

Thunderbird Community Centre FALL 2015 Recreation Guide



Artist in Communities

Thunderbird Community Centre is once again pleased to be involved in a community art project – “Artist in Communities”. This project will last until December 31, 2016. The goal of the project is to engage with residents, young and old and be part of a creative process through participation. Please refer to page 20 of our brochure for more details about artist Emily Gray, upcoming Fall informational sessions, workshops, classes.

Join in on the fun, you'll be glad you did!



Registration starts Tuesday, September 1 @ 9:00am



2311 Cassiar Street, Vancouver BC V5M 3X3. Tel. 604-713-1818, Fax 604-713-1828
Website: thunderbirdcc.ca Email: thunderbirdcc@vancouver.ca

Thunderbird Community Centre is jointly operated by the
Thunderbird Neighbourhood Association and the Vancouver Park Board





GENERAL INFO.

Fitness Orientations

Are you new to fitness? Enlist our highly-trained staff for a fitness centre orientation. Our staff will show you how to properly and safely use our equipment and recommend exercises. To book a Fitness Centre orientation please call the front desk 604-713-1818. Mondays 3:30-7:30pm.

Outside Personal Trainers

Outside trainers are welcome here. Proof of accreditation and insurance is required. Trainer fee is \$6 in addition to admission and client's admission. Please ask for a form at the desk.

| | Adult | Youth & Senior |
|--------------|--------------------|----------------|
| Drop-in | \$3.50 | \$2.00 |
| 1 Month Pass | \$25.00 | \$12.50 |
| 3 Month Pass | \$60.00 | \$30.00 |
| Trainer Fee | \$6.00 + admission | |

Youth 15 years old may only work out during the supervised time in the Fitness Centre. For youth 15 and 16 years old, a completed consent form, orientation and ParQ are required. Fees are subject to change without notice.

When visiting the Fitness Centre, please note that wristbands are required. Please ensure that you obtain your wristband from the cashier upon admission.

Cell phones are not permitted inside the Fitness Centre.

Kindly wipe down the equipment after use.

Hours of Operation

- Monday to Friday 9:00am-9:50pm
- Saturday 9:00am-4:50pm
- Sunday & Stat Holidays Closed

EQUIPMENT

We are excited to announce some new changes to the Fitness Centre. A 2nd treadmill has been added, a new elliptical and a TV.

Additional equipment includes Treadmill, Ab machine, calf machine, ellipticals, benches, rowing machines, free weights, stretch area, punching bag, apex machines, exercise balls, chest and shoulder machine, dual adjustable pulleys, stationary bikes and more.

Air Conditioned! Filtered Water is available for free, bring your water bottle.

FITNESS CENTRE COMMITTEE

Members: Mike Bradley, Tim Ly, Benny Mah

The Fitness Centre Committee meets on the first Monday of each month at 5:45pm. New members are welcome. Please contact us for more information at: thunderbirdcc@vancouver.ca

FLEXIPASS INFO.

We are now accepting the Vancouver Park Board Flexipass! Get unlimited admission to public sessions at Park Board fitness centres, indoor and outdoor pools and ice rinks with a monthly flexipass.

ONE CARD

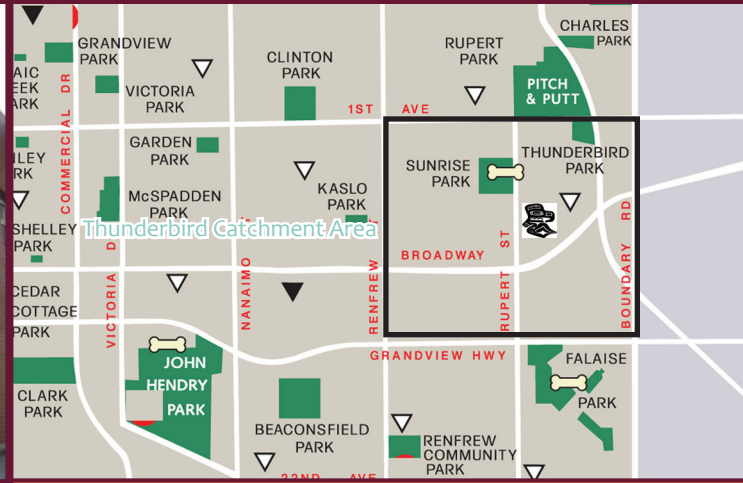


The OneCard is a card that provides all Vancouverites with universal access to pools, rinks as well as fitness centres across the Park Board network of community centres and other citywide recreational facilities.

The OneCard can be loaded with any of the Park Board's Flexipass options and 10 visit passes, and also includes the built-in 50 percent subsidy, for those who qualify, as part of the Park Board's Leisure Access program for those with financial barriers.

Vancouver Park Board Community Centres, including Thunderbird are always looking for instructors to teach and lead programs. We are looking for qualified, experienced instructors with good people and organizational skills. If you are interested, please contact the appropriate Staff.

Cindy Gulbransen
 Preschool & Children 604-713-1823
 Maggie Vasicek
 Adults, Seniors & Fitness Ctr 604-713-1826
 Matt Charan
 Youth Programs & Services 604-713-1829
 Lorraine Chow
 Family & Frontline Seniors 604-713-1825



GENERAL INFORMATION

HOURS OF OPERATION

Sept 8 - Dec 22, 2015

Monday-Friday 9:00am-10:00pm
 Saturday 9:00am-5:00pm
 Sunday & Statutory Holidays Closed

The office closes 30 minutes before the centre closes. The Fitness Centre closes 10 minutes before the centre closes.

CENTRE STAT CLOSURES

The Centre is closed on:
 Monday, September 7
 Monday, October 12
 Wednesday, November 11



Winter break closure: Dec. 22 - Jan 4, 2016

FREE MEMBERSHIP

Once you enroll into a fee-based registered Thunderbird Community Centre program you automatically become a member of the Thunderbird Neighbourhood Association.

OFFICE SERVICES

Photocopies (up to 10 pages) \$0.15/side
 Laminating \$0.50/card
 Outgoing Faxes \$0.25/page
 Incoming Faxes \$0.50/page
 Receipt Reprinting \$1.00/receipt
 Scanning (up to 10 pages) \$2.00
 We cannot do any long distance faxing.

REGISTRATION INFORMATION

Program Fees may be paid by cash or cheque only.

You can only register for yourself or for your immediate family. Proof of address is required when registering during catchment timeframe.

STAFF DIRECTORY

General Inquiries 604-713-1818
 thunderbirdcc@vancouver.ca

| | |
|-----------------------------------|------------------------------------|
| Lily Dong | lily.dong@vancouver.ca |
| Supervisor of Recreation Services | 604-713-1821 |
| Cindy Gulbransen | cindy.gulbransen@vancouver.ca |
| Recreation Programmer II | 604-713-1823 |
| Maggie Vasicek | maggie.vasicek@vancouver.ca |
| Recreation Programmer II, Acting | 604-713-1826 |
| Alisha Paxton-Judge | alisha.paxton-judge@vancouver.ca |
| Recreation Facility Clerk | 604-713-1818 |
| Matt Charan | matthew.charan@vancouver.ca |
| Community Youth Worker | 604-713-1829 |
| Lorraine Chow | lorraine.chow@vancouver.ca |
| Family & Seniors Worker | 604-713-1825 |
| Kristine Wong | thunderbirdosc@shaw.ca |
| Out of School Care Supervisor | 604-713-1830 |
| Andrea Clark Geraghty | thunderbird.preschool@vancouver.ca |
| Preschool Supervisor | 604-713-1827 |

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General Information

FALL 2015 • 604-713-1818

Thunderbird Mission Statement

“Our Mission is to provide educational, cultural, recreational and social service programs to the Thunderbird catchment area.”



THUNDERBIRD NEIGHBOURHOOD ASSOCIATION

PRESIDENT'S FALL 2015 MESSAGE



Hello to the Thunderbird Community. We have experienced a remarkable summer for sun, lack of precipitation and severe water restrictions. Hard to believe but I am looking forward to our usual Fall rains.

Your Association Board has approved a number of initiatives that should be visible by October. The old weathered banners have been removed, to be repurposed in the Centre. A greatly increased number of colourful banners will be flying on First Avenue, Rupert Street, Broadway/Lougheed and Boundary Streets. These new banners will literally put Thunderbird Centre on the local map, as opposed to that other Thunderbird at UBC. The Fitness Centre has another treadmill, a stair-climber, new weights and at last, a TV. in front of our cardio machines. The upstairs kitchen has been renovated to include a vented stove and a dishwasher. The computer room and Youth Activity Room has been outfitted with newer computers and tables. The Pre-school has new security doors as does the Youth Activity Room. The Craft Room now has a large, new, stainless steel sink for various art activities. The downstairs kitchen has a new dishwasher and standup freezer. As you move around the Centre, you will notice areas that have been repainted. In the gymnasium, Velcro strips have been attached to the walls, allowing staff to install and remove cushioned mats to improve the safety of patrons when playing various sports. The Board is in the earliest stage of considering the necessity of a major renovation project in the next couple of years.

Emily Gray, Thunderbird's Artist In Residence was hired in July to develop and implement a community arts project, likely to be installed on the exterior of the Centre. Cindy Gulbransen, our programmer and Emily will be conducting information and workshop sessions in the community to establish the nature of the project and its design— possibly a painted mural, or ceramic art work or other idea and then work with volunteers in the creation process. The project will last around seventeen (17) months, so come out and join in the fun.

I would like to congratulate Matt Charan in his new job as Thunderbird's Youth Worker. Matt has a long work history at Thunderbird, most recently vacating the position of RFC (Recreation Facility Clerk). The youth all know Matt and the Board knows that they will experience and learn lots from his programs. Matt has vacated his office chair to his replacement, our new RFC Alisha Paxton-Judge. Welcome to Thunderbird Alisha, we all look forward to working with you.

I have little good news to report to you regarding negotiation of a renewed Joint Operating Agreement (JOA). The group of twelve (12) Community Centre Associations (G.12) that were in negotiations with Park Board up until November of 2014 have been sidelined by a separate process. Due to the potential seriousness of the litigation between six (6) other Associations (G.6) and Park Board arising from the injunction granted by the Supreme Court of B.C., Park Board has decided that they must first deal with this greater threat. As I write in late July, five of the six Association litigants are in JOA negotiations with senior staff from Park Board and the City of Vancouver, mediated by Vince Ready. The G.12 has met separately with Park Board staff and representatives of the G.6, several times in an effort to create a common negotiation table for all Associations. To date the G.12 have been refused access to the ongoing process and will have to await developments.

We have informed all parties that we are ready to join negotiations while considering other remedies. I will keep you informed.

There are numerous ways for members to participate in Centre activities by volunteering your time and ideas on our Fitness and Programs committees. Thunderbird's Annual General Meeting will be held in November 2015, so consider running for a director slot on the Board. Ask our staff how you can get involved in decision making at Thunderbird this Fall.

