

ONLINE
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BROCHURE



Recreation Guide WINTER & SPRING 2024

Sunset Community Centre
Moberly Arts & Cultural Centre
Sunset Ice Rink



Thank you to all our wonderful volunteers!



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

I hope you enjoyed a splendid transition from summer to fall with your family and loved ones. On behalf of the Sunset Community Association (SCA), I extend my warmest greetings and wish to share few exciting highlights of our recent endeavors.

As we look ahead to the coming seasons, I am thrilled to announce that our winter and spring brochures are both combined this year. This comprehensive guide will detail the exciting programs and events that will keep our community engaged and connected throughout the winter and into the vibrant days of spring.

We have reached so many achievements this past year such as the planning of our new senior's centre and hiring of over twenty youth leaders. With our commitment to empowering our youth leaders remain strong and we look forward to providing more opportunities to our youth.

We are excited to bring the community together with our annual events: Breakfast with Santa, Chinese New Year, Family Fun on Family Day, Easter Extravaganzas, Community Celebration on Canada Day, Diwali, and Bandi Chhor Divas.

Anticipating the joy of reconnecting with each of you in person at the Sunset Community Centre and the Moberly Arts & Cultural Centre (MACC) during these events and our monthly hot meals program. The success of these gatherings is the resolute of SCA volunteers, staff, Sunset Community Association Board, and our vibrant community. Here is to another season filled with shared experiences, collaboration, and the continued growth of a thriving Sunset community.

Wishing all, Seasons Greeting and Happy Holidays

Bhalwinder Singh Waraich
President-SCA

Memberships

Become a member of Sunset Community Association by joining a registered paid program (except for Sunset Ice Rink programs).

Memberships allow voting privileges at the Sunset Community Association Annual General Meeting. Adult (\$5) or Seniors (\$3.50).

Memberships can be purchased at the front office.

Association Board of Directors

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

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

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Facility Hours

January 1-June 30, 2024

Monday-Friday.....	9:00am-9:30pm
Saturday-Sunday	9:00am-5:00pm
January 2-5, February 19, March 29, April 1.....	9:00am-5:00pm
January 1.....	Closed

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

Staff

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

Centre Program Registration

Winter will begin Wed, Dec 13 at 9:00am

Spring will begin (Date TBA) at 9:00am

[ONLINE at vanrec.ca](https://www.vanrec.ca)



ONLINE at
[vanrec.ca](https://www.vanrec.ca)



BY PHONE
604.718.6505 ex 1.



IN PERSON at
6810 Main St.

Ice Skating Lesson Registration

Winter Set 1 will begin Thu, Dec 21 at 7:00pm

Winter Set 2 will begin Thu, Feb 15 at 7:00pm

[ONLINE at vanrec.ca](https://www.vanrec.ca)

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 for details.

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

Sunset Preschool (30 months to 5 yrs)

[VIEW ONLINE](#)

Ages	Days	Time
3 years old	Tuesdays & Thursdays	9:15-11:45am
3 & 4 mixed	Tuesdays & Thursdays	12:45-3:15pm
4 years old	Mondays, Wednesdays & Fridays	9:15-11:45am
3 & 4 mixed	Mondays, Wednesdays & Fridays	12:45-3:15pm
3 & 4 mixed	Mondays & Fridays	8:30am-12:00pm
3 & 4 mixed	Tuesdays, Wednesdays, Thursdays	9:00am-1:00pm

Sunset Preschool Registration for September 2024.

Open House & Registration • Saturday February 3, 2024.

Open House from 9:30-10:30am. Registration will begin at 10:30am.

Bring your child with you to visit the classroom so we can meet your child prior to registration.

Requirements at the time of registration

- 1) We accept cheques only. No Credit or Debit.
- 2) \$50 registration fee (non-refundable), a deposit (equal to one month's fee) and the September fee.
- 3) Post-dated cheques. (October to May-dated the first day of each month.)
 - We accept Affordable Child Care Benefit from Ministry of Children and Families. To apply for benefit call 1-888-338-6622 or on-line www.mcf.gov.bc.ca. Child Care Arrangement form after you complete the registration.

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

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/

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

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

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

Waitlist applications are available at www.mysunset.net/facilities-rentals/licensed-childcare/

[VIEW ONLINE](#)


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.

SPECIAL EVENTS

FEBRUARY 19

SUNSET FAMILY DAY FUN

11:00AM-1:00PM



APRIL 1

EASTER EGGSTRAVAGANZA

10:00AM-1:00PM



MAY 20

SUNSET FAMILY FUN

11:00AM-1:00PM



JULY 1

COMMUNITY CELEBRATION

12:00PM - 4:00PM



JOIN US!

PARTICIPATE IN OUR EVENTS!
BE A GUEST, PERFORMER, OR
EVEN SPONSOR OF A
STATION.

Email
sunset.communitycentre@vancouver.ca



Thank You

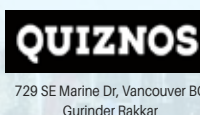
to our generous supporters and sponsors for our Community Celebration on Canada Day!
Our event was a great success and we look forward to next year's celebration.



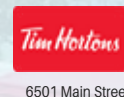
Pall Beesla & Family
Community Members
In memory of
Jagir Kaur Beesla



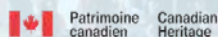
Yu Family
Kevin Yu, Janet Woo,
Leona Yu, Mason Yu
Community Members



Mrs. Harbhajan Kaur
Atwal, Community
Member



Mr. Rajinder Singh
(Raj) Mundra,
Community Member





Birthday Parties



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

Sit back and enjoy the party while our leaders take care of the set-up and clean-up of your party room.

These exciting 2-hour parties will make your child's birthday a memorable one!

All you have to do is book online, bring the food, utensils, and accessories! We have a wide range of colours of balloons, streamers, and tablecloths for you to choose from. Our amazing staff team will take care of the details for your party.



Birthday Party 40 Guests
Room 104



Birthday Party 30 Guests
Room 106 (popcorn & cotton candy)



Play Gym Set Up



Games Room Set Up

Book your Party Today!

Book early to avoid disappointment!

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

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

- We do not take reservations or hold spots over the phone or email. A leader will contact you 7 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.
- Add-on services must be requested at least 10 days prior to the party. Requests with less than 10 days' notice are not guaranteed.

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
Button Making +\$25
Popcorn Machine+\$30
Balloon Arch+\$50



Extra services are led by the Birthday Party Leaders!

- Each service runs for around 30 minutes.
- Face painting and balloon art services occur in the Gymnasium during Play Gym; button making, cotton candy, and popcorn services occur during party room time.
- Add on services must be requested at least 10 days prior to party; requests with less than 10 days' notice are not guaranteed.
- Balloon arch has "happy birthday" balloons, as well as balloons of the 2 party theme colours.



Pick your Party Package
 → **See page 8**

BIRTHDAY PARTY PACKAGES

Activities Spectacular Birthday Party for 30 Guests

[VIEW ONLINE](#)

The party package is designed for children up to 13 years old.

- Saturdays 1:45-3:45 pm
- No play gym (no gymnasium use, no bouncy castle)
- Includes button making, balloon art, face painting
- Shared fridge and freezer
- Select up to 2 colours of table covers, balloons, and streamers

This unique party package includes the exclusive use of two party rooms and three back-to-back activities (button making, face painting, balloon art)! All activities will be facilitated by our staff in the Lounge. Lounge is also equipped with foosball table, couch, and other games. Families can go back and forth between the party room and the activity room during the 2-hour party

Fees: \$270

Extra services are available and led by the Birthday Party Leaders! Each service runs for around 30 minutes. Cotton candy, and popcorn services occur in the party room. Balloon arch will be inside the party room in front of the white board.

Play Gym Birthday Party for 40 Guests

[VIEW ONLINE](#)

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

- Saturdays 1:45-3:45 pm
- Play gym time 12:15-1:00pm (half gym)
- Shared fridge and freezer
- Select up to 2 colours of table covers, balloons, and streamers

Private indoor Play Gym (half gym) is included in the party package and has a bouncy castle, slide, plasma cars, bouncy toys, sports equipment, and much more. The 45-minute Play Gym is set for each package and cannot be changed.

Fees: \$250

Extra services are available and led by the Birthday Party Leaders! Each service runs for around 30 minutes. Face painting and balloon art services occur in the gymnasium during Play Gym; button making, cotton candy, and popcorn services occur during party room time. Balloon arch will be inside the party room in front of the white board.

Play Gym Birthday Party for 30 Guests

[VIEW ONLINE](#)

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

- Saturdays 10:45 am-12:45 pm
- Play gym time 11:15-12:00 pm (half gym)
- Shared fridge and freezer
- select up to 2 colours of table covers, balloons, and streamers

Private indoor Play Gym (half gym) is included in the party package and has a bouncy castle, slide, plasma cars, bouncy toys, sports equipment, and much more. The 45-minute Play Gym is set for each package and cannot be changed.

Fees: \$250

Extra services are available and led by the Birthday Party Leaders! Each service runs for around 30 minutes. Face painting and balloon art services occur in the gymnasium during Play Gym; button making, cotton candy, and popcorn services occur during party room time. Balloon arch will be inside the party room in front of the white board.

Ultimate Play Gym Birthday Party for 60 Guests

[VIEW ONLINE](#)

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

- Selected Saturdays (Jan 6, Feb 17, Mar 23, 30, Apr 6, May 18, Jun 29)
- 10 am-12 pm OR 1:30-3:30 pm in the gymnasium
- Shared fridge and freezer
- select up to 2 colours of table covers, balloons, and streamers

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

Fees: \$350

Extra services are available and led by the Birthday Party Leaders! Each service runs for around 30 minutes. Face painting and balloon art services occur in the north side of the gymnasium; button making, cotton candy, and popcorn services occur in the south side of the gymnasium. Balloon arch will be in front of the cake table.



Food Bank Pick Ups



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



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



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



All our food is donated and delivered weekly

Food Bank Donations

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

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

Visit our front desk to drop off your donations!



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Future Bounce Basketball Girls+ (7-11yrs) 9:05 AM-10:00 AM	Petit Explorers (0-5yrs) 9:45 AM-11:15 AM	SVNH Family Play Time (0-6yrs) 9:45 AM-11:15 AM	Play Gym (0-5yrs) 9:30 AM-11:00 AM	Music Together ® (0-5yrs) 9:15 AM-10:00 AM	Play Gym (0-5yrs) 9:45 AM-11:15 AM	Soccer (3-5yrs) 9:05 AM-9:50 AM
604 Bhangra Dance (4.5-6.5yrs) 9:15 AM-10:00 AM	Piano w/ Joanna (5+yrs) 3:00 PM-8:30 PM	Piano w/ Christine (5+yrs) 3:30 PM-9:00 PM	Asian Pop / Korean Pop KPOP Dance (6-12yrs) 3:45 PM-4:45 PM	Piano w/ Derek (5+yrs) 3:30 PM-9:00 PM	Girls+ Multi (9-12yrs) 3:15 PM-4:45 PM	Sportball Parent and Tot Multisport (1-3yrs) 9:05 AM-9:50 AM
Activity Studio & Phonics (4-6yrs) 9:15 AM-10:10 AM	Soccer Drop-In (9-12yrs) 3:00 PM-4:30 PM	Preteen Badminton (9-12yrs) 3:30 PM-4:30 PM	DIY Designers (4-8yrs) 3:45 PM-4:40 PM	Preteen Basketball (9-12yrs) 3:30 PM-4:30 PM	Preteen Basketball (9-12yrs) 3:15 PM-4:25 PM	Piano w/ Joanna (5+yrs) 9:15 AM-1:45 PM
Piano w/ Kelly (5+yrs) 9:15 AM-1:45 PM	Multi-Sport (5-8yrs) 3:45 PM-4:45 PM	Baking Buddies (5-8yrs) 3:45 PM-4:40 PM	Ready, Set, Cook! (4-8yrs) 3:45 PM-4:40 PM	Preteen Volleyball (9-12yrs) 3:30 PM-4:30 PM	Piano w/ Jensen (5+yrs) 3:30 PM-6:30 PM	Ballet - Preschool (2-4yrs) 9:30 AM-10:00 AM
Violin w/ Hazel (5-13yrs) 9:15 AM-1:15 PM	Music Together ® - Rhythm Kids(4-7yrs) 3:45 PM-4:30 PM	Badminton (6-9yrs) 4:00 PM-4:55 PM	Junior Leader 2B (10-12yrs) 4:00 PM-5:30 PM	Foodies-To-Be (4-8yrs) 3:45 PM-4:40 PM	Youth Basketball (13-18yrs) 4:25 PM-5:55 PM	Tutoring (2 students) (4-12yrs) 9:30 AM-12:30 PM
Parent & Tot Dance (1.5-3yrs) 9:30 AM-10:15 AM	Rhythmic Gymnastics Dance (7-12yrs) 4:00 PM-5:00 PM	Baking Buddies (8-12yrs) 4:50 PM-5:45 PM	Night Hoops Girls+ (12-18yrs) 4:00 PM-5:50 PM	Girls+ Group (12-15yrs) 4:00 PM-6:00 PM	Kungfu for Beginners (6-15yrs) 4:30 PM-5:30 PM	Sportball Multisport (2-5yrs) 9:50 AM-10:35 AM
Red Cross Babysitting Course (11-15yrs) 9:30 AM-4:30 PM	Youth Soccer (13-18yrs) 4:35 PM-5:45 PM	Youth Badminton (13-18yrs) 4:50 PM-5:50 PM	Preteen Basketball (9-12yrs) 4:00 PM-5:50 PM	Learning Buddies Network (0-8yrs) 4:00 PM-5:30 PM	Youth Council (13-18yrs) 4:30 PM-6:00 PM	Soccer (5-9yrs) 9:55 AM-10:50 AM
604 Bhangra Dance (6.5-9.5yrs) 10:15 AM-11:15 AM	Multi-Sport (5-9yrs) 4:45 PM-5:45 PM	Badminton (9-12yrs) 5:00 PM-5:55 PM	Crafty Scientists (4-8yrs) 4:50 PM-5:45 PM	Newcomer Youth Social (13-18yrs) 4:00 PM-6:00 PM	Girls+ Multi (13-18yrs) 4:45 PM-6:15 PM	Ballet (3-6yrs) 10:00 AM-10:45 AM
Head Start Math (7-11yrs) 10:15 AM-11:10 AM	Rhythmic Gymnastics Dance (4-6yrs) 5:00 PM-6:00 PM	Axe Capoeira Kids (6-13yrs) 6:30 PM-7:15 PM	Ready, Set, Cook! (8-12yrs) 4:50 PM-5:45 PM	Youth Basketball (13-15yrs) 4:45 PM-5:45 PM	Pre-teen Nights (10-12yrs) 6:00 PM-7:30 PM	Craft Corner (0-12yrs) 10:00 AM-12:00 PM
Mini Performing Stars (2-5yrs) 10:15 AM-11:00 AM	Bollywood Dance (4-12yrs) 6:15 PM-7:00 PM		Piano w/ Karen (5+yrs) 5:00 PM-9:30 PM	Youth Volleyball (13-18yrs) 4:45 PM-5:45 PM	Night Hoops Junior Boys+ (12-13yrs) 6:15 PM-7:45 PM	Young Artists (7-13yrs) 10:00 AM-12:15 PM
Junior Performing Stars (5-7yrs) 11:00 AM-11:45 AM			Asian KPOP / TT Popstar / Hip Hop - Family 5:45 PM-6:45 PM	Foodies-To-Be (8-12yrs) 4:50 PM-5:45 PM	Queer Youth Create (13-18yrs) 7:15 PM-8:15 PM	Ballet (3-6yrs) 10:45 AM-11:30 AM
Young-Commander Chess - Intern (8-16yrs) 11:00 AM-12:00 PM	<div>SPECIAL EVENTS</div>				Night Hoops Seniors Boys+ (14-16yrs) 7:45 PM-9:30 PM	Basketball (6-9yrs) 10:55 AM-11:50 AM
604 Bhangra Dance (9.5-17yrs) 11:15 AM-12:15 PM						Ballet (5-8yrs) 12:00 PM-12:45 PM
Imaginative Writing (6-11yrs) 11:15 AM-12:10 PM						Finish Strong Basketball Skill Dev. (12-16yrs) 12:05 PM-1:10 PM
Young-Commander Chess - Novice (6-12yrs) 12:10 PM-1:10 PM						Ballet (7-12yrs) 12:45 PM-1:45 PM
Make & Bake (4-8yrs) 12:30 PM-1:25 PM	<div> <div> FEBRUARY 19 SUNSET FAMILY DAY FUN 11:00AM-1:00PM </div> <div> APRIL 1 EASTER EGGSTRAVAGANZA 10:00AM-1:00PM Night Hoops Seniors Boys+ (14-16yrs) 7:45 PM-9:30 PM </div> </div>					Artsy Bookworms (4-6yrs) 1:00 PM-1:55 PM
Tutoring (2 students) (4-12yrs) 12:45 PM-5:00 PM						Science Explorers (4-6yrs) 2:00 PM-2:55 PM
Karate (4-6yrs) 1:15 PM-2:00 PM	<div> <div> MAY 20 SUNSET FAMILY FUN 11:00AM-1:00PM </div> <div> JULY 1 COMMUNITY CELEBRATION 12:00PM - 4:00PM </div> </div>				<div> JOIN US! PARTICIPATE IN OUR EVENTS! BE A GUEST, PERFORMER, OR EVEN SPONSOR OF A STATION. Email sunset.communitycentre@vancouver.ca </div> <div> </div>	Taekwondo - Interm(5-13yrs) 2:15 PM-3:15 PM
Make & Bake (8-12yrs) 1:40 PM-2:35 PM						Saturday Spanish Club (6-12yrs) 3:00 PM-4:45 PM
Private Tutoring (4-12yrs) 1:45 PM-4:45 PM						Taekwondo - Beginner (5-13yrs) 3:15 PM-4:15 PM
Karate (7yrs+) 2:00 PM-3:30 PM						
Guitar w/ Artemis (5-13yrs) 2:15 PM-4:45 PM						

