

ADULT PROGRAMS

All programs will be by **registration only**, drop-ins will be restricted during the Fall to allow us to ensure all safety measures are being adhered to with the initial opening.

Pickleball (19+)

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. Single play only, no doubles, no rotations/mixing. Please bring your own equipment.

Monday Oct 19 - Nov 30

6:30 PM-7:30 PM

#285602 \$14/7 sessions

Tai Chi Kong Fu Fan (19+)

Instructor: Chua, Arsenio

Thursday Oct 15 - Dec 03

7:15 PM-8:45 PM

#283304 \$24/8 session

Yang Style Tai Chi Chuan 24 Steps (19+)

This is a beginner class in which participants will learn proper hand form, foot steps and the foundation of tai chi.

Instructor: Chua, Arsenio

Saturday Oct 17 - Dec 05

9:15 AM-10:45 AM

#285442 \$28/8 session

Zumba (19+)

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

Instructor: Endorphin Rush Dance and Fitness

Wednesday Oct 14 - Dec 02

6:30 PM-7:30PM

#285585 \$48/8 session

SENIOR PROGRAMS

Pickleball (55+)

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. Single play only, no doubles, no rotations/mixing. Please bring your own equipment.

Saturday Oct 17 - Dec 05

2:00 PM-3:00PM

#285469 \$16/8 session

3:30 PM-4:30 PM

#285450 \$16/8 session



Senior's Line Dance Intermediate (55+)

Line Dancing is a great way to exercise your body and mind all the while meeting new friends. Some experience required. No Drop-ins. *No Class

Instructor: Loo, Irene

Monday Oct 19-Nov 30

1:30 PM-3:00 PM

#285452 \$21/7 session

FALL 2020

PROGRAMS



CATCHMENT

Thursday October 01 at 9:00 AM

In-Person registration only

You may only register for yourself or immediate family.

PUBLIC

Wednesday October 07 at 9:00 AM

Online registration

THUNDERBIRD

COMMUNITY CENTRE

REFUND 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 child/per course

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

In the event of a withdrawal from a program due to a confirmed case of COVID-19 or experiencing other flu/cold-like symptoms, the programmer will be notified and will follow up regarding refunds and/or administrative fees.

COVID-19 Guidelines

- Participants must assess themselves daily for symptoms of common cold, influenza, COVID-19, or other infectious respiratory disease before attending programs
- Patrons are encouraged to stay at home when sick. Participants who are ill **will not** be permitted to attend programs.
- Anyone not following safety guidelines or directions from staff will be asked to leave. Please respect and follow directions of staff at all times
- Please arrive no more than 10 minutes prior to your program time. Patrons will be required to line up prior to entering the facility.
- The building will not be open for general socializing/congregating. You will be asked to leave the building once your program has ended.

Creative Writing in Comic Form (6-12 yrs)

Do you feel like you can tell a story, but don't know where to start? This is a fun creative class that allows you to experiment! From stick figures to more abstract illustrations, see what kind of techniques and styles you'll like to tell a story from a single panel to multiples.

Instructor: Vu, Melissa
 Monday Oct 19 - Dec 07
 3:30 PM-4:30 PM
 #285441 \$24/8 sessions



Karate (6-19 yrs)

This class will introduce you to many aspects of this traditional style of karate. Go-Ju Ryu Karate taught by 7th Dan Shihan George Chan (over 45 years experience) 5th Dan Sensei Ivan Cheng and 4th Dan Sensei Dan McCallum. The focus is on self-defence, fitness training, some sparring and self discipline. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. Parents are welcome to join with their children. Uniform is optional for beginners.

Please talk to the instructor about the uniform.

Instructor: Chan, George
 Thursday Oct 15 - Dec 03
 5:45 PM-7:00 PM
 #283276 \$64/8 sessions



Piano Lessons (5-18 yrs)

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, and examination syllabus. Lessons are generally focused on: sitting position at the piano, keyboard recognition, note recognition, rhythmic exercise, piano pieces, and elementary theory exercises. Books are required at an additional cost. Lessons are 1/2 hour in length. Masks are required.

Instructor: Chow, Carmen

Fridays Oct 16 - Dec 04
 #283283 3:30 PM-4:00 PM
 #283284 4:15 PM-4:45 PM
 #283285 5:00 PM-5:30 PM
 #283286 5:45 PM-6:15 PM
 \$104/8 sessions

Saturday Oct 17 - Dec 05
 #283301 9:30 AM-10:00 AM
 #283289 10:15 AM-10:45 AM
 #283290 11:00 AM-11:30 AM
 #283291 11:45 AM-12:15 PM
 #283293 12:45 PM-1:15 PM
 #283294 4:30 PM-2:00 PM
 #283295 2:15 PM-2:45 PM
 #283296 3:00 PM-3:30 PM
 #283297 3:45 PM-4:15 PM
 \$104/8 sessions