



THUNDERBIRD COMMUNITY CENTRE

FALL 2026 RECREATION GUIDE



REGISTRATION BEGINS:

Catchment: Tue, Aug 4 | Public: Tue, Aug 18

2311 Cassiar Street, Vancouver, BC, V5M 3X3 | 604-713-1818 | thunderbirdcc@vancouver.ca | www.thunderbirdcc.ca

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





THUNDERBIRD NEIGHBOURHOOD ASSOCIATION

MISSION STATEMENT

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

TNA BOARD

Executive Directors

President..... Joan Poon

Secretary..... TBD

Treasurer..... Sandra Marino

Directors at Large

Samuel Ho, David La Vallee, Benny Mah, Tiffany Gu

Program Committee

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

MEMBERSHIP

Membership in the Society is free to everyone who registers for a program or event, or purchases a Fitness Centre monthly pass at Thunderbird Community Centre. Parents or guardians who register their children for programs/events, Fitness Centre passes at Thunderbird CC automatically become members in the Society. Registered memberships expire each year on December 31.

AGM Participation Membership: Any person over 16 years old who is a member or pays the prescribed AGM Participation Fee, 30 calendar days prior to the AGM, can vote at our AGM. This membership is valid from Jan 1 to Dec 31.

PROGRAM REGISTRATION

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

REFUND & TRANSFER POLICY

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

Regular Programs – per person/per course

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

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

Day Camps (per child/per week)

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

Birthday Parties

- Minimum 30 days prior to the party date for full refund minus \$25 admin fee
- 14-29 days prior to party date for deposit & 50% of party fee refund
- No refund less than 14 days before party date
- Transfers are subject to a \$4 admin fee; no transfers within 30 days of the scheduled party
- Birthday party transfers may only be made to a different date and cannot be transferred to a different child

MISSED CLASSES & ATTENDANCE

Many of our programs are free or subsidized, and for this reason, 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. If no registered participants arrive within 15 minutes of start time, the instructor may leave.

NSF CHEQUES

\$35 admin fee for each returned cheque.

LEISURE ACCESS PROGRAM

The Vancouver Park Board Leisure Access Program (LAP) provide Vancouver residents who have limited income 50% off one program, per season, per person or Fitness Centre monthly membership. If a program has additional sets, the discount can apply to all sets of the same program only. Please inform the Front Office staff to apply the discount to additional sets.

Applications for LAP are available at our front office. In order to qualify for the program, you must be a resident of Vancouver and meet family income guidelines on the application form. We do not retroactively apply LAP discounts – you must be active in the program at the time of registration.

For more information, contact the front office or visit www.vancouver.ca/leisureaccess.

SUBSIDIES AVAILABLE

Most programs at Thunderbird are subsidized and the fees are set at the lowest reasonable rates. However, the Association may be able to provide additional subsidies upon request. Please email the Recreation Programmer or inquire at the front office for further subsidy information.

SAFE ACCESS FOR EVERYONE

We are committed to creating welcoming parks and recreation services for all. We ask that our patrons treat each other and staff with dignity and respect.

PRIVACY POLICY

Any personal information you provide to us is collected, used and disclosed in accordance with the Freedom of Information & Protection of Privacy Act (FOIPPA) and/or the Personal Information Protection Act (PIPA). The information will only be used for the purpose of administering recreation programs, informing you of our services and benefits and for statistical purposes.

HOURS OF OPERATION

Mon-Fri 9:00 am-9:00 pm
 Sat 9:00 am-5:00 pm*
 Sun Closed
 Sep 30 - Truth and Reconciliation Day
 Closed
 Oct 10 - Thanksgiving Closed
 Nov 11 - Remembrance Day Closed
 Dec 25 - Christmas Closed
Fitness Centre: Closes 10 minutes before
 building closure
 * Office closes at 4:30 pm

REGISTRATION

In-Person at 2311 Cassiar St.

Catchment Residents* - All Programs:
 Tue, Aug 4, 9 am
 Public: Tue, Aug 18, 9 am

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

Online at www.vanrec.ca

Starting Tue, Aug 18 at 9 am

Phone us at 604-713-1818

Starting Tue, Aug 18 at 12 pm, and then
 during regular office hours.

CATCHMENT

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

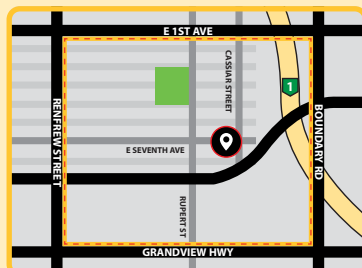


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MEET THE STAFF

Community Youth Worker	Priya Brar	Recreation Facility Clerk	TBD
Family Worker	Clara Kim	Recreation Programmer	TBD
Out of School Care Supervisor ..	Kristine Wong	Recreation Supervisor	Matthew Charan
Preschool Supervisor ..	Andrea Clark Geraghty	Senior Worker	Lorraine Chow

AGM Annual General Meeting

Saturday, November 21, 2026
 11am – 12pm | Multipurpose Room

A light lunch will be served for participants of the meeting.

Please register in Activity #638957 if you plan to attend the meeting.
 You're a member if you've joined any activity over \$5, bought a Fitness
 Centre pass, or paid the AGM fee by October 21. Members can vote for
 Board directors if voting is required.



The Thunderbird Neighbourhood Association is run by a
 volunteer Board — and we're **looking for new members!**

If you're interested, please email a brief note about your community
 interests and relevant experience to thunderbirdcc@vancouver.ca by
 October 1. Experience in areas like teaching, fundraising, promotions,
 legal, finance, or admin is a plus.

Note: Staff, instructors, and Park Board/Association employees are not
 eligible due to our conflict of interest policy.

ACKNOWLEDGING THE UNCEDED TERRITORIES

Thunderbird Community Centre is situated on the unceded traditional territories of the
 x̱w̱məθḵw̱əy̱əm (Musqueam), Sḵwx̱w̱ú7mesh (Squamish), and səliłwətał (Tsleil-Waututh) Nations.

Thunderbird



604-713-1827 · thunderbird.preschool@vancouver.ca

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

Waitlist Available for September 2026

Please email thunderbird.preschool@vancouver.ca to be added to the waitlist. AFFORDABLE CHILD CARE BENEFITS available. Contact Andrea for more information.

Thunderbird Preschool is now a \$10 a day child care centre.
(Preschool is only \$7 a day)

Thunderbird Preschool follows the "Get Set for School®" curriculum to prepare our Pre-K's for Kindergarten. For more info: www.lwtears.com

Morning Preschool (3-5 yrs old)

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

Afternoon Preschool (3-5 yrs old)

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

Meet the Staff

Andrea Geraghty, Supervisor

Andrea is returning for her 35th year at TBird. She was ECE trained at Kwantlan University College & completed her Special Needs training at Langara College.

Marina Lee, Special Needs Teacher

Marina is returning for her 9th year at TBird. She received her ECE, Special Needs and Infant/ Toddler Diploma from Langara College. She also has a BSc from UBC.

Kim Nguyen, Child Care Assistant

Kim is returning this year as our Child Care Assistant and Special Needs Support Teacher. Kim received her ECE Assistant Certificate from CAPU.

