



Recreation Guide FALL 2023

Sunset Community Centre Moberly Arts & Cultural Centre Sunset Ice Rink



Thank you to all our wonderful volunteers!



www.mysunset.net



6810 Main St, Vancouver, BC V5X 0A1 • Front Office: 604.718.6505

Operated jointly by the Sunset Community Association & the Vancouver Board of Parks and Recreation



Our Vision is a healthy community where diverse cultures thrive, and where everyone belongs and feels welcome to play, create and succeed in their own way.

Sunset Community Association President's Message

I hope everyone is enjoying a fantastic summer season filled with joy and cherished moments with your families and loved ones.

SCA Summer Escape, REMIX, and Youth camps are running at full capacity, captivating young minds with an array of exciting collaborations with nearby camps, engaging weekly workshops, and adventurous themed out-trips. Our camp leaders and volunteers are working hard throughout the summer to build connections and facilitate valuable learning experiences for all campers.

Like our summer camps, our licenced preschool, childcare, and out-of-school care programs are also at full capacity with waitlists.

In our commitment to empowering the youth of our community, we have hired eight new youth leaders to spearhead a diverse range of programs and workshops, such as arts & crafts, sports, and cooking. With their passion and dedication, we are confident that they will play a significant role in being mentors to our future leaders.

Recipients of this year's SCA scholarships in name of Clayton Cameron are Kirandeep Gandham, Gurbinder Badyal, and Jallen Veingsamorn. They are well deserving high school students, we wish them all the best in their future studies.

Our community celebration on Canada Day was once again extraordinarily successful! We witnessed over five thousand families, friends, youth, and seniors come together to partake in the festivities and outdoor activities - making it an unforgettable day. Our stage schedule was jam packed, from in-house program performances like bhangra and ballet to local youth performances. With over one hundred youth assist with the set up and take down of the event, as well as running the stations ranging from arts & crafts, carnival games, and amusement. Thank you to all the volunteers who put in their invaluable assistance to make this event happen. Other thanks you to all the local businesses and community members for sponsoring and supporting our event.

It gives me a great pleasure in sharing with Sunset Community that the preliminary planning process is in progress for the construction of a New Seniors Centre at Sunset.

We have an exciting Fall season ahead with many program offerings for all! With our registration starting on August 23, we cannot wait to see everyone at our upcoming programs and events.

Bhalwinder S Waraich
President, Sunset Community Association

Memberships

Become a member of Sunset Community Association by joining a registered paid program (except for Sunset Ice Rink programs). Memberships allow voting privileges at the Sunset Community Association Annual General Meeting. Adult (\$5) or Seniors (\$3.50). Memberships can be purchased at the front office.

Association Board of Directors

President..... Bhalwinder S. Waraich
Vice-Presidents..... Dr. Kala Singh, Doug Newstead
Treasurer..... Avtar Parmar
Secretary..... Vipin Sharma
Past President..... Don Munton
Members At Large: Gurinder Rakkar, Kashmir Dhaliwal, Leo Zhang, Phil Daum, Ratna Laghari, Sukhwinder Gill

The City of Vancouver acknowledges that it is situated on the unceded traditional territories of the xʷməθkʷəy̓əm (Musqueam Indian Band), Skwxwú7mesh (Squamish Nation), and səliłwətał (Tsleil-Waututh Nation).

Table of Content

Adult	24-33
Fitness Centre.....	40
Gymnasium Sports Schedule.....	29
Licensed Preschool	5
Moberly Arts Centre	34-37
Music Lessons	17
Out of School Care.....	5
Preschooler & Children	10-18
Registration Information.....	4
Special Events	6
Sunset Community Association ..	2 & 4
Camps & Activities.....	16
Volunteering	20
Youth.....	19-23

Facility Hours

September 1-December 31, 2023

Monday-Friday.....	9:00am-9:30pm
Saturday-Sunday	9:00am-5:00pm
October 2, 9, November 13, December 27-29.....	9:00am-5:00pm
December 24, 31.....	9:00am-1:30pm
December 25, January 1	Closed

Please note that the office closes 15 minutes before the facility closes.

Staff

Recreation Supervisor	Joe Wong
Programmer - Centre	Vivian Loi
Programmer - Rink.....	Eddy Uechi
Programmer - Moberly Arts Centre ..	Oliver McTavish-Wisden
Community Youth Worker.....	Rosa Aravena
Program Assistant III.....	Maggie Li
Recreation Facility Clerk.....	Ravina Rai, Alisha Paxton-Judge
Licensed Childcare Manager	Paramjeet Munday
Maintenance Technician	Jose Menjivar
Building Worker	Vicente Jun Villamin

Centre Program Registration

Wednesday, August 23 at 9:00am

ONLINE at vanrec.ca



ONLINE at
vanrec.ca



BY PHONE
604.718.6505 ex 1.



IN PERSON at
6810 Main St.

Ice Skating Lesson Registration Dates

Fall Set 1 will begin Thu, Sep 21 @7:00pm

ONLINE at vanrec.ca

How to Find Us



ਇਸ ਬਰੋਸ਼ਰ ਵਿਚ ਤੁਹਾਡੇ ਕਮਿਊਨਿਟੀ ਸੈਂਟਰ, ਆਰਟਸ ਸੈਂਟਰ, ਆਇਸ ਰਿੰਕ ਅਤੇ ਫਿਟਨੈੱਸ ਸੈਂਟਰ ਦੀਆਂ ਸਰਗਰਮੀਆਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਹੈ।
此小册子介绍您本区的社区中心、艺术中心、溜冰场及健身中心之活动。

This brochure describes activities at your local community centre, arts centre, ice rink and fitness centre.



We extend our gratitude to the Board of Directors, acknowledging their diligent efforts and unwavering commitment. We eagerly look forward to a remarkable year ahead under the guidance and leadership of the Board.

Sunset Community Centre Administration Information

Registration Information

1. Registration is first-come first served. See page 3 for registration dates and times.
2. Some programs fill up fast! Don't delay! Programs may also be cancelled due to insufficient registration.
3. Cheques are made payable to "City of Vancouver." NSF cheques will be charged \$35.
4. Please verify on your receipt: course date, times, prices and locations.
5. Registrations are non-transferable.



Program Refund Policy Centre (Association) Programs

- All refunds and transfers will be pro-rated with an administration fee of \$5 applied to each person and program. You will be refunded for the remainder of class, with a \$5 administration fee.
- Refunds and transfers for regular programs must be requested 48 hours prior to start of the scheduled second class. No refunds or transfers after the scheduled 2nd class. No refunds or transfers if you register after the 2nd class.
- Refund requests for specialty programs (day camps, cooking classes, luncheons, personal training, special events, music lessons, tutoring and workshops) must be submitted 7 days prior to the 1st scheduled class.
- Birthday Party refund or transfer requests must be made 14 days prior to party.
- Cash refunds will be returned by cheque. Refunds on debit or credit card will be refunded back on the same card. All refund requests can also be refunded back on customer's account for credit.
- Full refunds will be issued for any program cancelled by the Centre.
- There will be an administration fee charge of \$25 applied to all room rental and birthday party cancellations.

Subsidy Policy

The Sunset Community Association's Subsidy Policy provides low-income community members with access to basic recreation programs and services at Sunset Community Centre at a reduced cost. For more information, inquire at the front desk.

Rink (Park Board) Programs

- Sunset Rink will be closed for maintenance over the summer. For alternative rinks and their skating programs, please visit vanrec.ca for details.

We believe that each child is a unique individual who develops at his/her own pace to full potential and we value the importance of learning through play. We follow BC Early Learning Framework and work as a team to provide a balance of free play, quiet time and structured learning. All teachers are qualified Early Childhood Educators.

Sunset Preschool

[VIEW ONLINE](#)

Ages	Days	Time	Fees
3 years old	Tuesdays & Thursdays	9:15-11:45am	\$180/month*
3 & 4 mixed	Tuesdays & Thursdays	12:45-3:15pm	\$180/month*
4 years old	Mondays, Wednesdays & Fridays	9:15-11:45am	\$270/month*
3 & 4 mixed	Mondays, Wednesdays & Fridays	12:45-3:15pm	\$270/month*
3 & 4 mixed	Mondays & Fridays	9:00am-1:00pm	\$290/month*
3 & 4 mixed	Tuesdays, Wednesdays, Thursdays	9:00am-1:00pm	\$430/month*

* A small fee reduction from government may apply based on number of days.

Out of School Care @ Sunset Community Centre & Sexsmith Elementary School (Kindergarten to Grade 7)

Drop-off to and pick-up provided from Henderson Elementary.

[VIEW ONLINE](#)

School Day Hours	8:30am-9:00am before school 3:00am-6:00pm after school
School Breaks & Pro-D Day Hours	7:30am-6:00pm



Requirements at the time of registration for Licensed Childcare Programs

- 1) We accept cheques or cash only. No Credit or Debit
- 2) \$50 registration Fee (non-refundable) and a Deposit (equal to one month's fee) due at the registration. Please note this is not September Fee.
- 3) Post-Dated cheques for monthly payment.
 - We accept Affordable Child Care Benefit from Ministry of Children and Families. To apply for benefit call 1-888-338-6622 or on-line www.mcf.gov.bc.ca. Child Care Arrangement form after you complete the registration.

To inquire about registration for Licensed Childcare please contact Paramjeet Munday, Licensed Childcare Manager by email paramjeet.munday@vancouver.ca or phone: 604.718.6512.




Thanks to the City of Vancouver for providing the Enhancement Grant to keep our program fees below city average and to maintain and enhance the quality of our programs.

SPECIAL EVENTS

FALL KICK OFF

SEPTEMBER 4, 2023
11:00 AM - 1:00 PM

Games
Bouncy castle
Play gym
Arts & Crafts
Concession
And more!



Sunset Community Centre
6810 Main Street
604-718-6505 | mysunset.net



HAUNTED HALLOWEEN

October 27, 2023
4:00pm - 9:00pm



Sunset Community Centre
6810 Main Street
604-718-6505 | mysunset.net

Diwali Celebration

Celebrate Diwali with performances, refreshments, arts & crafts, games, and more!

November 13, 2023
11:00 AM - 1:00 PM



Sunset Community Centre
6810 Main Street
604-718-6505 | mysunset.net

BREAKFAST WITH SANTA

Santa Claus is coming to... Sunset, and he is bringing presents and an appetite! Enjoy arts & crafts, play gym, and photos with Santa. Registration required.

DECEMBER 17, 2023
10:30AM - 12:30PM



Sunset Community Centre
6810 Main Street
604-718-6505 | mysunset.net

Thank You

to our generous supporters and sponsors for our Community Celebration on Canada Day!
Our event was a great success and we look forward to next year's celebration.



Sunset on Fraser
Business Association



Jasonbel Creations Inc.
Diljeet Singh Taheem

Pall Beesla & Family
Community Members
In memory of
Jagir Kaur Beesla



Neetu Bedi 604-379-7212
Mobile Mortgage Specialist




203 SE Marine Drive




Hayer Health
PHYSIO / RMT
KINESIOLOGY / OSTEOPATHY
604 558 0340
www.hayerhealth.ca

Yu Family
Kevin Yu, Janet Woo,
Leona Yu, Mason Yu
Community Members



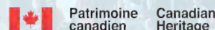
729 SE Marine Dr, Vancouver BC
Gurinder Rakkar

Mrs. Harbhajan Kaur
Atwal, Community
Member



6501 Main Street

Mr. Rajinder Singh
(Raj) Mundra,
Community Member





Birthday Parties



**Relax and enjoy your birthday party at Sunset Community Centre!
We will provide you with the fun, space and decorations to make your party exciting!**

Sit back and enjoy the party while our leaders take care of the set-up and clean-up of your party room.

These exciting 2-hour parties will make your child's birthday a memorable one!

All you have to do is book online, bring the food, utensils, and accessories! We have a wide range of colours of balloons, streamers, and tablecloths for you to choose from. Our amazing staff team will take care of the details for your party.



Birthday Party 40 Guests
Room 104



Birthday Party 30 Guests
Room 106 (popcorn & cotton candy)



Play Gym Set Up



Games Room Set Up

Book your Party Today!

Book early to avoid disappointment!

Visit our website to check for availability or to make a reservation.

www.mysunset.net/programs/birthdays-parties/

- We do not take reservations or hold spots over the phone or email. A leader will contact you 7 days before the party to confirm the details.
- Room times cannot be changed or altered in any way.
- 15 minutes for set-up and clean up.
- Add-on services must be requested at least 10 days prior to the party. Requests with less than 10 days' notice are not guaranteed.

Centre (Association) Program Refund and Cancellation Policy

- Birthday Party refund or transfer requests must be made 14 days prior to party. A \$25 administration fee applies to all refunds or transfers. If notification is not received before or by the stated time, the payee will forfeit all of the monies already paid.
- Cash refunds will be returned by cheque. Refunds on debit or credit card will be refunded back on to the same card. All refund requests can also be refunded back on customer's account for credit.
- Full refunds will be issued for any program cancelled by the Centre.

Add on Services

- Balloon Twisting +\$40**
- Face Painting +\$30**
- Cotton Candy +\$50**
- Button Making +\$25**
- Popcorn Machine+\$30**
- Balloon Arch+\$50**



Extra services are led by the Birthday Party Leaders!

- Each service runs for around 30 minutes.
- Face painting and balloon art services occur in the Gymnasium during Play Gym; button making, cotton candy, and popcorn services occur during party room time.
- Add on services must be requested at least 10 days prior to party; requests with less than 10 days' notice are not guaranteed.
- Balloon arch has "happy birthday" balloons, as well as balloons of the 2 party theme colours.



Pick your Party Package
→ See page 8

BIRTHDAY PARTY PACKAGES

Activities Spectacular Birthday Party for 30 Guests

[VIEW ONLINE](#)

The party package is designed for children up to 13 years old.

- Saturdays 1:45-3:45 pm
- No play gym (no gymnasium use, no bouncy castle)
- Includes button making, balloon art, face painting
- Shared fridge and freezer
- Select up to 2 colours of table covers, balloons, and streamers

This unique party package includes the exclusive use of two party rooms and three back-to-back activities (button making, face painting, balloon art)! All activities will be facilitated by our staff in the Lounge. Lounge is also equipped with foosball table, couch, and other games. Families can go back and forth between the party room and the activity room during the 2-hour party

Fees: \$270

Extra services are available and led by the Birthday Party Leaders! Each service runs for around 30 minutes. Cotton candy, and popcorn services occur in the party room. Balloon arch will be inside the party room in front of the white board.

Play Gym Birthday Party for 40 Guests

[VIEW ONLINE](#)

The party package is designed for children up to 12 years old.

- Saturdays 1:45-3:45 pm
- Play gym time 12:15-1:00pm (half gym)
- Shared fridge and freezer
- Select up to 2 colours of table covers, balloons, and streamers

Private indoor Play Gym (half gym) is included in the party package and has a bouncy castle, slide, plasma cars, bouncy toys, sports equipment, and much more. The 45-minute Play Gym is set for each package and cannot be changed.

Fees: \$250

Extra services are available and led by the Birthday Party Leaders! Each service runs for around 30 minutes. Face painting and balloon art services occur in the gymnasium during Play Gym; button making, cotton candy, and popcorn services occur during party room time. Balloon arch will be inside the party room in front of the white board.

Play Gym Birthday Party for 30 Guests

[VIEW ONLINE](#)

The party package is designed for children up to 12 years old.

- Saturdays 10:45 am-12:45 pm
- Play gym time 11:15-12:00 pm (half gym)
- Shared fridge and freezer
- select up to 2 colours of table covers, balloons, and streamers

Private indoor Play Gym (half gym) is included in the party package and has a bouncy castle, slide, plasma cars, bouncy toys, sports equipment, and much more. The 45-minute Play Gym is set for each package and cannot be changed.

Fees: \$250

Extra services are available and led by the Birthday Party Leaders! Each service runs for around 30 minutes. Face painting and balloon art services occur in the gymnasium during Play Gym; button making, cotton candy, and popcorn services occur during party room time. Balloon arch will be inside the party room in front of the white board.

