Sunset Community Centre

Sunset Ice Rink

Moberly Arts & Cultural Centre

SUMMER 2019

Recreation Guide

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Sunset Ice Rink
Moberly Arts & Cultural Centre

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Recreation Guide

6810 Main St, Vancouver, BC  604.718.6505  •  Register at www.mysunset.net  •  www.vancouver.ca/sunsetrec

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.

To the respected Vancouver Sunset Community,

I hope you are all enjoying the sunshine and the start of Summer. Our 2019 AGM was held on April 18th and I would like to welcome our newest, elected board members to the 2019/2020 Sunset Community Association Board: Manveet Lail, Dr. Kala Singh, and Kamal Raj Singh. I would also like to take this opportunity to thank our departing board members, Mike Chowdhury, Priti Gandhi, Leonard Pianalto, and Lorraine Wong for their efforts and contributions to the Sunset Community over the years. We wish them all the best in their future endeavours.

Our flagship event, Canada Day Community Celebration, is just around the corner and your SCA is extremely proud to host this year’s festivities once again. We are diligently planning the event, to gather our Community together and celebrating this great day. Much of the success of this event relies on the hard work of your Association, Centre Staff and contributions from sponsors, volunteers and the Community, at large. I am looking forward to seeing you all there on Monday, July 1st, 2019!

The Sunset Community Association understands the importance of supporting Children and Youth in our Community. Last summer, our Day Camps were very successful and we are in the midst of planning for even more fun this summer. We have a vast selection of camps for all ages, ranging from fun, recreational, creative arts, specialized education and dance, to Youth Leadership development. If you are looking for a Camp for your Child this summer, we may have something just for you!

SCA continues to advocate and is working with the local community organizations and all three level of governments on the needs of our Senior’s in the Sunset neighbourhood to build a new Senior’s Centre.

I would like to take a moment to once again thank the Sunset Community Centre staff team in their efforts in working with our Program Committee to develop programs, to meet the needs of our Community. Our Licensed Preschool and Out of School Care program continues to be a sought after program in our Neighbourhood and much of the credit goes to the caring and dedicated staff led by Paramjeet Munday.

The SCA Vision is for a healthy Community that is inclusive to all of the diverse cultures that thrive in our Community. We want everyone to feel welcome to play, learn, create and succeed in their own way. We welcome everyone to join a committee, a project team or to volunteer and learn more about your Community.

Sincerely,

Bhalwinder Singh Waraich
President, Sunset Community Association

Memberships

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

Follow us on Twitter & Instagram @mySunsetcc
Become our Facebook Friend!

Sunset Community Association Board of Directors

President ...................................................... Bhalwinder S. Waraich
Vice-President, Chair of Program Committee ............ Carol Both
Vice-President, Governance ...................................................... Don Munton
Treasurer ................................................................. Avtar Parmar
Secretary .............................................................. Ailin Flann
Members At Large: Susie Lew, Maninder Gill, Manveet Lail, Permjit K Sandhu, Dr. Kala Singh, Kamal Raj Singh, Keona Wiley.
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Facility Hours

July 1-September 2
Monday-Thursday .................................. 8:30am-8:30pm
Friday .................................................. 8:30am-5:30pm
Saturday, Sunday ................................. 9:00am-1:00pm

Holiday Schedule
August 5 & September 2 .......................... 9:00am-1:00pm
Canada Day Celebration July 1 ................ 12:00pm-4:00pm
Please note that the office closes 15 minutes before the facility closes.

Staff

Recreation Supervisor ............................... Karen Grant
Programmer - Centre ............................... Mawi Bagon
Programmer - Rink ................................. Brittany Wong
Programmer - Moberly Arts Centre ........... Oliver McTavish-Widsen
Community Youth Worker ........................ Rosa Aravena
Program Assistant III ............................. Maggie Li & Jeff Chan
Rental Coordinator ................................. Ravina Rai
Recreation Facility Clerk (Acting) ............... Beatriz Becerra
Licensed Childcare Manager ..................... Paramjeet Munday
Maintenance Technician .......................... Jose Menjivar
Building Worker .................................... Vicente Jun Villamin
Cashier Receptionist ............................... Angie Chalmers
Program Assistant-Moberly Arts Centre ...... Karan Dhami

How to Find Us

1. Sunset Community Centre
   6810 Main St
   (Between 51st & 53rd)
   Takes place at the Ice Rink from 7:00-9:45pm
2. Sunset Ice Rink
   390 East 51st Ave
   (at Prince Edward)
3. Moberly Arts & Cultural Centre
   7646 Prince Albert Street
   (Between 59th & 61st)

See pages 33 & 34 for registration information and refund policies.

See pages 33 & 34 for registration information and refund policies.

Follow us on Twitter & Instagram
@mySunsetcc
Become our Facebook Friend!
DID YOU KNOW?

Thanks to the hard work of Volunteers within our Community, Sunset now has a Community Garden, with shared garden beds.

For more information or an application for membership, please contact Sunset Community Association Board member, Keona Wiley at ki.plants@gmail.com.

The Sunset Canada Day Committee is seeking community sponsors and support.

All sponsors are recognized in our season program guide, website, social media or promotional material for approx 6 months, and also at the Canada Day event and on the main stage.

For more information on how to get involved, please email mawi.bagon@vancouver.ca.

A BIG thank you to our current event sponsors!

Platinum
SERRACAN
CITY LIVING

Silver
Sukhinder Rana Gill
Gill Construction LTD

Gavin Brar
PERSONAL REAL ESTATE CORPORATION
REALTORS®

Bronze
Pall
Beesla

24 HOUR
All Five

CANADA DAY

A BIG thankyou to our current event sponsors!
Lobby Livin
The Sunset lobby will be transformed to a living room with live performances! Board games, crafts, and a healthy snack concession will be available to make a great relaxing evening for families.

Music Mondays
Featuring musicians in our community
Mondays 5:30 PM-6:30 PM
July 29 & August 26

Talent Tuesdays
Celebrating young performers in our community
Tuesdays 5:30 PM-6:30 PM
July 9 & August 13

If you want to show off your talents, please contact us at sunsetcc@vancouver.ca

BC Day
Sunset Family Fun
Monday, August 5
11:00am-1:00pm

Join us for carnival games, bouncy castle, arts and crafts, prizes, and more! A healthy snack concession will be available.

Summer at Ross Park
Ross Street & 59th Ave
Monday to Friday
July 2-August 23
Closed August 5.

Join us at the Community Centre
11 am-1pm for BC Day Family Fun.
Monday August 5.

Come out and cool down with some fun in the sun.
Join us with games, crafts, and a wading pool.
Wading pool is open 1:00-7:00pm.
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.

For rental inquiries, see page 31 for more information.

**EVENTS**

**Moberly Bee-in**

Saturday July 27
1:00 PM-4:00 PM

Moberly presents a new zero-waste event, the Bee In! This is an all ages free event for everyone, and will feature a bee safari with Lori Weidenhammer, an herbal lip salve workshop with Lori Snyder, and natural film strip making with Echo Park Film Centre North.

Please bring a cup and plate for snacks and refreshments. You're welcome to come dressed up as your favorite pollinator!
**Creek Daylighting 101**  
*Michelle Pollard*

In this immersive workshop learn about creek daylighting, the process of uncovering buried creeks and its role in restoring the urban watershed. Participants will gain a greater understanding of the creek daylighting movement, its emergence in Vancouver, and its ecological, economic and social benefits. Includes a creek discovery tour of the neighbourhood and a collaborative art project.

**Movement Response in the Garden (16+ yrs)**  
*Maura Garcia*

Come join visiting international dance artist Maura Garcia in an experiential, movement-based workshop in the Moberly Medicinal Herb Garden. Participants will learn techniques to interpret, understand and explore the gardens through dance. Maura Garcia is a dancer, choreographer and artistic director of Maura Garcia Dance (MGD). Garcia (non-enrolled Cherokee/Mattamuskeet) founded MGD to uplift Indigenous cultural values, to form connections and to explore the rhythms of the natural world.

**Shaolin Kung Fu (16+ yrs)**  
*Matthias Klenk*

Looking for an after-work or, after-school workout with an ancient twist? Come and learn Shaolin style martial arts from instructor Matthias Klenk, a martial artist with over 10 years of experience.

**Kismat Dance Academy**

**Bhangra (4-6 yrs & 7-12 yrs)**  
*Ruman Sandhu*

Bhangra is an excellent way for kids and teens to learn movement, rhythm, dance and culture. This class gives students an opportunity to participate in a fun and exciting learning environment that not only helps with their exercise and physical activity, but also contributes to an enriching cultural experience, regardless of their background. Children can embody the true art form of Bhangra through a fusion of music and self-expression that will lead to high spirits and continual involvement in a growing community. No experience necessary. There will be a recital at the end of the class.

**Bhangra Cardio (18+ yrs)**  
*Ruman Sandhu*

Bhangra Cardio has become a fun and popular way to get in shape, while learning Bhangra, a folk dance style from the northern Indian state of Punjab. In Bhangra Cardio, students can expect increased muscle tone and flexibility, increased lung powers and weight loss.

**Cinema Organica Summer Camp (6-12 yrs)**  
*Lisa Marr & Paulo Davanzo*

Grow your own flower power art in 2019! Over four sessions, we’ll explore a bouquet of cinematic processes (eco-processing! cyanotypes! phytograms! direct animation!) using plants from the garden and ingredients from the kitchen to cook up some tasty results on paper, cloth, Super 8 and 16mm film. Parents welcome to hang out too. Fun for everyone! Each session runs 1 - 3 pm. Free! All supplies and materials provided by EPFC North at Moberly Fieldhouse.

**Make a Musical From Scratch (18+ yrs)**  
*Jan Cooper*

Learn from Jan Cooper how to make your own musical production from scratch using your own music preference and personal experiences. This is a brand new musical theatre experience for adult students.
CREATIVE REMIX

SPECIALIZED ARTS CAMP at MOBERLY for ages 6-12 years.

This unique camp offers a creative remix of arts, culture, exploration and lots of fun!

There will be outdoor and indoor activities including painting, singing, dancing and acting mixed with exercise and environmental workshops.

Each week campers will work with guest artists to create fun artwork and develop their creativity along with going on out-trips to places like Playland, the Aquarium, and many more!

Generously supported by the South Asian Family Association in partnership with the Sunset Community Association and the Government of Canada.

<table>
<thead>
<tr>
<th>Runs Weekly</th>
<th>Creative Remix Camp 9:30-3:30pm</th>
<th>Before and After Camp 8:00-9:30am &amp; 3:30-5:00pm</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>#221823 $76</td>
<td>#222176 $32</td>
</tr>
<tr>
<td>Jul 2-5</td>
<td></td>
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<tr>
<td>Week 2</td>
<td>#221824 $95</td>
<td>#222178 $40</td>
</tr>
<tr>
<td>Jul 8-12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 3</td>
<td>#221825 $95</td>
<td>#222179 $40</td>
</tr>
<tr>
<td>Jul 15-19</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 4</td>
<td>#221826 $95</td>
<td>#222180 $40</td>
</tr>
<tr>
<td>Jul 22-26</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 5</td>
<td>#221827 $95</td>
<td>#222181 $40</td>
</tr>
<tr>
<td>Jul 29-Aug 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 6</td>
<td>#221828 $76</td>
<td>#222182 $32</td>
</tr>
<tr>
<td>Aug 6-9</td>
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</table>
CLOUDSCAPE COMICS

Cloudscape Open Meetings 17+ yrs: Wednesdays 7:30PM-9:30 PM

Comics are an exciting storytelling medium combining the element of writing and drawing! If you want to be part of Vancouver's largest comics community, bring yourself and a friend down to the Cloudscape HQ open community draw time. This is the best place to meet fellow cartoonists, collaborate, make new friends and get important drawing done within a supportive and social atmosphere. Learn to find your own voice and tell your story!

