Recreation Guide
Fall 2026

Sunset Community Centre
Moberly Arts & Cultural Centre
Sunset Ice Rink

Centre Program Registration
starts
Wednesday August 19
at 9:00 AM

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

WELCOME

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.

Dear Community Members,

This summer has been one of the busiest and most exciting seasons in the history of the Sunset Community Association. Our summer day camps; licensed childcare, seniors' programs, and community events are in full swing as we proudly welcomed the opening of the new Sunset Seniors Centre.

The additional program has enabled us to expand services and introduce new opportunities for our community. One highlight has been our successful partnership with the Langara Registered Massage Therapy Program, providing affordable massage therapy for seniors and enhancing their health and well-being.

We also celebrated another successful Canada Day Community Celebration on July 1 and expanded our summer day camp offerings to serve even more local children and families.

Unfortunately, the Moberly Arts & Cultural Centre recently experienced a fire incident and is temporarily closed. To minimize disruption, all Moberly programs have been relocated to Sunset Community Centre until further notice. We sincerely thank our staff, instructors, volunteers, and participants for their patience, flexibility, and cooperation during this transition.

Looking ahead, we are encouraged by the City of Vancouver's commitment through the 2027–2030 Capital Plan to build a new 25-metre swimming pool and expanded recreation facilities at Sunset Park. This significant investment will benefit children, youth, families, seniors, and future generations throughout South Vancouver. We remain hopeful that the city, Vancouver Park Board, Provincial Government, and Federal Government will continue working together to bring these much-needed community facilities to fruition.

The opening of the new Sunset Seniors Centre has also increased pedestrian activity in the neighborhood. Following SCA's request, the city has directed staff to review the installation of a marked and controlled crosswalk across Main Street near the Centre to improve pedestrian safety. We sincerely thank Vancouver–Langara MLA Sunita Dhir for her support and advocacy in advancing this important community initiative.

This fall, we look forward to offering another exciting season of programs and events, including seniors' wellness activities, community meals, Diwali celebrations, Breakfast with Santa, arts and cultural programs, fitness classes, and much more. We invite everyone to participate and experience all that Sunset Community Centre has to offer.

On behalf of the Sunset Community Association Board of Directors, I extend my heartfelt thanks to our dedicated Park Board and School staff, community centre staff, volunteers, instructors, and my fellow Board members. Your hard work, commitment, and shared vision have made Sunset Community Centre a welcoming, inclusive, and vibrant gathering place for people of all ages, cultures, and backgrounds.

Thank you for your continued support.
We look forward to welcoming you and your family to Sunset Community Centre this fall.

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 ..... **Agnes Lee, Ajay Sharma, Doug Newstead, John Guest, Manveet Lail, Phil Daum, Ratna Laghari**

The City of Vancouver acknowledges that it is situated on the unceded traditional territories of the xʷməθkʷəy̓əm (Musqueam Indian Band), Sḵwx̱wú7mesh (Squamish Nation), and səlilwətaɬ (Tsleil-Waututh Nation).

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Facility Hours

September 1, 2026 - January 1, 2027

Monday-Friday ..... 9:00 AM-9:30 PM
Saturday-Sunday ..... 9:00 AM-5:00 PM
December 25,26, January 1 ..... closed
December 21-23, 28-30 ..... 9:00 AM-5:00 PM
December 24, 31 ..... 9:00 AM-1:30 PM

Please note that the office closes 15 minutes before the facility closes. Hours are subject to change.

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
Senior Child Care Manager ..... Paramjeet Munday
Childcare Manager ..... Ronilta Singh
Maintenance Technician ..... Jose Menjivar
Building Worker ..... Vicente Jun Villamin

Centre Program Registration

Fall begins Wednesday, August 19
9:00 AM ONLINE at vanrec.ca

See page 4 for all registration information and refund policies.

ONLINE at vanrec.ca

BY PHONE 604.718.6505 ex 1. Starting at 10:00 AM

IN PERSON at 6810 Main St.

Ice Skating Lesson Registration

Set 1 - begins Monday, September 7
Set 2 - begins Thursday, November 5
7:00 PM ONLINE at vanrec.ca

How to Find Us

ਇਸ ਬਰੋਸ਼ਰ ਵਿਚ ਤੁਹਾਡੇ ਕਮਿਉਨਿਟੀ 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.

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.

Take a virtual tour of our classrooms! Hyperlink to preschool tour video.
www.facebook.com/SunsetCommunityCentre/videos/127797442659399

Sunset Preschool (30 months to 5 yrs)

VIEW ONLINE

Days	Time
Tuesdays & Thursdays	9:15-11:45 AM
Tuesdays & Thursdays	12:45-3:15 PM
Mondays, Wednesdays & Fridays	9:15-11:45 AM
Mondays, Wednesdays & Fridays	12:45-3:15 PM
Tuesdays & Thursdays	9:00 AM-1:00 PM
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/

Days	Time
Monday to Friday full day	8:00 AM-5:30 PM

Registration Requirements

- $50 registration fee (non-refundable), a deposit (equal to two months' 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. Child Care Arrangement form after you complete the registration.

To inquire about registration for Licensed Child Care please contact Ronilta Singh.
Email: 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/

Registration Requirements

- $50 registration fee (non-refundable), a deposit (equal to two 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. Child Care Arrangement form after you complete the registration.

Registration Inquiries

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

CITY OF VANCOUVER

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

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

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

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

Sunset Garden

The Sunset Community Garden is located on Sunset Park, just east of the Sunset Community Centre and south of the Sunset Arena, along the bicycle path on Prince Edward Street and 53rd Avenue. The garden is maintained by volunteers who welcome the community to enjoy.

If you are interested in using a plot or planter in the garden, to join the Sunset Garden Committee to enhance or expand the garden, or for more information about the Sunset Garden, please contact Samiko or John: sunsetgarden6810@gmail.com

Wheat to Flour Project

This is a program for growing wheat at your home and processing it together at a local farm in the Fraser Valley. At the end of the program, we'll get together to bake with our freshly ground flour!

From April to November, participants will join us once a month for hands-on activities such as:

- Learning the basics of growing wheat
- Social gatherings
- A field trip to a local wheat farm
- Processing wheat into flour
- Baking bread in our community kitchen

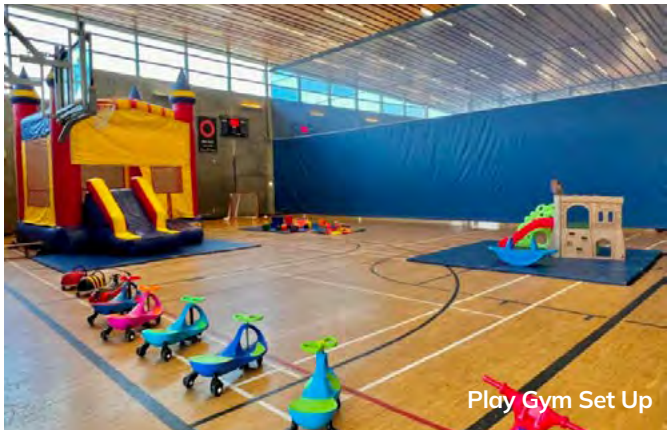
Fun Exclusive Packages

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. 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



Play Gym Set Up

Book your Party Today!

Book early to avoid disappointment!

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

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

- We do not take reservations or hold spots over the phone or email. A leader will contact you 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
DIY Figet Keychain Craft +$65

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.
- DIY Fidget Keychain options: ice cream & cupcake.

Pick your Party Package
→ See page 9

Activities Spectacular Party for 60 Guests

VIEW ONLINE

- Selected weekends
- 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 2-hour unique party package includes three back-to-back activities (button making, face painting, balloon art). All activities will be facilitated by our staff.

Fees: $280

Extra services are available and led by the Birthday Party Leaders! Each service runs for around 30 minutes.

Express Play Gym Party for 40 Guests

VIEW ONLINE

- Selected weekends
- 1.5-hour private access to Play Gym (half gym)
- Shared fridge and freezer
- Select up to 2 colours of table covers, balloons, and streamers

Private 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. Families can go back and forth between the party room and the activity room during the 1.5-hour party.

Fees: $230

Extra services are available and led by the Birthday Party Leaders! Each service runs for around 30 minutes.

Ultimate Play Gym Party for 60 Guests

VIEW ONLINE

- Selected weekends
- 2 or 2.5 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 area 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: $360 (2 hours), $380 (2.5 hours)

Extra services are available and led by the Birthday Party Leaders! Each service runs for around 30 minutes.

Thank You

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

Peterson

Jasonbel Creations Inc
Diljeet Singh Taheem

DANG GOOD BOOTHS

RBC

Sunset COMMUNITY ASSOCIATION

VANCOUVER BOARD OF PARKS AND RECREATION

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Future Bounce Basketball girls+ (7-11yrs) 9:05 AM-10:35 AM	Sunset Tot Time (0-5yrs) 9:45 AM-11:15 AM	Jazz Funk, HipHop, KPOP (5-13yrs) 3:00 PM-4:30 PM	Play Gym (0-5yrs) 9:45 AM-11:15 AM	Parent & Tot Dance (2-4 yrs) 9:00 AM-10:00 AM	Play Gym (0-5yrs) 9:30 AM-11:00 AM	Sportball Parent & Tot Multisport (1.5-2yrs) 9:05 AM-9:50 AM
604 Bhangra Dance - Preschool (4-5.5yrs) 9:15 AM-10:00 AM	Afterschool Arts Club w/ Rise Arts (6-12yrs) 3:15 PM-4:45 PM	Jazz Funk, HipHop, KPOP (5-13yrs) 3:30 PM-4:30 PM	Active Play Club (8-12yrs) 3:15 PM-4:30 PM	Preteen Basketball Drop-In (9-12yrs) 3:30 PM-4:45 PM	Girls+ Multi-Sports (9-15yrs) 3:30 PM-5:30 PM	Ballet - Preschool (2-4yrs) 9:15 AM-9:45 AM
604 Bhangra Dance (5.5-8yrs) 9:15 AM-10:15 AM	Multi-Sport - Minis (4-6yrs) 3:45 PM-4:45 PM	Mini Baking Buddies (4-6yrs) 3:45 PM-4:40 PM	Active French Immersion Tumble, Flex and Dance (5-8yrs) 3:45 PM-4:45 PM	Game On! - Boys Mentorship (9-12yrs) 3:30 PM-4:45 PM	Preteen Games Room (9-12yrs) 3:30 PM-5:30 PM	Basketball (3-5yrs) 9:15 AM-10:00 AM
Activity Studio & Phonics (3-5yrs) 9:15 AM-10:10 AM	Multi-Sport - Minis (4-6yrs) 3:45 PM-4:45 PM	Mini Baking Buddies & Tarts (4-6yrs) 3:45 PM-4:40 PM	STEMtastic Adventures (5-8yrs) 3:45 PM-4:40 PM	Learning Buddies Network (6-12yrs) 4:00 PM-5:15 PM	Preteen Basketball Drop-In (9-12yrs) 3:30 PM-5:30 PM	Little Makers Studio (3-5yrs) 9:30 AM-10:25 AM
Young-Commander Chess - Novice (5-10yrs) 9:40 AM-10:50 AM	Ball Hockey(VPD) (10-12yrs) 4:00 PM-5:00 PM	Beg/IntBadminton (6-9yrs) 3:45 PM-4:40 PM	Preteen Volleyball Drop-In (9-12yrs) 4:00 PM-5:00 PM	The Girls+ Link (12-15yrs) 4:00 PM-6:00 PM	Youth Council (14-18yrs) 5:00 PM-6:30 PM	Ballet (3-6yrs) 9:45 AM-10:30 AM
604 Bhangra Fusion (6-14yrs) 10:00 AM-11:00 AM	Rhythmic Gymnastics Dance (4-6yrs) 4:45 PM-5:45 PM	Cooking For Teens (12-17yrs) 4:00 PM-6:00 PM	Adapted KPOP/ HipHop/Ethnic Dance (6-14yrs) 4:45 PM-5:45 PM	Teen Basketball Drop-In (13-18yrs) 4:45 PM-6:00 PM	Girls Night Hoops (11-18yrs) 5:30 PM-6:30 PM	Sportball Multisport (3-5yrs) 9:50 AM-10:35 AM
Kinetic Kids (3-5yrs) 10:00 AM-10:45 AM	Multi-Sport - Juniors (7-11yrs) 4:45 PM-5:45 PM	Badminton Drop-in (9-12yrs) 4:00 PM-5:00 PM	Math Masterminds (5-8yrs) 4:50 PM-5:45 PM	Bollywood - Kids (5-12 yrs) 5:15 PM-6:00 PM	Teen Games Room (13-18yrs) 5:45 PM-8:30 PM	Kids Healthy Bhangra (4-12yrs) 10:00 AM-11:00 AM
Artsy Bookworm (3-8 yrs) 10:00 AM-10:55 AM 11:00 AM-11:55 AM	Multi-Sport - Juniors (7-11yrs) 4:45 PM-5:45 PM	Junior Leader 2B (10-13yrs) 4:30 PM-6:00 PM	Teen Volleyball Drop-In (13-18yrs) 5:00 PM-6:00 PM		Teen Basketball Drop-In (13-18yrs) 6:00 PM-7:15 PM	Soccer (3-5yrs) 10:05 AM-10:50 AM
604 Bhangra Dance (8-9.5yrs) 10:15 AM-11:15 AM	Ball Hockey(VPD) (10-12yrs) 5:00 PM-6:00 PM	Int/AdvBadminton (9-12yrs) 4:45 PM-5:40 PM			Queer Youth Create (13-18yrs) 7:00 PM-9:00 PM	Ballet (3-6yrs) 10:30 AM-11:15 AM
Head Start Math (4-6yrs) 10:15 AM-11:10 AM	Rhythmic Gymnastics Dance (7-12yrs) 5:45 PM-6:45 PM	Baking Buddies (7-10yrs) 4:50 PM-5:45 PM	VIEW ONLINE		Night Hoops (11-18yrs) 7:30 PM-9:15 PM	Science Explorers (4-6yrs) 10:30 AM-11:25 AM
STEM Discovery (7-10yrs) 10:30 AM-12:00 PM		Baking Buddies (7-10yrs) 4:50 PM-5:45 PM			Japanese Taiko Drumming-Miyake Style (5+yrs) 7:45 PM-8:45 PM	Basketball (6-9yrs) 10:55 AM-11:50 AM
Beg/Int Badminton (6-9yrs) 10:45 AM-11:40 AM		Teen Badminton Drop-In (13-18yrs) 5:00 PM-6:00 PM				Ballet (5-8yrs) 11:45 AM-12:45 PM
Young-Commander Chess - Int/Adv (8-13yrs) 11:00 AM-12:10 PM						Soccer (6-9yrs) 11:55 AM-12:50 PM
604 Bhangra Dance (9.5-17yrs) 11:15 AM-12:15 PM						Ballet - Int (8-10yrs) 12:45 PM-1:45 PM
Japanese Taiko Drumming-Miyake Style (5+yrs) 11:15 AM-12:15 PM						Indoor T-Ball (3-5yrs) 1:00 PM-1:45 PM
Imaginative Writing (6-11yrs) 11:15 AM-12:10 PM						Floor Hockey (6-9yrs) 1:55 PM-2:50 PM
Int/AdvBadminton (9-12yrs) 11:50 AM-12:45 PM						Hibret Amharic School (6-18yrs) 2:00 PM-5:00 PM
The Science Lab (4-6yrs) 12:00 PM-12:55 PM						Taekwondo - Int (5-13yrs) 2:15 PM-3:15 PM
Karate Kids (w/ Parents) (4-6yrs) 1:15 PM-2:00 PM						Finish Strong Level Up Boy's+ (12-16yrs) 3:00 PM-4:00 PM
Karate-Mixed Ages (7-99yrs) 2:00 PM-3:30 PM						Taekwondo - Beg (5-13yrs) 3:15 PM-4:15 PM
Make & Bake (4-6yrs) 2:20 PM-3:15 PM						Finish Strong Level Up Girls+ (12-16yrs) 4:00 PM-5:00 PM
Make & Bake (5-10yrs) 3:05 PM-4:00 PM						

Social

Sunset Tot Time (0-5 yrs)

Aleithia Riebesehl

Our space will be transformed into an environment where children can explore and discover new things with exciting perspectives! Active and sit-down activities available. No session October 12.