Mike Bradley
President, Thunderbird Neighbourhood Association.

BOARD OF DIRECTORS

| | |
|-----------------|---|
| President: | Mike Bradley |
| Vice-President: | Sandra Marino |
| Treasurer: | Joan Poon |
| Secretary: | Diane Lord-Cotton |
| Directors: | Ken Costea, Sandra Dare, Linda Kerr, Noreen Erlenbach, David Ma, Benny Mah, Ming Wong |

PROGRAM COMMITTEE

Chair: Diane Lord-Cotton
Members: Mike Bradley, Noreen Erlenbach, Dave La Vallee, Sharon Mohamed, Ming Wong, Aileen Bishop, and Youth Council Reps (Aaron Chiang and Melissa Vu). The Committee meets the second Wednesday of the month at 5:30pm. New members are welcome. Please join us with your ideas.

FITNESS COMMITTEE

Please refer to the inside front cover of the brochure for a complete listing of who sits on the Committee.



**Thunderbird
Neighbourhood
Association**

Annual General Meeting

**Monday, November 23
5:30-7:00 pm**

Registration begins at 5:30pm. Doors close at 6:00pm for start of meeting.

You must be 19+ years and have a current 2015 Thunderbird membership to vote.

Please contact Lily Dong at Thunderbird-CC@vancouver.ca for more information on becoming a Board Member.

Thunderbird Neighbourhood Association 2015 AGM

Individuals without a current 2015 Thunderbird membership can register for the AGM and make a positive contribution to their community. Registration for this activity closes on November 21, 2015. Registration begins at 5:30pm. Doors close at 6:00pm for start of meeting.

| | | |
|-------|-------------|------------|
| Mo | 5:30-7:00pm | Nov 23 |
| 18448 | | \$5/1 sess |

Thunderbird Board of Directors has a policy to assist those living in the Thunderbird area who cannot afford the advertised price of specific programs or activities. Please inquire at the front office for further subsidy information.



BRITISH COLUMBIA
The Best Place on Earth

The Thunderbird Neighbourhood Association acknowledges the generous contribution of the BC Gaming Branch. Without this support many programs would not be offered or subsidized.

Thunderbird Licensed Childcare

Preschool (Ages 3-5 years)

Our licensed inclusive childcare facility provides a warm, caring, multicultural environment for 3-5 year olds. Qualified and experienced staff ensure fun and creative learning opportunities through play, music, art, stories and field trips.

Registration for current school year:

To inquire about spaces that become available throughout the year, please call Andrea 604-713-1927 or email thunderbird.preschool@vancouver.ca.

Kindergarten Readiness Preschool
"Get Set for School"

Monday - Thursday
12:45-2:45pm (2 hours)
(only for children born in 2011)

Morning Preschool
(3-5 year olds)

Monday - Friday
9:00am-12:00pm (3 hours)

Out-of-School Care Ages 5-12 years)

Parents! Are you going to school, looking for a job, or working, and need a fun and safe place for your child? Look no further! We offer a licensed program with qualified, caring and experienced staff.

We include a wide variety of challenging and fun activities before and after school for children aged 5-12 years who attend Thunderbird Elementary School.

We aim to provide a positive experience through social and recreational activities, such as arts & crafts, cooking, games and sports. Breakfast and after school snacks are provided daily. Hot lunch is provided on full days.

Pre-approved government subsidies are accepted.

Hours of Operation:

Monday to Friday 7:30-9:00am & 3:00-6:00pm
Professional Development Days & Seasonal Breaks 7:30am-5:30pm
Closed for Stat holidays, OSC Pro Days & part of Winter Break for maintenance

Program Costs:

Before and After School Care \$330/month
Monthly fee includes: full day care during seasonal breaks & School Closure days.

**Please contact Krissy 604-713-1830
or thunderbirdosc@shaw.ca
for more information.**



FAMILY & PRESCHOOL PROGRAMS



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CAPC Programs

F.A.S.T. (Family & Staff Team) is committed to develop CAPC Families Branching Out as a parent-directed initiative that serves to increase the health and well being of young children and families. The team meets monthly to identify common issues concerning families and works together to develop programs. We share resources and plan special events. Childcare, food and transportation are provided to ensure the meeting is accessible. If you have a child 0-6 years old and would like to join the F.A.S.T., please call Lorraine at 604-713-1825 for more information.

F.A.S.T. Meeting

If you have a child 0-6 years old and would like to join our F.A.S.T. (Family and Staff Team) please call Lorraine at 604-713-1825 for more information.

| | | |
|----|----------------|--------|
| We | 12:30-2:30pm | |
| | Frog Hollow NH | Oct 14 |
| | Kiwassa NH | Nov 4 |
| | Thunderbird CC | Dec-9 |

Books for Me



Books For Me runs one Monday a month for families with Preschoolers. We will display many boxes of nearly new and gently used children's books for you to look through with your child. When you find something you like, you and your child may each choose a book to take home and keep as your own. You can find us set up in the craft room.

| | | |
|----|--------------|-------------------------|
| Mo | 12:30-2:00pm | Sep 21, Oct 19 & Nov 16 |
|----|--------------|-------------------------|

Knitting Club



(19yrs+)

Do you like to knit? Do you want to learn? Bring in a project that you are working on or let someone teach you something new. Our works of art are made entirely from donated materials. Sometimes we keep what we make, sometimes we donate it. No session November 11.

| | | | |
|----|-----------------|-------------------|------|
| We | 10:00am-12:00pm | Sep 23-Dec 2 8997 | Free |
|----|-----------------|-------------------|------|

0-6yrs

Thunderbird Family Drop In

Calling all parents with little ones! Join us in the family drop-in for a variety of fun activities. Educational toys, crafts and books are geared towards making learning and playtime fun. Parents have an opportunity to socialize and share information with one another. No session October 12 & November 11.

| | | | |
|----------|----------------|---------------|------|
| Mo/We/Fr | 10:30am-1:30pm | Sep 14-Dec-11 | |
| Sa | 11:00am-2:00pm | | Free |
| | 8349 | | |

Instructor: Clara K & Sharon L.

Family Drop In at the Hut & Community Kitchen

(0-6yrs)

Join us for a multi-cultural lunch, led by parents in the community. There are visits from the librarian and the health nurse who can answer questions, share resources and make referrals. The Hut is located in Skeena Terrace Housing Complex. (2202 Cassiar Street)

| | | | |
|----|----------------|-------------|------|
| Tu | 10:30am-1:30pm | Sep15-Dec 1 | Free |
|----|----------------|-------------|------|

Instructor: Clara K

Parenting Workshops/Services

We are offering workshops and talks from various agencies and facilitators to support families on difficult issues. Learn about community resources, government programs, parenting in Canada, how to find employment, the school system and more. Watch for posters in the Family Drop-in.

| | | | |
|----|-----------------|--------------|------|
| Fr | 10:30am-12:00pm | Sep 25-Dec 4 | Free |
| | 9194 | | |

Flu Clinic

Evergreen Community Health is providing FREE flu vaccinations. Bring your care card to this first come first served flu clinic.

| | | | |
|----|-------------|--------|------|
| Th | 1:00-3:00pm | Nov 12 | Free |
| | 12958 | | |

Settlement Worker

New-to-Canada families can get assistance with government application forms for childcare, housing, citizenship, child tax benefit and more. To make an appointment at Thunderbird please call Kim at 604-254-5401 (ext 222) or Lorraine at 604-713-1825. This is a free service.

Sep 14-Dec 7

Neighbourhood Support

Iosefina will be on-site at the Hut on Tuesdays to provide one to one support to families in the drop-in. She will provide information and referrals, assist with forms and advocate for families who need extra support. This is a free service.

| | | |
|----|----------------|--------------|
| Tu | 10:30am-1:00pm | Sep 22-Dec 1 |
|----|----------------|--------------|

A maximum ratio of 3 children per daycare provider is permitted in our programs.

Family & Preschool Programs

• FALL 2015 • 604-713-1818 •

ART & CULTURE



New

Kinder Time (4-5yrs)

This active time is structured into play, games, songs, foods, stories and much more. Children will have a chance to burn off some energy.

No session October 12 & November 11.

Mo/We 3:15-4:45pm Sep 21-Nov 30
13927 \$20/19 sess

Instructor: Rachel Y

Little Artists (3-4yrs)

Calling all budding artists! Come and join this class in making fun, silly and beautiful crafts. This class will allow your child to exercise their creativity while improving their motor skills in drawing, colouring and cutting.

Sa 10:00-11:00am Sep 19-Nov 28
11772 \$22/11 sess

Instructor: TBA

Little Einsteins (4-5yrs)

Learn basic preschool knowledge such as the alphabet, numbers, colours, days of the week, months of the year, opposites and more! This class is designed to help children improve their understanding of pre-kindergarten information and develop their interests in reading and writing.

Sa 11:00am-12:00pm Sep 19-Nov 28
11776 \$22/11 sess

Instructor: TBA

Ballet - Learn to Dance (3-3yrs, 11 mo)

Calling all children who love to dance! Children will learn the basic ballet techniques, balance, coordination and learn to work together. They will become familiar with classical music and learn some basic ballet steps positions and refine some techniques.

Sa 12:30-1:00pm Sep 19-Nov 28
6927 \$22/11 sess

Instructor: Celeste L

GYMNASTICS

Parent & Tot Gymnastics (1-2yrs)

This class is an excellent introduction to the group dynamics of an instructional program. Focus will be on physical literacy while keeping the pace fast moving and fun. Activities include gymnastic circuits on the floor, tumbling, games, circle time and stretching. Parent participation is required.

Sa 9:15-10:00am Sep 19-Nov 21
12287 \$22/10 sess

Instructors: Tania L, Bianco M & Catherine T

Little Tumblers Gymnastics (3-5yrs)

Learn elementary gymnastic skills in a safe, comfortable and energizing setting. Children will join in on activities and games including jumping, climbing, rolling & balancing. Parent participation is required for the younger group.

3-3yrs, 11 mo
Sa 9:15-10:00am Sep 19-Nov 21
12294 \$22/10 sess

4-5yrs
Sa 10:00-10:45am Sep 19-Nov 28
12302 \$22/11 sess

Instructors: Tania L, Bianco M & Catherine T

HEALTH & WELLNESS

New

Thunder Tots (2-4 yrs)

Are you looking for somewhere to take your active little one to burn off all that energy? Join us for a lively morning of fun activities, singing, playing games and much more. Parent participation is required.

Th 10:30am-12:00pm Sep 17-Dec 3
13925 \$10/12 sess

Instructor: Rosanna C

OPEN GYM



Parent & Tot Gym (0-5 yrs)

Jump on the bouncy castle or swing on the jungle gym! Join in on this time for your child to socialize and play in the gym. Parent participation is required. \$1.50/drop-in fee or \$12/12 admission stamp card.