Ultimate Play Gym Birthday Party for 60 Guests

[VIEW ONLINE](#)

The party package is designed for children up to 12 years old.

- Selected Saturdays (Sep 30, Oct 7, Nov 11)
- 10 am-12 pm in the gymnasium
- Shared fridge and freezer
- select up to 2 colours of table covers, balloons, and streamers

Your party has the exclusive use of the gymnasium in this Ultimate Birthday Party package! Play gym equipment is set up in the north side of the gym that includes bouncy castle, slide, plasma cars, bouncy toys, sports equipment, and much more. Equipment is designed for children up to 12 years old. Dining areas is set up in the south side of the gym. Two tables are for food and gifts, and six tables are set-up for eating.

Fees: \$350

Extra services are available and led by the Birthday Party Leaders! Each service runs for around 30 minutes. Face painting and balloon art services occur in the north side of the gymnasium; button making, cotton candy, and popcorn services occur in the south side of the gymnasium. Balloon arch will be in front of the cake table.



Food Bank Pick Ups



This is a free food bank program in partnership with the Greater Vancouver Food Bank. Pre-packaged hampers typically include fresh produce, dried goods, and household goods. Identification may be requested and it should match the registered name. Hampers can be picked up once per calendar week, per household. Registrants are encouraged to be a part of the Leisure Access Program prior to their first pickup



To be registered or for more information, please email us at sunset.foodbank@vancouver.ca



Every Saturday from 9:30am - 1:00pm
We encourage you to bring your own bag!



All our food is donated and delivered weekly

Food Bank Donations

Join us in making a difference by supporting our food bank donation drive! Your generous contributions will directly benefit those within our community. We warmly welcome non-perishable food items, even those up to 3 months past their best before date. Every can, box, or bag of nourishment can help an individual or a family. All proceeds will go towards our weekly food bank pickups.

Uncertain about what to donate or unsure if your dry goods are suitable? Reach out to us at sunset.foodbank@vancouver.ca for assistance and guidance.

Visit our front desk to drop off your donations!



Toddler • Preschool • Children • Preteen • Youth – Weekly Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Future Bounce Basketball (7-11yrs) 9:05 AM-10:35 AM	Petit Explorers (0-5yrs) 9:45 AM-11:15 AM	Arts, Crafts, and Storytelling (16+yrs) 9:30 AM-11:30 AM	Play Gym (0-5yrs) 9:30 AM-11:00 AM	Music Together @ (0-5yrs) 9:15 AM-10:00 AM	Play Gym (0-5yrs) 10:00 AM-11:00 AM	Sportball Parent and Tot Multisport (1-3yrs) 9:05 AM-9:50 AM
604 Bhangra Dance (4.5-6.5yrs) 9:15 AM-10:00 AM	Soccer (9-12yrs) 3:00 PM-4:00 PM	SVNH Family Play Time (0-6yrs) 9:45 AM-11:15 AM	DIY Designers (4-8yrs) 3:45 PM-4:40 PM	Co-Ed Pre-teen Basketball (9-12yrs) 3:30 PM-4:30 PM	Girls Only Multi-Sports/Games (13-16yrs) 3:00 PM-5:30 PM	Piano w/ Joanna (5+yrs) 9:15 AM-1:45 PM
Activity Studio & Phonics (4-6yrs) 9:15 AM-10:10 AM	Piano w/ Joanna (5+yrs) 3:00 PM-8:30 PM	Badminton FREE *must pre-register (9-12yrs) 3:45 PM-4:45 PM	Korean Pop/Asian Pop Dance (6-12yrs) 3:45 PM-4:45 PM	Girls Rock Camp Vancouver (8-15yrs) 3:30 PM-6:30 PM	Youth Basketball (9-12yrs) 3:00 PM-5:30 PM	Ballet - Parent and Tot (2-4yrs) 9:30 AM-10:00 AM
Piano w/ Kelly 9:15 AM-1:45 PM	Multi-Sport (5-8yrs) 3:45 PM-4:45 PM	Piano w/ Christine (5+yrs) 3:30 PM-7:30 PM	Ready, Set, Cook! (4-8yrs) 3:45 PM-4:40 PM	Piano w/ Derek (5+yrs) 3:30 PM-8:00 PM	Piano w/ Victoria (5+yrs) 4:00 PM-8:00 PM	Sportball Multisport (2-5yrs) 9:50 AM-10:35 AM
Music & Movement (1-3yrs) 9:30 AM-10:15 AM	Rhythmic Gymnastics Dance (7-12yrs) 4:00 PM-5:00 PM	Baking Buddies (5-8yrs) 3:45 PM-4:40 PM	Finish Strong Basketball Development (9-11yrs) 4:00 PM-5:00 PM	Youth Volleyball (9-12yrs) 3:30 PM-4:30 PM	Junior Leader 2B (11-13yrs) 4:30 PM-6:00 PM	Ballet (3-6yrs) 10:00 AM-10:45 AM
604 Bhangra Dance (5.5-9.5yrs) 10:15 AM-11:15 AM	Game On! Boys Mentorship (9-12yrs) 4:15 PM-5:15 PM	Badminton FREE *must pre-register (6-9yrs) 4:00 PM-4:55 PM	Adapted KPOP/Hip Hop/Ethnic Dance (6-12yrs) 4:45 PM-5:45 PM	Foodies-To-Be (4-9yrs) 3:45 PM-4:40 PM	Youth Council (13-18yrs) 4:30 PM-6:00 PM	Sounds of Africa (7-12yrs) 10:00 AM-12:00 PM
Head Start Math (7-11yrs) 10:15 AM-11:10 AM	Multi-Sport (5-9yrs) 4:45 PM-5:45 PM	Badminton (Youth) (13-18yrs) 4:50 PM-5:50 PM	Crafty Scientists (4-8yrs) 4:50 PM-5:45 PM	Girls+ Group (9-12yrs) 4:00 PM-6:00 PM	Acoustic Guitar w/ Tony (7+yrs) 5:30 PM-7:30 PM	Young Artists (5-13yrs) 10:00 AM-11:00 AM
Mini Performing Stars (2-5yrs) 10:15 AM-11:00 AM	Rhythmic Gymnastics Dance (4-6yrs) 5:00 PM-6:00 PM	Baking Buddies (5-8yrs) 4:50 PM-5:45 PM	Ready, Set, Cook! (8-12yrs) 4:50 PM-5:45 PM	Learning Buddies Network (0-8yrs) 4:00 PM-5:30 PM	Youth Basketball (13-18yrs) 5:45 PM-9:00 PM	Ballet (3-6yrs) 10:45 AM-11:30 AM
Badminton (6-9yrs) 11:00 AM-11:55 AM	Basketball (13-18yrs) 5:20 PM-6:00 PM	Badminton (9-16yrs) 5:00 PM-5:55 PM	Piano w/ Karen (5+yrs) 5:00 PM-8:30 PM	Co-Ed Pre-teen Basketball (13-15yrs) 4:45 PM-5:45 PM	Pre-teen Nights (9-12yrs) 6:00 PM-7:30 PM	Basketball (6-9yrs) 10:55 AM-11:50 AM
Junior Performing Stars (5-7yrs) 11:00 AM-11:45 AM	Bollywood Dance (4-12yrs) 6:15 PM-7:00 PM	Axe Capoeira Kids (6-13yrs) 6:30 PM-7:15 PM	Basketball (13-18yrs) 5:05 PM-5:50 PM	Youth Volleyball (13-18yrs) 4:45 PM-5:45 PM	Social Craft Group (9-12yrs) 6:00 PM-7:00 PM	Special Events Team (13-18yrs) 11:00 AM-1:00 PM
604 Bhangra Dance (9.5-17yrs) 11:15 AM-12:15 PM			Adapted KPOP/Hip Hop/Ethnic Dance (13-17yrs) 5:45 PM-6:45 PM	Foodies-To-Be (8-12yrs) 4:50 PM-5:45 PM	Queer Youth Create (13-18yrs) 7:15 PM-8:15 PM	Ballet (5-8yrs) 12:00 PM-12:45 PM
Imaginative Writing (6-11yrs) 11:15 AM-12:10 PM				Axe Capoeira Kids (6-13yrs) 6:30 PM-7:15 PM		Hibret Amharic School (6-18yrs) 12:00 PM-3:00 PM
Badminton (9-16yrs) 12:00 PM-12:55 PM						Finish Strong Basketball Development (12-16yrs) 12:05 PM-1:10 PM
Make & Bake (4-8yrs) 12:30 PM-1:25 PM						Ballet (8-12yrs) 12:45 PM-1:45 PM
Tutoring (4-12yrs) 12:45 PM-12:30 PM						Artsy/Bookworms (4-6yrs) 1:00 PM-1:55 PM
Karate (4-6yrs) 1:15 PM-2:00 PM						Science Explorers (4-6yrs) 2:00 PM-2:55 PM
Make & Bake (4-8yrs) 1:40 PM-2:35 PM						Taekwondo - Intermediate (5-13yrs) 2:15 PM-3:15 PM
Private Tutoring (4-12yrs) 1:45 PM-4:45 PM						Taekwondo - Beginner (5-13yrs) 3:15 PM-4:15 PM
Karate (7-18yrs) 2:00 PM-3:30 PM						
Acoustic Guitar w/ Artemis (5-13yrs) 2:45 PM-4:45 PM						

Social

Petit explorers

(0-5 yrs)

Aleithia Riebesehl

Our space will be transformed into an environment where children can explore and discover new things with exciting perspectives! Families can participate in or weekly featured activities. Toys will be available if petit explorers choose to do free play. Drop-in \$3.No session October 9 and November 13.

Mon Sep 11-Dec 11 9:45 AM-11:15 AM
470674 \$3/Drop in

SVNH Family Play Time

(0-6 yrs)

South Vancouver Neighbourhood House

A drop-in parent-participation program for children aged 0-6 and their families to build connections, learn, and play! There will be open play, arts and crafts, and music. No registration is required for this program.

Tue Sep 19-Dec 12 10:00 AM-11:30 AM
470679 FREE/Drop in

Play Gym

(0-5 yrs)

Come by and burn lots of energy playing with toys, making new friends and riding around in cars! Babies under 12 months are free. Parent participation is required.

Wed Sep 13-Dec 20 9:30 AM-11:00 AM
471925 \$3/Drop in
Fri Sep 15-Dec 22 9:45 AM-11:15 AM
471926 \$3/Drop in

Music Together®

(0-5 yrs)

Keiko Fuji

Fun, fabulous, and magical! A Music Together ® instructor will lead you in music activities ranging from lullabies to full-on jam sessions with child-friendly instruments. It'll be so much fun that you won't realize how much learning is taking place. Siblings can attend for a reduced price and children under 6 months can attend free with a registered sibling.

Thu Sep 28-Nov 30 9:15 AM-10:00 AM
470678 \$200/10 sessions

Sports

Sportball Parent and Tot Multisport

(2-3 yrs)

Sportball Vancouver

Parents can have a direct hand in a pre-schooler's development through a variety of different ball sports. Multi-sport classes teach children important introductory physical skills and help children develop confidence in their abilities. The programs also help parents understand techniques that can be applied outside of Sportball classes. Parents must participate. No session Septmeber 30, October 7, November 11.

Sat Sep 9-Oct 28 9:05 AM-9:50 AM
470681 \$108/6 sessions
Sat Nov 4-Dec 16 9:05 AM-9:50 AM
470683 \$108/6 sessions

Art, Culture & Environment

Rhythmic Gymnastics Dance

Elite Gymnastics

Rhythmic gymnastics combines the grace of ballet and the strength of artistic gymnastics with the challenging manipulation of colourful hand apparatus. Participants will learn basic body movements of apparatus techniques, while moving to various musical rhythms. This wonderful sport will develop hand-eye coordination, balance, agility, flexibility, and rhythm. Instructors are certified with the National Coaching Certification Program. No session October 2, 9, November 13.

(4-6 yrs)

Mon Sep 18-Dec 18 5:00 PM-6:00 PM
470657 \$93.51/11 sessions

(7-12 yrs)

Mon Sep 18-Dec 18 4:00 PM-5:00 PM
470658 \$93.51/11 sessions

Music Together - Rhythm Kids®

(4-7 yrs)

Keiko Fuji

We drum, sing, move, and play to rhythms inspired by musical traditions around the world. Students learn to compose, choreograph, and conduct as they play. We play with a variety of instruments such as African Djembe Drums, and more! Program taught in English and Japanese.

Mon Sep 25-Dec 11 3:45 PM-4:30 PM
473844 \$200/10 sessions

Bollywood Dance (5-12 yrs)

(5-13 yrs)

Spirit Of Dance Team

Have fun while learning some high-energy & fun dance moves with upbeat Indian Bollywood Music! Each class is carefully designed for children to exercise, as well as to develop a rhythm sense with choreographed Bollywood routines. No session October 2, 9 and November 13.

Mon Sep 18-Dec 18 6:15 PM-7:00 PM
470639 \$99/11 sessions

Korean Pop/Asian Pop Dance

(6-12 yrs)

ILLUMA Studios

Come enjoy our adapted dance experience while vibing to various fun dance genres including Korean Pop (KPOP), Hip Hop and other ethnic music! Dancers will learn choreography, footwork, isolations, stretches and more at their own pace! Meet friends, have fun, and rise to a new challenge. No previous experience required. Students will be accompanied by a guardian/parent; the adult's participation is optional but preferred. Dress: dry indoor shoes with non-marking soles preferred, comfortable sports clothing & face covering (as needed). Bring your water bottle and nut free snack/lunch! Find us on FB/IG @illumastudio

Wed Sep 13-Dec 20 3:45 PM-4:45 PM
473229 \$93.50/11 sessions

Art, Culture & Environment cont'd

Adapted KPOP/Hip Hop/Ethnic Dance Sampler Class

ILLUMA Studios

Come enjoy our adapted dance experience while vibing to various fun dance genres including Korean Pop (KPOP), Hip Hop and other ethnic music! Dancers will learn choreography, footwork, isolations, stretches and more at their own pace! Meet friends, have fun, and rise to a new challenge. No previous experience required. Students will be accompanied by a guardian/parent; the adult's participation is optional but preferred. Dress: dry indoor shoes with non-marking soles preferred, comfortable sports clothing & face covering (as needed).

(6-12 yrs)

Wed Sep 13-Dec 20 4:45 PM-5:45 PM
473229 \$93.50/11 sessions

(13-17 yrs)

Wed Sep 13-Dec 20 5:45 PM-6:45 PM
473230 \$93.50/11 sessions

Ballet

Sarah U

Learn the basics of ballet in an un-intimidating atmosphere. Basic ballet exercises, positions, vocabulary, and musicality will be taught while developing posture, musicality, and self expression in a fun and supportive environment. Classes will progress and culminate in a presentation on the last day of class. Please come in form-fitting clothing and ballet slipper. No session October 7, November 11, 18.

(3-4 yrs)

Sat Sep 23-Dec 16 9:15 AM-9:45 AM
471923 \$51/8 sessions

(4-6 yrs)

Sat Sep 23-Dec 16 9:45 AM-10:30 AM
471919 \$108/12 sessions

Sat Sep 23-Dec 16 10:30 AM-11:15 AM
471920 \$108/12 sessions

(6-8 yrs)

Sat Sep 23-Dec 16 11:30 AM-12:15 PM
471921 \$108/12 sessions

(9-12 yrs)

Sat Sep 23-Dec 16 12:15 PM-1:15 PM
471922 \$108/12 sessions

Music & Movement

(2-3 yrs)

Vancouver Performing Stars

Join your child in this high energy class full of singing and dancing. We will learn simple songs and beginner dance movements to help build your child's self-confidence and coordination. Music will be provided for at home listening and to encourage these little performers to participate on their own. Parent or guardian participation is mandatory. www.performingstars.ca. No session October 8 and November 12.

Sun Sep 17-Dec 10 9:30 AM-10:15 AM
471708 \$159.5/11 sessions

Mini Performing Stars

(3-5 yrs)

Vancouver Performing Stars

Dance and sing in a fun, high energy environment! From classic preschool songs to Disney and Broadway hits, students will be excited to show you what they learn. Your little performers will develop rhythm, characterization, coordination, and musicality through movement and song. Students must be able to participate without an adult. No session October 8 and November 12.

