



# Thunderbird Community Centre

## Registration

Catchment: November 17  
Public: November 24  
More info on page 2!

## Winter 2019 Recreation Guide

2311 Cassiar Street, Vancouver, BC V5M 3X3 Tel. 604-713-1818, Fax 604-713-1828  
Website: [thunderbirdcc.ca](http://thunderbirdcc.ca) Email: [thunderbirdcc@vancouver.ca](mailto:thunderbirdcc@vancouver.ca)



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





## HOURS OF OPERATION

Monday - Friday  
9:00am-10:00pm

Saturday  
9:00am-5:00pm

Sundays & Holidays  
Closed

The office closes 30 minutes before the centre closes. The Fitness Centre closes 10 minutes before the Centre closes.

## Registration

Sat., November 17 9am  
(must bring proof of address)  
&  
Public Registration  
Sat., November 24 9am

All registration is done in person. Payment may be made by cash or by cheque, payable to City of Vancouver.

\*You may only register for yourself or immediate family.

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 Angela Nicholson or inquire at the front office for further subsidy information.

# General Information

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## Refund & Transfer Policy

Programs may be cancelled during the session due to unforeseen circumstances and instructors may change during the program session. Cancelled programs prior to the start date are 100% refunded.

Request for refunds must be received at least:

- 2 days prior to the 2nd scheduled class for a prorated refund.
- 7 days prior to the activity start date for camps.
- Regular course refunds are subject to a \$4 fee (per child/per course).
- Birthday party cancellations are subject to a \$25 charge and require 7 days notice.
- Refunds under \$5 will be issued as credit.

## NSF Cheques

We will be charging \$35 for a returned cheque.

## Meet the Staff

### Recreation Supervisor

Luke Balson

luke.balson@vancouver.ca

### Recreation Programmer II

Angela Nicholson

angela.nicholson@vancouver.ca

### Recreation Facility Clerk

Janice Kwan

janice.kwan@vancouver.ca

### Youth Worker

Jon Johnson

jon.johnson@vancouver.ca

### Family & Senior Worker

Lorraine Chow

lorraine.chow@vancouver.ca

### Out of School Care Supervisor

Kristine Wong

thunderbirdosc@shaw.ca

### Preschool Supervisor

Andrea Clark Geraghty

thunderbird.preschool@vancouver.ca

### Birthday Party Coordinator

Shawn Bui

thunderbird.party@vancouver.ca

## Office Services

Photocopies	\$0.15/side
Laminating	\$0.50/card
Outgoing Faxes	\$0.25/page
Incoming Faxes	\$0.50/page
Receipt Reprinting	\$1.00/receipt
Scanning	\$2.00

## Making All Recreation Safe

We promote the values of the MARS Code of Conduct.

- \* Treat all patrons with respect.
- \* Do not tolerate abusive or disrespectful language.
- \* Appreciate that programs and facilities are provided for the enjoyment of everyone.
- \* Respect public property and the property of others.
- \* Enjoy recreation in your City.

## 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.

# Thunderbird Neighborhood Association

## PRESIDENT'S MESSAGE

Hello to the Thunderbird Community. As I write this message we are enjoying a relatively dry and sunny October. The Winter ahead is said to be influenced by an El Nino warming of the Pacific Ocean and will have just arrived when you receive this brochure. Get your shovels ready because the meteorologists are calling for the possibility of lots of snow. No problem, the Centre will be open, the walks will be clear and you will be warmly welcomed to the Winter program offerings.

Ms. Nicholson, our Centre programmer, has organized 15 new programs to appeal to various age groups. Browse through this brochure and sign up for your favorite classes and tell your friends about the interesting programs, instructors and prices we offer. Are you new to the neighbourhood? Our friendly staff will help you connect to various resources in the community. Interested in volunteering? Just ask the front office staff and they will direct you to meetings of the Program and Fitness Committees and to other opportunities to contribute your time to our community.

By the time you read this message, the civic elections will be over and we will have many newly installed Vancouver City Councilors, Park Board commissioners and School Board trustees, plus a new Mayor, all learning their roles. At the November AGM, Thunderbird Neighbourhood Association (TNA) will have elected a slate of directors that will include some new faces. The Board will be operating under a newly revised TNA By-law and Constitution, as required by the B.C. Societies Act, 2016. You can follow the minutes of the Board's meetings on the thunderbirdcc.ca website or view a hard copy, posted in the Centre. We thank all those who put their names forward for election to public office and to the all-volunteer TNA Board.

We warmly welcome Ms. Tassie Harris, the new principal at Thunderbird Elementary School, to the Thunderbird community. The Board and Centre staff look forward to continue a close relationship with School staff as we share program ideas and services, directed to our youth and children.

It is our pleasure to announce the renewal of the Centre's Preschool play area, supported by funding included in the City of Vancouver 2019 capital plan, of up to \$150,000. I recognize the efforts of Ms. Geraghty, the Centre's Preschool supervisor, Mr. Balson, Thunderbird's Park Board CRS, Mr. Peterson, Park Board Manager, Recreation and Mr. Wiebe, former Chair of the Park Board and officials at the Vancouver School Board, who all supported this project. Some preliminary work has been done onsite and a final design will be presented for community comment, sometime in 2019. The Board welcomes Ms. Marina Lee, Special Needs Teacher and Tffaney Lau, Preschool teacher, to the staff of the Thunderbird Preschool.

The Thunderbird Catchment Christmas Dinner will have been held on December 12, featuring music provided by the Vancouver Concert Band. The TNA Board and staff hope you enjoyed this event and we ask that you let us know your thoughts on this and our other events.

Happy New Year to all,

Mike Bradley.



## Participate & help your community grow

### Fitness Centre Committee

The committee meets the 1st Monday of each month, 6:30pm at the Centre.

### Program Committee

The committee meets the 2nd Monday of each month, 5:30pm at the Centre.

### Board Of Directors

President	Mike Bradley
Vice-President	
Secretary	Joan Poon
Treasurer	

### Directors At Large

Ken Costea, Sandra Dare, David Ma, Benny Mah, David La Vallee, Jessica Carias, Sandra Marino, Roberta Scherger, Diane Lord-Cotton

### Free Membership

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



See Page 18 for details!

# LICENSED CARE



# Thunderbird



604-713-1827 • [thunderbird.preschool@vancouver.ca](mailto:thunderbird.preschool@vancouver.ca) • [www.thunderbirdcc.ca](http://www.thunderbirdcc.ca)

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

To inquire about the programs please contact: Andrea Geraghty at 604-713-1827 or email [thunderbird.preschool@vancouver.ca](mailto:thunderbird.preschool@vancouver.ca) Teachers will be happy to help you complete your government subsidy application.

