



THUNDERBIRD COMMUNITY CENTRE

WINTER REGISTRATION

Catchment: Nov 27

Public: Dec 4



Winter 2022 Recreation Guide

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



INFORMATION

HOURS OF OPERATION

Monday - Friday	9:00am-10:00pm
Saturday	9:00am-5:00pm

Sundays & Holidays Closed
Operating hours are subject to change

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

REGISTRATION

WAYS TO REGISTER



IN-PERSON CATCHMENT

Sat Nov 27 9:00am
(must bring proof of address)



PUBLIC REGISTRATION

Sat Dec 4 9:00am



ONLINE

Sat Dec 4 9:00am
PHONE 604.713.1818

Registration Information

Catchment registration is all done in person. (Must bring proof of address). You may only register for yourself or immediate family. Program registration is on a first come first served basis. We accept cash, debit or credit cards. Please keep receipts for tax purposes. Where applicable, there is a \$1 charge per each duplicate receipt.

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

FACILITY RENTAL

To check availability or to submit rental request, please visit our reservation system, recreation.vancouver.ca or visit our website www.thunderbirdcc.ca
See page 22 for more information.

TABLE OF CONTENTS

Page 2	Information
Page 3	Thunderbird Association
Page 4	Licensed Care
Page 5	Family Programs
Page 6 & 7	Preschool Programs
Page 8 - 10	Children Programs
Page 9	Music Lessons
Page 11	Workshops/Camps
Page 12 & 13	Youth Programs
Page 14 - 16	Adults
Page 16	Workshops
Page 17-19	Older Adults
Page 20	Tax Clinic
Page 21	Fitness/What You Should know
Page 22	Facility Rentals
Page 23	Birthday Parties
Page 24	Fitness Centre

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. Contact the front desk or go online to vancouver.ca/leisureaccess

SUBSIDIES AVAILABLE

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

NSF CHEQUES

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

MEET THE STAFF

Recreation Supervisor

Jennifer Trach

jennifer.trach@vancouver.ca

Recreation Programmer II

Darilyn Dennis

darilyn.dennis@vancouver.ca

Recreation Facility Clerk

Aimee Mergaert

aimee.mergaert@vancouver.ca

Community Youth Worker

Priya Brar

priya.brar@vancouver.ca

Family & Senior Worker

Lorraine Chow

lorraine.chow@vancouver.ca

Out of School Care Supervisor

Kristine Wong

tbirdosc@gmail.com

Preschool Supervisor

Andrea Clark Geraghty

thunderbird.preschool@vancouver.ca

Birthday Party Coordinator

Arlene Nguyen

thunderbird.party@vancouver.ca

PRESIDENT'S MESSAGE - WINTER 2022

The TNA and PB staff wish Thunderbird Community Centre (TCC) patrons a Happy Winter season. Take a look at the Winter Brochure – available in print at the front office and online at <https://www.thunderbirdcc.ca>. We are once again open Monday through Saturday. Notice the many programs available for children, youth, adults and seniors. The Fitness Centre (FC) is once again fully operational under current Public Health Orders (PHO).

No mystery to anyone, the 4th wave of the pandemic is upon us, creating many new and sometimes confusing PHO guidelines. Our staff is right up to date on necessary health protocols and we follow them, to continuously operate in a safe manner for all. Your assistance is appreciated. While masking is mandatory for ages 5+, distancing and good hand hygiene are recommended. We will also keep up to date on the latest vaccine passport guidelines.

Regardless of unpleasant weather, the Centre is warm, staff are pleasant and welcome patrons to register for food programs, out-trips, social activities, fun, music, yoga, youth games and STEM training. We are offering as many programs as possible, many below cost and capacity as TCC attempts to return to “normal” operations, in service to the Thunderbird community.

The Board is pleased to announce that Darilyn Dennis has joined the TCC staff team as permanent Programmer. Darilyn has many years of programming experience with Park Board in several CCs throughout the City. If you have thoughts for additional programs, or if you know of talented instructors for drums, guitar or arts, we have openings to facilitate these popular programs, please discuss possibilities with Darilyn.

As I write this message, in mid-October, we are planning the TNA AGM to be held on November 22, 2021. It appears that three new Board Directors will be elected. The Board thanks Jessica Carias, Thomas Tai and Iliaz Aes for their service as Directors. The Board also wishes to thank Andrea Clark Geraghty, supervisor of TNA's Preschool program, for 30 years of continuous service to our community, hopefully with many more years to celebrate.

Planned but not yet scheduled are a replacement of the drop-down fire-door in the foyer, a renovation to the front of the office and additional locking cabinets in the downstairs Family Room. The Centre will try to complete these projects with a minimum of discomfort to staff and patrons.

A very productive meeting was held in October between TCC Board Directors, PB/TNA staff, a Director-teacher of the Elementary School, 2 residents of Skeena, City planning staff, BC Housing staff and lead planning consultants, regarding various aspects of the Skeena Redevelopment Project. Additional meetings with stakeholders in the community are planned over the Winter and throughout 2022 as planning of the Project is gradually advanced.

I hope that the pandemic gradually fades away in 2022 and that you all stay well.

Regards,

Mike Bradley,
President, TNA.

TNA Board

Executive Directors

President	Mike Bradley
Vice-President	Joan Poon
Secretary	Benny Mah
Treasurer	Ken Costea

Directors At Large

Jessica Carias,	Sandra Dare,
Samuel Ho,	David La Vallee,
Sandra Marino,	Roberta Scherger,
Thomas Tai,	Vanessa Tan

Committee Information

Program Committee

Mike Bradley,	Iraj Khabazian,
David La Vallee,	Tina Panella,
Jessica Wong	

The Committee meets on the second Tuesday of each month at 5:30 pm.