Sun Sep 17-Dec 10 10:15 AM-11:00 AM
471707 \$159.5/11 sessions

Junior Performing Stars

(5-8 yrs)

Vancouver Performing Stars

Learn all the essential skills to be a dynamite musical theatre performer! We'll explore all the best numbers from oldies, modern hits, Disney and Broadway. Sing with confidence, while learning fun choreography and the acting skills of a star! Visit performingstars.ca for more information. No session October 8 and November 12.

Sun Sep 17-Dec 10 11:00 AM-11:45 AM
471706 \$159.5/11 sessions

604 Bhangra Dance

(4.5-6.5 yrs)

604 Bhangra

Bhangra is a high-energy folk dance that originates from Punjab. This class will introduce students to bhangra music and sets of simple and easy bhangra moves. This class is perfect for preschoolers who have had a little bit to no experience in previous bhangra classes at Sunset Community Centre. Emphasis in this class will be on feeling the dhol beat and having fun! No drop-ins. Please register for this popular class. This program is taught by Sandip Rakhra. No session October 8, November 12, 26.

Sun Sep 17-Dec 10 9:15 AM-10:00 AM
470634 \$100/10 sessions

604 Bhangra Dance

(5.5-9.5 yrs)

604 Bhangra

Bhangra is a high energy folk dance that originates from Punjab. This class will introduce students to Bhangra music and sets of simple and easy Bhangra moves. As each class progresses, students will learn new moves through choreographed routines. This class is perfect for children who have had little to no experience in bhangra and are looking to solidify their understanding and execution of bhangra moves at Sunset Community Centre. This program is taught by Sandip Rakhra. No session October 8, November 12, 26.

Sun Sep 17-Dec 10 10:00 AM-11:00 AM
470632 \$120/10 sessions

*Looking for more
Art & Cultural Programs?*

Moberly Arts & Cultural Centre
moberlyartscentre.ca

604 Bhangra Dance

604 Bhangra

Bhangra is a high energy folk dance that originates from Punjab. This class will introduce students to Bhangra music and sets of simple and easy Bhangra moves. As each class progresses, students will learn new moves through choreographed routines. This class is perfect for children who have had little to no experience in bhangra and are looking to solidify their understanding and execution of bhangra moves at Sunset Community Centre. This program is taught by Sandip Rakhra. No session October 8, November 12, 26.

(9.5+ yrs)

Sun Sep 17-Dec 10 11:00 AM-12:00 PM
 \$130/10 sessions
470633



Sports

Multi-Sport

TBA Instructor

Students will learn fundamental movement skills and physical literacy while trying different sports and activities such as Badminton, Volleyball, Soccer, Basketball and more. This program provides a positive, non-competitive introduction to activity with a focus on building a variety of athletic skills for success across multiple sports. No session October 2, 9, November 13.

(5-8 yrs)

Mon Sep 18-Dec 4 3:45 PM-4:45 PM
 \$88/9 sessions
471755

(6-9 yrs)

Mon Sep 18-Dec 4 4:45 PM-5:45 PM
 \$88/9 sessions
471756

Badminton

Sheridan Dang

Introduction to badminton. Lessons are based on learning techniques, rallies and plays. Bring your own racquet if you have one.

(6-9 yrs)

Tue Sep 12-Oct 24 4:00 PM-4:55 PM
 \$63/7 sessions
471674

Tue Oct 31-Dec 12 4:00 PM-4:55 PM
 \$63/7 sessions
471678

Sun Sep 17-Dec 10 11:00 AM-11:55 PM
 \$88/9 sessions
473867

(9-16 yrs)

Tue Sep 12-Oct 24 5:00 PM-5:55 PM
 \$63/7 sessions
471675

Tue Oct 31-Dec 12 5:00 PM-5:55 PM
 \$63/7 sessions
471679

Sun Sep 17-Dec 10 12:00 AM-12:55 PM
 \$88/9 sessions
473867

Follow Us:

@MySunsetCC



Learn to Skate Program



Online registration strongly recommended.

➔ vanrec.ca

You can also register in person at any Vancouver Park Board Community Centre.

Sports cont'd

Sportball Multisport (3-5 yrs)

Sportball Vancouver

This program is designed to guide children through the introductory skills in a number of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence. No session October 7, November 11.

Sat	Sep 09-Oct 28	9:50 AM-10:35 AM
470680		\$126/7 sessions
Sat	Nov 4-Dec 16	9:50 AM-10:35 AM
470682		\$108/6 sessions

Basketball (6-9 yrs)

Aditya Dhiman

Children are taught the fundamental skills necessary while having fun. Skills include dribble, shoot, pass, and score on their way into a game. Classes are dedicated to skills development and putting those skills to work in an exciting and non-competitive game. Program is taught by a young leader. No session September 30, October 7, 11, November 11.

Sat	Sep 23-Dec 16	11:05 AM-12:00 PM
470672		\$95/10 sessions

Soccer

Aditya Dhiman

Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills and more. Classes are dedicated to skills development and putting those skills to work in an exciting and non-competitive game. No session September 30, October 7, and November 11.

(3-5 yrs)		
Sat	Sep 23-Dec 16	9:05 AM-9:50 AM
470670		\$95/10 sessions
(6-9 yrs)		
Sat	Sep 23-Dec 16	10:00 AM-10:55 AM
470671		\$95/10 sessions

Future Bounce (Gr 3-5)

Future Bounce Athletics Association

Future Bounce Basketball is Vancouver's first female run, female focused basketball program. Our goal is to give all self-identified girls the chance to play basketball, build connections, and enhance their skills. We know that basketball is about more than just what happens on the court. It's about developing confidence, teamwork, leadership, and life skills. Each week of practice will consist of a unique set of high level training to help you take your game to the next level. This program is designed for players of all skill levels. No session October 8 and November 12.

Sun	Sep 10-Dec 10	9:05 AM-10:35 AM
471739		\$117/12 sessions

Education

Baking Buddies

Bake, bake, and bake! Use the oven for a variety of baked snacks and treats!

(5-8 yrs)		
Tue	Sep 19-Oct 24	3:45 PM-4:40 PM
471761		\$60/6 sessions
Tue	Oct 31-Dec 05	3:45 PM-4:40 PM
471767		\$60/6 sessions
(9-12 yrs)		
Tue	Sep 19-Oct 24	4:50 PM-5:45 PM
471768		\$60/6 sessions
Tue	Oct 31-Dec 5	4:50 PM-5:45 PM
471769		\$60/6 sessions



Ready, Set, Cook! (5-8 yrs)

Let's get cooking! Learn new skills and techniques each week. Program includes baking, cooking, and a variety of low-prep treats. Bring a container to take home creations. Program is led by trained youth leaders.

(5-8 yrs)		
Wed	Sep 20-Oct 25	3:45 PM-4:40 PM
471680		\$60/6 sessions
Wed	Nov 01-Dec 06	3:45 PM-4:40 PM
471681		\$60/6 sessions
(9-12 yrs)		
Wed	Sep 20-Oct 25	4:50 PM-5:45 PM
473871		\$60/6 sessions
Wed	Nov 01-Dec 06	4:50 PM-5:45 PM
471681		\$60/6 sessions

Foodies-To-Be

Kitty Liang

Interested in cooking? Learn different types of appetizers, lunches, and dinners to make at home! Bring a container to bring home your creations.

(5-8 yrs)		
Thu	Sep 21-Oct 26	3:45 PM-4:40 PM
471782		\$60/6 sessions
Thu	Nov 2-Dec 7	3:45 PM-4:40 PM
471784		\$60/6 sessions
(9-12 yrs)		
Thu	Sep 21-Oct 26	4:50 PM-5:45 PM
471783		\$60/6 sessions
Thu	Nov 2-Dec 7	4:50 PM-5:45 PM
471785		\$60/6 sessions

Make & Bake

(5-8 yrs)

Spend the afternoon creating tasty treats and snacks to enjoy at home, or bring to school! Create snacks like rice krispies, apple pies, tarts, and more! Program is taught by a young leader.

Sun	Sep 24-Oct 29	12:30 PM-1:25 PM
471729		\$50/10 sessions
Sun	Nov 5-Dec 10	12:30 PM-1:25 PM
471737		\$50/10 sessions
Sun	Sep 24-Oct 29	1:40 PM-2:35 PM
471732		\$50/10 sessions
Sun	Nov 05-Dec 10	1:40 PM-2:35 PM
471738		\$50/10 sessions

Crafty Scientists

(5-8 yrs)

Learn the world of science through crafts and experiments! Each week is a different theme exploring the ecosystem, physics, biology, and more!

Wed	Sep 20-Oct 25	4:50 PM-5:45 PM
473869		\$60/6 sessions
Wed	Nov 01-Dec 06	4:50 PM-5:45 PM
473870		\$60/6 sessions

DIY Designers

(5-8 yrs)

Learn how to make your home fun! Join us each week to create wall decorations, succulent planters, photo art, and more. Program is led by trained youth leaders.

Wed	Sep 20-Oct 25	3:45 PM-4:40 PM
471672		\$60/6 sessions
Wed	Nov 1-Dec 6	3:45 PM-4:40 PM
471671		\$60/6 sessions

Young Artists

(6-12 yrs)

Olga Chowdhury

Join our local artist, Olga, for art development. Participants will learn art through play and learn various techniques for painting, including oil, acrylic, watercolor, and decoupage. This program will inspire children's imagination and they will create artwork to take home. No session September 30, October 7, November 11.

Sat	Sep 16-Dec 9	10:00 AM-11:00 AM
470666		\$200/10 sessions

Artsy Bookworms

(4-6 yrs)

Explore the world of imagination with books. Children will be exposed to reading and experimenting with various ways of sharing stories using felt art, building blocks, and drawings. Program is taught by a young leader. No session September 30, October 7, and November 11.

Sat	Oct 14-Dec 16	1:00 PM-1:55 PM
470684		\$81/9 sessions
Sat	Nov 4-Dec 16	10:00 AM-11:00 AM
470667		\$120/6 sessions

Science Explorers

(4-6yrs)

Explore the science of sugar through reading and creating, and flourish young minds with knowledge and imagination. Hands on experiments are part of our weekly adventures. Children will learn fun facts to astonish their minds. This program is led by a young leader. No session October 9, November 11.

Sat	Sep 23-Dec 16	2:00 PM-2:55 PM
473226		\$93.50/11 sessions

Activity Studio & Phonics

(4-6 yrs)

Manpreet Chote

Activity Studio & Phonics is geared towards getting children ready for reading and writing through play. Children will work through worksheets and play fun games to help them with various reading and writing exercises. No session October 1, 8, November 12.

Sun	Sep 17-Dec 10	9:15 AM-10:10 AM
471787		\$99/11 sessions

Head Start Math

(7-11 yrs)

Manpreet Chote

This program is geared for primary grade math. Children will work through worksheets and play fun games to help them with various math problems and exercises. No session October 1, 7, November 12.

Sun	Sep 17-Dec 10	10:15 AM-11:10 AM
471788		\$99/11 sessions

Imaginative Writing

(6-11 yrs)

Manpreet Chote

Let your imagination flow! Children will be encouraged to be brave, and create short stories to practice and improve writing skills. No session October 1, 8, November 12.

Sun	Sep 17-Dec 10	11:15 AM-12:10 PM
471790		\$99/11 sessions

Learning Buddies Network

(Gr. 3-5)

Learning Buddies Network

In partnership with Learning Buddies Network we are offering free one-on one reading and math tutoring for children performing below grade level. Students are paired one-on-one with a trained high school mentor and our programs are supervised by BC registered teachers (staff). Buddies applying to our Reading Buddies program must be in Grades 1-5 (as of September). Buddies applying to our Math Buddies program must be in Grades 3-5 (as of September) AND students must be at least one grade behind in school in the subject and have conversational level English ability to participate in our program. The child will then be assessed to make sure they are the right fit for this program. To register you must contact Rosa Community Youth Worker at email rosa.aravena@vancouver.ca.

Thu	Oct 12-Dec 7	4:00 PM-5:30 PM
473097		FREE/9 sessions

Education cont'd

Refund Policy for Tutoring Programs

Refund requests for specialty programs (day camps, cooking classes, luncheons, personal training, special events, music lessons, tutoring and workshops) must be submitted 7 days prior to the 1st scheduled class.

Private Tutoring (5-13 yrs)

This program provides an opportunity for tutoring that's designed to help improve the child's growth in any school subject. Perfect for catching up on school work, while also providing extra time to master new skills. This program is led by an upcoming elementary teacher. No session May 21.

Manpreet Chote

Sun	Sep 17-Dec 10	1:45 PM-2:45 PM
471791		\$220/11 sessions
Sun	Sep 17-Dec 10	2:45 PM-3:45 PM
471792		\$220/11 sessions
Sun	Sep 17-Dec 10	3:45 PM-4:45 PM
471793		\$220/11 sessions

TBA instructor

Sun	Sep 17-Dec 10	12:45 PM-1:45 PM
471791		\$220/11 sessions
Sun	Sep 17-Dec 10	1:45 PM-2:45 PM
471791		\$220/11 sessions
Sun	Sep 17-Dec 10	2:45 PM-3:45 PM
471792		\$220/11 sessions
Sun	Sep 17-Dec 10	3:45 PM-4:45 PM
471793		\$220/11 sessions

Tutoring (2 students) (5-13 yrs)

Manpreet Chote

This program provides an opportunity for tutoring that's designed to help improve the child's growth in any school subject. Perfect for catching up on school work, while also providing extra time to master new skills. This program is led by an upcoming elementary teacher. No session May 21.

Sat	Sep 30-Nov 25	9:30 AM-10:30 AM
471794		\$144/9 sessions

Follow Us:
@MySunsetCC



Day Camp

Pro-Day Camp

(6-12 yrs)

TBA Instructor

No School! Join us for fun and activities will include sports, cooperative games, arts & crafts, and much more. Please pack snacks, lunch and a bottle of water and dress appropriately for the weather! For the safety of your child, Parental Consent Forms must be completed. Children will not be permitted in the program until the completed form is received.

Fri	Sep 22	9:00 AM-4:00 PM
473074		\$56/1 sessions
Fri	Oct 20	9:00 AM-4:00 PM
473079		\$56/1 sessions
Fri	Nov 24	9:00 AM-4:00 PM
473080		\$56/1 sessions

Winter Break Camp -Week 1

(6-12 yrs)

TBA Instructor

Register your child for Winter Break day camp with Sunset Community Centre. Each week, children will create arts and crafts, play games, sports and other activities, and go on out-trips. Spots are limited, so register now! For the safety of your child, Parental Consent Forms must be completed. Children will not be permitted in the program until the completed form is received.

Wed-Fri	Dec 27-Dec 29	9:00 AM-4:00 PM
473184		\$126/3 sessions

Winter Break Camp -Week 2

(6-12 yrs)

TBA Instructor

Register your child for Winter Break day camp with Sunset Community Centre. Each week, children will create arts and crafts, play games, sports and other activities, and go on out-trips. Spots are limited, so register now! For the safety of your child, Parental Consent Forms must be completed. Children will not be permitted in the program until the completed form is received.

Mon-Fri	Jan 1-Jan 5	9:00 AM-4:00 PM
473186		\$168/4 sessions

Finish Strong

Annual Holiday Shooting Camp

(10-16 yrs)

David Knight

Finish Strong is proud to announce our annual Holiday basketball shooting camp. Campers will develop some strong shooting development by learning new drills and techniques to help fine tune their shooting. Along with and feedback they can take away from the camp, and some game play so they can put those skills to use. It will be a fun 3 day's of camp in a positive and encouraging environment. ALL campers will receive cool holiday exclusive to Finish Strong basketball only holiday T-shirt for signing up. We hope to see you on the court with us this holiday break!

