



# Recreation Guide Summer 2026



**Did you know that this brochure is a clickable publication?**  
That's right, for any program that you're interested in, just hover **blue program number** below the description, click and you'll be taken to the registration page.

**Sunset Community Centre  
Moberly Arts & Cultural Centre  
Sunset Ice Rink**

**Centre Program Registration**  
starts  
Wednesday June 10  
at 9:00 AM



**www.mysunset.net**



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

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



## ***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

As we head into the busy summer season, I am pleased to reflect on recent milestones and share what lies ahead for our vibrant community.

We successfully hosted our Annual General Meeting on April 16, providing an opportunity to look back on a productive year and reconnect with our valued community members.

I am both delighted and excited to share that we proudly celebrated the grand opening of our brand-new Seniors Centre at Sunset Community Centre on May 12, 2026. This milestone reflects the dedication and advocacy of our seniors, whose efforts helped bring this vision to life. We look forward to welcoming them into a space designed with expanded programs, services, and amenities to better support their needs.

It also gives me great pleasure to announce that the long-awaited 25-metre pool for the Sunset community has now been included in the City of Vancouver's Capital Plan for 2027–2030. This is a significant achievement that will bring much-needed aquatic facilities to families, youth, and seniors in our neighborhood. I would like to sincerely thank City Hall and the Park Board for their leadership, support, and continued commitment to enhancing recreational facilities in South Vancouver.

Our popular summer camps, including Escape, Youth, and Creative Remix, will run throughout the season, offering a wide range of engaging and enriching programs for children and youth. In addition, our Licensed Childcare programs will continue to support families with expanded summer offerings.

I would also like to extend my sincere thanks to Taleeb Noormohamed, Member of Parliament for Vancouver Granville, for his support in securing our annual grant for summer camps. This funding plays an important role in ensuring accessible, inclusive, and high-quality programming for children and families in our community.

Looking ahead, our annual Canada Day community celebration on July 1 will kick off the summer with a full day of performances, community booths, carnival activities, and a craft fair supporting local artisans.

With a full and exciting schedule ahead, we look forward to strong participation and to welcoming many new faces into our growing and evolving community. Thank you for your continued support.



Respectfully submitted,  
Bhalwinder S. Waraich  
President,  
Sunset Community Association

### Association Board of Directors

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

The City of Vancouver acknowledges that it is situated on the unceded traditional territories of the xʷməθkʷəy̓əm (Musqueam Indian Band), Sk̓wx̓wú7mesh (Squamish Nation), and səliłwətał (Tsleil-Waututh Nation).

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## Facility Hours

### July 1-August 31, 2026

Monday-Friday.....	9:00 AM-8:00 PM
Saturday-Sunday .....	9:00 AM-1:30 PM
July 1, August 3 .....	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.....	Maegan Montemayor
Programmer - Moberly Arts Centre.....	Oliver Mctavish-Wisden
Community Youth Worker.....	Rosa Aravena
Program Assistant III .....	Jazzmine Lim, Maggie Li
Recreation Facility Clerk.....	Ravina Rai
Cashier .....	Simran Bath
Senior Childcare Manager .....	Paramjeet Munday
Childcare Manager .....	Ronilta Singh
Maintenance Technician .....	Jose Menjivar
Building Worker .....	Vicente Jun Villamin



## Centre Program Registration

begins Wednesday, June 10

9:00 AM ONLINE at [vanrec.ca](http://vanrec.ca)

See page 4 for all registration information and refund policies.

**Sunset Rink will be closed**  
for annual maintenance starting  
on Monday, March 30.  
It is expected to reopen at  
the end of August.



## How to Find Us



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

此小冊子介紹您本區的社區中心、藝術中心、溜冰場及健身中心之活動。

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



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

## Sunset Community Centre Administration Information

### Registration Information

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



### Program Refund Policy

#### Centre (Association) Programs

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

#### **Subsidy Policy**

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

#### **Rink (Park Board) Programs**

- Sunset Rink will be closed for maintenance over the summer. For alternative rinks and their skating programs, please visit [vanrec.ca](http://vanrec.ca) for details.

# Preschool & Full Day Program

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

Take a virtual tour of our classrooms! [Hyperlink to preschool tour video.](#)

[www.facebook.com/SunsetCommunityCentre/videos/127797442659399](http://www.facebook.com/SunsetCommunityCentre/videos/127797442659399)



## Sunset Preschool (30 months to 5 yrs)

[VIEW ONLINE](#)

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



## Early Learning Full Day Program

[VIEW ONLINE](#)

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

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

### Registration Requirements

- \$50 registration fee (non-refundable), a deposit (equal to two month's fee) and the September fee.
- We accept Affordable Child Care Benefit from Ministry of Children and Families. To apply for benefit call 1-888-338-6622 or on-line [www.mcf.gov.bc.ca](http://www.mcf.gov.bc.ca). Child Care Arrangement form after you complete the registration.

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

## Out of School Care



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

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

[VIEW ONLINE](#)

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

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

[VIEW ONLINE](#)

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

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

#### Registration Requirements

- \$50 registration fee (non-refundable), a deposit (equal to two month's fee) and the September fee.
- We accept Affordable Child Care Benefit from Ministry of Children and Families. To apply for benefit call 1-888-338-6622 or on-line [www.mcf.gov.bc.ca](http://www.mcf.gov.bc.ca). Child Care Arrangement form after you complete the registration.

#### Registration Inquiries

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



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



# Food Bank Pick Ups

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

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

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

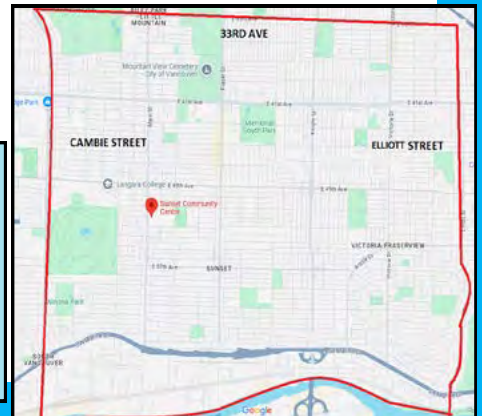
**Requirements:**

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

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

**Boundary Details:**

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



## Sunset Garden

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

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



## Wheat to Flour Project

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

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

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



# BIRTHDAY PARTY PACKAGES

**Summer  
Exclusive  
Packages**

# Birthday Parties

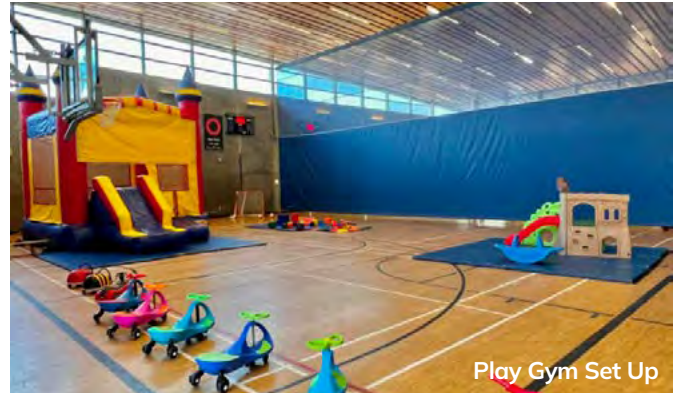


**Relax and enjoy your birthday party at Sunset Community Centre!  
We will provide you with the fun, space, and decorations to make your party exciting!**

Sit back and enjoy the party while our leaders take care of the set-up and clean-up of your party room. All you have to do is book online, bring the food, utensils, and accessories! We have a wide range of colours of balloons, streamers, and tablecloths for you to choose from. Our amazing staff team will take care of the details for your party.



Birthday Party 40 Guests  
Room 104



Play Gym Set Up

## Book your Party Today!

**Book early to  
avoid disappointment!**

Visit our website to check for availability or to make a reservation.  
[www.mysunset.net/programs/birthdays-parties/](http://www.mysunset.net/programs/birthdays-parties/)

- We do not take reservations or hold spots over the phone or email. A leader will contact you 30 days before the party to confirm the details.
- Room times cannot be changed or altered in any way.
- 15 minutes for set-up and clean up.

### Centre (Association) Program Refund and Cancellation Policy

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

## Add on Services

- Balloon Twisting +\$40**
- Face Painting +\$30**
- Cotton Candy +\$50**
- Popcorn Machine+\$30**
- Party Arch+\$35**
- Party Mascot+ \$50**
- DIY Fidget Keychain Craft +\$65**



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

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



**Pick your Party Package**

→ **See page 9**

## Summer Activities Spectacular Party for 60 Guests

[VIEW ONLINE](#)

- Selected weekends 10:00 am – 12:30 pm
- No play gym (no gymnasium use, no bouncy castle)
- Includes button making, balloon art, face painting, DIY fidget keychain making
- Shared fridge and freezer
- Select up to 2 colours of table covers, balloons, and streamers

This 2.5-hour unique party package includes four back-to-back activities (button making, face painting, balloon art, DIY fidget keychain making)! All activities will be facilitated by our staff.

Fees: \$330

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

## Summer Play Gym Party for 40 Guests

[VIEW ONLINE](#)

- Selected weekends 10:00 am – 12:30 pm
- 2.5-hour private access to Play Gym (half gym)
- Shared fridge and freezer
- Select up to 2 colours of table covers, balloons, and streamers

Private Play Gym (half gym) is included in the party package and has a bouncy castle, slide, plasma cars, bouncy toys, sports equipment, and much more. Families can go back and forth between the party room and the activity room during the 2.5-hour party.

Fees: \$290

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

## Summer Ultimate Play Gym Party for 60 Guests

[VIEW ONLINE](#)

- Selected weekends 10:00 am – 12:30 pm
- 2.5 hours in the gymnasium
- Includes button making
- Shared fridge and freezer
- Select up to 2 colours of table covers, balloons, and streamers

