



# THUNDERBIRD COMMUNITY CENTRE

## WINTER 2024 RECREATION GUIDE



**WINTER REGISTRATION BEGINS:**  
**Catchment: Sat, Nov 25 | Public: Sat, Dec 9**

2311 Cassiar Street, Vancouver, BC, V5M 3X3 | 604-713-1818 | [thunderbirdcc@vancouver.ca](mailto:thunderbirdcc@vancouver.ca) | [www.thunderbirdcc.ca](http://www.thunderbirdcc.ca)

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





## THUNDERBIRD NEIGHBOURHOOD ASSOCIATION

### MISSION STATEMENT

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

### TNA BOARD

#### Executive Directors

President..... Joan Poon  
Vice-President..... Ken Costea  
Secretary..... Benny Mah  
Treasurer..... Jeff Chen

#### Directors at Large

Sandra Dare, Tiffany Gu, Gillian  
Guilmant-Smith, David La Vallee,  
Sophie Luk, Sandra Marino

#### Program Committee

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

### MEMBERSHIP

Membership in the Society is free to everyone who registers, or is registered for a program, a Fitness Centre pass, or event at Thunderbird Community Centre. Parents or guardians who register their children for programs, Fitness Centre passes, or events at Thunderbird Community Centre automatically become members in the Society. Registered memberships expire each year on December 31. AGM Participation Membership: Any person 16 years or older who pays the prescribed AGM Participation Fee, 30 calendar days prior to the AGM, becomes a member. This membership is valid from Jan 1 to Dec 31.

### PROGRAM REGISTRATION

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

### REFUND & TRANSFER POLICY

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

#### Regular Programs – per person/per course

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

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

#### Day Camps (per child/per week)

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

#### Birthday Parties

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

### LEISURE ACCESS PROGRAM

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

### SUBSIDIES AVAILABLE

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

### MISSED CLASSES & ATTENDANCE

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

### NSF CHEQUES

\$35 admin fee for each returned cheque.

### ROOM RENTAL

To check availability please go online at [vanrec.ca](http://vanrec.ca). To submit a rental request please call 604-713-1818 or visit the front office to pick up a rental request form.

See page 19 for more information

### PARENT/GUARDIAN RESPONSIBILITY

All children under the age of 10 are required to have parent/guardian (16 years or older) supervision, when not attending a registered program. The staff at Thunderbird are not responsible for children left unattended after programs have finished. Parents/guardians are responsible for picking up their children as soon as their programs have ended.

### LATE PICK UP POLICY

It is the responsibility of the parent/ guardian to ensure that children under the age of ten 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.

## HOURS OF OPERATION

Mon-Fri ..... 9:00am-9:00pm  
 Sat. .... 9:00am-5:00pm\*  
 Sun ..... Closed  
 Dec 23-Jan 7 ..... Closed  
 Feb 19 / Apr 1 ..... 10:00am-2:00pm  
 Mar 29 ..... Closed  
 Fitness Centre: Closes 10 minutes  
 before building closure  
 \* Office closes at 4:30pm

## REGISTRATION

### In-Person at 2311 Cassiar St.

Catchment\*: ..... Sat, Nov 25, 9am  
 Public: ..... Sat, Dec 9, 9am

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

### Online at [vanrec.ca](https://vanrec.ca)

Starting Sat, Dec 9 at 9am.

### Phone us at 604-713-1818

Starting Sat, Dec 9 at 12pm, and then during regular office hours.

## CATCHMENT

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



## Table of Contents

● Thunderbird Neighbourhood Association .....	2
● General Information .....	2
● Licensed Childcare .....	4
● Family Programs .....	5
● Children Programs .....	6-12
● Youth Programs .....	13-14
● Adults Programs .....	15
● Older Adults .....	16-18
● Fitness Centre .....	19
● Facility Rentals .....	19
● Birthday Parties .....	20

## MEET THE STAFF

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

## Winter Family Events



**FAMILY DAY FUN**  
 MONDAY, FEBRUARY 19, 2024  
 FAMILY DAY MOVIE  
 10:15 AM - 12:15 PM



Activity #487176

**JOIN OUR AMAZING EASTER EGG-STRAVAGANZA**  
 AGES 2-6  
 \$2 PER CHILD  
 SATURDAY MARCH 30  
 11AM TO 1PM  
 Bouncy Castle, Egg Hunt, Games, Crafts, and Treats!



Children must be accompanied by a parent/guardian at all times



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



## Thunderbird



604-713-1827 · [thunderbird.preschool@vancouver.ca](mailto:thunderbird.preschool@vancouver.ca)

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

### Now accepting waitlist applications for September 2024.

Please email [thunderbird.preschool@vancouver.ca](mailto: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](http://www.lwtears.com)

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

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

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

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



### Meet the Staff

#### Andrea Geraghty, Supervisor

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

#### Marina Lee, Special Needs Teacher

Marina is returning for her 6th 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

We'd like to welcome Danielle to our team this year. Danielle completed her ECE Degree at Capilano University, with her ECE, Special Needs & Infant Toddler certification. We are very excited to have her join our Thunderbird staff.

#### Kim Nguyen, Child Care Assistant

Kim has been a support teacher at TBird for several years and will be returning this year as Child Care Assistant. Kim received her ECE Assistant Certificate from CAPU.

## Thunderbird Out of School Care

For more information, contact Kristine at 604-713-1830 or Email: [tbirdosc@gmail.com](mailto:tbirdosc@gmail.com)



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

Our program offers a wide variety of challenging and fun activities before and after school for children aged 5-12 years who attend Thunderbird Elementary School. We aim to provide a positive, safe and inclusive experience through social, recreational & physical activities.

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

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





## Community Action Programs for Children (CAPC)

CAPC Programs 0-6yrs F.A.S.T. (Family & Staff Team) is committed to develop CAPC Families Branching Out as a parent-directed initiative that serves to increase the health and well being of young children and families. The team meets monthly to identify common issues that concern families and work together to develop programs, share resources & plan special events. Childcare, and lunch are provided to ensure that the meeting is accessible. If you have a child 0-6 years old and would like to join the F.A.S.T., please Email Lorraine at [lorraine.chow@vancouver.ca](mailto:lorraine.chow@vancouver.ca) for more information.

### F.A.S.T. Meeting

**0-6 yrs • Instructor: Lorraine**

W	12:15 am-2:15 pm
Jan 10	Collingwood NH
Feb 14	Frog Hollow NH
Mar 13	Kiwassa NH

### 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 Jan 15, Feb 12 & Mar 11 10:00 am-11:30 am

### Thundertots

**1-4 yrs • Instructor: Ronnie, Jana**



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. Free

F Jan 12-Mar 15 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, Jana**

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 Feb 19, please join us for our Family Day activities.