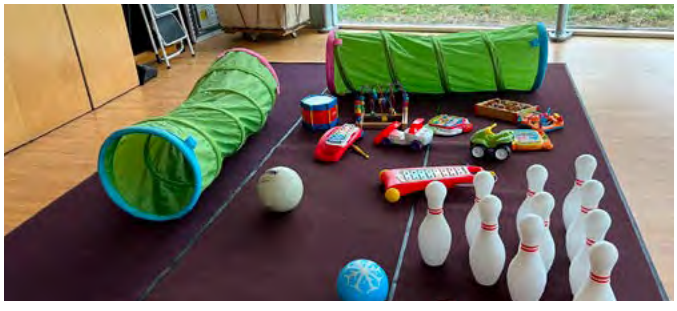
Mon	Sep 14-Dec 14	9:45 AM-11:15 AM
637460		$2/Drop-in

SVNH Family Play Time (0-6 yrs)

South Vancouver Neighbourhood House

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

Tue	Sep 8-Dec 15	10:00 AM-11:30 AM
634765		FREE Drop-in



Play Gym (0-5 yrs)

Play Gym Leaders

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. No session September 30, October 12, and November 11.

Wed	Sep 9-Dec 16	9:45 AM-11:15 AM
633680		$3.50/Drop-in
Fri	Sep 11-Dec 25	9:30 AM-11:00 AM
633681		$3.50/Drop-in

Sports

Sportball Parent & Tot Multisport (3-5 yrs)

Sportball Vancouver

This program is designed to guide children through the introductory skills in a number of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence. No session October 10.

Sat	Oct 24-Dec 12	9:05 AM-9:50 AM
634673		$144/8 sessions

Art, Culture & Environment

Parent & Tot Dance (2-4 yrs)

Elite Gymnastics

Get active and introduce your little ones to music, movement, and basic dance concepts. Toddlers will build confidence, coordination, and social skills through fun and engaging activities. Parent or guardian participation required.

Thu	Sep 17-Oct 22	9:00 AM-10:00 AM
638775		$72/6 sessions
Thu	Oct 24-Dec 3	9:00 AM-10:00 AM
638776		$72/6 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 October 10.

Sat	Sep 12-Dec 12	9:15 AM-9:45 AM
634529		$130/13 sessions

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

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

Art, Culture & Environment

Rhythmic Gymnastics Dance

Elite Gymnastics

Rhythmic gymnastics combines the grace of ballet and the strength of artistic gymnastics with the challenging manipulation of colourful hand apparatus. Participants will learn basic body movements of apparatus techniques, while moving to various musical rhythms. This wonderful sport will develop hand-eye coordination, balance, agility, flexibility, and rhythm. Instructors are certified with the National Coaching Certification Program. No session October 12.

4-6 yrs

Mon	Sep 14-Dec 7	4:45 PM-5:45 PM
632660		$180/12 sessions

7-12 yrs

Mon	Sep 14-Dec 7	5:45 PM-6:45 PM
632661		$180/12 sessions

Ballet

Sarah U

Learn the basics of ballet in an un-intimidating atmosphere. Basic ballet exercises, positions, vocabulary, and musicality will be taught while developing posture, musicality, and self expression in a fun and supportive environment. Classes will progress and culminate in a presentation on the last day of class. Please come in form-fitting clothing and ballet slippers. No session October 10.

4-6 yrs

Sat	Sep 12-Dec 12	9:45 AM-10:30 AM
634525		$182/13 sessions
Sat	Sep 12-Dec 12	10:30 AM-11:15 AM
634526		$182/13 sessions

6-8 yrs

Sat	Sep 12-Dec 12	11:45 AM-12:45 PM
634528		$234/13 sessions

Ballet - Intermediate (8-10 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 October 10.

Sat	Sep 12-Dec 12	12:45 PM-1:45 PM
634527		$234/13 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. As each class progresses, students will learn new moves through choreographed routines. This class is perfect for children who have had little to no experience in bhangra and are looking to solidify their understanding and execution of bhangra moves at Sunset Community Centre. No session October 11.

4-5.5 yrs

Sun	Sep 13-Dec 6	9:15 AM-10:00 AM
634475		$120/12 sessions

5.5-8 yrs

Sun	Sep 13-Dec 6	9:15 AM-10:15 AM
634471		$156/12 sessions

8-9.5 yrs

Sun	Sep 13-Dec 6	10:00 AM-11:00 AM
634472		$156/12 sessions

9.5-17 yrs

Sun	Sep 13-Dec 6	11:15 AM-12:15 PM
634473		$156/12 sessions

604 Bhangra Fusion (6-14 yrs)

604 Bhangra

This class will teach you how to flow to the beats of Punjabi and Hip Hop music while learning basic bhangra and hip hop fundamentals. We'll show you how to bring that street style to the rhythmic, soulful grooves of Desi sounds. Whether you're feeling the power of hip hop or the vibe of modern Punjabi hits, this class will have you dancing like never before. Join us for a fusion of culture, music, and movement that'll get you hooked from the first beat! Please wear active clothing and bring a water bottle! No previous experience required.

Sun	Sep 13-Dec 6	10:15 AM-11:15 AM
634476		$156/12 sessions

Bollywood - Kids (5-12 yrs)

Spirit of Dance Team

Have fun while learning some high-energy & fun dance moves with upbeat Indian Bollywood Music! Each class is carefully designed for children to exercise, as well as to develop a rhythm sense with choreographed Bollywood routines.

Thu	Sep 17-Oct 29	5:15 PM-6:00 PM
638913		$70/7 sessions
Thu	Nov 5-Dec 17	5:15 PM-6:00 PM
638914		$70/7 sessions

Sign up Today!

Sunset Community Association

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

↗ www.mysunset.net

Art, Culture & Environment cont'd

Active French Immersion Tumble, Flex and Dance (5-8 yrs)

ILLUMA Studio

This class is taught in French and English, and adjusted to your child's language needs. Through proper tumbling and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Having learned the proper techniques, our goal is for the student to have better physical awareness, stronger core muscles, have fun tumbling, increase flexibility and stand tall with confidence. Learned skills will be arranged into a dance routine so that students can showcase their acro skills! We recommend taking our dance training class after this class to enhance your learning. Meet friends, have fun, and rise to a new challenge! No previous experience required. No session September 30, November 11.

Wed	Sep 16-Dec 16	3:45 PM-4:45 PM
632632		$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. At the beginning of class, please let the instructor learn your child's preferences and needs based on their neural divergent / spectrum situation so that we can aim to customize your family's experience. Thank you for your patience as we strive to fine-tune a program that will meet your child's needs No session September 30, November 11.

Wed	Sep 16-Dec 16	4:45 PM-5:45 PM
632634		$192/12 sessions

Education

Activity Studio & Phonics (3-5 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.

Sun	Sep 20-Dec 6	9:15 AM-10:10 AM
634756		$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.

Sun	Sep 20-Dec 6	11:15 AM-12:10 PM
634758		$73.50/11 sessions

Head Start Math (4-6 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.

Sun	Sep 20-Dec 6	10:15 AM-11:10 AM
634757		$115.50/11 sessions

Math Masterminds (5-8 yrs)

Youth Leader

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

Wed	Sep 16-Oct 28	4:50 PM-5:45 PM
634750		$60/6 sessions
Wed	Nov 4-Dec 16	4:50 PM-5:45 PM
634751		$60/7 sessions

STEMtastic Adventures (5-8 yrs)

Youth Leader

This hands-on program explores the exciting worlds of science, technology, engineering, and math through fun activities. This program sparks curiosity and creativity through a mix of experiments, playful challenges, and guided discovery.

Wed	Sep 16-Oct 28	3:45 PM-4:40 PM
634748		$60/6 sessions
Wed	Nov 4-Dec 16	3:45 PM-4:40 PM
634749		$60/6 sessions

Science Explorers (4-6 yrs)

Youth Leader

Explore science 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.

Sat	Nov 7-Dec 12	10:30 AM-11:25 AM
634755		$60/6 sessions

STEM Discovery (7-10 yrs)

Fiona, Cerise, Natalie, Naiming

This program is designed for children who are interested in science and want to explore topics beyond the school curriculum in a fun, hands-on environment. Through interactive lessons and engaging activities, participants will learn about biology, chemistry, physics, environmental science, and engineering while developing curiosity, creativity, and problem-solving skills. Each session will include a short lesson and an exciting challenge or experiment, such as egg drops, paper airplane design, boat-building challenges, and other STEM activities. The program encourages students to ask questions, think like scientists, and learn through exploration and teamwork.

Sun	Sep 20-Dec 6	10:30 AM-12:00 PM
638426		FREE Registration

Little Makers Studio (3-5 yrs)

Young Leader

Step into a world of stories and creativity! Each class will start with story time. Children will then dive into hands-on art and craft activities inspired by the book, exploring colors, shapes, textures, and different creative techniques.

Sat	Sep 19-Oct 31	9:30 AM-10:25 AM
634752		$60/6 sessions
Sat	Nov 7-Dec 12	9:30 AM-10:25 AM
634753		$60/6 sessions

Young-Commander Chess

Joe Soliven

As school academics in a game and leadership training model - 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. Knighted with a 'commander' self-image, kids get trained in a growth-mindset life-skills goal setting: checkmate! Open to kids 5-10 yrs old; anyone new or with limited knowledge of chess-art basics: move, capture, castling, en passant capture, checkmate, notation, etc. Complimentary FREE chess kit for new students. No session October 11.

Novice/Starter 5-10 yrs

Sun	Sep 13-Dec 20	9:40 AM-10:40 AM
632683		$210/14 sessions

Intermediate/Advance 8-13 yrs

Sun	Sep 13-Dec 20	11:00 AM-12:10 PM
632682		$210/14 sessions

Baking Buddies - Cakes & Cookies

Kaylee Fung

Measure, mix, and bake your way with a variety of cakes and cookies. Learn about the different cakes and cookies you can make with just ingredients from your kitchen!

4-6 yrs

Tue	Sep 15-Oct 27	3:45 PM-4:40 PM
634745		$80.50/7 sessions

7-10 yrs

Tue	Sep 15-Oct 27	4:50 PM-5:45 PM
634744		$80.50/7 sessions

Baking Buddies - Pastries & Tarts

Kaylee Fung

Introduce your child to the delicious world of French baking! Participants will create classic French-inspired pastries and tarts while learning basic baking techniques in a fun, hands-on environment.

4-6 yrs

Tue	Nov 3-Dec 15	3:45 PM-4:40 PM
634747		$80.50/7 sessions

7-10 yrs

Tue	Nov 3-Dec 15	4:50 PM-5:45 PM
634746		$80.50/7 sessions

Sunday Programs with Kristy

Artsy Bookworms

Children will explore the world of books through stories, songs, and creative art activities.

3-5 yrs

Sun	Sep 20-Oct 29	10:00 AM-10:55 AM
638917		$50/5 sessions
Sun	Nov 1-Nov 29	10:00 AM-10:55 AM
368918		$50/5 sessions

6-8 yrs

Sun	Sep 20-Oct 29	11:00 AM-11:55 AM
638919		$50/5 sessions
Sun	Nov 1-Nov 29	11:00 AM-11:55 AM
368920		$50/5 sessions

The Science Lab 4-6 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.

Sun	Sep 20-Oct 29	11:00 AM-11:55 AM
638919		$50/5 sessions
Sun	Nov 1-Nov 29	11:00 AM-11:55 AM
368920		$50/5 sessions

Make & Bake

Create snacks like rice krispies, apple pies, tarts, and more!

4-6 yrs

Sun	Sep 20-Oct 29	2:00 PM-2:55 PM
634735		$57.5/5 sessions
Sun	Nov 1-Nov 29	2:00 PM-2:55 PM
634739		$57.5/5 sessions

6-10 yrs

Sun	Sep 20-Oct 29	3:05 PM-4:00 PM
634736		$57.5/5 sessions
Sun	Nov 1-Nov 29	3:05 PM-4:00 PM
634740		$57.5/5 sessions

Kids Craft Zone

Get creative and join us for weekly themed crafts! Designed for kids ages 3–12, this fun and interactive program is led by friendly volunteers.

Stop by any time between 10:15 AM and 12:15 PM in the lobby and let your imagination run wild with a new craft project each week. Parent/guardian supervision required.

Workshops

Make & Bake Holiday Bake-Off

Kristy Nguyen

Get ready for some holiday baking fun! Kids will make and decorate festive treats while learning simple baking skills and creating their own delicious masterpieces. With a friendly bake-off challenge, participants can show off their creativity and have fun competing with friends.

4-6 yrs

Sun	Dec 6	11:00 AM-1:00 PM
634741		$30/1 sessions

6-10 yrs

Sun	Dec 6	1:15 PM-3:15 PM
634742		$30/1 sessions

Apple Strudel Muffin Workshop (5-8 yrs)

Learn how to make apple strudel muffins - a sweet treat using apples!

Sun	Oct 11	10:30 AM-11:45 AM
638924		$20/1 session

Apple Strudel Muffin Workshop (5-8 yrs)

Learn how to make apple strudel muffins - a sweet treat using apples!

Thu	Sep 17-Oct 29	5:15 PM-6:00 PM
638925		$70/7 sessions

Sports

Kinetic Kids (3-5 yrs)

Kinetic Kids

Get ready to jump, run and play your way through movement-packed fun! Kinetic Kids Fundamentals is a high-energy, hands-on program designed to help little ones build strength, coordination, and confidence through a blend of exciting games, obstacle courses, and creative free play. With a perfect mix of guided activities and child-led exploration, children will grow their physical skills for everyday movement! No session October 11.