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

Fees: \$380

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



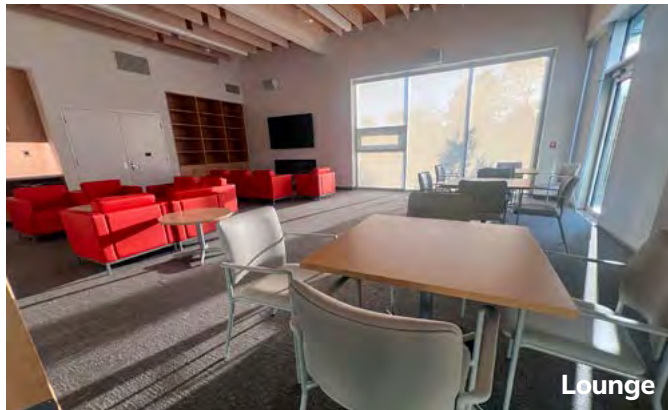
# WELCOME TO OUR SENIORS CENTRE



Exterior



Reception & Lobby



Lounge



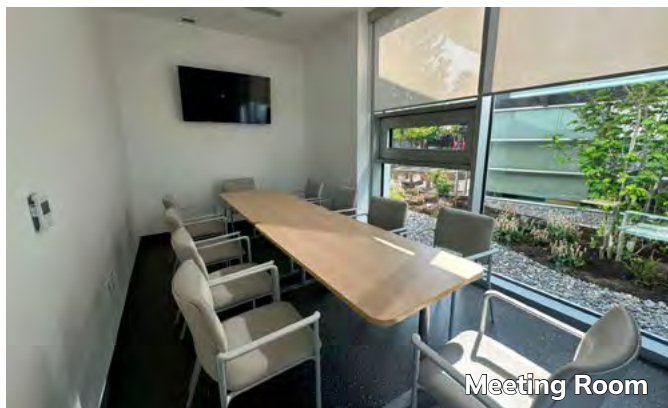
Fitness Room



Multipurpose Room 2



Grand Hall



Meeting Room



Kitchen

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Piano w/ Kelly (5+yrs) 9:15 AM-1:15 PM	Piano w/ Joanna (5+yrs) 1:30 PM-8:00 PM	SVNH Family Play Time (0-6yrs) 9:30 AM-11:00 AM	Play Gym (0-5yrs) 9:30 AM-11:00 AM	Game On! - Boys Mentorship (9-12yrs) 3:30 PM-4:45 PM	Play Gym (0-5yrs) 9:30 AM-11:00 AM	Sportball Parent and Tot Multisport (2-3yrs) 9:05 AM-9:50 AM
604 Bhangra Dance (5.5-8yrs) 9:15 AM-10:15 AM	Ball Hockey (VPD) (10-12yrs) 3:30 PM-6:00 PM	Volleyball Development Program (13-15yrs) 2:00 PM-3:30 PM	Indoor T-Ball (3-5yrs) 11:30 AM-12:15 PM	Preteen Basketball Drop-In (9-12yrs) 3:30 PM-4:45 PM	Piano w/ Derek (5+yrs) 1:30 PM-2:00 PM	SAMA (4-10yrs) 9:05 AM-10:25 AM
Activity Studio & Phonics (4-6yrs) 9:15 AM-10:10 AM	Games Room (9-18yrs) 4:30 PM-6:30 PM	Piano w/ Kelly (5+yrs) 3:00 PM-8:00 PM	Indoor T-Ball (6-10yrs) 12:20 PM-1:15 PM	Games Room (9-18yrs) 4:30 PM-6:30 PM	Girls+ Multi-Sports (9-15yrs) 3:30 PM-5:30 PM	Ballet - Preschool (2-4yrs) 9:15 AM-9:45 AM
Beg/Int Badminton (6-9yrs) 9:15 AM-10:10 AM	Rhythmic Gymnastics Dance (4-6yrs) 4:30 PM-5:30 PM	Cooking For Teens (12-17yrs) 4:00 PM-6:00 PM	Pre-teen Badminton Drop-In (9-12yrs) 3:30 PM-4:30 PM	Learning Buddies Network (6-12yrs) 4:30 PM-5:45 PM	Piano w/ Jensen (5+yrs) 3:30 PM-4:00 PM	Piano w/ Joanna (5+yrs) 9:15 AM-1:15 PM
Private Tutoring w/ Jasmine (4-12yrs) 9:15 AM-1:15 PM	Rhythmic Gymnastics Dance (7-12yrs) 5:45 PM-6:45 PM	Preteen Volleyball Drop-In (9-12yrs) 4:00 PM-5:00 PM	Piano w/ Kelly (5+yrs) 4:00 PM-8:00 PM	Teen Basketball Drop-In (13-18yrs) 4:45 PM-6:00 PM	Preteen Basketball Drop-In (9-12yrs) 3:30 PM-5:30 PM	Mandarin Conversation w/ Pinyin (6-8yrs) 9:30 AM-11:30 AM
Karate Kids (w/ Parents) (4-6yrs) 9:30 AM-10:15 AM		Games Room (9-18yrs) 4:30 PM-6:30 PM	Active French Immersion Tumble, Flex and Dance (5-8yrs) 4:30 PM-5:30 PM	Piano w/ Derek (5+yrs) 6:30 PM-7:00 PM	Games Room (9-18yrs) 4:30 PM-6:30 PM	Ballet (3-6yrs) 9:45 AM-10:30 AM
Make & Bake (4-6yrs) 9:30 AM-10:25 AM		Learning Buddies Network (6-12yrs) 4:30 PM-5:45 PM	Games Room (9-18yrs) 4:30 PM-6:30 PM		Games Room Friday Nights (9-18yrs) 4:30 PM-7:30 PM	Sportball Multisport (3-5yrs) 9:50 AM-10:35 AM
604 Bhangra Dance (8-11yrs) 10:15 AM-11:15 AM		Teen Volleyball Drop-In (13-18yrs) 5:00 PM-6:00 PM	Mandarin Conversation w/ Pinyin (9-12yrs) 4:30 PM-6:30 PM		Axe Capoeira Minis (6-13yrs) 5:00 PM-5:45 PM	Little Makers Studio (3-5yrs) 10:00 AM-10:55 AM
Head Start Math (4-6yrs) 10:15 AM-11:10 AM		Axe Capoeira Minis - August (6-13yrs) 5:00 PM-5:45 PM	Teen Badminton Drop-In (13-18yrs) 5:00 PM-6:00 PM		Youth Council (13-18yrs) 5:00 PM-6:30 PM	Outdoor Soccer (3-5yrs) 10:15 AM-11:00 AM
Int/Adv Badminton (9-12yrs) 10:15 AM-11:10 AM		Axe Capoeira Kids (6-13yrs) 5:45 PM-6:45 PM	Adapted KPOP/Hip Hop/Ethnic Dance Sampler Class (6-14yrs) 5:30 PM-6:30 PM		Teen Basketball Drop-In (13-18yrs) 5:30 PM-8:00 PM	Ballet (3-6yrs) 10:30 AM-11:15 AM
Karate – Mixed Ages (7+yrs) 10:15 AM-11:45 AM					Axe Capoeira Kids (6-13yrs) 5:45 PM-6:45 PM	Basketball (3-5yrs) 10:50 AM-11:35 AM
Outdoor Soccer (3-5yrs) 10:15 AM-11:00 AM						Outdoor Soccer (6-9yrs) 11:00 AM-12:00 PM
Kinetic Kids (3-5yrs) 10:30 AM-11:15 AM						Science Explorers (4-6yrs) 11:00 AM-11:55 AM
Make & Bake (6-10yrs) 10:35 AM-11:30 AM						Taekwondo - Int (5-13yrs) 11:00 AM-12:00 PM
Baking Basics and Beyond (13-18yrs) 11:00 AM-1:00 PM						Basketball (6-9yrs) 11:35 AM-12:30 PM
Outdoor Soccer (6-9yrs) 11:00 AM-12:00 PM						Ballet (5-8yrs) 11:45 AM-12:30 PM
604 Bhangra Dance (11-16yrs) 11:15 AM-12:15 PM						Taekwondo - Beg (5-13yrs) 12:00 PM-1:00 PM
Beg/Int Badminton (9-12yrs) 11:15 AM-12:10 PM						Ballet - Int (6-10yrs) 12:30 PM-1:15 PM
Imaginative Writing (6-11yrs) 11:15 AM-12:10 PM						Floor Hockey (6-9yrs) 12:35 PM-1:30 PM

## Social

### 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 14-Aug 18 9:30 AM-11:00 AM  
621053 FREE Drop-in

### Play Gym

(0-5 yrs)

*Play Gym Leader*

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

Wed Jul 15-Aug 26 9:30 AM-11:00 AM  
621048 \$3.50/Drop-in  
Fri Jul 17-Aug 28 9:30 AM-11:00 AM  
621049 \$3.50/Drop-in

### Sportball Parent and Tot Multisport

(2-3 yrs)

*Sportball Vancouver*

Parents can have a direct hand in a pre-schooler's development through a variety of different ball sports. Multi-sport classes teach children important introductory physical skills and help children develop confidence in their abilities. The programs also help parents understand techniques that can be applied outside of Sportball classes. Parents must participate. No session August 1.

Sat Jul 4-Aug 29 9:05 AM-9:50 AM  
620986 \$144/8 sessions

## Sign up Today!



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

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



## Art, Culture & Environment

### Rhythmic Gymnastics Dance

*Elite Gymnastics*

Rhythmic gymnastics combines the grace of ballet and the strength of artistic gymnastics with the challenging manipulation of colourful hand apparatus. Participants will learn basic body movements of apparatus techniques, while moving to various musical rhythms. This wonderful sport will develop hand-eye coordination, balance, agility, flexibility, and rhythm. Instructors are certified with the National Coaching Certification Program. No session August 3.

**4-6 yrs**

Mon Jul 6-Aug 31 4:30 PM-5:30 PM  
**621050** \$120/8 sessions

**7-12 yrs**

Mon Jul 6-Aug 31 5:45 PM-6:45 PM  
**621051** \$120/8 sessions

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

*ILLUMA Studio*

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

Wed Jul 8-Aug 26 4:30 PM-5:30 PM  
**620981** \$128/8 sessions



### Adapted KPOP/Hip Hop/Ethnic Dance Sampler Class (6-14 yrs)

*ILLUMA Studio*

Come enjoy our adapted dance experience while vibing to various fun dance genres including Korean Pop (KPOP), Hip Hop and other ethnic music! Dancers will learn choreography, footwork, isolations, stretches and more at their own pace! Meet friends, have fun, and rise to a new challenge. No previous experience required. Students will be accompanied by a guardian/parent; the adult's participation is optional but preferred. At the beginning of class, please let the instructor learn your child's preferences and needs based on their neural divergent / spectrum situation so that we can aim to customize your family's experience. Thank you for your patience as we strive to fine-tune a program that will meet your child's needs

Wed Jul 8-Aug 26 5:30 PM-6:30 PM  
**620982** \$128/8 sessions

### Ballet

*Sarah U*

Learn the basics of ballet in an un-intimidating atmosphere. Basic ballet exercises, positions, vocabulary, and musicality will be taught while developing posture, musicality, and self expression in a fun and supportive environment. Classes will progress and culminate in a presentation on the last day of class. Please come in form-fitting clothing and ballet slippers. No session August 1.

**3-4 yrs-Parent/guardian participation required.**

Sat Jul 4-Aug 29 9:15 AM-9:45 AM  
**620863** \$80/8 sessions

**4-6 yrs**

Sat Jul 4-Aug 29 9:45 AM-10:30 AM  
**620859** \$112/8 sessions

Sat Jul 4-Aug 29 10:30 AM-11:15 AM  
**620860** \$112/8 sessions

**6-8 yrs**

Sat Jul 4-Aug 29 11:45 AM-12:45 PM  
**620862** \$120/8 sessions

### Ballet - Intermediate (6-10 yrs)

*Sarah U*

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

Sat Jul 4-Aug 29 12:30 PM-1:15 PM  
**620861** \$144/8 sessions

**NOTE: The 6-8 yrs and Intermediate classes have been shortened due to reduced summer hours.**

## Art, Culture & Environment cont'd

### 604 Bhangra Dance

#### 604 Bhangra

Bhangra is a high energy folk dance that originates from Punjab. This class will introduce students to Bhangra music and sets of simple and easy Bhangra moves. As each class progresses, students will learn new moves through choreographed routines. This class is perfect for children who have had little to no experience in bhangra and are looking to solidify their understanding and execution of bhangra moves at Sunset Community Centre. No session August 2.

#### 5-8 yrs

Sun Jul 5-26 9:15 AM-10:15 AM  
620756 \$48/4 sessions

#### 8-11 yrs

Sun Jul 5-26 10:15 AM-11:15 AM  
620753 \$52/4 sessions

#### 11-16 yrs

Sun Jul 5-26 11:15 AM-12:15 PM  
620754 \$52/4 sessions



### 604 Bhangra - Gidha for Kids

(6-12 yrs)

#### 604 Bhangra

Gidha and bhangra are two folk dances that originate from Punjab. This class will involve a warm-up, stretch, and sets of repetitive traditional and modern gidha and bhangra moves that we will expand on as each class progresses. No previous gidha or bhangra experience is required. Please wear active clothing and bring a water bottle! No session August 2.

Sun Jul 5-Aug 26 12:15 PM-1:15 PM  
620767 \$52/4 sessions

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## Education

### Learning Buddies Network

(6-12 yrs)

#### Learning Buddies Network

Learning Buddies Network we are offering free one on one reading and math mentoring for children performing below grade level. Students are paired one-on-one with a trained high school mentor and our programs are supervised by BC registered teachers (staff). Buddies applying to our Reading Buddies program must be in Grades 1-5 (as of September), Grade 1 students are not accepted until January of their Grade 1 school year. Buddies applying to our Math Buddies program must be in Grades 3-5 (as of September) AND students must be at least one grade behind in school in the subject and have conversational level English ability to participate in our program. Grade 6 and 7 students are accepted on a case by case basis. The child will then be assessed to make sure they are the right fit for this program. If you have any questions you can email us at: [registration@learningbuddiesnetwork.com](mailto:registration@learningbuddiesnetwork.com).