M W F Jan 8-Mar 15 10:00 am-1:00 pm  
Free



### Family Drop In & Community 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.

Th Jan 11-Mar 7 10:00 am-1:00 pm  
Free

### 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.

Sa Jan 13-Mar 16 10:00 am-1:00 pm  
Free

### Settlement Worker

Kiwassa Neighbourhood House offers free one-on-one support with navigation of government systems to newcomer families, including applications and forms such as Child Tax Benefit, Childcare Subsidy, Canadian Passport Renewal, Unemployment Insurance (EI), PR Renewal, Citizenship Application and more. The service is offered in Cantonese, Mandarin and English. To make an appointment at Kiwassa please call Angel at 604-254-5401 (ext 249) or 604-961-2009 (work cell).

Free

### 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.

Free

### Family Day 2024

Fun for the entire family! This Family Day, we're opening up our facility from 10am to 2pm.  
10am-2pm - Fitness Centre (13+ yrs)  
10:15am-12:15pm - Family Movie (0-12 yrs)  
10:30am-1pm - Games Room (10+ yrs)  
1pm-2pm - Open Gym (13-18 yrs)

M Feb 19 10:00 am-2:00 pm  
474497 Free

# PRESCHOOL & CHILDREN | Program Schedule

PRESCHOOL & CHILDREN PROGRAMS					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Printmaking</b> 8-12 yrs 3:30pm-4:30pm	<b>Baby Sign Language</b> 0-2 yrs 11:15am-12:00pm	<b>Animal Kingdom Movement</b> 2-4 yrs 11:30am-12:30pm	<b>Yoga For Kids</b> 5-8 yrs 3:30pm-4:30pm	<b>Thundertots</b> 1-4 yrs 12:30pm-1:30pm	<b>Piano Lessons</b> 5-18 yrs 9:30am-3:00pm
<b>Head Start Math – K</b> 5-6 yrs 3:30pm-4:45pm	<b>Drawing I</b> 6-12 yrs 3:30pm-4:30pm	<b>English Explorers</b> 9-12 yrs 3:30pm-4:30pm	<b>Drawing II</b> 6-12 yrs 3:30pm-4:30pm	<b>Mixed Media</b> 6-12 yrs 3:30pm-4:30pm	<b>Mandarin Basic</b> 6-12 yrs 9:50am-1:00pm
<b>Mixed Media</b> 6-12 yrs 4:45pm-5:45pm	<b>Lego &amp; Games</b> 6-8 yrs 3:30pm-4:45pm	<b>Young Phonics - K</b> 5-6 yrs 3:30pm-4:45pm	<b>Ukulele Lessons</b> 5-18 yrs 3:30pm-7:00pm	<b>Head Start Math Gr. 2</b> 7-8 yrs 3:30pm-5:00pm	<b>Little Ballerinas</b> 3-5 yrs 10:15am-11:00am
<b>Head Start Math Gr. 1</b> 6-7 yrs 4:45pm-6:00pm	<b>Act Dance Sing and Hip Hop</b> 6-13 yrs 3:45pm-4:45pm	<b>Dungeons and Dragons</b> 11-14 yrs 3:30pm-5:30pm	<b>Learn How to Create a Dungeon Crawler</b> 10-13 yrs 4:00pm-6:00pm	<b>Python Game Lab</b> 9-12 yrs 3:30pm-5:30pm	<b>Hip Hop Breakers</b> 3-5 yrs 11:05am-11:50am
<b>Drum/Guitar Lessons</b> 5-18 yrs 4:30pm-8:00p	<b>KPOP / TT Popstar / Hip Hop Family</b> 1+ yrs 4:50pm-5:50pm	<b>Math Made Fun</b> 9-12 yrs 4:45pm-5:45pm	<b>Yoga For Kids</b> 9-13 yrs 4:35pm-5:35pm	<b>Piano Lesson</b> 5-18 yrs 3:30pm-6:00pm	<b>Snappy Snackers</b> 4-5 yrs 11:30am-12:30pm
<b>Soccer</b> 6-8 yrs 5:00pm-5:55pm	<b>Drawing with Colour Pencils</b> 6-12 yrs 4:45pm-5:45pm	<b>Young Phonics Gr. 1</b> 6-7 yrs 4:45pm-6:00pm	<b>Pastel &amp; Drawing</b> 6-12 yrs 4:45pm-5:45pm	<b>Rhythmic Gymnastics</b> 4-6 yrs 4:15pm-5:00pm	<b>Hip Hop Jazz</b> 6-11 yrs 11:55am-12:55pm
<b>Soccer</b> 9-12 yrs 6:00pm-7:00pm	<b>Basketball</b> 6-8 yrs 5:00pm-6:00pm	<b>Badminton</b> 8-10 yrs 5:00pm-6:00pm	<b>Karate</b> 7-18 yrs 5:45pm-7:00pm	<b>Drum/Guitar Lessons</b> 5-18 yrs 4:30pm-8:00pm	<b>Problem Solving with Python</b> 9-12 yrs 12:15pm-2:15pm
	<b>Basketball</b> 9-12 yrs 6:05pm-7:05pm	<b>Piano Lessons</b> 5-18 yrs 5:00pm-8:00pm		<b>Painting</b> 6-12 yrs 4:45pm-5:45pm	<b>STEM It</b> 5-8 yrs 12:30pm-1:30pm
		<b>Swim &amp; Skate</b> 8-12 yrs 5:00pm-9:00pm		<b>Rhythmic Gymnastics</b> 7-12 yrs 5:00pm-6:00pm	<b>Mini Chefs</b> 6-8 yrs 12:45pm-1:45pm
		<b>Badminton</b> 11-13 yrs 6:00pm-7:00pm			<b>123, ABCs</b> 4-6 yrs 1:45pm-2:45pm
<b>Register early!</b> Classes will get cancelled if we do not meet minimum numbers of participants. <i>Please note: schedule is subject to change due to instructor availability and enrolment numbers.</i> <i>We kindly ask all parents/caregivers to wait outside the program space during their child's participation.</i>					<b>Chess Lessons</b> 6-16 yrs 2:00pm-4:30pm
Legend: ● Arts/Music ● Dance ● Educational ● Sports					<b>Violin lessons</b> 5-18 yrs 2:30pm-5:00pm
					<b>Intro to Game Design</b> 9-12 yrs 2:45pm-4:45pm

**PRESCHOOL****Cooking****Snappy Snackers****4-5 yrs • Instructor: Lucy**

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. No class on Feb 17 and Feb 24.

