



Thunderbird Community Centre Winter 2017 Recreation Guide

Thunderbird
Youth
participating in
CHILL 2016.



Catchment Registration starts Saturday, November 19 @ 9:00am
Public Registration starts Saturday, November 26 @ 9:00am



2311 Cassiar Street, Vancouver BC V5M 3X3. Tel. 604-713-1818, Fax 604-713-1828
Website: thunderbirdcc.ca Email: thunderbirdcc@vancouver.ca

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



SPECIAL EVENTS



Spring Break Day camp (5-12 yrs)

Camp time!

Week 1

Mo-Fr 9:00am-3:00pm Mar 13-Mar 17
88009 \$90/5 sess

Week 2

Mo-Fr 9:00am-3:00pm Mar 20-Mar 24
88012 \$90/5 sess

Notice to Parents/Guardians

- The parent consent form and waiver form must be handed in before the first day of the camp.
- Let us know if there is any other relevant medical/health information.
- Staff is not responsible for Day camp participants before 9:00am and after 3:00pm.
- *There is a fee charge of \$1.00 /minute that your child remains in our care due to a late pick-up.

Reminder !

- Please send your child with a nutritious lunch, snacks, appropriate clothing, bathing suit & towel.
- Please do not send any money or valuables with your child.
- Staff will not be responsible for lost items.

Income Tax Clinic 2017

This free service is offered by CVITP (Community Volunteer Income Tax Program) for those who qualify. A trained volunteer will be available to complete and file your 2016 tax return. Each session is 30 minutes long and requires a separate booking for each person. See page 16 for dates.

Family Wibit Days

Pack up your children, head on over to Templeton Park Pool and enjoy an afternoon playing on the WIBIT , a large water inflatable. Bring your 1-card and have some fun.

Su 2:00-4:00pm Jan 29
Feb 26 & Mar 19

APR
01

Easter Eggstravaganza

Watch for our Easter flyer out in early March!



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Special Events

• WWW.THUNDERBIRDCC.CA •

Visit recreation.vancouver.ca

An online account offers you 24/7 access to registering for a variety of programs. In addition, you can view your schedules, rental agreements, payment receipts, pass usage and pass expiry dates.

Get active, get healthy!

With 24 community centres, 9 indoor pools and 8 ice rinks with a variety of events and lessons, there's something for everyone! Search by activity number, keyword or use the many filter options available.

Flexible options

Many activities offer drop-ins so you can get involved without registering. Check out what's available today on our drop-in calendar.

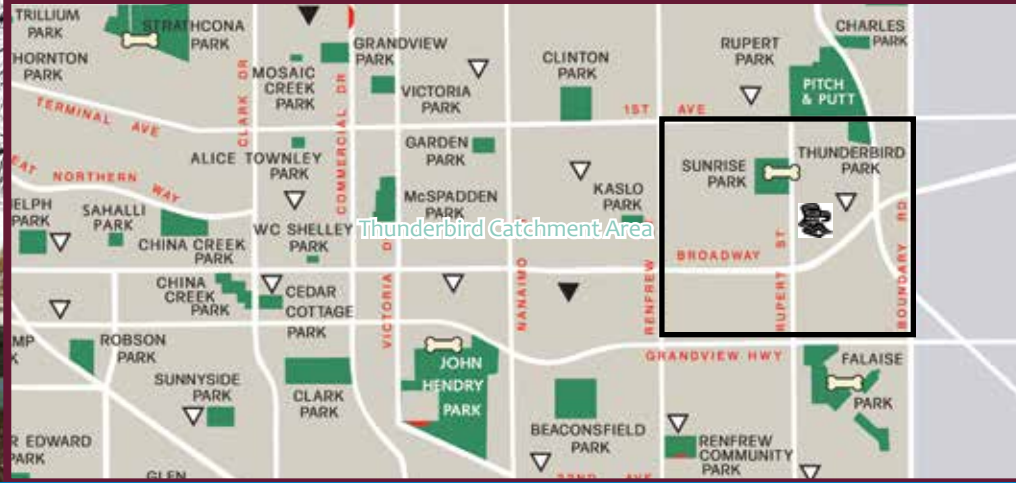
Host an event at one of our locations

Planning a sporting event, social gathering or wedding? Submit your request for use of a community centre room, outdoor park or field, ice rink and more.

Save with a Pass

If you regularly visit a pool, rink or fitness centre, a pass is a great option to help you save money. Many city-wide and location specific passes are available for purchase or renewal online.





GENERAL INFORMATION

WINTER HOURS

Jan 3 - Mar 18, 2017

Monday-Friday 9:00am-10:00pm
 Saturday 9:00am-5:00pm
 Sunday & Statutory Holidays Closed
 The office closes 30 minutes before the centre closes. The Fitness Centre closes 10 minutes before the centre closes.

CENTRE STAT CLOSURES

The Centre is closed:
 Mo, February 13 Family Day



Special Date
 Spring Break: Mar 13-27, 2017

FREE MEMBERSHIP

Once you enroll into a fee-based registered Thunderbird Community Centre program you automatically become a member of the Thunderbird Neighbourhood Association.

OFFICE SERVICES

Photocopies (up to 10 pages)	\$0.15/side
Laminating	\$0.50/card
Outgoing Faxes	\$0.25/page
Incoming Faxes	\$0.50/page
Receipt Reprinting	\$1.00/receipt
Scanning (up to 10 pages)	\$2.00

We cannot do any long distance faxing.

REGISTRATION INFORMATION

Program Fees may be paid by cash or cheque only.

You can only register for yourself or for your immediate family. Proof of address is required when registering during catchment timeframe.

STAFF DIRECTORY

General Inquiries	604-713-1818
thunderbirdcc@vancouver.ca	
TBA	
Supervisor of Recreation Services	604-713-1821
Cindy Gulbransen	cindy.gulbransen@vancouver.ca
Recreation Programmer II	604-713-1823
TBA	
Recreation Programmer II	604-713-1826
Alisha Paxton-Judge	alisha.paxton-judge@vancouver.ca
Recreation Facility Clerk	604-713-1818
Matt Charan	matthew.charan@vancouver.ca
Community Youth Worker	604-713-1829
Lorraine Chow	lorraine.chow@vancouver.ca
Family & Seniors Worker	604-713-1825
Kristine Wong	thunderbirdosc@shaw.ca
Out of School Care Supervisor	604-713-1830
Andrea Clark Geraghty	thunderbird.preschool@vancouver.ca
Preschool Supervisor	604-713-1827

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General Information

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Thunderbird Mission Statement

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



THUNDERBIRD NEIGHBOURHOOD ASSOCIATION

PRESIDENT'S WINTER 2017 MESSAGE



Greetings to the Thunderbird Community.

The Winter session has arrived. The brochure in your hands is full of interesting programs to entice you to stay active and involved and to learn and to make new friends. Our staff is looking forward to meeting you and your families, answering your questions and helping you connect to services that you may need. We are at your service.

Your volunteer Thunderbird Neighbourhood Association (“TNA”) Board and committees have been very busy (some would say too busy) working in the background with our Centre’s Park Board and Association staff to plan policies and programs, activities, repairs and renovations, promotions, staff benefits, finances as well as fundraising. Some of the tangible benefits you may have noticed are; the new mural that graces the entrance to the Centre, the renovated gymnasium and newly upholstered equipment in the Fitness Centre.

The beautiful mural is a joint venture of the City and TNA under the Artist in Communities Grant that will be finished when good weather returns in 2017. The gymnasium make-over was facilitated by a grant from NBA Canada, through a successful application by Thunderbird’s Supervisor, with the permission of the Vancouver School Board and the participation of 50 students from Thunderbird Elementary. The children were chosen for their activity in basketball and other sports. Have

a look at the professional NBA video of the official opening of the renovated gym on September 29 at; <http://www.nba.com/raptors/video/teams/raptors/2016/09/30/1475197458537-NBA-WEB-160929-NBACARESFE> ATURE-813642.

You may have attended TNA’s Annual General Meeting in November and voted in the election of new and incumbent Directors to the Board. We are always looking for members of the TNA - that’s you, who are willing and able to volunteer and assist in the many ways available to support the purposes of your Association. Some of the activities undertaken by the 2016 Board include:

- writing a new Code of Conduct for members, volunteers, TNA staff, instructors and contractors
- rewriting the TNA Constitution and By-Laws, required under the revised B.C. Societies Act
- Engaging in the “consultation” process between Park Board and the Associations to produce a JOA for signing in the Spring of 2017.

Concluding the JOA has been an elusive goal of all parties involved for the last four years. Park Board wishes for greater certainty of ownership and operational control of the Centres’ assets, equality and transparency across the system. The Associations want a measure of autonomy and certainty around the funding they source through grants, programming and rentals that support program offerings and various subsidies to service our communities.

Wish us continued good fortune as we engage in this latest round of “consultations”.

Best Wishes to you all,

Mike Bradley,
President, TNA.

BOARD OF DIRECTORS

President:	Mike Bradley
Vice-President:	Diane Lord-Cotton
Treasurer:	Joan Poon
Secretary:	Noreen Erlenbach
Directors:	Ken Costea, Sandra Dare, Linda Kerr, David Ma, Benny Mah, Sandra Marino, Jessica Rodriguez

PROGRAM COMMITTEE

Chair: Diane Lord-Cotton
Members: Mike Bradley, Noreen Erlenbach, Dave La Vallee, Sharon Mohamed, Roberta Scherger, Aileen Bishop. The Committee meets the 2nd Wednesday of the month at 5:30pm. New members are welcome. Please join us with your ideas.

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. Please inquire at the front office for further subsidy information.



The Thunderbird Neighbourhood Association acknowledges the generous contribution of the BC Gaming Branch. Without this support many of our programs would not be offered or subsidized.

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President's
Message

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Our long-running, licensed, and inclusive preschool program provides a warm, caring, multicultural environment for 3-5 year olds. Our Pre-K program develops colouring, drawing, counting and handwriting readiness. More information about this award-winning curriculum "Get Set for School" is available at www.hwtears.com.

Meet the Staff

Andrea Geraghty, Preschool Supervisor

Andrea is returning for her 26th year. ECE trained at Kwantlan University College and recently completed her special needs training at Langara College.

Erin Heppner, Special Needs Teacher

Erin is returning for her 13th year. ECE/Special Needs Diploma from Langara College.

Rachel Yang, Special Needs Teacher

Rachel is returning for her 5th year. ECE/Special Needs and Infant/Todder Diploma at Douglas College and is currently working on her ECE Degree at Capilano University.

ALL spaces are FULL for 2016/17

Registration for September 2017 will begin in March 2017
 Please ensure your name is on the waitlist.
 Contact: 604-713-1827 or email at
thunderbird.preschool@vancouver.ca

2016-17 Morning Preschool (3-5 year olds)
 Monday - Friday *
 * space sharing available

9:00am-12:00pm (3 hours)
 \$300 /per month
 September - June (July optional)

2016-17 Kindergarten Readiness Preschool
 "Get Set for School" (born in 2012)
 Monday - Thursday

12:30-3:00pm (2.5 hours)
 \$250.00 /per month
 September - June

Government subsidies accepted.
 Teachers will be happy to help you apply.

