

ONLINE CLICKABLE BROCHURE



Recreation Guide SUMMER 2023

Sunset Community Centre
Moberly Arts & Cultural Centre
Sunset Ice Rink



➔ www.mysunset.net

*Play, Explore
& Connect*

6810 Main St, Vancouver, BC V5X 0A1 • Front Office: 604.718.6505
Operated jointly by the Sunset Community Association & the Vancouver Board of Parks and Recreation



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

Sunset Community Association President's Message

Summer is finally here and it's time to enjoy the sunshine!

The spring season has been very eventful.

Many members of the community came out to participate in the Sunset garden community work-a-thon on Earth Day. We would love to see more members partake in enhancing this garden.

On April 20, Sunset Community Association had a very successful Annual General Meeting. As for the summer day camps, our summer Escape, Youth, and REMIX camps leaders have been working hard to organize and schedule exciting activities and out-trips. With a jam-packed summer, we look forward to seeing all the camper participate in these fun-filled educational, social, and recreational activities.

And last but not least, our annual Canada Day community celebration is coming up! We're excited to celebrate in-person with outdoor activities, live performances, and concession. In addition, Sunset Community Association is thrilled to host our second craft fair and supporting local artists. This is our largest event of the year and we're proud to have the support of the SCA, Heritage Canada Grant, and local community groups.

Respectfully Submitted,

Bhalwinder S Waraich
President, Sunset Community Association

Memberships

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

Association Board of Directors

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

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

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Facility Hours

July 1-September 1, 2023

Monday-Friday.....	8:30am-8:00pm
Saturday-Sunday	9:00am-1:30pm
August 7	9:00am-1:30pm
July 1 (Canada Day).....	Closed

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

Staff

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

Centre Program

Registration

Wednesday, June 14 at 9:00am

ONLINE at vanrec.ca



ONLINE at
vanrec.ca



BY PHONE
604.718.6505 ex 1.



IN PERSON at
6810 Main St.

Ice Skating Lessons

Registration Date for Summer Lessons
will begin Thursday, June 29 at 7:00pm

ONLINE at vanrec.ca

Sunset Rink will be closed for maintenance
over the summer months.

For alternative rinks and their respective programs,
please visit vanrec.ca for details.

How to Find Us



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

此小冊子介紹您本區的社區中心、藝術中心、溜冰場及健身中心之活動。

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



We extend our gratitude to the outgoing Board of Directors for the year 2022-2023, acknowledging their diligent efforts and unwavering commitment. We eagerly look forward to a remarkable year ahead under the guidance and leadership of the incoming Board.

Sunset Community Centre Administration Information

Registration Information

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



Program Refund Policy Centre (Association) Programs

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

Subsidy Policy

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

Rink (Park Board) Programs

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

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

Sunset Preschool

[VIEW ONLINE](#)

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

PRESCHOOL REGISTRATION

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

Requirements at the time of Preschool registration

- 1) We accept cheques or cash only. No Credit or Debit
 - 2) \$50 registration Fee (non-refundable) and a Deposit (equal to one month's fee) due at the registration. Please note this is not September Fee
 - 3) Post-Dated cheques for monthly payment.
 - We accept Affordable Child Care Benefit from Ministry of Children and Families.
- To apply for benefit call 1-888-338-6622 or on-line www.mcf.gov.bc.ca.
 Child Care Arrangement form after you complete the registration.
 If you have any questions, please call at 604-718-6512.



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

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

[VIEW ONLINE](#)

Time	Program	Fees
Before School Only	Care on Pro-D days, Winter/Spring Break is not guaranteed.	\$170
After School Only	Care on Pro-D days, Winter/Spring Break is not guaranteed.	\$410
Before and After School	Care on Pro-D days, Winter/Spring Break is guaranteed.	\$450

LICENSED CARE INFORMATION

Contact Paramjeet Munday, Licensed Childcare Manager Phone: 604.718.6512 | Email: paramjeet.munday@vancouver.ca



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

SUNSET COMMUNITY CENTRE PRESENTS

Community Celebration on Canada Day

SATURDAY JULY 1 2023

JOIN US FOR OUR BIGGEST EVENT YET, FEATURING A CRAFT FAIR, LIVE PERFORMANCES, CONCESSION, ARTS & CRAFTS, GAMES, AND MORE.

FREE ENTRY, FROM 12:00 PM - 4:00 PM

6810 MAIN ST, VANCOUVER BC | 604-718-6505



BC DAY

Monday Aug 7 2023

11AM TO 1PM

Come celebrate with us for a day filled with various activities including play gym, arts and crafts and many more!



6810 MAIN ST, VANCOUVER BC | 604-718-6505





Food Bank Pick Ups



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



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



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



All our food is donated and delivered weekly

Food Bank Donations

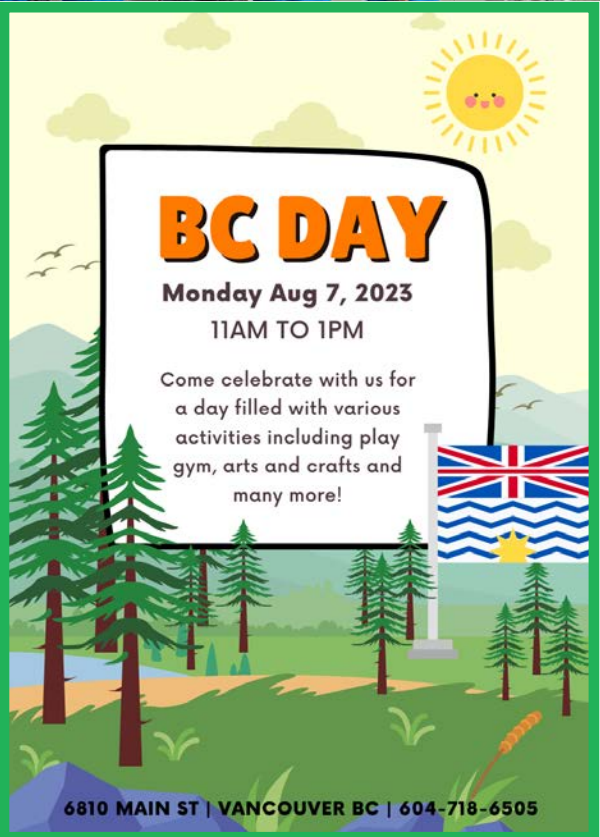
Join us in making a difference by supporting our food bank donation drive! Your generous contributions will directly benefit those within our community. We warmly welcome non-perishable food items, even those up to 3 months past their best before date. Every can, box, or bag of nourishment can help an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

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

Visit our front desk to drop off your donations!



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
604 Bhangra Summer Camp (5-8yrs) 9:15-10:15AM	Play Gym (0-5yrs) 11:15AM-12:30PM	SVNH Family Play Time (0-6yrs) 9:30-11:00AM	Play Gym (0-5yrs) 9:30-11:00AM	Piano with Derek (5+yrs) 3:00-7:30PM	Girls Only Multi-Sports/Games (9-12yrs) 4:00-6:00PM	Sportball Multisport Parent and Tot (1-3yrs) 9:05-9:50AM	
Piano with Kelly (5+yrs) 9:15AM-1:15PM	Piano with Joanna (5+yrs) 3:00-8:00PM	Piano with Christine (5+yrs) 3:30-7:30PM	Piano with Christine (5+yrs) 3:30-7:30PM	Co-Ed Pre-Teen Basketball (9-12yrs) 3:30-4:30PM	Youth Basketball (9-12yrs) 4:00-6:00PM	Ballet - Parent and Tot (2-4yrs) 9:15-9:45AM	
Activity Studio & Phonics (4-6yrs) 9:15-10:10AM	Basketball (9-12yrs) 4:00-5:00PM	Badminton (Youth) (9-18yrs) 3:45-4:45PM	Youth Basketball (9-12yrs) 4:00-5:00PM	Youth Volleyball (9-12yrs) 3:30-4:30PM	Piano with Victoria (5+yrs) 4:00-8:00PM	Basketball (3-5yrs) 9:15-10:00AM	
Karate (5-6yrs) 9:30-10:15AM	Game On! - Boys Mentorship (9-12yrs) 4:00-5:00PM	Badminton (6-9yrs) 4:00-4:55PM	Girls Basketball (9-12yrs) 4:00-5:00PM	Co-Ed Basketball (9-12yrs) 4:45-5:45PM	Youth Council (13-18yrs) 5:15-8:15PM	Piano with Joanna (5+yrs) 9:15AM-1:15PM	
Head Start Math (7-11yrs) 10:15-11:10AM	Rhythmic Gymnastics Dance (7-12yrs) 4:45-5:45PM	Badminton (13-18yrs) 4:50-5:50PM	Bollywood Dance (5-12yrs) 4:45-5:30PM	Youth Volleyball (13-18yrs) 4:45-5:45PM	Pop Up Games Room (13-18yrs) 6:00-7:30PM	Violin with Hazel (5-13yrs) 9:15AM-1:15PM	
Karate (7-18yrs) 10:15-11:45AM	Basketball (13-18yrs) 5:00-6:00PM	Badminton (9-16yrs) 5:00-5:55PM	Youth Basketball (13-18yrs) 5:05-5:50PM	Learning Buddies Network (8-10yrs) 5:00-6:00PM	Youth Basketball (13-18yrs) 6:05-7:45PM	Tutoring (2 students) (4-12yrs) 9:15AM-1:15PM	
604 Bhangra Summer Camp (8.5-10.5yrs) 10:30-11:30AM	Rhythmic Gymnastics Dance (4-6yrs) 5:45-6:45PM	Learning Buddies Network (8-10yrs) 5:00-6:00PM				Ballet (4-6yrs) 9:45-10:30AM	
Imaginative Writing (6-11yrs) 11:15AM-12:10PM						Sportball Multisport (3-5yrs) 9:50-10:35AM	
Private Tutoring (4-12yrs) 12:15-1:15PM						Outdoor Soccer (3-5yrs) 10:00 AM-10:45 AM	
 <p>SUNSET COMMUNITY CENTRE PRESENTS</p> <h2>Community Celebration on Canada Day</h2> <p>SATURDAY JULY 1, 2023</p> <p>JOIN US FOR OUR BIGGEST EVENT YET, FEATURING A CRAFT FAIR, LIVE PERFORMANCES, CONCESSION, ARTS & CRAFTS, GAMES, AND MORE.</p> <p>12:00 PM - 4:00 PM</p> <p>6810 MAIN ST VANCOUVER BC 604-718-6505</p>		 <h2>BC DAY</h2> <p>Monday Aug 7, 2023 11AM TO 1PM</p> <p>Come celebrate with us for a day filled with various activities including play gym, arts and crafts and many more!</p> <p>6810 MAIN ST VANCOUVER BC 604-718-6505</p>					Young Artists (5-12yrs) 10:00-11:00AM
							Basketball (6-9yrs) 10:10-11:05AM
							Ballet (4-6yrs) 10:30-11:15AM
							Outdoor Soccer (6-9yrs) 10:55-11:50AM
							Taekwondo - Intermediate (5-13yrs) 11:15AM-12:15PM
							Artsy Bookworms (4-6yrs) 11:30AM-12:25PM
							Ballet (6-8yrs) 11:30AM-12:15PM
							Ballet (9-12yrs) 12:15-1:15PM
							Taekwondo - Beginner (5-13yrs) 12:15-1:15PM
							Science Explorers (4-6yrs) 12:30-1:25PM