Sa Jan 13-Mar 16 11:30 am-12:30 pm  
480562 \$40/8 sess

**Dance****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](http://www.KirbySnellDance.com). No class on Feb 17.

Sa Jan 20-Mar 9 10:15 am-11:00 am  
479978 \$38.50/7 sess

**Hip Hop Breakers****3-5 yrs • Instructor: Endorphin Rush**

Calling all boys and girls! Let's move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Through the season we will work on a choreographed dance. Get ready to cheer with gusto! Please bring a filled water bottle each day. [www.KirbySnellDance.com](http://www.KirbySnellDance.com). No class on Feb 17.

Sa Jan 20-Mar 9 11:05 am-11:50 am  
479976 \$38.50/7 sess

**Parent and Tot Gym****1-6 yrs • 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. TSBC license #LAM0200026

Sa Jan 13-Mar 23 9:30 am-11:00 am  
476703 \$2/Child

**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 Nov 10.

F Jan 12-Mar 15 4:15 pm-5:00 pm  
479909 \$100/10 sess

**NEW!** **KPOP / TT Popstar / Hip Hop - Family**

**1+ yrs • Instructor: ILLUMA Studio**

As a family, come experience high dynamics cardio dance and Hip Hop fundamentals while vibing to TT Popstar Trends, Korean and Asian Pop Music! Dancers will refine their technique through choreography, strengthening, footwork, isolations, stretches and more! No previous experience required. Wear shoes with non-marking soles, comfortable clothing and bring a water bottle! Class curriculum will be different every season; we welcome repeat students to our classes! Find us on FB/IG @illumastudio. Please note that a parent/guardian/family member 19 years+ is required to be a full participant in this program along with a child. Drop-in fees: \$20/pair, \$6 for additional siblings.

Tu Jan 16-Mar 12 4:50 pm-5:50 pm  
484675 \$144/9 sess (include one child & one parent/guardian/family member 19yrs+)

**Frosted Ballet Spring Break Day Camp****Instructor: Endorphin Rush**

100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancers imagination. No experience required as dancers learn the basics of ballet and expression through movement. Costumes are welcome, but not required. Beginner friendly. Bring your cameras! Presentation for parents on the last day! More info: [www.kirbysnelldance.com](http://www.kirbysnelldance.com)

**3-5 yrs**

M-F Mar 18-Mar 22 9:15 am-10:30 am  
482050 \$70/5 sess

**4-6 yrs**

M-F Mar 18-Mar 22 10:45 am-12:00 pm  
482062 \$70/5 sess

**Mini Hip Hop Spring Break Dance Camp****3-5 yrs • Instructor: Endorphin Rush**

Mini Hip Hop: 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](http://www.kirbysnelldance.com)

M-F Mar 18-Mar 22 12:15 pm-1:30 pm  
482066 \$70/5 sess



## Educational

### Baby Sign Language

**0-2 yrs • Instructor: Into Yoga**

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language speak earlier. Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. Newborn-24 months. Please bring your own mat or blanket to sit on. Only one parent or caregiver may accompany child. For more info visit [www.intoyoga.ca](http://www.intoyoga.ca).

Tu Jan 16-Feb 13 11:15 am-12:00 pm  
480032 \$50/5 sess

### **NEW!** Animal Kingdom Movements

**2-4 yrs • Instructor: Into Yoga**

Animal Kingdom Movements gets your little monkeys moving creatively! They'll have a blast jumping like frogs, lumbering like gorillas, skittering like crabs, or swimming and playing like whales, dolphins and seals. A super fun, creative and different way to get your little humans moving! Parents/caregivers encouraged to stay and watch. For more info visit [www.intoyoga.ca](http://www.intoyoga.ca).

W Jan 10-Feb 7 11:30 am-12:30 pm  
480616 \$47.50/5 sess

W Feb 14-Mar 13 11:30 am-12:30 pm  
480624 \$47.50/5 sess

### 123, ABCs

**4-6 yrs • Instructor: Monica**

123, ABCs, an introductory class to basic phonics and math. Learn to print, recognize and sound out letters and numbers using a variety of activities such as art, games and so much more. No class on Feb 17.

Sa Jan 20-Mar 16 1:45 pm-2:45 pm  
481245 \$36/8 sess

## CHILDREN

### Art

#### Drawing I

**6-12 yrs • Instructor: Veronica**

Explore the properties of lines, forms and perspectives through various subject matters in nature. It helps children to relate visual and imaginary images and at the same time, to promote independent thinking and planning.

Tu Jan 09-Mar 12 3:30 pm-4:30 pm  
479949 \$50/10 sess

#### Drawing II

**6-12 yrs • Instructor: Veronica**

Explore the properties of lines, forms and perspectives through cartoon illustrations. It helps children to relate visual and imaginary images and at the same time, to promote independent thinking and planning.

Th Jan 11-Mar 14 3:30 pm-4:30 pm  
479950 \$50/10 sess

#### Drawing with Colour Pencils

**6-12 yrs • Instructor: Veronica**

Explore the basic techniques, properties and theories of COLOUR, using colour pencils.

Tu Jan 09-Mar 12 4:45 pm-5:45 pm  
479951 \$50/10 sess

#### Pastel & Drawing

**6-12 yrs • Instructor: Veronica**

Explore the basic techniques, properties and theories of colour, using pastels.

Th Jan 11-Mar 14 4:45 pm-5:45 pm  
479952 \$50/10 sess

### **NEW!** Mixed Media

**6-12 yrs • Instructor: Rosamunde**

Explore a range of materials and processes through fun and engaging projects. This is a great class for introducing young artists to a range of artmaking materials and techniques that supports creative and independent thinking. We will be creating with clay, collage, papier-mâché, fabric, stencils, painting, and drawing. The instructor will teach to each student's individual skill level.

M Jan 8-Mar 11 4:45 pm-5:45 pm  
483996 \$54/9 sess

F Jan 12-Mar 15 3:30 pm-4:30 pm  
483998 \$60/10 sess

### **NEW!** Painting

**6-12 yrs • Instructor: Rosamunde**

In this class, students will learn a variety of traditional and non-traditional painting techniques and skills. Students will develop an awareness of colour, shape, texture and form while learning to express themselves through the art of painting.

