Room **235261**

Gentle Yoga

Michele Smith

In this dynamic style of yoga, postures are linked together in slow, gentle flowing sequences that follow the natural rhythm of the breath. Suitable for anyone wishing to practice at a more calming meditative pace. **Drop in Adult \$12.00 and Senior \$8.00.**

No class Oct 13, Nov 3, Nov 10.

Su,11:30-12:45 PM Sep15-Nov24
\$80 Adults & \$48 Seniors/8 sess
Lakewood Room **235281**

Tu,10:15-11:45 AM Sep17-Dec10
\$130 Adults & \$78 Seniors/13 sess
Cedar Hall **235264**

Prenatal Yoga

Melissa Rodrigues

Prenatal yoga is a great way to prepare your body for birth and connect with your growing baby. Some of the postures can help improve or prevent back ache and can help relax and calm your whole body and mind. **All trimesters and levels welcome. Partners welcome too! www.melissarodrigues.com Drop in \$15.00. No class Oct 12, Oct 26 & Nov 9.**

Sa,11:15 AM-12:15 PM Sep14-Dec07 \$120/10 sess
Lakewood Room **235218**

Yoga by Candle Light

Kylie Railton

Enjoy yoga to candle light. All levels welcome. **No class Oct 14. Drop in \$8.00 if there is space. Program subsidized by the GCCA.**

M,8:15-9:15 PM Sep30-Oct28 \$28/4 sess
Cedar Hall **234659**
M,8:15-9:15 PM Nov18-Dec16 \$35/5 sess
Cedar Hall **234660**

Yoga Flow

Suitable for active beginners through to seasoned practitioners, this class will synchronize movement to breath, connecting one posture to the next in smooth, choreographed sequences that create heat in the body and develop strength and flexibility in the muscles and joints. **Drop in \$12.00.**

Melissa Rodrigues

No class Oct 4 & Nov 8

F,9:45-11:00 AM Sep13-Nov22 \$90/9 sess
Lakewood Room **235219**

Michele Smith

No class Oct 13, Nov 3 & Nov 10

Su,9:00-10:15 AM Sep15-Nov24 \$80/8 sess
Lakewood Room **235282**

Yoga For Athletes

Michele Smith

This series will focus specifically on lubricating the joints, stretching the muscles, and finding functional alignment to help you prevent injuries and improve your performance. Less stiffness in the body will enhance your enjoyment of your favourite activities. **Modifications will be offered to make poses accessible to all. Drop in \$15.00. No class Oct 14 & Nov 11.**

M,5:30-6:45 PM Sep16-Dec09 \$110/11 sess
Lakewood Room **236655**

Yoga Iyengar Bridget

Bridget Donald

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. **Beginners and ongoing students are welcome in the class. Bridget is an Iyengar-certified instructor. Drop in \$18.00.**

Tu,7:45-9:15 PM Sep17-Dec10 \$195/13 sess
Lakewood Room **235295**
Th,9:30-11:00 AM Sep19-Dec12 \$195/13 sess
Lakewood Room **235298**



Belly Dance

(16-0 yrs)

Georgina Daniels

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. **All levels welcome. Drop in \$12.00.**

W, 6:15-7:15 PM Sep18-Nov27 \$110/11 sess
Cedar Hall **235504**

Learn to Dance

(16+ yrs)

Jhaymee Hizon

Ever wanted to learn how to dance, but did not have the courage? Become confident on the dance floor. Come and learn basic dance steps you can use for all types of music. You will then take the basic steps and make it your own by putting your own groove and feeling into the move! Come have some fun and get your heart rate going at the same time! **Jhaymee (aka bboy Eloquence) is a national breakdance champion. Drop in \$12.00.**

Tu, 6:30-7:30 PM Sep10-Nov19 \$110/11 sess
Cedar Hall **240392**

Zumba Mondays with Denise

(16+ yrs)

Zumba Vancouver

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. **Drop in \$11.00 space permitting. No classes Oct 14 and Nov 11. <http://www.ZumbaVancouver.ca>**

M, 7:00-8:00 PM Sep09-Sep09 Free Trial
Cedar Hall **236603**
M, 7:00-8:00 PM Sep16-Oct28 \$48/6 sess
Cedar Hall **236604**
M, 7:00-8:00 PM Nov04-Dec16 \$48/6 sess
Cedar Hall **236606**

Drumming Musical Rhythm and Creative Expression

NEW

(16+ yrs)

Kevin Pereria

Learn to use rhythm and creative expression with percussion instruments. **Bring your own hand drum (djembe) or rhythm and percussion instruments. Some classes will be outside by Trout Lake, weather permitting. No class on Oct 13.**

Su, 3:00-4:30 PM Sep 15-Nov 3 \$65/7 sess
TLCCA Board Room **241894**

Zumba Tuesdays with Lesley

(16+ yrs)

Zumba Vancouver

This fitness class 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 Drop in \$11.00.**

Tu, 7:45-8:45 PM Sep10-Sep10 Free Trial
Cedar Hall **236607**
Tu, 7:45-8:45 PM Sep17-Oct29 \$56/7 sess
Cedar Hall **236608**
Tu, 7:45-8:45 PM Nov05-Dec17 \$56/7 sess
Cedar Hall **236609**

Singing Fun For Adults

(16+ yrs)

Allison Berry

Do you sing in the shower? Do you sing only when nobody is listening? Then this is the class for you! This class will introduce you to simple singing techniques that will enhance your singing skills and build your confidence. Come learn to sing with a friendly, patient and experienced instructor! **No class Oct 1 and 9.**

Tu, 6:30 -7:30 PM Sep 17-Nov26 \$85/10 sess
TLCCA Board Room **241889**
W, 11:30AM-12:30 PM Sep18-Nov27 \$85/10 sess
TLCCA Board Room **241890**



All Bodies Dance Project (16+ yrs)

Rianne Svelnis **TLCCA SUBSIDIZED**

Bringing people together with and without disabilities to explore movement as a means of creative expression. Participants experience the joy of dancing in a diverse community of movers. Classes explore improvisation in a fun and creative environment. **No experience required. ASL interpretation is available for this program upon request. Free, thanks to the funding from the Trout Lake Community Association. Registration required. No classes Oct 17 & Nov 21. www.allbodiesdance.ca**

Th, 6:30-8:00 PM Sep26-Dec12 Free/ 10 sess
Lakewood Room **241997**



Bluegrass and Appalachian Harmony Singing with Sue (16+ yrs)

Sue Malcolm

Learn to sing the high lonesome harmonies of bluegrass and Appalachian old time songs the traditional way, by ear. We'll explore the music of The Carter Family, Doc Watson, The Stanley Brothers, Monroe Brothers and many more pioneers of this rich musical style. Discover how to find harmony parts with different combinations of singers in small and large groups. **No music reading or instrument playing - just lots of breathing, singing and fun! No drop-ins.**

Tu, 7:00-8:30 PM Sep24-Nov12 \$157.50/8 sess
Grandview Room **233766**

Bluegrass Slow Pitch Jam Songbook Volume 6 (16+ yrs)

Sue Malcolm

All levels welcome. For guitar, mandolin, banjo, fiddle, bass, dobro and ukulele. You should be able to play basic chords or melody and speed is not necessary. Learn by ear through lots of singing and playing. An excellent way to practice your instrument, work on soloing, sing lead and harmony, and meet jamming buddies. There will be one or two community performances at the end of the session. **Instructional materials are available from Sue. Slow Pitch Jam Volume 6 songbook, and play-along CD. \$20.00. Please pay Sue for material. Drop in \$18.00. No class April 25 - Make-up class June 13 (extended a week)**

Th, 7:00-9:00 PM Oct03-Nov21 \$120/8 sess
Lakewood Room **233767**

Contact Improvisation Jam (16+ yrs)

Katherine Single-Dain

This is a facilitated open jam space for contact dancing and improvisation. We welcome newcomers; however, because it is not a lesson, some experience is required. **Facilitators: Katherine Single-Dain, River Ritcey and Joni Cooke. Drop in \$3.50.**

Th, 7:00-8:30 PM Sep12-Dec05 \$39/13 sess
Cedar Hall **234639**

Beginner Hoop Dance Tricks (16+ yrs)

Jenny Zhang

Take a creative spin on dance and fitness using the hula hoop as a primary tool. Learn all the basic tricks and tips to get you started. Explore movement and dance choreography all while having a blast and meeting new hula hoopers! Jenny is a hoop dancer whose mission is to inspire people to experience the joy of hooping and empower them to express themselves. Her classes blend high-cardio fitness hula hooping with modern hoopdance and mindful movement. No class October 14 or Nov 11. Drop in \$12.00.