Hi parents! Are you going to school, looking for a job, or working? Look no further as we offer a licensed childcare program with qualified, caring and experienced staff.

We include 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 experience through social, recreational and physical activities, such as arts & crafts, cooking, games and sports. Breakfast and after school snacks are provided daily. A Hot lunch is provided on full days.

Meet the Staff

Kristine Wong	Out of School Care Supervisor
Lynn Wong	Supported Child Care Assistant
Margo Leung	Program Assistant
Carmen Di Tomaso	Program Assistant

**Pre-approved government subsidies
 are accepted.**

Hours of Operation:
 Monday to Friday 7:30-9:00am & 3:00-6:00pm

Program	Costs:
Before and After School Care	\$330/month
Monthly fee includes: Full day care during seasonal breaks & school closure days.	

On Professional Development Days & Seasonal Breaks, OSC operates 7:30am-5:30pm

Closed for Stat holidays, OSC Pro days & part of Winter Break for maintenance.

**Please contact Krissy at 604-713-1830 or
thunderbirdosc@shaw.ca for more
 information.**

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Licensed
 Childcare

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FAMILY & PRESCHOOL PROGRAMS



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Family & Preschool Programs

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CAPC Programs

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, food and transportation 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 call Lorraine at 604-713-1825 for more information.

0-6yrs

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 call Lorraine at 604-713-1825 for more information.

We 12:30-2:30pm

Jan 11
Feb 8
Mar 8

Kiwassa NH
Frog Hollow NH
Collingwood NH

Family Drop In

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.

(0-6 yrs)

No session Feb 13.

Mo/We/Fr/Sa 10:30am-1:30pm
Instructor: Clara & Sharon

Jan 9-Mar 11
Free

Settlement Worker (parents/caregivers)

New-to-Canada families can get assistance with government application forms for childcare, housing, citizenship, child tax benefit and more. To make an appointment at Thunderbird please call Kim at 604-254-5401 (ext 222) or Lorraine at 604-713-1825.

Neighbourhood Support

(parents/caregivers)

Christine will visit the Hut one Tuesday a month to provide one to one support to families in the drop-in. She will provide information and referrals, assist with forms and advocate for families who need extra support. She will be available upon request throughout the season in Mandarin and Cantonese.

Parenting Workshops

(parents/caregivers)

We offer workshops and talks to support families on many issues. Learn about community resources and programs. Look for the posters in the Family Drop In detailing workshops descriptions and dates..

Books For Me



(0-6 yrs)

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

Mo 12:30-2:00pm Jan 9, Feb 6, Mar 6
85647 Free

Family Drop In at the Hut & Community Kitchen

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. The Hut is located in Skeena Terrace Housing Complex. (2202 Cassiar Street)

(0-6 yrs)

Tu 10:30am-1:30pm
85655

Jan 10-Mar 7
Free

Instructor: Clara

Leisure Access Program

Nutrition Basics

Each One, Teach One - Vancity Child Find BC

Crafters Corner



Parents/caregivers are welcome to bring in a project that they are working on or let someone share their skills with you. Our works of art are made entirely from donated materials. Sometimes we get to keep what we make, sometimes we donate it. No childminding available.

We 10:00am-12:00pm

Free



Law Students' Legal Advice Program

Interested public are directed to access the website, call the number or pick up a flyer at the Thunderbird front desk. More information is available on p.16.

Mo 6:30-8:30pm

Jan 23, Feb 6,
20 & Mar 6, 20



A maximum ratio of 3 children per daycare provider is permitted in our programs.

FAMILY & PRESCHOOL PROGRAMS

ACTIVE PLAY

Kinder Time (4-5 yrs)

This active time is structured into play, games, songs, foods, stories and much more. Children will have a chance to burn off some energy while having fun. **No program Feb. 13.**

Mo 3:15-4:45pm Jan 09-Mar 06
83045 \$16/8 sess

Instructor: Rachel

new

Soccer Tots (3-4 yrs)

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

We 3:00-3:45pm Jan 11-Mar 01
87232 \$16/8 sess

Instructor: Alicia



Thunder Tots (1-4 yrs)

Are you looking for somewhere to take your little one to burn off all that energy? Join Angie for a lively morning of fun, snacks and crafts! Parent participation is required.

Th 10:45am-12:15pm Jan 12-Mar 09
83099 \$18/9 sess

Instructor: Angie

GYMNASTICS

L'il Tumblers Gymnastics (3-6 yrs)

Learn elementary gymnastic skills in a safe, comfortable and energizing setting. Children will join in on activities and games including jumping, climbing, rolling & balancing. Parent participation is required.

(3-4 yrs)
Sa 9:15-10:00am Jan 14-Mar 04
83050 \$32/8 sess

(5-6 yrs)
Sa 10:00-10:45am Jan 14-Mar 04
83051 \$32/8 sess

Instructors: Tania, Bianca, Laura

CULINARY

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 sample 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 at home! Please note that tupperware or any re-useable container will be required for each class.

Sa 12:30-1:30pm Jan 14-Mar 04
83092 \$24/8 sess

Instructor: Mychelle

DANCE

Ballet (3-6 yrs)

Calling all children who love to dance! Children will learn the basic ballet techniques, balance, coordination and learn to work together. They will become familiar with classical music and learn some basic ballet steps positions and refine some techniques. **No program Feb. 11.**

Learn to Dance (3 yrs)
Sa 12:30-1:00pm Jan 14-Mar 11
83002 \$32/8 sess

Ballet - level 1 (4-6 yrs)
Sa 1:00-1:45pm Jan 14-Mar 11
83003 \$32/8 sess

Ballet - level 2 (4-6 yrs)
Sa 1:45-2:30pm Jan 14-Mar 11
83004 \$32/8 sess

Instructor: Celeste

Parental/Guardian Responsibility

All children under the age of 8 are required to have parent/guardian (16 yrs 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. There is a charge of \$1.00/per minute for late pick-up.

EDUCATION

Little Artists (3-4 yrs)

Calling all budding artists! Come and join this class in making fun, silly and beautiful crafts. This class will allow your child to exercise their creativity while improving their motor skills in drawing, colouring and cutting.

Sa 10:00-11:00am Jan 14-Mar 04
83048 \$16/8 sess

Instructor: Carlie

Little Einsteins (4-5 yrs)

Learn basic preschool knowledge such as the alphabet, numbers, colours, days of the week, months of the year, opposites and more! This class is designed to help children improve their understanding of pre-kindergarten information and develop their interests in reading and writing.

Sa 11:00am-12:00pm Jan 14-Mar 04
83049 \$16/8 sess

Instructor: Mychelle

123, ABCs (4-6 yrs)

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 2:30-3:30pm Jan 14-Mar 04
82993 \$16/8 sess

Instructor: Carlie

OPEN GYM



Parent and Tot Gym (0-5 yrs)

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.

Sa 12:00-1:30pm Jan 14-Mar 11
Instructors: Shawn & Carlie

Drop-in
\$1.50



CHILDREN'S PROGRAMS

COOKING/BAKING

Fantastic Foodies (9-13 yrs)
In this class, Mei will teach you about the basics of food nutrition, how to prep simple creations to make for family and friends.

We 3:15-4:30pm Jan 11-Mar 08
83023 \$27/9 sess

Instructor: TBA

Fun in the Kitchen (5-13 yrs)
Learn about where food comes from and how to make tasty, nutritious and easy snacks. Bring a container to put your snacks into. We will also journal our recipes so you can take them home to practice on family and friends.

(5-8 yrs)
Fr 3:15-4:30pm Jan 13-Mar 10
83027 \$27/9 sess

(9-13 yrs)
Fr 4:45-6:00pm Jan 13-Mar 10
83026 \$27/9 sess
Instructor: Aaron

Mini Chefs (5-8 yrs)
Join us at Mini Chefs and discover how to create a variety of delicious foods and snacks every week. Explore new cuisines and learn how to make healthy options for snacks.

Sa 10:00-11:00am Jan 14-Mar 11
83056 \$27/9 sess

Instructor: Leona

To avoid disappointment, register early and bring a friend along!



DANCE

Hip Hop Dance (8-15 yrs)
Want to learn how to move to and groove to your favourite tunes? Join Tommy and learn the basic style of hip hop dance in this high energy program. *No program Feb 4.*

(8-12 yrs)
Sa 9:30-10:30am Jan 14-Mar 11
83039 \$16/8 sess

(13-15 yrs)
Sa 10:30-11:30am Jan 14-Mar 11
87024 \$16/8 sess

Instructor: Tommy

Ballet (6-10 yrs)
Calling all children who love to dance! Children will learn the basic ballet techniques, balance, coordination and learn to work together. They will become familiar with classical music and learn some basic ballet steps positions and refine some techniques. *No program Feb. 11.*

Sa 2:30-3:30pm Jan 14-Mar 11
83001 \$32/8 sess

Instructor: Celeste

YOGA

Yoga for Kids (6-12 yrs)
Kids' yoga is an amazingly fun way to be physical and work together in a noncompetitive environment. Participants learn fun poses and games that incorporate yoga techniques that helps kids stay strong and healthy while developing focus, patience, creativity, self-awareness, relaxation, and self-confidence that they will carry with them throughout their lives. *No program Feb. 11.*

Sa 3:45-4:45pm Jan 14-Mar 11
83110 \$32/8 sess

Instructor: Celeste

COMPUTERS



Basic Computer Skills (9-13 yrs)
Learn how to use your computer knowledge and skills and do more. Emily will show you more computer tricks.

Tu 3:15pm-4:30pm Jan 10-Mar 07
83005 \$18/9 sess

Instructor: Emily

Computer Lab Drop-In (8-18 yrs)
Drop-in computer lab space for children and youth 8-18yrs. A Computer Lab staff is available to assist with any computer-related questions. Printing and photocopying is also available.

Tu 4:30-6:00pm Jan 03-Mar 07
83013 Free/12 sess

Instructor: Emily

WiFi ... why yes!

Ask our staff about getting access to our free WiFi. Access a terminal in our Computer Lab only when there are no programs in the lab and connect with friends and family.

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Children's Programs

• WWW.THUNDERBIRDCC.CA •

ART, CULTURE & ENVIRONMENT

LANGUAGES

Animaniacs

(9-13 yrs)

Students' spatial awareness skills will be enhanced by learning techniques and using media including papier-mache, clay, found objects, cardboard, paint and wood. [No program Feb 13.](#)

Mo 4:45-5:45pm Jan 09-Mar 06
82998 \$16/8 sess

Instructor: Marlon

Pin Pals

(5-13 yrs)

Come join your friends for endless DIY crafting and baking projects from the Pinterest website. We will make one fantastic project a week that you will get to take home to eat, use, or display.

