



THUNDERBIRD COMMUNITY CENTRE FALL 2024 RECREATION GUIDE



FALL REGISTRATION BEGINS:
Catchment: Tue, Aug 6 | Public: Tue, Aug 20

2311 Cassiar Street, Vancouver, BC, V5M 3X3 | 604-713-1818 | thunderbirdcc@vancouver.ca | www.thunderbirdcc.ca

Jointly operated by the Thunderbird Neighbourhood Association and the Vancouver Board of Parks & Recreation





THUNDERBIRD NEIGHBOURHOOD ASSOCIATION

MISSION STATEMENT

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

TNA BOARD

Executive Directors

President..... Joan Poon
Vice-President..... Ken Costea
Secretary..... TBD
Treasurer..... Tiffany Gu

Directors at Large

Samuel Ho, David La Vallee, Sophie Luk, Benny Mah, Sandra Marino

Program Committee

David Ince, David La Vallee, Iraj Khabazian, Tina Panella, Jessica Wong

MEMBERSHIP

Membership in the Society is free to everyone who registers for a program or event, or purchases a Fitness Centre monthly pass at Thunderbird Community Centre. Parents or guardians who register their children for programs/events, Fitness Centre passes at Thunderbird CC automatically become members in the Society. Registered memberships expire each year on December 31.

AGM Participation Membership: Any person over 16 years old who is a member or pays the prescribed AGM Participation Fee, 30 calendar days prior to the AGM, can vote at our AGM. This membership is valid from Jan 1 to Dec 31.

PROGRAM REGISTRATION

Program registration is on a first come first served basis. We accept cash, debit or credit cards. Please keep receipts for tax purposes. There will be a \$1 charge for each duplicate receipt.

REFUND & TRANSFER POLICY

Programs may be cancelled and instructors may change during the season due to unforeseen circumstances. Refunds under \$5 will be issued as credit.

Regular Programs – per person/per course

- 2 days before the 2nd scheduled class for a prorated refund
- Refunds are subject to \$4 fee
- Transfers are subject to a \$2 fee

Refund for one or two-day programs and out-trips must be requested 48 business hours in advance unless otherwise noted. Business days are deemed Mon-Fri.

Day Camps (per child/per week)

- 7 days prior to the start date
- Refunds are subject to \$8 fee
- Transfers are subject to a \$4 fee

Birthday Parties

- 7 days before prior to the party date
- Refunds are subject to \$25 fee
- Transfers are subject to a \$4 fee

MISSED CLASSES & ATTENDANCE

Many of our programs are free or subsidized, and may 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.

NSF CHEQUES

\$35 admin fee for each returned cheque.

LEISURE ACCESS PROGRAM

The Vancouver Park Board Leisure Access Program 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 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. We do not retroactively apply LAP discounts – you must be active in the program at the time of registration. For more information, contact the front office, visit www.vancouver.ca/leisureaccess, or email lap@vancouver.ca.

SUBSIDIES AVAILABLE

All programs at Thunderbird are subsidized and the fees are set at the lowest reasonable rates. However, 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. This support is made possible by the fundraising efforts of many. Please email the Recreation Programmer or inquire at the front office for further subsidy information.

SAFE ACCESS FOR EVERYONE

We are committed to creating welcoming parks and recreation services for all. We ask that our patrons treat each other and staff with dignity and respect.

PRIVACY POLICY

Any personal information you provide to us is collected, used and disclosed in accordance with the Freedom of Information & Protection of Privacy Act (FOIPPA) and/or the Personal Information Protection Act (PIPA). The information will only be used for the purpose of administering recreation programs, informing you of our services and benefits and for statistical purposes.

Thunderbird Community Centre is situated on the unceded traditional territories of the xʷməθkʷəyəm (Musqueam), Skwxwú7mesh (Squamish), and səliwətaʔ (Tsilil-Waututh) Nations.

HOURS OF OPERATION

Mon-Fri 9:00 am-9:00 pm
 Sat. 9:00 am-5:00 pm*
 Sun Closed
 Sep 3 3:30 pm-7:30 pm
 Sep 30/Oct 14/Nov 11 Closed
 Dec 22-Jan 5 Closed
 Fitness Centre: Closes 10 minutes before building closure
 * Office closes at 4:30 pm

REGISTRATION

In-Person at 2311 Cassiar St.

Catchment*: Tue, Aug 6, 9 am
 Public: Tue, Aug 20, 9 am

**Catchment registration is in person only. Must bring proof of address. You may only register for yourself or immediate family.*

Online at vanrec.ca

Starting Tue, Aug 20 at 9 am

Phone us at 604-713-1818

Starting Tue, Aug 20 at 12 pm, and then during regular office hours.

CATCHMENT

Catchment residents live between the north side of Grandview Hwy to the south side of East 1st Ave and the east side of Renfrew Street to the west side of Boundary Road.

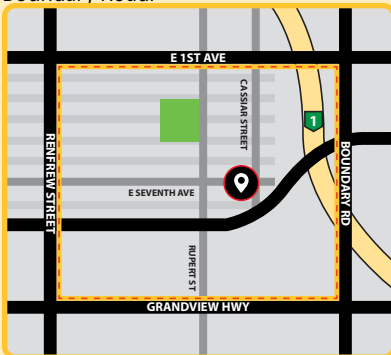


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MEET THE STAFF

Community Youth Worker..... Priya Brar	Recreation Facility Clerk Aimée Mergaert
Family & Senior Worker Lorraine Chow	Recreation Programmer Gabrio Mannucci
Out of School Care Supervisor . . . Kristine Wong	Recreation Supervisor Eric Yu
Preschool Supervisor. . . Andrea Clark Geraghty	

ANNUAL GENERAL MEETING

Join members of your community at the AGM for Thunderbird Neighbourhood Association.

Saturday, November 21, 2024 11 am-12 pm

A light lunch will be served for participants of the meeting.

Please register in Activity #514919 if you intend to join the meeting.

You are a member of the Association if you have registered for an activity with a fee greater than \$5, purchased a Thunderbird Fitness Centre pass, or register in the AGM participation fee prior to October 21. Each member is entitled to vote for Board of Director members, if voting is necessary.

Did you know that the Thunderbird Neighbourhood Association is run by a volunteer Board of Directors? We are looking for members! If you are interested, please e-mail a short description of your community interests and any other relevant experience to thunderbirdcc@vancouver.ca prior to October 1. Past experience in teaching, fundraising, promotions, legal work, finance or administration, etc. is an asset.

Please note that the TNA's conflict of interest policy precludes staff, instructors, and employees of the Vancouver Park Board and Association from serving on the TNA Board of Directors.

Thunderbird



604-713-1827 · thunderbird.preschool@vancouver.ca

Our long-running, licensed, and inclusive preschool provides a warm, caring, multicultural environment for 3-5 year olds. All teachers are experienced and certified Special Needs Early Childhood Educators.

Now accepting waitlist applications for September 2025.

Please email thunderbird.preschool@vancouver.ca to be added to the waitlist. AFFORDABLE CHILD CARE BENEFITS available. Contact Andrea for more information.

Thunderbird Preschool is now a \$10 a day child care centre.
(Preschool is only \$7 a day)

Thunderbird Preschool follows the "Get Set for School®" curriculum to prepare our Pre-K's for Kindergarten. For more info: www.lwtears.com

Morning Preschool (3-5 yrs old)

Monday to Friday 9:00am - 11:45am (2.75 hours)
FEES: \$140/month

Afternoon Preschool (3-5 yrs old)

Monday to Thursday 12:15pm - 3:00pm (2.75 hours)
FEES: \$112/month



Meet the Staff

Andrea Geraghty, Supervisor

Andrea has been a preschool teacher at Thunderbird Community Centre for over 30 years. She was ECE trained at Kwantlan University College & completed her Special Needs training at Langara College.

Marina Lee, Special Needs Teacher

Marina is returning for her 7th year at Thunderbird. She received her ECE, Special Needs and Infant/ Toddler Diploma from Langara College. She also has a BASc from UBC.

Danielle Perea, Special Needs Teacher

This will be Danielle 2nd year at the Preschool. Danielle completed her ECE Degree at Capilano University, with her ECE, Special Needs & Infant Toddler certification.

Kim Nguyen, Child Care Assistant

Kim has been a support teacher at TBird for several years and has now transitioned to our Child Care Assistant. Kim received her ECE Assistant Certificate from CAPU.

Thunderbird Out of School Care

For more information, contact Kristine at 604-713-1830 or Email: tbirdosc@gmail.com



Our hours are 7:30 – 9:00am & 3:00 - 6:00pm on school days and 8:00am – 5:30pm on full days.