Social

Petit Explorers

(0-5 yrs)

Aleithia Riebesehl

Our space will be transformed into an environment where children can explore and discover new things with exciting perspectives! Families can participate in or weekly featured activities. Toys will be available if petit explorers choose to do free play. Drop-in \$3. No session February 19. April 22, May 20.

Mon	Jan 8-Mar 11	9:45 AM-11:15 AM
481739		\$3/drop-in
Mon	Apr 8-Jun 10	9:45 AM-11:15 AM
481975		\$3/drop-in

SVNH Family Play Time

(0-6 yrs)

South Vancouver Neighbourhood House

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

Tue	Jan 9-Mar 12	10:00 AM-12:00 PM
481757		FREE/drop-in
Tue	Apr 9-Jun 18	10:00 AM-12:00 PM
481995		FREE/drop-in

Play Gym

(0-5 yrs)

Come by and burn lots of energy playing with toys, making new friends and riding around in cars! Babies under 12 months are free. Parent participation is required. Drop-in \$3.00. No session April 26.

Wed	Jan 10-Mar 13	9:30 AM-11:00 AM
480545		\$3/drop-in
Fri	Jan 12-Mar 15	9:45 AM-11:15 AM
480546		\$3/drop-in
Wed	Apr 3-Jun 26	9:30 AM-11:00 AM
481976		\$3/drop-in
Fri	Apr 5-Jun 28	9:45 AM-11:15 AM
481977		\$3/drop-in

Music Together ®

(0-5 yrs)

Keiko Fuji

Fun, fabulous, and magical! A Music Together ® instructor will lead you in music activities ranging from lullabies to full-on jam sessions with child-friendly instruments. It'll be so much fun that you won't realize how much learning is taking place. Siblings can attend for a reduced price and children under 6 months can attend free with a registered sibling. Program taught in English and Japanese.

Thu	Jan 11-Mar 14	9:15 AM-10:00 AM
481251		\$200/10 sessions
Thu	Apr 11-Jun 13	9:15 AM-10:00 AM
481972		\$200/10 sessions

Art, Culture & Environment

Parent & Tot Dance

(2-3 yrs)

Vancouver Performing Stars

Introduce your little ones to the world of dance. Classes are designed to encourage little dancers to join in and have fun while dancing with mom or dad. Elements of ballet dancing, singing, and high energy movement to music will be included. Parent or guardian participation is required. www.performingstars.ca. No session February 18 and May 19.

Sun	Jan 7-Mar 10	9:30 AM-10:15 AM
481734		\$135/9 sessions
Sun	Apr 7-Jun 9	9:30 AM-10:15 AM
481971		\$135/10 sessions

Sports

Sportball Parent and Tot Multisport

(2-3 yrs)

Sportball Vancouver

Parents can have a direct hand in a pre-schooler's development through a variety of different ball sports. Multi-sport classes teach children important introductory physical skills and help children develop confidence in their abilities. The programs also help parents understand techniques that can be applied outside of Sportball classes. Parents must participate. No session February 17, May 18.

Sat	Jan 13-Mar 16	9:05 AM-9:50 AM
481161		\$162/9 sessions
Sat	Apr 13-Jun 22	9:05 AM-9:50 AM
481994		\$180/10 sessions



Art, Culture & Environment

Music Together® - Rhythm Kids® (4-7 yrs)

Keiko Fuji

We drum, sing, move, and play to rhythms inspired by musical traditions around the world. Students learn to compose, choreograph, and conduct as they play. We play with a variety of instruments such as African Djembe Drums, and more! Program taught in English and Japanese. No session February 19, April 22, May 20.

Mon	Jan 8-Mar 11	3:45 PM-4:30 PM
481252		\$180/9 sessions
Mon	Apr 8-Jun 24	3:45 PM-4:30 PM
481973		\$200/10 sessions

Rhythmic Gymnastics Dance

Elite Gymnastics

Rhythmic gymnastics combines the grace of ballet and the strength of artistic gymnastics with the challenging manipulation of colourful hand apparatus. Participants will learn basic body movements of apparatus techniques, while moving to various musical rhythms. This wonderful sport will develop hand-eye coordination, balance, agility, flexibility, and rhythm. Instructors are certified with the National Coaching Certification Program. No class February 19 and May 20.

(4-6 yrs)

Mon	Jan 8-Mar 11	5:00 PM-6:00 PM
480558		\$76.50/9 sessions
Mon	Apr 8-Jun 24	5:00 PM-6:00 PM
481984		\$93.50/11 sessions

(7-12 yrs)

Mon	Jan 8-Mar 11	4:00 PM-5:00 PM
480559		\$76.50/9 sessions
Mon	Apr 8-Jun 24	4:00 PM-5:00 PM
481985		\$93.50/11 sessions

Bollywood Dance (5-12 yrs)

Spirit Of Dance Team

Have fun while learning some high-energy & fun dance moves with upbeat Indian Bollywood Music! Each class is carefully designed for children to exercise, as well as to develop a rhythm sense with choreographed Bollywood routines. No session February 19, May 20.

Mon	Jan 8-Mar 11	6:15 PM-7:00 PM
481105		\$81/9 sessions
Mon	Apr 8-Jun 24	6:15 PM-7:00 PM
481938		\$99/11 sessions

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

Moberly Arts & Cultural Centre
moberlyartscentre.ca

Asian Pop/Korean Pop KPOP Dance (6-12 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.

Wed	Jan 17-Mar 13	3:45 PM-4:45 PM
481785		\$144/9 sessions
Wed	Apr 17-Jun 19	3:45 PM-4:45 PM
481962		\$160/10 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. Find us on FB/IG @illumastudio. 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.

Wed	Jan 17-Mar 13	4:45 PM-5:45 PM
481783		\$144/9 sessions
Wed	Apr 17-Jun 19	4:45 PM-5:45 PM
481924		\$160/10 sessions

Asian KPOP / TT Popstar / Hip Hop-Family (6-18 yrs)

ILLUMA Studio

As a family, come experience high dynamics cardio dance and Hip Hop fundamentals while vibing to Korean and Asian Pop Music! Dancers will refine their technique through choreography, strengthening, footwork, isolations, stretches and more! Meet friends, have fun, and rise to a new challenge. We recommend taking our Pop Star dance class for a solid workout and to enhance learned skills. No previous experience required. Price is for parent-child pair.

Wed	Jan 17-Mar 13	5:45 PM-6:45 PM
481784		\$236.25/9 sessions
Wed	Apr 17-Jun 19	5:45 PM-6:45 PM
481925		\$262.50/10 sessions

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Ballet

Sarah U

Basic ballet exercises, positions, vocabulary, and musicality will be taught while developing posture, musicality, and self expression in a fun and supportive environment. Classes will progress and culminate in a presentation on the last day of class. Please come in form-fitting clothing and ballet slippers. No session January 20, February 17, May 18.

(3-4 yrs)

Sat	Jan 13-Mar 16	9:30 AM-10:00 AM
481169		\$68/8 sessions
Sat	Apr 13-Jun 22	9:30 AM-10:00 AM
481935		\$85/10 sessions

(4-6 yrs)

Sat	Jan 13-Mar 16	10:00 AM-10:45 AM
481165		\$96/8 sessions
Sat	Jan 13-Mar 16	10:45 AM-11:30 AM
481166		\$96/8 sessions
Sat	Apr 13-Jun 22	10:00 AM-10:45 AM
481931		\$120/10 sessions
Sat	Apr 13-Jun 22	10:45 AM-11:30 AM
481932		\$120/10 sessions

(6-8 yrs)

Sat	Jan 13-Mar 16	12:00 PM-12:45 PM
481167		\$104/8 sessions
Sat	Apr 13-Jun 22	12:00 PM-12:45 PM
481933		\$130/10 sessions

(8-12 yrs)

Sat	Jan 13-Mar 16	12:45 PM-1:45 PM
481168		\$136/8 sessions
Sat	Apr 13-Jun 22	12:45 PM-1:45 PM
481934		\$170/10 sessions

Mini Performing Stars

(3-5 yrs)

Vancouver Performing Stars

From classic preschool songs to Disney and Broadway hits, students will be excited to show you what they learn. Your little performers will develop rhythm, characterization, coordination, and musicality through movement and song. Students must be able to participate without an adult. No session February 18 and May 19.

Sun	Jan 7-Mar 10	10:15 AM-11:00 AM
481733		\$135/9 sessions
Sun	Apr 7-Jun 9	10:15 AM-11:00 AM
481968		\$135/10 sessions

Learn to Skate Program



Online registration strongly recommended.

[vanrec.ca](#)

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

Junior Performing Stars

(5-7 yrs)

Vancouver Performing Stars

Learn all the essential skills to be a dynamite musical theatre performer! We'll explore all the best numbers from oldies, modern hits, Disney and Broadway. Sing with confidence, while learning fun choreography and the acting skills of a star! Visit [performingstars.ca](#) for more information. No session May 19.

Sun	Jan 7-Mar 10	11:00 AM-11:45 AM
481732		\$135/9 sessions
Sun	Apr 7-Jun 9	11:00 AM-11:45 AM
481954		\$135/10 sessions



604 Bhangra Dance

604 Bhangra

Bhangra is a high-energy folk dance that originates from Punjab. This class will introduce students to bhangra music and sets of simple and easy bhangra moves. This class is perfect for preschoolers who have had a little bit to no experience in previous bhangra classes at Sunset Community Centre. Emphasis in this class will be on feeling the dhol beat and having fun! No drop-ins. Please register for this popular class. This program is taught by Sandip Rakhra. No class February 11, 18, May 19.

(4-6 yrs)

Sun	Jan 14-Mar 17	9:15 AM-10:00 AM
480541		\$80/8 sessions
Sun	Apr 21-Jun 30	9:15 AM-10:00 AM
481918		\$100/10 sessions

(6.5-9.5 yrs)

Sun	Jan 14-Mar 17	10:15 AM-11:15 AM
480542		\$98/8 sessions
Sun	Apr 21-Jun 30	10:15 AM-11:15 AM
481919		\$120/10 sessions

(9-17 yrs)

Sun	Jan 14-Mar 17	11:15 AM-12:15 PM
480543		\$104/8 sessions
Sun	Apr 21-Jun 30	11:15 AM-12:15 PM
481920		\$130/10 sessions

Sports

Multi-Sport

TBA Instructor

Students will learn fundamental movement skills and physical literacy while trying different sports and activities such as Badminton, Volleyball, Soccer, Basketball and more. This program provides a positive, non-competitive introduction to activity with a focus on building a variety of athletic skills for success across multiple sports. - Program is taught by a young leader. No session February 19, May 20.