Sa 12:00-1:30pm Sep 19-Dec 12
7060 \$1.50 drop-in/12 sess

Instructor: David N & Carlie C

CULINARY

New

Snappy Snackers (4-6yrs)

Are you an aspiring chef? Do you like to snack? Then come join the class. We will be making simple, quick and healthy snacks for you to make and bring home! We will be compiling these recipes into a book to take home at the end of the season for you to try at home! Please note that Tupperware or any re-useable container will be required for each class.

Sa 12:15-1:15pm Sep 19-Nov 28
11776 \$22/11 sess

Instructor: Mycehelle W

NEW program proposals are always accepted.

Parental/Guardian Responsibility

All children under the age of 8 are required to have parent/guardian (16 yrs or older) supervision, when not attending a registered program. The staff at Thunderbird are not responsible for children left unattended after programs have finished. Parents/guardians are responsible for picking up their children as soon as their programs have ended. There is a charge of \$1.00/per minute for late pick-up.



CHILDREN'S PROGRAMS

COOKING/BAKING

Japanese Cooking (9-12 yrs)

Want to become a Japanese gourmet cook? Learn how to make your favorite Japanese dishes such as sushi, tempura and many other delicious foods. No session October 12.

Mo 5:00-6:15pm Sep 21-Nov 30
12465 \$22/11 sess

Instructor: Daisy M

Nuts about Nutrition 9-12yrs

Don't let the title stop you from joining this fun program led by Mei, who is studying to be a nutritionist. Learn tips on choosing and eating healthy. You will also make scrumptious meal from these healthy choices. No program November 11.

We 3:15-4:45pm Sep 23-Dec 2
18375 \$20/10 sess

Instructor: Mei H

Culinary Creations (5-8 yrs)

This class is a program where you get to learn to make delicious snacks or treats, and amaze your friends and family with what you can do!

Fr 3:15-4:30pm Sep 25-Nov 27
12316 \$20/10 sess

Instructor: Fatuma I

Delectable Delights (9-12 yrs)

In this program you will learn how to make mouth-watering snack and treats. Perfect for any occasion.

Fr 4:45-6:00pm Sep 25-Nov 27
12318 \$20/10 sess

Instructor: Fatuma I

Mini Chefs (6-8 yrs)

Join us at Mini Chefs and discover how to create a variety of delicious foods and snacks every week. Explore new cuisines and learn how to make healthy options for snacks.

Sa 10:00-11:00am Sep 19-Nov 28
12414 \$22/11 sess

Instructor: Leona L

DANCE

Ballet (4-10yrs)

Calling all children who love to dance! Children will learn the basic ballet techniques, balance, coordination and learn to work together. They will become familiar with classical music and learn some basic ballet steps positions and refine some techniques.

Level 1 (4-5yrs)
Sa 1:00-1:45pm Sep 19-Nov 28
7112 \$22/11 sess

Level 2 (4-5yrs)
Sa 1:45-2:30pm Sep 19-Nov 28
7119 \$22/11 sess

Ballet (6-10yrs)
Sa 2:30-3:30pm Sep 19-Nov 28
7133 \$22/11 sess

Instructor: Celeste L

YOGA

Yoga for Kids (6-12 yrs)

Kids' yoga is an amazingly fun way to be physical and work together in a noncompetitive environment. Participants learn fun poses and games that incorporate yoga techniques that helps kids stay strong and healthy while developing focus, patience, creativity, self-awareness, relaxation, and self-confidence that they will carry with them throughout their lives.

Sa 3:45-4:45pm Sep 19-Nov 28
12313 \$22/11 sess

Instructor: Celeste L

COMPUTERS

New

Game Maker (10-14yrs)

Kids will work together to use the simple but powerful "RGP Maker Lite" to create a game to show off to friends and family. Recommend that children join with a friend and bring a USB flash drive.

Tu 5:00-6:15pm Sep 22-Nov 24
18331 \$20/10 sess

Instructor: Steve L

Photoshop Basics (10-13yrs)

Photoshop is one of the most powerful photo editing software. Join this introductory class and learn the basics.

Th 5:00-6:15pm Sep 24-Nov 26
18332 \$20/10 sess

Instructor: Steve L

Computer Lab Drop-in 8-18yrs

Drop-in computer lab space for children and youth 8-18yrs. A Computer Lab staff is available to assist with any computer-related questions. Printing and photo-copying are available during this time.

Instructor: Steve L. & Marlon F.

Tu/Th 3:00-6:00pm Sep 8-Dec 10
FREE /Drop-in

ART

LANGUAGES

Creative Crafts

New

(6-8 yrs)

Bring out your art supplies and get ready to create! Learn to make pin wheels, gimp key chains, friendship bracelets and so much more! No session October 12.

Mo 3:15-4:30pm Sep 21-Nov 30
18508 \$20/10 sess

Instructor: Carlie C

Animaniacs

(9-12yrs)

Students' spatial awareness skills will be enhanced by learning techniques and using media including papier-mache, clay, found objects, cardboard, paint and wood. No session October 12.

Mo 5:00-6:15pm Sep 21-Nov 30
18507 \$20/10 sess

Instructor: Marlon F

Art Explorers

New



(6-8yrs)

Calling all young budding artists! In this class we will discover how fun it is to create art and then take home our creations for family and friends.

Th 3:15-4:30pm Sep 24--Nov 26
18509 \$20/10 sess

Instructor: Mila L

Origami and Beading

(9-12yrs)

This program is great for children wanting to learn some creative beading skills and making a wide range of origami. Fun for beginners & experienced crafters.

Th 5:00-6:15pm Sep 24 -Nov26
18319 \$20/10 sess

Instructor: Mila L

Life Drawing

(8-13yrs)

For young artists who enjoy hand creative drawing. The students will learn conceptual drawing such as perspectives, shapes, and seeing from light and dark. By the end of the program they will be able to learn progressive drawing as well as negative and positive spacing.

Fr 5:00-6:15pm Sep 25-Nov 27
18328 \$20/10 sess

Instructor: Marlon F

Clay modelling

(6-10 yrs)

Amaze yourself and your friends as you create awesome keepsakes made of clay!

Sa 11:30am-12:30pm Sep 19-Nov 28
12417 \$22/11 sess

Instructor: Leona L

All Around the World Art

New

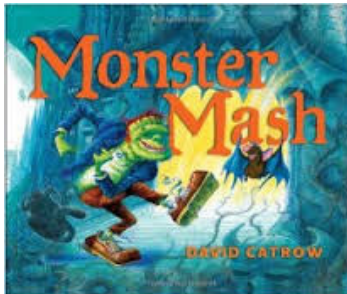
(6-8yrs)

Come join us on a world wide tour with art from all around the world! Each class we will be exploring art and culture from different countries in the comfort of our very own craft room.

Sa 2:00-3:00pm Sep 19-Nov 28
18377 \$22/11 sess

Instructor: Mychelle W

DRAMA



Monster Mash

New

(9-13 yrs)

Calling all theatre buffs! Your child will be part of a theatre troupe who will put on a Hallowe'en performance based on the song "Monster Mash". Guaranteed lots of fun learning the words to the song, put it together with dance moves, set design, and costumes. There will be 2 performances on Fri, October 30th: at the School's assembly and during the Community Centre's Hallowe'en Carnival. **For Thunderbird students only.**

Fr 3:15-4:30pm Sep 25-Oct 30
12412 \$22/6 sess

Instructor: Mr. Campbell & Cindy

See p. 13 for information on our Fall Special events and activities. There is alot fun for everyone.

Family movie nights occur every Friday night at 6:30pm. See p. 13 for details.

A workbook is required for all programs. Please discuss which book you are to purchase with Daisy, your instructor.

Cost:

| | |
|---------------------------|-----------|
| Mandarin - New Beginners | \$8/book |
| Mandarin - Returning Beg. | \$8/book |
| Mandarin - Level 1A | \$16/book |
| Mandarin, Level 1B | \$16/book |

Mandarin Lessons, New Beginners

(6-12yrs)

New beginners Mandarin is geared for pure beginners to Mandarin. Children will learn how to read, write and speak very basic Mandarin and also learn the pinyin system in a fun environment. A workbook is required at an additional cost (\$8).

No session October 12.

Mo 3:30-4:30pm Sep 21-Nov 30
18240 \$20/10 sess

Mandarin Lessons, Returning Beginners

(6-12yrs)

Returning beginners Mandarin is designed for those who have finished new beginners. Students will continue to learn how to read, write and speak basic Mandarin using the pinyin system in an active way. No session November 11.

We 3:30-4:25pm Sep 23-Dec 2
18343 \$20/10 sess

Mandarin - Level 1A

(6-12yrs)

Students who have completed beginner level Mandarin can progress to Level 1A. Students will be focusing on learning harder words, expressions, long sentences, and also some Chinese culture and customs. No session November 11.

We 4:30-5:25pm Sep 23-Dec 2
18344 \$20/10 sess

Mandarin - Level 1B

(6-12yrs)

Students in the class should already have a basic knowledge of Mandarin or have completed Level 1A (or Book 1). Lessons are focused on Book 2. No session November 11.

We 5:30-6:45pm Sep 23-Dec 2
18346 \$20/10 sess

Instructor: Yan (Daisy) M.



Newspaper Club (11-13 yrs)

Ever wonder how the Vancouver Sun is produced? The Thunderbird Newspaper Club is looking for anyone interested in putting together a newspaper. By joining the club, you will participate in exciting journalism events as well as learning how to work with a digital camera. Other activities include artwork, puzzles, comics and more. Newsletters are produced at the end of the term for all the community read. This program is reserved for children attending Thunderbird Elementary School. Register in-person only.

Tu 3:15-4:30pm Sep 22-Nov 24
12342 \$20/10 sess

Instructor: Lily C

Young Phonics - K (5-5 yrs)

A program geared towards Kindergarten children only. We will practice reading, work with phonic worksheets and do fun language art activities to help children with their alphabet, letter sounds, sight words, rhyming, reading and more.

Tu 3:15-4:30pm Sep 22-Nov 24
12333 \$20/10 sess

Instructor: Leona L

Head Start Math - K (5-5 yrs)

A math program for children in grades Kindergarten. Children will work through math worksheets and play fun math games to help them with their addition and subtraction and more.

Tu 4:45-6:00pm Sep 22-Nov 24
12337 \$20/10 sess

Instructor: Leona L

Let's Go Lego (6-13yrs)

Using LEGO and your imagination to create works of art! Construct lego models as a team or take on an individual project and show off what you learned about architecture and construction. No session November 11.

6-8yrs
We 3:15-4:30pm Sep 23-Dec 2
12373 \$20/10 sess

9-13yrs
We 4:45-6:00pm Sep 23-Dec 2
12374 \$20/10 sess

Instructor: Marlon F

Young Readers Club! (6-8 yrs)

In this class, children will read a book, discuss the characters and the plot or theme as well as write about it in a journal.