Open Studio
For people who want more time at Cloudscape HQ, we have open studio sessions for anyone who wants to stop by and chat, write, draw, or otherwise get involved in local comics. Check the events page for times: cloudscapecomics.com/events/

For info about Cloudscape Comics, our projects, upcoming programs for all ages and an updated list of dates/events, go to cloudscapecomics.com

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

ECHO PARK FILM CENTRE

Echo Park Film offers an open invitation for a convening around community film, food and garden.

Through an ongoing series of free public workshops and screenings, neighbours and friends will use organic materials grown in the community garden and surrounding area as ingredients to create eco-friendly films that celebrate growing, community and connection to the urban landscape.

An important part of Echo Park's mandate is their focus on marginalized communities becoming active participants in the creation and dissemination of experimental and documentary film in order to truly share the many powerful voices and visions that make up the fabric of contemporary life.

www.epfcmoberlyfieldhouse.tumblr.com or follow us here www.facebook.com/groups/4379053237004Big
Sunset Preschool (32 months to 5 years)

We believe that each child is a unique individual who develops at his/her own pace to full potential in a stimulating environment. We value the importance of learning through play and provide a balance of free play, quiet time and structured learning.

Registration for September 2019

For more information, please email paramjeet.munday@vancouver.ca

Fee & requirements at registration.
• $50 registration fee (non-refundable) and a deposit (equal to one month’s fee) dated the day of registration
• 9 postdated cheques for monthly payment Sept 2019- May 2020. Deposit will be applied to June 2020.
• We accept affordable childcare benefit from Ministry of Children and Families. To apply, call 1-888-338-6622 or visit www.mcf.gov.bc.ca

<table>
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<tr>
<th>Ages</th>
<th>Days, Time</th>
<th>Fees</th>
</tr>
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<tbody>
<tr>
<td>3 or turning 3 before Dec. 31, 2019</td>
<td>Tuesdays &amp; Thursdays 9:15-11:45am</td>
<td>$150/month</td>
</tr>
<tr>
<td>3 &amp; 4 mixed</td>
<td>Tuesdays &amp; Thursdays 12:45-3:15pm</td>
<td>$150/month</td>
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<tr>
<td>3 &amp; 4 mixed</td>
<td>Tuesdays &amp; Thursdays 8am-12noon</td>
<td>$250/month</td>
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<td>4 or turning 4 before Dec. 31, 2019</td>
<td>Mondays, Wednesdays &amp; Fridays 9:15-11:45am</td>
<td>$210/month</td>
</tr>
<tr>
<td>3 &amp; 4 mixed</td>
<td>Mondays, Wednesdays &amp; Fridays 12:45-3:15pm</td>
<td>$210/month</td>
</tr>
<tr>
<td>4 or turning 4 before Dec. 31, 2019</td>
<td>Mondays, Wednesdays &amp; Fridays 8am-12noon</td>
<td>$375/month</td>
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</tbody>
</table>

Extended care available after preschool session till 6pm. Extra charges apply.

Sunset Summer Fun Preschool Licensed Camp

3-5 years old

Your little pioneer will discover the world through this weekly themed camp. Learn through art projects, songs, stories and play time. All campers must be able to use the bathroom on their own. Please bring a snack, a bottle of water, sunscreen and a hat. This is a peanut free facility. No refunds available with 7 days of program start date. NOTE: Registration started March 7.

<table>
<thead>
<tr>
<th>Morning</th>
<th>Afternoon</th>
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<tbody>
<tr>
<td>Tue/Thu 220215 July 2-July 25</td>
<td>Tue/Thu 220219 12:30 PM-3:30 PM</td>
</tr>
<tr>
<td>Mon/Wed/Fri 220216 July 3-July 26</td>
<td>Mon/Wed/Fri 220220 12:30 PM-3:30 PM</td>
</tr>
<tr>
<td>Tue/Thu 220217 July 30-Aug 22</td>
<td>Tue/Thu 220221 12:30 PM-3:30 PM</td>
</tr>
<tr>
<td>Mon/Wed/Fri 220218 July 29-Aug 23</td>
<td>Mon/Wed/Fri 220222 12:30 PM-3:30 PM</td>
</tr>
</tbody>
</table>

LICENSED CARE INFORMATION

Contact Paramjeet Munday, Licensed Childcare Manager
Phone: 604.718.6512 | Email: paramjeet.munday@vancouver.ca
# Preschool & Children’s Program Schedule

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Piano - Private Lessons 5+ yrs 9:00-1:00</td>
<td>Mini Scientists 4-6 yrs 2:00-2:55pm</td>
<td>Parent &amp; Tot Play Gym 10:00-11:30</td>
<td>Parent &amp; Tot Play Gym 10:00-11:30</td>
<td>Piano - Private Lessons 5+ yrs 3:30-8:00pm</td>
<td>Parent &amp; Tot Play Gym 10:00-11:30</td>
<td>Soccer 3-5 yrs 9:10-9:55am</td>
</tr>
<tr>
<td>Kung Fu 4-6 yrs 9:10-9:55am</td>
<td>Artsy Baker 4-6 yrs 3:00-3:55pm</td>
<td>Piano - Private Lessons 5+ yrs 3:00-5:00pm</td>
<td>Little Chefs 4-6 yrs 2:00-2:55pm</td>
<td>Reading Buddies 7-11 yrs 4:00-6:00pm</td>
<td>Acoustic Guitar - Private Lessons 5+ yrs 3:30-9:00pm</td>
<td>Piano - Private Lessons 5+ yrs 9:15am-12:45pm</td>
</tr>
<tr>
<td>Soccer 4-6 yrs 9:10-9:55am</td>
<td>Piano - Private Lessons 5+ yrs 3:00-5:00pm</td>
<td>Badminton 6-9 yrs 4:00-4:55pm</td>
<td>Edible Science 4-6 yrs 3:00-3:55pm</td>
<td>Soccer 4-6 yrs 9:10-9:55am</td>
<td>Basketball Junior 16-24 mths 9:15am-10:00am</td>
<td></td>
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<tr>
<td>Phonics Plus 7-11 yrs 9:30am-10:25am</td>
<td>Baking Buddies 7-11 yrs 4:00-4:55pm</td>
<td>Ballet 3-4 yrs 4:15-4:45pm</td>
<td>Piano - Private Lessons 5+ yrs 3:00-8:30pm</td>
<td>Little Bookworms 4-6 yrs 9:30am-10:25am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basketball 4-6 yrs 10:00am-10:45am</td>
<td>Reading Buddies 7-11 yrs 4:00-6:00pm</td>
<td>Ballet 4-6 yrs 4:45-5:30pm</td>
<td>Artsy Baker 7-11 yrs 4:00-4:55pm</td>
<td>Basketball 3-5 yrs 10:00am-10:30am</td>
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<tr>
<td>Head Start Math 7-11 yrs 10:30am-11:25am</td>
<td>Taekwondo - Intermediate 5-13 yrs 4:00-5:00pm</td>
<td>Badminton 9-16 yrs 5:00-5:55pm</td>
<td>Reading Buddies 7-11 yrs 4:00-6:00pm</td>
<td>Basketball Parent &amp; Child 2-3 yrs 10:00am-10:45am</td>
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<tr>
<td>Basketball 8-12 yrs 10:50am-11:40am</td>
<td>Rhythmic Gymnastics Dance 7-12 yrs 4:30pm-5:30pm</td>
<td>Bollywood Dance 4-7 yrs 5:15-6:00pm</td>
<td>Art Party 5-8 yrs 5:00pm-5:45pm</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Karate - Preschool 3-5 yrs 11:15am-12:00pm</td>
<td>Taekwondo - Beginner 5-13 yrs 5:00pm-6:00pm</td>
<td>Violin Private Lessons 5+ yrs 5:15pm-6:15pm</td>
<td>Taekwondo - Int/Adv 5-13 yrs 10:45am-11:45am</td>
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<td>Imaginative Writing 7-11 yrs 11:30am-12:25pm</td>
<td>Rhythmic Gymnastics Dance 4-6 yrs 5:30pm-6:30pm</td>
<td>Ballet 6-8 yrs 5:30pm-6:30pm</td>
<td>Basketball 6-9 yrs 10:50am-11:35am</td>
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<tr>
<td>Soccer 8-12 yrs 11:50am-12:40pm</td>
<td>Bollywood Dance 8-12 yrs 6:00pm-7:00pm</td>
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<tr>
<td>Karate 6+ yrs 12:00pm-12:55pm</td>
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## Young Leader Initiative

Programs taught by our young leaders (Senior Highschool & College/University Students) are mentored by the programming team here at Sunset!

Young leaders plan and execute programs and are trained with lesson planning & curriculum development.

They also have knowledge of OH&S (Occupational Health & Safety).

---

### PlayGym (0-5yrs)

Come burn lots of energy playing on the bouncy castle, slide, kiddie cars and more.

Babies under 12 months are free.
This is a non-structured drop-in gym program. Parent participation is required. Schedule subject to change.

**Tuesday, Wednesday & Friday**

10:00-11:30 AM

www.vancouver.ca/sunsetrec | www.mysunset.net | Phone: 604.718.6505

11
### Sports

**Soccer (3-5 yrs)**  
*Mantej Jassal*  
This fun class will teach your preschooler how to dribble, pass, kick and score their way into the net. Learn the rules of the game in a fun environment while doing some exciting drills. Parent participation is required. Program is taught by a young leader. No class Aug 3.  
**Sat**  
Jul 6-Aug 24  
9:10 AM-9:55 AM  
224866  
$45.50/7 sessions

**Basketball (3-5 yrs)**  
*Mantej Jassal*  
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. Parent Participation is required. Program is taught by a young leader. No class Aug 3.  
**Sat**  
Jul 6-Aug 24  
10:00 AM-10:45 AM  
225103  
$45.50/7 sessions

**Sportball Junior (16-24 mos)**  
Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and coaches help grownups understand proven teaching techniques that can be applied outside of sportball classes. No class Aug 3.  
**Sat**  
Jul 6-Aug 24  
9:15 AM-10:00 AM  
224857  
$112/7 sessions

**Sportball Parent & Child (2-3 yrs)**  
Programs focus on physical literacy and social explorations as toddlers learn fundamental sports skills. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one-parent-per-child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little ones practice and progress. No class Aug 3.  
**Sat**  
Jul 6-Aug 24  
10:00 AM-10:45 AM  
224855  
$112/7 sessions

**Soccer (4-6 yrs)**  
*Dilan Sunthareswaran*  
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. Program is taught by a young leader. No class Aug 4.  
**Sun**  
Jul 7-Aug 25  
9:10 AM-9:55 AM  
224865  
$45.50/7 sessions

**Basketball (4-6 yrs)**  
*Dilan Sunthareswaran*  
Learn some fundamental skills while having fun. Children will be taught how to dribble, shoot and score their way into a game! Program is taught by a young leader. No class Aug 4.  
**Sun**  
Jul 7-Aug 25  
10:00 AM-10:45 AM  
225102  
$45.50/7 sessions

### Martial Arts

**Kung Fu (4-6 yrs)**  
*Daniel Kun*  
South Eastern traditional Kung Fu Ngo Cho Kun (Five Ancestors Fist) is a form of martial arts that incorporates five different styles of kungfu into one and focuses on strength and power. Students will learn the foundations (form and technique) and progress through levels. We will be exploring the Kung Fu empty hand form of Sam Chien and the staff: form, drills, and techniques. Teen, adult, and parent participation are welcomed. For more information, visit [www.konghankungfu.com/canada.html](http://www.konghankungfu.com/canada.html). No class Aug 4.  
**Sun**  
Jul 7-Aug 25  
9:10 AM-9:55 AM  
224996  
$70/7 sessions

**Karate - Preschool (3-5 yrs)**  
*George Chan*  
Have fun while learning traditional Go-Ju Ryu Karate-Do with 7th Dan Shihan George Chan (over 30 years of Karate and teaching experience) and his Senior Assistants. This Karate program improves focus, self-discipline, physical fitness and motor skills. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. Please note that parents or older siblings (16+yrs) are required to stay behind with the child when class is in progress and are welcomed to participate, but do not need to register. For more information, visit [www.kuyukai.com](http://www.kuyukai.com). No class Aug 4.  
**Sun**  
Jul 7-Aug 25  
11:15 AM-12:00 PM  
224998  
$70/7 sessions
**Dance**

**Rhythmic Gymnastics Dance (4-6 yrs)**  
*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 class Aug 5.

- **Mon**  
  Jul 8-Aug 26  
  5:30 PM-6:30 PM  
  224879  
  $59.50/7 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 class Aug 3.