F Jan 12-Mar 15 4:45 pm-5:45 pm  
483999 \$60/10 sess

### **NEW!** Printmaking

**8-12 yrs • Instructor: Rosamunde**

This class introduces the exciting world of printmaking. We will learn to make prints using common kitchen supplies, recycled materials, as well as linoleum for linocuts.

M Jan 8-Mar 11 3:30 pm-4:30 pm  
483992 \$54/9 sess





## Dance

### 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](http://www.KirbySnellDance.com). No class on Feb 17.

Sa Jan 20-Mar 9 11:55 am-12:55 pm  
479977 \$42/7 sess



### **NEW!** Act, Dance, Sing and Hip Hop & KPOP Sampler

**6-13 yrs • Instructor: ILLUMA Studio**

Come learn aspects of a musical theatre performance, including singing, acting and dancing through FUN games! Students will learn choreographed routines set to the music of famous musicals. Students will also be introduced to Street and Korean Pop (KPOP) dance styles through cardio warm ups, strengthening, footwork, isolations, and stretches, and learn the importance of breathing. No previous experience required. Learned skills showcasing will be announced as students become ready through the course. Wear non-marking indoor shoes and comfortable clothing. Bring your water bottle and a nut-free snack! Class curriculum will be different every season; we welcome repeat students to our classes! Find us on FB/IG @ illumastudio. Drop-in \$10, space permitting.

Tu Jan 16-Mar 12 3:45 pm-4:45 pm  
484660 \$72/9 sess

## Cooking

### Mini Chefs

**6-8 yrs • Instructor: Lucy**

Discover how to create a variety of delicious foods and snacks every week. Please bring a reusable container to each class. No class on Feb 17 and 24.

Sa Jan 13-Mar 16 12:45 pm-1:45 pm  
480561 \$40/8 sess

## Educational

### Chess Lessons

**Instructor: Joe**

As school academics in a game, playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Joining in this Sherlock-Holmes-world of tactics and strategies, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armor commander (leader) self-image whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. Chess folder kit included. Novice (Starter): anyone new or with limited knowledge of chess basics. Intermediate: anyone versed with chess tactics and advanced strategies. No class on Feb 17.

**Beginner (6-12 yrs)**

Sa Jan 13-Mar 16 2:00 pm-3:10 pm  
479968 \$54/9 sess

**Intermediate (8-16 yrs)**

Sa Jan 13-Mar 16 3:20 pm-4:30 pm  
479969 \$54/9 sess

**Young Commander Chess - Novice - Spring Break Camp**

M-F Mar 18-Mar 22 3:30 pm-4:40 pm  
484654 \$35/5 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 Feb 19.

M Jan 15-Mar 11 3:30 pm-4:45 pm  
476665 \$40/8 sess

### Head Start Math - Gr. 1

**6-7 yrs • Instructor: Clara**

Grade 1 students will review and work within numbers to 100. They will explore and practice skip counting and comparing numbers. They will also learn place values, addition and subtraction within 100, and measurement. No class on Feb 19.

M Jan 15-Mar 11 4:45 pm-6:00 pm  
476664 \$40/8 sess

### Head Start Math - Gr 2

**7-8 yrs • Instructor: Clara**

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

F Jan 19-Mar 15 3:30 pm-5:00 pm  
476663 \$45/9 sess

### Math Made Fun

**9-12 yrs • Instructor: Shikibah**

This program's goal is to strengthen understanding of many mathematical principles. This includes geometry, algebra, word problems, and logical thinking.

W Jan 17-Mar 13 4:45 pm-5:45 pm  
480393 \$40.50/9 sess

## Young Phonics - K

**5-6 yrs • Instructor: Clara**

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

W Jan 17-Mar 13 3:30 pm-4:45 pm  
476667 \$45/9 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 Jan 17-Mar 13 4:45 pm-6:00 pm  
476666 \$45/9 sess

## English Explorers

**9-12 yrs • Instructor: Shikibah**

This program offers a fun, educational experience for children. Through skill-building exercises and interactive discussions, students will be able to sharpen their language arts abilities.

W Jan 17-Mar 13 3:30 pm-4:30 pm  
480392 \$40.50/9 sess

## Mandarin Basic - Beginner

**6-11 yrs • Instructor: Vicky**

At this level, you learn the fundamentals of Chinese. We will focus on vocabulary building, counting and simple dialogues and tonal. Children also learn to write Chinese characters and sing the songs. No class on Feb 17.

Sa Jan 13-Mar 9 9:50 am-10:50 am  
475318 \$44/8 sess

## Mandarin Basic - Intermediate

**Instructor: Vicky**

For all the returning students or those with some experience. No class on Feb 17.

**6-8 yrs**

Sa Jan 13-Mar 9 10:55 am-11:55 am  
475319 \$44/8 sess

**9-12 yrs**

Sa Jan 13-Mar 9 12:00 pm-1:00 pm  
480075 \$44/8 sess

## Red Cross Babysitting

**11-15 yrs • Instructor: First Aid Hero**

Babysitting with First Aid Hero emphasizes learning through real life scenarios. Covered in this course: Exploring the Business of Babysitting, Creating Safe Environments, Safely Caring for ages 0-12, First Aid Skills. Bring a doll or teddy to practice on and please bring a lunch for the day.

Sa Feb 10 9:00 am-5:00 pm  
475290 \$70/person

## Red Cross Stay Safe!

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

Feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation. This workshop involves first aid, active role-play and interactive fun! Course Content: Canadian Red Cross Principals, My Family and Me, My Time: Scheduled and Leisure Activities, Expecting The Unexpected, Healthy Choices, and basic First Aid. Please bring a lunch for the day.

Sa Mar 9 9:30 am-3:30 pm  
475291 \$70/person

## STEM It

**5-8 yrs • Instructor: Monica**

Are you a creative problem solver, aspiring scientist, or mathematician? This program is for you! STEM stands for Science, Technology, Engineering, and Math. Together, we will solve problems using science methods. No class on Feb 17.

Sa Jan 20-Mar 16 12:30 pm-1:30 pm  
481246 \$36/8 sess

## NEW! Learn how to Create a Dungeon Crawler Game!

**10-13 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, with an added element of asset creation (Creating basic music and animation). No prior knowledge is required, as we will cover how to draw images on the screen, how to move the player and how to create simple levels in the class.

Th Jan 18-Mar 14 4:00 pm-6:00 pm  
483204 \$63/9 sess

## NEW! Python Game Lab

**8-12 yrs • Instructor: Christopher**

Participants will embark on a coding journey to learn Python and create classic games like Tic Tac Toe or Pong. Throughout the program, they will learn the fundamentals of Python and create their own game by the end of the program.