M, 5:30-6:30 PM Sep16-Nov25 \$90/9 sess
Cedar Hall **240250**

Parent & Child Dance

Go to page 5 for detailed information.

Vintage Swing Partnered Dance (16+ yrs)

Kat Single-Dain

Join us for a fun progressive class series on Charleston and Swing Dance basics in a rare and wonderfully accessible way using the partnered connection as a base for the Lindy Hop Step. No partner or previous experience needed! Drop in \$12.00. Register with two people and pay \$90.00 each.

Th, 8:40-9:40 PM Sep18-Nov20 \$100/10 sess
Cedar Hall **234640**

Collaborative Creative Dance Workshops (50+ yrs)

Desiree Dunbar

Take a creative journey and discover the joy of working and creating dance collaboratively. No experience necessary. All abilities are welcome. Desiree is a graduate from the dance program at SFU University who specializes in dance technique and choreography. Drop in \$5.00. No classes October 14 and Nov 11

M, 12:30-2:00 PM Sep09-Nov25 \$40/10 sess
Grandview Room **235522**

Line Dancing Intermediate With Helen (16+ yrs)

Helen Ai Yee Lee

Get out on the dance floor and learn some new steps! Great for the body and soul. No partner needed. **Drop in \$6.50. Seniors rate is \$2.00 class. No classes October 14 and Nov 11**

M, 2:00-3:30 PM Sep09-Dec16 \$52 and \$26 for Seniors/13 sess
Cedar Hall **235532**

Tu, 12:00-1:30 PM Sep10-Dec \$60 and \$30 for Seniors/15 sess
Cedar Hall **235530**

Modern Line Dance Beginner (16+ yrs)

Lucy Chiu

In this beginner class, learn ballroom dance steps like Cha Cha, Waltz, Samba, Tango etc. with beautiful contemporary music. It's a great way to exercise and meet new friends. **No partners required. No previous experience required. Drop in \$6.00. No class October 25.**

F, 6:30-8:30 PM Sep13-Dec06 \$68.40/12 sess
Cedar Hall **235533**



Acrylic Painting In The Style Of Oil & Watercolour (35+ yrs)

Philip Tsang

Acrylic painting in oils and watercolor style, the class will guide you to paint in oils or watercolor techniques with acrylic. Philip will demonstrate step by step to paint a beautiful picture in every session. A supply list, which is not included in the course price, will be handed out at the 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.**

M,9:45 AM-11:45 AM Sep09-Oct07 \$40/5 sess
Grandview Room 235319

ABC Acrylic Beginners - Colours NEW (16+ yrs)

Niina Chebry

ABC ACRYLICS - BEGINNERS - COLOUR With acrylics there is never a mistake - it's just another layer! Fast drying, water based acrylics has few rules and is a perfect medium for beginners to delve into painting. Colour mixing, theory and brush technique will be clearly demonstrated and will ultimately lead you into a juicy Loose Landscape. **No fear of getting lost - experienced navigator of colour and composition - instructor Niina Chebry will lead you through to the other side! This is a class suited for beginners or for those who need a refresher in colour theory and brush technique. Acrylic paint supplies available upon request. \$55 art kit includes paint, canvas and brushes.**

Tu,7:00-9:00 PM Sep24-Oct22 \$105/5 sess
Art Studio 240390

The Trout Lake Pottery Club

The Trout Lake Pottery Club is an affiliated group of the Grandview Community Centre Association. This club is a volunteer-operated club that promotes & encourages community involvement and active participation. Not suitable for production and/or professional potters. New membership applications only accepted at monthly meetings if space available (3rd Saturday @ 9:45am).

\$80/4 months.

Pottery experience required.
info@troutlakepotteryclub.groups.io

Be Bold and Go Big! Acrylic Painting NEW (16+ yrs)

Niina Chebry

Try new techniques with acrylics and enjoy a creative release in this Be Bold and Go Big Acrylic Painting Class. We will be working with a variety of painting tools in a large scale format. Upstretched canvases will give you more freedom. Be prepared to use more than just a brush! Niina Chebry, will be your personal painting coach, providing clear demonstrations on colour mixing and new painting techniques. Projects are designed to build confidence in painting and to simply loosen up. **Supplies not included, may be purchased in class. A starter kit (paint, brushes, canvas paper) is available, \$55.00 upon request. For further info, go to www.niinachebry.com. No class Oct 14**

M,7:00-9:00 PM Sep30-Nov04 \$80/5 sess
Grandview Room 235318

Creative Photography (16+ yrs)

Jhaymee Hizon

Learn to take professional looking photographs with your DSLR. Understand how to use the manual setting to take control of your picture. You will develop skills in composition by understanding shape, colour, and texture. You will also learn how to enhance your photos by using photo editing software. **No classes Sept 30, Oct 14 and Nov 11.**

M,6:00-7:15 PM Sep09-Nov25 \$90/9 sess
TLCCA Board Room 240393

Drawing Portraits and the Human Figure (16+ yrs)

Cara Bain

Have you ever wanted to express the people around you through art? Many people think drawing people is too difficult for beginner artists to achieve. The instructor will teach you how to break it down into steps and that anyone can learn to draw a beautiful portrait or figurative piece of art! **This class includes at least 1 live model session. Please bring an art notebook and pencil. No class Oct 14 and Nov 11.**

M,7:30-9:30 PM Sep09-Nov25 \$225/10 sess
Art Studio 234710

Pottery Sale

November 29-December 1

Go to page 41 for detailed information.