Our program offers 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, safe and inclusive experience through social, recreational & physical activities.

Breakfast and after school snacks are provided daily and lunch is provided on full days.

Program Cost: Before and After School Care \$200/month





Community Action Programs for Children (CAPC)

CAPC Programs 0-6yrs 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 that concern families and work together to develop programs, share resources & plan special events. Childcare, and lunch are provided to ensure that the meeting is accessible. If you have a child 0-6 years old and would like to join the F.A.S.T., email Lorraine at lorraine.chow@vancouver.ca.

F.A.S.T. Meeting

Instructor: Lorraine

If you have a child 0-6 years old and would like to join the F.A.S.T. please email Lorraine at lorraine.chow@vancouver.ca for more information.

W	12:15 pm-2:15 pm	Free
Sep 11	Frog Hollow NH	
Oct 9	Thunderbird CC	
Nov 13	Collingwood NH	
Dec 11	Kiwassa NH	

Books For Me

0-6 yrs • Instructor: Lorraine

Books For Me runs one Monday a month with hundreds of new and gently used books for preschoolers on display. Each family member may choose one book to take home and keep as their own.

M	10:00 am-11:00 pm	Free
Sep 23, Oct 21, Nov 18 & Dec 9		



Thundertots

1-4 yrs • Instructor: Ronnie

What is Physical Literacy? Join us Friday afternoons with your 1-4 year olds and together you will explore motivation and confidence, physical competence, knowledge and understanding for engagement of physical activities for life. Parent participation is required.

F	Sep 13-Dec 6	12:30 pm-1:30 pm	Free
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Family Drop In

0-6 yrs • Instructor: Clara, Ronnie

Calling all parents with little ones for a variety of fun activities in the family drop-in. Educational toys, crafts and books are geared towards making learning fun. Parents have the opportunity to socialize and share information with each other. No program Sep 30, Oct 14 & Nov 11.

M W F	Sep 9-Dec 13	10:00 am-1:00 pm	Free
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Family Drop-in & Grandma's Kitchen

0-6 yrs • Instructor: Clara, Ronnie

Located in the multi-purpose room, this program offers activities that foster both fine and gross motor skills. There are occasional visits from the librarian, the health nurse and student nurses who can answer questions, share resources and make referrals. Join us for a multi-cultural lunch, led by grandparents in the community.

Th	Sep 12-Dec 05	10:00 am-1:00 pm	Free
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Saturday Family Fun

0-6 yrs • Instructor: Kim

This program offers families with young children an opportunity to participate in a variety of fun activities, arts and crafts and time to socialize with other parents. Free

Sa	Sep 14-Dec 14	10:00 am-1:00 pm	Free
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Parenting Workshops/ Services

We offer 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.

Thunderbird Catchment Christmas Dinner

Instructor: Non-Instructional

Join us for a delicious turkey dinner and enjoy a variety of your favourite holiday tunes as you share a meal with others. This event is open to our catchment only and you must register in person at Thunderbird. Registration starts on Dec 5. Proof of address is required.

W	5:30 pm-7:00 pm
513654	\$3/Adult \$2/13-18yrs
	\$2/3-12yrs free/0-2yrs



Daycare Providers: A max of 3 children per daycare provider is permitted in our programs.

PRESCHOOL & CHILDREN | Program Schedule

PRESCHOOL & CHILDREN PROGRAMS					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MCKids Minecraft 8-12 yrs 3:30pm-4:30pm	Active Hip Hop 9-17 yrs 3:45pm-4:45pm	Tiny Tigers Taekwondo 4-6 yrs 3:30pm-4:15pm	Mixed Media III 6-12 yrs 3:30pm-4:45pm	Thundertots 1-4 yrs 12:30pm-1:30pm	Outdoor Soccer 1.5-12 yrs 9:00am-11:40am
Head Start Math – K 5-6 yrs 3:30pm-4:45pm	Dreamcatcher Making 8-18 yrs 4:00pm-5:00pm	Young Phonics - K 5-6 yrs 3:30pm-4:45pm	Ukulele Lessons 5-18 yrs 3:30pm-7:00pm	Chinese Calligraphy 6-13 yrs 3:30pm-5:00pm	My First Dance Class 2-4 yrs 9:30am-10:00am
Drum/Guitar Lessons 5-18 yrs 3:30pm-8:40pm	Piano Lessons 5-18 yrs 4:00pm-8:00pm	Mixed Media I 6-12 yrs 3:30pm-4:45pm	Yoga for Kids 6-13 yrs 4:00pm-5:00pm	Chess for Kids 7-13 yrs 3:30pm-5:00pm	Piano Lessons 5-18 yrs 9:30am-3:00pm
Mandarin Basic Beginner 6-13 yrs 3:30pm-5:30pm	Dungeons & Dragons 11-14 yrs 4:15pm-6:15pm	Little Lions Taekwondo 7-12 yrs 4:20pm-5:20pm	Graphic Design Studio 9-13 yrs 4:30pm-5:30pm	Head Start Math Gr. 2 7-8 yrs 3:30pm-5:00pm	Mandarin Basic Beginner to Advanced 6-13 yrs 9:50am-1:00pm
Krafty Kids 7-12 yrs 4:00pm-5:00pm	Active Jazz Funk, Pop Dance, & K-Pop 6-13 yrs 4:50pm-5:50pm	Young Phonics Gr. 1 6-7 yrs 4:45pm-6:00pm	Painting & Drawing 6-12 yrs 5:00pm-6:15pm	Piano Lesson 5-18 yrs 3:30pm-6:00pm	Little Ballerinas 3-5 yrs 10:15am-11:00am
Taekwondo Beginner 6-18 yrs 4:35pm-5:35pm	Basketball 6-8 yrs 5:00pm-6:00pm	Soccer 6-8 yrs 5:00pm-6:00pm	Karate 7-18 yrs 5:45pm-7:00pm	Drum/Guitar Lessons 5-18 yrs 3:30pm-8:40pm	Hip Hop Breakers 3-5 yrs 11:05am-11:50am
Head Start Math Gr. 1 6-7 yrs 4:45pm-6:00pm	Active Dance Sing Fun! 8-16 yrs 5:45pm-7:00pm	Painting & Drawing 6-12 yrs 5:00pm-6:15p		Rhythmic Gymnastics 4-6 yrs 4:15pm-5:00pm	Mini Chefs 6-8 yrs 11:30pm-12:30pm
Taekwondo White to Green Belt 6-18 yrs 5:00pm-6:00pm	Basketball 9-12 yrs 6:05pm-7:05pm	Piano Lessons 5-18 yrs 5:00pm-8:00pm		Rhythmic Gymnastics 7-12 yrs 5:00pm-6:00pm	Hip Hop Jazz 6-11 yrs 11:55am-12:55pm
Indoor Tennis 7.5-10 yrs 5:00pm-6:00pm		Swim & Skate 8-12 yrs 5:00pm-9:00pm		Game Design Programming 9-13 yrs 5:15pm-7:05pm	STEM It 5-8 yrs 12:30pm-1:30pm
Indoor Tennis 11-14 yrs 6:00pm-7:00pm		Soccer 9-12 yrs 6:00pm-7:00pm			Python Through Games 9-12 yrs 1:00pm-3:00pm
<p>Register early! Classes will get cancelled if we do not meet minimum numbers of participants. Please note: schedule is subject to change due to instructor availability and enrolment numbers.</p> <p>Legend: ● Arts/Music ● Dance ● Educational ● Sports</p>					123, ABCs 4-6 yrs 1:45pm-2:45pm
					Chess Lessons 6-12 yrs 2:00pm-3:10pm
					Violin lessons 5-18 yrs 2:30pm-5:00pm
					Chess lessons 8-16 yrs 3:20pm-4:30pm

PARENT/GUARDIAN RESPONSIBILITY

All children under the age of 10 are required to have parent/guardian (16 years 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.

DURING THE CLASS

We kindly ask all parents/caregivers to wait outside the program space during their child's participation.

PHOTOS/VIDEOS

For the safety and privacy of all participants, please refrain from taking photos and videos of the class. Should Thunderbird CC staff take photos of the class, you will be asked to sign a consent form. Photos taken by staff may be used for the purposes of promotion, including in our Recreation Guides, website and social media.

SUPPORTED PARTICIPANTS

Participants that require additional support (i.e. support worker) during the program are welcome but the support worker must have a valid Police Information Check on file. Please speak with the Recreation Programmer for additional information.