Fitness Committee

The Fitness Committee meets once monthly. Interested in joining? Contact the main office

Annual General Meeting

The Thunderbird Neighbourhood Association (TNA) will hold their 2021 Annual General Meeting (AGM) by WebEx video call on Monday, November 22, 2021 at 6:00 pm. All those patrons 16 years and older who registered themselves or their children, in Thunderbird CC programs during 2021 and who did not opt-out of TNA membership, are members of the TNA. All TNA members will be issued an invitation, with details on how to attend the virtual AGM by email, one week prior to the AGM.

Membership

Registered Membership: Membership in the Society is free to everyone who registers, or is registered for a program, a Fitness Centre pass, or event at Thunderbird Community Centre. Parents or guardians who register their children for programs, Fitness Centre passes, or events at Thunderbird Community Centre automatically become members in the Society.

Registered memberships expire each year on December 31. AGM

LICENSED CARE

LICENSED CARE



Thunderbird Preschool



604-713-1827 • thunderbird.preschool@vancouver.ca • www.thunderbirdcc.ca

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

Now accepting waitlist applications for September 2022. Please email thunderbird.preschool@vancouver.ca to be added to the waitlist.

AFFORDABLE CHILD CARE BENEFITS available.
Contact Andrea for more information.



Registration Day for Fall 2022:

Friday March 4th

Morning Preschool (3-5yrs old)
Monday to Friday 9:00am - 11:30am (2.5 hours)
\$320/per month

Kindergarten Readiness Preschool "Get Set for School®"
(born in 2018) Monday to Thursday
12:30pm - 3:00pm (2.5 hours)
\$270/per month

Meet the Staff

Andrea Geraghty, Supervisor

Andrea has just completed 30 years at Thunderbird Preschool. She was ECE trained at Kwantlen University College & completed her Special Needs training at Langara College.

Marina Lee, Special Needs Teacher

Marina is returning for her 4th year at Thunderbird. She received her ECE, Special Needs and Infant/Toddler Diploma from Langara College. She also has a BASc from UBC.

Victoria Fung, Assistant Teacher

We are excited to welcome the newest member of our teaching staff. Victoria recently completed her ECE training at Langara College and will be working on her Special Needs certification this year.

Victoria also has a BA in Health Sciences from SFU.

Kim Nguyen, Child Care Assistant

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



Thunderbird Out of School Care

604-713-1830

tbirdosc@gmail.com

www.thunderbirdcc.ca



Hi parents! Are you going to school, looking for a job, or working?

Look no further, we offer a licensed childcare program with qualified, caring and experienced staff. Our hours are 7:30 – 9:00am & 3:00 - 6:00pm on school days and 7:30am – 5:30pm on full days.

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

Program Cost
Before and After School Care \$340/month



Canada
**Community Action Program
for Children (CAPC)**

CAPC Programs 0-6yrs F.A.S.T. (Family & Staff Team) is committed to develop CAPC Families Branching Out as a parent-directed initiative that serves to increase the health and well being of young children and families. The team meets monthly to identify common issues that concern families and work together to develop programs, share resources & plan special events. Childcare, 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 Email Lorraine at lorraine.chow@vancouver.ca for more information

F.A.S.T. Meetings

Wed	12:30-2:30pm	
Kiwassa NH	Feb 9	
Collingwood	Mar 9	
Instructor: Lorraine		

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.

Mon	10:30-11:30am	
Jan 17	Feb 14	Mar 7
380169		Free
Instructor: No		

Thundertots (1-4 yrs)

What is Physical Literacy? Join us Friday afternoons with your 1-4 year olds and together you will explore motivation and confidence, physical competence, knowledge and understanding for engagement of physical activities for life. Parent participation is required.

Fri	12:30-1:30pm	Jan 14 -Mar 11
380259		Free

Instructor: Ronnie



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 21 M/W/F 10:00-1:00pm Jan 10-Mar 11 380173 Free Instructor: Clara & Ronnie



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 Skeena Terrace Housing Complex. (2202 Cassiar Street).
Tue 10:00-1:00pm Jan 11-Mar 8 380205 Free Instructor: Clara & Ronnie



Saturday Family Fun (0-6 yrs)

This program offers families with young children an opportunity to participate in a variety of fun activities, arts and crafts and time to socialize with other parents.

Sat	10:00-1:00pm	Jan 15- Mar 12
380229		Free

Instructor: Kim

Settlement Worker- Kiwassa Neighbourhood House

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

Parenting Workshops/Services

We are offering workshops and talks from various agencies and facilitators to support families on difficult issues. Learn about community resources, government programs, parenting in Canada, how to find employment, the school system and more. Watch for posters in the Family Drop-in.

Daycare Providers

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

PRESCHOOL

PRESCHOOL



Parent & Tot Gym

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 12:00-2:00pm

382633

Instructor: Ray

Jan 8-Mar 26

\$2/Drop-in

ART

Junior Pin Pal Crafts (3-5 yrs)

Come join your little friends for endless DIY crafting projects from the Pinterest website. We will make one fantastic project a week that you will get to take home.

Thu 1:15-2:15pm Jan 13-Mar 10

382746 \$31.50/9 sess

Instructor: Zoe

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.

Tue 3:30-4:30pm Jan 11-Mar 8

381925 \$31.50/9 sess

Instructor: TBA

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.