- **(3-4 yrs)**  
  (Jul 2-Aug 26)  
  4:15 PM-4:45 PM  
  225110  
  $32.50/5 sessions

- **(4-6 yrs)**  
  (Jul 2-Aug 26)  
  4:45 PM-5:30 PM  
  225109  
  $32.50/5 sessions

**Parent and Tot**  
*Sat*  
(Jul 6-Jul 27)  
10:00 AM-10:30 AM  
225104  
$24/4 sessions

- **(3-4 yrs)**  
  (Jul 6-Jul 27)  
  10:30 AM-11:00 AM  
  225107  
  $26/4 sessions

- **(4-6 yrs)**  
  (Jul 6-Jul 27)  
  11:00 AM-11:45 AM  
  225106  
  $30/4 sessions

**Bollywood Dance (4-7 yrs)**  
*Niki Patel*  
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.

- **Tue**  
  Jul 2-Aug 27  
  5:15 PM-6:00 PM  
  225057  
  $72/9 sessions

**Education**

**Mini Scientists (4-6 yrs)**  
Stimulate those little curious minds with science! Children will learn basic fun facts and try out various experiments. No class on Aug 5.

- **Mon**  
  Jul 8-Aug 19  
  2:00 PM-2:55 PM  
  229360  
  $40.80/7 sessions

**Artsy Baker (4-6 yrs)**  
This program infuses the creative processes of arts and the deliciousness of baking all into one - the best of both worlds! Children will be creating their own art pieces. Led by our young leader, we will also be baking yummy foods, such as cinnamon buns and pizza pretzels. Please bring a container on baking days. No class on Aug 5.

- **Mon**  
  Jul 8-Aug 19  
  3:00 PM-3:55 PM  
  229362  
  $40.80/7 sessions

**Little Chefs (4-6 yrs)**  
From homemade pizzas to yogurt parfaits, children will learn how to create simple snacks and meals from everyday food items. Please bring an appetite!

- **Wed**  
  Jul 3-Aug 21  
  2:00 PM-2:55 PM  
  229361  
  $54.40/8 sessions

**Edible Science (4-6 yrs)**  
Let's learn science through food. Some examples include graham crackers building structures, cookie moon phases, ice cream phase change... and more! This educational and tasty program will boggle curious minds.

- **Wed**  
  Jul 3-Aug 21  
  3:00 PM-3:55 PM  
  229365  
  $54.40/8 sessions

**Little Bookworms (4-6 yrs)**  
Explore the world of imagination with books. Children will be exposed to reading, experiment various writing techniques such as poems and journals, and express themselves through presentations to build reading, writing and presentation skills. Program is taught by a young leader. No class Aug 3.

- **Sat**  
  Jul 6-Aug 24  
  9:30 AM-10:25 AM  
  229354  
  $47.60/7 sessions

**Little Artists Big Creations (4-6 yrs)**  
Discover hidden talents within those little hands. Every week, our young leader will try out different art media, and by the end of the season, each child will take home a giant-size art portfolio. No class Aug 3.

- **Sat**  
  Jul 6-Aug 24  
  11:30 AM-12:25 PM  
  229359  
  $47.60/7 sessions
**Sports**

**Badminton (6-9 yrs)**
*Double J Sports*
Introduction to badminton. Lessons are based on learning techniques, rallies and plays. Bring your own racquet if you have one.

- **Tue**  Jul 2-Aug 27  4:00 PM-4:55 PM  225117
  - **$81/7 sessions**

**Badminton (9-16 yrs)**
*Double J Sports*
Introduction to badminton. Lessons are based on learning techniques, rallies and plays. Bring your own racquet if you have one.

- **Tue**  Jul 2-Aug 27  5:00 PM-5:55 PM  225116
  - **$81/7 sessions**

**Basketball (6-9 yrs)**
*Mantej Jassal*
Learn some fundamental skills while having fun. Children will be taught how to dribble, shoot and score their way into a game! Program is taught by our young leader. No class Aug 3.

- **Sat**  Jul 6-Aug 24  10:50 AM-11:35 AM  225101
  - **$45.50/7 sessions**

**Soccer (6-9 yrs)**
*Mantej Jassal*
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, non-competitive game. Program is taught by a young leader. No class Aug 3.

- **Sat**  Jul 6-Aug 24  11:50 AM-12:35 PM  224864
  - **$45.50/7 sessions**

**Basketball (8-12 yrs)**
*Dilan Sunthareswaran*
Learn some fundamental skills while having fun. Children will be taught how to dribble, shoot and score their way into a game! Program is taught by a young leader. No class Aug 4.

- **Sun**  Jul 7-Aug 25  10:50 AM-11:40 AM  225100
  - **$45.50/7 sessions**

**Soccer (8-12 yrs)**
*Dilan Sunthareswaran*
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. Program taught by a young leader. No class Aug 4.

- **Sun**  Jul 7-Aug 25  11:50 AM-12:40 PM  224863
  - **$45.50/7 sessions**

**Fitness & Health**

**Kids Yoga (6-15 yrs)**
*Varalaxmi Mudunoori*
Yoga is an ancient art based on the subtle science, of the body, mind and soul. Children will learn discipline, develop confidence, increase concentration, learn to focus, and create their own formula for positive thinking. This class will teach meditation, breathing techniques, body posture (asanas), visualization process, and control of mind and body through varieties of authentic yoga system. No registration after second class. No class Aug 3.

- **Sat**  Jul 6-Aug 24  11:15 AM-12:00 PM  224997
  - **$49/7 sessions**
Martial Arts

Taekwondo (5-13 yrs)
Third Eye Martial Arts

Taekwondo program is designed to develop physical strength and teach practical self-defense techniques in stand-up and ground position. Another aspect of Taekwondo is Olympic sport sparring training, which is introduced at the intermediate level. Black belts will receive their certificates from the World Taekwondo Headquarters (Kukkiwon). All tests are conducted by Master E. Saadati, black belt (7th degree) and world Taekwondo champion. Testing is optional (belt fee extra). Uniform required; see instructor on first class. No class Aug 3 & 5.

**Beginner**
- Mon: Jul 8-Aug 26, 5:00 PM-6:00 PM
- 224835
- $84/7 sessions
- Sat: Jul 6-Aug 24, 11:45 AM-12:45 PM
- 224834
- $84/7 sessions

**Intermediate**
- Mon: Jul 8-Aug 26, 4:00 PM-5:00 PM
- 224833
- $84/7 sessions

**Int/Adv**
- Sat: Jul 6-Aug 24, 10:45 AM-11:45 AM
- 224832
- $84/7 sessions

Kung Fu (4-6 yrs)
Daniel Kun

South Eastern traditional Kung Fu Ngo Cho Kun (Five Ancestors Fist) is a form of martial arts that incorporates five different styles of kungfu into one and focuses on strength and power. Students will learn the foundations (form and technique) and progress through levels. We will be exploring the Kung Fu empty hand form of Sam Chien and the staff: form, drills, and techniques. Teen, adult, and parent participation are welcomed. For more information, visit www.konghankungfu.com/canada.html. No class Aug 4.

- Sun: Jul 7-Aug 25, 9:10 AM-9:55 AM
- 224996
- $56/7 sessions

Karate (6+ yrs)
George Chan

Have fun while learning traditional Go-Ju Ryu Karate-Do with 7th Dan Shihan George Chan (over 30 years of Karate and teaching experience) and his Senior Assistants. This Karate program improves focus, self-discipline, physical fitness and motor skills. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. This class is intended for all ages. Depending on the size of the class and differences in levels, there will be sub-groups within the class. For more information, visit www.kuyukai.com. No class Aug 4.

- Sun: Jul 7-Aug 25, 12:00 PM-12:55 PM
- 224999
- $70/7 sessions

Dance

Rhythmic Gymnastics Dance (7-12 yrs)
Elite Gymnastics

Rhythmic gymnastics is a wonderful sport to test hand-eye coordination, balance, agility, flexibility, and rhythm. Instructors are certified with the National Coaching Certification Program. No class Aug 5.

**Rhythmic Gymnastics Dance**
- Mon: Jul 8-Aug 26, 4:30 PM-5:30 PM
- 224880
- $59.50/7 sessions

Bollywood Dance (8-12 yrs)
Niki Patel

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.

**Bollywood Dance**
- Tue: Jul 2-Aug 27, 6:00 PM-7:00 PM
- 225056
- $72/9 sessions

Ballet (6-8 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, and self expression in a fun and supportive environment. 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 class Aug 3.

**Ballet**
- Tue: Jul 2-Jul 30, 5:30 PM-6:30 PM
- 225108
- $32.50/5 sessions
- Sat: Jul 6-Jul 27, 11:45 AM-12:45 PM
- 225105
- $34/4 sessions

Kung Fu (4-6 yrs)
Daniel Kun

South Eastern traditional Kung Fu Ngo Cho Kun (Five Ancestors Fist) is a form of martial arts that incorporates five different styles of kungfu into one and focuses on strength and power. Students will learn the foundations (form and technique) and progress through levels. We will be exploring the Kung Fu empty hand form of Sam Chien and the staff: form, drills, and techniques. Teen, adult, and parent participation are welcomed. For more information, visit www.konghankungfu.com/canada.html. No class Aug 4.

- Sun: Jul 7-Aug 25, 9:10 AM-9:55 AM
- 224996
- $56/7 sessions

Karate (6+ yrs)
George Chan

Have fun while learning traditional Go-Ju Ryu Karate-Do with 7th Dan Shihan George Chan (over 30 years of Karate and teaching experience) and his Senior Assistants. This Karate program improves focus, self-discipline, physical fitness and motor skills. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. This class is intended for all ages. Depending on the size of the class and differences in levels, there will be sub-groups within the class. For more information, visit www.kuyukai.com. No class Aug 4.