Tue Thu Jul 7-Aug 27 4:30 PM-5:45 PM  
621512 FREE

### Mandarin Conversation with Pinyin

#### Pui Ying Chinese School

Students will learn Mandarin for daily conversation and pinyin through activities, such as games. Classes are 1.5hr long and will include a quick snack break. Please bring a snack. All teaching material will be provided by Pui Ying Chinese School

#### 9-12 yrs

Wed Jul 8-Aug 19 4:45 PM-6:15 PM  
621668 \$220/6 sessions

#### 6-8 yrs

Sat Jul 11-Aug 15 9:45 AM-1:15 PM  
621667 \$200/6 sessions

### Little Makers Studio

(3-5 yrs)

#### Youth Leader

Step into a world of stories and creativity! Each class will start with story time. Children will then dive into hands-on art and craft activities inspired by the book, exploring colors, shapes, textures, and different creative techniques. No session August 1.

Sat Jul 11-Aug 29 10:00 AM-10:55 AM  
623557 \$70/7 sessions

### Science Explorers

(4-6 yrs)

#### Youth Leader

Explore science through reading and creating, and flourish young minds with knowledge and imagination. Hands on experiments are part of our weekly adventures. Children will learn fun facts to astonish their minds. No session August 1.

Sat Jul 11-Aug 29 11:00 AM-11:55 AM  
623558 \$70/7 sessions

## Make & Bake

*Kristy Nguyen*

Start the day with creativity. Mix, measure, and create simple breakfast favourites in the oven while learning basic cooking skills. Explore recipes like muffins, biscuits, and pastries. No session August 2.

**4-6 yrs**

Sun Jul 5-Aug 30 9:30 AM-10:25 AM  
**621056** \$92/8 sessions

**6-10 yrs**

Sun Jul 5-Aug 30 10:35 AM-11:30 AM  
**621054** \$92/8 sessions

## Cookie Mania

**(6-10 yrs)**

*Kristy Nguyen*

Mix, bake, and decorate your way through summer! Whip up a new kind of cookie each week from classic chocolate chip, to colorful sugar cookies and international favorites.

Sun Jul 5-Aug 30 11:45 AM-1:00 PM  
**621057** \$96/8 sessions

## The Blueprint Lab

**(6-12 yrs)**

*Youth Leader*

Explore the basics of architecture and engineering by planning and constructing structures using a variety of materials. Each session involves a fun design challenge to bring their ideas to life. No session August 2.

Sun Jul 5-Aug 23 11:45 AM-1:15 PM  
**623556** \$98/7 sessions

## Activity Studio & Phonics

**(4-6 yrs)**

*Youth Leader*

Activity Studio & Phonics is geared towards getting children ready for reading and writing through play. Children will work through worksheets and play fun games to help them with various reading and writing exercises. No session August 2.

Sun Jul 5-Aug 30 9:15 AM-10:10 AM  
**623559** \$73.50/7 sessions

## Headstart Math

**(4-6 yrs)**

*Youth Leader*

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

No session August 2.

Sun Jul 5-Aug 30 10:15 AM-11:10 AM  
**623560** \$73.50/7 sessions

## Imaginative Writing

**(7-11 yrs)**

*Youth Leader*

Let your imagination flow! Children will be encouraged to be brave, and create short stories to practice and improve writing skills. No session August 2.

Sun Jul 5-Aug 30 11:15 AM-12:10 PM  
**623561** \$73.50/7 sessions

## Workshops

### Eggcellent Breakfast

*Youth Leader*

Eggs, eggs, and more eggs! Create a yummy breakfast using eggs as the main ingredient.

**4-6 yrs**

Sun Aug 9 9:30 AM-11:00 AM  
**623562** \$20/session

**7-12 yrs**

Sun Aug 9 11:10 AM-12:40 PM  
**623562** \$20/session

### DIY Keychain

**(4-6 yrs)**

*Youth Leader*

Create your own personalized keychain with a variety of materials. Perfect to hang on your bag or backpack!

Sun Aug 16 10:00 AM-11:15 AM  
**623566** \$15/session

### Mini Flower Bouquet

**(4-6 yrs)**

*Youth Leader*

Arrange your own mini bouquet and learn about different flowers and fillers.

Sun Aug 16 11:30 AM-1:00 PM  
**623567** \$15/session

### Pasta-bilities

*Youth Leader*

What's your favourite pasta combination? Learn the different types of sauces for different shapes of pasta! Make your own pasta from scratch.

**4-6 yrs**

Sun Aug 23 9:30 AM-11:00 AM  
**623564** \$20/session

**7-12 yrs**

Sun Aug 23 11:10 AM-12:40 PM  
**623565** \$20/session



## Sports

### Indoor T-Ball

*Youth Leader*

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

**3-5 yrs**

Wed Jul 16-Aug 27 11:30 AM-12:15 PM  
**621397** \$63/7 sessions

**6-10 yrs**

Thu Jul 16-Aug 27 12:20 PM-1:30 PM  
**621398** \$63/7 sessions

### Sportball Multisport

*Sportball Vancouver*

This program is designed to guide children through the introductory skills in a number of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence. No session August 1.

Sat Jul 4-Aug 29 9:50 AM-10:35 AM  
**620985** \$144/8 sessions

### Outdoor Soccer

*Youth Leader*

Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills and more. Classes are dedicated to skills development and putting those skills to work in an exciting and non-competitive game. Program runs rain or shine on the south grass field. No session August 1 and 2.

**3-5 yrs**

Sat Jul 4-Aug 29 10:15 AM-11:00 AM  
**621343** \$84/8 sessions

Sun Jul 5-Aug 30 10:15 AM-11:00 AM  
**621344** \$84/8 sessions

**6-9 yrs**

Sat Jul 4-Aug 29 11:00 AM-12:00 PM  
**621345** \$84/8 sessions

Sun Jul 5-Aug 30 11:00 AM-12:00 PM  
**621346** \$84/8 sessions

### Basketball

*Youth Leader*

Children are taught the fundamental skills necessary while having fun. Skills include dribble, shoot, pass, and score on their way into a game. Classes are dedicated to skills development and putting those skills to work in an exciting and non-competitive game. No session August 1.

**3-5 yrs**

Sat Jul 4-Aug 29 10:50 AM-11:35 AM  
**621349** \$84/8 sessions

**6-9 yrs**

Sat Jul 4-Aug 29 11:35 AM-12:30 PM  
**621348** \$84/8 sessions

### Floor Hockey

**(6-9 yrs)**

*Youth Leader*

A fun, beginner-friendly class where kids learn basic skills like passing, shooting, and teamwork through games and drills. Focused on building confidence, coordination, and sportsmanship. No session August 1.

Sat Jul 4-Aug 29 12:35 PM-1:30 PM  
**621350** \$84/8 sessions

### Kinetic Kids

**(3-5 yrs)**

*Kinetic Kids*

Get ready to jump, run and play your way through movement-packed fun! Kinetic Kids Fundamentals is a high-energy, hands-on program designed to help little ones build strength, coordination, and confidence through a blend of exciting games, obstacle courses, and creative free play. With a perfect mix of guided activities and child-led exploration, children will grow their physical skills for everyday movement! No session August 2.

Sun Jul 5-Aug 30 10:30 AM-11:15 AM  
**621052** \$160/8 sessions

### Badminton

*Howard Fok*

This fun and engaging badminton program is designed for kids of all skill levels, from beginners learning the basics to more experienced players refining advanced techniques. Participants will build a strong foundation through skill-based drills focused on grip, footwork, serving, and rallying, while progressively developing more advanced shots, net play, and game strategies. Each lesson is catered to participants of different levels. No session August 2.

**Beginner/Intermediate 6-9 yrs**

Sun Jul 5-Aug 30 9:15 AM-10:10 AM  
**621058** \$108/8 sessions

Sun Jul 5-Aug 30 11:15 AM-12:10 PM  
**621060** \$108/8 sessions

**Intermediate/Advance 9-12 yrs**

Sun Jul 5-Aug 30 10:15 AM-11:10 AM  
**621059** \$108/8 sessions

Sun Jul 5-Aug 30 12:15 PM-1:10 PM  
**621061** \$108/8 sessions

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

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

## Martial Arts – All ages

### Axe Capoeira

*Amanda Torres*

These are ongoing classes where anyone can join, no previous experience necessary. It covers all aspects of Capoeira; martial-arts, dance, acrobatics, music, culture, language, and more. It focuses on developing the student's coordination, balance, strength, rhythm, and flexibility. Drop in \$20 as space allows.

#### Minis 4-5 yrs

Tue Fri	Jul 2-Jul 30	5:00 PM-5:45 PM
<a href="#">620778</a>		\$112.5/9 sessions
Tue Fri	Aug 4-Aug 28	5:00 PM-5:45 PM
<a href="#">620783</a>		\$100/8 sessions

#### Kids 6-13 yrs

Tue Fri	Jul 2-Jul 31	5:45 PM-6:45 PM
<a href="#">620775</a>		\$112.5/9 sessions
Tue Fri	Aug 4-Aug 28	5:45 PM-6:45 PM
<a href="#">620784</a>		\$100/8 sessions

#### 14+ yrs

Tue Fri	Jul 2-Jul 31	6:45 PM-8:00 PM
<a href="#">620773</a>		\$112.5/9 sessions
Tue Fri	Aug 4-Aug 28	6:45 PM-8:00 PM
<a href="#">620785</a>		\$100/8 sessions



### Taekwondo

(5-13 yrs)

*Third Eye Martial Arts*

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

#### Beginner

Sat	Jul 4-Aug 29	12:00 PM-1:00 PM
<a href="#">621046</a>		\$198/9 sessions

#### Intermediate

Sat	Jul 4-Aug 29	11:00 AM-12:00 PM
<a href="#">621047</a>		\$198/9 sessions

### Karate Kids

*George Chan*

Have fun while learning traditional Go-Ju Ryu Karate-Do with 7th Dan Shihan George Chan (over 40 years of Karate and teaching experience) and his Senior Assistants. This Karate program improves focus, self-discipline, physical fitness and motor skills. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. 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. Program will run during long weekend.

#### Kids 4-6 yrs with parent participation

Sun	Jul 12-Aug 30	9:30 AM-10:15 AM
<a href="#">620796</a>		\$144/8 sessions

#### Teen & Adult 7+ yrs

Sun	Jul 12-Aug 30	10:15 AM-11:45 AM
<a href="#">620794</a>		\$144/8 sessions

NOTE: Adult/Guardians registering with their child receive a 20% discount

### Karate Black Belts

(13+ yrs)

*George Chan*

Traditional Japan Go-Ju Ryu karate taught by 7th Dan Shihan George Chan (over 40 years teaching experience) and his Team of Black Belt Instructors. This program improves focus and self-discipline. Class starts with warm up and stretching exercises. Self defense techniques and katas (forms of movements). No contact, controlled sparring. Beginners are welcome. For more info, please visit [www.kuyukai.com](http://www.kuyukai.com).

Sun	Jul 12, Aug 2, 23	11:45 AM-1:00 PM
<a href="#">620795</a>		\$80/4 sessions

## Music Lessons

### Piano - Private Lessons

Half-hour lessons with a combination of music theory and practical piano playing. This is a good introduction for your child to learn to enjoy music. Cost of piano books is not included. No session August 1, 3, 9.