Wed Thu Fri	Dec 27-Dec 29	9:00 AM-12:00 PM
473007		\$100/6 sessions

Music

Piano - Private Lessons

Half-hour lessons with a combination of music theory and practical piano playing. This is a good introduction for your child to learn to enjoy music. Cost of piano books is not included.

Mon	Sep 11-Dec 4	3:30 PM-8:30 PM
Joanna Wan	VIEW ONLINE	\$312/13 sessions
Tue	Sep 12-Dec 5	3:30 PM-8:30 PM
Christine Lai	VIEW ONLINE	\$312/13 sessions
Wed	Sep 13-Dec 6	5:00 PM-8:30 PM
Karen Wu	VIEW ONLINE	\$312/13 sessions
Thu	Sep 14-Dec 7	3:30 PM-8:00 PM
Derek Pang	VIEW ONLINE	\$312/13 sessions
Fri	Sep 15-Dec 8	4:00 PM-8:30 PM
Victoria	VIEW ONLINE	\$312/13 sessions
Sat	Sep 9-Dec 9	9:15 AM-4:45 PM
Joanna Wan	VIEW ONLINE	\$312/13 sessions
Sun	Sep 10-Dec 10	9:15 AM-4:45 PM
Kelly Fang	VIEW ONLINE	\$288/12 sessions



Acoustic Guitar - Private Lessons

Express your creativity through music and learn to play your favourite songs on guitar! Learn to play acoustic. Along with learning the songs you're most interested in, lessons cover: music theory; technique; chords and melodies; understanding and employing beat and rhythm; reading music, tuning, & maintenance. Guitars are not provided, but the instructor can help with advice & purchasing. ½ hour private lessons are open to children.

(7+yrs)

Fri	Sep 15-Dec 8	5:30 PM-8:00 PM
Tony Guo	VIEW ONLINE	\$312/13 sessions
(5-12 yrs)		
Sun	Sep 10-Dec 10	2:15 PM-4:45 PM
Artemis Cheung	VIEW ONLINE	\$288/12 sessions

Violin - Private Lessons

(5-13 yrs)

Join as a complete beginner or tune up your violin skills. Students of all levels are welcome! Learn the violin in a supportive environment with a dedicated teacher. Violin available to borrow during class. Lessons are scheduled in 30 minute time slots.

Sat	Sep 9-Dec 9	2:15 PM-4:45 PM
Hazel Yeung	VIEW ONLINE	\$312/13 sessions



Martial Arts

Axe Capoeira Kids

Amanda Torres

These are ongoing classes where anyone can join, no previous experience necessary. It covers all aspects of Capoeira; martial-arts, dance, acrobatics, music, culture, language, and more. It focuses on developing the student's coordination, balance, strength, rhythm, and flexibility. Drop in \$25.00 as space allows.

Tue Thu	Sep 5-Sep 28	6:30 PM-7:15 PM
473877		\$100/8 sessions
Tue Thu	Oct 3-Oct 31	6:30 PM-7:15 PM
473878		\$112.50/9 sessions
Tue Thu	Nov 2-Nov 30	6:30 PM-7:15 PM
473879		\$112.50/9 sessions
Tue Thu	Dec 5-Dec 21	6:30 PM-7:15 PM
473880		\$75/6 sessions

Martial Arts cont'd

Axe Capoeira

(14+ yrs)

Amanda Torres

These are ongoing classes where anyone can join, no previous experience necessary. It covers all aspects of Capoeira; martial-arts, dance, acrobatics, music, culture, language, and more. It focuses on developing the student's coordination, balance, strength, rhythm, and flexibility. Drop in \$25.00 as space allows.

Tue Thu	Sep 5-Sep 28	7:15 PM-8:30 PM
470642		\$100/8 sessions
Tue Thu	Oct 3-Oct 31	7:15 PM-8:30 PM
470643		\$112.50/9 sessions
Tue Thu	Nov 2-Nov 30	7:15 PM-8:30 PM
470644		\$112.50/9 sessions
Tue Thu	Dec 5-Dec 21	7:15 PM-8:30 PM
470645		\$75/6 sessions

Taekwondo - Beginner

(5-13 yrs)

Third Eye Martial Arts

Taekwondo program is designed to develop physical strength and teach practical self-defence techniques in stand-up and ground position. Another aspect of Taekwondo is Olympic sport sparring training, which is introduced at the intermediate level. Black belts will receive their certificates from the World Taekwondo Headquarters (Kukkiwon). All tests are conducted by Master E.Saadati, black belt (7th degree) and world Taekwondo champion. Testing is optional (belt fee extra). Uniform required; see instructor on first class. No session October 7 and November 11.

Sat	Sep 9-Dec 16	3:15 PM-4:15 PM
470659		\$247/13 sessions

Taekwondo - Intermediate

(5-13 yrs)

Third Eye Martial Arts

Taekwondo program is designed to develop physical strength and teach practical self-defence techniques in stand-up and ground position. Another aspect of Taekwondo is Olympic sport sparring training, which is introduced at the intermediate level. Black belts will receive their certificates from the World Taekwondo Headquarters (Kukkiwon). All tests are conducted by Master E.Saadati, black belt (7th degree) and world Taekwondo champion. Testing is optional (belt fee extra). Uniform required; see instructor on first class. No session October 7 and November 11.

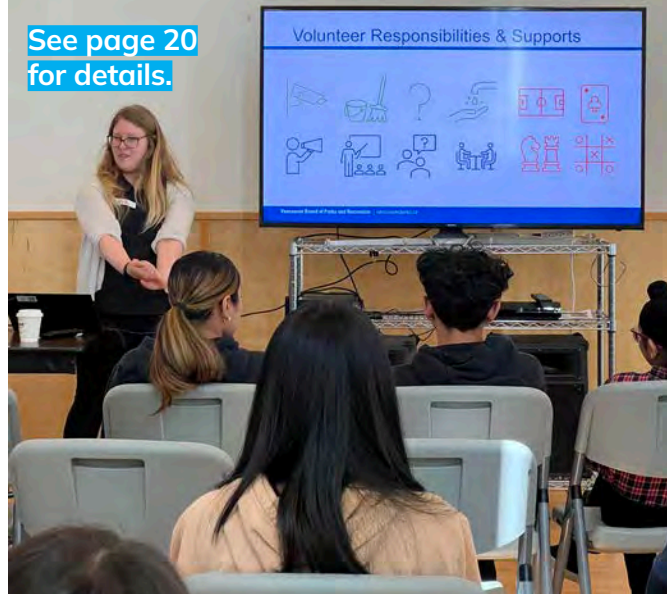
Sat	Sep 9-Dec 16	2:15 AM-3:15 AM
470660		\$247/13 sessions

Follow Us:
@MySunsetCC



Youth Volunteer Orientation

See page 20
for details.



Karate

George Chan

Have fun while learning traditional Go-Ju Ryu Karate-Do with 7th Dan Shihan George Chan (over 30 years of Karate and teaching experience) and his Senior Assistants. This Karate program improves focus, self-discipline, physical fitness and motor skills. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. For more information, visit www.kuyukai.com. No session October 8 and November 12.

(5-6 yrs)

Please note that parents or older siblings (16+yrs) are required to stay behind with the child when class is in progress and are welcomed to participate, but do not need to register.

Sun	Sep 17-Dec 10	1:15 PM-2:00 PM
470650		\$132/11 sessions

(7+ yrs)

This class is intended for all ages. Depending on the size of the class and differences in levels, there will be sub-groups within the class.

Sun	Sep 17-Dec 10	2:00 PM-3:30 PM
470651		\$132/11 sessions

Karate Black Belts

(13+ yrs)

George Chan

Traditional Japan Go-Ju Ryu karate taught by 7th Dan Shihan George Chan (over 35 years teaching experience) and his Team of Black Belt Instructors. This program improves focus and self-discipline. Class starts with warm up and stretching exercises. Self defense techniques and katas (forms of movements). No contact, controlled sparring. Beginners are welcome. For more info, please visit www.kuyukai.com.

Sun	Nov 12, Nov 26, Dec 10	3:45 PM-5:00 PM
470652		\$60/3 sessions

Art, Culture & Environment

Queer Youth Create

(13-18 yrs)

Wake Cook

Queer Youth Create combines artistic expression with queer identity, providing a space for LGBTQ+ youth to be creative! We will explore drawing, painting, sculpture, collage, and comic storytelling, and more. Classes will be led by Wake Darrah Cook, Emily Carr Alumnus and published comic artist, with guest demos and instruction from fellow queer artists. This program is open to anyone who identifies as part of the LGBTQIA+ community and their allies. Program has been created to be a safe zone for young people. No session October 27.

Fri Sep 15-Dec 22 7:15 PM-8:15 PM
472731 FREE

Education

Red Cross Babysitting Course

(11-15 yrs)

First Aid Hero

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. Please bring nut free lunch for the day and medium-sized stuffed animal.

Sat TBA 9:30 AM-4:30 PM
473223 \$65/1 session

Red Cross Stay Safe Course

(9-13 yrs)

Offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.

Course content:

- The importance of responsibility and respect while being accountable for yourself
- The importance of setting and following safety rules when on your own
- How to stay safe at home and within the community
- How to prepare for, recognize and respond to unexpected situations (e.g., inclement weather, strangers, and unanticipated visits).
- Basic first Aid skills Minimum 9 years of age

Sat Sep 30 9:30 AM-3:30 PM
474115 \$65/1 sessions

Sat Oct 7 9:30 AM-3:30 PM
474118 \$65/1 sessions

Sat Nov 11 9:30 AM-3:30 PM
474120 \$65/1 sessions



Follow us on Instagram
@SunsetCC.Youth

Social

Games Room

(9-12 yrs)

Wake Cook

Want a place that you can hang out, feel safe and have fun! Join us in the games room. Play cards, pool, board games and crafts. The Community Youth Worker will be available to engage, connect, and to provide support and resources.

Mon-Thu Sep 11-Dec 21 3:00 PM-4:30 PM
472857 FREE

Fri Sep 15-Dec 22 3:00 PM-5:15 PM
472859 FREE

Games Room

(13-18 yrs)

Wake Cook

Want a place that you can hang out, feel safe and have fun! Join us in the games room. Play cards, pool, board games and crafts. The Community Youth Worker will be available to engage, connect, and to provide support and resources.

Mon-Thu Sep 11-Dec 21 4:35 PM-6:00 PM
472858 FREE

Fri Sep 15-Dec 22 6:00 PM-8:00 PM
473834 FREE

Pre-teen Nights

(9-12 yrs)

TBA Instructor

Looking for a kick start to your weekend? Each week will involve unique activities that will take place within the centre and in the community. This is also the perfect opportunity to meet new people and make new friends! Spaces are limited, so register early. Once you are registered for an activities there is no in and out from the program. Registration and consent forms are required.

Weekly Activities:

Sep 15 - Ice Breakers & Building Competition

Sep 22 - Kahoot Night & rice Krispies

Sep 29 - Nature Scavenger Hunt

Oct 6 - Cinnamon Twist

Oct 13 - Movie Night & Spaghetti

Oct 20 - Personal Pizza Night

Oct 27 - Pumpkin Craving

Nov 3 - Cook Healthy Dinner

Nov 10 - Paint night

Nov 17 - Board Games and Brownies

Nov 24 - Movie Night + Popcorn

Dec 1 - Lava Lamps + Slime

Dec 8 - Bake & Decorate Holiday Cookies

Dec 15 - Gingerbread House Building Competition

Fri Sep 15-Dec 22 6:00 PM-7:30 PM
472867 \$2.00/drop-in

Social Craft Group

(9-12 yrs)

Wake Cook

Join Wake for some cool and creative Arts and crafts each week.

Fri Sep 15-Dec 22 6:00 PM-7:00 PM
472867 \$40/15 sessions

Leadership

Junior Leader 2B (11-13 yrs)

TBA Instructor

For preteens in gr. 6 & 7. Learning leadership skills through weekly themed topics to encourage skill building, confidence, and knowledge for future decision making and training for future volunteering. Must complete consent forms.

Fri Sep 15-Dec 22 4:30 PM-6:00 PM
472734 FREE

Youth Council (13-18 yrs)

TBA Instructor

Are you looking for volunteer hours and being more involved in your community, a voice for other youth? Sunset is looking for youth who are interested in sharing ideas, opinions, and thoughts about what they would like to see at Sunset. This is an opportunity for youth to grow and develop their leadership skills through workshops, projects and team activities. Take initiative on fundraisers for other youth and families in our community.

Fri Sep 15-Dec 22 4:30 PM-6:00 PM
472988 FREE

Special Events Team - S.E.T. Volunteers (13-18 yrs)

TBA Instructor

Are you looking to make a difference in the community? Become a S.E.T. Volunteer, share your ideas and put them to action as special event planning will be a part of the leadership meetings. We will also participate as activity leaders for Sunset's events.

Sat Sep 16-Dec 23 11:00 AM-1:00 PM
472985 FREE/15 sessions

Pro D Volunteer (14-18 yrs)

TBA Instructor

Volunteer for our Pro D Camp on September 22 from 8:30-4:30. Please pack snacks, lunch, and a bottle of water and dress appropriately for the weather. Youth wanting to volunteer must have completed a volunteer orientation. Consent forms must be completed and returned.

Fri Sep 22 8:30 AM-4:30 PM
473060 FREE

Fri Oct 20 8:30 AM-4:30 PM
473065 FREE

Fri Nov 24 8:30 AM-4:30 PM
473068 FREE



Follow us on Instagram
@SunsetCC.Youth

Volunteer Orientation

(13-18 yrs)

TBA Instructor

Youth wanting to volunteer for the centre will have to attend mandatory orientation. Training will include: Site tour, volunteer role and responsibilities, rights and guide lines, emergency procedures. After completing this orientation you can begin to volunteer.

Fri Sep 22 4:00 PM-6:00 PM
473190 FREE

Wed Oct 18 5:00 PM-6:40 PM
473195 FREE

Wed Nov 22 5:00 PM-7:00 PM
473213 FREE

Wed Dec 13 5:00 PM-7:00 PM
473220 FREE

Learning Buddies Network

(Gr. 3-5)

Learning Buddies Network

A free one-on one reading and math tutoring for children performing below grade level. Students are paired one-on-one with a trained high school mentor and our programs are supervised by BC registered teachers (staff). Buddies applying to our Reading Buddies program must be in Grades 1-5 (as of September). Buddies applying to our Math Buddies program must be in Grades 3-5 (as of September) AND students must be at least one grade behind in school in the subject and have conversational level English ability to participate in our program. The child will then be assessed to make sure they are the right fit for this program. To register please contact Rosa at email rosa.aravena@vancouver.ca.

Thu Oct 12-Dec 7 4:00 PM-5:30 PM
473097 FREE

Girls+ Group

(9-12 yrs)

Andrea Norman

Program is open to all girls and femme-identifying youth. Weekly activities such as baking, cooking, out -trips, workshops and much more. The groups focus is to empower young girls with topics that matter to them around, healthy eating, relationships, emotional health, transitioning to high school, and staying positive. This program is based on trust, inclusion, and having fun! Pre registration and consent forms are required.

Thu Sep 14- Dec 21 4:00 PM-6:00 PM

472852 FREE

Learning Buddies Volunteers

(9-12 yrs)

Andrea Norman

In partnership with Learning Buddies Network we are offering free one-on one reading and math tutoring for children performing below grade level. Students are paired one-on-one with a trained high school mentor and our programs are supervised by BC registered teachers (staff). We are looking for youth volunteers must be in grade 10 to volunteer will receive training. Contact our Community Youth Worker at rosa.aravena@vancouver.ca for more details.

Thu Oct 12- Dec 7 3:45PM-5:45 PM
473840 Free/15 sessions

Sports

Game On! - Boys Mentorship (9-12 yrs)

Big Brothers

This free program in partnership with Big Brothers of Greater Vancouver. Program uses a mentor approach to provide boys age 9-12 with information and support to make informed choices about a range of healthy lifestyle practices. Through non-traditional physical activities, complemented with healthy eating support, participants are engaged in life skills, communication, and emotional health discussions designed to engage participants in the pursuit of life-long healthy. Designed to provide mentors an opportunity to openly discuss current and pressing issues facing boys and young men through the lens of healthy living. By developing a relationship based on trust, each boy can be positively supported in challenging the pressures they face in today's society. Game On! Mentors are volunteers who are enthusiastic about healthy, active living and are specially selected and trained to deliver the program. Mentor Parent consent is required. Each session is structured around four themes: physical activity, healthy eating, self-esteem, and communication skills. No session November 13.