Thu 3:30-4:30pm Jan 13-Mar 10

381902 \$31.50/9 sess

Instructor: TBA

Pastel & Drawing (5-12 yrs)

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

Thu 4:45-5:45pm Jan 13-Mar 10

382123 \$31.50/9 sess

Instructor: TBA

COOKING



Snappy Snackers (4-5yrs)

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. *Please note that tupperware or any re-useable container will be required for each class.*

Sat 10:30-11:30am Jan 15-Mar 12

359580 \$36/12 sess

Instructor: Arlene

SPORTS

Saturday Soccer (5-7 yrs)

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

Sat 10:00-10:50am Jan 15-Mar 12

380163 \$27/9 sess

Instructor: Owen

DANCE

Little Ballerinas (3-5 yrs)

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.

Sat 10:15-11:00am Jan 15-Mar 12

380164 \$40.50/9 sess

Instructor: Endorphin Rush

Hip Hop Breakers (3-5 yrs)

Calling all b-boys and girls! Let's move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Through the season we will work on a choreographed dance. Get ready to cheer with gusto! Please bring a filled water bottle each day. www.KirbySnellDance.com [kirbsneldance.com]

Sat 11:15-12:00pm Jan 15-Mar 12

380166 \$40.50/9 sess

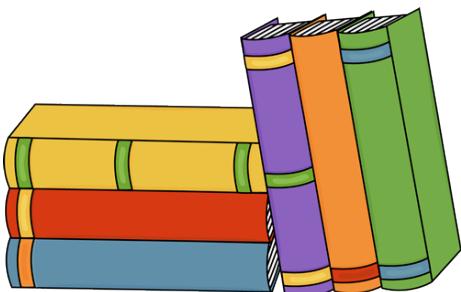
Instructor: Endorphin Rush

Reminder

Children under the age of 10 years old cannot be left unattended in the community centre.

PRESCHOOL

EDUCATIONAL



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.

Thu 3:30-4:30pm Jan 13-Mar 10
382140 \$31.50/9 sess
Instructor: Zoe

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.

Sat 1:45-2:45pm Jan 15-Mar 12
380162 \$31.50/9 sess
Instructor: Shukari



I know Letters (4-6 yrs)

Children will be guided and supported through skill-building exercises with delightful illustrations, stickers, colouring and various educational materials to build their knowledge of letters.

Sat 12:30-1:30pm Jan 15-Mar 12
381626 \$27/9 sess
Instructor: Shukari

EDUCATIONAL

Head Start Math - K (5-6 yrs)

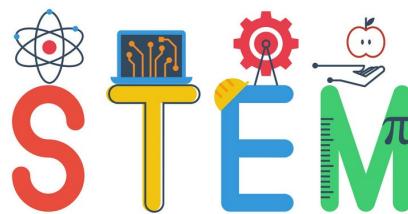
Students will review and practice counting from 1 - 20. They will learn to spell the numbers and write the numerals in sequence. Students will also be introduced to basic math equations involving addition and subtraction within 10. They will learn to recognize and continue patterns and compare numbers, sizes, and shapes. No session Feb 21, 2022.

Mon 3:30-4:45pm Jan 10-Mar 7
381731 \$28/8 sess
Instructor: Clara

Young Phonics - K (5-6 yrs)

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

Tue 3:30-4:45pm Jan 12-Mar 9
379592 \$31.50/9 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.

Sat 3:00-4:00pm Jan 15-Mar 12
381627 \$27/9 sess
Instructor: Shukari

MOVEMENT FUN



Thundertots (1-4 yrs)

What is Physical Literacy? Join us Friday afternoons with your 1-4 year olds and together you will explore motivation and confidence, physical competence, knowledge and understanding for engagement of physical activities for life. Parent participation is required.

Fri 12:30-1:30pm Jan 14-Mar 11
380259 Free
Instructor: Ronnie

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 ropes, hoops, balls, clubs or ribbons.

Fri 4:00-5:00pm Jan 14-Mar 11
380132 \$72/9 sess
Instructor: Olympia Rhythmic Gymnastics

CHILDREN

CHILDREN

COOKING



Mini Chefs (6-8 yrs)

Join us at Mini Chefs and discover how to create a variety of delicious foods and snacks every week. Please bring a reusable container to each class.

Sat 11:45-12:45pm Jan 15-Mar 12
381881 \$27/9 sess
Instructor: Arlene

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.

Tue 3:30-4:30pm Jan 11-Mar 8
381925 \$31.50/9 sess
Instructor: TBA

DANCE

Hip Hop Breakers (6-12 yrs)

Calling all b-boys and girls! Let's move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Through the season we will work on a choreographed dance. Get ready to cheer with gusto! Please bring a filled water bottle each day. www.KirbySnelldance.com [kirbysneldance.com]

Sat 12:15-1:15pm Jan 15-Mar 12
380167 \$40.50/9 sess
Instructor: Endorphin Rush

MUSIC LESSONS



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
Fri 3:30-5:50pm Jan 14-Mar 11
379603 \$135/9 sess

Saturday
Sat 9:30-3:10pm Jan 15-Mar 12
382139 \$135/9 sess
Instructor: Carmen

Watercolour & Drawing (5-12 yrs)

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

Tue 4:45-5:45pm Jan 11-Mar 8
382126 \$31.50/9 sess
Instructor: TBA

Tue 4:30-8:00pm Jan 18-Mar 8
381771 \$80/8 sess
Instructor: Sam

Pastel & Drawing (5-12 yrs)

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

Thu 4:45-5:45pm Jan 13-Mar 10
382123 \$31.50/9 sess
Instructor: TBA

CHILDREN

EDUCATIONAL



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.