(6-8 yrs)

Mon	Jan 15-Mar 11	3:45 PM-4:45 PM
481243		\$72/8 sessions
Mon	Apr 15-Jun 17	3:45 PM-4:45 PM
481969		\$81/9 sessions

(6-9 yrs)

Mon	Jan 15-Mar 11	4:45 PM-5:45 PM
481244		\$72/8 sessions
Mon	Apr 15-Jun 17	4:45 PM-5:45 PM
481970		\$81/9 sessions

Badminton

Leo Suen

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

(6-9 yrs)

Tue	Jan 9-Mar 12	4:00 PM-4:55 PM
481198		\$90/10 sessions
Tue	Apr 9-Jun 25	4:00 PM-4:55 PM
481927		\$108/12 sessions

(9-12 yrs)

Tue	Jan 9-Mar 12	5:00 PM-5:55 PM
481199		\$90/10 sessions
Tue	Apr 9-Jun 25	5:00 PM-5:55 PM
481928		\$108/12 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 class February 17 and May 18.

Sat	Jan 13-Mar 16	9:50 AM-10:35 AM
481159		\$162/9 sessions
Sat	Apr 13-Jun 22	9:50 AM-10:35 AM
481993		\$180/10 sessions

Soccer

TBA Instructor

Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills and more. Classes are dedicated to skills development and putting those skills to work in an exciting and non-competitive game. No session February 17 and May 18.

(3-5 yrs)

Sat	Jan 13-Mar 16	9:05 AM-9:50 AM
481699		\$94.50/9 sessions
Sat	Apr 13-Jun 22	9:05 AM-9:50 AM
481991		\$105/10 sessions

(6-9 yrs)

Sat	Jan 13-Mar 16	9:55 AM-10:50 AM
481700		\$94.50/9 sessions
Sat	Apr 13-Jun 22	9:55 AM-10:50 AM
481992		\$105/10 sessions

Basketball

TBA Instructor

Children are taught the fundamental skills necessary while having fun. Skills include dribble, shoot, pass, and score on their way into a game. Classes are dedicated to skills development and putting those skills to work in an exciting and non-competitive game. Parent Participation is required. Program is taught by a young leader. No session February 17 and May 18.

Sat	Jan 13-Mar 16	10:55 AM-11:50 AM
481703		\$94.50/9 sessions
Sat	Apr 13-Jun 22	10:55 AM-11:50 AM
481937		\$105/10 sessions

Future Bounce Basketball girls+

(7-11 yrs)

Future Bounce Athletics Association

Future Bounce Basketball is Vancouver's first female run, female focused basketball program. Our goal is to give all self-identified girls the chance to play basketball, build connections, and enhance their skills. We know that basketball is about more than just what happens on the court. It's about developing confidence, teamwork, leadership, and life skills. Each week of practice will consist of a unique set of high level training to help you take your game to the next level. This program is designed for players of all skill levels. No session February 18.

Sun	Jan 14-Mar 17	5:45 PM-6:45 PM
488608		\$117/10 sessions
Wed	Apr 14-Jun 16	5:45 PM-6:45 PM
488609		\$117/10 sessions

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Education

Baking Buddies

TBA Instructor

Bake, bake, and bake! Use the oven for a variety of baked snacks and treats!

(6-8 yrs)

Tue Jan 23-Mar 12 3:45 PM-4:40 PM
481696 \$92/8 sessions

Tue Apr 16-Jun 4 3:45 PM-4:40 PM
481929 \$92/8 sessions

(9-12 yrs)

Tue Jan 23-Mar 12 4:50 PM-5:45 PM
481697 \$92/8 sessions

Tue Apr 16-Jun 4 4:50 PM-5:45 PM
481930 \$92/8 sessions

Ready, Set, Cook!

TBA Instructor

Let's get cooking! Learn new skills and techniques each week. Program includes baking, cooking, and a variety of low-prep treats. Bring a container to take home creations. Program is led by trained youth leaders.

(5-8 yrs)

Wed Jan 24-Mar 13 3:45 PM-4:40 PM
481267 \$96/8 sessions

Wed Apr 17-Jun 5 3:45 PM-4:40 PM
481982 \$92/8 sessions

(9-12 yrs)

Wed Jan 24-Mar 13 4:50 PM-5:45 PM
481268 \$96/8 sessions

Wed Apr 17-Jun 5 4:50 PM-5:45 PM
481983 \$96/8 sessions

Foodies-To-Be

Caitlin Wong

Interested in cooking? Learn different types of appetizers, lunches, and dinners to make at home! Bring a container to bring home your creations.

(5-8 yrs)

Thu Jan 18-Mar 7 3:45 PM-4:40 PM
482235 \$92/8 sessions

(9-12 yrs)

Thu Jan 18-Mar 7 4:50 PM-5:45 PM
482236 \$92/8 sessions

Thu Apr 18-Jun 6 4:50 PM-5:45 PM
482238 \$92/8 sessions

DIY Designers

Isabel Huang

Learn how to make your home fun! Join us each week to create wall decorations, succulent planters, photo art, and more. Program is led by trained youth leaders

Wed Jan 24-Mar 13 3:45 PM-4:40 PM
481694 \$92/8 sessions

DIY Designers - Spring Madness

(5-8 yrs)

Isabel Huang

Learn how to make your home fun! Join us each week to create wall decorations, succulent planters, photo art, and more. Program is led by trained youth leaders.

Wed Apr 17-May 15 3:45 PM-4:40 PM
481946 \$50/5 sessions

DIY Designers - Home Decor

(5-8 yrs)

Isabel Huang

Learn how to make your home fun! Join us each week to create wall decorations, succulent planters, photo art, and more. Program is led by trained youth leaders.

Wed May 22-Jun 19 3:45 PM-4:40 PM
482091 \$50/5 sessions

Crafty Scientists

(5-8 yrs)

Isabel Huang

Learn the world of science through crafts and experiments! Each week is a different theme exploring the ecosystem, physics, biology, and more!

Wed Jan 24-Mar 13 4:50 PM-5:45 PM
481695 \$92/8 sessions

Wed Apr 17-Jun 5 4:50 PM-5:45 PM
481945 \$92/8 sessions

Young Artists

Olga Chowdhury

Join our local artist, Olga, for art development. Participants will learn art through play and learn various techniques for painting, including oil, acrylic, watercolor, and decoupage. This program will inspire children's imagination and they will create artwork to take home. No class February 17 and May 18.

(5-6 yrs)

Sat Jan 13-Mar 16 11:15 AM-12:00 PM
488611 \$180/9 sessions

Sat Apr 13-Jun 22 11:15 AM-12:00 PM
488612 \$200/10 sessions

(7-13 yrs)

Sat Jan 13-Mar 16 10:00 AM-11:00 AM
480539 \$180/9 sessions

Sat Apr 13-Jun 22 10:00 AM-11:00 AM
482010 \$200/10 sessions

Saturday Spanish Club

(6-12 yrs)

Lorie Salazer

The Saturday Spanish Club for Children aims to create an engaging and fun environment for young learners to explore the Spanish language and culture. The program focuses on interactive activities, games, and hands-on experiences to foster language development and cultural awareness. No session February 17 and May 18.

Sat Jan 20-Mar 16 3:00 PM-4:00 PM
485302 \$160/8 sessions

Sat Apr 13-Jun 15 3:00 PM-4:45 PM
485303 \$180/9 sessions

Education cont'd

Artsy Bookworms

(4-6 yrs)

Kiran Parmar

Explore the world of imagination with books. Children will be exposed to reading and experimenting with various ways of sharing stories using felt art, building blocks, and drawings. Program is taught by a young leader. No session February 17 and May 18.

Sat	Jan 13-Mar 16	1:00 PM-1:55 PM
481758		\$90/9 sessions
Sat	Apr 13-Jun 22	1:00 PM-1:55 PM
481926		\$100/10 sessions

Science Explorers

(4-6 yrs)

Kiran Parmar

Explore the science of sugar through reading and creating, and flourish young minds with knowledge and imagination. Hands on experiments are part of our weekly adventures. Children will learn fun facts to astonish their minds. This program is led by a young leader. No session February 17.

Sat	Jan 13-Mar 16	2:00 PM-2:55 PM
481759		\$90/9 sessions
Sat	Apr 13-Jun 22	2:00 PM-2:55 PM
481987		\$100/10 sessions

Make & Bake

TBA Instructor

Spend the afternoon creating tasty treats and snacks to enjoy at home, or bring to school! Create snacks like rice krispies, apple pies, tarts, and more! Program is taught by a young leader. No session February 18 and May 19.

(5-8 yrs)

Sun	Jan 14-Mar 10	12:30 PM-1:25 PM
481724		\$92/8 sessions
Sun	Apr 14-Jun 9	12:30 PM-1:25 PM
481964		\$92/8 sessions

(9-12 yrs)

Sun	Jan 14-Mar 10	1:40 PM-2:35 PM
481725		\$92/8 sessions
Sun	Apr 14-Jun 9	1:40 PM-2:35 PM
481965		\$92/8 sessions

Activity Studio & Phonics

(4-6 yrs)

Manpreet Chote

Activity Studio & Phonics is geared towards getting children ready for reading and writing through play. Children will work through worksheets and play fun games to help them with various reading and writing exercises. No session February 18 and May 19.

Sun	Jan 14-Mar 17	9:15 AM-10:10 AM
481379		\$94.50/9 sessions
Sun	Apr 14-Jun 23	9:15 AM-10:10 AM
481923		\$105/10 sessions

Head Start Math

(6-11 yrs)

Manpreet Chote

This program is geared for primary grade math. Children will work through worksheets and play fun games to help them with various math problems and exercises. No session February 18 and May 19.

Sun	Jan 14-Mar 17	10:15 AM-11:10 AM
481380		\$94.50/9 sessions
Sun	Apr 7-Jun 23	10:15 AM-11:10 AM
481951		\$115.50/11 sessions

Imaginative Writing

(6-11 yrs)

Manpreet Chote

Let your imagination flow! Children will be encouraged to be brave, and create short stories to practice and improve writing skills. No session February 18 and May 19.

Sun	Jan 14-Mar 17	11:15 AM-12:10 PM
481381		\$94.50/9 sessions
Sun	Apr 7-Jun 23	11:15 AM-12:10 PM
481952		\$115.50/11 sessions

Young-Commander Chess - Intermediate

Joe Soliven

"First, self-image; next, instruction. Last, adventure." - Rufin. As a school academic in a game, playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Chess teaches higher level thinking skills such as visualization, analysis and critical thinking. Chess allows kids to connect with something in the real world which in turn, fires up their desire to learn. Joining in this Sherlock-Holmes-world-of-tactics-and-strategies adventure, where the chessmen become personified, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armor ? ?commander? (leader) self-image ? whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. Chess folder kit included. No session February 18 and May 19.

Novice (6-12 yrs)

Sun	Apr 14-Jun 23	12:10 PM-1:10 PM
482012		\$110/10 sessions
Sun	Jan 14-Mar 17	12:10 PM-1:10 PM
481782		\$99/9 sessions

Intermediate (8-16)

Sun	Jan 14-Mar 17	11:00 AM-12:00 PM
481781		\$99/9 sessions
Sun	Apr 14-Jun 23	11:00 AM-12:00 PM
482011		\$110/10 sessions

Private Tutoring

(5-12 yrs)

Manpreet Chote

This program provides an opportunity for tutoring that's designed to help improve the child's growth in any school subject. Perfect for catching up on school work, while also providing extra time to master new skills. This program is led by an upcoming elementary teacher. No session February 18 and May 19.

Sun	Jan 14-Mar 17	1:45 PM-2:45 PM
481382		\$207/9 sessions
Sun	Jan 14-Mar 17	2:45 PM-3:45 PM
481383		\$207/9 sessions
Sun	Jan 14-Mar 17	3:45 PM-4:45 PM
481384		\$207/9 sessions
Sun	Apr 14-Jun 23	1:45 PM-2:45 PM
481978		\$230/10 sessions
Sun	Apr 14-Jun 23	2:45 PM-3:45 PM
481979		\$230/10 sessions
Sun	Apr 14-Jun 23	3:45 PM-4:45 PM
481980		\$230/10 sessions



Learning Buddies Network

(0-8 yrs)

Learning Buddies Network

In partnership with Learning Buddies Network we are offering free one-on-one reading and math tutoring for children performing below grade level. Students are paired one-on-one with a trained high school mentor and our programs are supervised by BC registered teachers (staff). Buddies applying to our Reading Buddies program must be in Grades 1-5 (as of September) 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. The child will then be assessed to make sure they are the right fit for this program. To register you must contact Rosa Community Youth Worker at email rosa.aravena@vancouver.ca.

Thu	Feb 8-May 18	4:00 PM-5:30 PM
484932		\$0/10 sessions
Thu	Feb 8-May 18	4:00 PM-5:30 PM
484934		\$0/11 sessions

Refund Policy for Tutoring Programs

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

Tutoring (2 students)

(5-12 yrs)

This program provides an opportunity for tutoring that's designed to help improve the child's growth in any school subject. Perfect for catching up on school work, while also providing extra time to master new skills. This program is led by an upcoming elementary teacher. No session February 18, 19, May 18, 19. Sessions are 1 hour long.

[VIEW AVAILABLE DATES ONLINE](#)

Sat	Jan 13-Mar 16	9:30 AM-12:30 PM
<i>Manpreet Chote</i>		\$189/9 sessions
Sun	Jan 14-Mar 17	12:45 PM-1:45 PM
<i>Manpreet Chote</i>		\$189/9 sessions
Sun	Jan 14-Mar 17	1:00 PM-5:00 PM
<i>Gurpinder Badyal</i>		\$189/9 sessions
Sat	Apr 13-Jun 22	9:30 AM-12:30 PM
<i>Manpreet Chote</i>		\$210/10 sessions
Sun	Apr 14-Jun 23	12:45 PM-1:45 PM
<i>Manpreet Chote</i>		\$210/10 sessions
Sun	Apr 14-Jun 23	1:00PM-5:00 PM
<i>Gurpinder Badyal</i>		\$210/10 sessions



Workshops

Craft Corner

(0-12 yrs)

Youth Leader

Spend the morning with crafts in the lobby! There will be a new theme each week. This program is led by local high school leaders. Drop-in anytime during the session! Crafts range from 10-15 minutes to complete. Parent/guardian must remain in lobby during craft time. No session February 17 and May 18.