Social

Play Gym (0-5 yrs)

Come by and burn lots of energy playing with toys, making new friends and riding around in cars! Babies under 12 months are free. Parent participation is required. Drop-in only. No session August 7, 21, 23

Mon	Jul 10-Aug 28	11:15 AM-12:30 PM
462555		\$3/drop-in
Wed	Jul 12-Aug 30	9:30 AM-11:00 AM
462556		\$3/drop-in

SVNH Family Play Time (0-6 yrs)

South Vancouver Neighbourhood House

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

Tue	Jul 11-Aug 29	9:30 AM-11:00 AM
459854		FREE/8 sessions

Art, Culture & Environment

Ballet - Parent and Tot (3-4 yrs)

Sarah U

Learn the basics of ballet in an un-intimidating atmosphere. Basic ballet exercises, positions, vocabulary, and musicality will be taught while developing posture, musicality, and self expression in a fun and supportive environment. Classes will progress and culminate in a presentation on the last day of class. Please come in form-fitting clothing and ballet slippers.

Sat	Jul 22-Aug 26	9:15 AM-9:45 AM
459686		\$51/6 sessions

Music Together ® One day experience (0-5 yrs)

Keiko Fuji

Fun, fabulous, and magical! A Music Together ® instructor will lead you in music activities ranging from lullabies to full-on jam sessions with child-friendly instruments. It'll be so much fun that you won't realize how much learning is taking place. Tuition includes, 45mins class plus professional recordings to take home, online access to the songs and activities through the "Hello Everybody" app. Siblings under 6 months can attend free with a registered sibling. Program taught in English and Japanese.

Tue	Jul 25	10:00 AM-10:45 AM
461770		\$20/1 session
Thu	Jul 27	10:00 AM-10:45 AM
461772		\$20/1 session

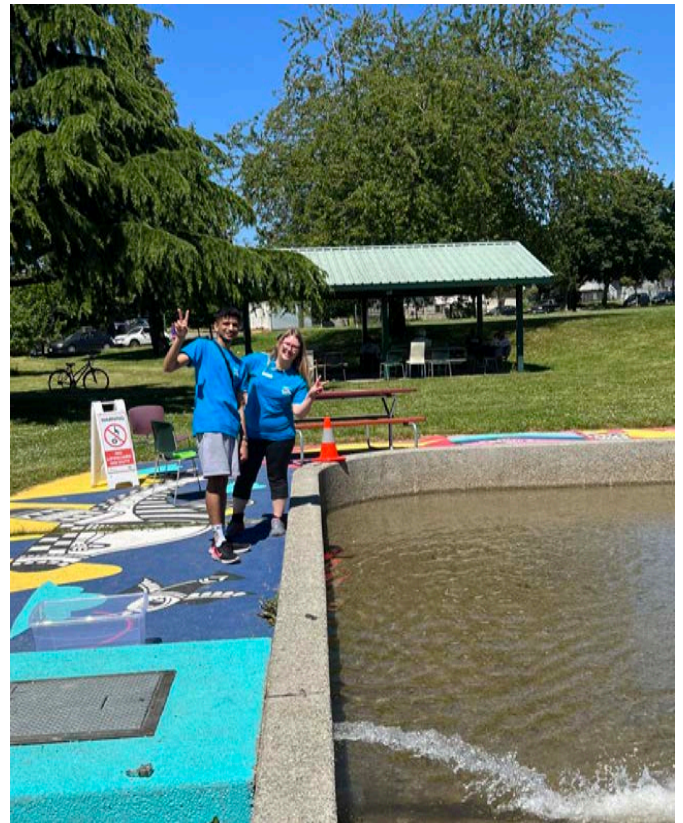
Sports

Sportball Parent and Tot Multisport (2-3 yrs)

Sportball Vancouver

Parents can have a direct hand in a pre-schooler's development through a variety of different ball sports. Multi-sport classes teach children important introductory physical skills and help children develop confidence in their abilities. The programs also help parents understand techniques that can be applied outside of Sportball classes. Parents must participate.

Sat	Jul 8-Aug 26	9:05 AM-9:50 AM
459850		\$126/7 sessions



Stay Cool at the Ross Park Spray Park

Join us on the last hour in the wading pool
for baby hour only.

OPEN JULY 4-SEPT 1

Monday-Friday 11:30pm-7:00pm
Saturday-Sunday 11:30pm-5:30pm

[See page 16 for more details.](#)

Art, Culture & Environment

Rhythm Kids® One day experience (4-7 yrs)

Keiko Fuji

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

Wed	Jul 26	10:00 AM-10:45 AM
461771		\$20/1 session
Fri	Jul 28	10:00 AM-10:45 AM
461774		\$20/1 session

Rhythmic Gymnastics Dance

Elite Gymnastics

Rhythmic gymnastics combines the grace of ballet and the strength of artistic gymnastics with the challenging manipulation of colourful hand apparatus. Participants will learn basic body movements of apparatus techniques, while moving to various musical rhythms. This wonderful sport will develop hand-eye coordination, balance, agility, flexibility, and rhythm. Instructors are certified with the National Coaching Certification Program. No class August 7.

(7-12 yrs)

Mon	Jul 10-Aug 28	4:45 PM-5:45 PM
459554		\$59.50/7 sessions

(4-6 yrs)

Mon	Jul 10-Aug 28	5:45 PM-6:45 PM
459553		\$59.50/7 sessions

Ballet

Sarah U

Basic ballet exercises, positions, vocabulary, and musicality will be taught while developing posture, musicality, and self expression in a fun and supportive environment. Classes will progress and culminate in a presentation on the last day of class. Please come in form-fitting clothing and ballet slipper.

(4-6 yrs)

Sat	Jul 22-Aug 26	9:45 AM-10:30 AM
459682		\$72/6 sessions

Sat	Jul 22-Aug 26	10:30 AM-11:15 AM
459683		\$72/6 sessions

(6-8 yrs)

Sat	Jul 22-Aug 26	11:30 AM-12:15 PM
459684		\$78/6 sessions

(9-12 yrs)

Sat	Jul 22-Aug 26	12:15 PM-1:15 PM
459685		\$102/6 sessions

Bollywood Dance (5-12 yrs)

Spirit Of Dance Team

Have fun while learning some high-energy & fun dance moves with upbeat Indian Bollywood Music! Each class is carefully designed for children to exercise, as well as to develop a rhythm sense with choreographed Bollywood routines. No class August 7.

Mon	Jul 10-Aug 28	5:30 PM-6:15 PM
460924		\$63/7 sessions

604 Bhangra Summer Camp

604 Bhangra

Bhangra is a high energy folk dance that originates from Punjab. This class is perfect for children who are beginners or new to bhangra and hoping to practice and build on their foundational bhangra steps. This class will focus on the student's understanding and execution of bhangra moves in preparation for the Fall semester. Make sure to dress comfy and bring a water bottle! No class August 6.