Aileen Pereira, Early Childhood Educator

We are happy to have Aileen back as a teacher and support worker. Aileen has her ECE training from Langara and is working on her special needs certificate.

Out of School Care

For more information, contact Kristine at 604-713-1830 or Email: tbirdosc@gmail.com



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

This program is currently full and accepting children on our wait list.

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





Community Action Programs for Children (CAPC)

CAPC Programs 0-6yrs F.A.S.T.(Family & Staff Team) is committed to develop CAPC Families Branching Out as a parent-directed initiative that serves to increase the health and well being of young children and families. The team meets monthly to identify common issues that concern families and work together to develop programs, share resources & plan special events. Childcare and lunch are provided to ensure that the meeting is accessible.

F.A.S.T. Meeting

0-6 yrs • Instructor: Clara

If you have a child 0-6 years old and would like to join the F.A.S.T. please email Clara at clara.kim@vancouver.ca for more information.

W 12:15 pm-2:15 pm
 Oct 14 Thunderbird CC
 Nov 4 Collingwood NH
 Dec 9 Frog Hollow NH

Books For Me

0-6 yrs • Instructor: Non-Instructional

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

M 10:00 am-11:00 pm
 Sep 28, Oct 19, Nov 16, Dec 7



Thundertots

1-4 yrs • Instructor: Non-Instructional

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

F Sep 11-Dec 4 12:30 pm-1:30 pm

Family Drop In

0-6 yrs • Instructor: Clara & Ronnie

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 Oct 12 & Nov 11. Free

M W F Sep 9-Dec 11 10:00 am-1:00 pm



Family Drop In & Grandma's Kitchen

0-6 yrs • Instructor: Clara & Ronnie

Join us for a multi-cultural lunch, led by parents in the community. There are visits from the librarian and the health nurse who can answer questions, share resources and make referrals. Free

Th Sep 10-Dec 10 10:00 am-1:00 pm



Saturday Family Fun

0-6 yrs • Instructor: Kim

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

Sa Sep 12-Dec 12 10:00 pm-1:00 pm

Parenting Workshops/ Services

We offer workshops and talks from various agencies and facilitators to support families on difficult issues. Learn about community resources, government programs, parenting in Canada, how to find employment, the school system and more. Watch for posters in the Family Drop-in. Ask Clara when the student nurses will be visiting to give presentations and offer one to one support to parents.

Thunderbird Catchment Christmas Dinner

Instructor: Non-Instructional

Join us for a delicious turkey dinner. Enjoy a variety of tunes by the Van Tech band as you share a meal with others. This event is open to catchment only and you must register in person at Thunderbird. Children 12 and under must be accompanied by an adult. In-Person Registration Only starts on Dec 1. Proof of address with photo is required. Free for 0-2 yr olds but you must register them have their own seat.

W Dec 16 5:30 pm-7:00 pm
 626972 \$3/1 sess Adult
 \$2/1 sess Youth 13-18
 \$2/1 sess Child 3-12

Daycare Providers: A max of 3 children per daycare provider is permitted in our programs.

PRESCHOOL & CHILDREN | Program Schedule

PRESCHOOL & CHILDREN SPRING PROGRAMS					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MCKids Minecraft 8-13 yrs 3:30pm-4:30pm	Public Speaking 7-10 yrs 4:00pm-5:00pm	Kinetic Kids Fundamental 3-5 yrs 3:30pm-4:15pm	Ukulele Lessons 5-18 yrs 3:30pm-7:00pm	Thundertots 1-4 yrs 12:30pm-1:30pm	My First Dance Class 2-4 yrs 9:30am-10:00am
Mandarin Gr. 2A 7-9 yrs 3:30pm-4:30pm	Active Jazz Funk, Pop Dance, & K-Pop 6-12 yrs 3:30pm-4:45pm	Head Start Math Gr.1 6-7 yrs 4:00pm-5:00pm	Chess Club Int/Adv 6-13 yrs 3:30pm-4:30pm	Chinese Calligraphy 6-13 yrs 3:30pm-5:00pm	Piano Lessons 5-18 yrs 9:30am-3:00pm
Krafty Kids 7-12 yrs 4:00pm-5:00pm	Basketball 6-8 yrs 5:00pm-6:00pm	Soccer 6-8 yrs 5:00pm-6:00pm	Chess Club Nov/Str 6-13 yrs 4:30pm-5:30pm	Piano Lesson 5-18 yrs 3:30pm-6:30pm	Little Ballerinas 3-5 yrs 10:15am-11:00am
Taekwondo Beginner 6-18 yrs 4:35pm-5:30pm	Act Dance Sing Fun! Musical Theatre 6-12 yrs 4:45pm-5:45pm	Swim & Skate 8-12 yrs 5:00pm-9:00pm	Karate 7-18 yrs 5:30pm-7:00pm	Drum/Guitar 5-18 yrs 4:30pm-8:30pm	Mini Chefs 9-12 yrs 10:15am-11:15am
Mandarin Gr. 3A 8-12 yrs 4:35pm-5:30pm	Basketball 9-12 yrs 6:05pm-7:05pm	Head Start Math Gr.2 7-8 yrs 5:15pm-6:15pm			Hip Hop Breakers 3-5 yrs 11:05am-11:50am
MCKids Minecraft 8-12 yrs 4:35pm-5:35pm		Soccer 8-12 yrs 6:00pm-7:00pm			Hip Hop Jazz 6-10 yrs 11:55am-12:55pm
Drum/Guitar Lessons 5-18 yrs 4:30pm-8:30pm		Piano Lessons 5-18 yrs 6:00pm-8:00pm			STEM It 5-7 yrs 12:30Pm-1:30pm
					Stem It 8-10 yrs 1:45pm-2:45pm
Register early! Classes will get cancelled if we do not meet minimum numbers of participants. <i>Please note: schedule is subject to change due to instructor availability and enrolment numbers.</i> Legend: ● Arts/Music ● Dance ● Educational ● Sports					

PARENT/GUARDIAN RESPONSIBILITY

All children under the age of 10 are required to have a parent, guardian or person 16 years or older supervise 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.

DURING THE CLASS

We kindly ask all parents/caregivers to wait outside the program space during their child's participation.

PHOTOS/VIDEOS

For the safety and privacy of all participants, please refrain from taking photos and videos of the class. Should Thunderbird CC staff take photos of the class, you will be asked to sign a consent form. Photos taken by staff may be used for the purposes of promotion, including in our Recreation Guides, website and social media.

SUPPORTED PARTICIPANTS

Participants that require additional support (i.e. support worker) during the program are welcome but the support worker must have a valid Police Information Check on file. Please speak with the Recreation Programmer for additional information.

LATE PICK UP POLICY

It is the responsibility of the parent/guardian to ensure that children under the age of 10 are picked up as soon as the program has ended. There will be a late fee of \$2 each minute per child for late pick up.

PRESCHOOL

Dance

My First Dance Class

2-4 yrs • Instructor: Endorphin Rush Dance

An introduction to creative dance. Aspiring little dancers, along with their guardians, 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/guardian present. Parent/guardian participation is required. www.KirbySnellDance.com.