- Sun: Jul 7-Aug 25, 12:00 PM-12:55 PM
- 224999
- $70/7 sessions
**Art and Education**

**Reading Buddies (7-11 yrs)**  
*Learning Buddies Network*

Learning Buddies Network is a non profit organization dedicated to helping elementary school students develop essential literacy and math skills through free one on one, after school tutoring in a fun group setting. We reach children who otherwise would not have the help they need. Our goals are to enhance self-esteem through improvement in academic skills, and to ignite a passion for learning in a safe and caring environment. If you are interested about the program, please e-mail info@learningbuddiesnetwork.com or find out more at http://learningbuddiesnetwork.com/

- **Mon Wed Thu**  Jul 8-Aug 1  4:00 PM-6:00 PM  
  225607

**Art Party (5-8 yrs)**  
*Olga Chowdhury*

Join our local artist Olga for some art games and art development. Participants will learn art through play and learn the different techniques to painting. This program will stimulate children's imagination and creativity through a fun, art party concept.

- **Wed**  Jul 3-Jul 31  5:00 PM-5:45 PM  
  225140  $75/5 sessions
- **Wed**  Aug 7-Aug 28  5:00 PM-5:45 PM  
  225146  $60/4 sessions

**Coding - Learn.Think.Play. (8-13 yrs)**  
*Vancouver Eagles*


- **Thu**  Jul 4-Jul 25  6:00 PM-8:00 PM  
  224790  $160/4 sessions

**Baking Buddies (7-11 yrs)**

Join this fun program with a buddy and start baking! Taught by a young leader, we will be baking yummy foods, such as cookies and cupcakes. Please bring a container on baking days. No class on Aug 5.

- **Mon**  Jul 8-Aug 19  4:00 PM-4:55 PM  
  229363  $40.80/7 sessions

**Artsy Baker (7-11 yrs)**

This program infuses the creative processes of arts and the deliciousness of baking all into one - the best of both worlds! We will also be baking yummy foods, such as s'mores and muffins. Program is taught by a young leader. Please bring a container on baking days.

- **Wed**  Jul 3-Aug 21  4:00 PM-4:55 PM  
  229364  $54.40/8 sessions

**Phonics Plus (7-11 yrs)**

Phonics Plus is geared for primary grade reading and writing. Children will work through worksheets and play fun games to help them with various reading and writing exercises. No class on Aug 4.

- **Sun**  Jul 7-Aug 25  9:30 AM-10:25 AM  
  229344  $47.60/7 sessions

**Head Start Math (7-11 yrs)**

This program is geared for primary grade math. Children will work through worksheets and play fun games to help them with various math problems and exercises. No class on Aug 4.

- **Sun**  Jul 7-Aug 25  10:30 AM-11:25 AM  
  229345  $47.60/7 sessions

**Imaginative Writing (7-11 yrs)**

Let your imagination flow! Children will be encouraged to be brave, and create short stories to practice and improve writing skills. No class on Aug 4.

- **Sun**  Jul 7-Aug 25  11:30 AM-12:25 PM  
  229346  $47.60/7 sessions
Summer Escape Daycamp 6-12 yrs

Children will visit local pools, beaches, parks and fun field trips lead by our trained and experienced leaders. Children will also participate in fun learning activities, such as team sports & games, cool arts & crafts and exciting science experiments.

Summer Escape is a 7-hour daycamp operating from 9:00am to 4:00pm for children 6-12 years of age. All out-trips and activities will be age-appropriate, with an emphasis on an special theme each week, from “Under The Sea” to “Game On!” A daycamp t-shirt will be provided to every camper. Hope you will be joining us for an exciting summer adventure!

What To Bring To Daycamp: Waiver and Activity Consent forms, snacks and lunch, water bottle, sunscreen (min. SPF 15), sunglasses, hat and yellow daycamp t-shirt (for out-trip days)!

<table>
<thead>
<tr>
<th>Week</th>
<th>Activity #</th>
<th>Dates</th>
<th>Highlights</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1 “Under the Sea”</td>
<td>221853</td>
<td>July 2-5</td>
<td>Vancouver Aquarium + Hillcrest Pool</td>
<td>$112</td>
</tr>
<tr>
<td>Week 2 “Super Science”</td>
<td>221854</td>
<td>July 8-12</td>
<td>Science World + Space Centre</td>
<td>$140</td>
</tr>
<tr>
<td>Week 3 “Adventure Awaits”</td>
<td>221855</td>
<td>July 15-19</td>
<td>Killarney Pool + Playland</td>
<td>$140</td>
</tr>
<tr>
<td>Week 4 “Party Animals”</td>
<td>221856</td>
<td>July 22-26</td>
<td>Greater Vancouver Zoo + Sandcastle Competition</td>
<td>$140</td>
</tr>
<tr>
<td>Week 5 “Game On”</td>
<td>221857</td>
<td>July 29-August 2</td>
<td>Terra Nova Adventure Park + Movie</td>
<td>$140</td>
</tr>
<tr>
<td>Week 6 “Mid-Summer Mash-up”</td>
<td>221858</td>
<td>August 6-9</td>
<td>Trout Lake + Big Splash</td>
<td>$112</td>
</tr>
<tr>
<td>Week 7 “Things In Motion”</td>
<td>221859</td>
<td>August 12-16</td>
<td>New Brighton Pool + Skating</td>
<td>$140</td>
</tr>
<tr>
<td>Week 8 “Splish Splash”</td>
<td>221860</td>
<td>August 19-23</td>
<td>Granville Island + Kitsilano Beach + Talent Show</td>
<td>$140</td>
</tr>
</tbody>
</table>

Before & After-Care
Before Care: 8:00am-9:00am  
After Care: 4:00pm-5:00pm  
$30/week for both Before and After Care.  
$15/week for either Before or After Care.

Late Pick-Up Fee
If you are late to pick-up your child, the following fees are applied:  
$10 for the first 15 minutes  
$1 for each minute thereafter

Schedule Subject to Change

Designated Adult (Pick-Up and Drop-Off)  
If your child is being picked up, please provide the full name and contact information of the designated adult on the Waiver and Activity Consent forms.  
If an adult other than the designated adult will be picking up your child, please call the daycamp and provide the adult’s name and an identifying code word. The adult will be asked to show their ID and provide the code before the child is released to their care.

Waiver and Activity Consent Forms for All Daycamps
Parent/Guardian must complete and submit the Waiver and Activity Consent forms for the child to be registered for the Summer Escape Daycamp, Chaos Boys Youth Camp and C.R.E.W. Girls Camp. The Waiver and Activity Consent forms are available in-person at Sunset Community Centre or online on mysunset.net.
Specialty Day Camps

Glow Kids Summer Camp (6-12 yrs)
Lia Fletcher
Learn to sing, dance, act, and build costumes/sets through arts and crafts projects. Kids will also learn how to get ready for auditions and live performances based on beloved musicals, plays, and films. While this fun-filled camp will take place at Sunset Community Centre, it will end with a theatre production at Moberly Arts and Cultural Centre on Friday, August 16. On sunny days, kids will get to practice outside and play outdoors. This is an excellent way to find out if your child enjoys the performing arts. No previous dance or acting experience necessary. Participants are placed into groups according to experience.
Mon-Fri Aug 12-Aug 16 9:00 AM-3:00 PM
230173 $205/5 sessions

Glow Kids Summer Camp - After Care (6-12 yrs)
Lia Fletcher
After Care is only available to children registered in Glow Kids Spring Musical Theatre Camp. Extra fee may be charged for late pick ups.

Week 2
Mon-Fri Aug 12-Aug 16 3:00 PM-5:30 PM
230174 $75/5 sessions

Camps with 604 Bhangra
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 program is taught by Sandip Rakhra.

Preschool - Beginner (3-5 yrs)
Mon-Fri Aug 12-Aug 16 1:15 PM-2:00 PM
228507 $43.75/5 sessions

Preschool - Returning (3-5 yrs)
Mon-Fri Aug 12-Aug 16 2:15 PM-3:00 PM
228508 $43.75/5 sessions

Children (6-8 yrs)
Mon-Fri Aug 12-Aug 16 3:15 PM-4:15 PM
228509 $58.75/5 sessions

Children (9-15 yrs)
Mon-Fri Aug 12-Aug 16 4:30 PM-6:00 PM
228510 $90/5 sessions

Camps with Karveena

Number Explorers (4-7 yrs)
Gain a head start in math with this program! This class is designed to help children improve their understanding and usage of numbers and math through fun activities, games and worksheets.
Mon-Fri Jul 15-Jul 19 12:00 PM-1:00 PM
225611 $44/5 sessions
Mon-Fri Aug 19-Aug 23 12:00 PM-1:00 PM
228377 $44/5 sessions

Little Einsteins (4-7 yrs)
Learn basic preschool knowledge such as the alphabet, numbers, colours, days of the week, months of the year, opposites and more! This class is designed to help children improve their understanding of pre-kindergarten information and develop their interests in reading and writing.
Mon-Fri Jul 15-Jul 19 1:00 PM-2:00 PM
225609 $44/5 sessions
Mon-Fri Aug 19-Aug 23 1:00 PM-2:00 PM
228376 $44/5 sessions

Reading & Writing (8-13 yrs)
This program is for children who want to improve and advance in their reading and writing skills. Activities will revolve around short stories, poetry, drama and story writing.
Mon-Fri Jul 15-Jul 19 1:00 PM-2:00 PM
225612 $44/5 sessions
Mon-Fri Aug 19-Aug 23 1:00 PM-2:00 PM
228378 $44/5 sessions

Readers Theater (8-13 yrs)
Reader’s theater is a strategy that combines reading practice and performing. Its goal is to enhance students’ reading skills and confidence by having them practice reading with a purpose. Reader’s theater gives students a real reason to read aloud.
Mon-Fri Jul 15-Jul 19 2:00 PM-3:00 PM
228783 $44/5 sessions
Mon-Fri Aug 19-Aug 23 2:00 PM-3:00 PM
228784 $44/5 sessions

Art Start (8-13 yrs)
Students will explore various elements of design through guided drawings, nature inspired art, creating mandalas, working with clay and building a mini art museum. No experience is required and all supplies are included in cost.
Mon-Fri Jul 15-Jul 19 3:00 PM-4:00 PM
228375 $44/5 sessions
Mon-Fri Aug 19-Aug 23 3:00 PM-4:00 PM
228379 $44/5 sessions

Creative Remix Camp
See page 8 for details.
Ballet Camp with 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. Class will progress throughout the session, culminating in a presentation on the last day of class. Please come in form fitting clothing and ballet slippers.

3-4 yrs
Tue-Fri
Aug 6-Aug 9
12:00 PM-12:45 PM
225595
$26/4 sessions

4-6 yrs
Tue-Fri
Aug 6-Aug 9
12:45 PM-1:45 PM
225596
$34.40/4 sessions

6-8 yrs
Tue-Fri
Aug 6-Aug 9
1:45 PM-3:15 PM
225597
$50/4 sessions

Byte Camp – 3D Animation (11-14 yrs)
Byte Camp
Dreaming of a career with PIXAR? Ever wonder how those awesome 3D animated movies like Shrek, Toy Story and Frozen are made? Spend the week learning how by modeling, animating and telling your own stories in 3D. You’ll use Blender, a wonderful (& free!) 3D software, to design characters that jump off the screen and then make them come alive by adding voices, soundtracks and completing your own animated short film. Final projects are usually group projects with each student contributing a character and a scene.