(5-8 yrs)

Sun	Jul 23-Aug 20	9:15 AM-10:15 AM
459689		\$48/4 session

(9-12 yrs)

Sun	Jul 23-Aug 20	10:30 AM-11:30 AM
459690		\$48/4 session



Artsy Bookworms

(4-6 yrs)

TBA Instructor

Explore the world of imagination with books. Children will be exposed to reading and experimenting with various ways of sharing stories using felt art, building blocks, and drawings. Program is taught by a young leader. No class August 5.

Sat	Jul 8-Aug 26	11:30 AM-12:25 PM
462815		\$59.50/7 sessions

Science Explorers

(4-6 yrs)

TBA Instructor

Explore the science of sugar through reading and creating, and flourish young minds with knowledge and imagination. Hands on experiments are part of our weekly adventures. Children will learn fun facts to astonish their minds. This program is led by a young leader. No class August 5.

Sat	Jul 8-Aug 26	12:30 AM-1:25 PM
462816		\$59.50/7 sessions

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

Sports

Badminton

TBA Instructor

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

(6-9 yrs)

Tue Jul 4-Aug 22 4:00 PM-4:55 PM
460640 \$72/8 sessions

(9-16 yrs)

Tue Jul 4-Aug 22 5:00 PM-5:55 PM
460641 \$72/8 sessions

Outdoor Soccer

Keefe Wong, Tomas Lu

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 runs rain or shine on the south grass field. No class August 5.

(3-5 yrs)

Sat Jul 8-Aug 26 10:00 AM-10:45 AM
459839 \$59.50/7 sessions

(6-9 yrs)

Sat Jul 8-Aug 26 10:55 AM-11:50 AM
459840 \$59.50/7 sessions

Basketball

Aditya Dhiman

Children are taught the fundamental skills necessary while having fun. Skills include dribble, shoot, pass, and score on their way into a game. Classes are dedicated to skills development and putting those skills to work in an exciting and non-competitive game. Parent Participation is required. Program is taught by a young leader. No class August 5.

(3-5 yrs)

Sat Jul 8-Aug 26 9:15 AM-10:00 AM
459847 \$59.50/7 sessions

(6-9 yrs)

Sat Jul 8-Aug 26 10:10 AM-11:05 AM
459848 \$59.50/7 sessions

Sportball Multisport

(3-5 yrs)

Sportball Vancouver

This program is designed to guide children through the introductory skills in a number of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence. No class August 5.

Sat Jul 8-Aug 26 9:50 AM-10:35 AM
459849 \$126/7 sessions

Education

Young Artists (6-12 yrs)

(6-13 yrs)

Olga Chowdhury

Join our local artist, Olga, for art development. Participants will learn art through play and learn various techniques for painting, including oil, acrylic, watercolor, and decoupage. This program will inspire children's imagination and they will create artwork to take home. No class August 5.

Sat Jul 8-Aug 26 10:00 AM-11:00 AM
459687 \$140/7 sessions

Activity Studio & Phonics

(4-6 yrs)

Manpreet Chote

Activity Studio & Phonics is geared towards getting children ready for reading and writing through play. Children will work through worksheets and play fun games to help them with various reading and writing exercises.

Sun Jul 9-Aug 27 9:15 AM-10:10 AM
461068 \$68/8 sessions

Head Start Math

(7-11 yrs)

Manpreet Chote

This program is geared for primary grade math. Children will work through worksheets and play fun games to help them with various math problems and exercises.

Sun Jul 9-Aug 27 10:15 AM-11:10 AM
461069 \$68/8 sessions

Imaginative Writing

(6-11 yrs)

Manpreet Chote

Let your imagination flow! Children will be encouraged to be brave, and create short stories to practice and improve writing skills.

Sun Jul 9-Aug 27 11:15 AM-12:10 PM
461070 \$68/8 sessions

Learning Buddies Network

(0-8 yrs)

Learning Buddies Network

In partnership with Learning Buddies Network we are offering free one-on-one reading and math tutoring for children performing below grade level. Students are paired one-on-one with a trained high school mentor and our programs are supervised by BC registered teachers (staff). To register or get more information, contact Rosa at rosa.aravena@vancouver.ca

Tue Thu Jul 11-Aug 31 5:00 PM-6:00 PM
460171 FREE/16 sessions

Learn to Skate Program



Online registration strongly recommended.

➔ vanrec.ca

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

Education cont'd

Baking Workshop - Summertime Cupcakes

(6-8 yrs)

TBA Instructor

Come bake and decorate your own summer themed cupcake! Please bring a container to bring home your creation.

Mon Aug 14 10:00 AM-12:00 PM
460635 \$10/1 sessions

Baking Workshop - Oreo Truffles

(6-8 yrs)

TBA Instructor

Get creative with your favourite snacks! Make oreo truffles to eat or gift! Please bring a container to bring home your creation.

Tue Aug 15 10:00 AM-12:00 PM
460636 \$10/1 sessions

Cooking Workshop - Vietnamese Salad Rolls

(6-8 yrs)

TBA Instructor

Learn to make this delicious dish using ingredients from your fridge! Please bring a container to take your creation home.

Wed Aug 16 10:00 AM-12:00 PM
460639 \$10/1 sessions

Cooking Workshop - Pizza

(6-8 yrs)

TBA Instructor

Create your own pizza with your favourite ingredients! Please bring a container to take your creation home.

Thu Aug 17 10:00 AM-12:00 PM
460637 \$10/1 sessions

Baking Workshop - Fruit Danish

(6-8 yrs)

TBA Instructor

Make this yummy and sweet treat with your friends! Please bring a container to take your creation home.

Fri Aug 18 10:00 AM-12:00 PM
460638 \$10/1 sessions

Summertime Art Adventures

(6-8 yrs)

TBA Instructor

Get creative with summer themed arts & crafts! Create personalized artwork and display them at Sunset Community Centre.

Mon-Fri Jul 17-Jul 20 10:00 AM-10:55 AM
460630 \$38/4 sessions

Tue-Fri Aug 8-Aug 11 9:30 AM-10:25 AM
460631 \$38/4 sessions

Follow Us:
@MySunsetCC



Cook Around the World!

(6-8 yrs)

TBA Instructor

Learn different cuisines around the world! Each day will feature a cuisine from different country. Bring a container.

Mon-Fri Jul 17-Jul 20 11:00 AM-12:15 PM
460612 \$38/4 sessions

Tue-Fri Aug 8-Aug 11 10:30 AM-11:45 AM
460632 \$38/4 sessions

Baker's Club

(6-8 yrs)

TBA Instructor

Satisfy your sweet-tooth with home baked treats! Spend the afternoon learning techniques and the importance of different ingredients. Bring a container to take home your baked goods!

Mon-Fri Jul 17-Jul 20 12:20 PM-2:55 PM
460613 \$38/4 sessions

Mon-Fri Aug 8-Aug 11 11:05 PM-1:05 PM
460633 \$38/4 sessions

Fun with Electro-Science

(6-8 yrs)

TBA Instructor

Explore the world of electro-science!

Mon-Fri Jul 17-Jul 20 1:40 PM-2:35 PM
460628 \$38/4 sessions

Red Cross Stay Safe

(9-13 yrs)

First Aid Hero

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

Course content:

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

Fri Jul 7 9:30 AM-3:30 PM
460226 \$65/1 sessions

Mon Jul 24 9:30 AM-3:30 PM
460228 \$65/1 sessions

Red Cross Babysitting Course

(11-15 yrs)

First Aid Hero

So you want to be a babysitter? Or, your parents want you to take this course so they feel confident leaving you at home alone? Babysitting with First Aid Hero emphasizes learning through real life scenarios. Please bring nut free lunch for the day and medium-sized stuffed animal.

Wed Jun 14 9:30 AM-4:30 PM
460223 \$65/1 sessions

Fri Jul 21 9:30 AM-4:30 PM
460224 \$65/1 sessions

Specialty Camps

Ballet Camp

(9-12 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.

Mon-Fri	Jul 31-Aug 4	1:00 PM-2:00 PM
460557		\$70/5 session
Mon-Fri	Aug 28-Sep 1	1:00 PM-2:00 PM
462706		\$70/5 session

Ballet/Jazz

(4-6 yrs)

Sarah U

Learn the basics of ballet in an un-intimidating atmosphere. Basic ballet exercises, positions, vocabulary, and musicality will be taught while developing posture, musicality, and self expression in a fun and supportive environment. Classes will progress and culminate in a presentation on the last day of class. Please come in form-fitting clothing and ballet slippers.

Mon-Fri	Jul 31-Aug 4	11:25 AM-12:25 PM
460556		\$39/5 session
Mon-Fri	Aug 28-Sep 1	9:30 AM-10:15 AM
462705		\$39/5 session

Hip Hop

(4-6 yrs)

Sarah U

In this camp, participants will be introduced to the basics of Hip Hop. We will learn grooves, party steps, foot work and you'll discover how to use the Hip Hop technique to freestyle and express your individual style.