Wed 4:30-5:30pm Jan 12-Mar 9
382138 \$27/9 sess
Instructor: Samantha

Young Phonics - K (5-6 yrs)

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

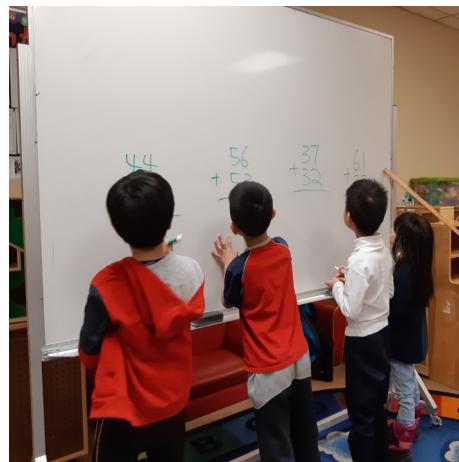
Wed 3:30-4:45pm Jan 12-Mar 9
379592 \$31.50/9 sess
Instructor: Clara

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

Students will review and practice consonant sounds and short and long vowel sounds. Through stories, activities, and worksheets, students will learn to read sight words and decipher new words using phonics. Students will also practice forming and writing sentences. They will also be introduced to basic sentence grammar including the parts of speech.

Wed 4:45-6:00pm Jan 12-Mar 9
382141 \$31.50/9 sess
Instructor: Clara

EDUCATIONAL



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

Grade 1 students will review and work within numbers to 100. They will explore and practice skip counting and comparing numbers. They will also learn place values, addition and subtraction within 100, and measurement.

Mon 4:45-6:00pm Jan 10-Mar 7
379596 \$28/8 sess

Instructor: Clara

Head Start Math - Gr 2 (7-8 yrs)

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

Fri 3:30-5:00pm Jan 14-Mar 11
379601 \$31.50/9 sess

Instructor: Clara

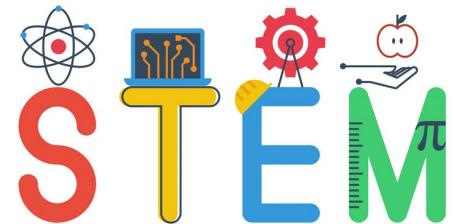
Math Made Fun (10- 12 yrs)

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.

Tue 4:30-5:30pm Jan 11-Mar 8
382137 \$31.50/9 sess

Instructor: Samantha

EDUCATIONAL



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.

Sat 3:00-4:00pm Jan 15-Mar 12
381627 \$27/9 sess

Instructor: Shukari

MOVEMENT



Yoga for Children

(5-12 yrs)

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 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

Wed 4:15-5:00pm Jan 12-Mar 9
382133 \$54/9 sess

Instructor: Yoga Buggy

CHILDREN

SPORTS

Saturday Soccer (5-7 yrs)

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

Sat 10:00-10:50am Jan 15-Mar 12
380163 \$27/9 sess

Instructor: Owen

Soccer (8-12 yrs)

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

Tue 5:00-5:50pm Jan 11-Mar 8
381813 \$27/9 sess

Instructor: Ray

Badminton (8-13yrs)

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

(8-10 yrs)
Wed 6:00-7:00pm Jan 12-Mar 9
379598 \$13.50/9 sess

(11-13 yrs)
Wed 7:00-8:00pm Jan 12-Mar 9
379597 \$13.50/9 sess
Instructor: Newton

Basketball (6-12 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.

(6-8 yrs)
Tue 6:00-7:00pm Jan 11-Mar 8
379593 \$13.50/9 sess

(9-12 yrs)
Tue 7:00-8:00pm Jan 11-Mar 8
379594 \$13.50/9 sess
Instructor: Ray

SPORTS

Volleyball (8-12 yrs)

Learn the fun game of volleyball. You will learn and practice the skills to play. No session Feb 21, 2022.

Mon 5:00-5:50pm Jan 10-Mar 7
381885 \$12/8 sess
Instructor: Omar

Floor Hockey (6-12 yrs)

Come out and practice your hockey skills. You will be introduced to basic hockey skills such as passing, handling and shooting. No session Feb 21, 2022.
(6-8yrs)

Mon 5:00-5:50pm Jan 10-Mar 7
358746 \$15/10 sess

(9-12yrs)
Mon 5:50-6:50pm Jan 10-Mar 7
376815 \$15/10 sess
Instructor: Omar

SPORTS

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.

Wed 5:00-9:00pm Jan 12-Mar 9
382129 \$27/9 sess
Instructor: Robby

MARTIAL ARTS



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 ropes, hoops, balls, clubs or ribbons.

Fri 4:00-5:00pm Jan 14-Mar 11
380132 \$72/9 sess
Instructor: Olympia Rhythmic Gymnastics

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.

Fri 5:00-6:00pm Jan 14-Mar 11
380133 \$72/9 sess
Instructor: Olympia Rhythmic Gymnastics

Karate (7+ 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), 4th Degree Black Belt Dan McCallum and John Cotter 1st degree black belt . The focus is on self-defence, fitness training, some sparring and self discipline. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. Parents are welcome to join with their children. Uniform is optional for beginners. Please talk to the instructor about the uniform. Visit <http://www.kuyukai.com>

Thu 6:00-7:15pm Jan 13-Mar 10
381837 \$90/9 sess
Instructor: George

CHILD/YOUTH WORKSHOPS

My Safe Life (7-10 yrs)

A personal safety program designed for children 7 – 10 years. Traditional gaming, digital media, video, role play and repetition are used to educate and engage children in a fun and interactive manner. Children learn life skills that empower them to make safe, caring and respectful decisions in their everyday lives both online and offline. Children take home My Safe Life – Personal Safety for Kids participant manual and a card of completion (must attend all 4 sessions).