Sat Jan 20-Mar 16 10:00 AM-12:00 PM
481778 \$0/8 sessions

Sat Apr 13-Jun 29 10:00 AM-12:00 PM
481944 \$0/11 sessions

Sweetheart Breakfast Workshop

(5-8 yrs)

TBA Instructor

Make yourself, friends, or family a yummy breakfast with pancakes and more!

Sun Feb 11 9:30 AM-10:55 AM
488614 \$15/1 session

Valentine's Cookie Workshop

(5-8 yrs)

TBA Instructor

Bake and design your own Valentine's Day cookies to share with your friends and family! Each participant will take home 4 personalized cookies.

Sun Feb 11 11:00 AM-12:25 PM
488613 \$15/1 session



The Pasta Pot Workshop

(5-8 yrs)

TBA Instructor

Pasta time! Learn to make pasta using different ingredients and sauces.

Sun Feb 18 11:00 AM-12:25 PM
488615 \$15/1 session



Spring Cupcakes

(5-8 yrs)

TBA Instructor

Pasta time! Learn to make pasta using different ingredients and sauces.

Sun Mar 17 12:30 PM-2:00 PM
488616 \$15/1 session

Make & Bake - Summer Countdown!

TBA Instructor

Make and bake popular summer treats! Share them with your friends, or make them again throughout the summer!

(5-8 yrs)

Sun Jun 16-Jun 23 1:40 PM-2:35 PM
482138 \$25/4 sessions

(9-12 yrs)

Sun Jun 16-Jun 23 12:30 PM-1:25 PM
482137 \$25/4 sessions

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Day Camps

Pro- D Camp

(6-12 yrs)

TBA Instructor

No School! Join us for fun and activities will include sports, cooperative games, arts & crafts, and much more. Please pack snacks, lunch and a bottle of water and dress appropriately for the weather! For the safety of your child, Parental Consent Forms must be completed. Children will not be permitted in the program until the completed form is received.

Wed	Jan 17-Jan 17	9:00 AM-4:00 PM
485000		\$56/1 sessions
Fri	Feb 16-Feb 16	9:00 AM-4:00 PM
485006		\$56/1 sessions
Mon	Apr 22-Apr 22	9:00 AM-4:00 PM
485011		\$56/1 sessions

Spring Break Camp

(6-12 yrs)

TBA Instructor

Register your child for Spring Break Day camp with Sunset Community Centre. Activities will include sports, cooperative games, Out-trips arts and crafts and other activities, Spots are limited, so register now!

Mon-Fri	Mar 18-Mar 22	9:00 AM-4:00 PM
485266		\$210/5 sessions
Mon-Fri	Mar 25-Mar 29	9:00 AM-4:00 PM
485267		\$210/5 sessions



Finish Strong Basketball Spring Camp

(10-16 yrs)

David Knight

Finish Strong Basketball program is designed and focused on developing players basketball fundamentals. We teach basic to advance training in all areas to develop your basketball game. Campers will receive a camp shirt, and receive 15 hours of camp instruction in a positive and empowering environment. Come join us this spring and have a chance to win some really cool prizes !!!! Camp fee is \$150 or \$125 each for siblings living in the same house hold. No drop ins allowed must sign up. Please bring a water bottle, a basketball, and proper gym wear to class. "It's not how you start, It's how you FINISH! For more information about Finish Strong Basketball, please email Team@finishstrongbasketball.ca.

Mon-Fri	Mar 18-Mar 22	9:00 AM-12:00 PM
484699		\$150/4 sessions

SPECIAL EVENTS

FEBRUARY 19

SUNSET FAMILY DAY FUN

11:00AM-1:00PM



APRIL 1

EASTER EGGSTRAVAGANZA

10:00AM-1:00PM



JOIN US!

PARTICIPATE IN OUR EVENTS!
BE A GUEST, PERFORMER, OR
EVEN SPONSOR OF A
STATION.

Email
sunset.communitycentre@vancouver.ca



MAY 20

SUNSET FAMILY FUN

11:00AM-1:00PM



JULY 1

COMMUNITY CELEBRATION

12:00PM - 4:00PM



Martial Arts

Kungfu for Beginners

(6-15 yrs)

Sprina Fu

No Kungfu experience necessary. This class introduces students to the basic and fundamentals of Chinese Kungfu, they will develop punching, blocking, kicking and forms techniques while teaching them discipline, respect, balance, stamina, self-defence, and self-confidence. Drop-ins availability if space permits and upon instructor's approval and availability

Fri	Jan 12-Mar 15	4:30 PM-5:30 PM
481107		\$115/10 sessions
Fri	Apr 12-Jun 14	4:30 PM-5:30 PM
481963		\$150/10 sessions

Taekwondo - Beginner

Third Eye Martial Arts

Taekwondo program is designed to develop physical strength and teach practical self-defence techniques in stand-up and ground position. Another aspect of Taekwondo is Olympic sport sparring training, which is introduced at the intermediate level. Black belts will receive their certificates from the World Taekwondo Headquarters (Kukkiwon). All tests are conducted by Master E.Saadati, black belt (7th degree) and world Taekwondo champion. Testing is optional (belt fee extra). Uniform required; see instructor on first class. No class February 17 and May 18.

Beginner

Sat	Jan 13-Mar 16	3:15 PM-4:15 PM
480572		\$180/9 sessions
Sat	Apr 13-Jun 22	3:15 PM-4:15 PM
481996		\$220/11 sessions

Intermediate

Sat	Jan 13-Mar 16	2:15 PM-3:15 PM
480573		\$180/9 sessions
Sat	Apr 13-Jun 22	2:15 PM-3:15 PM
481997		\$220/11 sessions

Karate Black Belts (13+ yrs)

(13-0 yrs)

George Chan

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

Sun	3:45 PM-5:00 PM
480538	\$120/6 sessions
Sun	3:45 PM-5:00 PM
481960	\$100/5 sessions

Karate

George Chan

Have fun while learning traditional Go-Ju Ryu Karate-Do with 7th Dan Shihan George Chan (over 30 years of Karate and teaching experience) and his Senior Assistants. This Karate program improves focus, self-discipline, physical fitness and motor skills. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. For more information, visit www.kuyukai.com. No class February 18 and May 19.

(5-6 yrs)

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

Sun	Jan 14-Mar 17	1:15 PM-2:00 PM
480536		\$135/9 sessions
Sun	Apr 14-Jun 23	1:15 PM-2:00 PM
481958		\$150/10 sessions

(7+ yrs)

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

Sun	Jan 14-Mar 17	2:00 PM-3:30 PM
480537		\$135/9 sessions
Sun	Apr 14-Jun 16	2:00 PM-3:30 PM
481959		\$150/10 sessions

Axe Capoeira Kids

(6-13 yrs)

Amanda Torres

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

Tue Thu	Jan 4-Jan 30	6:30 PM-7:15 PM
481141		\$100/8 sessions
Tue Thu	Feb 1-Feb 29	6:30 PM-7:15 PM
481140		\$112.50/9 sessions
Tue Thu	Mar 5-Mar 28	6:30 PM-7:15 PM
481139		\$100/8 sessions

Axe Capoeira

(14-0 yrs)

Amanda Torres

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

Tue Thu	Jan 2-Jan 30	7:15 PM-8:30 PM
481137		\$100/9 sessions
Tue Thu	Feb 1-Feb 29	7:15 PM-8:30 PM
481136		\$112.50/9 sessions
Tue Thu	Mar 5-Mar 28	7:15 PM-8:30 PM
481135		\$100/8 sessions

Music

Piano - Private Lessons

(5-0 yrs)

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

Joanna Wan

Mon	Jan 8-Mar 11	3:30 PM-8:30 PM
VIEW ONLINE		\$250/10 sessions
Mon	Apr 8-Jun 24	3:30 PM-8:30 PM
VIEW ONLINE		\$300/12 sessions
Sat	Jan 13-Mar 16	9:15 AM-1:45 PM
VIEW ONLINE		\$250/10 sessions
Sat	Apr 13-Jun 22	9:15 AM-1:45 PM
VIEW ONLINE		\$250/10 sessions

Christine Lai

Tue	Jan 9-Mar 12	3:30 PM-8:30 PM
VIEW ONLINE		\$250/10 sessions
Tue	Apr 9-Jun 25	3:30 PM-8:30 PM
VIEW ONLINE		\$300/12 sessions

Karen Wu

Wed	Jan 10-Mar 13	5:00 PM-8:00 PM
VIEW ONLINE		\$225/9 sessions
Wed	Apr 10-Jun 26	5:00 PM-8:00 PM
VIEW ONLINE		\$225/9 sessions

Derek Pang

Thu	Jan 11-Mar 14	3:30 PM-9:30 PM
VIEW ONLINE		\$250/10 sessions
Thu	Apr 11-Jun 27	3:30 PM-9:30 PM
VIEW ONLINE		\$300/12 sessions

Jensen Yee

Fri	Jan 12-Mar 15	3:30 PM-7:30 PM
VIEW ONLINE		\$250/10 sessions

Kelly Fang

Sun	Jan 14-Mar 17	9:15 AM-1:45 PM
VIEW ONLINE		\$225/9 sessions
Sun	Apr 14-Jun 16	9:15 AM-1:45 PM
		\$250/10 sessions



Acoustic Guitar

(5-13 yrs)

Express your creativity through music and learn to play your favourite songs on guitar! Learn to play acoustic, or electric guitar. Along with learning the songs you're most interested in, lessons cover: music theory; technique; chords and melodies; understanding and employing beat and rhythm; reading music, tuning, & maintenance. Guitars are not provided, but the instructor can help with advice & purchasing. ½ hour private lessons are open to children. No class Feb 18, May 19

Sun	Jan 14-Mar 17	2:15 PM-4:45 PM
Artemis Cheung	VIEW ONLINE	\$225/9 sessions
Sun	Apr 14-Jun 23	2:15 PM-4:45 PM
Artemis Cheung	VIEW ONLINE	\$250/10 sessions

Violin

(5-13 yrs)

Join as a complete beginner or tune up your violin skills. Students of all levels are welcome! Learn the violin in a supportive environment with a dedicated teacher. Violin available to borrow during class. Lessons are scheduled in 30 minute time slots. No class Feb 18

Sun	Jan 14-Mar 17	9:15 AM-1:45 PM
Hazel Yeung	VIEW ONLINE	\$225/9 sessions
Sun	Apr 7-Jun 23	9:15 AM-1:45 PM
Hazel Yeung	VIEW ONLINE	\$275/11 sessions

Social

Girls+ Group

Harshita Unnikrishnan

(12-15 yrs)

Program is open to all preteen, female identifying and nonbinary youth to participate in a variety of instructional activities with information and support to make healthy choices in life. Weekly instructional activities such as baking, cooking, out-trips, workshops and much more. The groups focus is to empower young females with topics that matter to them around, healthy eating, relationships, emotional health, transitioning to high school, and staying positive. This program is based on trust, inclusion, and having fun! Pre registration and consent forms are required.

Thu	Jan 11-Mar 14	4:00 PM-6:00 PM
482666		\$0/10 sessions
Thu	Apr 11-Jun 27	4:00 PM-6:00 PM
482668		\$0/10 sessions

Newcomers Drop-in Youth Social

(13- 18 yrs)

Are you a youth who is new to Canada? Want a place that you can meet new friends and just hang out, feel safe and have fun! Join us in the games room every Thursday. Play cards, pool, foosball, board games and participating in fun activities. Snacks will be provided. The Community Youth Worker will be available to engage, connect, and to provide support and resources. Any questions please Contact Rosa at rosa.aravena@vancouver.ca

Thu	Jan 18-Mar 14	4:00 PM-6:00 PM
487714		\$0/5 sessions
Thu	April 18-Jun 27	4:00 PM-6:00 PM
487703		\$0/5 sessions

Pre-Teen Nights

(Grades 5-7)

Looking for a kick start to your weekend? Each week will include baking, cooking, arts & crafts, movies and games and much more! This is also the perfect opportunity to meet new people and make new friends and have fun! Spaces are limited, so register early! Once you are registered for an activities there is no in and out from the program. Registration and consent forms are required.

Fri	Jan 19-Mar 22	6:00 PM-7:30 PM
488601		\$0/11 sessions
Fri	Apr 19- Jun 28	6:00 PM-7:30 PM
488602		\$0/11 session

Sports

Soccer Drop In

TBA

Come learn play soccer. Some skills & drills all levels welcomed. Maybe asked for ID. No Session Feb 19 & May 18

(9-12 yrs)

Mon	Jan 8-Mar 25	3:00 PM-4:30 PM
482870		\$0/11 sessions
Mon	Apr 8-Jun 24	3:00 PM-4:30 PM
482871		\$0/11 sessions

Youth Soccer Drop In

(13-18 yrs)

Mon	Jan 8-Mar 25	4:35PM-5:45PM
482230		\$0/12 sessions
Mon	Apr 8-Jun 24	4:35 PM-5:45PM
482454		\$0/11 sessions



Badminton Drop in

Viola Yu

Come by and drop in for badminton. Please sign-in with a staff before entering. Join us for fun badminton, skills and drills! This is only for 13-18 years old. Student ID maybe checked. No food or drink in the gymnasium. If you have any further inquiries, please contact Rosa Aravena, Sunset Community Youth Worker:

rosa.aravena@vancouver.ca

(9-12 yrs)

Tue Jan 9-Mar 26 3:30 PM-4:30 PM
482132 \$0/10 sessions

Tue Apr 2-Jun 25 3:30 PM-4:30 PM
482134 \$0/13 sessions

(13-18 yrs)

Tue Jan 9-Mar 26 4:50 PM-5:50 PM
482135 \$0/12 sessions

Tue Apr 2-Jun 25 4:50 PM-5:50 PM
482136 \$0/13 sessions

Basketball Drop In

TBA Instructor

Come play basketball this is only for pre- teens (9-12 years old). Some skills & drills all levels welcomed. Maybe asked for ID. Session Feb 19 & May 18

(9-12 yrs)

Wed Jan 10-Mar 27 4:00 PM-5:50 PM
482545 \$0/12 sessions

Wed Apr 3-Jun 26 4:00 PM-5:50 PM
482546 \$0/13 sessions

(13-18 yrs)

Wed Apr 3-Jun 26 4:00PM-5:50PM
486484 \$0/13 sessions

Night Hoops Girls+ Basketball (12-18 yrs)

Night Hoops Winter League returns! Join us on Friday nights to work on your skills and battle it out in 3v3 and 5v5. Girls+ basketball program for youth ages 12-18 (no experience required). Learn the fundamentals of the game in an empowered, fun and inspiring environment. A place to work on the fundamentals and play and compete with Night Hoops friends. Each session starts with a short warm up and skill development. Snacks and food provided after each session. This is a development program and we welcome girls, gender queer, non-binary and gender non-conforming folks interested in this program. If you have any questions please contact Rosa

Wed Jan 10-Mar 27 4:00 PM-5:50 PM
486475 FREE/12 sessions

Basketball Drop In

Christian Jarene Lonzaga

Come play basketball at our free open gym! This session is for Pre-teens only 9-12 yrs. Christian will be instructing some skills and drills! You are encouraged to bring your own basketball if you have one.