Sun	Sep 20-Nov 15	10:30 AM-11:15 AM
632681		$160/8 sessions

Multi-Sport

Youth Leader

Students will learn fundamental movement skills and physical literacy while trying different sports and activities such as Badminton, Volleyball, Soccer, Basketball and more. This program provides a positive, non-competitive introduction to activity with a focus on building a variety of athletic skills for success across multiple sports. No session October 12.

Minis 3-5 yrs

Mon	Sep 21-Nov 2	3:45 PM-4:45 PM
634451		$57/6 sessions
Mon	Nov 9-Dec 14	3:45 PM-4:45 PM
634456		$57/6 sessions

Juniors 7-11yrs

Mon	Sep 21-Nov 2	4:45 PM-5:45 PM
634450		$57/6 sessions
Mon	Nov 9-Dec 14	4:45 PM-5:45 PM
634455		$57/6 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.

Sat	Oct 24-Dec 12	9:50 AM-10:35 AM
634674		$144/8 sessions

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T-Ball (3-5 yrs)

Brayden Sahota-Rai

An active introduction to t-ball designed to introduce children to the world of baseball. This class focuses on basic skills like hitting off a tee, catching, and throwing. Participants will develop coordination, confidence, and teamwork.

Sat	Oct 24-Dec 12	1:00 PM-1:45 PM
638425		$72/8 sessions

Basketball

Youth Leader

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 August 1.

3-5 yrs

Sat	Oct 24-Dec 12	9:15 AM-10:00 AM
634729		$84/8 sessions

6-9 yrs

Sat	Oct 24-Dec 12	10:50 AM-11:45 AM
634731		$84/8 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 October 11.

Sun	Sep 13-Dec 13	9:05 AM-10:35 AM
632686		$195/26 sessions

Soccer

Youth Leader

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.

3-5 yrs

Sat	Oct 24-Dec 12	10:05 AM-10:50 Am
634732		$84/8 sessions

6-9 yrs

Sat	Oct 24-Dec 12	11:45 AM-12:40 PM
634733		$84/8 sessions

Floor Hockey (6-9 yrs)

Youth Leader

A fun, beginner-friendly class where kids learn basic skills like passing, shooting, and teamwork through games and drills. Focused on building confidence, coordination, and sportsmanship.

Sat	Oct 24-Dec 12	12:50 PM-1:45 PM
634734		$84/8 sessions

Badminton-Beginner/Intermediate (6-12 yrs)

Howard Fok

Join our Badminton Class and develop your skills in a fun, supportive, and engaging environment. Whether you're picking up a racquet for the first time or looking to improve your game, you'll receive expert guidance from our NCCP Certified Coach. Learn proper techniques, footwork, strategy, and sportsmanship while building confidence, fitness, and a lifelong love for badminton. (Students are expected to bring their own racket). No session October 11.

Tue	Sep 22-Nov 3	3:45 PM-4:40 PM
634576		$105/7 sessions
Tue	Nov 10-Dec 15	3:45 PM-4:40 PM
634632		$90/6 sessions
Sun	Nov 1-Dec 13	10:45 AM-11:40 AM
634582		$105/7 sessions
Sun	Sep 13-Oct 25	10:45-11:40 AM
637457		$90/6 sessions

Badminton – Intermediate/Advance (9-12 yrs)

Howard Fok

Join our Badminton Class and develop your skills in a fun, supportive, and engaging environment. Whether you're picking up a racquet for the first time or looking to improve your game, you'll receive expert guidance from our NCCP Certified Coach. Learn proper techniques, footwork, strategy, and sportsmanship while building confidence, fitness, and a lifelong love for badminton. (Students are expected to bring their own racket)

Tue	Sep 22-Nov 3	4:45 PM-5:40 PM
634634		$105/7 sessions
Tue	Nov 10-Dec 15	4:45 PM-5:40 PM
634635		$90/6 sessions
Sun	Sep 13-Oct 25	11:50 AM-12:45 PM
634577		$105/7 sessions
Sun	Nov 1-Dec 13	11:50 AM-12:45 PM
634604		$105/7 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.

Day Camp

Pro-D Camp (6-12 yrs)

TBA Instructor

No School! Join us for fun and activities will include sports, cooperative games, arts & crafts, and much more. Please pack snacks, lunch and a bottle of water and dress appropriately for the weather! For the safety of your child, Parental Consent Forms must be completed. Children will not be permitted in the program until the completed form is received. Out trips are subject to change without notice.

Mon	Sep 21	9:00 AM-4:00 PM
633596		$90/1 session
Fri	Oct 23	9:00 AM-4:00 PM
633598		$90/1 session
Fri	Nov 20	9:00 AM-4:00 PM
633599		$90/1 session

Winter Camp

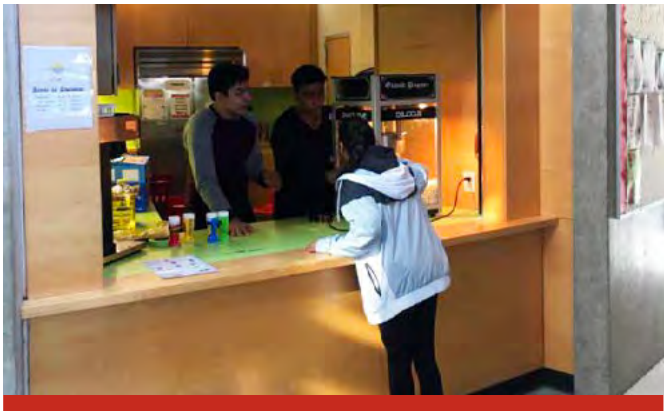
Register your child for Winter Break Day camp with Sunset Community Centre. Activities will include sports, cooperative games, out-trips, arts and crafts, and other activities. Spots are limited, so register now! December 24 and 31 is half day 9:00am- 1:00pm

Week 1

Mon-Thu	Dec 21-Dec 24	9:00 AM -4:00 PM
634921		$173/4 session

Week 2

Tue-Thu	Dec 29-Dec 31	9:00 AM -4:00PM
634921		$123/ 3 session



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.

Fridays 4:30 PM-7:30 PM

Martial Arts

Axe Capoeira

Minis 4-6 yrs

Tue Fri	Sep 8-Sep 25	5:00 PM-5:45 PM
632540		$75/6 sessions
Tue Fri	Oct 2-Oct 27	5:00 PM-5:45 PM
632542		$87.5/7 sessions
Tue Fri	Nov 3-Nov 27	5:00 PM-5:45 PM
632550		$100/8 sessions
Tue Fri	Dec 1-Dec 18	5:00 PM-5:45 PM
632551		$75/6 sessions

Kids 6-13 yrs

Tue Fri	Sep 8-Sep 25	5:45 PM-6:45 PM
632539		$75/6 sessions
Tue Fri	Oct 2-Oct 27	5:45 PM-6:45 PM
632554		$87.5/7 sessions
Tue Fri	Nov 3-Nov 27	5:45 PM-6:45 PM
632556		$100/8 sessions
Tue Fri	Dec 1-Dec 18	5:45 PM-6:45 PM
632557		$75/6 sessions

Teen/Adult 14+yrs

Tue Fri	Sep 8-Sep 25	6:45 PM-8:00 PM
632538		$75/6 sessions
Tue Fri	Oct 2-Oct 27	6:45 PM-8:00 PM
632559		$87.50/7 sessions
Tue Fri	Nov 3-Nov 27	6:45 PM-8:00 PM
632562		$100/8 sessions
Tue Fri	Dec 1-Dec 18	6:45 PM-8:00 PM
632566		$75/6 sessions

Taekwondo - Beginner (5-13 yrs)

Third Eye Martial Arts

Taekwondo program is designed to develop physical strength and teach practical self-defence techniques in stand-up and ground position. Another aspect of Taekwondo is Olympic sport sparring training, which is introduced at the intermediate level. Black belts will receive their certificates from the World Taekwondo Headquarters (Kukkiwon). All tests are conducted by Master E.Saadati, black belt (7th degree) and world Taekwondo champion. Testing is optional (belt fee extra). Uniform required; see instructor on first class. Programs will run during the long weekend.

Beginner

Sat	Sep 12-Oct 24	3:15 PM-4:15 PM
634675		$154/7 sessions
Sat	Oct 31-Dec 12	3:15 PM-4:15 PM
634677		$154/7 sessions

Intermediate

Sat	Sep 12-Oct 24	2:15 PM-3:15 PM
634676		$154/7 sessions
Sat	Oct 31-Dec 12	2:15 PM-3:15 PM
634678		$154/7 sessions

Karate

George Chan

Have fun while learning traditional Go-Ju Ryu Karate-Do with 7th Dan Shihan George Chan (over 40 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. Programs will run during the long weekend.

4-6 yrs with parent participation

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

Sun	Sep 6-Oct 4	1:15 PM-2:00 PM
633628		$75/5 sessions
Sun	Oct 11-Nov 8	1:15 PM-2:00 PM
633637		$75/5 sessions
Sun	Nov 15-Dec 13	1:15 PM-2:00 PM
633638		$75/5 sessions

7+ yrs

Depending on the size of the class and differences in levels, there will be sub-groups within the class.

Sun	Sep 6-Oct 4	2:00 PM-3:30 PM
633626		$75/5 sessions
Sun	Oct 11-Nov 8	2:00 PM-3:30 PM
633635		$75/5 sessions
Sun	Nov 15-Dec 6	2:00 PM-3:30 PM
633636		$60/4 sessions

Karate Black Belts (13+ yrs)

George Chan

Traditional Japan Go-Ju Ryu karate taught by 7th Dan Shihan George Chan (over 40 years teaching experience) and his Team of Black Belt Instructors. Class starts with warm up and stretching exercises. Self defense techniques and katas (forms of movements). No contact, controlled sparring. Beginners are welcome.

Sun	Sep 13, 27, Oct 11, 25	3:30 PM-4:45 PM
633627		$80/4 sessions

Music

Private Piano Lessons (6+ 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 October 17, 19 and October 24.

Mon	Sep 14-Dec 14	3:00 PM-8:30 PM
Joanna Wan	VIEW ONLINE	$325/13 sessions
Tue	Sep 8-Dec 15	3:30 PM-8:00 PM
Kelly Fang	VIEW ONLINE	$375/15 sessions
Tue	Sep 9-Dec 16	3:30 PM-8:00 PM
Kelly Fang	VIEW ONLINE	$325/13 sessions
Thu	Sep 10-Dec 17	3:30 PM-8:00 PM
Derek Pang	VIEW ONLINE	$375/15 sessions
Fri	Sep 12-Dec 19	3:30 PM-8:00 PM
Jensen Yee	VIEW ONLINE	$375/15 sessions
Sat	Sep 12-Dec 19	9:15 AM-1:45 PM
Joanna Wan	VIEW ONLINE	$375/15 sessions
Sat	Sep 10-Dec 17	2:00 PM-4:30 PM
Derek Pang	VIEW ONLINE	$375/15 sessions
Sun	Sep 13-Dec 20	9:15 AM-1:45 PM
Kelly Fang	VIEW ONLINE	$375/15 sessions

Private Piano Lessons (5+ yrs)

Andrea Chang

Explore the world of music and piano through your favorite songs and pieces! Designed for all ages 5+ and skill levels, these 30-minute individual lessons cover dexterity, listening skills, rhythm, and music theory while building proper technique through fun exercises. Lessons for this session will be taught by a temporary instructor from Marpole Oakridge Community Centre using a full-size electric piano.

Thu	Nov 5-Dec 17	3:30 PM-6:00 PM
		$192.5/7 sessions

Private Guitar Lessons (6+ yrs)

In each 30-minute lesson, students will build a strong foundation by combining essential music theory with hands-on acoustic guitar practice. It is a fantastic, pressure-free introduction to music where your child will develop rhythm, learn basic chords, and practice playing the songs they love.

Sun	Sep 13-Dec 20	2:00 PM-5:00 PM
Artemis Cheung	VIEW ONLINE	$375/15 sessions

Private Tutoring

Private Tutoring with Cedric (6-12 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. These sessions are 1 hour long. No session October 11.

Sun	Sep 20-Dec 6	9:15 AM-4:45 PM
Cedric Lai	VIEW ONLINE	$297/11 sessions

Social

Games Room

TBA Instructor

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. Check out our monthly activities monthly. The Community Youth Worker will be available to engage, connect, and to provide support and resources. Games room schedule subject to change. Closed Sep 7, 30, Oct 12, Nov 11, Dec 25, 28.

9-12 yrs Preteen

Mon-Thu	Sep 2- Dec 17	3:30 PM-5:00 PM
635403		FREE Drop-in
Fri	Sep 4- Dec 18	3:30 PM-5:30 PM
635417		FREE Drop-in

13-18 yrs Teen

Mon-Thu	Sep 2- Dec 17	5:00 PM-6:00 PM
635412		FREE Drop-in
Fri	Sep 2- Dec 18	5:30 PM-8:30 PM
635419		FREE Drop-in

Art, Culture & Environment

Queer Youth Create (13-18 yrs)

Wake Cook

Queer Youth Create combines artistic expression with queer identity, providing a space for LGBTQ+ youth to be creative! We will explore drawing, painting, sculpture, collage, and comic storytelling, and more. Classes will be led by Wake Darrah Cook, Emily Carr Alumnus and published comic artist, with guest demos and instruction from fellow queer artists. This program is open to anyone who identifies as part of the LGBTQIA+ community and their allies. Program has been created to be a safe zone for young people.

Fri	Sep 11-Dec 11	7:00 PM-9:00 PM
634530		FREE Drop-in

Education

Cooking For Teens (12-17 yrs)

Kristy Nguyen

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. Consent forms required.

Tue	Sep 8-Dec 15	4:00 PM-6:00 PM
633571		$40/15 sessions

Baking Basics and Beyond (13-18 yrs)

TBA Instructor

Whether you're a total beginner or already a pro with a whisk, Bake Break is your chance to mix, knead, frost, and snack your way through dozens of sweet and savory recipes this fall! 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. No experience needed, just bring your appetite and a willingness to try something new. All ingredients provided. Just show up ready to bake and have fun! No session October 11.

Sun	Sep 13-Dec 27	2:00 PM-4:00 PM
633565		$40/15 sessions

Sports

Night Hoops (11-18 yrs)

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 practices led by caring mentors at local community centres. Teams practice at their respective sites and come together for league games with other community centres weekly. Whether you're signing up solo or with a group of friends, Night Hoops is a place to play, grow, and be part of something bigger. No session October 30.