Mon Oct 16-Dec 18 4:15 PM-5:15 PM
472984 FREE

Finish Strong Basketball Development - Coed (9-11 yrs)

David Knight

This program is designed and focused on developing players' basketball fundamentals. We teach basic to advanced training in all areas to develop your basketball game. Please bring a water bottle, a basketball, and proper gym wear to class. "It's not how you start, it's how you FINISH!" For more information about Finish Strong Basketball, please email

Team@finishstrongbasketball.ca.

Wed Sep 13-Nov 1 4:00 PM-5:00 PM
472978 \$115/16 sessions

Finish Strong Basketball Grassroots Skill Development - Boys (12-16 yrs)

David Knight

It's not how you start, it's how you FINISH! Our Grassroots Skill development program is dedicated to promoting a healthy environment where players can grow on and off the court. Our programs skills focus on improving youth's basketball skills in Dribbling, Shooting &, passing and defense as well in other areas of the game. While increasing their self-esteem & self-confidence on and off the court. Bring your own Basketball and Water bottle. No session September 30, October 7, November 11.

Sat Sep 9-Nov 18 12:05 PM-1:10 PM
473005 \$115/9 sessions

Drop-in Basketball - Monday (13-18 yrs)

Join us for Basketball! Maybe asked to show ID. No session November 13

Mon Sep 11-Dec 18 5:20 PM-6:00 PM
472982 FREE

Soccer Youth (9-12 yrs)

TBA

Come play Soccer. Sunset Community Youth Worker will be available to engage, connect, and to provide support and resources. rosa.aravena@vancouver.ca No Class Oct 2, 9 and Nov 13

Mon Sep 11-Dec 18 3:00 PM-4:00 PM
473842 FREE

Badminton - Tuesday

Andrea Norman

Join us for Badminton! Skills and drills included. Must register monthly .If you have any further inquiries, please contact Rosa Aravena, Sunset Community Youth Worker:

rosa.aravena@vancouver.ca

(9-12 yrs)
Tue Sep 12-Sep 26 3:30 PM-4:30 PM
472975 FREE

Tue Oct 3-Oct 31 3:30 PM-4:30 PM
473848 FREE

Tue Nov 7-Nov 28 3:30 PM-4:30 PM
473849 FREE

Tue Dec 5- Dec 19 3:30 PM-4:30 PM
473850 FREE

(13-18 yrs)
Tue Sep 12-Dec 19 4:50 PM-5:50 PM
472976 FREE

Tue Oct 3-Oct 31 4:50 PM-5:50 PM
473854 FREE

Tue Nov 7-Nov 28 4:50 PM-5:50 PM
473862 FREE

Tue Dec 5 -Dec 19 4:50 PM-5:50 PM
473863 FREE

Basketball - Wednesday (13-18 yrs)

Join us for Basketball! Maybe asked for proof of age. Some instruction skills and drills. If you have any further inquiries, please contact Rosa Aravena, Sunset Community Youth Worker: rosa.aravena@vancouver.ca

Wed Sep 13-Dec 20 5:05 PM-5:50 PM
472980 FREE/15 sessions



Follow us on Instagram
[@SunsetCC.Youth](https://www.instagram.com/SunsetCC.Youth)

Sports cont'd

Youth Volleyball - Thursday

Join us at our youth only volleyball time skills and drills included. Welcome to our safe space where everyone is welcome!

(9-12 yrs)

Thu Sep 14-Dec 28 3:30 PM-4:30 PM
472884 FREE

(13-18 yrs)

Thu Sep 14-Dec 21 4:45 PM-5:45 PM
472974 FREE

Co-Ed Basketball - Thursday

Come and out play basketball with Christian who will be instructing some skills and drills! You are encouraged to bring your own basketball if you have one.

(9-12 yrs)

Thu Sep 14-Dec 21 3:30 PM-4:30 PM
472840 FREE

(13-15 yrs)

Thu Sep 14-Dec 21 4:45 PM-5:45 PM
472842 FREE

Girls + Only Multi -Sports/Games Friday (13-15 yrs)

TBA Instructor

Want to just have fun? This program will include gym sports, like badminton, soccer, volleyball, dodge ball, ball hockey and also include cooperative and teambuilding games. All female identifying and non-binary youth welcomed. Come check it out it is all about having fun! All levels are welcomed! Located in the North Gym.

Fri Sep 15-Dec 22 3:00 PM-5:30 PM
472846 FREE

Youth Basketball - Friday

Jabarvir Pabla

Come and play basketball in an open gym setting! Pre-teens only. For youth 13-18 yrs-must show proof of age.

(9-12 yrs)

Fri Sep 8-Dec 22 3:00 PM-5:30 PM
472849 FREE

(13-18 yrs)

Fri Sep 8-Dec 22 5:45 PM-9:15 PM
472847 FREE

Youth Sports Schedule

[VIEW ONLINE](#)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Soccer 9-12yrs North Gym 3:00-4:00PM</p> <p>13-18yrs North Gym 5:20-6:00PM</p>	<p>Badminton FREE 9-12yrs 3:45-4:45PM *Must pre-register for monthly sessions.</p> <p>13-18yrs 4:50-5:50PM *Must pre-register for monthly sessions.</p>	<p>Finish Strong Basketball 9-11yrs South Gym 4:00-5:00PM (must pre-register)</p>	<p>Co-ed Basketball 9-12yrs 3:30-4:30PM</p> <p>13-15yrs 4:45-5:45PM</p>	<p>Multi-Sports (Girls+) 13-16yrs North Gym 3:00-5:30PM</p>
<p>*Game On! - Boys Mentorship North Gym 4:15-5:15PM *Must pre-register.</p>	<p>Badminton 6-9yrs 4:00-4:55PM *Must pre-register.</p> <p>9-16yrs 5:00-5:55PM *Must pre-register.</p>	<p>Basketball 13-18yrs South Gym 5:05-5:50PM</p>	<p>Volleyball 9-12yrs 3:30-4:30PM</p> <p>13-18yrs 4:45-5:45PM</p>	<p>Youth Basketball 9-12yrs South Gym 3:00-5:30PM</p> <p>13-18yrs 5:45-9:00 PM *must show proof of age</p>

Games Room

<p>9-12yrs 3:00-4:30PM</p> <p>13-18yrs 4:35-6:00 PM</p>	<p>9-12yrs 3:00-4:30PM</p> <p>13-18yrs 4:35-6:00 PM</p>	<p>9-12yrs 3:00-4:30PM</p> <p>13-18yrs 4:35-6:00 PM</p>	<p>9-12yrs 3:00-4:30PM</p> <p>13-18yrs 4:35-6:00 PM</p>	<p>9-12yrs 3:00-5:15PM</p> <p>13-18yrs 6:00-8:00 PM</p>
---	---	---	---	---

Gymnasium and Games Room is a safe place for youth to use. No adults allowed. May be asked to show ID

Check out weekly programs and special events for 2STGD and 2SLGBTQIA+ children, youth, adults, and seniors offered in various community centres across the city.

2STGD@vancouver.ca
 queerinclusion@vancouver.ca
 vancouver.ca/park-board-pride



Are you looking for volunteer hours or wanting to be more involved in the community?

Sunset is looking for youth volunteers who are interested in assisting with our special events, children's programs, and more! Please email Rosa at rosa.aravena@vancouver.ca if you are interested!

SUNSET COMMUNITY CENTRE

Youth Concession

The Youth Concession is open! Join us to grab some snacks and drinks! The concession is run by youth volunteers.

Friday: 4:30 pm - 8:00 pm

Please note that the schedule is subject to change. For updates, please follow our youth Instagram account @SunsetCC.youth.


All profits go toward youth programs.



Parental/ Guardian Responsibility

According to provincial guidelines, all children under the age of 8 are required to have parental/ guardian 16 years or older supervision when not attending a registered Sunset program. This applies to all drop-in programs such as the Games Room, Open Gym. The staff at Sunset are not responsible for children left unattended after programs have finished. Parents/ guardians are responsible for picking up their children as soon as programs have ended

Adult & Senior • Weekly Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba Gold 10:00 AM-10:55 AM	Seniors Badminton 9:00 AM-10:55 AM	Seniors Badminton 9:00 AM-10:25 AM	Qi Gong w/ Sprina - Wu Qin Xi 9:10 AM-9:55 AM	Seniors Badminton 9:00 AM-10:55 AM	Seniors Badminton 9:00 AM-10:55 AM	Introduction to Kettlebells 9:15 AM-10:10 AM
Miyake: Japanese Traditional Taiko Drumming 11:00 AM-12:00 PM	Yuan Ji Dance - Int 9:15 AM-11:15 AM	Tai Chi w/ Arsenio Beg 8 Steps 9:00 AM-10:30 AM	Yuan Ji Dance - Int 9:15 AM-11:15 AM	Group Singing Class 10:00 AM-11:30 AM	Zumba Gold 9:05 AM-10:00 AM	KBell + 9:15 AM-10:10 AM
Modern Line Dance w/ Lucy Int+ 11:15 AM-12:45 PM	Pickleball - All Levels 11:00 AM-1:00 PM	Pickleball - Beg/Int 10:30 AM-11:55 AM	Tai Chi BaFa WuBu 10:00 AM-10:45 AM	Tai Chi w/ Wang Heng Sword 32 Form 10:30 AM-11:30 AM	Tai Chi w/ Amy Yang Style 26 Forms 10:00 AM-10:55 AM	Modern Line Dance w/ Lucy - Imp/Int 1:25 PM-2:55 PM
KBL Co-Ed Basketball League 1:00 PM-4:45 PM	Pickleball Court Rental 11:00 AM-12:55 PM	Pickleball w/ Guidance 10:30 AM-11:55 AM	Ballroom Dance Lessons for Beginners 11:30 AM-12:45 PM	Pickleball Court Rental 11:00 AM-12:55 PM	Pickleball Court Rental 11:00 AM-12:55 PM	Nyanga Africa 3:00 PM-5:00 PM
The Joy of Acrylic Painting 2:00 PM-3:30 PM	Karaoke Drop-In 12:00 PM-2:45 PM	Pickleball Lesson - Intermediate 12:00 PM-1:30 PM	Pickleball - Int/Adv 11:45 AM-1:30 PM	Pickleball w/ Guidance 11:00 AM-12:55 PM	Tai Chi w/ Amy Traditional Sword 11:00 AM-11:55 AM	Senior Social Dance 3:15 PM-5:00 PM
K9 Kindergarten (5-12 months) 3:30 PM-4:30 PM	Modern Line Dance w/ Lucy - Improver/Int 1:15 PM-2:45 PM	Pickleball Lesson: Begg, your next steps! 12:00 PM-1:30 PM	Social Stitching: Sew, Make, Recycle 12:30 PM-2:30 PM	ActivAge: Functional Fitness/Adaptable Skills 12:00 PM-1:00 PM	Karaoke Drop-In 11:30 AM-3:30 PM	
Karate Black Belts (13+ yrs) 3:45 PM-5:00 PM	Gentle Yoga 4:45 PM-5:40 PM	Karaoke Drop-In 12:15 PM-3:00 PM	Senior Social Dance 1:45 PM-3:45 PM	Senior Social Dance (Thu) 1:15 PM-3:15 PM	Pickleball - All Levels 12:00 PM-1:45 PM	
	Chinese Classical Dance 6:00 PM-7:30 PM	Food Skills for Families - Cooking Connections 12:30 PM-3:30 PM	Volleyball 6:05 PM-7:40 PM	Choose to Move 1:30 PM-2:30 PM	Badminton Court Rental 2:00 PM-2:55 PM	
	Indoor Soccer 6:05 PM-7:40 PM	Modern Line Dance w/ Lucy - Beg/Imp 1:45 PM-3:15 PM	Midweek Energizer 6:30 PM-7:25 PM	Pilates 6:00 PM-7:00 PM		 <p>Diwali Celebration</p> <p>Celebrate Diwali with performances, refreshments, arts & crafts, games, and more!</p> <p>November 13, 2023 11:00 AM - 1:00 PM</p>
	English Corner 6:30 PM-8:00 PM	English Conversation Class 3:30 PM-4:30 PM	604 Bhangra Dance 7:00 PM-8:00 PM	Indoor Soccer 6:05 PM-7:40 PM		
	Bollywood Dance Workout 7:00 PM-8:00 PM	Argentine Tango 5:00 PM-6:00 PM	Intro to Kemetic Yoga Flow 7:30 PM-9:00 PM	Axe Capoeira 7:15 PM-8:30 PM		
	Badminton 7:50 PM-9:25 PM	Ball Hockey Beg/Int 6:05 PM-7:40 PM	Badminton 18+ yrs 7:50 PM-9:25 PM	Zumba 7:15 PM-8:15 PM		
		Polymer Dance: Int/ Adv 6:30 PM-8:30 PM		Ball Hockey Adv 7:50 PM-9:25 PM		
		Zumba/Zumba Toning Fusion 7:00 PM-8:00 PM				
		Axe Capoeira 7:15 PM-8:30 PM				
		Basketball 7:50 PM-9:25 PM				

Social

Ballroom Dance Lessons for Beginners

Henry & Ronnie

Come learn to cha cha, waltz and jive. Stay active by learning to ballroom dance. No dance experience required. \$6 Drop-in.

Wed	Sep 13-Oct 25	12:00 PM-1:15 PM
471516		\$35/7 sessions
Wed	Nov 1-Dec 20	12:00 PM-1:15 PM
471517		\$40/8 sessions

Karaoke Drop-In

Joe Yu

Come with your friends or meet new ones and sing some songs together. Please bring your own music. All languages are welcomed. No registration available. Drop-in only. Drop-in \$2.50. No session October 2, 9, November 18.

Mon	Sep 11-Dec 18	12:00 PM-2:45 PM
470804		\$2.38/Drop-in
Tue	Sep 5-Dec 19	12:15 PM-3:00 PM
470805		\$2.38/Drop-in
Fri	Sep 8-Dec 22	11:30 AM-3:30 PM
470806		\$2.38/Drop-in

Senior Social Dance

Agnes (Wai Chun) Lee

Come with your friends or meet new ones and dance together. No partner required. Non-instructional social dance. Drop in \$2.50.

Wed	Sep 6-Dec 20	1:45 PM-3:45 PM
471508		\$2.38/Drop-in
Thu	Sep 14-Dec 21	1:15 PM-3:15 PM
471509		\$2.38/Drop-in
Sat	Sep 09-Dec 16	3:15 PM-5:00 PM
471510		\$2.38/Drop-in



Dance

Argentine Tango

Matsuo Higa

In this introduction to Argentine tango, students will learn the basics of the social dance including partner connection, musicality and improvisation. No partner or experience is required. Argentine tango originated in Buenos Aires in the 19th century and suffered a decline under military regimes until it's revival in the 1980s.

Tue	Sep 19-Oct 31	5:00 PM-6:00 PM
471196		\$70/7 sessions
Tue	Nov 7-Dec 19	5:00 PM-6:00 PM
471197		\$70/7 sessions

Yuan Ji Dance - Intermediate

Jenny Ng

Chinese Yuan Ji dance is a mixture of martial arts, physical therapy, meditation, dance and Tai Chi exercise. This dance promotes health and wellness for all. No session October 2, 9.

Mon	Sep 18-Nov 06	9:15 AM-11:15 AM
471171		\$8.58/6 sessions
Mon	Nov 20-Dec 18	9:15 AM-11:15 AM
471172		\$7.38/5 sessions
Wed	Sep 13-Oct 25	9:15 AM-11:15 AM
471173		\$10.24/7 sessions
Wed	Nov 01-Dec 20	9:15 AM-11:15 AM
471174		\$11.67/8 sessions

LIVE MUSIC AND SOCIAL

WITH SIMON & MAY

LIVE MUSIC | SING-A-LONG | DANCING | REFRESHMENTS

1:00-3:00PM

AUGUST 14
SEPTEMBER 18
NOVEMBER 20
DECEMBER 18

Sunset Community Centre | 6810 Main Street
604-718-6505 | mysunset.net

ADULT & SENIORS

Tax not included unless specified.