Mon-Fri	Jul 31-Aug 4	2:05 PM-3:05 PM
460702		\$42/5 session
Mon-Fri	Aug 28-Sep 1	2:05 PM-3:05 PM
462707		\$42/5 session

Art Day Camp - Ocean in Commotion

(6-12 yrs)

Alex Lam

There are many wonderful creatures that live in the sea. Fish is not the only things found there. Maybe you'll see jiggling jelly fish, tickly octopus, horny seahorse, pinching crab, clicking sound of dolphin and amazing creatures in the deep sea. Let's go diving and finding many wonderful creatures in the ocean. Kids will create paintings with watery scenes of the Ocean. Learning to paint, draw and color and create 3D art. This art camp provides children with fun ways to engage their creative minds through visual art activities. Art supplies are included. Please bring a nut free lunch, snack, water bottle each day. Please do not bring any toys, games, etc to the camp

Mon-Fri	Jul 10-Jul 14	9:30 AM-3:00 PM
460027		\$265/5 sessions

Snow Kingdom Ballet

(4-6 yrs)

Sarah U

In this camp, participants will be introduced to the basics of ballet terminology and simple choreography. We will dance to winter wonderland music and let our imagination soar in a whimsical world of frost, chilly wonders, and excitement.

Mon-Fri	Jul 31-Aug 4	9:30 AM-10:15 AM
460558		\$42.50/5 session
Mon-Fri	Aug 28-Sep 1	9:30 AM-10:15 AM
462703		\$42.50/5 session

Sugar Plum Fairy Ballet

(4-6 yrs)

Sarah U

In this camp, participants will be introduced to the basics of ballet terminology and simple choreography. We will dance to Nutcracker music, and learn about different roles in the Nutcracker, including the Sugar Plum Fairy. Note* Participants should have taken at least one term of class with Miss Sarah.

Mon-Fri	Jul 31-Aug 4	10:20 AM-11:20 AM
460555		\$60/5 session
Mon-Fri	Aug 28-Sep 1	10:20 AM-11:20 AM
462704		\$60/5 session

LEGO Brick Animation

(7-12 yrs)

Tomorrow's Playground

Bring your movie-making ideas to life by creating your own stop-motion Brick Animation mini movie, using LEGO elements! Students will create a mini-movie using a huge variety of LEGO sets including Star Wars, LEGO Friends, LEGO City, and many more themes! In a fun and supportive environment, students will learn the basic techniques of Brick Animation with LEGO Movie Maker Software, including movement, timing, effects, editing, voice overs, and more.

Mon-Fri	Aug 21-Aug 25	11:30 AM-1:30 PM
459505		\$175/5 sessions

LEGO Wedo Robotics

(7-12 yrs)

Tomorrow's Playground

Exciting and Fun introduction to Robotics with Lego® Education WeDo software. In this exciting stem-based program, students will develop their skills in science, technology, engineering, and mathematics. Students will build various robots featuring working motors and sensors, and then program their models using block coding, and engage in fun theme-based activities!

Tue-Fri	Aug 8-Aug 11	1:45 PM-3:45 PM
462249		\$140/4 session
Mon-Fri	Aug 21-Aug 25	2:00 PM-4:00 PM
459507		\$175/5 sessions

Specialty Camps cont'd

Young-Commander Chess - Novice (Starter)

(6-12 yrs)

Joe Soliven

"First, self-image; next, instruction. Last, adventure." - Rufin. As a school academic in a game, playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Chess teaches higher level thinking skills such as visualization, analysis and critical thinking. Chess allows kids to connect with something in the real world which in turn, fires up their desire to learn. Joining in this Sherlock-Holmes-world-of-tactics-and-strategies adventure, where the chessmen become personified, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armor, commander (leader) self-image. Whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. Chess folder kit included.

Mon-Fri Aug 14-Aug 18 1:20 PM-2:40 PM
[459706](#) \$65/5 sessions

Young-Commander Chess - Intermediate

(8-16 yrs)

Joe Soliven

"First, self-image; next, instruction. Last, adventure." - Rufin. As a school academic in a game, playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Chess teaches higher level thinking skills such as visualization, analysis and critical thinking. Chess allows kids to connect with something in the real world which in turn, fires up their desire to learn. Joining in this Sherlock-Holmes-world-of-tactics-and-strategies adventure, where the chessmen become personified, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armor, commander (leader) and self-image. Whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. Chess folder kit included.

Mon-Fri Aug 14-Aug 18 2:50 PM-4:10 PM
[459709](#) \$65/5 sessions

Refund Policy for Tutoring Programs

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

Future Bounce Basketball Summer Camp

Future Bounce Athletics Association

Future Bounce Basketball is Vancouver's first female run and female focused subsidized basketball program-founded and coached by the women of today to empower the women of tomorrow. Our goal is to give all self-identified girls the chance to play basketball, build connections, and enhance their skills. We know that basketball is about more than just what happens on the court. It's about developing confidence, teamwork, leadership, and life skills. Each week of practice will consist of a unique set of high level training to help you take your game to the next level. This program is designed for players of all skill levels. We are grateful for the generous support of Canadian Tire Jumpstart and Canadian Women & Sport which enable us to run this program.

(8-12 yrs)

Mon-Fri Aug 21-Aug 25 9:15 AM-10:45 AM
[459482](#) \$65/5 sessions

(13-16 yrs)

Mon-Fri Aug 21-Aug 25 11:00 AM-12:30 PM
[459486](#) \$65/5 sessions

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Private Tutoring

Private Tutoring

(5-12 yrs)

This program provides an opportunity for tutoring that's designed to help improve the child's growth in any school subject. Perfect for catching up on school work, while also providing extra time to master new skills. This program is led by an upcoming elementary teacher.

Manpreet Chote

Sun Jul 9-Aug 27 12:15 PM-1:15 PM
[460936](#) \$156/9 sessions

Tutoring (2 students)

(5-12 yrs)

Manpreet Chote

This program provides an opportunity for tutoring that's designed to help improve the child's growth in any school subject. Perfect for catching up on school work, while also providing extra time to master new skills. This program is led by an upcoming elementary teacher. No class August 5.

Sat Jul 8-Aug 26 9:15 AM-10:15 AM
[460942](#) \$126/7 sessions

Sat Jul 8-Aug 26 10:15 AM-11:15 AM
[460943](#) \$126/7 sessions

Sat Jul 8-Aug 26 11:15 AM-12:15 PM
[460944](#) \$126/7 sessions

Sat Jul 8-Aug 26 12:15 PM-1:15 PM
[460945](#) \$126/7 sessions

Summer Escape Day Camp (6-12 yrs)

Get ready for a summer of fun and adventure!

Activities will include sports, cooperative games, arts & crafts, theatre, dance parties, entertainers and special guests! We will also go on walking out-trips to explore nature and the great outdoors.

Please note: Children will be divided into pods and will have a designated leader all week. Parents/Guardians will receive an email of the Parent Communication/Policy manual and forms prior to camp, outlining camp expectations and guidelines. Children must have completed kindergarten and be eligible for grade 1 in order to register for camp. For more information, please contact sunset.daycamp@vancouver.ca.

Before Camp and After Camp are offered for day campers who need care beyond day camp hours. You must register for Before Camp (8:00 AM-9:00 AM) and After Camp (4:00 PM-5:00 PM) separately.

Registration begins in May. Runs daily 9 AM-4 PM. • \$165/5 days; \$132/4 days

	Before Camp 8:00 AM-9:00 AM \$4/day	Summer Escape Day Camp	After Camp 4:00 PM-5:00 PM \$4/day
Week 1 (Jul 4-7)	454139	449576	454148
Week 2 (Jul 10-14)	454140	449577	454149
Week 3 (Jul 17-21)	454141	449580	454150
Week 4 (Jul 24-28)	454142	449582	454151
Week 5 (Jul 31-Aug 4)	454143	449583	454152
Week 6 (Aug 8-11)	454144	449584	454153
Week 7 (Aug 14-18)	454145	449586	454154
Week 8 (Aug 21-25)	454146	449587	454155
Week 9 (Aug 28-Sep 1)	454147	449589	454156



Youth Day Camp (12-16 yrs)

Join us for an exciting summer adventure.

The leaders will be planning weekly activities, out-trips involving community engagement, leadership development activities, interactive workshops baking, team-building activities, and game shows that revolved around the week's themes.

Themes will revolve around issues we believed to be pertinent to youth. We aim to create a safe, fun and welcoming environment to allow the youth to freely and openly express their views and perspectives.

Activities and planned workshops are provide to give youth the opportunity to have a deeper understanding on each topic and promote positive learning outcomes.

For more information please contact Community Youth Worker 604 718-6514, rosa.aravena@vancouver.ca.

Registration begins in May. Runs daily 9:30 AM-4 PM. • \$100/5 days; \$80/4 days

Week 1 (Jul 4-7)	Leadership	454157
Week 2 (Jul 10-14)	Social Media Safety	454158
Week 3 (Jul 17-21)	Wellness & Selfcare	454159
Week 4 (Jul 24-28)	Social Responsibility	454160
Week 5 (Jul 31-Aug 4)	Celebrating Diversity	454161
Week 6 (Aug 8-11)	Healthy Relationships	454162
Week 7 (Aug 14-18)	Personal Development	454163
Week 8 (Aug 21-25)	Environmental Awareness	454164
Week 9 (Aug 28-Sep 1)	Back to School	454165



Ross Park

Located at 7402 Ross Street

- Activities
- Sports
- Arts & Crafts
- Wading Pool
- Playground

OPEN JULY 4-SEPTEMBER 1
Monday-Friday..... 11:30pm-7:00pm
Saturday-Sunday... 11:30pm-5:30pm



Baby hour
in the wading
pool 1 hour
before the pool
closes.

