



Sunset Community Centre Sunset Ice Rink Moberly Arts & Cultural Centre

*Play, Explore
& Connect*



WINTER 2022 Recreation Guide



6810 Main St, Vancouver, BC 604.718.6505 • [Register at www.mysunset.net](http://www.mysunset.net) • www.vancouver.ca/sunsetrec

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.

Message from the Acting President:

Welcome to 2022, a very exciting new year in which many of our high-intensity indoor fitness classes will resume. Make a new year resolution to check out our new Winter Fitness Centre Schedule and enjoy our 10 visit pass at a discounted rate of \$37.50! Also, I would like to congratulate Leo Zhang for his August 2021 appointment as a SCA Board Director and welcome Maggie Li back to our PB Staff team.

At this time, I would like to extend my sympathy to those who have been affected by the recent BC floods. Despite how 2021 has been a year of uncertainty, many SCA fall programs have been reinstated to accommodate a greater audience with various interests, and a number of special events have returned! Canadian Heritage, Halloween, and Diwali were celebrated with a great turn out. The SCA Halloween event remains to be Vancouver's most popular family-oriented Halloween event and has attracted over 300 registrants (not including parents yet)! At our Diwali festival, many enjoyed delicious South Asian refreshments and sweets, balloon, diva, & henna art, and local performances for people of all ages.

SCA expanded its Food Bank program from serving 20 families in the spring to serving over 80 families this fall and will continue to distribute food to Vancouver South families who are in need. In addition, in the coming days, such as on December 14, 2021, SCA will continue to serve hot meals to further engage with community members who are most in need, similar to our October 2021's successful engagement.

Please reach out to me or the front desk via 604-718-6505 ex 1 if you would like to volunteer and help out with executing or promoting any of the above programs or new programs. I look forward to reconnecting with you in person at the Sunset Community Centre and also at the Moberly Arts & Cultural Centre very soon, especially at our December 19, 2021 Breakfast with Santa event as well as the upcoming Chinese New Year Celebration at Sunset.

Respectfully yours,

Bhalwinder S. Waraich
Acting President, Sunset Community Association

Memberships

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

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

Sunset Community Association Board of Directors

President, Acting Bhalwinder S. Waraich
Past President Don Munton
Vice-President Manveet Lail
Treasurer Avtar Parmar
Secretary Vipin Sharma
Members At Large: Doug Newstead, Permjit K.Sandhu,
Dr. Kala Singh, Maninder Gill, Nitin Gaba, Phil Daum,
Leo Zhang

Table of Content

Adult	16-22
Fitness Centre	29
Gymnasium Sports Schedule	21
Ice Rink & Lessons	27
Licensed Preschool	5
Moberly Arts Centre	23-26
Music Lessons	12
Out of School Care	5
Preschooler & Children	7-11
Registration Information	4 & 27
Special Events	6
Sunset Community Association	2,8
Volunteering	2 & 15
Youth	13-15

Facility Hours

January 8 - March 31, 2022

Monday, Thursday	9:00am-9:15pm
Tuesday, Friday	9:00am-9:00pm
Wednesday	7:30am-9:00pm
Saturday, Sunday & Holidays	9:00am-4:30pm
Family Day	9:00am-4:30pm

Winter Holiday Hours

December 20, 2021 - January 7, 2022

Dec 20-Dec 23	9:00am-4:30pm
Dec 24, 31 & Jan 2	9:00am-1:30pm
Dec 25, Dec 26	Closed
Dec 27-Dec 30	9:00am-4:30pm
Jan 1	Closed
Jan 3-Jan 7	9:00am-6:00pm

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

Staff

Recreation Supervisor	Joe Wong
Programmer - Centre	TBA
Programmer - Rink	Eddy Uechi
Programmer - Moberly Arts Centre	Oliver McTavish-Wisden
Community Youth Worker	Rosa Aravena
Program Assistant III	Maggie Li, Vivian Loi
Recreation Facility Clerk (Office)	Angela Chalmers
Licensed Childcare Manager	Paramjeet Munday
Maintenance Technician	Jose Menjivar
Building Worker	Vicente Jun Villamin

CENTRE PROGRAM REGISTRATION

Wednesday, December 15 @ 9am.

ONLINE at vanrec.ca



ONLINE at
vanrec.ca



BY PHONE
604.718.6505 ex 1.



IN PERSON at
6810 Main St.

ICE SKATING LESSON REGISTRATION

Set 1 - Friday, December 17 @ 7pm

Set 2 - Friday, February 18 @ 7pm

ONLINE Registration requires an online account

Visit: www.vancouver.ca/Sunsetrink

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.

Food Bank Pick Ups

Free weekly fresh and dried goods
available for pickup!

Distributions can include fresh
produce, dried and household goods.

Saturdays January to March

Starting January 8
9:15am-1:00pm (4 time slots)
Sunset Community Centre

Registration Only
Online: tinyurl.com/SCAPickups
Phone: 604-718-6505



Sunset Community Centre Administration Information

Registration Information

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



Program Refund Policy Centre (Association) Programs

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

Subsidy Policy

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

Rink (Park Board) Programs

- See page 26 for Park Board Ice Skating Lesson refunds.

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

Ages	Days	Time	Fees
3 or turning 3 before Dec. 31, 2022	Tuesdays & Thursdays	9:15-11:45am	\$180/month
3 & 4 mixed	Tuesdays & Thursdays	12:45-3:15pm	\$180/month
4 or turning 4 before Dec. 31, 2022	Mondays, Wednesdays & Fridays	9:15-11:45am	\$250/month
3 & 4 mixed	Mondays, Wednesdays & Fridays	12:45-3:15pm	\$250/month
4 or turning 4 before Dec. 31, 2022	Monday to Friday	9:15-11:45am	\$430/month
3 & 4 mixed	Monday to Friday	12:45-3:15pm	\$430/month

Preschool Registration for September 2022 Open House

Saturday, February 5 @ 9:30-10:30am

Bring your child with you to visit the classroom and meet the teachers.

Starting at 10:30 am registration will be accepted along with the payments.

See the requirements and payment details.

Requirements at the time of Preschool registration

- 1) We accept cheques or cash only. No Credit or Debit
- 2) \$50 registration Fee (non-refundable) and a Deposit (equal to one month's fee) due at the registration. Please note this is not September Fee
- 3) Post-Dated cheques for monthly payment.

- We accept Affordable Child Care Benefit from Ministry of Children and Families.

To apply for benefit call 1-888-338-6622 or on-line www.mcf.gov.bc.ca. Child Care Arrangement form after you complete the registration. If you have any questions, please call at 604-718-6512.

Early Learning Full Day Program

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	Fees
3 & 4 mixed	Monday to Friday full day	8:00am-5:30pm	\$1100/month If a fee reduction is approved by MCFD, fee will be \$1000/month

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

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

Time	Program	Fees
Before School Only	Care on Pro-D days, Winter/Spring Break is not guaranteed.	\$165
After School Only	Care on Pro-D days, Winter/Spring Break is not guaranteed.	\$400
Before and After School	Care on Pro-D days, Winter/Spring Break is guaranteed.	\$440

LICENSED CARE INFORMATION

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



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



COMING SOON

LIVE IN THE LOBBY

JANUARY 2022

Come support our young performers in our community at Sunset

Stay tuned for more details!



Sunset
COMMUNITY ASSOCIATION

VALENTINE'S DAY WORKSHOP FLORAL ARRANGEMENT

LEARN TO MAKE A SPECIAL HOLIDAY CENTRE PIECE

Tuesday, February 8th, 2022
6:45-8:15pm - activity #390126

Wednesday, February 9th, 2022
9:45-11:15am - activity #390127

Register Now
\$35



Sunset
COMMUNITY ASSOCIATION

SUNSET FAMILY FUN

Join us for a FREE fun-filled family event with arts & crafts and activities.