Th 3:15-4:30pm Sep 24-Nov 26
18379 \$20/10 sess

Instructor: Sandy S

Spooky & Fantastical Reading and Writing (9-12 yrs)

In this class, we will read great books such as "The Hunger Games" or "City of Bones" and discuss them in a positive and friendly environment together. The, we will learn how to write interesting and creative stories based on what we have read. This season we will be reading ...

Th 3:15-4:30pm Sep 24-Nov 26
12330 \$20/10 sess

Instructor: Lily C

Young Phonics - Gr. 1 & 2 (6-7 yrs)

A program geared to children in grades 1 & 2. Children will work with phonics worksheets and do fun language art activities to help them with their reading fluency & writing skills.

Th 3:15-4:30pm Sep 24-Nov 26
12339 \$20/10 sess

Instructor: Leona L

Head Start Math - Gr. 1 & 2 (6-7 yrs)

A math program for children in grades 1 & 2. Children will work through math worksheets and play math games to help them with their arithmetic, problem-solving, geometry & more!

Th 4:45-6:00pm Sep 24-Nov 26
12335 \$20/10 sess

Instructor: Leona L

Homework Support (9-12yrs)

Meet with us afterschool for some extra help with homework? This is a relaxed environment where our staff and volunteers are available to help you! We also have space and resources for you to work on your projects. Light snacks served.

Gr. 5-7
Tu 3:15-5:15pm Sep 22-Dec 1
13266 FREE/11 sess

Gr.8-12
Tu 6:00-8:00pm Sep 22-Dec 1
FREE/11 sess

Instructor: Sandy S

Chess (7-13 yrs)

Come and learn how to master the game of chess. Besides being a lot of fun, chess helps develop logical thinking, creativity, concentration and problem-solving. Beginners will learn the basic rules, terminology, value of pieces, record moves and strategy.

Fr 3:15-4:30pm Sep 25-Nov 27
12376 \$20/10 sess

Instructor: Marlon F

Super Scientists (6-8yrs)

Calling all mad scientists or people who want to be one! We will be conducting our own experiments following the scientific method and learn and re-create basic scientific concepts to take home.

Sa 2:15-3:15pm Sep-Nov
18382 \$20/10 sess

Instructor: Mychelle W

Thunderbird Board of Directors has a policy to assist those living in the Thunderbird area who cannot afford the advertised price of specific programs or activities. Please inquire at the front office for further subsidy information.

Our Out of School Care staff are available to drop off or pick up your child to or from their registered program. For more information please see page 5 and/or contact Kristine at 604-713-1830 or email: thunderbirdosc@shaw.ca



MUSIC



Drum Lessons 7-14yrs

Play to the rhythm and the beat! Lessons are private and are conducted on a full set of acoustic drums. Learning material included. Lessons are 1/2 hour in length.

Tu 4:30-8:00pm Sep 22-Nov 24
\$60/10 sess

Instructor: TBA

Guitar Group Lessons 7-11yrs

Learn the basics of playing a guitar and music reading. Lessons will be delivered in small groups of up to 6 students. This is a great introduction to playing a guitar. Classes held from 6:00-6:55pm are for students who are beginner. Classes held from 7:00-7:55pm are for students who have some background knowledge about reading music and guitar. Students are encouraged to register for Guitar Private Lessons after these beginner lessons. Guitars are provided or you can bring your own guitar for lessons. Lessons are 1 hour in length. No session October 30.

Instructor: Jimmy T
Fr 6:00-6:55pm Sep 25 - Dec 4
18188 \$50/10 sess

Fr 7:00-7:55pm Sep 25- Dec 4
18189 \$50/10 sess

Guitar Lessons 8-18yrs

Intermediate players and beginners are both welcome. Always hands-on, we will cover theory, music scales, the circle of fifths, chord progressions and more, all to take us to the place of being able to play the songs that you want to learn. Guitars provided or bring your own instrument with you. Lessons are 1/2 hour in length.

Sa 9:15-1:45am Sep 26 - Nov 28
\$130/10 sess

Instructor: Chris W.

Piano Lessons 5-12yrs

The goal of the program is to teach basic piano skills. Students will progress through 3 levels of difficulty. After the 3 levels, you can move on and even consider taking Elementary Piano exams through the Royal Conservatory of Music, Toronto, examination syllabus. Lessons are generally focused on: sitting position at the piano, keyboard recognition, note recognition, rhythmic exercise, piano pieces, and elementary theory exercises. Books are required at an additional cost. Lessons are 1/2 hour in length. No session October 30.

Fr 5:00-8:30pm Sep 25-Dec 4
\$130/10 sess

Instructor: Samuel C.

Piano Lessons 5-12yrs

The goal of the program is to teach basic piano skills. Students will progress through 3 levels of difficulty. After the 3 levels, you can move on and even consider taking Elementary Piano exams through the Royal Conservatory of Music, Toronto, examination syllabus. Lessons are generally focused on: sitting position at the piano, keyboard recognition, note recognition, rhythmic exercise, piano pieces, and elementary theory exercises. Books are required at an additional cost. Lessons are 1/2 hour in length.

Sa 9:15-4:45am Sep 26-Nov 28
\$130/10 sess

Instructor: Nina V

Violin, Beg. Group 7-12yrs

Introductory violin lessons geared toward beginners. Students will learn the basics of playing a violin and will learn a variety of music playing with a small group and solo. Instruments will be available for lessons or bring your own instrument. Lessons are 1 hour in length. No session October 30.

Instructor: Jane G.
Fr 4:00-4:55pm Sep 25-Dec 4
\$50/10 sess

Instructor: Dora X.
Sa 10:00-10:55am Sep 26-Nov 28
\$50/10 sess

Violin, Beg. Private 7-12yrs

Lessons are 1/2 hour in length. No session October 30.

Instructor: Jane G.
Fr 5:00-5:30pm Sep 25-Dec 4
\$50/10 sess

Fr 5:30-6:00pm Sep 25-Dec 4
\$50/10 sess

Instructor: Dora X.
Sa 11:00-11:30am Sep 26-Nov 28
\$50/10 sess

Sa 11:30-12:00pm Sep 26-Nov 28
\$50/10 sess



Musical Recital

We will end our Fall season with a musical recital on Saturday, December 5 from 12:00 - 4:00pm.

Come and listen as your child plays their instrument, individually or accompanied by other students as well as instructors.

CIRCUS

Circus (5-12yrs)

Your chance to run away with the circus! This program is full of magical fun where you'll learn stilt walking, rollo bollo, tumbling and juggling. No session October 30 & November 20

5-8yrs
Fr 3:30-4:30 Sep 25-Nov 27
14181 \$20/8 sess

9-12yrs
Fr 4:30-6:00pm Sep 25-Nov 27
12395 \$25/8 sess

Instructor: Brian R

GYMNASTICS



Gymnastics (6-12 yrs)

A fun and active program where all levels of gymnastics experience can come together. This class will help participants learn and refine the basics of gymnastics. Classes will include tumbling, balancing, flexibility and stretch exercises. Each child will be encouraged to work at their level and challenges will be set for those with prior gym skills.

Sa 10:45-11:45am Sep 19-Nov 28
12391 \$22/11 sess

Instructors: Tania L, Bianco M & Catherine T

KARATE

Karate (6-18 yrs)

Beginner - Have fun while learning traditional Go-Ju Ryu Karate taught by 7th Dan Shihan George Chan (over 30 years experience) and 4th Dan Sensei Ivan Cheng. This program improves focus and self discipline. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. This program is also recognized by the School Board as Physical Education credit and is tax deductible by Revenue Canada. Please note the George encourages parents to register for this program and participate with their children, same fees. Visit www.kuyukai.com.

Th 5:15-6:30pm Oct 1-Dec 3
12390 \$55/10 sess

Instructors: George C & Ivan T

SPORTS

Floor Hockey (6-9 yrs)

Do you want to play for the Canucks when you are older? Come and learn the basic skills needed to play the fastest sport.

Mo 5:00-6:00pm Sep 14-Dec 7
12453 \$22/13 sess

Instructor: Jason D

Floor Hockey (10-14 yrs)

Do you want to play for the Canucks when you are older? Come and learn the basic skills needed to play the fastest sport.

Mo 6:00-7:00pm Sep 14-Dec 7
12454 \$22/13 sess

Instructor: Jason D

Teen Roller Hockey (13-18yrs)

Do you want to play for the Canucks when you are older? Come and learn the basic skills needed to play the fastest sport.

Mo 7:00-9:00pm Sep 14-Dec 7
12454 \$22/13 sess

Instructor: Jason D

All Sports for Girls (5-7 yrs)

Girls only time in the gym to learn new games and skills for all your games and sports.

Tu 5:00-6:00pm Sep 8-Dec 8
12458 \$5/14 sess

Instructor: Brian T

Basketball (6-9 yrs)

Put on your running shoes and practice your shots with the rest of the team. Children will work on basketball drills and be part of a team.

Tu 6:00-7:00pm Sep 8-Dec 1
12460 \$5/13 sess

Instructor: Brian T

Basketball (10-14 yrs)

Put on your running shoes and practice your shots with the rest of the team. Children will work on basketball drills and be part of a team.

Tu 7:00-8:00pm Sep 15-Dec 1
12463 \$5/12 sess

Instructor: Brian T

All Sports for Boys (5-7 yrs)

Boys only time in the gym to learn new games and skills for all your games and sports.

We 5:00-6:00pm Sep 9-Dec 9
12459 \$5/13 sess

Instructor: Roberto L

Soccer (6-9 yrs)

Put on your running shoes and practice your shots with the rest of the team. Children will work on soccer drills and be part of a team. No session November 11.

We 6:00-7:00pm Sep 16-Dec 2
12461 \$5/11 sess

Instructor: Roberto L

Soccer (10-14 yrs)

Put on your running shoes and practice your shots with the rest of the team. Children will work on soccer drills and be part of a team. No session November 11.

We 7:00-8:00pm Sep 16-Dec 2
12462 \$5/11 sess

Instructor: Roberto L

Badminton - Group Lessons (7-12 yrs)

Introduction to the sport and skills of badminton. Ideal for younger children and those who have not played previously. Learn to play the game with the technique needed, and grow in fitness while having fun.

Sa 2:30-3:30pm Sep 19-Nov 28
12403 \$22/11 sess

Instructor: Chris W

OUTDOOR ACTIVITIES



Swim & Skate (8-13 yrs)

Each week, we will travel to a different Vancouver location to swim or skate. Drop-in is permitted when space is available.

We 5:30-9:30pm Sep 30-Nov 18
12400 \$22/8 sess

Staff: Angie C & Jason D

WiFi ... why yes!

Ask our staff about getting access to our free WiFi. Access a terminal in our Computer Lab only when there are no programs in the lab and connect with friends and family.

SPECIAL EVENTS



Halloween Carnival (3-12yrs)

Dress up in your scariest costume and join us for an afternoon of creepy crafts and ghoulish games where you can win some treats. Don't forget to visit the Haunted House after the carnival.

Fr 3:15-5:15 pm Oct 30
Free



Haunted House (8-12yrs)

Dare to drop by our Haunted House after the carnival.