Parent & Child Pottery (5+ yrs)

Myriam Duchesne

A class to bond with your loved one, whether 5 or 105. This class is designed to make collaborative projects while learning basic beginner pottery techniques. Make creative keepsakes and memories with your child or parent. **Family friendly atmosphere. Price is for two people.**

F,6:00-7:30 PM Sep20-Nov15 \$243/9 sess
Pottery Studio 238424

Pottery Hand & Wheel (16+ yrs)

Janine Schroedter

This class offers the opportunity to create sculptural and functional pottery. We will explore hand building techniques and wheel work. **Purchase clay at the front desk.**

Tu,7:00-9:30 PM Sep17-Nov26 \$250/11 sess
Pottery Studio 240257

Adult Pottery (16+ yrs)

Laura Van Der Linde

A fun and inspiring class with an emphasis on creating functional ware while learning new skills. Slabbing, pinching and wheel work are just a few of the techniques to be learned. **Purchase clay at first class. Laura has been working in clay for over 25 years.**

Th,9:00-11:30 AM Sep19-Dec12 \$275/11 sess
Pottery Studio 233773

Th,12:00-2:30 PM Sep19-Dec12 \$275/11 sess
Pottery Studio 233774

Th,7:00-9:30 PM Sep19-Dec12 \$275/11 sess
Pottery Studio 233775

Learn All About Drawing and Painting (16+ yrs)

Philip Tsang

This class will lead you to the complete artistic knowledge and technique of pencil, graphite drawings and also the watercolor, acrylic paintings, demonstrate step by step in every session. **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.**

M,7:00-8:30 PM Sep09-Oct07 \$75/5 sess
Lakewood Room 240391

Watercolour Painting for Adults and Seniors **NEW** (19+ yrs)**Mohammad Atashzad**

Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. **Mohammad Atashzad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. Supply list available upon registration. Drop-in \$25.00 space permitting. Material list needed for this program will be given by the instructor. www.atashzad.com**

W, 1:00-3:00 PM Oct02-Dec04 \$195/10 sess
Art Studio **240423**

Acrylic Painting With Rey (19+ yrs)**Reynato Pablo**

Discover the creative artist in you! Rey will teach you how to paint from a painting of your choice (abstract, landscape, still-life or portrait). Bring your ideas and leave with a ready-to-frame work of art! **Reynato Pablo is an active member of the Federation of Canadian Artists. A supply list, which is not included in the course price, will be handed out at the first class. No class Sept 30.**

Sa, 2:00-3:30 PM Sep14-Nov16 \$46/9 sess
Art Studio **240401**

Painting and Drawing (50+ yrs)**Caroline Embling**

We all see the world around us a little differently, making each of us unique when it comes to our creativity. Come learn to draw and paint no matter your level of experience. **All supplies included. No class Oct 4th and Nov 8th**

F, 10:00 AM-12:00 PM Sep06-Nov22 \$57/10 sess
Grandview Room **234401**

Weaving 101 (16+ yrs)**Ana Sousa**

Learn to weave using a rigid heddle loom. Our first project is a sampler wall hanging to practice and experiment using different materials and techniques. The second project will be discussed in class. **Materials and loom rental fee is \$40 payable to the instructor on the first class. Maximum 5 people. Ana Sousa is a Vancouver weaver under the name Ana Isabel Textiles.**

W, 7:00-9:00 PM Oct30-Nov13 \$95/3 sess
Art Studio **241991**
W, 7:00-9:00 PM Nov20-Dec4 \$95/3 sess
Art Studio **241992**

Watercolour Painting Christmas Cards **NEW** (7+ yrs)**Mohammad Atashzad**

Join us for a fun, engaging workshop and learn how to make your own beautiful Christmas cards with various watercolour techniques. You will leave at the end of the workshop with up to three original Christmas cards. **All materials such as paints, brushes, matching blank cards and envelopes are provided. Visit: www.atashzad.com**

W, 2:30-5:30 PM Dec11-Dec11 \$57/1 sess
Art Studio **240428**
W, 5:30-8:30 PM Dec11-Dec11 \$57/1 sess
Art Studio **240425**
W, 2:30-5:30 PM Dec18-Dec18 \$57/1 sess
Art Studio **240427**
W, 5:30-8:30 PM Dec18-Dec18 \$57/1 sess
Art Studio **240426**

Cedar Basket Weaving Workshop (16+ yrs)**Todd DeVries**

Participants will learn traditional knowledge of cedar, and the historical and spiritual importance of cedar and the steps of harvesting cedar bark. Learn to weave cedar bark into baskets that you will take home with you. **All supplies included. Todd DeVries Giihlgiaa is a Haida Weaver.**

Su, 1:30-4:00 PM Oct20-27 \$20/2 sess
Lakewood Room **240966**

Cedar Bracelet Weaving Workshop (16+ yrs)**Todd DeVries**

Participants will learn traditional knowledge of cedar, and the historical and spiritual importance of cedar and the steps of harvesting cedar bark. Learn to weave cedar bark into a beautiful bracelet that you can take home with you. **All supplies included.**

Su, 1:30-3:30 PM Nov24 \$12/1 sess
Art Studio **240969**

**Portraits and Drawing Level 2** **NEW** (16+ yrs)**Cara Bain**

Want to dive deeper into portraiture and figure drawing? This three hour class is perfect for those who have some basic experience with portrait and figure drawing, and want to dive deeper and improve. Alternating weeks, we will learn a technique or theory and then the following week apply it with a live figure model (clothed). We will cover topics ranging from anatomy to light and shadow, and colour. A supply list will be provided during the first session. Please bring a sketchbook, pencil, and eraser to the first session.

Th 6:30-9:30 PM Sep 19-Nov 7 \$240/8 sess
Art Studio **241796**

**Learn to See – Learn to Draw Beginners** **NEW** (16+ yrs)**Cara Bain**

Have you always wanted to learn how to draw the beauty you see around you? In this class, we'll learn techniques and a variety of art materials to translate what we see onto paper. Working both from photographs and from life, we'll work with a variety of subject-matter from simple forms to complex ones such as faces, flowers, and landscapes. We'll focus on developing our eye-brain-hand coordination to create realistic and expressive drawings.

F, 7:00-9:30 PM Sep 19-Nov 7 \$180/8 sess
Lakewood **241808**

**Trout Lake Community
Centre Association
Annual General Meeting
Wednesday, November 27**



Dog Obedience - Puppy SmartStart (dogs 10-20 wks)

DOGSmart Training

Two sets of vaccinations are required. In this program, your puppy will learn the importance of socialization to other dogs, people, and objects. Course content includes an introduction to basic commands. Behaviours such as house training, bite inhibition, jumping up, and solutions are discussed.

W, 6:15-7:15 PM Sep18-Oct23 \$169/6 sess
Lakewood Room **235471**

Dog Obedience - Beginner Life Skills (dogs 6 mths+)

DOGSmart Training

The focus of beginner training is to learn everyday basic life skill exercises such as sit, stay, down, come when called, and proper leash handling methods while incorporating varying degrees of distractions. We use food, praise and play along with scientific learning principles to teach your dog how to achieve these goals.

W, 7:20-8:20 PM Sep18-Oct23 \$169/6 sess
Lakewood Room **235473**

**Trout Lake Community
Centre Association
Annual General Meeting
Wednesday, November 27**

Learn English

Lima Geogy Samuel

Learn English is a fun interactive environment!
Program subsidized by the GCCA.

Beginner

F, 10:00-11:15 AM Sep20-Nov22 \$10/10 sess
Maple Room **235517**

Intermediate

F, 11:15 AM-12:30 PM Sep20-Nov22 \$10/10 sess
Maple Room **235519**

Spanish Language Beginner

Edgar Anco Ascarza

Learn Spanish in a warm and encouraging environment. You will learn basic Spanish for practical day-to-day situations; as well as, using the present tense to communicate with locals in all 20 Spanish-speaking countries. Be ready to participate and have fun.

