



# **REGISTRATION BEGINS:**

Catchment: Sat, Feb 22 | Public: Sat, Mar 8 | Summer Camps: Sat, Apr 12



# **WELCOME** | Thunderbird Community Centre



### 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	Sandra Marino

### **Directors at Large**

Samuel Ho, David La Vallee, Sophie Luk, Benny Mah, Tiffany Gu

### **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 2<sup>nd</sup> scheduled class for a prorated refund
- Refunds are subject to \$4 admin fee
- Transfers are subject to a \$2 admin fee

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)

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

### **Birthday Parties**

- Minimum 30 days prior to the party date for full refund minus \$25 admin fee
- 14-29 days prior to party date for deposit  $\vartheta$  50% of party fee refund
- No refund less than 14 days before party date
- Transfers are subject to a \$4 admin fee

### MISSED CLASSES & ATTENDANCE

Many of our programs are free or subsidized, and for this reason, 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 (LAP) provide Vancouver residents who have limited income 50% off one program, per season, per person or Fitness Centre monthly membership. If a program has additional sets, the discount can apply to all sets of the same program only. Please inform the Front Office staff to apply the discount to additional sets.

Applications for LAP are available at our front office. In order to qualify for the program, you must be a resident of Vancouver and meet family 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 or visit www.vancouver.ca/leisureaccess.

### **SUBSIDIES AVAILABLE**

Most programs at Thunderbird are subsidized and the fees are set at the lowest reasonable rates. However, the Association may be able to provide additional subsidies upon request. 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 xwmə0kwəyəm (Musqueam), Skwxwú7mesh (Squamish), and səlilwətaf (Tsleil-Waututh) Nations.

### **HOURS OF OPERATION**

### **SPRING (APR 1-JUN 27)**

Mon-Fri	. 9:00 am-9:00 pm
Sat	9:00 am-5:00 pm*
Sun	Closed
Apr 18 - Good Friday	y Closed
Apr 21 - Easter Mond	day Closed
May 19 - Victoria Da	y Closed
Fita Contact Class	10

Fitness Centre: Closes 10 minutes before building closure

\* Office closes at 4:30 pm

### **SUMMER (JUN 28-AUG 31)**

Mon-Fri 8:45	am-8:00 pm
Sat/Sun	Closed
Jul 1 - Canada Day	Closed
Aug 4 - BC Day	Closed
Fitness Centre: Closes 10 r	minutes before
building closure	

### REGISTRATION

# In-Person at 2311 Cassiar St.

Catchment Residents - All Programs: .....Sat, Feb 22, 9 am Public (Spr/Sum):.....Sat, Mar 8, 9 am Public (Sum Camps) . . Sat, Apr 12, 9 am

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

### **Online at www.vanrec.ca**

Spring & Summer: . . . . Sat, Mar 8, 9 am Summer Camps: . . . . Sat, Apr 12, 9 am

# Phone us at 604-713-1818

Spring & Summer . . . . Sat, Mar 8, 12 am Summer Camps: . . . Sat, Apr 12, 12 am

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### MEET THE STAFF

Community Youth Worker	Priya Brar
Family & Senior Worker	Lorraine Chow
Out of School Care Supervisor .	. Kristine Wong
Preschool Supervisor Andrea	Clark Geraghty

Recreation Facility Clerk . . . . Aimée Mergaert Recreation Programmer . . . . Gabrio Mannucci Recreation Supervisor . . . . . . . . . . . . Eric Yu

### CATCHMENT REGISTRATION

Catchment registration allows priority registration for residents living 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.



Registration during catchment registration is for yourself or your immediate family. To be applicable for catchment registration, you must register in person and bring the following:

- 1 piece of government-issued photo identification (driver's license, BC ID, passport), and
- 1 piece of a bill issued within 30 days showing your name and address (BC Hydro, cable, internet bill), or
- for your child(ren), the most recent Thunderbird Elementary report card

# 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.

### Registration for September 2025. Contact Program for Appointment.

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

### Afternoon Preschool (3-5 yrs old)

Monday to Thursday 12:15 pm-3:00 pm (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 7<sup>th</sup> 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 2<sup>nd</sup> 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.

# **Out of School Care**

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















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

This program is currently full and accepting children on our wait list.

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



# Community Action Programs for Children | FAMILY



### 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

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. We do not meet in the Summer.

### **SPRING**

W	12:15 pm-2:15 pn
Apr 9	Frog Hollow Ni
May 14	Colingwood NF
Jun 11	Kiwassa NF

# **Books For Me**

### 0-6 yrs • Instructor: Non-Instructional

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. Free

M Apr 7, May 5 & Jun 9 10:00 am-11:00 am



### **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. No class April 18.

F Apr 11-Jun 13 12:30 pm-1:30 pm

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

### 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 Apr 18, 21 and May 19. Free

MWF Apr 2-Jun 13 10:00 am-1:00 pm

### Family Drop In & Grandma's Kitchen

### 0-6 yrs • Instructor: Clara & Ronnie

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. Free

Th Apr 3-Jun 12 10:00 am-1:00 pm

### **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 Apr 5-Jun 14 10:00 am-1:00 pm

### **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. Ask Clara when the student nurses will be visiting to give presentations and to offer one to one support to parents.

### **Sunrise Family Fun**

### 0-6 yrs • Instructor: Clara, Ronnie, Jana

Calling all Hastings Sunrise parents with little ones for a variety of fun activities. The program will run at Sunrise Park, located at 1950 Windermere Street. You will find us on the north side of the hall near the playground. No session August 4. Free

### **SUMMER**

MWTh F Jul 2-Aug 21 10:00 am-1:00 pm

### Family Drop In - Rainy **Days Only**

### 0-6 yrs • Instructor: Clara, Ronnie, Jana

The Thunderbird Family Drop-in location is a rainy day back up for the Sunrise Family Fun program. No program Aug 4. Free

### Families On The Move-**Stanley Park**

### 0-6 yrs • Instructor: Clara, Ronnie, Jana

Pack your lunch, snacks, hat and sunscreen for a day of fun! We will be taking public transportation to this destination. Some food is available for purchase in this park. You must have at least 1 child under 6 for this trip.

### Please see Clara or Lorraine to put you name on the interest list so we can invite you to register when it's time.

Aug 22 548882 Adult Child 0-6 yrs Sibling 7-12 yrs

9:30 am-3:00 pm \$15/person \$7/child \$10/sibling



# PRESCHOOL & CHILDREN | Program Schedule

PRESCHOOL & CHILDREN SPRING PROGRAMS					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MCKids Minecraft 8-12 yrs 3:30pm-4:30pm	Act Dance Sing Fun! 8-16 yrs 3:50pm-4:45pm	Singing Star Program 4-6 yrs 3:30pm-4:15pm	Ukulele Lessons 5-18 yrs 3:30pm-7:00pm	<b>Thundertots</b> 1-4 yrs 12:30pm-1:30pm	Outdoor Soccer 3-5 yrs 9:00am-9:45am
Head Start Math – K 5-6 yrs 3:30pm-4:45pm	Dungeons & Dragons 11-14 yrs 4:15pm-6:15pm	Young Phonics - K 5-6 yrs 3:30pm-4:45pm	Outdoor Tennis 7-10 yrs 3:30pm-4:45pm	Chinese Calligraphy 6-13 yrs 3:30pm-5:00pm	My First Dance Class 2-4 yrs 9:30am-10:00am
Mandarin Basic 7-12 yrs 3:30pm-4:30pm 4:35pm-5:30pm	<b>Cartoon</b> 6-8 yrs 4:40pm-5:400pm	Piano Lessons 5-18 yrs 4:00pm-8:00pm	<b>Yoga for Kids</b> 6-13 yrs 4:00pm-5:00pm	Head Start Math Gr. 2 7-8 yrs 3:30pm-5:00pm	Snappy Snackers 4-5 yrs 9:10am-10:00am
Indoor Tennis 7-10 yrs 3:45pm-4:45pm	Active Jazz Funk, Pop Dance, & K-Pop 6-13 yrs 4:45pm-5:45pm	Musical Magic Program 7-11 yrs 4:20pm-5:05pm	Outdoor Tennis 8-14 yrs 4:50pm-6:05pm	Roblox Game On 7-10 yrs 3:30pm-4:45pm	Outdoor Soccer 6-12 yrs 9:45am-10:45am
<b>Krafty Kids</b> 7-12 yrs 4:00pm-5:00pm	Basketball 6-8 yrs 5:00pm-6:00pm	Young Phonics Gr. 1 6-7 yrs 4:45pm-6:00pm	<b>Karate</b> 7-18 yrs 5:45pm-7:00pm	Piano Lesson 5-18 yrs 3:30pm-6:30pm	Piano Lessons 5-18 yrs 9:30am-3:00pm
Taekwondo Beginner 6-18 yrs 4:25pm-5:30pm	<b>Drawing</b> 6-12 yrs 5:00pm-6:15pm	<b>Soccer</b> 6-8 yrs 5:00pm-6:00pm		Rhythmic Gymnastics 4-6 yrs 4:15pm-5:00pm	Little Ballerinas 3-5 yrs 10:15am-11:00am
Head Start Math Gr. 1 6-7 yrs 4:45pm-6:00pm	<b>Art Jam</b> 4-5 yrs 5:00pm-6:15pm	<b>Swim &amp; Skate</b> 8-12 yrs 5:00pm-9:00pm		Rhythmic Gymnastics 7-12 yrs 5:00pm-6:00pm	Hip Hop Breakers 3-5 yrs 11:05am-11:50am
Indoor Tennis 11-14 yrs 4:50pm-5:50pm	Active Jazz, Funk, Pop, Dance & Kpop 1+ yrs 5:45pm-6:45pm	<b>Soccer</b> 9-12 yrs 6:00pm-7:00pm		<b>Drum/Guitar Lessons</b> 5-18 yrs 6:00pm-8:30pm	<b>Mini Chefs</b> 6-8 yrs 11:30pm-12:30pm
Indoor Tennis 8-14 yrs 5:55pm-6:55pm	Character Design 9-12 yrs 5:50pm-6:50pm				<b>Hip Hop Jazz</b> 6-11 yrs 11:55am-12:55pm
Drum/Guitar Lessons 5-18 yrs 6:00pm-8:30pm	Drum/Guitar Lessons 5-18 yrs 6:00pm-8:30pm				<b>STEM It</b> 5-8 yrs 12:30pm-1:30pm
	<b>Basketball</b> 9-12 yrs 6:05pm-7:05pm				Python Through Games 9-12 yrs 1:00pm-3:00pm
<b>Register early!</b> Classes will get cancelled if we do not meet minimum numbers of participants.			Chess Lessons Beginner - Advance 6-12 yrs 1:30pm-4:00pm		
Please note: schedule is subject to change due to instructor availability and enrolment numbers.  Legend: Arts/Music Dance Educational Sports			<b>123, ABCs</b> 4-6 yrs 1:45pm-2:45pm		
Violin lessons 5-18 yrs 2:20pm-4:50pm				5-18 yrs	

