

Family Programs

Families on the Move (0-6 yrs)

This program is for Hastings Sunrise families with children 0-6 years old. We will provide bus tickets if required and meet up with you at various destinations. Pack your lunch, snacks, hats and sunscreen for a day of fun! Register at the office. \*Note-Bus tickets are only provided for parent/ caregivers and children that are required to pay. If you do not require bus tickets there is no cost but you must still register in advance.

Instructor: Clara & Ronnie

Time: 10:00AM-1:00PM		
Trout Lake		
July 9th		
339030	\$2.50/Adult	\$2./Children

Queen Elizabeth Park		
July 16		
339095	\$2.50/Adult	\$2/Children

Confederation Park		
July 23		
339096	\$3.50/Adult	\$3/Children

Rocky Point Park		
July 30		
339097	\$4.50/Adult	\$4/Children

Stanley Park		
Aug 6		
339099	\$2.50/Adult	\$2/Children

Spanish Banks		
Aug 13		
339100	\$2.50/Adult	\$2/Children

Queens Park		
Aug 20		
339102	\$3.50/Adult	\$3/Children

Sunrise Family Fun (0-6yrs)

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. Appropriate social distancing and cleaning protocols are in place. Families will have their own container of supplies that you will use each time you visit. You must pre-register in advance either in person or by calling 604-713-1818.

Mon/Wed	10:00AM-12:30PM	July 5 - Aug 25
334091	FREE	Instructor: Clara & Ronnie

Children Programs



Snappy Snackers (4-6 yrs)

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

Fri	2:30PM-3:30PM	Jul 9 - Jul 30
345316	\$12/3 sess	Instructor: Arlene

Fri	2:30PM-3:30PM	Aug 6 - Aug 27
345312	\$12/3 sess	Instructor: Arlene

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, 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.

Tue	3:00PM-5:15PM	Jul 6 - Aug 24
30min/session	\$104/8 sess	Instructor: Carmen

Wed	3:00PM-5:15PM	Jul 7 - Aug 25
30min/session	\$104/8 sess	Instructor: Carmen

Fri	3:00PM-6:45PM	Jul 9 - Aug 27
30min/session	\$104/8 sess	Instructor: Carmen

Children Programs

Karate (6-18 yrs)

This class will introduce you to many aspects of this traditional style of karate. Go-Ju Ryu Karate taught by Dan Shihan George Chan (over 45 years experience), and 4th Dan Sensei Dan McCallum, and John Cotter. 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. Uniform is optional for beginners. Please talk to the instructor about the uniform. Visit <http://www.kuyukai.com> Masks must be worn during this activity.

Thu	5:30PM-6:45PM	Jul 8-Aug 26
343483	\$80/8 Sess	Instructor:George

Tbird Summer Foodie Camps (6-12 yrs)

Join us at Foodie Camp this Summer and discover how to create a variety of delicious foods and snacks! Explore new cuisines and build on your food literacy skills with Arlene, a Dietetics Student at UBC. Arlene is passionate about helping kids build healthy relationships with food. Please note that Tupperware or any reusable container will be required for each class.

Mon-Fri	2:00PM-4:00PM	Jul 12 - Jul 16
345414	\$35/5 Sess	Instructor:Arlene

Mon-Fri	2:00PM-4:00PM	Aug 9 - Aug 13
345418	\$35/5 Sess	Instructor:Arlene

Games Room (10-12 yrs)

Pre-registered hang out for youth ages 10-12. Youth must maintain physical distance in Games Room/Youth Lounge, wear masks (youth are encouraged to bring their own, but will be provided with a disposable mask if they forget/don't own any), and they must sanitize hands before entering program.

Call Centre to Pre-register Free

Thu	3:45PM-7:45PM	July 8-Aug 26
Fri	3:45PM-7:45PM	Jul 9- Aug 27

Youth Programs

Basketball - Ball Don't Lie (12-18 yrs)

Put on your running shoes and practice your shots and dribbling skills! Open to youth ages 12-18. Youth must register for sessions, no drop-in allowed, and only two youth per hoop - no game played is allowed. Masks are required for this program and must be worn during the duration of the activity. Contact Youth Worker Priya at [priya.brar@vancouver.ca](mailto:priya.brar@vancouver.ca) or 604-379-4735 for more information or to register.

Call Centre to Pre-register for your one session per day Free

Thu	3:45PM-7:00PM	Jun 24-Aug 26
Fri	3:45PM-5:45PM	Jun 25-Aug 27

Youth Camp Programs



Junior Leaders Camp (12-14 yrs)

This camp is for youth ages 12-14 who are interested in building on their leadership skills!

10:00AM-3:00PM

\$85/5 sess

\*\$68/4 sess (T-F)

Week 1	July 5 - July 9	340206
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Week 2	July 12 - July 16	340207
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Week 3	July 19 - July 23	340208
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Week 4	July 26 - July 30	340209
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Week 5	Aug 3- Aug 6	340210
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Week 6	Aug 9 - Aug 13	340211
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Week 7	Aug 16 - Aug 20	340212
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Week 8	Aug 23 - Aug 27	340213
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Social

Chinese Seniors’ Group Social

This affiliated group was founded in 1991. Tai Chi, guest speakers, singing, seasonal celebrations and outings are among the activities to be enjoyed. An \$8 Annual Program Fee is required. Appropriate Covid-19 safety precautions will be in place. You must pre-register in advance.