Dance cont'd

Modern Line Dance with Lucy

Lucy Chiu

Facilitated in English, this lively and energetic program is a unique form of exercise and dance that incorporates easy-to-follow ballroom dance movements and steps like Cha Cha, Waltz, Samba, Jive, Tango, etc. with beautiful contemporary music. Dance is good exercise to improve posture, flexibility, and balance, and it's a great way to learn and practice various dances with new friends in a friendly and social atmosphere. No partner required. Lucy has more than 15 years of teaching line dancing experience. No session September 26, 30, October 1, 2, 3, 9, November 13.

Beginner/Improver

Drop-in \$6.50.

Tue	Sep 05-Oct 31	1:45 PM-3:15 PM
470314		\$35/7 sessions
Tue	Nov 07-Dec 19	1:45 PM-3:15 PM
470315		\$35/7 sessions

Improver/Intermediate

Drop-in \$6.50.

Sat	Sep 09-Oct 28	1:25 PM-2:55 PM
470307		\$35/7 sessions
Sat	Nov 4-Dec 16	1:25 PM-2:55 PM
470308		\$35/7 sessions
Mon	Sep 11-Nov 06	1:15 PM-2:45 PM
470311		\$35/7 sessions
Mon	Nov 20-Dec 18	1:15 PM-2:45 PM
470313		\$25/5 sessions

Intermediate Plus

Drop-in \$7.50.

Sun	Sep 10-Oct 29	11:15 AM-12:45 PM
470309		\$42.14/7 sessions
Sun	Nov 05-Dec 10	11:15 AM-12:45 PM
470310		\$36.29/6 sessions

Chinese Classical Dance

Chun (Margaret) Pan

The mission of Chinese Classical dance is to serve as a bridge to anyone who wishes to understand and appreciate the beauty of Chinese culture. It is not just about twisting the body, but expressing the inner world of artistic characters through basic dance techniques introduced (fundamental steps, movements, and flexibility). This class is open to adults who wants to stay fit and have fun in the enjoyment of music as well (the basic understanding is required). Come with comfortable dance/exercise wear (i.e. Lycra tops and dance/yoga pants or shorts), and dance practice shoes (the soft one). No session October 2, 9, 23, 30, November 6, 13.

Mon	Sep 11-Nov 27	6:00 PM-7:30 PM
470675		\$54/6 sessions

Bollywood Dance Workout

Spirit Of Dance Team

Enjoy learning some high-energy & fun dance moves with upbeat Indian Bollywood Music! Each class is carefully designed for exercise to the rhythm of Bollywood routines. Each class includes stretching, warm up, choreographed cardio routines and wind-up relaxation to rejuvenate the mind, body and soul! No session October 2, 9, November 13.

Mon	Sep 18-Dec 18	7:00 PM-8:00 PM
470640		\$137.50/11 sessions

604 Bhangra Dance - Adult

604 Bhangra

Bhangra is a high energy folk dance that originates from Punjab. This class will involve a warm-up, stretch, and sets of repetitive traditional and modern Bhangra moves that we will expand on as each class progresses through choreography. We will build stamina through this physical work-out and learn new dance moves. Expect the first half to be cardio intensive, and the second half to focus on a choreographed routine. No previous Bhangra experience is required. Please wear active clothing and bring a water bottle! Drop in is \$15.00.

Wed	Sep 20-Dec 6	7:00 PM-8:00 PM
470630		\$156/12 sessions

Fitness & Health

Gentle Yoga

Kristiina Oinonen

These classes are suitable for most ages and ability levels. Sufficient time is given to warm up the body with small, repetitive movements. Postures are then held for longer periods of time to strengthen and condition the body as we develop concentration and inner awareness. A gentle class is a good choice if you are dealing with an injury or find a vigorous class too strenuous. The last portion of the class is dedicated to lying relaxation. Drop-in \$12.00. No session October 2, 9, November 13.

Mon	Sep 11-Nov 06	4:45 PM-5:40 PM
471175		\$66.67/7 sessions
Mon	Nov 20-Dec 18	4:45 PM-5:40 PM
471176		\$47.62/5 sessions

Intro to Kemet Yoga Flow

Denise Obuobi

Kemet Yoga is derived from ancient Egyptian theology, spirituality and science. It is a modern modality derived from ancient Egypt formerly known as Kemet. Kemet Yoga is the study of slow geometric movement and poses tuned to the science of breath. The focus on breath through slow movement allows anyone to enter a session with little to no experience with yoga. It also challenges the experienced yogi to slow down and receive the much needed meditation and healing being offered in this practice. Drop-in \$11.50.

Wed	Sep 13-Oct 25	7:30 PM-9:00 PM
471518		\$66.67/7 sessions
Wed	Nov 01-Dec 20	7:30 PM-9:00 PM
471519		\$76.19/8 sessions

Introduction to Kettlebells

Meghan O'Connell

Once you know how to use them, these funny-looking cannonballs with a handle can be a great approach to postural, core, and cardio work, all within one short, time-effective session. They do need to be approached with respect, however, due to their technical nature and to keep your lower back and shoulder safe. Come and learn the basics from a certified and experienced instructor.

Sat Sep 09-Sep 16 9:15 AM-10:10 AM
471533 \$42.14/2 sessions

KBell +

Meghan O'Connell

An innovative and upbeat mix to help you earn the rest of your weekend: postural work to stand tall, cardio to increase energy, and strength work to feel powerful. The "plus" part of class is that kettlebell options are sometimes provided within class, but only once you know how to at least perform a swing safely - if they're not for you, no problem, other people will also be enjoying different non-kettlebell moves during those parts of class. No session October 7.

Sat Sep 23-Nov 4 9:15 AM-10:10 AM
471535 \$126.19/6 sessions

Sat Nov 18-Dec 16 9:15 AM-10:10 AM
471536 \$105/5 sessions

Midweek Energizer

Meghan O'Connell

Energy flagging as the week advances? Get back your "get up and go." Bring up your heart rate safely via dynamic movements and lighter resistance, followed by a soothing stretch for a restful sleep. No session October 4. Drop-in \$24.

Wed Sep 13-Oct 25 6:30 PM-7:25 PM
473883 \$126.19/6 sessions

Wed Nov 1-Dec 13 6:30 PM-7:25 PM
473884 \$147.14/7 sessions

Pilates

Into Yoga

Pilates participants will learn the fundamentals of Pilates which promotes strength and stability while lengthening the muscles and supporting the spine. There will be a strong focus on connecting to the abdominal and pelvic floor muscles which is the key to strengthening the core muscles of the body. For more info visit www.intoyoga.ca.

Thu Sep 14-Oct 26 6:00 PM-7:00 PM
471520 \$101.67/7 sessions

Thu Nov 2-Dec 21 6:00 PM-7:00 PM
471521 \$101.67/7 sessions

Qi Gong with Sprina - Wu Qin Xi

Sprina Fu

Wu Qin Xi is a set of Daoyin and improve blood circulation, and imitates the actions of animals based on the habits of the tiger, deer, bear, monkey and bird. Drop-in \$10.

Wed Sep 13-Oct 11 9:10 AM-9:55 AM
471511 \$40/5 sessions

Wed Nov 15-Dec 20 9:10 AM-9:55 AM
471512 \$48.10/6 sessions

Tai Chi BaFa WuBu

Sprina Fu

Taichi bafa wubu is excellent for beginners of all ages. It can ease your chronic pains, cultivate your mind, relax your body, improve your vitality, and increase your life quality and health. Your muscles, joints, and bones of the lower extremity can obtain comprehensive and balanced exercise. Drop-in \$11.

Wed Sep 13-Oct 11 10:00 AM-10:45 AM
471513 \$45/5 sessions

Wed Nov 15-Dec 20 10:00 AM-10:45 AM
471514 \$54.05/6 sessions

Tai Chi with Amy - Yang Style 26 Forms

Amy Li Hua Zhu

This Yang style Tai Chi is short and concise, encompassing the traditional poses as its main movements are closely integrated and flows naturally. The presentation of the "cloud hand" movement is an eye opener. Proven to enhance and improve health, this Tai Chi style is suitable for every age group and is appreciated by Tai Chi lovers around the world. This class is instructed by Master Amy Zhu, who was a disciple of Grand Master Yang Jun (5th Yang Family Tai Chi Chuan Lineage holder), national Tai Chi champion and Tai Chi instructor. Drop-in \$12.

Fri Sep 8-Oct 27 10:00 AM-10:55 AM
466616 \$84.52/8 sessions

Fri Nov 17-Dec 22 10:00 AM-10:55 AM
466617 \$63.57/6 sessions

Tai Chi with Amy - Yang Style Traditional Sword

Amy Li Hua Zhu

Tai Chi practice with the traditional sword. This class is instructed by Amy Zhu, a Grand Master of the Yan Jun's disciple, national gold medal Tai Chi Champion, and certified Tai Chi instructor. Drop in \$14.

Fri Sep 8-Oct 27 11:05 AM-12:00 PM
466618 \$98.57/8 sessions

Fri Nov 17-Dec 22 11:05 AM-12:00 PM
466619 \$74.05/6 sessions

Tai Chi with Arsenio - Yang Style Beginner 8 Steps

Arsenio Chua

Lessons include learning the basic fundamental hand and foot forms before moving on to the proper 8-step lesson. Drop-in \$9.50.

Tue Oct 17-Dec 12 9:00 AM-10:30 AM
471540 \$72/9 sessions

ADULT & SENIORS

Tax not included unless specified.

Fitness & Health cont'd

Tai Chi with Wang Heng - Sword 32 Form

Wang Heng

Tai Chi Sword is a form of Tai Chi quan in which the sword is considered an extension of the body. The integration helps to direct body energy through the sword and produce movements that are smooth and graceful. Instructor can provide wushu swords to train with. Drop-in \$11.

Thu Sep 14-Oct 26 10:30 AM-11:30 AM
471522 \$63.1/7 sessions

Thu Nov 02-Dec 21 10:30 AM-11:30 AM
471523 \$72.14/8 sessions

Zumba

Kayo Echizenya

ZUMBA® utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Salsa, Samba, Reggaeton, Flamenco and more. Zumba® is a 'feel happy' workout that is great for both the body and the mind. Drop-in \$9.

Thu Sep 7-Oct 26 7:15 PM-8:15 PM
470886 \$61.19/8 sessions

Thu Nov 2-Dec 21 7:15 PM-8:15 PM
470890 \$61.19/8 sessions

Zumba Gold

ZUMBA® Gold is a low-impact dance-fitness class for beginners and older adults that uses the zesty music with easy to follow moves to create a dynamic and fun fitness class. ZUMBA® Gold classes strives to improve our balance, flexibility and most importantly, the heart. Drop in \$6.50. No session October 8.

Kayo Echizenya

Fri Sep 8-Oct 27 9:00 AM-9:55 AM
470887 \$44.05/8 sessions

Fri Nov 3-Dec 22 9:00 AM-9:55 AM
470891 \$44.05/8 sessions

Jenny Andrea Ayala

Sun Sep 10-Oct 29 10:00 AM-10:55 AM
470888 \$38.57/7 sessions

Sun Nov 5-Dec 17 10:00 AM-10:55 AM
470892 \$33.10/6 sessions

Zumba/Zumba Toning Fusion

Kayo Echizenya

With Zumba you can burn calories, improve your metabolism and train your whole body. With the bright Latin music, you can feel the excitement and joy of dancing. Zumba Toning is perfect for those who want to party and put extra emphasis on toning and sculpting to target zones, including arms, core and lower body with light weight on your hands. Drop-in \$9.

Tue Sep 5-Oct 24 7:00 PM-8:00 PM
470885 \$61.19/8 sessions

Tue Nov 7-Dec 19 7:00 PM-8:00 PM
470889 \$53.57/7 sessions

Education

English Corner

Bijan Adlparvar

English Corner is an informal way to improve conversational English. At English Corner, participants learn English, share ideas and discover ways to build community. Intermediate level English and higher level speakers are welcomed! Please register. No session October 2, 9, 16, November 13.

Mon Sep 11-Dec 18 6:30 PM-8:00 PM
471179 FREE

English Conversation Class

Gerry Kline

This conversation session is great for non-English speakers and those wishing to improve to practice speaking English and to get comfortable speaking in a group. Everyone with any level of English is welcomed. Bring a pen and a notebook.

Tue Sep 5-Dec 19 3:30 PM-4:30 PM
470669 FREE

Group Singing Class

Run Xiang Lu

This class is facilitated in Chinese. Learn how to open your voice and sing. Join this group and sing some songs, socialize and have some fun. Drop-in \$9.52+tax

Thu Sep 7 - Oct 26 10:00 AM-11:30 AM
470661 \$64.76/8 sessions

Thu Nov 2-Dec 21 10:00 AM-11:30 AM
470662 \$64.76/8 sessions

Kindergarten (5-12 months)

Alix Bawlf

In this class you will learn about socialization, obedience, confidence, impulsivity & manners. We will intersperse each class with "play" to keep your puppy engaged. At the end of the course your puppy should be able to do the seven (7) basic obedience commands. The class is for all puppies between 5 - 12 months. Previous training in a Puppy Start Right or another Puppy socialization class is an asset.

Sun Sep 17-Oct 22 3:30 PM-4:30 PM
471541 \$220.24/6 sessions

Sun Nov 5-Dec 10 3:30 PM-4:30 PM
471542 \$220.24/6 sessions

The Joy of Acrylic Painting

Philip Tsang

Philip will teach you step by step how to paint an abstract, landscape, still-life or portrait. Philip loves teaching art and has taught interior design and art classes at, Vancouver Training Institute, Vancouver School Board and Langara College. Philip speaks English, Mandarin, Cantonese and Taiwanese.

Sun Sep 24-Oct 29 2:00 PM-3:30 PM
471169 \$135/6 sessions

Sun Nov 5-Dec 10 2:00 PM-3:30 PM
471170 \$135/6 sessions

Sports

Seniors Badminton

No Instructor

Priority given to adults over 50 years. Drop-in \$3.00. No session October 2, 9, November 13.

Mon	Sep 11-Dec 18	9:00 AM-10:55 AM
470800		\$22.86/12 sessions
Tue	Sep 5-Dec 19	9:00 AM-10:25 AM
470801		\$24.05/16 sessions
Thu	Sep 7-Dec 21	9:00 AM-10:55 AM
470802		\$30.48/16 sessions
Fri	Sep 8-Dec 22	9:00 AM-10:55 AM
470803		\$30.48/16 sessions



Badminton

Leila Howatson

Priority given to registered participants. Register Participants have until 10 minutes after start time to sign-in, in-person only. Register spaces are non-transferable to others. Drop-in waitlist will begin 10 minutes prior to start time. Drop-in \$6.50. No session October 2, 9, November 13.

Mon	Sep 11-Oct 30	7:50 PM-9:25 PM
471543		\$31.67/6 sessions
Mon	Nov 06-Dec 18	7:50 PM-9:25 PM
471544		\$31.67/6 sessions
Wed	Sep 6-Oct 25	7:50 PM-9:25 PM
471545		\$42.14/8 sessions
Wed	Nov 1-Dec 20	7:50 PM-9:25 PM
471546		\$42.14/8 sessions

Badminton Court Rentals

Reserve your own badminton court for your family and friends. There are four courts available to play for 55 minute timeslots. Each registration is a booking for one court.