F Jan 19-Mar 15 3:30 pm-5:30 pm  
481540 \$63/9 sess

## NEW! Problem Solving with Python

**9-12 yrs • Instructor: Tai**

Learn basic Python and will use it to solve problems in math and real world scenarios. Students will also be given the chance to apply these skills to create a program of their own. No class on Sat, Feb 17.

Sa Jan 13-Mar 9 12:15 pm-2:15 pm  
475317 \$56/8 sess

## NEW! Intro to Game Design

**9-12 yrs • Instructor: Tai**

Learn basic Python and principles behind programming along with game design. Students will get to explore these concepts by first developing a role playing game and then their own game. No class on Feb 17.

Sa Jan 13-Mar 9 2:45 pm-4:45 pm  
480058 \$56/8 sess

## Social

### Lego & Games!

**6-8 yrs • Instructor: Ruben**

Come hang out with our youth leader and work on some Lego creations, as well as participating in other fun games and tournaments! Each week will be a different game/challenge!

**Tu Jan 16-Mar 12 3:30 pm-4:45 pm**  
480391 \$40.50/9 sess

### Dungeons and Dragons

**11-14 yrs • Instructor: Ruben**

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

**W Jan 17-Mar 13 3:30 pm-5:30 pm**  
480390 \$40.50/9 sess

## Day Camps

**REFUND POLICY:** Refunds require a minimum of 7 days' notice BEFORE the start of the week of camp. An \$8 admin fee per week per child will be assessed for refunds and \$4 admin fee for transfers per child, per week.

### Pro D Day Camp

**6-12 yrs • Leader: Ruben**

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

**W Jan 17 9:00 am-3:30 pm**  
476701 \$26/1 person  
**F Feb 16 9:00 am-3:30 pm**  
476700 \$26/1 person

### Hip Hop Spring Break Dance Camp

**6-9 yrs • Instructor: Endorphin Rush**

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! Bring a filled water bottle each day. More info: [www.kirbysnelldance.com](http://www.kirbysnelldance.com)

**M-F Mar 18-Mar 22 1:45 pm-3:00 pm**  
482069 \$70/5 sess

### Act, Dance, Sing & Hip Hop / KPOP Sampler - Spring Break Camp

**6-13 yrs • Instructor: ILLUMA Studio**

Come learn aspects of a musical theatre performance, including singing, acting and dancing! Students will learn choreographed routines set to the music of famous musicals. Students will also be introduced to Street and Korean Pop (KPOP) dance styles. No previous experience required. Wear non-marking sole shoes and comfortable clothing. Bring your water bottle and nut-free snacks! Curriculum will be different between sessions; we welcome repeat students to our camps! Find us on FB/IG @illumastudio.

**M-Th Mar 25-Mar 28 9:00 am-12:00 pm**  
484799 \$116/4 sess

**M-Th Mar 25-Mar 28 12:00 pm-3:00 pm**  
484813 \$108/4 sess

### Spring Break Daycamp

**6-12 yrs • Instructor: Day Camp Leaders**

Camp time! Come and join the fun and spend your spring break with us! Activities will include local outings, crafts, games, cooking, sports and more!

#### Week 1

**M-F Mar 18-Mar 22 9:00 am-3:30 pm**  
476698 \$135/5 sess

#### Week 2

**M-Th Mar 25-Mar 28 9:00 am-3:30 pm**  
476699 \$108/4 sess

## Music Lessons

### Guitar Lessons

**5-18 yrs • Instructor: Samuel**

Strum your way to sound! In these private lessons you will learn music notes, fretting, chords, music theory and how to read music. Customizing a structured class based on each student's needs. Bring your own guitar. Lessons are 30 minutes. No class on Feb 19.

**M Jan 15-Mar 11 4:30 pm-8:30 pm**  
Various times \$116/8 sess

**F Jan 19-Mar 15 4:30 pm-8:30 pm**  
Various times \$130.50/9 sess

### Drum Lessons

**5-18 yrs • Instructor: Samuel**

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 Feb 19.

**M Jan 15-Mar 11 4:30 pm-8:30 pm**  
Various times \$116/8 sess

**F Jan 19-Mar 15 4:30 pm-8:30 pm**  
Various times \$130.50/9 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 Sat, Feb 17.

**F Jan 19-Mar 15 3:30 pm-6:30 pm**  
Various times \$162/9 sess

**Sa Jan 13-Mar 16 9:30 am-3:00 pm**  
Various times \$162/9 sess



## Piano Lessons

**5-18 yrs • Instructor: Ruby**

The goal of this piano course is to help students reach their full potential - whether you are a beginner 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 30 minutes.

**W Jan 17-Mar 13 5:00 pm-8:00 pm**  
Various times \$144/9 sess

## Ukulele Lessons

**5-18 yrs • Instructor: Tom**

Tom is an experienced professional Guitar and Ukulele player and instructor. Students, of any skill level are welcome! Each private lesson will be tailored to your skill, age, ability and interests. Please bring your own instrument. Books may be required at additional cost. Lessons are 30 minutes.

**Th Jan 18-Mar 14 3:30 pm-7:00 pm**  
Various Times \$144/9 sess

## Violin Lessons

**5-18 yrs • Instructor: Lucy**

The goal of this violin course is to help new and beginner players learn the basics and fundamentals. Lessons are focused on learning proper technique to hold the violin and bow, note recognition, and playing simple pieces. Please bring your own instrument. Books may be required at additional cost. Lessons are 30 minutes. No class on Feb 17 and Feb 24.

**Sa Jan 13-Mar 16 2:30 pm-5:00 pm**  
Various times \$128/8 sess

## Sports

### Badminton

**Instructor: Ethan**

Learn about grip, serving and rules on how to play Badminton.

**8-10 yrs**

**W Jan 17-Mar 13 5:00 pm-6:00 pm**  
480409 \$36/9 sess

**11-13 yrs**

**W Jan 17-Mar 13 6:00 pm-7:00 pm**  
480408 \$36/9 sess

## Basketball

**Instructor: Owen**

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

**6-8 yrs**

**Tu Jan 16-Mar 12 5:00 pm-6:00 pm**  
480500 \$36/9 sess

**9-12 yrs**

**Tu Jan 16-Mar 12 6:05 pm-7:05 pm**  
480501 \$36/9 sess

## Rhythmic Gymnastics

**7-12 yrs • Instructor: Olympia Rhythmic**

**Gymnastics**

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

**F Jan 12-Mar 15 5:00 pm-6:00 pm**  
479910 \$120/10 sess

## Swim & Skate

**8-12 yrs • Instructor: Isaac and Zay**

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

**W Jan 17-Mar 13 5:00 pm-9:00 pm**  
476704 \$54/9 sess

## Soccer

**Instructor: Mark**

Participants will have fun while learning cooperative games and fundamental movement skills all the while burning off some energy. Please bring a water bottle. No class on Feb 19.