Tue-Fri
Jul 2-Jul 5
9:00 AM-3:00 PM
228282
$265/4 sessions

Little Bookworms Camp (4-6 yrs)
Explore the world of imagination with books. Children will be exposed to reading, experiment various writing technique such as poems and journals, and express themselves through presentations to build reading, writing and presentation skills. Program is taught by a young leader.
Mon-Fri
Jul 29-Aug 2
12:00 PM-12:55 PM
229340
$34/5 sessions

Mini Scientists Camp (4-6 yrs)
Stimulate those little curious minds with science! Children will learn basic fun facts and try out various experiments.
Mon-Fri
Jul 29-Aug 2
1:00 PM-1:55 PM
229341
$34/5 sessions

Electro Science Camp (7-11 yrs)
An introduction to circuits and power: children will learn the basics of electromagnetic science, experiment with different activities and work on various projects such as creating a homemade light or battery powered car. Only dry-cells/batteries will be used.
Mon-Fri
Jul 29-Aug 2
2:00 PM-2:55 PM
229342
$34/5 sessions

Architects and Engineers Camp (7-11 yrs)
The world is built with shapes and runs on power. Children will learn the physics behind different bridges and concepts of electricity. Projects will also be created to validate learning. This educational and fun program will boggle those curious minds!
Mon-Fri
Jul 29-Aug 2
3:00 PM-3:55 PM
229343
$34/5 sessions

Check out Sunset Community Centre’s public art gallery featuring local artists
Chaos Boys Youth Camp & The C.R.E.W. Girls Youth Camp

The C.R.E.W (Confident, Responsible, Energetic Women) Girls Youth Camp (11-15 yrs)

This is a sports and leadership program for girls 11-15 years of age that runs from 10:00am to 4:00pm Monday to Friday. It provides opportunities for sport development in a safe and fun environment. Participants will get to engage in weekly activities such as sports and art projects, along with 1-2 out-trips, such as Watermania, Hillcrest pool, Castle Fun Park and many more!

The Chaos Boys Youth Camp (12-16 yrs)

The Chaos Boys Youth Camp runs Monday to Friday from 10:00am-4:00pm. It focuses on sports and leadership development for boys 12-16 years of age. The Chaos participants help plan weekly activities, ranging from sports tournaments, outdoor activities and leadership and community engagement. Each week, there will be 1-2 out-trips offered such as Playland, go-karting, bowling and many more! Weekly games, sports and leadership activities are also included!

<table>
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<tbody>
<tr>
<td>1</td>
<td>Chaos Boys #221815 Crew Girls #221829</td>
<td>July 2-5</td>
<td>Watermania + Bowling</td>
<td>$40</td>
</tr>
<tr>
<td>2</td>
<td>Chaos Boys #221816 Crew Girls #221830</td>
<td>July 8-12</td>
<td>Bike the Seawall + Go-Karting</td>
<td>$50</td>
</tr>
<tr>
<td>3</td>
<td>Chaos Boys #221817 Crew Girls #221831</td>
<td>July 15-19</td>
<td>Movie Theatre + Playland</td>
<td>$50</td>
</tr>
<tr>
<td>4</td>
<td>Chaos Boys #221818 Crew Girls #221832</td>
<td>July 22-26</td>
<td>Castle Fun Park + Cliffhanger Rock Climbing</td>
<td>$50</td>
</tr>
<tr>
<td>5</td>
<td>Chaos Boys #221819 Crew Girls #221833</td>
<td>July 29-August 2</td>
<td>Hillcrest Pool + e-spot</td>
<td>$50</td>
</tr>
<tr>
<td>6</td>
<td>Chaos Boys #221820 Crew Girls #221834</td>
<td>August 6-9</td>
<td>Deep Cove Hike + Big Splash</td>
<td>$40</td>
</tr>
<tr>
<td>7</td>
<td>Chaos Boys #221821 Crew Girls #221835</td>
<td>August 12-16</td>
<td>New Brighton Pool + Ice Skating</td>
<td>$50</td>
</tr>
<tr>
<td>8</td>
<td>Chaos Boys #221822 Crew Girls #221836</td>
<td>August 19-23</td>
<td>Richmond Mini-Putt+ Kitsilano Beach</td>
<td>$50</td>
</tr>
</tbody>
</table>

Schedule Subject to Change
Games Room and Open Gym

Games Room and Open Gym

Come hang out in the Games Room (Youth Lounge) or the gymnasium and play pool, foosball, ping pong, cards, drop-in basketball, or just chill with your friends. Get to know the Youth Staff, obtain resources, information, and learn about volunteer and work opportunities. Games Room and Open Gym hours may be subject to change without notice.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Open Gym</td>
<td>Youth Open Gym 8-18 yrs 3:15 PM-6:00 PM</td>
<td>Youth Open Gym 8-18 yrs 3:15 PM-6:00 PM</td>
<td>Youth Open Gym 8-18 yrs 3:15 PM-6:00 PM</td>
<td>Youth Open Gym 8-18 yrs 3:30 PM-10:00 PM</td>
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<tr>
<td>Games Room 8-18 yrs 3:00 PM-6:00 PM</td>
<td>Games Room 8-18 yrs 3:00 PM-6:00 PM</td>
<td>Games Room 8-18 yrs 3:00 PM-6:00 PM</td>
<td>Games Room 8-18 yrs 3:00 PM-6:00 PM</td>
<td>Games Room Preteen 9-12 yrs 3:00 PM-5:00 PM 13-18yrs 5:00 PM-9:45 PM</td>
</tr>
</tbody>
</table>
Music Lessons All Ages

Violin Private Lessons
Ali Nourbakhsh
Join as a complete beginner or tune up your violin skills. Students of all levels are welcome! Learn the violin in a supportive environment with a dedicated teacher, who will also provide you with information on how to get the appropriate size and type of violin. Lessons are scheduled in 30 minute time slots. For more information, visit www.viol.ir
Tue Jul 2-Aug 27 5:15 PM-8:15 PM
$171/9 sessions

Piano - Private Lessons with Emily
Emily Leung
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 class Aug 4.
Sun Jul 7-Aug 16 9:00 AM-1:00 PM
$114/6 sessions

Piano - Private Lessons with Joanna
Joanna Wan
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 class Aug 5.
Sun Jul 7-Aug 25 3:00 PM-8:30 PM
Mon Jul 8-Aug 26 3:00 PM-8:30 PM
$133/7 sessions

Piano - Private Lessons with Karen
Karen Wu
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.
Thu Jul 4-Aug 22 3:30 PM-8:00 PM
$152/8 sessions
Fri Jul 5-Aug 23 1:00 PM-4:00 PM
$152/8 sessions

Group Music Lessons

Group Singing Class (16+ yrs)
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 $8.
Mon Aug 12-Aug 26 1:00 PM-3:00 PM
$20/3 sessions
Thu Aug 1-Aug 29 9:45 AM-11:45 AM
$33.33/5 sessions

Adapted Access

Badminton – Adaptive (19+ yrs)
Vancouver Coastal Health
An opportunity to engage in recreational badminton in a supportive and social environment. FACILITATED by Vancouver Coastal Health for their clients and family members. Contact Jessie Koop @ 604-266-6124 for more details. Participation is by referral only.
Tue Jul 2-Aug 27 2:00 PM-3:00 PM
FREE

DID YOU KNOW?
Sunset now has a Community Garden, with shared garden beds.
For an application for membership, please email Keona Wiley at ki.plants@gmail.com.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Happy Line Dance with Angela</td>
<td>Seniors Badminton</td>
<td>Table Tennis Drop In</td>
<td>Chair Yoga</td>
<td>Seniors Badminton</td>
<td>Table Tennis Drop In</td>
<td>Gentle Yoga – Beginner</td>
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<tr>
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<td>9:15am-11:15am</td>
<td>9:15am-10:15am</td>
<td>9:00am-11:00am</td>
<td>9:15am-11:15am</td>
<td>9:15am-11:15am</td>
</tr>
<tr>
<td>Karate Black Belt</td>
<td>Table Tennis Drop In</td>
<td>Qi Gong – Baduanjin with Sprina</td>
<td>Table Tennis Drop In</td>
<td>Table Tennis Drop In</td>
<td>Tai Chi with Amy Traditional</td>
<td>Modern Line Dance with Lucy</td>
</tr>
<tr>
<td>10:15am-11:15am</td>
<td>9:15am-11:15am</td>
<td>9:30am-10:25am</td>
<td>9:15am-11:15am</td>
<td>9:15am-11:15am</td>
<td>9:20am-10:10am</td>
<td>11:30am-1:00pm</td>
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<tr>
<td>Modern Line Dance with Lucy</td>
<td>Modern Line Dance with Lucy</td>
<td>Modern Line Dance with Lucy</td>
<td>Healthiest Babies Possible</td>
<td>Modern Line Dance with Lucy</td>
<td>Tai Chi with Amy Health</td>
<td>Happy Line Dance with Angela</td>
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<tr>
<td>11:15am-12:45pm</td>
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<td>10:00am-11:30am</td>
<td>9:30am-12:00pm</td>
<td>10:00am-12:00pm</td>
<td>10:15am-11:05am</td>
<td>10:15am-11:05am</td>
</tr>
<tr>
<td>Taichi with Sprina Kungfu Fan</td>
<td>Karate Drop-in</td>
<td>Qi Gong - Mawangdui Doyin Shu</td>
<td>Morning Yoga</td>
<td>Karaoke Drop-in</td>
<td>Tai Chi with Amy Sword</td>
<td>Karaoke Drop-in</td>
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<td>10:30am-11:25am</td>
<td>10:00am-12:00pm</td>
<td>12:00pm-2:50pm</td>
<td>10:30am-11:30am</td>
<td>11:10am-12:00pm</td>
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<tr>
<td>Karaoke Drop-in</td>
<td>Karaoke Drop-in</td>
<td>Line Dance with Hanna</td>
<td>Bhangra Basics</td>
<td>Karaoke Drop-in</td>
<td>Tai Chi with Amy Sword</td>
<td>Sunbrites Chinese Seniors Society</td>
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<tr>
<td>12:00pm-2:50pm</td>
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<td>10:30am-12:15pm</td>
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<td>10:30am-11:30am</td>
<td>12:30pm-4:00pm</td>
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<tr>
<td>Senior Social Dance</td>
<td>Bhangra Basics</td>
<td>Chinese Senior Drama</td>
<td>Bridge Drop in</td>
<td>Chinese Classical Dance</td>
<td>Senior Social Dance</td>
<td>English Corner</td>
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<td>12:30pm-3:15pm</td>
<td>1:00pm-3:00pm</td>
<td>1:15pm-3:15pm</td>
<td>7:00pm-8:00pm</td>
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<tr>
<td>Chinese Classical Dance</td>
<td>Bridge Drop in</td>
<td>Karaoke Drop-in</td>
<td>Senior Social Dance</td>
<td>Seniors Social Dance</td>
<td>Taekwondo - Advanced 13+ yrs</td>
<td>English Corner</td>
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<td>6:00pm-7:00pm</td>
<td>7:00pm-8:00pm</td>
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<tr>
<td>English Conversation Class</td>
<td>Strength &amp; Conditioning Boot Camp</td>
<td>Healthy Living Program</td>
<td>Traditional Shaolin Kungfu</td>
<td>Healthy Living Program</td>
<td>Modern Line Dance with Lucy</td>
<td>Zumba</td>
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<td>12:30pm-3:00pm</td>
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<td>7:00pm-8:30pm</td>
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<tr>
<td>Taekwondo - Advanced 13+ yrs</td>
<td>Bhangra Bootcamp</td>
<td>Tai Chi with Amy Sword</td>
<td>6:00pm-7:00pm</td>
<td>6:00pm-7:00pm</td>
<td>Modern Line Dance with Lucy</td>
<td>Acrylic Painting for Beginners</td>
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<td>6:30pm-7:20pm</td>
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<td>7:00pm-8:30pm</td>
<td>6:30pm-8:30pm</td>
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<tr>
<td>English Corner</td>
<td>Bollywood Dance Workout</td>
<td>Tai Chi with Amy Yang Style</td>
<td>Strength &amp; Conditioning Boot Camp</td>
<td>Modern Line Dance with Lucy</td>
<td>Bhangra Bootcamp</td>
<td>Bhangra Bootcamp</td>
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<tr>
<td>7:00pm-8:00pm</td>
<td>7:00pm-8:00pm</td>
<td>7:30pm-8:20pm</td>
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<td>7:00pm-8:30pm</td>
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<td>6:30pm-7:30pm</td>
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<tr>
<td>Zumba</td>
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</tbody>
</table>
Art and Education