(5-8 yrs)

We 3:15-4:45pm Jan 11-Mar 08
93175 \$18/9 sess

(9-13 yrs)

We 4:45-6:00pm Jan 11-Mar 08
93176 \$18/9 sess

Instructor: Josephine

Creative Corner

(5-13 yrs)

This class will focus on the most important aspects of art - creativity and imagination. Students will work with many types of art materials ranging from drawing to painting. There will be many fun ideas! No previous experience in art required.

(5-8yrs)

We 3:15-4:30pm Jan 11-Mar 08
83028 \$18/9 sess

(9-13 yrs)

We 4:45-6:00pm Jan 11-Mar 08
83040 \$18/9 sess

Instructor: Kitty

Life Drawing

(9-13 yrs)

For young artists who enjoy hand creative drawing. The students will learn conceptual drawing such as perspectives, shapes, and seeing from light and dark. By the end of the program they will be able to learn progressive drawing as well as negative and positive spacing.

Fr 4:45-6:00pm Jan 13-Mar 10
83047 \$18/9 sess

Instructor: Marlon



Clay Modelling

(9-13 yrs)

Amaze yourself and your friends as you create awesome keepsakes made of clay! Clay is included in the cost of the program.

Sa 11:30am-12:30pm Jan 14-Mar 11
83012 \$27/9 sess

Instructor: Leona

Globetrotting

(5-8 yrs)

Each week we will travel the globe, set out sites on a country and learn fascinating new things about art & culture and make something new!

Sa 2:00-3:00pm Jan 14-Mar 04
82995 \$16/8 sess

Instructor: Mychelle



Art-rageous

(5-8 yrs)

A new mixed-media art class designed to spark your child's creativity! Join us as we paint, draw, sculpt, collage and much more.

Sa 3:45-4:45pm Jan 14-Mar 04
83014 \$16/8 sess

Instructor: Carlie

DRAMA



Drama Bugs

new

Musical Theatre - Juniors

(5-8 yrs)

Perform with confidence!

Learn the essentials of musical theatre, singing, acting and dancing in this fun filled class. We will play drama games, use movement, improvisation, character creation, different styles of dancing and songs to create and direct a performance in class. Our young performers will develop confidence, creativeness, coordination, and rhythm.

There is a short performance for friends and family on the last day. Please wear comfortable clothes and bring a water bottle. In this fun-filled class we will use drama games, movement, improvisation and character creation to create and direct your own performances in class, build confidence and make new friends.

We 3:15-4:15pm Jan 11-Mar 08
83015 \$27/9 sess

Instructor: Rebecca

French -l'ecole francaise

new

(9-13 yrs)

Join David and learn the basics of the French language through one-on-one support and group activities that incorporates the new material learned each class.

Fr 3:15-4:30pm Jan 13-Mar 10
83097 \$24/8 sess

Instructor: David

Mandarin Lessons, N.B.

(6-12 yrs)

New beginners Mandarin is geared for pure beginners to Mandarin. Children will learn how to read, write and speak very basic Mandarin and also learn the pinyin system in a fun environment. A workbook is required at an additional cost (\$8).

[No program Feb 13.](#)

Mo 3:30-4:30pm Jan 09-Mar 06
83054 \$24/8 sess

Instructor: Helen

Mandarin Lessons, R.B.

(6-12 yrs)

Returning beginners Mandarin is designed for those who have finished new beginners. Students will continue to learn how to read, write and speak basic Mandarin and also learn the pinyin system in an active way. A workbook is required at an additional cost (\$8).

We 3:30-4:25pm Jan 11-Mar 08
83055 \$27/9 sess

Instructor: Helen

Mandarin Lessons, Level 1A & 1B

(6-12 yrs)

Students who have completed beginner level Mandarin can progress to Level 1A. Students will be focusing on learning harder words, expressions, long sentences, and also some Chinese culture and customs. A workbook is required at an additional cost (\$16).

We 4:30-5:25pm Jan 11-Mar 08
83052 \$27/9 sess

Instructor: Helen

A workbook is required for all Mandarin programs. Please discuss which book you are to purchase with your instructor.

Cost:

Mandarin - New Beginners	\$8/book
Mandarin - Returning Beg.	\$8/book
Mandarin - Level 1A	\$16/book
Mandarin, Level 1B	\$16/book

Let's Go Lego (5-8 yrs)

Using LEGO and your imagination to create works of art! Construct lego models as a team or take on an individual project and show off what you learned about architecture and construction.

No program Feb. 13.

Mo 3:15-4:30pm Jan 09-Mar 06
83046 \$18/9 sess

Instructor: Marlon

Junior Readers (9-12 yrs)

In this class, children will read a book, discuss the characters and plot. Then, we will learn how to write interesting and creative stories based on what we have read. No class Feb. 13.

Mo 3:15-4:30pm Jan 09-Mar 06
83095 \$16/8 sess

Instructor: Lily

new

Girl's Chill & Chat (9-12 yrs)

Have fun while making new friends! Calling all girls in grades 4 to 6. Join Leona to Chill & Chat about whatever you want. This is a self-paced program whereby the girls take the lead become empowered to make some program decisions, learn new skills through interactive games, activities or outings and workshop discussion led by professionals. No program Feb 13.

Mo 3:15-5:15pm Jan 9-Mar 6
93178 \$16/8 sess

Instructor: Leona

Young Phonics - K (5-6 yrs)

A program geared towards Kindergarten children only. We will practice reading, work with phonic worksheets and do fun language art activities to help children with their alphabet, letter sounds, sight words, rhyming, reading and more.

Tu 3:15-4:30pm Jan 10-Mar 07
83112 \$18/9 sess

Instructor: Leona

Head Start Math - K (5-6 yrs)

A math program for children in grades Kindergarten. Children will work through math worksheets and play fun math games to help them with their addition and subtraction and more.

Tu 4:45-6:00pm Jan 10-Mar 07
83038 \$18/9 sess

Instructor: Leona

School Pro-D Days

Children programs run on all school professional days.

Homework Support (8-13 yrs)

Bring your homework and get it finished before you head home.

We 3:15-5:15pm Jan 11-Mar 08
83041 Free/9 sess

Instructor: Sandy

Young Phonics - Gr. 1 & 2 (6-7 yrs)

A program geared to children in grades 1 & 2. Children will work with phonics worksheets and do fun language art activities to help them with their reading fluency & writing skills.

Th 3:15-4:30pm Jan 12-Mar 09
83111 \$18/9 sess

Instructor: Lily

Young Readers Club! (5-8 yrs)

In this class, children will read a book, discuss the characters, the plot and write about it in a journal to develop their reading and writing skills.

Th 3:15-4:30pm Jan 12-Mar 09
83113 \$18/9 sess

Instructor: Sandy

Head Start Math - Gr. 1 & 2 (6-7 yrs)

A math program for children in grades 1 & 2. Children will work through math worksheets and play math games to help them with their arithmetic, problem-solving, geometry & more!

Th 4:45-6:00pm Jan 12-Mar 09
83037 \$18/9 sess

Instructor: Leona

Chess (9-13 yrs)

Come and learn how to master the game of chess. Besides being a lot of fun, chess helps develop logical thinking, creativity, concentration and problem-solving. Beginners will learn the basic rules, terminology, value of pieces, record moves and strategy.

Fr 3:15-4:30pm Jan 13-Mar 10
83009 \$18/9 sess

Instructor: Marlon

STEM It (5-8 yrs)

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 scientific methods.

Sa 3:15-4:15pm Jan 14-Mar 04
83097 \$16/8 sess

Instructor: Mychelle

new

Red Cross Babysitting Course

(10-16 yrs)

The Babysitting course is a nationally recognized program designed to help youth develop self-assurance, knowledge, and skills required for babysitting duties and when caring for themselves alone. These are important tools for your son or daughter to have as they begin to build invaluable skills for a lifetime.

Sa 9:30am-4:30pm Feb 4
93180 \$40/1 sess

new

At Home Alone and First Aid for kids (9-13 yrs)

This fun and active workshop helps prepare children to be at home alone and to respond to medical emergencies, important skills are learned through interactive lessons and role play that help make both you and your child more confident when they are at home alone.

Sat 10:00am-2:00pm Mar 4
93183 \$20/1 sess

Instructor: Kidproof Safety

Family Wibit Days

Pack up your children, head on over to Templeton Park Pool and enjoy an afternoon playing on the WIBIT, a large water inflatable. Bring your 1-card and have some fun.

Su 2:00-4:00pm Jan 29
Feb 26 & Mar 19

Our Out of School Care staff are available to drop off or pick up your child to or from their registered program. For more information please contact Kristine at 604-713-1830 or email: thunderbirdosc@shaw.ca



YOUTH-LED PROGRAMS

new

The following programs are led by youth volunteers in the community.

Cruising Cuisine (8-10 yrs)

Do you want to learn how to make simple but delicious snacks? Join us as we CRUISE through several recipes and cook some delicious food for you and your family to share! **No program Feb 13**
 Mo 4:15-5:15pm Jan 9-Mar 6
 \$5/8 sess

Building Leadership Buddies (8-10 yrs)

Start the 2017 year with character development and team-building activities! This fun, engaging class will allow children to develop into confident leaders and create healthy relationships. **No program Feb 13.**
 Mo 5:30-6:30pm Jan 9-Mar 6
 \$5/8 sess

Junior Theatre Company (8-10 yrs)

Join our dedicated and enthusiastic instructor with a passion for the fine arts and performance. Children will be provided the opportunity to build up their confidence and take this platform as a way to express themselves without judgement. Come join us for a season of fun activities and plays where you can let your imaginations free!
 Fr 4:15-5:15pm Jan 13-Mar 3
 \$5/8 sess

Science Alliance (8-10 yrs)

A great chance for young scientists and science fanatics to meet and do cool experiments together. We will explore the law of density, learn about pressure, build structures and make new friends.
 Fr 5:30-6:30pm Jan 13-Mar 3
 \$5/8 sess



Friday Movie Night (8-55 yrs)

Join us at every Friday Night at 6:30 PM and enjoy FREE movie fun for the entire family! *Popcorn and drinks will be provided FREE OF CHARGE. **Note: NEW time!**
 Fr 7:00-9:00pm Jan 6-Mar 10
 87915 Free/10 sess
 Instructor: Edward



MUSIC

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.

Friday
 Fr 3:30-6:30pm Jan 13-Mar 10
 83063 \$117/9 sess
 Instructor: **Carlie**

Saturday
 Sa 9:15am-4:45pm Jan 14-Mar 4
 83081 \$104/8 sess
 Instructor: **Nina**

Guitar - Group Lessons (7-18 yrs)

Learn the basics of how to read music and play the guitar. Lessons will be delivered in small groups of up to 4 students. Students are encouraged to register for Guitar Private Lessons after these beginner lessons. Guitars are provided or you can bring your own guitar for lessons. Lessons are 55 min. in length.

