



# Recreation Guide Fall 2025

Sunset Community Centre  
Moberly Arts & Cultural Centre  
Sunset Ice Rink

**Centre Program  
Registration**

starts  
Wednesday,  
August 20  
at 9:00 AM



[www.mysunset.net](http://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

Hope everyone is enjoying the summer sunshine as we look ahead to our exciting lineup of Fall programs!

The construction of our long-awaited [Seniors Centre has made remarkable progress](#) over the past few months. It feels like just yesterday we were watching the foundation being poured. We're eager to see further development in the coming months—and even more excited to expand our senior programming once the centre officially opens.

This Fall, we've curated a diverse array of programs for all ages—from relaxing, seated activities to high-energy options that will get everyone moving. Be sure to mark your calendars for two of our most anticipated events: our Annual Diwali Celebration (October 13) and Breakfast with Santa (December 14)!

Although our Summer Youth Job Programs did not receive government funding this year, the SCA and Park Board staff rolled up their sleeves and revised the offerings to ensure we continued meeting the needs of our community youth. A big thank you to the team for their dedication and flexibility.

Our [Licensed Childcare programs](#) remain in high demand, and our team is looking forward to welcoming new families into our vibrant community this Fall.-

For those with a creative spirit, the [Moberly Arts and Cultural Centre](#) is bursting with opportunities. Be sure to check out programs like the Beginner Theatre Program and the festive African Christmas Market.

We're also pleased to share that [SCA's strategic planning](#) process for the next decade is now underway. This important initiative will help us chart a progressive, inclusive course for the Sunset Community—one that reflects our shared values, anticipates evolving needs, and positions us for long-term growth and success.

Fall has always been a season full of energy and connection at Sunset, and this year will be no different. We look forward to making it a memorable one for everyone.



Respectfully submitted,

Bhalwinder S. Waraich  
President, Sunset Community Association

## Association Board of Directors

President..... Bhalwinder S. Waraich  
Vice-Presidents..... Dr. Kala Singh, Greg Hubbard  
Treasurer..... Avtar Parmar  
Secretary..... Vipin Sharma  
Executive Member at Large .....Ajay Sharma  
Members At Large.....Phil Daum, Agnes Lee,  
Gurinder Rakkar, Ratna Leghari, Sukminder Gill,  
John Guest.

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).

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## Facility Hours

### September 1 – January 1, 2026

Monday-Friday.....	9:00 AM-9:30 PM
Saturday-Sunday .....	9:00 AM-5:00 PM
September 1, December 24, 31.....	9:00 AM-1:30 PM
September 30, November 11,	
December 22, 23, 29, 30, January 2.....	9:00 AM-5:00 PM
December 25, 26, January 1 .....	Closed
<i>Please note that the office closes 15 minutes before the facility closes. Hours are subject to change.</i>	

## Staff

Recreation Supervisor .....	Joe Wong
Programmer - Centre.....	Vivian Loi
Programmer - Rink.....	Maegan Montemayor
Programmer - Moberly Arts Centre .....	Oliver Mctavish-Wisden
Community Youth Worker.....	Rosa Aravena
Program Assistant III.....	Jazzmine Lim, Maggie Li
Recreation Facility Clerk.....	Ravina Rai
Cashier .....	Simran Bath
Childcare Manager .....	Ronilta Singh
Maintenance Technician .....	Jose Menjivar
Building Worker .....	Vicente Jun Villamin

## Centre Program Registration

begins Wednesday, August 20 at 9:00 AM

ONLINE at [vanrec.ca](http://vanrec.ca)

## Ice Skating Lesson Registration

begins Thursday, September 18 at 7:00 PM

ONLINE at [vanrec.ca](http://vanrec.ca)

See page 4 for all registration information and refund policies.



ONLINE at  
[vanrec.ca](http://vanrec.ca)



BY PHONE  
604.718.6505 ex 1.



IN PERSON at  
6810 Main St.

## How to Find Us



ਇਸ ਬਰੋਸ਼ਰ ਵਿਚ ਤੁਹਾਡੇ ਕਮਿਊਨਿਟੀ ਸੈਂਟਰ, ਆਰਟਸ ਸੈਂਟਰ, ਆਇਸ ਰਿੰਕ ਅਤੇ ਫਿਟਨੈੱਸ ਸੈਂਟਰ ਦੀਆਂ ਸਰਗਰਮੀਆਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਹੈ।

此小冊子介紹您本區的社區中心、藝術中心、溜冰場及健身中心之活動。

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](http://vanrec.ca) for details.

# Preschool & Full Day Program

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 (30 months to 5 yrs)

[VIEW ONLINE](#)

Ages	Days	Time
3 years old	Tuesdays & Thursdays	9:15-11:45 AM
3 & 4 mixed	Tuesdays & Thursdays	12:45-3:15 PM
4 years old	Mondays, Wednesdays & Fridays	9:15-11:45 AM
3 & 4 mixed	Mondays, Wednesdays & Fridays	12:45-3:15 PM
3 & 4 mixed	Tuesdays & Thursdays	9:00 AM-1:00 PM
3 & 4 mixed	Mondays, Wednesdays, Fridays	9:00 AM-1:00 PM

## Early Learning Full Day Program

[VIEW ONLINE](#)

Registration for the full day program is accepted as a space becomes available. Please waitlist your children as they turn 2 years old. Waitlist applications are available at [www.mysunset.net/facilities-rentals/licensed-childcare/](http://www.mysunset.net/facilities-rentals/licensed-childcare/)

Ages	Days	Time
3 & 4 mixed	Monday to Friday full day	8:00 AM-5:30 PM

### Registration Requirements

- \$50 registration fee (non-refundable), a deposit (equal to one month's fee) and the September fee.
- 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](http://www.mcf.gov.bc.ca). Child Care Arrangement form after you complete the registration.

To inquire about registration for Licensed Childcare please contact Ronilta Singh.  
Registration Manager by email [ronilta.singh@vancouver.ca](mailto:ronilta.singh@vancouver.ca) or phone: 604.446.2168

## Out of School Care



### Sunset Out of School Care (Kindergarten to Grade 7) at Sunset Community Centre

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

[VIEW ONLINE](#)

Before School	After School	Pro-D Days & Breaks
7:30-9:00 AM	3:00-6:00 PM	7:30 AM-6:00 PM

### Sexsmith Out of School Care (Kindergarten to Grade 7) Sexsmith Elementary School

[VIEW ONLINE](#)

Before School	After School	Pro-D Days & Breaks
7:30-9:00 AM	3:00-6:00 PM	7:30 AM-6:00 PM

Waitlist applications for both programs at [www.mysunset.net/facilities-rentals/licensed-childcare/](http://www.mysunset.net/facilities-rentals/licensed-childcare/)

### Registration Requirements

- \$50 registration fee (non-refundable), a deposit (equal to one month's fee) and the September fee.
- 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](http://www.mcf.gov.bc.ca). Child Care Arrangement form after you complete the registration.

### Registration Inquiries

- Sunset Preschool & Full Day Program: Email: [ronilta.singh@vancouver.ca](mailto:ronilta.singh@vancouver.ca) Phone: 604-718-6512
- Sexsmith Out of School Care: Email: [sunsetsexsmith@gmail.com](mailto:sunsetsexsmith@gmail.com) Phone: 604-600-7999
- Sunset Out of School Care: Email: [sunsetosc@gmail.com](mailto:sunsetosc@gmail.com) Phone: 604-441-0858



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.



## Food Bank Pick Ups

**This program is funded by the Sunset Association.** The Sunset Association has partnered with the Greater Vancouver Food Bank to support our community by providing an accessible food resource in the South Vancouver area.

We welcome all individuals and families in the Sunset Neighbourhood to access our food bank. We offer a variety of dry goods, fresh fruits and vegetables, dairy products, and more. Pickup is available once a week, and identification may be required to verify registration.

Requirements:

- A VALID Leisure Access Pass (expired passes may result in denial of service).
- Residency in the Sunset Neighbourhood (please refer to the map below).
- Bring your own bags or a cart to carry your groceries home.

To register please email to [Sunset.foodbank@vancouver.ca](mailto:Sunset.foodbank@vancouver.ca)

**Every Saturday from 9:30AM - 1:00PM**

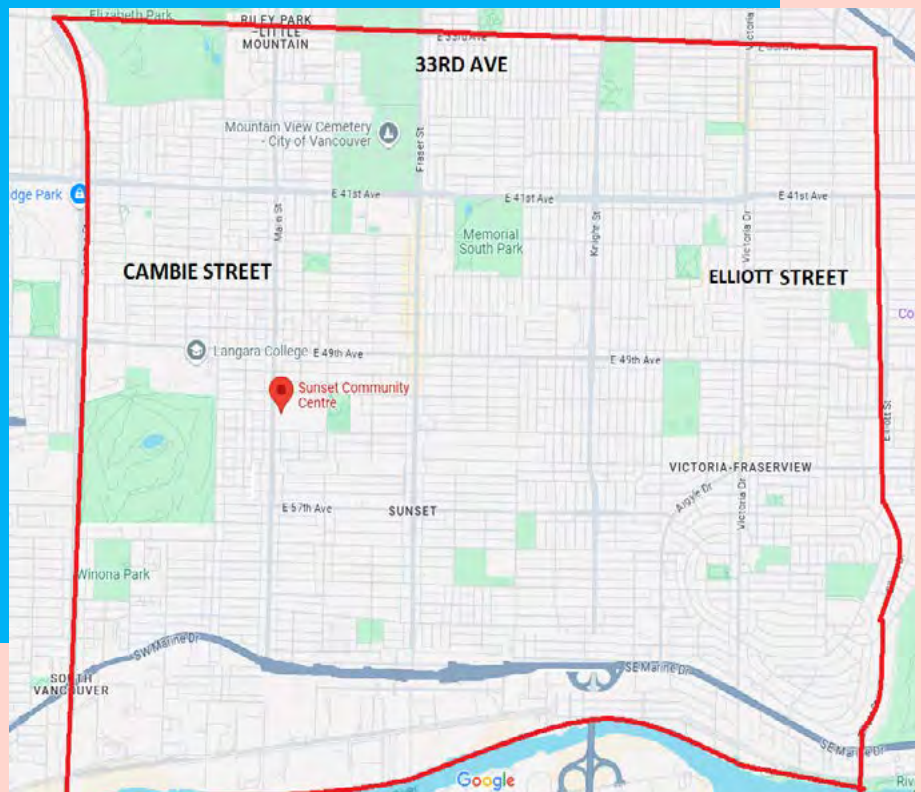


### Service Area Policy:

Individuals residing outside the designated boundary (marked in red) may be denied access to our food bank.

### Boundary Details:

Our service area extends from 33rd Avenue to Elliott Street, then to the Fraser River, and finally to Cambie Street.





## 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/](http://www.mysunset.net/programs/birthdays-parties/)

- We do not take reservations or hold spots over the phone or email. A leader will contact you 30 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.

#### 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**  
**Popcorn Machine+\$30**  
**Party Arch+\$35**  
**Party Mascot+ \$50**



**Extra services are led by the Birthday Party Leaders!**

- Each service runs for around 30 minutes.
- Add on services must be requested at least 14 days prior to party; requests with less than 14 days' notice are not guaranteed.
- Party arch has "happy birthday" balloons, your choice of basic decorations.
- Party Mascot options: Bunny or inflatable dinosaur.



**Pick your Party Package**

→ **See page 9**

## 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 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.

## 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 11:00-11:45 AM (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.

## Play Gym Birthday Party for 40 Guests

[VIEW ONLINE](#)

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

- Saturdays 11:45 AM-1:45 PM
- Play gym time 12:00-12:45 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.

## Ultimate Play Gym Birthday Party for 60 Guests

[VIEW ONLINE](#)

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

- Selected weekends
- 2 hours 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.