### **PRESCHOOL**

### **Dance**



### **Singing Star Program**

### 4-6 yrs • Instructor: Anushka

Join us for a magical adventure where kids explore Disney classics through singing, dancing, and fun games! Each week features a different movie like The Lion King, Beauty & the Beast, Moana, Encanto, Aladdin, and Frozen while building confidence and teamwork. Activities include warm-ups, sing-alongs, simple dance routines, and themed games. It's all about having fun and developing skills!

W	Apr 9	3:30 pm-4:15 pm
548692		Free Trial
W	Apr 16-Jun 11	3:30 pm-4:15 pm

### **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. No class on Apr 18.

F Apr 11-Jun 6 4:15 pm-5:00 pm 544645 \$80/8 sess

### My First Dance Class

### 2-4 vrs • 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/quardian participation is required. www.KirbySnellDance.com. No class Apr 19.

Sa Apr 12-Jun 14 9:30 am-10:10 am 548844 \$63/9 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. No class Apr 19.

Sa Apr 12-Jun 14 10:15 am-11:00 am 548843 \$63/9 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. No class Apr 19.

Sa Apr 12-Jun 14 11:05 am-11:50 am 548841 \$63/9 sess

# **Day Camps**

### **Encanto Mini Movers** Camp

4-6 yrs • Instructor: Endorphin Rush Dance See page 15 for description.

M-F Jul 14-Jul 18 9:15 am-10:30 am 553139 \$70/5 sess M-F Aug 18-Aug 22 9:15 am-10:30 am 553147 \$70/5 sess

### Mini Hip Hop Movers Camp

3-5 yrs • Instructor: Endorphin Rush Dance

See page 15 for description.

M-F Jul 14-Jul 18 10:45 am-12:00 pm 553140 \$70/5 sess M-F Aug 18-Aug 22 10:45 am-12:00 pm 553148 \$70/5 sess

### **Outdoor Soccer CAMP -Little Ones**

### 3-5 yrs • Instructor: Marvin

See page 15 for description.

<b>M-F</b> 553120	Jul 7-Jul 11	9:00 AM-10:15 AM \$48.75/5 sess
M-F	Jul 14-Jul 18	9:00 AM-10:15 AM
553116		\$48.75/5 sess
M-F	Jul 28-Aug 1	9:00 AM-10:15 AM
553117		\$48.75/5 sess
Tu-F	Aug 5-Aug 8	9:00 AM-10:15 AM
553118		\$39/4 sess
M-F	Aug 18-Aug 22	9:00 AM-10:15 AM
553119		\$48.75/5 sess



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

### **Educational**

### **Snappy Snackers**

### 4-5 yrs • Instructor: Kyra

Are you an aspiring chef? Do you like to snack? Then come join the class. Please note that tupperware or any re-useable container will be required for each class.

**Sa** Apr 12-Jun 14 9:10 am-10:00 am 546455 \$67.50/10 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 Apr 21 and May 19.

**M** Apr **7-Jun 16 3:30** pm-**4:45** pm 544633 \$49.50/9 sess

# **Sports**

### **Outdoor Soccer**

### 3-5 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. Parent/guardian participation is required.

**Sa** Apr 12-Jun 14 9:00 am-9:45 am 549980 \$90/10 sess



### **Parent and Tot Gym**

### 6 mos-6 yrs • Instructor: Non-Instructional

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. No session on Apr 19. TSBC license #LAM0200026. Organized birthday parties are not allowed during our parent & tot gym program.

Sa Apr 5-Jun 14 9:30 am-11:00 am 544626 \$2/child; \$19/10-visit pass

#551057

### **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** Apr 9-Jun 11 3:30 pm-4:45 pm 544635 \$55/10 sess

### 123, ABCs

### 4-6 yrs • Instructor: Crystal

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** Apr **12-Jun 14 1:45** pm-**2:45** pm 544770 \$50/10 sess

# Thunderbird CC Presents... THE SPRING CARNIVAL

# Saturday, April 19 at 10am

Join us for this fun Spring event, jump in the bouncy castle and create themed crafts. Enjoy a small egg hunt and get your face painted.

Participants (2-6yrs) must purchase tickets and be accompanied by an adult.

Please register in advance, drop in \$3, space permitting.

### **CHILDREN**

### PARENT/GUARDIAN RESPONSIBILITY

All children under the age of 10 are required to have a parent, quardian or 16 years or older supervise when not attending a registered program. The staff at Thunderbird are not responsible for children left unattended after programs have finished. Parents/quardians 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.

### **Creative Arts**

### **Krafty Kids**

### 7-12 yrs • Instructor: Kyra

Use 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 colors, shapes, and endless crafty possibilities! No class on Apr 21 and May 19.

М Apr 7-Jun 9 4:00 pm-5:00 pm 546442 \$56/8 sess

### Art Jam with a Disney **Animator**

### 4-5 yrs • Instructor: Happy Kids Studios

Create concept drawings, learn about colour palettes and develop freehand drawing skills in this specialized class. Instructed by a former Disney animator from Happy Kids Studios. Note: Siblings can go together in the same class for example 5 years old and 7 years old can either join Art Jam or Cartoon depending on the family's preference.

Tu Apr 8-May 6 3:30 pm-4:30 pm 551237 \$75/5 sess May 13-Jun 10 3:30 pm-4:30 pm Tu 551238 \$75/5 sess



### Cartoon with a Disney **Animator**

### 6-8 yrs • Instructor: Happy Kids Studios

Learn to tell stories through drawings and by working on character development, thumbnails, layout pages, panelling and more. Instructed by a former Disney animator from Happy Kids Studios. Note: Siblings can go together in the same class for example 5 year old and 7 years old can either join Art Jam or Cartoon depending on the family's preference.

4:40 pm-5:40 pm Tu Apr 8-May 6 551239 \$75/5 sess May 13-Jun 10 4:40 pm-5:40 pm Tu 551240 \$75/5 sess

# Character Design with a Disney Animator

### 9-12 yrs • Instructor: Happy Kids Studios

Focus on creating appealing characters in animation, comics, games and more. Instructed by a former Disney animator from Happy Kids Studios. Note: Siblings can go together in the same class for example 8 and 11 years can either join Cartoon or Character Design depending on the families preference.