Beginner
 Fr 6:00-6:55pm Jan 13-Mar 10
 83030 \$54/9 sess

Intermediate
 Fr 7:00-7:55pm Jan 13-Mar 10
 83031 \$54/9 sess
 Instructor: **Jimmy**

Guitar Lessons (7-18 yrs)

Intermediate players and beginners are welcome. Always hands-on, we will cover theory, music scales, the circle of fifths, chord progressions and more, all to take us to the place of being able to play the songs that you want to learn. Guitars provided or bring your own. Lessons are 1/2 hour in length. **No program Feb. 11.**

Sa 11:15am-1:45pm Jan 14-Mar 11
 83029 \$104/8 sess
 Instructor: **Chris**



Drum Lessons (5-18 yrs)

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 1/2 hour in length.

Tu 4:30-8:00pm Jan 10-Mar 07
 83016 \$63/9 sess
 Instructor: **Tommy**

Violin - Group Lessons (7-18 yrs)

Introductory violin lessons geared toward beginners. Students will learn the basics of playing a violin and will learn a variety of music playing with a small group and solo. Instruments will be available for lessons or bring your own instrument. Lessons are 55 min. in length.

Friday
 Fr 7:00-7:55pm Jan 13-Mar 10
 83101 \$54/9 sess
 Instructor: **Jane**

Saturday
 Sa 10:00-10:55am Jan 14-Mar 11
 83102 \$54/9 sess
 Instructor: **Dora**

Violin Lessons (7-18 yrs)

Introductory violin lessons geared toward beginners. Students will learn the basics of playing a violin and will learn a variety of music playing with a small group and solo. Instruments will be available for lessons or bring your own instrument. Lessons are 1/2 hour in length.

Friday
 Fr 5:30-7:00pm Jan 13-Mar 10
 83103 \$63/9 sess
 Instructor: **Jane**

Saturday
 Sa 11:00am-1:00pm Jan 14-Mar 11
 83106 \$63/9 sess
 Instructor: **Dora**

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Children's Programs

• WINTER 2017 • 604-713-1818

CIRCUS

Circus (5-13 yrs)

Your chance to run away with the circus! This program is full of magical fun where you'll learn still walking, rollo bollo, tumbling and juggling.

(5-8 yrs)

Fr 3:30-4:30pm Jan 20-Feb 24
83011 \$18/6 sess

(9-13 yrs)

Fr 4:30-6:00pm Jan 20-Feb 24
83010 \$24/6 sess

Instructor: Brian

GYMNASTICS



Gymnastics (6-12 yrs)

A fun and active program where all levels of gymnastics experience can come together. This class will help participants learn and refine the basics of gymnastics. Classes will include tumbling, balancing, flexibility and stretch exercises. Each child will be encouraged to work at their level and challenges will be set for those with prior gym skills.

Sa 10:45-11:45am Jan 14-Mar 11
83036 \$32/9 sess

Instructor: Tania, Bianca, Laura

KARATE

Karate (6-19 yrs)

Beginner - Have fun while learning traditional Go-Ju Ryu Karate taught by 7th Dan Shihan George Chan (over 30 years experience) and 4th Dan Sensei Ivan Cheng. This program improves focus and self discipline. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. This program is also recognized by the School Board as Physical Education credit and is tax deductible by Revenue Canada. Please note the George encourages parents to register for this program and participate with their children, same fees. Visit www.kuyukai.com.

Th 5:30-6:45pm Jan 26-Apr 06
83044 \$77/11 sess

Instructor: George

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. Please inquire at the front office for further subsidy information.

SPORTS

Floor Hockey (5-13 yrs)

Do you want to play for the Canucks when you are older? Come and learn the basic skills needed to play the fastest sport. [No program Feb. 13.](#)

(5-8 yrs)

Mo 5:00-6:00pm Jan 09-Mar 20
83024 \$11/11 sess

(9-13 yrs)

Mo 6:00-7:00pm Jan 09-Mar 20
83025 \$11/11 sess

Instructor: TBA

All Sports for Girls (5-8 yrs)

Girls only time in the gym to learn new games and skills for all your games and sports.

Tu 5:00-6:00pm Jan 03-Mar 21
82997 \$12/12 sess

Instructor: Brian



Basketball (5-13 yrs)

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.

(5-8 yrs)

Tu 6:00-7:00pm Jan 03-Mar 21
83006 \$12/12 sess

(9-13 yrs)

Tu 7:00-8:00pm Jan 03-Mar 21
83007 \$12/12 sess

Instructor: Brian

All Sports for Boys (5-8 yrs)

Boys only time in the gym to learn new games and skills for all your games and sports.

We 5:00-6:00pm Jan 04-Mar 22
82996 \$12/12 sess

Instructor: Alicia



Soccer (5-13 yrs)

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

(5-8 yrs)

We 6:00-7:00pm Jan 04-Mar 22
83094 \$12/12 sess

(9-13 yrs)

We 7:00-8:00pm Jan 04-Mar 22
83093 \$12/12 sess

Instructor: Alicia

Badminton - (Group) (7-18 yrs)

Introduction to the sport and skills of badminton. Ideal for younger children and those who have not played previously. Learn to play the game with the technique needed, and grow in fitness while having fun. [No program Feb. 11.](#)

Beginner (7-12 yrs)

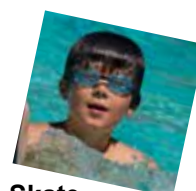
Sa 2:30-3:30pm Jan 14-Mar 11
82999 \$32/8 sess

Intermediate (13-18 yrs)

Sa 3:30-4:45pm Jan 14-Mar 11
83000 \$32/8 sess

Instructor: Chris

OUTDOOR ACTIVITIES



Swim & Skate (8-13 yrs)

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

We 5:30-9:30pm Jan 25-Mar 08
83098 \$14/7 sess

Instructor: Brian & Angie

MORESPORTS

MoreSports (8-11 yrs)

Thunderbird is partnering with the VSB, Community Schools team to offer noon-hour and afterschool programs at the following schools.

Thunderbird Elementary

Th 12:00-1:00pm Jan 12-Mar 9

Instructor: Roberto Letteri

Thank you
Bell Canda and NBA Canada
for your generous contributions to
Thunderbird Community Centre.