Sunday, February 20, 2022
11:00am - 1:00pm
in the Gym

Register now | 390976

PRESCHOOL & CHILDREN PROGRAM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent & Tot Dance 1.5-2 yrs 9:15 AM-9:45 AM	Piano with Joanna 5+ yrs 3:00 PM-8:00 PM	Violin with Ali 5+ yrs 3:30 PM-5:30 PM	Mini Ace Tennis 3-5yrs 9:45 AM-10:30 AM	Piano with Derek 5+ yrs 3:30 PM-9:00 PM	Play Gym 0-5 yrs 10:30 AM-12:00 PM	Parent & Tot Multisport 2-3 yrs 9:10 AM-9:55 AM
Activity Studio & Phonics 4-6 yrs 9:15 AM-10:10 AM	Art & Creative Writing 6-8 yrs 3:45 PM-4:45 PM	Mini Hip Hop 3-4 yrs 3:30 PM-4:15 PM	Piano with Karen 5+ yrs 3:30 PM-7:30 PM	Crafty Space Scientists 6-8 yrs 3:45 PM-4:45 PM	Crafty Creations 6-8 yrs 3:45 PM-4:45 PM	Piano with Joanna 5+ yrs 9:15 AM-1:45 PM
Bhangra Dance Preschool 3-4 yrs 9:15 AM-10:00 AM	Rhythmic Gymnastics Dance 7-12 yrs 4:00 PM-5:00 PM	Badminton 6-9 yrs 4:00 PM-4:55 PM	Snacks on the Go 6-8 yrs 3:45 PM-4:45 PM	Just the Girls+ 9-13yrs 5:00 PM-6:00 PM	Crafty Creations 9-12yrs 4:45 PM-5:45 PM	Multisport 3-5 yrs 9:55 AM-10:40 AM
Music & Movement 2-3 yrs 10:00-10:45 AM	Rhythmic Gymnastics Dance 4-6 yrs 5:00 PM-6:00 PM	Junior Hip Hop 5-7 yrs 4:15 PM-5:00 PM	Snacks on the Go 9-12 yrs 4:45 PM-5:45 PM	Creative Scientists 9-12 yrs 4:45 PM-5:45 PM	Kung Fu 6-9 yrs 4:30 PM-5:30 PM	Soccer 3-9 yrs 10:50 AM-11:35 AM
Head Start Math 7-11 yrs 10:15 AM-11:10 AM	Art & Creative Writing 9-12 yrs 4:45 PM-5:45 PM	Badminton 9-16yrs 5:00 PM-5:55 PM	Young Artists 5-7 yrs 5:00PM-6:00 PM	Young Artists 8-14 yrs 5:00 PM-6:00 PM	Kung Fu 10-15 yrs 5:30 PM-6:30 PM	Ballet with Mel 9-12 yrs 11:30 AM-12:30 PM
Bhangra Dance 5-8 yrs 10:15 AM-11:15 AM	Poundfit for Kids 6-12 yrs 5:15 PM-6:00 PM	Senior Hip Hop 8-12 yrs 5:00 PM-6:00 PM			Guitar Lessons 7+ yrs 6:00 PM-9:00 PM	Basketball 3-9 yrs 11:45 AM-12:30 PM
Imaginative Writing 6-11 yrs 11:15 AM-12:10 PM	Bollywood Dance 5-12 yrs 6:15 PM-7:00 PM	Intermediate Taekwondo 5-13 yrs 12:00 PM-1:00 PM				
Mini Performing Stars 3-5 yrs 10:45-11:30 AM	<h2 style="text-align: center;">Young Leader Initiative</h2> <p style="text-align: center;">Programs taught by our young leaders (senior high school & college/university students) are mentored by the programming team here at Sunset! Young leaders plan and execute programs and are trained with lesson planning & curriculum development. They also have knowledge of OH&S (occupational health & safety)</p>					Artsy Bookworms 4-6 yrs 1:00 PM-1:55 PM
Junior Performing Stars 5-7 yrs 11:30 AM-12:15 PM						Beginner Taekwondo 5-13 yrs 1:00 PM-2:00 PM
Bhangra Dance 9-15 yrs 11:30 AM-12:30 PM						Science Explorers 4-6 yrs 2:00 PM-2:55 PM
Artsy Bookworms 4-6 yrs 12:15 PM-1:10 PM						
Ballet 4-6 yrs 12:40 PM-1:25 PM						
Private Tutoring 4-12 yrs 1:15 PM-2:15 PM						
Ballet 6-8 yrs 1:30 PM-2:30 PM						
Karate 4-6 yrs 2:45 PM-3:30 PM						
Karate 7+ yrs 3:30 PM-4:25 PM						

Parent & Tot Programs

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.

Fri Jan 14-Mar 11 10:30 AM-12:00 PM
383968 Drop-in \$3



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 Class Feb 19.

Sat Jan 15-Mar 12 9:10 AM-9:55 AM
382629 \$144/8 sessions

Parent & Tot Dance (1.5-2 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, singing, and high energy movement to music will be included. Parent or guardian participation is mandatory. No class Feb 20.

Sun Jan 9-Mar 13 9:15 AM-9:45 AM
389495 \$108/9 sessions

Music & Movement (2-3 yrs)

Vancouver Performing Stars

Join your child in this high energy class full of singing and dancing. We will learn simple songs and beginner dance movement to help build your child's self-confidence and coordination. Music will be provided for at home listening and to encourage these little performers to participate on their own. Parent or guardian participation is mandatory. No class Feb 20.

Sun Jan 9-Mar 13 10:00 AM-10:45 AM
382738 \$117/9 sessions

Dance

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 Feb 21.

(4-6 yrs)

Mon Jan 10-Mar 7 5:00 PM-6:00 PM
383465 \$68/8 sessions

(7-12 yrs)

Mon Jan 10-Mar 7 4:00 PM-5:00 PM
383463 \$68/8 sessions

Hip Hop

Vancouver Performing Stars

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Please wear clean indoor runners. www.performingstars.ca

(3-4 yrs)

Tue Jan 11-Mar 8 3:30 PM-4:15 PM
383474 \$117/9 sessions

(5-7 yrs)

Tue Jan 11-Mar 8 4:15 PM-5:00 PM
383471 \$117/9 sessions

(8-12 yrs)

Tue Jan 11-Mar 8 5:00 PM-6:00 PM
383475 \$126/9 sessions

Bollywood Dance (5-12 yrs)

Niki Patel

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

Tue Jan 11-Mar 8 6:15 PM-7:00 PM
383952 \$81/9 sessions

Ballet with Mel (9-12 yrs)

Mel Cheung

Learn the foundations of Classical Ballet in a welcoming and inclusive environment. Students will learn ballet technique, posture, positions, vocabulary, and self-expression all while having fun. Students will work towards a dance piece to present on the last day of class. Please come in form-fitting clothing and ballet slippers. All levels of dancers are welcome! No class Feb 12 and Feb 19.

Sat Jan 8-Mar 12 11:30 AM-12:30 PM
390146 \$120/8 sessions

Ballet

Sarah U

Learn the basics of ballet in an un-intimidating atmosphere. Basic ballet exercises, positions, vocabulary, and musicality will be taught while developing posture, musicality, and self expression in a fun and supportive environment. Classes will progress and culminate in a presentation on the last day of class. Please come in form-fitting clothing and ballet slippers. No Class Feb 19.

(4-6 yrs)

Sun Jan 9-Mar 13 12:40 PM-1:25 PM
382623 \$108/9 sessions

(6-8 yrs)

Sun Jan 9-Mar 13 1:30 PM-2:30 PM
382624 \$117/9 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 Feb 20.

(3-4 yrs)

Sun Jan 9-Mar 13 9:15 AM-10:00 AM
382742 \$90/9 sessions

(5-8 yrs)

Sun Jan 9-Mar 13 10:15 AM-11:15 AM
382743 \$108/9 sessions

(9-15 yrs)

Sun Jan 9-Mar 13 11:30 AM-12:30 PM
382744 \$117/9 sessions

Mini Performing Stars

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 class Feb 20.

Sun Jan 9-Mar 13 10:45 AM-11:30 AM
382739 \$117/9 sessions

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 class Feb 20.

Sun Jan 9-Mar 13 11:30 AM-12:15 PM
389494 \$117/9 sessions

Education

Pen to Paper: Art and Creative Writing

Wake Cook

This program pairs creative writing with visual arts to inspire participants to craft their own stories! With guided lessons, you will explore how to create flip-books, comics, poems, fairy tales, and more. Each week is a new topic and project, and each class will end with something new for you to take home. No class Jan 17 and Feb 21.

(6-8 yrs)

Mon Jan 10-Mar 7 3:45 PM-4:45 PM
383497 \$56/7 sessions

(9-12 yrs)

Mon Jan 10-Mar 7 4:45 PM-5:45 PM
389535 \$56/7 sessions

Science Explorers: Sky and Space (4-6 yrs)

Shifka Shafi

Explore Earth's atmosphere and beyond through reading and creating, and flourish young minds with knowledge and imagination. Hands on experiments are part of our weekly adventures. Children will travel our galaxy and learn fun facts to astonish their minds. Program is taught by a young leader. No class Feb 19.

Sat Jan 8-Mar 12 2:00 PM-2:55 PM
379884 \$58.50/9 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. Program is taught by a young leader. No class Feb 20.

Sun Jan 9-Mar 13 9:15 AM-10:10 AM
382146 \$58.50/9 sessions

Head Start Math (7-11 yrs)

Manpreet Chote

This program is geared for primary grade math. Children will work through worksheets and play fun games to help them with various math problems and exercises. No class Feb 20.

Sun Jan 9-Mar 13 10:15 AM-11:10 AM
382148 \$58.50/9 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 class Feb 20.

Sun Jan 9-Mar 13 11:15 AM-12:10 PM
382149 \$58.50/9 sessions

Education cont'd

Artsy Bookworms (4-6 yrs)

Explore the world of imagination with books. Children will be exposed to reading and expressing the stories through art. Activities are designed to build reading, writing and presentation skills. Program is taught by a young leader. No class Feb 19 & 20.

Shifka Shafi

Sat Jan 8-Mar 12 1:00 PM-1:55 PM
381779 \$58.50/9 sessions

Manpreet Chote

Sun Jan 9-Mar 13 12:15 PM-1:10 PM
382147 \$58.50/9 sessions

Private Tutoring (4-12 yrs)

Manpreet Chote

No class Feb 20.

Sun Jan 9-Mar 13 1:15 PM-2:15 PM
382150 \$140/9 sessions

Crafty Space Scientists (6-8 yrs)

Kristy Nguyen

Learn about space through crafts and activities! Each week consists of a different activity such as spaceship building and constellation mapping. Program is taught by a young leader.