Th, 6:00-7:30 PM Sep05-Oct17 \$91/7 sess
TLCCA Board Room **235730**

Th, 6:00-7:30 PM Oct31-Dec12 \$91/7 sess
TLCCA Board Room **235733**

Spanish Language Beginner 2

Edgar Anco Ascarza

Continue learning Spanish using everyday situations as: daily routines, activities at home and with the family. Expressing likes, dislikes and similar feelings. You will learn new grammatical constructions; as well as, improving your fluency, pronunciation and listening. *Drop in \$18.00.*

Th, 7:30-9:00 PM Sep05-Oct17 \$91/7 sess
TLCCA Board Room **235731**

Spanish Language Beginner 3 **NEW**

Edgar Anco Ascarza

For those with command of the present tense, learn how to express near future events. Communicate past situations. Discuss culture, traditions. Be ready to participate, attend all sessions and have fun. *Drop in \$18.00.*

Th, 7:30-9:00 PM Oct31-Dec12 \$91/7 sess
TLCCA Board Room **235735**

Accessible Vegan: **NEW** Healthy Meals under 30 Minutes

Sarah Kim **TLCCA SUBSIDIZED**

In this workshop, we will review quick and delicious recipes while discussing modifications for allergies and dietary preferences. We'll also make one of these recipes and you'll see how easy it can be to cook up a delicious, hearty, vegan meal. You'll come away with new weekday go-to recipes and ideas that you (and your family) will enjoy. *This workshop is led by Sarah Kim, a vegan baker and chef of 15+ years, and founder/owner of OwnGrown; a company providing personal chef services, zero-waste catering, and Accessible Vegan workshops.*

www.owngrown.cooking

Su, 10:00 AM-12:30 PM Oct20 \$12/1 sess
Kitchen **237202**

Baby & Business: Keeping your Network Current **NEW**

Karin Tischler

Do you sometimes forget your pre-baby/professional identity? Would you like to attend networking meetings to stay connected but find evening events difficult? This workshop enables parents to network in a professional setting while taking their baby along. Parents will also learn the latest LinkedIn tips for expanding their network.

Th, 10:00 AM-12:00 PM Oct10 \$20/1 sess
Board Room **238112**

Parenting Workshop - Empowering Your Child **NEW**

Miri Malkin

This program is for parents to children ages 5-15 who are interested to learn more on: How to Empower your Children in their lives? How to Help Your Child Cope with Stress and Anxiety? How to Communicate with Your Child More Effectively? How to Create a Calm and Supportive Environment for Your Child?

M, 6:30-8:00 PM Sep30 \$20/1 sess
TLCCA Board Room **237560**

DIY Coffee Skin Care **NEW**

Iona Bonamis

Did you know coffee can help create healthy glowing skin? Join natural living guru Iona Bonamis in this DIY workshop inspired by coffee! Learn how coffee can benefit your skin, and how to combine coffee and other natural ingredients to create a coffee coconut lip and body scrub, coffee firming under eye serum, and coffee lip balm. Iona Bonamis from A Healthy Beginning (ahealthybeginning.ca). **All supplies provided.**

Su, 11:00 AM-1:00 PM Oct27 \$45/1 sess
Kitchen **237213**

Fungi & Art Walk **NEW** (7+ yrs)

Willoughby Davi Arevalo

An experiential, educational, and artistic urban mushroom walking tour facilitated by mycologist and artist Willoughby Arevalo. Guided through sensorial and artistic explorations, each participant will be invited to reflect on the intersections between fungi, the urban ecosystem and the sensing/thinking body. **Under 13yrs old must be accompanied by an adult.**

Sa, 1:00-4:00 PM Oct12 \$25/1 sess
Willow Room **238113**



Brain Training-Cognicise (40+ yrs)

Keiko Murakami

Did you know that Mild Cognitive Impairment could start as early as age 40? It is best to start training your brain at an early age. This class focuses on dual task training, physical exercise and cognitive function. You're body and brain will be vividly led towards an active FUN-ctional workout!

Sa, 11:00 AM-12:15 PM Sep07-Oct05 \$62.50 /5 sess
Spruce Room **232268**
Sa, 11:00 AM-12:15 PM Oct19-Nov09 \$50/4 sess
Spruce Room **232269**
Sa, 11:00 AM-12:15 PM Nov23-Dec14 \$50/4 sess
Spruce Room **232270**

Fabric Doll Making **NEW** (7+ yrs)

Mariana Frochtengarten

In this 3 day workshop, child and parent will learn how to make dolls using a whole variety of fabrics and accessories like yarn, beads, sequins and buttons. Starting from a simple body structure, each doll will acquire their own personality and become alive as they gain face features, hair, clothes, and accessories that we will create and produce during the workshop. **Participants will take their doll home. Please note, price is for 1 doll. If families would like to work on the same doll, only register one person.**

Su, 1:00-3:00 PM Nov17-Dec01 \$50/3 sess
Willow Room **238166**



Lakeview & Cedar Cottage Historical Walk

Peter Finch **TLCCA SUBSIDIZED**

Starting from TLCC, this walk skirts two early town sites outside Vancouver before World War I. Learn about the Lakeview Disaster, some local stories and legends, forgotten street names, streetcars, and the village of Cedar Cottage. **Led by artist/historian/gardener Peter Finch.**

Sa, 12:00-1:00 PM Sep21 \$2/1 sess
Centre Lobby **237377**

Philosophers' Cafe

SFU Philosopher's Cafe

Your chance to discuss philosophical issues with members of your community. This café is free and open to the public. You do not need formal training or experience, just a willingness to listen and exchange ideas.

W, 7:00-8:30 PM Sep18 Free
TLCCA Board Room **237492**
W, 7:00-8:30 PM Oct16 Free
TLCCA Board Room **237493**
W, 7:00-8:30 PM Nov20 Free
TLCCA Board Room **237494**
W, 7:00-8:30 PM Dec18 Free
TLCCA Board Room **237495**

Red Cross Emergency Childcare First Aid & CPR (13+ yrs)

Community Care First Aid

This course is approved for Day Care and Day Home Providers in BC by the BC Provincial Childcare Facilities, covering major emergencies in babies and children. **Certificate valid for 3 years is provided with course completion.**

Su, 9:00 AM-5:00 PM Nov03 \$95/1 sess
Willow Room **237325**

Earthquake Preparedness - Apartment Living

City Of Vancouver NEPP

This session is for the apartment/condo dwellers - who have unique challenges when preparing for emergencies or disasters. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session will cover what is required to develop your emergency plan, how to conduct a Hazard Hunt and what to do when an earthquake strikes when you live in an apartment or strata.

Tu, 7:00-8:30 PM Oct22 Free
Willow Room **234717**

Standard First Aid (Blended) **NEW** (13+ yrs)

First Aid Pro

Comprehensive one day course with an online component (which can be completed in 2-7 hours) to be completed prior to the course. Offering first aid and CPR skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home/work. **Course meets legislation requirements for provincial worker safety and insurance boards and includes the latest first aid and CPR guidelines. Online access will be provided through email at least 2 weeks before class. Please make sure your email address is on your profile when registering.**

Sa, 9:00 AM-4:00 PM Nov30 \$117/1 sess
Willow Room **238118**

**Trout Lake Community
Centre Association
Annual General Meeting
Wednesday, November 27**

ABC The Mediterranean Diet

The Mediterranean Diet - Joyce Wong, Registered Dietician, VCH- Healthy Living Program. The Mediterranean Diet. A diet that stands the test of time. Learn why the Mediterranean Diet continues to show reduced risk of chronic diseases as well as better mental and physical functioning. See what a typical Mediterranean Diet looks like. Learn how to incorporate these healthy foods into your diet.

Tu, 7:00-8:30 PM Sep24 Free
Willow Room **235879**

ABC Working with a Physiotherapist

Tu, 7:00-8:30 PM Nov05 Free
Willow Room **235868**

ABC Working with a Physiotherapist Neck pain and Whiplash

Neck pain and Whiplash: Best management strategies. **Registered Physiotherapists, Patrizio Jacova and Iyad Salloum.**

Tu, 7:00-8:30 PM Oct15 Free
Willow Room **235876**

Cedar Basket Weaving Workshop (16+ yrs)

Todd DeVries

Participants will learn traditional knowledge of cedar, and the historical and spiritual importance of cedar and the steps of harvesting cedar bark. Learn to weave cedar bark into baskets that you will take home with you. **All supplies included.**

Todd DeVries Giihlgiaa is a Haida Weaver.