Courts are on a first-come-first-serve basis. Bookings are open 1 week prior on Wednesdays at 9:00am. No refunds allowed. **BOOK COURT ONLINE**

Fridays

Sep 8-Dec 22 2:00 PM-2:55 PM \$12.50/court

Sports Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Seniors Badminton 9:00 AM-10:55 AM	Seniors Badminton 9:00 AM-10:25 AM		Seniors Badminton 9:00 AM-10:55 AM	Seniors Badminton 9:00 AM-10:55 AM
	Pickleball Court Rental 11:00 AM-12:55 AM	Pickleball - Beg/Int 10:30 AM-11:55 AM	Pickleball - Int/Adv 11:45 AM-1:30 PM	Pickleball Court Rental 11:00 AM-12:55 AM	Pickleball Court Rental 11:00 AM-1:55 PM
	Pickleball - All Levels 11:00 AM-1:00 PM	Pickleball with Guidance 10:30 AM-11:55 AM		Pickleball with Guidance 11:00 AM-12:55 PM	Pickleball - All Levels 12:00 PM-1:45 PM
KBL Co-Ed Basketball League 1:00 PM-4:45 PM		Pickleball Lesson 12:00 PM-1:30 PM	Sports Programs VIEW ONLINE		Badminton Court Rental 2:00 PM-2:55 PM
	Indoor Soccer 6:05 PM-7:40 PM	Ball Hockey Beginner/Intermediate 6:05 PM-7:40 PM	Volleyball 6:05 PM-7:40 PM	Indoor Soccer 6:05 PM-7:40 PM	
	Badminton 7:50 PM-9:25 PM	Badminton 7:50 PM-9:25 PM	Badminton 7:50 PM-9:25 PM	Ball Hockey Advanced 7:50 PM-9:25 PM	

Sports cont'd

Ball Hockey Beginner/Intermediate

Julina Wong

Co-ed, non-contact, Ball Hockey for beginner and intermediate level players. Please bring your own equipment. Eye protection strongly recommended, no slap shots. Priority given to registered participants. Registered participants have until 10 minutes after start time to sign-in, in-person only. Register spaces are non-transferable to others. No roughing. Drop-in waitlist will begin 10 minutes prior to start time. Please bring a white and a black shirt to help clearly identify teams. Drop-in \$6.50.

Tue	Sep 5-Oct 31	6:05 PM-7:40 PM
471549		\$47.38/9 sessions
Tue	Nov 7-Dec 19	6:05 PM-7:40 PM
471550		\$36.9/7 sessions

Ball Hockey Advanced

TJ Shukla

Ball Hockey Drop-in for advanced players. Priority given to registered participants. Register Participants have until 10 minutes after start time to sign-in, in-person only. Register spaces are non-transferable to others. Drop-in waitlist will begin 10 minutes prior to start time. Please bring both a black and white shirt to help clearly identify teams. Drop-in \$6.50.

Thu	Sep 7-Oct 26	7:50 PM-9:25 PM
471547		\$42.14/8 sessions
Thu	Nov 2-Dec 21	7:50 PM-9:25 PM
471548		\$42.14/8 sessions



Basketball

No Instructor

Priority given to registered participants. Register Participants have until 15 minutes after start time to sign-in, in-person only. Register spaces are non-transferable to others. Drop-in waitlist will begin 15 minutes prior to start time. Drop-in \$6.50.

Tue	Sep 5-Oct 31	7:50 PM-9:25 PM
471551		\$47.38/9 sessions
Tue	Nov 7-Dec 19	7:50 PM-9:25 PM
471552		\$36.9/7 sessions

Indoor Soccer

Rob Howatson

Priority given to registered participants. Register Participants have until 10 minutes after start time to sign-in, in-person only. Register spaces are non-transferable to others. Drop-in waitlist will begin 10 minutes prior to start time. Drop-in \$6.50. No session October 2, 9, November 13.

Mon	Sep 11-Oct 30	6:05 PM-7:40 PM
471553		\$31.67/6 sessions
Mon	Nov 6-Dec 18	6:05 PM-7:40 PM
471554		\$31.67/6 sessions
Thu	Sep 7-Oct 26	6:05 PM-7:40 PM
471555		\$42.14/8 sessions
Thu	Nov 2-Dec 21	6:05 PM-7:40 PM
471556		\$42.14/8 sessions

Volleyball

Priority given to registered participants. Registered participants have until 10 minutes after start time to sign-in, in-person only. Register spaces are non-transferable to others. Drop-in waitlist will begin 10 minutes prior to start time. Drop-in \$6.50.

Wed	Sep 6-Oct 25	6:05 PM-7:40 PM
471557		\$42.14/8 sessions
Wed	Nov 1-Dec 20	6:05 PM-7:40 PM
471558		\$42.14/8 sessions

Check out our weekly programs and special events for 2STGD and 2SLGBTQIA+ children, youth, adults, and seniors offered by our Queer Inclusion team in various community centres across the city.



2STGD@vancouver.ca
queerinclusion@vancouver.ca
vancouver.ca/park-board-pride

Pickleball



Guaranteed drop-in spots will be available 10 minutes before the program start time and any additional spots will be sold 10 minutes after the program start time if registered participants do not check in."

Pickleball - All Levels

\$4 Drop-in (4 spots available). No session October 2, 9, November 13.

M	Sep 11-Nov 06	11:00 AM-1:00 PM
471024		\$23.33/7 sessions
M	Nov 20-Dec 18	11:00 AM-1:00 PM
471025		\$16.67/5 sessions
F	Sep 15-Oct 27	12:00 PM-1:45 PM
471028		\$23.33/7 sessions
F	Nov 03-Dec 22	12:00 PM-1:45 PM
471029		\$26.67/8 sessions

Pickleball - Beg/Int

\$4 Drop-in (4 spots available).

Tue	Sep 12-Dec 19	10:30 AM-11:55 AM
471181		\$3.81/session

Pickleball - Int/Adv

\$4.00 Drop-in (4 spots available).

W	Sep 13-Oct 25	11:45 AM-1:30 PM
471026		\$23.33/7 sessions
W	Nov 01-Dec 20	11:45 AM-1:30 PM
471027		\$26.67/8 sessions

Pickleball Court Rentals

Reserve your own pickleball court for your family and friends. There are two courts available to play for 55 minute timeslots. Each registration is a booking for one court.

Courts are on a first-come-first-serve basis. Bookings are open 1 week prior on Wednesdays at 9:00am. No refunds allowed. \$12.50/court **BOOK COURT ONLINE**

Thursdays

11:00 AM-11:55 AM | 12:00 PM-12:55 PM

Fridays

11:00 AM-11:55 AM | 12:00 PM-12:55 PM | 1:00 PM-1:55 PM

Pickleball with Guidance

\$4.00 Drop-in (12 spots available per week).

Tue	Sep 12-Dec 26	10:30 AM-11:55 AM
471031		\$3.81/session
Th	Sep 14-Dec 21	11:00 AM-12:55 PM
471032		\$3.81/session

Pickleball Lesson

Richard Lee

Now that you have gotten the hang of hitting the Pickleball, it's time to learn the other important elements such as proper footwork for good set-ups, recovery positions, hitting sensations, and more! This session is based on a Play-Practice-Play format; the skills and drills that you participate in will help you improve quickly. You are in good hands with a certified coach!

Beginners, your next steps!

Tue	Sep 12-Oct 31	12:00 PM-1:30 PM
471177		\$213.57/8 sessions

Intermediate

Tue	Nov 07-Dec 19	12:00 PM-1:30 PM
471178		\$186.9/7 sessions



Workshops

ActivAge 1 Functional Fitness/Adaptable Skills

Eva Lau

ActivAge is a 3-month group led physical activity program for older adults to introduce participants to the benefits of physical activity and reinforce their commitment to incorporate it into their daily lives. ActivAge is led by BCRPA registered Fitness Leaders with the Older Adult specialty. There are two ActivAge options that run concurrently. Option 1: The focus in on functional fitness and adaptable skills. Option 2: Incorporates fitness, sport and a wider variety of activities. Each option runs once a week for one hour over 12 sessions. The unique aspect of this program is that alongside physical activity specifically tailored for older adults, ActivAge also encourages social interactions and overall health.

Thu Sep 21-Dec 7 12:00 PM-1:00 PM
471525 FREE

Choose to Move

Eva Lau

Choose to Move is a FREE 3-month program for older adults who are inactive and wishing to become more active. Choose to Move is not a fitness class or movement class. It is a motivational coaching program where you will meet with an Activity Coach and other participants to discuss ways to incorporate more physical activity into your life. Participants MUST attend the Info Session to be eligible for the full program.

Thu Sep 7-Dec 7 1:30 PM-2:30 PM
471526 FREE

Pole Walking for Arthritis Workshop

Vancouver OASIS

Do you have sore hips and knees? Learn how using Nordic walking poles can reduce the stress on your joints and help to keep you active. Poles provided. Workshop offered by the OASIS (OsteoArthritis Service Integration System) program, Vancouver Coastal Health.

Tue Sep 19 10:00 AM-11:30 AM
462159 FREE

Tue Oct 17 10:00 AM-11:30 AM
462160 FREE

Tue Nov 28 10:00 AM-11:30 AM
462161 FREE

Exercise and Arthritis (Education)

Vancouver OASIS

Learn about how arthritis affects these joints and learn joint-specific strategies for arthritis management, including joint protection, exercise and pain management

Tue Sep 12 9:45 AM-11:45 AM
462170 FREE

Crime Prevention & Awareness

Vancouver Police Department

Take a proactive step in safeguarding yourself and your community by attending an enlightening session organized by the Vancouver Police Department. Discover the latest prevalent fraud schemes occurring in our city and acquire valuable knowledge on how to protect yourself from becoming a victim. Stay informed about current criminal activities and learn effective strategies to prevent them from impacting your life!

Fri Oct 3 10:00 AM-12:00 PM
473388 FREE

Free Hearing Screening

Routine hearing assessments are so important and so rarely considered as part of people's annual health checkups. Join Peggy Hatzoulis, Registered Hearing Instrument Practitioner, for a complimentary hearing screening. Registration is required to reserve your 30 minutes hearing screening time slot. Please arrive on time for your scheduled session.

Tue Oct 10 10:00 AM-1:00 PM
VIEW ONLINE FREE

Basic Hip/Knee Exercises for Arthritis (Practical Session)

Vancouver OASIS

Learn about how arthritis affects these joints and learn joint-specific strategies for arthritis management, including joint protection, exercise and pain management

Tue Oct 10 9:45 AM-11:45 AM
462171 FREE

Healthy Eating for Seniors

COSCO Seniors Health And Wellness Institute Society

Eating well and maintaining a healthy diet as we age is important. This session offers tips to help you monitor and adjust your eating and reviews the Canada Food Guidelines.

Tue Oct 24 10:00 AM-12:00 PM
473085 FREE

Sleep and Stress Management

Vancouver OASIS

Learn about how arthritis affects these joints and learn joint-specific strategies for arthritis management, including joint protection, exercise and pain management

Tue Nov 14 9:45 AM-11:45 AM
462172 FREE

Follow Us:
@MySunsetCC



Advanced Planning

Seniors First BC

Advance Planning can help ensure your wishes will be respected when relying on someone else to make decisions for you and after you die. Presented by Seniors First BC staff lawyers, this workshop provides older adults with information about how to plan for their futures with advance planning tools such as Joint Bank Accounts, Wills, Powers of Attorney, and Representation Agreements. We also discuss potential misuse of these tools and resources for further assistance.

Tue Nov 21 9:45 AM-11:45 AM
473081 FREE

Government Benefits

Seniors First BC

Presented by our legal advocate, this workshop provides an informative overview of several federal and provincial government benefits for seniors, including Old Age Security (OAS), Guaranteed Income Supplement (GIS), Canada Pension Plan (CPP), Fair Pharmacare, BC Senior Supplement, and Shelter Aid for Elderly Renters (SAFER).

Tue Dec 5 9:45 AM-11:45 AM
473082 FREE

Looking for more Art & Cultural Programs?

Moberly Arts & Cultural Centre
moberlyartscentre.ca

Introduction to Meditation

Vancouver OASIS

Learn about how arthritis affects these joints and learn joint-specific strategies for arthritis management, including joint protection, exercise and pain management

Tue Dec 12 9:45 AM-11:45 AM
462173 FREE

Dealing with Stress

COSCO Seniors Health And Wellness Institute Society

None of us can lead totally stress-free lives. However, excessive stress harms the quality of life of many seniors. We help to identify and offer tips on how to handle sources of stress.

Tue Dec 19 10:00 AM-12:00 PM
473086 FREE

Will & Estate Planning

Every 3rd Tuesday of the month.

Visit mysunset.net for more details.



**Interested in
Hosting a Workshop?**

Email sunset.communitycentre@vancouver.ca



MOBERLY ARTS & CULTURAL CENTRE 7646 Prince Albert St Vancouver V5X 3Z4
phone 604.718.6521 www.moberlyartscentre.ca

Moberly Arts & Cultural Centre (MACC) is a community arts centre that provides a space for intercultural connections, a gathering place for the community and an opportunity for everyone to experience and participate in the arts. At MACC, we believe that the arts enrich and strengthen community life. We work through partnerships and collaborations to support innovative projects where artists and community members can come together to create meaningful and rewarding experiences.

Located in Moberly Park at East 60th Ave and Prince Albert St, MACC is an intimate and accessible black box theatre space with a sprung dance floor, a meeting room, kitchen facilities and a food garden. MACC hosts several Artist Residencies and community partnerships throughout the year that support artists from all disciplines by offering a subsidized rate for studio space, performance space and programming opportunities.



Do you have an idea for a creative, community-engaged art project that could take place at MACC? Get in touch with us! For more information on partnerships and programs, call the Arts Programmer at 604-718-6521.

EVENTS

Aug
27

2-Spirit (LGBTQ) Friends and Family 2nd Annual BBQ Fun Day

Sunday August 27, 2:00-6:00 PM (Moberly Park)

Hello South Van and Moberly, its that time again. Please join Greater Vancouver Native Cultural Society and Moberly Arts and Culture Center for our 2nd Annual 2-Spirit BBQ and Family Fun Day. This is a free event, featuring a BBQ with the fixings, culture craft sale, drag show with some of Vancouver's finest 2 Spirit entertainers, prizes and swag. This is an alcohol-free event. [VIEW ONLINE](#)

Sep
14, 15

Interplay

Thursday September 14, 6:00 PM
Friday September 15, 8:00 PM

interplay_2023, festival of live online performance Sep 14+15. Featuring live online artworx by Margaret Dragu + Brady Marks, Kevin Jesuino, er n temp3st, Miguel Maravilla, and Jasmine Liaw + Caroline McCaull. For information, please visit mutablesubject.ca/interplay/

Sep
16

Gamelan & Shadow Puppets Show

Saturday September 16, 5:30-8:30 PM

Join us for a special performance of Shadow Puppets, featuring guest performers from Indonesia collaborating with local students at the Moberly Arts & Cultural Centre. Gamelan is a traditional Indonesian orchestra ensemble made up of gongs and keyed percussion instruments originating from the island of Java and Bali. This free performance will give listeners a unique opportunity to discover this unique orchestra, as well as Wayang, a traditional form of shadow puppetry. Tickets are by donation and can be reserved at www.eventbrite.ca/e/gamelan-wayang-shadow-puppet-show-tickets-686231094677?aff=ebdsoporgprofile.

Oct
15

Fibre & Film Celebration

Sunday October 15, 1:00-4:00 PM

Join us for this very special afternoon that includes a unique opportunity to work with fireweed and nettle; both wild plant fibres for spinning and rope making, and view a special screening of The Nettle Dress, a film made by Dylan Howitt that documents British artist Allan Brown's seven year process of foraging nettles in his nearby forests and learning all the processes through to weaving a dress. Tickets will be made available on earthand.com.



CLOUDSCAPE

Your Source for the BC Comics Community

Comics are an exciting storytelling medium combining the elements of writing and drawing. Cloudscape is Vancouver's largest comics community, and while our studio is closed to the public during the pandemic, we remain committed to welcoming new members whether you're new to making comics or have been interested in them for a long time.

Discord

Our Discord site is the best place to introduce yourself to other cartoonists, discuss the craft, and find motivation to draw every day. You can find us at <https://discord.gg/krNw4swS> where we will also make announcements about our regular Wednesday evening Zoom meeting, where members new and old spend time chatting and drawing.