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

Thu Jul 4 6:30 PM-8:30 PM
225126 FREE TRIAL
Thu Jul 11-Aug 1 6:30 PM-8:30 PM
225139 $57.14/4 sessions
Thu Aug 8-Aug 29 6:30 PM-8:30 PM
225145 $57.14/4 sessions

English Conversation Class
Gerry Kline
This conversation session is great for non-English speakers to practice speaking English and to get comfortable speaking in a group. Join us for this conversational English class led by an experienced English Teacher. Everyone with any level of English is welcomed. Sign up in advance as spaces fill up fast. Bring a pen and a notebook.

Tue Jul 2-Aug 27 4:00 PM-5:00 PM
225038 FREE

English Corner
Bijan Adiparvar
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 welcome! Please register. No class Aug 5.

Mon Jul 8-Aug 26 7:00 PM-8:30 PM
225037 FREE

Fitness & Health

Strength & Conditioning Boot Camp
Mike Lin
This program offers high intensity interval training themed conditioning class that utilizes a wide range of equipment including TRX suspension training, dumbbells, kettlebells and much more. Classes are held indoors and outdoors (weather permitting). For all levels. Drop-in $16.

July
Tue Thu Jul 2-Jul 30 6:00 PM-7:00 PM
224850 $107.14/9 sessions

August
Tue Thu Aug 1-Aug 29 6:00 PM-7:00 PM
224851 $107.14/9 sessions

Pilates
Mary Craig
We practice fundamental mat exercises and also enjoy some great stretch sequences, too. Equipment such as mats, rollers, bands and fitness circles are used. Everyone works at their own pace in this class. For more information about Mary Craig, please visit www.purepilatesvancouver.ca.

Tue Jul 2-Jul 23 6:00 PM-7:00 PM
224895 $38.10/4 sessions

Zumba
Zumba Vancouver
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. www.zumabavancouver.ca. Drop-in $9.

Tue Jul 2-Jul 30 7:30 PM-8:30 PM
224794 $35/5 sessions

Tue Aug 6-Aug 27 7:30 PM-8:30 PM
225161 $28/4 sessions

Bollywood Dance Workout
Niki Patel
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!

Tue Jul 2-Aug 27 7:00 PM-8:00 PM
225055 $72/9 sessions

Tax not included in program fees and will be added upon registration.
## Dance Fit with Angela

*Angela Tsay*

Facilitated in Mandarin, this class is a non-stop workout that includes 4 different speeds of beautiful music. The movements are based on basic step and are easy to follow. Fun-filled actions include tea picking, trains, boating, volleyball, golf, table tennis, swimming, drumming, knitting, etc. This unique course will help you develop a healthy body and mind. You’ll really enjoy it! No partner required. Drop-in $6. No class Aug 3.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat</td>
<td>Jul 6-Aug 24</td>
<td>9:15 AM-10:15 AM</td>
<td>$26.67/7 sessions</td>
</tr>
<tr>
<td>Interim</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat</td>
<td>Aug 3, Aug 31</td>
<td>9:15 AM-10:15 AM</td>
<td>$7.62/2 sessions</td>
</tr>
</tbody>
</table>

## Yamuna Body Rolling

*Micheline Gauthier*

YAMUNA® Body rolling is both a workout and self-massage. It will enable you to perform at your best whatever sport you practice. Roll your entire body on a rubber ball; this approach will tone, lengthen and strengthen muscles, stimulate bones (great to prevent or treat osteoporosis!) and optimize range of motion in your joints. Drop-in $21.

### July

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Fri</td>
<td>Jul 12-Jul 26</td>
<td>10:30 AM-11:25 AM</td>
<td>$45/3 sessions</td>
</tr>
<tr>
<td>Aug</td>
<td>Aug 2-Aug 23</td>
<td>10:30 AM-11:25 AM</td>
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### August

<table>
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<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Mon Wed</td>
<td>Jul 8-Jul 29</td>
<td>12:30 PM-1:15 PM</td>
<td>$34.29/6 sessions</td>
</tr>
</tbody>
</table>

## Steady Feet

*Rachel King*

Steady Feet is a balance and mobility program recommended by doctors and physiotherapists. This program has a strong focus on fall prevention. Drop-in $8. No class Jul 17, Aug 14, Aug 21.

### July

<table>
<thead>
<tr>
<th>Day</th>
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<th>Time</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Mon Wed</td>
<td>Jul 8-Jul 29</td>
<td>12:30 PM-1:15 PM</td>
<td>$22.86/4 sessions</td>
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### August

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon Wed</td>
<td>Aug 12-Aug 28</td>
<td>12:30 PM-1:15 PM</td>
<td>$22.86/4 sessions</td>
</tr>
</tbody>
</table>
ADULT

Martial Arts

Karate - Black Belt Special Training Class
George Chan
This class will focus on training for Black Belt level only. Geared for senior additional training on special katas or techniques. Training will be led by Kyoshi 7th Dan George Chan, teaching the Go-Ju Ryu black belt kata, Kubudo (Sai). This special training session is open to black belts from all Dojos and styles. A good forum for black belts to experience outside their own dojo and yet maintain their own styles. For more information: www.kuyukai.com. Classes run on Jul 14, Jul 28, Aug 11, Aug 25.

Sun
Jul 14-Aug 25
10:15 AM-11:15 AM
227196
$60/4 sessions

Taekwondo - Advanced (Mon) (13+ yrs)
Third Eye Martial Arts
Ultimate Martial Arts training 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 intermediate and advanced levels. Black belts will receive their certificates from the World Taekwondo Headquarters (Kukkiwon). Testing is optional (belt fee extra). Uniform required; see instructor on first class. No class Aug 5.

Mon
Jul 8-Aug 26
6:00 PM-7:00 PM
224837
$84/7 sessions

Traditional Shaolin Kungfu
Matthias Klenk
Free Trial! Students will develop confidence, strength and positive social skills through traditional Shaolin kungfu. This training provides effective self-defense skills and improves physical health.

Thu
Jul 4
4:45 PM-5:45 PM
224818
FREE TRIAL

Thu
Jul 11-Aug 1
4:45 PM-5:45 PM
224817
$32/4 sessions

Thu
Aug 8-Aug 29
4:45 PM-5:45 PM
225160
$32/4 sessions

DID YOU KNOW?

Sunset now has a Community Garden, with shared garden beds.

For an application for membership, please email Keona Wiley at ki.plants@gmail.com.

Tax not included in program fees and will be added upon registration.

Dance

Happy Line Dance with Angela
Angela Tsay
Facilitated in Mandarin, this class includes warm up, international folk dance, line dance, and stretching. It’s fun and very good exercise. You’ll really enjoy it! No partner required. Drop-in $5. No class Aug 4.

Tue
Jul 2-Aug 27
10:30 AM-11:45 AM
225018
$34.29/9 sessions

Sun
Jul 7-Aug 25
10:00 AM-11:15 AM
225019
$26.67/7 sessions

Interim
Sun
Aug 4, Sep 1
10:00 AM-11:15 AM
225017
$7.62/2 sessions

Line Dance with Hanna
Hanh Hanna Yung
Facilitated in Cantonese, line dancing with Hanna is for older adults and seniors who want to have fun, make new friends, reduce stress and have some exercise. The line dance program is themed to a variety of music from Western, Asian and Latin music. No partner required.

Wed
Jul 10-Aug 28
10:30 AM-12:15 PM
224994
$30.48/8 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 $5. No class Aug 3, Aug 4, Aug 5.

Level 1
Thu
Jul 4-Aug 29
7:00 PM-8:30 PM
224975
$34.29/9 sessions

Level 1 Plus
Tue
Jul 2-Aug 27
10:00 AM-11:30 AM
224974
$26.67/9 sessions

Level 2
Mon
Jul 8-Aug 26
10:30 AM-12:00 PM
224973
$26.67/7 sessions
Sat
Jul 6-Aug 24
11:30 AM-1:00 PM
224972
$26.67/7 sessions

Level 2 Plus
Sun
Jul 7-Aug 25
11:15 AM-12:45 PM
224971
$33.33/7 sessions

26

www.vancouver.ca/sunsetrec | www.mysunset.net Phone: 604.718.6505
### Tai Chi

#### Mulan Quan With Sword
*Sprina Fu*

Mulan Quan Sword is the only major Tai Chi style developed by a woman master. Its health benefits have attracted thousands of followers around the world. Drop-in $10. No class Aug 5.

<table>
<thead>
<tr>
<th>Mon</th>
<th>Jul 8-Aug 26</th>
<th>9:30 AM-10:25 AM</th>
<th>$56/7 sessions</th>
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</thead>
</table>

#### Taichi with Sprina - Kung Fu Fan
*Sprina Fu*

Learn many movements in this form of Tai Chi routine with the fan's artistic and martial art functions. Drop-in $8. No class Aug 5.

<table>
<thead>
<tr>
<th>Mon</th>
<th>Jul 8-Aug 26</th>
<th>10:30 AM-11:25 AM</th>
<th>$49/7 sessions</th>
</tr>
</thead>
</table>

#### Qi Gong - Baduanjin with Sprina
*Sprina Fu*

Baduanjin is the best exercise consisting of the eight best movements which consists of 8 forms. Activate body joints, muscles, regulate mental stress, improve metabolism, enhance heart and lung function, and promote blood circulation, thereby improving various physiological functions of the human body. Drop-in $7.

<table>
<thead>
<tr>
<th>Tue</th>
<th>Jul 2-Aug 27</th>
<th>9:30 AM-10:25 AM</th>
<th>$54/9 sessions</th>
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</thead>
</table>

#### Qi Gong - Mawangdui Daoyin Shu
*Sprina Fu*

The Mawangdui Daoyin Shu is based on the guideline and the follow-up behavior. Drop-in $7.

<table>
<thead>
<tr>
<th>Tue</th>
<th>Jul 2-Aug 27</th>
<th>10:30 AM-11:25 AM</th>
<th>$54/9 sessions</th>
</tr>
</thead>
</table>

### Workshops

#### DIY: Natural Perfume Making

Join us to make your own natural perfume. You will bring home: 1 roll on bottle of natural perfume (10ml) and 1 personal aromatherapy sniffy stick. We will be working with pure essential oils. We will also learn how to utilize essential oils to achieve emotional benefits.