Check out
mysunsetcc.net for
full program details.

Meet Our Summer Camp Manager and Supervisors!



Jazzmine Lim
Summer Camp Project Manager
(she/her)

Hi! I'm Jazzmine, the Summer Camp Project Manager for 2023! I have been at Sunset since 2020, and this will be my second year as a Project Manager and fifth year in camps! I'm currently studying Recreation at Langara College. When I'm not working or at school, you can catch me at the park enjoying the sun or at the movie theaters! I can't wait to see all the returning campers and meet all the new ones! If you see me at camp or around the center, don't forget to say hi and introduce yourself! I can't wait for summer to start and am excited to meet everyone!

Kile Zhou
Summer Escape Camp Supervisor
(they/them)



Hello campers, family, and friends! I am Kile, your Supervisor for Summer Escape this summer. This is my second year in camps at Sunset Community Centre and my fifth year overall. I am currently pursuing a bachelor's degree in psychology at the UofT in Toronto. In my free time, I enjoy playing Genshin Impact and eating rice dishes. I am incredibly excited to spend time in the sun, staying cool with all of you, and experiencing all the exciting activities we have planned!

Jonathan Chin
Summer Youth Camp Supervisor
(he/him/his)



Hi, I'm Jonathan, and I'm excited to be working as a Supervisor for Youth Camps this season. I have been involved in the Sunset Community since I was a kid and have been working in day camps for the past 4 years. Currently, I am pursuing a degree at UBC. When I'm not studying or working, I enjoy running and playing video games during my free time. I'm also a huge fan of the Canucks! I look forward to meeting all of you this coming summer!

Wake Cook
Creative Remix Camp Supervisor
(he/him/his)

Hello! My name is Wake Darrah Cook, and I'm excited to be returning to Moberly as the Creative REMIX camp supervisor! I have led and supervised camps at Sunset Community Centre since 2021, and I currently facilitate youth arts, social, leadership, cooking, and 2SLGBTQIA+ programs for the Vancouver Parks Board and the City of Burnaby. I am a BFA graduate of Emily Carr University and a published comic artist with Wildstar Press. When I'm not working or drawing, I enjoy weight training or playing Dungeons & Dragons. I look forward to seeing new and familiar faces at REMIX this summer!



Martial Arts

Taekwondo - Intermediate

Third Eye Martial Arts

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

Beginner

Sat Jul 8-Aug 26 12:15 PM-1:15 PM
459680 \$133/7 sessions

Intermediate

Sat Jul 8-Aug 26 11:15 AM-12:15 PM
459681 \$133/7 sessions

Karate

George Chan

Have fun while learning traditional Go-Ju Ryu Karate-Do with 7th Dan Shihan George Chan (over 30 years of Karate and teaching experience) and his Senior Assistants. This Karate program improves focus, self-discipline, physical fitness and motor skills. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. For more information, visit www.kuyukai.com.

(5-6 yrs)

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

Sun Jul 9-Aug 27 9:30 AM-10:15 AM
459799 \$96/8 sessions

(7+ yrs)

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

Sun Jul 9-Aug 27 10:15 AM-11:45 AM
459800 \$96/8 sessions

Karate Black Belts

(13+ yrs)

George Chan

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

Sun Jul 9-Aug 20 11:45 AM-1:00 PM
459805 \$80/4 sessions

Axe Capoeira

(14+ yrs)

Amanda Torres

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

Tu, Th Jul 11-Jul 27 6:00 PM-7:15 PM
460920 \$75/6 sessions

Tu, Th Aug 1-Aug 31 6:00 PM-7:15 PM
460921 \$125/10 sessions

Music Lessons

Piano - Private Lessons **REGISTER ONLINE** (5+ yrs)

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

Mon Jul 10-Aug 28 3:00 PM - 8:00 PM
Joanna Wan \$192/8 sessions

Tue Jul 4-Aug 22 3:30 PM - 7:30 PM
Christine Lai \$192/8 sessions

Wed Jul 5-Aug 30 3:30 PM - 7:30 PM
Christine Lai \$192/8 sessions

Thu Jul 6-Aug 24 3:00 PM - 7:30 PM
Derek Pang \$192/8 sessions

Sun Jul 9-Aug 27 9:15 AM - 1:15 PM
Kelly Fang \$192/8 sessions

Fri Jul 7-Aug 25 4:00 PM - 8:00 PM
Victoria Chong \$192/8 sessions

Violin - Private Lessons with Hazel (5-13 yrs)

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

Sat Jul 8-Sep 23 9:15 AM-1:15 PM
Hazel Yeung **REGISTER ONLINE** \$192/8 sessions

Stay Cool at the Ross Park Spray Park

Join us on the last hour in the wading pool
for baby hour only.

OPEN JULY 4-SEPT 1

Monday-Friday 11:30pm-7:00pm
 Saturday-Sunday 11:30pm-5:30pm

See page 16 for more details.

Social

Pop Up Games Room

(9-12 yrs)

TBA

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

Tue, Thu, Fri Jul 11-Aug 31 3:30 PM-5:00 PM
463414 FREE

Pop Up Games Room

(13-18 yrs)

TBA

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

Tue, Thu Jul 10-Aug 31 5:00 PM-6:30 PM
460204 FREE
Fri Jul 14-Aug 25 6:00 PM-7:30 PM
460201 FREE

Sports

Basketball

TBA

Come and play basketball. Some instruction! No class Aug 7.

(9-12 yrs)

Mon Jul 10-Aug 28 4:00 PM-5:00 PM
460176 FREE/7 sessions

(13-18 yrs)

Mon Jul 10-Aug 28 5:00 PM-6:00 PM
460175 FREE/7 sessions

Youth Badminton

Christian Lonzaga

Join us for Badminton! Skills and drills included. If you have any further inquiries, please contact Rosa Aravena, Sunset Community Youth Worker: rosa.aravena@vancouver.ca

(9-12 yrs)

Tue Jul 11-Aug 29 3:45 PM-4:45 PM
460177 FREE/8 sessions

(13-18 yrs)

Tue Jul 11-Aug 29 4:50 PM-5:50 PM
460178 FREE/8 sessions



Follow us on Instagram
@SunsetCC.Youth

Finish Strong Basketball Summer Camp (10-16 yrs)

David Knight

Finish Strong Basketball program is designed and focused on developing players basketball fundamentals. We teach basic to advance training in all areas to develop your basketball game. Campers will receive a camp shirt, and receive 15 hours of camp instruction in a positive and empowering environment. Come join us this summer and have a chance to win some really cool prizes!!!! Please bring a water bottle, a basketball, and proper gym wear to class. \$120 for 5 sessions if siblings sign up together (must register via phone or in person for family rate) "It's not how you start, It's how you FINISH! For more information about Finish Strong Basketball, please email Team@finishstrongbasketball.ca.

Mon-Fri Jul 3-Jul 7 9:00 AM-12:00 PM
460206 \$150/5 sessions

Youth Basketball

TBA

Come play basketball!

(9-12 yrs)

Wed Jul 5-Aug 30 4:00 PM-5:00 PM
460187 FREE/9 sessions

(13-18 yrs)

Wed Jul 5-Aug 30 5:05 PM-5:50 PM
460189 \$FREE/9 sessions

Girls Basketball

(9-16 yrs)

TBA

Join us for Girls only Basketball! All levels welcomed. Maybe asked for proof of age.

Wed Jul 12-Aug 30 4:00 PM-5:00 PM
460186 \$FREE/8 sessions

Youth Volleyball

TBA

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

(9-12 yrs)

Thu Jul 13-Aug 31 3:30 PM-4:30 PM
460195 FREE/8 sessions

(13-18 yrs)

Thu Jul 13-Aug 31 4:45 PM-5:45 PM
460196 FREE/8 sessions

Co-Ed Pre-teen Basketball

Christian Lonzaga

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

(9-12 yrs)

Thu Jul 13-Aug 31 3:30 PM-4:30 PM
460193 \$FREE/8 sessions

(13-15 yrs)

Thu Jul 13-Aug 31 4:45 PM-5:45 PM
460194 FREE/8 sessions

Sports cont'd

Youth Basketball

Jabarvir Pabla

Come and play basketball No food or drink in the gymnasium. Maybe asked proof of ID.

(9-12 yrs)

Fri Jul 7-Sep 1 4:00 PM-6:00 PM
459991 FREE/8 sessions

(13-18 yrs)

Fri Jul 7-Sep 1 6:05 PM-7:45 PM
459992 FREE/8 sessions

Girls Only Multi-Sports/Games (9-12 yrs)

TBA

Want to just have fun? This program will include gym sports, like badminton, soccer, volleyball, dodge ball, ball hockey and also include cooperative and teambuilding games. Come check it out it is all about having fun! All levels are welcomed!