CHILDREN'S PROGRAMS-AT-A-GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Let's Go Lego (5-8 yrs): 3:15-4:30pm CR Jan 9-Mar 6 (9) Marlon</p> <p>Girls Chill & Chat (9-12 yrs) 3:15-5:15pm YO Jan 9-Mar 6 (9) Leona</p> <p>Kinder Time (4-5 yrs) 3:15-4:45pm MPR Jan 9-Mar 1 (8) Rachel</p> <p>Junior Readers 9-12 yrs 3:15-4:30pm MR Jan 9-Mar 6 (8) Lily</p> <p>Mandarin New Beg. 6-12 yrs 3:30-4:30pm MR Jan 9-Mar 6 (8)</p> <p>Cruising Cuisine 8-10 yrs 4:15-5:15pm KIT Jan 9-Mar 6 (8) Youth Led</p> <p>Animaniacs 9-13 yrs 4:45-5:45pm CR Jan 9-Mar 6 (8) Marlon</p> <p>Floor Hockey 6-8 yrs 5:00-6:00pm Gym 9-13 yrs 6:00-7:00pm Jan 9-Mar 20 TBA</p>	<p>Basic Computer Skills 9-13yrs 3:15-4:30pm CL Jan 10-Mar 7 (9) Emily</p> <p>Young Phonics K 5-6yrs. 3:15-4:30pm MR Jan 10-Mar 7 (9) Leona</p> <p>Computer Lab D/I 8-18 yrs 4:30-6:00 CL Jan 3-Mar 21 (12) Emily</p> <p>Drum Lessons 5-18yrs 4:30-8:00 SAR Jan 10-Mar 7 (9) Tommy</p> <p>Head Start Math K 5-6 yrs 4:45-6:00pm MR Jan 10-Mar 7 Leona</p> <p>All Sports for Girls 5-8yr 5:00-6:00pm GYM Jan 3-Mar 21 (12) Brian</p> <p>.Basketball 6-8 yrs 6:00-7:00pm GYM 9-13 yrs 7:00-8:00pm Jan 3-Mar 21 (12) Brian T.</p>	<p>Soccer Tots 3-4 yrs 3:15-4:00pm MPR Jan 11-Mar 1 (8) Alicia</p> <p>Fantastic Foodies (9-13yrs) 3:15-4:30pm KIT Jan 11-Mar 8 (9)</p> <p>Pin Pals 5-8yrs 3:15-4:45 pm CR 9-12yrs 4:45-6:00 pm CR Jan 11-Mar 8 (9) Josephine</p> <p>Creative Corner 5-8yrs 3:15-4:45 pm CR 9-12yrs 4:45-6:00 pm CR Jan 11-Mar 8 (9) Kitty</p> <p>Homework Support 8-13 yrs 3:15-5:15pm Library Jan 11-Mar 8 (9) Sandy</p> <p>Drama Bugs 5-10yrs 3:15-4:15 pm SAR Jan 11-Mar 8 (9) Rebecca</p> <p>Mandarin Returning Beg. 6-12 yrs 3:30-4:25 MR Jan 11-Mar 8 (9) .</p> <p>Mandarin 6-12 yrs Lev 1A 4:30-5:25pm MR Jan 11-Mar 8 (9)</p> <p>All Sports for Boys 5-8yrs 5:00-6:00 Gym Jan 4-Mar 22 (12) Alicia</p> <p>Swim & Skate 8-13 yrs 5:30-9:30 Jan 25-Mar 8 (7) Angie & Brian</p> <p>Soccer 6-8 yrs 6:00-7:00pm GYM 9-13 yrs 7:00-8:00pm Jan 4-Mar 22 (12) Alicia</p>	<p>Young Phonics Gr. 1-2 6-7 yrs 3:15-4:30pm FAR Jan 12-Mar 9 Leona</p> <p>Young Readers Club! 6-8 yrs 3:15-4:30pm FAR Jan 12-Mar 9 Sandy</p> <p>Head Start Math Gr. 1-2 6-7 yrs 4:45-6:00pm FAR Jan 12-Mar 9 (9) Leona</p> <p>Karate 6-18 yrs 5:30-6:45pm Gym Jan 14-Apr 6 (11) George</p> <p>new</p> <p>Family Movie Night 8-55 yrs 7:00-9:00pm MPR Jan 06-Mar 10 (10) Edward</p>	<p>Piano Lessons 5-18 yrs 3:30-6:30 MR Jan 13-Mar 10 (9) Carlie</p> <p>Intro to French 9-13 yrs 3:15-4:30pm CR Jan 13-Mar 10 (9) Marlon</p> <p>Fun in the Kitchen 5-8 yrs 3:15-4:30pm KIT UP 9-13 yrs 4:45-6:00pm KIT UP Jan 13-Mar 10 (9) Aaron</p> <p>Chess 9-13 yrs 3:15-4:30pm SAR Jan 13-Mar 10 Marlon</p> <p>Circus 5-8 yrs 3:30-4:30pm Gym 9-13 yrs 4:30-6:00pm Gym Jan 20-Feb 24 (6) Brian</p> <p>Junior Theatre Company 8-10 yrs 4:15-5:15pm YO Jan 13-Mar 3 (8) Youth Led</p> <p>Life Drawing 9-14 yrs 4:45-6:00pm CR Jan 13-Mar 10 (9) Marlon</p> <p>Science Alliance 8-10 yrs 5:30-6:30pm YO Jan 13-Mar 3 (8) Youth Led</p> <p>Violin Private Lessons 7-18 yrs (5:30-7:00pm) Jan 13-Mar 10 (9) Jane</p> <p>Violin Group Lessons 7-18 yrs (7:00-7:55pm) Jan 13-Mar 10 (9) Jane</p> <p>new</p>	<p>Piano Lessons 5-18 yrs 9:15-4:45 MR Jan 14-Mar 4 Nina</p> <p>Little Tumblers Gymnastics 3-4 yrs 9:15 – 10:00am 5-6 yrs 10:00-10:45am Jan 14-Mar 11 (8) GYM Tania, Bianca, Laura</p> <p>Mini Chefs 5-8yrs10:00-11:00am KIT UP Jan 14-Mar 11 (9) Leona</p> <p>Little Artists 3-4 yrs 10:00-11:00am PS Jan 14-Mar 7 (8) Carlie</p> <p>Violin Group Lessons 7-18yrs 10:00-10:55 YO Jan 14-Mar 11 (9) Dora</p> <p>Thunderbird Family D/I 10:30-1:30pm FAR (Jan 14-Mar 11) Sharon</p> <p>Private Guitar Lessons 7-18yrs 11:15-1:45 CL Jan 14-Mar 11 (8) Chris</p> <p>Clay Modeling 9-13yrs11:30-12:30pm CR Jan 14-Mar 11 (9) Leona</p> <p>Snappy Snackers 4-6yrs 12:30-1:30pm PS Jan 14-Mar 4 (8) Mychelle W</p> <p>Ballet *No class Feb 11 Learn to Dance 12:30-1:00 Lev 1 1:00-1:45pm SAR Lev 2 1:45-2:30pm SAR (6-10yrs) 2:30-3:30pm SAR Jan 14-Mar 11 (8) Celeste L.</p> <p>new</p>	<p>Around The World Art 5-8 yrs 2:00-3:00pm CR Jan 14-Mar 4 (8) Mychelle</p> <p>123, ABCs 4-6 yrs 2:30-3:30pm PS Jan 14-Mar 4 (8) Carlie</p> <p>Badminton Lessons 7-12 yrs 2:30-3:30pm Gym 13-18yrs 3:30-4:45pm Gym Jan 14-Mar 11 (9) Chris</p> <p>STEM It! 5-8yrs 3:15-4:15 PM Jan 14-Mar 4 (8) Mychelle</p> <p>Yoga For Kids 6-12yrs 3:45-4:45 SAR Jan 14-Mar 11 (8) Celeste</p> <p>Creative Crafts 5-8 yrs 3:45-4:45pm CR Jan 14-Mar 4 Carlie</p>
<p>Spring Break Day camp (5-12 yrs) Camp time! Week 1 Mo-Fr 9:00am-3:00pm Mar 13-Mar 17 88009 \$90/5 sess</p> <p>Week 2 Mo-Fr 9:00am-3:00pm Mar 20-Mar 24 88012 \$90/5 sess</p> <p>Notice to Parents/Guardians</p> <ul style="list-style-type: none"> •The parent consent form and waiver form must be handed in before the first day of the camp. •Let us know if there is any other relevant medical/health information. •Staff is not responsible for Day camp participants before 9:00am and after 3:00pm. *There is a fee charge of \$1.00 /minute that your child remains in our care due to a late pick-up. <p>Reminder !</p> <ul style="list-style-type: none"> •Please send your child with a nutritious lunch, snacks, appropriate clothing, bathing suit & towel. •Please do not send any money or valuables with your child. •Staff will not be responsible for lost items. 						
<p>We have exciting news on our latest collaboration with Pandora Park Field House Artists: Dance Troupe Practice.</p> <p>Starting in January 2017, we will be working with Dance Troupe Practice to hold classes for children, afterschool.</p> <p>Watch for more details! Check online at http://dancetroupepractice-fieldhouse.tumblr.com/ or thunderbirdcc.ca or visit Dance Troupe Practice at Pandora Park Field House 2325 Franklin Str.</p>						

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Programs-at-a-Glance

WINTER 2017 • 604-713-1818



PRE-TEEN & YOUTH PROGRAMS

YOUTH LEADERSHIP & VOLUNTEER OPPORTUNITIES

JR Leadership (11-13 yrs)

This leadership program places children in grade 6 & 7 into volunteer positions in the community centre. Youth will have ongoing leadership training to help them build their skill base and develop as a leader. Event planning for the community and Thunderbird Elementary School will be part of the Junior Leadership project. **No program February 13.**

Mo 3:00-4:30pm Jan 9-Mar 6
87922 Free/9 sessions

Youth Incentive Program (13-18 yrs)

This is a volunteer and leadership program for youth (also known as YIP). Volunteers can assist instructors of children and youth programs with various duties and also run their own programs or create their own community projects. Youth also attend youth development related workshops (schedule to be posted online). This is a great program to gain skills and work experience, credible references & CAP hours. All youth interested in joining YIP must go through an application process and an interview.

Tu 6:00-8:00pm Jan 10-Mar 14
87936 Free/10 sessions

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!

Fr 4:00-6:00pm Jan 13-Mar 24
87932 Free/11 sessions

For more information or to sign-up, please email us at thunderbird.volunteers@vancouver.ca or leave a message on facebook www.facebook.ca OR [thunderbirdYIP](https://www.facebook.com/thunderbirdYIP).

GIRLS PROGRAMS

Where The Girls Are (12-13 yrs)

Be a part of a wide variety of fun activities. This girls only group is a safe space where girls can ask, share and empower. Topics that will be covered are changes in emotions, self image and personal goals. We are here to make friends, support and encourage confident young ladies!

We 3:30-5:30pm Jan 18-Mar 8
87934 Free/8 sess

Instructor: TBA Instructor

Girls on the GO! (9-11 yrs)

Have fun while making new friends! Girls in grade 4 and 5 can join us to grow self confidence and learn something new about yourself through weekly activities. Activities will range from arts and crafts, baking, cooking and swimming.

Th 5:00-7:00pm Jan 19-Mar 9
87917 Free/8 sess

Instructor: TBA Instructor

JR Girls Club (7-9 yrs)

Be a part of a wide variety of fun activities. This girls only group is a safe space where girls can ask, share and empower. Topics that will be covered are changes in emotions, self image and personal goals. We're here to make friends, support and encourage confident young ladies!

Th 3:15-5:15pm Jan 12-Mar 9
87921 Free/9 sess

Instructor: TBA Instructor

YOUTH-LED PROGRAMS

The following programs are led by youth volunteers in the community.

Cruising Cuisine (8-10 yrs)

Do you want to learn how to make simple but delicious snacks? Join us as we CRUISE through several recipes and cook some delicious food for you and your family to share!

No program Feb 13

Mon 4:15-5:15pm Jan 9-Mar 6
\$5/8 sess

Building Leadership Buddies (8-10 yrs)

Start the 2017 year with character development and team-building activities! This fun and engaging class will allow children to develop into confident leaders and create healthy relationships. **No program Feb 13.**

Mon 5:30-6:30pm Jan 9-Mar 6
\$5/8 sess

Junior Theatre Company (8-10 yrs)

Join our dedicated and enthusiastic instructor with a passion for the fine arts and performance. Children will be provided the opportunity to build up their confidence and take this platform as a way to express themselves without judgement. Come join us for a season of fun filled activities and plays where you can let your imaginations free!

Fri 4:15-5:15pm Jan 13-Mar 3
\$5/8 sess

Science Alliance (8-10 yrs)

A great chance for young scientists and science fanatics to meet and do cool experiments together. We will explore the law of density, learn about pressure, and build structures as well as friendships!


Fri 5:30-6:30pm Jan 13-Mar 3
\$5/8 sess

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Youth Programs

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YOUTH ACTIVITY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Games Room Drop-in 8-18yrs 3:00-7:00pm	Computer Lab Drop-in 8-18yrs 3:00-6:00pm	Games Room Drop-in 8-18yrs 3:00-7:00pm	Computer Lab Drop-in 8-18yrs 3:00-6:00pm	Games Room Drop-in 8-18yrs 3:00-7:00pm
Junior Leadership Grades 6 & 7 3:00-5:00pm	Pre-teen Adventures 11-13yrs 3:30-5:45pm		Junior Girls Club 7-9yrs 3:15-4:45pm	Weight Room Orientation 15-18yrs 1:00-5:00pm
Circuit Training @ Van Tech 13-18yrs 3:00-5:00pm		Circuit Training @ Van Tech 13-18yrs 3:00-5:00pm	Girls on the GO! 9-11yrs 4:45-6:45pm	
Floor Hockey 6-9yrs 5:00-6:00pm	YIP Volunteer Meetings & Workshops 13-18yrs 6:00-8:00pm	Where The Girls Are 12-13 yrs 3:15-5:15pm		Youth Council 13-18yrs 4:00-6:00pm
Floor Hockey 10-14 yrs 6:00-7:00pm				Open Gym Drop-In 6-12yrs 6:15-8:00pm
Teen Hockey Drop-In 15-18 yrs 7:00-8:30pm				Night Hoops - Junior Team 11-14yrs 8:00-9:50pm
Night Hoops - Girls 13-18yrs 8:30-9:50pm				Youth Basketball Drop-In 13-18yrs 8:00-9:50pm
				Iron Chefs 13-18yrs 8:00-9:50pm

SOCIAL

Games Room Drop-In (8-18 yrs)
Our upgraded Games Room is equipped with a foosball table, pool table, new ping pong table, Play Station 3 and Computers!
Mo/We/Fr 3:00-7:00pm
87916
Jan 4-Mar 10
Free/30 sess

Pre-teen Adventures (11-12 yrs)
Calling all Pre-teens! If you like going outside and experiencing new and fun adventures then this program is for you! We are about going out, having fun and learning a few things along the way.
Tu 3:15-5:30pm
87927
Jan 10-Mar 7
\$10/9 sess
Instructor: TBA Instructor

Night of Champions (8-18 yrs)
Compete in our new Night Champions. We will be holding different tournaments in the games room every week. From card games to ping pong, board games to puzzles. Cool weekly prizes will be given out!
Fr 7:00-9:00pm
87925
Jan 13-Mar 10
Free/9 sess
Instructor: Marlon