### Set 1

Tu Apr 8-May 6 5:50 pm-6:50 pm 551245 \$75/5 sess Set 1

May 13-Jun 10 5:50 pm-6:50 pm Tu 551251 \$75/5 sess



### Chinese Calligraphy for **Kids**

### 6-13 yrs • Instructor: Tony

The Chinese Calligraphy for Kids program encourages young children to connect with Traditional Chinese culture by painting Chinese characters and motifs. During the course, children will learn to write with a brush pen. They will 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. No class on Apr 18.

Apr 11-Jun 13 3:30 pm-5:00 pm 552813 \$75/9 sess

# CHILDREN | Computer Programs, Dance, Day Camp

### **Computer Programs Dance**

### **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 May 19.

М Apr 28-Jun 16 3:30 pm-4:30 pm 545210 \$66.50/7 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.

Apr 12-Jun 14 1:00 pm-3:00 pm Sa 544604 \$85/10 sess



We will explore the world of Roblox games together in a safe environment. In this class, you will have opportunities to create, explore, compete, race, challenge yourself and have fun with peers. No class on Apr 18, May 2 and May 9.

F Apr 11-Jun 13 3:30 pm-4:45 pm 553873 \$56/7 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. No Class Apr 10.

Sa Apr 12-Jun 14 11:55 am-12:55 pm 548842 \$76.50/9 sess

### **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.

9:00 am-3:30 pm Apr 28 544628 \$28/person

See pages 15-19 for Summer **Day Camps** 

### **ILLUMA STUDIO CLASSES**

No previous experience required. Learned skills showcasing will be announced throughout the course. Dress: dry indoor shoes with nonmarking 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! Find us on FB/IG @illumastudio. Drop in \$10, space permitting.

### **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.

Tu Apr 8-Jun 10 4:45 pm-5:45 pm 548613 \$90/10 sess

### **Act Dance Sing FUN! Musical Theatre**

### 7-12 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.

Apr 8-Jun 10 3:50 pm-4:45 pm Tu 548612 \$90/10 sess

### **Active Jazz Funk, Hip Pop** & KPOP Dance Sampler -**Family**

### 1+ yrs • Instructor: ILLUMA Studio

As a family, come experience high dynamics cardio dancing in styles such as azz Funk, Hip Hop, and Korean / Asian Pop Music! Dancers will refine their technique through choreography, strengthening, footwork, isolations, stretches and more! Meet friends, have fun, and rise to a new challenge. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge!

Tu Apr 8-Jun 10 5:45 pm-6:45 pm 548614 \$90/10 sess

# **Educational**

### 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 Apr 21 and May 19.

М Apr 7-Jun 16 4:45 pm-6:00 pm 544632 \$49.50/9 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. No class on Apr 18.

F Apr 11-Jun 13 3:30 pm-5:00 pm 544631 \$49.50/9 sess

### Mini Chefs

### 6-8 yrs • Instructor: Kyra

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.

Sa Apr 12-Jun 14 10:15 am-11:15 am 546454 \$72.50/10 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 Apr 9-Jun 11 4:45 pm-6:00 pm \$55/10 sess 544634

### STEM It

### 5-8 yrs • Instructor: Crystal

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.

Apr 12-Jun 14 12:30 pm-1:30 pm Sa 544771 \$50/10 sess

### Musical Magic Program

### 7-10 yrs • Instructor: Anushka

Each term we'll focus on a single musical like Seussical, Annie, or Beauty and the Beast featuring singing and dance warmups, key song rehearsals, and improv games to boost creativity. Kids will practice line readings to enhance their acting skills while collaborating to bring the story to life. Plus, there's a performance opportunity for parents at the end! Experience the magic of theater with us!

W Apr 9 4:20 pm-5:05 pm 548690 Free Trial W Apr 16-Jun 11 4:20 pm-5:05 pm 548688 \$67.50/9 sess

### Mandarin Basic

### 7-12 yrs • Instructor: Vicky

We use the Let's Learn Chinese series, designed for a full year of study. Students will build vocabulary, practice simple dialogues, and develop an understanding of tones. They will also learn to write Chinese characters and sing traditional songs, making language learning both engaging and immersive. No class on Apr 21 and May 19.

### Level 1

This class is based on the Chinese Grade 1 level and is ideal for beginners with no prior experience.

3:30 pm-4:30 pm М Apr 7-Jun 9 552820 \$55/8 sess

### Level 2

This class follows the Chinese Grade 2 level and is ideal for returning students or those with some prior experience

Apr 7-Jun 9 4:35 pm-5:35 pm М 552819 \$55/8 sess

### **Red Cross Babysitting**

### 11-16 yrs • Instructor: First Aid Hero

Course content: Responsibility and leadership skills, Decision making behaviour management, child developmental strategies, Practical skills: feeding, diapering and dressing, Safety awareness and prevention, First Aid for babysitters, business of babysitting. Bring a nut-free lunch & medium teddy to practice on.

Sa May 10 9:00 am-4:55 pm 544647 \$70/person

### **Red Cross Stay Safe!**

### 9-13 yrs • Instructor: First Aid Hero

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.

### **SPRING** 9:00 am-3:00 pm Sa Jun 7 544648

SUMMER		
W	Jul 17	9:00 am-3:00 pm
549652		\$70/person
W	Aug 14	9:00 am-3:00 pm
549659	-	\$70/person

\$70/person

### **Young Commander Chess**

### Instructor: Joe

Chess folder kit included. No class on May 17. **Novice/Starter** 

### 6-13 yrs

Anyone new or with limited knowledge of art-of-chess basics

Apr 26-Jun 14 1:30 pm-2:40 pm Sa 554389 \$56/7 sess

### Intermediate/Advance

### 8-13 yrs

Anyone proficient with chess tactics and advanced strategies

Apr 26-Jun 14 2:50 pm-4:00 pm Sa 554390 \$56/7 sess

### Social

### **Dungeons and Dragons**

### 11-14 yrs • Instructor: Wake

Dungeons & Dragons is an interactive fantasythemed 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! (Dice and other equipment will be provided). No class Aug 4.

### SPRING

Tu

	p. •p. ==	
546493		\$30/4 sess
<b>SUMMER</b>		
M	Jul 7-Aug 18	3:45 PM-5:45 PM
549664	_	\$45/6 sess

4·15 nm-6·15 nm

### **Tabletop Role-Playing** Games Kids Con

Apr 8-Apr 29

### 8-14 yrs • Instructor: Josh

The TTRPG Kids Convention is a unique opportunity for kids to spend a whole day learning and playing tabletop role-playing games run by experienced game masters. Participating in games such as Dungeons and Dragons, Magical Kitties to the Rescue, and No Thank You, Evil!, kids will play heroic characters who cooporate to solve problems, and maybe vanquish evil along the way. If you have a budding game master at home who wants to learn how to plan and run games for their friends, we are offering workshops to get new GMs started. Please pack a water bottle, snacks and lunch. This program meets at Sunrise Hall - 1950 Windermere Street. For more details, please visit TTRPGKidsCon.com 9:00 am-4:00 pm Sa May 3 547788 \$10/1 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 Apr 18, Apr 21, May 19 and Aug 4.

### **SPRING**

М	Apr 7-Jun 9	6:00pm-8:30pm
Various tir	nes	\$136/8 sess
Tu	Apr 8-Jun 10	6:00pm-8:30pm
Various tir	nes	\$170/10 sess
F	Apr 11-Jun 13	6:00pm-8:30pm
Various tir	nes	\$153/9 sess
<b>SUMMER</b>		
М	Jul 7-Aug 18	6:00pm-7:30pm
Various tir	nes	\$102/6 sess
Tu	Jul 8-Aug 19	6:00pm-7:30pm
Various tir	nes	\$119/7 sess
F	Jul 11-Aug 22	6:00pm-7:30pm
Various tir	nes	\$119/7 sess

### **Guitar Lessons**

### 5-18 yrs • Instructor: Sam

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 Apr 18, Apr 21, May 19 and Aug 4.

### **SPRING**

М	Apr 7-Jun 9	6:00pm-8:30pm
Various tir	nes	\$136/8 sess
Tu	Apr 8-Jun 10	6:00pm-8:30pm
Various tir	nes	\$170/10 sess
F	Apr 11-Jun 13	6:00pm-8:30pm
Various tir	nes	\$153/9 sess
<b>SUMMER</b>		
М	Jul 7-Aug 18	6:00pm-7:30pm
<b>M</b> Various tir	•	<b>6:00pm-7:30pm</b> \$102/6 sess
• •	•	
Various tir	nes Jul 8-Aug 19	\$102/6 sess
Various tir <b>Tu</b>	nes Jul 8-Aug 19	\$102/6 sess <b>6:00pm-7:30pm</b>
Various tir <b>Tu</b> Various tir	mes Jul 8-Aug 19 mes Jul 11-Aug 22	\$102/6 sess <b>6:00pm-7:30pm</b> \$119/7 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. No class on Apr 18.