LATE PICK UP POLICY

It is the responsibility of the parent/guardian to ensure that children under the age of 10 are picked up as soon as the program has ended. There will be a late fee of \$2 each minute per child for late pick up.

PRESCHOOL

Dance

NEW! My First Dance Class
2-4 yrs • Instructor: Endorphin Rush

An introduction to creative dance. Aspiring little dancers, along with their guardians, will use songs, movement explorations and games to explore coordination, rhythm, spatial awareness and cooperation. This class for the youngest of dancers to experience a playful class with the support of their parents/guardian present. Parent/guardian participation is required. www.KirbySnellDance.com

Sa Sep 14-Oct 26 9:30 am-10:10 am
 517758 \$45.50/7 sess
 Sa Nov 2-Dec 14 9:30 am-10:10 am
 517768 \$45.50/7 sess

Little Ballerinas

3-5 yrs • Instructor: Endorphin Rush

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. There will be a presentation for parents/families on the last day of class. www.KirbySnellDance.com.

Sa Sep 14-Oct 26 10:15 am-11:00 am
 517752 \$45.50/7 sess
 Sa Nov 2-Dec 14 10:15 am-11:00 am
 517769 \$45.50/7 sess



Hip Hop Breakers

3-5 yrs • Instructor: Endorphin Rush

Calling all boys and girls! Let's move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Through the season we will work on a choreographed dance. Get ready to cheer with gusto! Please bring a filled water bottle each day. www.KirbySnellDance.com.

Sa Sep 14-Oct 26 11:05 am-11:50 am
 517750 \$45.50/7 sess
 Sa Nov 2-Dec 14 11:05 am-11:50 am
 517771 \$45.50/7 sess



Rhythmic Gymnastics

4-6 yrs • Instructor: Olympia Rhythmic

Come and join our Rhythmic Gymnastics program in a fun, recreational format! Rhythmic Gymnastics is a beautiful combination of Ballet and Gymnastics, along with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon.

F Sep 20-Dec 13 4:15 pm-5:00 pm
 519330 \$130/13 sess

SOMETIMES GREAT CLASSES ARE CANCELLED

Don't wait until the last minute to register...or you may be disappointed to hear that the class was cancelled. Program decisions to run or cancel a program are generally made 3-5 days prior to the start date. Programs are cancelled or postponed if there are not enough registered participants.

Educational

123, ABCs

4-6 yrs • Instructor: Monica

123, ABCs, an introductory class to basic phonics and math. Learn to print, recognize and sound out letters and numbers using a variety of activities such as art, games and so much more.

Sa Sep 21-Dec 14 1:45 pm-2:45 pm
518764 \$65/13 sess

Martial Arts

Tiny Tigers Taekwondo

4-6 yrs • Instructor: Master Siddhartha Bhat, 4th Degree Black Belt

Discover the world of Taekwondo with our tailored program for 4-6 year olds! Focused on building confidence, balance, coordination and discipline, our classes provide a fun and supportive environment. Join us on a journey of growth, self-discovery, and exciting activities that instill essential life values in your little ones. Participants under 19 years of age must sign a Park Board waiver prior to participating.

W Sep 18-Dec 11 3:30 pm-4:15 pm
519269 \$84.50/13 sess

Sports

Outdoor Soccer

Instructor: Marvin

It's important to always have fun! Using child-friendly soccer equipment and basic soccer drills, your child will indulge in the sport of soccer, learning the basics of dribbling, passing, kicking & shooting. Our qualified staff will create a safe and fun environment for all learning abilities. This program is a great introduction to the sport of soccer for your little one. Meet your coach by the Sunrise Community Association Hall by Windermere St and 4th Ave. Parent/guardian participation is required.

1.5-3.5 yrs

Sa Sep 7-Nov 2 9:00 am-9:45 am
517264 \$81/9 sess

3.5-5 yrs

Sa Sep 7-Nov 2 9:50 am-10:35 am
517265 \$81/9 sess



Parent and Tot Gym

6 mths-6 yrs • Parent Participation

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. Organized birthday parties are not allowed during our parent & tot gym program. TSBC license #LAM0200026

Sa Sep 14-Dec 14 9:30 am-11:00 am
519360 \$2/child

Social

Dungeons and Dragons

11-14 yrs • Instructor: Wake

Dungeons & Dragons is an interactive fantasy-themed storytelling game where you get to roll dice and play as a character of your own creation! Come join our party of adventurers as you advance through a fun campaign where your choices influence the flow of the story. This will be a beginner-friendly experience to D&D, but players with an advanced understanding of the game are also welcome. We hope to see you there!

Tu Sep 17-Dec 10 4:15 pm-6:15 pm
517694 \$91/13 ses

Creative Arts

NEW! Chinese Calligraphy for Kids

6-13 yrs • Instructor: Tony

Connect with traditional Chinese culture by painting Chinese characters and motifs. During the course, participants will learn to write with a brush pen. Master regular strokes, character and even a little Chinese cursive writing. There will be many interesting practical tasks and workshops. This program can add another art dimension to your child. They will become interested in the quality of their writing by hand, and the history of Chinese culture. Internationally recognized calligrapher Tony Du takes children from their first strokes to writing artworks, opening a window into the fascinating history of Chinese characters. Children will develop a solid foundation in Chinese calligraphy from this program.

F Sep 20-Dec 13 3:30 pm-5:00 pm
522862 \$97.50/13 ses



We thank the BC government for our Gaming Grant, which allows TNA to provide low-cost and accessible recreational programs for community members.

NEW! Dreamcatcher Making

8-18 yrs • Instructor: Lucy

Lucy Brown, originally from Gitxaala (Kitkatla), BC, belongs to the Gisbuutwada tribe, known as Killer Whale. Her native name, Sagagyemk, means "Sunshine." Lucy moved to Vancouver 20 years ago with a vision of creating a better life for her family. Her journey from a small reserve in British Columbia to urban Vancouver reflects her commitment to nurturing her cultural heritage while embracing new opportunities. Dreamcatchers are not just beautiful crafts but also carry cultural significance. In this program, Lucy will teach students the art of making dreamcatchers while exploring the stories and traditions behind them. Participants will learn crafting skills, unleash their creativity, and take home their personalized dreamcatcher. All materials are included.

Tu Sep 17-Dec 10 4:00 pm-5:00 pm
522870 \$71.50/13 ses

NEW! Mixed Media I

6-12 yrs • Instructor: Rosamunde

In this mixed media class, we will explore the basics of art through fun and engaging projects and a range of materials and processes. Children will learn to use various mediums and methods including collage, papier-maché, weaving. Each class we explore something new. This is a great class for introducing young artists to a range of artmaking materials and techniques that supports creative and independent thinking and expression. The instructor will teach to each student's individual skill level. Dress for mess!

W Sep 18-Dec 11 3:30 pm-4:45 pm
523008 \$91/13 ses

NEW! Mixed Media III

6-12 yrs • Instructor: Rosamunde

Children will build on the skills we explored in the previous mixed media classes with projects using collage, papier-maché, painting, stamps, mosaics, fibre arts and more. Dress for mess!

Th Sep 19-Dec 12 3:30 pm-4:45 pm
523009 \$91/13 ses

NEW! Krafty Kids

7-12 yrs • Instructor: Kyra

7-12 yrs • Instructor: Kyra

In this class, students will strengthen their unique independent artistic skills using a variety of mediums, such as watercolour, textiles, clay, acrylics, scrapbooking, jewelry and many more! Every session is filled with fun creativity, and the chance to make your own imaginative creations. Join us to explore a vast world of colours, shapes, and endless crafty possibilities! No class on Sep 30, Oct 14 and Nov 11.

M Sep 9-Dec 9 4:00 pm-5:00 pm
523550 \$66/11 ses



NEW! Painting and Drawing

6-12 yrs • Instructor: Rosamunde

In this class, we'll use a variety of materials such as charcoal, pastels, acrylics, gouache, watercolor, pen, and ink. This class balances fun and development. Kids are encouraged to make their own creative choices, allowing them to express themselves, and we will also be learning new skills using demonstrations and art history to learn to draw and paint from still life or a photograph. Dress for mess!

W Sep 18-Dec 11 5:00 pm-6:15 pm
523011 \$91/13 ses

Th Sep 19-Dec 12 5:00 pm-6:15 pm
523010 \$91/13 ses

Computer Programs

MCKids Minecraft

8-12 yrs • Instructor: Anna

Optimize your child's social-emotional skills while we explore hands-on weekly lessons connecting learning in Science, History, Engineering, Math and pre-programming learning. Collaborate with students in the room, and at home, on quests and in-game activities. Practice keyboarding skills and learn more about the tools that can help us do amazingly creative things in our Java edition, Minecraft game. Get to know the MCKids community and how we play together through informed, regulated behavior and healthy conduct. No class Sep 30, Oct 14 and Nov 11.