Thu Jan 13-Mar 10 3:45 PM-4:45 PM
383950 \$72/9 sessions

Creative Scientists (9-12 yrs)

Kristy Nguyen

Explore science through crafts, experiments, and challenges! Activities include, skyscraper building, slime making, and bridge construction. Program is taught by a young leader.

Thu Jan 13-Mar 10 4:45 PM-5:45 PM
383951 \$72/9 sessions

Culinary

Snacks on the Go

Kevin Ngo

Learn how to make and assemble different types of no-bake snacks that can be made at home. Each week will include a different snack to make. You will make your own recipe book to bring home by the end of the program. Program is taught by a young leader.

(6-8 yrs)
 Wed Jan 12-Mar 9 3:45 PM-4:45 PM
383495 \$72/9 sessions

(9-12 yrs)
 Wed Jan 12-Mar 9 4:45 PM-5:45 PM
383496 \$72/9 sessions

Art

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.

(5-7 yrs)
 Wed Jan 12-Mar 9 5:00 PM-6:00 PM
383476 \$180.00/9 sessions

(8-14 yrs)
 Thu Jan 13-Mar 10 5:00 PM-6:00 PM
383479 \$180.00/9 sessions

Crafty Creations

Kevin Ngo

Think outside the box! Create your own art collection to bring home. Projects may be displayed at Sunset Community Centre. Program is taught by a young leader.

(6-8 yrs)
 Fri Jan 14-Mar 11 3:45 PM-4:45 PM
383500 \$72/9 sessions

(9-12 yrs)
 Fri Jan 14-Mar 11 4:45 PM-5:45 PM
383499 \$72/9 sessions



Sports

Badminton

Double J Sports

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 11-Mar 8 4:00 PM-4:55 PM
383956 \$81/9 sessions

(9-16 yrs)

Tue Jan 11-Mar 8 5:00 PM-5:55 PM
383957 \$81/9 sessions

Mini Ace Tennis (3-5 yrs)

Juan Carlos Maldonado

This is a fun, relaxed environment for all toddler participants. It gives them the opportunity to establish a base, for growth of motor and athletic skill development. The fundamentals of agility are more important for kids at this age, than tennis specific skills. We will use fun games to teach kids how to throw, catch and increase hand and eye co-ordination. Learn to move with good balance and posture. As players progress we will use modified tennis equipment to begin to apply these skills in a more tennis specific way. Parent participation is optional.

Wed Jan 12-Mar 9 9:45 AM-10:30 AM
385436 \$162/9 sessions

Sportball Multisport (3-5 yrs)

Sportball Vancouver

This program is designed to guide children through the introductory skills in a number of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence. No Class Feb 19.

Sat Jan 15-Mar 12 9:55 AM-10:40 AM
382635 \$144/8 sessions

Soccer

Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills and more. Classes are dedicated to skills development and putting those skills to work in an exciting and non-competitive game. Program is taught by a young leader. No Class Feb 19.

(3-5 yrs)

Sat Jan 8-Mar 12 10:50 AM-11:35 AM
386174 \$72/9sessions

(6-9 yrs)

Sat Jan 8-Mar 12 10:50 AM-11:35 AM
381602 \$72/9 sessions

Basketball

Vishakan Sunthareswaran

Children are taught the fundamental skills necessary while having fun. Skills include dribble, shoot, pass, and score on their way into a game. Classes are dedicated to skills development and putting those skills to work in an exciting and non-competitive game. Parent Participation is required. Program is taught by a young leader. No Class Feb 19.

(3-5 yrs)

Sat Jan 8-Mar 12 11:45 AM-12:30 PM
386180 \$72/9 sessions

(6-9 yrs)

Sat Jan 8-Mar 12 11:45 AM-12:30 PM
381603 \$72/9 sessions

Spring Break

The Art of Tennis Spring Break Camp (6-14 yrs)

This class develops more advanced tennis skills through drills and rallies, while preparing participants for significant game play. This class focuses on the fundamentals of competitive tennis. Participants must have proficiency in tennis fundamentals. Rating of Green Dot Ball Level. Please bring your own racquet and water to the courts.

Juan Carlos Maldonado

Week 1

Mon-Thu Mar 14-Mar 17 4:30 PM-6:30 PM
385476 \$130/4 sessions

Week 2

Mon-Thu Mar 21-Mar 24 4:30 PM-6:30 PM
385477 \$130/4 sessions

Fitness

Poundfit for Kids (6-12 yrs)

Monika Schoenenberger

POUND® Rockout.Workout.POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this full-body workout that combines cardio, conditioning and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks, POUND transforms drumming into an incredibly effective way of working out -no drum kit needed. Easily modifiable, it is designed for all fitness levels. It is the perfect workout for letting loose, getting energized, toning up and rockin' out!! Ripstix® are provided. Drop-in \$8.50

Mon Jan 10-Feb 14 5:15 PM-6:00 PM
389714 \$42/6 sessions

Mon Feb 28-Mar 28 5:15 PM-6:00 PM
389974 \$35/5 sessions

Martial Arts

Eagle Claw Kung Fu

Tiefer Yao

Learn kung fu with Sifu Tiefer and have some fun. Lily Lau Eagle Claw Kung Fu from Lau Fat Mang lineage is renowned worldwide and is currently being taught internationally in 18 different countries. This quick and effective self-defense kung fu style will develop strength, flexibility, mental focus, discipline, self-confidence and positive social skills. Students will progress through kung fu traditional forms and applications, kung fu weaponry, self-defence and much more. For more information, visit www.laufatmangeagleclaw.com

(5-9 yrs)

Fri Jan 14-Mar 11 4:30 PM-5:30 PM
383492 \$90/9 sessions

(10-15 yrs)

Fri Jan 14-Mar 11 5:30 PM-6:30 PM
383493 \$90/9 sessions

Taekwondo (5-13 yrs)

Third Eye Martial Arts

Taekwondo program is designed to develop physical strength and teach practical self-defence techniques in stand-up and ground position. Another aspect of Taekwondo is Olympic sport sparring training, which is introduced at the intermediate level. Black belts will receive their certificates from the World Taekwondo Headquarters (Kukkiwon). All tests are conducted by Master E.Saadati, black belt (7th degree) and world Taekwondo champion. Testing is optional (belt fee extra). Uniform required; see instructor on first class. No Class Feb 19.

Beginner

Sat Jan 8-Mar 12 1:00 PM-2:00 PM
382626 \$135/9 sessions

Intermediate

Sat Jan 8-Mar 12 12:00 PM-1:00 PM
382625 \$76.16/8 sessions

Taekwondo Fitness for Women (18+ yrs)

Bahareh Khodaverdian Dehkordi

Women only...improve your coordination, flexibility, and strength. Taekwondo reduces body fat and builds muscle mass. It also helps relieve stress and tension. Led by a qualified instructor with over 27 years' experience. No class Feb 19.

Sat Jan 8-Mar 12 9:15 AM-10:15 AM
382621 \$76.16/8 sessions

@mySunsetcc



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. Please note that parents or older siblings (16+yrs) are required to stay behind with the child when class is in progress and are welcomed to participate, but do not need to register. For more information, visit www.kuyukai.com. No class Feb 20.

(4-6 yrs)

Sun Jan 9-Mar 13 2:45 PM-3:30 PM
382781 \$99.50/9 sessions

(7+ yrs)

Sun Jan 9-Mar 13 3:30 PM-4:25 PM
382782 \$117/9 sessions

Music

Piano - Private Lessons (5+ yrs)

Half-hour lessons with a combination of music theory and practical piano playing. This is a good introduction for your child to learn to enjoy music. Cost of piano books is not included. No class Feb 3, Feb 19, Feb 21, Feb 23.

Mon Jan 10-Mar 7 3:00 PM-8:00 PM
Joanna Wan **REGISTER ONLINE** \$184/8 sessions

Wed Jan 12-Mar 9 3:30 PM-7:30 PM

Karen Wu **REGISTER ONLINE** \$184/8 sessions

Thu Jan 13-Mar 10 3:30 PM-9:00 PM

Derek Pang **REGISTER ONLINE** \$184/8 sessions

Sat Jan 8-Mar 12 9:15 AM-1:45 PM

Joanna Wan **REGISTER ONLINE** \$207/9 sessions

Violin Private Lessons (5+ 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, who will also provide you with information on how to get the appropriate size and type of violin. Lessons are scheduled in 30 minute time slots. For more information, visit www.viol.ir

Tue Jan 11-Mar 8 3:30 PM--5:30 PM

Ali Nourbakhsh **REGISTER ONLINE** \$234/9 sessions

Acoustic Guitar - Private Lessons (7+ yrs)

Express your creativity through music and learn to play your favourite songs on guitar! Learn to play acoustic, classical 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 and purchasing. Half-hour private lessons.

Fri Jan 14-Mar 11 6:00 PM-9:00 PM

Tony Guo **REGISTER ONLINE** \$207/9 sessions

Day Camp

Pro-D Day Camp (6-12 yrs)

No School! Join us some fun activities such as games, sports, out trips, arts and crafts and more. Please pack snacks, lunch and a bottle of water and dress appropriately for the weather!