# FALL EVENTS



## THANKSGIVING & DIWALI

OCT 13 | 11:00AM-1:00PM



## HALLOWEEN

OCT 31 | 4:00PM-8:00PM



## FAMILY CARNIVAL & CRAFT FAIR

#582084

NOV 22 | 11:30AM-5:00PM



## BREAKFAST WITH SANTA

#579761

DEC 14 | 10:30AM-12:30PM



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Future Bounce Basketball girls+ (7-11yrs) 9:05-10:00 AM	Petit Explorers (0-5yrs) 9:45-11:15 AM	SVNH Family Play Time (0-6yrs) 10:00 -11:30 AM	Play Gym (0-5yrs) 9:30-11:00 AM	Piano w/ Derek (5+yrs) 3:30 -8:00 PM	Play Gym (0-5yrs) 9:30-11:00 AM	Soccer (3-5yrs) 9:05 -9:50 AM
604 Bhangra Dance (6-7yrs) 9:15-10:15 AM	Piano w/ Joanna (5+yrs) 3:00-8:30 PM	Crafty Youth Crew (13-18yrs) 3:30-6:00 PM	Active Play Club* (8-12yrs) 3:15-4:30 PM	Preteen Basketball Drop-In (9-12yrs) 3:30-4:45 PM	Preteen Basketball Drop-In (9-12yrs) 3:00-4:30 PM	Sportball Parent and Tot Multisport (1-3yrs) 9:05-9:50 AM
Activity Studio & Phonics (4-6yrs) 9:15-10:10 AM	Preteen Soccer Drop-In (9-12yrs) 3:00-4:30 PM	Piano w/ Christine (5+yrs) 3:30-8:00 PM	Piano w/ Christine (5+yrs) 3:30-8:00 PM	Girls+ Group (12-15yrs) 4:00-6:00 PM	Preteen Games Room (9-12yrs) 3:00-5:30 PM	Piano w/ Joanna (5+yrs) 9:15 AM-1:45 PM
Piano w/ Kelly (5+yrs) 9:15 AM-1:45 PM	Junior Arts and Music Camp* (8-12yrs) 3:15-4:30 PM	Preteen Badminton Drop-In (9-12yrs) 3:30-4:30 PM	Afrobeats and Urban Dance (5-8yrs) 3:45-4:45 PM	Learning Buddies Network (9-10yrs) 4:00-5:15 PM	Girls+ Multi-Sports (9-15yrs) 3:30-6:00 PM	Ballet - Preschool (2-4yrs) 9:30-10:00 AM
604 Bhangra Dance (8-9.5yrs) 10:15-11:15 AM	Multi-Sport - Minis (5-7yrs) 3:45-4:45 PM	Baking Buddies - Dinner Time (5-8yrs) 3:45-4:40 PM	DIY Studio - Clay Art (4-8yrs) 3:45-4:40 PM	Mini Stars Theatre w/ Rise Arts (4-5yrs) 4:00-5:00 PM	Piano w/ Jensen (5+yrs) 3:30-6:30 PM	Sportball Multisport (2-5yrs) 9:50-10:35 AM
Head Start Math (7-11yrs) 10:15-11:10 AM	Rhythmic Gymnastics Dance (7-12yrs) 4:00-5:00 PM	Performing Stars Mini Ballet* (3-5yrs) 3:45-4:30 PM	Ready, Set, Cook! (5-8yrs) 3:45-4:40 PM	Teen Basketball Drop-In (13-18yrs) 4:45-6:00 PM	Youth Council (13-18yrs) 5:00-6:30 PM	Soccer (6-9yrs) 9:55-10:50 AM
Badminton (6-9yrs) 10:45-11:40 AM	Teen Soccer Drop-In (13-18yrs) 4:30-5:45 PM	The Science Lab (5-8yrs) 3:45-4:40 PM	Preteen Volleyball Drop-In (9-12yrs) 4:00-5:00 PM	Beginner Theatre w/ Rise Arts* (6-12yrs) 5:15-6:15 PM	Teen Games Room (13-18yrs) 5:45-8:30 PM	Artsy Bookworms (4-6yrs) 10:00-10:55 AM
Young-Commander Chess - Novice (5-10yrs) 11:00 AM-12:10 PM	Multi-Sport - Juniors (7-11yrs) 4:45-5:45 PM	Cooking For Teens (12-17yrs) 4:00-6:00 PM	Adapted KPOP/Hip Hop/Ethnic Dance (6-14yrs) 4:45-5:45 PM	SEARCH & REGISTER ONLINE	Teen Basketball Drop-In (13-18yrs) 6:00-9:15 PM	Ballet (3-6yrs) 10:00-10:45 AM
604 Bhangra Dance (4.5-5yrs) 11:15 AM-12:00 PM	Rhythmic Gymnastics Dance (4-6yrs) 5:00-6:00 PM	Junior Leader 2B (10-13yrs) 4:30-6:00 PM	Crafty Scientists (4-8yrs) 4:50-5:45 PM		Queer Youth Create (13-18yrs) 7:00-9:00 PM	Young Artists (5-7yrs) 10:00-11:00 AM
Imaginative Writing (6-11yrs) 11:15 AM-12:10 PM	Bollywood Dance - Kids (4-12yrs) 6:15-7:00 PM	Performing Stars Junior Ballet* (5-7yrs) 4:30-5:15 PM	Young Foodies Club (6-12yrs) 4:50-5:45 PM		Night Hoops + Gr8-12 (12-18yrs) 7:30-9:15 PM	Sounds of Africa* (7-12yrs) 10:15-11:45 AM
Badminton (9-12yrs) 11:45 AM-12:40 PM		Teen Badminton Drop-In (13-18yrs) 4:45-6:00 PM	Teen Volleyball Drop-In (13-18yrs) 5:00-6:00 PM			Ballet (3-6yrs) 10:45-11:30 AM
604 Bhangra Dance (9.5-17yrs) 12:00-1:00 PM		Baking Buddies - Desserts (5-8yrs) 4:50-5:45 PM	Jazz Funk, MTV Pop Star, Asian Pop - Family 5:45-6:45 PM			Basketball (6-9yrs) 10:55-11:50 AM
Chess - Int/Adv (8-13yrs) 12:20-1:30 PM		Math Masterminds (5-8yrs) 4:50-5:45 PM				Science Explorers (4-6yrs) 11:00-11:55 AM
Karate Kids (w/ Parents) (4-6yrs) 1:15-2:00 PM	<div>Thank You</div> <div>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.</div> <div><div><div>PHYSIO KINESIOLOGY / RMT OSTEOPATHY</div><div>604 558 0340 www.hayerhealth.ca</div></div><div><div>Diljeet Singh Taheem</div></div><div><div>Royal Bank of Canada</div></div><div><div>Pall Beesla &amp; Family Community Members In memory of Jagir Kaur Beesla</div></div><div></div></div> <div></div> <td>Young Artists (5-7yrs) 11:15 AM-12:15 PM</td>					Young Artists (5-7yrs) 11:15 AM-12:15 PM
Baking Basics and Beyond (13-18yrs) 2:00-4:00 PM						Ballet (5-8yrs) 12:00-12:45 PM
Karate - Teen & Adult (7-99yrs) 2:00-3:30 PM						Finish Strong Level Up (12-15yrs) 12:00-1:00 PM
Make & Bake (4-6yrs) 2:30-3:25 PM						Ballet - Int (6-10yrs) 12:45-1:45 PM
Make & Bake (5-10yrs) 3:40-4:35 PM						Hibret Amharic School* (6-18yrs) 2:00-5:00 PM
						Piano w/ Derek (5+yrs) 2:00-5:00 PM
						Taekwondo - Int (5-13yrs) 2:15-3:15 PM
						Taekwondo - Beg (5-13yrs) 3:15 PM-4:15 PM

## Social

## Petit Explorers

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.

Mon	Sep 8-Dec 15	9:45 AM-11:15 AM
578101		\$3/drop-in



## SVNH Family Play Time

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. No session Sep 30 and Nov 11.

Tue	Sep 9-Dec 9	10:00 AM-11:30 AM
578118		FREE drop-in

## Play Gym

### Play Gym Leader

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. Drop-in \$3.00.

Wed	Sep 10-Dec 17	9:30 AM-11:00 AM
<a href="#">578102</a>		\$3/drop-in
Fri	Sep 19-Dec 19	9:30 AM-11:00 AM
<a href="#">578294</a>		\$3/drop-in

## 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 in Parent & Tot sessions. No session Oct 11.

Sat	Sep 13-Oct 25	9:05 AM-9:50 AM
578324		\$108/6 sessions

Sat	Nov 1-Dec 6	9:05 AM-9:50 AM
578325		\$108/6 sessions



**Did you know that this brochure is a clickable publication?**

That's right, for any program that you're interested in, just hover **blue program number** below the description, click and you'll be taken to the registration page.

## 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 Sep 29, Oct 13, Nov 10.

**(4-6 yrs)**

Mon	Sep 15-Dec 8	5:00 PM-6:00 PM
<b>578113</b>		\$140/10 sessions

**(7-12 yrs)**

Mon	Sep 15-Dec 8	4:00 PM-5:00 PM
<b>578114</b>		\$140/10 sessions

### Bollywood Dance - Kids

*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 Sep 29, Oct 13, 20, Nov 10.

Mon	Sep 8-Oct 27	6:15 PM-7:00 PM
<b>578074</b>		\$50/5 sessions

Mon	Nov 3-Dec 15	6:15 PM-7:00 PM
<b>578247</b>		\$60/6 sessions

### Afrobeats and Urban Dance Sampler **(5-8 yrs)**

*ILLUMA Studio*

Come experience a variety of exciting dance styles including Afrobeats and Urban Dance (Locking, Popping, House, Lite Feet, Hip Hop) and maybe even pick up some Spanish words! Students will broaden their dance knowledge and refine their technique of these variety dance styles throughout the season. Meet friends, have fun, and rise to a new challenge! No previous experience required. Dress: dry indoor shoes with non-marking soles preferred (especially during rain/snow season), comfortable sports / loose / baggy clothing & face covering (as needed). Bring your water bottle and come enjoy an energetic workout! Class curriculum will be different between same-subject sessions; we welcome repeat students at our classes!

Wed	Sep 10-Nov 26	3:45 PM-4:45 PM
<b>578215</b>		\$192/12 sessions

### Adapted KPOP/Hip Hop/Ethnic Dance Sampler Class

**(6-14 yrs)**

*ILLUMA Studio*

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!

Wed	Sep 10-Nov 26	4:45 PM-5:45 PM
<b>578061</b>		\$192/12 sessions

### Adapted Dance: Jazz Funk, MTV Pop Star, Asian Pop - Family

*ILLUMA Studio*

As a family, come experience high dynamics cardio dance and Jazz Funk and Hip Hop fundamentals while vibing to Korean and Asian Pop Music! Dancers will refine their technique through choreography, strengthening, footwork, isolations, stretches and more! Meet friends, have fun, and rise to a new challenge. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge! No previous experience required; content is accessible and adapted to the learner's level. Learned skills showcasing will be announced throughout the course. We recommend taking our other dance class before/after to enhance your learned skills and create a longer afternoon experience. Dress: dry indoor shoes with non-marking soles preferred (especially during rain/snow season), comfortable sports / loose / baggy clothing & face covering (as needed). Bring your water bottle and sufficient nut free snacks to fuel your student for an energetic workout! Class curriculum will be different between same-subject sessions throughout the year; we welcome repeat students at our classes! We aim to have more than one teacher present for each class, especially for classes with more than 10-12 students. Price is for 2 people.

Wed	Sep 10-Nov 26	5:45 PM-6:45 PM
<b>578214</b>		\$360/12 sessions

### Ballet - Preschool

**(3-4 yrs)**

*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 slippers. Parent participation required. No session Oct 11.

Sat	Sep 20-Dec 13	9:30 AM-10:00 AM
<b>578335</b>		\$120/12 sessions

**Looking for more  
Art & Cultural Programs?**

Moberly Arts & Cultural Centre

[moberlyartscentre.ca](http://moberlyartscentre.ca)

## Art, Culture & Environment cont'd

### 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 Oct 11.

(4-6 yrs)

Sat Sep 20-Dec 13 10:00 AM-10:45 AM  
\$168/12 sessions

Sat Sep 20-Dec 13 10:45 AM-11:30 AM  
\$168/12 sessions

(6-8 yrs)

Sat Sep 20-Dec 13 12:00 PM-12:45 PM  
\$180/12 sessions

### Ballet - Intermediate

(6-10 yrs)

Sarah U

This Intermediate Ballet Class is designed for young dancers who have done ballet for at least 1 year and are ready to advance their skills with more challenging technique, combinations, and artistry. Taught in a supportive and structured environment, this class builds confidence and discipline while encouraging creativity and a love for dance. Class will progress throughout the session and culminate in a presentation on the last day of class. Please come in form-fitting clothing and ballet slippers. No session Oct 11.

Sat Sep 20-Dec 13 12:45 PM-1:45 PM  
\$216/12 sessions



### 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. 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 Sep 28, Oct 12, Nov 9.



4.5-5 yrs

Sun Sep 14-Dec 7 9:15 AM-10:15 AM  
\$100/10 sessions

6-7 yrs

Sun Sep 14-Dec 7 10:15 AM-11:15 AM  
\$120/10 sessions

8-9.5 yrs

Sun Sep 14-Dec 7 11:15 AM-12:00 PM  
\$130/10 sessions

9.5-17 yrs

Sun Sep 14-Dec 7 9:15 AM-10:15 AM  
\$130/10 sessions

## Sports

### Multi-Sport

Arsh Jaswal

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 Sep 29, Oct 13, Nov 10.

(5-7 yrs)

Mon Sep 22-Dec 15 3:45 PM-4:45 PM  
\$95/10 sessions

(7-11 yrs)

Mon Sep 22-Dec 15 4:45 PM-5:45 PM  
\$95/10 sessions

## 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 Oct 11.

Sat	Sep 13-Oct 25	9:50 AM-10:35 AM
<a href="#">578310</a>		\$108/6 sessions
Sat	Nov 1-Dec 6	9:50 AM-10:35 AM
<a href="#">578311</a>		\$108/6 sessions

## Soccer

*Justo Ayala, Jayson Hubbard*

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 Oct 11.

(3-5 yrs)

Sat	Sep 20-Dec 12	9:55 AM-10:50 AM
<a href="#">578117</a>		\$126/12 sessions

(6-9 yrs)

Sat	Sep 20-Dec 12	9:55 AM-10:50 AM
<a href="#">578117</a>		\$126/12 sessions

## Basketball

(6-9 yrs)

*Justo Ayala, Jayson Hubbard*

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. No session Oct 11.

Sat	Sep 20-Dec 12	10:55 AM-11:50 AM
<a href="#">578071</a>		\$126/12 sessions

## Future Bounce Basketball Girls+

(8-11 yrs)

*Future Bounce Athletic 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 Oct 12.

Sun	Sep 14-Dec 7	9:05 AM-10:00 AM
<a href="#">578356</a>		\$180/12 sessions

## Badminton

*TBA Instructor*

Introduction to badminton. Lessons are based on learning techniques, rallies and plays. Bring your own racquet if you have one. No session Oct 12.