Fri	Oct 2-Dec 11	7:30 PM-9:15 PM
635795		FREE registration

Girls 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 practices led by caring mentors at local community centres. Teams practice at their respective sites and come together for league games with other community centres weekly. Whether you're signing up solo or with a group of friends, Night Hoops is a place to play, grow, and be part of something bigger.

Fri	Oct 2- Dec 11	5:30 PM-6:30 PM
636331		FREE Drop-in

Finish Strong Level up Holiday Camp

Finish Strong is proud to announce our annual Holiday basketball shooting camp. Campers will develop some strong shooting development by learning new drills and techniques to help fine tune their shooting. Along with and feedback they can take away from the camp, and some game play so they can put those skills to use. It will be a fun 3 days of camp in a positive and encouraging environment. ALL campers will receive cool holiday exclusive to Finish Strong basketball only holiday T-shirt for signing up. We hope to see you on the court with us this holiday break!

Mon-Thu Dec 28-Dec 30 9:00 AM -12:00 pm
635146 $120/4 sessions

Finish Strong Level Up

Welcome to Finish Strong Basketball where we believe "It's not how you start it's how you FINISH!" "LEVEL UP" This program will be for teens age 12 and up Level up will be the next step after coming out of our grassroots programs. This program is targeted for players with moderate experience to elite players to help raise their basketball skill level and IQ as well to improve their overall game. Please note basketballs can be provided, but it is recommended that participants bring their own basketballs. Price includes T-shirt. No session Oct 10, 31, 17,

(Boys+)

Sat Sep 5- Nov 14 3:00 PM -4:00 PM
633572 $120/8 sessions

(Girls+)

Sat Sep 5-Nov 14 4:00 PM -5:00 pm
635155 $120/8 sessions

Ball Hockey (VPD)

Calling all pre-teens in grades 5-7 who would like to play along side of VPD, meet new friends and have fun! Join the local Vancouver police officers for after school ball hockey. All participants will require to wear safety goggles. All skill set welcomed. This program is co-ed (open to any pre-teen who identifies and/or non-binary). Score goals and build community! Includes healthy snacks. Registration required no drop- in. No session September7, October 12, December 28.

10-12 yrs

Mon Sep 14-Dec 14 4:00 PM -5:00 PM
635436 FREE Registration

13-18yrs

Mon Sep 14- Dec 14 5:00 PM-6:00 PM
637975 FREE Registration

Pre-teen Badminton Drop-In

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! Free with Youth Pass.

9-12 yrs

Tue Sep 1- Dec 15 4:00 PM-5:00 PM
635785 FREE Drop-in

13-18 yrs

Tue Sep 1- Dec 15 5:00 PM-6:00 PM
635788 FREE Drop-in

Pre-teen Volleyball Drop-In

TBA Instructor

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! Free with Youth Pass. No session November 11.

9-12 yrs

Wed Sep 2- Dec 16 4:00 PM-5:00 PM
635789 FREE Drop-in

13-18 yrs

Wed Sep 2- Dec 16 5:00 PM-6:00 PM
635790 FREE Drop-in

Pre-teen 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. Free with Youth Pass

9-12 yrs

Thu Sep 3-Dec 17 3:30 PM-4:45PM
635791 FREE Drop-in

13-18 yrs

Fri Sep 4-Dec 18 3:30 PM -5:30PM
638407 FREE Drop-in

Teen Basketball Drop-In (13-18 yrs)

Youth Leader

Thu Sep 3-Dec 17 4:45 PM -6:00PM
635792 FREE Drop-in

Fri Sep 4-Dec 18 5:30 PM -7:15 PM
635795 FREE Drop-in

Girls+ Mulit- Sports

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. All levels are welcomed!

Fri Sep 4- Dec 18 3:30 PM -5:30PM
635793 FREE Drop-in

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!

Contact Rosa at rosa.aravena@vancouver.ca

Leadership

Junior Leader 2B (10-13 yrs)

Disha Chatrath

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.

Tue	Sep 8-Dec 15	4:30 PM-6:00 PM
634554		FREE Registration

Youth Council (14-18 yrs)

Youth Leader

Are you a youth that want to be more involved in your community, a voice for other youth and make a difference? 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 14-18yrs old and be committed to attending all meetings for the season. If you miss 3 or more meetings you will be withdrawn from the program automatically.

Fri	Sep 11-Dec 11	5:00 PM-6:30 PM
634549		FREE Registration

Food Safe Level1(Youth) (13-18 yrs)

Paul Richardson

A food handling, sanitation and work safety course designed for those working with food. The course covers important food safety and worker safety information including food-borne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing. Certification is a great certification to add your resume. Certification valid for 5 years. Please bring pens (blue, red), pencil/eraser, highlighters (2 colors), home address and contact information. Lunch is not provide; however lunch is taken.

Fri	Oct 23	9:00 AM-4:00 PM
637527		$85/1 session
Fri	Nov 20	9:00 AM-4:00 PM
637529		$85/1 session

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. No session Dec 24

Thu	Oct 22-Dec 17	4:00 PM -5:15 PM
635142		FREE/ 40 sessions

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

Big Brothers

This free program in partnership with Big Brothers of Greater Vancouver. Program uses a mentor approach to provide boys age 9-12 with information and support to make informed choices about a range of healthy lifestyle practices. Through non-traditional physical activities, complemented with healthy eating support, participants are engaged in life skills, communication, and emotional health discussions designed to engage participants in the pursuit of life-long healthy.Designed to provide mentors an opportunity to openly discuss current and pressing issues facing boys and young men through the lens of healthy living. By developing a relationship based on trust, each boy can be positively supported in challenging the pressures they face in today's society. Mentors are volunteers who are enthusiastic about healthy, active living and are specially selected and trained to deliver the program. Mentor Parent consent is required. Each session is structured around four themes: physical activity, healthy eating, self-esteem, and communication skills. Must complete consent forms.

Thu	Sep 17-Dec 3	3:30 PM-4:45 PM
634531		FREE/12 sessions

Winter Break Drop-In Sports Schedule

Dec 21 Monday	Dec 22 Tuesday	Dec 23 Wednesday	Dec 24 & Dec 25	Dec 29 Monday	Dec 30 Tuesday
Basketball 9-12 yrs 1:00-3:00 PM ---- 13-18 yrs 3:00-5:00 PM	Basketball 9-12 yrs 1:00-3:00 PM ---- 13-18 yrs 3:00-5:00 PM	Volleyball 9-12 yrs 1:00-3:00 PM ---- 13-18 yrs 3:00-5:00 PM	CLOSED	Basketball 9-12 yrs 1:00-3:00 PM ---- 13-18 yrs 3:00-5:00 PM	Volleyball 9-12 yrs 1:00-3:00 PM ---- 13-18 yrs 3:00-5:00 PM

Cooking for Teens - Volunteer (16-18 yrs)

Youth Leader

The cooking for teens program is looking for a volunteer that has some experience in the kitchen. Volunteers will need to assist with prepping space, supervision, set up, cooking, washing dishes, and cleaning up. Volunteers are required to have a completed volunteer application and waiver on file and must have attended a volunteer orientation. If you have questions please email sunset.volunteers@vancouver.ca

Tue	Sep 8-Dec 15	3:45 PM-6:15 PM
633569		

Pro-D Volunteer (14-18 yrs)

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 to be completed and returned.

Mon	Sep 21	8:30 AM-4:30 PM
578018		
Fri	Oct 23	8:30 AM-3:30 PM
634457		
Fri	Nov 20	8:30 AM-3:30 PM
634458		

Volunteer Orientation (13-18 yrs)

Youth wanting to volunteer for Sunset Community Centre. Please pick up a volunteer application form at the front desk. Next steps 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 the come up. Please fill out application form and bring to orientation Volunteer Application Form .docx

Tue	Sep 22	4:00 PM -6:00pm
635130		
Tue	Nov 24	4:00 pM-6:00 PM
637532		

Winter Break Camp Volunteer

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. Must be 15 yrs old to volunteer. Dec 24th Shift from 8:30AM-1:00pm.

Mon-Thu	Dec 21-Dec 23	8:30 AM -4:30 PM
634922		
Tue-Thu	Dec 29-Dec 31	8:30 AM -4:30 PM
634923		

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

Follow us on Instagram @SunsetCC.Youth

Youth Sports Schedule

VIEW ONLINE

Monday	Tuesday	Wednesday	Thursday	Friday
Ball Hockey (VPD) 10-12 yrs *North Gym* 4:00-5:00 PM	Badminton 9-12 yrs *South Gym* 4:00-5:00 PM	Volleyball 9-12 yrs *Gym* 4:00-5:00 PM	Basketball 9-12 yrs *South Gym* 3:30-4:45 PM	Multi-sports Girls+ 9-12 yrs *North Gym* 3:30-5:30 PM
Ball Hockey (VPD) 13-18 yrs *North Gym* 5:00-6:00 PM	Badminton 13-18 yrs *South Gym* 5:00-6:00 PM	Volleyball 13-18 yrs *Gym* 5:00-6:00 PM	Game On *North Gym* 3:30-4:45 PM	Basketball 9-12 yrs *South Gym* 3:30-5:30 PM
			Basketball 13-18 yrs *Full Gym* 4:45-6:00 PM	Basketball 13-18 yrs *Full Gym* 5:30-9:30 PM

Must have a Citywide Youth Pass to participate in youth sports and games room.

If card is lost there will be a $2 fee.

Night Hoops
(starts Oct 2)
Girls Night Hoops
North Gym
5:30-6:30 PM

Night Hoops
Full Gym
7:30-9:15 PM

Games Room Schedule

VIEW ONLINE

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 3:30-5:00 PM 13-18 yrs 5:00-6:00 PM	9-12 yrs 3:30-5:00 PM 13-18 yrs 5:00-6:00 PM	9-12 yrs 3:30-5:00 PM 13-18 yrs 5:00-6:00 PM	9-12 yrs 3:30-5:00 PM 13-18 yrs 5:00-6:00 PM	9-12 yrs 3:30-5:30 PM 13-18 yrs 5:30-8:30 PM

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.

Contact your local Community Youth Worker— Rosa!

Got questions or enquiries about youth programs at Sunset?

Please email Rosa at rosa.aravena@vancouver.ca

Adult & Senior • Weekly Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
636886 Japanese Taiko Ensemble 10:00 AM-11:00 AM	630471 | 631179 Seniors Badminton 9:00 AM-10:55 AM	630472 | 631187 Seniors Badminton 9:00 AM-10:25 AM	631244 | 631247 Yuan Ji Dance - Int 9:15 AM-11:15 AM	630473 Seniors Badminton 9:00 AM-10:40 AM	630474 | 631199 Seniors Badminton 9:00 AM-10:55 AM	634244 | 634251 Gentle Yoga - Basic 9:30 AM-10:30 AM
633972 Modern Line Dance w/ Lucy - IntPlus 11:15 AM-12:45 PM	637270 | 638092 Strength and Balance 10:30 AM-11:30 AM	633533 Changing Aging - UBC Kinesiology BodyWorks Program 9:30 AM-10:30 AM	633653 Fitness w/ Sprina - Qi Gong Yi Jin Jing 9:15 AM-10:00 AM	634722 Tai Chi w/ Wang Heng - 24 Form 9:30 AM-10:30 AM	634240 | 634241 Zumba 9:15 AM-10:25 AM	632648 | 632649 | 632650 Strength x Cardio Full-Body Mashup 9:30 AM-10:25 AM
638106 | 638115 The Joy of Watercolour 11:30 AM-1:00 PM	626865 Chair Yoga: Move, Groove and Improve 10:30 AM-11:30 AM	634259 | 634260 Chair Stretching 10:10 AM-10:40 AM	633649 | 633667 Fitness w/ Sprina - Tai Chi Stick 10:00 AM-10:45 AM	634724 Tai Chi w/ Wang Heng - 24 Form 9:30 AM-10:30 AM	633533 Changing Aging - UBC Kinesiology BodyWorks Program 9:30 AM-10:30 AM	634252 Gentle Yoga - Adv 10:35 AM-11:35 AM
636889 Japanese Taiko Drumming - Hachijo Style (Int) 12:45 PM-1:45 PM	630475 Pickleball - All Levels 11:00 AM-1:00 PM	633534 Changing Aging - UBC Kinesiology BodyWorks 10:30 AM-11:30 AM	634637 | 634638 Ballroom Dance Lessons for Beg/Int 11:45 AM-1:15 PM	634639 | 634640 Group Singing 9:45 AM-11:45 AM	633534 Changing Aging - UBC Kinesiology BodyWorks Program 10:30 AM-11:30 AM	631405 Modern Line Dance w/ Lucy - Beg/Impr 1:15 PM-2:45 PM
636890 Japanese Taiko Drumming - Hachijo Style Beg 12:45 PM-1:45 PM	631202 Pickleball - All Levels 11:00 AM-1:00 PM	630566 Pickleball - Beg/Int 10:30 AM-11:55 AM	634723 | 634726 Tai Chi w/ Wang Heng - Sword 32 Form 10:30 AM-11:30 AM	632571 Tai Chi w/ Amy - Yang Style 49 Forms & Health Qi Gong 10:00 AM-10:55 AM	634763 Mahjong Social Drop-In 11:00 AM-5:00 PM	631952 Senior Social Dance - Drop-In 3:00 PM-4:45 PM
636888 Japanese Taiko Ensemble for Beg (Sideways Stance) 12:45 PM-1:45 PM	631905 Karaoke Drop-In 12:15 PM-5:00 PM	630547 Pickleball w/ Guidance 10:30 AM-11:55 AM	626869 Social Stitching: How Does Your Garden Sew? 12:30 PM-2:30 PM	626865 Chair Yoga: Move, Groove and Improve 10:30 AM-11:30 AM	630549 | 631203 Pickleball - All Levels 12:00 PM-1:45 PM	638419 Adv Healthy Bhangra 5:00 PM-6:30 PM
633321 KBL Co-Ed Basketball League 1:00 PM-4:45 PM	631410 Modern Line Dance w/ Lucy - Impr/Int 1:30 PM-3:00 PM	626864 Moberly Senior Dancers 11:30 AM-1:00 PM	634566 Bridge 12:30 PM-3:00 PM	630548 Pickleball w/ Guidance 10:45 AM-12:40 PM	631904 Karaoke Drop-In 12:00 PM-5:00 PM	
633627 Karate Black Belts 3:30 PM-5:00 PM	633527 | 633529 Reset & Refresh Myofascial Stretch 3:45 PM-4:45 PM	630567 | 631210 | 631212 Pickleball Lesson - Novice/Int 12:00 PM-1:30 PM	631386 Modern Line Dance w/ Lucy - Beg 1:30 PM-3:00 PM	636553 BCRPA ActivAge 1 Functional Fitness/Adaptable Skills 11:00 AM-12:00 PM	638770 Dance for Joy 5:45 PM-7:00 PM	
VIEW ONLINE	Reset & Refresh Myofascial Stretch 3:45 PM-4:45 PM	631906 Karaoke Drop-In 12:15 PM-5:00 PM	631954 Senior Social Dance Drop-In 2:00 PM-4:00 PM	636554 BCRPA Choose to Move 12:15 PM-1:15 PM	632538 | 632559 | 632562 | 632566 Axe Capoeira 6:45 PM-8:00 PM	
	632645 | 632646 | 632647 Strength x Mobility 5:30 PM-6:25 PM	631391 Modern Line Dance w/ Lucy - Beg/Impr 1:30 PM-3:00 PM	634743 Volleyball 6:05 PM-7:40 PM	637985 Seniors Chess Drop-In 12:30 PM-3:30 PM		
	634708 Indoor Soccer 6:05 PM-7:40 PM	630952 Gyrokinesis 5:45 PM-6:45 PM	634470 604 Bhangra – Int Bhangra w/Guru Anter 6:30 PM-7:30 PM	631953 Senior Social Dance - Registered & Drop-In 1:00 PM-2:45 PM		
	629571 Belly Dance Monday: Level 2, for those w/ prior experience 6:30 PM-7:45 PM	634707 | 636086 | 636087 Summer Smash Tennis: Adult 6:05 PM-7:35 PM	633446 | 633445 Introduction to Kettlebells 6:30 PM-7:25 PM	634231 | 634233 Pilates 6:00 PM-7:00 PM		
	634469 604 Bhangra - Bhangra Fusion w/ Sandip 7:00 PM-8:00 PM	628120 Polymer Dance: Int/Adv 6:30 PM-8:30 PM	638800 | 638804 | 638807 | 638810 Guo Lin Qi Gong 7:00 PM-9:00 PM	638913 | 638914 Bollywood Dance Workout 6:00 PM-7:00 PM		
	634266 | 634267 Zumba® + Lift 7:00 PM-8:00 PM	633622 English Corner 6:30 PM-8:00 PM	631291 | 631319 Ashtanga Yoga Fitness 7:15 PM-8:15 PM	634711 Indoor Soccer 6:05 PM-7:40 PM		
	638800 | 638804 | 638807 | 638810 Guo Lin Qi Gong 7:00 PM-9:00 PM	633536 | 626691 Zumba/Zumba Toning Fusion 7:00 PM-8:00 PM	634468 604 Bhangra - Adv Bhangra w/ Sandip 7:30 PM-8:30 PM	634221 |634238 Zumba 6:45 PM-7:45 PM		
	634713 Badminton 7:50 PM-9:25 PM	634213 | 636216 Yoga4Stiff People - The Basics 7:30 PM-8:30 PM	634715 Badminton 7:50 PM-9:25 PM	634719 Ball Hockey Adv 7:50 PM-9:25 PM		
	634163 | 635819 CIRCL Mobility 8:15 PM-9:15 PM	634718 Basketball 7:50 PM-9:25 PM				