(9-12 yrs)

Thu Jan 11-Mar 28 3:30 PM-4:30 PM
482548 FREE/12 sessions

Thu Apr 4-Jun 27 3:30 PM-4:30 PM
482549 FREE/13 sessions

(13-15 yrs)

Thu Jan 11-Mar 28 4:45 PM-5:45 PM
482550 FREE/12 sessions

Thu Apr 4-Jun 27 4:45 PM-5:45 PM
482551 FREE/13 sessions

Volleyball Drop In

TBA Instructor

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

(9-12 yrs)

Thu Jan 11-Mar 28 3:30 PM-4:30 PM
482836 FREE/12 sessions

Thu Apr 4-Jun 27 3:30 PM-4:30 PM
482837 FREE/13 sessions

(13-18 yrs)

Please bring your student ID.

Thu Jan 11-Mar 28 4:45 PM-5:45 PM
482840 FREE/12 sessions

Thu Apr 4-Jun 27 4:45 PM-5:45 PM
482842 FREE/13 sessions

Girls+Multi Sports (10-13 yrs)

TBA Instructor

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

(9-12 yrs)

Fri Jan 12-Mar 29 3:15 PM-4:45 PM
485335 FREE/12 sessions

Fri Apr 12-Jun 28 3:15 PM-4:45 PM
486772 FREE/12 sessions

(13-18 yrs)

Fri Jan 12-Mar 29 4:45 PM-6:15 PM
488798 FREE/12 sessions

Fri Apr 12-Jun 28 4:45 PM-6:15 PM
488799 FREE/12 sessions



Follow us on Instagram
@SunsetCC.Youth

Sports cont'd

Night Hoops Boys

Night Hoops Winter League returns! Join us on Friday nights to work on your skills and battle it out in 3v3 and 5v5. We start with group skill and then divide athletes into teams and play!

(12-13 yrs)

Fri	Jan 12-Mar 22	6:15 PM-7:45 PM
488511		FREE/sessions

(14-16 yrs)

Fri	Jan 12-Mar 22	7:45 PM-9:30 PM
488511		FREE/sessions

Preteen Basketball Drop In

Jabarvir Pabla

Come play basketball at our free open gym!

(9-12 yrs)

Fri	Jan 12-Mar 22	3:15 PM-4:25 PM
488510		FREE/11 sessions

Fri	Apr 5-Jun 28	3:15 PM-6:15 PM
482560		FREE/13 sessions

(13-18 yrs)

Please bring your student ID.

Fri	Jan 12-Mar 22	4:25 PM-5:55 PM
482581		FREE/11 sessions

Fri	Apr 5-Jun 28	6:15 PM-9:15 PM
482587		FREE/13 sessions

Finish Strong Basketball

Skill Development -

David Knight

This program is targeted for players with moderate experience to elite players to help raise their basketball skill level and IQ as well to improve their overall game. All players that join will receive a Leve up t-shirt exclusive from Finish Strong basketball. Bring your own Basketball and Water bottle. No Class Feb 17th

Sat	Jan 13-Mar 9	12:05 PM-1:10 PM
484668		\$120/9 sessions

Art, Culture & Environment

Queer Youth Create

Wake Cook

QYC is a casual space for youth to work on passion projects, meet new friends, and play with new materials and mediums. This program is facilitated by Wake Darrah Cook, Emily Carr alumnus and published comic artist. Participants will be asked to bring whatever arts, crafts, or writing projects makes them happiest. Program has been created to be a safe zone for young people.

Fri	Jan 12-Mar 15	7:15 PM-8:15 PM
482624		\$0/10 sessions

Fri	Apr 5-Jun 28	7:15 PM-8:15 PM
482626		\$0/13 sessions

Education & Workshops

Red Cross Babysitting Course

(11-15 yrs)

First Aid Hero

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

Sat	Jan 6	9:30 AM-4:30 PM
485229		\$75/1 sessions

Sun	Mar 31	9:30 AM-4:30 PM
485237		\$75/1 sessions

Sat	May 18	9:30 AM-4:30 PM
485252		\$75/1 sessions

Red Cross Stay safe Course

(9-13 yrs)

First Aid Hero

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

Course content:

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

Sat	Feb 17	9:30 AM-3:30 PM
485679		\$75/1 sessions

Emergency First Aid CPR-C & AED (Basic)

(16-19 yrs)

TBA Instructor

Emergency First Aid Level C is for individuals requiring basic information on First Aid and CPR for their workplace, school, or personal interest. Upon completion, participants receive a certificate valid for 3 years.

Sat	Feb 17	9:30 AM-4:30 PM
481776		\$100/1 session

Sat	May 18	9:30 AM-4:30 PM
481777		\$100/1 session

FOODSAFE Level 1

(16-19 yrs)

TBA Instructor

A food handling, sanitation and work safety course designed for food service establishment operators and front line food service workers such as cooks, servers, bussers, dishwashers, and deli workers. The course covers important food safety and worker safety information including foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing.

Sat	Mar 30	9:30 AM-4:30 PM
481775		\$80/2 sessions

Leadership Opportunities

Junior Leader 2B

(10-12 yrs)

TBA Instructor

Junior leadership program for preteens in gr. 5 to 7. Learning leadership skills through weekly activities, workshops. There will be weekly themed topics to encourage skill building, confidence, and knowledge for future decision making and training for future volunteering. Must complete consent forms. No class Apr 17, May 15.

Wed	Jan 17-Mar 22	4:00 PM-5:30 PM
482654		\$0/11 sessions
Fri	Apr 5-Jun 28	4:00 PM-5:30 PM
482656		\$0/13 sessions

Youth Council

(13-18 yrs)

TBA Instructor

Are you looking for volunteer hours and being more involved in your community, a voice for other youth? Sunset is looking for youth who are interested in sharing ideas, opinions, and youth initiatives. This is an opportunity for youth to grow, have fun and develop their leadership skills through organizing activities, special events, and implementing projects. Get involved and take action on things that are important to youth.

Fri	Jan 12-Mar 15	4:30 PM-6:00 PM
482670		\$0/10 sessions
Fri	Apr 12-Jun 28	4:30 PM-6:00 PM
482671		\$0/12 sessions



Pro D Volunteer

(14-18 yrs)

TBA Instructor

Volunteer for our Pro D Camp from 8:30-4:30pm. Please pack snacks, lunch, and a bottle of water and dress appropriately for the weather. Youth wanting to volunteer must have completed a volunteer orientation. Consent forms must be completed and returned.

Wed	Jan 17	8:30 AM-4:30 PM
484977		\$0/1 sessions
Fri	Feb 16	8:30 AM-4:30 PM
484982		\$0/1 sessions
Mon	Apr 22	8:30 AM-4:30 PM
484986		\$0/1 sessions

Volunteer Orientation (Youth)

(13-18 yrs)

TBA Instructor

Youth wanting to volunteer at the Centre will have to attend mandatory orientation. Training will include: Site tour, volunteer role and responsibilities, rights and guide lines, emergency procedures. After completing this orientation you can begin to volunteer.

Thu	Jan 25	4:00 PM-6:00 PM
485315		\$0/1 sessions
Tue	Feb 13	4:00 PM-6:00 PM
487419		\$0/1 sessions
Tue	Mar 12	4:00 PM-6:00 PM
487421		\$0/1 sessions
Wed	May 15	4:00 PM-6:00 PM
487426		\$0/1 sessions

Learning Buddies Volunteer

(14-18 yrs)

Learning Buddies Network we are offering free one -on one reading and math tutoring for children performing below grade level. Students are paired one-on-one with a trained high school mentor and our programs are supervised by BC registered teachers (staff). We are looking for youth Volunteers must be in grade 10 to volunteer will receive training. Contact Rosa Community Youth Worker at email rosa.aravena@vancouver.ca.

Thu	Jan 11-Mar 14	3:45 PM-5:45 PM
484937		\$0/10 sessions

Volunteer Orientation & Summer Volunteer Opportunities

(13-18 yrs)

TBA Instructor

Youth wanting to volunteer at Sunset Community Centre will have to attend this mandatory orientation. This training will include: site tour, volunteer roles and responsibilities, rights and guidelines, and emergency procedures. Existing youth volunteers wanting to volunteer this summer must attend this orientation. This session has summer volunteer information; all youth attending this orientation will get priority in summer volunteer registration and additional training opportunities. Summer volunteer opportunities include summer day camp (Creative REMIX, Summer Escape), youth concession, Ross Park, games room, and more.

Wed	Jun 19	4:00 PM-6:00 PM
487446		\$0/1 sessions

Spring Break Volunteers

(15-18 yrs)

Spring Break Volunteer Opportunity sign up! Volunteer for our Spring Break Camp. Will have to attend a mandatory orientation. This training will include: site tour, volunteer roles and responsibilities, rights and guidelines, and emergency procedures. Existing youth volunteers wanting to volunteer this spring must attend this orientation. Please pack snacks, lunch, and a bottle of water and dress appropriately for the weather. Consent forms must be completed and returned.

Mon-Fri	Mar 18-Mar 22	8:30 PM-4:30 PM
487382		\$0/5 sessions
Mon-Fri	Mar 25-Mar 29	8:30 PM-4:30 PM
487383		\$0/5 sessions

Youth Sports Schedule

[VIEW ONLINE](#)

Monday	Tuesday	Wednesday	Thursday	Friday
Soccer 9-12yrs <i>North Gym</i> 3:00-4:30PM 13-18yrs <i>North Gym</i> 4:35-5:45PM	Badminton FREE 9-12yrs <i>South Gym</i> 3:30-4:30PM 13-18yrs <i>South Gym</i> 4:50-5:50PM	Basketball 9-12yrs <i>North Gym</i> 4:00-5:50PM	Co-ed Basketball 9-12yrs 3:30-4:30PM 13-15yrs 4:45-5:45PM	Multi-Sports (Girls+) 9-12yrs <i>North Gym</i> 3:15-4:45PM 13-18yrs <i>North Gym</i> 4:45-6:15PM
	Badminton 6-9yrs <i>North Gym</i> 4:00-4:55PM <i>*Must pre-register.</i> 9-16yrs <i>North Gym</i> 5:00-5:55PM <i>*Must pre-register.</i>	Night Hoops Girls+ Basketball 12-18yrs <i>South Gym</i> 4:00-5:50PM <i>(Jan to Mar only.)</i>	Volleyball 9-12yrs 3:30-4:30PM 13-18yrs 4:45-5:45PM	Youth Basketball Drop-in 9-12yrs <i>South Gym</i> 3:15-4:25PM 13-18yrs 4:25-5:55 PM <i>*must show proof of age</i>
				Night Hoops Boys 12-13yrs <i>South Gym</i> 6:15-7:45PM 14-16yrs 7:45-9:30 PM <i>(Jan-Mar only.)</i>

Games Room

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.

9-12yrs 3:00-4:30PM 13-18yrs 4:30-6:00 PM	9-12yrs 3:00-4:30PM 13-18yrs 4:30-6:00 PM	Junior 2B 10-12yrs 4:00-5:30PM	Newcomer Drop-in Social 4:00-6:00PM	9-12yrs 3:00-5:45PM 13-18yrs 5:45-8:30 PM
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*Gymnasium and Games Room is a safe place for youth to use. No adults allowed.
May be asked to show ID. Schedule subject to change.*

Contact your local Community Youth Worker— Rosa!

Got questions or enquiries about youth programs at Sunset?
Please email Rosa at rosa.aravena@vancouver.ca

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



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

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

SUNSET COMMUNITY CENTRE

Youth Concession

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

Tuesday 4:30-6:00pm

Friday 4:30 pm - 8:00 pm

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

All profits go toward youth programs.



Parental/ Guardian Responsibility

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

This applies to all drop-in programs such as the Games Room, Open Gym. The staff at Sunset are not responsible for children left unattended after programs have finished.