SPORTS

MoreSports (8-11 yrs)
Thunderbird is partnering with the VSB, Community Schools team to offer noon-hour and afterschool programs at the following schools.
Thunderbird Elementary
Th 12:00-1:00pm
Instructor: Roberto
Jan 12-Mar 9

Night Hoops - Girls (13-18 yrs)
Mo 8:30-10:00pm
87923
Jan 9-Mar 6
Free/9 sess
Instructor: TBA Instructor

Night Hoops Practice (15-18 yrs)
Th 7:00-10:00pm
87914
Jan 12-Mar 9
Free/9 sess
Instructor: TBA Instructor

Open Gym Drop-In (8-16 yrs)
Fr 6:15-8:00pm
87926
Jan 6-Mar 10
Free/10 sess
Instructor: Brian

VAN TECH

Circuit Training @ VanTech (13-18 yrs)
Join Brian at the VanTech fitness centre. He will assist you in learning about circuit training, health and nutrition and help you to develop a better understanding of fitness. This is open to all students of Vancouver Technical Secondary.
Mo/We 3:00-5:00pm
87912
Jan 9-Mar 8
Free/17 sess
Instructor: Brian

Club 315 @ VanTech (13-18 yrs)
Need a place to chill, hang out, socialize or even do some homework? Here's a great place for you. Staff and volunteers are here to support you through your homework and assignments, job search, provide some guidance and play some games.
Located at Vancouver Technical Secondary School, Room 315 (Skills Centre).
TBA 3:15-5:30pm
87913
TBA
Free/9 sess
Instructor: TBA Instructor

CULINARY

Iron Chefs (13-18 yrs)
Would you like to learn to cook deliciously easy meals? We will learn to make meals that are healthy and taste good.
Fr 8:00-10:00pm
87920
Jan 13-Mar 10
Free/9 sess
Instructor: TBA Instructor

WWW.THUNDERBIRDCC.CA

Youth Programs

604-713-1818
WINTER 2017



ADULT PROGRAMS

WORKSHOPS

Income Tax Clinic

This free service is offered by CVITP (Community Volunteer Income Tax Program) for those who qualify. A trained volunteer will be available to complete and file your 2016 tax return. Each session is 30 minutes long and requires a separate booking for each person.

Fr	2:00-7:30pm	Mar 3
Fr	2:00-7:30pm	Mar 10
Fr	2:00-7:30pm	Mar 17
Fr	2:00-7:30pm	Mar 24
Fr	2:00-7:30pm	Mar 31

Sa	9:30am-1:00pm	Mar 4
Sa	9:30am-1:00pm	Mar 11
Sa	9:30am-1:00pm	Mar 18
Sa	9:30am-1:00pm	Mar 25

Thunderbird is always looking for instructors to teach and lead programs.

We are looking for qualified, experienced instructors with good people and organizational skills. If you are interested, please contact the appropriate staff.

Access our website to download a program proposal form: www.thunderbirdcc.ca

Preschool, Children & Skeena
Cindy Gulbransen 604-713-1823

Adults, Seniors & Fitness Centre
TBA 604-713-1826

Pre-teen, Youth & Birthday Party Services
Matt Charan 604-713-1829

Family & Seniors
Lorraine Chow 604-713-1825

EDUCATIONAL

Mandarin Lessons, Beg. (19+yrs)

This program is aimed at students who have minimum or no listening comprehension with a limited or even without any Chinese speaking skills. The lessons will develop listening, speaking and reading skills, as well as learning the Chinese culture.

We 7:00-8:30pm Jan 11-Mar 08
86701 \$31.50/9 sess

Instructor: TBA

Mandarin Lessons, Interm. (19+yrs)

This program is aimed at students who have some listening comprehension with some Chinese speaking skills. The lessons will develop listening, speaking and reading skills, as well as learning the Chinese culture. **No program Feb 13.**

Mo 7:15-8:45pm Jan 09-Mar 13
86702 \$31.50/9 sess

Instructor: TBA

Fun with ESL (19+yrs)

Come join us as we learn and practice our English, using word puzzles, worksheets and magazines. Drop-ins welcome, \$2.

Th 10:00am-12:00pm Jan 12-Mar 23
86713 \$22/11 sess

Instructor: Helen

WiFi ... why yes!

Ask our staff about getting access to our free WiFi. Access a terminal in our Computer Lab only when there are no programs in the lab and connect with friends and family.

COMPUTERS

Computer Lab Drop In for Adults and Seniors (19+yrs)

Drop in computer lab time for adults and seniors. A computer lab supervisor is available to assist with any computer related questions. Printing and photocopying is also available during this time.

Mo 1:00-3:00pm Jan 16-Mar 13
84780 Free/9 sess

Instructor: Marlon

Our computer classes are taught by instructor, Jason.

Computer, Level 1 & 2 (19+yrs)

Come learn new skills or refresh the ones you already have.

Tu 9:00-10:30am Jan 17-Feb 14
86669 \$15/5 sess

Computers Advanced (19+yrs)

This class is for individuals who want to further explore and learn short cuts, create documents, save, store, share and transfer data.

Tu 9:00-10:30am Feb 21-Mar 21
86670 \$15/5 sess

Computers and Photos (19+yrs)

Come and learn how to upload, send, receive photos and share photos.

Tu 10:30am-12:00pm Jan 17-Feb 14
86673 \$15/5 sess

Social Media & Computers (19+yrs)

Learn how to use Twitter, Facebook and other social media applications.

Tu 10:30am-12:00pm Feb 21-Mar 21
86675 \$15/5 sess

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Adult Programs

• WWW.THUNDERBIRDCC.CA •

HEALTH & WELLNESS



new

Heart Beats

Thunderbird Community Centre is now offering a cardiac prevention, rehabilitation and education program for people with cardiac risk factors, post heart attack and post cardiac risk factors. A certified fitness instructor will work with participants on a weekly basis. [No session Feb 13.](#)

Set 1

Mo/We	9:00-10:30am	Jan 04-Feb 27	
84772			\$80
Mo/We	10:30am-12:00pm	Jan 04-Feb 27	
84774			\$80

Set 2

Mo/We	9:00-10:30am	Mar 01-Apr 26	
84773			\$80
Mo/We	10:30am-12:00pm	Mar 01-Apr 26	
84775			\$80

Instructor: Michelle

Step & Sculpt Aerobics

new

Step & Sculpt is a combination of cardiovascular and strength training to increase muscle tone and strength. Participants are encouraged to work at their own pace. [No program Feb. 13.](#)

Adult Fees: \$42.75/10 Tickets (no expiry date), \$4.75/Drop-in

Youth/Senior Fees (55+yrs): \$27/10 Tickets (no expiry date), \$3.00/Drop-in

Mo	5:45-6:45pm	Jan 09-Mar 27	
84767			
Fr	5:45-6:45pm	Jan 06-Mar 31	
84766			

Instructor: Sharon

Adult Line Dance

(19+yrs)

Line Dancing is a great way to exercise your body and mind all the while meeting new friends. No drop-ins.

Tu	7:30-9:00pm	Jan 10-Mar 28	
86714			\$48/12 sess

Instructor: Louisa

Gentle Yoga

(19+yrs)

Discover the many healthful benefits of yoga, such as increased strength, flexibility, concentration and balance. Gentle Flow Yoga is for anyone who is just beginning yoga, has never tried yoga, or simply wants to try Yoga that gets the body moving! This class will bring warmth, flexibility and supply strength to the body. The program will as include breathing techniques and mediation. Drop-ins welcome. [No program Feb 11.](#)

Sa	9:45-10:45am	Jan 14-Mar 11	
84777			\$40/8 sess

Instructor: Celeste

MARTIAL ARTS



Tai Chi Chuan Level I

(19+yrs)

[No program Feb 13.](#)

Mo	7:00-8:30pm	Jan 9-Mar 20	
86659			\$40/10 sess

Instructor: Arsenio

Tai Chi Sword 16 steps

Yang style tai chi quan 42 steps.

Th	8:45-10:00pm	Jan 12-Mar 16	
86660			\$40/10 sess

Instructor: Arsenio

Qigong - Wai Dan Gong

new

This class will offer Qigong a natural healing exercise through Wai Dan Gong and Ba Duan Jin healthy exercise.

Fr	12:00-1:30pm	Jan 13-Mar 17	
86774			\$40/10 sess

Instructor: Arsenio

SPORTS



Basketball

(19+yrs)

Drop in basketball. Unsupervised.

We	8:10-9:50pm	Jan 11-Mar 29	
84769			\$3.50/drop-in



Indoor Soccer

(19+yrs)

Drop in soccer. Unsupervised.

Tu	8:10-9:50pm	Jan 10-Mar 28	
84771			\$3.50/drop-in

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. Please inquire at the front office for further subsidy information.

ART, CULTURE AND ENVIRONMENT



Chinese Choir

(19+yrs)

Singing is not only good for fun but also very good for health. This class is a great opportunity to learn professional voice techniques by an experienced volunteer instructor as well as work your lung, heart and brain capacity. [No program Feb 13.](#)

Mo	9:30-11:30am	Jan 09-Mar 27	
84797			\$11/11 sess

Instructor: Shao Fen



Cake Decorating

(19+yrs)

This class is for beginners who have little or no experience with cake decorating and want to learn. This class is hands on and supplies are included.

Tu	2:00-3:30pm	Jan 17-Jan 31	
84795			\$21/3 sess

Instructor: Josephine

Creative Cakes

(19+yrs)

This class builds on the beginner class. Creating themed cakes will be introduced and all supplies are included.

Tu	2:00-3:30pm	Feb 21-Mar 07	
84796			\$21/3 sess

Instructor: Josephine

Scrap Booking for Beginner

In this class, you will be introduced to the art of scrap booking and create simple, yet beautiful keepsakes. You'll also learn how to organize your photos and where to find inspiration.

Sa	9:00-11:00am	Feb 04-Mar 04	
84793			\$35/5 sess

Instructor: Josephine

To avoid disappointment, register early and bring a friend along!

Register Early!



OLDER ADULT PROGRAMS 55+yrs

ART, CULTURE & ENTERTAINMENT

Chinese Senior's Social Dance (55+)

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 & tea are provided. **No program Feb 13.**

Mo	12:30-2:30pm	Jan 09-Mar 27	\$1.50 drop-in
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Knitting Club (55+)

Do you like to knit or crochet? Bring in a project that you are working or start a new one. We have some materials and supplies to share for projects that we donate. No instructor.

We	10:00am-12:00pm	Jan 11-Mar 08	Free/9 sess
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ARMCHAIR TRAVEL



Arm Chair Traveller

Fr	1:00-2:00pm	Jan 20
84788	Italy	Feb 17
84791	China	Mar 17
84792	Alaska	

Instructor: Josephine

SOCIAL

Social, Lunch and Games (55+)

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.