Fr 5:30-7:30pm Oct 30
Free



Jersey Day, ParticipACTION

(4-12 yrs)

Be a part of the 6th annual RBC Sports Day in Canada - a national celebration of the power of sport to build community and get Canadians from coast to coast, moving.

Be a part of fun and dig out a jersey and wear it to school or work or play. After school come to gym and participate in some activities.

Fr 3:15-5:15pm Nov 20
Free



Christmas Flyer

Pick up a Christmas flyer out November 2.



Breakfast with Santa (3-12yrs)

Join us for a pancake breakfast, fun crafts and admission to Parent and Tot Gym from 12:00-1:30pm for more fun activities and bouncy castle. Have your picture taken with Santa in our photo booth.

Sa 10am-12:00pm Dec 12
9026 \$2/3-12yrs
\$3/13yrs+

PRE-TEEN



Friday Movie Night

Join us at every Friday Night at 6:30 PM and enjoy FREE movie fun for the entire family! *Popcorn and drinks will be provided FREE OF CHARGE. No session October 30.

Fr 6:30-8:30pm Sep 11-Dec 11

Staff: Edward L

Movie Selections

- Sep 18 – Turbo
- Sep 25 – Penguins of Madagascar
- Oct 2 – Rio
- Oct 9 – Paddington
- Oct 16 – Rio 2
- Oct 23 – Maleficent
- Nov 6 – Ice Age
- Nov 13 – The Spongebob Movie
- Nov 20 – Ice Age 2
- Nov 27 – Monsters Inc.
- Dec 4 – Ice Age 3
- Dec 11 – Teenage Mutant Ninja Turtles

Pre-teen Adventures (11-13 yrs)

Calling all Pre-teens! If you like sitting at home doing nothing, are grumpy from being bored, don't like going outside then this program is NOT for you! We are about going out, having fun and learning a few things along the way.

Tu 3:30-5:45pm Sep 8-Dec 1
12466 \$10/13 sess

Instructor: Jason Datt

JR Girls Club (8-10yrs)

Calling all girls! This is a program for girls in grade 2 and 3. We will build friendships and create cool and exciting crafts. We will do different activities and try new things. The goal is to have fun!

Th 3:15-4:45pm Sep 17-Nov 5
12775 FREE/8 sess

Instructor: TBA Instructor

Preteen Girls Club (11-12 yrs)

Have fun while making new friends! Girls in grade 4 and 5 can join us to grow self-confidence and learn something new about yourself through weekly activities. Activities will range from arts & crafts, baking, cooking and swimming.

Th 4:30-6:00pm Sep 17-Dec 10
14008 FREE/13 sess

Instructor: Sandy S



YOUTH PROGRAMS

Youth Programs and Drop-in activities are FREE unless otherwise indicated. All programs are either fully or partially subsidized.

VOLUNTEER OPPORTUNITIES

Youth Incentive Program - YIP 13-18yrs

This is a volunteer and leadership program for youth (also known as YIP). Volunteers can assist instructors of children and youth programs with various duties and also run their own programs or create their own community projects. Youth also attend youth development related workshops (schedule to be posted online). This is a great program to gain skills and work experience, credible references & CAP hours. All youth interested in joining YIP must go through an application process and an interview.

Tu 6:00-7:30pm Sep 15-Dec 8

For more information or to sign-up, please email us at thunderbird.volunteers@vancouver.ca or leave a message on facebook www.facebook.ca/thunderbirdYIP.



Thunderbird would like to acknowledge the generous contribution of the CKNW Orphans' Fund. This support funds our Youth Incentive Program.

Junior Leadership Gr. 6 & 7 11-13yrs

This leadership program places children in grade 6 & 7 into volunteer positions in the community centre. Youth will have ongoing leadership training to help them build their skill base and develop as a leader. Event planning for the community and Thunderbird Elementary School will be part of the Junior Leadership project.

Mo 4:00-6:00pm Sep 14-Dec 7

FREE /Reg. Required

Youth Council 13-18yrs

Do you want to be actively involved in shaping youth programs? Do you have thoughts and ideas about how to better influence your community? Youth Council will help you become a leader in this community, share your voice, and really impact the youth community. The direction of Youth Council is driven by you!

Volunteers: Grace L. & Aaron C.

Fr 6:00-8:00pm Sep 18-Dec 11

FREE /Reg. Required

SPORTS

Roller Hockey (15-18 yrs)

Here is your chance to show off your skills and have some fun. Blades are optional, stick, eye-wear and helmets are provided. No session October 12.

Mo 7:00-8:30pm Sep 14-Dec 7

12455 FREE/12 sess

Instructor: Jason D

Community Run Club Drop-In (AllAges)

Put on your runners and run the extra mile! Aim for a healthy lifestyle and train for a Thunderbird Marathon. By joining the Community Run Club, a running record will be created to track your running performance. Training takes place on the Thunderbird Gravel Field on Friday mornings before school starts 8:15am. For more information: www.ThunderbirdCC.ca

We 8:15-9:15am Sep 23-Nov 2

Staff: Robby L.

Chill Skateboarding New (10-14 yrs)

This is an instructional program led by a talented, experienced and kid-friendly instructor. During the program the participants will skate in the gym. All equipment is provided during the program. This is a unique opportunity to learn a new sport!

Th 5:00-7:00pm Sep 17-Nov 5

12464 FREE/8 sess

Instructor: CHILL

Night Hoops Juniors (12-15 yrs)

This is an opportunity for youth to participate in a community basketball league. For more info or to sign-up, email Thunderbird.Volunteers@vancouver.ca.

Th 8:30-10:00pm Sep 10-Dec 10

12456 \$/14 sess

Instructor: Brian T

Open Gym Drop-In (8-12 yrs)

Try out a variety of different sports. FREE/Drop-in

Fr 6:15-8:00pm Sep 11-Dec 11

13254 \$Free/14 sess

Night Hoops - Seniors (16-18 yrs)

This is an opportunity for male youth to participate in a community basketball league. Please call 604-713-1829 for more information or to sign-up.

Fr 8:30-10:00pm Sep 11-Dec 11

12457 \$22/14 sess

Instructor: Oscar G

Thrashers Skateboarding Adv. (10-15 yrs)

This is a program for advanced skateboarders. During the program the participants will visit skateparks throughout the city. All equipment is provided during the program. This is a unique opportunity to learn a new sport!

Sa 1:00-4:00pm Sep 19-Nov 7

12761 FREE/8 sess

Instructor: TBA Instructor





Badminton - Group Lessons (13-18 yrs)

Introduction to the sport and skills of badminton. Ideal for younger children and those who have not played previously. Learn to play the game with the technique needed, and grow in fitness while having fun.

Sa 3:30-4:45pm Sep 19-Nov 28

12405 \$22/11 sess

Instructor: Chris W


| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| Games Room Drop-in 8-18yrs 3:00-7:00pm | Computer Lab Drop-in 8-18yrs 3:00-6:00pm | Games Room Drop-in 8-18yrs 3:00-7:00pm | Computer Lab Drop-in 8-18yrs 3:00-6:00pm | Games Room Drop-in 8-18yrs 3:00-7:00pm |
| Weight Room Orientation 15-18yrs 3:30-7:30pm | | Community Run Club All Ages 8:15-9:15am | Skateboarding - Boys Only 10-15yrs 4:15-6:45pm | Boys Club 11-13yrs 3:00-5:00pm |
| Junior Leadership 11-13yrs 4:00-6:00pm | Pre-teen Adventures 11-13yrs 3:30-5:45pm | | Pre-teen & Jr. Girls Club | Family Open Gym Drop-in 6-12yrs 6:15-8:00pm |
| Floor Hockey 10-14yrs 6:00-8:00pm | YIP Volunteer Meetings & Workshops 13-18yrs 6:00-7:30pm |  FREE Drop-in programs, no registration required.  Registered Girls Only Programs.  Registered Co-ed Programs.  Registered Boys Only Programs. For description of each program listed above, please see details on pages 13, 14 & 15. | | Teen Outings & Activities Drop-in 13-18yrs 6:30-9:30pm |
| Roller Hockey 13-18yrs 6:00-8:00pm | Homework Support Gr. 5-12 3:15-8:00pm | | | |
| | Homework Support 13-18yrs 8:00-9:45pm | | Night Hoops - Senior Team 16-18yrs 8:10-9:50pm | Youth Basketball Drop-in 13-18yrs 8:00-9:50pm |

OUTDOOR ACTIVITIES

Teen Outings (13-18 yrs)
Join our exciting activities & outings! We plan our days together so you get to do what you want! We have done stuff like, ice skating, swimming, movie nights and other out trips across the city.
Fr 6:30-9:30pm Sep 11-Dec 4
12468 FREE/13 sess
Instructor: Jason D

ProD Day Activity (11-13 yrs)
Fr 12:00-3:30pm Oct 23, Nov 27
14806 \$0/2 sess
Instructor: Youth staff


EDUCATION

Homework Support (9-12yrs) 
Meet with us afterschool for some extra help with homework? This is a relaxed environment where our staff and volunteers are available to help you! We also have space and resources for you to work on your projects. Light snacks served.
Gr. 5-7
Tu 3:15-5:15pm Sep 22-Dec 1
13266 FREE/11 sess
Gr.8-12
Tu 6:00-8:00pm Sep 22-Dec 1
FREE/11 sess
Instructor: Sandy S

GIRL'S PROGRAMS

JR Girls Club (8-10yrs) 
Calling all girls! This is a program for girls in grade 2 and 3. We will build friendships and create cool and exciting crafts. We will do different activities and try new things. The goal is to have fun!
Th 3:15-4:45pm Sep 17-Nov 5
12775 FREE/8 sess
Instructor: TBA Instructor

Preteen Girls Club (11-12 yrs) 
Have fun while making new friends! Girls in grade 4 and 5 can join us to grow self-confidence and learn something new about yourself through weekly activities. Activities will range from arts & crafts, baking, cooking and swimming.
Th 4:00-6:00pm Sep 17-Dec 10
14008 FREE/13 sess
Instructor: TBA Instructor

Girls FIRST (13-18 yrs) 
This is a youth driven program that allows young women to get involved in their community. We will discuss issues facing young women today and work on youth projects around the centre.
Th 6:00-8:00pm Sep 17-Dec 10
14006 FREE/13 sess
Instructor: TBA Instructor

DROP-IN SPACE

Computer Lab Drop-In (8-18 yrs)
Drop-in computer lab space for children and youth 8-18yrs. A Computer Lab staff is available to assist with any computer-related questions. Printing and photocopying is also available.
Tu/Th 3:00-6:00pm Sep 8-Dec 10
13255 FREE
Instructor: Marlon F & Steve L

Games Room Drop-In (8-18 yrs)
Our upgraded Games Room is equipped with a foosball table, pool table, new ping pong table, Play Station 3 and Computers!
Mo/We/Fr 3:00-7:00pm Sep 9-Dec 9
12970 FREE
Instructor: Youth staff



Participate in a program marked with this symbol and help Vancouver become the greenest city in the world by 2020.