Social

10 Visit Seniors' Social Pass

Karaoke, Mahjong, Social Dance $25

Karaoke (Drop-in)

Karaoke Volunteers

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.

Mon	Sep 14-Dec 14	12:15 PM-5:00 PM
631905		$3/Drop-in
Tue	Sep 8-Dec 15	12:15 PM-5:00 PM
631906		$3/Drop-in
Fri	Sep 11-Dec 18	12:15 PM-5:00 PM
631904		$3/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 2-Dec 16	12:30 PM-3:00 PM
634566		FREE Drop-in

Seniors Chess & Board Games (Drop-in)

Non-Instructional

Challenge your mind and connect with others over a game of chess. This drop-in, non-instructional program is open to everyone, whether you're a beginner or an experienced player. Bring your friends and make new ones! Program will run every 1st, 3rd, and 4th Thursdays of the month.

Thu	Sep 17-Dec 17	12:30 PM-3:30 PM
637985		FREE Drop-in

Senior Social Dance (Drop-in)

Agnes (Wai Chun) Lee

Come dance with your friends or meet new ones and dance together. No partner required. Non-instructional dance. This is a drop-in only program in our Seniors Centre Grand Hall.

Wed	Sep 9-Dec 16	2:00 PM-4:00 PM
631954		$3/Drop-in
Sat	Sep 12-Dec 12	2:00 PM-4:00 PM
631952		$2.86/28 sessions

Senior Ballroom Dance (Registered & Drop-In)

The program is non-instructional and no partner is needed. Dancers are welcome to participate with friends or meet new ones in the program. The program will run in the gymnasium. Drop-in $5.00. **THIS PROGRAM IS NOT ELIGIBLE FOR THE SENIORS SOCIAL PASS.**

Thu	Sep 10-Dec 17	1:00 PM-3:00 PM
631953		$57.14/15 sessions

Dance

Ballroom Dance Lessons for Beginners/Intermediate

Henry & Paul (Instructors)

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

Wed	Sep 9-Oct 28	11:45 AM-1:15 PM
634637		$35/7 sessions
Wed	Nov 4-Dec 16	11:45 AM-1:15 PM
634638		$30/6 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. Drop-in $6.50 for Beginner-Intermediate and $7.50 for Intermediate Plus.

Beginner

Wed	Nov 4-Dec 16	1:30 PM-3:00 PM
631386		$30/6 sessions

Beginner/Improver

Sat	Nov 7-Dec 19	1:15 PM-2:45 PM
631405		$45/6 sessions
Tue	Nov 3-Dec 22	1:30 PM-3:00 PM
631391		$40/8 sessions

Intermediate Plus

Sun	Nov 8-Dec 20	11:15 AM-12:45 PM
633972		$36/6 sessions
Mon	Nov 2-Dec 21	1:30 PM-3:00 PM
631410		$40/8 sessions

Marathon Line Dance with Lucy

Lucy Chiu

Welcome to this special event of continuous Modern line dancing to the international music. Multi - level of dances from beginner, beginner plus, intermediate, to intermediate plus will be intermix throughout the 5 hours of dancing. Due to the nature of this special program, there will be limited dance instructions given. This is a great opportunity to have fun exercise dancing and socializing with friends. Please register in advance. Drop in $15.

Sun	Sep 6	11:00 AM-4:00 PM
622999		$12/1 session

604 Bhangra - Bhangra Fusion with Sandip

604 Bhangra

This class will teach you how to flow to the beats of Punjabi and Hip Hop music while learning basic bhangra and hip hop fundamentals. We'll show you how to bring that street style to the rhythmic, soulful grooves of Desi sounds. Whether you're feeling the power of hip hop or the vibe of modern Punjabi hits, this class will have you dancing like never before. Join us for a fusion of culture, music, and movement that?ll get you hooked from the first beat! Please wear active clothing and bring a water bottle! No previous experience required. No session October 12.

Mon	Sep 14-Dec 14	7:00 PM-8:00 PM
634469		$169/13 sessions

604 Bhangra - Bhangra Dance

604 Bhangra

Bhangra is a high energy dance combined of various folk dances that originated from Punjab, India. The class is designed for dancers if varying levels. This class will involve a warm-up, stretch, and sets of repetitive traditional and modern Bhangra moves that we will expand on each week. We will build stamina, learn new dance moves, and get in a fun cardio focused work-out! Please wear active clothing and bring a water bottle! No session September 30 and November 11.

All Levels (in English) with Sandip

Wed	Sep 9-Dec 16	6:00 PM-7:00 PM
634470		$169/13 sessions

All Levels (in Punjabi) with Ranjeet

Wed	Sep 9-Dec 16	7:00 PM-8:00 PM
639791		$169/13 sessions

Advanced with Sandip

Wed	Sep 9-Dec 16	8:00 PM-9:00 PM
639799		$169/13 sessions

Yuan Ji Dance - Intermediate

Jenny Ng

Chinese Yuan Ji dance is a mixture of martial arts, physical therapy, meditation, dance and Tai Chi exercise. This dance promotes health and wellness for all. Drop in $2.50. No session September 28, October 12, November 11.

Mon	Sep 14-Oct 26	9:15 AM-11:15 AM
631236		$11.40/6 sessions
Mon	Nov 2-Dec 14	9:15 AM-11:15 AM
631243		$13.30/7 sessions
Wed	Sep 2-Oct 28	9:15 AM-11:15 AM
631244		$17.10/9 sessions
Wed	Nov 4-Dec 16	9:15 AM-11:15 AM
631247		$11.40/6 sessions

Seniors Tea & Social

Tuesdays 9:30 AM-12:00 PM
A space to socialize and hangout.

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!

Thu	Sep 17-Oct 29	6:00 PM-7:00 PM
638915		$94.50/7 sessions
Thu	Nov 5-Dec 17	6:00 PM-7:00 PM
638916		$94.50/7 sessions

Dance for Joy

Margaret Pan

The design of this dance class is focused on mindful and relaxing, which helps releasing stress and connect with your body through slow, free-flowing, and breath-centered movement. It offers dedicated practices that concentrate on authentic expression and mental wellbeing rather than rigid technique. Dancing class may include the following types of dances: Tibetan Guozhuang dance and party dance.

Fri	Sep 4-Dec 18	5:45 PM-7:00 PM
638770		$176/16 sessions

Have You Met Our New Personal Trainer ?

Michelle Hang

For 9 years, Michelle has been a Registered Nurse, working in adult education and direct client care in the home health setting. She started personal training as a way to support others with their health, but in a more preventative manner. She loves playing volleyball and training for Hyrox twice despite tearing multiple knee ligaments last year. Fitness can be an intimidating venture, but with the right support and personalized plan, it can be an enjoyable and lifelong activity. Whether you're coming back from an injury, want to develop more strength, or learn correct form, Michelle will be happy to help!

VIEW ONLINE

Zumba, Yoga, Pilates

Chair Zumba®

Kayo Echizenya

Chair Zumba® is a fun, low-impact, SEATED workout set to upbeat music. It's perfect for beginners, older adults, or anyone needing a more accessible option, helping improve mobility, strength, and coordination while keeping you active and energized. Drop in $6.00+tax

Tue	Sep 15-Oct 20	9:30 AM-10:00 AM
634255		$30/6 sessions
Tue	Nov 3-Dec 15	9:30 AM-10:00 AM
634261		$35/7 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 $11+tax.

Tue	Sep 8-Oct 27	7:00 PM-8:00 PM
626691		$76/8 sessions
Tue	Nov 3-Dec 15	7:00 PM-8:00 PM
633536		$66.50/7 sessions

Zumba® + Lift

Reem Elshaer

Zumba + Lift combines the signature dance cardio elements of Zumba with targeted strength training. This format alternates between high-energy dance intervals and muscle-conditioning segments using light to moderate weights. The result is a balanced, full-body workout that improves both cardiovascular fitness and muscular strength. My classes emphasize proper form, progression options, and seamless transitions to keep participants challenged while still maintaining the fun, music-driven energy of Zumba. Drop-in $12 + tax.

Wed	Sep 9-Oct 28	5:30 PM-6:30 PM
634266		$105/7 sessions
Wed	Nov 4-Dec 16	5:30 PM-6:30 PM
634267		$105/7 sessions

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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 $11+tax.

Thu	Sep 10-Oct 29	6:45 PM-7:45 PM
634221		$87/8 sessions
Thu	Nov 5-Dec 10	6:45 PM-7:45 PM
634238		$57/6 sessions

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 $8.50+tax.No session Oct 11

Sun	Sep 13-Oct 25	10:00 AM-10:55 AM
633525		$45/6 sessions
Fri	Sep 4-Oct 23	9:15 AM-10:10 AM
634240		$60/8 sessions
Sun	Nov 8-Dec 13	10:00 AM-10:55 AM
636171		$45/6 sessions
Fri	Nov 6-Dec 18	9:15 AM-10:10 AM
634241		$52.50/7 sessions

Yoga4Stiff People-The Basics

Yoga4Stiff People

Brand new to yoga or looking for a refresher of the yoga basics? Our introductory series is designed just for you. This class provides an introduction to the physical and philosophical traditions of yoga. Poses are demonstrated, broken down and instructed in easy sequential steps while connecting your physical practice to your mind and soul to experience the full transformative benefits that yoga offers. Beginners welcome!

Tue	Sep 8-Oct 27	7:30 PM-8:30 PM
634213		$112/8 sessions
Tue	Nov 3-Dec 15	7:30 PM-8:30 PM
636216		$98/7 sessions

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Sunset Community Association

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

↗ www.mysunset.net

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. No session November 11.

Wed	Sep 9-Oct 28	7:15 PM-8:15 PM
631291		$91.44/8 sessions
Wed	Nov 4-Dec 16	7:15 PM-8:15 PM
631319		$68.58/6 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. You can bring your own yoga mat. Participants who are wanting to join the advanced class, must have taken the basic class first with the same instructor. No drop-ins.

Basic

Sat	Sep 12-Oct 24	9:30 AM-10:30 AM
634244		$90/6 sessions
Sat	Nov 7-Dec 12	9:30 AM-10:30 AM
634251		$90/6 sessions

Advance

Sat	Sep 12-Oct 24	10:35 AM-11:35 AM
634252		$90/6 sessions
Sat	Nov 7-Dec 12	10:35 AM-11:35 AM
634247		$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. Drop-in $18.

Thu	Sep 17-Oct 29	6:00 PM-7:00 PM
634231		$108/7 sessions
Thu	Nov 5-Dec 17	6:00 PM-7:00 PM
634233		$108/7 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. Drop in $19 (2 spots)No session November 10.

DEMO CLASS

Tue	Sep 15	5:45 PM-6:45 PM
630956		$7.50/1 sessions
Tue	Sep 22-Dec 1	5:45 PM-6:45 PM
630952		$150/10 sessions

SAMA

SAMA is a Filipino Martial Arts, Music, Dance and Visual Arts Program.

Experience a dynamic and culturally rich class that blends traditional and modern Filipino disciplines. Participants will learn Filipino Martial Arts, Music, Dance and Visual Arts, Storytelling theatre while learning cultural education to support a deeper understanding of cultural identity and a sense of connection in their ancestral history.

Instructors: Oneal Mendoza of HAWAK, Sports Arnis BC and Babette Santos of Kathara Arts

VIEW ONLINE

Strength & Conditioning

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 $12.00 +tax. No session October 12.

Mon	Sep 14-Oct 26	3:45 PM-4:45 PM
633527		$60/6 sessions
Mon	Nov 2-Dec 14	3:45 PM-4:45 PM
633529		$70/7 sessions

CIRCL Mobility

Reem Elshaer

CIRCL Mobility is a low-impact, mobility and flexibility-based format designed to enhance movement quality, reduce stiffness, and support recovery. It incorporates controlled, intentional movements that improve joint range of motion, stability, and overall functional fitness. Classes are suitable for all levels and are especially beneficial for injury prevention, active recovery, and stress reduction. I guide participants through fluid sequences with a strong focus on breath, control, and body awareness. Feel free to bring in your own mat.