Morning Preschool (3-5 yrs olds)  
Monday to Friday  
9:00am-12:00pm (3 hours)  
\$305/ per month

Kindergarten Readiness Preschool  
"Get Set for School" (born in 2014)  
Monday to Thursday  
12:30pm-3:00 (2.5 hours)  
\$255/ per month

## PRESCHOOL STAFF

### Andrea Geraghty, Preschool Supervisor

Andrea is returning for her 28th year. ECE trained at Kwantlan University College and recently completed her special needs training at Langara College.

### Marina Lee, Special Needs Teacher

We welcome Marina to our staff team this year. Marina comes to us with several year's experience in the child care field. She received her ECE, Special Needs and Infant/Toddler Diploma from Langara college. She also has a Bachelor of Science & Arts from UBC.

### Tiffany Lau, Special Needs Teacher

Excited to welcome the final member of our teaching staff. Tiffany is a new ECE graduate from Langara College who is just completing her Special Needs Practicum with us. Her fresh ideas and youthfulness will be a perfect addition to enhance our team. She plans to go back to school in the new year to work on her degree.

## Out of School Care

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.

Program Cost  
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, the OSC operates 7:30am-5:30pm

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

For more information, please contact OSC Supervisor, Kristine at 604-713-1830 or email: [thunderbirdosc@shaw.ca](mailto:thunderbirdosc@shaw.ca)

## 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

# Family

## 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 concerning families and works together to develop programs. We share resources and plan special events. Childcare, food and transportation are provided to ensure 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.



### Family Drop-In (0-6 yrs)

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 on Feb. 18 (Family day)

Mo We Fr Sa 10:30am-1:30pm Jan 9-Mar 15  
FREE

Instructor: Clara, Sharon & Phoebe

### Books For Me (0-6 yrs)

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. Jan 14, Feb 4, Mar 4

Mo 12:30pm-2:00pm Jan 14, Feb 4, Mar 4  
FREE

### Family Drop In at the Hut & Community Kitchen (0-6 yrs)

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 the Skeena Terrace Housing Complex. (2202 Casiar Street)

Tu 10:30am-1:30pm Jan 8-Mar 12  
FREE

Instructor: Clara & Phoebe

### Daycare Providers

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

### 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 11:30pm-2:30am Feb 13  
FREE

Location: Kiwassa Neighbourhood House



## Parent & Tot

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.

Sat 12:00pm-2:00pm Jan 5-Mar 16  
190936 \$2/1 sess

Instructor: Ray

### Thunder Tots (1-4 yrs)

Are you looking for somewhere to take your active little one to burn off all that energy? Join in for a lively morning of fun, snacks and crafts. Parent participation is required. \$1.50 drop-in.

Fr 1:00pm-2:30pm Jan 11-Mar 15  
193364 \$12/12 sess

Instructor: TBA

# Preschool



A reminder to all parents/guardians when you receive our registration waiver form, please be sure to fill in the area on the back indicating whether or not you would like a photo of your child taken.

If you have moved recently, be sure to update your information with the front desk or online.

## Daycare Providers

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

## 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.



## Dance

### My First Dance Class (2.5-4 yrs) **NEW**

An introduction to creative dance. Aspiring little dancers will use songs, movement explorations and games to explore coordination, rhythm, spatial awareness and cooperation. This class for the youngest of dancers to experience a playful class with the support of their parents being present.

We 3:30pm-4:15pm  
193362  
Instructor: Endorphin Rush

Jan 9-Mar 13  
\$40/10 sess

### Little Ballerinas (3-5 yrs) **NEW**

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.

We 4:15pm-5:00pm  
193363  
Instructor: Endorphin Rush

Jan 9-Mar 13  
\$40/10 sess

### Ballet (3 yrs)

Calling all boys and girls who love to dance! Children will learn basic ballet techniques, balance, coordination and learn to work together. They will become familiar with classical music and learn some basic ballet positions and refine some techniques. Children must be able to participate on their own.

Sa 1:00pm-1:30pm  
190946  
Instructor: Espirito Santo

Jan 12-Mar 16  
\$40/10 sess

### Ballet (4-6 yrs)

Calling all boys and girls who love to dance! Children will learn basic ballet techniques, balance, coordination and learn to work together. They will become familiar with classical music and learn some basic ballet positions and refine some techniques. Children must be able to participate on their own.

Sa 1:30pm-2:15pm  
190947  
Instructor: Espirito Santo

Jan 12-Mar 16  
\$40/10 sess

# Preschool

## Cooking

### 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 10:00am-11:00am Jan 12-Mar 16  
190957 \$30/10 sess  
Instructor: Arlene

### Snappy Snackers (4-6 yrs)

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

Sa 12:30pm-1:30pm Jan 12-Mar 16  
190938 \$25/10 sess  
Instructor: Arlene

## Educational

### Kinder Time - Cooperative Play (4-5 yrs)

Enjoy an active time that is structured into cooperative play with games and songs and more.

We 3:30pm-4:30pm Jan 9-Mar 13  
190939 \$30/10 sess  
Instructor: Shu Ying

### Kinder Time - Literacy (3-5 yrs)

This literacy program focusses on kindergarten readiness. Your child will learn sound recognition, vocabulary and critical thinking skills through story-telling.

Th 3:30pm-4:30pm Jan 10-Mar 14  
190940 \$30/10 sess  
Instructor: Shu Ying

### 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 12-Mar 16  
190943 \$20/10 sess  
Instructor: Arlene

### 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 2:30pm-3:30pm Jan 12-Mar 16  
190944 \$20/10 sess  
Instructor: Arlene

## Sports



### Sportball For Toddlers (16-24months) NEW

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes.

Sa 9:00am-9:45am Jan 19-Mar 16  
192254 \$104/8 sess  
Instructor: Sportball

### Sportball For Parent & Child (2-3 yrs) NEW

Sportball Parent & Child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities.

Sa 9:45am-10:30am Jan 19-Mar 16  
192261 \$104/8 sess  
Instructor: Sportball

### Sportball Multisport (3-5yrs) NEW

Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

Sa 10:30am-11:30am Jan 19-Mar 16  
192265 \$104/8 sess  
Instructor: Sportball



# CHILDREN



## Spring Break Daycamp, week 1 (6-12 yrs)

### Camp time!

Mo Tu We Th Fr 9:00AM-3:30PM  
Mar 18-Mar 22  
190941 \$95/5 sess

## Spring Break Daycamp, week 2 (6-12 yrs)

Mo Tu We Th Fr 9:00AM-3:30PM  
Mar 25-Mar 29  
190942 \$95/5 sess

### 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.

### Brochure Photos

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

### 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.

# Family Movie NIGHT

Fridays 7:00pm - 9:00pm



## Sports

### Badminton (8-10 yrs)

Learn about grip, serving and rules on how to play. No session Feb 18.

Mo	6:00pm-7:00pm	Jan 7-Mar 11
190303		\$9/9 sess

### Badminton (11-13 yrs)

Mo	7:00pm-8:00pm	Jan 7-Mar 11
190302		\$9/9 sess
Instructor: Robby		

### Girls All Sports (5-7 yrs)

Girls will have fun while learning cooperative games and sport fundamental movement skills all the while burning off some energy. Please bring a snack and water bottle.