(6-9 yrs)

Sun	Sep 7-Oct 26	10:45 AM-11:40 AM
<a href="#">580252</a>		\$70/7 sessions

Sun	Nov 2-Dec 7	10:45 AM-11:40 AM
<a href="#">580255</a>		\$60/6 sessions

(9-12 yrs)

Sun	Sep 7-Oct 26	11:45 AM-12:40 PM
<a href="#">580253</a>		\$70/7 sessions

Sun	Nov 2-Dec 7	11:45 AM-12:40 PM
<a href="#">580256</a>		\$60/6 sessions

## Education

### Baking Buddies - Dinner Time

(5-8 yrs)

In this fun, hands-on program, kids will learn to bake delicious dinner dishes from scratch! Participants will explore new ingredients, practice safe kitchen skills, and create savory meals...all in the oven! No session Sept 30, Nov 11.

Tue	Sep 16-Nov 11	3:45 PM-4:40 PM
<a href="#">578068</a>		\$103.50/9 sessions

Tue	Nov 4-Dec 9	3:45 PM-4:40 PM
<a href="#">580288</a>		\$57.50/5 sessions

### Baking Buddies - Desserts

(5-8 yrs)

Sweeten up your day with baked desserts! Participants will learn to bake delicious treats like cookies and cupcakes while practicing basic techniques and kitchen safety. No session Sep 30, Nov 11.

Tue	Sep 16-Nov 11	4:50 PM-5:45 PM
<a href="#">578067</a>		\$103.50/9 sessions

Tue	Nov 4-Dec 9	4:50 PM-5:45 PM
<a href="#">580289</a>		\$57.50/5 sessions

### Tiny Tastebunds-Fun with Food

(4-6 yrs)

*Youth Leader*

Little chefs will learn basic kitchen skills, explore new ingredients, and create tasty treats in a fun, safe environment. Each class is filled with exciting activities that help children develop a love for cooking while building confidence and creativity in the kitchen!

Wed	Sep 17-Nov 12	3:45 PM-4:40 PM
<a href="#">578127</a>		\$69/6 sessions

Wed	Oct 29-Dec 3	3:45 PM-4:40 PM
<a href="#">580286</a>		\$69/6 sessions

## Sign up Today!



Sign up for our newsletter and be the first to find out about all the latest news, programs and more!

➔ [www.mysunset.net](http://www.mysunset.net)

## Education cont'd

### 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.

Wed	Sep 17-Nov 12	4:50 PM-5:45 PM
<a href="#">578112</a>		\$103.50/9 sessions
Wed	Oct 29-Dec 3	4:50 PM-5:45 PM
<a href="#">580286</a>		\$69/6 sessions

### Make & Bake

*Kristy Nguyen*

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! No session Oct 12.

(4-6 yrs)

Sun	Sep 21-Nov 23	2:30 PM-3:25 PM
<a href="#">578095</a>		\$92/9 sessions

(6-10 yrs)

Sun	Sep 21-Nov 23	3:40 PM-4:35 PM
<a href="#">578096</a>		\$92/9 sessions

### Science Adventures

(5-8 yrs)

Experiments, experiments, experiments! Join us for a thrilling journey into the wonders of science. Designed for young minds curious about the world around them, this program blends education and fun through a series of engaging science experiments covering various subjects. No session Sep 30, Nov 11.

Tue	Sep 16-Oct 28	3:45 PM-4:40 PM
<a href="#">578121</a>		\$60/6 sessions
Tue	Nov 4-Dec 16	3:45 PM-4:40 PM
<a href="#">580281</a>		\$60/6 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 17-Oct 22	4:50 PM-5:45 PM
<a href="#">578080</a>		\$60/6 sessions
Wed	Oct 29-Dec 3	4:50 PM-5:45 PM
<a href="#">580291</a>		\$60/6 sessions

### Science Explorers

(4-6 yrs)

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 Oct 12.

Sat	Sep 20-Nov 1	11:00 AM-11:55 AM
<a href="#">578219</a>		\$60/6 sessions
Sat	Nov 8-Dec 13	10:00 AM-10:55 AM
<a href="#">580284</a>		\$60/6 sessions

### Math Masterminds

(5-8 yrs)

Think fast! Enhance your math skills through fun and engaging math puzzles and mysteries each day.

Tue	Sep 16-Oct 28	4:50 PM-5:45 PM
<a href="#">578097</a>		\$60/6 sessions
Tue	Nov 4-Dec 16	4:50 PM-5:45 PM
<a href="#">580282</a>		\$60/6 sessions

### Head Start Math

(7-11 yrs)

*Simar Boparai*

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 Oct 12.

Sun	Sep 21-Dec 7	10:15 AM-11:10 AM
<a href="#">578085</a>		\$115.50/11 sessions

### Imaginative Writing

(6-11 yrs)

*Simar Boparai*

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

Sun	Sep 21-Dec 7	11:15 AM-12:10 PM
<a href="#">578087</a>		\$115.50/11 sessions

### Activity Studio & Phonics

(6-10 yrs)

*Simar Boparai*

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.

Sat	Sep 21-Dec 7	9:15 AM - 10:10 AM
<a href="#">580285</a>		\$115.50/11sessions

### DIY Studio - Clay Art

(5-8 yrs)

Create trinkets and decoration with air dry clay! Turn your imagination into something you can take home. Program is led by trained youth leaders.

Wed	Sep 17-Nov 12	3:45 PM-4:40 PM
<a href="#">578082</a>		\$60/6 sessions
Wed	Oct 29-Dec 3	3:45 PM-4:40 PM
<a href="#">580290</a>		\$60/6 sessions

**Did you know that this brochure is a clickable publication?**

That's right, for any program that you're interested in, just hover [blue program number](#) below the description, click and you'll be taken to the registration page.

## 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.

Sat	Sep 20-Nov 1	10:00 AM-10:55 AM
<a href="#">578062</a>		\$60/6 sessions
Sat	Nov 8-Dec 13	11:00 AM-11:55 AM
<a href="#">580283</a>		\$60/6 sessions

## Young Artists

(7-13 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 Sep 27, Oct 11.

5-7 yrs

Sat	Sep 20-Nov 1	11:15 AM-12:15 PM
<a href="#">578126</a>		\$100/6 sessions
Sat	Nov 8-Dec 13	11:15 AM-12:15 PM
<a href="#">578305</a>		\$120/5 sessions

8-13 yrs

Sat	Sep 20-Nov 1	10:00 AM-11:00 AM
<a href="#">579815</a>		\$100/5 sessions
Sat	Nov 8-Dec 13	10:00 AM-11:00 AM
<a href="#">579816</a>		\$120/6 sessions

## Young-Commander Chess

*Joe Soliven*

"First, self-image; next, instruction. Last, adventure."—Rufin. As a school academic in a game, playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Chess teaches higher level thinking skills such as visualization, analysis and critical thinking. Chess allows kids to connect with something in the real world which in turn, fires up their desire to learn. Joining in this Sherlock-Holmes-world-of-tactics-and-strategies adventure, where the chessmen become personified, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armor? "commander" (leader) self-image, whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. Chess folder kit included. No session Oct 12.

Novice/Starter I/II

(5-10 yrs)

Sun	Sep 7-Dec 7	11:30 PM-12:10 PM
<a href="#">578129</a>		\$195/13 sessions

Intermediate and advance

(8-13 yrs)

Sun	Sep 7-Dec 7	12:20 PM-1:30 PM
<a href="#">578128</a>		\$195/13 sessions

## Martial Arts

### Taekwondo

(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 Oct 11.

Beginner

Sat	Sep 20-Dec 13	3:15 PM-4:15 PM
<a href="#">578372</a>		\$264/12 sessions

Advanced

Sat	Sep 20-Dec 13	2:15 PM-3:15 PM
<a href="#">578373</a>		\$264/12 sessions

### Karate Kids (with Parents)

(5-6 yrs)

*George Chan*

Have fun while learning traditional Go-Ju Ryu Karate-Do with 7th Dan Shihan George Chan (over 35 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. 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. For more information, visit [www.kuyukai.com](http://www.kuyukai.com). No session Sepr 28, Oct 12, Nov 10.

Sun	Sep 7-Oct 26	1:15 PM-2:00 PM
<a href="#">578093</a>		\$90/6 sessions

Sun	Nov 2-Dec 7	1:15 PM-2:00 PM
<a href="#">578280</a>		\$75/5 sessions

### Karate - Teen & Adult

(7+ yrs)

*George Chan*

Have fun while learning traditional Go-Ju Ryu Karate-Do with 7th Dan Shihan George Chan (over 35 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. 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. For more information, visit [www.kuyukai.com](http://www.kuyukai.com). No session Sep 28, Oct 12, Nov 10.

Sun	Sep 7-Oct 26	2:00 PM-3:30 PM
<a href="#">578091</a>		\$90/6 sessions

Sun	Nov 2-Dec 7	2:00 PM-3:30 PM
<a href="#">578286</a>		\$75/5 sessions

## Martial Arts cont'd

### 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](http://www.kuyukai.com).

Sun Sep 14, Oct 19 3:30 PM-4:45 PM  
578092 \$30/2 sessions



### Axe Capoeira

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 \$20 as space allows.

(6-13 yrs)

Tue Thu Sep 2-Sep 25 6:00 PM-6:45 PM  
578066 \$100/8 sessions  
Tue Thu Oct 2-Oct 30 6:00 PM-6:45 PM  
578065 \$112.50/9 sessions  
Tue Thu Nov 4-Nov 27 6:00 PM-6:45 PM  
578223 \$100/8 sessions  
Tue Thu Dec 2-Dec 18 6:00 PM-6:45 PM  
578225 \$75/6 sessions

(14+yrs)

Tue Thu Sep 2-Sep 25 6:45 PM-7:45 PM  
578063 \$100/8 sessions  
Tue Thu Oct 2-Oct 30 6:45 PM-7:45 PM  
578064 \$112.50/9 sessions  
Tue Thu Nov 4-Nov 27 6:45 PM-7:45 PM  
578232 \$87.50/7 sessions  
Tue Thu Dec 2-Dec 18 6:45 PM-7:45 PM  
578233 \$75/6 sessions

## Camps

### Pro-D Camp

(6-12 yrs)

Day Camp Staff

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. Out trips are subject to change without notice.

Fri Sep 19 9:00 AM-4:00 PM  
578005 \$80/1 sessions  
Fri Oct 24 9:00 AM-4:00 PM  
578008 \$80/1 sessions  
Fri Nov 21 9:00 AM-4:00 PM  
578011 \$80/1 sessions

### Winter Break Camp

(6-12 yrs)

Day Camp Staff

Register your child for Winter Break Day camp with Sunset Community Centre. Activities will include sports, cooperative games, Out-trips arts and crafts and other activities. Spots are limited, so register now! No camp Jan 1. Note: Dec 24, 31, & Jan 1 camp will run half-day.

Wednesday Dec 31: 9am-1pm (half day)

Friday Jan 2: 9am-4pm (full day).

Mon-Wed Dec 22-Dec 24 9:00 AM-4:00 PM  
578026 \$112.50/3 sessions  
Mon-Fri Dec 29-Jan 2 9:00 AM-4:00 PM  
578027 \$135/4 sessions

## Workshops



### Make & Bake – Holiday Edition

Kristy Nguyen

This festive cooking class is packed with winter wonderland fun, where kids get to bake and decorate seasonal treats inspired by the holiday magic. It's the perfect way to celebrate the season and make sweet memories with family and friends.

4-6 yrs

Sun Nov 30-Dec 7 2:30 PM-3:25 PM  
582086 \$25/2 sessions

6-10 yrs

Sun Nov 30-Dec 7 3:40 PM-4:35 PM  
582087 \$25/2 sessions

## Music

### Piano – Private Lessons

(5+ yrs)

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. No sessions Oct 11, Oct 12, Oct 13

Mon	Sep 8-Dec 1	3:00 PM-8:30 PM
Joanna Wan		\$300/12 sessions
Tue	Sept 9-Dec 9	3:30 PM-8:00 PM
Christine Lai		\$350/14 sessions
Wed	Sept 10-Dec 10	3:30 PM-8:00 PM
Christine Lai		\$350/14 sessions
Thu	Sept 11-Dec 11	3:30 PM-8:00 PM
Derek Pang		\$350/14 sessions
Fri	Sept 12-Dec 12	3:30 PM-6:30 PM
Jensen Yee		\$350/14 sessions
Sat	Sept 6-Nov 29	9:15 AM-1:45 PM
Joanna Wan		\$300/12 sessions
Sat	Sept 13-Dec 13	2:00 PM-5:00 PM
Derek Pang		\$350/14 sessions
Sun	Sept 7-Dec 7	9:15 AM-1:45 PM
Kelly Fang		\$350/14 sessions



## Tutoring

### Private Tutoring with Simar

(5-12 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. No session Sep 29, Oct 13, Nov 10.

#### Simar Boparai

Sun	Sep 28-Nov 23	1:45 PM-2:45 PM
578107		\$192/9 sessions
Sun	Sep 28-Nov 23	2:45 PM-3:45 PM
578108		\$192/9 sessions
Sun	Sep 28-Nov 23	3:45 PM-4:45 PM
578109		\$192/9 sessions
Sun	Sep 28-Nov 23	3:00 PM-4:00 PM
578104		\$192/9 sessions
Sun	Sep 28-Nov 23	4:00 PM-5:00 PM
578103		\$192/9 sessions
Sun	Sep 28-Nov 23	2:00 PM-3:00 PM
578105		\$192/9 sessions

### Tutoring with Simar (2 students)

(5-12 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. No session Oct 11, 12.

Sat	Sep 27-Nov 22	11:30 AM-12:30 PM
578122		\$231/9 sessions
Sun	Sep 28-Nov 23	12:45 PM-1:45 PM
578124		\$168/9 sessions
Sat	Sep 27-Nov 22	9:30 AM-10:30 AM
578125		\$168/9 sessions
Sat	Sep 27-Nov 22	9:30 AM-10:30 AM
578125		\$168/9 sessions

### Learning Buddies Network

(6-12 yrs)

#### Learning Buddies Network

Learning Buddies Network we are offering free one on one reading and math mentoring 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), Grade 1 students are not accepted until January of their Grade 1 school year. 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. Grade 6 and 7 students are accepted on a case by case basis. The child will then be assessed to make sure they are the right fit for this program. If you have any questions you can email us at: [registration@learningbuddiesnetwork.com](mailto:registration@learningbuddiesnetwork.com). To register you must contact Rosa Community Youth Worker at email [rosa.aravena@vancouver.ca](mailto:rosa.aravena@vancouver.ca).