M Sep 16-Dec 9 3:30 pm-4:30 pm
519253 \$90/10 sess

Intro to Programming with Game Design

9-13 yrs • Instructor: Tai

Using Python, students will learn the basics of game design and computer programming, while creating their own game. Students will have time to apply their creativity to make their own game or computer program.

F Sep 20-Dec 13 5:15 pm-7:00 pm
522866 \$104/13 sess

Learn the Basics of Python Through Minigames

9-13 yrs • Instructor: Alexander

Using Python, students will continue to learn the basics of game development and gain the skills necessary to create their own video games by themselves through short projects we'll be working on every week based on games students have found enjoyable. No prior coding knowledge is required, however, familiarity with basic typing is recommended.

Sa Sep 21-Dec 14 1:00 pm-3:00 pm
517259 \$104/13 sess



NEW! Graphic Design Studio

9-13 yrs • Instructor: Selina

Learn essential graphic design skills through fun projects that spark creativity and imagination! We will be diving into the basics of typography, collaging, textures, and more! Students will be able to learn about the basics of graphic design and create their own digital portfolio to showcase their work. No previous experience is required. Please bring your USB drive. No class on Oct 31.

Th Sep 26-Nov 21 4:30 pm-5:30 pm
524241 \$48/8 sess

Educational

Young-Commander Chess-Novice/Starter

6-13 yrs • Instructor: Joe

As school academics in a game, playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Joining in this Sherlock-Holmes-world of tactics and strategies, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armor commander (leader) self-image whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. Chess folder kit included. Novice (Starter): anyone new or with limited knowledge of art-of-chess basics. No class on Oct 12 and Nov 9.

Sa Sep 14-Dec 14 2:00 pm-3:10 pm
517103 \$96/12 sess

Sa Sep 14-Dec 14 3:20 pm-4:30 pm
517104 \$96/12 sess

Chess for Kids

7-13 yrs • Instructor: Tai

Children will learn the basic strategy behind Chess and become a better player. There is correlation between skills in Chess and intelligence, and your child will learn skills like visualization and spatial awareness that can be applied to subjects like math and science. This course is fine for those who've never played Chess along with those who consider themselves beginners or intermediates in the game. Each class will consist of a lesson along with some time to play chess with the other students.

F Sep 20-Dec 13 3:30 pm-5:00 pm
519321 \$91/13 sess

Mandarin Basic - Beginner

6-13 yrs • Instructor: Vicky

At this level, you learn the fundamentals of Chinese. We will focus on vocabulary building, counting and simple dialogues and tonal. Children also learn to write Chinese characters and sing the songs. No class on Oct 12, Oct 19 and Nov 23.

Sa Sep 14-Dec 14 12:00 pm-1:00 pm
517719 \$71.50/11 sess

Mandarin Basic Intermediate & Advanced

Instructor: Vicky

For all the returning students or those with some experience. No class on Mon, Sep 30, Oct 14 and Nov 11. No class on Sat, Oct 12, Oct 19 and Nov 23.

6-8 yrs - Intermediate

M Sep 9-Dec 9 3:30 pm-4:30 pm
517721 \$71.50/11 sess

9-13 yrs - Intermediate

M Sep 9-Dec 9 4:35 pm-5:35 pm
517722 \$71.50/11 sess

Sa Sep 14-Dec 14 9:50 am-10:50 am
517720 \$71.50/11 sess

6-13 yrs - Advanced

Sa Sep 14-Dec 14 10:55 am-11:55 am
517723 \$71.50/11 sess

Head Start Math - K

5-6 yrs • Instructor: Clara

Students will review and practice counting from 1 - 20. They will learn to spell the numbers and write the numerals in sequence. Students will also be introduced to basic math equations involving addition and subtraction within 10. They will learn to recognize and continue patterns and compare numbers, sizes, and shapes. No class Sep 30, Oct 14 and Nov 11.

M Sep 9-Dec 9 3:30 pm-4:45 pm
517247 \$60.50/11 sess

Head Start Math - Gr. 1

6-7 yrs • Instructor: Clara

Grade 1 students will review and work within numbers to 100. They will explore and practice skip counting and comparing numbers. They will also learn place values, addition and subtraction within 100, and measurement. No class on Sep 30, Oct 14 and Nov 11.

M Sep 9-Dec 9 4:45 pm-6:00 pm
517246 \$60.50/11 sess

Head Start Math - Gr 2

7-8 yrs • Instructor: Clara

Grade 2 students will review and work within numbers to 1000. They will explore and practice comparing numbers and solving word problems. They will also learn place values to 1000, addition and subtraction with regrouping, mixed operations, and data analysis.

F Sep 20-Dec 13 3:30 pm-5:00 pm
517245 \$71.50/13 sess



Mini Chefs

6-8 yrs • Instructor: Lucy

Join us at Mini Chefs and discover how to create a variety of delicious foods and snacks every week. Please bring a reusable container to each class. No class on Oct 12, Oct 19 and Nov 23.

Sa Sep 21-Dec 14 12:45 pm-1:45 pm
517352 \$60/10 sess

Sa Sep 21-Dec 14 11:30 am-12:30 pm
517353 \$60/10 sess

STEM It

5-8 yrs • Instructor: Monica

Are you a creative problem solver? Aspiring mad scientist? Or mathematician? Then this program is for you! STEM stands for Science, Technology, Engineering, and Math. Together, we will solve problems using science methods.

Sa Sep 21-Dec 14 12:30 pm-1:30 pm
518765 \$65/13 sess

Young Phonics - K

5-6 yrs • Instructor: Clara

Students will review and practice ABC's at a pace of one letter a week. They will be given opportunities to write and say the letter names. At Circle Time, students will connect and apply their alphabet learning through songs, games, and activities. Students will also learn the letter sounds and build recognition of beginning, middle, and end sounds. They will also be introduced to sight words and begin basic sentence writing.

W Sep 18-Dec 11 3:30 pm-4:45 pm
517249 \$71.50/13 sess

Young Phonics - Gr. 1

6-7 yrs • Instructor: Clara

Students will review and practice consonant sounds and short and long vowel sounds. Through stories, activities, and worksheets, students will learn to read sight words and decipher new words using phonics. Students will also practice forming and writing sentences. They will also be introduced to basic sentence grammar including the parts of speech.

W Sep 18-Dec 11 4:45 pm-6:00 pm
517248 \$71.50/13 sess



Red Cross Babysitting

11-16 yrs • Instructor: First Aid Hero

So, you want to be a babysitter? Do you or your parents want to feel confident knowing you are responsible and able to care for others on your own? Course Content: Responsibility and leadership skills, Decision making and behaviour management, Child developmental strategies, Practical skills: feeding, diapering and dressing, Safety awareness and prevention, First Aid for babysitters, Business of babysitting. Please bring a nut-free lunch and medium doll/teddy to practice on.

Sa Sep 21 9:00 am-5:00 pm
519344 \$68/person

Red Cross Stay Safe!

9-13 yrs • Instructor: First Aid Hero

Do you or your parents want to feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation? This workshop involves First Aid, Active role-play and Interactive fun! Course Content: Responsibility and respect while being accountable for yourself, Importance of safety rules, Home and community safety, Handling unexpected situations, Basic First Aid skills (Check-Call-Care, recovery position, conscious choking (adult/child/alone), Asthma, Anaphylaxis and use of Epipen Auto-Injector, poisoning, wound care). Please bring a nut-free lunch for the day.

Sa Oct 19 9:00 am-3:00 pm
519345 \$68/person



We thank the BC government for our Gaming Grant, which allows TNA to provide low-cost and accessible recreational programs for community members.

Day Camps

Pro D Day Camp

6-12 yrs • Instructor: TBA

Join our fun leaders in a day full of action, play and interesting activities.

F	Sep 20	9:00 am-3:30 pm
519117		\$27.50/person
F	Oct 25	9:00 am-3:30 pm
519135		\$27.50/person
F	Nov 22	9:00 am-3:30 pm
519141		\$27.50/person

Dance

Active Hip Hop, Dance, Stretch & Strength

6-13 yrs • Instructor: ILLUMA Studio

Come dance to hip hop music for cardio training! Then through proper breathing, strengthening, and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Having learned the proper techniques, our goal is for the student to have better physical awareness, stronger core muscles, increase flexibility and stand tall with confidence. Maybe you'll even achieve your splits and back bends in this class! No previous experience required. Dress: dry indoor shoes with non-marking soles preferred, comfortable sports clothing & face covering (as needed). Bring your water bottle! FB/IG @ illumastudio. Drop in \$10, space permitting. No class on Oct 15.