<table>
<thead>
<tr>
<th>Wed</th>
<th>Jul 10</th>
<th>6:30 PM-8:30 PM</th>
<th>$35/1 session</th>
</tr>
</thead>
</table>
**Partner Programs**

**SVNH Settlement Services**  
*South Vancouver Neighbourhood House*  
South Vancouver Neighbourhood House provides itinerant settlement services at Sunset Community Centre. These services are free of cost and are offered to all. The settlement services focus on support, information and referral, in a number of languages. Talk to us about social benefits for seniors and families, parenting classes, form filling services, citizenship, job search, programs and workshops for new immigrants and much more.

- **Aug 3-26**  
  **1:15 PM-3:15 PM**

**Healthy Living Program**  
*South Vancouver Neighbourhood House*  
This program is for South Asian Women ages 25 and up, and is offered in Punjabi/Hindi. Join us to learn about the importance of physical activity and a healthy lifestyle and how to make healthy food choices, in a fun way. Activities include yoga, tai chi, dance, brisk walking and much more. For more information or registration, please call or email 604.324.6212 ext 134, humaira.imtiaz@southvan.org.

- **Aug 3-26**  
  **1:00 PM-3:00 PM**

**Healthiest Babies Possible**  
*Vancouver Coastal Health*  
Healthiest Babies Possible (HBP) provides nutrition counseling, 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 Kamal Kaila, Public Health Nurse, kamal.kaila@vch.ca, for referrals.

- **Aug 10, Aug 14**  
  **9:30 AM-12:00 PM**

**Philosopher’s Cafe**  
*SFU Philosopher’s Cafe*  
What different racisms have you experienced? Why do we judge and exclude people?

- **Jul 7**  
  **11:15 AM-12:40 PM**

How can a settler or immigrant cultures realize a harmonious relationship with Indigenous peoples of Canada?

- **Aug 11**  
  **11:15 AM-12:40 PM**

**Seniors Sports**

**Seniors Badminton**  
Priority given to adults over 50 years. No class Aug 5. Drop-in $3

- **Jul 8-Aug 26**  
  **9:00 AM-11:00 AM**

- **Jul 4-Aug 29**  
  **9:00 AM-11:00 AM**

**Table Tennis Drop-In**  
Drop-in for fun games of ping pong! Drop-in $1

- **Jul 8-Aug 26**  
  **9:15 AM-11:15 AM**

- **Jul 4-Aug 29**  
  **9:15 AM-11:15 AM**

**Chinese Classical Dance**  
*Helen Zhou*  
Chinese Classical Dance has a long history of thousands of years and is considered a jade of the Chinese Culture. The graceful movements of the dance not only display feelings but also accent the qualities of the dancer. This is an Advance class for participants who have previous experience with Chinese Classical Dance. Drop-in $2. No class Aug 5.

- **Jul 8-Aug 26**  
  **1:00 PM-3:00 PM**

**Seniors Dance**

**Senior Social Dance Drop-In**  
*Agnes (Wai Chun) Lee*  

- **Jul 8-Aug 26**  
  **1:15 PM-3:15 PM**

- **Jul 4-Aug 29**  
  **1:15 PM-3:15 PM**

**Philosopher’s Cafe**  
*SFU Philosopher’s Cafe*  
What different racisms have you experienced? Why do we judge and exclude people?

- **Jul 7**  
  **11:15 AM-12:40 PM**

How can a settler or immigrant cultures realize a harmonious relationship with Indigenous peoples of Canada?

- **Aug 11**  
  **11:15 AM-12:40 PM**
Bridge Drop-In
Come join our friendly group of Bridge players. Everyone is welcomed! Drop by and join us for some fun!

Tue  Jul 2-Aug 27  12:30 PM-3:15 PM
Thu  Jul 4-Aug 29  12:30 PM-3:15 PM
FREE

Pop-Up Knitting
Have a conversation with local community residents while sipping on tea and learning to knit! As a club, we will knit items to donate to local hospitals and shelters. Knitting tools and wool will be provided. This is a self-led activity.

Fri  Jul 5-Sep 27  11:00 AM-12:30 PM
FREE

Karaoke Drop-In
Joseph Yu
Come with your friends or meet new ones and sing some songs together. Please bring your own music. All languages are welcomed. No registration available. Drop-in only. No class Aug 5. Drop-in $2

Mon  Jul 8-Aug 26  12:00 PM-2:50 PM
Tue  Jul 2-Aug 27  12:00 PM-2:50 PM
Wed  Jul 3-Aug 28  12:00 PM-2:50 PM
Thu  Jul 4-Aug 29  12:00 PM-2:50 PM
Drop-in $2

Chinese Senior Drama Production
Come with your friends or meet new ones to be casually and socially involved in a drama play/production. Drop-in $2.

Wed  Jul 10-Aug 28  11:30 AM-1:30 PM
Drop-in $2
225047

Sunbrites Chinese Seniors Society
Join the Sunbrites Social Group for singing, dancing, arts & crafts, yoga, and much more! Drop-by and join us!

Fri  Jul 5-Aug 30  12:30 PM-4:00 PM
FREE
224849

Karaoke Luncheon
Sing, eat and be social. Come and enjoy an afternoon of karaoke and bbq lunch.

Tue  Jul 23  12:00 PM-4:30 PM
$10/person
229911

Like to Garden?
Join Sunset’s Community Garden with shared beds. See page 4 for details.
## Gymnasium Drop-in Sports Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Seniors Badminton</strong>&lt;br&gt;9:00am-11:00am&lt;br&gt;Jul 8-Aug 26&lt;br&gt;$3/drop-in&lt;br&gt;$14/7 sessions&lt;br&gt;224873</td>
<td><strong>Seniors Badminton</strong>&lt;br&gt;9:00am-11:00am&lt;br&gt;Jul 4-Aug 29&lt;br&gt;$3/drop-in&lt;br&gt;$18/9 sessions&lt;br&gt;224872</td>
<td><strong>Pickleball Beg/Int</strong>&lt;br&gt;12:00pm-2:00pm&lt;br&gt;Jul 9-Aug 27&lt;br&gt;$3/drop-in&lt;br&gt;$30/10 visit pass</td>
<td><strong>Pickleball Beg/Int</strong>&lt;br&gt;12:00 pm-2:00&lt;br&gt;Jul 4-Aug 29&lt;br&gt;$3/drop-in</td>
<td><strong>Pickleball Int/Adv</strong>&lt;br&gt;12:00pm-2:00pm&lt;br&gt;Jul 5-Aug 30&lt;br&gt;$3/drop-in</td>
</tr>
<tr>
<td><strong>Pickleball All Levels</strong>&lt;br&gt;11:00am-1:00pm&lt;br&gt;Jul 8-Aug 26&lt;br&gt;$3/drop-in&lt;br&gt;No class Aug 5</td>
<td><strong>Badminton Adaptive</strong>&lt;br&gt;2:00pm-3:00pm&lt;br&gt;Jul 2-Aug 27</td>
<td><strong>Volleyball</strong>&lt;br&gt;6:05pm-7:40pm&lt;br&gt;Jul 3-Aug 28&lt;br&gt;$6/drop-in&lt;br&gt;$47.14/9 sessions&lt;br&gt;224858</td>
<td><strong>Ball Hockey</strong>&lt;br&gt;7:45pm-9:20pm&lt;br&gt;Jul 4-Aug 29&lt;br&gt;$6/drop-in&lt;br&gt;$47.14/9 sessions&lt;br&gt;225111</td>
<td><strong>Pickleball Int/Adv</strong>&lt;br&gt;12:00pm-2:00pm&lt;br&gt;Jul 5-Aug 30&lt;br&gt;$3/drop-in</td>
</tr>
<tr>
<td><strong>Badminton</strong>&lt;br&gt;7:00pm-8:25pm&lt;br&gt;Jul 8-Aug 26&lt;br&gt;$6/drop-in&lt;br&gt;$47.14/9 sessions&lt;br&gt;225114&lt;br&gt;No class Aug 5.</td>
<td><strong>Basketball</strong>&lt;br&gt;7:00pm-8:25pm&lt;br&gt;Jul 2-Aug 27&lt;br&gt;$6/drop-in&lt;br&gt;$47.14/9 sessions&lt;br&gt;225099</td>
<td><strong>Badminton</strong>&lt;br&gt;7:00pm-8:25pm&lt;br&gt;Jul 3-Aug 28&lt;br&gt;$6/drop-in&lt;br&gt;$47.14/9 sessions&lt;br&gt;225113</td>
<td><strong>Zumba Gold</strong>&lt;br&gt;9:00am-11:00am&lt;br&gt;Jul 4-Aug 29&lt;br&gt;$3/drop-in&lt;br&gt;$18/9 sessions&lt;br&gt;224872</td>
<td><strong>Zumba Gold</strong>&lt;br&gt;9:00am-11:00am&lt;br&gt;Jul 5-Aug 30&lt;br&gt;$3/drop-in&lt;br&gt;$18/9 sessions&lt;br&gt;224872</td>
</tr>
</tbody>
</table>

### Drop-in Sports
- Adult 19+ yrs.
- Priority given to registered participants.
- Registered participants have until 15 minutes after program start time to sign in.
- Registered participants must sign in person. Telephone sign-in will not be accepted.
- Extra spots will be sold to names on drop-in list 15 min. after program begins.
- Drop-ins must sign up in person, 15 minutes prior to start of program.
- Registered spaces are non-transferable.
- Prices do not include tax.

### Pickleball
- Bring your own ball.
- One South court is reserved for instructions taught by volunteers on Tuesdays & Thursdays, for Beginners only.

### Ball Hockey
- Please bring both a black and white shirt to help clearly identify teams.

## Aerobics Schedule

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Tuesday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Zumba Gold</strong>&lt;br&gt;10:00am-11:00am&lt;br&gt;Jul 7-Aug 25&lt;br&gt;(No class Aug 4)&lt;br&gt;Maria</td>
<td><strong>Zumba Gold</strong>&lt;br&gt;9:30am-10:25am&lt;br&gt;Jul 2-Aug 27&lt;br&gt;Maria</td>
<td><strong>Zumba Gold</strong>&lt;br&gt;9:30am-10:25am&lt;br&gt;Jul 5-Aug 30&lt;br&gt;Emily</td>
</tr>
</tbody>
</table>

For safety reasons, children are not permitted in the aerobics area during classes. Schedule is subject to change.

### Zumba Gold
ZUMBA® Gold is a low-impact dance-fitness class for beginners and older adults that use the zesty Latin music with easy to follow moves to create a dynamic and fun fitness class. ZUMBA® Gold classes strive to improve our balance, strength, flexibility and most importantly, the heart.
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!

![Room Images](dance_studio, gymnasium, hall, multipurpose)

**Book your room now!**

1. **Choose a Room** ✞ Visit [mysunset.net/facilities-rentals/rental-guidelines](http://mysunset.net/facilities-rentals/rental-guidelines) for more information.

2. **Submit Rental Request** ♡ Visit [recreation.vancouver.ca](http://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.

For questions please email sunsetrentals@vancouver.ca or phone 604.718.8269.