Tu	5:00pm-6:00pm	Jan 8-Mar 12
190310		\$10/10 sess
Instructor: Ray		

### Basketball (8-10 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.

Tu	6:00pm-7:00pm	Jan 8-Mar 12
190312		\$10/10 sess
Instructor: Ray		

### Floor Hockey (5-7 yrs)

Ever thought about joining the NHL? Or do you just want to play with your pals? Join Robby in a fast pace sport who can train you on drills and routines while having fun playing hockey. Goalie hockey equipment and safety goggles must be worn.

We	5:00pm-6:00pm	Jan 9-Mar 13
190314		\$10/10 sess

### Floor Hockey (8-10 yrs)

We	6:00pm-7:00pm	Jan 9-Mar 13
190315		\$10/10 sess

### Floor Hockey (11-13 yrs)

We	7:00pm-8:00pm	Jan 9-Mar 13
190316		\$10/10 sess
Instructor: Ray		

### 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	5:00pm-9:00pm	Jan 9-Mar 13
190313		\$20/10 sess
Instructor: Robby & Japleen		

# CHILDREN

## Martial Arts

### Karate (6-19 yrs)

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

Visit <http://www.kuyukai.com>

Th 5:30pm-6:45pm Jan 10-Mar 14  
190997 \$70/10 sess  
Instructor: George

### Family Tai Chi with Qigong and Stretching (6+ yrs) NEW

Tai Chi is an internal Chinese martial art, practiced for both its defense training and its health benefits. Though originally conceived as a martial art, it is also typically practised for a variety of reasons and is especially known for being practised with relatively slow movements.

Sa 11:00am-12:00pm Jan 19-Apr 6  
190920 \$36/12 sess  
Instructor: Arsenio

## Yoga

### Yoga (6-12 yrs)

Kids' yoga is an amazingly fun way to be physical and work together in a non-competitive environment. Participants learn fun poses and games that incorporate yoga techniques that help 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.

Sa 3:45pm-4:30pm Jan 12-Mar 16  
190982 \$40/10 sess  
Instructor: Espirito Santo

## Gymnastics

### Rhythmic Gymnastics (4-6 yrs)

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.

Fr 3:30pm-4:30pm Jan 11-Mar 15  
191074 \$40/10 sess  
Instructor: Olympia Rhythmic

### Rhythmic Gymnastics (7-12 yrs)

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.

Fr 4:30pm-5:30pm Jan 11-Mar 15  
191075 \$40/10 sess  
Instructor: Olympia Rhythmic

## Dance

### Dance Extreme (7-12 yrs)

Come and explore a number of different sites of dance with a variety of guest dance artists. Enjoy an energetic exploration of movement in a warm, safe and inspiring environment. Styles may include Latin Dance, Musical Theatre, Hip Hop, Acrobatic Dance, Creative Movement and Bollywood! No session Feb 18.

Mo 3:30pm-4:30pm Jan 7-Mar 11  
191186 \$36/9 sess  
Instructor: Endorphin Rush

### Ballet (4-6 yrs)

Calling all boys and girls who love to dance! Children will learn basic ballet techniques, balance, coordination and learn to work together. They will become familiar with classical music and learn some basic ballet positions and refine some techniques. Children must be able to participate on their own.

Sa 1:30pm-2:15pm Jan 12-Mar 16  
190947 \$40/10 sess  
Instructor: Espirito Santo

### Ballet (6-9 yrs)

Calling all boys and girls who love to dance! Children will learn basic ballet techniques, balance, coordination and learn to work together. They will become familiar with classical music and learn some basic ballet positions and refine some techniques. Children must be able to participate on their own.

Sa 2:15pm-3:00pm Jan 12-Mar 16  
190953 \$40/10 sess  
Instructor: Espirito Santo

### Hip Hop (6-12 yrs)

Sa 3:00pm-3:45pm Jan 12-Mar 16  
190945 \$40/10 sess  
Instructor: Espirito Santo



# CHILDREN

## Educational

### Head Start Math - K (5-6 yrs)

Kindergarten students will review and practice counting from 1 - 20. Students will learn to say the numbers and write the numerals in sequence. Teaching will be provided using songs, stories, games, activities, and worksheets so that students can build numeracy through varied instruction and different applications. Students will also be introduced to basic math equations involving addition and subtraction within 10. They will also learn to recognize and continue patterns, and use comparatives and superlatives to compare numbers, sizes and shapes. No session Feb 18.

Mo 3:30pm-4:45pm Jan 7-Mar 11  
190962 \$18/9 sess  
Instructor: Clara

### Young Phonics - K (5-6 yrs)

Kindergarten students will review and practise the ABC's at a pace of one letter a week, the pace at which the alphabet is typically taught in the Kindergarten classroom. Students will be given opportunities to write the letters and say the letters. During Circle Time, experiences will also be created so that students can connect and apply their alphabet learning through songs, games, and activities. In addition, students will learn the letter sounds and build recognition of the beginning sounds of words, developing the groundwork for early reading. They will also be introduced to sight words and use the words learned with each letter, together with sight words, to begin basic sentence writing.

Tu 3:30pm-4:45pm Jan 8-Mar 12  
190965 \$20/10 sess  
Instructor: Clara

### Math Club (7-9 yrs)

Course work will focus on basics of arithmetic (addition, subtraction, multiplication & division), patterns, geometry, problem-solving strategies and logical thinking. Participants are welcome to bring in any homework from school for extra help.

Tu 3:30pm-4:15pm Jan 8-Mar 12  
190958 \$20/10 sess  
Instructor: Kelvin

### Math Club (10-13 yrs)

This program's goal is to strengthen understanding of many mathematical principles. This includes geometry, algebra, word problems, and logical thinking. Participants are welcome to bring in any homework from school for extra help.

Tu 4:30pm-5:15pm Jan 8-Mar 12  
190959 \$20/10 sess  
Instructor: Kelvin

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

A broad range in skill level is expected within and between the grades. Consequently, instruction and materials will be provided to meet individual needs. Through songs, stories, games, activities, and worksheets, teaching will include counting to the upper two-digit numbers, skip counting, addition and subtraction within 20, place values (ones, tens, and hundreds), and comparing numbers (greater than, less than, equal).

We 3:30pm-4:45pm Jan 9-Mar 13  
190961 \$20/10 sess  
Instructor: Clara

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

Students will review and practice consonant sounds and short and long vowel sounds. Through songs, stories, games, activities and worksheets, students will learn to read words formed by combining consonants and simple sight words. Using simple sentence starters, students will also practise forming and writing sentences. Opportunities to build reading comprehension will also be explored.