Sa Sep 12 -Dec 5 9:30 am-10:10 am
626554 \$91/13 sess



Parent and Tot Gym

6 mths-6 yrs • Instructor: Non-Instructional

Jump on the bouncy castle or swing on the jungle gym! Join in on this time for your child to socialize and play in the gym. Parent participation is required. TSBC license #LAM0200026 Organized birthday parties are not allowed during our parent & tot gym program.

Sa Sep 19 -Dec 5 9:30 am-11:00 am
628799 \$2

Little Ballerinas

3-5 yrs • Instructor: Endorphin Rush Dance

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. There will be a presentation for parents/families on the last day of class. www.KirbySnellDance.com.

Sa Sep 12 -Dec 5 10:15 am-11:00 am
626556 \$91/13 sess

Hip Hop Breakers

3-5 yrs • Instructor: Endorphin Rush Dance

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

Sa Sep 12 -Dec 5 11:05 am-11:50 am
626557 \$91/13 sess

Social

NEW! Kinetic Kids Fundamentals

3-5 yrs • Instructor: Kinetic Kids

Get ready to jump, run and play your way through movement-packed fun! Kinetic Kids Fundamentals is a high-energy, hands-on program designed to help little ones build strength, coordination, and confidence through a blend of exciting games, obstacle courses, and creative free play. With a perfect mix of guided activities and child-led exploration, children will grow their physical skills for everyday movement! No class Sep 30.

W Sep 9 -Nov 4 3:30 am-4:15 am
629608 \$160/8 sess

CHILDREN

Computer Programs

MCKids Minecraft

8-13 yrs • Instructor: Anna

Optimize your child's social-emotional skills while we explore hands-on weekly lessons connecting learning in Science, History, Engineering, Math and pre-programming learning. Collaborate with students in the room, and at home, on quests and in-game activities. Practice keyboarding skills and learn more about the tools that can help us do amazingly creative things in our Java edition, Minecraft game. Get to know the MCKids community and how we play together through informed, regulated behaviour and healthy conduct. No program on Oct 12

M	Sep 14 -Dec 7	3:30 pm-4:30 pm
627889		\$126/12 sess
M	Sep 14 -Dec 7	4:35 pm-5:35 pm
627890		\$126/12 sess

Dance

Act Dance Sing FUN! Musical Theatre

6-12 yrs • Instructor: ILLUMA Studio

Come learn the technical and artistic aspects of a musical theatre performance, including singing, acting and dancing. Students will learn choreographed routines set to the music of famous musicals. Learn teamwork while supporting classmates, have fun, and rise to a new challenge. No previous experience required. Learned skills showcasing will be announced throughout the course. Dress: dry indoor shoes with non-marking soles preferred (especially during rain/snow season), comfortable sports / loose / baggy clothing & face covering (as needed). Bring your water bottle! Find us on FB/IG @illumastudio. Drop-in \$10, space permitting.

Tu	Sep 15-Dec 08	4:45 pm-5:45 pm
636078		\$130/13 sess

Active Jazz Funk and Pop Dance & KPOP Sampler

6-12 yrs • Instructor: ILLUMA Studio

Come experience high dynamics cardio dance and Jazz Funk and Hip Hop fundamentals while vibing to Korean and Asian Pop Music! Dancers will refine their technique through choreography, strengthening, footwork, isolations, stretches and more! Learn teamwork while supporting classmates, have fun, and rise to a new challenge. No previous experience required. Learned skills showcasing will be announced throughout the course. Dress: dry indoor shoes with non-marking soles preferred (especially during rain/snow season), comfortable sports / loose / baggy clothing & face covering (as needed). Bring your water bottle! Find us on FB/IG @illumastudioDrop-in \$10, space permitting.

Tu	Sep 15-Dec 8	3:30pm - 4:45pm
636077		\$162.50/13 sess

Hip Hop

6-9 yrs • Instructor: Endorphin Rush

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

Sa	Sep 12 -Dec 05	11:55 AM-12:55 PM
626558		\$110.50/13 sess



Educational

Chinese Calligraphy for Kids

6-13 yrs • Instructor: Tony

The Chinese Calligraphy for Kids program encourages young children to connect with Traditional Chinese culture by painting Chinese characters and motifs. During the course, children will learn to write with a brush pen. They will master regular strokes, character and even a little Chinese cursive writing. There will be many interesting practical tasks and workshops. This program can add another art dimension to your child. They will become interested in the quality of their writing by hand, and the history of Chinese culture. Internationally recognized calligrapher Tony Du takes children from their first strokes to writing artworks, opening a window into the fascinating history of Chinese characters. Children will develop a solid foundation in Chinese calligraphy from this program. No Class Oct 30th.

F Oct 16 -Dec 11 3:30 pm-5:00 pm
626069 \$80/8 sess

Head Start Math - Gr. 1

6-7 yrs • Instructor: Alex

Grade 1 students will review and work within numbers to 100. They will explore and practice skip counting and comparing numbers. They will also learn place values, addition and subtraction within 100, and measurement. No class on September 30 and November 11

W Sep 16 -Dec 2 4:00 pm-5:00 pm
628800 \$80/10 sess

Head Start Math - Gr. 2

7-8 yrs • Instructor: Alex

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. No class on September 30 and November 11

W Sep 16 -Dec 2 5:15 pm-6:15 pm
628801 \$80/10 sess

Krafty Kids

7-10 yrs • Instructor: N/A

In this class, students will strengthen their unique independent artistic skills using a variety of mediums, such as watercolour, textiles, clay, acrylics, scrapbooking, jewelry and many more! Every session is filled with fun creativity, and the chance to make your own imaginative creations. Join us to explore a vast world of colours, shapes, and endless crafty possibilities! No Class on May 18

Th Sep 24 -Nov 5 4:00 pm-5:00 pm
627897 \$52.50/7 sess

Let's Learn Mandarin Gr.1

7-9 yrs • Instructor: Vicky

This level is based on Let's Learn Mandarin 1 books. Lesson will run through a year with three seasons to complete the Grade 1. We focus on vocabulary building, counting and simple dialogues. Children also learn to write Chinese characters and sing the song. \$10 fee will apply for class materials.

Sa Sep 19 -Dec 5 10:00 am-11:00 am
626543 \$84/12 sess

Sa Sep 19 -Dec 5 11:05 am-12:05 am
626544 \$84/12 sess

Let's Learn Mandarin Gr.2A

8-9 yrs • Instructor: Vicky

You are welcomed to join this level when you finished Let's Learn Mandarin 1 or you have experience with Mandarin basic. All lessons will increase and deepen the phase and conversation. The book of Let's Learn Mandarin 2 will continue for three seasons. \$10 fee will apply for class materials. No class on Oct 12

M Sep 21 -Dec 7 3:30 am-4:30 am
626550 \$77/11 sess

Let's Learn Mandarin Gr.3A

8-12 yrs • Instructor: Vicky

You are welcomed to join this level when you finished Let's Learn Mandarin 2 or you have experience with Mandarin basic. All lessons will increase and deepen the phase and conversation. The book of Let's Learn Mandarin 3 will continue for three seasons. \$10 fee will apply for class materials. No class on Oct 12

M Sep 21 -Dec 7 4:35 pm-5:35 pm
626551 \$77/11 sess

SOMETIMES GREAT CLASSES ARE CANCELLED

Don't wait until the last minute to register... or you may be disappointed to hear that the class was cancelled. Program decisions to run or cancel a program are generally made 3-5 days prior to the start date. Programs are cancelled or postponed if there are not enough registered participants.