### **SPRING**

F

•	Apr II can IS	3.30piii 0.30piii
Various ti	mes	\$180/9 sess
Sa	Apr 12-Jun 14	9:30am-3:00pm
Various ti	mes	\$200/10 sess
SUMMER		
Tu	Jul 8-Aug 19	3:00 pm-5:30 pm
546342		\$140/7 sess
W	Jul 9-Aug 20	3:00 pm-5:30 pm
546347		\$140/7 sess
F	Jul 11-Aug 22	3:00 pm-5:30 pm
546352		\$140/7 sess

3:30pm-6:30pm

Apr 11-Jun 13

### **Piano Lessons**

### 5-18 yrs • Instructor: Jazzy

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.

### **SPRING**

549294

W	Apr 9-Jun 11	4:00 pm-8:00 pm
Various	times	\$170/10 sess
SUMME	R	
Th	Jul 10-Aug 21	11:00 am-4:00 pm

\$119/7 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. Students will be asked to purchase their own music book. The instructor will let you know which book to purchase on the first class. Lessons are 30 minutes.

### **SPRING**

Th	Apr 10-Jun 12	3:30 pm-7:00 pm
Various t	imes	\$165/10 sess
SHMME	2	

3:30 pm-7:00 pm Jul 10-Aug 21 Th \$115.50/7 sess 547105



### **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 Apr 12-Jun 14 2:50pm-4:50pm Various times \$170/10 sess



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

### **Martial Arts**

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.

### 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, noncontact 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. Parents are welcome to register into the class to join their child(ren).

### **SPRING**

Th

Th	Apr 10-May 8	5:30 pm-7:00 pm
544760		\$75/5 sess
Th	May 15-Jun 12	5:30 pm-7:00 pm
544761		\$75/5 sess
<b>SUMMER</b>		

546526 \$90/6 sess For participants interested in progressing with coloured belts, Kuyukai membership and attendance card are available for purchase.

5:30 pm-7:00 pm

Jul 10-Aug 14

Attendance card (544762) \$8 \$30 Kuyukay membership (535805) \$66 to \$102 Uniform (544763)

### Taekwondo - Beginner

### 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 Apr 21, May 19 and Aug 4.

### **SPRING**

М	Apr 14-Jun 9	4:30 pm-5:30 pm
549845		\$77/7 sess
<b>SUMMER</b>		
M	Jul 7-Aug 18	4:30 pm-5:30 pm
549847		\$66/6 sess

# **Sports**

### Basketball

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. No class Jul 22.

### **SPRING**

### Instructor: Owen

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lu	Apr 8-Jun 10	5:00 pm-6:00 pm
545184		\$57.50/10 sess
8-12 yrs		
Tu	Apr 8-Jun 10	6:05 pm-7:05 pm
545185		\$57.50/10 sess
<b>SUMMER</b>		

### Instructor: Justin

### 6-8 yrs

548502

Tu

		p
548501		\$34.50/6 sess
8-12 yrs		
Tu	Jul 8-Aug 19	6:05 pm-7:05 pm

Jul 8-Aug 19

5:00 pm-6:00 pm

\$34.50/6 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.

# CHILDREN | Sports, Yoga

### 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 Jul 23.

# SPRING

6-8 yrs		
W	Apr 9-Jun 11	5:00 pm-5:55 pm
545187		\$57.50/10 sess
8-12 yrs		
W	Apr 9-Jun 11	6:00 pm-7:00 pm
545188		\$57.50/10 sess
SUMMER		
6-8 yrs		
W	Jul 9-Aug 20	5:00 pm-5:55 pm
548503		\$34.50/6 sess

**8-12 yrs W Jul 9-Aug 20 6:00 pm-7:00 pm**548504
\$34.50/6 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** Apr 12-Jun 14 9:45 am-10:45 am 549981 \$100/10 sess

### **Indoor Tennis**

### Instructor: Daniel

### **Beginner Level 1.0-1.5**

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 Apr 21 and May 19.

### 7-10 yrs

М	Apr 7-Jun 9	3:45 pm-4:45 pm
548521		\$48/8 sess

### 11-14 yrs

M Apr 7-Jun 9 4:50 pm-5:50 pm 548522 \$48/8 sess

### Beginner/Intermediate Level 1.5-2.0

### 8-14 yrs

This intermediate class continues to develop tennis skills for those players who have been introduced to the game. Students will participate in a variety of fun drills and games to enhance their skills. Students will also have the opportunity to play games. Please bring your racquet and water bottle. No class on Apr 21 and May 19.

**M** Apr **7-Jun 9 5:55** pm-**6:55** pm 548523 \$48/8 sess

### **Outdoor Tennis**

### Instructor: Daniel

Please bring your racquet and water to the courts. Meet your teacher by the North Tennis Courts at Rupert Park (1600 Rupert Street @ E 1st Avenue).

### Beginner Level 1.0-1.5

### 7-10 yrs

An introduction to tennis.

Th Apr 10-Jun 12 3:30 pm-4:45 pm 553046 \$80/10 sess

### Beginner/Intermediate Level 1.5-2.0

### 8-14 yrs

A continuation of developing tennis skills.

Th Apr 10-Jun 12 4:50 pm-6:05 pm 553062 \$80/10 sess

### Swim & Skate

### 8-12 yrs • Instructor: Isaac & Monica

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

W Apr 9-Jun 11 5:00 pm-9:00 pm 544623 \$72.50/10 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. No class on Apr 18.

F Apr 11-Jun 6 5:00 pm-6:00 pm 544646 \$96/8 sess

### **Ultimate Fun (Frisbee)**

### 9-13 yrs • Instructor: Ayanle

Ultimate offers a fun and engaging experience where participants learn new tricks and build physical endurance through various activities. Designed for kids, this program emphasizes skill development and fitness in a lively, supportive environment. Meet your coach at the gravel field located on the west side of the community center.

**Th** Apr **10-Jun 12 4:00** pm-**5:45** pm 548505 \$65/10 sess

### Yoga

### **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. No class Apr 24.

**Th** Apr **10-Jun 12 4:00 pm-5:00 pm** 548879 \$51.75/9 sess

### **Creative Arts**

# **Art Jam with a Disney**

### 4-5 yrs • Instructor: Happy Kids Studios

Create concept drawings, learn about colour palettes and develop freehand drawing skills in this specialized class. Instructed by a former Disney animator from Happy Kids Studios. Note: Siblings can go together in the same class for example 5 y.o. and 7 y.o. can either join Art Jam or Cartoon depending on the families preference.

M-F Jul 14-Jul 18 9:30 am-10:30 am 551261 \$75/5 sess M-F Aug 18-Aug 22 9:30 am-10:30 am 551284 \$75/5 sess

# Cartoon with a Disney

### 6-8 yrs • Instructor: Happy Kids Studios

Learn to tell stories through drawings and by working on character development, thumbnails, layout pages, panelling and more. Instructed by a former Disney animator from Happy Kids Studios. Note: Siblings can go together in the same class for example 5 y.o. and 7 y.o. can either join Art Jam or Cartoon depending on the families preference.

M-F Jul 14-Jul 18 10:40 am-11:40 am 551262 \$75/5 sess M-F Aug 18-Aug 2210:40 am-11:40 am 551286 \$75/5 sess

### **Character Design with** a Disney Animator

### 9-12 yrs • Instructor: Happy Kids Studios

Focus on creating appealing characters in animation, comics, games and more. Instructed by a former Disney animator from Happy Kids Studios. Note: Siblings can go together in the same class for example 8 v.o. and 11 v.o. can either join Art Jam or Cartoon depending on the families preference.

M-F Jul 14-Jul 18 11:50 am-12:50 pm 551263 \$75/5 sess M-F Aug 18-Aug 22 11:50 am-12:50 pm 551287 \$75/5 sess

### APPLICABLE TO ALL SUMMER DAY CAMPS

### **Registration Dates**

- Catchment residents registration starts Saturday, February 22 at 9am in-person at Thunderbird CC. Please bring proof of residency or recent Thunderbird Elementary report card. (Catchment map and details on page 3.)
- General registration starts Saturday, April 12 at 9am (in-person/online).

### Refund/Transfers

- Refunds and transfers require a minimum of 14 days' notice before the start of camp.
- Refunds will be subject to a \$8 administration fee, per child, per week
- Transfers will be subject to a \$4 administrative fee, per child, per week

### **Summer Art Camp: I** Spy...under the Wave

### 6-12 yrs • Instructor: Alex

From the surface to the sea floor, the oceans are packed with life. Let's go diving and finding many wonderful creatures in the ocean. Fish is not the only things found there. Maybe you'll meet jelly fish, sea horse or creatures that glow in the dark. How about talking to a dolphin or an octopus? Kids will create paintings with watery scenes of the Ocean. Learning to paint, draw and color and create 3D art. This art camp provides children with fun ways to engage their creative minds through visual art activities.