Thu	Oct 23-Dec 18	4:00 PM-5:15 PM
577990		FREE/9 sessions

## Social

### Games Room

(9-12 yrs)

Youth Leader

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. Games Room Schedule subject to change.

(9-12 yrs)

Mon-Thu	Sep 2-Dec 18	3:30 PM-5:00 PM
577877		FREE drop-in
Fri	Sep 5-Dec 19	3:30 PM-5:30 PM
577879		FREE drop-in

(12-18yrs)

Mon, Wed, Thu	Sep 2-Dec 18	4:45 PM-6:30 PM
577876		FREE drop-in
Tue	Sep 2-Dec 18	5:00 PM-6:00 PM
577876		FREE drop-in
Fri	Sep 5-Dec 19	5:30 PM-8:30 PM
577894		FREE drop-in

### Girls+ Group

(12-15 yrs)

Youth Leader

Program is open to all, female identifying and nonbinary youth to participate in a variety of instructional activities with information and support to make healthy choices in life. Weekly instructional activities such as baking, cooking, out -trips, workshops and much more. The groups focus is to empower young females 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 11-Dec 18	4:00 PM-6:00 PM
577874		FREE/15 sessions

### Queer Youth Create

(13-18 yrs)

Youth Leader

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.

Fri	Sep 12-Dec 19	7:00 PM-9:00 PM
577886		FREE/15 sessions

## Youth Concession

Wednesday & Fridays 4:15-6:30 PM  
Tasty snacks and drinks!

## Crafty Youth Crew

(9-15 yrs)

Youth Leader

Join us for nightly DIY arts and craft projects, connect and socialize with your peers, and meet new friends. No pre- requisites to join. If you enjoy learning a new craft and want to do something fun on Tuesday night. No Program on September. 30, November 11.

Tue	Sep 23-Dec 16	6:15 PM-7:45 PM
579164		FREE/16 sessions

Sep 23	Mason Jar Lanterns
Sep 30	NO PROGRAM
Oct 7	Tie-Dye Canvas
Oct 14	Fall Bracelet Making
Oct 21	Pumpkin Carving
Oct 28	Glow-in-the-Dark Canvas Painting
Nov 4	Henna Art
Nov 11	NO PROGRAM
Nov 18	Thank You Cards
Nov 25	DIY Magnets
Dec 2	Gratitude Jars
Dec 9	Felt Stockings
Dec 16	Wood Ornaments

## Sports

### Soccer Drop-In

Youth Leader

Come play indoor soccer. Learn some skills & drills and then play a game all levels welcomed. No session Oct 13.

Preteen

(9-12 yrs)

Mon	Sep 8-Dec 15	3:30 PM-4:30 PM
577946		FREE drop-in

Teen

(13-18 yrs)

Mon	Sep 8-Dec 15	4:30 PM-5:45 PM
577953		FREE drop-in

### Badminton Drop-In

Youth Leader

Come by and drop in for badminton. Please sign-in with a staff before entering. Join us for fun badminton, skills and drills! No Program: Sep 30, Nov 11.

Preteen

(9-12 yrs)

Tue	Sep 2-Dec 16	3:30 PM-4:45 PM
577938		FREE drop-in

Teen

(13-18 yrs)

Tue	Sep 2-Dec 9	4:45 PM-6:00 PM
577920		FREE drop-in

## Volleyball Drop-In

Youth Leader

Join us for youth-only volleyball, where you can dive into open play or join in for optional skills and drills. Scrimmages are always on the table, and all experience levels are welcome!

**Preteen (9-12 yrs)**

Wed Sep 10-Dec 17 4:00 PM-5:00 PM  
577925 FREE

**Teen (13-18 yrs)**

Wed Sep 10-Dec 17 5:00 PM-6:00 PM  
577993 FREE

## Basketball Drop-In

Youth Leader

Looking to shoot some hoops? Our drop-in basketball offers plenty of open play, with the chance to join skill-building drills if you're interested. All levels are welcome for a fun and casual time on the court.

**Preteen (9-12 yrs)**

Thu Sep 4-Dec 18 3:30 PM-4:45 PM  
577906 FREE

Fri Sep 5-Dec 19 3:30 PM-6:00 PM  
577892 FREE

**Teen (13-18 yrs)**

Thu Sep 4-Dec 18 4:45 PM-6:00 PM  
577911 FREE

Fri Sep 5-Dec 19 6:00 PM-9:15 PM  
577918 FREE

## Game On! – boys Mentorship

Big Brothers

Game On! 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. Each session is structured around four themes: physical activity, healthy eating, self-esteem, and communication skills. Mentor/Parent consent is required.

Thu Oct 2-Nov 20 3:30 PM-4:45 PM  
581609 FREE/14 sessions

## Girls+ Multi-Sports

(9-15 yrs)

Youth Leader

Drop in for free open gym for any female identifying and nonbinary youth welcomed! This program will include gym sports, like badminton, soccer, volleyball, dodge ball, and will also include cooperative and teambuilding games. Come check it out it is all about having fun! All levels are welcomed!

Fri Sep 5-Dec 19 3:30 PM-5:30 PM  
577843 FREE

## Night Hoops+

(Grade 8 to 12)

Night Hoops

Night Hoops is a free basketball program that uses sport to build community, confidence, and connection for youth across the city. Open to players of all skill levels, Night Hoops offers weekly practices led by caring mentors at local community centres. This Fall, teams will practice at their respective sites and come together for three exciting 3x3 tournaments once in October, November, and December-hosted at a central community centre. These high-energy tournaments include music, food, and prizes for the winning team, as well as individual awards for Leadership, Defensive Player, and Sportsperson of the Tournament.

Fri Sep 26-Dec 5 7:30 PM-9:15 PM  
577871 FREE

## Finish Strong Level Up

(12-15 yrs)

Finish Strong Basketball

Grassroots Skill Development, Welcome to Finish Strong Basketball where we believe 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 class Oct 11.

Sat Sep 13-Nov 29 12:00 PM-1:00 PM  
577870 \$120/8 sessions

## Finish Strong Level Up Holiday Camp (12-15 yrs)

Finish Strong Basketball

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 any 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 days of camp in a positive and encouraging environment. ALL campers will receive a 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!

Sat Dec 29-31 9:00 AM-12:00 PM  
579200 \$100/3 sessions

## Education

### Junior Leader 2B (10-13 yrs)

Junior leadership program for preteens. Learning leadership skills through weekly activities, workshops. There will be weekly themed topics to encourage skill building, confidence, and knowledge for future decision making and training for future volunteering. Must complete consent forms. No Program: Sep 30, Nov 11.

Tue	Sep 9-Dec 16	4:30 PM-6:00 PM
		FREE

### 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	Sep 27	9:00 AM-5:00 PM
		\$75/1 sessions

Sat	Nov 8	9:00 AM-5:00 PM
		\$75/1 sessions

### Red Cross Stay Safe Course (9-13 yrs)

*First Aid Hero*

Offers basic first aid and safety skills. 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).

Sat	Oct 11	9:00 AM-3:00 PM
		\$75/1 sessions

### Cooking For Teens (12-17 yrs)

Just for teens if you like cooking please join us every Tuesday. Each week we will make a different recipe, learn about cooking a while having fun! together just come Bring a container to take home just in case we have extras. Space is limited please sign up soon. No session Sep 30, Nov 11.

Tue	Sep 9-Dec 16	4:00 PM-6:00 PM
		\$30/13 sessions

### Baking Basics and Beyond (13-18 yrs)

Learn hands-on baking skills in a fun, relaxed setting — from cookies and brownies to hand pies, soft pretzels, and cinnamon rolls. Each week focuses on a new recipe with guidance on basic techniques, kitchen safety, and creative twists. Just bring your appetite and a willingness to try something new. All ingredients provided. No session Sep 30, Nov 11.

Sun	Sep 14-Dec 15	4:00 PM-6:00 PM
		\$30/13

## Youth Leadership

### Pro-D Volunteer (14-18 yrs)

*Youth Leader*

Volunteer for our Pro D Camp. 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 19	8:30 AM-4:30 PM
		578014

Fri	Oct 24	8:30 AM-4:30 PM
		578017

Fri	Nov 21	8:30 AM-4:30 PM
		578018

### Winter Break Camp Volunteering (16-18 yrs)

*Youth Leader*

Volunteer for our Spring Break Camp from 8:45-4:30. 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 and consent forms must be completed and returned. Note: Dec 24, 32 & Jan 2 are short days.

Wednesday Dec 31: 9am-1pm (half day)

Friday Jan 2: 9am-1pm (half day).

Mon-Wed	Dec 22-Dec 24	8:30 AM-4:30 PM
		3 sessions

Mon-Wed	Dec 29-Dec 31	8:30 AM-4:30 PM
		4 sessions

### Youth Council (13-18 yrs)

*Youth Leader*

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, community projects, fundraising and special events. Get involved and act on current issues or trends affecting youth. Take initiative on fundraisers for other youth and families in our community. Must be 14yrs- 18yrs old and be committed to attending all meetings or those who miss 3 or more meetings will be withdrawn from the program automatically.

Fri	Sep 12-Dec 19	5:00 PM-6:30 PM
		FREE

### Volunteer Orientation (13-18 yrs)

*Youth Leader*

Youth wanting to volunteer for Sunset Community Centre. Please pick up a volunteer application form at the front desk. Next step is to sign up and attend mandatory orientation. Training will include Site tour, volunteer role and responsibilities, rights and guidelines, emergency procedures. After completing this orientation, you will be added to our email list and will start receiving emails with Volunteer opportunities as they come up. Sign up here [www.mysunset.net/get-involved/volunteer-job-opportunities/](http://www.mysunset.net/get-involved/volunteer-job-opportunities/)

Tue	Sep 16	4:00 PM-6:00 PM
		580128

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  
queerincclusion@vancouver.ca  
vancouver.ca/park-board-pride



## Youth Concession

The Concession offers tasty snacks and drinks, all served by dedicated youth volunteers. All proceeds go back to the community to support local youth programs and initiatives.

Wednesday: 4:15pm - 6:30pm

Friday: 4:15pm - 7:15pm

Sunset Community Center



**\*\*Dates and Times are subject to change\*\***

## 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](mailto:rosa.aravena@vancouver.ca)




## 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

## Youth Sports Schedule

[VIEW ONLINE](#)

Monday	Tuesday	Wednesday	Thursday	Friday
Soccer 9-12 yrs <i>North Gym</i> 3:30-4:30 PM	Badminton 9-12 yrs <i>Full Gym</i> 3:30-4:45 PM	Volleyball 9-12 yrs <i>Full Gym</i> 4:00-5:00 PM	Basketball 9-12 yrs <i>South Gym</i> 3:30-4:45 PM	Multi-sports Girls+ 9-12 yrs <i>North Gym</i> 3:30-6:00 PM
Soccer 13-18 yrs <i>North Gym</i> 4:30-5:45 PM	Badminton 13-18 yrs <i>North Gym</i> 4:45-6:00 PM	Volleyball 13-18 yrs <i>Full Gym</i> 5:00-6:00 PM	Basketball 13-18 yrs <i>Full Gym</i> 4:45-6:00 PM	Basketball 9-12 yrs <i>South Gym</i> 3:30-6:00 PM
 <b>Must have a Citywide Youth Pass to participate in youth sports and games room.</b> 			Game On Oct 20-Nov 20 3:30-4:45 PM	Basketball 13-18 yrs Sep 5-Sep 26 <i>Full Gym</i> 6:00-9:15 PM
 <b>Follow us on Instagram @SunsetCC.Youth</b>				Night Hoops 13-18 yrs Sep 26-Dec 1 <i>Full Gym</i> 7:30-9:15 PM

## Games Room Schedule

Guys want a place that you can hang out, feel safe and have fun?

Join us in the games room. come and play cards, pool, board games and crafts.

The Community Youth Worker and Youth Staff will be available to engage, connect, and to provide supports and resources.

Monday	Tuesday	Wednesday	Thursday	Friday
9-12 yrs 3:00-5:00 PM	9-12 yrs 3:00-5:00 PM	9-12 yrs 3:30-5:00 PM	9-12 yrs 3:30-5:00 PM	9-12 yrs 3:30-5:30 PM
13-18 yrs 5:00-6:30 PM	13-18 yrs 5:00-6:00 PM	13-18 yrs 5:00-6:30 PM	13-18 yrs 5:00-6:30 PM	13-18 yrs 5:45-8:30 PM
	Crafty Youth Crew 6:15-7:45 PM (see page 20 for details)	<b>Contact your local Community Youth Worker— Rosa!</b> Got questions or enquiries about youth programs at Sunset? Please email Rosa at <a href="mailto:rosa.aravena@vancouver.ca">rosa.aravena@vancouver.ca</a>		

The Gymnasium and Games Room is a safe place for youth to use.

No adults are permitted inside the youth space. youth may be asked to show ID. Schedule is subject to change.