Mini Chefs

9-12 yrs • Instructor: Tania

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.

Set 1

Sa Sep 12 -Oct 31 10:15 pm-11:15 pm
626559 \$58/8 sess

Set 2

Sa Nov 7 -Dec 12 10:15 am-11:15 am
626561 \$43.5/6 sess

Public Speaking Skills for Kids

7-10 yrs • Instructor: Vivienne

Want your child to feel confident sharing their ideas and participating in class? Is your child shy or nervous when presenting in front of others? This public speaking program helps kids build self-confidence, clarity, and teamwork through engaging activities, speech exercises, and guided presentation opportunities. In a supportive group environment, participants practice voice projection, confident body language, conveying ideas clearly, and collaborating in group discussions, improving school success and developing essential life skills.

Tu Sep 15 -Dec 8 4:00 pm-5:00 pm
624727 \$71.5/13 sess

STEM It - Fall

5-7 yrs • Instructor: Vivienne

STEM IT is a fun, hands-on program where kids explore Science, Technology, Engineering, and Math through exciting projects and games. They'll learn about simple animal and plant biology, explore motion in physics, and try safe, colourful chemistry lab experiments. Math skills are built through engaging worksheets and visual learning tools ? all designed to spark curiosity and develop problem-solving skills through play!

Set 1

Sa Sep 12 -Oct 31 12:30 pm-1:30 pm
624721 \$64/8 sess

Set 2

Sa Nov 07 -Dec 12 12:30 pm-1:30 pm
624722 \$48/6 sess



STEM It – Fall

8-10 yrs • Instructor: Vivienne

STEM IT is a fun, hands-on program where kids explore Science, Technology, Engineering, and Math through exciting projects and games. They'll learn about simple animal and plant biology, explore motion in physics, and try safe, colourful chemistry lab experiments. Math skills are built through engaging worksheets and visual learning tools ? all designed to spark curiosity and develop problem-solving skills through play!

Set 1

Sa Sep 12 -Oct 31 1:45 pm-2:45 pm
624724 \$64/8 sess

Set 2

Sa Nov 7 -Dec 12 1:45 pm-2:45 pm
624725 \$48/6 sess



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

Martial Arts

Participants under 19 years of age must sign a Park Board waiver prior to participating. Uniform is optional for beginners - please speak with the instructor to find what size you are.

Karate

7+ yrs • Instructor: 8th Dan black belt

**Shihan George Chan, 4th Degree Black Belt
Dan McCallum & 2nd Degree black belt
John Cotter**

This class will introduce you to many aspects of the traditional style of Go-Ju Ryu Karate. This class is taught by 8th Dan black belt Shihan George Chan (with over 50 years of experience), 4th Degree Black Belt Dan McCallum and 2nd Degree black belt John Cotter. The focus is on self-defence, fitness training, non-contact sparring and self-discipline. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. Visit www.kuyukai.com for more information. Participants under 19 years of age must sign a Park Board waiver prior to participating. Parents are welcome to register into the class to join their child. Uniform is optional for beginners ? please speak with the instructor to find what size you are. For participants interested in progressing with coloured belts, Kuyukai membership (\$30) and attendance card (\$8) are available for purchase.

Set 1

Th Sep 03 -Oct 15 5:30 pm-7:00 pm
624964 \$105/7 sess

Set 2

Th Oct 22 -Dec 10 5:30 pm-7:00 pm
624965 \$120/8 sess

SOMETIMES GREAT CLASSES ARE CANCELLED

Don't wait until the last minute to register... or you may be disappointed to hear that the class was cancelled. Program decisions to run or cancel a program are generally made 3-5 days prior to the start date. Programs are cancelled or postponed if there are not enough registered participants.

Taekwondo - Beginner

6-18 yrs • Instructor: Jacky

A dynamic Korean Martial Art that is known for its emphasis on kicking techniques, strikes and self defence in addition to the development of physical and mental discipline. This WT style of Taekwondo is a martial arts that's recognized in both Poomsae (forms) & Kyorugi (sparring). Participants under 19 years of age must sign a Park Board waiver prior to participating. Uniform is optional for beginners ? please speak with the instructor to find what size you are. No class on Oct 12

M Sep 14-Dec 7 4:30 pm-5:30 pm
636079 \$132/12 sess



Music Lessons

Drum/Guitar Lessons

5-18 yrs • Instructor: Sam

Drum Lessons Play to the rhythm and the beat! Lessons are private and are conducted on a full set of acoustic drums. Learning material included. **Guitar Lessons** Strum your way to sound! In these private lessons you will learn music notes, fretting, chords, music theory and how to read music. Customizing a structured class based on each student's needs. Bring your own guitar. Lessons are 30 minutes. No Class on Monday Oct 12 and Friday Oct 30

M	Sep 14-Dec 7	4:30 pm-8:00pm
Various times		\$204/12 sess
F	Sep 18-Dec 11	4:30 pm-8:00pm
Various times		\$204/12 sess

Piano Lessons

5-18 yrs • Instructor: Carmen

The goal of the program is to teach basic piano skills. Students will progress through 3 levels of difficulty. After the 3 levels, you can move on and even consider taking Elementary piano exams through the Royal Conservatory of Music, Toronto, examination syllabus. Lessons are generally focused on: sitting position at the piano, keyboard recognition, note recognition, rhythmic exercise, piano pieces, and elementary theory exercises. Books are required at an additional cost. Lessons are 30 minutes.

F	Sep 25-Dec 11	3:30 pm-6:30 pm
Various times		\$220/11 sess
Sa	Sep 26-Dec 12	9:30am-3:00pm
Various times		\$240/12 sess

Piano Lessons

5-18 yrs • Instructor: Jake *NEW

INSTRUCTOR*

Build confidence playing piano while developing a solid foundation in music reading, rhythm, technique, and musical expression. Each 30-minute lesson is personalized to meet the student's individual goals in a supportive and encouraging environment. Instructors will recommend any required lesson materials, which are to be purchased separately. No class on September 30, and November 11

W	Sep 16-Dec 2	6:00 pm-8:00pm
Various Times		\$150/10 sess

Ukulele Lessons

5-19 yrs • Instructor: Tom

Join a private Ukulele lesson with Tom Cheng! Tom is an experienced professional Guitar and Ukulele player and instructor. Students, all ages, of any skill level and beginner ukulele players are welcome! Each private lesson will be tailored to your skill, age, ability and interests. Please bring your own instrument. Students will be asked to purchase their own music book. The instructor will let you know which book to purchase on the first class. Lessons are 30 minutes.