Wed	Sep 9-Oct 28	6:45 PM-7:45 PM
634163		$120/8 sessions

Strength x Mobility

Meghan O'Connell

Want a body that responds well when you ask it to do something? This class will help you get there! Tailor the principles of effective strength building to where your own body is at right now. Ease discomfort as you expand your own range of functional and usable movement. Suitable for everyone from beginners to intermediate exercisers to athletes recovering from injury. 55 minutes.

Mon	Sep 14-Oct 5	5:30 PM-6:25 P
632645		$84/4 sessions
Mon	Oct 19-Nov 9	5:30 PM-6:25 PM
632646		$84/4 sessions
Mon	Nov 16-Dec 7	5:30 PM-6:25 PM
632647		$84/4 sessions

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Strength x Cardio Full-Body Mashup

Meghan O'Connell

Want to feel energized and powerful? This class will help you get there. 55:00 minutes of strength work, cardio, and mobility, all with a focus on good posture and movement mechanics. Kettlebell options are provided for those who already know how to do a swing -- and if not, consider taking the Intro to Kettlebells that's offered frequently.

Sat	Sep 12-Oct 3	9:30 AM-10:25 AM
632648		$84/4 sessions
Sat	Oct 17-Nov 7	9:30 AM-10:25 AM
632649		$84/4 sessions
Sat	Nov 14-Dec 5	9:30 AM-10:25 AM
632650		$84/4 sessions

Introduction to Kettlebells

Meghan O'Connell

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

Wed	Sep 16-Sep 23	7:00 PM-7:55 PM
633445		$42/2 sessions
Wed	Nov 18-Nov 25	6:30 PM-7:25 PM
633446		$42/2 sessions

Strength and Balance

Monika Schoenenberger

This balance and mobility program for older adults will help improve your functional mobility, increase lower & upper body strength, improve balance and reduce fall risk. Drop-in: $7.00.

Mon	Sep 14-Oct 26	10:30 AM-11:30 AM
637270		$39/6 sessions
Mon	Nov 7-Dec 7	10:30 AM-11:30 AM
638092		$45/7 sessions

Have You Met Our Personal Trainer?

Meghan O'Connell

Meghan 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. Contact her at info@whatsyourstrength.com.

Active Aging

Chair Stretching

Kayo Echizenya

Chair Stretch is a gentle, seated class designed to improve flexibility, mobility, and relaxation. Perfect for all fitness levels, it helps reduce stiffness, enhance posture, and promote overall well-being in a safe and comfortable way. Drop in $6.00+tax.

Tue	Sep 8-Oct 27	10:10 AM-10:40 AM
634259		$40/8 sessions
Tue	Nov 3-Dec 15	10:10 AM-10:40 AM
634260		$35/7 sessions

Changing Aging - UBC Kinesiology BodyWorks Program (55+ yrs)

UBC School Of Kinesiology

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

- Complete a Get Active Questionnaire: www.kin.educ.ubc.ca/bodyworks-gaq/
- 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.

Tue Fri	Sep 15-Dec 4	9:30 AM-10:30 AM
633533		$408/24 sessions
Tue Fri	Sep 15-Dec 4	10:30 AM-11:30 AM
633534		$408/24 sessions

BCRPA ActivAge 1 Functional Fitness/Adaptable Skills

Eva Lau

ActivAge™ is a free 3-month group-led physical activity program for inactive older adults. It introduces participants to physical activity and reinforces their commitment to incorporate it into their daily lives. The program is progressive with planned physical activities (stretching, activity, and cool-down) based on ActivAge™ training. This fun and social program will help get participants moving in a relaxed environment with like-minded people.The program focuses on improving activities associated with daily living, strengthening muscles used day-to-day (ie: bending, lifting, stretching, etc).

Participants must be enrolled into the Choose to Move program to register for this program.

Thu	Oct 8-Dec 3	11:00 AM-12:00 PM
636553		FREE Registration

BCRPA Choose to Move

Eva Lau

Join Choose to Move to help introduce the habit of physical activity into your daily life in ways that make sense for you. Choose to Move is free and flexible, and provides you with motivation and support to become more active. In Choose to Move, you receive both individual and group support. You will work with a trained activity coach to develop and stick to a physical activity plan made just for you. You choose activities that you know you will enjoy and are able to do! You will also join a group of other Choose to Movers to share successes and challenges.

Thu	Oct 1-Dec 3	12:15 PM-1:15 PM
636554		FREE Registration

Langara RMT Student Massage

Receive affordable, quality massage therapy through the Langara Registered Massage Therapy (RMT) Student clinics.

Appointments are booked for 1 hour and a portion of which will be dedicated to a health history interview, assessment of the area to be treated, hands on treatment, as well as reassessment and home care suggestions such as stretching or exercises.

RMT Students cannot provide treatment to those with a personal injury claim or pending litigation related to an injury. Services are not eligible for extended health care plans or taxable benefits.

BOOK ONLINE

Each session is $12.00
Wednesdays 9:30 AM | 10:45 AM | 12:00 PM
Registration opens 2 weeks in advance.

Tai Chi & Qi Gong

Fitness with Sprina - 12 Method Daoyin Health

Sprina Fu

The Twelve-Method Daoyin Health Preservation Exercise is a traditional wellness practice that integrates breathing, coordinated movements, and mental focus. Through gentle stretching, acupoint stimulation, and regulated breathing, it helps promote the flow of meridians, harmonize the circulation of qi and blood, and strengthen the internal organs. With regular practice, it can improve suboptimal health conditions, alleviate symptoms of chronic illnesses, and enhance overall physical and mental well-being and balance.

Wed	Sep 9-Sep 23	9:15 AM-10:00 AM
633648		$30/3 sessions
Wed	Nov 18-Dec 16	9:15 AM-10:00 AM
633653		$50/5 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. No session September 30.

Wed	Sep 9-Sep 23	10:00 AM-10:45 AM
633649		$30/3 sessions
Wed	Nov 18-Dec 16	10:00 AM-10:45 AM
633667		$50/5 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. Drop-in $10.00.

Thu	Sep 10-Oct 29	9:30 AM-10:30 AM
634722		$72/8 sessions
Thu	Nov 5-Dec 17	9:30 AM-10:30 AM
634724		$63/7 sessions

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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 10-Oct 29	10:30 AM-11:30 AM
634723		$72/8 sessions
Thu	Nov 5-Dec 17	10:30 AM-11:30 AM
634726		$72/7 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.This class is instructed by Master Amy Zhu, who was a disciple of Grand Master Yang Jun (5th Yang Family Tai Chi Chuan lineage holder). Drop-in $16+tax. No session October 16, 23, 30.

Fri	Sep 11-Dec 18	10:00 AM-10:55 AM
632571		$168.96/12 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. No session October 16, 23, 30.

Fri	Sep 11-Dec 18	11:05 AM-12:00 PM
632570		$168.96/12 sessions

Education

English Corner
Bijan Adlparvar

English Corner is an informal way to improve conversational English. At English Corner, participants learn English, share ideas and discover ways to build community. Intermediate level English and higher level speakers are welcomed! Please register.

Tue Sep 15-Dec 15 6:30 PM-8:00 PM
633622 Free Registration

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 10-Oct 29 10:15 AM-11:45 AM
634639 $64.76/8 sessions
Thu Nov 5-Dec 17 10:15 AM-11:45 AM
634640 $56.67/7 sessions

OPTIONAL WARM UP SESSIONS AVAILABLE
9:45 AM - 10:15 AM

Healthiest Babies Possible
Vancouver Coastal Health

Healthiest Babies Possible (HBP) provides nutrition counselling, health education, food access and social support to pregnant women facing challenging life circumstances in Vancouver and Richmond. The HBP staff includes dietitians, public health nurses and support workers fluent in a variety of different languages. Participation is by referral only. Please contact the program coordinator at vchhbp@vch.ca for referrals.

SESSION DATES September 9-December 9
Every 4th Monday 12:30 PM-3:00 PM
Every 2nd Wednesday 9:30 AM-11:00 AM
VIEW ONLINE

Looking for more Art & Cultural Programs?
Moberly Arts & Cultural Centre
moberlyartscentre.ca

Workshops

Managing Hip and Knee Arthritis
Vancouver OASIS

Learn about arthritis in these commonly affected joints, ways of managing your arthritis without surgery, and what happens if you need joint replacement surgery.

Mon Oct 5 10:00 AM-12:00 PM
637127 FREE Registration

Government Benefits
Non-Instructional

Challenge your mind and connect with others over a game of chess. This drop-in, non-instructional program is open to everyone, whether you're a beginner or an experienced player. Bring your friends and make new ones! Program will run every 1st, 3rd, and 4th Thursdays of the month.

Thu Sep 17-Dec 17 12:30 PM-3:30 PM
637985 FREE Registration

Nutrition and Arthritis
Vancouver OASIS

Learn about the impact of diet on arthritis, nutrients that can help and strategies for healthy eating. The session is led by a Registered Dietitian

Thu Oct 29 10:00 AM-12:00 PM
637141 FREE Registration

Pole-Walking for Arthritis
Vancouver OASIS

Learn evidence-based strategies to manage arthritic pain so that you can exercise, rest and have a function-centred life. This session is led by a Registered Nurse.

Thu Nov 19 10:00 AM-12:00 PM
637143 FREE Registration

Pain Management & Arthritis
Vancouver OASIS

Learn evidence-based strategies to manage arthritic pain so that you can exercise, rest and have a function-centred life. This session is led by a Registered Nurse.

Thu Nov 26 10:00 AM-12:00 PM
637147 FREE Registration

Supplements and Arthritis
Vancouver OASIS

This class focuses on vitamins, minerals, herbs, probiotics, prebiotics, and "natural supplements" for arthritis. Learn about the safety, quality and dosages of supplements, how they interact with medications and side effects. The session is led by a Registered Dietitian.

Thu Dec 10 10:00 AM-12:00 PM
637148 FREE Registration

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. No session October 12.

Mon	Sep 14-Oct 26	9:00 AM-10:55 AM
630471		$17.16/6 sessions
Mon	Nov 2-Dec 14	9:00 AM-10:55 AM
631179		$20.02/7 sessions
Tue	Sep 8-Oct 27	9:00 AM-10:25 AM
630472		$16.66/8 sessions
Tue	Nov 3-Dec 15	9:00 AM-10:25 AM
631187		$16.66/7 sessions
Thu	Sep 10-Oct 29	9:00 AM-10:55 AM
630473		$22.88/8 sessions
Thu	Nov 5-Dec 17	9:00 AM-10:55 AM
631198		$20.02/7 sessions
Fri	Sep 4-Oct 30	9:00 AM-10:55 AM
630474		$25.74/9 sessions
Fri	Nov 6-Dec 18	9:00 AM-10:55 AM
631199		$20.02/7 sessions

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 fee: $7.00. No session October 12.

Mon	Sep 14-Dec 14	7:50 PM-9:25 PM
634713		$74.23/13 sessions
Wed	Sep 9-Dec 16	7:40 PM-9:25 PM
634715		$68.52/12 sessions

Pickleball

Non Instructional

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 & skill levels.No session Oct 12

Beginner with Guidance – Drop-in

A volunteer instructor will be present for free lessons with guidance and advice.

Tue	Sep 8-Dec 15	10:30 AM-11:55 AM
630547		$5.71/Drop-in
Thu	Sep 3-Dec 17	11:00 AM-12:55 PM
630548		$5.71/Drop-in

All levels – Registered

Mon	Sep 14-Oct 26	11:00 AM-1:00 PM
630475		$28.56/6 sessions
Mon	Nov 2-Dec 14	11:00 AM-1:00 PM
631202		$33.32/7 sessions
Fri	Sep 4-Oct 30	12:00 PM-1:45 PM
630549		$42,84/9 sessions
Fri	Nov 6-Dec 18	12:00 PM-1:45 PM
631203		$33.32/7 sessions

Registered spots are non-transferable and players must sign in. Guaranteed drop-ins and waitlist opens 10 minutes before the start time. Additional spots will be sold 10 minutes after program start time if registered participants do not check in.

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. Equipment provided if needed.

Tue	Sep 8-Sep 29	12:00 PM-1:30 PM
630567		$114.28/4 sessions
Tue	Oct 6-Oct 27	12:00 PM-1:30 PM
631210		$85.71/3 sessions
Tue	Nov 3-Nov 24	12:00 PM-1:30 PM
631212		$114.28/4 sessions
Tue	Dec 1-Dec 13	12:00 PM-3:00 PM
638858		$83.71/3 session

Basketball

Non Instructional

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 fee: $7.00No session October 13.

Tue	Sep 8-Dec 15	7:50 PM-9:25 PM
634718		$79.94/14 sessions

KBL Co-Ed Basketball League

Biraj Bora

This recreational basketball league plays out of Kerrisdale, Kitsilano and Sunset Community Centres on Sundays between 1pm to 5pm. A schedule is set by Biraj before the season starts. No session Oct 11 & Dec 13

Sun	Sep 13-Dec 20	1:00 PM-4:45 PM
633321		$80/13 sessions

Volleyball

Non Instructional

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! Each session is capped at 28 participants, consisting of 24 registered participants and 4 guaranteed drop-in spots. When at full capacity, one substitute rotation will be implemented per court.

Wed	Sep 9-Dec 16	6:05 PM-7:40 PM
634743		$68.52/12 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 fee: $7.00.

Mon	Sep 14-Dec 14	6:05 PM-7:45 PM
634708		$39.97/7 sessions
Thu	Sep 10-Dec 17	6:05 PM-7:40 PM
634711		$85.65/15 sessions

Join our Community Garden!

More info on page 7!

Ball Hockey Advanced

Thai Quan & Jas

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 fee: $7.00. Please bring both a black and white shirt to help clearly identify teams as you may be on both teams.

Thu	Sep 10-Dec 17	7:50 PM-9:25 PM
634719		$85.65/15 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.

Tue	Sep 15-Oct 6	6:10 PM-7:40 PM
634707		$234/4 sessions

Summer Smash Tennis: Adult Beginner+ (1.5)

Summer Smash Tennis

Continue developing fundamental skills in a small group setting. This course builds on technique and strategy from Adult Beginner in order to become more confident rallying and playing with serve within the full court setting. Students should repeat this course until they can confidently rally from the baseline with forehand and backhand.

Tue	Oct 20-Nov 10	6:10 PM-7:40 PM
636086		$234/4 sessions

Summer Smash Tennis: Adult Beginner++ (2.0)

Summer Smash Tennis

Continue developing fundamental skills in a small group setting. This course builds on technique and strategy from Adult Beginner in order to become more confident rallying and playing with serve within the full court setting. Students should repeat this course until they can confidently rally from the baseline with forehand and backhand.

Tue	Nov 17-Dec 15	6:10 PM-7:40 PM
636087		$307.50/4 sessions

Sports cont'd

Wheelchair Multisport

BC Wheelchair Basketball

Open to individuals with physical disabilities, their families, and therapists. Participants must be able to push a manual sport wheelchair, follow instructions independently, and safely engage in physical activity. Please note: Staff cannot assist with transfers into sports chairs.