Mon	Jan 17	9:00 AM-4:00 PM
385743		\$35/1 session
Fri	Feb 18	9:00 AM-4:00 PM
385744		\$35/1 session

Spring Break Camp (6-12 yrs)

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

Mon-Fri	Mar 14-Mar 18	9:00 AM-4:00 PM
382008		\$150/5 sessions
Mon-Fri	Mar 21-Mar 25	9:00 AM-4:00 PM
385480		\$150/5 sessions

Education

Math Mentoring (Big Brothers) (9-12 yrs)

Big Brothers

Free program in partnership with Big Brothers of Greater Vancouver. Children in grades 3 and 7 are able to attend the Mentoring with Math sessions each week for 90 minutes. For the first part of the session, they will use a variety of techniques based on the principles of the JUMP Math numeracy program to encourage an understanding and love of math. The second part of each weekly session will encourage students in the program to interact with one another through a number of games and activities. Thirty minutes of math homework and fun work book and then board games and snacks. Children in the program must be able to demonstrate a need for academic assistance in math at their grade level and not be able to access any other academic enrichment programs. If you're interested in enrolling your child or being a math mentor in this program, please contact Community Youth Worker, Rosa at 604 718-6514.

Tue	Jan 11-Mar 8	4:00 PM-5:30 PM
386485		FREE/ 9 sessions

Newcomer Youth Club (13-18 yrs)

This free program is in partnership with the South Vancouver neighbourhood house for newcomer youth in the community! Connect with community partners and learn about different topics related to life in Canada! This includes resume writing workshops, financial literacy workshops, job + volunteer search, post-secondary resources, and more from guest speakers in a welcome and supportive environment. For more information, please contact Community Youth Worker, Rosa at 604 718-6514.

Wed	Jan 12-Mar 9	4:00 PM-6:00 PM
385990		FREE/9 sessions

Red Cross Babysitting Course (11-15 yrs)

First Aid Hero

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

Sat	Jan 22	9:00 AM-4:30 PM
386357		\$65/1 session
Sat	Feb 12	9:00 AM-4:30 PM
385774		\$65/1 session
Sat	Mar 19	9:00 AM-4:30 PM
385933		\$65/1 session

Fitness & Health

Badminton

Andrea Norman

Join us for Badminton - skills and drills included. 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 4-Mar 8	3:30 PM-4:30 PM
385325		FREE/10 sessions

(13-18 yrs)

Tue	Jan 4-Mar 8	4:45 PM-5:45 PM
385326		FREE/10 sessions

Basketball

Tanvir Shergill

Come and play basketball in an open gym setting! Pre-teens only. No food or drink in the gymnasium

(9-12 yrs)

Fri	Jan 7-Mar 11	3:00 PM-5:30 PM
385327		FREE/10 sessions

(13-18 yrs)

Fri	Jan 7-Mar 11	5:45 PM-8:30 PM
385328		FREE/10 sessions

Co-Ed Pre-Teen Basketball (9-12 yrs)

Christian Lonzaga

Come and play basketball in an open gym setting for free! You are encouraged to bring your own basketball if you have one. If you have any questions, please contact Rosa at rosa.aravena@vancouver.ca

Thu	Jan 6-Mar 10	3:30 PM-4:30 PM
385322		FREE/10 sessions

Thu	Jan 6-Mar 10	4:45 PM-5:45 PM
385323		FREE/10 sessions

Fitness & Health cont'd

Finish Strong Basketball Spring Break Camp (11-17 yrs)

David Knight

We teach basic to advance training in all areas to develop your basketball game. A Finish Strong Basketball dri-fit t-shirt is included in the fee. 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. \$115/participant if more than one child in the immediate family

Mon- Fri Mar 14-Mar 18 9:00 PM-12:00 PM
381223 \$145/5 sessions

Volleyball

TBA

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

(9-12 yrs)

Thu Jan 6-Mar 10 3:30 PM-4:30 PM
385333 FREE/10 sessions

(13-18 yrs)

Thu Jan 6-Mar 10 4:45 PM-5:45 PM
385334 FREE/10 sessions

Finish Strong Basketball Grassroots Skill Development – Co-Ed

David Knight

Welcome to Finish Strong Basketball where we believe, it's not how you start, it's how you FINISH! Our Grassroots Skill development program is dedicated to promoting a healthy environment where players can grow on and off the court. Our programs skills focus on improving youth's basketball skills in Dribbling , Shooting & , passing and defence as well in other areas of the game. While increasing their self-esteem & self-confidence on and off the court. Bring your own basketball and water bottle.

(9-11 yrs)

Wed Jan 19-Mar 9 4:00 PM-5:00 PM
385336 \$108/8 sessions

(12-17 yrs)

Sat Jan 15-Mar 5 12:45 PM-2:00 PM
385347 \$108/8 sessions

Team-Fit (13-18 yrs)

Want to get active and stay motivated and be healthy? Always wanted to go to the gym or try cardio machines but to scared to go on your own. Participants will work out for 45 minutes. Program is based on trust inclusion, safe environment, and fun! Healthy post snacks will be provided all fitness levels welcomed.

Fri Jan 14-Mar 11 5:00 PM-5:45 PM
385324 FREE/9 sessions

Youth Program Schedule

Youth Sports & Games Room Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GYM					
<p>Soccer 9-12yrs 3:00-3:45PM</p> <p>Game On 4:00-5:00PM</p> <p>Soccer 13-18yrs 5:15-5:45PM</p>	<p>Badminton 9-12yrs 3:30-4:30PM</p> <p>13-18yrs 4:45-5:45PM</p>	<p>Finish Strong Basketball 9-11yrs 4:00-5:00PM</p> <p>Open Gym 9-12yrs 3:00-4:30PM</p> <p>13-18yrs 5:15-6:00PM</p>	<p>Co-ed Basketball 9-12yrs Session 1 3:30-4:30PM Session 2 4:45-5:45PM</p> <p>Volleyball 9-12yrs 3:30-4:30PM 13-18yrs 4:45-5:45PM</p>	<p>Basketball 9-12yrs 3:00-5:30PM 13-18yrs 5:45-8:30PM</p>	<p>Finish Strong Basketball 12-17 yrs 12:45-2:00 PM</p>
GAMES ROOM					
<p>9-12yrs 3:00-4:30PM & 13-18yrs 4:35-6:00PM</p>				<p>9-12yrs 3:00-5:15PM 13-18yrs 6:00-8:30PM</p>	

Our Centre is a safe space for anyone that identifies as female/male including but not limited to: trans, gender creative, non-binary and Two Spirit youth.

Social

Just the Girls+ (9-13 yrs)

Andrea Norman

Program is open to all female and femme-indentifying youth to participate in a variety of activities with information and support to make healthy choices in life. Weekly activity such as baking, cooking, out -trips, workshops and much more. The group's focus is to empower young girls with topics that matter to them around, life skills, healthy eating, relationships, emotional health, transition 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 13-Mar 10 5:00 PM-6:00 PM
385356 FREE/9 sessions

Queer Youth Create

Wake Cook

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

(9-12yrs)

Fri Jan 14-Mar 11 4:30 PM-5:30 PM
389569 FREE/9 sessions

(13-18yrs)

Fri Jan 14-Mar 11 6:00 PM-7:00 PM
388011 FREE/9 sessions

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. No class Feb 21.

(9-12 yrs)

Mon Tue Wed Thu Jan 3-Mar 10 3:00 PM-4:30 PM
385330 FREE/39 sessions

Fri Jan 7-Mar 11 3:00 PM-5:15 PM
385332 FREE/10 sessions

(13-18 yrs)

Mon Tue Wed Thu Jan 3-Mar 10 4:35 PM-6:00 PM
385329 FREE/39 sessions

Fri Jan 7-Mar 11 6:00 PM-8:30 PM

Youth Leadership

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

Big Brothers

This free program in partnership with Big Brothers of Greater Vancouver. Game On! is a fun, interactive, group mentoring program led by positive adult mentors. The program focuses on active-play, connection, having fun. Mentors lead meaningful discussions around healthy lifestyles, self-esteem, impacts of bullying and positive communication. Children benefit from learning new skills and building self-confidence through friendship and support. The program is designed to encourage open conversations around pressing issues facing boys and men through the lens of healthy living. By developing a relationship based on trust and respect, boys are positively supported to challenge some of the pressures they face in today's society. Game On! Mentors are enthusiastic volunteers, passionate about healthy and active lifestyles. These mentors are selected, screened and trained to deliver this program. Must Complete Application form and Consent form can pick up at Front office.

Mon Jan 10-Mar 7 4:00 PM-5:00 PM
385350 FREE/9 sessions

Leader 2B (10-13yrs)

Simran Bath

Junior leadership program for preteens in grades 5-8. 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. Participants will have the opportunity to turn learned skills into action by planning activities at the centre.

Tue Jan 11-Mar 8 3:45 PM-5:45 PM
381351 FREE/9 sessions

Special Events Team - S.E.T. Volunteers (13-18 yrs)

Shifka Shafi

Are you looking to make a difference in the community? Become a S.E.T. Volunteer, share your ideas and turn them into action as special event planning will be a part of the leadership meetings. We will also participate as activity leaders for Sunset's events. New members are always welcomed! No class Feb 19.

Sat Jan 8-Mar 12 11:00 AM-12:30 PM
379891



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

Sunset is looking 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!