Su, 1:30-4:00 PM Oct20-27 \$20/2 sess
Lakewood Room **240966**

Cedar Bracelet Weaving Workshop (16+ yrs)

Todd DeVries

Participants will learn traditional knowledge of cedar, and the historical and spiritual importance of cedar and the steps of harvesting cedar bark. Learn to weave cedar bark into a beautiful bracelet that you can take home with you. **All supplies included.**

Su, 1:30-3:30 PM Nov24 \$12/1 sess
Art Studio **240969**

Zero Waste in the Kitchen **NEW** & Making Beeswax Wraps

Village Vancouver **TLCCA SUBSIDIZED**

In this Village Vancouver workshop with Rashmi GC, we'll talk about how to reduce food waste, package-free grocery shopping, proper segregation of kitchen waste, recycling and composting. Workshop participants will make beeswax wraps to take home with them with all materials and handouts provided. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.

Su, 11:00AM-1:00PM Sep 29 \$20/1 sess
Grandview Room **237372**

Menu Planning, Meal Prep **NEW** and Mason Jar Salads

Village Vancouver **TLCCA SUBSIDIZED**

In this Village Vancouver workshop with Rashmi GC, you'll learn how to plan healthier options for meals throughout the week, get tips about meal preparation, and take home a Mason Jar Salad! We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.

Su, 11:00 AM-1:00 PM Nov 17 \$20/1 sess
Grandview Room **227373**



UBC Law Students Legal Advice Program

Free legal advice for people who cannot afford a lawyer. We can assist with residential tenancy disputes, employment matters, WCB/EI/CPP, social assistance, simple wills and estates, small claims and minor criminal matters. **Please call 604-822-5791 to make an appointment. Do not register at Trout Lake CC. www.islap.bc.ca.**

M, 6:30-8:30 PM Sep23-Nov18
Willow Room **239946**



Axe Capoeira For Seniors

Axe Capoeira

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.

W,1:00-2:00 PM Sep11-Dec11 \$70/14 sess
Elm Room **234829**

Seniors Fun Fitness

Take this fitness class as a perfect way to stay fit, get active and to socialize with others. Exercises include a whole body work out and strength training with resistance bands. Best of all, every class ends with a relaxing cool down including a full body stretch to relax the entire body. **This class is catered towards seniors but participants of all ages are welcome! \$30/10 tickets or \$3.50 drop-in.**

Sharon Chan

No class Oct 14 & Nov 11

M,11:00 AM-12:00 PM Sep09-Dec16 13 sess
Cedar Hall

Gail Dibernardo

F,11:00 AM-12:00 PM Sep13-Dec20 15 sess
Cedar Hall

Kinesis and Stretch 55+ (55+ yrs)

Brian

This class is suitable for "active boomers", and the class is run as a circuit using the Kinesis machines, dumbbells, bands and body weight exercises. All participants must provide a par q+ form and consent form. Forms can be found online at <http://vancouver.ca/parks-recreation-culture/register-for-fitness-training.aspx> or can be picked up at the Community Centre. **This class may not be suitable for participants with health issues such as osteoporosis, heart issues or other medical concerns. Please contact Steven at steven.tautscher@vancouver.ca if you have any health issues and he may be able to recommend a class that is more suitable.**

W,11:00 AM-12:00 PM Sep 11-Oct 9 \$30/5 sess
Fitness Centre **240823**

W,11:00 AM-12:00 PM Oct 23-Nov 20 \$30/5 sess
Fitness Centre **240824**

Seniors Weight Training (55+ yrs)

Denise /Brian

The first 30 mins of the class, participants will do their own warm up, 30 mins will be allocated for small groups to use the Kinesis or other strength equipment. The last 30 mins will focus on balance, core and flexibility. **All participants must be registered in the class in order to attend. If you are 65 years or older the cost is a senior's drop in rate or Flexi-pass rate. Participants under 65 years of age will pay an adult fee. All participants must either complete a written par q+ or be administered the verbal par q in the last 12 months.**

Tu,9:30 AM-11:00 AM Sep 3-Dec 17
Fitness Centre/Elm **240828**

Th,9:30 AM-11:00 AM Sep 5-Dec 19
Fitness Centre/Elm Room **240829**

Older Adult - Active and Strong

Kate Lee

Using a variable format and functional easy to follow exercises, this class has a focus on strength and cardiovascular fitness as well as mobility and balance. **This class welcomes all ages but will have particular value for the older adult. \$30/10 tickets or \$3.50 drop-in.**

W,11:30 AM-12:30 PM Sep11-Dec18 15 sess
Cedar Hall

Osteofit for Life

Rachel King

BC Women's Hospital Osteofit Program designed for individuals with osteoporosis, also suitable for inactive or for those with little exercise experience. Goals: to improve posture, mobility, balance & strength. **All participants are required to complete the BC Women's Hospital Health Centre's Health Screening Form, and if there is an answer "yes", then also the Medical Clearing Form.**

Th,1:15 -2:15 PM Sep19-Nov21 \$40/10 sess
Lakewood Room **235414**

Strength and Balance

Rachel King

This balance and mobility program for older adults will help improve your functional mobility, increase lower body strength, improve balance and reduce fall risk. **No class Oct 14 & Nov 11.**

M,12:00-1:00 PM Sep09-Dec09 \$48/12 sess
Lakewood Room **235500**

Collaborative Creative Dance Workshops (50+ yrs)

Desiree Dunbar

Take a creative journey and discover the joy of working and creating dance collaboratively. No experience necessary. All abilities are welcome. **Desiree is a graduate from the dance program at SFU University who specializes in dance technique and choreography. Drop in \$5.00. No classes October 14 and Nov 11**

M,12:30-2:00 PM Sep09-Nov25 \$40/10 sess
Grandview Room **235522**

Painting and Drawing (50+ yrs)

Caroline Embling

We all see the world around us a little differently, making each of us unique when it comes to our creativity. Come learn to draw and paint no matter your level of experience. **All supplies included. No class Oct 4th and Nov 8th**

F,10:00 AM-12:00 PM Sep06-Nov22 \$57/10 sess
Grandview Room **234401**

Mary's Walking Group (50+ yrs)

Meet in the Lobby at 11:15am and walk around the lake with Mary. Meet new friends and enjoy the beauty of Trout Lake. **Please pre-register.**

Tu,11:15 AM-12:00 PM Sep 10 -Nov 26 Free
Lobby **240994**

A HOME AWAY FROM HOME



Social Tuesdays



September 10 - December 10, 12:15pm

Grandview Room. \$7/14 sessions. Please pre-register #237198.

Join us for a different workshop each week from dance, drama, art, cooking to education.
Workshops begin at 12:30pm. Delicious sandwiches and desserts available for \$6.00
(please pay Dorothy cash). All supplies included.

Important Note: Please pre-register for Tuesday Luncheons at least 2 days in advance. This will allow us to order enough food for all guests.

Sept 10

Bingo and PRIZES!