Parents/ guardians are responsible for picking up their children as soon as programs have ended

Adult & Senior • Weekly Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba Gold 10:00-10:55 AM	Seniors Badminton 9:00-10:55 AM	Seniors Badminton 9:00-10:25 AM	Qi Gong w/ Sprina 9:10-9:55 AM	Seniors Badminton 9:00-10:55 AM	Seniors Badminton 9:00-10:55 AM	Introduction to Kettlebells 9:15-10:10 AM
Line Dance w/ Lucy Int+ 11:15 AM-12:45 PM	Yuan Ji Dance - Int 9:15-11:15 AM	Pickleball - Beg/Int 10:30-11:55 AM	Yuan Ji Dance - Int 9:15-11:15 AM	Group Singing Class 10:00-11:30 AM	Zumba Gold 9:00 A-9:55 AM	KBell + 9:15-10:10 AM
KBL Co-Ed Basketball League 1:00-4:45 PM	Pickleball - All Levels 11:00 AM-1:00 PM	Pickleball w/ Guidance 10:30-11:55 AM	Healthiest Babies Possible 9:30 AM-12:00 PM	Tai Chi w/ Wang Heng 10:30-11:30 AM	Iyengar Yoga 9:15-10:15 AM	Line Dance w/ Lucy Impr/Int 1:25-2:55 PM
The Joy of Drawing & Sketching 2:00-3:30 PM	Pickleball Court Rental 11:00-11:55 AM	Pickleball Lesson 12:00-1:30 PM	Tai Chi w/ Sprina 10:00-10:45 AM	Pickleball Court Rental 11:00-12:55 AM	Tai Chi w/ Amy Yang Style 26 Forms (16+yrs) 10:00-10:55 AM	Senior Social Dance 3:15-5:00 PM
Karate Black Belts 3:45-5:00 PM	Karaoke Drop-In 12:00-2:45 PM	Karaoke Drop-In 12:15-3:00 PM	Pickleball - Int/Adv 11:45 AM-1:30 PM	Pickleball w/ Guidance 11:00 AM-12:55 PM	Tai Chi w/ Amy Yang Style Traditional Sword 11:05 AM-12:00 PM	
	Pickleball Court Rental 12:00-12:55 PM	Line Dance w/ Lucy Beg/Impr 1:45-3:15 PM	Ballroom Dance Lessons for Beginners 12:00-1:15 PM	ActivAge (50+yrs) 12:00-1:00 PM	Karaoke Drop-In 12:00-2:50 PM	
	Line Dance w/ Lucy Impr/Int 1:15-2:45 PM	English Conversation Class 3:30-4:30 PM	Bridge 12:30-3:30 PM	Senior Social Dance 1:15-3:15 PM	Pickleball - All Levels 12:00-1:45 PM	
	Gentle Yoga 4:45-5:40 PM	Argentine Tango 5:00-6:00 PM	Senior Social Dance 1:45-3:45 PM	Choose to Move 1:30-2:30 PM	Pickleball Court Rental 11:00 AM-1:55 PM	
	Indoor Soccer 6:05-7:40 PM	Chinese Classical Dance 6:00-7:15 PM	Volleyball 6:05-7:40 PM	Iyengar Yoga 6:00-7:15 PM	Badminton Court Rental 2:00-2:55 PM	
	English Corner 6:30-8:00 PM	Ball Hockey Beg/Int 6:05-7:40 PM	Midweek Energizer 6:30-7:25 PM	Pilates 6:00-7:00 PM		
	Bollywood Dance Workout 7:00-8:00 PM	Zumba/Zumba Toning 7:30-8:30 PM	604 Bh0angra Dance 7:00-8:00 PM	Indoor Soccer 6:05-7:40 PM		
	Badminton 7:50-9:25 PM	Basketball 7:50-9:25 PM	Improv Fusion Belly Dance 7:30-8:30 PM	Axe Capoeira 7:15-8:30 PM		
			Intro to Kemeti Yoga Flow 7:30-9:00 PM	Zumba 7:15-8:15 PM		
			Badminton 7:50-9:25 PM	Ball Hockey Adv 7:50-9:25 PM		

Social

Karaoke Drop-In

Joe Yu

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

Mon	Jan 8-Mar 25	12:00 PM-2:45 PM
481220		\$2.50/drop-in
Tue	Jan 9-Mar 26	12:15 PM-3:00 PM
481215		\$2.50/drop-in
Fri	Jan 5-Mar 29	12:00 PM-2:50 PM
481212		\$2.50/drop-in
Mon	Apr 8-Jun 24	12:00 PM-2:45 PM
481956		\$2.50/drop-in
Tue	Apr 9-Jun 25	12:15 PM-3:00 PM
481957		\$2.50/drop-in
Fri	Apr 5-Jun 28	12:00 PM-2:50 PM
481955		\$2.50/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.

Wed	Jan 10-Mar 27	1:45 PM-3:45 PM
480582		\$2.50/drop-in
Thu	Jan 11-Mar 28	1:15 PM-3:15 PM
480581		\$2.50/drop-in
Sat	Jan 13-Mar 23	3:15 PM-5:00 PM
480580		\$2.50/drop-in
Wed	Apr 10-Jun 26	1:45 PM-3:45 PM
481990		\$2.50/drop-in
Sat	Apr 6-Jul 27	3:15 PM-5:00 PM
481988		\$2.50/drop-in
Thu	Apr 11-Jun 27	1:15 PM-3:15 PM
481989		\$2.50/drop-in

Bridge

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

Wed	Jan 10-Mar 27	12:30 PM-3:30 PM
481686		FREE/drop-in
Wed	Apr 3-Jun 26	12:30 PM-3:30 PM
481940		FREE/drop-in

Live Music with Simon & May

Spend the afternoon with live music and refreshments!
Dance, sing, and socialize.

Runs once a Month FREE

Mondays 1-3pm Jan 14, Feb 12, Mar 11

Fitness

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. Registration for ActivAge?

Thu	Jan 25-Mar 28	12:00 PM-1:00 PM
481779		FREE/10 sessions

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. With the help of your activity coach and support group, you will find the motivation and accountability you need to achieve your goals. To learn more about Choose to Move visit www.choosetomove.ca. Participants must attend the Choose to Move Information Session to be eligible for the program

Thu	Jan 25-Mar 28	1:30 PM-2:30 PM
481780		FREE/8sessions

Gentle Yoga

Kristiina Oinonen

These classes are suitable for most ages and ability levels. Sufficient time is given to warm up the body with small, repetitive movements. Postures are then held for longer periods of time to strengthen and condition the body as we develop concentration and inner awareness. A gentle class is a good choice if you are dealing with an injury or find a vigorous class too strenuous. The last portion of the class is dedicated to lying relaxation. Drop-in \$12.00.

Mon	Jan 8-Mar 11	4:45 PM-5:40 PM
481016		\$66.67/10 sessions
Mon	Apr 8-May 13	4:45 PM-5:40 PM
488926		\$57.12/6 sessions
Mon	May 27-Jun 24	4:45 PM-5:45 PM
488927		\$47.60/5sessions

Fitness cont'd

Intro to Kemetic Yoga Flow

Denise Obuobi

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

Wed	Jan 10-Mar 27	7:30 PM-9:00 PM
485062		\$114.24/12 sessions
Wed	Apr 10-Jun 26	7:30 PM-9:00 PM
485063		\$114.24/12 sessions

Iyengar Yoga

Christine Rondeau

Are you keen to improve your flexibility, strength and awareness of your body? Then this class is for you. The Iyengar method focuses on alignment, mobility, longer holds and moving your body with precision and mindfulness. Iyengar yoga uses many props such as belts, bricks, chairs and bolsters making poses accessible to all body shapes, sizes and capabilities. Iyengar yoga is designed to take beginners through a series of movements building towards more advanced poses. It is thus perfect for those with stiff bodies, who can't sit on the floor or aren't keen on energetic workout classes. Christine has been practicing yoga for over 20 years and discovered the benefits of Iyengar yoga following multiple injuries. Drop in permitted if space is available.

Thu	Jan 11-Mar 14	6:00 PM-7:15 PM
485047		\$160/10 sessions
Fri	Jan 12-Mar 22	9:15AM-10:30AM
488868		\$160/10 sessions
Thu	Apr 11-Jun 13	6:00 PM-7:15 PM
485048		\$160/10 sessions

Pilates

Into Yoga

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

Thu	Jan 18-Feb 22	6:00PM-7:00PM
480992		\$87/6 sessions
Thu	Feb 29-Mar 28	6:00PM-7:00PM
483412		\$72.50/5 sessions
Thu	Apr 11-May 9	6:00PM-7:00PM
480992		\$72.50/5 sessions
Thu	Apr 23-Jun 27	6:00PM-7:00PM
488883		\$72.50/5 sessions

Midweek Energizer

Meghan O'Connell

Bring up your heart rate up safely via dynamic movements and lighter resistance, followed by a soothing stretch for a restful sleep. Drop-in \$24.

Wed	Jan 10-Feb 17	6:30 PM-7:25 PM
481722		\$105/5 sessions
Wed	Feb 28-Mar 27	6:30 PM-7:25 PM
481723		\$105/5 sessions

Introduction to Kettlebells

Meghan O'Connell

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

Sat	Jan 13-Jan 20	9:15 AM-10:10 AM
481713		\$42/2 sessions

KBell +

Meghan O'Connell

An innovative and upbeat mix to help you earn the rest of your weekend: postural work to stand tall, cardio to increase energy, and strength work to feel powerful. The "plus" part of class is that kettlebell options are sometimes provided within class, but only once you know how to at least perform a swing safely - if they're not for you, no problem, other people will also be enjoying different non-kettlebell moves during those parts of class. No session Feb 17 and May 18.

Sat	Jan 27-Mar 23	9:15 AM-10:10 AM
481714		\$168/8 sessions

Yuan Ji Dance - Intermediate

Jenny Ng

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

Mon	Jan 8-Mar 11	9:15 AM-11:15 AM
480808		\$12.87/9 sessions
Wed	Jan 10-Mar 13	9:15 AM-11:15 AM
480810		\$14.13/10 sessions
Mon	Apr 8-Jun 24	9:15 AM-11:15 AM
483410		\$17.16/12 sessions
Wed	Apr 10-Jun 26	9:15 AM-11:15 AM
483411		\$18.59/12 sessions

Zumba

Kayo Echizenya

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

Thu	Jan 11-Mar 14	7:15 PM-8:15 PM
483371		\$76.20/10 sessions
Thu	Apr 11-Jun 27	7:15 PM-8:15 PM
483362		\$91.44/12 sessions

Zumba/Zumba Toning Fusion

Kayo Echizenya

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

Tue	Jan 9-Mar 12	7:30 PM-8:30 PM
483377		\$76.20/10 sessions
Tue	Apr 9-Jun 25	7:30 PM-8:30 PM
483368		\$91.44/12 sessions

Zumba Gold

Kayo Echizenya, Jenny Andrea Ayala

ZUMBA® Gold is a low-impact dance-fitness class for beginners and older adults that uses the zesty Latin music with easy to follow moves to create a dynamic and fun fitness class. ZUMBA® Gold classes strives to improve our balance, strength, flexibility and most importantly, the heart. Drop in \$6.50.

Fri	Jan 12-Mar 15	9:00 AM-9:55 AM
483373		\$55/10 sessions
Sun	Jan 7-Mar 24	10:00 AM-10:55 AM
483374		\$66/12 sessions
Sun	Apr 7-May 26	10:00 AM-10:55 AM
483365		\$71.50/8 sessions
Fri	Apr 12-Jun 28	9:00 AM-9:55 AM
483364		\$66/12 sessions

Tai Chi with Amy - Yang Style Traditional Sword

Amy Li Hua Zhu

Tai Chi practice with the traditional sword. This class is instructed by Amy Zhu, a Grand Master of the Yan Jun's disciple, national gold medal Tai Chi Champion, and certified Tai Chi instructor. Drop in \$14.

Fri	Jan 12-Mar 15	11:05 AM-12:00 PM
481204		\$123.20/10 sessions
Fri	Apr 5-Jun 28	11:05 AM-12:00 PM
481999		\$147.84/12 sessions

Tai Chi with Sprina - BaFa WuBu

Sprina Fu

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

Wed	Jan 10-Mar 27	10:00 AM-10:45 AM
481109		\$96/12 sessions
Wed	Apr 3-May 15	10:00 AM-10:45 AM
482000		\$63/7 sessions
Wed	May 22-Jun 26	10:00 AM-10:45 AM
482216		\$54/6 sessions



Tai Chi with Wang Heng - Sword 32 Form

Wang Heng

Tai Chi Sword is a form of Tai Chi quan in which the sword is considered an extension of the body. The integration helps to direct body energy through the sword and produce movements that are smooth and graceful. Instructor can provide wushu swords to train with. Drop-in \$11.

Thu	Jan 11-Mar 14	10:30 AM-11:30 AM
480691		\$90/10 sessions
Thu	Apr 4-May 16	10:30 AM-11:30 AM
482001		\$63/7 sessions

Tai Chi with Amy - Yang Style 26 Forms

Amy Li Hua Zhu

This Yang style Tai Chi is short and concise, encompassing the traditional poses as its main movements are closely integrated and flows naturally. The presentation of the "cloud hand" movement is an eye opener. Proven to enhance and improve health, this Tai Chi style is suitable for every age group and is appreciated by Tai Chi lovers around the world. This class is instructed by Master Amy Zhu, who was a disciple of Grand Master Yang Jun (5th Yang Family Tai Chi Chuan Lineage holder), national Tai Chi champion and Tai Chi instructor. Drop-in \$12.

Fri	Jan 12-Mar 15	10:00 AM-10:55 AM
481203		\$105.6/10 sessions
Fri	Apr 5-Jun 28	10:00 AM-10:55 AM
481998		\$126.72/12 sessions

Fitness & Health cont'd

Qi Gong with Sprina - Wu Qin Xi

Sprina Fu

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

Wed	Jan 10-Mar 27	9:10 AM-9:55 AM
481108		\$96/12 sessions
Wed	Apr 3-May 15	9:10 AM-9:55 AM
481981		\$56/7 sessions
Wed	May 22-Jun 26	9:10 AM-9:55 AM
482232		\$48/6 sessions

Dance

Modern Line Dance with Lucy

Lucy Chiu

Facilitated in English, this lively and energetic program is a unique form of exercise and dance that incorporates easy-to-follow ballroom dance movements and steps like Cha Cha, Waltz, Samba, Jive, Tango, etc. with beautiful contemporary music. Dance is good exercise to improve posture, flexibility, and balance, and it's a great way to learn and practice various dances with new friends in a friendly and social atmosphere. No partner required. Lucy has more than 15 years of teaching line dancing experience.