**6-8 yrs**

**M Jan 15-Mar 11 5:00 pm-5:55 pm**  
480502 \$32/8 sess

**9-12 yrs**

**M Jan 15-Mar 11 6:00 pm-7:00 pm**  
480503 \$32/8 sess

## Karate

**7+ yrs • Instructor: 8<sup>th</sup> Dan black belt Shihan George Chan, 4<sup>th</sup> Deg. Black Belt Dan McCallum & 2<sup>nd</sup> Deg. black belt John Cotter**

This class will introduce you to many aspects of the traditional style of Go-Ju Ryu Karate. The focus is on self-defense, fitness training, non-contact sparring and self-discipline. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. Visit [www.kuyukai.com](http://www.kuyukai.com) for more information. Participants under 19 years of age must sign a Park Board waiver prior to participating. Parents are welcome to register into the class to join their child. Uniform is optional for beginners - speak with the instructor for sizing. For participants interested in progressing with coloured belts, Kuyukai membership and attendance card are available for purchase.

**Th Jan 11-Feb 08 5:45 pm-7:00 pm**  
474866 \$60/5 sess

**Th Feb 15-Mar 14 5:45 pm-7:00 pm**  
474867 \$60/5 sess

Attendance card (474868) \$8

Kuyukai membership (468509) \$30

Uniform (474869) \$66 to \$102

## Yoga for Kids

**5-8 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, focus and working together.

**Th Jan 18-Mar 14 3:30 pm-4:30 pm**  
484989 \$49.50/9 sess

## Yoga for Kids

**9-13 yrs • Instructor: Kendra**

This class includes awareness in the practice of yoga through yoga poses, breathwork, mindfulness and guided meditation. While still remaining fun through activities and music, participants will build on concentration, self awareness, strength and coordination, relaxation and more.

**Th Jan 18-Mar 14 4:35 pm-5:35 pm**  
484997 \$49.50/9 sess

**YOUTH ACTIVITIES SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Homework Club</b> 3:00-7:00pm 10-18 yrs	<b>Art Attack</b> 3:00-7:00pm 10-18 yrs	<b>Board Game Night</b> 3:00-7:00pm 10-18 yrs	<b>Games Room</b> 3:00-6:30pm 10-18 yrs	<b>Games Room</b> 3:00-10:00pm 10-18 yrs	<b>Breakfast Club</b> 10:30am-1:30pm 10-18 yrs
		<b>Writer's Exchange</b> 3:00-4:30pm 10-12 yrs		<b>Iron Chefs</b> 4:00-6:00pm 13-18 yrs	
				<b>Youth Council</b> 6:00-8:00pm 13-18 yrs	
			<b>Drop-In Volleyball</b> 7:00-9:00pm 13-18 yrs	<b>Drop-In Basketball</b> 8:00-10:00pm 13-18 yrs	

Please note: schedule is subject to change due to instructor availability and enrolment numbers.

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

## After School Homework Club

**10-18 yrs • Facilitator: Youth Staff Owen**

Youth ages 10 – 18 are welcome to join us for an art session! Painting, drawing, and arts and crafts! Drop-in, no registration required. No session October 8th and November 13th.

Mon Jan 8-Mar 11 3:00 pm-7:00 pm  
Free

## Art Attack

**10-18 yrs • Facilitator: Youth Staff Sam**

Youth ages 10 – 18 are welcome to join us for an art session! Painting, drawing, and arts and crafts! Drop-in, no registration required. No session October 8th and November 13th.

Tue Jan 9-Mar 12 3:00 pm-7:00 pm  
Free



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

## Board Game Night

**10-18 yrs • Facilitator: Youth Staff Ray**

Youth ages 10 – 18 are welcome to join in for a board game night! Drop-in only, no registration required.

Wed Jan 10-Mar 13 3:00 pm-7:00 pm  
Free

## Games Room Drop-In

**10-18 yrs • Facilitator: Youth Staff**

Games room is open to youth ages 10-18! Come connect with the Youth Worker/Youth Leader, play some video games, board games, or just hang out and lounge around! Drop-in, no registration required.

Thu Jan 11-Mar 14 3:00 pm-6:30 pm  
Fri Jan 12-Mar 15 3:00 pm-10:00 pm  
Free

## Breakfast Club

**10-18 yrs • Facilitator: Priya**

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

Sa Jan 13-Mar 16 10:30 am-1:30 pm  
Free



**BRITISH COLUMBIA**

Supported by the Province of British Columbia

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

## Sports

### Drop-in Volleyball

**13-18 yrs • Facilitator: Youth Staff Ray**

Bump, set, spike! Join us for some friendly volleyball drop-in. No registration required.

Thu Sep 7-Dec 14 7:00 pm-9:00 pm  
FREE

### Drop-in Basketball

**13-18 yrs • Facilitator: Youth Staff Owen**

Lace up your ball shoes and come shoot some hoops! Drop-in, no registration required.

Fri Sep 8-Dec 15 6:00 pm-10:00 pm  
Free

## Youth Leadership

### Iron Chefs

**13-18 yrs • Facilitator: Priya**

Come hang out if you'd like to improve your cooking skills, meet other awesome youth, and cook yummy meals! Open only to youth in the Thunderbird Catchment.

Fri Jan 19-Mar 8 4:00 pm-6:00 pm  
481661 Free

### Thunderbird Youth Council

**13-18 yrs • Facilitator: Priya**

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! Youth must email CYW Priya to register: Priya.Brar@vancouver.ca

Fri Jan 19-Mar 15 6:00 pm-8:00 pm  
481664 Free

## Education

### Writer's Exchange: Grades 6&7

**10-12 yrs • Instructor: Writer's Exchange**

Writers' Exchange meets Thunderbird Community Centre! Every Wednesday there will be an after-school program for grade 6's and 7's to be creative, hangout, and have fun! Join us in playing your favorite board games, getting homework support, and of course, enjoying yummy snacks. Every week we'll work on a fun, creative activity; like making candles or a blindfolded food tasting. Or work on a long term project; like creating a book or building a community library! Youth must email CYW Priya to register: Priya.Brar@vancouver.ca Open to youth in the Thunderbird catchment only.