ADULT & SENIORS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba Gold 10:00 AM-10:55AM	Seniors Badminton 9:05 AM-10:50 AM	Morning Meditation 9:05 AM-10:05 AM	Bootcamp 7:35 AM-8:35 AM	Seniors Badminton 9:05 AM-10:50 AM	Zumba Gold 9:10 AM-10:05 AM	Chinese Dancing All Levels 9:15 AM-10:45 AM
Modern Line Dance with Lucy 11:15 AM-12:45 PM	Chinese Dancing All Levels 9:15 AM-10:45 AM	Zumba Gold 9:10 AM-10:05 AM	Seniors Badminton 7:45 AM-9:45 AM	Table Tennis 9:15 AM-11:15 AM	Watercolour Painting 10:00 AM-12:00 PM	Taekwondo Fitness for Women 9:15 AM-10:15 AM
Hot Hula Fitness 12:30 PM-1:30 PM	Table Tennis 9:15 AM-11:15 AM	Qi Gong - Wu Qin Xi with Sprina 9:15 AM-10:10 AM	Yuan Ji Dance 10:15 AM-12:15 PM	Tai Chi with Wang Heng - 24 Form 9:30 AM-10:30 AM	Tai Chi w/Amy Yang Style 22 Steps 10:00 AM-10:55 AM	Modern Line Dance w/Lucy (Int) 2:15 PM-3:45 PM
KBL Co-Ed Basketball League 1:00 PM-4:30 PM	Taichi with Mingmu Gong 9:30 AM-10:25 AM	Table Tennis 9:15 AM-11:15 AM	Pickleball (Int/Adv) 11:00 AM-1:00 PM	Tai Chi with Wang Heng Sword 32 Form 10:30-11:30 AM	Tai Chi with Amy Traditional Sword 11:00 AM-11:55 AM	
The Joy of Acrylic Painting 1:45 PM-3:45 PM	Taichi with Sprina Kungfu Fan 10:30 AM-11:25 AM	Chair Yoga 10:15 AM-11:15 AM	Karaoke 12:00 PM-2:50 PM	Ballroom Dance Beginners 11:30 AM-12:45 PM	Pickleball (Int/Adv) 12:45 PM-2:45 PM	
	Pickleball (All Levels) 11:00 AM-1:00 PM	Modern Line Dance w/Lucy (Beg) 10:15 AM-11:45 AM	Bridge 12:30 PM-3:30 PM	Pickleball (Beg) 11:00 AM-1:00 PM		
	Karaoke 12:00 PM-2:50 PM	Qi Gong-Mawangdui Daoyin Shu 10:15 AM-11:10 AM	Senior Social Dance 1:15 PM-3:15 PM	Karaoke 12:00 PM-2:50 PM		
	DIY Essential Oils 12:30 PM-2:30 PM	Pickleball (Beg/Int) 12:00 PM-1:30 PM	Indoor Tennis Beginner 6:15 PM-7:15 PM	Senior Social Dance 1:15 PM-3:15 PM		
	Yuan Ji Dance 1:00 PM-3:00 PM	Karaoke 12:00 PM-2:50 PM	604 Bhangra Dance 7:00 PM-8:00 PM	Indoor Soccer 5:55 PM-7:35 PM		
	Modern Line Dance w/Lucy (Int) 1:30 PM-3:00 PM	Pickleball Skills & Drips (Int) 1:45 PM-3:15 PM	Badminton 7:20 PM-8:55 PM	Ball Hockey 7:35 PM-9:10 PM		
	South Asian Women's Support Group 3:00 PM-6:00 PM	English Conversation Class 3:30 PM-4:30 PM				
	Gentle Yoga 4:00 PM-4:55 PM	Bollywood Dance Workout 7:00 PM-8:00 PM				
	Indoor Soccer 5:55 PM-7:35 PM					
	Pound 6:15 PM-7:00 PM					
	English Corner 6:30 PM-8:00 PM					
	Vinyasa Flow Yoga and Meditation 6:45 PM-8:00 PM					
	Badminton 7:35 PM-9:15 PM					

Art

Watercolour Painting

Mohammad Atashzad

This program will give you the chance to learn to apply watercolour painting by exploring the medium's full potential. Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting techniques and studies of nature. Master M. Reza Atashzad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has also been teaching different art programs at several community centers in Vancouver since 2011. He has published more than 700 watercolour paintings, such as greeting cards, posters, albums, and books.

Supplies are not included. See below for supplies required for the class:

Watercolour Paper, Watercolour Box with at least 12 colours, Watercolour Brushes, Plastic Pallet, Natural Sponges, Watercolour Spray Bottle, Two Plastic Containers, Sketch book, Pencils for Sketching, Erasers. You will find above materials in art supply stores.

Visit www.atashzad.com for more information. Drop-in \$25.

Fri	Jan 14-Mar 11	10:00 AM-12:00 PM
385400		\$175.50/9 sessions

Acrylic Painting - Lotus

Olga Chowdhury

It is never too late to become an artist. Come and join our local Artist, Olga, for individual art development. We will begin with painting with Acrylic color and drawing a lotus. At the end of the session, you get to take artwork home.

Fri	Jan 28	5:00 PM-6:00 PM
385230		\$35/1 sessions

Acrylic Painting - Rose

Olga Chowdhury

It is never too late to become an artist. Come and join our local Artist, Olga, for individual art development. We will begin with painting with Acrylic color and drawing a rose. At the end of the session, you get to take artwork home.

Fri	Feb 25	5:00 PM-6:00 PM
385235		\$35/1 sessions

The Joy of Acrylic Painting

Philip Tsang

Philip will teach you step by step how to paint an abstract, landscape, still-life or portrait. Philip loves teaching art and has taught interior design and art classes at, Vancouver Training Institute, Vancouver School Board continuing education and Langara College continuing education. Philip speaks English, Mandarin, Cantonese and Taiwanese. No class Feb 20.

Sun	Jan 16-Feb 13	1:45 PM-3:45 PM
382745		\$75/5 sessions

Sun	Feb 27-Mar 27	1:45 PM-3:45 PM
385741		\$75/5 sessions

Floral Arrangement - Valentine's

Jean Sorensen

This workshop will show you the mechanics of how to put together and create a wonderful floral arrangement to take home. Learn to make a centerpiece using either synthetic flowers, which can be swapped over for fresh flowers closer to the special date of a dinner, or real flowers. Bring what you have in your garden (greenery from trees and bushes), synthetic flowers, or fresh flowers. Participants should also bring candles, a shallow dish (like a soup bowl), and a block of oasis (available at any florist or Nikki's Trading at the foot of Main Street for under \$2). Students will learn how to assemble the materials into a wonderful floral arrangement ready for the special holiday dinner table. We encourage students to bring their own materials, however we will also have supplies available if you do not have any of these items at home.

Tue	Feb 8	6:45 PM-8:15 PM
390126		\$35/1 session
Wed	Feb 9	9:45 AM-11:15 AM
390127		\$35/1 session

Dance

Bollywood Dance Workout

Niki Patel

Enjoy learning some high-energy & fun dance moves with upbeat Indian Bollywood Music! Each class is carefully designed for exercise to the rhythm of Bollywood routines. Each class includes stretching, warm up, choreographed cardio routines and wind-up relaxation to rejuvenate the mind, body and soul!

Tue	Jan 11-Mar 8	7:00 PM-8:00 PM
383953		\$112.50/9 sessions

Modern Line Dance with Lucy

Lucy Chiu

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

Beginner/Improver

Drop-in \$6.

Tue	Jan 4-Mar 29	10:15 AM-11:45 AM
384604		\$57.14/12 sessions

Improver/Intermediate

No class Mar 14. Drop-in \$6.

Mon	Jan 10-Mar 28	1:30 PM-3:00 PM
384606		\$52.38/12 sessions

Sat	Jan 8-Mar 26	2:15 PM-3:45 PM
384639		\$57.14/12 sessions

Intermediate Plus

No class Feb 20. Drop-in \$7.

Sun	Jan 9-Mar 27	11:15 AM-12:45 PM
382737		\$68.86/11 sessions

Dance cont'd

Chinese Dancing - All Levels

Ivy Ding

Join Ivy Ding in a hands on instructional Chinese Dance Class. Ivy teaches a variety of classical Chinese Dance with modern flavor. No previous dance experience is required, everyone is welcome. The instructions will be given in both English and Mandarin. No Class Feb 21.

Sat Jan 8-Mar 12 9:15 AM-10:45 AM
384295 \$16/8 sessions

Mon Jan 10-Mar 7 9:15 AM-10:45 AM
390351 \$14/7 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!

Wed Jan 12-Mar 16 7:00 PM-8:00 PM
391090 XXXX/10 sessions

Health & Wellness

Taichi with Sprina - Kungfu Fan

Sprina Fu

There are many movements in this form of Tai Chi routine with the fan's artistic and martial art functions. Drop-in \$8. No session Feb 21.

Mon Jan 10-Mar 28 10:30 AM-11:25 AM
384677 \$132/11 sessions

Morning Meditation

Into Yoga

Meditation allows you to experience a calm mind and get to know your inner self. Through guided meditation, improve your concentration and energize your body's chakras. Learn to use this method as part of your everyday life as a foundation for health living.

Tue Jan 18-Feb 22 9:05 AM-10:05 AM
383482 \$84/6 sessions

Tue Mar 1-Mar 29 9:05 AM-10:05 AM
383483 \$69/5 sessions

Qi Gong - Mawangdui Daoyin Shu

Sprina Fu

The Mawangdui Daoyin Shu is based on the guideline and the follow-up behavior. Drop-in \$9.