# Adult & Senior • Weekly Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
578388 Gentle Yoga 9:15-10:15 AM	578419 Seniors Badminton 9:00-10:55 AM	578421 Seniors Badminton 9:00-10:25 AM	578110 Fitness w/ Sprina - Qi Gong Yi Jin Jing 9:10-9:55 AM	578420 Seniors Badminton 9:00-10:55 AM	578418 Seniors Badminton 9:00-10:55 AM	580821 Introduction to Kettlebells 9:15-10:10 AM
575653 Japanese Taiko Drumming - Ensemble for Beg 10:00-11:00 AM	578423 Yuan Ji Dance - Int 9:15-11:15 AM	579829 Mahjong Social Drop-In 10:00 AM-2:45 PM	578424 Yuan Ji Dance - Int 9:15-11:15 AM	578369 Tai Chi w/ Wang Heng - 24 Form 9:30-10:30 AM	578368 Tai Chi w/ Amy - Yang Style 49 Forms & Health Qi Gong 10:00-10:55 AM	578094 KBel + 9:15-10:10 AM
579874 Japanese Taiko Drumming - Hachijo Style II Int 10:00-11:00 AM	578409 Pickleball - All Levels 11:00 AM-1:00 PM	579697 Pickleball - Beg/Int 10:30-11:55 AM	578119 Fitness w/ Sprina - Tai Chi Stick 10:00-10:45 AM	578084 Group Singing 10:00-11:30 AM	578265 Karaoke Drop-In 11:00 AM-3:00 PM	578052 Sounds of Africa - Rhythm Class for Adults 12:00-1:30 PM
578426 Zumba Gold 10:00-10:55 AM	578089 Karaoke Drop-In 12:00-2:45 PM	578413 Pickleball w/ Guidance 10:30-11:55 AM	580002 Moberly Senior Dancers 10:30-11:30 AM	578371 Tai Chi w/ Wang Heng - Sword 32 Form 10:30-11:30 AM	579474 Pickleball Court Rental 11:00-11:55 AM	578399 Modern Line Dance w/ Lucy - Impr/Int 1:25-2:55 PM
579639 Zumba Gold 10:00-10:55 AM	579797 Pickleball Court Rental 12:00-12:55 PM	578090 Karaoke Drop-In 12:00-2:45 PM	578070 Ballroom Dance Lessons for Beg/Int 11:45-1:15 PM	579695 Pickleball Court Rental 11:00-11:55 AM	578365 Tai Chi w/ Amy - Yang Style 42 Sword and Traditional Sword 11:05 AM-12:00 PM	578376 Senior Social Dance 3:15-5:00 PM
575652 Japanese Taiko Drumming - Miyake Style 11:15 AM-12:15 PM	578398 Modern Line Dance w/ Lucy - Impr/Int 1:15-2:45 PM	578411 Pickleball Lesson - Novice/Int 12:00-1:30 PM	578453 Pickleball - Int/Adv 11:45 AM-1:30 PM	578412 Pickleball w/ Guidance 11:00 AM-12:55 PM	578450 Pickleball - All Levels 12:00-1:45 PM	
578400 Modern Line Dance w/ Lucy - IntPlus 11:15 AM-12:45 PM	578416 Reset & Refresh Myofascial Stretch 3:45-4:45 PM	578397 Modern Line Dance w/ Lucy - Beg/Impr 1:45-3:15 PM	578076 Bridge 12:30-3:30 PM	578378 Senior Social Dance 1:15-3:15 PM	579498 Badminton Court Rental 2:00-2:55 PM	
579433 KBL Co-Ed Basketball League 1:00-4:45 PM	578389 Gyrokinesis 5:45-6:45 PM	580816 Summer Smash Tennis: Adult Beg(1.0) 6:00-7:45 PM	572965 Social Stitching: What Comes Around Sews Around 12:30-2:30 PM	578394 Iyengar Yoga 6:00-7:15 PM	578150 Japanese Taiko Drumming - Ensemble for Beg 6:30-7:30 PM	
578092 Karate Black Belts 3:30-4:45 PM	578390 Gyrokinesis - Demo Class 5:45-6:45 PM	577205 Polymer Dance: Int/Adv 6:30-8:30 PM	578396 Modern Line Dance w/ Lucy - Beg 1:30-3:00 PM	578414 Pilates 6:00-7:00 PM	579876 Japanese Taiko Drumming - Hachijo Style I for Beg 6:30-7:30 PM	
SEARCH & REGISTER ONLINE	578392 Indoor Soccer 6:05-7:40 PM	578233 Axe Capoeira 6:45-7:45 PM	578115 Senior Social Dance 1:45-3:45 PM	578415 Pilates 6:00-7:00 PM	578156 Japanese Taiko Drumming - Miyake Style 7:45-8:45 PM	 <div> <div>\$5 Drop-in</div> <div>Check out our Fitness Center</div> </div>
	578083 English Corner 6:30-8:00 PM	578428 Zumba/Zumba Toning Fusion 7:00-8:00 PM	578059 Active Bhangra w/ Karan 6:00-7:00 PM	578393 Indoor Soccer 6:05-7:40 PM		
	578075 Bollywood Dance Workout 7:00-8:00 PM	578386 Basketball 7:50-9:25 PM	578466 Volleyball 6:05-7:40 PM	578086 Healthy Eating Habits 6:30-7:25 PM		
	578077 Cha Cha and Rumba Dance - Chinese 7:00-8:00 PM	578391 Hatha Yoga 8:00-9:15 PM	578058 Bhangra Choreography w/ Guru Anter 7:00-8:00 PM	578233 Axe Capoeira 6:45-7:45 PM		
	578383 Badminton 7:50-9:25 PM	578058 Gidha with Noor 8:15-9:15 PM	578382 Ashtanga Yoga Fitness 7:15-8:15 PM	578425 Zumba 7:15-8:15 PM		
	578140 604 Bhangra fusion 8:15-9:15 PM		578384 Badminton 7:50-9:25 PM	578385 Ball Hockey Adv 7:50-9:25 PM		
			579770 Bhangra Performance w/ Sandip 8:00-9:00 PM			

# ADULT & SENIORS

GST will be added upon payment.

## Social

### Karaoke Drop-In

*Non Instructional*

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 \$3 No session Sep 29, 30, Oct 13, Nov 10, 11, 21, 24.

Mon	Sep 8-Dec 15	12:00 PM-2:45 PM
<a href="#">578089</a>		\$2.86/drop-in
Tue	Sep 9-Dec 16	12:00 PM-2:45 PM
<a href="#">578090</a>		\$2.86/drop-in
Fri	Sep 12-Dec 19	11:00 AM-3:00 PM
<a href="#">578265</a>		\$2.86/drop-in

### Mahjong Social Drop-in

*Agnes (Wai Chun) Lee*

Join us for a fun game of mahjong! Everyone is welcome, whether you're new or experienced. It's a great way to meet people and enjoy some friendly play. There will be only 12 spots available. No registration, drop-in only. Drop-in \$3.00. No session Sep 30, Nov 11.

Tue	Sep 9-Dec 16	10:00 AM-3:00 PM
<a href="#">579829</a>		\$2.86 drop-in



### Bridge

*No Instructor*

Come join our friendly, non-competitive group of Bridge players for our Wednesday afternoon rubber bridge. No partners required. Drop-ins are welcome. Always looking for new players. There is no teaching. All players must know how to play bridge.

Wed	Sep 3-Dec 17	12:30 PM-3:30 PM
<a href="#">578076</a>		Free 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 \$3.00. No session Nov 22,

Sat	Sep 13-Dec 13	3:15 PM-5:00 PM
<a href="#">578376</a>		\$2.86/drop-in
Wed	Sep 10-Dec 17	1:45 PM-3:45 PM
<a href="#">578115</a>		\$2.86/drop-in
Thu	Sep 11-Dec 18	1:15 PM-3:15 PM
<a href="#">578378</a>		\$2.86/drop-in

## Dance

### Cha Cha and Rumba Dance - Chinese

*John Chi Keung Lam*

This program is facilitated in Chinese. Dance the night away with Cha Cha and Rumba dance! Learn the basics of these dances or practice those dance moves. Drop-in \$12.00+tax. No session Sep 29, Oct 13, Nov 10.

Mon	Sep 15-Dec 8	7:00 PM-8:00 PM
<a href="#">578077</a>		\$100/10 sessions

### Ballroom Dance Lessons for Beginners/Intermediate

*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 10-Oct 22	11:45 AM-1:15 PM
<a href="#">578070</a>		\$35/7 sessions
Wed	Oct 29-Dec 17	11:45 AM-1:15 PM
<a href="#">578238</a>		\$40/8 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 Sep 30, Oct 13, 20, Nov 11.

Mon	Sep 15-Nov 3	7:00 PM-8:00 PM
<a href="#">578075</a>		\$94.5/7 sessions
Mon	Nov 10-Dec 15	7:00 PM-8:00 PM
<a href="#">578243</a>		\$81/6 sessions

### Beginner Gidha with Noor

*604 Bhangra*

Gidha and bhangra are two folk dances that originate from Punjab. This class will involve a warm-up, stretch, and sets of repetitive traditional and modern gidha and bhangra moves that we will expand on as each class progresses. No previous gidha or bhangra experience is required. Please wear active clothing and bring a water bottle!

Tue	Sep 15-Dec 15	8:15 PM-9:15 PM
<a href="#">578072</a>		\$156/12 sessions

## Bhangra Foundations

Mon Sep 15-Dec 15 8:15 PM-9:15 PM  
578140 \$143/11 sessions

## Active Bhangra with Karan

Wed Sep 17-Dec 17 6:00 PM-7:00 PM  
578059 \$182/14 sessions

## Bhangra choreography with Guru Anter

Wed Sep 17-Dec 17 7:00 PM-8:00 PM  
578058 \$182/14 sessions

## Change name to Bhangra Fusion with Sandip

Wed Sep 17-Dec 17 8:00 PM-9:00 PM  
579770 \$182/14 sessions

## 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 Oct 11, 12, 13. Note: Drop in only sessions on Dec 8-23.

### Beginner

Drop-in \$6.50  
Wed Sep 3-Nov 5 1:30 PM-3:00 PM  
578396 \$50/10 sessions

### Beginner/Improver

Drop-in \$6.50  
Tue Sep 2-Nov 4 1:45 PM-3:15 PM  
578397 \$50/10 sessions

### Improver/Intermediate

Drop-in \$6.50  
Mon Sep 8-Nov 3 1:15 PM-2:45 PM  
578398 \$40/8 sessions  
Sat Sep 6-Nov 1 1:25 PM-2:55 PM  
578399 \$40/8 sessions

### Intermediate Plus

Drop-in \$7.50  
Sun Sep 7-Nov 2 11:15 AM-12:45 PM  
578400 \$48/8 sessions

Follow Us:  
@MySunsetCC



## Education

### Healthy Eating Habits

Meghan O'Connell

The decisions we make around how and what we eat are deeply personal. Sometimes it can be difficult to figure out how to align those daily decisions with long-term goals. Maybe you want more energy, improved athletic performance, or a healthier body composition. Meghan, a certified nutrition coach, can help you customize and refine your own individual strategies to get there...and stay there.

Thu Oct 2-Nov 20 6:30 PM-7:25 PM  
578086 \$186/8 sessions



### Group Singing

Run Xiang Lu

This class is facilitated in Mandarin and Cantonese. Learn how to open your voice and sing. Join this group and sing some songs, socialize and have some fun. Singing instructor, Louis Lu, will guide you on singing and tuning. Drop-in \$9.52+tax

Thu Sep 11-Oct 23 10:00 AM-11:30 AM  
578084 \$56.67/7 sessions  
Thu Oct 30-Dec 18 10:00 AM-11:30 AM  
578261 \$64.76/8 sessions

### 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 Sep 30, Nov 11.

Mon Sep 8-Dec 16 6:30 PM-8:00 PM  
578083 FREE/14 sessions

### Seniors Scam Talk with the SVCPC

South Vancouver Community Policing Centre

A presentation for seniors to receive the most up to date information on ongoing scams from a VPD Constable. This session will cover tips on how to spot scams and fraud, what to do, and an opportunity to ask VPD specific questions.

Wed Sep 24 10:00 AM-11:30 AM  
582090 FREE

## Fitness & Health

### Yuan Ji Dance

*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. Drop in is \$2.00. No session Oct 13.

Mon	Sep 8-Dec 15	9:15 AM-11:15 AM
<a href="#">578423</a>		\$20.02/14 sessions
Wed	Sep 10-Dec 17	9:15 AM-11:15 AM
<a href="#">578424</a>		\$22.88/16 sessions

### Fitness with Sprina - Qi Gong Yi Jin Jing

*Sprina Fu*

"Jin" means tendon. This form of qi gong focuses on movement, which simultaneously stretches the tendons and opens up various acupuncture points along the 12 meridians of the body based on Chinese medical theories. Drop-in \$11+tax.

Wed	Sep 10-Oct 29	9:10 AM-9:55 AM
<a href="#">578110</a>		\$63/8 sessions
Wed	Nov 5-Dec 17	9:10 AM-9:55 AM
<a href="#">578111</a>		\$54/7 sessions

### Fitness with Sprina - Tai Chi Stick

*Sprina Fu*

In practice with a stick, we twist, turn, bend, and stretch around the waist as a centre and move our spine accordingly. The stick helps stretch muscles and strengthen bones, massage acupoints, clear meridian channels, and activate internal organs. Moving the stick and massaging our abdomen during exercise can further stimulate internal organs, thus strengthening the stick's body-building effects. Drop-in \$12+tax.

Wed	Sep 10-Oct 29	10:00 AM-10:45 AM
<a href="#">578119</a>		\$72/8 sessions
Wed	Nov 5-Dec 17	10:00 AM-10:45 AM
<a href="#">578120</a>		\$63/7 sessions

### Tai Chi with Wang Heng - 24 Form

*Wang Heng*

Long term Tai Chi practice can help improve mood and emotional states, enhance body shape and reduce fat. The results of many scientific studies show that Health Qi Gong can improve the functions of the cardiovascular, respiratory and digestive systems, enhance balancing ability, better the flexibility and force of muscles, improve mood, and lessen anxiety and stress. \$10.00.