Tu	Sep 17-Dec 10	3:45 pm-4:45 pm
519420		\$96/12 sess

Hip Hop Jazz

6-11 yrs • Instructor: Endorphin Rush

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. Please bring a filled water bottle each day. www.KirbySnellDance.com.

Sa	Sep 14-Oct 26	11:55 am-12:55 pm
517751		\$52.50/7 sess
Sa	Nov 2-Dec 14	11:55 am-12:55 pm
517772		\$52.50/7 sess

Active Jazz Funk and Pop Dance & KPOP Sampler

6-13 yrs • Instructor: ILLUMA Studio

Come experience high dynamics cardio dance and Jazz Funk and Hip Hop fundamentals while vibing to Korean and Asian Pop Music! Dancers will refine their technique through choreography, strengthening, footwork, isolations, stretches and more! Learn teamwork while supporting classmates, have fun, and rise to a new challenge. We recommend taking our dance training or Musical Theatre course before/after this class to enhance your learning. No previous experience required. Learned skills showcasing will be announced throughout the course. Dress: dry indoor shoes with non-marking soles preferred (especially during rain/snow season), comfortable sports / loose / baggy clothing & face covering (as needed). Bring your water bottle and sufficient nut free snacks to fuel your student for an energetic workout! Class curriculum will be different between same-subject sessions throughout the year; we welcome repeat students at our classes! We aim to have more than one teacher present for each class, especially for classes with more than 10-12 students. Find us on FB/IG @illumastudio Drop in \$10. No class on Oct 15.

Tu	Sep 17-Dec 10	4:45 pm-5:45 pm
519419		\$96/12 sess

Act Dance Sing FUN! Musical Theatre

8-16 yrs • Instructor: ILLUMA Studio

Come learn the technical and artistic aspects of a musical theatre performance, including singing, acting and dancing. Students will learn choreographed routines set to the music of famous musicals. Learn teamwork while supporting classmates, have fun, and rise to a new challenge. We recommend taking our dance training before this class to enhance your learning. No previous experience required. Learned skills showcasing will be announced throughout the course. Dress: dry indoor shoes with non-marking soles preferred (especially during rain/snow season), comfortable sports / loose / baggy clothing & face covering (as needed). Bring your water bottle and sufficient nut free snacks to fuel your student for an energetic workout! Class curriculum will be different between same-subject sessions throughout the year; we welcome repeat students at our classes! We aim to have more than one teacher present for each class, especially for classes with more than 10-12 students. Find us on FB/IG @ illumastudio. Drop in \$10. No class on Oct 15.

Tu	Sep 17-Dec 10	5:45 pm-7:00 pm
524326		\$102/12 sess





Music Lessons

Drum Lessons

5-18 yrs • Instructor: Sam

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 30 minutes. No class on Sep 30, Oct 14 and Nov 11.

M	Sep 9-Dec 9	3:30 pm-8:40 pm
Various times		\$170.50/11 sess
F	Sep 20-Dec 13	3:30 pm-8:40 pm
Various times		\$201.50/13 sess

Guitar Lessons

5-18 yrs • Instructor: Sam

Strum your way to sound! In these private lessons you will learn music notes, fretting, chords, music theory and how to read music. Customizing a structured class based on each student's needs. Bring your own guitar. Lessons are 30 minutes. No class on Sep 30, Oct 14 and Nov 11.

M	Sep 9-Dec 9	3:30 pm-8:40 pm
Various times		\$170.50/11 sess
F	Sep 20-Dec 13	3:30 pm-8:40 pm
Various times		\$201.50/13 sess



Violin Lessons

5-18 yrs • Instructor: Lucy

The goal of this violin course is to help new and beginner players learn the basics and fundamentals of playing the violin. Lessons are focused on learning proper technique to hold the violin and bow, note recognition, and playing simple pieces. Violins are not provided. Please rent or purchase one on your own. Books may be required at additional costs. Lessons are 30 minutes.

Sa	Sep 21-Dec 14	2:55 pm-4:55 pm
Various times		\$214.50/13 sess

Ukulele Lessons

5-18 yrs • Instructor: Tom

Join a private Ukulele lesson with Tom Cheng! Tom is an experienced professional Guitar and Ukulele player and instructor. Students, all ages, of any skill level and beginner ukulele players are welcome! Each private lesson will be tailored to your skill, age, ability and interests. Please bring your own instrument. Lessons are 30 minutes.

Th	Sep 19-Dec 12	3:30 pm-7:00 pm
Various times		\$214.50/13 sess



Piano Lessons

5-18 yrs • Instructor: Jazzy & Ruby

The goal of this piano course is to help students reach their full potential - all ages are welcome, whether you are a beginner taking your first step into the world of piano or an intermediate player looking to enhance your skills. Students will be required to have piano books, which can be purchased separately at an additional cost. Lessons are half an hour in length.

W (Ruby)	Sep 18-Dec 11	5:00 pm-8:00 pm
Various times		\$214.50/13 sess
Tu (Jazzy)	Sep 17-Dec 10	4:00 pm-8:00 pm
Various times		\$214.50/13 sess

Piano Lessons

5-18 yrs • Instructor: Carmen

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 30 minutes.

F	Sep 20-Dec 13	3:30 pm-6:30 pm
Various times		\$240.50/13 sess
Sa	Sep 21-Dec 14	9:30 am-3:00 pm
Various times		\$240.50/13 sess



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Martial Arts

Parents/guardians of participants under 19 years of age must sign a Park Board waiver prior to participating. Uniform is optional for beginners, please speak with the instructor to find what size you are.

Little Lions Taekwondo

7-12 yrs • Instructor: Master Siddhartha Bhat, 4th Degree Black Belt

Immerse your child in the art of Taekwondo with our specialized program designed for 7-12 year olds. Our training follows the World Taekwondo style, emphasizing discipline, respect, and skill development. Taekwondo is a dynamic martial art that blends powerful kicks, precise strikes, and strategic movements. Through our engaging classes, your child will not only enhance physical fitness but also cultivate valuable life skills, fostering confidence, focus, and self-discipline. Join us on the exciting journey of mastering the ancient art of Taekwondo! Participants under 19 years of age must sign a Park Board waiver prior to participating.

W Sep 18-Dec 11 4:20 pm-5:20 pm
519268 \$104/13 sess

Taekwondo - Beginner

6-18 yrs • Instructor: Wu's Taekwondo

The class is teaching children basic taekwondo techniques and doing cardio exercises. No class on Sep 30, Oct 14 and Nov 11. Participants under 19 years of age must sign a Park Board waiver prior to participating. Uniform is optional for beginners, please speak with the instructor to find what size you are.

M Sep 9-Dec 9 4:00 pm-5:00 pm
517092 \$121/11 sess

Taekwondo - White Belt to Green Belt

6-18 yrs • Instructor: Wu's Taekwondo

A dynamic Korean Martial Art that is known for its emphasis on kicking techniques, strikes and self defense in addition to the development of physical and mental discipline. This WT style of Taekwondo is a martial arts that's recognized in both Poomsae (forms) & Kyroughi (sparring). No class on Sep 30, Oct 14 and Nov 11. Participants under 19 years of age must sign a Park Board waiver prior to participating. Uniform is optional for beginners, please speak with the instructor to find what size you are.

M Sep 9-Dec 9 5:00 pm-6:00 pm
517093 \$121/11 sess

Karate

7+ yrs • Instructor: 8th Dan black belt Shihan George Chan, 4th Degree Black Belt Dan McCallum & 2nd Degree black belt John Cotter

This class will introduce you to many aspects of the traditional style of Go-Ju Ryu Karate. The focus is on self-defense, fitness training, non-contact sparring and self-discipline. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. Visit www.kuyukai.com for more information. Participants under 19 years of age must sign a Park Board waiver prior to participating. Parents are welcome to register into the class to join their child.

Th Sep 19-Oct 24 5:45 pm-7:00 pm
517077 \$72/6 sess

Th Nov 7-Dec 12 5:45 pm-7:00 pm
517078 \$72/6 sess

Uniform is optional for beginners - speak with the instructor to find what size you are. For participants interested in progressing with coloured belts, Kuyukai membership and attendance card are available for purchase.