Learn more about Vancouver's Greenest City 2020 Action Plan at vancouver.ca/greencity



Weight Room Orientation 15-18 yrs Staff: Brian T.
New to working out in a fitness centre? Our trained staff can provide you with instructions on the equipment & recommend workout routines. Call 604-713-1818 for a FREE appointment.
Mo 3:30-7:30pm Sep 14-Dec 14 FREE orientation with Admission (\$2/Drop-in)



ADULT PROGRAMS

WWW.THUNDERBIRDDCC.CA

SPORTS

Indoor Soccer (19yrs+)

Drop in soccer. Unsupervised.
 Tu 8:10-9:50pm Sep 22-Dec 1
 12031 \$3.50/drop in



Basketball (19yrs+)

Drop in basketball. Unsupervised. No session
 November 11.
 We 8:10-9:50pm Sep 23-Dec 2
 12032 \$3.50/drop in

MARTIAL ARTS



Tai Chi – Level 1, Yang Style 8 steps.

Tai Chi, Advance (19yrs+)

Yang style tai chi quan 42 steps. No class
 November 11.
 We 8:15-9:45pm Sep 23-Dec 2
 12059 \$46/11 sess
 Instructor: Arsenio C

Tai Chi Chuan, Level I (19yrs+)

Sa 9:00-10:30am Sep 26-Dec 5
 12062 \$46/11 sess
 Instructor: Arsenio C

EDUCATIONAL



Computer Lab Drop-In for Adults & Seniors (19yrs+)

Drop in computer lab space for adults and seniors. A computer lab supervisor is available to assist with any computer related questions. Printing and photocopying is also available during this time. No session October 12.
 Mo 1:00-3:00pm Sep 21-Dec 7
 12054
 Instructor: Marlon F

Mandarin Lessons- Beg. (19yrs+)

This program is aimed at students who have minimum or no listening comprehension with a limited or even without any Chinese speaking skills. The lessons will develop listening, speaking and reading skills, as well as learning the Chinese culture. No session October 12.
 Mo 7:15-8:45pm Sep 21-Dec 7
 12041 \$33/10 sess
 Instructor: Daisy M

Computer 101 (19yrs+)

This class will give you basic skills needed to begin using a computer.
 Tu 9:00-10:30am Sep 22-Oct 20
 12055 \$15/5 sess
 Instructor: Jason D

Tablet & Smart Phone (19yrs+)

This is a class for new users. We will begin by understanding how to use and set up your tablet and smartphone.
 Tu 10:30am-12:00pm Sep 22-Oct 20
 12057 \$15/5 sess
 Instructor: Jason D

Internet 101 (19yrs+)

What is the internet? How does it work and what can you do with it. Find out how to use the net as a powerful tool.
 Tu 9:00-10:30am Oct 27-Nov 24
 12056 \$15/5 sess
 Instructor: Jason D

Tablets & iPads (19yrs+)

Come find out how to use and what's new with all the big tablets new software. Go through how to use all the new functions.
 Tu 10:30am-12:00pm Oct 27-Nov 24
 12058 \$15/5 sess
 Instructor: Jason D

Mandarin Lessons- Interm. (19yrs+)

This program is open to those who have good listening comprehension with a minimum speaking ability in Mandarin. Students will learn conversation and story reading, as well as Chinese culture.
 We 1:00-2:30pm Sep 23-Dec 2
 12042 \$30/11 sess
 Instructor: Daisy M

WiFi ... why yes!

Ask our staff about getting access to our free WiFi. Access a terminal in our Computer Lab only when there are no programs in the lab and connect with friends and family.

Adult Programs

FALL 2015 • 604-713-1818

ART, CULTURE AND ENVIRONMENT

Square Dance (19yrs+)

Discover the fun of today's square dancing! Enjoy uplifting music, easy steps and making new friends, benefitting physical, mental, and social health. No fancy footwork, no memorization of routines. Just listen to the caller, smile and DANCE! No session October 12, November 23.

Square Dance Trial Class **Try Me!**
Mo 7:30-9:30pm Sep 21
12005 FREE/1 session

Mo 7:30-9:30pm Sep 28-Dec 7
12007 \$40/9 sess

Instructor: Wendy K

Adult Line Dance (19yrs+)

Line Dancing is a great way to exercise your body and mind all the while meeting new friends. NO DROP-INS.

Tu 7:30-9:00pm Sep 22-Dec 1
12018 \$22/11 sess

Instructor: Louisa H

Knitting Club (19yrs+)

Do you like to knit? Do you want to learn? Bring in a project that you are working on or let someone teach you something new. Our works of art are made entirely from donated materials. Sometimes we get to keep what we make, sometimes we donate it. No session November 11.

We 10:00am-12:00pm Sep 23-Dec 2
Free

Adult Piano Lessons (19yrs+)

The goal of the program is to teach basic piano skills. Lessons are generally focused on: sitting position at the piano, keyboard recognition, note recognition, rhythmic exercise, piano pieces, and elementary theory exercises. Lessons are 1/2 hour in length. No session November 11.

We 6:30-9:30pm Sep 23-Dec 2
\$140/10 sess

Instructor: Nina V

HEALTH & FITNESS



Healthy Hearts (19yrs+)

Thunderbird and the Simon Fraser Health Region are offering a cardiac prevention, rehabilitation and education program for people with cardiac risk factors, post heart attack and post cardiac risk factors. A certified fitness instructor will work with participants on a weekly basis. To register or for more information please call 604-412-6440.

Mo We 9:00am-12:00pm Sep 14-Dec 7
12050

HEALTH & WELLNESS

Seniors Sit and Get Fit (19yrs+)

Gentle exercises can help those with chronic conditions and pain. Simple chair-based exercises will be learned in this basic fitness class for adults and those with chronic conditions, pain and physical challenges. Activities will include postural & breathing awareness, range of motion & flexibility, core strength, basic movement & coordination.

Set I
We 10:30-11:30am Sep 23-Oct 28
14041 \$24/6 sess

Set II
No session November 11.
We 10:30-11:30am Nov 4-Dec 9
14052 \$20/5 sess

Instructor: Bonnie M

Gentle Yoga (19yrs+)

If you are new to yoga, have body limitations or just like a slower paced practice, this is the class for you. Gentle Yoga combines classical yoga postures with emphasis on postural alignment and breathing. Modifications will be suggested to give you an individualized experience. Excellent for all levels, especially beginners. No session October 14, November 11 and 25.

We 5:00-6:00pm Oct 7-Dec 16
12011 \$60/8 sess

Instructor: Andrea C

Bootcamp (19yrs+)

Build your strength, cardio fitness and endurance. With a combination of skipping and stretching, try out this great way of working out to maintain health and lose weight fast. The instructor will adapt to the fitness level of participants. Drop ins are welcome \$4.50.

Set I
We 7:00-8:00pm Sep 23-Oct 21
12025 \$20/5 sess

Set II
No session November 11.
We 7:00-8:00pm Oct 28-Dec 2
12026 \$20/6 sess

Instructor: Karen F

Zumba Gold - Beginners (19yrs+)

Zumba is a fusion of Latin and International music-dance themes creating a dynamic, exciting, effective fitness system! The easy-to-follow steps are fun and designed for everyone at any fitness level. Participants are encouraged to work at their own pace.

Th 2:30-3:30pm Sep 24-Dec 3
12035 \$33/11 sess

Instructor: Kathy T

Zumba (19yrs+)

Zumba is a fusion of Latin and International music-dance themes creating a dynamic, exciting, effective fitness system! The routines feature a combination of fast and slow rhythms that tone and sculpt the body. The easy-to-follow steps are fun and designed for everyone at any fitness level. Drop ins welcome \$5.50.

Zumba Class Trial **Try Me!**
Th 7:00-8:00pm Sep 24-Sep 24
12028 FREE/1 sess

Th 7:00-8:00pm Oct 1-Dec 10
12029 \$50/11 sess

Instructor: Alicia M

Tranquility (19yrs+)

Designed for those who require stress relief, are recovering from surgery, injury, cancer treatments, pain or low fitness levels. Tranquility is a therapeutic exercise class that will release muscular tension, improve range of motion and flexibility and stimulate peripheral sensation. Tranquility includes elements of tai chi, yoga, core stability and balance exercises, self-massage techniques, postural awareness and breathing exercises.

Set I
Fr 2:15-3:15pm Sep 25-Oct 23
14099 \$20/5 sess

Set II
Fr 2:15-3:15pm Nov 6-Dec 4
14097 \$20/5 sess

Instructor: Bonnie M

Gentle Flow Yoga (19yrs+)

Discover the many healthful benefits of yoga, such as increased strength, flexibility, concentration, and balance. Gentle Flow Yoga is for anyone who is just beginning yoga, has never tried yoga, or simply wants to try Yoga that gets the body moving! This class will bring warmth, flexibility and supple strength to the body. The program will also include breathing techniques and meditation. Drop-ins welcome. No session November 11.

Sa 9:45-10:45am Sep 19-Dec 5
13876 \$55/11 sess

Instructor: Celeste L

Thunderbird Board of Directors has a policy to assist those living in the Thunderbird area who cannot afford the advertised price of specific programs or activities. Please inquire at the front office for further subsidy information.



OLDER ADULT PROGRAMS 55+yrs

• WWW.THUNDERBIRDCC.CA •

ART, CULTURE & ENTERTAINMENT

Chinese Seniors' Social Dance

(55yrs+)

Cha Cha, Rumba, and Jive to the classics and beyond to modern day tunes. We do not offer dance lessons but others are happy to teach you what they know. No partner necessary and all are welcome. Coffee and tea are provided. A \$6 membership with the Chinese Seniors' Group is required. No session October 12.

Mo 12:30-2:30pm Sep 7-Dec 14

Senior's Line Dance -Interm.

(55yrs+)

Line Dancing is a great way to exercise your body and mind all the while meeting new friends. NO DROP-INS. Some experience is necessary. No session November 11.

We 12:30-2:00pm Sep 23-Dec 2
12052 \$20/10 sess

Instructor: Louisa H

SOCIAL

Social, Lunch & Games (55yrs+)

This program offers various table games and social time to enjoy with other older adults. Spend the afternoon playing cards, dominoes, crib and scrabble or just hang out and make a new friend. A light lunch is served between 12-12:30pm.

Tu 11:00am-3:00pm Sep 22-Dec 1
206 \$3/drop in

Instructor: Teresa C

Games and Billiards (55yrs+)

Come play table tennis, pool or foosball with your friends. This time slot is reserved for older adults.

Tu 1:00-3:00pm Sep 22-Dec 1
9207

Tea Time at Beulah Garden (55yrs+)

Join us for a social gathering with coffee, tea and treats on the first Thursday of the month in the Bentall Building dining room, located at 3350 E 5th Avenue. Visit with the HSCPC liaisons to get safety tips and share your concerns. All seniors are welcome.