Th 3:30pm-4:45pm Jan 10-Mar 14  
190964 \$20/10 sess  
Instructor: Clara

### Young Readers Club! (6-8 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 3:30pm-4:30pm Jan 10-Mar 14  
190979 \$30/10 sess  
Instructor: Melissa Chau Sheng

### Homework Support - Gr 4-7 (8-13 yrs)

Before going home, drop-by the homework room and get some help with your studies.

Fr 3:30pm-5:00pm Jan 18-Mar 29  
190963 \$0.00/10 sess  
Instructor: Clara

### 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 science methods.

Sa 3:45pm-4:45pm Jan 12-Mar 16  
191188 \$25/10 sess  
Instructor: Arlene

## Computers

### MCKids Minecraft (8-10 yrs)

Explore learning through Minecraft in-depth in this program. How to mod your game safely, server management (game design and administrative roles), modeling and programming with the use of free learn to program tools. We meet in the computer lab. Check our website for more detailed course descriptions and themed learning.

Mo 3:30pm-5:00pm Jan 14-Mar 11  
191160 \$108/9 sess  
Instructor: Anna Momibelle

## Cooking

### Aspiring Chefs (5-8 yrs)

Join us as we explore the field of healthy living as what we put in our body matters! Each week your child will gain tips on making the right food choices and make scrumptious snacks to eat or take home. This class is led by Arlene who is studying to become a dietitian.

We 3:30pm-4:45pm Jan 9-Mar 13  
190948 \$30/10 sess  
Instructor: TBA

# CHILDREN

## Cooking

### Aspiring Chefs (9-12 yrs)

Join us as we explore the field of healthy living as what we put in our body matters! Each week your child will gain tips on making the right food choices and make scrumptious snacks to eat or take home.

We 5:00pm-6:15pm Jan 9-Mar 13  
190949 \$33/10 sess  
Instructor: TBA

### Fun in the kitchen (5-8 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.

Fr 3:30pm-4:45pm Jan 11-Mar 15  
190951 \$30/10 sess  
Instructor: Shukari

### Fun in the Kitchen (9-12 yrs)

Get inspired and join Aaron in an interactive cooking class. Every Friday, you will have the opportunity to create menus and build skills to make meals so good they will impress even Gordon Ramsay. Learn nutritious ways to cook using local food and ingredients. Sampling is key to the success of the program.

Fr 5:00pm-6:15pm Jan 18-Mar 29  
190952 \$30/10 sess  
Instructor: Shukari

## Art

### Drawing I (5-12 yrs)

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 3:30pm-4:30pm Jan 8-Mar 12  
191177 \$33/10 sess  
Instructor: Veronica

### Drawing and Painting (5-12 yrs)

Explore the basic techniques, properties and theories of COLOUR, using various dry and water-based media.

Tu 4:45pm-5:45pm Jan 8-Mar 12  
191178 \$30/10 sess  
Instructor: Veronica

### Drawing - II (5-12 yrs)

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 3:30pm-4:30pm Jan 10-Mar 14  
191175 \$30/10 sess  
Instructor: Veronica

### Drawing III (5-12 yrs)

Come enjoy and develop free-style and personal skills in cartoon illustrations.

Th 4:45pm-5:45pm Jan 10-Mar 14  
191176 \$30/10 sess  
Instructor: Veronica



### Red Cross Babysitting (11-17 yrs)

So you want to be a babysitter? Or, your parents want you to take this course so they feel confident leaving you at home alone? 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. Wear comfortable, warm clothing and please bring a lunch for the day.

Sa 9:30am-4:30pm Feb 9  
191158 \$60/1 sess  
Instructor: First Aid Hero

### Red Cross Stay Safe! (9-17 yrs)

Course content includes: Importance of responsibility and respect while being accountable for yourself Importance of setting and following rules around safety when staying on your own how to stay safe at home and within the community How to prepare, recognize and respond to unexpected situations, (i.e. inclement weather, strangers, unanticipated visits). First Aid Content: Check, Call, Care (includes phoning EMS/911), recovery position, conscious choking (adult/child/alone), feeling unwell, asthma (includes use of inhaler and spacer), anaphylaxis (includes use of EpiPen), poisoning, insect stings, wound care (i.e. minor cuts and scrapes, splinters, nosebleeds, bumps and bruises, life-threatening bleeding, burns). Wear comfortable, warm clothing and please bring a lunch for the day.

Sa 9:30am-3:30pm Mar 2  
191159 \$60/1 sess  
Instructor: First Aid Hero

# Music Lessons

## 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	4:30pm-5:00pm	Jan 8-Mar 12
190922		\$80.00/10 sess
Tu	5:00pm-5:30pm	Jan 8-Mar 12
190923		\$80.00/10 sess
Tu	5:30pm-6:00pm	Jan 8-Mar 12
190924		\$80.00/10 sess
Tu	6:00pm-6:30pm	Jan 15-Mar 26
190925		\$80.00/10 sess
Tu	6:30pm-7:00pm	Jan 8-Mar 12
190926		\$80.00/10 sess
Tu	7:00pm-7:30pm	Jan 8-Mar 12
190927		\$80.00/10 sess
Tu	7:30pm-8:00pm	Jan 8-Mar 12
190928		\$80.00/10 sess
Tu	8:00pm-8:30pm	Jan 8-Mar 12
190929		\$80.00/10 sess

Instructor: Tommy

## Guitar Lessons

(7-18 yrs)

Learn the basics of playing a guitar and music reading. Guitars are provided or you can bring your own guitar for lessons. Lessons are 1/2 hour in length.

Fr	5:00pm-5:30pm	Jan 11-Mar 15
191089		\$80.00/10 sess
Fr	5:30pm-6:00pm	Jan 11-Mar 15
191090		\$80.00/10 sess
Fr	6:00pm-6:30pm	Jan 11-Mar 15
191091		\$80.00/10 sess
Fr	6:30pm-7:00pm	Jan 11-Mar 15
191092		\$80.00/10 sess
Fr	7:00pm-7:30pm	Jan 11-Mar 15
191093		\$80.00/10 sess
Fr	7:30pm-8:00pm	Jan 11-Mar 15
191094		\$80.00/10 sess
Fr	8:00pm-8:30pm	Jan 11-Mar 15
191095		\$80.00/10 sess
Fr	8:30pm-9:00pm	Jan 11-Mar 15
191096		\$80.00/10 sess

Instructor: Jimmy

## Violin Beg. Private Lessons (5-18 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.

Sa	10:00am-10:30am	Jan 19-Mar 30
191076		\$80.00/10 sess
Sa	10:30am-11:00am	Jan 19-Mar 30
191077		\$80.00/10 sess
Sa	11:00am-11:30am	Jan 12-Mar 16
191078		\$80.00/10 sess
Sa	11:30am-12:00pm	Jan 12-Mar 16
191079		\$80.00/10 sess