Mon	Jul 6-Aug 17	12:00 PM-2:00 PM
<b>Joanna Wan</b>	<a href="#">VIEW ONLINE</a>	\$150/6 sessions
Mon	Jul 6-Aug 17	3:00 PM-8:00 PM
<b>Joanna Wan</b>	<a href="#">VIEW ONLINE</a>	\$150/6 sessions
Tue	Jul 7-Aug 25	3:00 PM-8:00 PM
<b>Kelly Fang</b>	<a href="#">VIEW ONLINE</a>	\$200/8 sessions
Wed	Jul 8-Aug 26	4:00 PM-8:00 PM
<b>Kelly Fang</b>	<a href="#">VIEW ONLINE</a>	\$200/8 sessions
Thu	Jul 9-Aug 27	3:30 PM-8:00 PM
<b>Derek Pang</b>	<a href="#">VIEW ONLINE</a>	\$200/8 sessions
Fri	Jul 10-Aug 28	12:00 PM-3:00 PM
<b>Derek Pang</b>	<a href="#">VIEW ONLINE</a>	\$200/8 sessions
Fri	Jul 10-Aug 28	3:30 PM-8:00 PM
<b>Jensen Yee</b>	<a href="#">VIEW ONLINE</a>	\$200/8 sessions
Sat	Jul 11-Aug 22	9:15 AM-1:15 PM
<b>Joanna Wan</b>	<a href="#">VIEW ONLINE</a>	\$150/6 sessions
Sun	Jul 12-Aug 23	9:15 AM-1:15 PM
<b>Kelly Fang</b>	<a href="#">VIEW ONLINE</a>	\$175/7 sessions



### Violin – Private Lessons

Whether you're a beginner or looking to improve your skills, this class is open to all levels. Learn violin in a supportive setting with a dedicated instructor, who will also guide you in choosing the right size and type of instrument. Each lesson is 30 minutes long.

Sun	Jul 12-Aug 30	9:30 AM-1:30 PM
<b>Hilary Szutu</b>	<a href="#">VIEW ONLINE</a>	\$200/8 sessions

## Private Tutoring

### Private Tutoring with Jasmine

(5-12 yrs)

*Jasmine Yang*

This program provides an opportunity for tutoring that's designed to help improve the child's growth in any school subject. Perfect for catching up on school work, while also providing extra time to master new skills. These sessions are 1 hour long.

Sun	Jul 5-Aug 30	9:15 AM-10:15 AM
<b>621516</b>		\$216/8 sessions
Sun	Jul 5-Aug 30	10:15 AM-11:15 AM
<b>621517</b>		\$216/8 sessions
Sun	Jul 5-Aug 30	11:15 AM-12:15 PM
<b>621518</b>		\$216/8 sessions
Sun	Jul 5-Aug 30	12:15 PM-1:15 PM
<b>621519</b>		\$216/8 sessions

**Kids Summer Camp**

Check out our **Specialty Camps**

Active & Educational

See pages 19-20



## Specialty Day Camps



Get ready for a summer of discovery and adventure!

Check out our half day and full day camps that focus on a featured subject and activity.

### Young-Commander Chess Camp - Novice/Newbie I&II

(5-13 yrs)

Joe Soliven

"WATSON, WHAT'S THE MOTIF BEHIND?" -Sherlock Holmes. As school academics in a game and leadership training model - playing chess and being smart are inter-connected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. 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, where the chessmen become personified, kids, garbed with a commander (leader) self-image, get trained in life-skills goal-setting: checkmate! Open to anyone new or with limited knowledge of chess-art basics: moves, captures, castling, checkmates, special moves, notation, etc. FREE complimentary chess kit for new students. Drop-ins welcomed, space permitting. Instructor's Values Statement: Logical thinking, wholesome discipline. Instructor's Mission Statement: Strategies now, leader tomorrow

Mon-Fri	Jul 6-Jul 10	9:00 AM-10:10 AM
<a href="#">621237</a>		\$100/5 sessions
Mon-Fri	Jul 6-Jul 10	10:20 AM-11:30 AM
<a href="#">621238</a>		\$100/5 sessions
Mon-Fri	Jul 27-Jul 31	4:30 PM-6:00 PM
<a href="#">623010</a>		\$99/5 sessions

### Books and Bites Club

(5-8 yrs)

Youth Leader

A full hands-on program for the hungry bookworms! Spend the first half diving into the world of books and turn that into a yummy snack afterwards.

Mon-Fri	Jul 6-Jul 10	12:30 PM-2:00 PM
<a href="#">623555</a>		\$60/5 sessions

### Lego Brick Animation

(6-12 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	Jul 13-Jul 17	10:00 AM-12:00 PM
<a href="#">612251</a>		\$175/5 sessions
Tue-Fri	Aug 4-Aug 7	10:00 AM-12:00 PM
<a href="#">612254</a>		\$150/4 sessions

### Lego Robotics

(6-12 yrs)

Tomorrow's Playground

The LEGO Education WEDO 2.0 system provides an exciting experience into the world of Robotics! For beginners or returning students .WEDO 2.0 supports a hands-on, minds-on learning experience. Using LEGO elements, and experimentation, and incorporates STEM education. No prior robotics experience necessary. Students will be assigned projects according to their abilities and returning students will be given new projects and may include introduction to Lego Spike, prime.

WEDO 2.0

Mon-Fri	Jul 13-Jul 17	12:30 PM-2:30 PM
<a href="#">612252</a>		\$175/5 sessions
Mon-Fri	Aug 4-Aug 7	12:30 PM-2:30 PM
<a href="#">612255</a>		\$150/4 sessions
EV3		
Mon-Fri	Jul 13-Jul 17	3:30 PM-5:30 PM
<a href="#">612253</a>		\$175/5 sessions
Tue-Fri	Aug 4-Aug 7	3:30 PM-5:30 PM
<a href="#">612256</a>		\$150/4 sessions

### Active Dance Sing / Jazz Funk / Hip Hop / KPOP Sampler Camp

(5-13 yrs)

ILLUMA Studio

Come learn a variety of dancing and aspects of musical theatre including some singing and acting through FUN games! Students will be introduced to Jazz Funk, Street and Korean Pop (KPOP) dance styles through cardio warm ups, strengthening, footwork, isolations, stretches and learn the importance of breathing. Learn teamwork while supporting classmates, have fun, and rise to a new challenge! No previous experience required; content is accessible and adapted to the learner's level. Learned skills showcasing will be announced during the camp.

Mon-Fri	Jul 20-Jul 24	9:15 AM-12:30 PM
<a href="#">612257</a>		\$225/5 sessions

Looking for more  
Art & Cultural Programs?

Moberly Arts & Cultural Centre  
[moberlyartscentre.ca](http://moberlyartscentre.ca)

# SPECIALTY CAMPS

## Active Hip Hop, Jazz Funk and Pop Dance, Stretch & Strength (5-13 yrs)

ILLUMA Studio

Come dance to Jazz Funk, Hip Hop and Pop music for cardio training! Then through proper breathing, strengthening, and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Having learned the proper techniques, our goal is for the student to have better physical awareness, stronger core muscles, increase flexibility and stand tall with confidence. Maybe you'll even achieve your splits and back bends in this class! No previous experience required; content is accessible and adapted to the learner's level. Learned skills showcasing will be announced during the camp.

Mon-Fri Jul 20-Jul 24 12:30 PM-3:30 PM  
**612258** \$225/5 sessions

## Byte Camp - Introduction to Coding (9-12 yrs)

Byte Camp

Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with Scratch and get to use those skills to make their very own games. Students will learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can access and play or proudly share with friends online.

Mon-Fri Jul 27-Jul 31 9:00 AM-4:00 PM  
**621062** \$410/5 sessions

## Summer Smash Tennis: Junior Fundamentals+ Aces Camp (7.5-10) (8-10 yrs)

Summer Smash Tennis

Start learning tennis in a fun and supportive environment. Lessons provide young beginners with little or no experience an introduction to the game through high energy, game-based lessons that use the ½ stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a strong technical foundation.

Mon-Fri Jul 6-Jul 10 9:00 AM-12:00 PM  
**617411** \$320.29/5 sessions

Mon-Fri Jul 13-Jul 17 9:00 AM-12:00 PM  
**617412** \$320.29/5 sessions

Mon-Fri Jul 20-Jul 24 9:00 AM-12:00 PM  
**617413** \$320.29/5 sessions

Mon-Fri Aug 10-Aug 14 9:00 AM-12:00 PM  
**617416** \$320.29/5 sessions

## LABRATS Science Fundamentals Camp (9-12 yrs)

LABRATS

A 5-day STEM-based camp featuring hands-on experiments and activities in biology, physics, and chemistry. Led by high-achieving youth students with advanced subject knowledge, our goal is to spark a lasting passion for STEM in bright young learners.

Mon-Fri Aug 10-Aug 14 10:30 AM-12:30 PM  
**623554** \$80/5 sessions

## Little Artists Summer Studio (5-8 yrs)

Youth Leader

Explore a variety of art through colourful projects. Each day will focus on a new project ranging from canvas painting, clay sculpting, wearable art, and more!

Mon-Fri Aug 10-14 1:00 PM-1:55 PM  
**623016** \$50/5 sessions

## Cook Around The World (5-8 yrs)

Youth Leader

Our cook around the world camp is returning this summer. Explore different cuisines around the world and introduce new flavours to your tastebuds.

Asia

Mon-Fri Aug 10-14 11:15 AM-12:15 PM  
**623017** \$60/5 sessions

Europe

Mon-Fri Aug 17-21 11:25 AM-12:40 PM  
**623020** \$60/5 sessions

## Picnic Bites (9-12 yrs)

Youth Leader

Learn how to create tasty picnic-style snacks and curate your own recipe book for your future picnics! Participants will make their picnic food and end off with compiling their recipe book. The last day of the program will include a short picnic outdoors.

Mon-Fri Aug 17-Aug 21 10:00 AM-11:15 AM  
**623024** \$60/5 sessions

## Cocoa Creations (5-8 yrs)

Youth Leader

Chocolate time! Using chocolate, create tasty dessert here at Sunset - from brownies to chocolate dipped strawberries. Satisfy your sweet tooth with this camp.

Mon-Fri Aug 10-14 12:50 PM-2:05 PM  
**623020** \$60/5 sessions

## Dance Discovery Camp

Sarah U

An introduction to dance through ballet, jazz, and hip hop. Dancers will explore movement through music, storytelling, and creative play while building coordination, confidence, and body awareness. Each day includes a mix of dance classes and crafts in a fun and supportive environment. Camp will conclude with a presentation at the end of the week.

5-7 yrs

Mon-Fri Aug 24-Aug 28 9:30 AM -12:00 PM  
**622287** \$265/5 sessions

7-10 yrs

Mon-Fri Aug 24-Aug 28 12:30 PM-3:00 PM  
**622288** \$265/5 sessions

VIEW ONLINE

## 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](mailto:sunset.daycamp@vancouver.ca).

After Camp are offered for day campers who need care beyond day camp hours. **NOTE: There will be no Before Camp offered this year.** You must register for After Camp (4:00 PM-5:30 PM) separately.

Runs daily 9 AM-4 PM. • \$190/5 days; \$148/4 days

	<b>Summer Escape Day Camp</b> 9:00 AM-4:00 PM \$38/day	<b>After Camp</b> 4:00 PM-5:30 PM \$8/day
Week 1 • Jul 6-10	620525	620592
Week 2 • Jul 13-17	620526	620600
Week 3 • Jul 20-24	620527	620601
Week 4 • Jul 27-31	620528	620603
Week 5 • Aug 4-7	620529	620602
Week 6 • Aug 10-14	620530	620604
Week 7 • Aug 17-21	620531	620605
Week 8 • Aug 24-28	620532	620606



## Youth Day Camp (12-16 yrs)

VIEW ONLINE

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

Runs daily 9:30 AM-4 PM. • \$165/5 days; \$132/4 days

Week 1 • Jul 6-10	Leadership	620379
Week 2 • Jul 13-17	Social Media Safety	620383
Week 3 • Jul 20-24	Wellness and Self Care	620384
Week 4 • Jul 27-31	Social Responsibility	620647
Week 5 • Aug 4-7	Celebrating Diversity	620648
Week 6 • Aug 10-14	Healthy Relationships	620649
Week 7 • Aug 17-21	Personal Development	620650
Week 8 • Aug 24-28	Environmental Awareness	620651



## Ross Park

Located at 7402 Ross Street

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

OPEN JULY 2-SEPTEMBER 7

Monday-Friday.....11:30 AM-7:00 PM  
Saturday-Sunday.....11:30 AM-5:30 PM



Wading pool operation is subject to Metro Vancouver water restrictions.