Tu	12:00-2:30pm	Jan 10-Mar 07	\$3/drop-in
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Tea Time at Beulah Garden (55+)

Join us for a social gathering with coffee, tea and treats on the first Thursday of the month in the Bentall Building dining room, located at 3350 E 5th Avenue. Visit with the HSCPC liaisons to get safety tips and share your concerns. All seniors are welcome.

Th	1:30-3:30pm	Jan 05, Feb 2, Mar 02	Free/3 sess
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Soup's On (55+)

This inter-generational program incorporates youth with seniors. A nutritional meal is prepared and served by our cook and enthusiastic youth volunteers who are also learning many life lasting skills. Seniors are invited to watch a movie after dinner.

Th	6:00-7:30pm	Jan 12-Mar 09
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Seniors Movie Night (55+)

Join other seniors for a weekly feature movie complete with popcorn.

Th	7:00-9:00pm	Jan 12-Mar 09
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Chinese Seniors' Group (55+)

This affiliated group was founded in 1991 with now over 200 registered members. Tai Chi, guest speakers, singing, seasonal celebrations and outings are among the weekly activities to be enjoyed. A \$6 Annual Program Fee with the Chinese Seniors' Group is required.

Fr	9:30-11:30am	Jan 06-Mar 31	\$6/Annual
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WORKSHOPS

Senior's Safety Talk (55+)

All senior's are invited to join us for a safety talk presented by the Hastings Sunrise Community Policing Centre. Learn about personal safety, how to avoid becoming a target and how to report suspicious behaviour.

Tu	1:00-2:00pm	Feb 7	Free/1 sess
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Instructor: HSCPC

Income Tax Clinic

This free service is offered by CVITP (Community Volunteer Income Tax Program) for those who qualify. A trained volunteer will be available to complete and file your 2016 tax return. Each session is 30 minutes long and requires a separate booking for each person.

Fr	2:00-7:30pm	Mar 3
Fr	2:00-7:30pm	Mar 10
Fr	2:00-7:30pm	Mar 17
Fr	2:00-7:30pm	Mar 24
Fr	2:00-7:30pm	Mar 31
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Older Adult Programs

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EDUCATION

Mandarin Lessons Interm. (55+)

This program is open to those who have good listening comprehension with a minimum speaking ability in Mandarin. Students will learn conversation and story reading, as well as Chinese culture.

We 1:00-2:30pm Jan 11-Mar 08
86703 \$27/9 sess

Instructor: TBA

Fun with ESL (55+)

Come join us as we learn and practice our English, using word puzzles, worksheets and magazines. Drop-ins welcome, \$2.

Th 10:00am-12:00pm Jan 12-Mar 23
86713 \$22/11 sess

Instructor: Helen

COMPUTERS

Our computer classes are taught by instructor, Jason.

Computer, Level 1 & 2

Come learn new skills or refresh the ones you already have.

Tu 9:00-10:30am Jan 17-Feb 14
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Computers Advanced

This class is for individuals who want to further explore and learn short cuts, create documents, save, store, share and transfer data.

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86670 \$15/5 sess

Computers and Photos

Come and learn how to upload, send, receive photos and share photos.

Tu 10:30am-12:00pm Jan 17-Feb 14
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Social Media and Computers

Learn how to use Twitter, Facebook and other social media applications.

Tu 10:30-12:00pm Feb 21-Mar 21
86675 \$15/5 sess

Computer Lab Drop In

Drop in computer lab space for adults and seniors. A computer lab supervisor is available to assist with any computer related questions. Printing and photocopying is also available during this time. No program Feb 13.

Mo 1:00-3:00pm Jan 16-Mar 13
84780 Free/9 sess

Instructor: Marlon

HEALTH & WELLNESS



Heart Beats (19+)

Thunderbird Community Centre is now offering a cardiac prevention, rehabilitation and education program for people with cardiac risk factors, post heart attack and post cardiac risk factors. A certified fitness instructor will work with participants on a weekly basis. No program Feb 13.

Set 1

Mo/We	9:00-10:30am	Jan 04-Feb 27	
84772			\$80
Mo/We	10:30am-12:00pm	Jan 04-Feb 27	
84774			\$80

Set 2

Mo/We	9:00-10:30am	Mar 01-Apr 26	
84773			\$80
Mo/We	10:30am-12:00pm	Mar 01-Apr 26	
84775			\$80

Instructor: Michelle

Games and Billiards (55+)

Come play table tennis, pool or foosball with your friends. This time slot is reserved for older adults.

Tu 1:00-3:00pm Jan 10-Mar 7
Free

Senior's Line Dance Interm. (55+)

Line Dancing is a great way to exercise your body and mind all the while meeting new friends. NO DROP-INS. Some experience required.

We 12:30-2:30pm Jan 11-Mar 29
84781 \$24/12 sess

Instructor: Louisa

Osteofit (55+)

Provided in partnership with BC Women's Hospital + Health Centre, this exercise program emphasizes on building strength and improving balance to prevent falls. Drop ins accepted if space.

Th 9:00-10:00am Jan 19-Mar 23
86744 \$40/10 sess

Instructor: Kathy

Zumba Gold, for Beginners (55+)

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. drop ins accepted if space.

Th 2:30-3:30pm Jan 19-Mar 23
86745 \$33/10 sess

Instructor: Kathy

Chair Yoga

new

Chair Yoga uses relaxation techniques and Yoga exercises while seated or standing. The classes are very gentle and beginner friendly. No matter what your age or physical condition, Chair Yoga has many benefits such as easing stiff muscles, relaxing a sore back, improving posture, and releasing stress.

Fr 1:00-2:00pm Jan 20-Mar 24
86816 \$40/10 sess

Instructor: Into Yoga



Pilates for Aging Gracefully

A dynamic workout that builds core strength, using proper postural alignment and breath. Pilates mat works to flatten the tummy, tones and strengthens the entire body. Come join us for a challenging practice that is lots of fun! Drop ins accepted if space available. No program Feb 11.

Sa 11:00am-12:00pm Jan 14-Mar 11
84778 \$48/8 sess

Instructor: Celeste



Law Students' Legal Advice Program

(19+ yrs)

Non-profit Society run by Law students at the University of British Columbia. We provide free legal advice to clients who are otherwise unable to afford a lawyer. Clinics are located throughout the Lower Mainland. Interested public are directed to access the website or call the number, listed below, or pick up a flyer at the Thunderbird front desk.

Mo 6:30-8:30pm Jan 23, Feb 6,
20 & Mar 6, 20
Free service

Website

Islap.bc.ca or 604-822-5791

OUT TRIPS (55+ yrs)



Join our staff and tour the lower mainland. Please dress appropriately and pack a lunch. Pre-register at the office and complete a consent form.

Register 1 trip at a time

YVR

Enjoy a two hour tour of YVR with its globally-renowned First Nations art collection, environmental programs, architecture, airport operations and travel tips.

Th 10:00am-2:00pm Jan 26
85665 \$5/1 sess

Vancouver Maritime Museum

The museum's holdings reflect the city's long connection with Vancouver, the Pacific Northwest and the Arctic. The collection represents European, Asian, North American and First Nations sources which includes books, charts, navigational tools and more.

Th 10:00am-2:00pm Feb 09
85662 \$5/1 sess

Sweetheart Luncheon



We will take you to Renfrew Park Community Centre to join other seniors for a fun-filled afternoon. Enjoy a full lunch with door prizes, entertainment and maybe even a little dancing. *Please note change in day (Wednesday) and a later time.

We 11:30am-3:30pm Feb 22
85664 \$10/1 sess

Rev's Bowling

Revs Burnaby in Western Canada's largest 10 pin bowling centre. With friendly staff and delicious food, you are sure to have a good time. Bring a friend and enjoy something you haven't done in a while.

Th 10:00am-2:00pm Mar 09
85661 \$5/1 sess



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Older Adult Programs & Skeena

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SKEENA TERRACE



All drop-in programs listed in this section are only open to residents of Skeena Terrace High Rise. Programming is made possible through a partnership between Thunderbird Neighbourhood Association and BC Housing. **Sharole, Nic and Jason are the program staff.**

SOCIAL

Kitchen Kapers

new

In this program, Jason will teach participants how to make healthy smoothies, snacks and more.

No program Feb 13.

Mo 2:30-4:30pm Jan 9-Mar 13

Computer Classes

See p.16 for computer class descriptions, dates and times. If a class interests you, register yourself as a Skeena resident. Classes are taught by Jason and are FREE.

Games Room @ TBird Centre

Tu 1:00-2:00pm Jan 10-Mar 14

Dinner & Fun

Enjoy a hot, healthy meal & socialize with your neighbours.

We 5:30-7:45pm Jan 11-Mar 15

Health Workshops & Misc.

Sharole will book health talks with UBC nurses. On days with no talks, residents can enjoy doing a puzzle, making a craft or playing board games. Coffee served.

Fr 2:00-4:00pm Jan 6-Mar 10

Get FIT at the Fitness Centre

On Fridays, Brian is on-site to conduct Fitness Centre orientations: a facility tour, demonstrate how to safely use the equipment and design a program for you.

Fr 2:00-3:00pm Jan 6-Mar 10

Breakfast Club & Shopping

new

Join Jason for a nutritious breakfast.

Sa 9:30am-1:00pm Jan 7-Mar 11

OUTINGS

Join our driver and tour around the lower mainland. Trips are free for Skeena residents, but we need you to register so trips can run. You must also complete a consent form.

Please dress appropriately and pack a lunch. Trips will occur alternating Thursdays.

Th 10:00am-1:00pm (approx.)
Dates: Jan 19, Feb 2, Feb 16, Feb 30, Mar 2

Note:

If you are 55+ yrs, you can register for Centre trips, at a cost, and 1 trip at a time.

FACILITY RENTALS

Are you looking for a rental space to host your next party, sports activity or meeting ?

Thunderbird Community Centre has a number of rooms for rent. Each room accommodates a different number of people and is priced accordingly. All rooms in our centre are easily accessible. Whether it is for a business meeting, family gathering, birthday party or a private gym rental, we have the perfect space for you!

For all inquiries call 604-713-1818, email us at thunderbirdcc@vancouver.ca or visit our website at thunderbirdcc.ca.

Steps to rent a facility

1. Check availability
 - view online at recreation.vancouver.ca
 - email, phone or inquire in person
2. Submit Rental Request
 - Once an available time is selected, you can make tentative rental requests online at recreation.vancouver.ca, over the phone, or in person.
3. Rental Confirmation and Payment
 - Upon reviewing the request, the Rental Administrator will contact you to explain our payment policy (in person only) as well as explain any further requirements to finalize the rental agreement.