Wed Jan 10-Mar 13 3:00 pm-4:30 pm  
481655 Free

### Red Cross Babysitting

**11-15 yrs • Instructor: First Aid Hero**

See page 10 for details.

Sa Feb 10 9:00 am-5:00 pm  
475290 \$70/person

### CATCHMENT

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





## Health & Fitness

### Chair Yoga

**18+ yrs • Instructor: Into Yoga**

Chair Yoga explores gentle Yoga poses, breathing exercises and meditation while using a chair for support. This class is beneficial for people with decreased mobility, pain/discomfort in the body, or simply want to experience a new way of doing Yoga. Safely receive all of the benefits of a traditional Yoga class (ease stiff muscles, increase flexibility, improve posture, and release stress) without having to get up and down from the floor. Chair Yoga is suitable for everyone. Please bring a mat to class. For more info visit [www.intoyoga.ca](http://www.intoyoga.ca). Drop-in \$12.38, space permitting.

**W Jan 10-Feb 7 10:00 am-11:00 am**  
480033 \$47.50/5 sess  
**W Feb 14-Mar 13 10:00 am-11:00 am**  
480034 \$47.50/5 sess



### Zumba

**16+ yrs • Instructor: Alice**

Zumba is a fusion of Latin and International music--dance themes creating a dynamic, effective fitness system! It features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. The easy-to-follow steps are designed for any fitness level. Drop in \$8.

**NEW! Tu Jan 16 6:00 pm-7:00 pm**  
480077 Free Trial  
**Tu Jan 23-Mar 12 6:00 pm-7:00 pm**  
480076 \$48/8 sess

## Sports

### Pickleball Drop-in Only

**19+ yrs • Non-Instructional**

Get active playing this exciting and popular sport. Pickleball is an easy to learn game played on a badminton court with a lowered net, a whiffle ball and large hand held paddles. It is great for all skills and ability levels. This is a drop-in only program, no registration, maximum 16. No session Feb 19.

**M Jan 15-Mar 25 7:15 pm-8:45 pm**  
476695 \$4/drop-in

### Indoor Soccer

**19+ yrs • Non-Instructional**

Recreational soccer. Drop-in \$4, space permitting.

**Tu Jan 16-Mar 26 7:15 pm-8:45 pm**  
476694 \$38.50/11 sess

### Basketball

**19+ yrs • Non-Instructional**

Recreational basketball. Drop-in \$4, space permitting.

**W Jan 17-Mar 27 7:15 pm-8:45 pm**  
476693 \$38.50/11 sess



## ADULT SPORTS PARTICIPANTS

### Registration Information

Adult sports programs are for adults aged 19 years and older. Registered participants have up to 5 minutes after the program start time to show up and check-in at the front desk before proceeding to the gym. All no show spots will be sold at that time to drop-ins. Spots are non-transferable.

### Drop-in Information

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

### Drop-in Procedures

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

## Senior's Out Trips

**Instructor:** Simon or Jason

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



### Zone Bowling Coquitlam

**Instructor:** Jason

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

Th	Jan 11	11:00 am-3:00 pm
473929		\$10/1 sess

### Movie Matinee

**Instructor:** Simon

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

Th	Jan 18	11:00 am-3:00 pm
473930		\$10/1 sess

### Gulf of Georgia Cannery Tour

**Instructor:** Simon

The Gulf of Georgia Cannery is located in the historic village of Steveston, still the largest commercial fishing port in Canada. Today, the Cannery is the last among the more than 15 canneries that occupied cannery row.

Th	Jan 25	10:00 am-2:00 pm
473931		\$10/1 sess



### Richmond Public Market

**Instructor:** Simon

This year round public market sells everything from baked goods and produce to meats, seafood and even kitchenware. Pick up your lunch from a vendor preparing it fresh right in front of you.

Th	Feb 1	10:00 am-2:00 pm
473932		\$10/1 sess

### Sun Yat Sen Garden

**Instructor:** Simon

Enjoy Canada's first classical Chinese Garden with covered walkways and beautiful pavilions. The jade green pond, koi fish, 150 year old miniature trees and tai hu rock imported from China are some of the highlights. Admission included.

Th	Feb 8	10:00 am-2:00 pm
473933		\$10/1 sess



### Mackin House Tour

**Instructor:** Simon

Mackin House is a two story Edwardian home built in 1909. An experienced tour guide will lead you through your tour of period appropriate furniture and artifacts. This tour includes fresh baked scones and tea. \*Note: No elevator.

Th	Feb 15	9:30 am-2:00 pm
473934		\$15/1 sess

### Granville Island

**Instructor:** Jason

Granville Island offers an indoor public market with colourful food, produce, handcrafted products and unique gifts. Browse one of the galleries showcasing a variety of talented artists.

Th	Feb 22	10:00 am-2:00 pm
473935		\$7/1 sess

### Thrift Store Bargain Hunting

**Instructor:** Jason

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

Th	Feb 29	10:00 am-2:00 pm
473936		\$7/1 sess

### Fort Langley Village

**Instructor:** Simon

Hudson's Bay Company fur trading post was once part of a trade route for the British Empire. The Fort was at the centre of a large population of Indigenous people that lived along the Fraser River. You will have plenty of time to stroll the village following the site visit. Admission is included.

Th	Mar 14	10:00 am-2:00 pm
473938		\$10/1 sess



## Social

### Social Dance

**Instructor: Non-Instructional**

Cha Cha, Rumba, and Jive to the classics and beyond to modern day tunes. We don't offer lessons but others are happy to teach you what they know. No partner necessary and all are welcome. Coffee and tea are provided. No session Feb 19.

**M Jan 8-Mar 25 12:30 pm-2:30 pm**  
473945 \$1.50+tx 1 sess

### Social, Lunch and Games

**Instructor: Estela, Jana**

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

**Tu Jan 9-Mar 12 12:00 pm-2:00 pm**  
474457 \$6/1 sess

### Soup's On

**Instructor: Estela, Jana, Arianna**

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

**Th Jan 11-Mar 14 5:00 pm-7:00 pm**  
474468 \$2/1 sess

### Chinese Speaking Seniors Group Social

**Instructor: Non-Instructional**

Tai Chi, guest speakers, singing, seasonal celebrations and outings are among the activities to be enjoyed. There is an Annual Program Fee of \$10. No program Jan 5, Mar 29.