Individuals must be able to transfer into a sport chair with minimal assistance or bring a support person to assist with their transfer.

Drop-ins are welcome, but registration is highly encouraged!
To sign up or ask questions, contact: programs@bcwheelchairsports.com A waiver must be signed on-site before participating. No session October 12.

WEd Sep 30-Dec 9 1:45 PM-3:30 PM
631230 FREE Drop-in

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

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

Court Rentals

Reserve the court to play (55min)

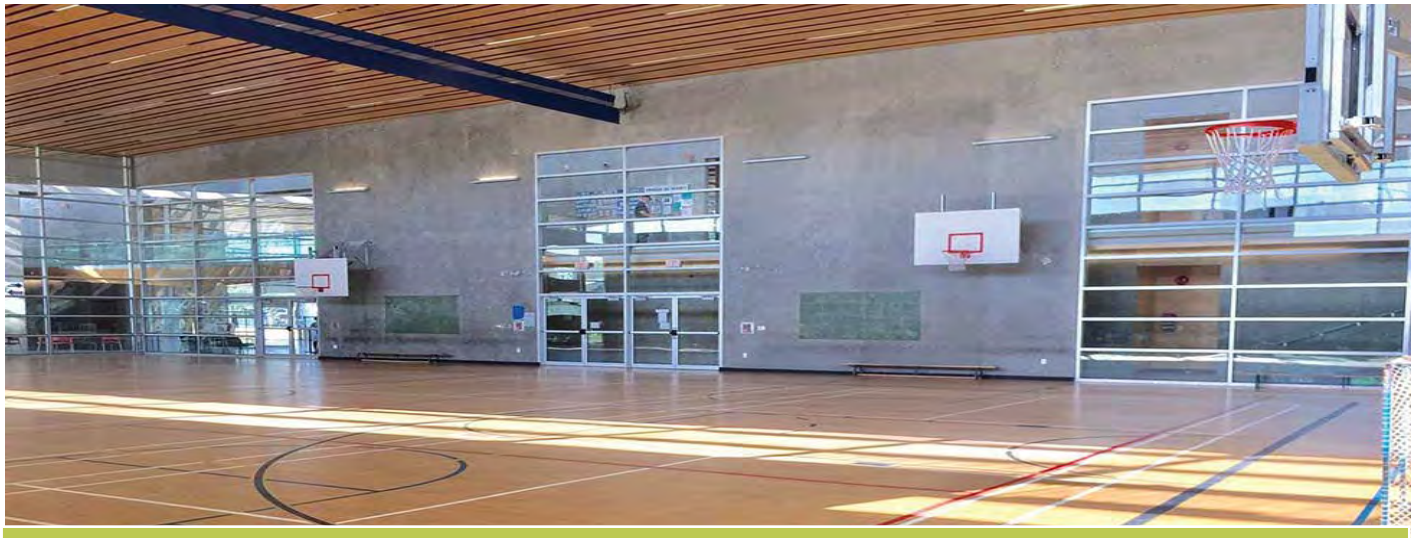
Pickleball

Wednesdays 11:50 AM | 12:50 PM | 1:50 PM
Thursdays 10:45 AM | 11:45 AM
Fridays 11:00 AM | 12:00 PM | 1:00PM

Badminton

Fridays 2:00 PM

VIEW ONLINE



Sports Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Badminton 9:00-10:55 AM	**Seniors Badminton** 9:00-10:25 AM		**Seniors Badminton** 9:00-10:55 AM	**Seniors Badminton** 9:00-10:55 AM
Pickleball All Levels 11:00 AM-1:00 PM	**Pickleball - w/Guidance** 10:30-11:55 AM		**Pickleball with Guidance** 11:00 AM-12:55 PM	**Pickleball All Levels** 12:00-1:45 PM
	Pickleball Lesson Novice/Int 12:00-1:30 PM	**Pickleball Lesson Int/Adv** 11:45 AM-1:30 PM	**Pickleball Court Rental** 11:00 AM-12:55 PM	**Pickleball Court Rental** 11:00 AM-1:55 PM
Indoor Soccer 6:05-7:40 PM	**Indoor Tennis** 6:05-7:35 PM	**Volleyball** 6:05-7:40 PM	**Indoor Soccer** 6:05-7:40 PM	**Badminton Court Rental** 2:00-2:55 PM
Badminton 7:50-9:25 PM	**Basketball** 7:50-9:25 PM	**Badminton** 7:50-9:25 PM	**Ball Hockey Advanced** 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

ICE RINK

390 E 51st Ave. P: 604-718-6517

Public Skating Schedule

Fall Schedule
September 26-December 18, 2026

Scan QR code in December for Holiday Schedule.

Children 7 yrs & younger must be accompanied on the ice by a parent or guardian over the age of 16 yrs.

Groups of 10 or more please contact Maegan.Montemayor@Vancouver.ca to check if a public session is the appropriate fit for your group.

Groups of 15 or more are encouraged to rent the ice privately as we cannot guarantee that public sessions will have enough capacity or equipment for all participants.

10 Visit Pass and Flexipasses must be presented at the time of check-in.

All Sessions are drop in except Public Adult Hockey, Adult Stick, Puck & Ring and Public Figure Skating.

These sessions will open for registration 3 days prior to each session.

Skating Lesson Information

Fall Lessons

Registration
Set 1 Thursday September 17 at 7:00 PM
Set 2 Thursday November 5 at 7:00 PM

Saturdays 6 Week Sets

Set 1 September 26-October 31
Set 2 November 7-December 12

Tuesdays 6 Week Sets

Set 1 September 29-November 3
Set 2 November 10-December 15

You can register at any Vancouver Park Board Community Centre

You can only register in one lesson at a time per child. Please register in the correct level. If you register in the wrong level, there is no guarantee that your child can be transferred into the correct level.

- If you are unsure of which level to register in, we strongly recommend a FREE skating assessment during any of our Public/Discount Skate sessions.
- If the class you want is full, please ask to be placed on the wait list. A spot might open up!
- CSA approved hockey or snowboard helmets are required for skate lessons (no bike helmets). A limited number of hockey helmets are available to use for free.

SCAN ME
Public Skating Schedule

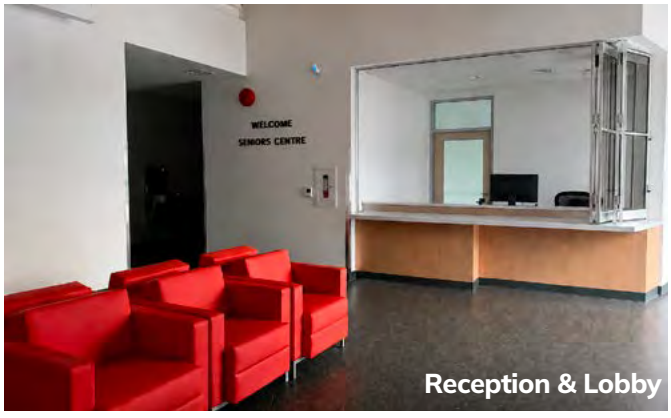
SCAN ME
Skating Lesson Info

Ice Skating Rates & Fees

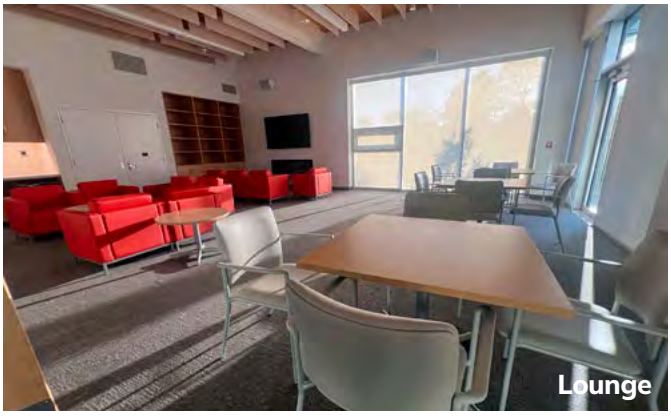
	Single	10 Usage
Preschooler (4 and under)	FREE	
Child (5-12 yrs)	$3.97	$33.39
Youth (13-18 yrs)	$5.55	$46.71
Adult (19-64 yrs)	$7.93	$66.69
Senior (65+)	$5.55	$46.71
Family Rate*	$7.94	
Group Admission (10+ people)	25% off regular admission	
Low Cost Skate	50% off regular admission	
*$7.94 for up to 2 members (minimum charge). $3.97 for each additional family member.		
Skate Rental	$4.00	$36.00
Skate Sharpening	$7.71	

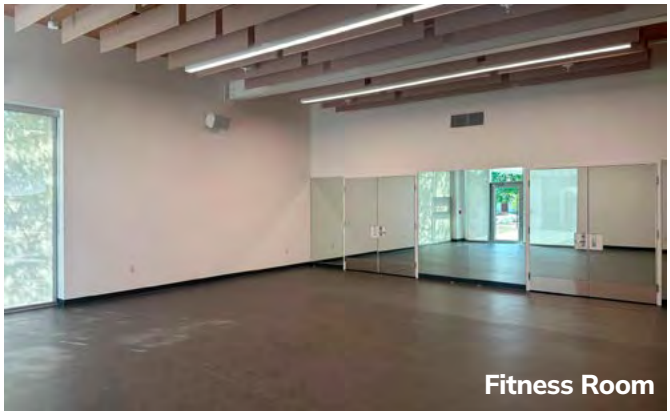
Prices subject to change.
Prices do not include taxes.

Exterior

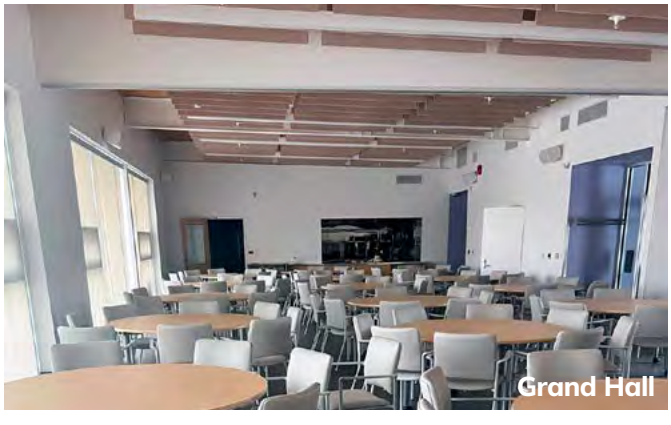


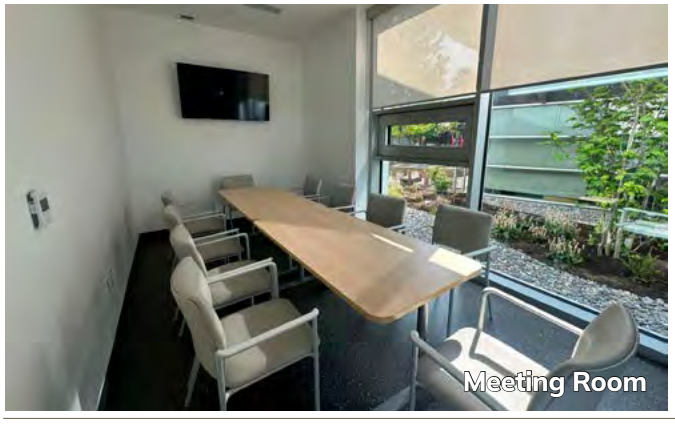
Reception & Lobby


Lounge


Fitness Room

Multipurpose Room 2


Grand Hall


Meeting Room

Kitchen

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

Moberly Arts & Cultural Centre (MACC) is a community arts centre that provides a space for intercultural connections, a gathering place for the community and an opportunity for everyone to experience and participate in the arts. At MACC, we believe that the arts enrich and strengthen community life.

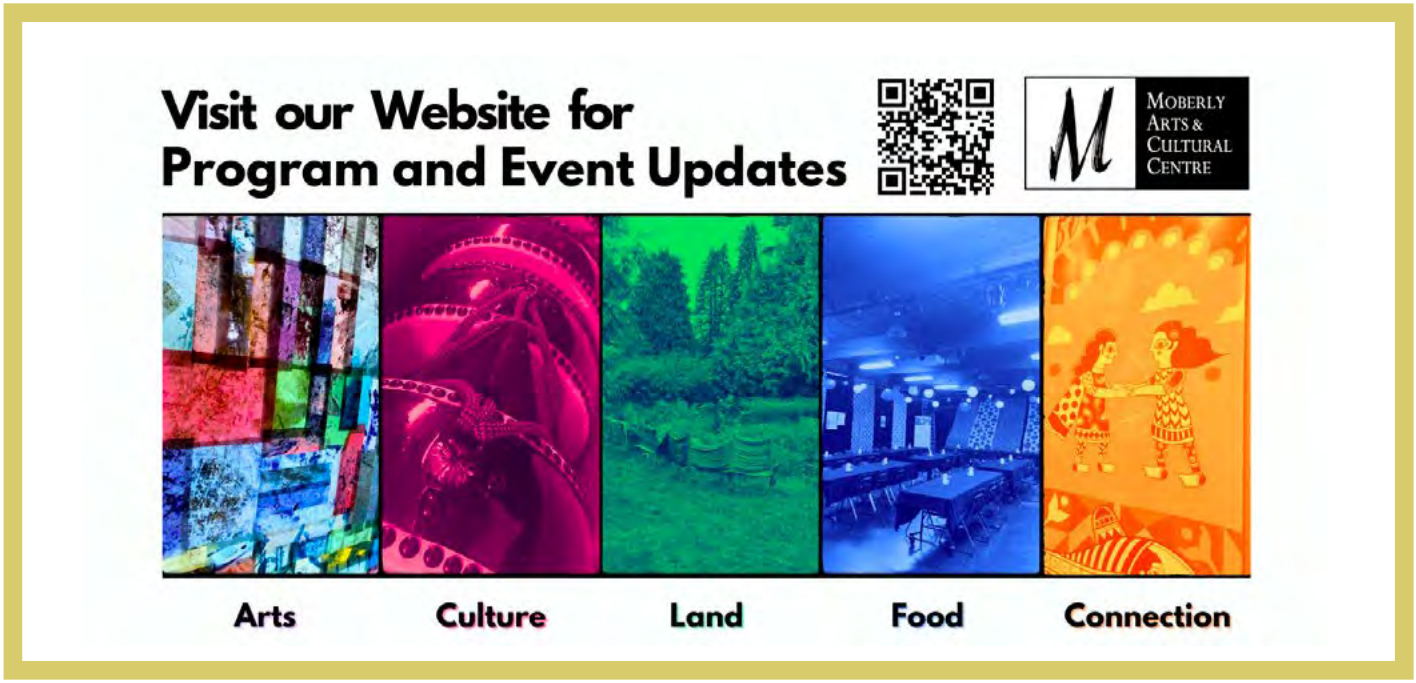
We work through partnerships and collaborations to support innovative projects where artists and community members can come together to create meaningful and rewarding experiences.