Policy and Procedures

- Renters are responsible for set-up and clean-up of the rented room. 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.
- Music royalty fees will apply to all groups that choose to play music. For more information, please see www.socan.ca or www.resound.ca.
- Liability insurance is required for sports, dance, or any higher risk activities such as large events. A copy of the insurance must be submitted to finalize the rental, and can be purchased at www.eventpolicy.ca or www.sportbc.ca.

Room	Size	Rates (Operational Hours)	Rates (Non-operation Hours)
Craft Room	330 sf	\$20 /hour	\$38 /hour
Meeting Room	320 sf	\$25 /hour	\$43 /hour
Small Activity Room	620 sf	\$25 /hour	\$43 /hour
Multi-purpose Room (MPR)	1200 sf	\$55 /hour	\$73 /hour
MPR + Kitchen		\$65 /hour	\$83 /hour
Gymnasium	4200 sf	\$35 /hour Minimum 2 hour rental during non-operational hours	

Craft Room

The Craft Room is a 330 square feet space suitable for small meetings and arts & crafts, with a capacity of approximately 12-15 people. There is a large sink in this room. No picture available.



Meeting Room or Activity Room

These rooms range from 320 to 620 square feet and are suitable for small functions & meetings with a capacity of approximately 15-30 people.



Multipurpose Room

This is a bright spacious room with over 1200 square feet and a picturesque mountain view of the north shore. With a capacity of 125 people, this room is ideal for large functions, parties and gatherings. This room is also designed for dance and other activities. An attached kitchen is available for an additional \$10/hour.



Gym

The gym is suitable for sports such as ball hockey, volleyball, badminton, basketball and many other sports and activities. Some equipment is available. No food or drinks in the gym.

Monday - Friday 10:00pm-12:00 midnight
 Saturday 5:00pm-12:00 midnight
 Sunday 6:00pm-12:00 midnight

IMPORTANT INFORMATION

NSF Cheques

We will be charging \$35.00 for a returned cheque.

Refund and Transfer Policy

There is an administrative charge of \$4 applied to all refund requests & \$2 to all transfer requests (\$8 for Day Camp and \$25 Birthday Party refund requests, and \$4 for Day Camp & Birthday Party transfer requests). Refunds will only be granted before the second class unless a medical note is provided. The refund will be pro-rated after the completion of the first lesson. Refunds under \$5.00 will be issued as credits.

Program Subsidies

All programs at Thunderbird Community Centre are subsidized and the fees are set at the lowest reasonable rates. As well, 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. Please inquire at the office for further subsidy information. This support is made possible by the fundraising efforts of many.

Late Pick Up Policy

It is the responsibility of the parent/guardian to ensure that children under the age of eight are picked up as soon as their program has ended. There will be a late fee per child of \$1 each minute for a late pick up.

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. 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.

Missed Classes and 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.

Parental/Guardian Responsibility

All children under the age of 8 are required to have parent/guardian (16 yrs 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.

Personal Information Protection

In the course of providing programs and services, the Thunderbird Privacy Officer collects personal information of our members and other individuals participating in classes, workshops, projects, events or in renting the facility. This information may be used for communication purposes regarding current or upcoming events, processing payments, statistical or human resource purposes, or for the provision of programs or services. We respect the importance of protecting the personal information that we collect. For information on our privacy policies and practices or to contact our Privacy Officer, please call 604-713-1818.

Brochure Pictures

We often take pictures of participants enjoying our programs & use their pictures in publications such as this. Please let your instructor know if you do not wish to have your child's picture taken.

Free Membership

Once you enroll into a fee-based registered Thunderbird Community Centre program you automatically become a member of the Thunderbird Neighbourhood Association.

Daycare Providers

A maximum ratio of 3 children per daycare provider is permitted in our programs.

Birthday Party Bookings

Any birthday party booked within 5 weeks to the actual party date must be paid in cash.

Course Cancellation Policy

Please register early to avoid cancellation of programs. We need a minimum number enrolled before a class will run. Programs may be cancelled during the session due to unforeseen circumstances and instructors may change during the program session.

COMMUNITY SERVICES

Beulah Gardens	604-255-7707
Food Bank	604-876-3601
Frog Hollow N.H.	604-251-1225
Renfrew Public Library	604-257-8705
Skeena Terrace Family Unit	
- at the Hut	604-255-0021
Thunderbird Elementary School	604-713-4611

Ministry of Children & Families
Daycare Office (through Ministry) 604-660-9048

HASTINGS SUNRISE COMMUNITY POLICING CENTRE

2620 E. Hastings St., Vancouver, BC V5K 1Z6
P: 604-717-3584 E: info@hscpc.com

We are a community driven non-profit volunteer organization working in a partnership with the community and the VPD to provide leadership and services to promote a safe, healthy, and thriving community.



Participate in a program marked with this symbol and help Vancouver become the greenest city in the world by 2020.

Learn more about Vancouver's Greenest City 2020 Action Plan at vancouver.ca/greenestcity



Birthday Party

Relax and enjoy your birthday party at
Thunderbird Community Centre!

We will provide you with the space and fun equipment to make your party exciting!
Select from one of our options to make your party more exciting!

Email us at Thunderbird.Party@Vancouver.ca for more information.

Book early to avoid disappointment! Call us at 604-713-1818 to check for availability or visit our front office to make a reservation. All bookings are first come first serve. Bookings must be paid in full to secure your spot.

Go online to see pictures of our packages!
www.ThunderbirdCC.ca



Parent & Tot Gym Package \$99

Access to a small party room (Games Room) and join Parent & Tot Drop-in Gym (public gym) which includes a large bouncy castle, plasma cars, bouncy toys and other play equipment for children 0-5 years old. Maximum 12 children and total 30 guests.

Saturdays 12:15-2:15pm

MultiPurpose Room Package \$175

All the fun is packed in the Large Multi-Purpose Party Room! A small bouncy castle, plasma cars, bouncy toys and many other play equipment is built in to the party room. Suitable for approximately 15 children. Maximum 50 people.

Saturdays 1:00pm-3:00pm, 4:00-6:00pm

Small Room + Gym \$145

A Small Activity Party Room and a fun indoor gym playground is provided. Our Gym includes a large bouncy castle, plasma cars, bouncy toys, soft blocks, sports equipment and much more, designed for all ages from tots to adults. Maximum of 35 people.

Sundays 10:00am-12:00pm, 12:30-2:30pm, 3:15-5:15pm

Family & Games Room + Gym \$195

The Family Room is furnished with preschool toys and tables, and the Games Room is equipped with a pool table, foosball table & computers full of games! Our Gym includes a large bouncy castle, plasma cars, bouncy toys, soft blocks, sports equipment and much more, designed for all ages from tots to adults. Maximum 50 people.

Sundays 10:00am-12:00pm, 12:30-2:30pm, 3:15-5:15pm

MultiPurpose Room + Gym \$195

A Large Party Room and a fun indoor Gym playground is provided. Our Gym includes a large bouncy castle, plasma cars, bouncy toys, soft blocks, sports equipment and much more, designed for all ages from tots to adults. This option can accommodate parties of all ages. Maximum 100 people.

Sundays 11:15am-1:15pm, 2:00-4:00pm, 4:30-6:30pm

Extra Add-on Services

Balloon Twisting	+\$35 (15 kids) / +\$55 (30 kids)
Face Painting	+\$25 (15 kids) / +\$35 (30 kids)
Button Making (2 buttons/kid)	+\$20 (15 kids) / +\$30 (30 kids)
Photobooth	+\$80 (personalized frames)
Carnival Package	+\$95 (includes all 3 below)
1. Cotton Candy	+\$45
2. Snow Cone	+\$35
3. Popcorn	+\$25





Fitness Promo!

Any current pass holders who introduce and/or refer a friend in the months of December and January will receive 50% off a 1 month pass. Person being referred must not have had a pass within the last 12 months.

FITNESS CENTRE

Hours of Operation

- Monday to Friday 9:00am-9:50pm
- Saturday 9:00am-4:50pm
- Sunday & Stat Holidays Closed

(Tax is extra)	Adult	Youth & Senior
Drop-in	\$3.50	\$2.00
1 Month Pass	\$25.00	\$12.50
3 Month Pass	\$60.00	\$30.00
Trainer Fee	\$6.00 + admission	

Youth 15 years old may only work out during the supervised time in the Fitness Centre. For youth 15 and 16 years old, a completed consent form, orientation and ParQ are required. Fees are subject to change without notice.

FITNESS ORIENTATIONS

Our certified staff will take you on a tour of the Fitness Centre, discuss your health and fitness needs, demonstrate how to properly and safely use our equipment and recommend exercises. To book a Fitness Centre orientation please call the front desk 604-713-1818. Fridays 1:00-6:00pm.

OUTSIDE PERSONAL TRAINERS

Outside trainers are welcome here. Proof of accreditation and insurance is required. Our Trainer fee is \$6 plus admission and client's admission. Please ask for a form at the desk.

ONE CARD



The OneCard provides all Vancouverites with universal access to pools, rinks as well as fitness centres across the Park Board network of community centres and other citywide recreational facilities.

The OneCard can be loaded with any of the Park Board's Flexipass options and 10 visit passes, and also includes the built-in 50 percent subsidy, for those who qualify, as part of the Park Board's Leisure Access program for those with financial barriers.

FLEXIPASS

We are now accepting the Vancouver Park Board Flexipass! Get unlimited admission to public sessions at Park Board fitness centres, indoor and outdoor pools and ice rinks with a monthly flexipass.

WHAT WE OFFER ...

- TV
- 2 treadmills
- ab machine
- calf machine
- ellipticals
- benches
- rowing machines
- free weights
- stretch area
- punching bag
- apex machines
- exercise balls
- chest and shoulder machine
- dual adjustable pulleys
- stationary bikes and more
- Air Conditioned! Filtered Water is available for free, bring your water bottle.

GENERAL INFO.

When visiting the Fitness Centre, please note that wristbands are required. Please ensure that you obtain your wristband from the cashier upon admission.

Cell phones are not permitted inside the Fitness Centre.

Kindly wipe down the equipment after use.

FITNESS CENTRE COMMITTEE

Join The Fitness Committee! Would you like to share your ideas to improve the fitness centre? Take part in the conversation and join the Fitness Committee. Meetings are the 2nd Monday of the month at 6pm. If you would like to participate as a volunteer, please call 604-713-1826.

FITNESS PROGRAM



Heart Beats

Thunderbird Community Centre is now offering a cardiac prevention, rehabilitation and education program for people with cardiac risk factors, post heart attack and post cardiac risk factors. A certified fitness instructor will work with participants on a weekly basis. [No session Feb 13.](#)

Set 1

Mo/We 9:00-10:30am Jan 04-Feb 27
84772 \$80

Mo/We 10:30am-12:00pm Jan 04-Feb 27
84774 \$80

Set 2

Mo/We 9:00-10:30am Mar 01-Apr 26
84773 \$80

Mo/We 10:30am-12:00pm Mar 01-Apr 26
84775 \$80

Instructor: Michelle