**F Sep 1-Aug 30 9:00 am-11:00 am**  
474143 \$10/Annual

## Workshops



**COSCO Senior's Health and Wellness**

### Emergency Preparedness

When disaster strikes people need to be ready. We explore the preparation of emergency kits and safety procedures in dangerous situations and provide information about when and how to seek help.

**Tu Jan 23 12:30 pm-1:30 pm**  
473924 Free

### Falls Prevention

We review the alarming impact falls have on the well-being of seniors and identify hazards that contribute to the likelihood of falls. We recommend safeguards and demonstrate exercises to improve balance and strength.

**Tu Feb 27 12:30 pm-1:30 pm**  
473925 Free



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

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.

**Tu Feb 6 & Mar 12 12:15 pm-1:00 pm**



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

## Skeena Terrace Residents Programs

### Coffee Cart

**Instructor: Jana**

Jana will be dropping by with the coffee cart. She will bring handouts and reminders of the weeks activities. Sign up for a trip you would like to join when you see her. This program is for Skeena high-rise residents only. No session Feb 19.

**M Jan 8-Mar 11 10:00 am-11:30 am**

### Skeena Morning Bingo and Lunch

**Instructor: Jana & Estela**

Skeena high-rise tenants are invited to join Jana in the dining room for weekly bingo and social time followed by lunch with Estela. Lunch is served from 12-12:30pm.

**W Jan 10-Mar 13 10:30 am-1:00 pm**

### Shopping Shuttle-Skeena Terrace & Beulah Garden

**Instructor: Simon, Jason**

Simon or Jason 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.

**F Jan 19 9:30 am-12:00 pm**  
**F Feb 2, 9, 23 9:30 am-12:00 pm**  
**F Mar 1, 8 9:30 am-12:00 pm**



## Dance

### Contemporary Line Dance

**Instructor: Irene**

This modern line dance class incorporates contemporary music and dance steps including Cha Cha, Tango, Rumba, Waltz, Mambo, Salsa, Cumbia, Hustle, Twist, Disco, Jitterbug and Electric Slide. Drop-in \$4.00, if space permits. No session on Jan 15 & Feb 19.

**M Jan 8-Mar 18 10:30 am-12:00 pm**  
480410 \$31.50/9 sess

## Education

### Technology Workshop for Older Adults

**Instructor: Youth Leader**

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

**Sa Jan 20 11:00 am-12:00 pm**  
476690 Free  
**Sa Feb 10 11:00 am-12:00 pm**  
476691 Free  
**Sa Mar 9 11:00 am-12:00 pm**  
476692 Free

## Sports

### **NEW!** Table Tennis Drop-in **Instructor: Non-Instructional**

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

**Th Jan 11-Mar 21 10:00 am-12:00 pm**  
486889 \$1/drop-in



## Thunderbird Community Centre

2311 Cassiar Street, Vancouver, B.C. V5M 3X3 Phone 604-713-1818 Fax 604-713-1828  
Thunderbirdcc@vancouver.ca

# Canada Revenue Agency

## Community Volunteer Income Tax Program



**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	

**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

**Mon 2:30pm-5:00pm**  
**March 4, 11, 18 & 25**  
**April 8, 15 & 22**

**Wed 5:30pm-8:00pm**  
**March 6, 13, 20 & 27**  
**April 3, 10, 17 & 24**


**Sat 9:30am-12:30pm**  
**Mar 30**

**You may register for your 30 minute appointment starting Feb 12 at our front office.**

**Arrive on time and be prepared with all of your documentation including your 2022 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.**



**www.thunderbirdcc.ca**

### CATCHMENT

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

Catchment residents have priority registration on many programs, beginning Saturday, November 25 at 9am at the Front Office at Thunderbird CC only. Please bring proof of address.



## 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

Type	Single drop-in	10-visit pass	1 month	3 months
Adult (19-54 years)	\$3.90	\$35.10	\$30.60	\$76.45
Youth (13-18 years)	\$2.35	\$21.05	\$15.30	\$38.20
Senior (55+ years)	\$2.35	\$21.05	\$15.30	\$38.20

*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

Mon-Fri ..... 9:00am-8:50pm  
 Sat. .... 9:00am-4:50pm  
 Sun ..... Closed  
 Dec 23-Jan 7 ..... Closed  
 Feb 19 / Apr 1 .... 10:00am-1:50pm  
 Mar 29 ..... Closed

## FACILITY RENTALS

Room	Square Footage	Capacity	Rates (Operational Hours)	Rates (Non-operational Hours)
Meeting Room	320	15 people	\$25.00/hour	\$50.00/hour
Small Activity Room	620	30 people	\$25.00/hour	\$50.00/hour
Multi-purpose Room (MPR)	1200	100 people	\$55.00/hour	\$80.00/hour
Gymnasium	4200		Not available	\$70.00/hour
Operational Hours: Monday - Thursday 9:00am - 9:00pm, Friday 9:00am - 10:00pm, Saturday 9:00am - 5:00pm				
Rentals during non-operational hours include a rental supervisor in the rates listed above, and require a minimum rental of 2 hours. A damage deposit (\$200) may be required upon booking.				

### Policy & Procedures

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

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

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

### Check Availability & Submit Rental Request

To check availability, please visit [vanrec.ca](http://vanrec.ca). To submit a rental request, please call 604-713-1818 or visit the front office to pick up a rental request form.

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

### Rental Confirmation & Payment

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

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

**Contact us: 604-713-1818 · [thunderbirdcc@vancouver.ca](mailto:thunderbirdcc@vancouver.ca)**

*GST will be added to fees if applicable.*

**RELAX AND ENJOY YOUR**

# Birthday Party

## at Thunderbird Community Centre!

### Multipurpose Room Package \$180

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

**Saturdays**

2:30 pm-4:30 pm

**Sundays**

11:00 am-1:00 pm

2:00 pm-4:00 pm



### Gymnasium Play-Gym Package \$205

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

**Saturdays**

11:30 am-1:30 pm

2:00 pm-4:00 pm

**Sundays**

10:00 am-12:00 pm

12:30 pm-2:30 pm

3:00 pm-5:00 pm



**Spots are limited, so book early!**

**Call 604-713-1818 for more information.**

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

- No access to a kitchen, fridge or freezer.
- Fees for withdrawing or transferring apply. See page 2 for details.
- Visit [www.thunderbirdcc.ca/birthday-parties/policies](http://www.thunderbirdcc.ca/birthday-parties/policies) for a full list of policies.
- TSBC License #LAM0200026