Attendance card (517079) \$8
Kuyukay membership (468509) \$30
Uniform (517080) \$66 to \$102



SOMETIMES GREAT CLASSES ARE CANCELLED

Don't wait until the last minute to register...or you may be disappointed to hear that the class was cancelled. Program decisions to run or cancel a program are generally made 3-5 days prior to the start date. Programs are cancelled or postponed if there are not enough registered participants.



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Sports

NEW! **Indoor Tennis - Level 1.0-1.5**

Instructor: Daniel

This beginner's class is an introduction to play tennis. Students are introduced to basic forehand and backhand while developing hand-eye coordination through a variety of fun games and activities. An emphasis is placed on inspiring a love for the game while building a strong technical foundation. Please bring your racquet and water bottle. No class on Sep 30, Oct 14 and Nov 11.

7.5-10 yrs

M Sep 9-Dec 9 5:00 pm-6:00 pm
519220 \$66/11 sess

11-14 yrs

M Sep 9-Dec 9 6:00 pm-7:00 pm
519233 \$66/11 sess

Basketball

Instructor: Owen

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.

6-8 yrs

Tu Sep 17-Dec 10 5:00 pm-6:00 pm
519115 \$71.50/13 sess

9-12 yrs

Tu Sep 17-Dec 10 6:05 pm-7:05 pm
519116 \$71.50/13 sess

Soccer

Instructor: Justin

Participants will have fun while learning cooperative games and fundamental movement skills all the while burning off some energy. Please bring a water bottle. No class on Sep 30, Oct 14 and Nov 11.

6-8 yrs

W Sep 18-Dec 11 5:00 pm-5:55 pm
519192 \$71.50/13 sess

9-12 yrs

W Sep 18-Dec 11 6:00 pm-7:00 pm
519193 \$71.50/13 sess

Outdoor Soccer

6-12 yrs • Instructor: Marvin

It's important to always have fun! Using child-friendly soccer equipment and basic soccer drills, your child will indulge in the sport of soccer, learning the basics of dribbling, passing, kicking & shooting. Our qualified staff will create a safe and fun environment for all learning abilities. This program is a great introduction to the sport of soccer for your little one. Meet your coach by the Sunrise Community Association Hall by Windermere St and 4th Ave.

Sa Sep 7-Nov 2 10:40 am-11:40 am
517266 \$90/9 sess

Swim & Skate

8-12 yrs • Instructor: Isaac and Esther

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

W Sep 18-Dec 11 5:00 pm-9:00 pm
519272 \$91/13 sess

Rhythmic Gymnastics

7-14 yrs • Instructor: Olympia Rhythmic

Come and join our Rhythmic Gymnastics program in a fun, recreational format! Rhythmic Gymnastics is a beautiful combination of Ballet and Gymnastics, along with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon.

F Sep 20-Dec 13 5:00 pm-6:00 pm
519331 \$156/13 sess

Yoga for Kids

6-13 yrs • Instructor: Kendra

Bringing fun and engaging activities, songs and stories to this class, we will explore yoga through breathwork, yoga poses, mindfulness and guided visualization/meditation. This class will include techniques to build confidence, creativity, strength, self awareness, relaxation, concentration, working together, and much more.

Th Sep 19-Dec 12 4:00 pm-5:00 pm
519388 \$78/13 sess

YOUTH ACTIVITIES SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
After School Homework Club 3:00-7:00pm Ages: 10-18	Art Attack 3:00-7:00pm Ages: 10-18	Board Game Night 3:00-7:00pm Ages: 10-18	Games Room 3:00-6:30pm Ages: 10-18	Games Room 3:00-10:00pm Ages: 10-18	Breakfast Club 10:30am-1:30pm Ages: 10-18
		Writer's Exchange 3:00-4:30pm Grade 6&7		Youth Dinner 4:00-6:00pm Ages: 13-18	
				Youth Council 6:00-8:00pm Ages: 13-18	
			Drop-In Volleyball 7:00-9:00pm Ages: 13-18	Drop-In Basketball 6:00-10:00pm Ages: 13-18	
Please note: schedule is subject to change due to instructor availability and enrolment numbers.					
Legend: ● Social ● Games Room Drop-in ● Educational/Leadership ● Sports/Fitness					

Social

After School Homework Club

10-18 yrs • Facilitator: Youth Staff

The games room is open Mondays after school for youth who want a safe, quiet space to get their homework done. No registration required, drop-in only. No session Sep 30, Oct 14, or Nov 11.

Mon Sep 9-Dec 9 3:00 pm-7:00 pm
Free

Art Attack

10-18 yrs • Facilitator: Youth Staff

Come hang out and make some art! This drop-in session features painting, drawing, and arts and crafts! No registration required.

Tue Sep 10-Dec 10 3:00 pm-7:00 pm
Free

Board Game Night

10-18 yrs • Facilitator: Youth Staff

Board game night! No registration required, drop-in only.

Wed Sep 11-Dec 11 3:00 pm-7:00 pm
Free

Games Room Drop-In

10-18 yrs • Facilitator: Youth Staff

Games room is open for youth to come connect with the Youth Worker/Youth Leader, play some video games, board games, or just hang out and lounge around!

Th Sep 12-Dec 12 3:00 pm-6:30 pm
Fri Sep 13-Dec 13 3:00 pm-10:00 pm
Free

Breakfast Club

10-18 yrs • Facilitator: Youth Staff

Games room drop in - with breakfast! Come hang out and eat some yummy food. Open to youth ages 10-18. No registration required, drop-in only.

Sat Sep 7-Dec 7 10:30am-1:30pm
Free

Youth Dinner

13-18 yrs • Facilitator: Youth Staff

This is a non-registered dinner for all youth 13-18! The Community Youth Worker and Youth staff will be cooking; youth are able to grab food from the kitchen and hang out downstairs in the games room.

Fri Sep 13-Dec 6 4:00 pm-6:00 pm
Free

Community Youth Development

Youth Services at Thunderbird CC are a partnership between the Vancouver Board of Parks and Recreation and the Thunderbird Neighbourhood Association.

Youth programs reflect the principles of CYD in the City of Vancouver: accessible, collaborative, preventative and inclusive.

Youth are respected, supported and involved in program planning, implementation and decision-making.



Follow [@vanyouth](#) and [@priyacyw](#) on Instagram for updates about youth programs, volunteer opportunities, citywide initiatives, and all things youth related!

Educational

Writer's Exchange

Grades 6 & 7 • Facilitator: Writer's Exchange

Writers' Exchange meets Thunderbird Community Centre! This program is for Grade 6's and 7's to be creative, hangout, and have fun! Join us in playing your favorite board games, getting homework support, and of course, enjoying yummy snacks. Every week we'll work on a fun, creative activity; like making candles or a blindfolded food tasting. Or work on a long term project; like creating a book or building a community library! [This program is for youth living in the Thunderbird catchment and by referral only.](#) Contact CYW Priya Brar via e-mail priya.brar@vancouver.ca

Wed Sep 4-Dec 4 3:00 pm-4:30 pm
Free



Sports

Drop-in Volleyball

13-18 yrs • Facilitator: Youth Staff

Drop in Volleyball for youth 13-18! Youth must have a One-Card with an active City-Wide Youth Pass for access to the gymnasium.

Thur Sep 12-Dec 12 7:00pm-9:00 pm
Free

Drop-in Basketball

13-18 yrs • Facilitator: Youth Staff

Lace up your ball shoes and come shoot some hoops! Youth must have a One-Card with an active City Wide Youth Pass for access to the gymnasium.

Fri Sep 13-Dec 13 6:00 pm-10:00 pm
Free



Youth Leadership

Thunderbird Youth Council

13-18 yrs • Facilitator: Youth Staff

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! [This program is for youth living in the Thunderbird catchment.](#) Please contact CYW Priya Brar for an application form via e-mail: priya.brar@vancouver.ca

Fri Sep 13-Dec 13 6:00 pm-8:00 pm
517901 Free



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Sports

Pickleball Drop-in

19+ yrs • Non-Instructional

Get active playing this exciting and popular sport. Pickleball is an easy to learn game played on a badminton court with a lowered net, a whiffle ball and large hand held paddles. It is great for all skills and ability levels. This is a drop-in only program, no registration, maximum 16. No session Sep 30, Oct 14 and Nov 11.

M Sep 9-Dec 9 7:15 pm-8:45 pm
519208 \$4.28/drop-in

Basketball

19+ yrs • Non-Instructional

Recreational basketball. Drop-in \$4.28, space permitting.

Tu Sep 10-Dec 10 7:15 pm-8:45 pm
519159 \$50/14 sess

Indoor Soccer

19+ yrs • Non-Instructional

Recreational soccer. Drop-in \$4.28, space permitting.