Fri Jul 7-Sep 1 4:00 PM-6:00 PM
462066 FREE/8 sessions

Game On! - Boys Mentorship

(9-12 yrs)

Big Brothers

This is a free program in partnership with Big Brothers of Greater Vancouver. Game On is a fun, interactive, group mentoring program led by positive adult mentors. The program focuses on active-play, connection, and having fun. Mentors lead meaningful discussions around healthy lifestyles, self-esteem, the impacts of bullying and positive communication. Children benefit from learning new skills and building self-confidence through friendship and support. The program is designed to encourage open conversations around pressing issues facing boys and men through the lens of healthy living. By developing a relationship based on trust and respect, boys are positively supported to challenge some of the pressures they face in today's society. Game On! Mentors are enthusiastic volunteers, passionate about healthy and active lifestyles. These mentors are selected, screened, and trained to deliver this program. Must Complete Application forms (pick up at Front office). No Class Aug 7.

Mon Jul 10-Aug 28 4:00 PM-5:00 PM
460174 FREE/8 sessions

Youth Sports Drop-in Schedule

[VIEW ONLINE](#)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Game On! - Boys Mentorship 4:00-5:00PM *Must pre-register.</p>	<p>Badminton 9-12yrs 3:45-4:45PM</p> <p>13-18yrs 4:50-5:50PM</p>	<p>Basketball 9-12yrs 4:00-5:00PM</p> <p>13-18yrs 5:05-5:50PM</p>	<p>Co-ed Basketball 9-12yrs 3:30-4:30PM</p> <p>13-15yrs 4:45-5:45PM</p>	<p>Multi-Sports (Girls Only) 9-12yrs 4:00-6:00PM</p>
<p>Basketball 9-12yrs 4:00-5:00PM</p> <p>13-18yrs 5:00-6:00PM</p>	<p>Badminton 6-9yrs 4:00-4:55PM *Must pre-register.</p> <p>9-16yrs 5:00-5:55PM *Must pre-register.</p>	<p>Basketball (Girls Only) 9-18yrs 4:00-5:00PM</p>	<p>Volleyball 9-12yrs 3:30-4:30PM</p> <p>13-18yrs 4:45-5:45PM</p>	<p>Youth Basketball 9-12yrs 4:00-6:00PM</p> <p>13-18yrs 6:05-7:45 PM</p>

Games Room

Closed	<p>9-12yrs 3:30-5:00PM</p> <p>13-18yrs 5:00-6:30 PM</p>	Closed	<p>9-12yrs 3:30-5:00PM</p> <p>13-18yrs 5:00-6:30 PM</p>	<p>9-12yrs 3:30-5:00PM</p> <p>13-18yrs 6:00-7:30 PM</p>
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Gymnasium and Games Room is a safe place for youth to use. No adults allowed. May be asked to show ID

Ages 14-18

ROSS PARK VOLUNTEERING

Join our summer team and make a difference today!

Volunteers will be assisting Playground Leaders in activities such as arts and crafts and sports. We will contact you for scheduling. Must complete volunteer orientation and consent form.

July 4 - Sept 1

#460234 11:00AM - 3:00PM

#460236 03:30PM - 7:30PM



Follow us on Instagram
@SunsetCC.Youth

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

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

SUNSET COMMUNITY CENTRE

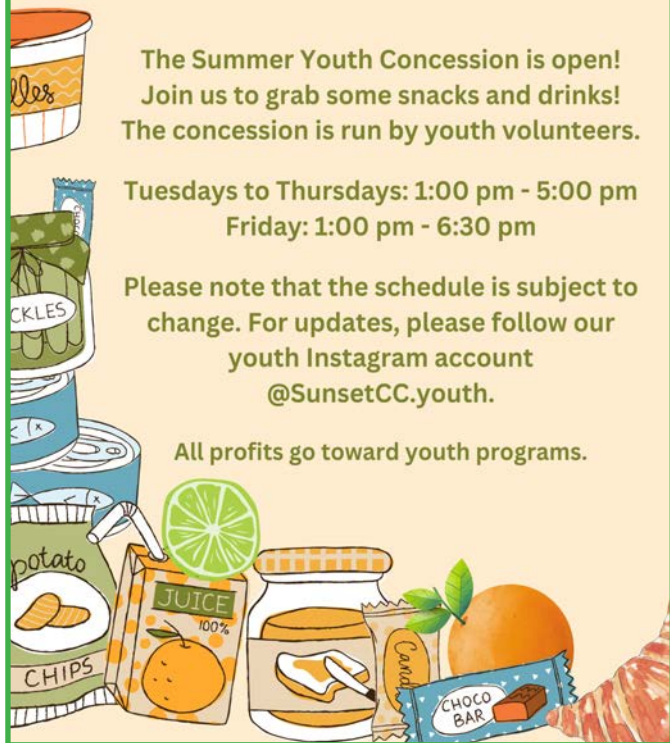
Youth Concession

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

Tuesdays to Thursdays: 1:00 pm - 5:00 pm
Friday: 1:00 pm - 6:30 pm

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

All profits go toward youth programs.



Our Centre is a safe space for anyone, all genders and orientations welcome, including Two Spirit, Trans, gender creative and non-binary youth.

Parental/ Guardian Responsibility

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

Adult & Senior - Weekly Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba Gold 10:00-10:55AM	Seniors Badminton 8:30-10:30AM	Modern Line Dance with Lucy - Beginner/ Improver 10:15-11:45AM	Qi Gong with Sprina - Wu Qin Xi 9:00-9:45AM	Seniors Badminton 8:30-10:30AM	Seniors Badminton 8:30-9:50AM	Group Singing Class 9:30-11:00AM
Karate Black Belts 11:45AM-1:00PM	Yuan Ji Dance - Intermediate 10:45AM-12:45 PM	Bridge 12:00-3:00PM	Tai Chi BaFa WuBu 10:00-10:45AM	Pickleball w/ Guidance 11:00AM-1:00PM	Zumba Gold 9:05-10:00AM	Modern Line Dance with Lucy - Improver/ Intermediate 11:45AM-1:15PM
Modern Line Dance with Lucy - Intermediate Plus 11:45AM-1:15PM	Modern Line Dance with Lucy - Improver/ Intermediate 1:15-2:45PM	Pickleball - Beginner/ Intermediate 12:00-1:55PM	Yuan Ji Dance - Intermediate 11:45AM-1:45PM	Pickleball Court Rental 11:00AM-12:55 PM	Tai Chi with Amy - Yang Style 26 Forms 10:00-10:55AM	The Joy of Acrylic Painting 11:45AM-1:15PM
K9 Kindergarten 12:00-1:00PM	Gentle Yoga 4:45-5:40PM	Pickleball w/ Guidance 12:00-1:55PM	Pickleball - Intermediate/ Advanced 11:45AM-1:45PM	Karaoke Drop-In 12:15-2:45PM	Pickleball - All Levels 10:00AM-12:00PM	
	Chinese Classical Dance 6:00-7:30PM	Karaoke Drop-In 12:15-2:45PM	Ballroom Dance Lessons for Beginners 1:45-3:45PM	Senior Social Dance 1:15-3:15PM	Pickleball Court Rental 10:00-11:55AM	
	Badminton 6:15-7:50PM	Pickleball Lesson 2:00-3:30PM	Badminton 6:05-8:00PM	Tennis Beginners 6:00-7:00PM	Tai Chi with Amy - Yang Style Traditional Sword 11:00-11:55AM	
	English Corner 6:30-8:00PM	Tennis Beginners 6:00-7:00PM	Volleyball 6:05-8:00PM	Pilates 5:45-6:45PM		
	Bollywood Dance Workout 7:00-8:00PM	Axe Capoeira 6:00-7:30PM	Intro to Kemeti Yoga Flow 6:30-8:00PM	Axe Capoeira 6:00-7:30PM		
		Argentine Tango 6:15-7:15PM	604 Bhangra Dance 6:45-7:45PM	Ball Hockey Advanced 6:15-7:50PM		
		Ball Hockey - Beginner/ Intermediate 6:15-7:50PM		Tennis Advanced 7:00-8:00PM		
		Tennis Advanced 7:00-8:00PM		Zumba 7:00-8:00PM		
		Zumba/Zumba Toning Fusion 7:00-8:00PM				

Social

Karaoke Drop-In

Joe Yu

Come with your friends or meet new ones and sing some songs together. Please bring your own music. All languages are welcomed. No registration available. Drop-in only.

Tue	Jul 4-Aug 29	12:15 PM-2:45 PM
459878		\$2.38/drop-in
Thu	Jul 6-Aug 31	12:15 PM-2:45 PM
459879		\$2.38/drop-in

Senior Social Dance

Agnes (Wai Chun) Lee

Come with your friends or meet new ones and dance together. No partner required. Non-instructional social dance.

Thu	Jul 6-Aug 31	1:15 PM-3:15 PM
460559		\$2.38/drop-in

Bridge

No Instructor

Come join our friendly group of Bridge players. Everyone is welcomed! Drop by and join us for some fun!

Tue	Jul 4-Aug 29	12:00 PM-3:00 PM
460908		\$FREE/9 sessions

Art, Culture & Environment

Group Singing Class

Run Xiang Lu

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

Sat	Jul 8-Aug 26	9:30 AM-11:00 AM
459769		\$64.76/8 sessions

The Joy of Acrylic Painting

Philip Tsang

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

Sat	Jul 15-Aug 26	11:45 AM-1:15 PM
462931		\$155/7 session

Looking for more
Art & Cultural Programs?