Thu	Sep 11-Dec 11	9:30 AM-10:30 AM
<a href="#">578369</a>		\$126/14 sessions

**Did you know that this brochure is a clickable publication?**

That's right, for any program that you're interested in, just hover [blue program number](#) below the description, click and you'll be taken to the registration page.

### 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 11-Dec 11	10:30 AM-11:30 AM
<a href="#">578371</a>		\$126/14 sessions

### Tai Chi with Amy - Yang Style 49 Forms & Health Qi Gong

*Amy Li Hua Zhu*

The 49-posture Yang Style Tai Chi boxing (no contact) maintains whole boxing posture of the traditional routine. Compact structure, consecutive action, fashion, and characteristic still exist, mainly to meet the requirement of competition and performance. This Tai Chi style is suitable for every age group and is appreciated by Tai Chi lovers around the world. Qi gong improves health. People in different ages can evenly advance their physical functions by achieving the balance of Yin and Yang, the improvement of meridional system, and strengthening of tendons and bones. Drop-in \$16+tax. No session Oct 3.

Fri	Sep 12-Dec 12	10:00 AM-10:55 AM
<a href="#">578368</a>		\$197.12/14 sessions

### Tai Chi with Amy - Yang Style 42 Sword and Traditional Sword

*Amy Li Hua Zhu*

No matter your age, Tai Chi Sword is a wonderful and fun way to improve your health and well-being. This class is instructed by Amy Zhu, a disciple of Grand Master Yang Jun, and is a national gold medal Tai Chi champion and certified Tai Chi instructor. Drop-in \$16+tax.

Fri	Sep 12-Dec 12	11:05 AM-12:00 PM
<a href="#">578365</a>		\$197.12/14 sessions

### Reset & Refresh Myofascial Stretch

*Kayo Echizenya*

An active stretching program that focuses on breathwork to release tension and correct imbalances in the body. By incorporating myofascial release techniques, this program enhances flexibility and restores balance. Suitable for participants of all ages and fitness levels, it helps prevent and alleviate common daily discomforts. By practicing regularly, you'll improve posture, reduce stiffness, and experience deep relaxation, offering both physical and mental rejuvenation. Drop in spots \$12.

Mon	Sep 8-Oct 27	3:45 PM-4:45 PM
<a href="#">578417</a>		\$70/7 sessions
Mon	Nov 3-Dec 15	3:45 PM-4:45 PM
<a href="#">578416</a>		\$70/7 sessions

## Gyrokinesis

Natasha Martina

The GYROKINESIS® method is a movement practice that incorporates a series of rhythmic flowing sequences to help the mover gain strength, flexibility, release habitual restrictions in the body and access more three-dimensional range of movement. A typical Gyrokinesis class can take place on a stool, on the floor or in standing while learning a series of rhythmic flowing sequences with the goal to open the whole body. Natasha Martina has been working in the field of movement for the last 20 years. She is a certified Laban Movement Analyst, Somatic Movement Educator and Infant Developmental Movement Educator in Body-Mind Centering®. Her thirst for deepening her practice in other somatic modalities has led her to become a GYROTONIC® and GYROKINESIS® Trainer. Natasha is registered as a Master Somatic Movement Educator and Therapist through The International Somatic Movement Education and Therapy Association (ISMETA). [Natashamartina.com](http://Natashamartina.com). Drop in \$19 (4 spots)

<b>*DEMO CLASS</b>	Sep 8	5:45 PM-6:45 PM
<b>578390</b>		\$7.50/1 sessions
Mon	Sep 29-Nov 10	5:45 PM-6:45 PM
<b>578389</b>		\$90/6 sessions
Mon	Nov 17-Dec 15	5:45 PM-6:45 PM
<b>578440</b>		\$75/5 sessions

## Gentle Yoga

Varalaxmi Mudunoori

This yoga teaches body postures, balancing techniques for body, mind and emotions through different yoga techniques such as asanas, pratyahar, pranayama and mudras that is-- physical exercises, sense control, breathing methods and hand/ finger positions to remove pains and aches of the body/mind from the root. Bring your own mats. No drop-in participation, and no registration after second class.

Sun	Sep 7-Oct 26	9:15 AM-10:15 AM
<b>578388</b>		\$107/7 sessions
Sun	Nov 2-Dec 7	9:15 AM-10:15 AM
<b>578438</b>		\$90/6 sessions

## Ashtanga Yoga Fitness

Sondos Ibrahim

Exclusive! A unique system of yoga from the ancient sage Patanjali emphasizes proper diet, effective asana (postures), pranayama (breathing) Mudra & Bandha (gestures & locks), dharana (concentration) & dhyana (meditation) to detox, de-stress and increase your vitality and longevity. Ashtanga Yoga is suitable for those who seek a challenging physical practice combined with the discipline of a set sequence and the benefits of a meditative, breath-focused approach. It's a rigorous workout that also aims to cultivate mental focus and spiritual development. For more information, visit [www.navyoga.ca](http://www.navyoga.ca)

Wed	Sep 10-Oct 29	7:15 PM-8:15 PM
<b>578382</b>		\$76.16/8 sessions
Wed	Nov 5-Dec 17	7:15 PM-8:15 PM
<b>578431</b>		\$66.64/7 sessions

## Iyengar Yoga

Lealle Ruhl

Are you keen to improve your flexibility, strength and awareness of your body? Then this class is for you. The Iyengar method focuses on alignment, mobility, longer holds and moving your body with precision and mindfulness. Iyengar yoga uses many props such as belts, bricks, chairs and bolsters making poses accessible to all body shapes, sizes and capabilities. Iyengar yoga is designed to take beginners through a series of movements building towards more advanced poses. It is thus perfect for those with stiff bodies, who can't sit on the floor or aren't keen on energetic workout classes.

Thu	Sep 11-Oct 30	6:00 PM-7:15 PM
<b>578394</b>		\$128/8 sessions
Thu	Nov 6-Dec 18	6:00 PM-7:15 PM
<b>581541</b>		\$112/7 sessions

## Hatha Yoga

Meiann Ng

A gentle, beginner-friendly class that uses movement and breathwork to improve well-being. Build strength, increase flexibility, and relax deeply through simple poses and mindful breathing. Please bring a yoga mat and a towel.

Tue	Sep 9-Oct 28	8:00 PM-9:15 PM
<b>578391</b>		\$105/7 sessions
Tue	Nov 4-Dec 16	8:00 PM-9:15 PM
<b>578442</b>		\$90/6 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](http://www.intoyoga.ca).

Thu	Sep 11-Oct 30	6:00 PM-7:00 PM
<b>578414</b>		\$123/8 sessions
Thu	Nov 6-Dec 18	6:00 PM-7:00 PM
<b>578415</b>		\$108/7 sessions

## Zumba

Kayo Echizenya, Jenny Andrea Ayala

This fitness class fuses Latin and International rhythms with easy-to-follow moves to create a dynamic workout system that will blow you away. 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, Merengue, Salsa, Samba, Reggaeton, Flamenco and more. Zumba® is a 'feel happy' workout that is great for both the body and the mind. Instructors will rotate bi-weekly. Drop-in \$10+ tax.

Thu	Sep 11-Oct 30	7:15 PM-8:15 PM
<b>578425</b>		\$68/8 sessions
Thu	Nov 6-Dec 18	7:15 PM-8:15 PM
<b>580194</b>		\$59.50/7 sessions

## Fitness & Health cont'd

### Zumba Gold

Kayo Echizenya, Jenny Andrea Ayala

ZUMBA® Gold is a low-impact dance-fitness class for beginners and older adults that uses the zesty Latin music with easy to follow moves to create a dynamic and fun fitness class. ZUMBA® Gold classes strives to improve our balance, strength, flexibility and most importantly, the heart. Drop in \$7.50+ tax.

Sun	Sep 7-Oct 26	10:00 AM-10:55 AM
<b>578426</b>		\$45.50/7 sessions
Fri	Sep 5-Oct 31	9:00 AM-9:55 AM
<b>578427</b>		\$58.50/9 sessions
Sun	Nov 9-Dec 14	10:00 AM-10:55 AM
<b>579639</b>		\$39.00/6 sessions
Fri	Nov 7-Dec 19	9:00 AM-9:55 AM
<b>580279</b>		\$45.50/7 sessions

### Zumba/Zumba Toning Fusion

Kayo Echizenya

Zumba is a one-hour basic fitness program that involves dancing to music. 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 \$10+ tax.

Tue	Sep 9-Oct 28	7:00 PM-8:00 PM
<b>578428</b>		\$68/8 sessions
Tue	Nov 4-Dec 16	7:00 PM-8:00 PM
<b>580278</b>		\$59.50/7 sessions

## Calling all party and Halloween enthusiasts

Join our spooktacular Zumba Class on Thursday, October 30 and show off your creative costume for a contest.



### 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 instructor.

Sat	Oct 11-Oct 18	9:15 AM-10:10 AM
<b>580821</b>		\$42/2 sessions

### KBell +

Meghan O'Connell

Want to feel energized and powerful? This class will help you get there. 55:00 minutes of mobility, strength, and cardio, all with a focus on good posture and movement mechanics. The "plus" part of the name is that IF you already know how to perform a swing safely, kettlebell options are provided -- but if not, no problem, other people will also be enjoying different non-kettlebell moves during those parts of class.

Sat	Sep 13-Oct 4	9:15 AM-10:10 AM
<b>578094</b>		\$84/4 sessions
Sat	Oct 25-Dec 6	9:15 AM-10:10 AM
<b>580820</b>		\$147/7 sessions

### Changing Aging -

### UBC Kinesiology BodyWorks Program (55+ yrs)

UBC School Of Kinesiology

This 55+ evidence-based program is a specialty class for older adults. It focuses on strength, mobility, and cardiovascular health through muscle- and bone-strengthening exercises followed by intervals of aerobic exercise. Additional focuses include exercises to improve change of direction, reaction time and core stability. Modifications are provided to accommodate different abilities and limitations.

Some exercise will take place on the floor but transitions will be limited to 1-2 per class and standing modification will be provided if required. This class will include at least 4 multi-joint resistance exercises targeting major muscle groups and 20 minutes of moderate intensity continuous exercise or three 5 minute bouts of vigorous intensity.

#### Features:

- Exercise in a safe space with other like-minded adults and supportive instructors.
- Strengthen muscles used in activities of daily living.
- Practice change of direction, reaction time and stability drills to improve walking confidence.

New participants are required to complete the following before registering for Changing Aging:

- Complete a Get Active Questionnaire: <https://kin.educ.ubc.ca/bodyworks-gaa/>
- Book a fitness assessment (only run at UBC Osborne location); availability to book will be shared once the Get Active Questionnaire is submitted.

Both need to be completed on an annual basis for returning participants. Contact [body.works@ubc.ca](mailto:body.works@ubc.ca) or call 604-827-5059 for assistance in completing new client intake.

Tue Fri	Sep 9-Dec 5	9:30 AM-10:30 AM
<b>578387</b>		\$384/24 sessions

## Sports

### Seniors Badminton

*No Instructor*

Stay active, have fun, and connect with others through friendly games of badminton! This recreational program is designed for older adults who enjoy casual, non-competitive play. Whether you're a seasoned player or just looking to stay moving, join us for light-hearted rallies and great company. All skill levels are welcome. Priority given to adults over 50 years. Drop-in \$3.50.

Mon	Sep 8-Oct 27	9:00 AM-10:55 AM
<b>578419</b>		\$20.02/7 sessions
Tue	Sep 9-Oct 28	9:00 AM-10:25 AM
<b>578421</b>		\$20.02/7 sessions
Thu	Sep 4-Oct 23	9:00 AM-10:55 AM
<b>578420</b>		\$22.88/8 sessions
Fri	Sep 5-Oct 24	9:00 AM-10:55 AM
<b>578418</b>		\$22.88/8 sessions
Mon	Nov 3-Dec 15	9:00 AM-10:55 AM
<b>578460</b>		\$20.02/7 sessions
Tue	Nov 4-Dec 16	9:00 AM-10:25 AM
<b>578463</b>		\$14.28/6 sessions
Thu	Oct 30-Dec 18	9:00 AM-10:55 AM
<b>578461</b>		\$22.88/8 sessions
Fri	Oct 31-Dec 19	9:00 AM-10:55 AM
<b>578459</b>		\$22.88/8 sessions

### Pickleball with Guidance

A volunteer instructor will be present for free lessons with guidance and advice. Guaranteed drop-in spots will be available 10 mins before the program start time. \$5.00 Drop-in (12 spots available per week).

Tue	Sep 9-Dec 16	10:30 AM-11:55 AM
<b>578413</b>		\$4.77/13 sessions
Thu	Sep 4-Dec 18	11:00 AM-12:55 PM
<b>578412</b>		\$4.77/16 sessions

### Pickleball Lesson - Novice/Intermediate

*Richard Lee*

PositivelyPickleball presents: A four-week lesson plan which is designed to immerse players in the round robin format while building their strategic awareness and court positioning skills. Each week blends instruction, drills, and live play, ensuring players to gain actionable insights for real-game success. This is for players at the 2.75+ level.

Tue	Sep 2-Sep 23	12:00 PM-1:30 PM
<b>578411</b>		\$114.28/4 sessions
Tue	Sep 30-Oct 21	12:00 PM-1:30 PM
<b>578454</b>		\$114.28/4 sessions
Tue	Oct 28-Nov 18	12:00 PM-1:30 PM
<b>578456</b>		\$114.28/4 sessions
Tue	Nov 25-Dec 16	12:00 PM-1:30 PM
<b>580229</b>		\$114.28/4 sessions

### Pickleball

Pickleball is a sport in which two to four players use solid paddles to hit a perforated polymer ball, similar to a wiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications. Ideal for varying fitness levels. Guaranteed drop-in spots will be available 10 mins before the program start time and any additional spots will be sold 10 mins after the program start time if registered participants do not check in. \$5.00 Drop-in (3 spots available).