W Sep 11-Dec 11 7:15 pm-8:45 pm
519204 \$50/14 sess



ADULT SPORTS PARTICIPANTS

Registration Information

Registered participants have up to 5 minutes after the program start time to show up and check-in at the front desk before proceeding to the gym. All no-show spots will be sold at that time to drop-ins. Spots are non-transferable.

Drop-in Information

For drop-in lists, you may register yourself and one other person. Spots are non-transferable. Drop-ins based on space permitting.

Drop-in Procedures

First priority is for those who are registered. Registered participants have up to 5 minutes after the program start time to show up and check-in at the front desk. All no-show spots will be sold at that time to drop-ins. At 9:30am the day of the program, you may call 604.713.1818 ext.1 to put your name and ONE other person's name on the drop-in list. If there are any open spots, five minutes after the program start time, staff will announce the names from the drop-in waitlist.

Martial Arts

Tai Chi Sword 16 Steps

19+ yrs • Instructor: Arsenio

Tai Chi is an internal Chinese martial art, practiced for both its defence training and its health benefits. Though originally conceived as a martial art, it is also typically practiced for a variety of reasons and is especially known for being practiced with relatively slow movements. The sword form is a slow flowing movement to help strengthen your body and sharpen your mind. It is easy to learn particularly if you have knowledge of Tai Chi hand form. This lesson will include a warm up, Qigong (Ba Duan Jin), holistic stretching and exercise. No class on Oct 15.

Tu Sep 12-Dec 10 7:15 pm-8:45 pm
522282 \$84/12 sess

Fitness



NEW! Zumba Toning

16+ yrs • Instructor: Alice

This one hour workout will combine 30 minutes of Zumba, the infectious, feel-happy dance fitness workout we all love with another 30 minutes where we add light weights to the mix. It features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is perfect for those who want to party and put extra emphasis on toning and sculpting to target zones, including arms, core and lower body. Please bring 1 or 2lb weights. Drop-in \$9. No class on Oct 9 and 16.

W Sep 4 6:00 pm-7:00 pm
519278 Free Trial

W Sep 11-Oct 30 6:00 pm-7:00 pm
519277 \$42/6 sess

W Nov 6-Dec 11 6:00 pm-7:00 pm
519289 \$42/6 sess

NEW! Yin Yoga

16+ yrs • Instructor: Kendra

This practice works deep into our body's tissues with long passive holds in gentle, releasing yoga poses while remaining down on the floor. Restoring the energy flow within our body and increasing circulation, flexibility, joint mobility and relaxation. All levels of yoga are welcome, modifications and guided use of props, breathwork and meditation will be provided. Drop-in \$8, space permitting.

Th Sep 12 5:15 pm-6:15 pm
519394 Free Trial

Th Sep 19-Dec 12 5:15 pm-6:15 pm
519387 \$84.50/13 sess

Senior's Out-Trips

Instructor: Simon

You may have a maximum of 2 trips registered at any given time.*Cancellations without a doctor's note will be considered up to 72 hours before your trip. A \$4.00 administration fee will apply to cancellations without a note. Arrive 15 minutes early with a completed consent form. In-person registration at Thunderbird only.



White Rock

Instructor: Simon

Take a stroll along the beach or browse the shops before stopping at a local restaurant. Maybe you just want to sit back with a coffee and people watch. If you prefer, pack a picnic and find that perfect spot to share lunch with a friend.

Th Sep 5 10:00 am-2:00 pm
513408 \$10/1 sess

EcoDairy Farm

Instructor: Simon

Your tour guide will take you behind to scenes at the first of it's kind in Canada, demonstration farm. Meet the cows face to face and help push up their feed. Learn how they use technology to improve animal care and reduce their environmental footprint.

Th Oct 24 9:30 am-2:30 pm
513411 \$15/1 sess

Zone Bowling

Instructor: Simon

Besides being a fun and competitive game, bowling also offers you numerous health benefits such as muscle toning and strengthening. Bring a friend and enjoy some friendly competition at the 5 and 10 pin alley in Coquitlam.

Th Nov 14 10:00 am-2:00 pm
513414 \$10/1 sess

Steveston Village

Instructor: Simon

Steveston Village is a great way to spend the day. There are many shops and restaurants to browse, see the fishermen mend their nets, bird watch on the Fraser River, sit on a bench and take in the busy harbor or explore one of the fine art galleries.

Th Sep 12 10:00 am-2:00 pm
513406 \$10/1 sess



Museum of Surrey-Tea & Tour

Instructor: Simon

This museum features both permanent and temporary exhibitions. The textile centre features looms, demonstrations and a collection of textiles and books. The permanent Indigenous Hall is a gathering space for story telling and exhibitions.

Th Sep 26 10:00 am-2:00 pm
513412 \$10/1 sess

Ambleside/Dundarave Village

Instructor: Simon

Dundarave is a seaside village in West Vancouver with a shopping street that stretches a couple of blocks with quaint shops and restaurants. Take a stroll on the Seawall which runs along the ocean all the way to Ambleside Beach. Explore Ambleside Village and browse the bakeries, coffee shops and clothing boutiques.

Th Sep 19 10:00 am-2:00 pm
513407 \$10/1 sess

Tsawwassen Mills

Instructor: Simon

Explore the two hundred stores, services, restaurants and shops. Get a jump on your holiday shopping with a variety of goods for all ages. The mall offers a large food court for you to take a break.

Th Nov 7 10:00 am-2:00 pm
513413 \$10/1 sess

Thrift Store Bargain Hunting

Instructor: Simon

We will take you to a variety of thrift stores around the city. Maybe you will find that one of a kind item you have been looking for. Pack a lunch or grab something on the go.

Th Nov 21 10:00 am-2:00 pm
513415 \$10/1 sess



Holiday Lights Drive

Instructor: Simon

Join us for an enchanted evening as we take a local Christmas lights tour in and around the city. Please dress warm as this is an evening trip and is mainly outdoors.

Th Dec 5 4:00 pm-8:00 pm
513418 \$10/1 sess

Social

Social Dance

Instructor: Non-Instructional

Cha Cha, Rumba, and Jive to the classics and beyond to modern day tunes. We don't offer lessons but others are happy to teach you what they know. No partner necessary and all are welcome. Coffee and tea are provided. No session Sp 30, Oct 14 & Nov 11.

M Sep 9-Dec 16 12:30 pm-2:30 pm
\$1.50/1 sess

Social, Lunch and Games

Instructor: Estela & Jana

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. In-person registration only.

Tu Sep 10-Dec 10 12:00 pm-2:00 pm
513603 \$6/1 sess

Soup's On

Instructor: Estela & Jana

This inter-generational program incorporates youth with seniors. A nutritional meal is served by enthusiastic youth volunteers who are also learning many life lasting skills. Seniors are invited to stay and play a variety of table games after dinner. In-person registration only.

Th Sep 12-Dec 12 5:00 pm-7:00 pm
513622 \$2/1 sess

Chinese Speaking Seniors Group Social

Instructor: Non-Instructional

Chinese folk dnace, Tai Chi, guest speakers, singing, seasonal celebrations and outings are among the activities to be enjoyed. There is an Annual Program fee of \$10 for fiscal year Sep 1-Aug 31 (not pro-rated).

F Sep 1-Aug 31 9:30 am-11:30 am
513678 \$10/annual

Workshops



COSCO Senior's Health and Wellness

You are what you Eat

It's true! What you consume can have a significant impact on your health and wellness. This includes food, drink and medication.

Tu Oct 22 12:30 pm-1:30 pm
513397 Free



Residential Tenancy for Older Adults

Presented by their legal advocate, this session includes information on the rights of landlords and tenants. Learn the process involved in dispute resolution according to residential Tenancy Law in BC.

Tu Nov 26 12:30 pm-1:30 pm
513398 Free

What is Elder Abuse?

There is a correlation between social isolation and abuse of older adults. Discuss the importance of staying connected with others. Learn about resources and strategies to assist in the prevention of elder abuse.

Tu Oct 1 12:30 pm-1:30 pm
515746 Free



Senior's Talks with Hastings Sunrise Community Policing

Join Clair, the Hastings Sunrise Community Policing Centre staff and volunteers for senior's talks on crime prevention and safety programs following the senior's lunch program.

Tu Oct 1 & Nov 19 12:15 pm-1:00 pm
513402 Free

Skeena High-Rise Residents Programs

Coffee Cart

Instructor: Jana

Jana will be dropping by with the coffee cart. She will bring handouts and reminders of the weeks activities. Sign up for a trip you would like to join when you see her. This program is for Skeena high-rise residents only. No session Sep 30, Oct 14 & Nov 11.