## Social

### Games Room

(9-18 yrs)

*Youth Leader*

Want a place that you can hang out, feel safe and have fun! Join us in the games room. Play cards, pool, board games and crafts we have daily activities. The Community Youth Worker will be available to engage, connect, and to provide support and resources. Schedule subject to change. No session July 1, August 3, September 7.

Mon-Thu Jul 2-Sep 3 4:30 PM-6:30 PM  
**621215** FREE Drop-in

### Games Room Friday Nights

(9-18 yrs)

*Youth Leader*

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

Fri Jul 3-Sep 4 4:30 PM-7:30 PM  
**621179** FREE Drop-in

## Education

### Cooking For Teens

(12-17 yrs)

*Kristy Nguyen*

Just for teens if you like cooking please join us every Tuesday. Each week we will make a different recipe, learn about cooking a while having fun! together just come Bring a container to take home just in case we have extras. Space is limited please sign up soon. Consent forms required.

Tue Jul 14-Aug 25 4:00 PM-6:00 PM  
**620353** \$40/7 sessions

### Baking Basics and Beyond

(13-18 yrs)

*Vanessa Makilan*

Whether you're a total beginner or already a pro with a whisk, Bake Break is your chance to mix, knead, frost, and snack your way through dozens of sweet and savory recipes this fall! Teens will learn hands-on baking skills in a fun, relaxed setting? from cookies and brownies to hand pies, soft pretzels, and cinnamon rolls. Each week focuses on a new recipe with guidance on basic techniques, kitchen safety, and creative twists. No experience needed. Just bring your appetite and a willingness to try something new. All ingredients provided.

Sun Jul 12-Aug 30 11:00 AM-1:00 PM  
**620352** \$40/8 sessions

## Sports

### Ball Hockey

(10-12 yrs)

*Vancouver Police Department*

Calling all pre-teens in grades 5-7 who would like to play along side of VPD, meet new friends and have fun! Join the local Vancouver police officers for after school ball hockey. All participants will require to wear safety goggles. All skill set welcomed. This program is co-ed and open to non-binary youth. Score goals and build community! Registration required. No drop-in. No session August 3.

Mon Jul 13-Aug 31 3:30 PM-6:00 PM  
**622501** FREE/8 sessions

### Volleyball Development Program

(13-15 yrs)

This program is designed to introduce and develop fundamental volleyball skills in a fun, structured, and progressive environment with the intention of preparing for the upcoming fall volleyball season. Sessions will focus on core skills such as passing, setting, serving, movement, and basic game concepts, with drills and activities tailored to the age group. The program will be led by two experienced coaches, both of whom have won provincial gold medals, bringing a high level of technical knowledge, competitive experience, and quality instruction to each session. The overall goal is to build strong fundamentals while fostering confidence, teamwork, and a long-term love for the game.

Tue July 14- Aug 25 2:00 PM -3:30 PM  
**623027** \$140/7 sessions

### Volleyball Drop-In

*TBA Instructor*

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

9-12 yrs

Tue Jul 7-Aug 25 4:00 PM-5:00 PM  
**621494** FREE Drop-in

13-18 yrs

Tue Jul 7-Aug 25 5:00 PM-6:00 PM  
**621495** FREE Drop-in

### Badminton Drop-In

*Youth Leader*

Come by and drop in for badminton. Please sign-in with a staff before entering. Join us for fun badminton, skills and drills!

9-12 yrs

Wed Jul 8-Aug 26 2:00 PM-4:00 PM  
**621492** FREE Drop-in

13-18 yrs

Wed Jul 8-Aug 26 4:00 PM-6:00 PM  
**621493** FREE Drop-in



Follow us on Instagram

@SunsetCC.Youth

## Sports cont'd

### Girls+ Multi-Sports

(9-15 yrs)

*Gurman Parhar*

Drop-in for free open gym for any female identifying and non-binary youth! This program will include gym sports, like badminton, soccer, volleyball, dodge ball, and will also include cooperative and teambuilding games.

Fri Jul 3-Aug 28 3:30 PM-5:30 PM  
621202 FREE Drop-in

### Pre-Teen Basketball

(9-12 yrs)

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

Thu Jul 2- Aug 27 3:30 PM -4:45 PM  
622930 FREE/9 sessions

### Teen Basketball

(13-18yrs)

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

Thu Jul 2- Aug 27 4:45 PM -6:00 PM  
622932 FREE/ 9 sessions

### Game On! - Boys Mentorship

(9-12 yrs)

*Big Brothers*

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

Thu Jul 9-Aug 27 3:30 PM-4:45 PM  
620354 FREE Registration

### Basketball Drop-In (Fridays)

*Sarankan Suthaharan*

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

9-12 yrs

Fri Jul 3-Sep 4 3:30 PM-5:30 PM  
621203 FREE Drop-in

13-18 yrs

Fri Jul 3-Sep 4 5:30 PM-8:00 PM  
621204 FREE Drop-in

## Youth Leadership

### Youth Council

(13-18 yrs)

*Youth Leader*

Are you a youth that want to be more involved in your community, a voice for other youth and make a difference? Sunset is looking for youth who are interested in sharing ideas, opinions, and thoughts about what they would like to see at Sunset. This is an opportunity for youth to grow and develop their leadership skills through workshops, community projects, fundraising and special events. Get involved and act on current issues or trends affecting youth. Take initiative on fundraisers for other youth and families in our community. Must be 13-18yrs old and be committed to attending meetings for the season. If you miss 3 or more meetings you will be withdrawn from the program automatically.

Fri Jul 10-Sep 4 5:00 PM-6:30 PM  
621205

### Foodsafe Level 1

(13-18 yrs)

*Paul Richardson*

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

Fri Jul 24 9:00 AM-4:00 PM  
622284 \$85/1 session

## Sports Camps

### Finish Strong Summer Basketball Shooting Camp (10-16 yrs)

Mon-Fri Jul 6-Jul 10 9:00 AM-12:00 PM  
621199 \$160/5 sessions

### Girls Basketball Camp (10-16 yrs)

Mon-Fri Jul 6-Jul 10 12:30 PM-2:30 PM  
621201 \$150/5 sessions

### Summer Smash Tennis: Youth Fundamentals+ Aces Camp (12-16 yrs)

Mon-Fri Jul 27-Jul 31 9:00 AM-12:00 PM  
617417 \$320.29/5 sessions

Mon-Fri Aug 4-Aug 7 9:00 AM-12:00 PM  
617415 \$256.23/4 sessions

Mon-Fri Aug 17-Aug 21 9:00 AM-12:00 PM  
617418 \$320.29/5 sessions

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

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



## Ross Park Volunteer Opportunity

Youth wanting to volunteer at Ross Park during the Summer.

If you are interested please sign up! Must complete Playground volunteer orientation and consent form.

Must be 15 years and older. Volunteers will be assisting Playground Leaders at Ross Park with set up, arts and crafts. On site training will include site tour, volunteer role and responsibilities, rights and guidelines, emergency procedures.

If you have questions, please email [sunset.volunteers@vancouver.ca](mailto:sunset.volunteers@vancouver.ca)



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

Sunset is looking for youth volunteers who are interested in assisting with our special events, children's programs and more!

Please email Rosa at [rosa.aravena@vancouver.ca](mailto:rosa.aravena@vancouver.ca)



## Parental/ Guardian Responsibility

According to provincial guidelines, all children under the age of 8 are required to have parental/guardian 16 years or older supervision when not attending a registered Sunset program.

This applies to all drop-in programs such as the Games Room, Open Gym.

The staff at Sunset are not responsible for children left unattended after programs have finished. Parents/ guardians are responsible for picking up their children as soon as programs have ended

## Youth Sports Schedule

[VIEW ONLINE](#)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Ball Hockey (VPD)</b> 10-12 yrs <i>North Gym</i> 3:30-6:00 PM	<b>Volleyball Development</b> 13-15 yrs <i>Full Gym</i> 2:00-3:30 PM	<b>Badminton</b> 9-12 yrs <i>South Gym</i> 3:30-4:30 PM	<b>Basketball</b> 9-12 yrs <i>South Gym</i> 3:30-4:45 PM	<b>Multi-sports Girls+</b> 9-12 yrs <i>North Gym</i> 3:30-5:30 PM
<b>Soccer</b> 13-18 yrs <i>North Gym</i> 4:45-6:00 PM	<b>Volleyball</b> 9-12 yrs <i>Full Gym</i> 4:00-5:00 PM	<b>Badminton</b> 13-18 yrs <i>South Gym</i> 5:00-6:00 PM	<b>Game On</b> <i>North Gym</i> 3:30-4:45 PM	<b>Basketball</b> 9-12 yrs <i>South Gym</i> 3:30-5:30 PM
	<b>Volleyball</b> 13-18 yrs <i>Full Gym</i> 5:00-6:00 PM		<b>Basketball</b> 13-18 yrs <i>Full Gym</i> 4:45-6:00 PM	<b>Basketball</b> 13-18 yrs <i>Full Gym</i> 5:30-8:00 PM

## Games Room Schedule

[VIEW ONLINE](#)

Guys want a place that you can hang out, feel safe and have fun? Join us in the games room. come and play cards, pool, board games and crafts. The Community Youth Worker and Youth Staff will be available to engage, connect, and to provide supports and resources.


Monday	Tuesday	Wednesday	Thursday	Friday
9-18 yrs 4:30-6:30 PM	9-18 yrs 4:30-6:30 PM	9-18 yrs 4:30-6:30 PM	9-18 yrs 4:30-6:30 PM	9-18 yrs 4:30-8:00 PM



### Contact your local Community Youth Worker— Rosa!


Got questions or enquiries about youth programs at Sunset?

Please email Rosa at [rosa.aravena@vancouver.ca](mailto:rosa.aravena@vancouver.ca)



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

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



The Gymnasium and Games Room is a safe place for youth to use. No adults are permitted inside the youth space. youth may be asked to show ID. Schedule is subject to change.