#### All levels

Mon	Sep 8-Oct 27	11:00 AM-1:00 PM
<b>578409</b>		\$33.32/7 sessions
Fri	Sep 5-Oct 24	12:00 PM-1:45 PM
<b>578408</b>		\$38.08/8 sessions
Mon	Nov 3-Dec 15	11:00 AM-1:00 PM
<b>578452</b>		\$33.32/7 sessions
Fri	Oct 31-Dec 19	12:00 PM-1:45 PM
<b>578450</b>		\$38.08/8 sessions

#### Intermediate/Advance

Wed	Sep 10-Oct 22	11:45 AM-1:30 PM
<b>578410</b>		\$33.32/7 sessions
Wed	Nov 5-Dec 17	11:45 AM-1:30 PM
<b>578453</b>		\$33.32/7 sessions

## Court Rentals

Reserve your own pickleball or badminton 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

### Pickleball



<b>Mondays</b>	11:00 AM   12:00 PM
<b>Thursdays</b>	11:00 AM   12:00 PM
<b>Fridays</b>	11:00 AM   12:00 PM   1:00PM



### Badminton

<b>Fridays</b>	2:00 PM
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**BOOK COURT ONLINE**

## Sports cont'd

### Badminton

*Leila Howatson*

Looking for a fun way to stay active and connect with others? Join our badminton program for relaxed, self-paced rallies and some friendly competition. A volunteer facilitator will be on hand to help organize matches and keep things running smoothly, so you can focus on enjoying the game. This program is for players who know the basics — just bring your racket and your skills! Drop in \$7.00. No session Oct 13.

Mon	Sep 8-Oct 27	7:50 PM-9:25 PM
<b>578383</b>		\$39.97/7 sessions
Wed	Sep 3-Oct 22	7:50 PM-9:25 PM
<b>578384</b>		\$45.68/8 sessions
Mon	Nov 3-Dec 15	7:50 PM-9:25 PM
<b>578432</b>		\$39.97/7 sessions
Wed	Oct 29-Dec 17	7:50 PM-9:25 PM
<b>578434</b>		\$45.68/8 sessions

### Summer Smash Tennis: Adult Beginner (1.0)

*Summer Smash Tennis*

Learn how to play tennis in a small group setting. This course provides an introduction to the game with an eventual progression to rally and play within the full court setting.

#### Student Background

Beginning or continuing to:

- Develop technique for groundstrokes.
- Develop ability to rally consistently from the ½ court and ¾ court settings

#### Development Focus

- Develop a solid technical foundation for groundstrokes
- Introduce players to cooperative and competitive rally games
- Develop a love for tennis in a positive environment

Tue	Sep 15-Oct 7	6:00 PM-7:45 PM
<b>580816</b>		\$245/4 sessions
Tue	Oct 14-Nov 4	6:00 PM-7:45 PM
<b>580817</b>		\$245/4 sessions
Tue	Nov 28-Dec 23	6:00 PM-7:45 PM
<b>580817</b>		\$367.50/6 sessions

### Indoor Soccer

*Rob Howatson*

Bring the energy and your best footwork to our indoor soccer program! Played in a gym setting, this fast-paced game is perfect for players who already know the basics and are ready for quick passes, sharp turns, and great goals. Enjoy the action, build connections, and stay active all season long. Drop in \$7.00.

Mon	Sep 8-Oct 27	6:05 PM-7:40 PM
<b>578392</b>		\$39.97/7 sessions
Thu	Sep 4-Oct 23	6:05 PM-7:40 PM
<b>578393</b>		\$45.68/8 sessions
Mon	Nov 3-Dec 15	6:05 PM-7:40 PM
<b>578444</b>		\$39.97/7 sessions
Thu	Oct 30-Dec 18	6:05 PM-7:40 PM
<b>578446</b>		\$45.68/8 sessions

### Basketball

*No Instructor*

Get your heart pumping and your game on with our adult basketball program! Designed for players who already know how to dribble, shoot, and defend, this is your chance to play full-court games, meet fellow basketball lovers, and enjoy some competitive fun. Drop in \$7.00.

Tue	Sep 2-Oct 21	7:50 PM-9:25 PM
<b>578386</b>		\$45.68/8 sessions
Tue	Oct 28-Dec 16	7:50 PM-9:25 PM
<b>578436</b>		\$45.68/8 sessions

### Volleyball

*No Instructor*

Join us for some high-energy volleyball action! Whether you're looking to stay active, meet new people, or just enjoy some friendly competition, our program is the perfect place to bump, set, and spike your way to a great time. This program is designed for players who already know the basics — so bring your skills and get ready to play! Drop in \$7.00 (2 spots).

Wed	Sep 3-Oct 22	6:05 PM-7:40 PM
<b>578422</b>		\$45.68/8 sessions
Wed	Oct 29-Dec 17	6:05 PM-7:40 PM
<b>578466</b>		\$45.68/8 sessions

### Ball Hockey Advanced

*Thai Quan*

Ready to take your ball hockey skills to the next level? Our advanced program is perfect for experienced players looking for fast-paced, competitive games. Bring your A-game and get ready to face some serious competition! To keep gameplay smooth, please bring both a black and a white shirt as you may switch teams throughout the session. Drop in \$7.00.

Thu	Sep 4-Oct 23	7:50 PM-9:25 PM
<b>578385</b>		\$45.68/8 sessions
Thu	Oct 30-Dec 18	7:50 PM-9:25 PM
<b>578435</b>		\$45.68/8 sessions

### Holiday Sports Drop In

*Rob Howatson, Leila Howatson*

Recreational adult soccer and badminton. Drop in only.

#### Indoor Soccer

Mon	Oct 13	2:00 PM-3:25 PM
<b>579675</b>		\$7.00 Drop in

#### Badminton

Mon	Oct 13	3:35 PM-5:00 PM
<b>579676</b>		\$7.00 Drop in

## Drop-in Sports Policy

Guaranteed drop-in spots will be available 10 minutes before the 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.



## Sports Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Seniors Badminton</b> 9:00-10:55 AM	<b>Seniors Badminton</b> 9:00-10:25 AM		<b>Seniors Badminton</b> 9:00-10:55 AM	<b>Seniors Badminton</b> 9:00-10:55 AM
<b>Pickleball All Levels</b> 11:00 AM-1:00 PM	<b>Pickleball - w/Guidance</b> 10:30-11:55 AM	<b>Pickleball Lesson Int/Adv</b> 11:45 AM-1:30 PM	<b>Pickleball with Guidance</b> 11:00 AM-12:55 PM	<b>Pickleball All Levels</b> 12:00-1:45 PM
<b>Pickleball Court Rental</b> 11:00 AM-12:00 PM	<b>Pickleball Lesson Beg/Int</b> 10:30-11:55 AM		<b>Pickleball Court Rental</b> 11:00 AM-12:55 PM	<b>Pickleball Court Rental</b> 11:00 AM-1:55 PM
<b>Indoor Soccer</b> 6:05-7:40 PM	<b>Pickleball Lesson Novice/Int</b> 12:15-1:30 PM	<b>Volleyball</b> 6:05-7:40 PM	<b>Indoor Soccer</b> 6:05-7:40 PM	<b>Badminton Court Rental</b> 2:00-2:55 PM
<b>Badminton</b> 7:50-9:25 PM	<b>Basketball</b> 7:50-9:25 PM	<b>Badminton</b> 7:50-9:25 PM	<b>Ball Hockey Advanced</b> 7:50-9:25 PM	



## Sports Code of Conduct

- Adult sports are for ages 18+ only
- Registered participants must sign in within 10 minutes of the program start time to sign-in, otherwise the spot will be sold to drop-ins
- Registered spaces are non-transferable
- Drop-in participants must sign-up in-person, if space allows, starting 10 minutes before the activity
- Only registered and paid drop-in participants are allowed in the gym
- Spectators can watch comfortably from the main lobby

## Public Skating Schedule — September 27- December 19, 2025

Monday	Tuesday	Thursday	Saturday	Sunday
<b>+40 Hockey</b> 10:00 -11:30 AM	<b>50 &amp; Better Skate</b> 12:15-1:45 PM	<b>Public Skate</b> 5:45-7:00 PM	<b>Public Skate</b> 11:00 AM-12:30 PM	<b>Public Skate</b> 2:00-4:15 PM
<b>Stick, Puck &amp; Ring</b> 11:45 AM-1:15 PM	<b>Discount Skate</b> 2:00-3:30 PM	<b>Family Fun Hockey</b> 7:15-8:00 PM	<b>Lessons</b> 12:45-4:30 PM	<b>Family Fun Hockey</b> 4:30-5:30 PM
	<b>Lessons</b> 3:45-6:15 PM	<b>Adult Learn To Play Hockey Lesson</b> 8:15-9:00 PM	<div>PUBLIC SKATING SCHEDULE VIEW ONLINE</div>	
	<b>Public Skate</b> 6:30-8:00 PM			

### Ice Skating Rates & Fees

	Single	10 Usage
<b>Tot (4 &amp; under)</b>	FREE	
<b>Child (5-12 yrs)</b>	\$3.97	\$33.39
<b>Youth (13-18 yrs)</b>	\$5.55	\$46.71
<b>Adult (19-64 yrs)</b>	\$7.93	\$66.69
<b>Senior (65+)</b>	\$5.15	\$46.71
<b>Discount Skate</b>	50% off regular admission	
<b>Skate Rental</b>	\$4.00	\$33.66
<b>Family Rate*</b>	\$3.97/person	

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	Adult/Youth Advanced
	Child Lv 6/7	

### Learn to Skate Program



Online registration strongly recommended.

[vanrec.ca](http://vanrec.ca)

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

#### Fall Lesson Schedule Set 1

- Set 1: Sept 28- Nov 4 ( 6 weeks)
- Set 2: Nov 8 - Dec 16 ( 6 weeks)

### Fall Registration Dates

Thursday, September 18 at 7:00 PM

#### 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.



## MOBERLY ARTS & CULTURAL CENTRE 7646 Prince Albert St Vancouver V5X 3Z4

phone 604.718.6521 [www.moberlyartscentre.ca](http://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

## Language Justice: The Art of Living Experience Through Cultural-Linguistic Lens September 6 & 7

This workshop presented by the Vancouver Poetry House and Cascadian Deaf Nation will be about The Art of Living Experience Through Cultural-Linguistic Lens.

This is an opportunity for artists to gain insight on how language justice can be incorporated into their artwork

To register, contact Sonya Littlejohn, Inclusion Coordinator for Vancouver Poetry House:  
[inclusion@vancouverpoetryhouse.com](mailto:inclusion@vancouverpoetryhouse.com)



Rei Ga-Wun Leung



Ashanti Monts-Trévistka



Annie Kvamme

## African Christmas Market



Experience the warmth and joy of the holiday season at our African Christmas Market — a vibrant, village-style gathering that brings the spirit of Africa to your holiday shopping. Discover authentic, high-quality products, arts, and crafts from across the continent, and support local African artisans and vendors.

In true African tradition, we welcome you with free snacks and drinks, creating a festive atmosphere rooted in hospitality, culture, and community.

**Come shop, connect, and celebrate with us!**



## Africa with the Masters Festival

September 26, 27 & 28

A joyful celebration of African traditions for all ages and backgrounds Africa with the Masters is a 3-day cultural festival that invites everyone—families, children, and adults—to discover and celebrate the richness of traditional African cultures. Through dance, music, storytelling, arts, and traditional games, the festival creates a bridge of friendship between cultures and generations.



### Day 1 – Celebration Night:

An elegant evening of dinner and live performance showcasing master artists from across the African continent.

### Day 2 – Africa Play Day:

A family-friendly day of fun, where everyone is invited to play traditional African games. For African parents, it's a special opportunity to pass on the joyful games of their own childhoods and strengthen their children's connection to their cultural roots.

### Day 3 – Workshop Day:

Hands-on drum and rhythm workshops led by master artists from various African countries, inviting participants to feel the heartbeat of Africa through music.

## FIELD HOUSE

### Earthseed Collective

Earthseed Sanctuary is increasing community climate resilience, biodiversity, and food sovereignty through culturally-rooted arts programming on the shared, ancestral, and unceded territories of the xwməθkwəy̓ əm (Musqueam), Skwxwú7mesh (Squamish), and səliłwətał (Tsleil-Waututh) Nations.

Together with the community, they will steward the Moberly Medicine Garden and build a community medicine and seed library, and medicine maker space. Join them us for land-based events and eco-arts workshops like natural dyeing, weaving, writing, music, among others. We'd love to be in touch with you! Please contact us at [earthseedcollectivemst@gmail.com](mailto:earthseedcollectivemst@gmail.com)



Visit our Website for  
Program and Event Updates



Arts

Culture

Land

Food

Connection

# MOBERLY ART CENTRE PROGRAMS

## Dance

### Mini Ballet with Vancouver Performing Stars (3-5 yrs)

*Vancouver Performing Stars*

VPS Ballet classes with Performing stars lay the foundation for graceful movement for young dancers while sparking their imagination! Dancers will work on developing coordination, rhythm, and musical expression. Through playful exercises and creative movement, dancers learn ballet fundamentals in an encouraging environment. Students gain confidence and independence as they attend class on their own. Ballet shoes and attire required.