Instructor: Dora



# Music Lessons

## Piano Lessons (Friday) (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.

Fr	3:30pm-4:00pm	Jan 11-Mar 15
191082		\$130.00/10 sess
Fr	4:00pm-4:30pm	Jan 11-Mar 15
191083		\$130.00/10 sess
Fr	4:30pm-5:00pm	Jan 11-Mar 15
191084		\$130.00/10 sess
Fr	5:00pm-5:30pm	Jan 11-Mar 15
191085		\$130.00/10 sess
Fr	5:30pm-6:00pm	Jan 11-Mar 15
193123		\$130.00/10 sess
Fr	6:00pm-6:30pm	Jan 11-Mar 15
193124		\$130.00/10 sess
Instructor: Carmen		

## Piano Lessons (Saturdays) (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.

Sa	9:30am-10:00am	Jan 12-Mar 16
191121		\$130.00/10 sess
Sa	10:00am-10:30am	Jan 12-Mar 16
191109		\$130.00/10 sess
Sa	10:30am-11:00am	Jan 12-Mar 16
191110		\$130.00/10 sess
Sa	11:00am-11:30am	Jan 12-Mar 16
191111		\$130.00/10 sess
Sa	11:30am-12:00pm	Jan 12-Mar 16
191112		\$130.00/10 sess
Sa	12:30pm-1:00pm	Jan 12-Mar 16
191113		\$130.00/10 sess
Sa	1:00pm-1:30pm	Jan 12-Mar 16
191114		\$130.00/10 sess
Sa	1:30pm-2:00pm	Jan 12-Mar 16
191115		\$130.00/10 sess
Sa	2:00pm-2:30pm	Jan 12-Mar 16
191116		\$130.00/10 sess
Sa	2:30pm-3:00pm	Jan 12-Mar 16
191117		\$130.00/10 sess
Sa	3:00pm-3:30pm	Jan 12-Mar 16
191118		\$130.00/10 sess
Sa	3:30pm-4:00pm	Jan 12-Mar 16
191119		\$130.00/10 sess
Sa	4:00pm-4:30pm	Jan 12-Mar 16
191120		\$130.00/10 sess
Instructor: Carmen		



# Youth



## Leadership

### Thunderbird Jr Youth Council GR. 6-7

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.

M 3:15pm-4:30pm Jan 21-Mar 11  
196446 FREE

### 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 6:00pm-8:00pm Jan 15-Mar 12  
196450 FREE

### Thunderbird Youth Council GR. 8-12

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 4:00pm-6:00pm Jan 11-Mar 15  
196447 FREE

## Computers

### Youth Media Team (14+ yrs)

Do you have a passion for design, technology or art? Meeting weekly to help plan and prepare photography, posters, print media, social media and online posts for community centre events, youth programs and more! E-mail JJ at [jon.johnson@vancouver.ca](mailto:jon.johnson@vancouver.ca) to find out more.

Th 6:00pm-7:15pm Jan 10-Mar 14  
196451 FREE

## Social

### 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.

We 3:15pm-5:30pm Jan 23-Mar 13  
196441 \$10/8 sess

### Girls on the GO! (9-12 yrs)

Have fun while making new friends! Girls in grade 5-7 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 4:00pm-5:30pm Jan 24-Mar 14  
196437 FREE

Instructor: Sandy Sam

### Girls Club (13-14 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!

Th 6:00pm-8:00pm Jan 10-Mar 14  
196436 FREE

Instructor: Sandy Sam

### Teen Outings (13-18 yrs)

Join us as we go on exciting out trips and explore the city!

Fr 3:00pm-6:30pm Jan 18-Mar 15  
196445 FREE

Instructor: Robby Letteri

## Cooking

### 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 7:00pm-9:00pm Jan 18-Mar 15  
196438

# Youth

## Moresports

### School - Noon Hour Sports (10-12 yrs)

Thunderbird Staff will run gym games and inter murals at Thunderbird Elementary school. This program is for Thunderbird Elementary School Students Only

Tu	12:00pm-1:00pm	Jan 15-Mar 12
196442		FREE
Th	12:00pm-1:00pm	Jan 17-Mar 14
196443		FREE

### Drop-In

#### Games Room Drop-In (8-18 yrs)

Our Games Room is equipped with a foosball table, pool table, ping pong table, Play Station 3 and Computers!

Mo Tu We Thu Fr

196435 FREE

#### 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).

Tu 3:15 pm-5:30 pm

### Music

#### Jam Session Music Drop-In (Gr. 8-12)

Hey Van Tech students! Let's Jam together! Interested in making music? Do you have a passion for Songwriting? Producing? Performing? Singing? Rapping? Spoken word? DJ'ing? Bring your own instrument from home or play with one of ours! Local band member and Resident Rockstar Victoria will help us create the flow at this NEW Music Drop-In for Youth Ages 13-18. Open to all genres, styles and playing abilities! We're here to have fun and learn from each other! Contact the youth office for more info: [jon.johnson@vancouver.ca](mailto:jon.johnson@vancouver.ca)

Th 7:00pm-9:00pm Jan 03-Mar 14  
196439 FREE  
Instructor: JJ Johnson



### Sports

#### Drop In Volleyball(13-18 yrs)

Th 7:00 pm-8:30 pm Jan 10-Mar 14  
196434 FREE

#### Youth Open Gym (13-18 yrs)

Th 8:30 pm-10:00 pm Jan 03-Mar 28  
196453 FREE

#### Youth Open Gym(13-18 yrs)

Fr 6:00 pm-8:00 pm Jan 04-Mar 15  
196452 FREE  
Instructor: Brian Tang

#### Youth Basketball Drop-In (13-18 yrs)

Fr 8:00 pm-10:00 pm Jan 04-Mar 29  
196449 FREE  
Instructor: Brian Tang



**Thunderbird Community Centre**

**Canada Revenue Agency  
Community Volunteer Income Tax Program See page 18!**



## Fitness

### Zumba

Zumba is a fitness party! Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and International beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating. Styles include: Salsa, Cumba, Merengue, Reggaeton and more! more info: [www.kirbysnelldance.com](http://www.kirbysnelldance.com)

Mo 6:00PM-7:00PM Jan 7-Mar 11  
193384 \$50/10 sess  
Instructor: Endorphin Rush \$6/Drop in

### Hip Hop Cardio

This class will take you back to the fundamentals of Hip Hop. This class teaches you musicality and the basic movements of hip hop without a lot of intricate choreography. This class is high energy and will give you a lovely sweat-induced glow while we move and groove to fun throwback Hip Hop and smooth R&B tracks. Great for all levels. More info: [www.kirbysnelldance.com](http://www.kirbysnelldance.com)

Mo 7:15PM-8:15PM Jan 7-Mar 11  
193387 \$50/10 sess  
Instructor: Endorphin Rush \$6/Drop in

### Bollywood Burn

Incorporate the dazzling and fun choreography of Bollywood with a sweat-worthy, muscle burning program designed to leave you glowing and feeling fantastic. All sass and hips, this class is going to make you leave feeling like a beautiful Bollywood Diva. [www.KirbySnellDance.com](http://www.KirbySnellDance.com)

Tu 6:30PM-7:30PM Jan 8-Mar 12  
193388 \$50/10 sess  
Instructor: Endorphin Rush \$6/Drop in

## Art

### Life Drawing

Explore the properties of lines, forms and perspectives through various subject matters in nature.