# Adult & Senior • Weekly Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<a href="#">619844</a> Zumba Gold 10:00 AM-10:55 AM	<a href="#">620109</a> Seniors Badminton 9:00 AM-10:55 AM	<a href="#">620113</a> Seniors Badminton 9:00 AM-10:25 AM	<a href="#">620846</a> Fitness w/ Sprina - Qi Gong Yi Jin Jing 9:15 AM-10:00 AM	<a href="#">620114</a> Seniors Badminton 9:00 AM-10:55 AM	<a href="#">620115</a> Seniors Badminton 9:00 AM-10:55 AM	<a href="#">621213</a> Gentle Yoga - Basic 9:30 AM-10:30 AM
<a href="#">619848</a> Modern Line Dance w/ Lucy - Int Plus 11:15 AM-12:45 PM	<a href="#">619364</a> Yuan Ji Dance - Int 9:15 AM-11:15 AM	<a href="#">620082</a> Changing Aging 9:30 AM-10:30 AM	<a href="#">619363</a> Yuan Ji Dance - Int 9:15 AM-11:15 AM	<a href="#">620864</a> Group Singing 10:00 AM-11:30 AM	<a href="#">620079</a> Zumba Gold 9:15 AM-10:10 AM	<a href="#">621112</a>   <a href="#">621113</a> Strength x Cardio Full-Body Mashup 9:30 AM-10:25 AM
<a href="#">620795</a> Karate Black Belts 11:45 AM-1:00 PM	<a href="#">620850</a> Karaoke Drop-In 12:15 PM-5:00 PM	<a href="#">621206</a> Changing Aging 10:30 AM-11:30 AM	<a href="#">620847</a> Fitness w/ Sprina - Tai Chi Stick 10:00 AM-10:45 AM	<a href="#">622537</a> BCRPA ActivAge 1 Functional Fitness/ Adaptable Skills 11:00 AM-12:00 PM	<a href="#">620082</a> Changing Aging - UBC Kinesiology BodyWorks 9:30 AM-10:30 AM	<a href="#">621663</a> Age Strong 10:00 AM-11:15 AM
	<a href="#">619849</a> Modern Line Dance w/ Lucy - Impr/Int 1:30 PM-3:00 PM	<a href="#">622111</a> Chair Zumba® 9:30 AM-10:00 PM	<a href="#">620771</a>   <a href="#">620772</a> Ballroom Dance Lessons for Beg/Int 11:45 AM-1:15 PM	<a href="#">620138</a> Pickleball w/ Guidance 11:00 AM-12:55 PM	<a href="#">620788</a> Tai Chi w/ Amy - Yang Style 49 Forms & Health Qi Gong 10:00 AM-10:55 AM	<a href="#">624497</a> SAMA 10:30 AM-11:30 AM
	<a href="#">620170</a> Wheelchair Multisport 1:30 PM-3:00 PM	<a href="#">622112</a> Chair Stretching 10:10 AM-10:40 AM	<a href="#">620789</a> Bridge 12:30 PM-3:30 PM	<a href="#">622538</a> BCRPA Choose to Move 12:15 PM-1:15 PM	<a href="#">620770</a> Mahjong Social Drop-In 10:00 AM-5:00 PM	<a href="#">621214</a> Gentle Yoga - Adv 10:35 AM-11:35 AM
	<a href="#">619846</a> Reset & Refresh Myofascial Stretch 3:45 PM-4:45 PM	<a href="#">620116</a> Pickleball w/ Guidance 10:30 AM-11:55 AM	<a href="#">619851</a> Modern Line Dance w/ Lucy - Beg 1:30 PM-3:00 PM	<a href="#">620768</a> Senior Social Dance 2:00 PM-4:00 PM	<a href="#">621206</a> Changing Aging - UBC Kinesiology BodyWorks 10:30 AM-11:30 AM	<a href="#">619852</a> Modern Line Dance w/ Lucy - Impr/Int 11:45 AM-1:15 PM
	<a href="#">620087</a> Badminton 6:15 PM-7:50 PM	<a href="#">620117</a> Pickleball Lesson - Novice/Int 12:00 PM-1:30 PM	<a href="#">620769</a> Senior Social Dance 2:00 PM-4:00 PM	<a href="#">620883</a> Pilates 6:00 PM-7:00 PM	<a href="#">620787</a> Tai Chi w/ Amy - Yang Style 42 Sword and Traditional Sword 11:05 AM-12:00 PM	<a href="#">622945</a> Senior Social Dance 11:30 AM-1:15 PM
	<a href="#">620884</a> Cha Cha and Rumba Dance - Chinese 6:45 PM-7:45 PM	<a href="#">620851</a> Karaoke Drop-In 12:15 PM-5:00 PM	<a href="#">620103</a> Badminton 6:15 PM-7:50 PM	<a href="#">620105</a> Ball Hockey Adv 6:15 PM-7:50 PM	<a href="#">620849</a> Karaoke Drop-In 12:15 PM-5:00 PM	
<p><b>Did you know that this brochure is a clickable publication?</b></p> <p>That's right, for any program that you're interested in, just hover <b>blue program number</b> below the description, click and you'll be taken to the registration page.</p>		<a href="#">619850</a> Modern Line Dance w/ Lucy - Beg/Impr 1:15 PM-2:45 PM	<a href="#">620751</a> 604 Bhangra - Adults 6:30 PM-7:30 PM	<a href="#">619843</a> Zumba 6:45 PM-7:45 PM	<a href="#">620773</a>   <a href="#">620785</a> Axe Capoeira 6:45 PM-8:00 PM	
		<a href="#">620865</a> English Corner 6:15 PM-7:45 PM	<a href="#">620879</a> Yoga4Stiff People-The Basics 6:45 PM-7:45 PM			
		<a href="#">620095</a> Volleyball 6:15 PM-7:50 PM				
		<a href="#">619842</a> Zumba/Zumba Toning Fusion 6:45 PM-7:45 PM				
		<a href="#">620773</a>   <a href="#">620785</a> Axe Capoeira 6:45 PM-8:00 PM				

# ADULT & SENIORS

GST will be added upon payment.

## 10 Visit Seniors' Social Pass

Karaoke, Mahjong, Social Dance \$25

### Social

#### Karaoke Drop-In

*Non Instructional*

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

Mon	Jul 6-Aug 17	12:15 PM-5:00 PM
<a href="#">620850</a>		\$2.86/Drop-in
Tue	Jul 7-Aug 18	12:15 PM-5:00 PM
<a href="#">620851</a>		\$2.86/Drop-in
Fri	Jul 3-Aug 14	12:15 PM-5:00 PM
<a href="#">620849</a>		\$2.86/Drop-in

#### Bridge

*No Instructor*

Come join our friendly, non-competitive group of Bridge players for our Wednesday afternoon rubber bridge. We play from 12:30 PM to approximately 3:00 PM. No partners required. Drop-ins are welcome. Always looking for new players. There is no teaching. All players must know how to play bridge.

Wed	Jul 8-Aug 26	12:30 PM-3:30 PM
<a href="#">620789</a>		FREE Drop-in

#### Senior Social Dance

*Agnes (Wai Chun) Lee*

Come with your friends or meet new ones and dance together. No partner required. Non-instructional social dance. Drop-in \$3.00.

Wed	Jul 8-Aug 26	2:00 PM-4:00 PM
<a href="#">620769</a>		\$2.86/Drop-in
Thu	Jul 2-Aug 27	2:00 PM-4:00 PM
<a href="#">620768</a>		\$2.86/Drop-in
Sat	Jul 4-Aug 29	11:30 AM-1:15 PM
<a href="#">622945</a>		\$2.86/Drop-in

#### Mahjong Social Drop-In

*Agnes (Wai Chun) Lee*

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

Fri	Jul 3-Aug 21	10:00 AM-5:00 PM
<a href="#">620770</a>		\$2.86//Drop-in

## Sunset Seniors Lounge

Open 9:30 AM-12:00 PM

A space to socialize and hangout.

### Education

#### Healthiest Babies Possible

*South Community Health Centre*

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

Mon	Jul 27	12:30 PM-3:00 PM
Wed	Aug 12	10:00 AM-12:00 PM
Mon	Aug 24	12:30 PM-3:00 PM

#### English Corner

*Bijan Adlparvar*

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

Tue	Jul 7-Aug 25	6:15 PM-7:45 PM
<a href="#">620865</a>		FREE Registration

#### Group Singing

*Run Xiang Lu*

This class is facilitated in Mandarin and Cantonese. Learn how to open your voice and sing. Join this group and sing some songs, socialize and have some fun. Singing instructor, Louis Lu, will guide you on singing and tuning. No session July 23.

Thu	Jul 9-Aug 27	10:00 AM-11:30 AM
<a href="#">620864</a>		\$97.14/8 sessions

#### History Walk - Sunset's Sunny Slope

*Rob Howatson*

As the hill steepens, the neighbourhood lore deepens. Join native South Vancouverite Rob Howatson for a stroll around Lower Sunset, where quiet residential streets meet the noisy bustle of the city's largest industrial area. See where South Van's first school once stood and walk among the site's current structures: Sunset's first condo towers. Up the hill, the school's successor, Walter Moberly Elementary, shows its chequered history through a mish mash of renovations and extensions. Hear about the struggles to create early neighbourhood halls, walk the old stream paths and follow Khalsa Diwan Road down to the Gurdwara that helped transform the slope into an Indo-Canadian settlement.

*Rob Howatson is a writer and South Van historian who also works for the City of Richmond at Steveston's heritage sites.*

Sat	Jul 11	10:00 AM-12:00 PM
<a href="#">621065</a>		\$10/1 sessions

## Fitness & Health

### Reset & Refresh Myofascial Stretch

*Kayo Echizenya*

An active stretching program that focuses on breathwork to release tension and correct imbalances in the body. This program enhances flexibility and restores balance. Suitable for participants of all ages and fitness levels, it helps prevent and alleviate common daily discomforts. By practicing regularly, you'll improve posture, reduce stiffness, and experience deep relaxation, offering both physical and mental rejuvenation. Drop in \$12.00 +tax. No session August 3

Mon Jul 6-Aug 17 3:45 PM-4:45 PM  
619846 \$60/6 sessions

### Chair Zumba®

*Kayo Echizenya*

Chair Zumba® is a fun, low-impact, SEATED workout set to upbeat music. It's perfect for beginners, older adults, or anyone needing a more accessible option, helping improve mobility, strength, and coordination while keeping you active and energized. Drop-in \$6.

Tue Jul 7-Aug 18 9:30 AM-10:00 AM  
622111 \$35/7 sessions

### Chair Stretching

*Kayo Echizenya*

Chair Stretch is a gentle, seated class designed to improve flexibility, mobility, and relaxation. Perfect for all fitness levels, it helps reduce stiffness, enhance posture, and promote overall well-being in a safe and comfortable way. Drop-in \$6.

Tue Jul 7-Aug 18 10:10 AM-10:40 AM  
622112 \$35/7 sessions



### Zumba/Zumba Toning Fusion

*Kayo Echizenya*

Zumba is a one-hour basic fitness program that involves dancing to music. With Zumba you can burn calories, improve your metabolism. With the bright Latin music, you can feel the excitement and joy of dancing. Zumba Toning is perfect for those who want to party and put extra emphasis on toning and sculpting to target zones, including arms, core and lower body with light weight on your hands. Drop-in \$11+tax.

Tue Jul 7-Aug 18 6:45 PM-7:45 PM  
619842 \$66.50/7 sessions

## Zumba®+ Lift

**NEW**

Dates and times TBA

Zumba® +Lift is a high-energy, hybrid fitness experience that bridges the gap between dance-fitness and strength/weight training. This class is designed for participants who want the calorie-burning benefits of a Zumba® party combined with the functional benefits of strength/weight training. By using dumbbells of various weights, during the Lift sequences, alternate it with the cardio dance workout, we challenge the body in multiple planes of motion, ensuring a total-body workout that feels more like a celebration than a chore. Weights are optional and modifications are provided for all levels. Drop in \$12+tax

### Zumba

*Kayo Echizenya, Jenny Andrea Ayala*

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. Instructors will rotate bi-weekly. Drop-in \$11+tax.

Thu Jul 9-Aug 20 6:45 PM-7:45 PM  
619843 \$66.50/7 sessions

### Zumba Gold

*Jenny Andrea Ayala, Kayo Echizenya*

ZUMBA® Gold is a low-impact dance-fitness class for beginners and older adults that uses the zesty Latin music with easy to follow moves to create a dynamic and fun fitness class. ZUMBA® Gold classes strives to improve our balance, strength, flexibility and most importantly, the heart. Drop in \$8.50+tax. No session August 2.

Fri Jul 10-Aug 21 9:15 AM-10:10 AM  
620079 \$52.50/7 sessions  
Sun Jul 5-Aug 23 10:00 AM-10:55 AM  
619844 \$59.50/7 sessions

### Strength x Cardio Full-Body Mashup

*Meghan O'Connell*

Want to feel energized and powerful? This class will help you get there. 55:00 minutes of strength work, cardio, and mobility, all with a focus on good posture and movement mechanics. Kettlebell options are provided for those who already know how to do a swing - and if not, consider taking the Intro to Kettlebells that's offered frequently. No session July 11.

Sat Jul 4-Jul 25 9:30 AM-10:25 AM  
621112 \$63/3 sessions  
Sat Aug 15-Aug 29 9:30 AM-10:25 AM  
621113 \$63/3 sessions

# ADULT & SENIORS

GST will be added upon payment.

## Tai Chi & Yoga

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

*Sprina Fu*

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

Wed Jul 8-Aug 26 9:15 AM-10:00 AM  
[620846](#) \$80/8 sessions

### Fitness with Sprina - Tai Chi Stick

*Sprina Fu*

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

Wed Jul 8-Aug 26 10:00 AM-10:45 AM  
[620847](#) \$88/8 sessions

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

*Amy Li Hua Zhu*

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

Fri Jul 3-Aug 21 10:00 AM-10:55 AM  
[620788](#) \$112.64/8 sessions

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

*Amy Li Hua Zhu*

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

Fri Jul 3-Aug 21 11:05 AM-12:00 PM  
[620787](#) \$112.64/8 sessions

NOTE: Tai Chi with Wang Heng will be back in Fall 2026.