M-F Jul 21-Jul 25 9:30 am-3:00 pm 554409 \$250/5 sess

### **Summer Art Camp: I** NEW! Spy...on the African Jungle

### 6-12 yrs • Instructor: Alex

Let's go on a SAFARI! This art camp is perfect for those who dream of adventure! Kids will explore different animals that inhabit in the African jungle. For examples, the biggest land animal, the longest neck animal, the heavy giant but run very fast animal, the powerful big cat animal, etc. As kids create their art work, they will explore new ideas, new techniques, learn about color and shape, and experiment with a variety of art media.

M-F Aug 11-Aug 15 9:30 am-3:00 pm 554412 \$250/5 sess



### **Dance**



### **Hip Hop Camp**

### 7-12 yrs • Instructor: Endorphin Rush Dance

Calling all b-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 week we will work on a choreographed dance. Get ready to cheer with gusto as there is a presentation for family on the last day! Please bring a filled water bottle each day. More info: www. kirbysnelldance.com.

M-F	Jul 14-Jul 18	2:00 pm-3:15 pm
553142		\$70/5 sess
мг	Aug 10 Aug 22	2.00 pm 7.15 pm
M-F	Aug 18-Aug 22	2:00 pm-3:15 pm

# Dance Extreme (Dance Sampler) Camp

### 6-12 yrs • Instructor: Endorphin Rush Dance

Explore a number of different dance styles in this upbeat and welcoming dance camp. Kids will leave feeling proud of their new dance skills, and have a great time making new friends. Styles may include Latin Dance, Contemporary, Popping, Hip Hop, Acrobatic Dance, Creative Movement and Bollywood! Please wear comfortable clothing and bring water and clean indoor shoes for dancing. There will be a presentation for family members on the last day of camp. No experience required, all dancers welcome. More info: www.kirbysnelldance.com.

M-F	Jul 14-Jul 18	12:30 pm-1:45 pm
553141		\$70/5 sess
M-F	Aug 18-Aug 22	12:30 pm-1:45 pm
553149		\$70/5 sess

# Encanto Mini Movers Camp

### 4-6 yrs • Instructor: Endorphin Rush Dance

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

M-F	Jul 14-Jul 18	9:15 am-10:30 am
553139		\$70/5 sess
M-F	Aug 18-Aug 22	9:15 am-10:30 am
553147		\$70/5 sess

### Mini Hip Hop Movers Camp

### 3-5 yrs • Instructor: Endorphin Rush Dance

This non-stop action-packed class includes hip hop, and dance games that will have your dancer moving to the beats. Through the week we will work on a choreographed dance. Get ready to cheer with gusto as there is a presentation for family on the last day! Please bring a filled water bottle each day. More info: www.kirbysnelldance.com.

M-F	Jul 14-Jul 18 10:45 am-12:00 pm
553140	\$70/5 sess
M-F	Aug 18-Aug 22 10:45 am-12:00 pm
553148	\$70/5 sess

### **ILLUMA STUDIO CLASSES**

No previous experience required. Campers will be grouped by age/skill upon in-camp assessment. Camp content is accessible and adapted to the learner's level. Learned skills showcasing will be announced during the camp (student participation encouraged but is optional). Showcase for full-day campers will occur at the end of their afternoon session.

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 / lunch to fuel your child for an energetic workout!

Camp curriculum will be different between same-subject sessions; we welcome repeat students at our camps! We aim to have more than one teacher present for each class, especially for classes with more than 10-12 students.

Find us on IG/FB: illumastudio

# Active Dance Sing/Jazz Funk/Hip Hop/KPOP

### 6-14 yrs • Instructor: ILLUMA Studio

Come learn a variety of dancing and aspects of musical theatre including some singing and acting through FUN games! Students will be introduced to Jazz Funk, Street and Korean Pop (KPOP) dance styles through cardio warm ups, strengthening, footwork, isolations, stretches and learn the importance of breathing. Through purposeful games, students will refine their presentation and public speaking skills while meeting friends, having fun, and rising to a new challenge!

M-F	Jul 28-Aug 1	9:00 am-12:00 am
553127		\$135/5 sess
Tu-F	Aug 5-Aug 8	9:00 am-12:00 am
553129		\$108/4 sess

### Active Dance: Jazz Funk, Hip Hop and Asian Pop

### 8-14 yrs • Instructor: ILLUMA Studio

A beginner/intermediate camp buffet of Hip Hop, Locking, Popping, Street Dance, Korean Pop (KPOP) and other dance styles. Students will refine their technique through cardio dance skills, strengthening, footwork, isolations, stretches and more! Meet friends, have fun, and rise to a new challenge! Learned skills may be showcased on the last day of camp.

M-F	Jul 28-Aug 1	12:00 pm-3:00 pm
553128		\$135/5 sess
Tu-F	Aug 5-Aug 8	12:00 pm-3:00 pm
553130		\$108/4 sess

### **Educational**

### **Lego Stop Motion Animation Camp**

### 7-12 yrs • Instructor: Film Camp in a Box

Bring your Lego creations to life in this exciting stop-motion animation camp! Explore every stage of animation-from set design and script writing to production and post-production. Working in small crews, participants will animate Lego characters and scenes, creating their own short film and trailer. Using tools like Canva and Al-powered soundtracks, they'll add music, sound effects, voiceovers, and special effects for a professional finish. The week wraps up with a red-carpet premiere on the final day, showcasing their animated masterpieces.

M-F Jul 7-Jul 11 9:00 am-4:00 pm 546500 \$300/5 sess Aug 25-Aug 29 9:00 am-4:00 pm M-F 546510 \$300/5 sess



### Hollywood Filmmaking

### 9-14 yrs • Instructor: Film Camp in a Box

Lights, camera, action! Step into the world of filmmaking. Young filmmakers will explore every stage of production, from scriptwriting and cinematography to digital editing using tools like Final Cut, iMovie, and Canva. Equipped with 4K cameras, drones, green screens, and more, campers will create and star in their own short film and movie trailer. They?ll enhance their projects with special effects, music, and Al-composed soundtracks. The week wraps up with a red-carpet premiere on the final day, showcasing their cinematic masterpieces. Unleash your creativity and experience the magic of filmmaking!

M-F Jul 21-Jul 25 9:00 am-4:00 pm 546499 \$300/5 sess

### Young Commander Chess

### 6-13 yrs • Instructor: Joe

Join in this Sherlock-Holmes-world of tactics and strategies, where the chessmen become personified, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armour 'commander' selfimage (TEAM leader) - whereby kids can draw upon and develop a well-rounded discipline, amidst a 'friends-learning-together' classroom setting.

### **NOVICE**

Open to anyone new or with limited knowledge of art-of-chess basics. Chess folder kit included.

M-F Jul 21-Jul 25 1:30 pm-3:00 pm 548754 \$40/5 sess

### INTERMEDIATE/ADVANCE

Open to anyone proficient with chess tactics and advanced strategies. Chess folder kit included.

M-F Jul 21-Jul 25 3:10 pm-4:40 pm \$40/5 sess 548822



### Rock On

NEW! 9-14 yrs • Instructor: Film Camp in

Using state of the art technology and green screens, you and your band will create your very own music video. Campers will work collaboratively in small crews, learning about music video cinematography and advanced editing techniques used by the music industry. Campers will choose their favourite song and create their own story around it. They will then act in, film and edit their full music video with the guidance and mentorship of a master filmmaker. Videos will be presented at our red carpet, popcorn film festival and archived on our digital theatre.

M-F Aug 11-Aug 15 9:00 am-4:00 pm \$300/5 sess 546508



### **Intro to Coding and Chess** Camp

### 8-12 yrs • Instructor: Tai

Through this course students will learn the basics of both Computer Programming and Chess. Through Chess students will develop skills such as pattern recognition, problem solving and visualization. These skills will be then applied to Computer Programming to create basic programs and simple games which they then will customize. Students will learn Python, one of the world's fastest growing and most popular programming languages. No experience in programming or chess necessary.

M-F	Jul 7-Jul 11	11:00 am-3:15 pm
546550		\$135/5 sess
M-F	Jul 14-Jul 18	11:00 am-3:15 pm
546570		\$135/5 sess
M-F	Aug 18-Aug 22	11:00 am-3:15 pm
546572		\$135/5 sess
M-F	Aug 25-Aug 29	11:00 am-3:15 pm
546573		\$135/5 sess

# **Sports**



### **Outdoor Soccer Camp**

It's important to always have fun! Using childfriendly 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.