Th 1:30-3:30pm Sep 3-Dec 3
8503 Free

Chinese Seniors' Group Social

(55yrs+)

This affiliated group was founded in 1991 with now over 200 registered members. Tai Chi, guest speakers, singing, seasonal celebrations and outings are among the weekly activities to be enjoyed. A \$6 Annual Program Fee with the Chinese Seniors' Group is required.

Fr 9:30-11:30am Sep 4-Dec 18

Soup's On

(55yrs+)

This intergenerational program incorporates youth with seniors. A nutritional meal is prepared and served by enthusiastic youth volunteers who are also learning many life lasting skills. Games, cards, dominoes and social time follows the meal.

Th 6:00-8:30pm Sep 24-Dec 3
8570

Instructor: Teresa C

Seniors Movie Night

New

Our Youth group will put on a movie for the night. Sit back, relax and experience some classic cinema from the past.

Th 7:00-9:00pm Sep 17-Dec 10

WORKSHOPS

Emergency Preparedness, NEPP

(19yrs+)

Be prepared not scared! We have all seen the devastation caused by earthquakes. Learn how to take the necessary steps to ensure your are prepared. You will learn and family preparedness, how to develop an emergency plan, perform "home hazard hunt" and how to prepare for your pets.

English
Fr 11:30am-1:00pm Sep 25
17224 Free

Cantonese
Fr 11:30am-1:00pm Oct 30
17244 Free

Nutrition Basics

(19yrs+)

How much should I be eating? What does a meal portion look like? Sign up for this informative, hands-on session. Learn tips on budgeting, grocery shopping and recipes while sampling healthy foods prepared by the instructor.

We 12:00-1:30pm Nov 25
\$3/1 sess

Umbrella Painting

(19yrs+)

You will be amazed by your hidden talent as you see your work of art unfolding. We "paint" with templates and colored sharpies for your one of a kind umbrella. These make great gifts with a personal touch! All supplies are included. Bring a bagged lunch as you won't want to leave once you get started.

Pre-registration is required.

Tu 10:00am-2:00pm Dec 8
\$10/1 sess

Older Adult Programs

• FALL 2015 • 604-713-1818 •

Healthy Hearts (19yrs+)

Thunderbird and the Simon Fraser Health Region are offering a cardiac prevention, rehabilitation and education program for people with cardiac risk factors, post heart attack and post cardiac risk factors. A certified fitness instructor will work with participants on a weekly basis. To register or for more information please call 604-412-6440. No session October 12 & November 11.
Mo/We 9:00am-12:00pm Sep 14-Dec 7 12050



Seniors Sit and Get Fit (19yrs+)

Gentle exercises can help those with chronic conditions and pain. Simple chair-based exercises will be learned in this basic fitness class for adults and those with chronic conditions, pain and physical challenges. Activities will include postural & breathing awareness, range of motion & flexibility, core strength, basic movement & coordination. No session November 11.

Set I
We 10:30-11:30am Sep 23-Oct 28 14041 \$24/6 sess

Set II
We 10:30-11:30am Nov 4-Dec 9 14052 \$20/5 sess

Instructor: Bonnie M

Gentle Yoga (19yrs+)

If you are new to yoga, have body limitations or just like a slower paced practise, this is the class for you. Gentle Yoga combines classical yoga postures with emphasis on postural alignment and breathing. Modifications will be suggested to give you an individualized experience. Excellent for all levels, especially beginners. No session October 14, November 11 and 25.

We 5:00-6:00pm Oct 7-Dec 16 12011 \$40/8 sess

Instructor: Andrea C



Bootcamp (19yrs+)

Build your strength, cardio fitness and endurance. With a combination of skipping and stretching, try out this great way of working out to maintain health and lose weight fast. The instructor will adapt to the fitness level of participants. Drop ins are welcome \$4.50. No session November 11.

Set I
We 7:00-8:00pm Sep 23-Oct 21 12025 \$20/5 sess

Set II
We 7:00-8:00pm Oct 28-Dec 2 12026 \$20/5 sess

Instructor: Karen F

Zumba Gold - Beginners (19yrs+)

Zumba is a fusion of Latin and International music-dance themes creating a dynamic, exciting, effective fitness system! The easy-to-follow steps are fun and designed for everyone at any fitness level. Participants are encouraged to work at their own pace.

Th 2:30-3:30pm Sep 24-Dec 3 12035 \$33/11 sess

Instructor: Kathy T

Zumba (19yrs+)

Zumba is a fusion of Latin and International music-dance themes creating a dynamic, exciting, effective fitness system! The routines feature a combination of fast and slow rhythms that tone and sculpt the body. The easy-to-follow steps are fun and designed for everyone at any fitness level. Drop ins welcome \$5.50.

Zumba Trial Class
Th 7:00-8:00pm Sep 24 12028 FREE/1 sess

Th 7:00-8:00pm Oct 1-Dec 10 12029 \$50/11 sess

Instructor: Alicia M



Tranquility (19yrs+)

Designed for those who require stress relief, are recovering from surgery, injury, cancer treatments, pain or low fitness levels. Tranquility is a therapeutic exercise class that will release muscular tension., improve range of motion and flexibility and stimulate peripeheral sensation Tranquility includes elements of tai chi, yoga, core stability and balance exercises, self-massage techniques, postural awareness and breathing exercises.

Set I
Fr 2:15-3:15pm Sep 25-Oct 23 14099 \$20/5 sess

Set II
Fr 2:15-3:15pm Nov 6-Dec 4 14097 \$20/5 sess

Instructor: Bonnie M



Gentle Flow Yoga (19yrs+)

Discover the many healthful benefits of yoga, such as increased strength, flexibility, concentration, and balance. Gentle Flow Yoga is for anyone who is just beginning yoga, has never tried yoga, or simply wants to try Yoga that gets the body moving! This class will bring warmth, flexibility and supple strength to the body. The program will also include breathing techniques and meditation. Drop-ins welcome. No session November 11.

Sa 9:45-10:45am Sep 19-Nov 28 13876 \$50/10 sess

Instructor: Celeste L

Pilates for Aging Gracefully (19yrs+)

A dynamic workout that builds core strength, using proper postural alignment and breath. Pilates mat works to flatten the tummy, tones and strengthens the entire body. Come join us for a challenging practice that is lots of fun! No session October 10.

Set I
Sa 11:00am-12:00 pm Sep 19-Oct 17 12012 \$32/5 sess

Set II
Sa 11:00am-12:00pm Oct 24-Nov 28 12015 \$32/5 sess

Instructor: Celeste L

ESL with PIRS

BLENDED BEGINNER ESL (English as a Second Language) PROGRAM offered by Pacific Immigrant Resources Society

PIRS offers various levels of English instruction for women newcomers to gain the knowledge, skills, and confidence they need to participate actively in Canadian society as they settle in their new home. The ESL programs focus on essential literacy to improve newcomers' communication skills.

ESL class is supported by a Participant & Program Support Worker (PPSW). The PPSW engages in outreach work to other community agencies, schools, libraries and other services to reach isolated and vulnerable women and support them to engage with PIRS & partner services.

The program schedule is based on the school year and runs for three terms – Fall, Winter and Spring, ending for the summer by the end of June. PIRS features continuous intake, so call or email us for more information to start a class at any time.

Childcare is also available through which, PIRS provides learning activities for children age 18 months to 6 years old as their mother or guardian attend their own classes. Activities for children include circle time, story time, learning rhymes, shapes and colours, and pre-school science activities (learning about nature, seasons, etc.)

Check PIRS website for more information at: <http://pirs.bc.ca>

OUT TRIPS

Registration is limited to 1 trip at a time.

Steveston Cannery

Built in 1894 in the historic village of Steveston, the Gulf of Georgia Cannery was once the largest building of its kind and the leading producer of canned salmon in British Columbia. Experience the stories of this place and its people through interactive exhibits, films, and guided tours.

Th 10:00am-3:00pm \$5/person
Sep 24

Thanksgiving Day Lunch at the Kerrisdale Community Centre

Enjoy a delicious hot Thanksgiving lunch while listening to a variety of entertainment provided by the Kerrisdale Senior's Singers.

Th 11:00am-3:30pm \$5/person
Oct 8

A Little Lunch Music at the Shadbolt Centre

Enjoy a noon-hour concert by The Tim Wyatt Trio at Shadbolt Centre of Arts. A special featured buffet lunch is included.

Th 10:00am-3:00pm \$8/person
Oct 22

Museum of Anthropology

This museum, is located on the UBC campus promotes understanding and respect of world cultures. You will see objects from around the world as well as the achievements of BC First Peoples and other cultural communities.

Th 10:00am-3:00pm \$5/person
Nov 5

Matinee Movie

We will take you to an afternoon matinee for you to view one of the current listings. Treat yourself to popcorn while you sit back and enjoy the show. We won't know what the movies are playing until closer to the date.

Th 11:00am-3:00pm \$5/person
Nov 19

Christmas in Langley

Catch the Christmas spirit on a fun filled day in Langley. Begin at Potters, the Christmas store. This is Western Canada's largest Christmas store including Santa's Workshop and then a stop in Fort Langley to stroll through the village and enjoy the lights.

Th 5:00-9:00pm \$5/person
Dec 3

Holiday Light Tour

Enjoy a guided tour around Metro Vancouver to the most spectacular Christmas lights. This is a joint trip with Renfrew CC.

Th 5:30-7:30pm \$10/person
Dec 10



All drop-in programs listed in this section are only open to residents of Skeena Terrace High Rise. Programming is made possible through a partnership between Thunderbird Neighbourhood Association and BC Housing.

Sharole and Teresa are the program staff.

SOCIAL

Dominos

No session October 12.
Mo 1:00-3:00pm Sep 14-Dec 14

Games Night

Tu 4:00-6:00pm Sep 15-Dec 15

Dinner & Fun

No session November 11.
We 5:30-7:45pm Sep 16-Dec 16

Breakfast Club

Th 9:30-11:30am Sep 17-Dec 17

Bingo and Games

Fr 2:15-4:00pm Sep 18-Dec 18

Nutritional Cooking

Do you enjoy cooking? Are you looking for simple and inexpensive NEW recipes? This hands on class will allow you to make and try simple recipes and learn about basic nutrition. Classes will be held the first Thursday of each month.

Th 10:30-11:30am
Instructor: Mei H Oct 1, Nov 5, Dec 3

MultiFITT

Designed to improve fitness levels, heart health and assist participants in achieving and maintaining a healthy body weight, Multi-FITT is a 60-minute multi-activity class structured to enhance cardiorespiratory and musculoskeletal health in older adults by combining group exercise to music, body step/low-impact coordination, strength training, balance and flexibility training.

Fr 1:00-2:00pm Sep 25-Dec 4
Instructor: Bonnie M

ARTIST IN COMMUNITIESS



Thunderbird Community Centre is once again pleased to be involved in a community art project – "Artist in Communities". This is a 3-way partnership between the Vancouver Park Board, Thunderbird Neighbourhood Association and Artist Emily Gray.