### Yoga4Stiff People - The Basics

*Yoga4Stiff People*

Brand new to yoga or looking for a refresher of the yoga basics? This Yoga4Stiff introductory series is designed just for you. Poses are demonstrated, broken down and instructed in easy sequential steps to set the foundation of your practice from the ground up. For more information, visit [www.yoga4stiffpeople.com](http://www.yoga4stiffpeople.com). Drop in spots available!

Wed Jul 8-Jul 29 6:45 PM-7:45 PM  
[620879](#) \$58.84/4 sessions

### Gentle Yoga - Basic

*Varalaxmi Mudunoori*

This Basic Yoga will teach you how to relax, renew and rejuvenate by making you flexible, strong, optimistic, and balanced through different yoga techniques of body-posture, and also handling stress and strain of mind in daily life. You can bring your own yoga mat. No drop-ins. No session August 1

Sat Jul 4-Aug 29 9:30 AM-10:30 AM  
[621213](#) \$120/8 sessions

### Gentle Yoga - Advance

*Varalaxmi Mudunoori*

This yoga teaches body postures, balancing techniques for body, mind and emotions through different yoga techniques such as asanas, pratyahar, pranayama and mudras that is-- physical exercises, sense control, breathing methods and hand/ finger positions to remove pains and aches of the body/mind from the root. You can bring your own yoga mat. Please note the following: No drop-ins Participants who are wanting to join the advanced class, must have taken the basic class first with the same instructor. No session August 1.

Sat Jul 4-Aug 29 10:35 AM-11:35 AM  
[621214](#) \$120/8 sessions

### Pilates

*Into Yoga*

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

Thu Jul 9-Aug 27 6:00 PM-7:00 PM  
[620883](#) \$123/8 sessions

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

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

## Dance

### Yuan Ji Dance

Jenny Ng

Chinese Yuan Ji dance is a mixture of martial arts, physical therapy, meditation, dance and Tai Chi exercise. This dance promotes health and wellness for all. Drop-in \$2.50

Mon	Jul 6-Aug 31	9:15 AM-11:15 AM
<a href="#">619364</a>		\$15.20/8 sessions
Wed	Jul 8-Aug 26	9:15 AM-11:15 AM
<a href="#">619363</a>		\$15.20/8 sessions

### Modern Line Dance with Lucy

Lucy Chiu

This class is a good opportunity for people who have little or no Line dancing experience, they will learn most of the basic steps and movements to enjoy the dances. Facilitated in English. It is a good form of exercise to improve posture, flexibility, and balance, and it's a great way to meet new friends and improve your health. No partner required. Lucy has more than 20 years of teaching line dancing experience. Drop-in \$6.50 for beginner-Intermediate. Drop-in \$7.50 for Intermediate plus. No session August 1-3.

#### Beginner

Wed	Jul 8-Aug 26	1:30 PM-3:00 PM
<a href="#">619851</a>		\$40/8 sessions

#### Beginner/Improver

Tue	Jul 7-Aug 25	1:15 PM-2:45 PM
<a href="#">619850</a>		\$40/8 sessions

Sat	Jul 4-Aug 29	11:45 AM-1:15 PM
<a href="#">619852</a>		\$40/8 sessions

#### Improver/Intermediate

Mon	Jul 6-Aug 31	1:30 PM-3:00 PM
<a href="#">619849</a>		\$40/8 sessions

#### Intermediate Plus

Sun	Jul 5-Aug 30	11:15 AM-12:45 PM
<a href="#">619848</a>		\$48/8 sessions

#### Marathon

Sun	Aug 2	11:00 AM-4:00 PM
<a href="#">622999</a>		\$12/1 session

### Cha Cha and Rumba Dance

This program is facilitated in Chinese. Dance the night away with Cha Cha and Rumba dance! Learn the basics of these dances or practice those dance moves. Drop-in \$12.00+tax.

Mon	Jul 6-Aug 31	6:45 PM-7:45 PM
<a href="#">620884</a>		\$80/8 sessions

### Ballroom Dance Lessons

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

Wed	Jul 8-Jul 29	11:45 AM-1:15 PM
<a href="#">620771</a>		\$20/4 sessions

Wed	Aug 5-Aug 26	11:45 AM-1:15 PM
<a href="#">620772</a>		\$20/4 sessions

### 604 Bhangra - Adults

Bhangra is a high energy dance combined of various folk dances that originated from Punjab, India. The intermediate class is designed for dancers with 2+ years of Bhangra experience. This class will involve a warm-up, stretch, and sets of repetitive traditional and modern Bhangra moves that we will expand on each week. We will build stamina, learn new dance moves, and get in a fun cardio focused work-out! Please wear active clothing and bring a water bottle!

Wed	Jul 8-Aug 26	6:30 PM-7:30 PM
<a href="#">620751</a>		\$104/8 sessions

# SAMA

**NEW**

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

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

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

[VIEW ONLINE](#)



# ADULT & SENIORS

GST will be added upon payment.

## FREE Seniors' Fitness

### Age Strong

*Age Strong Wellness Society*

Age Strong Wellness Society Exercise Classes for Punjabi Seniors This culturally-tailored, beginner-friendly exercise class is designed for female Punjabi seniors looking to improve or maintain their activity level and health in a supportive, welcoming environment. Sessions are conducted in Punjabi and English as guided, circuit-style workouts including strength, cardio, and mobility exercises. Participants move at a comfortable pace, making it suitable for all fitness levels. Instructors Mehak (778-231-4396) and Jasmine (604-726-7144) can be contacted for more information.

Sat Jul 4-Aug 29 10:00 AM-11:15 AM  
**621663** FREE Registration

### BCRPA ActivAge 1 Functional Fitness/Adaptable Skills

*Eva Lau*

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

Thu Jul 9-Aug 27 11:00 AM-12:00 PM  
**622537** FREE Registration

### BCRPA Choose to Move

*Eva Lau*

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

Thu Jul 9-Aug 27 12:00 PM-1:00 PM  
**622538** FREE Registration

**Participants must attend the Choose to Move Information Session to be eligible for the program. Info session July 2 11:00am-12:00pm. Registration required.**

### Changing Aging - UBC Kinesiology BodyWorks Program

*UBC School Of Kinesiology*

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

**New participants are required to complete the Get Active Questionnaire: <https://kin.educ.ubc.ca/bodyworks-gaq/> Contact [body.works@ubc.ca](mailto:body.works@ubc.ca) or call 604-827-5059 for assistance in completing new client intake.**

Tue Fri Jul 7-Aug 21 9:30 AM-10:30 AM  
**620082** \$238/14 sessions  
Tue Fri Jul 7-Aug 21 10:30 AM-11:30 AM  
**621206** \$238/14 sessions

**NEW**

## Langara RMT Student Massage

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

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

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

**Each session is \$10.00**  
**Wednesdays 9:30 AM | 10:45 AM | 12:00 PM**

**BOOK ONLINE**

## Sports

### Seniors Badminton

*Non Instructional*

This recreational program is designed for older adults who enjoy casual, non-competitive play. Whether you're a seasoned player or just looking to stay moving, join us for light-hearted rallies and great company. All skill levels are welcome. Priority given to adults over 50 years. Drop-in \$3.50. Drop in spots will be sold 10 mins after the program start time if registered participants do not check in.

Mon	Jul 13-Aug 31	9:00 AM-10:55 AM
<b>620109</b>		\$20.02/7 sessions
Tue	Jul 14-Aug 25	9:00 AM-10:25 AM
<b>620113</b>		\$20.02/7 sessions
Thu	Jul 16-Aug 27	9:00 AM-10:55 AM
<b>620114</b>		\$20.02/7 sessions
Fri	Jul 17-Aug 28	9:00 AM-10:55 AM
<b>620115</b>		\$20.02/7 sessions

### Pickleball - All Levels

*Non Instructional*

Pickleball is a sport in which two to four players use solid paddles to hit a perforated polymer ball, similar to a wiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications. Ideal for varying fitness levels & skill levels.

Mon	Jul 13-Aug 31	11:00 AM-1:00 PM
<b>621177</b>		\$33.32/7 sessions
Fri	Jul 17-Aug 28	12:00 PM-1:45 PM
<b>621180</b>		\$33.32/7 sessions

### Pickleball with Guidance

Pickleball is a sport in which two to four players use solid paddles to hit a perforated polymer ball, similar to a wiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications. Ideal for varying fitness levels. A volunteer instructor will be present for free lessons with guidance and advice. Drop-in spots will be available 10 mins before the program start time. Drop-in \$5.00 only (12 spots available per week).

Tue	Jul 14-Aug 25	10:30 AM-11:55 AM
<b>620116</b>		\$5.71/Drop-in
Thu	Jul 16-Aug 27	11:00 AM-12:55 PM
<b>620138</b>		\$5.71/Drop-in

### Pickleball Lesson - Novice/Intermediate

*Richard Lee*

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

Tue	Jul 14-Jul 28	12:00 PM-1:30 PM
<b>620117</b>		\$85.71/3 sessions
Tue	Aug 4-Aug 25	12:00 PM-1:30 PM
<b>624587</b>		\$142.85/4 sessions

### Volleyball

*Non Instructional*

Join us for some high-energy volleyball action! Whether you're looking to stay active, meet new people, or just enjoy some friendly competition, our program is the perfect place to bump, set, and spike your way to a great time. This program is designed for players who already know the basics, so bring your skills and get ready to play! Each session is capped at 28 participants, consisting of 24 registered participants and 4 guaranteed drop-in spots. When at full capacity, one substitute rotation will be implemented per court. Drop-in fee: \$7.00

Tue	Jul 7-Aug 25	6:15 PM-7:50 PM
<b>620095</b>		\$45.68/8 sessions

### Ball Hockey Advanced

*Thai Quan & Jas*

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

Thu	Jul 9-Aug 27	6:15 PM-7:50 PM
<b>620105</b>		\$45.68/8 sessions

### Badminton

*Leila Howatson*

Join our badminton program for relaxed, self-paced rallies and some friendly competition. A volunteer facilitator will be on hand to help organize matches and keep things running smoothly, so you can focus on enjoying the game. This program is for players who know the basics, just bring your racket and your skills! No session August 3.

Mon	Jul 6-Aug 24	6:15 PM-7:50 PM
<b>620087</b>		\$39.97/7 sessions
Wed	Jul 8-Aug 26	6:15 PM-7:50 PM
<b>620103</b>		\$45.68/8 sessions

## Sign up Today!



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

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

# ADULT & SENIORS

GST will be added upon payment.

## Sports cont'd

### Wheelchair Multisport

*BC Wheelchair Basketball*

Open to individuals with physical disabilities, their families, and therapists. Participants must be able to push a manual sport wheelchair, follow instructions independently, and safely engage in physical activity. Please note: Staff cannot assist with transfers into sports chairs. Individuals must be able to transfer into a sport chair with minimal assistance or bring a support person to assist with their transfer. Drop-ins are welcome, but registration is highly encouraged! To sign up or ask questions, contact: [programs@bcwheelchairsports.com](mailto:programs@bcwheelchairsports.com) A waiver must be signed on-site before participating.

Mon Jul 13-Aug 24 1:30 PM-3:00 PM  
620170 7 sessions



## Court Rentals

Reserve the court to play (55min)



### Pickleball

Wednesdays 11:50 AM | 12:50 PM | 1:50 PM

Thursdays 11:00 AM | 12:00 PM

Fridays 11:00 AM | 12:00 PM | 1:00PM



### Badminton

Fridays 2:00 PM

[BOOK COURT ONLINE](#)

## Outdoor Tennis

### Tennis Lessons

will take place at Moberly Park  
7646 Prince Albert St.