M Sep 9-Dec 16 10:00 am-11:30 am

Morning Bingo and Lunch

Instructor: Jana

Skeena high-rise tenants are invited to join Jana in the dining room for weekly bingo and social time followed by lunch with Estela.

W Sep 11-Dec 11 10:30 am-1:00 pm

Skeena-Coffee Break

Instructor: Jana

Join Jana in the dining room on Thursday mornings for a cup of coffee or tea. Grab a word search or sudoku or just socialize with others. There will be seasonal craft project from time to time. Watch for the posters.

Th Sep 12-Dec 12 10:00 am-12:00 pm

Shopping Shuttle-Skeena Terrace & Beulah Garden

Drivers: Simon or Shaun

Pick up will be in the parking lot (Skeena) or in front of Aspen Green (4th Ave) or in front of the Bentall building (5th Ave) and take you to several local retail stores in the immediate area. This is a great time to pick up those heavier items so you don't have to walk home with them. The dates and times will be posted at Skeena and at Beulah. This program is for Skeena and Beulah residents only.

F Sep 6, 13 9:30 am-12:00 pm

W Oct 2 9:30 am-12:00 pm

F Nov 8, 22, 29 9:30 am-12:00 pm

F Dec 13 9:30 am-12:00 pm

Th Dec 19 9:30 am-12:00 pm

Dance

Contemporary Line Dance

Instructor: Irene

This modern line dance class incorporates contemporary music and dance steps including Cha Cha, Tango, Rumba, Waltz, Mambo, Salsa, Cumbia, Hustle, Twist, Disco, Jitterbug and Electric Slide. Drop-in \$4.00, if space permits. No session on Sep 30, Oct 14 and Nov 11.

M Sep 16-Dec 9 10:30 am-12:00 pm
519211 \$35/10 sess



Educational

Technology Workshop for Older Adults

Instructor: Youth Leader

Are you having trouble with your electronic devices, or simply want to learn more about the functionality behind your phone and tablet? Sign up for a free session and have our very own Thunderbird Youth Leaders show you tips and tricks on how to make connecting with family and friends online easier than ever! When registering, if you have your own device, please specify the one you'll bring in.

Sa	Sep 21	11:00 am-12:00 pm
519355		Free
Sa	Oct 19	11:00 am-12:00 pm
519359		Free
Sa	Nov 16	11:00 am-12:00 pm
519356		Free



Music



NEW! Chinese Choir 長者中文歌唱班

Instructor: Catherine

For anyone who loves singing and would like to learn some techniques to improve their singing skills. Learn how to breathe, read the music notes, count the beat and more while enjoying the singing with a group of friends. Drop-in \$4.

讓我們一起探索音樂之美，在愉悅的氣氛中學習唱歌技巧，包括呼吸控制、音準及節奏的掌握、情感表達等，找到個人風格與舞台魅力，發掘自己的天賦！

W Oct 23-Dec 11 10:00 am-11:30 am
521031 \$28/8 sess

Sports

NEW! Table Tennis & Pool Table Drop-in Only

Instructor: Non-Instructional

Come and join us for friendly single and double competitions, have some fun, meet new people and get some exercise while doing something you enjoy. We have 3 tables tennis and 1 pool table available. All levels are welcome. Drop-ins \$1, space permitting.

Tu	Sep 10-Dec 10	10:00 am-12:00 pm
523939		\$1/drop-in
Th	Sep 12-Dec 12	10:00 am-12:00 pm
519365		\$1/drop-in



Elections BC Register to Vote

Registering in advance has many benefits. Registered voters will receive important updates from Elections BC (EBC) after an election is called, including information about where, when and how to vote. Registering in advance also makes the voting process faster and easier.

Mon	Sep 9	10:00 am-2:00 pm
Thurs	Sep 12	10:00 am-2:00 pm
Fri	Sep 13	10:00 am-2:00 pm



We thank the BC government for our Gaming Grant, which allows TNA to provide low-cost and accessible recreational programs for community members.

FITNESS CENTRE

ADMISSION FEES				
Type	Single drop-in	10-visit pass	1 month	3 months
Adult (19-54 years)	\$4.00	\$36.00	\$31.00	\$78.00
Youth (13-18 years)	\$2.50	\$22.50	\$16.00	\$40.00
Senior (55+ years)	\$2.50	\$22.50	\$16.00	\$40.00

Prices listed above *include* tax. Fees are subject to change.

You need to be 13 years and older to use the fitness centre. Thunderbird Fitness Centre passes only work at Thunderbird Community Centre. Please inquire about a *Flexipass* should you wish to use other fitness centres, pools and ice rinks within the Vancouver Park Board system.

LEISURE ACCESS PROGRAM

Patrons enrolled in the Leisure Access Program may receive 50% discount on single drop-in and monthly pass fees. For more information, please visit:
<https://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx>



HOURS OF OPERATION

Mon-Fri 9:00 am-8:50 pm
 Sat. 9:00 am-4:50 pm
 Sun Closed
 Sep 3 3:30 pm-7:30 pm
 Sep 30/Oct 14/Nov 11 Closed
 Dec 22-Jan 5 Closed

New Equipment

Come and check out some of our new equipment installed in the summer!



Hammer Strength Multi-Adjustable Benches



Life Fitness Recumbent Bike



Life Fitness Seated Leg Curl/Extension



Life Fitness Total Arc Trainer

LOCKERS

We have lockers available to store any larger items like a backpack and jacket while you workout. Please bring your own lock. *Overnight storage is not available. Any locks found at the end of the night will be cut off.

If you have smaller items only, such as keys and a wallet, we have a wallet locker available. A lock is not required, you can set your own combination.



Room	Square Footage	Capacity	Rates (Operational Hours)	Rates (Non-operational Hours)
Meeting Room 	320	15 people	\$25/hour	\$50/hour
Small Activity Room 	620	30 people	\$25/hour	\$50/hour
Multi-purpose Room (MPR) 	1200	100 people	\$55/hour	\$80/hour
Gymnasium 	4200		Not available	\$70/hour

Operational Hours: See page 3 for operational hours.

Rentals during non-operational hours include a rental supervisor in the rates listed above, and require a minimum rental of 2 hours. A damage deposit (\$200) may be required upon booking.

Policy & Procedures

The setup and cleanup is the responsibility of the rental group and time for this should be included in the booking. Failure to do so within the rented time will result in additional charges.

Only tables and chairs (and nets for gym rentals) are provided. All other equipment must be brought in by the rental group.

No helium balloons, open flames, or confetti are allowed in the building. No alcohol may be served on the premises.

Check Availability & Submit Rental Request

To check availability, please visit vanrec.ca. To submit a rental request, please call 604-713-1818 or visit the front office to pick up a rental request form.

*Please note any room rentals without 7 days notice may not get processed.

Rental Confirmation & Payment

Reservation requests are reviewed within 5-10 business days. Staff will contact you directly regarding the next steps to secure your booking.

*Please note that requests made on the weekend will not be processed until the following business day.

Contact us: 604-713-1818 · thunderbirdcc@vancouver.ca

RELAX AND ENJOY YOUR

Birthday Party

at Thunderbird Community Centre!

Multipurpose Room Package \$185

All the fun is packed in the Multi-Purpose Room! Includes a small bouncy castle, plasma cars, bouncy toys and toys. Ideal for children aged 3 and under, but up to 5 years old is allowed. This package is for approximately 15 children and 35 adults, for a total of 50 guests.

Saturdays

2:30 pm-4:30 pm

Sundays

11:00 am-1:00 pm

2:00 pm-4:00 pm



Gymnasium Play-Gym Package \$210

Ideal for older children (up to 8 years of age), our play gym includes a large bouncy castle, plasma cars, toys, soft blocks, and sports equipment. This package is for approximately 25 kids and 45 adults, but up to 100 guests is the maximum (30 kids and 70 adults).

Saturdays

11:30 am-1:30 pm

2:00 pm-4:00 pm

Sundays

10:00 am-12:00 pm

12:30 pm-2:30 pm

3:00 pm-5:00 pm



Spots are limited, so book early!

Call 604-713-1818 for more information.

- All bookings are first come-first serve. Bookings must be paid to secure your spot. Waitlisting is not available.
- A damage deposit of \$100 is required for each party time slot.
- Table covers are mandatory and are available at the Centre for \$1.50/table.

- No access to a kitchen, fridge or freezer.
- Fees for withdrawing or transferring apply. See page 2 for details.
- Visit www.thunderbirdcc.ca for a full list of policies.
- TSBC License #LAM0200026