Beginner/Improver

Tue	Jan 9-Mar 26	1:45 PM-3:15 PM
488645		\$60/12 sessions
Tue	Apr 9-Jun 25	1:45 PM-3:15 PM
488650		\$60/12 sessions

Improver/Intermediate

Mon	Jan 8-Mar 25	1:15PM-2:45PM
488644		\$60/12 sessions
Sat	Jan 13-Mar 30	1:25PM-2:55PM
488646		\$55/11 sessions
Mon	Apr 8-Jun 24	1:15PM-2:45PM
488649		\$60/12 sessions
Sat	Apr 6-Jun 29	1:25PM-2:55PM
488651		\$60/12 sessions

Intermediate Plus

Sun	Jan 7-Mar 24	11:15AM-12:45PM
488647		\$72/12 sessions
Sun	Apr 7-Jun 30	11:15AM-12:45PM
488652		\$78/13 sessions

Bollywood Dance Workout

Spirit Of Dance Team

Enjoy learning some high-energy & fun dance moves with upbeat Indian Bollywood Music! Each class is carefully designed for exercise to the rhythm of Bollywood routines. Each class includes stretching, warm up, choreographed cardio routines and wind-up relaxation to rejuvenate the mind, body and soul! No class February 19

Mon	Jan 8-Mar 11	7:00 PM-8:00 PM
481106		\$112.50/9 sessions
Mon	Apr 8-Jun 24	7:00 PM-8:00 PM
481939		\$137.50/11 sessions

Argentine Tango

Matsuo Higa

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

Tue	Jan 9-Mar 26	5:00 PM-6:00 PM
483402		\$70/12 sessions
Tue	Apr 9-Jun 25	5:00 PM-6:00 PM
483403		\$70/12 sessions

Chinese Classical Dance

Chun (Margaret) Pan

The mission of Chinese Classical dance is to serve as a bridge to anyone who wishes to understand and appreciate the beauty of Chinese culture. It is not just about twisting the body, but expressing the inner world of artistic characters through basic dance techniques introduced (fundamental steps, movements, and flexibility). This class is open to adults who wants to stay fit and have fun in the enjoyment of music as well (the basic understanding is required). Come with comfortable dance/exercise wear (i.e. Lycra tops and dance/yoga pants or shorts), and dance practice shoes (the soft one)

Tue	Jan 9-Mar 19	6:00 PM-7:15 PM
481113		\$99/11 sessions
Tue	Apr 9-Jun 18	6:00 PM-7:15 PM
481942		\$99/11 sessions

Ballroom Dance Lessons for Beginners/Intermediate

Henry & Ronnie

Come learn to cha cha, waltz and jive. Stay active by learning to ballroom dance. No dance experience required. \$6 Drop-in. No session March 17, 24, and June 19

Wed	Jan 10-Feb 28	12:00 PM-1:15 PM
481756		\$40/8 sessions
Wed	Mar 6-Apr 24	12:00 PM-1:15 PM
481936		\$40/8 sessions
Wed	May 1-Jun 26	12:00 PM-1:15 PM
489520		\$45/9 sessions



604 Bhangra Dance - Adult

604 Bhangra

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

Wed	Jan 17-Mar 13	7:00 PM-8:00 PM
480544		\$117/9 sessions
Wed	Apr 24-Jun 26	7:00 PM-8:00 PM
481921		\$130/10 sessions

Improv Fusion Belly Dance

Jessica Roh

Improv Fusion Belly Dance blends Belly dance, Hip hop, Polynesian Hula, and Flamenco seamlessly. Dancers embrace spontaneity, igniting creativity and individual expression. Join us for an unconventional dance experience that breaks free from traditional choreography techniques. All levels welcome.

Wed	Jan 10-Mar 13	7:30 PM-8:30 PM
480995		\$204.80/10 sessions

Education

English Corner

Bijan Adlparvar

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

Mon	Jan 8-Mar 25	6:30 PM-8:00 PM
480535		\$0/11 sessions
Mon	Apr 8-Jun 24	6:30 PM-8:00 PM
481948		\$0/12 sessions

English Conversation Class

Gerry Kline

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

Tue	Jan 9-Mar 26	3:30 PM-4:30 PM
480701		FREE/12 sessions
Tue	Apr 2-Jun 25	3:30 PM-4:30 PM
481947		FREE/13 sessions

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 for referrals.

Wed	Jan 10-Mar 13	9:30 AM-12:00 PM
485105		FREE/3 sessions
Wed	Apr 10-Jun 12	9:30 AM-12:00 PM
488617		FREE/3 sessions

Group Singing Class

Run Xiang Lu

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

Thu	Jan 11-Mar 14	10:00 AM-11:30 AM
480690		\$81/10 sessions
Thu	Apr 11-Jun 27	10:00 AM-11:30 AM
481950		\$97.14/112 session

The Joy of Drawing & Sketching

Philip Tsang

Drawing is the fundamental training for all fine art even for the animation and architecture. A variety of drawing techniques will be covered including composition, tonal value, perspective, shape and more to help you develop an artistic foundation. Philip loves teaching art and has taught interior design and art classes at, Vancouver Training Institute, Vancouver School Board continuing education and Langara College continuing education. Philip speaks English, Mandarin, Cantonese and Taiwanese. Supplies will be provided first class.

Sun	Jan 21-Feb 25	2:00 PM-3:30 PM
484404		\$115/5 sessions
Sun	Mar 3-Mar 31	2:00 PM-3:30 PM
484405		\$115/5 sessions
Sun	Apr 14-May 12	2:00 PM-3:30 PM
484411		\$115/5 sessions
Sun	May 26-Jun 23	2:00 PM-3:30 PM
484412		\$115/5 sessions

Workshops

Falls Prevention

COSCO Seniors Health and Wellness Institute Society

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

Tue Jan 23 9:30AM-11:00AM
488620 FREE/1 session

Vision Health

COSCO Seniors Health and Wellness Institute Society

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

Tue Jan 23 9:30AM-11:00AM
488620 FREE/1 session

Managing Hip & Knee Osteoarthritis

Vancouver OASIS

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

Tue Feb 6 10:00 AM-11:30 AM
488625 FREE/1 session

Nutrition & Supplements

Vancouver OASIS

Learn about the impact of diet on arthritis, nutrients and supplements that can help and strategies for healthy eating.

Tue Apr 2 10:00 AM-12:30 AM
488624 FREE/1 session

Arthritis & Exercise

Vancouver OASIS

Learn about the benefits of exercise, the types of exercises you can do to support your joints, and signs that you are doing too much.

Tue Apr 9 10:00 AM-11:30 AM
488628 FREE/1 session

Osteoarthritis

COSCO Seniors Health and Wellness Institute Society

This debilitating disease is the most common form of arthritis. We describe the symptoms, explain self- management strategies, and review various therapies.

Tue Apr 23 9:30AM-11:00AM
488622 FREE/1 session

Pole Walking for Arthritis Workshop

Vancouver OASIS

Do you have sore hips and knees? Learn how using Nordic walking poles can reduce the stress on your joints and help to keep you active. Poles provided. Workshop offered by the OASIS (OsteoArthritis Service Integration System) program, Vancouver Coastal Health.

Tue Apr 23 10:00 AM-11:30 AM
488084 FREE/1 session
Tue May 7 10:00 AM-11:30 AM
488619 FREE/1 session

Small Business Website Development

Jesus Lopez

In this workshop, you will be able to get information on which tool to use to build your small business website, and how to create your own website without having to know how to code, using free online tools. Please bring your own laptop. Tablets will not work for this workshop.

Dates TBA



**Interested in
Hosting a Workshop?**

Email sunset.communitycentre@vancouver.ca

Sports

Seniors Badminton

No Instructor

Priority given to adults over 50 years. Drop-in \$3.50.

Mon	Jan 8-Mar 25	9:00 AM-10:55 AM
481052		\$28.60/20 sessions
Tue	Jan 9-Mar 26	9:00 AM-10:25 AM
481054		\$31.46/11 sessions
Thu	Jan 11-Mar 28	9:00 AM-10:55 AM
481053		\$31.46/11 sessions
Fri	Jan 12-Mar 15	9:00 AM-10:55 AM
481051		\$28.60/10 sessions
Mon	Apr 8-Jun 24	9:00 AM-10:55 AM
484320		\$31.46/11 sessions
Tue	Apr 9-Jun 25	9:00 AM-10:25 AM
484322		\$34.32/12 sessions
Thu	Apr 4-Jun 27	9:00 AM-10:55 AM
484323		\$34.32/12 sessions
Fri	Apr 5-Jun 28	9:00 AM-10:55 AM
484319		\$34.32/12 sessions

Pickleball - All Levels

Guaranteed drop-in spots will be available 10 mins before the program start time and any additional spots will be sold 10 mins after the program start time if registered participants do not check in. \$4.50 Drop-in (4 spots available).

Mon	Jan 8-Mar 11	11:00 AM-1:00 PM
481019		\$34.29/9 sessions
Fri	Jan 12-Mar 15	12:00 PM-1:45 PM
481018		\$38.10/10 sessions
Mon	Apr 8-Jun 24	11:00 AM-1:00 PM
484321		\$45.72/12 sessions
Fri	Apr 5-Jun 28	12:00 PM-1:45 PM
484325		\$45.72/12 sessions

Pickleball - Beg/Int Drop-in

Program is for beginner and intermediate level players. Guaranteed drop-in spots will be available 10 mins before the program start time and any additional spots will be sold 10 mins after the program start time if registered participants do not check in. No session March 19.

Tue	Jan 9-Mar 26	10:30 AM-11:55 AM
481020		\$4.29/drop-in

Pickleball - Int/Adv

Program is for intermediate and advanced level players. Guaranteed drop-in spots will be available 10 mins before the program start time and any additional spots will be sold 10 mins after the program start time if registered participants do not check in. \$4.50 Drop-in (4 spots available).

Wed	Jan 10-Mar 13	11:45 AM-1:30 PM
481032		\$38.10/10 sessions
Wed	Apr 10-Jun 26	11:45 AM-1:30 PM
484341		\$45.72/12 sessions



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



Pickleball with Guidance Drop-in

A volunteer instructor will be present for free lessons with guidance and advice. Guaranteed drop-in spots will be available 10 mins before the program start time and any additional spots will be sold 10 mins after the program start time if registered participants do not check in. \$4.50 Drop-in (12 spots available per week).

Tue	Jan 9-Mar 12	10:30 AM-11:55 AM
481034		\$4.50/drop-in
Thu	Jan 11-Mar 14	11:00 AM-12:55 PM
481033		\$4.50/drop-in
Thu	Apr 4-Jun 27	11:00 AM-12:55 PM
484324		\$4.50/drop-in

Pickleball Lesson: Beginners, your next steps!

Richard Lee

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

Tue	Jan 9-Mar 12	12:00 PM-1:30 PM
481036		\$240/8 sessions
Tue	May 21-Jun 25	12:00 PM-1:30 PM
484318		\$180/6 sessions

Pickleball Lesson - Intermediate

Richard Lee

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

Tue	Apr 9-May 14	12:00 PM-1:30 PM
481035		\$180/6 sessions

ADULT & SENIORS

Tax not included unless specified.

Sports cont'd



Indoor Soccer

Rob Howatson

Soccer Drop-in. Priority given to registered participants. Register Participants have until 10 minutes after start time to sign-in, in-person only. Register spaces are non-transferable to others. Drop-in waitlist will begin 10 minutes prior to start time. Drop-in \$6.50. No session February 18, April 1, May 20.

Mon	Jan 8-Mar 25	6:05 PM-7:40 PM
480993		\$62.86/11 sessions
Thu	Jan 11-Mar 28	6:05 PM-7:40 PM
480994		\$68.57/12 sessions
Mon	Apr 8-Jun 24	6:05 PM-7:40 PM
483404		\$62.86/11 sessions
Thu	Apr 4-Jun 27	6:05 PM-7:40 PM
483405		\$74.29/13 sessions

Badminton

Leila Howatson

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

Mon	Jan 8-Mar 11	7:50 PM-9:25 PM
481038		\$62.86/11 sessions
Wed	Jan 10-Mar 13	7:50 PM-9:25 PM
481039		\$68.57/12 sessions
Mon	Apr 8-Jun 24	7:50 PM-9:25 PM
484345		\$62.86/11 sessions
Wed	Apr 3-Jun 26	7:50 PM-9:25 PM
484343		\$74.29/13 sessions

Basketball

Basketball Drop-in. Priority given to registered participants. Register Participants have until 15 minutes after start time to sign-in, in-person only. Register spaces are non-transferable to others. Drop-in waitlist will begin 15 minutes prior to start time. Drop-in \$6.50.

Tue	Jan 9-Mar 12	7:50 PM-9:25 PM
481017		\$68.57/12 sessions
Tue	Apr 9-Jun 25	7:50 PM-9:25 PM
484347		\$74.29/13 sessions

Ball Hockey

Julina Wong, TJ Shukla

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

Beginner/Intermediate

Tue	Jan 9-Mar 19	6:05 PM-7:40 PM
484339		\$68.57/12 sessions
Tue	Apr 9-Jun 25	6:05 PM-7:40 PM
484346		\$68.57/12 sessions

Advanced

Thu	Jan 11-Mar 28	7:50 PM-9:25 PM
484340		\$68.57/12 sessions
Thu	Apr 4-Jun 27	7:50 PM-9:25 PM
484344		\$68.57/12 sessions



Volleyball

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

Wed	Jan 10-Mar 13	6:05 PM-7:40 PM
481037		\$68.57/12 sessions
Wed	Apr 10-Jun 26	6:05 PM-7:40 PM
484342		\$74.29/13 sessions

KBL Co-Ed Basketball League

Biraj Bora

This recreational basketball league plays out of Kerrisdale, Kitsilano and Sunset Community Centres on Sundays between 1pm to 9:30pm. A schedule is set by Biraj before the season starts. No session February 18, March 31, and May 19.

Sun	Jan 21-Jun 30	1:00 PM-4:45 PM
481704		\$80/22 sessions

Holiday Sports

Indoor Soccer Holiday Drop-in

Rob Howatson

Recreational adult soccer during the long weekend!
Drop-in only. Limited spots available.

Mon	Feb 19	1:45 PM-3:15 PM
488972		\$5.71/1 session
Mon	Apr 1	1:45 PM-3:15 PM
488973		\$5.71/1 session
Mon	May 20	1:45 PM-3:15 PM
488974		\$5.71/1 session



Badminton Holiday Drop-in

Leila Howatson

Recreational adult badminton during the long weekend!
Drop-in only. Limited spots available.