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

Mon Wed	Jun 29-Jul 8	5:15 PM-6:30 PM
<a href="#">617419</a>		\$144.2/3 sessions
Mon Wed	Jul 13-Jul 22	5:15 PM-6:30 PM
<a href="#">617420</a>		\$192.25/4 sessions
Mon Wed	Jul 27-Aug 5	5:15 PM-6:30 PM
<a href="#">617421</a>		\$144.2/3 sessions
Mon Wed	Aug 10-Aug 19	5:15 PM-6:30 PM
<a href="#">617422</a>		\$192.27/4 sessions

### Summer Smash Tennis: Adult Beginner+ (1.5)

Mon Wed	Jun 29-Jul 8	6:30 PM-7:45 PM
<a href="#">617423</a>		\$144.2/3 sessions
Mon Wed	Jul 13-Jul 22	6:30 PM-7:45 PM
<a href="#">617424</a>		\$192.27/4 sessions
Mon Wed	Jul 27-Aug 5	6:30 PM-7:45 PM
<a href="#">617425</a>		\$144.2/3 sessions
Mon Wed	Aug 10-Aug 19	6:30 PM-7:45 PM
<a href="#">617426</a>		\$192.27/4 sessions

### Summer Smash Tennis: Adult Beginner++ (2.0)

Tue Thu	Jun 30-Jul 9	5:15 PM-6:30 PM
<a href="#">617427</a>		\$203.48/4 sessions
Tue Thu	Jul 14-Jul 23	5:15 PM-6:30 PM
<a href="#">617428</a>		\$203.48/4 sessions
Tue Thu	Jul 28-Aug 6	5:15 PM-6:30 PM
<a href="#">617429</a>		\$203.48/4 sessions
Tue Thu	Aug 11-Aug 20	5:15 PM-6:30 PM
<a href="#">617430</a>		\$203.48/4 sessions

### Summer Smash Tennis: Adult Intermediate (2.5-3.0)

Tue Thu	Jun 30-Jul 9	6:30 PM-7:45 PM
<a href="#">617431</a>		\$203.48/4 sessions
Tue Thu	Jul 14-Jul 23	6:30 PM-7:45 PM
<a href="#">617432</a>		\$203.48/4 sessions
Tue Thu	Jul 28-Aug 6	6:30 PM-7:45 PM
<a href="#">617433</a>		\$203.48/4 sessions
Tue Thu	Aug 11-Aug 20	6:30 PM-7:45 PM
<a href="#">617434</a>		\$203.48/4 sessions



**SPORTS PROGRAMS  
VIEW ONLINE**

## Sports Schedule

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



## Sports Code of Conduct

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



**MOBERLY ARTS & CULTURAL CENTRE 7646 Prince Albert St Vancouver V5X 3Z4**  
 phone 604.718.6521 [www.moberlyartscentre.ca](http://www.moberlyartscentre.ca)

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

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

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



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

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

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

**Visit our Website for Program and Event Updates**



**Arts**



**Culture**



**Land**



**Food**



**Connection**



## DAY CAMPS

# 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](http://moberlyartscentre.ca)

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

Week 1	Jul 6-Jul 10	596657	\$175.00
Week 2	Jul 13-Jul 17	596658	\$175.00
Week 3	Jul 20-Jul 24	596659	\$175.00
Week 4	Jul 27-Jul 31	596660	\$175.00
Week 5	Aug 4-Aug 7	596661	\$140.00
Week 6	Aug 10-Aug 14	596662	\$175.00



# Sankofa Summer Camp (7-12 yrs)

Jacky Essombe

A joyful and empowering week-long cultural immersion for Black children aged 7-12, Sankofa Camp is a vibrant celebration of African heritage, identity, and community. Through hands-on activities in African arts, music, dance, storytelling, language, and history, participants explore their roots in a safe and affirming space. More than just cultural education, Sankofa Camp helps build confidence, belonging, and social skills through fun group activities, team-building games, and community connection. Children leave with a stronger sense of who they are, where they come from, and how to walk proudly in the world. To register, please email [welcome@africanfriendship.org](mailto:welcome@africanfriendship.org)



Mon-Fri Aug 17-Aug 21, 10:00 AM-4:30 PM

60683 FREE - Registration required

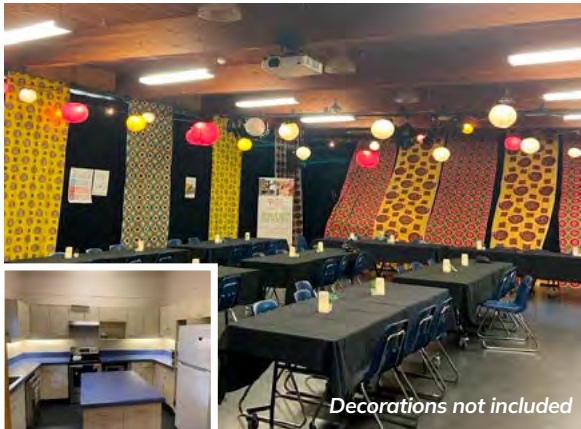
Check our website for details. ➔ [moberlyartscentre.ca](http://moberlyartscentre.ca)

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

Moberly Arts and Cultural Centre features a versatile 1600 sq. ft. performance hall equipped with sprung dance floors, theatre seating for up to 70 people, a lighting grid, a large ceiling mounted projector and screen, an upright piano, and a fully licensed kitchen.

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

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



Decorations not included



## 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.

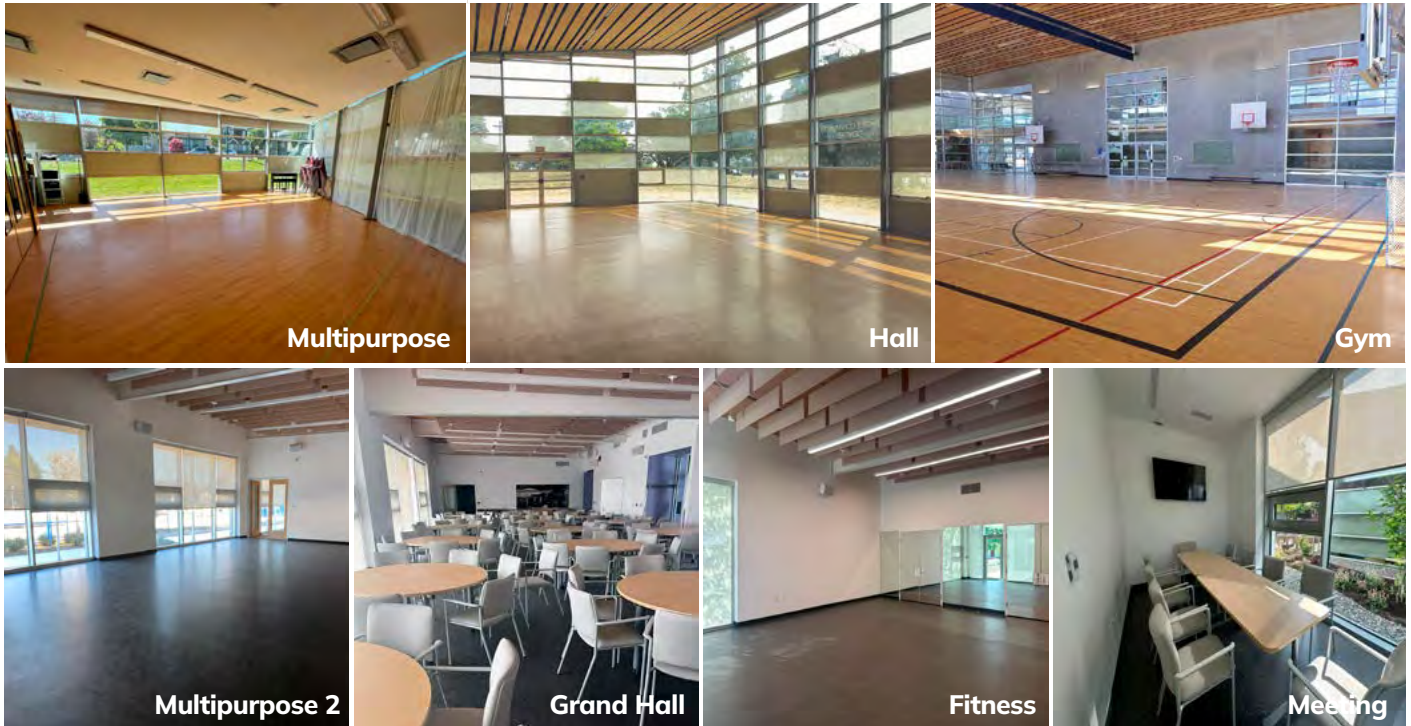
**Refund Policy:** There will be an administration charge of \$25 applied to all refund requests.

If you would like to arrange to view the space, please email [moberly@vancouver.ca](mailto:moberly@vancouver.ca)

Room	Capacity	Dimensions (Approx.)	Square Footage	Hourly Rate
Main Hall: Fri, Sat + Holidays	120	50x32	1600	\$65+ gst
Main Hall: Sun-Thu	120	50x32	1600	\$55+ gst
Lower Hall: Sun-Sat	12		420	\$15/hr+gst
Additional Charges				
<b>SOCAN + ReSound:</b>	Music royalty fees will apply to all user groups that choose to play recorded music. For more information, please see: <a href="http://www.socan.ca">www.socan.ca</a> , <a href="http://www.resound.ca">www.resound.ca</a>			
<b>Damage Deposit</b>	For all functions, a refundable damage deposit fee will be collected at time of booking.			
<b>Staffing</b>	Number of staff depends on activity, scope and size of rental. All events must have minimum one staff person present. All events that host over 60 people or serve food or alcohol require two rental staff persons minimum.			
<b>Technician for MACC</b>	A Technician is required for usage of bleachers, lights and audio system.			
<b>Insurance</b>	Liability Insurance is required for sports, dance or any higher risk activities such as large events. Insurance is purchased from an external source.			

## 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!



### Book your room now!

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

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

For all questions email [sunsetrentals@vancouver.ca](mailto:sunsetrentals@vancouver.ca) or phone 604.718.6505. Additional staffing fee required for after-hour rentals. Rental fees are subject to change.

Room	Capacity	Dimension (approx.)	Square Footage	Operating Hours Hourly Rate (+ GST)	After Operating Hours Hourly Rate (+ GST)
Craft Room	30	28x18	504	\$27	\$52
Multipurpose Room	40	26x25	650	\$27	\$52
Hall	130	58x29	1682	**\$105	\$105
Gym-Full	986	107x72	7704	–	\$85
Multipurpose Room 2	100	43x26	1,118	\$80	\$105
Grand Hall	180	72x26	1,872	\$100	\$125
Fitness Room	50	29x26	754	\$30	\$55
Meeting Room	12	16x6	96	\$20	\$45

# SUNSET FITNESS CENTRE



## PERSONAL TRAINING

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



### Nestor Navasero, Personal Trainer

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

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



### Michelle Hang, Personal Trainer

For 9 years, Michelle has been a Registered Nurse, working in adult education and direct client care in the home health setting. She started personal training as a way to support

others with their health, but in a more preventative manner. She loves playing volleyball and training for Hyrox twice despite tearing multiple knee ligaments last year. Fitness can be an intimidating venture, but with the right support and personalized plan, it can be an enjoyable and lifelong activity. Whether you're coming back from an injury, want to develop more strength, or learn correct form, Michelle will be happy to help!



### Meghan O'Connell, Personal Trainer

Meghan is a BCRPA registered Personal Trainer with specialties in group fitness, weight training, older adult, and osteofit. She has extensive experience working with kettlebells, barbells/

powerlifting, boxing, and movement improvement, but her biggest passion is in helping YOU get stronger safely.



**Scan here to learn more about training with Meghan or email**

[info@whatsyourstrength.com](mailto:info@whatsyourstrength.com)



**VIEW ONLINE**

### Personal Training Fees

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

Fees subject to change.

### Fitness Centre Fees

	16+yrs	65+yrs
<b>Drop in or Pass</b>	\$5.00	\$4.00
<b>10 ticket/ 1 month</b>	\$40.00	\$32.50
<b>3 month</b>	\$98.00	\$86.00
<b>6 month</b>	\$176.50	\$150.00
<b>1 year</b>	\$293.50	\$268.00

Fees subject to change.