Topics include:

People Safety, Tricky people/inappropriate adult behaviours, Safe strangers and strangers to avoid, Bullying Prevention, Being Assertive and Getting help from busy adults, Basic self defence, Building Strong Communities (Respect, Kindness and Manners), Online Safety, Travel Safety, Fire Safety, Injury Prevention, Emergencies vs Non-Emergencies, Basic First Aid

**Sat 9:30am-4:00pm Jan 29
385932 \$65/1 sess**

Instructor: First Aid Hero



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.

**Sat 9:30am-4:30pm Feb 26
381884 \$60/1 sess**

Instructor: First Aid Hero

Red Cross Stay Safe!(9-17 yrs)

Do you or your parents want to feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation? This workshop involves First Aid, Active role-play and Interactive fun! Course Content:

- Canadian Red Cross Principles
- My Family and Me
- My Time: Scheduled and Leisure Activities
- Expecting the Unexpected
- Healthy Choices
- First Aid (Handwashing, Check, Call, Care, Complete Choking - Alone, Anaphylaxis and Use of Epipen Auto-Injector, Life-Threatening External Bleeding) Wear comfortable, warm clothing and please bring a lunch for the day.

**Sat 9:30am-3:30pm Mar 12
385024 \$60/1 sess**

Instructor: First Aid Hero

DAY CAMPS



Pro-D Day Camps

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

**Mon 9:00am-3:30pm Jan 17
381848 \$25/sess**

**Fri 9:00am-3:30pm Feb 18
381864 \$25/sess**

Spring Break Day Camps

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

**Week 1
Mon-Fri 9:00am-3:30pm Mar 14-18
382706 \$120/5 sess**

**Week 2
Mon-Fri 9:00am-3:30pm Mar 21-25
382718 \$120/5 sess**

EDUCATIONAL



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.

Sat 9:30am-4:30pm Feb 26

381884 \$60/1 sess

Instructor: First Aid Hero

Red Cross Stay Safe!(9-17 yrs)

Do you or your parents want to feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation? This workshop involves First Aid, Active role-play and Interactive fun! Course Content:

- Canadian Red Cross Principles
- My Family and Me
- My Time: Scheduled and Leisure Activities
- Expecting the Unexpected
- Healthy Choices
- First Aid (Handwashing, Check, Call, Care, Complete Choking - Alone, Anaphylaxis and Use of Epipen Auto-Injector, Life-Threatening External Bleeding) Wear comfortable, warm clothing and please bring a lunch for the day.

Sat 9:30am-3:30pm Mar 12

385024 \$60/1 sess

Instructor: First Aid Hero

GAMES ROOM



Games Room Drop-In (Monday) (10-18 yrs)

Games room is open to youth ages 10-18! Come connect with the Youth Worker/ Youth Leader, play some video games, board games, or just hang out and lounge around! No session Monday, February 21st, 2022

Mon 3:00-9:50pm Jan 10-Mar 7

382019 FREE

Instructor: Ray

Games Room Drop-In (Tuesday) (10-18 yrs)

Games room is open to youth ages 10-18! Come connect with the Youth Worker/ Youth Leader, play some video games, board games, or just hang out and lounge around!

Tue 3:00-9:50pm Jan 11-Mar 8

382042 FREE

Instructor: Ray

Games Room Drop-In (Wednesday) (10-18 yrs)

Games room is open to youth ages 10-18! Come connect with the Youth Worker/ Youth Leader, play some video games, board games, or just hang out and lounge around!

Wed 3:00-9:50pm Jan 12-Mar 9

382044 FREE

Instructor: Kelvin

Games Room Drop-In (Thursday) (10-18 yrs)

Games room is open to youth ages 10-18! Come connect with the Youth Worker/ Youth Leader, play some video games, board games, or just hang out and lounge around!

Thu 3:00-9:50pm Jan 13-Mar 10

382028 FREE

Instructor: Kelvin

Games Room Drop-In (Friday) (10-18 yrs)

Games room is open to youth ages 10-18! Come connect with the Youth Worker/ Youth Leader, play some video games, board games, or just hang out and lounge around!

Thu 6:00-9:50pm Jan 14-Mar 11

382018 FREE

Instructor: Kelvin

ADULT

FITNESS & HEALTH



Chair Yoga (19+ yrs)

Chair yoga can be practiced by anyone who wants to enjoy the benefits of yoga and may (or may not) have mobility limitations. Chair yoga is great for anyone who needs more support, is managing an injury, or wants a more therapeutic approach to the practice. The practice will combine pranayama, asana, and meditation.

Wed 2:45-3:45pm Jan 12-Mar 9

382130 \$54/9 sess

Instructor: Yoga

Hatha Yoga (16+ yrs)

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.

Wed 6:15-7:15pm Jan 12-Mar 9

382131 \$54/9 sess

Instructor: Yoga

Yin Yoga (16+ yrs)

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.

Wed 7:45-8:45pm Jan 12-Mar 9

382132 \$54/9 sess

Instructor: Yoga

FITNESS & HEALTH



Fitness Centre & Orientation

We offer cardio equipment, strength equipment, free weights, and much more.

Mon-Fri 9:00am-9:50pm Jan 4-Mar 31

Sat 9:00am-4:50pm Jan 8-Mar 31

379537 \$3.57/Drop-in



Fitness Centre & Orientation

Please see page 20 for more information on our fitness centre. Learn how to safely use fitness centre and equipment! Our fitness leader can instruct you how to perform exercises with proper technique and create a basic workout program to meet your needs. Orientations are Fridays 2:30-6:30pm, free with purchase of drop in. Must have signed Par-Q and Consent & Release Forms (also signed parental consent for youth ages 13-15). To book an orientation go to the front desk (or call: 604-713-1818 ext.1).