<table>
<thead>
<tr>
<th>Room</th>
<th>Capacity</th>
<th>Dimension (approx.)</th>
<th>Square Footage</th>
<th>Operating Hours Hourly Rate (+ GST)</th>
<th>After Operating Hours Hourly Rate (+ GST)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Craft Room</td>
<td>30</td>
<td>28x18</td>
<td>504</td>
<td><strong>$23</strong></td>
<td>$48</td>
</tr>
<tr>
<td>Multipurpose Room</td>
<td>40</td>
<td>26x25</td>
<td>650</td>
<td><strong>$23</strong></td>
<td>$48</td>
</tr>
<tr>
<td>Studio*</td>
<td>20</td>
<td>26x25</td>
<td>650</td>
<td>$23</td>
<td>$48</td>
</tr>
<tr>
<td>Hall</td>
<td>130</td>
<td>58x29</td>
<td>1682</td>
<td><strong>$70</strong></td>
<td>$70</td>
</tr>
<tr>
<td>Gym-Full</td>
<td>986</td>
<td>107x72</td>
<td>7704</td>
<td>$51</td>
<td>$76</td>
</tr>
</tbody>
</table>

*Studio can only be rented for small dance rehearsals.

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

Fri, Sat + Holidays 120 50x32 1600 $68
Sun-Thurs 120 50x32 1600 $56.70

**Additional Charges**

- **SOCAN + ReSound:** Music royalty fees will apply to all user groups that choose to play music. For more information, please see: www.socan.ca, www.resound.ca
  - $47.27 music only
  - $94.63 music + dance

- **Damage Deposit:** For all functions, a refundable damage deposit fee will be collected at time of booking.
  - $200

- **Staffing:** Number of staff depends on activity, scope and size of rental. **All party-related events that serve food or require extra supervision will be charged for staffing $25/hour/staff.**
  - $25

- **Technician for MACC:** A Technician is required for usage of bleachers, lights and audio system.
  - $35

- **Insurance:** Liability Insurance is required for sports, dance or any higher risk activities such as large events. Insurance is purchased from an external source. For more information, please see: www.eventpolicy.ca
Birthday Party Packages

Birthday Party
Rink Warm Room Rental

The Rink Warm Room is available for Birthday Party rentals on Saturdays and during our public skate. The room holds a maximum of 35 people.

Saturday 12:45pm-2:00pm (Room from 11:00am-3:00pm)

Host your party in the Sunset Rink Warm Room after our public skating. Party price is $102 for 15 admissions and 15 skate rental tickets. Additional admissions and rental tickets can be purchased at the rink reception for $3.20, and $3.45, respectively. SKATES ARE NOT PERMITTED IN THE WARM ROOM.

Book online at recreation.vancouver.ca

Skating Schedule

July 4-August 10, 2019

<table>
<thead>
<tr>
<th>Thursday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public Skate 1:45-3:00pm</td>
<td>Child &amp; Preschool Skate Lessons 10:00am-12:30pm</td>
</tr>
<tr>
<td>Child &amp; Preschool Skate Lessons 3:15-5:45pm</td>
<td>Public Skate 12:45-2:00pm</td>
</tr>
<tr>
<td>Teen/Adult Skate Lessons 5:15-5:45pm</td>
<td></td>
</tr>
</tbody>
</table>

We recommend groups of 10 or more call ahead to let us know you are coming. Skate rentals & helmets are first come, first served. We do not reserve skates or helmets for groups.

Birthday Party Packages

Birthday Party
Rink Warm Room Rental

The Rink Warm Room is available for Birthday Party rentals on Saturdays and during our public skate. The room holds a maximum of 35 people.

Saturday 12:45pm-2:00pm (Room from 11:00am-3:00pm)

Host your party in the Sunset Rink Warm Room after our public skating. Party price is $102 for 15 admissions and 15 skate rental tickets. Additional admissions and rental tickets can be purchased at the rink reception for $3.20, and $3.45, respectively. SKATES ARE NOT PERMITTED IN THE WARM ROOM.

Book online at recreation.vancouver.ca

Ice Skating Rates & Fees

<table>
<thead>
<tr>
<th></th>
<th>Single</th>
<th>10 Usage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tot (4 &amp; under)</td>
<td>FREE</td>
<td></td>
</tr>
<tr>
<td>Child (3-12yrs)</td>
<td>$3.20</td>
<td>$25.80</td>
</tr>
<tr>
<td>Youth (13-18yrs)</td>
<td>$4.48</td>
<td>$36.62</td>
</tr>
<tr>
<td>Adult (19-64yrs)</td>
<td>$6.41</td>
<td>$51.24</td>
</tr>
<tr>
<td>Senior (65+)</td>
<td>$4.48</td>
<td>$36.62</td>
</tr>
<tr>
<td>Discount Skate</td>
<td>50% off regular admission</td>
<td></td>
</tr>
<tr>
<td>Drop-in Hockey</td>
<td>$6.41</td>
<td>$51.24</td>
</tr>
<tr>
<td>Skate Rental</td>
<td>$3.45</td>
<td>$27.59</td>
</tr>
<tr>
<td>Skate Sharpening</td>
<td>$6.65</td>
<td></td>
</tr>
<tr>
<td>Family Rate</td>
<td>$3.20</td>
<td></td>
</tr>
</tbody>
</table>

Minimum charge of $6.41, 1-2 adults of same household and their children under 19 yrs.

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

Summer Session
Registration begins Friday June 28 at 7:00pm, online & in-person at all Vancouver Park Board Community Centres
The Sunset Rink Office will be open for in-person registration from 7:00-9:45pm.

Saturdays July 6-August 10, Thursdays July 4-August 8

• If you are unsure of which level to register in, we strongly recommend a FREE Skate Level assessment during our public skate sessions.

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

Sunset Ice Rink Affiliated Groups
Vancouver Angels Girls Ice Hockey Assoc. www.vancouvergirlshockey.com
Vancouver Thunderbird Minor Hockey www.vancouverbirds.ca
Sunset Figure Skating Club www.Sunsetskatingclub.com
VACHL www.vachl.com

What to do on the first day of lessons
• Arrive at least 15-20 minutes early
• Purchase skate rental or strip tickets at the front office cashier desk on or before the first lesson
• Take your ticket to the skate shop, request your skates and free use of helmet
• Go to the name tag board and pick your coloured name tag under the skate level your child is registered.
• Meet your skate instructor at the coloured square sign matching the colour of your child’s name.

Pre-CanSkate (3-5 year olds)
Lessons for ages 3-5 class; sizes of 6 or less
CanSkate/Advanced Canskate
The #1 Learn to Skate Program in Canada: 45min of instruction by certified Skate Canada Coaches

2019 Summer CanSkate Schedule
5-6 weeks
MON 5:45pm - 6:30pm  Jul 08th / Aug 05th $55
TUE 5:00pm - 5:45pm  Jul 02nd / Aug 06th $66
FRI 4:45pm - 5:45pm (1hr) Jul 05th / Aug 09th $88
SUN 10:00am -10:45am  Jul 07th / Aug 11th $66

No rental available. Skaters must come with their own helmet and skates!

Register ONLINE or IN PERSON. Visit our website for more information. Office located inside the arena and beside the trophies display.

Skate Canada Member #1001005
390 East 51st Avenue, 604-321-1330 or info@sunsetskatingclub.com
www.sunsetskatingclub.com

Rates & Fees
Prices Subject to Change
Single 10 Usage
Tot (4 & under) FREE
Child (3-12yrs) $3.20 $25.80
Youth (13-18yrs) $4.48 $36.62
Adult (19-64yrs) $6.41 $51.24
Senior (65+) $4.48 $36.62
Discount Skate 50% off regular admission
Drop-in Hockey $6.41
$51.24
Skate Rental $3.45
$27.59
Skate Sharpening $6.65

Family Rate $3.20
Minimum charge of $6.41, 1-2 adults of same household and their children under 19 yrs.
Children 7 years & younger must be accompanied on the ice by a parent or guardian over the age of 16 yrs.
VOLUNTEER AT SUNSET

Volunteering is a rewarding way to:
• Give back and get involved in the community
• Share your skills with others
• Meet new people who share your interests
• Gain experience or learn new skills you can use in a job or other areas of your life

Volunteers will have the opportunity to:
• Learn and implement new skills
• Share your skills with others
• Gain work experience
• Complete academic credits (build experience)
• Give back to the community
• Get involved in the community
• Be celebrated by a giving volunteer community

You can get involved in various ways:
• Arts & Culture Programs
• Licensed Childcare/Out of School Care
• Fitness Centre
• Special Events
• Recreation Programs
• Office/Admin/Marketing
• Board Committees

Email sunset.volunteers@vancouver.ca to get involved today!

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, 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.

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

Rink (Park Board) Programs
• See page 33 for Park Board Ice Skating Lesson refunds.
FITNESS CENTRE

Facility Equipment

- Treadmills (x3)
- Traverse Elliptical
- Ellipticals (x2)
- Spin Bikes (x2)
- Upright Bike
- Recumbent Bike
- Rowing Machine
- Step Machine
- Squat Rack
- Smith Machine
- Dual Adjustable Pulley
- Chest Press
- Shoulder Press
- Lat Pulldown
- Pectoral Fly/ Rear Deltoid Machine
- Rear Row
- Leg Curl
- Leg Press
- Ab Machine
- Assisted Chin/Dip
- Adjustable Benches
- Dumbbells
- Kettlebells
- Slam Balls
- Balance Balls
- Circular Weights
- Rollers
- Other Accessories for a full body workout

Facility Hours

July 1-September 2
Monday-Thursday .................. 8:30am-8:30pm
Friday ........................................ 8:30am-5:30pm
Saturday, Sunday .................... 9:00am-1:00pm

Holiday Schedule
August 5 & September 2 .......... 9:00am-1:00pm
Canada Day Celebration July 1 .... 12:00pm-4:00pm
Please note that the office closes 15 minutes before the facility closes.

Fitness Centre Fees

<table>
<thead>
<tr>
<th></th>
<th>Adults (16yrs+)</th>
<th>Seniors (65yrs+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop-in</td>
<td>$3.75</td>
<td>$3.50</td>
</tr>
<tr>
<td>10 tickets</td>
<td>$31.00</td>
<td>$27.50</td>
</tr>
<tr>
<td>1 month pass</td>
<td>$37.50</td>
<td>$32.50</td>
</tr>
<tr>
<td>3 month pass</td>
<td>$98.00</td>
<td>$86.00</td>
</tr>
<tr>
<td>6 month pass</td>
<td>$176.50</td>
<td>$150.00</td>
</tr>
<tr>
<td>12 month pass</td>
<td>$293.50</td>
<td>$268.00</td>
</tr>
<tr>
<td>Therapist Fee</td>
<td>$6.25 + Admission</td>
<td></td>
</tr>
</tbody>
</table>

Outside Trainers

Train your clients at Sunset Community Centre
You must be registered as an approved External Rehab Specialist and/or Personal Trainer with Sunset Community Association. For more information, please contact the Recreation Programmer, Mawi Bagon, at mawi.bagon@vancouver.ca or 604.718.6509.

Please note those Trainers who are observed to be using the facilities and who are not adhering to the Outside Trainers Registration may be denied access.

Phone: 604.718.6505
CANADA DAY CELEBRATION

July 1
12-4pm

Free Carnival Rides • BBQ & Concession
Community Partners • Live Entertainment

Sunset Park - 6810 Main Street, Vancouver (Main & East 53rd)
Proudly hosted by the Sunset Community Association.