Tue Jan 11-Mar 29 10:15 AM-11:10 AM
390075 \$94/12 sessions

Tai Chi with Wang Heng - 24 Form

Wang Heng

Long term Tai Chi practice can help improve mood and emotional states, enhance body shape and reduce fat. The results of many scientific studies show that Health Qi Gong can improve the functions of the cardiovascular, respiratory and digestive systems, enhance balancing ability, better the flexibility and force of muscles, improve mood, and lessen anxiety and stress. Drop-in \$7.

Thu Jan 13-Mar 31 9:30 AM-10:30 AM
384673 \$84/12 sessions

Tai Chi with Amy - Yang Style 22 Steps

Amy Li Hua Zhu

This instructional Tai Chi exercise class will focus on the Yang Family traditional Tai Chi, the most prominent style in the family of Tai Chi. In fact, other Tai Chi style originate from the Yang style. This class is instructed by Master Amy Zhu, a Master Yang Jun's Disciple, national gold medal Tai Chi Champion and certified Tai Chi instructor. Drop-in \$10.

Fri Jan 14-Mar 25 10:00 AM-10:55 AM
384670 \$93.50/11 sessions

Tai Chi with Amy - Traditional Sword

Amy Li Hua Zhu

Tai Chi practice with the sword. This class is instructed by Amy Zhu, a Grand Mast of the Yang Jun's disciple, national gold medal Tai Chi Champion, and certified Tai Chi Instructor. Drop-in \$12.

Fri Jan 14-Mar 25 11:00 AM-11:55 AM
384669 \$115.50/11 sessions

Taichi with Sprina - Mingmu Gong

Sprina Fu

Mingmu Gong is based on the harmony between man and nature, fully mobilizes the human body's inner potential, strengthens the human body's self-organizing function and self-healing ability. It has successfully helped many people with vision, physical and mental problems to achieve a comprehensive improvement of body and mind. At the same time, Mingmu Gong also has the effects of concentration, development of wisdom, perfecting body and mind and more. Drop-in \$12. No class Feb 21.

Mon Jan 10-Mar 28 9:30 AM-10:25 AM
389450 \$110/11 sessions

Qi Gong - Wu Qin Xi with Sprina

Sprina Fu

Wu Qin Xi is a set of Daoyin (deep stretching) and Tu Na (deep breathing) exercise that imitates the actions of animals based on the habits of the tiger, deer, bear, monkey and bird. Drop-in \$8.

Tue Jan 11-Mar 29 9:15 AM-10:10 AM
389492 \$94/12 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 \$10.

Thu Jan 13-Mar 31 10:30 AM-11:30 AM
389449 \$96/12 sessions

DIY Essential Oil Soap

Vivien Chou

Creating a spa-like environment in your home can easily be done using simple ingredients and essential oils. In this hands-on workshop you will learn how to make a beautiful soap using essential oils and other natural ingredients.

Mon Jan 10 12:30 PM-2:30 PM
389718 \$15/1 session

DIY Essential Oils

Vivien Chou

In these themed, 3-week programs learn the DIY essentials of essential oils creations. In these hands-on classes you will make a variety of house hold items using essential oils and other natural ingredients.

Winter; bath bomb, massage soap, scented candle

Mon Jan 17-Jan 31 12:30 PM-2:30 PM
389719 \$45/3 sessions

Valentine's; lipstick, lotion bar and loofah soap

Mon Feb 7-Feb 28 12:30 PM-2:30 PM
389720 \$45/3 sessions

Spring Cleaning; dishwasher tablet, toilet bomb and scented tablet

Mon Mar 7-Mar 21 12:30 PM-2:30 PM
389721 \$45/3 sessions

Reducing your Risk for Falls -Workshop

Kate Lee

In this FREE 90 minute workshop you will learn how to:

1. Screen for someone who is at increased risk for falls.
2. Manage fall risk at home and in the community.
3. Use exercise to reduce fall risk in older adults.

This workshop is appropriate for individuals wanting to reduce their risk for falling. Participants should feel comfortable performing exercises in a chair and in a standing position.

Thu Jan 20 1:00 PM-2:30 PM
390121 Free

Thu Feb 17 1:00 PM-2:30 PM
390122 Free

Fitness

Gentle Yoga

Kristiina Oinonen

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. No class Feb 21.

Mon Jan 10-Feb 14 4:00 PM-4:55 PM
385763 \$57.12/6 sessions

Mon Feb 28-Mar 28 4:00 PM-4:55 PM
385764 \$47.60/5 sessions

Vinyasa Flow Yoga and Meditation

Pauline Kuhn

Pauline's yoga and meditation classes develop better awareness and practices for achieving body, mind and spirit well-being. Relaxing and strengthening our bodies and connecting with our complete personal human-being, other human-being and all life is essential to achieving personal health and happiness. No class Feb 21. Drop-in \$13.

Mon Jan 10-Feb 14 6:45 PM-8:00 PM
389392 \$57.43/6 sessions

Mon Feb 28-Mar 28 6:45 PM-8:00 PM
389393 \$47.62/5 sessions



Chair Yoga

Into Yoga

Chair Yoga explores gentle Yoga poses, breathing exercises and meditation while using a chair for support. This class is beneficial for people with decreased mobility, pain/discomfort in the body, or simply want to experience a new way of doing Yoga. Safely receive all of the benefits of a traditional Yoga class (ease stiff muscles, increase flexibility, improve posture, and release stress) without having to get up and down from the floor. Chair Yoga is suitable for everyone.

Tue Jan 18-Feb 22 10:15 AM-11:15 AM
383490 \$84/6 sessions

Tue Mar 1-Mar 29 10:15 AM-11:15 AM
383491 \$69/5 sessions

Zumba Gold

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

Kayo Echizenya

Tue Jan 11-Feb 15 9:10 AM-10:05 AM
385758 \$34.26/6 sessions

Tue Feb 22-Mar 29 9:10 AM-10:05 AM
385762 \$34.26/6 sessions

Fri Jan 14-Feb 18 9:10 AM-10:05 AM
385742 \$34.26/6 sessions

Fri Feb 25-Mar 25 9:10 AM-10:05 AM
385761 \$28.55/5 sessions

Jenny Andrea Ayala

Sun Jan 9-Feb 13 10:00 AM-10:55 AM
382740 \$34.26/6 sessions

Sun Feb 27-Mar 27 10:00 AM-10:55 AM
389493 \$28.55/5 sessions

Fitness cont'd

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. Drop-in \$9.

Tue	Jan 11-Feb 15	7:30 PM-8:30 PM
385759		\$45.72/6 sessions
Tue	Feb 22-Mar 29	7:30 PM-8:30 PM
385760		\$45.72/6 sessions

Pound

Monika Schoenenberger

POUND® Rockout.Workout.POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Instead of listening to music, you become the musing in this full-body workout that combines cardio, conditioning and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks, POUND transforms drumming into an incredibly effective way of working out -no drum kit needed. Easily modifiable, it is designed for women and men of all fitness levels. It is the perfect workout for letting loose, getting energized, toning up and rockin' out!! Ripstix® are provided. Drop-in \$8.50

Mon	Jan 10-Feb 14	6:15 PM-7:00 PM
389713		\$42/6 sessions
Mon	Feb 28-Mar 28	6:15 PM-7:00 PM
389944		\$35/5 sessions

Bootcamp

A full body conditioning class designed for the go getter in everyone. This class combines drills, intervals and strength training. The early bird gets the worm. Drop-in \$13.50

Wed	Jan 12-Feb 2	7:35 AM-8:35 AM
389715		\$50/4 sessions
Wed	Feb 9-Mar 2	7:35 AM-8:35 AM
389980		\$50/4 sessions
Wed	Mar 9-Mar30	7:35 AM-8:35 AM
389993		\$50/4 sessions

Hot Hula Fitness

Lehualani Mulder

A fun, new and exciting dance workout inspired by the dances of the Pacific Islands. In 60 minutes, this total body workout isolates larger muscle groups, increasing strength and definition of the core, glutes, quads and arms. HOT HULA is easy to follow, low impact and appropriate for all ages and fitness levels. No special equipment required. Please join us with comfortable clothing. Drop-in \$9. No session Feb 20.

Sun	Jan 9-Mar 13	12:30 PM-1:30 PM
391741		\$63/9 sessions

Nordic Pole Walking 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 program, Vancouver Coastal Health.

Wed	Jan 19	10:00 AM-11:30 AM
391616		FREE/1 session
Wed	Feb 16	10:00 AM-11:30 AM
391617		FREE/1 session
Wed	Mar 16	10:00 AM-11:30 AM
391619		FREE/1 session

Sports

Indoor Soccer

Rob Howatson

Soccer 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. No session Feb 21.

Mon	Jan 10-Mar 7	5:55 PM-7:35 PM
382804		\$42/8 sessions
Thu	Jan 13-Mar 10	5:55 PM-7:35 PM
382808		\$47/9 sessions



Badminton

Leila Howatson

Badminton 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. No session Feb 21. Drop-in \$6.