Th	Sep 17-Dec 10	3:30 pm-7:00pm
Various times		\$214.50/13 sess



SOMETIMES GREAT CLASSES ARE CANCELLED

Don't wait until the last minute to register... or you may be disappointed to hear that the class was cancelled. Program decisions to run or cancel a program are generally made 3-5 days prior to the start date. Programs are cancelled or postponed if there are not enough registered participants.

Social

Chess Club - Beginner

6-13 yrs • Instructor: Clement

For young chess enthusiasts who already know the basics. This fun and supportive program will help students build on their knowledge while exploring new strategies and practicing gameplay. Whether they're brushing up on opening moves or learning how to plan ahead, participants will grow their skills, boost confidence, and enjoy friendly matches with others.

Th Sep 17 -Dec 17 4:30 pm-5:30 pm
624192 \$112/14 sess

Chess Club - Intermediate/Advance

8-13 yrs • Instructor: Clement

Ready to take your chess game to the next level? Chess Club: Intermediate/Advanced is designed for players who already have a solid understanding of the game and are eager to sharpen their skills. Through challenging puzzles, advanced strategies, and competitive play, participants will deepen their knowledge and improve decision-making on the board.

Th Sep 17 -Dec 17 3:30 pm-4:30 pm
624191 \$112/14 sess

Pro D Day Camp

6-12 yrs • Instructor: Youth Leader

Looking for a fun and active way for your child to spend their day off school? Join us for our Pro D Day Camp at THCC! Kids will enjoy a full day of games, crafts, sports, and exciting activities led by our enthusiastic staff!

M	Sep 21	9:00 am-3:30 pm
628802		\$28/Sess
F	Oct 23	9:00 am-3:30 pm
628803		\$28/Sess
F	Nov 20	9:00 am-3:30 pm
628804		\$28/Sess

Swim & Skate

8-12 yrs • Instructor: Monica

Each week, we will travel to a different Vancouver or Burnaby location to swim or skate. Drop-in is permitted when space is available. Out-trips are non-instructional - participants will require prior swim and skate knowledge. No program - November 11

W Sep 16 -Dec 9 5:00 pm-9:00 pm
624726 \$90/12 sess

TTRPG Kids Con

8-14 yrs • Instructor: Joshua Hensman

Grab your backpack and spell book, or maybe your sword and shield - it's time to set out on an adventure! The TTRPG Kids Convention is a unique opportunity for kids to spend a whole day learning and playing tabletop roleplaying games run by experienced game masters. Participating in games such as Dungeons & Dragons, Magical Kitties to the Rescue, and No Thank You, Evil!, kids will play heroic characters who cooperate to solve problems, and maybe vanquish evil along the way. No adventuring experience required! Also, if you have a budding game master at home who wants to learn how to plan and run games for their friends, we are offering workshops to get new GMs started. Please pack a water bottle, snacks and lunch for this program. For more details, please visit TTRPGKidsCon.com

Sa Nov 14 9:00 AM-3:30 PM
630927 \$15/1 sess

Sports

Basketball 6-8 yrs

6-9 yrs • Instructor: N/A

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. No program - Oct 13

Tu Sep 15 -Dec 8 5:00 pm-6:00 pm
624732 \$75/12 sess

Basketball 9-12 yrs

9-13 yrs • Instructor: N/A

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. No Program - Oct 13

Tu Sep 15 -Dec 8 6:05 pm-7:05 pm
624733 \$75/12 sess

Soccer 6-8 yrs

6-8 yrs • Instructor: Justin

Participants will have fun, learn cooperative games and fundamental movement skills while burning off some energy. Please bring a water bottle. No program on Sep 30th, Oct 7th, Nov 11th

W Sep 16 -Dec 9 5:00 pm-5:55 pm
628462 \$62.5/10 sess

Soccer 8-12 yrs

8-12 yrs • Instructor: Justin

Participants will have fun, learn cooperative games and fundamental movement skills while burning off some energy. Please bring a water bottle. No program on Sept 30th, Oct 7th, and Nov 11th

W Sep 16 -Dec 9 6:00 pm-7:00 pm
628463 \$62.5/10 sess



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

YOUTH ACTIVITIES SCHEDULE - SPRING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Games Room 3:00 pm-7:00 pm Ages: 10-18	Games Room 3:00 pm-7:00 pm Ages: 10-18	Writers' Exchange 3:00 pm-4:30 pm Grade 4-7	Games Room 3:00 pm-7:00 pm Ages: 10-18	Games Room 3:00 pm-10:00 pm Ages: 10-18	Breakfast Club 11:30 am-1:30 pm Ages: 10-18
		Games Room 3:00 pm-7:00 pm Ages: 10-18		Youth Dinner 4:00 pm-6:00 pm Ages: 13-18	
				Youth Council 6:00 pm-8:00 pm Ages: 13-18	
			Drop-In Volleyball 7:00 pm-9:00 pm Ages: 13-18	Drop-In Basketball 6:00 pm-10:00 pm Ages: 13-18	

Please note: schedule is subject to change due to staff availability and participation numbers. Games Room closed in the Summer.

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

Youth Leadership

Thunderbird Youth Council

13-18 yrs

Do you want to be actively involved in shaping youth programs? Do you have thoughts and ideas about how to better influence your community? Youth Council will help you become a leader, share your voice, and really impact the youth community. The direction of Youth Council is driven by you! Thunderbird Catchment only. Please contact CYW Priya Brar to register: priya.brar@vancouver.ca / 604.379.4735

F Sept 18-Dec 11 6:00 pm-8:00 pm
631640 Free

Youth Dinner

13-18 yrs

Dinner for any youth aged 13-18 hanging out in drop-ins and programs on Friday evening. No registration required!

F Sept 11-Dec 12 4:00 pm-6:00 pm
Free



Education

Writer's Exchange

9-12 yrs • Instructor: Writer's Exchange

Writers' Exchange meets Thunderbird Community Centre! Every Wednesday there will be an after-school program for grade 4's - 7's to be creative, hang out, and have fun! Join us in playing your favourite board games, getting homework support, and , enjoying yummy snacks. Every week we'll work on a fun, creative activity, like making candles, blindfolded food tasting, or work on a long term project; like creating a book or building a community library! This program is for youth living in the Thunderbird catchment and by referral only. Contact CYW Priya Brar: priya.brar@vancouver.ca / 604.379.4735

W Sept 16-Dec 9 3:00 pm-4:30 pm
631627 Free

Social

Games Room

10-18 yrs

The games room is open Mondays after school for youth who want a safe, quiet space to get their homework done. Open to youth ages 10-18. No registration required, drop-in only.

M-F Sept 3-Dec 18 3:00 pm-7:00 pm

Brunch Club

10-18 yrs

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

Sa Sept 12-Dec 12 11:30 AM-2:00 pm
Free



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

Gingerbread House Decorating

9-13 yrs

Join us for a Gingerbread House Decorating Contest! This activity is open to children/youth in the Thunderbird Catchment area. To register please call 604-713-1818. This is a free activity but registration is required. Parents are welcome to stay in the lobby upstairs or downstairs but not in the Multipurpose Room while the activity is ongoing.