Cloudscape Online

We also have a website with a regularly-updating blog with news about what's happening in comics in BC, as well as the occasional tutorial, comics podcast, and information about events. Check it out at www.cloudscapecomics.com

The Cloudscape Comics Society is part of the Artists Fieldhouse Studio Residency Program of the Vancouver Park Board and is located in Memorial South Park at 5955 Ross St.

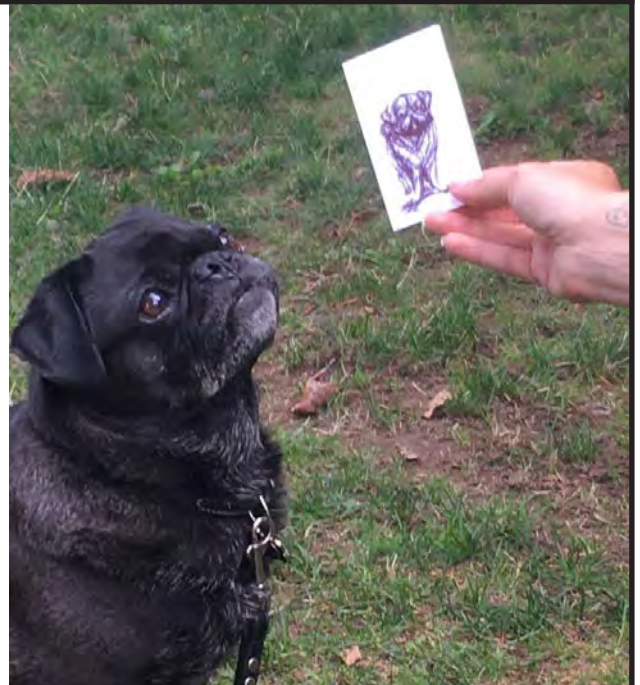
ECHO PARK FILM CENTRE NORTH

5th Annual Great Canadian Dog Draw

Saturday September 30, 1:00-5:00 PM

Moberly Fieldhouse

Join us as we celebrate great Canadian dogs past, present and future, real and imagined with an afternoon dog draw. Bring your dog, draw a dog: your own, someone else's or even an imaginary one!



MOBERLY ART CENTRE PROGRAMS

Visual Arts

Arts, Crafts & Storytelling (Parents & Children)

Mekdes Gete

The program will prepare children for a preschool / kindergarten experience through hands-on educational, interactive, and engaging art and craft activities with stories, songs, and more. Please note that parent / guardian participation is required.

Tue Sep 12-Dec 5 9:30 AM-11:30 AM
472547 \$230.50/13 sessions

Social Stitching: Sew, Make, Recycle (18+ yrs)

Dawn Livera

Social Stitching is an open group for anyone interested in learning hand-stitching techniques and creating fibre arts work together. No special skills needed. Cloth and hand sewing supplies are provided to share. If you like, bring some small objects to work with - family photos, small souvenirs, special pieces of cloth or other objects that have personal meaning for you.

Wed Sep 13-Dec 6 12:30 PM-2:30 PM
470757 FREE

Small Group Acrylic Painting (12+ yrs)

Jeff Ellis

This is an exciting opportunity to learn the art of acrylic painting from experienced instructor and award-winning artist and painter, Jeffrey Ellis. Join us at the Moberly Community Centre for a one day presentation on still life painting. Best of all, you will come away from the course with your own beautiful acrylic masterpiece. All painting supplies and materials will be provided – all you need to bring is your enthusiasm and creativity!

Mon Sep 18 & 25 6:30 PM-8:00 PM
474505 \$60/2 sessions

Comic Diaries (12+ yrs)

Jeff Ellis

What goes into making a comic? How can we draw inspiration from our personal lives and turn it into art we can share with others? This workshop will explore autobio comics, and help you adapt your personal stories into comics. All supplies and materials will be provided – all you need to bring is your enthusiasm and creativity!

Mon Oct 9-23 7:00 PM-8:00 PM
474506 \$60/3 sessions

Music

Girls Rock Camp Vancouver (8-15 yrs)

A fun and interactive music program for girls and non-binary children and youth. Participants will form bands together, and are given instrument instruction, and workshops in art, music, and empowerment.

Thu Sep 21-Dec 7 3:30 PM-6:30 PM
470758 \$100/12 sessions

Miyake: Japanese Traditional Taiko Drumming (16+ yrs)

Noriko Kobayashi

Traditional Japanese drumming that originates from the Miyake Island temple in Japan! Get a full body workout in this low stance drumming class. Beginners are welcome. Drumsticks are provided.

Sun Sep 17-Dec 3 11:00 AM-12:00 PM
470761 \$240/12 sessions

Gamelan & Wayang (9+ yrs)

Sutrisno Hartana

What is Gamelan? Gamelan is an Indonesian traditional orchestra ensembles largely consisting of gongs and keyed percussion instruments, originating from the island of Java and Bali. Suitable for young students and adults (families are welcome!), this workshop combines East and West music and arts practices including traditional and contemporary Gamelan and shadow puppetry. Participants will be given an opportunity to perform/collaborate with guest artists for a performance on September 16.

Sat Sept 2 & 9 5:00 PM-8:00 PM
473070 FREE

Dance

Polymer Dance: Intermediate/Advanced (16+ yrs)

Miriam Esquitin

Polymer Dance is a contemporary dance class and improvisation ensemble for non-professional dancers over the age of 16 with at least three years dance experience. If you are a dancer looking for formal training with professional-level teachers and love to improvise and perform, Polymer Dance is for you! For more information, contact polymerdance@gmail.com.

Tue Sep 12-Dec 5 6:30 PM-8:30 PM
470750 \$230.50/12 sessions

MOBERLY ART CENTRE PROGRAMS

Chair Yoga: Move, Groove & Improve

(50+ yrs)

Balbir Cheema

Move, Groove, and Improve is a program focused on active aging and well-being. Participants will engage in physical activities, such as chair yoga. Instruction is in Punjabi and English. All seniors are welcome. You will need to pre-register for the program by calling South Vancouver Neighbourhood House at 604-324-6212. ext. 158

Mon Thu Sep 18-Dec 7 10:30 AM-11:30 AM
470756 FREE

Food & Gardening

Food Skills for Families – Cooking Connections

(50+ yrs)

Nosrat Mulford

Join us for Food Skills for Families Cooking Connections, a free cooking program for seniors, and learn to make delicious and healthy meals for one to two people while having fun in the kitchen! Sign up for this six-week program and join us weekly for a three hour class. Program offered by the BC Center for Disease Control.

Tue Oct 3-Nov 7 12:30 PM-3:30 PM
472547 FREE

Winter Medicine Cabinet

(12+ yrs)

Alisha Lettman

As the Equinox approaches, it's time to prepare our medicine cabinets for winter. Join us at Moberly medicine garden for a 3-part series to create herbal supports for the immune system and learn to use herbs as preventative allies for the change in seasons. Each session, we will spend time studying plants' medicinal use, their histories, and how to grow them, as well as putting our hands in the soil and caring for the garden. You will leave with safe, natural medicines to take home for yourself and your family.

Saturday, Sept 16th: Plant garlic and make garlic honey, and discuss food as medicine while harvesting the fall's bounty.

Saturday Sept 23rd: Harvest roots in the garden, including ginger, turmeric, and echinacea, and prepare an echinacea tincture. Harvest, trim back, and mulch the plants in the garden in preparation for fall.

Saturday, Oct 28th: Prepare Fire cider and get the garden ready for the rainy season, continuing to trim, mulch, and sow seeds for overwintering.

Sat Sep 16, 23 & Oct 28 1:00 PM-3:00 PM
474895 FREE/3 sessions

Culture & Community

Hibret Amharic School

(6-18 yrs)

Mekdes Gete

This class is for children interested in learning to read and write one of Ethiopia's major languages, Amharic. In addition, students will also learn about Ethiopia's culture, and history through music, dance and song. To register, contact Mekdes Gete at mekdesgete@gmail.com.

Sat Sep 16-Dec 9 12:00 PM-3:00 PM
470754 FREE

Nyanga Africa

(18+ yrs)

Jacky Essombe

Nyanga Africa is an African Drum and Dance Collective and semi-professional performance troupe for Black Women, to proudly showcase and promote our own heritage. To register, please contact Jacky Essombe at (604) 629-5899 or africanfriendshipsociety@gmail.com

Sat Sep 16-Dec 9 3:00 PM-5:00 PM
470753 FREE

Sounds of Africa

(7-12 yrs)

Jacky Essombe

Sounds of Africa is a traditional music program for Black children and teens to learn about, honor, appreciate and celebrate their own heritage through the exploration of the history and diversity of the music and traditional instruments of Africa. To register, please contact Jacky Essombe at (604) 629-5899 or africanfriendshipsociety@gmail.com

Sat Sep 16-Dec 9 10:00 AM-12:00 PM
470752 FREE

United Way School's Out!

(8-12 yrs)

South Vancouver Neighbourhood House

School's Out is a free after-school program for preteens focusing on social emotional learning, arts, education, and sports. Program is guided by high school volunteer mentors. To register, contact the South Vancouver Neighbourhood House by phone at 604-324-6212.

Mon Wed Oct 9-Dec 6 3:30 PM-4:45 PM
470759 FREE/18 sessions

*Do you have an idea for a
creative, community
art project?*

Call the Arts Programmer at 604-718-6521
moberlyartscentre.ca



October 10*-December 22 Public Skating Schedule

Public Skating Schedule
VIEW ONLINE

* opening date is dependant on completion of maintenance.

Sunday	Monday	Tuesday	Thursday	Saturday
Public Skate 2:00-4:15pm	*40+ Hockey 10:00-11:30am	Discount Skate 2:00-3:30pm		Public Skate 11:00-12:15pm
Family Fun Hockey 4:30-5:30pm	Stick, Puck & Ring 11:45-1:15pm	Lessons 3:45-6:15pm	Public Skate 5:45-7:00pm	Lessons 12:30-3:00pm
		Public Skate 6:30-8:45pm	Adult Fun Hockey 7:15-8:00pm	Public Skate 3:15-4:30pm



Ice Skating Rates & Fees

	Single	10 Usage
Tot (4 & under)	FREE	
Child (5-12 yrs)	\$3.50	\$30.76
Youth (13-18 yrs)	\$4.89	\$43.06
Adult (19-64 yrs)	\$6.99	\$61.51
Senior (65+)	\$4.89	\$43.06
Discount Skate	50% off regular admission	
Skate Rental	\$3.53	\$31.06
Family Rate*	\$3.50/person <small>*Minimum charge of \$6.99. 1-2 adults of same household and their children under 19yrs</small>	
Children 7 years & younger must be accompanied on the ice by a parent or guardian over the age of 16 yrs. Prices subject to change. Prices listed do not include GST.		

Skate Lesson Level Comparison

Preschool Lv 1	Child Lv 1	Adult/Youth Beginner
Preschool Lv 2		
Preschool Lv 3	Child Lv 2	
Preschool Lv 4		
Preschool Lv 5/6	Child Lv 3	Adult/Youth Intermediate
	Child Lv 4	
	Child Lv 5	
	Child Lv 6/7	Adult/Youth Advanced

Learn to Skate Program



Online registration strongly recommended.

vanrec.ca

You can also register in person at any Vancouver Park Board Community Centre.

Fall Set 1

- Saturdays, Oct 14-Dec 16 (10 weeks)
- Tuesdays, Oct 17-Dec 19 (10 weeks)

Registration Dates

Fall Set 1 will begin Thu, Sept 21 @7:00pm

Skate Lesson Refund Policy:

- Full refund if notice received five or more working days prior to the start of the program.
- Refund of registration fee minus the cost of one class, if request received within four working days of the start of the program or after the first program date.
- No refunds issued for requests received after the second date of the program.

Looking for a rental space to host your next party, ball hockey practice or meeting?

Sunset has a number of rooms for rent. Each room accommodates a different number of people and is priced accordingly. Here is a quick look at some of the rooms we have to offer at our beautiful facility. All rooms in our centre are easily accessible and well lit by natural lighting. Whether it's for a meeting, family get-together or private gym time, we have the perfect space to accommodate you!

[VIEW ROOM RENTALS ONLINE](#)



Gymnasium



Hall



Multipurpose

Book your room now!

- Choose a Room** ➞ Visit mysunset.net/facilities-rentals/rental-guidelines for more information.
- Submit Rental Request** ➞ Visit recreation.vancouver.ca to view availability and submit rental requests.
- Rental Confirmation and Payment** ➞ Upon reviewing the request, the Rental Coordinator will contact you, take payment, and finalize the permit within 5 business days.

Refund Policy: There will be an administration charge of \$25 applied to all refund requests.

Please check with facility for vaccine and mask requirements. For all questions email sunsetrentals@vancouver.ca or phone 604.718.8269

Room	Capacity	Dimension (approx.)	Square Footage	Operating Hours Hourly Rate (+ GST)	After Operating Hours Hourly Rate (+ GST)
Craft Room	30	28x18	504	\$25	\$50
Multipurpose Room	40	26x25	650	\$25	\$50
Hall	130	58x29	1682	**\$75	\$75
Gym-Full	986	107x72	7704	\$55	\$80

Moberly Arts & Cultural Centre (MACC) is a community arts hub on the southwest corner of Moberly Park. MACC supports artists, and arts and cultural groups to realize their projects in a space which boasts a professional sprung dance floor, stadium seating and experienced technicians. Artists or arts & cultural groups are welcome to rent our theatre space.

Fri, Sat + Holidays	120	50x32	1600	\$65+ gst	\$90+ gst
Sun-Thurs	120	50x32	1600	\$55+ gst	\$80+ gst
Additional Charges					
SOCAN + ReSound:	Music royalty fees will apply to all user groups that choose to play music. For more information, please see: www.socan.ca , www.resound.ca				\$47.27 music only \$94.63 music + dance
Damage Deposit	For all functions, a refundable damage deposit fee will be collected at time of booking.				\$200
Staffing	Number of staff depends on activity, scope and size of rental. **All party-related events that serve food or require extra supervision will be charged for staffing \$25/hour/staff				\$25
Technician for MACC	A Technician is required for usage of bleachers, lights and audio system.				\$35
Insurance	Liability Insurance is required for sports, dance or any higher risk activities such as large events. Insurance is purchased from an external source. For more information, please see: www.eventpolicy.ca				

SUNSET FITNESS CENTRE

FITNESS CENTRE & PERSONAL TRAINING PROGRAMS VIEW ONLINE

**NEW
TO THE
FITNESS CENTRE?**

**30 Minute Orientations
Saturdays from
10:15-10:45am, 10:45-11:15am**

Free with admission
Call 604-718-6505 to make
an appointment

*Visit our
Fitness
Centre for a
workout!*

Fees & Passes

	16+yrs	65+yrs
Drop-in or Pass	\$4.50	\$4.00
10 ticket	\$37.50	\$32.50
1 month	\$37.50	\$32.50
3 month	\$98.00	\$86.00
6 month	\$176.50	\$150.00
1 year	\$293.50	\$268.00

Fees subject to change.

PERSONAL TRAINING

Optimize your training time with a personalized program and coaching to help you gain the confidence to be active for life.



**Meghan O'Connell,
Personal Trainer**

Meghan is a BCRPA registered Personal Trainer with specialties in group fitness, weight training, older adult, and osteofit. She has extensive experience working with kettlebells, barbells/powerlifting, boxing, and movement improvement, but her biggest passion is in helping YOU get stronger safely.



**Sara Doherty,
Personal Trainer**

Sara (they/them) is a BCRPA registered Personal Trainer. They have lead classes with the All Bodies Community Fitness and Recreation Program at Kensington Community Centre. They believe that fitness is different for every body and is passionate about working with people to help them reach their goals and feel empowered in their bodies.

FEES

# of sessions	30 Minute Private	30 Minute Semiprivate	55 Minute Private	55 Minute Semiprivate
1	\$57	\$75	\$114	\$128
3	\$160	\$212	\$322	\$360
5	\$234	\$308	\$468	\$525
10	\$410	\$540	\$820	\$922

Fees subject to change.