Mon	Jan 10-Mar 7	7:35 PM-9:15 PM
382806		\$42/8 sessions
Wed	Jan 12-Mar 9	7:20 PM-8:55 PM
382790		\$47.25/9 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

Tue	Jan 11-Mar 8	7:30 PM-8:55 PM
382789		\$47.25/9 sessions

Indoor Tennis - Beginner

Juan Carlos Maldonado

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

Wed Jan 12-Mar 9 6:15 PM-7:15 PM
382813 \$162/9 sessions

Ball Hockey

TJ Shukla

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. Please bring both a black and white shirt to help clearly identify teams. Drop-in \$6.00.

Thu Jan 13-Mar 10 7:35 PM-9:10 PM
382809 \$47.25/9 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 games on Feb 13, Feb 20, April 17 & May 22. If you are looking for a team, please register and the league coordinator, Biraj, will contact you. If you have questions, please contact Biraj via email birbor2012@gmail.com

Sun Jan 30-Jun 5 1:00 PM-4:30 PM
385872 \$73.81/15 sessions

Pickleball Lessons Drills and Strategies

Richard Lee

Learn productive ways to move around the court and position for ball contact to optimize results. Move smoothly and be playing confidently when you learn and implement these skills, drills and strategies. Players must be at least 3.0 to register.

Tue Jan 11-Feb 1 1:45 PM-3:15 PM
384594 \$80/4 sessions

Tue Feb 8-Mar 8 1:45 PM-3:15 PM
389680 \$100/5 sessions

Pickleball

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

Register to reserve your spot for the season. If you cannot come, you will forfeit your spot for the day to allow a drop-in participant to join. No substitutes allowed. Drop-in available if registered participants do not show after 15 minutes of start time. Drop-in \$4.

All Levels

No session Feb 21.

Mon Jan 10-Mar 7 11:00 AM-1:00 PM
384579 \$26.66/8 sessions

Beginner/Intermediate

South court is reserved for beginners.

Tue Jan 11-Mar 8 12:00 PM-1:30 PM
389469 \$25.71/9 sessions

Thu Jan 13-Mar 10 11:00 AM-1:00 PM
385868 \$30/9 sessions

Intermediate/Advance

Wed Jan 12-Mar 9 11:00 AM-1:00 PM
384601 \$30/9 sessions

Fri Jan 14-Mar 11 12:45 PM-2:45 PM
384599 \$30/9 sessions

Sports Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Seniors Badminton 9:05 AM-10:50 AM		Seniors Badminton 7:35 AM-9:35 AM	Seniors Badminton 9:05 AM-10:50 AM	
	Table Tennis 9:15 AM-11:15 AM	Table Tennis 9:15 AM-11:15 AM		Table Tennis 9:15 AM-11:15 AM	
KBL Co-Ed Basketball League 1:00 PM-4:30 PM	Pickleball All Levels 11:00 AM-1:00 PM	Pickleball Beg/Int 12:00 PM-1:30 PM	Pickleball Int/Adv 11:00 AM-1:00 PM	Pickleball Beg/Int 11:00 AM-1:00 PM	Pickleball Int/Adv 12:15-2:45 PM
	Indoor Soccer 5:55 PM-7:35 PM		Indoor Tennis Beginner 6:15 PM-7:15 PM	Indoor Soccer 5:55 PM-7:35 PM	
	Badminton 7:35 PM-9:15 PM	Basketball 7:30 PM-8:55 PM	Badminton 7:20 PM-8:55 PM	Ball Hockey 7:35 PM-9:10 PM	

Sports cont'd

Seniors Badminton

Priority given to adults over 50 years. Register to reserve your spot for the season. If you cannot come, you will forfeit your spot for the day to allow a drop-in participant to join. No substitutes allowed. Drop-in available if registered participants do not show after 15 minutes of start time. Drop-in \$3. No session Feb 21.

Mon	Jan 10-Mar 7	9:05 AM-10:50 AM
387568		\$15.24/8 sessions
Wed	Jan 5-Mar 9	7:35 AM-9:35 AM
384562		\$19.05/10 sessions
Thu	Jan 6-Mar 10	9:05 AM-10:50 AM
388681		\$19.05/10 sessions

Table Tennis

Drop-in for fun games of ping pong! First come first serve basis. Schedule is subject to change based on space and table availability.

Mon, Tue, Thu	Jan 10-Mar 29	9:15 AM-11:15 AM
		\$2/Drop-in

Dance

Ballroom Dance Lessons for Beginners

Agnes Lee

Come learn to cha cha, waltz and jive. Stay active by learning to ballroom dance. No partner required. No dance experience required.

Thu	Jan 13-Mar 10	11:30 AM-12:45 PM
390613		\$42.85/9 sessions

Yuan Ji Dance

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 10-Mar 7	1:00 PM-3:00 PM
Wed	Jan 12-Mar 9	10:15 AM-12:15 PM
388418		\$25.71/18 sessions

Social

Bridge

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

Wed	Jan 12-Mar 30	12:30 PM-3:30 PM
384657		FREE/12 sessions

Karaoke

Joseph Yu

Join your friends or meet new ones and sing some songs together. Please bring your own music. All languages are welcomed. No registration available. Drop-in only. No session Feb 21.

Mon-Thu	Jan 10-Mar 31	12:00 PM-2:50 PM
		\$2.00/Drop-in

Senior Social Dance Practice

Agnes Lee

Join your friends or meet new ones and dance together. No partner required. Non-instructional social dance practice. Register to reserve a spot. Limited spots available. Registration is on a monthly basis. The next months registration will begin 7 days in advance. February and March dates are TBA.

Wed	Jan 5-Jan 26	1:15 PM-3:15 PM
388680		\$5.71/4 sessions
Thu	Jan 6-Jan 27	1:15 PM-3:15 PM
390169		\$5.71/4 sessions

South Asian Women's Support Group

Through discussion, self-reflection, arts and crafts and other activities you will be able to learn more about yourself, explore cultural and family dynamics, and build on self-awareness. The only requirement to join is to be open-minded and flexible. In the group we will be reflecting on and examining shared experiences of South Asian women as it relates to the family through the use of culture while also working on empowerment and shared community. No session Feb 21.

Mon	Jan 10-Mar 7	3:00 PM-6:00 PM
385988		FREE/9 sessions

Education

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 11-Mar 22	3:30 PM-4:30 PM
391343		FREE/11 sessions

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 10-Mar 7	6:30 PM-8:00 PM
391112		FREE/9 sessions



MOBERLY ARTS & CULTURAL CENTRE 7646 Prince Albert St Vancouver V5X 3Z4
 phone 604.718.6521 fax 604.718.6570 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



Burning the Bannock

February 18

7pm – 9pm

FREE

Presented by the Greater Vancouver Native Cultural Society, this Indigenous-led two-spirit talk show event featuring performances by Desree Knight Niis Miou, Shelley Volante and Sinder Star. A mix of drag, 2SLGBTQ+ pride and education, this is a show you cannot miss.

[REGISTER HERE](http://www.eventbrite.ca/e/burning-the-bannock-tickets-217113290697)

www.eventbrite.ca/e/burning-the-bannock-tickets-217113290697



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, Vancouver.

ECHO PARK FILM CENTRE NORTH

EPFC North at Moberly Fieldhouse Presents Love Letters: An All-Ages Film Workshop

February 5 and 12: 1 - 3 pm (online)

FREE! Everyone welcome!

Join us online as we create cinematic love letters
to people, places and things!

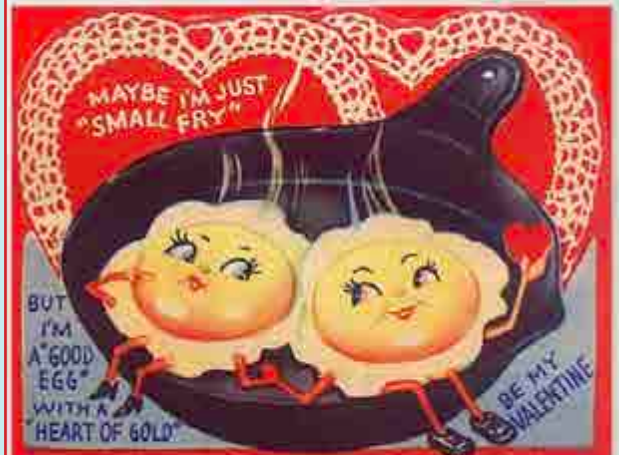
Films will screen February 14, 2022.

More info and workshop sign up at:

www.echoparkfilmcenter.org/blog/epfc-north/



Love Letters: an all-ages film workshop
Feb 5 and Feb 12: 1 - 3 pm



Join us online as we create short cinematic
"love letters" to people, places and things!

MOBERLY ART CENTRE PROGRAMS

Art

Watercolour Painting (7-13 yrs)

Mohammad Reza Atashzad

Explore the world of watercolour painting. This program is for children who want to learn how to use water, paper, colour, and brushes to create an endless variety of tones in their paintings. (Supplies are not included, supply list available upon registration).

Tue Jan 18-Mar 8 3:15 PM-4:15 PM
386534 \$95/8 sessions

Watercolour Painting (19+ yrs)

Mohammad Reza Atashzad

This program will give you the chance to learn to apply watercolour painting by exploring the medium's full potential. Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting techniques and studies of nature (flowers). Supplies are not included, supply list available upon registration.