Oct 15

VPD Safety Presentation
with Constable Ryan Hooper

Nov 19

Japanese Luncheon
\$7.00 please pay at the front desk in advance. #237201

Sept 17

Zero Waste Presentation
with Jinny

Oct 22

Gentle Yoga Workshop
with Michelle

Nov 26

Decorate a Christmas Wreath with Nevena
Bring decorations

Sept 24

Filipino Luncheon \$6.00
please pay at the front desk in advance #237200

Oct 29

Appy Hour Luncheon
\$6.00 please pay at the front desk in advance. #237201

Dec 3

Holiday Sing A long with Sue Malcolm

Oct 1

Italian Cooking Workshop
with Maria Di Antonio

Nov 5

Japan Travel Presentation
with Karen Janke

Dec 10

Christmas Cookie Baking
Make Gingerbread cookies and bring 3 dozen cookies for the cookie exchange

Oct 8

Accessible Transit in Metro Vancouver
with Translink BC

Nov 12

Social Games Day
Enjoy a day of puzzles, scrabble, crosswords and more!

Seniors Collaborative Creative Writing Group (50+ yrs)

Ingrid Rose

You have important stories to tell and only you can tell them. Ingrid will lead you through the creative writing process step by step from start to finish. No previous experience with creative writing, just a willingness to let go and dive in. **Experienced writers will also find room to expand.**

Th, 10:00 AM-12:30 PM Sep26-Nov28 \$85/10 sess
Willow Room **240976**

Mah Jong-Intermediate (40+ yrs)

Teresa Chang

Bring your lunch and come and make new friends while playing Mah Jong. **Facilitators: Teresa, Lily and Shirley. Drop in \$1.00 if there is space.**

Tu, 11:30 AM-3:30 PM Sep10-Dec10 \$7/14 sess
Lakewood Room **233871**

Th, 11:30 AM-3:30 PM Sep12-Dec12 \$7/14 sess
Grandview Room **233874**

Knitting Together (50+ yrs)

No Instructor

Enjoy knitting and making new friends. The program also consists of knitting at least one hat and scarf, for the Downtown Eastside homeless folks using donated yarn. **No classes on October 14 and November 11th.**

M, 11:00 AM-3:00 PM Sep16-Dec09 \$1/11 sess
Willow Room **240706**

Acrylic Painting In The Style Of Oil & Watercolour (35+ yrs)

Philip Tsang

Acrylic painting in oils and watercolor style, the class will guide you to paint in oils or watercolor techniques with acrylic. Philip will demonstrate step by step to paint a beautiful picture in every session. **A supply list, which is not included in the course price, will be handed out at the 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.**

M, 9:45-11:45 AM Sep09-Oct07 \$40/5 sess
Grandview Room **235319**

Watercolour Painting for Adults and Seniors (19+ yrs)

Mohammad Atashzad

Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. **Mohammad Atashzad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. Supply list available upon registration. Drop-in \$25.00 space permitting. Material list needed for this program will be given by the instructor. www.atashzad.com**

W, 1:00-3:00 PM Oct02-Dec04 \$195/10 sess
Art Studio **240423**

Acrylic Painting With Rey (19+ yrs)

Reynato Pablo

Discover the creative artist in you! Rey will teach you how to paint from a painting of your choice (abstract, landscape, still-life or portrait). Bring your ideas and leave with a ready-to-frame work of art! **Reynato Pablo is an active member of the Federation of Canadian Artists. A supply list, which is not included in the course price, will be handed out at the first class. No class Sept 30.**

Sa, 2:00-3:30 PM Sep14-Nov16 \$46/9 sess
Art Studio **240401**

Patch Work & Quilting (50+ yrs)

Judith Pilley & Pat Rooker

Beginners and experienced quilters are welcomed to this social group. Each term we learn new quilting skills and together make a Community Quilt which is donated to a local cause. Members are encouraged to incorporate these skills into one of their own creations.

W, 12:45 -3:15 PM
Sep11-Dec11 \$20/14 sess
Grandview Room **233866**



Music Intergenerational Event for Everyone

Sue Malcolm

A holiday sing along for everyone! We will gather the generations of our community together in song for the holidays! Families with young children and the grand-friends in our community are invited to meet and make music with lots of jingle bells, holiday tunes, and a rocking holiday dance jam. Come dance and sing together and pass on the tradition of music making to the next generation. **Parent participation required. All family members must be registered. A low cost program thanks to funding from Trout Lake Community Centre Association.**

Sa, 10:30-11:45 AM Dec14 \$1/1 sess
Lakewood Room **230710**

Christmas Concert: Brock House Big Band

Come and dance or sing along to the Brock House Big Band. Enjoy Christmas music and more. The 17-piece big band plus vocalist will play ball room dance music primarily from the big band era (1940-1970) plus the common Latin dances of that era. **Bring your dancing shoes and voice to sing. FREE but please pre-register as it will sell out.**

F, 11:00 AM-12:00 PM Nov29 Free
Grandview and Lakewood Room **230712**

Painting and Drawing (50+ yrs)

Caroline Embling

We all see the world around us a little differently, making each of us unique when it comes to our creativity. Come learn to draw and paint no matter your level of experience. **All supplies included. No class Oct 4th and Nov 8th**

F, 10:00 AM-12:00 PM Sep06-Nov22 \$57/10 sess
Grandview Room **234401**

TLCC Seniors Fundraiser - Bake Sale, Knitting & Quilting

Enjoy delicious home made baking from the TL Seniors, and beautiful hand made treasures by the TL Knitting and Quilting Groups on the last Saturday in November. Stock up for the holidays! **See page 41 for details.**

Sa, 9:00 AM-3:00 PM Nov30
Centre Lobby **230703**

SOCIAL TUESDAY LUNCHEONS

Please pre-register at least 2 days in advance and pay at the front desk.

Filipino Luncheon

Tu, 12:15-2:00 PM Sep24 \$7/1 sess
Grandview Room **237200**

Appy Hour Luncheon

Tu, 12:15-2:00 PM Oct29 \$6/1 sess
Grandview Room **237201**

Japanese Luncheon

Tu, 12:15-2:00 PM Nov19 \$7/1 sess
Grandview Room **240724**



Social Tuesdays

Enjoy a different workshop and opportunity to socialize each week. Workshops begin at 12:30pm and range from dance, drama, art, cooking and games to educational presentations. **See page 36 for the schedule. Delicious sandwiches with dessert are available for \$6. (Please pay Dorothy with cash.) Please pre-register.**

Tu, 12:15-2:30 PM Sep10-Dec10 \$7/14 sess
Grandview Room **237198**

Join Our
Seniors Committee
Tuesdays at 2:15pm.
September 24
October 29
November 26

If you have a program idea, please join the committee. We have a lot of ideas! Meet in the Grandview Room.

Mission Statement

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

FRIDAY LUNCHEONS

Fall Luncheon

Celebrate the Fall with us! MENU: Shepards pie, steamed veggies, house green salad & buns. Dessert: fresh fruit, cake, cookies and lots of door prizes! Enjoy the Big Brock House Band with vocalist who will play ball room dance music from the 1940-1970 big band era. Bring your dancing shoes!

F, 12:00-2:00 PM Oct04 \$8.50/1 sess
Grandview and Lakewood Room **237187**

November Luncheon

Enjoy a delicious lunch! MENU: Pasta, caesar salad, steamed vege & garlic bread. Dessert: fresh fruit, cake, cookies and lots of door prizes! Enjoy live music from Blackthorn.

F, 12:00-2:00 PM Nov08 \$8.50/1 sess
Grandview and Lakewood Room **237196**

Christmas Luncheon

Celebrate the holidays and enjoy a Christmas lunch together! MENU: Pineapple honey ham, mashed potatoes, steamed veggies, house green salad & buns. Dessert: fresh fruit, cake, cookies and lots of door prizes! Enjoy Motown music with Checo Tohomaso. Bring your dancing shoes and voice to sing along.