Mon - Fri 9:00-9:50pm Sep 8-Dec 18

Sat 9:00am-4:50pm

Friday Attendant: Jake

SPORTS



See page 21 for Adult Sports Drop in guidelines.

Indoor Soccer (19+ yrs)

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

Tue 8:10-9:50pm Jan 11-Mar 8

359469 \$42.25/13 sess

Instructor: No

Basketball (19+ yrs)

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

Wed 8:10-9:50pm Jan 12-Mar 9

379599 \$27/9 sess

Instructor: Non Instructional

Pickleball (19+ yrs) Drop-in Only

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.

Non-instructional

Mon 8:05-9:50pm Jan 10-Mar 28

379538 \$1.50/sess

Instructor: Non Instructional

Pickleball (55+ yrs) Drop-in Only

Get active playing this exciting and popular sport. Pickleball is an easy to learn game played on a badminton court with a lowered net, a whiffle ball and large hand held paddles. It is great for all skills and ability levels. This is a drop-in only program, no registration, maximum 16. Drop-in \$1.50.

Sat 3:00-4:45pm Jan 8-Mar 26

381628 \$1.50/sess

Instructor: Non Instructional

MARTIAL ARTS**Karate (7+ 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), 4th Degree Black Belt Dan McCallum and John Cotter 1st degree black belt . The focus is on self-defence, fitness training, some sparring and self discipline. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. Parents are welcome to join with their children. Uniform is optional for beginners. Please talk to the instructor about the uniform. Visit <http://www.kuyukai.com>

Thu 6:00-7:15pm Jan 13-Mar 10
381837 \$90/9 sess
Instructor: George

Tai Chi Sword 16 steps

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. The sword form is a slow flowing movement to help strengthen your body and sharpen your mind. It is easy to learn particularly if you have knowledge of Tai Chi hand form. This lesson will include a warm up, Qigong (Ba Duan Jin), holistic stretching and exercise.

Thu 8:15-9:45pm Jan 13-Mar 10
382142 \$31.50/9 sess
Instructor: Arsenio

Yang Style Tai Chi Chuan 24 steps

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

Sat 9:00am-10:30am Jan 15-Mar 19
381629 \$35/10 sess
Instructor: Arsenio

ART**The Joy of Acrylic Painting**

Philip will teach you step by step how to paint an abstract, landscape, still-life or portrait. Demonstrations will be provided in class. Philip loves teaching art and has taught interior design and art classes at Vancouver Training Institute, Vancouver School Board continuing education and Langara College continuing education. Philip speaks English, Mandarin, Cantonese and Taiwanese. Art supplies are not included in the fee and will be discussed at the first class.

Sat 2:00-4:00pm Jan 22-Feb 19
382128 \$56/5 sess
Instructor: Philip

DANCE**Seniors' Chinese Line Dance**

Line Dancing is a great way to exercise your body and mind all the while meeting new friends. Learn routines to popular Chinese songs. Tina will teach the class in Cantonese. All levels welcome. NO DROP-INS.

Wed 12:30-2:30pm Jan 12-Mar 30
379604 \$30/12 sess
Instructor: Tina

EDUCATION**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.

Wed 1:00-3:00pm Jan 12-Mar 9
381901 Free/9 sess
Instructor: TBA

ESL

This program introduces the English language and help students adjust to their new environment. Students will use beginning English language skills in listening, speaking, reading and writing for everyday and essential academic purposes; use basic English language structures and simple sentence patterns in short conversations; read short adapted texts; and write phrases and short sentences.

Wed 10:30am-12:00pm Sep 22-Dec 1
359102 \$33/11 sess
Instructor: TBA

TAX**Income Tax Clinic (All ages)**

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 2021 tax return. Each session is 30 minutes long and requires a separate booking for each person.

Wed 10:00am-12:00pm	Karl
Fri 5:30-7:30pm	Jessica
Sat 9:30am-12:30pm	Anne
Mar 9-Apr 23	Free

WORKSHOPS

Everyday Essential Oils

For centuries, humans have extracted the essences from plants to make use of them in medicine and for some, their glorious scents. Have you ever wondered why the smell of lavender is so calming or grapefruit so uplifting? Join Noah Thrush and take a journey through the world of scent with essential oils. Learn to mix these scents to make a delicious room or body spray to take home for yourself or as a gift for any occasion. Supplies will be provided.

Sat 1:00-3:00pm Jan 22
385873 \$30/1 sess
Instructor: Noah

Felt a Seasonal Ornament

Wool is not just for wearing! Learn hands-on the skills you need to make a spring or holiday ornament made from wool using the needle-felting method. You will learn some details about types of wool, the specialized felting needles used, and the methods used to create detailed works of art that can be hung to adorn windows, walls, rear view mirrors, cabinets, backpacks and more! All felting materials provided, although participants should bring with them a clean household sponge.

Fri 6:00-8:00pm Feb 11
382727 \$35/Workshop
Instructor: Noah Thrush

Chinese Lanterns (55+)

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

Thu 2:00-4:00pm Jan 27
380979 \$5/1 sess
Instructor: Lorraine



Pine Needle Basket Making

Learn hands-on the skills you need to make beautiful bowls, plates and baskets made from pine needles. You will learn the best ways to harvest pine needles, find the right sewing supplies and the methods used to create these graceful, but sturdy pieces of art using elements supplied from nature. Make a pine-themed gift for a loved one this holiday season. Supplies will be provided.