Located in Moberly Park at East 60th Ave and Prince Albert St, MACC is an intimate and accessible black box theatre space with a sprung dance floor, a meeting room, kitchen facilities and a food garden.

MACC hosts several Artist Residencies and community partnerships throughout the year that support artists from all disciplines by offering a subsidized rate for studio space, performance space and programming opportunities.

Do you have an idea for a creative, community-engaged art project that could take place at MACC?

Get in touch with us! — For more information on partnerships and programs, call the Arts Programmer at 604-718-6521.



Children & Youth

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. To register, contact the South Vancouver Neighbourhood House by phone at 604-324-6212.

Wed	Oct 14-Dec 9	3:15 PM-4:30 PM
626894		FREE/8 sessions

Afterschool Arts Club with Rise Arts (6-12 yrs)

Shivani Sen

Our Art Club is perfect for young artists who love to create! Students will explore a variety of visual arts through hands-on projects including painting, drawing, watercolour, crafting, and more. Each week introduces new materials and techniques while encouraging creativity, self-expression, and artistic confidence in a fun and supportive environment. All skill levels are welcome! No class on holiday Mondays.

Mon	Oct 5-Dec 7	3:15 PM-4:45 PM
634220		$229.95/9 sessions

Kids Healthy Bhangra (4-12 yrs)

Sukhdeep Singh Virk

Experience the vibrant energy of Healthy Bhangra! This class is for kids seeking fun, fitness, and community. No experience needed – just bring your energy and enthusiasm! Join us and dance to the beat of joy and tradition! Drop-in available.

Thu Sat	Sep 10-Dec 12	5:15 PM-6:15 PM
638420		$212.50
Thu Sat	Sep 10-Dec 12	6:15 PM- 7:15 PM
638783		$212.50

Afterschool Jazz Funk, HipHop, KPOP (with Walter Moberly pick-up) (6-12 yrs)

ILLUMA Studio

Students will be picked up from Walter Moberly School and walked to Moberly Art Centre for class - rain or shine! Come learn a variety of dance styles including but not limited to Jazz Funk, Street and Korean Pop (KPOP) through cardio warm-ups, strengthening, footwork, isolations, stretches and learn the importance of breathing. Build confidence and learn teamwork while having fun through purposeful indoor games with new friends. Dancers will be grouped by age/skill upon in-class assessment. No previous experience required; content is accessible and adapted to the learner's level. Learned skills showcases will be announced throughout the course. Find us on FB/IG @illumastudio. Bring Your Shine!

Tue	Sep 8-Dec1	3:00 PM-4:30 PM
635884		$299/13 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.

Sat	Sep 12-Nov 28	2:00 PM-5:00 PM
626909		FREE/12 sessions

Dance Sampler: Jazz Funk, HipHop, KPOP (6-12 yrs)

ILLUMA Studio

This option is for kids that do not need afterschool pick-up from Walter Moberly Elementary and will only be attending the class from 3:30pm onward. Come learn a variety of dance styles including but not limited to Jazz Funk, Street and Korean Pop (KPOP) through cardio warm-ups, strengthening, footwork, isolations, stretches and learn the importance of breathing. Build confidence and learn teamwork while having fun through purposeful indoor games with new friends. Dancers will be grouped by age/skill upon in-class assessment. No previous experience required; content is accessible and adapted to the learner's level. Learned skills showcases will be announced throughout the course. Find us on FB/IG @illumastudio. Bring Your Shine!

Tue	Sep 8-Dec1	3:30 PM-4:30 PM
629559		$208/13 sessions

Fitness

Chair Yoga: Move, Groove and Improve (50+ yrs)

Balbir Cheema

Move, Groove, and Improve is a program focused on active aging and well-being. Participants will engage in physical activities, such as chair yoga. Instruction is in Punjabi and English. All seniors are welcome.

Mon Thu	Sep 7-Dec 10	10:30 AM-11:30 AM
626865		FREE/27 sessions

Due to a fire at Moberly Arts & Cultural Centre in June, the building has undergone extensive restoration.

Because of the possibility of an extended timeline for restoration, Moberly's fall programs are subject to changes in date, time, and fees pending re-opening.

Dance

Polymer Dance: Intermediate/Advanced (16+ yrs)

Miriam Esquitin

Polymer Dance is a contemporary dance class and improvisation ensemble for non-professional dancers over the age of 16 with at least three years dance experience. If you are a dancer looking for formal training with professional-level teachers and love to improvise and perform, Polymer Dance is for you! For more information, contact polymerdance@gmail.com. Drop-in fee is $24.20 with instructor's permission.

Tue	Sep 8-Dec 1	6:30 PM-8:30 PM
628120		$247.95/12 sessions

Belly Dance Monday (18+ yrs)

Karime Kuri

Shimmy into joy! Join our belly dance class for a fusion of tradition and fun. Embrace rhythm, movement, and self-expression in a welcoming environment. Beginners welcome! Drop-in fee of $22 is available.

Level 2-for those with prior experience

Mon	Sep 14-Dec 7	6:30 PM-7:45 PM
629571		$216/12 sessions

Moberly Senior Dancers (50+ yrs)

Sarah Gallos

Led by Sarah Gallos, 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.

Tue	Sep 15-Dec 15	11:30 AM-1:00 PM
626864		FREE/14 sessions

Advanced Healthy Bhangra (18+ yrs)

Sukhdeep Singh Virk

Experience the vibrant energy of Healthy Bhangra! This class is for youth and adults with experience in Bhangra dancing that are up for a challenge! Drop-in available.

Sat	Sep 12 – Dec 12	9:45 AM-11:30 AM
638419		$132/11 sessions

Mens Healthy Bhangra (16+ yrs)

Sukhdeep Singh Virk

Experience the vibrant energy of Healthy Bhangra! This class is for men seeking fun, fitness, and community. No experience needed – just bring your energy and enthusiasm! Join us and dance to the beat of joy and tradition!

Sat	Sep 12-Dec 12	11:30 AM-12:30 AM
638784		$152/11 sessions

Womens Healthy Bhangra (16+ yrs)

Sukhdeep Singh Virk

Experience the vibrant energy of Healthy Bhangra! This class is for women seeking fun, fitness, and community. No experience needed – just bring your energy and enthusiasm! Join us and dance to the beat of joy and tradition!

Thu	Sep 10-Dec 10	7:15 PM-8:15 PM
638785		$168/14 sessions

Music

Private Guitar or Ukulele Lessons (5+ yrs)

Musical Expressions

Have you always wanted to learn a string instrument? We offer private guitar or even ukulele lessons to get you started. This program is based on special interests and fundamental goals that serve the humblest of beginners all the way to tomorrow's prodigies. All classes are set in a fun, stress-free environment. All students are required to bring their own guitar or ukulele to the lessons. No lessons on Monday, October 12.

Mon	Sep 14-Dec 7	3:00 PM-3:30 PM
635376		$390/12 sessions
Mon	Sep 14-Dec 7	3:30 PM-4:00 PM
635379		$390/12 sessions
Mon	Sep 14-Dec 7	4:00 PM-4:30 PM
635380		$390/12 sessions
Mon	Sep 14-Dec 7	4:30 PM-5:00 PM
635381		$390/12 sessions
Mon	Sep 14-Dec 7	5:00 PM-5:30 PM
635382		$390/12 sessions
Mon	Sep 14-Dec 7	5:30 PM-6:00 PM
635383		$390/12 sessions
Mon	Sep 14-Dec 7	6:00 PM-6:30 PM
635384		$390/12 sessions
Mon	Sep 14-Dec 7	6:30 PM-7:00 PM
635385		$390/12 sessions

Japanese Taiko Ensemble for Beginners (Sideways Stance) (16+ yrs)

Noriko Kobayashi

Learn Taiko Ensemble- Beginners! 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. Join now so you do not miss out!

Fri	Sep 4-Dec 11	5:15 PM-6:15 PM
636862		$325/13 sessions
Sun	Sep 6-Sep 20	12:45 PM-1:45 PM
636888		$75/3 sessions

Japanese Taiko Ensemble (Sideways Stance) (16+ yrs)

Noriko Kobayashi

Learn Taiko Ensemble! 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. Join now so you do not miss out!

Fri	Sep 4-Dec 11	6:30 PM-7:30 PM
636882		$325/13 sessions
Sun	Sep 6-Dec 13	10:00 AM-11:30 AM
636886		$325/13 sessions

Japanese Taiko Drumming - Miyake Style (5+ yrs)

Noriko Kobayashi

Learn traditional Japanese festival drumming (Taiko) on real Japanese drums with your whole family! Get fit with a full-body workout in the low stance of Miyake traditional drumming. Children and beginners are welcome. Drumsticks and drums are provided. Children under 15 may register for the class, but must be accompanied by an adult registrant in the program (18+ years of age).

Fri	Sep 4-Dec 11	7:45 PM-8:45 PM
636884		Ages 15+: $260/13 sessions
		Ages 5-14: $130/13 sessions
Sun	Sep 6-Dec 13	11:15 AM-12:15 PM
636887		Ages 15+: $260/13 sessions
		Ages 5-14: $130/13 sessions

Japanese Taiko Drumming - Hachijo Style (Intermediate) (16+ yrs)

Noriko Kobayashi

This is a beautiful Japanese traditional drumming style 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 Style for Beginners. Drumsticks provided.

Sun	Oct 4-Oct 18	12:45 PM-1:45 PM
636889		$75/3 sessions

Japanese Taiko Drumming - Hachijo Style for Beginners (16+ yrs)

Noriko Kobayashi

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

Sun	Oct 25-Dec 13	12:45 PM-1:45 PM
636890		$175/7 sessions

Due to a fire at Moberly Arts & Cultural Centre in June, the building has undergone extensive restoration.

Because of the possibility of an extended timeline for restoration, Moberly's fall programs are subject to changes in date, time, and fees pending re-opening.

Visual Arts

Social Stitching: How Does Your Garden Grow (18+yrs)

Penelope Harris

Join our adventure, needles and thread in hand, into the botanical world. Social Stitching is not a weekly class, but a collaborative, drop-in hand sewing group focused on learning from each other while creating new works of art together. While the focus this season will be a large collaborative display panel inspired by the botanical world, participants will also be making smaller portable projects as well, including a pincushion, a fabric book, and a rice bag to store them in. All materials supplied, no previous experience required.

Wed	Sep 9-Dec 9	12:30 PM-2:30 PM
626869		FREE/11 sessions

Introduction to Rug Hooking: Mindfulness through Making (19+ yrs)

Corinne Sanderson

Explore your inner creativity—and discover a meaningful chance to recharge—through the simple, relaxing, meditative, and rhythmic art of rug hooking. The rhythmic pulling of loops induces a therapeutic, flow-like state that can lower cortisol and grant deep cognitive rest. It is incredibly easy to learn (featuring only one stitch) and has "no mistakes" (loops pull right out). In this introductory course you will learn the basics of rug hooking, including a brief history of the craft and foundational techniques to successfully begin a small rug project. The goal of this introductory class is to teach students the basics of rug hooking and inspire you to discover your own unique creativity in a communal and supportive setting. Essential equipment and material is prepared and provided by the instructor.

Thu	Nov 12	1:00 PM-3:30 PM
637920		$74.29/1 session

VIEW ONLINE

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. performance hall equipped with sprung dance floors, theatre seating for up to 70 people, a lighting grid, a large ceiling mounted projector and screen, an upright piano, 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**.

Decorations not included

Book your room now!

1. **Choose a Room** ⇒ **Visit mysunset.net/facilities-rentals/rental-guidelines for more information.**
2. **Submit Rental Request** ⇒ **Visit 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.

If you would like to arrange to view the space, please email moberly@vancouver.ca

Room	Capacity	Dimensions (Approx.)	Square Footage	Hourly Rate
Main Hall	120	50x32	1600	$75+ gst
Main Hall Non-Profit	120	50x32	1600	$50+ gst
Lower Hall: Sun-Sat	12		420	$15/hr+gst

Additional Charges	
SOCAN + ReSound:	Music royalty fees will apply to all user groups that choose to play recorded music. For more information, please see: www.socan.ca, www.resound.ca
Damage Deposit	For all functions, a $200 refundable damage deposit fee will be collected at time of booking.
Staffing	Number of staff depends on activity, scope and size of rental. All events must have minimum one staff person present. All events that serve food or alcohol require two rental staff persons minimum.
Technician for MACC	A Technician is required for usage of lights and audio systems.
Insurance	Liability Insurance is required for high risk activities such as large events. Insurance is purchased from an external source.

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!

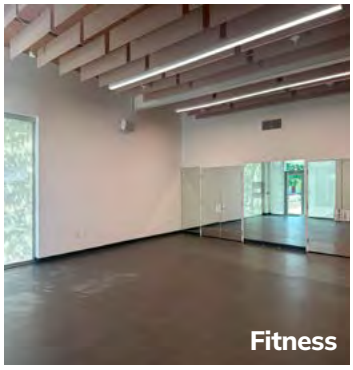
Multipurpose

Hall

Gym

Multipurpose 2

Grand Hall


Fitness

Meeting

Book your room now!

1. **Choose a Room** ⇒ **Visit mysunset.net/facilities-rentals/rental-guidelines for more information.**
2. **Submit Rental Request** ⇒ **Visit 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 or phone 604.718.6505. Additional staffing fee required for after-hour rentals. Rental fees are subject to change.

Room	Capacity	Dimension (approx.)	Square Footage	Operating Hours Hourly Rate (+ GST)	After Operating Hours Hourly Rate (+ GST)
Craft Room	30	28x18	504	$30	$55
Multipurpose Room	40	26x25	650	$30	$55
Hall	130	58x29	1682	**$105	$105
Gym-Full	986	107x72	7704	–	$90
Multipurpose Room 2	100	43x26	1,118	$80	$105
Grand Hall	180	72x26	1,872	$100	$125
Fitness Room	50	29x26	754	$30	$55
Meeting Room	12	16x6	96	$20	$45

Sunset Fitness Centre

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.

VIEW ONLINE

Michelle Hang, Personal Trainer

For 9 years, Michelle has been a Registered Nurse, working in adult education and direct client care in the home health setting. She started personal training as a way to support others with their health, but in a more preventative manner. She loves playing volleyball and training for Hyrox twice despite tearing multiple knee ligaments last year. Fitness can be an intimidating venture, but with the right support and personalized plan, it can be an enjoyable and lifelong activity. Whether you're coming back from an injury, want to develop more strength, or learn correct form, Michelle will be happy to help!

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.

Scan here to learn more about training with Meghan or email info@whatsyourstrength.com.

Personal Training 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.

Fitness Centre Fees

	16+yrs	65+yrs
Drop in or Pass	$5.00	$4.00
10 ticket/ 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.