F, 12:00-2:00 PM Dec06 \$8.50/1 sess
Grandview and Lakewood Room **237197**

BUS TRIPS

Bowen Island

(55+ yrs)

Enjoy The Journey

Located 20 minutes by ferry from Horseshoe Bay, Bowen Island is a scenic, forested retreat with a rich history and unique shops. Package includes Bowen Island Museum, Lunch at Artisan Eats, escorted lake walk, all taxes and fees. **Additional \$10 ferry fee for those 64 years and under. Meet in the lobby. Activity Level: Easy**

Th, 8:30 AM-5:50 PM Sep26 \$109/1 sess
Centre Lobby **239858**

Westham Island

(55+ yrs)

Enjoy The Journey

Discover a hidden gem! Travel across the Fraser River over one-lane wooden bridge to a tiny island with its own world-class bird sanctuary. Package includes Reifel Bird Sanctuary, Lesser Snow Geese guided tour, Lunch at London Heritage Farm, visit Garry Point Park Sturgeon Banks Estuary, Angel Estate Winery Tasting, all fees and taxes. Meet in the lobby. Activity Level: Easy

Tu, 9:55 AM-4:10 PM Oct29 \$109/1 sess
Centre Lobby **239859**

Arts Whistler Holiday Market

(55+ yrs)

Enjoy The Journey

Whistler's Original Artisan Market has built a reputation of presenting unique, quality, handmade arts and crafts featuring over 100 artisans. **Package includes Squamish Adventure Centre, Admission donation, Whistler Holiday Market, 3 hours free time, all fees and taxes. Meet in the lobby. Activity Level: Easy**

Su, 8:25 AM-4:50 PM Nov24 \$109/1 sess
Centre Lobby **239860**

Lights at Lafarge & Heritage Museum

(55+ yrs)

Enjoy The Journey

Step back in time at this year's Heritage Christmas, stroll through the village and take a ride on the carousel! After dinner take a stroll around Lake Lafarge, where illuminated tunnels and spectacular light displays comprise the biggest Xmas display in the Lower Mainland. Package includes escorted entry, Museum tour, Carousel ride, dinner in Port Moody, Lights at Lafarge Lake, all fees and taxes. **Meet in the lobby. Activity Level: Easy**

Th, 2:50 -9:20 PM Dec19 \$109/1 sess
Centre Lobby **239861**

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 damage deposit or total payment is mandatory at the time of booking. This deposit fee will vary based on the timing, complexity, scope and size of your event. Should there not be any damages to the rented room; the damage deposit will be refunded within 14 days of your rental date. Full payment and signed rental agreement **MUST** be received no later than 2 weeks prior to the rental date.

STAFFING FEE & SPECIAL EVENT PERMIT

All rentals may 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	Dimensions & Square Footage	Reservation 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

Available equipment upon request:

- 2.5' x 6' rectangular tables
- Sound System
- 5ft. in diameter round tables - \$9/table equipment fee
- LCD projector – \$50 equipment fee
- Chairs
- Projector Screen
- Podium
- Wireless Microphone
- Kitchen - \$25 flat rate
- Parent & Tot mats & Toys-\$25 equipment fee
- Bouncy Castle - \$60 equipment fee

Please note:

- Use of the Kitchen is for warming and serving food only. No cooking allowed.
- 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.
- If you wish to host a workshop or program at Trout Lake Community Centre please visit www.troutlakecc.com to propose your idea to our Recreation Programmer.
- Discounted room rental rates are available for Non-Profit Organizations. A copy of your society certificate is required at the time of booking to obtain these rates.
- 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.com

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

SPECIAL EVENTS



Birthday Party (3-12 yrs)

Highly recommend to register online. We will provide 2 amazing leaders to entertain the children, the room, some decorations, and 45 minutes of gym time. **All you need to do is provide the food, cake, cutlery, plates, party guests and party favours. Do not worry about the clean up or set up, we have that done for you too! No modifications/extensions to birthday party packages, no exceptions. A leader will contact you to discuss party details. Max 30 kids and 30 adults. Rent the bouncy castle for an additional \$65.00. Dates available Sept 14, 21, 28, Oct 5, 12, 19, Nov 2, 9, 16, 23, 30, Dec 7, 14.**

Morning Party

Sa, 11:00 AM-1:00 PM Gym time 11:00-11:45 AM \$195/Party
Rent the Bouncy Castle for and additional \$65 **230701-230730**

Afternoon Party

Sa, 2:00-4:00PM Gym time 2:00-2:45 PM \$195/Party
Rent the Bouncy Castle for and additional \$65 **230733-230746**

Art Birthday Party (4-14 yrs)

Emily Luo

Enjoy an Art Birthday Party in our Art Studio. All you need to do is provide the food, cake, party guests and party favours. **Birthday party includes creative art activity led by Emily Luo in the art studio. Balloons and table covers included. Emily will contact you 10 days in advance to discuss party details. Max 12 kids.**

Su, 1:00-3:00 PM	Sep08	\$175/1 sess
Art Studio		238793
Su, 1:00-3:00 PM	Oct06	\$175/1 sess
Art Studio		238801
Su, 1:00-3:00 PM	Nov03	\$175/1 sess
Art Studio		238805

Pottery Birthday Party (4-14 yrs)

Myriam Duchesne

Party includes 1 hour of clay activities such as plates, pots, masks or animals led by a pottery instructor, 1 hour in the art studio, balloons and table covers led by a Birthday party leader. All you need to do is provide the food, cake, party guests and party favours. Myriam will contact you 10 days in advance. Max 12 kids.

Su, 1:00-3:00 PM	Sep22	\$240/1 sess
Art Studio		238658
Su, 1:00-3:00 PM	Oct20	\$240/1 sess
Art Studio		238659
Su, 1:00-3:00 PM	Nov17	\$240/1 sess
Art Studio		238660

"Party in a Box"

We will provide reusable dinner plates, dessert plates, cups, utensils, table cloths and décor for the party for up to 65 guests, for an additional \$40.00. This is part of a Zero Waste initiative. Chose add-on at registration. Minimum one week notice before the party date.

NEW
Additional
Birthday Party
Add-on



SEPT. 8
11AM-2PM
ACTIVITY #230654



BAYANIHAN FILIPINO CELEBRATION

HOSTED BY: SAMMIE JO RUMBAUA & JI LUNA

Come and experience a little taste of the Philippines' 7,641 islands and vibrant personality through music, martial arts, dance, artistry and food on **Sunday, Sept. 8, 2019.**

Please make sure to pre-register online or at the community centre for this **FREE** family friendly event with code: **ACTIVITY #230654.**

There will be ongoing arts and crafts for all ages to enjoy from **11:00am to 2:00pm.** Filipino food sales will be on site. We look forward to seeing you there!



KATHARA
SOCIETY



LA RIVA
DANCE STUDIO

Trout Lake Pottery Club

Artisan Pottery SALE

Hand crafted pottery from the Trout Lake Pottery Club.
Centre Lobby, #230700

Friday, Nov 29 – 4:00-9:00pm
Saturday, Nov 30 – 9:00am-4:00pm
Sunday, Dec 1 – 9:00am-4:00pm

Trout Lake Seniors

Bake Sale

FEATURING TLCC KNITTING & QUILTING GROUPS

Enjoy delicious home baking from the TL Seniors and beautiful handmade treasures by the TL Knitting and Quilting Groups. Centre Lobby, #230703

Saturday, Nov 30 – 9:00am-3:00pm

Christmas Concert

Brock House Big Band

Come and dance or sing along to the Brock House Big Band. Enjoy Christmas music and more. The 17-piece big band plus vocalist will play ball room dance music primarily from the big band era (1940-1970) plus the common Latin dances of that era. Bring your dancing shoes and voice to sing. FREE but please pre-register as it will sell out

Fri, 11:00 AM - 12:00 PM, Nov 29, FREE, Grandview/Lakewood Room, #230712



SUSTENANCE FESTIVAL 2019

September 19 – October 18, 2019

Celebrating its 10th anniversary, Sustenance Festival is an initiative of the Vancouver Parks Board featuring food, art, and culture events, including family-friendly meals, workshops, and dialogues. This festival celebrates the food traditions of communities alongside artists, activists, community groups, and social service organizations in the City of Vancouver.