### **LITTLE ONES**

### 3-5 yrs • Instructor: Marvin

M-F	Jul 7-Jul 11	9:00 am-10:15 am
553120		\$48.75/5 sess
M-F	Jul 14-Jul 18	9:00 am-10:15 am
553116		\$48.75/5 sess
M-F	Jul 28-Aug 1	9:00 am-10:15 am
553117		\$48.75/5 sess
Tu-F	Aug 5-Aug 8	9:00 am-10:15 am
553118		\$39/4 sess
M-F	Aug 18-Aug 22	9:00 am-10:15 am
553119		\$48.75/5 sess
	_	

### **CHILDREN**

### 6-12 yrs • Instructor: Marvin

M-F	Jul 7-Jul 11	9:00 am-12:00 pm
553111		\$115/5 sess
M-F	Jul 14-Jul 18	9:00 am-12:00 pm
553112		\$115/5 sess
M-F	Jul 28-Aug 1	9:00 am-12:00 pm
553113		\$115/5 sess
Tu-F	Aug 5-Aug 8	9:00 am-12:00 pm
553114		\$92/4 sess
M-F	Aug 18-Aug 22	9:00 am-12:00 pm
553115		\$115/5 sess

### **Outdoor Tennis Camp -**Beginner Level 1.0-1.5

### 7-12 yrs • Instructor: Daniel

This 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 to the courts. Meet your teacher by the North Tennis Courts at Rupert Park (1600 Rupert Street @ E 1st Avenue).

<b>M-F</b> 553080	Jul 7-Jul 11	<b>4:00 pm-5:30 pm</b> \$55/5 sess
<b>M-F</b> 553081	Jul 14-Jul 18	4:00 pm-5:30 pm \$55/5 sess
<b>M-F</b> 553082	Jul 21-Jul 25	4:00 pm-5:30 pm \$55/5 sess
<b>M-F</b> 553083	Jul 28-Aug 1	4:00 pm-5:30 pm \$55/5 sess
<b>Tu-F</b> 553084	Aug 5-Aug 8	4:00 pm-5:30 pm \$44/4 sess
<b>M-F</b> 553085	Aug 11-Aug 15	4:00 pm-5:30 pm \$55/5 sess



### **Outdoor Tennis Camp -Beginner-Intermediate** Level 1.5-2.0

### 9-14 yrs • Instructor: Daniel

This more intermediate class continues to develop tennis skills for those players who have been introduced to the game. Students will participate in a variety of fun drills and games to enhance their skills. Students will also have the opportunity to play games. Please bring your racquet and water to the courts. Meet your teacher by the North Tennis Courts at Rupert Park (1600 Rupert Street @ E 1st Avenue).

M-F	Jul 7-Jul 11	5:35 pm-7:05 pm	
553086		\$55/5 sess	
M-F	Jul 14-Jul 18	5:35 pm-7:05 pm	
553087		\$55/5 sess	
M-F	Jul 21-Jul 25	5:35 pm-7:05 pm	
553088		\$55/5 sess	
M-F	Jul 28-Aug 1	5:35 pm-7:05 pm	
553089		\$55/5 sess	
Tu-F	Aug 5-Aug 8	5:35 pm-7:05 pm	
553090		\$44/4 sess	
M-F	Aug 11-Aug 15	5:35 pm-7:05 pm	
553091	_	\$55/5 sess	

### **Ultimate Frisbee Fun Camp**

### 9-13 yrs • Instructor: Ayanle

Ultimate offers a fun and engaging experience where participants learn new tricks and build physical endurance through various activities. Designed for kids, this program emphasizes skill development and fitness in a lively, supportive environment. Meet your coach at the gravel field located on the west side of the community center.

M-F	Jul 21-Jul 25	4:00 pm-6:00 pm
554280		\$37.50/5 sess
M-F	Aug 11-Aug 15	4:00 pm-6:00 pm
554281		\$37.50/5 sess
M-F	Aug 18-Aug 22	4:00 pm-6:00 pm
554282		\$37.50/5 sess

# Full Day Camps | **SUMMER DAY CAMPS**

Join our fantastic day camp programs and have a blast this summer! Our youngest campers in Camp Sunray will have more local adventures, while our older campers (Sunseekers) will go out on bigger adventures. Our oldest campers will go on big outtrips but also learn how to be a global citizen.

### What to Expect:

- These day camps are play-based recreation programs. The day includes free-play, structured group activities and games and out-trips. Our camps will go on a couple of out-trips each week which may include the use of public transit and school buses.
- Our staff are primarily between the ages of 18 and 22, with program support from youth volunteers ages 16 to 18.
- Sunrays and Sunseekers camps will start and end their day in the Gymnasium which is a large space with fluorescent lighting and shared activity corners. Youth Adventures will meet in the Games Room.
- Please reach out to us prior to starting camp if your child requires additional support to participate in camps.

### **Registration Dates:**

See page 15 for details

### Waivers/Consent & Daily Sign-In/Out:

- The Day Camp Manager will send an e-mail with a PDF waiver, consent form and activities calendar 4-5 days prior to the start of the week. Please add emails from @vancouver.ca to your safe list.
- Any participant under the age of 10 must be signed in during drop-off, and signed out when picked up by a designated person 16 years and older.
- Sunray and Sunseeker camps signin/out is at the back of Thunderbird Community Centre by the gravel field. Youth camp sign-in/out will be in the Games Room.
- The schedule is subject to change due to a variety of factors.

### What To Bring (During Camp):

- On the first day of camp, please have a completed waiver form and activity consent form filled out. Printed copies will be available at the Front Office and day camp sign-in desk.
- We ask that each participant brings a backpack with a lunch, snack, water bottle, sunscreen, hat, towel and swimsuit every day.
- Please pack lunches and snacks without nuts and shellfish.
- We ask that participants leave all valuables such as card games, cell phones, money, bank cards at home.

### **Refund Deadlines:**

See page 15 for details

	<b>Sunrays</b> (6-7 yrs)	Sunseekers (8-10 yrs)	Youth Adventures (11-14 yrs)	After Camp Care (6-12 yrs)
		9:00 am-3:30 pm		3:30 pm-5:30 pm
Indicates 4-day week		\$140/5 days, • \$112/4 days		\$35/5 days, • \$28/4 days
Week 1 • Jun 30-Jul 4 (no sess Jul 1)	546358	546359	546374	546382
Week 2 Jul 7-Jul 11	546360	546361	546375	546383
<b>Week 3</b> Jul 14-Jul 18	546362	546363	546376	546384
Week 4 Jul 21-Jul 25	546364	546365	546377	546385
Week 5 Jul 28-Aug 1	546366	546367	546378	546386
Week 6 • Aug 5-Aug 8 (no sess Aug 4)	546368	546369	546379	546387
Week 7 Aug 11-Aug 15	546370	546371	546380	546388
<b>Week 8</b> Aug 18-Aug 22	546372	546373	546381	546389

# **YOUTH** | Youth Drop-In, Leadership

YOUTH ACTIVITIES SPRING SCHEDULE (APR-JUN)					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Games Room 3:00 pm-6:30 pm Ages: 10-18	Games Room 3:00 pm-6:30 pm Ages: 10-18	Writers' Exchange 3:00 pm-4:30 pm Grade 4-7	Games Room 3:00 pm-6:30 pm Ages: 10-18	Games Room 3:00 pm-10:00 pm Ages: 10-18	Breakfast Club 10:3 0am-1:30 pm Ages: 10-18
		Games Room 3:00 pm-6:30 pm Ages: 10-18		Youth Dinner 4:00 pm-6:00 pm Ages: 13-18	
				Youth Council 6:00 pm-8:00 pm Ages: 13-18	
			Drop-In Volleyball 7:00 pm-9:00 pm Ages: 13-18  y and participation numb	Drop-In Basketball 8:00 pm-10:00 pm Ages: 13-18	

Legend: Social Games Room Drop-in Educational/Leadership Sports/Fitness

### **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 @thunderbirdyouth on Instagram for updates about youth programs, volunteer opportunities, citywide initiatives, and all things youth related!

# Youth Leadership

### **Thunderbird Youth Council** 13-18 yrs

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! Thunderbird catchment only; contact Community Youth Worker Priya Brar to sign up at priya.brar@vancouver.ca.

Apr 18-Jun 13 6:00 pm-8:00 pm 544608



### **Youth Dinner**

### 13-18 yrs

Dinner for youth between the ages of 13-18 no registration required!

Apr 18-Jun 13 4:00 pm-6:00 pm





### **Education**

### Writer's Exchange

### Grades 4-7

Writers' Exchange meets Thunderbird Community Centre! Every Wednesday there will be an after-school program for grade 4's - 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 Community Youth Worker Priya Brar at priya.brar@vancouver.ca.

Apr 9-Jun 11 3:00 pm-4:30 pm 544666

### Social

### **Games Room**

### 10-18 yrs

The games room is after school for youth who want a safe, quiet space to get their homework done. Open to youth ages 10-18. No registration required, drop-in only. No session Apr 18, Apr 21, May 19 or in Jul/Aug.