We 6:30pm-7:30pm Jan 9-Mar 13  
193144 \$30/10 sess  
Instructor: Veronica

### Introduction to Portrait Drawing

This introductory course to the art of portrait drawing will provide instruction and support to all individuals. Participants will develop and expand their artistic abilities. No experience required.

Fr 1:30pm-3:00pm Jan 11-Mar 15  
193377 \$30/10 sess  
Instructor: Ricardo

## Computer

### Smartphone and Tablet Class: Social Media

We will be learning how to connect with others via social media. From Facebook to Instagram and Twitter, we will learn how to safely navigate these incredible apps. Knowledge of how to use your device is needed.

Tu 9:30am-11:00am Jan 8-Feb 5  
191207 \$15/5 sess  
Instructor: Jason

### Smartphone and Tablet Class: Multi Media

Do you want to learn how to take that perfect photo? How to create a video on your smart device? Come and learn how to express your creative side by making media that you can share and have as keepsafes. Knowledge of how to use your device needed

Tu 9:30am-11:00am Feb 12-Mar 12  
191208 \$15/5 sess  
Instructor: Jason

### Computer Lab Drop-in for Adults & Seniors

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 are also available during this time.

We 1:00pm-3:00pm Jan 9-Mar 13  
191211 Free  
Instructor: Veronica

## Language

### Introduction to Spanish Language (16+ yrs)

No experience required. Students will enjoy learning a new language in a comfortable social setting.

Fr 11:45am-1:15pm Jan 11-Mar 15  
193383 \$30/10 sess  
Instructor: Ricardo

## Yoga

### Hatha Yoga

Hatha is a softer practice that focuses on alignment and breathing to build both flexibility and strength. Other benefits of yoga include peace of mind through mindfulness and relaxation, leading to an elevated mood, better sleep and more energy. This class is suitable for all levels. No session Feb 20.

We 6:30pm-7:30pm Jan 16-Mar 13  
190902 \$48/8 sess  
Instructor: Amanda \$8/Drop in

### Yin Yoga

Yin yoga is slower paced, passive practice that focuses on our deeper body tissues, achieving enhanced mobility and flexibility through longer holds. Suitable for all levels. Please bring a blanket or beach towel and a pillow or cushion to class. No session Feb 20.

We 7:45pm-8:45pm Jan 16-Mar 13  
190919 \$48/8 sess  
Instructor: Amanda \$8/Drop in



### Yoga Flow

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.

Sa 10:30am-11:30am Jan 12-Mar 16  
190918 \$60/10 sess  
Instructor: Espirito Santo

### Dance Flow



A fun class for those who wish to dance. Each class will comprise of a full body dance warm up, stretch and strength. Dance sequences to open one own expression. Each week a different flow building up to freedom with Wonderful music designed to open one own dance and joy ability Contemporary, ballet, butoh, Improvisation, Contact Improvisation are the forms applied to class.

Sa 11:30am-12:30pm Jan 12-Mar 16  
193115 \$60/10 sess  
Instructor: Espirito Santo

## Martial Arts

### Tai Chi Chuan

Tai Chi is an internal Chinese martial art, practiced for both its defense training and its health benefits. Though originally conceived as a martial art, it is also typically practiced for a variety of reasons and is especially known for being practiced with relatively slow movements.

Sa 9:00am-10:30am Jan 5-Mar 23  
190916 \$36/12 sess  
Instructor: Arsenio

### Family Tai Chi with Qigong and Stretching (6+ yrs)

Tai Chi is an internal Chinese martial art, practiced for both its defense training and its health benefits. Though originally conceived as a martial art, it is also typically practiced for a variety of reasons and is especially known for being practiced with relatively slow movements.

Sa 11:00am-12:00pm Jan 19-Apr 6  
190920 \$36/12 sess  
Instructor: Arsenio

### Tai Chi Kong Fu Fan

Tai Chi is an internal Chinese martial art, practiced for both its defense training and its health benefits. Though originally conceived as a martial art, it is also typically practiced for a variety of reasons and is especially known for being practiced with relatively slow movements.

Th 8:15pm-9:45pm Jan 10-Mar 21  
190917 \$33/11 sess  
Instructor: Arsenio

## Sports

### Indoor Soccer

Non-instructional. \$3.50/drop-in if space available

Tu 8:10pm-9:50pm Jan 8-Mar 26  
190900 \$36/12 sess

### Basketball

Recreational basketball. Non-instructional. Drop-in \$3.50 if space.

We 8:10pm-9:50pm Jan 9-Mar 27  
190901 \$36/12 sess



# WORKSHOPS

## Making Sauerkraut

Learn to make traditional, fermented sauerkraut in this Village Vancouver workshop. Fermented vegetables have many health benefits, including live enzymes, readily available vitamins and minerals, and probiotics - and sauerkraut/other fermented vegetables are suitable for all (vegetarian, vegan, Paleo, gluten free). Bring a wide-mouth 500ml mason jar, cutting board, large knife, and large bowl (optional). Participants will go home w/a jar of customized sauerkraut to ferment at home. We'll have a community seed library present - pick up up some free seeds for your garden, swap or donate seeds.

Tu 1:00pm-3:00pm Jan 22  
191163 FREE

Instructor: Village Vancouver

## Craft Workshop-Chinese Lanterns

In celebration of the Lunar New Year come and make a decorative lantern. All supplies are provided.

Tu 10:00am-12:00pm Jan 29  
190136 \$10/1 sess

Instructor: Lorraine

## Grow Your Own Microgreens

Microgreens are tasty and nutritious greens that can be eaten as a fresh snack or added to salads, smoothies, soups and more. In this Village Vancouver workshop with Yael Stav, you'll learn how to grow your own trays of microgreens at home year-round. We'll look at the difference between sprouts and microgreens, review the many possible seeds that can be used for starting microgreens, and look into troubleshooting common problems. You'll prepare your own microgreen tray to take home! Supplies included. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.

Tu 1:00pm-3:00pm Feb 19  
191167 FREE

Instructor: Village Vancouver

## Gardening with Lori Snyder

In this Village Vancouver workshop, Lori Snyder will plan with participants which herbs to grow, when to harvest them, and when to create new products from them. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.