For a list of full programs and events, visit sustenancefestival.ca
Twitter/Instagram: @sustenancefest | fb.com/SustenanceFestival





Special Events



CELEBRATE DIVERSITY & COMMUNITY



***PLEASE PRE-REGISTER FOR ALL SPECIAL EVENTS**

**SEP
8**



BAYANIHAN FILIPINO CELEBRATION

Artistic Directors: Sammie Jo & Jerilynne Luna

Come and experience a little taste of the Philippines' 7,641 islands and vibrant personality through music, martial arts, dance, artistry and food. There will be ongoing arts and crafts for all ages to enjoy. There will be Filipino food for sales at the event.

Su, 11:00 AM - 2:00 PM, Sep 8, FREE Grandview/Lakewood Room, #230654

**OCT
5**



DRAW, DRAW, DRAW

Artistic Director: Christache Ross

Draw on the walls! Draw on the floor! The big draw 2019 at Trout Lake Community Centre invites you to engage in drawing in a playful and sensory way. This free event is designed for people of all ages and abilities to come and draw in unconventional ways. Participants will be invited to draw on the floors and the walls of the community centre in ways you never thought before!

Sa, 11:00 AM - 1:00 PM, Oct 5, FREE, Centre Lobby, #230694

**OCT
13**



SUKKOT

Artistic Director: Carey Brown

Build a Sukkah at Trout Lake Community Centre! Celebrate the Jewish Harvest Festival of Sukkot. Build and decorate the Sukkah, make crafts, sip hot apple cider, and listen to a Sukkot Story! The sukkah will be standing throughout the week-long festival of Sukkot. All are welcome to visit! This is a family fun event for everyone to enjoy!

Su, 2:30 - 4:30 PM, Oct 13, FREE, Outside North Entrance, #230685

**STAT
HOLIDAYS**



STAT HOLIDAY EVENTS

We've got the bouncy castle, arts & crafts, games and more! NEW this season, we will be introducing themes for each Stat Holiday Event.

October 14th
Thanksgiving Day
Theme: Mystical Animals
#232390

November 11th
Remembrance Day
Theme: Superhero
#232389

December 26th
Boxing Day
Theme: Winter Wonderland
#232388

Gymnasium - FREE, Please Pre-register!

**OCT
18**



FALL HARVEST DANCE CELEBRATION

Bring the family for a fun filled evening of dancing to live Square dancing music. Eat a delicious hearty soup and fresh bread for dinner and enjoy an entertaining pie walk for the kids. Price includes: a hearty soup or stew, fresh bread, beverage and a beautiful pottery bowl made and donated by the TL Pottery Club to eat from. Yes, you get to take it home. Enjoy the youth supervised arts and craft station. Kids under 2 years of age are free and you do not need to register them.

Fri, 6:00 - 8:00 PM, Oct 18, \$6.50/1 sess, Grandview/Lakewood Room, #230697

**OCT
26**



HALLOWEEN CELEBRATION (3-10 YRS)

Calling all Halloween costumers! Come jump in the bouncy castle, play Halloween games, and make some pumpkin crafts. Lots more surprises to come! Please register early as this event will sell out. Free for Adults!!

Scavenger Hunt to receive prizes, parent participation is welcomed!

Sa, 10:00 AM - 12:00 PM, Oct 26, \$4/child, Grandview/Lakewood Room, #230698



Special Events



CELEBRATE DIVERSITY & COMMUNITY



***PLEASE PRE-REGISTER FOR ALL SPECIAL EVENTS**



DIWALI LUNCH & DANCE CELEBRATION

Celebrate the festival of light! India's biggest and most important holiday. The festival marks the victory of good over evil. Listen to the story of Diwali, decorate diya clay lamps, listen and dance to traditional Indian music. Enjoy a delicious luncheon of seekh kebab, vege samosas, lamb curry, butter chicken, aloo gobi, mattar paneer, raita, rice, naan, salad, and chai tea. Please pre-register as this event will sell out.

Su, 12:30 - 2:30 PM, Nov 3, \$8/person, Grandview/Lakewood Room, #230699



CHRISTMAS CONCERT: BROCK HOUSE BIG BAND

Come and dance or sing along to the Brock House Big Band. Enjoy Christmas music and more. The 17-piece big band plus vocalist will play ball room dance music primarily from the big band era (1940-1970) plus the common Latin dances of that era. Bring your dancing shoes and voice to sing. FREE but please pre-register as it will sell out

Fri, 11:00 AM - 12:00 PM, Nov 29, FREE, Grandview/Lakewood Room, #230712



ARTISAN POTTERY SALE

Enjoy live music, hand crafted pottery from the Trout Lake Pottery Club. **Centre Lobby, #230700**

Friday, Nov 29 – 4:00-9:00pm

Saturday, Nov 30 – 9:00am-4:00pm

Sunday, Dec 1 – 9:00am-4:00pm

TLCC SENIOR BAKE SALE

Enjoy delicious home baking from the TL Seniors and beautiful handmade treasures by the TL Knitting and Quilting Groups. **Centre Lobby, #230703**

Saturday, Nov 30 – 9:00am-3:00pm



BREAKFAST WITH SANTA

Come and join us for a morning full of winter wonder. Enjoy delicious pancakes, hot yummy breakfast sausages and fruit. There will be lots of fun filled activities in the gym, including the bouncy castle, arts & crafts and photos with Santa too! **Please Note:** Plates, cups and utensils will be provided. However, to support the zero-waste initiative, please bring your own mess kit from home - we will have washing stations.

1st Session – #232385

9:30-10:30am

2nd Session – #232386

10:45-11:45am

3rd Session – #232387

12:00-1:00pm

Grandview/Lakewood Room, \$5/session - Please Pre-register!



MUSIC INTER-GENERATIONAL EVENT FOR EVERYONE!

A Holiday sing along for everyone! We will gather the generations of our community together in song for the holidays! Families and friends in our community are invited to meet and make music with lots of jingle bells, holiday tunes, and a rocking holiday dance jam. Come dance and sing together and pass on the tradition of music making to the next generation. Parent participation required. All family members must be registered.

Sa, 10:30 - 11:45 AM, Dec 14, \$1/person, Grandview/Lakewood Room, #230712



HANUKKAH THE CELEBRATION OF LIGHTS

Celebrate the victory of ancient Israelites over the Syrian Greek army, and the miracle of restoring the menorah in the Holy Temple of Jerusalem. The miracle of Hanukkah is that only one vial of oil was found with just enough oil for one day, and yet it lasted for eight full days. Treat yourself to doughnuts, chocolate gelt, make a dreidel and spin it, light the menorah, sing songs and listen to the story of Hanukkah. Enjoy this family fun event for all ages. Kids 2 years and under free!

Su, 11:00 AM - 12:30 PM, Dec 15, \$2/person, Grandview/Lakewood Room, #230707

TROUT LAKE COMMUNITY CENTRE



Senior Social Tuesdays
See page 34



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