Mon	Feb 19	3:35PM-5:00 PM
488975		\$5.71/1 session
Mon	Apr 1	3:35PM-5:00 PM
488976		\$5.71/1 session
Mon	Apr 1	3:35PM-5:00 PM
488977		\$5.71/1 session

Pickleball Court Rentals

Reserve your own pickleball court for your family and friends. There are two courts available to play for 55 minute timeslots. Each registration is a booking for one court. Courts are on a first-come-first-serve basis. Bookings are open 1 week prior on Wednesdays at 9:00am. No refunds allowed. \$12.50/court

[BOOK COURT ONLINE](#)

Mondays

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

Thursdays

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

Fridays

11:00 AM-11:55 AM | 12:00 PM-12:55 PM | 1:00 PM-1:55 PM

Badminton Court Rentals

Reserve your own badminton court for your family and friends. There are four courts available to play for 55 minute timeslots. Each registration is a booking for one court. Courts are on a first-come-first-serve basis. Bookings are open 1 week prior on Wednesdays at 9:00am. No refunds allowed.

Fridays

2:00 PM-2:55 PM

[BOOK COURT ONLINE](#)

Sports Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Seniors Badminton 9:00 AM-10:55 AM	Seniors Badminton 9:00 AM-10:25 AM		Seniors Badminton 9:00 AM-10:55 AM	Seniors Badminton 9:00 AM-10:55 AM
	Pickleball Court Rental 11:00 AM-12:55 AM	Pickleball - Beg/Int 10:30 AM-11:55 AM	Pickleball - Int/Adv 11:45 AM-1:30 PM	Pickleball Court Rental 11:00 AM-12:55 AM	Pickleball Court Rental 11:00 AM-1:55 PM
	Pickleball - All Levels 11:00 AM-1:00 PM	Pickleball with Guidance 10:30 AM-11:55 AM		Pickleball with Guidance 11:00 AM-12:55 PM	Pickleball - All Levels 12:00 PM-1:45 PM
KBL Co-Ed Basketball League 1:00 PM-4:45 PM		Pickleball Lesson 12:00 PM-1:30 PM	SPORTS PROGRAMS VIEW ONLINE		Badminton Court Rental 2:00 PM-2:55 PM
	Indoor Soccer 6:05 PM-7:40 PM	Ball Hockey Beginner/Intermediate 6:05 PM-7:40 PM	Volleyball 6:05 PM-7:40 PM	Indoor Soccer 6:05 PM-7:40 PM	
	Badminton 7:50 PM-9:25 PM	Badminton 7:50 PM-9:25 PM	Badminton 7:50 PM-9:25 PM	Ball Hockey Advanced 7:50 PM-9:25 PM	



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

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

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



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

EVENTS



WIN UNESCO Poetry & Dance Event

**Saturday March 23
1 – 5 PM**

The Writers International Network invites poets and artists to participate in our next major event in March entitled WIN UNESCO Poetry and Dance event.

For more information
contact Ashok Bhargava
at 604-327-6040.

Free admission,
everybody welcome.





CLOUDSCAPE

Your Source for the BC Comics Community

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

Discord

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

Cloudscape Online

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

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

ECHO PARK FIELD HOUSE

This Is What I See When I Close My Eyes

**March 2, 9, 16, 23, & 30
1 - 4 PM**

Join EPFC North at Moberly Fieldhouse
Saturdays in March for this fun, all-ages
workshop.

We will make animated experimental films
on the theme of dreams, meditation and
imagination, exploring a variety of analog
styles and materials including claymation, cut
outs, charcoal drawings, pixelation and stop
motion.

*Drop by for a single session or all five!
FREE! Equipment and materials provided.
Everyone welcome!*



MOBERLY ART CENTRE PROGRAMS

Visual Arts

Social Stitching: Sew, Make, Recycle

(18+ yrs)

Penelope Harris

Social Stitching is an open group for anyone interested in learning hand-stitching techniques and creating fibre arts work together. No special skills needed. Cloth and hand sewing supplies are provided to share. If you like, bring some small objects to work with - family photos, small souvenirs, special pieces of cloth or other objects that have personal meaning for you. This program has no formal teacher, and is focused on collaborative fibre arts making practices together.

Wed	Jan 10-Mar 13	12:30 PM-2:30 PM
480267		FREE/10 sessions
Wed	Apr 10-Jun 12	12:30 PM-2:30 PM
487530		FREE/10 sessions



Music

Miyake: Japanese Traditional Taiko Drumming

(16+ yrs)

Noriko Kobayashi

Traditional Japanese drumming that originates from the Miyake Island temple in Japan! Get a full body workout in this low stance drumming. Beginners are welcome. Drumsticks are provided. Please wear indoor gym shoes or go barefoot and bring water. Be prepared to sweat

Sun	Jan 14-Mar 17	11:00 AM-12:00 PM
480269		\$240/10 sessions
Sat	Apr 7-Jun 16	11:00 AM-12:00 PM
487531		\$240/10 sessions

Girls Rock Camp Vancouver

(8-15 yrs)

Jonelle Aspa

A fun and interactive music program for girls and non-binary children and youth. Participants will form bands together, and are given instrument instruction, and workshops in art, music, and empowerment.

Thu	Jan 11-Mar 14	3:30 PM-6:30 PM
480268		\$100/10 sessions

Sounds of Africa

(7-12 yrs)

Jacky Essombe

Sounds of Africa is a traditional music program for Black children and teens to learn about, honor, appreciate and celebrate their own heritage through the exploration of the history and diversity of the music and traditional instruments of Africa. To register, please contact Jacky Essombe at (604) 629-5899 or africanfriendshipsociety@gmail.com

Sat	Jan 13-Mar 16	10:00 AM-12:00 PM
487535		FREE/10 sessions
Sat	Apr 13-Jun 8	10:00 AM-12:00 PM
487540		FREE/8 sessions

Nyaga Africa

(18+ yrs)

Jacky Essombe

Nyaga Africa is an African Drum and Dance Collective and semi-professional performance troupe for Black Women, to proudly showcase and promote our own heritage. To register, please contact Jacky Essombe at (604) 629-5899 or africanfriendshipsociety@gmail.com

Sat	Jan 13-Mar 16	3:00 PM-5:00 PM
487536		FREE/10 sessions
Sat	Apr 13 - Jun 8	3:00 PM-5:00 PM
487539		FREE/8 sessions

Dance



Polymer Dance: Intermediate/Advanced

(16+ yrs)

Miriam Esquitin

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

Tue	Jan 16-Mar 12	6:30 PM-8:30 PM
480266		\$172.90/9 sessions

MOBERLY ART CENTRE PROGRAMS

Kitchen & Garden

Kitchen & Communities

Johnny Trinh and Pierre Lechner

One of the best ways to build community and share cultures is through food. Come learn and share unique recipes from local chefs, artists, and knowledge keepers. Participants will participate in a cooking class to create unique foods that reflect the diverse cultures in our community. After the food is prepared, participants then share in a feast and discuss the stories around the food created. Local chefs, knowledge keepers, and participants will be invited to share their favourite recipes, facilitated by community-engaged artists: Johnny D Trinh & Pierre Lechner.

Sun	Jan 28	5:30pm – 7:30pm
488347		FREE/1 session
Sun	Feb 25	5:30pm – 7:30pm
488349		FREE/1 session
Sun	Mar 31	5:30pm – 7:30pm
488350		FREE/1 session
Sun	Apr 12	5:30pm – 7:30pm
488351		FREE/1 session
Sun	May 12	5:30pm – 7:30pm
488352		FREE/1 session
Sun	Jun 14	5:30pm – 7:30pm
488353		FREE/1 session

Moberly Community Garden

Alisha Lettman

Stewarded by Alisha Lettman, the Moberly Community Garden is a community resource where participants can learn special skills and knowledge, and care for a shared source of food, medicine and pollinators for their community. Workshops led by Alisha will pair learning special medicines and gardening skills with community giveback, allowing members to care for and grow the shared land and its gifts.

Jan 14, Feb 11, Mar 10, Apr 14, May 12, Jun 9 1:00pm – 4:00pm

[VIEW ONLINE](#)

Spring Break Day Camp

Glow Kids Spring Break Camp at Moberly

(6-12 yrs)

Lia Fletcher

Join us in our week-long Spring Break camp! This fun filled camp is designed to maximize play time. Activities include: scavenger hunts, obstacle courses, arts and crafts, games and other fun activities! Please bring lunch, snacks, water and sunscreen

Mon-Fri	Mar 18-Mar 22	9:15 AM-3:00 PM
483398		\$225/5 sessions
Mon-Fri	Mar 25-Mar 29	9:15 AM-3:00 PM
483399		\$225/5 sessions

Community and Culture

Chair Yoga: Move, Groove and Improve

(50+ yrs)

South Vancouver Neighbourhood House

Move, Groove, and Improve is a program focused on active aging and well-being. Participants will engage in physical activities, such as chair yoga. Instruction is in Punjabi and English. All seniors are welcome. You will need to pre-register for the program by calling South Vancouver Neighbourhood House at 604-324-6212. ext. 158 for Michelle Luong.

Mon Thu	Jan 8-Mar 14	10:30 AM-11:30 AM
480265		FREE/19 sessions
Mon Thu	Apr 8-Jun 13	10:30 AM-11:30 AM
487528		FREE/18 sessions

United Way's Schools Out

(8-12 yrs)

South Vancouver Neighbourhood House

School's Out is a free after-school program for preteens focusing on social emotional learning, arts, education, and sports. Program is guided by high school volunteer mentors. To register, contact the South Vancouver Neighbourhood House by phone at 604-324-6212.

Mon Wed	Feb 5-Mar 6	3:15 PM-4:45 PM
487541		FREE/9 sessions
Mon Wed	Apr 8-Jun 12	3:15 PM-4:45 PM
487542		FREE/10 sessions

Hibret Amharic School

(6-18 yrs)

Mekdes Gete

This class is for children interested in learning to read and write one of Ethiopia's major languages, Amharic. In addition, students will also learn about Ethiopia's culture and history through music, dance, and song. To register, contact Mekdes Gete at mekdesgete@gmail.com.

Sat	Jan 13-Mar 16	12:00 PM-3:00 PM
487537		FREE/10 sessions
Sat	Apr 13-Jun 8	12:00 PM-3:00 PM
487538		FREE/8 sessions

*Do you have an idea for
a creative, community
art project?*

Call the Arts Programmer at 604-718-6521
moberlyartscentre.ca



ICE RINK

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

January 6 - March 31

Public Skating Schedule

**PUBLIC SKATING
SCHEDULE
VIEW ONLINE**

* opening date is dependant on completion of maintenance.

Sunday	Monday	Tuesday	Thursday	Saturday
Public Skate 2:00-4:15pm	*40+ Hockey 10:00-11:30am	Discount Skate 2:00-3:30pm		Public Skate 11:00-12:30pm
Family Fun Hockey 4:30-5:30pm	Stick, Puck & Ring 11:45-1:15pm	Lessons 3:45-6:15pm	Public Skate 5:45-7:00pm	Lessons 12:45-3:15pm
		Public Skate 6:30-8:45pm	Adult Fun Hockey 7:15-8:00pm	Adult Fun Hockey 3:30-4:30pm



Ice Skating Rates & Fees

	Single	10 Usage
Tot (4 & under)	FREE	
Child (5-12 yrs)	\$3.50	\$30.76
Youth (13-18 yrs)	\$4.89	\$43.06
Adult (19-64 yrs)	\$6.99	\$61.51
Senior (65+)	\$4.89	\$43.06
Discount Skate	50% off regular admission	
Skate Rental	\$3.53	\$31.06
Family Rate*	\$3.50/person <i>*Minimum charge of \$6.99. 1-2 adults of same household and their children under 19yrs</i>	
Children 7 years & younger must be accompanied on the ice by a parent or guardian over the age of 16 yrs. Prices subject to change. Prices listed do not include GST.		

Skate Lesson Level Comparison

Preschool Lv 1	Child Lv 1	Adult/Youth Beginner
Preschool Lv 2		
Preschool Lv 3	Child Lv 2	
Preschool Lv 4		
Preschool Lv 5/6	Child Lv 3	Adult/Youth Intermediate
	Child Lv 4	
	Child Lv 5	Adult/Youth Advanced
	Child Lv 6/7	

Learn to Skate Program



Online registration strongly recommended.

➔ vanrec.ca

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

Winter Set 1

- Saturdays, Jan 6-Feb 10 (6 weeks)
- Tuesdays, Jan 9-Feb 13 (6 weeks)

Winter Set 1

- Saturdays, Feb 17-Mar 23 (6 weeks)
- Tuesdays, Feb 20-Mar 26 (6 weeks)

Registration Dates

Winter Set 1 will begin Thu, Dec 21 @7:00pm
Winter Set 2 will begin Thu, Feb 15 @7:00pm

Skate Lesson Refund Policy:

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

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

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

VIEW ROOM RENTALS ONLINE



Gymnasium



Hall



Multipurpose

Book your room now!

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

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

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

Room	Capacity	Dimension (approx.)	Square Footage	Operating Hours Hourly Rate (+ GST)	After Operating Hours Hourly Rate (+ GST)
Craft Room	30	28x18	504	\$27	\$52
Multipurpose Room	40	26x25	650	\$27	\$52
Hall	130	58x29	1682	**\$105	\$105
Gym-Full	986	107x72	7704	\$60	\$82

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

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

SUNSET FITNESS CENTRE

FITNESS CENTRE & PERSONAL TRAINING PROGRAMS VIEW ONLINE

NEW TO THE FITNESS CENTRE?

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

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

*Visit our
Fitness Centre
for a workout!*

Fees & Passes

	16+yrs	65+yrs
Drop-in or Pass	\$5.00	\$4.00
10 ticket	\$40.00	\$32.50
1 month	\$40.00	\$32.50
3 month	\$98.00	\$86.00
6 month	\$176.50	\$150.00
1 year	\$293.50	\$268.00
Fees subject to change.		

PERSONAL TRAINING

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



Meghan O'Connell, Personal Trainer

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

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



Sara Doherty, Personal Trainer

Sara (they/them) is a BCRPA registered Personal Trainer. They have lead classes with the All Bodies Community Fitness and Recreation Program at Kensington Community Centre. They

believe that fitness is different for every body and is passionate about working with people to help them reach their goals and feel empowered in their bodies.



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.

FEES

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

Fees subject to change.