Fri 6:00-8:00pm Mar 11,18
382136 \$24/2 sess
Instructor: Noah

Gardening 101 (19+ yrs)

Come and join Noah and learn the difference between annuals and perennials, bulbs, shrubs, trees and soils. Learn how and when to plant for a successful garden.

Sat 1:00-3:00pm Mar-5
382156 \$5/ 1 Sess
Instructor: Noah



NEPP ONLINE

Emergency Preparedness - Personal & Household

In recent history, cities around the world have endured large emergencies with devastating impacts. Vancouver could experience a severe emergency too, like a big earthquake, but do you know what to do? This session introduces simple things you can do to be prepared in advance of an emergency and ways to make your home safer.

- Join the session using your computer, phone, or tablet. For technical tips, view the resource sheet (www.vancouver.ca/webex-guide) about the Cisco Webex platform. - Before registering, read the important notice below regarding personal information during the registration process.

Wed 6:30-8:15pm Feb 9
382134 Free
Instructor: COV

Computers - Smartphone & Tablet Workshop Series-(19+ yrs)

Apple or Android! Your questions will be answered at the end. People without devices are welcome!

Jan 20 - Intro to smart devices: what can they do? Where to get one?

Feb 3 - How to get started. Use to full potential: login information, passwords, account management.

Feb 17 - Power of Smart devices: what can they do and how to apply that to your needs.

Mar 3 - Peripherals: what can we connect to? Devices that work along side your device.

Thu 6:00-7:00pm Mar 15
382135 \$15/4 sess
Instructor: Jason

OLDER ADULTS 55+



SOCIAL PROGRAMS

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 on Feb 21

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 12-12:30pm. Drop in \$3+tax.

Tue **12:00-2:00pm** **Jan-11-Mar 8**
380236 \$3/1 sess
Instructor: Marsha + Ronnie

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 stay and play a variety of table games after dinner.

Thu 5:00-6:30pm **Jan-13-Mar 10**
380246 **Free**
Instructor: Marsha + Samayeh

Games and Billiards

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

Seniors' Chinese Line Dance

Line Dancing is a great way to exercise your body and mind all the while meeting new friends. Learn routines to popular Chinese songs. Tina will teach the class in Cantonese. All levels welcome. NO DROP-INS

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. We are waiving the \$8 Annual Program Fee at this time.

Fri 9:30-11:30am Jan-14-Mar 25
380171 Free at this time
Instructor: No

OLDER ADULTS 55+

SPORTS PROGRAMS

Chair Yoga (19+yrs)

Chair yoga can be practiced by anyone who wants to enjoy the benefits of yoga and may (or may not) have mobility limitations. Chair yoga is great for anyone who needs more support, is managing an injury, or wants a more therapeutic approach to the practice. The practice will combine pranayama, asana, and meditation.

Wed 2:45-3:45pm

382130

Instructor: Yoga Buggy

Jan 12-Mar 9

\$54/9 sess



Pickleball (55+yrs) Drop-in Only

Get active playing this exciting and popular sport. Pickleball is an easy to learn game played on a badminton court with a lowered net, a whiffle ball and large hand held paddles. It is great for all skills and ability levels. This is a drop-in only program, no registration, maximum 16. Drop-in \$1.50.

Sat 3:00-4:45pm

381628

Instructor: Non Instructional

Jan 8-Mar 26

\$1.50/sess



SKEENA TERRACE Residents' Program

Coffee Cart

Marsha will be dropping by with the coffee cart. She will bring handouts and reminders of the weeks activities. Sign up for a trip you would like to join when you see her. This program is for Skeena high-rise residents only. No program on Feb 21.

Mon 12:30-2:30pm Jan 10-Mar 28

Instructor: Marsha

Skeena -Dinner and Games

Join your neighbours for dinner in the dining room with Marsha. This is open to residents of the high-rise only. Please arrive on time and follow the safety protocol.

Wed 5:30-7:30pm Dates TBA

Instructor: Marsha + Samayeh

Lunch Cart

Enjoy a nutritious lunch brought right to your door. We will offer a variety of ready to heat soups or pre-wrapped sandwiches. This program is for Skeena high-rise residents only.

Fri 12:00-1:30pm Jan 14-Mar 25

Instructor: Marsha & Somayeh

Shopping Shuttle

Raymond will pick you up in the parking lot and take you to several local retail stores in the immediate area. This is a great time to pick up those heavier items so you don't have to walk home with them. The dates and times will be posted at Skeena. This program is for Skeena residents only.

Fri 10:00-1:00pm Jan 14-Mar 18

Instructor: Raymond

In the Garden with Noah

Noah will continue to be on site on Saturdays in the winter. Check the posters in the high-rise for dates. This program is for Skeena high-rise residents only.

Sat 10:00-12:00pm Mar 5-Mar 26

Instructor: Noah

OLDER ADULTS 55+

Senior's OutTrips

You may have a maximum of 2 trips registered at any given time. *Cancellations without a doctor's note will be considered with up to 48 hours before your trip. A \$4.00 administration fee will apply to cancellations without a note. *You must arrive 15 minutes early

Instructor: Raymond

Thu - Various Times

MetroTownMall/Movie Matinee

We will start with lunch at Metrotown mall followed by an afternoon movie complete with popcorn. We will know what the featured movies are closer to the date.

Thu 2:00-5:00pm Jan 13
380207 \$5/1 sess

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.

Thu 10:00-2:00pm Jan 20
380208 \$5/1 sess

Lunar New Year Lunch

In celebration of the Lunar New Year we will take you for a delicious Asian style lunch. The location will be determined by what is available closer to the date.

Thu 10:00-2:00pm Jan 27
380209 \$5/1 sess

Museum of Vancouver

The artifacts in the museum have been accumulating for over 100 years and contain important historical, ethnographic archaeological, Asian studies and natural history objects.