Tu 1:00pm-3:00pm Mar 12  
191170 FREE

Instructor: Village Vancouver

## Skeena Terrace

A Schedule of Activities will be posted at skeena highrise



## 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



Fri 5:30pm-7:30pm  
March 15, 22 & 29  
April 5 & 12  
Sat 9:30am-12:30pm  
Mar 16, 23 & 30  
April 6 & 13

Individuals must meet the following two criteria:

### 1) Income Level

Family Size	Family Income
One Person	\$30,000
Two People	\$40,000
Three People	\$42,000

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 deceased in the year

Please register for an appointment at the front office. Arrive on time and be prepared with **all** of your documentation including your **2017 Notice of Assessment.**

\*One Return per appointment  
\*\* Book a separate appointment for each return (family members)



www.thunderbirdcc.ca

# Seniors 55+

Prices do not include GST

## Social

### Social, Lunch and Games

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 12:00pm-12:30pm.

Tu 12:00pm-2:30pm Jan 8-Mar 12  
190151 \$3/Drop in  
Instructor: Marsha

### Games and Billiards

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

Tu 1:00pm-3:00pm Jan 8-Mar 12  
190135 FREE

### Craft Workshop

In celebration of the Lunar New Year come and make a decorative lantern. All supplies are provided.

Tu 10:00am-3:00pm Jan 29  
190136 \$10/1 sess

### Knitting Club

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 9-Mar 13  
190137 FREE  
Instructor: No

### Tea Time at Beulah Garden

Join other seniors 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 Lorraine and the Hastings Sunrise Community Police Center staff. All seniors are welcome. FREE

Th 1:30pm-3:00pm Jan 3-Mar 7

### Soup's On

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 watch a movie after dinner.

Th 5:30pm-6:00pm Jan 10-Mar 14  
190152 FREE  
Instructor: Marsha

### Seniors Movie Night

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

Th 7:00pm-9:00pm Jan 10-Mar 14  
190149 FREE

### Chinese Seniors' Group Social

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

Fr 9:30am-11:30am Jan 4-Mar 29  
190131 \$6/Annual



## Fitness

### YMCA Healthy Heart

YMCA Healthy Heart is a community-based cardiac prevention, rehabilitation and maintenance program that supports people living with cardiac risk through education and supervised exercise. YMCA Healthy Heart classes are now running at Thunderbird Community Centre twice/week (Mon's & Wed's) from 9:00am-10:15 am and have space for new participants. This is a medically managed exercise program and acceptance in the program requires a referral from a doctor and an intake assessment with the Healthy Heart Medical Director before beginning the program. There is an initial Intake Fee for the program and participants are then charged participation fees on a monthly basis. For more information about the Healthy Heart program or to obtain a copy of the referral form please call the YMCA Healthy Heart office at (604) 521-5801 or send an email to healthy.heart@gv.ymca.ca.

Mo We 9:00am-10:30am Jan 7-Mar 27  
191193

Instructor: YMCA

### FITT Heart

FITT Cardiac Association, 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. Participation in this program requires an annual \$ 10.00 membership fee with FITT Cardiac Association.

No session Feb 18.

Mo We 10:30am-12:00pm Jan 2-Feb 27  
191126 \$120.00

Mo We 10:30am-12:00pm Feb 25-Apr 10  
191127 \$120.00

Instructor: FITT Cardiac Association

### Fitness Centre Orientations

Orientations are free and must be booked through the front office.

Fr 1:30pm-5:30pm Jan 4-Mar 29  
193455 Free

Instructor: Brian

## Sports

### Pickleball

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. Drop-in \$1.50.

Sa 3:00pm-4:45pm Jan 12-Mar 30  
190319 \$1.50/Drop-in

Instructor: No

## Yoga

### Chair Yoga

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 2:00pm-3:00pm Jan 11-Mar 15  
191141 \$55/10 sess

Instructor: Into

## Line Dance

### Seniors' Social Dance

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 18.

Mo 12:30pm-2:30pm Jan 7-Mar 25  
190150 \$1.50/Drop in

### Senior's Line Dance Intermediate

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 12:30pm-2:30pm Jan 9-Mar 27  
191128 \$30/12 sess

Instructor: Eileen

## Computers

### Computer Lab Drop-in for Adults & Seniors

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.

We 1:00pm-3:00pm Jan 9-Mar 13  
191211 Free

Instructor: Veronica

### Smartphone and Tablet Class: Social Media

We will be learning how to connect with others via social media. From Facebook to Instagram and Twitter, we will learn how to safely navigate these incredible apps. Knowledge of how to use your device is needed.

Tu 9:30am-11:00am Jan 8-Feb 5  
191207 \$15/5 sess

Instructor: Jason

### Smartphone and Tablet Class: Multi Media

Do you want to learn how to take that perfect photo? How to create a video on your smart device? Come and learn how to express your creative side by making media that you can share and have as keepsafes. Knowledge of how to use your device needed

Tu 9:30am-11:00am Feb 12-Mar 12  
191208 \$15/5 sess

Instructor: Jason

# Seniors Out Trips 55+

Prices do not include GST

You may have a maximum of 2 trips registered at any one time. Cancellation without a doctor's note will be considered with up to 48 hours before your trip. A \$4.00 admin fee will apply

## Thrift Store Bargain Hunting

We will take to 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 10:00am-2:00pm Jan 17  
190139 \$5/1 sess  
Instructor: Raymond

## Museum of Anthropology

The Museum of Anthropology is a place of world arts and cultures with an emphasis on the First Nations peoples and other cultural communities of British Columbia.

Th 10:00am-2:00pm Jan 24  
190140 \$7/1 sess  
Instructor: Raymond

## Richmond Golden Village

Get ready to celebrate the Chinese Lunar New Year. Pop up flower and gift markets are full of arrangements and red and gold decorations. An easy walk to Food Street has over 200 regionally specific restaurants to satisfy all of your Asian cuisine cravings.

Th 10:00am-2:00pm Jan 31  
190141 \$5/1 sess  
Instructor: Raymond

## Revs Bowling

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 local 10 pin bowling alley.

Th 10:00am-2:00pm Feb 7  
190142 \$5/1 sess  
Instructor: Raymond

## Roundhouse Lunar Celebration

Bring in the Lunar New Year with others as you celebrate the Year of the Pig. You will enjoy an Asian lunch, Chinese calligraphy and dancing with a DJ.

Fr 11:00am-3:00pm Feb 15  
190143 \$10/1 sess

## Renfrew Sweetheart Luncheon

We will take you to join other seniors for the annual sweetheart luncheon at Renfrew Community Centre. Relax and enjoy a delicious meal, great entertainment and maybe even win a door prize.

We 10:30am-2:00pm Feb 20  
190144 \$8.50/1 sess  
Instructor: Raymond



## Mongolian Barbecue

Come hungry and build your own noodle bowl at this all you can eat Mongolian Barbecue. Choose from numerous fresh vegetables, meats and sauces.

Th 10:00am-2:00pm Feb 28  
190145 \$7/1 sess  
Instructor: Raymond

## Museum of Vancouver

The Museum of Vancouver is the largest civic history museum in Canada and the oldest in Vancouver. Explore numerous displays and exhibitions that span over decades. Currently featuring Haida Now, in partnership with the Haida Gwaii Museum.