Friday	9:30AM-11:30AM	July 9-Aug 27
334090	\$8/annual	Instructor: No

Social, Lunch and Games

Our senior’s social and lunch program runs in the multi-purpose room with a limited number of pre-regis-tered seniors. Appropriate social distancing and cleaning protocols are in place. We offer you social time to enjoy with other older adults as you share a hot meal together. A light lunch is served between 12-12:30pm. \$3+tax per person.

Tuesday	12:00PM-2:00PM	Jul 6 - Aug 24
334096	\$3/1 sess	Instructor: Marsha

Summer Salads and More

This inter-generational program incorporates youth with seniors. A nutritious meal is prepared and served by en-thusiastic youth volunteers who are also learning many life lasting skills. We will offer a variety of fresh salads and ac-companiments. Appropriate social distancing and cleaning protocols are in place. You must pre-register in advance.

Thursday	5:00PM-6:00PM	July 8 - Aug 26
334097	Free	Instructor: Marsha

Out Trip’s

Senior’s OutTrips 65+

You may have a maximum of 2 trips registered at any giv-en time. \*Cancellations without a doctor’s note will be con-sidered with up to 48 hours before your trip. A \$4.00 ad-ministration fee will apply to cancellations without a note. Appropriate Covid-19 safety protocols will be in place.

Thursdays 9:00AM-3:00PM \$5/Trip

Fort Langley Village	341546	July 15
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White Rock	341547	July 22
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Steveston Village	341535	July 29
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Dundarave/Ambleside	341548	Aug 5th
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Deep Cove & Cates Park	341549	Aug 12
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Burnaby Village Museum	341550	Aug 19
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Thursdays 9:00AM-5:00PM \$10/Trip

Whistler	341545	July 8th
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Harrison Hot Springs	341551	Aug 26
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Instructor: Raymond

Fitness Centre

Fitness Centre (13+ yrs)

Come enjoy a one-hour reserved workout session at the Thunderbird Fitness Centre. While the layout of our Fitness Centre has changed to accommodate for greater space between stations, you are still able to select from a great variety of exercise equipment. We offer cardio equipment, strength equipment, free weights, and much more. The capacity of the Fitness Centre has been lowered to individual session with cleaning standards enhanced to provide participants with a safe and clean environment. Our Fitness Centre is cleaned, maintained, and sanitized in accordance with established health guidelines and standards. We identified all high-touch points within our Fitness Centre and the staff will clean these. Follow our signage as well as directions from all of our staff and remember to keep a 2 metre distance from others at all times. This is not a **Drop In** acitivity. Enjoy your visit!

Mon-Wed	9:00AM-5:30PM	Thu & Fri	9:00AM-7:00PM
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Adult Fee: \$3.75	Youth Fee:\$2.75	Seniors Fee: \$2.75
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Sunseekers Day Camp

Sunseekers Day Camp (6-13 yrs)

Camp time! Come and join the fun and spend your sum-mer with us! Activities will include local outings, crafts, games, cooking, sports and more! No camp Aug 2. Aftercamp Care is available for participants registered in Sunseekers Day Camp. REFUND POLICY - Refunds re-quire a minimum of 7 days’ notice BEFORE the start of the week of camp. Changes require administration fee.

Mon-Fri 9:00 am-3:30 pm  
\$120/5 sess \*\$96/4 sess (T-F)

Week 1	July 5 - July 9	330808
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Week 2	July 12 - July 16	330871
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Week 3	July 19 - July 23	330872
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Week 4	July 26 - July 30	330874
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Week 5	Aug 3- Aug 6	330876
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Week 6	Aug 9 - Aug 13	330878
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Week 7	Aug 16 - Aug 20	330879
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Week 8	Aug 23 - Aug 27	330880
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Aftercamp Care (6-12 yrs)

A great program to unwind from camp. A leader will pick your child up from the gymnasium. Parents/Guardian are to pick-up their child from the Games Room by 6pm. After Care is available for participants registered in Sunseekers Day Camp. REFUND POLICY - Refunds require a mini-mum of 7 days’ notice BEFORE the start of the week of camp. Changes require a administration fee.

Mon-Fri 3:30PM-6:00PM  
\$25/5 sess \*\$20/4 sess (T-F)

Week 1	July 5 - July 9	330971
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Week 2	July 12 - July 16	330998
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Week 3	July 19 - July 23	331002
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Week 4	July 26 - July 30	331006
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Week 5	Aug 3- Aug 6	331022
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Week 6	Aug 9 - Aug 13	331025
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Week 7	Aug 16 - Aug 20	331029
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Week 8	Aug 23 - Aug 27	331029
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Thunderbird Community Centre

2311 Cassiar Street, Vancouver,BC V5M 3X3



Summer 2021



Sunrise Park Playground Program

Fun organized crafts, exciting games, fun sports, awesome WADING POOL! FREE!

July 5 – August 27, 2021

Hours of Operation:

Mon – Fri 10:30 am – 5 pm

Wading Pool Hours:

Mon – Fri 12 - 4 pm

Thunderbird Community Centre

Hours of Operation:

July 5- August 27 2021

Mon-Wed 8:30am-6:00pm

Thu-Fri 8:30am-8:00pm

Registration Catchment: June 5

Registration Public: June 12

Phone: 604.713.1818 - Website: www.thunderbirdcc.ca

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