The Artist

Emily Gray's unique style is colorful illustrative realism. Emily Gray creates dynamic compositions that allow viewers to flow through the paintings and experience art on a larger scale. With simple and effective application of paint a space or building can be transformed. The possibilities are endless and the impressions created are spectacular.

The project

This project will last until December 31, 2016. The goal of the project is to engage with residents, young and old and be part of a creative process through participation. Step 1 is public input. Let your voice and ideas be heard!

Upcoming Informational Sessions

Thunderbird Community Centre
Th 7:00-8:30pm (public) Sep 10
Fr 4:00-6:00pm (youth) Nov 6

Thunderbird Elem. School
We 5:30-6:30pm Sep 23

Beulah Gardens
Th 1:00-3:00pm Oct 1

Skeena Highrise
We 5:30-7:00pm Oct 7

FACILITY RENTALS

Are you looking for a rental space to host your next party, sports activity or meeting ?

Thunderbird Community Centre has a number of rooms for rent. Each room accommodates a different number of people and is priced accordingly. All rooms in our centre are easily accessible. Whether it is for a business meeting, family gathering, birthday party or a private gym rental, we have the perfect space for you !

For all inquiries call 604-713-1818, email us at thunderbirdcc@vancouver.ca or visit our website at thunderbirdcc.ca.

| Room | Size | Rates (Operational Hours) | Rates (Non-operation Hours) |
|--------------------------|---------|--|-----------------------------|
| Craft Room | 330 sf | \$20 /hour | \$38 /hour |
| Meeting Room | 320 sf | \$25 /hour | \$43 /hour |
| Small Activity Room | 620 sf | \$25 /hour | \$43 /hour |
| Multi-purpose Room (MPR) | 1200 sf | \$55 /hour | \$73 /hour |
| MPR + Kitchen | | \$65 /hour | \$83 /hour |
| Gymnasium | 4200 sf | \$35 /hour Minimum 2 hour rental during non-operational hours | |

Meeting Room or Activity Room

These rooms range from 320 to 620 square feet and are suitable for small functions & meetings with a capacity of approximately 15-30 people.



Craft Room

The Craft Room is a 330 square feet space suitable for small meetings and arts & crafts, with a capacity of approximately 15-30 people. There is a large sink in this room. No picture available.



Multipurpose Room

This is a bright spacious room with over 1200 square feet and a picturesque mountain view of the north shore. With a capacity of 125 people, this room is ideal for large functions, parties and gatherings. This room is also designed for dance and other activities. An attached kitchen is available for an additional \$10/hour.



Gym

The gym is suitable for sports such as ball hockey, volleyball, badminton, basketball and many other sports and activities. Some equipment is available. No food or drinks in the gym.

Monday - Friday 10:00pm-12:00 midnight
 Saturday 5:00pm-12:00 midnight
 Sunday 6:00pm-12:00 midnight

IMPORTANT INFORMATION

Refund and Transfer Policy

There is an administrative charge of \$4 applied to all refund requests & \$2 to all transfer requests (\$8 for Day Camp and \$25 Birthday Party refund requests, and \$4 for Day Camp & Birthday Party transfer requests). Refunds will only be granted before the second class unless a medical note is provided. The refund will be pro-rated after the completion of the first lesson. Refunds under \$5.00 will be issued as credits.

Program Subsidies

All programs at Thunderbird Community Centre are subsidized and the fees are set at the lowest reasonable rates. As well, the Thunderbird Board of Directors has a policy to assist those living in the Thunderbird area who cannot afford the advertised price of specific programs or activities. Please inquire at the office for further subsidy information. This support is made possible by the fundraising efforts of many.

Late Pick Up Policy

It is the responsibility of the parent/guardian to ensure that children under the age of eight are picked up as soon as their program has ended. There will be a late fee per child of \$1 each minute for a late pick up.

Leisure Access Card Program

The Vancouver Park Board Leisure Access Cards provide Vancouver residents who have limited income a reduction in fees for basic Vancouver Park Board programs and services. Applications for Leisure Access Cards are available at our front office or at vancouverparks.ca. In order for you or your family to qualify for the Leisure Access Card program, you must be a resident of Vancouver and have a family income from all sources below the income guidelines on the application form. For more information, contact the LAC office at 604-257-8497.

Missed Classes and Attendance

Many of our programs are free and have extensive waitlists. For these reasons, we may withdraw a participant from a program when they have missed three consecutive classes. This allows for another participant to have the opportunity to join the program.

Course Cancellation Policy

Please register early to avoid cancellation of programs. We need a minimum number enrolled before a class will run. Programs may be cancelled during the session due to unforeseen circumstances and instructors may change during the program session.

Parental/Guardian Responsibility

All children under the age of 8 are required to have parent/guardian (16 yrs or older) supervision, when not attending a registered program. The staff at Thunderbird are not responsible for children left unattended after programs have finished. Parents/guardians are responsible for picking up their children as soon as their programs have ended.

Personal Information Protection

In the course of providing programs and services, the Thunderbird Privacy Officer collects personal information of our members and other individuals participating in classes, workshops, projects, events or in renting the facility. This information may be used for communication purposes regarding current or upcoming events, processing payments, statistical or human resource purposes, or for the provision of programs or services. We respect the importance of protecting the personal information that we collect. For information on our privacy policies and practices or to contact our Privacy Officer, please call 604-713-1818.

Brochure Pictures

We often take pictures of participants enjoying our programs & use their pictures in publications such as this. Please let your instructor know if you do not wish to have your child's picture taken.

Free Membership

Once you enroll into a fee-based registered Thunderbird Community Centre program you automatically become a member of the Thunderbird Neighbourhood Association.

Daycare Providers

A maximum ratio of 3 children per daycare provider is permitted in our programs.

HASTINGS SUNRISE COMMUNITY POLICING CENTRE

2620 E. Hastings St., Vancouver, BC V5K 1Z6
P: 604-717-3584 E: info@hscpc.com

We are a community driven non-profit volunteer organization working in a partnership with the community and the VPD to provide leadership and services to promote a safe, healthy, and thriving community.

COMMUNITY SERVICES

| | |
|-------------------------------|--------------|
| Beulah Gardens | 604-255-7707 |
| Food Bank | 604-876-3601 |
| Frog Hollow N.H. | 604-251-1225 |
| Renfrew Public Library | 604-257-8705 |
| Skeena Terrace Family Unit | |
| - at the Hut | 604-255-0021 |
| Thunderbird Elementary School | 604-713-4611 |

Ministry of Children & Families
Daycare Office (through Ministry) 604-660-9048

Law Students' Legal Advice Program

Interested public are directed to access the website or call the number, listed below, or pick up a flyer at the Thunderbird front desk.

Monday evenings from 6:30-8:30pm
Dates: Sep 21, Oct 5 & 19
Nov 2 & 16

Website

Islap.bc.ca or 604-822-5791



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WWW.IRISFILMCOLLECTIVE.COM
OR
WWW.IRISFIELDHOUSE.TUMBLR.COM

Birthday Party

Relax and enjoy your birthday party at
Thunderbird Community Centre!

We will provide you with the space and fun equipment to make your party exciting!
Select from one of our options to make your party more exciting!

Email us at Thunderbird.Party@Vancouver.ca for more information.

Book early to avoid disappointment! Call us at 604-713-1818 to check for availability or visit our front office to make a reservation. We do not take reservations or hold spots over the phone or email.

Go online to see pictures of our packages!
www.ThunderbirdCC.ca



Parent & Tot Gym Package \$99

Access to a small party room (Games Room) and join Parent & Tot Drop-in Gym (public gym) which includes a large bouncy castle, plasma cars, bouncy toys and other play equipment for children 0-5 years old. Maximum 12 children and total 30 guests.

Saturdays 12:00-2:00pm



MultiPurpose Room Package \$169

All the fun is packed in the Large Multi-Purpose Party Room! A small bouncy castle, plasma cars, bouncy toys and many other play equipment is built in to the party room. Suitable for approximately 15 children. Maximum 50 people.

Saturdays 11:30am-1:30pm, 2:30-4:30pm, 5:30-7:30pm

Small Room + Gym \$139

A Small Activity Party Room and a fun indoor gym playground is provided. Our Gym includes a large bouncy castle, plasma cars, bouncy toys, soft blocks, sports equipment and much more, designed for all ages from tots to adults. Maximum of 35 people.

Sundays 10:00am-12:00pm, 12:30-2:30pm, 3:15-5:15pm

Family & Games Room + Gym \$189

The Family Room is furnished with preschool toys and tables, and the Games Room is equipped with a pool table, foosball table & computers full of games! Our Gym includes a large bouncy castle, plasma cars, bouncy toys, soft blocks, sports equipment and much more, designed for all ages from tots to adults. Maximum 50 people.

Sundays 10:00am-12:00pm, 12:30-2:30pm, 3:15-5:15pm

MultiPurpose Room + Gym \$189

A Large Party Room and a fun indoor Gym playground is provided. Our Gym includes a large bouncy castle, plasma cars, bouncy toys, soft blocks, sports equipment and much more, designed for all ages from tots to adults. This option can accommodate parties of all ages. Maximum 100 people.

Sundays 11:15am-1:15pm, 2:00-4:00pm, 4:30-6:30pm

Extra Add-on Services

| | |
|-------------------------------|-----------------------------------|
| Balloon Twisting | +\$35 (15 kids) / +\$55 (30 kids) |
| Face Painting | +\$25 (15 kids) / +\$35 (30 kids) |
| Button Making (2 buttons/kid) | +\$20 (15 kids) / +\$30 (30 kids) |
| Photobooth | +\$75 (personalized frames) |
| Carnival Package | +\$95 (includes all 3 below) |
| 1. Cotton Candy | +\$45 |
| 2. Snow Cone | +\$35 |
| 3. Popcorn | +\$25 |





New Vancouver Park Board Online Registration and Reservation System

Vancouver is upgrading its registration and reservation system for recreation programs across the city. The system will be live as of July 28, 2015 in advance of the fall registration dates.

Go to recreation.vancouver.ca to:

- Create or update your profile
- Purchase and renew passes
- Check your pass expiry date
- Register for programs
- Create a wish list of upcoming programs
- Submit your request for a room rental

Do you currently have an online account?

It will be automatically transferred over to the new system.

You will need to reset your password, so as of July 28, go to:

- recreation.vancouver.ca
- Click “Sign In”, select “Forget your password?” and follow the steps to get your new password.
- Login with your email address and confirm your account information is correct.

Never registered online before? Go to:

- recreation.vancouver.ca
- Click “Sign In” or “Create an Account” to set up your profile and password before registration opens for fall programs.

The system has been piloted in several recreation centres and users tell us that it is easy to navigate and people like it. In future phases we'll introduce new digital features for smartphone and tablet users.