Tu 10:00am-2:00pm Mar 5  
190146 \$5/1sess  
Instructor: Raymond Chan

## Lynn Canyon Park

This park features a suspension bridge 50 meters above the canyon as well as numerous easy level walking trails and magnificent waterfalls. Visit the ecology centre which showcases some of the parks historic information.

Th 10:00am-2:00pm Mar 14  
190147 \$5/1 sess  
Instructor: Raymond Chan

## Sechelt

Enjoy a ride with BC Ferries to the Sunshine Coast. Once in Sechelt you will have a few hours to browse the town, visit the shops and have lunch at a local restaurant.

Th 8:30am-5:00pm Mar 21  
190148 Seniors 65+ \$10/1sess  
Seniors 55-64 \$15/1sess  
Instructor: Raymond

# Birthday Parties

Relax and enjoy your birthday party at  
Thunderbird Community Centre!

## Sunday

\*Play Gym times are held during the first hour of each time slot\*

### Small Activity 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 35 guests

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 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 guests

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

### Multi-Purpose Room + Gym \$195

Includes a large room and the private play gym. Our play gym includes a large bouncy castle, plasma cars, toys, soft blocks, and sports equipment. Designed for all ages from tots to adults. This option can accommodate parties of all ages. Maximum 100 guests

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

## Saturday

### Parent & Tot Gym Package \$99

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

Saturdays 12:15-2:15pm

### Multi-Purpose Room Package \$175

All the fun is packed in the Multi-Purpose Party Room! Includes a small bouncy castle, plasma cars, and various toys. Suitable for around 15 children aged 3 and under. Maximum 50 guests

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

## Extra Services

Balloon Twisting	+\$35 (15 kids) / +\$55 (30 kids)
Face Painting	+\$25 (15 kids) / +\$35 (30 kids)
Button Making	+\$20 (15 kids) / +\$30 (30 kids)
Photobooth	+\$90 (personalized frames)
Carnival Package	+\$95 (includes all 3 below)
1. Cotton Candy	+\$45
2. Snow Cone	+\$35
3. Popcorn	+\$25



Email us at [Thunderbird.Party@Vancouver.ca](mailto:Thunderbird.Party@Vancouver.ca) for more information.

Spots are limited, so book early! 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 cash or cheque to secure your spot.

Visit our website for registration dates and photos!  
[www.thunderbirdcc.ca/birthday-parties/](http://www.thunderbirdcc.ca/birthday-parties/)

# Facility Rentals



ROOM NAME	SQUARE FOOTAGE	CAPACITY	RATES (Operational Hours)	RATES (Non-Operational Hours)
Meeting Room	320	15 people	\$25.00/hour	\$43.00/hour
Small Activity Room	620	30 people	\$25.00/hour	\$43.00/hour
Multi-purpose Room (MPR)	1200	100 people	\$55.00/hour	\$73.00/hour
Multi-purpose Room + Kitchen		100 people	\$65.00/hour	\$83.00/hour
Party groups who rent the kitchen must provide their own kitchenware. Freezer and refrigerator are not available. Stove/oven may be used for warming purposes only, cooking is not allowed.				
Gymnasium	4200		\$35.00/hour: Minimum 2 hour rental during non-operational hours	



## Policy and 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.

## 1 Check Availability & Submit Rental Request

To check availability or to submit a rental request, please visit our reservation system, [recreation.vancouver.ca](http://recreation.vancouver.ca) or email [thunderbirdcc@vancouver.ca](mailto:thunderbirdcc@vancouver.ca)

\*Please note any room rentals without 48 hours notice may not get processed

## 2 Rental Confirmation and 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.

## Additional Fees & Info

Rentals during our non-operational hours require a rental supervisor (\$18.00 per hour/ minimum 2 hour call out) . A damage deposit (\$200) may be required upon booking.

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](http://www.eventpolicy.ca) or <http://sbcsinsurance.com>

Music royalty fees will apply to all groups that choose to play music. For more information, please see [www.socan.ca](http://www.socan.ca) or [www.resound.ca](http://www.resound.ca).

# Fitness Centre

## What We Offer

We have a very efficient Fitness Centre. Every inch is taken up with equipment to suit your exercise needs. We ask that you return all equipment to its proper place after your workout.

- TV
- 2 treadmills
- ab machine
- smith machine
- seated calf raise
- 2 ellipticals
- flat and incline benches
- rowing machines
- free weights
- stretch area
- punching bag
- squat rack
- apex machines
- exercise balls
- pec deck
- dual adjustable pulleys
- stationary bikes and more



	Adults	Youth & Seniors
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 for, orientation and ParQ are required. Fees are subject to change without notice. Tax not included

## Services

### OneCard

The OneCard is a card that 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.

### Flexipass

Enjoy flexible and affordable recreation with the Parkboard no-contract all-access pass. Purchase a monthly Flexipass at any Park Board fitness centre and receive unlimited access to 15 fitness centres, 9 indoor pools, 4 outdoor pools and 8 ice rinks. For more information and locations visit [vancouverparks.ca](http://vancouverparks.ca).

### Fitness Orientations

Let us help you reach your fitness goals! Our trained staff is here to help whether you are a new user, require instruction, motivation, or just support. To book an orientation please call the front desk 604-713-1818.

### Outside Trainers

Outside trainers are welcome here. This type of special admission is for personal trainers, occupational and recreational therapists, and physiotherapists. Both trainer and client must pay for admission to the fitness Centre. Trainer fee of \$6.30 per client also applies.

### Supporting a participant? Attendants get free access

Thunderbird Fitness Centre gives free access to attendants required to assist persons with disabilities needing support to exercise in the fitness centre. Support is defined as assistance of a physical, psychological, emotional, intellectual or sensory nature to ensure that the patron with the disability is able to participate.

## Programs

### YMCA Healthy Heart

YMCA Healthy Heart is a community-based cardiac prevention, rehabilitation and maintenance program that supports people living with cardiac risk through education and supervised exercise. YMCA Healthy Heart classes are now running at Thunderbird Community Centre twice/week (Mon's & Wed's) from 9:00 - 10:15 am and have space for new participants. This is a medically managed exercise program and acceptance in the program requires a referral from a doctor and an intake assessment with the Healthy Heart Medical Director before beginning the program. There is an initial Intake Fee for the program and participants are then charged participation fees on a monthly basis. For more information about the Healthy Heart program or to obtain a copy of the referral form please call the YMCA Healthy Heart office at (604) 521-5801 or send an email to [healthy.heart@gv.ymca.ca](mailto:healthy.heart@gv.ymca.ca).

Mo We 9:00am-10:30am Jan 7-Mar 27  
191193  
Instructor: YMCA

### FITT Heart

FITT Cardiac Association, 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. Participation in this program requires an annual \$ 10.00 membership fee with FITT Cardiac Association. No session Feb 18.

Mo We 10:30am-12:00pm Jan 2-Feb 27  
191126 \$120.00  
Instructor: FITT Cardiac Association