F Dec 4 4:00 pm-5:30 pm
624487 Free

Special Events

Halloween Haunted House

10-18 yrs

Open to youth 10-18! Admission is free and includes a treat bag. The Haunted House will take place in the basement from 4pm - 6pm and is ran by our Thunderbird Youth Council. Please be aware that there will be flashing lights and fog and the hallway will be dimly lit. For more information, please contact Community Youth Worker Priya Brar at priya.brar@vancouver.ca

F Oct 30 4:00 pm-6:00 pm
631639 Free

Sports

Drop-in Youth Basketball

13-18 yrs

Lace up your ball shoes and come shoot some hoops! Open to youth ages 13-18. No session October 16th, 2026.

F Sept 4-Dec 11 6:00 pm-10:00 pm
Free

Drop-in Youth Volleyball

13-18 yrs

Drop in Volleyball for youth 13-18! No registration required, drop-in only.

Th Sept 3-Dec 10 7:00 pm-9:00 pm
Free

Community Youth Development

Youth Services at Thunderbird CC are a partnership between the Vancouver Board of Parks and Recreation and the Thunderbird Neighbourhood Association.

Youth programs reflect the principles of CYD in the City of Vancouver: accessible, collaborative, preventative and inclusive.

Youth are respected, supported and involved in program planning, implementation and decision-making.



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



Educational

NEW! Chinese Calligraphy for Adults

19+ yrs • Instructor: Tony

The Adults Chinese Calligraphy program aims to learn the ancient art of Chinese calligraphy through step-by-step instructions on writing Chinese characters. Both beginners and advanced students are encouraged to experience the rhythm and sense of design in Chinese writing, thereby bringing an aesthetic dimension to their understanding of traditional Chinese culture. Internationally recognized calligrapher Tony Du takes students from their first strokes all the way to writing art works, opening a window into the fascinating history of Chinese characters. Students will develop a solid foundation in Chinese calligraphy from this program. No Class Oct 30th.

F Oct 16 -Dec 11 1:30 pm-3:00 pm
628451 \$80/8 sess



Fitness

NEW! Beginner Yoga

19+ yrs • Instructor: Into Yoga

These classes are designed for students who are new to yoga or feel that they are not yet ready to move onto more challenging postures. Combining postures, breath, and relaxation, you will increase flexibility, strength, and body awareness, while reducing stress and tension. All levels of fitness are invited to attend. For more info visit intoyoga.ca. Drop ins are available for \$18, if space available. No class on September 30th.

Set 1

W Sep 16 -Nov 4 6:30 pm-7:30 pm
628790 \$108/7 sess

Set 2

W Nov 18 -Dec 16 6:30 pm-7:30 pm
628795 \$77/5 sess

NEW! Hatha Yoga

19+ yrs • Instructor: Li Na

This beginner-friendly yoga program consists of basic movement and poses that improve flexibility. Students will learn relaxation techniques such as breathing, meditation and stretching while increasing blood circulation. Participants are recommended to bring their own yoga mats and other equipment. Please note that this class is taught in Cantonese and Mandarin. \$7.50 plus tax/drop-in, if space available. Please note participants are recommended to bring their own yoga mats and other equipment.

F Sep 18 -Nov 6 1:30 pm-2:30 pm
627895 \$56/8 sess

Sports

ADULT SPORTS PARTICIPANTS

Registration Information

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

Drop-in Information

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

Drop-in Procedures

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

SOMETIMES GREAT CLASSES ARE CANCELLED

Don't wait until the last minute to register... or you may be disappointed to hear that the class was cancelled. Program decisions to run or cancel a program are generally made 3-5 days prior to the start date. Programs are cancelled or postponed if there are not enough registered participants.

Pickleball 19+**19-0 yrs • Instructor: Non-Instructional**

Get active playing this exciting and popular sport. Pickleball is an easy to learn game played on a badminton court with a lowered net, a wiffle ball and large hand held paddles. It is great for all skills and ability levels. Drop-in \$4.28, space permitting. No Program - Oct 12.

M Sep 14 -Dec 7 7:15 pm-8:45 pm
624728 \$42.84/12 sess

Basketball 19+**19-0 yrs • Instructor: Non-Instructional**

Recreational basketball. Non-instructional. Drop-in \$4.28, space permitting. No Program - Oct 13.

Tu Sep 8 -Dec 8 7:15 pm-8:45 pm
624729 \$46.41/13 sess

**Sports Lessons****Pickleball Lessons: Beginner****19+ yrs • Instructor: BC Pickle School**

Learn the rules and basic techniques of this fun, simple and fast-paced game that combines ping pong, tennis and badminton on a badminton size court utilizing paddles and a plastic wiffle ball. Suitable for beginners. Instructed by a certified instructor from BC Pickle School. Paddles provided for use if required. Drop ins are available for \$23 per class if space is available. No class on Sept 30 and Oct 7.

W Sep 9 -Oct 28 7:15 pm-8:45 pm
625946 \$120/6 sess

Pickleball Lessons: Intermediate**19+ yrs • Instructor: BC Pickle School**

Open to intermediate players who can sustain 10+ shot rallies. Continue to improve in these high-intensity, drill-focused sessions that focus on perfecting shots and heightening game awareness. Instructed by a certified instructor. No Class on Nov 11.

W Nov 4 -Dec 9 7:15 pm-8:45 pm
626542 \$100/5 sess

**Summer Smash Tennis: Adult Beginner (1.0)****19+ yrs • Instructor: Summer Smash Tennis**

Learn how to play tennis in a small group setting. This course provides an introduction to the game with an eventual progression to rally and play within the full court setting. Students must bring their own racquets. Student Background Beginning or continuing to: Develop technique for ground strokes Develop ability to rally consistently from the ½ court and ¾ court settings Development Focus Develop a solid technical foundation for groundstrokes Introduce players to cooperative and competitive rally games Develop a love for tennis in a positive environment.

M Sep 14 -Oct 5 6:00 pm-7:00 pm
625958 \$140/4 sess

Summer Smash Tennis: Adult Beginner (1.5)**19+ yrs • Instructor: Summer Smash Tennis**

Continue developing fundamental skills in a small group setting. This course builds on technique and strategy from Adult Beginner in order to become more confident rallying and playing with serve within the full court setting. Students should repeat this course until they can confidently rally from the baseline with forehand and backhand. Students must bring their own racquets. Student Background Has taken Adult Beginner or; Develop or refine technique for groundstrokes Develop consistency rallying in the ¾ court to full court settings Development Focus Continue to develop or refine groundstroke technique Gain / improve ability to rally with limited use of or no self-rallies.