3:00 pm-6:30 pm Μ Apr 7-Jun 16 Tu Apr 8-Jun 17 3:00 pm-6:30 pm Apr 10-Jun 19 3:00 pm-7:00 pm Th F Apr 11-Jun 20 3:00 pm-10:00 pm Closed for the Summer (Jul/Aug).

### **Breakfast Club**

### 10-18 yrs

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

Sa Apr 12-Jun 14 10:30 am-1:30 pm Free

# **Sports**



# **Drop-in Volleyball**

### 13-18 yrs

Bump, set, spike! Drop-in volleyball for teens. Th Apr 10-Jun 19 7:00 pm-9:00 pm Free

### **Drop-in Basketball**

### 13-18 yrs

Lace up your ball shoes and come shoot some hoops! Open to youth ages 13-18.

Apr 11-Jun 20 8:00 pm-10:00 pm Free

### **Zero Gravity**

### 13-18 yrs

Ready to take your game to new heights? Zero Gravity is the program you need! Come join Coach Owen on Friday nights from 6pm-8pm for a fun plyometric workout and low rim dunking. A great chance to work on your vertical jump with a proven jump program and a fun place to get better! Thunderbird catchment only; contact Community Youth Worker Priya Brar to sign up at priya.brar@ vancouver.ca

Apr 4-Jun 20 6:00 pm-8:00 pm 543530

# Volunteer **Opportunities**

### **Summer Day Camp Volunteer Orientation**

### 15-18 yrs

Volunteering during the summer is a great time to earn your hours you need for school, but also a fantastic opportunity to learn leadership skills working with summer day camp participants ages 6 to 10 years old. This is an opportunity to gain some work experience, have fun while on the programs' out-trips, make connections with other volunteers and staff and ensure you have some references for future job applications. In fact, many of our summer day camp volunteers end up becoming paid leaders themselves in future years, and continue working in the community system network. Please note that any volunteer must:have parental consent including getting a police information check, and commit to a minimum of one full summer day camp week. If you want more information, please email Priya, Community Youth Worker at priya.brar@ vancouver.ca.

Jun 13 4:00 pm-6:00 pm 544667 Free





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

### **Fitness**

### **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.

### **SPRING**

**SUMMER** 

552985

### Set 1

W 544764	Apr 9-May 7	6:00 pm-7:00 pm \$35/5 sess
<b>Set 2</b> W 544765	May 14-Jun 11	6:00 pm-7:00 pm \$35/5 sess

6:00 pm-7:00 pm

\$28/4 sess

### **Martial Arts**

Jul 9-Jul 30

### Adult Taekwondo

### 25+ yrs • Instructor: Wu's Taekwondo

Join our Taekwondo class tailored for adults aged 25 and over! Focus on self-defense techniques, sparring, kicking, and combat skills to boost your confidence and fitness. Whether you?re a beginner or have experience, our skilled instructors will support you every step of the way. Experience the benefits of martial arts in a fun and empowering environment! No class on Apr 21, May 19 and Aug 4.Participants 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.

### **SPRING**

M	Apr 14-Jun 9	5:50 pm-7:00 pm
549844		\$91/7 sess
<b>SUMMER</b>		
М	Jul 7-Aug 18	5·30 nm-7·00 nm

549846 \$78/6 sess

# **Sports**



### **Pickleball**

### 19+ yrs • Instructor: 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. Drop-in \$4.28, space permitting. No session Apr 21 and May 19.

Apr 7-Jun 9 7:15 pm-8:45 pm 545193 \$28.56/8 sess

### Basketball

### 19+ yrs • Instructor: Non-Instructional

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

Tu Apr 8-Jun 10 7:15 pm-8:45 pm 545189 \$35.70/10 sess



### **Indoor Soccer**

### 19+ yrs • Instructor: Non-Instructional

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

W Apr 9-Jun 11 7:15 pm-8:45 pm \$35.70/10 sess 545190

### **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, 5 minutes after the program start time, staff will announce the names from the drop-in waitlist.

# Yoga

### Yin Yoqa

### 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, breath work and meditation will be provided. Drop-in \$8, space permitting.

### **SPRING**

W	Apr 16-Jun 11	1:15 pm-2:15 pm
548878		\$51.75/9 sess
Th	Apr 10-Jun 12	5:15 pm-6:15 pm
548877		\$57.5/10 sess
<b>SUMMER</b>		

Jul 9-Aug 20 1:15 pm-2:15 pm 552981 \$40.25/7 sess

### **Dance**

### **Contemporary Line Dance**

### 55+ yrs • 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 Apr 21, May 19 and Aug 4.

### **SPRING**

M	Apr 7-Jun 23	10:30 am-12:00 pm
544767		\$28/10 sess

SUMMER

М Jul 7-Aug 25 10:30 am-12:00 pm 547999 \$24.50/7 sess

### Music



### **Chinese Choir** 長者中文歌唱班

### 55+ yrs • 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 \$4.00, if space permits.

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!

### **SPRING**

W Apr 09-Jun 11 10:00 am-11:30 am 545194 \$31.50/9 sess

**SUMMER** 

W Jul 9-Aug 20 10:00 am-11:30 am 554352 \$24.50/7 sess

### **Martial Arts**

### Yang Style 24 Forms Tai Chi for Beginners

### 19+ yrs • Instructor: Art

The Yang Style 24 form is a simplified version of Yang Style Traditional Tai Chi. The traditional movements are condensed into 24 moves which can be completed in approximately 6 minutes. The lessons will incorporate the basic Yang Style movements with the goal of improving your flexibility, balance, and strength. The ultimate result of practicing tai chi will lead to better overall physical and mental wellbeing.

### **SPRING**

Tu	Apr 8-Jun 10	9:05 am-10:50 am
549313		\$30/10 sess
<b>SUMMER</b>		

Jul 8-Aug 19 9:00 am-10:45 am Tu 549314 \$21/7 sess

# **Sports**



### **Table Tennis & Pool Table Drop-in Only**

### 55+ yrs • 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 are space permitting. Players must be present to pay for drop-in. Limited equipment is available.

Tu Apr 8-Jun 10 12:00 pm-4:00 pm 545192 \$0.95/10 sess Th Apr 10-Jun 12 10:00 am-12:00 pm 545191 \$0.95/10 sess

### Spring Canada Revenue Agency Community Volunteer Income Tax Program This service is available for catchment only.

Individuals must meet the following two criteria:

### 1) Income Level

**Family Size Family Income** One Person \$35,000

Two People (couple or single with 1 dependent) \$45,000 Additional Dependents add \$2,500 each

Mon 3:30pm-5:30pm

March 3 & 31

**April 7 & 14** 

Tue 3:30pm-5:30pm

April 8, 15 & 22

Wed 5:30pm-7:30pm

March 5, 12, 19 & 26

April 2, 9, 16 & 23

Sat 9:30am-12:30pm

Mar 15, 22 & 29

### 2) Simple Returns Only

### The following will not be prepared:

- -have self-employment income
- -have business or rental income and expenses
- -have capital gains or losses
- -have employment expenses
- -file for bankruptcy
- -are completing a return for a deceased person

You may register for your 20 or 30 minute appointment starting Feb 15 at our front office.

Arrive on time and be prepared with all of your documentation including your 2023 Notice of Assessment.

### \*One Return per appointment

\*\* Remember to book a separate appointment for family members back to back for each return and NOT for the same time slot.

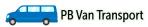
# **OLDER ADULT 55+** | Out-Trips

# **Senior's Out-Trips**

Cancelations 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. A completed consent form is mandatory to attend our trips. In-person registration at Thunderbird only. GST is applicable on all out-trips.



**Chartered School Bus** 









### Instructor: Simon

The Tulip Festival is a farm with thousands of tulips and field flowers spread over 35 acres. Take a walk and discover over 100 varieties of tulips of different shapes and colours. Pack a picnic lunch to enjoy on-site. Dress appropriately and were boots if it has been raining recently as the fields can be muddy.

Apr 24 545825

9:30 am-2:30 pm \$15/1 sess





### Instructor: Simon

You will be pleasantly surprised with the preservation of the only remaining buildings of a once thriving mill town from the turn of the last century. You will experience first hand iust how life was in the 1920s in rural British Columbia.

Th May 22 9:30 am-2:30 pm 545829 \$10/1 sess



### Instructor: Lorraine

Explore over 6 kilometers of well groomed and easy to walk trails along the Fraser River. This island is also home to the Inverholme one-room Schoolhouse and the Burrvilla, a Victorian style house, both moved there in 1981. Enjoy a BBQ lunch and time to relax before heading back to Thunderbird. (Lunch is included).