Moberly Arts & Cultural Centre
moberlyartscentre.ca

Dance

Yuan Ji Dance - Intermediate

Jenny Ng

Chinese Yuan Ji dance is a mixture of martial arts, physical therapy, meditation, dance and Tai Chi exercise. This dance promotes health and wellness for all. No Session: Aug 7, 21, 23.

Mon	Jul 10-Aug 28	10:45 AM-12:45 PM
460816		\$8.57/6 sessions
Wed	Jul 5-Aug 30	11:45 AM-1:45 PM
460817		\$11.44/8 sessions

Chinese Classical Dance

Chun (Margaret) Pan

The mission of Chinese Classical dance is to serve as a bridge to anyone who wishes to understand and appreciate the beauty of Chinese culture. It is not just about twisting the body, but expressing the inner world of artistic characters through basic dance techniques introduced (fundamental steps, movements, and flexibility). This class is open to adults who wants to stay fit and have fun in the enjoyment of music as well (the basic understanding is required). Come with comfortable dance/exercise wear (i.e. Lycra tops and dance/yoga pants or shorts), and dance practice shoes (the soft one). No class Aug 7.

Mon	Jul 10-Aug 28	6:00 PM-7:30 PM
459560		\$63/7 sessions

Argentine Tango

Matsuo Higa

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

Tue	Jul 4-Aug 8	6:15 PM-7:15 PM
460922		\$60/6 sessions

Ballroom Dance Lessons for Beginners

Henry & Ronnie

Come learn to cha cha, waltz and jive. Stay active by learning to ballroom dance. No dance experience required. \$6 drop-in. No Session: August 23.

Wed	Jul 5-Aug 30	2:00 PM-3:30 PM
461150		\$45/9 sessions

Bollywood Dance Workout

Spirit Of Dance Team

Enjoy learning some high-energy & fun dance moves with upbeat Indian Bollywood Music! Each class is carefully designed for exercise to the rhythm of Bollywood routines. Each class includes stretching, warm up, choreographed cardio routines and wind-up relaxation to rejuvenate the mind, body and soul! No class August 7.

Mon	Jul 10-Aug 28	7:00 PM-8:00 PM
460925		\$87.50/8 sessions

Dance cont'd

604 Bhangra Dance - Adult

604 Bhangra

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

Wed Jul 19-Aug 30 6:45 PM-7:45 PM
459875 \$91/7 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.

Improver/Intermediate

Drop-in \$6.50. No Session: August 7, 21.

Mon Jul 10-Aug 28 1:15 PM-2:45 PM
460525 \$30/6 sessions

Beginner/Improver

Drop-in \$6.50. No Session: August 22.

Tue Jul 11-Aug 29 10:15 AM-11:45 AM
460526 \$35/7 sessions

Sat Jul 8-Aug 19 11:45 AM-1:15 PM
460523 \$35/7 sessions

Intermediate Plus

Drop-in \$7.50.

Sun Jul 9-Aug 13 11:45 AM-1:15 PM
460524 \$36.19/6 sessions



Fitness & Health

Zumba/Zumba Toning Fusion

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

Jenny Andrea Ayala

Tue Jul 4-Jul 25 7:00 PM-8:00 PM
462558 \$30.48/4 sessions

Kayo Echizenya

Tue Aug 1-Aug 29 7:00 PM-8:00 PM
460035 \$38.10/5 sessions

Zumba

This fitness class fuses Latin and International rhythms with easy-to-follow moves to create a dynamic workout system that will blow you away. ZUMBA® utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, Samba, Reggaeton, Flamenco and more. Zumba® is a 'feel happy' workout that is great for both the body and the mind. Instructors will rotate bi-weekly. Drop-in \$9.

Jenny Andrea Ayala

Thu Jul 6-Jul 27 7:00 PM-8:00 PM
462559 \$30.48/4 sessions

Kayo Echizenya

Thu Aug 3-Aug 31 7:00 PM-8:00 PM
460039 \$38.10/5 sessions

Zumba Gold

ZUMBA® Gold is a low-impact dance-fitness class for beginners and older adults that uses the zesty Latin music with easy to follow moves to create a dynamic and fun fitness class. ZUMBA® Gold classes strives to improve our balance, strength, flexibility and most importantly, the heart. Drop in \$6.50. No class August 25.

Roslyn Bauyon

Fri Jul 14-Jul 28 9:05 AM-10:00 AM
462560 \$16.52/3 sessions

Kayo Echizenya

Fri Aug 4-Aug 18 9:05 AM-10:00 AM
460037 \$16.52/3 sessions

Jenny Andrea Ayala

Sun Jul 2-Aug 27 10:00 AM-10:55 AM
460038 \$49.52/9 sessions

Qi Gong with Sprina - Wu Qin Xi

Sprina Fu

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

Wed Jul 5-Aug 30 9:00 AM-9:45 AM
461151 \$72.14/9 sessions

Tai Chi BaFa WuBu

Sprina Fu

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

Wed Jul 5-Aug 30 10:00 AM-10:45 AM
461152 \$81.19/9 sessions

Tai Chi with Amy - Yang Style 26 Forms

Amy Li Hua Zhu

This Yang style Tai Chi is short and concise, encompassing the traditional poses as its main movements are closely integrated and flows naturally. The presentation of the "cloud hand" movement is an eye opener. Proven to enhance and improve health, this Tai Chi style is suitable for every age group and is appreciated by Tai Chi lovers around the world. This class is instructed by Master Amy Zhu, who was a disciple of Grand Master Yang Jun (5th Yang Family Tai Chi Chuan Lineage holder), national Tai Chi champion and Tai Chi instructor. Drop-in \$12. No Session: Aug 25.

Fri Aug 11-Sep 1 10:00 AM-10:55 AM
460906 \$31.67/3 sessions

Tai Chi with Amy - Yang Style Traditional Sword

Amy Li Hua Zhu

Tai Chi practice with the traditional sword. This class is instructed by Amy Zhu, a Grand Master of the Yan Jun's disciple, national gold medal Tai Chi Champion, and certified Tai Chi instructor. Drop in \$14. No Session: Aug 25.

Fri Aug 11-Sep 1 11:00 AM-11:55 AM
460905 \$31.67/3 sessions

Pilates

Into Yoga

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

Thu Jul 6-Aug 31 5:45 PM-6:45 PM
460819 \$130.50/9 sessions

Gentle Yoga

Kristiina Oinonen

These classes are suitable for most ages and ability levels. Sufficient time is given to warm up the body with small, repetitive movements. Postures are then held for longer periods of time to strengthen and condition the body as we develop concentration and inner awareness. A gentle class is a good choice if you are dealing with an injury or find a vigorous class too strenuous. The last portion of the class is dedicated to lying relaxation. Drop-in \$12.

Mon Jul 10-Jul 24 4:45 PM-5:40 PM
460141 \$28.57/3 sessions

Mon Aug 14-Aug 28 4:45 PM-5:40 PM
460142 \$28.57/3 sessions

Intro to Kemetic Yoga Flow

Denise Obuobi

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

Wed Jul 5-Aug 30 6:30 PM-8:00 PM
460820 \$85.71/9 sessions

Special Interest

K9 Kindergarten

Alix Bawlf

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

(5-12 months)

Sun Jul 9-Jul 30 12:00 PM-1:00 PM
462783 \$146.90/4 session

(9-12 yrs)

Sun Aug 6-Aug 27 12:00 PM-1:00 PM
462784 \$146.90/4 session

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ADULT & SENIORS

Tax not included unless specified.

Pickleball



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

Beginner/Intermediate Drop-in

Registration is open 1 week prior on Wednesdays at 9:00am to book for spots in advance. No session August 22.

Tue	Jul 4-Aug 29	10:30 AM-12:00 PM
		\$3.81/drop-in

Intermediate/Advance

\$4.00 Drop-in (4 spots available). No Session: Aug 23.

Wed	Jul 5-Aug 30	10:30 AM-12:00 PM
460844		\$3.81/drop-in

All Levels

\$4.00 Drop-in (4 spots available). No Session: Aug 25.

Fri	Jul 14-Sep 1	10:00 AM-12:00 PM
460885		\$3.81/drop-in

With Guidance

A volunteer instructor will be present for free lessons with guidance and advice. No session August 24.

Tue	Jul 4-Aug 29	12:00 PM-1:55 PM
461787		\$3.81/drop-in

Thu	Jul 13-Aug 31	11:00 AM-1:00 PM
461788		\$3.81/drop-in

Pickleball Lesson: Beginners, your next steps!

Richard Lee

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

Tue	Jul 4-Aug 29	2:00 PM-3:30 PM
460144		\$240.24/9 sessions

Pickleball Court Rentals

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

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

Thursdays

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

Fridays

10:00 AM-10:55 AM | 11:00 AM-11:55 AM



Sports

Seniors Badminton

Priority given to adults over 50 years. Drop-in \$3.00.

No Session: August 7, 21, 23, 25.