Tue Jan 18-Mar 8 4:15 PM-6:15 PM
386526 \$195/8 sessions

Social Stitching: Sew, Make, Recycle (18+ yrs)

Dawn Livera

What can you make from leftover pieces of fabric or old clothes? Let's find out together. Start out by making simple bags - they can be small for holding tiny treasures, or big enough to hold your groceries. We have lots of cloth and other supplies, but feel free to bring your own projects, supplies and ideas if you like. This project will focus on hand-stitching practices. People with all levels of experience are most welcome to join this weekly sewing group.

Wed Jan 12-Mar 9 12:30 PM-2:30 PM
379897 FREE/9 sessions

Spring Break Art Camps 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: arts and crafts, theatre games, musical workshops, scavenger hunts, obstacle courses, charades and other fun activities! Please bring lunch, snacks, water and sunscreen.

Mon-Fri Mar 14-18 9:15 AM-3:00 PM
371373 \$225/5 sessions

Mon-Fri Mar 21-25 9:15 AM-3:00 PM
371378 \$225/5 sessions

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

Dance

Belly Dance Performance Class (16+ yrs)

Dinah Marcantuoni

Improvisation and choreography, two essential skills for bellydancers. Join Dinah to learn new choreographies, develop your personal improvisation style, and explore ways to adapt both approaches to solo and group dances. Previous bellydance experience is required.

Mon Jan 10-Mar 7 7:15 PM-8:30 PM
379715 \$120/9 sessions



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 18-Mar 8 6:30 PM-8:00 PM
379863 \$100/8 sessions

Shiamak's Bollywood Jazz

International Shiamak Davar

Energetic, music, dance, exercise and choreography makes SHIAMAK's Bollywood Dance classes a favourite among all ages. Besides a fun dance warm-up, participants will learn progressive dance routines every week to super hit Bollywood songs. Participants are advised to dress in comfortable active wear for class, and may wear running shoes or be bare foot as per comfort. Bringing a water bottle is encouraged! For more information, please visit www.shiamak.ca/vancouver or email vancouver@shiamak.com

(4-6 yrs)

Wed Jan 12-Mar 9 5:00 PM-5:45 PM
379891 \$178.5/9 sessions

(7-12 yrs)

Wed Jan 12-Mar 9 6:00 PM-7:00 PM
379892 \$178.5/9 sessions



Theatre, Music, Health Culture & Community

United Way School's Out! (8-12 yrs)

South Vancouver Neighbourhood House

School's Out is a free program for kids in the Sunset community. Come join us for some fun activities relating to art, culture, music, community, nature, literacy, and more, and to meet some new friends! High school youth volunteers will be present to support and mentor the kids. To register, contact the South Vancouver Neighbourhood House via email at kathy.do@southvan.org

Wed Jan 12-Mar 9 3:30 PM-4:45 PM
379921 FREE/9 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 15-Mar 12 12:00 PM-3:00 PM
379752 FREE/9 sessions

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. To register, please call South Vancouver Neighbourhood House at 604-324-6212 ext 114. Wan-Jen Karen Hung..

Mon Thu Jan 130-Mar 10 10:30 AM-11:30 AM
379787 FREE/18 sessions

Literary

Moberly Writers & Storytellers

(Written Stories Group) (50+ yrs)

Alyssa Martens

Join our creative writing project, led via telephone by artist and arts educator Alyssa Martens! This group will focus on written stories & taught in English. This Arts & Health project will guide you to explore important memories in your life, and give you tools to write poetry and stories - all via a weekly group telephone call. Please call Moberly Arts at 604-718-6521 to register.

Tue Jan 25-Mar 8 10:00 AM-10:45 AM
379778 FREE/7 sessions

Moberly Writers & Storytellers

(Oral Storytelling Group) (50+ yrs)

Alyssa Martens

Join our creative writing project, led via telephone by artist and arts educator Alyssa Martens! This group will focus on non-written / oral storytelling and will have Punjabi translation provided. This Arts & Health project will guide you to explore important memories in your life, and give you tools to create poetry and stories - all via a weekly group telephone call. Please call Moberly Arts at 604-718-6521 to register.

Tue Jan 25-Mar 8 11:00 AM-11:45 AM
379777 FREE/7 sessions

Gardening and Kitchen

Food Skills for Families -

Cooking Connections (50+ yrs)

BC Centre For Disease Control

Join the Food Skills for Families Cooking Connections program and learn to make delicious and healthy meals for one to two people while having fun in the kitchen! Sign up for this six-week program and join us weekly for a three hour class. Program offered by the BC Center for Disease Control.

Mon Jan 10-Mar 7 12:00 PM-3:00 PM
379741 FREE/6 sessions

Winter Garden Repair and Observation (12+ yrs)

Lori Snyder

Let's get together with Lori Snyder to discover the ancient traditions of gardening with the moon cycles. During this Moberly gardening session we'll share seeds, envision the next season of growing and witness what is happening right now in our community garden.

Sat Jan 8 1:00 PM-3:00 PM
390370 FREE /1 session

Sat Feb 26 1:00 PM-3:00 PM
390371 FREE /1 session

January 4-March 31

Public Skating Schedule-VIEW ONLINE



Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
Public Skate 2:00-3:00pm	*50 & Better Hockey 10:00-11:30am	Discount Public Skate 2:00-3:30pm	*Adult Co-ed Drop-in Hockey 10:00-11:30am	50 & Better Skate 10:30-12:00pm	Public Skate 11:00-12:30pm
Public Skate 3:15-4:15pm	*Adult Co-ed Drop-in Hockey 11:45-1:15pm	Skating Lessons 3:45-6:15pm	*Stick, Puck & Ring 11:45-1:15pm	Discount Public Skate 12:15-2:00pm	Skating Lessons 12:45-4:30pm
Family Fun Hockey 4:30-5:30pm		Public Skate 6:30-8:00pm		Public Skate 5:45-7:00pm	
				Adult Fun Hockey 7:15-8:00pm	
				Adult Learn to Play Hockey 8:15-9:00pm	

***Programs with an asterick are pre-registered only (NO-DROP-INS) and can be reserved online a 12pm, 3 days before the scheduled event.**
 Children 7 years and younger must be accompanied on the ice by a parent or guardian over the age of 16 years.
 Programs are subject to change.

Ice Skating Rates & Fees

	Single	10 Usage
Tot (4 & under)	FREE	
Child (5-12 yrs)	\$3.33	\$27.96
Youth (13-18 yrs)	\$4.66	\$39.14
Adult (19-64 yrs)	\$6.66	\$55.92
Senior (65+)	\$4.66	\$39.14
Discount Skate	50% off regular admission	
Drop-In Hockey	\$6.66	\$55.92
Skate Rental	\$3.58	\$30.10
Family Rate	\$3.33/person	

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.

Sunset Ice Rink Affiliated Groups

Vancouver Female Ice Hockey Assoc. www.vancouvergirlshockey.com
 Vancouver Thunderbird Minor Hockey www.vancouverbirds.ca
 Sunset Figure Skating Club www.sunsetskatingclub.com
 VACHL www.vachl.com

Learn to Skate Program



Online registration strongly recommended.
 You can also register in person at any
 Vancouver Park Board Community Centre.

vanrec.ca

Winter Set 1

• Tuesdays Jan 4-Feb 15

• Saturdays Jan 8-Feb 12

Online & in-person registration will begin
 on Friday December 17 at 7:00pm

Winter Set 2

• Tuesdays Feb 22-Mar 29

• Saturdays Feb 19-Mar 26

Online & in-person registration will begin
 on Friday, February 18 at 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.

ROOM RENTALS

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!



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.

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	**\$23	\$48
Multipurpose Room	40	26x25	650	**\$23	\$48
Hall	130	58x29	1682	**\$70	\$70
Gym-Full	986	107x72	7704	\$51	\$76

*Subject to change due to Provincial Health Orders.

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

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

Additional Charges

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

SUNSET FITNESS CENTRE

Visit our Fitness Centre
for a workout!

Fees & Passes

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

Fees subject to change.



Programs

Basic Training

Nelle Lee

These sessions will take you through the fundamentals of working out at Sunset's fitness centre. Learn equipment, choose exercises suited for your body and goals, and gain the confidence to train independently. This 4-week program covers Cardio, Upper Body, Lower Body and Core. Drop-in \$13.50

W Jan 12-Feb 2 10:00 AM-11:00 AM
389716 \$50/4 sessions

W Feb 9-Mar 2 10:00 AM-11:00 AM
390020 \$50/4 sessions

W Mar 9-Mar 30 10:00 AM-11:00 AM
390021 \$50/4 sessions



Basic Training -Women and Women Identifying

Nelle Lee

W Jan 12-Feb 2 5:00 PM-6:00 PM
389717 \$50/4 sessions

W Feb 9-Mar 2 5:00 PM-6:00 PM
390034 \$50/4 sessions

W Mar 9-Mar 30 5:00 PM-6:00 PM
390036 \$50/4 sessions

Personal Training

Start the New Year Strong with Personal Training

Optimize your training time with a personalized program and coaching to help you gain the confidence to be active for life. Sessions are 30 minutes. Partner sessions available.

# of sessions	Individual Fee
1	\$55
3	\$150
5	\$225
10	\$400

Nelle Lee, Personal Trainer



BCRPA registered group and personal trainer, Nelle is passionate about community wellness and believes training should increase our enjoyment of everyday life. She creates fun workouts designed to make you want to come back.