9:00 am-3:00 pm Th Jun 12 545832 \$25/1 sess







### Instructor: Simon

Starting on the south-west perimeter of the park is the commemorative rose garden, built in 1967. We will then head to the conservatory where you will see birds, koi fish and over 500 exotic plants. The final stop is the quarry gardens, home to specimen trees, shrubs, perennials, bulbs and annuals. Below is the smaller garden which has Oriental horticulture influences. (Admission is included.)

Th May 8 545827

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





### Berry Picking Instructor: Simon

We will take you to a local farm to pick your own fresh seasonal berries. If you prefer, you may purchase fruit already picked. Don't forget to bring you own buckets and some cash. Due to our unpredictable weather we won't know where we are going or what berries will be available until closer to the date.

Jun 26 Th 10:00 am-2:00 pm 545833 \$7/1 sess



Enjoy a ride with BC Ferries to Bowen Island. We will be going as walk-on passengers with drop-off and pick up at Horseshoe Bay. You will have a few hours to browse the town, visit the shops and have lunch at a local restaurant. Seniors must show proof of BC identification to prove they are 65+ years old or you will be charged an additional full Adult fare.

8:00 am-5:00 pm Th Jul 10 546599 \$30/1 sess



### **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. On the way back we will stop at a local farm where you can purchase fresh produce.

Th Jul 17 9:30 am-2:30 pm 546600 \$10/ sess





Sit back and relax on this scenic drive. We are stopping briefly at Shannon Falls on the way to Whistler. You will have approximately 2 1/2-3 hours of free time to browse, shop and have lunch before heading back to Vancouver.

Th **Jul 31** 8:30 am-5:00 pm 546602 \$30/1 sess



# Britannia Mines Instructor: Simon

Come explore this once fully working mine. The museum site itself is an exhibit. Enjoy the historical experience with lots to see and do with permanent displays as well as historic pieces of equipment. There are 48 stairs to climb to enter the tunnel which requires a moderate level of mobility. To exit there is a gravel slope and the ground can be uneven.

Th Aua 7 9:00 am-3:30 pm 546601 \$30/1 sess



### Hope B.C. Instructor: Lorraine

Hope BC is a tourist town surrounded by the natural beauty of mountains, lakes and rivers. As you explore the town you will notice many life-size wooden statues carved with a chainsaw by local artists. There are several restaurants to choose from if you would like to buy lunch or bring your own and enjoy a picnic.

Th Aug 14 8:30 am-5:00 pm 546604 \$30/1 sess



# Rocky Point Park

### Instructor: Lorraine

Rocky Point Park, located in Port Moody, has a large variety of amenities including walking trails, an outdoor pool, an ice cream shop and a fish and chip stand. Enjoy your lunch on the pier as you watch the boats on the water. We will treat you to ice cream after lunch. \*Please Note: We will be taking the Millenium Line Sky Train to this destination.

Th Aug 21 9:30 am-2:30 pm 546607 \$7/1 sess

# Skeena High-Rise **Residents Programs**

### Coffee Cart

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 Apr 18, 21, May 19 & Aug 4.

### **SPRING**

Apr 7-Jun 23 10:00 am-11:30 am М **SUMMER** 

Jul 7-Aug 18 10:00 am-11:30 am

### Morning Bingo and Lunch

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

### **SPRING**

W Apr 2-Jun 11 10:30 am-12:30 pm **SUMMER** 

Jul 2-Aug 20 10:30 am-12:30 pm W

### **Shopping Shuttle-Skeena** Terrace & Beulah Garden

Simon will pick you up 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.

### **SPRING**

F	Apr 25	9:30 am-12:00 pm
•	•	•
F	May 9, 16 & 30	9:30 am-12:00 pm
F	Jun 27	9:30 am-12:00 pm
<b>SUMMER</b>		
F	Jul 11, 25	9:30 am-12:00 pm





### 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 Apr 18, 21, May 19 & Aug 4.

### **SPRING**

М	Apr 7-Jun 30	12:30 pm-2:30 pm
545846		\$1.50/1 sess
<b>SUMMER</b>		

12:30 pm-2:30 pm М Jul 7-Aug 25 546613 \$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.

### **SPRING**

Tu	Apr 1-Jun 10	12:00 pm-2:00 pm
545849		\$6/1 sess
<b>SUMMER</b>		

12:00 pm-2:00 pm Jul 8-Aug 19 Tu 546614 \$6/1 sess

### Soup's On

### Instructor: Estela & Jana

A nutritional meal is served by enthusiastic youth volunteers between 5-5:30pm. The menu changes weekly based on food donations we receive from City Reach Care Society. Seniors are invited to stay and play a variety of table games after dinner. In-person registration only.

### **SPRING**

546621

Th	Apr 3-Jun 12	5:00 pm-7:00 pm
513622		\$2/1 sess
<b>SUMMER</b>		
Th	Jul 3-Aug 21	5:00 pm-7:00 pm

### **Chinese Speaking Seniors Group Social**

### Instructor: Non-Instructional

Singing, Tai Chi, Guest Speakers, 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). No program on April 18.

### **SPRING**

F	Apr 4-Jun 27	9:30 am-11:30 am
513678		\$10/Annual
SUMMER		

Jul 4-Aug 29 9:30 am-11:30 am 513678 \$10/Annual



### **Summer Salads and More**

### Instructor: Estela, Jana, Arianna

A nutritional meal is served by enthusiastic youth volunteers who are also learning many life lasting skills. You are invited to stay and play a variety of table games after dinner. Inperson registration only.

Jul 3-Aug 21 Th 5:00 pm-7:00 pm 546621 \$2/1 sess



# Workshops



### **Representation Agreements**

These legal and binding documents allow an individual to have someone else speak for them if they are incapable of speaking for themselves regarding health and personal care as well as regular financial affairs. Learn the difference between the two types of agreements in BC.

Tu Apr 29 12:30 pm-1:30 pm 545815 Free

### **Pedestrian Safety**

Although walking has many benefits for older adults there is also a need to understand its potential hazards and take necessary precautions. This workshop also covers the use of public transit and improving safety in the community.

Tu Jun 10 12:30 pm-1:30 pm 545816 Free

### Stroke and TIA

Aging includes the possibility of experiencing a stroke. Types of strokes are described, emphasizing mini strokes. Early signs and prevention tips are also described.

Tu Aug 12 12:30 pm-1:30 pm 546630 Free



### Senior's Talks with **Hastings Sunrise Community Policing**

Join 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.

### **SPRING**

Tu	Apr 15	12:15 pm-1:00 pm
545883		Free
<b>SUMMER</b>		

Jul 22 12:15 pm-1:00 pm Tu 546629 Free

\$2/1 sess

### FITNESS CENTRE

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.

ADMISSION FEES					
Туре	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 include tax. Fees are subject to change.					

### 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**

### SPRING (Apr 1-Jun 27)

Mon-Fri . . . . . . . . 9:00 am-8:50 pm Sat.....9:00 am-4:50 pm Sun & Apr 18, 21, May 19 . . . . Closed

### SUMMER (Jun 28-Aug 31)

Mon-Fri . . . . . . . 8:45 am-7:50 pm Sat, Sun & Jul 1, Aug 4 . . . . . Closed

# **FACILITY RENTALS**

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	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 clean-up 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, outside bouncy castles, open flames, or confetti is allowed. No alcohol may be served on the premises.

Instructional programs and business sport leagues are not permitted as rentals.

### **Check Availability & Submit Rental Request**

To check availability or to submit a rental request, email thunderbirdcc@vancouver.ca with the specifics of your rental request, or visit the front office to pick up a rental request

Reservation requests are reviewed within 5-10 business days. Staff will contact you directly regarding the next steps to secure your booking. Room rental requests with less than 7 days notice may not get processed.

### Rental Confirmation & Payment

Rentals are not confirmed until payment is made and, if applicable, proof of insurance coverage has been submitted.

Payments must be fully paid at least 1 week prior to your first rental date, otherwise the rental will be cancelled without notice.

Cancellations must be made at least 7 days prior to the rental date/time for a single rental date, or 30 days prior to the rental date/time for seasonal rentals/weekly reservation dates.

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 quests.

**Saturdays** Sundays

11:15am-1:15pm 11:00am-1:00pm 2:15pm-4:15pm 2:00pm-4:00pm

### 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** Sundays

11:30am-1:30pm 10:00am-12:00pm 2:00pm-4:00pm 12:30pm-2:30pm 3:00pm-5:00pm



- 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 requred for each party time slot.
- Table covers are mandatory and are available at the Centre for \$1.50/table cover.
- No access to a kitchen, fridge or freezer.
- 30 day minimum for full refund minus \$25 admin fee. See page 2 for more details for withdrawing or transferring.
- Visit www.thunderbirdcc.ca for a full list of policies.
- TSBC License #LAM0200026