Thu 10:00-2:00pm Feb 3
380210 \$5/1 sess

Zone Bowling Coquitlam

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 this 5 and 10 pin bowling alley in Coquitlam. We may have time to visit IKEA afterwards.

Thu 10:00-2:00pm Feb 10
380211 \$5/1 sess

Art Vargas Glass Blowing Studio

Mexican born artist Danny Vargas has been mouth-blown glass for over 40 years. The furnaces are kept running around the clock at temperatures of over 2000 degrees Celsius. Join in for this special private demonstration.

Thu 10:00-2:00pm Feb 17
380212 \$5/1 sess



Dicken's Sweet Shop

This shop and museum is a trip down memory lane of the British way of life as it used to be. You will enjoy the "Taste of Britain" experience at High Tea in Oliver's Tea Room. (included)

Thu 10:00-3:00pm Feb 24
380213 \$10/1 sess

Sechelt/Gibsons

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. The cost for Seniors 65+ is \$10 per person and those 55-64 years is \$20 per person.

Thu 8:00-5:00pm Mar 3
380214 \$10/65 1 sess
\$20/55-64yrs 1 sess

Dr. Sun Yat Sen Garden

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

Thu 10:00-2:00pm Mar 10
380215 \$5/1 sess



Canada Revenue Agency

Community Volunteer Income Tax Program



Individuals must meet the following two criteria:

1) Income Level

Family Size

One Person

Family Income

\$35,000

Two People (couple or single with 1 dependent) \$45,000

Additional Dependents add \$2,500 each

Wed 10:00am-12:00pm

March 9, 16, 23 & 30

April 6, 13 & 20

Fri 5:30pm-7:30pm

March 11, 18 & 25

April 8 & 22

Sat 9:30am-12:30pm

Mar 12, 19 & 26

April 2, 9 & 23

2) Simple Returns Only

The following will not be prepared:

- have self-employment income
- have business or rental income and expenses
- have capital gains or losses
- have employment expenses
- file for bankruptcy
- are completing a return for a deceased person
- Interest income must be less than \$1,000

You may register for your 30 minute appointment starting **March 1** at our front office or by calling **604-713-1818**.

Arrive on time and be prepared with all of your documentation including your **2020 Notice of Assessment**.

*One Return per appointment

** Remember to book a separate appointment for family members back to back for each return and NOT for the same time slot.

FITNESS CENTRE

Adults		Youth & Seniors
Drop in	\$3.75	\$2.25
10 Visit Pass	\$32.14	\$19.29
1 Month Pass	\$28.00	\$14.00
3 Month Pass	\$70.00	\$35.00
Trainer Fee		\$6.50 + Admission

For youth 13 to 16 years old, a completed consent form, orientation and ParQ are required. Fees are subject to change without notice. Tax not included

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 city-wide 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.

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.

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.

WHAT YOU SHOULD KNOW

Adult Sports Participants

Registration Information:

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

Drop-In Information:

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

Drop-In Procedures:

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

Making All Recreation Safe

Be Responsible & Respectful, Play Fair & Share, Say "No" to Abuse, Be Positive & Encouraging, Expect the Best

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. Contact the front desk or go online to vancouver.ca/leisureaccess

Site unsupervised age policy

Children under the age of 10 years old cannot be left unattended in the community centre and will not be able to attend our youth Drop-in programs

Missed Classes & Attendance

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

Late Pick Up Policy

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

FACILITY RENTALS



ROOM NAME	SQUARE FOOTAGE	CAPACITY	RATES (Operational Hours)	RATES (Non-Operational Hours)
Meeting Room	320	15 people	\$25.00/hour	\$50.00/hour
Small Activity Room	620	30 people	\$25.00/hour	\$50.00/hour
Multi-purpose Room (MPR)	1200	100 people	\$55.00/hour	\$80.00/hour
Gymnasium	4200			\$45.00/hour
Operational Hours: Monday - Friday 9:00am -10:00pm		Saturday 9:00am - 5:00pm		
Rentals during our non-operational hours require a rental supervisor \$25.00 per hour/minimum 2 hour. A damage deposit (\$200) may be required upon booking.				



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 or email 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

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 <http://sbcinsurance.com>

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.

Contact us

P: 604-7131818

F: 604 713-1828

E:Thunderbirdcc@vancouver.ca

BIRTHDAY PARTIES

**Relax and enjoy your birthday party at
Thunderbird Community Centre!**

Saturday

Multi-Purpose Room Package \$179

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 6 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)

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 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 to secure your spot.

Visit our website for registration dates and photos!
www.thunderbirdcc.ca/birthday-parties/



THUNDERBIRD FITNESS CENTRE

Hours of Operation

Monday - Friday: 9:00am-9:50pm

Saturday: 9:00am - 4:50pm

See office for Holiday closures

Operating hours are subject to change



FITNESS ORIENTATIONS

Learn how to safely use fitness centre and equipment! Our fitness leader can instruct you how to perform exercises with proper technique and create a basic workout program to meet your needs. Orientations are Fridays 2:30-6:30pm, free with purchase of drop in. Must have signed Par-Q and Consent & Release Forms (also signed parental consent for youth ages 13-15). To book an orientation go to the front desk (or call: 604-713-1818 ext.1).



EQUIPMENT

- treadmills
- ellipticals
- Squat racks
- TV
- free weights
- exercise balls
- chest and shoulder machine,
- dual adjustable pulley machine
- apex machine, benches
- rowing machines
- stationary bikes and more
- air conditioning and filtered water

See page 21 for fees and other details