M Oct 19 -Nov 9 6:00 pm-7:00 pm
627325 \$140/4 sess

Summer Smash Tennis: Adult Beginner ++ (2.0)

19+ • Instructor: Summer Smash Tennis

Solidify your foundation for all strokes. Players who can rally consistently continue to develop ball control (direction, height, distance) and technique within cooperative and competitive contexts. An emphasis is placed on developing technique and ability for groundstrokes, volley, and serve. Students should repeat this course until they can confidently control the direction and height of forehand and backhand within a full court rally. Students must bring their own racquets. Student Background- Can rally 10 in a row with forehand and backhand from full court Development Focus- Continue to develop or refine groundstroke

M Sep 14 -Oct 5 5:00 PM-6:00 PM
625954 \$140/4 sess

Summer Smash Tennis: Adult Beginner ++ (2.0)

19+ yrs • Instructor: Summer Smash Tennis

Solidify your foundation for all strokes. Players who can rally consistently continue to develop ball control (direction, height, distance) and technique within cooperative and competitive contexts. An emphasis is placed on developing technique and ability for groundstrokes, volley, and serve. Students should repeat this course until they can confidently control the direction and height of forehand and backhand within a full court rally. Students must bring their own racquets. Student Background- Can rally 10 in a row with forehand and backhand from full court Development Focus- Continue to develop or refine groundstroke

M Nov 16 -Dec 14 6:00 pm-7:00 pm
627326 \$175/5 sess

Summer Smash Tennis: Feeding Frenzy (2.0-3.0)

19+ yrs • Instructor: Summer Smash Tennis

Improve consistency and cardio through feeding drills. In this high energy class, coaches feed balls and provide feedback to help students develop their forehand, backhand, volleys, and serve through high repetition training. Students are encouraged to register for an Adult Beginner++ (2.0) or Intermediate class in addition to Feeding Frenzy. Students must bring their own racquets. Student Background- Can rally consistently from baseline- Can serve consistently or somewhat consistently- Has experience with all phases of play and transitioning between phases

M Nov 16 -Dec 14 5:00 pm-6:00 pm
625957 \$175/5 sess

Summer Smash Tennis: Adult Beginner ++ (2.0)

19+ yrs • Instructor: Summer Smash Tennis

Solidify your foundation for all strokes. Players who can rally consistently continue to develop ball control (direction, height, distance) and technique within cooperative and competitive contexts. An emphasis is placed on developing technique and ability for groundstrokes, volley, and serve. Students should repeat this course until they can confidently control the direction and height of forehand and backhand within a full court rally. Students must bring their own racquets. Student Background- Can rally 10 in a row with forehand and backhand from full court Development Focus- Continue to develop or refine groundstroke

M Oct 19 -Nov 09 5:00 pm-6:00 pm
625956 \$140/4 sess



Dance

Contemporary Line Dance

55+ yrs • Instructor: Irene

This modern line dance class incorporates contemporary music and dance steps including Cha Cha, Tango, Rumba, Waltz, Mambo, Salsa, Cumbia, Hustle, Twist, Disco, Jitterbug and Electric Slide. Drop-in \$4.00, if space permits. No Class on Oct 12

M Sep 14 -Nov 23 10:30 am-12:00 pm
624193 \$35/10 sess

Dance with Catherine

55+ yrs • Instructor: Catherine

A mix level of line dance program: Learn simple and joyful dancing steps Release stress and boost mood Build confidence & social connection Bring your smile and energy Open to all levels Drop-in \$4.00, if space permits. No session on Sept 30, Oct 14 and Nov 11

W Sep 16 -Dec 9 1:45 pm-3:15 pm
626573 \$35/10 sess

Music

Chinese Choir

50-0 yrs • Instructor: Catherine

For anyone who loves singing and would like to learn some techniques to improve their singing skills. Learn how to breathe, read the music notes, count the beat and more while enjoying the singing with a group of friends. Drop-in \$4.00, if space permits. No session on Sept 30, Oct 14, and Nov 11

長者中文歌唱班

讓我們一起探索音樂之美, 在愉悅的氣氛中學習唱歌技巧, 包括呼吸控制、音準及節奏的掌握、情感表達等, 找到個人風格與舞台魅力, 發掘自己的天賦!

W Sep 16 -Dec 9 10:00 am-11:30 am
626566 \$35/10 sess

Sports

Table Tennis & Pool Table Drop-in

55+ yrs • Instructor: Non-Instructional

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

Tu Sep 8 -Dec 8 12:00 pm-2:00 pm
624730 \$1.9/sess

Th Sep 10 -Dec 10 10:00 am-12:00 pm
624731 \$1.9/sess

MAKE YOUR VOICE HEARD THIS FALL!

Voting in the 2026 Vancouver Election is easier than ever.

VOTE BY MAIL

Request your ballot by October 5.

ADVANCE VOTING

Vote early on October 3, 7, 10 or 13.

ELECTION DAY

Cast your vote on October 17.

QUESTIONS?

Call **3-1-1** or visit
vancouver.ca/vote
to plan your vote.



VANCOUVER VOTES



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

Senior's Out-Trips

Cancellations without a doctor's note will be considered up to 72 hours before your trip.
A \$4.00 administration fee will apply to cancellations without a note. Arrive 15 minutes early.
A completed consent form is mandatory to attend our trips. In-person registration at Thunderbird only.
GST is applicable on all out-trips.



Deep Cove and Honeys Donuts

Instructor: Simon

Enjoy the beautiful scenery as you stroll around this waterfront village. Browse the shops before enjoying a delicious donut from Honey's (included).

Th	Sep 10	10:00 am-2:00 pm
625600		\$10/sess



EcoDairy Farm Tour

Instructor: Simon

Your tour guide will take you behind the scenes at the first of its kind in Canada, demonstration farm. Meet the cows face to face and help push up their feed. Learn how they use technology to improve animal care and reduce their environmental footprint.

Th	Sep 17	9:30 am-3:00 pm
629016		\$15/ess

Museum of Vancouver

Instructor: Simon

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.

Th	Oct 1	10:00 am-2:00 pm
629021		\$15/sess

Thrift Store Bargain Hunting

Instructor: Simon

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

Th	Oct 15	10:00 AM-2:00 PM
629022		\$10/sess

Surrey Museum & Tea

Instructor: Simon

This museum features both permanent and temporary exhibitions. The textile centre features looms, demonstrations and a collection of textiles and books. The permanent Indigenous Hall is a gathering space for story telling and exhibitions.

Th	Oct 29	10:00 am-2:00 pm
629640		\$10/sess

Zone Bowling/IKEA

Instructor: Simon

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 will have time for a hot dog or ice cream at IKEA afterwards.

Th	Nov 5	10:00 am-2:00 pm
629023		\$10/sess

Tsawwassen Mills

Instructor: Simon

Explore the two hundred stores, services, restaurants and shops. Get a jump on your holiday shopping with a variety of goods for all ages. The mall offers a large food court for you to purchase lunch.

Th	Nov 26	9:30 am-2:30 pm
629024		\$10/sess

Holiday Lights

Instructor: Simon

Join us for an enchanted evening as we take a local Christmas lights tour in and around the city. Please dress warm as this is an evening trip and is mainly outdoors.

Th	Dec 10	4:30 pm-8:30 pm
629025		\$10/sess

Social

Social Dance

Instructor: Non-Instructional

Cha Cha, Rumba, and Jive to the classics and beyond to modern day tunes. We don't offer lessons but others are happy to teach you what they know. No partner necessary and all are welcome. Coffee and tea are provided. No session Oct 12.