Tue Sep 9-Dec 9 3:45 PM-4:30 PM  
578133 \$192/12 sessions

### Junior Ballet with Vancouver Performing Stars (5-7 yrs)

*Vancouver Performing Stars*

Develop strength, grace, and artistry through classical ballet training with Performing Stars. Students master essential techniques while exploring their own creative expression through movement. Each class builds flexibility, coordination, and fluid motion -creating well-rounded dancers ready to shine. From foundational skills to choreography, dancers of all experience levels will grow and thrive. Ballet shoes and attire required.

Tue Sep 9-Dec 9 4:30 PM-5:15 PM  
578134 \$192/12 sessions

### Intermediate Ballet & Jazz with Vancouver Performing Stars (18+ yrs)

This high energy class will help dancers improve their flexibility, confidence, coordination, and break down the fundamentals of dance. Dive into fresh, dynamic choreography that builds confidence and coordination. Join our supportive dance community and discover just how incredible it feels to express yourself through movement! Visit [performingstars.ca](http://performingstars.ca) for more information.

Tue Sep 9-Dec 9 5:15 PM-6:00 PM  
581694 192/12 sessions

### 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](mailto:polymerdance@gmail.com). Drop-in fee is \$23.50 with instructor's permission.

Tue Sep 9-Dec 2 6:30 PM-8:30 PM  
577205 \$224.45/10 sessions

### Moberly Senior Dancers (50+ yrs)

*Instructor TBD*

Led by a dance artist in residence, this project will lead participants through the creation of an original contemporary dance composition. The participants will be taken through stretching and movement exercises to prepare for dancing, and be led through a co-creation process with the artists.

Email [moberly@vancouver.ca](mailto:moberly@vancouver.ca) for more information on fall dates and times.

## Theatre

### Mini Stars Theatre with Rise Arts (4-5 yrs)

*Rise Arts*

Mini Stars is a playful, confidence-boosting introduction to theatre for ages 3-5. Through drama games, storytelling, and imaginative activities, young performers build creativity, social skills, and a love for the stage.

Thu Sep 25-Nov 27 4:00 PM-5:00 PM  
579579 \$168/10 sessions

### Beginner Theatre with Rise Arts (6-12 yrs)

*Rise Arts*

Beginner Theatre introduces kids to acting through fun drama games, improv, and in-class performances. A playful, supportive space to build confidence, creativity, and explore the exciting world of theatre.

Thu Sep 25-Nov 27 5:15 PM-6:15 PM  
579580 \$189/10 sessions

## Culture & Community

### Junior Arts and Music Camp (JAM Camp) (8-12 yrs)

*South Vancouver Neighbourhood House*

Explore a variety of art expression (painting, origami, sketching, crafts, jewellery making, pottery) and musical instruments play for beginners. To register, contact the South Vancouver Neighbourhood House by phone at 604-324-6212.

Mon Sept 29 - Dec 1 3:15 PM-4:30 PM  
580013 FREE/7 sessions

### Active Play Club (8-12 yrs)

*South Vancouver Neighbourhood House*

Active Play Club provides an unique opportunity for element children to engage in unstructured play on their school grounds after the school day ends. Under the light supervision of an adult, children are free to explore, create, and interact, fostering their physical, social, and emotional development.

Wed Oct 1-Dec 3 3:15 PM-4:30 PM  
580015 FREE/8 session



# MOBERLY ART CENTRE PROGRAMS

## Culture & Community cont'd

### Rhythm Class for Adults

(18+ yrs)

Whether you're new to rhythm or have previous experience, this program offers an uplifting space to learn traditional African rhythms, explore the cultural meaning behind them, and experience how rhythm builds connection and community. You'll learn to: Play traditional percussion instruments like djembe, ingoma, or Shekere, understand the role of rhythm in African societies, strengthen coordination, creativity, and mindfulness through music, and build friendships through group practice and shared expression. To register, please visit [www.africanfriendship.org/](http://www.africanfriendship.org/)

Wed Oct 4-Nov 29 12:00 PM-1:30 PM  
578052 FREE/9 sessions

### 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](mailto:mekdesgete@gmail.com)

Sat Oct 4-Nov 29 2:00 PM-5:00 PM  
578054 FREE/9 sessions

### Chair Yoga: Move, Groove and Improve

(50+ yrs)

South Vancouver Neighbourhood House

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 8-Dec 11 10:30 AM-11:30 AM  
578056 FREE/14 sessions

## Music

### Japanese Taiko Drumming – Taiko Ensemble for Beginners

(16+ yrs)

Noriko Kobayashi

This popular taiko style in a sideways stance with movement and choreography is the most exciting taiko! Learn the rudiments, technique, develop perfect taiko form, and Bon Daiko solos.

Sun Sep 14-Dec 7 10:00 AM-11:00 AM  
575653 \$200/8 sessions  
Fri Sep 12-Dec 5 6:30 PM-7:30 PM  
578150 \$200/8 sessions

### Hachijo Style I for Beginners

(16+ yrs)

Noriko Kobayashi

This is a beautiful Japanese traditional drumming that is placed on a high stand. Learn the basics, rudiments, technique, philosophy, and song in Hachijo style! Drumsticks provided.

Fri Oct 24 & Nov 28 6:30 PM-7:30 PM  
579876 \$50/2 sessions

### Japanese Taiko Drumming – Hachijo Style II Intermediate

(16+ yrs)

Noriko Kobayashi

This is a beautiful Japanese traditional drumming that is placed on a high stand. Learn the basics, rudiments, technique, philosophy, and song in Hachijo style! This class follows the completion of Hachijo I. Drumsticks provided.

Sun Oct 26, Nov 2 & Nov 30 10:00 AM-11:00 AM  
579874 \$75/3 sessions

### Japanese Taiko Drumming – Miyake Style

(16+ yrs)

Noriko Kobayashi

Learn traditional Japanese drumming (Taiko) on real Japanese drums! Get a full body workout in the low stance of Miyake traditional drumming. Beginners are welcome. Drumsticks and drums are provided.

Fri Sep 12-Dec 5 7:45 PM-8:45 PM  
578156 \$200/8 sessions  
Sun Sep 14-Dec 7 11:15 AM-12:15 PM  
575652 \$220/11 sessions

### SOA Sankofa Kids

(7-12 yrs)

Jacky Essombe

Sounds of Africa is a joyful, hands-on traditional music program for children aged 7–12. Through drumming, rhythm games, songs, and storytelling, children explore the rich history and diversity of African music and instruments. Open to kids of all backgrounds, this program uses rhythm as a universal language to build friendships, foster cultural appreciation, and encourage joyful collaboration in a fun and welcoming environment. To register, please visit [www.africanfriendship.org/om](http://www.africanfriendship.org/om).

Sat Oct 4-Nov 29 10:15 AM-11:45 AM  
578051 FREE/9 sessions

## Visual Arts

### Social Stitching: What Comes Around Sews Around

(18+ yrs)

Penelope Harris

Circles! Spirals! Rolls! Come discover fun variations on what can be hand-sewn using circles as a starting point. Think: Needle rolls, pincushions, vessels, bags and more. Lots of opportunity for hand stitching in a friendly supportive group who love to learn from each other. No previous sewing experience necessary. No materials required, but feel free to bring your own.

Wed Sep 10-Dec 10 12:30 PM-2:30 PM  
572965 FREE/14 sessions

## Looking for a place to celebrate a milestone or host an intimate arts experience for up to 120 people?

Moberly Arts and Cultural Centre features a versatile 1600 sq. ft. Hall equipped with sprung floors, theatre seating, and a fully licensed kitchen.

With the support of our experienced technicians the space can be converted from casual rehearsal space to black box theatre in no time. Whether planning a staff party, choir practice, or dance recital Moberly Arts and Cultural Centre has the space for you.

To book please call 604 718 6505 or email [SunsetRentals@vancouver.ca](mailto:SunsetRentals@vancouver.ca).



**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.

	Capacity	Dimensions (Approx.)	Square Footage	Operating Hours Hourly Rate	After Operating Hours Hourly Rate
<b>Fri, Sat + Holidays</b>	120	50x32	1600	\$65+ gst	\$90+ gst
<b>Sun-Thurs</b>	120	50x32	1600	\$55+ gst	\$80+ gst
<b>Additional Charges</b>					
<b>SOCAN + ReSound:</b>	Music royalty fees will apply to all user groups that choose to play music. For more information, please see: <a href="http://www.socan.ca">www.socan.ca</a> , <a href="http://www.resound.ca">www.resound.ca</a>				\$47.27 music only \$94.63 music + dance
<b>Damage Deposit</b>	For all functions, a refundable damage deposit fee will be collected at time of booking.				\$200
<b>Staffing</b>	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
<b>Technician for MACC</b>	A Technician is required for usage of bleachers, lights and audio system.				\$35

## 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!

1. **Choose a Room** ➡ Visit [mysunset.net/facilities-rentals/rental-guidelines](https://mysunset.net/facilities-rentals/rental-guidelines) for more information.
2. **Submit Rental Request** ➡ Visit [recreation.vancouver.ca](https://recreation.vancouver.ca) to view availability and submit rental requests.
3. **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.

For all questions email [sunsetrentals@vancouver.ca](mailto:sunsetrentals@vancouver.ca) or phone 604.718.6505

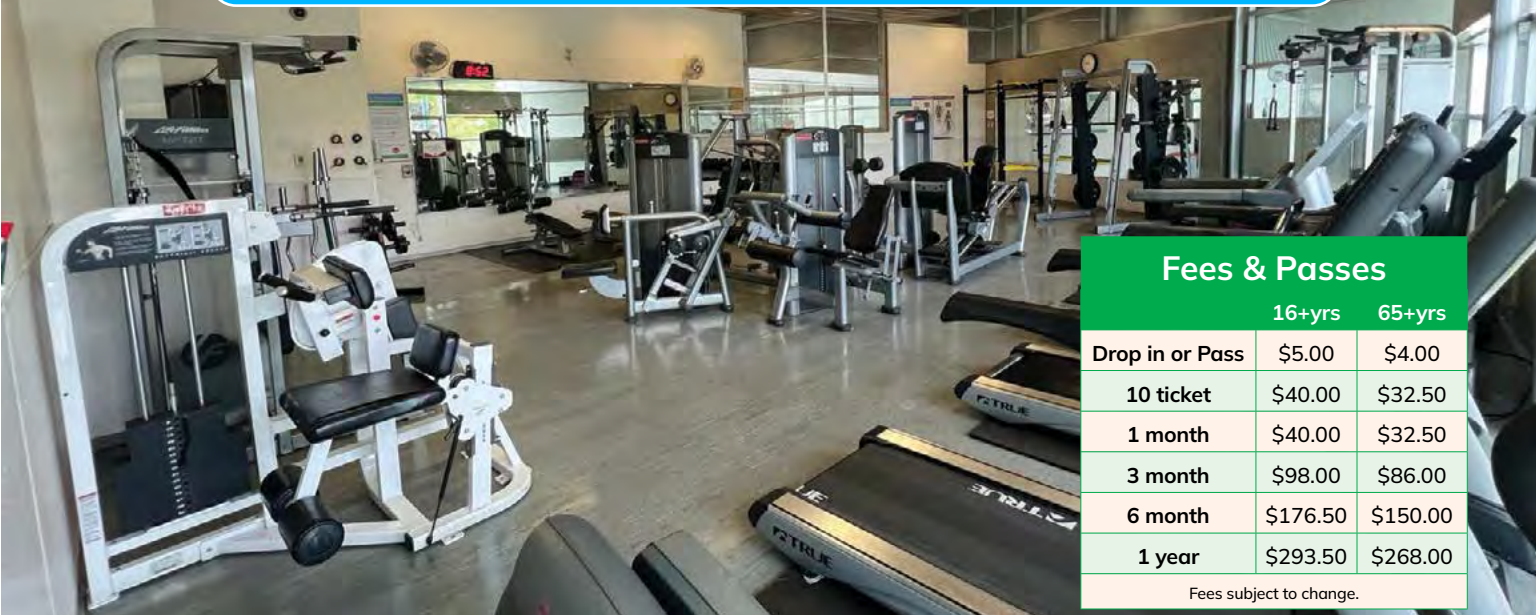
Room	Capacity	Dimension (approx.)	Square Footage	Operating Hours Hourly Rate (+ GST)	After Operating Hours Hourly Rate (+ GST)
Craft Room	30	28x18	504	\$27	\$52
Multipurpose Room	40	26x25	650	\$27	\$52
Hall	130	58x29	1682	**\$105	\$105
Gym-Full	986	107x72	7704	–	\$85

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<b>Damage Deposit</b>	A refundable damage deposit fee will be collected at time of booking and will be refunded within 30 days after..				\$200
<b>Staffing</b>	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
<b>Technician for MACC</b>	A Technician is required for usage of bleachers, lights and audio system.				\$35
<b>Insurance</b>	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: <a href="http://www.eventpolicy.ca">www.eventpolicy.ca</a>				

# SUNSET FITNESS CENTRE

VIEW FITNESS CENTRE & PERSONAL TRAINING PROGRAMS ONLINE



## Fees & Passes

	16+yrs	65+yrs
Drop in or Pass	\$5.00	\$4.00
10 ticket	\$40.00	\$32.50
1 month	\$40.00	\$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.*



### Nestor Navasero, Personal Trainer

Nestor is a BCRPA registered personal trainer. With a background in rugby and competitive outrigger canoe racing, Nestor has a passion for the fitness of the everyday athlete. He has trained

teenagers to octogenarians, ballerinas to Paralympians, and everyone in between. He is excited to bring his vast experience in personal training and group fitness to the members of the Sunset Community.



### 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.



### 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.

## FEES

# of sessions	30 Min. Private	30 Min. Semiprivate	55 Min. Private	55 Min. 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.

## *New to the Fitness Centre?*

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

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