Mon	Jul 10-Aug 28	8:30 AM-10:30 AM
460085		\$11.43/6 sessions
Thu	Jul 13-Aug 31	8:30 AM-10:30 AM
460086		\$13.33/7 sessions
Fri	Jul 14-Aug 25	8:30 AM-9:50 AM
460087		\$13.33/7 sessions

Badminton

Leila Howatson

Badminton Drop-in. Priority given to registered participants. Register Participants have until 10 minutes after start time to sign-in, in-person only. Register spaces are non-transferable to others. Drop-in waitlist will begin 10 minutes prior to start time. Drop-in \$6.50. No Session: Aug 7

Mon	Jul 10-Aug 28	6:15 PM-7:50 PM
460273		\$36.9/7 sessions
Wed	Jul 5-Aug 30	6:05 PM-8:00 PM
461135		\$47.38/9 sessions

Volleyball

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

Wed	Jul 5-Aug 30	6:05 PM-8:00 PM
460275		\$47.38/9 sessions

Ball Hockey

Julina Wong, TJ Shukla

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

Beginner/Intermediate

Tue	Jul 4-Aug 29	6:15 PM-7:50 PM
460274		\$47.38/9 sessions

Advance

Thr	Jul 6-Aug 31	6:15 PM-7:50 PM
466276		\$47.38/9 sessions

Tennis

Tennis courts are located at Memorial South Park (5955 Ross Street).

Mini Tennis Advance (6-9 yrs)

Juan Carlos Maldonado

This class aims to further enhance children's tennis skills. Students will have the opportunity to develop more advanced techniques through various drills and rallies, while also preparing them for meaningful game experiences.

Tue Jul 4-Aug 29 4:00 PM-5:50 PM
 463643 \$300/9 session

Adult Beginner Tennis (18+ yrs)

Juan Carlos Maldonado

The beginner classes provide a way for adults to learn the basic skills of the game in a welcoming non-competitive environment. Please bring your own racquet and water to the courts.

Tue, Thu Jul 4-Aug 29 6:00 PM-7:00 PM
 463644 \$300/9 session

Adult Advanced Tennis (18+ yrs)

Juan Carlos Maldonado

This class develops more advanced tennis skills through drills and rallies, while preparing participants for significant game play. This class focuses on the fundamentals of competitive tennis. Please bring your own racquet and water to the courts.

Tue, Thu Jul 4-Aug 29 7:00 PM-8:00 PM
 463645 \$300/9 session

JOY OF ACRYLIC PAINTING
 Saturdays 11:45 am-1:15 pm
 July 15-Aug 26

Instructor Philip Tsang

Sports Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Badminton 8:30-10:30AM			Seniors Badminton 8:30-10:30AM	Seniors Badminton 8:30-9:50AM
	Pickleball Beginner/Intermediate 12:00-1:55 PM		Pickleball with Guidance 11:00AM-1:00PM	Pickleball All Levels 10:00AM-12:00PM
	Pickleball with Guidance 12:00-1:55 PM	Pickleball Beginner/Intermediate 11:45AM-1:45 PM	Pickleball Court Rental 11:00AM-12:55PM	Pickleball Court Rental 10:00AM-11:55PM
	Pickleball Lesson 2:00-3:30 PM	Badminton 6:05-8:00PM	Sports Programs VIEW ONLINE	
Badminton 6:15-7:50PM	Ball Hockey Beginner/Intermediate 6:15-7:50 PM	Volleyball 6:05-8:00 PM	Ball Hockey Advance 6:15-7:50 PM	

Workshops

Falls Prevention

COSCO Senior's Health and Wellness Institute

We review the alarming impact falls have on the well-being of seniors and identify hazards that contribute to the likelihood of falls. We recommend safeguards and demonstrate exercises to improve balance and strength.

Fri Jul 7 12:15 PM-1:45 PM
464046 FREE

Emergency Preparedness

COSCO Senior's Health and Wellness Institute

When disaster strikes people need to be ready. We explore the preparation of emergency kits and safety procedures in dangerous situations, and provide information about when and how to seek help.

Fri Jul 14 12:15 PM-1:45 PM
464039 FREE

Shoulder Arthritis

Vancouver OASIS

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

Fri Jul 21 12:15pm-2:15pm
462112 FREE

Osteoarthritis of the Spine

Vancouver OASIS

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

Fri Aug 4 12:15pm-2:15pm
462113 FREE

Free Hearing Screening

(55+ yrs)

NexGen Hearing

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

Fri Jul 13 10:00 AM-1:00 PM
460144 FREE

Fri Aug 10 10:00 AM-1:00 PM
460144 FREE

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Benefits and Credits

(55+ yrs)

Canada Revenue Agency

Join us for an information session on benefits and credits for adults 65 years and older, presented by the Canada Revenue Agency (CRA). Benefits, credits and deductions you could be eligible for are the Disability Tax Credit, GST/HST credit, medical expenses, Canada caregiver credit and pension income splitting. Please note this is an information session, NOT a session to file individual taxes.

Fri Aug 11 1:00 PM-2:30 PM
462943 FREE

Frauds and Scams

Seniors First BC

This workshop introduces what frauds and scams are, common schemes targeting Canadian seniors, safety strategies, and resources to consult if you or someone you know has been affected by frauds/scams.

Fri Aug 18 12:30 PM-2:00 PM
463623 FREE

Foot and Ankle Arthritis

Vancouver OASIS

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

Tue Aug 25 12:15pm-2:15pm
462114 FREE

Education

English Corner

Bijan Adlparvar

English Corner is an informal way to improve conversational English. At English Corner, participants learn English, share ideas and discover ways to build community. Intermediate level English and higher level speakers are welcomed! Please register. No Session: Aug 7.

Mon Jul 3-Aug 28 6:30 PM-8:00 PM
460818 FREE/9 sessions



Interested in
Hosting a Workshop?

Email sunsetcommunitycentre@vancouver.ca



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

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

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



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

EVENTS



2-Spirit United Presents: The Annual 2-Spirit and Transgender Community BBQ

Sunday, August 27 from 2-5pm

The 2-spirit and Transgender Community BBQ is a celebration of Indigenous LGBTQ2S Individuals for all to enjoy. This event will include food for visitors, Indigenous vendors, music performances, drag performances, and more.

Free to attend!





CLOUDSCAPE

Your Source for the BC Comics Community

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

Discord

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

Cloudscape Online

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

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

ECHO PARK FILM CENTRE NORTH

ECHO PARK AWAKENINGS: AN ECO-ART GATHERING at MOBERLY FIELDHOUSE

Friday, August 4: 8 PM

Saturday, August 5: 12-4 PM

Sunday, August 6: 12-4 PM

Free * All-Ages * Materials Provided

Join EPFC North for a weekend of screenings and workshops celebrating ways we can create in collaboration with local fruit, flowers, trees, and herbs.

Friday night features a screening of eco-friendly films;

Saturday we'll connect with plants to create magical images on cloth, paper, and celluloid;

Sunday we'll explore dyes and inks made from mindfully foraged local organics. Everyone welcome!

No registration necessary! **FREE!**

More info: epfccollective@gmail.com



MOBERLY ART CENTRE PROGRAMS

DAY CAMPS

Glow Kids Harry Potter Summer Camp

Lia Fletcher

Join us in a week-long adventure into the Harry Potter imaginary world, where children will have their fantasies come true as they get sorted into their houses, make new friendships and compete for their house cup. Activities include: charm-illusion-potions class, make your own wand, scavenger hunt, ground-quittance tournament, costume dance party, jelly bean challenge and other hilarious games. Please note that if the weather is nice, we will have lots of activities outside. Please make sure to bring lots of water, a hat and sunscreen. Also, please bring lunch and snacks for the day.

Mon-Fri Aug 14-Aug 18 9:15 AM-3:00 PM
459132 \$225/5 sessions

Sankofa School's Out

Jacky Essombe

This is an opportunity for black children aged 7-12 years to learn about and practice cultural wellness so that they can feel empowered, a greater sense of belonging, and better take care of their own emotional wellbeing within a caring community. We support the children AND the family they live with. This summer program is a FREE offering available specifically to Sankofa community members.

To register, contact Jacky Essombe at 604-629-5899 or africanfriendshipsociety@gmail.com

Mon-Fri Aug 21-Aug 25 10:00 AM-4:00 PM
459310 FREE/5 sessions



Creative Remix Summer Camp at Moberly Arts & Cultural Centre (6-12 yrs)

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 a guest artist and go on an out-trip, create fun artwork, and develop their creativity!

Check our website for details. ➔ moberlyartscentre.ca

Runs Daily 9:30 AM-4:00 PM.

Week 1	Mon-Fri Jul 3-7	455245	\$108/4 sessions
Week 2	Mon-Fri Jul 10-14	455246	\$135/5 sessions
Week 3	Mon-Fri Jul 17-21	455247	\$135/5 sessions
Week 4	Mon-Fri Jul 24-28	455248	\$135/5 sessions
Week 5	Mon-Fri Jul 31-Aug 4	455249	\$135/5 sessions
Week 6	Mon-Fri Aug 7-11	455250	\$108/4 sessions



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

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

[VIEW ROOM RENTALS ONLINE](#)



Gymnasium



Hall



Multipurpose

Book your room now!

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

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

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

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

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

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

SUNSET FITNESS CENTRE

FITNESS CENTRE & PERSONAL TRAINING PROGRAMS VIEW ONLINE

NEW TO THE FITNESS CENTRE?

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

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

Visit our
Fitness
Centre for a
workout!

Fees & Passes

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

Fees subject to change.

PERSONAL TRAINING

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



**Meghan O'Connell,
Personal Trainer**

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



**Sara Doherty,
Personal Trainer**

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

FEES

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

Fees subject to change.