M Sep 14-Dec 14 12:30 am-2:30 pm
626954 \$1.50/drop-in

Social, Lunch and Games

Instructor: Estela & Jana

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

Tu Sep 8-Dec 8 12:00 pm-2:00 pm
626955 \$6/sess

Soup's On

Instructor: Estela & Arianna

A nutritional meal is served by enthusiastic youth volunteers who are also learning many life lasting skills. You are invited to stay and play a variety of table games after dinner. In-person registration only.

Th Sep 10-Dec 10 5:00 pm-7:00 pm
626956 \$2/session

Chinese Speaking Seniors Group Social

Instructor: Non-Instructional

Choir, Tai Chi, guest speakers, singing, seasonal celebrations and outings are among the activities to be enjoyed. There is an Annual Program Fee of \$10 for fiscal year September 1 to August 31. (not pro-rated).

F Sep 4-Dec 18 9:15 am-11:15 am
632290 \$10+tx/Annual

Workshops



COSCO Senior's Health & Wellness

Keeping Seniors Safe

Abuse and neglect of seniors takes many forms. Participants learn how to identify suspicious signs and symptoms. Potential causes, intervention techniques and where to find help are reviewed.

Technology and Aging

Learn how technology can help manage the demands of daily living, connect with family and friends and access assistance when needed.

Tu Nov 24 12:30 pm-1:30 pm
635582 Free



Safety Talks with Hastings Sunrise Community Policing

Join the Hastings Sunrise Community Policing Centre staff and volunteers for senior's talks on crime prevention and safety programs following the senior's lunch program.

Tu Oct 20 12:15 pm-1:00 pm
633641 Free



Skeena High-Rise Residents Programs

Coffee Cart

Jana will be dropping by with the coffee cart. She will bring handouts and reminders of the weeks activities. Sign up for a trip you would like to join when you see her. This program is for Skeena high-rise residents only. No session Oct 12.

M Sep 14-Dec 14 10:00 am-11:30 am

Morning Bingo and Lunch

Skeena high-rise tenants are invited to join Jana in the dining room for weekly bingo and social time followed by lunch with Estela.

W Sep 9-Dec 9 10:30 am-12:30 pm

Coffee Break

Join Jana in the dining room on Thursday mornings for a cup of coffee or tea. Grab a word search or sudoku or just socialize with others. There will be seasonal craft project from time to time. Watch for the posters.

Th Sep 10-Dec 10 10:30 am-12:00 pm

Shopping Shuttle-Skeena Terrace & Beulah Garden

Simon will pick you up in the parking lot (Skeena) or in front of Aspen Green (4th Ave) or in front of the Bentall building (5th Ave) and take you to several local retail stores in the immediate area. This is a great time to pick up those heavier items so you don't have to walk home with them. The dates and times will be posted at Skeena and at Beulah. This program is for Skeena and Beulah residents only.

F Sep 11, 18 9:30 am-12:00 pm
F Oct 9, 23, 30 9:30 am-12:00 pm
F Nov 6, 20 9:30 am-12:00 pm
F Dec 4, 18 9:30 am-12:00 pm

FITNESS CENTRE



HOURS OF OPERATION

Mon-Fri 9:00 am-8:50 pm
 Sat..... 9:00 am-4:50 pm
 Sun Closed
 Sep 30/Oct 10/Nov 11/Dec 25... Closed



ADMISSION FEES				
Type	Single drop-in	10-visit pass	1 month	3 months
Adult (19-54 years)	\$4.25	\$38.25	\$32.55	\$81.90
Youth (13-18 years)	\$2.75	\$24.75	\$16.80	\$42.00
Senior (55+ years)	\$2.75	\$24.75	\$16.80	\$42.00
Prices listed above <i>include</i> tax. Fees are subject to change.				

You need to be 13 years and older to use the fitness centre. Thunderbird Fitness Centre passes only work at Thunderbird Community Centre. Please inquire about a *Flexipass* should you wish to use other fitness centres, pools and ice rinks within the Vancouver Park Board system.

LOCKERS

We have lockers available to store any larger items like a backpack and jacket while you workout. Please bring your own lock. *Overnight storage is not available. Any locks found at the end of the night will be cut off.

If you have smaller items only, such as keys and a wallet, we have a wallet locker available. A lock is not required, you can set your own combination.

LEISURE ACCESS PROGRAM

Patrons enrolled in the Leisure Access Program may receive 50% discount on single drop-in and monthly pass fees. For more information, please visit:
<https://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx>



Room	Square Footage	Capacity	Rates Operational Hours*	Rates Non-operational Hours
Meeting Room	320	15 people	\$25/hour	\$50/hour
Small Activity Room	620	30 people	\$25/hour	\$50/hour
Multi-purpose Room	1200	100 people	\$55/hour	\$80/hour
Gymnasium	4200		Not available	\$75/hour

***Operational Hours:** See page 3 for operating hours.

Non-operational hours: Rates include a rental supervisor, and require a minimum rental of 2 hours.
A \$200 damage deposit may be required upon booking.



Meeting Room



Multi-Purpose Room



Small Activity Room



Gymnasium

Policy & Procedures

The setup and clean-up 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, outside bouncy castles, open flames, or confetti is allowed. No alcohol may be served on the premises.

Instructional programs and business sport leagues are not permitted as rentals.

Check Availability & Submit Rental Request

To check availability or to submit a rental request, email thunderbirdcc@vancouver.ca with the specifics of your rental request, or visit the front office to pick up a rental request form.

Reservation requests are reviewed within 5-10 business days. Staff will contact you directly regarding the next steps to secure your booking. Room rental requests with less than 7 days notice may not get processed.

Rental Confirmation & Payment

Rentals are not confirmed until payment is made and, if applicable, proof of insurance coverage has been submitted.

Payments must be fully paid at least 1 week prior to your first rental date, otherwise the rental will be cancelled without notice.

Cancellations must be made at least 7 days prior to the rental date/time for a single rental date, or 30 days prior to the rental date/time for seasonal rentals/weekly reservation dates.

Contact us: 604-713-1818 · thunderbirdcc@vancouver.ca

RELAX AND ENJOY YOUR

Birthday Party

Multipurpose Room Package \$195

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

Saturdays

11:15am-1:15pm

2:15pm-4:15pm

Sundays

11:00am-1:00pm

2:00pm-4:00pm



Gymnasium Play-Gym Package \$255

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

Saturdays

11:30am-1:30pm

2:00pm-4:00pm

Sundays

10:00am-12:00pm

12:30pm-2:30pm

3:00pm-5:00pm



**Birthday Packages are available for registration on www.vanrec.ca.
Search for Activity "Birthday Party" and filter to Thunderbird under "Where"**

- All bookings are first come-first serve. Bookings must be paid to secure your spot. Waitlisting is not available.
- A damage deposit of \$100 is required for each party time slot.
- Table covers are mandatory and are available at the Centre for \$2/table cover.

- No access to a kitchen, fridge or freezer.
- 30 day minimum for full refund minus \$25 admin fee. See page 2 for more details for withdrawing or transferring.
- Visit www.thunderbirdcc.ca for a full list of policies.
- TSBC License #LAM0200026