



FALL PROGRAMS

*We have missed you!
Welcome back!*

Sunset Community Association is pleased to resume programming this Fall, in a limited capacity. There will be a number of programs offered and we will be increasing our offerings, as the season progresses.

Sunset Community Association

2020 has been a strange and devastating year, in our community, in Canada and in the world. At the Sunset Community Centre, for the first time ever, we have had to close our doors for a health emergency and to cancel one entire season of programs (last spring) and most of the next (summer).

We are still working out how the programs we have offered in the past can fit within the new provincial health guidelines. Some can adapt, such as our wonderful child care programs which opened again in September and our fitness rooms which will reopen in October. Some others, unfortunately, pose greater challenges (such as large gatherings, from meetings to birthday parties).

As a result, this Fall 2020 program brochure is a slim one. We nevertheless hope you and your family will find some programs of interest. And we hope to see you again soon at Sunset.

The most important positive news recently is that building the long-planned Sunset Community Seniors' Centre is moving closer. The City of Vancouver will soon be submitting an application for provincial and federal funding for the Centre. Assuming all three levels of government agree on its importance to our community and can make it a priority, we will soon be able to begin planning in detail for the facility we need and want. The Sunset Community Association invites you to take part in this process and help build our future.

Don Munton
President, Sunset Community Association

Community Centre Hours

Monday-Friday 9:00am-8:30pm
Saturday and Sunday 9:00am-1:30pm

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

Holiday Hours

Dec 24, Dec 31 9:00am-1:30pm
Nov 11, Dec 25, Dec 26, Dec 27, Jan 1, Jan 2, Jan 3..... Closed

Fitness Centre

The Fitness Centre will be opened in November!

We have expanded our Fitness Centre so everyone can exercise comfortably and safely. The hours of operation will gradually increase and enhanced safety procedures are in place. Follow us on our website or social media for the Fitness Centre improvements and updates on opening date.

Personal Training is now available, at \$50 per hourly session. Please inquire by phone, 604.718.6509 or email, mawi.bagon@vancouver.ca.

Ice Rink

We are happy to announce a return to public programming at Sunset Arena! Online registration opens at 7pm on October 30 for weekly Skating Lessons. Public Skates and Adult Stick & Puck will operate at a reduced capacity, and spaces can be reserved online or in-person up to 3 days before the session. Program information will be available online (at vancouver.ca), after October 24.

Register NOW



ONLINE at
recreation.vancouver.ca
or mysunset.net



BY PHONE
604.718.6505 ex 1.



IN PERSON at
6810 Main St.

Infant & Preschool

Baby and Me

Fit 4 Two® Baby & Me Fitness

Fit4Two Pre and Postnatal Fitness Inc.

Work out with other parents in your community AND attend to your baby's needs at any time. Benefit from increased energy, improved posture, less aches and pains and a stronger core. Designed with new parents in mind, each class includes cardiovascular exercise, muscular conditioning, flexibility, and postnatal-specific core work. Fit 4 Two® instructors are certified pre and postnatal fitness specialists. All fitness levels welcome. For safety reasons, pre-mobile babies only please. Please complete your Fit 4 Two® class intake forms online before your first class: Prenatal Intake Form [fit4two.wufoo.eu] or Postnatal Intake Form [fit4two.wufoo.eu]. Due to COVID-19 there will be no shared equipment. Please bring a resistance band and yoga mat to each class. No class Nov 11.

Set 1

Mon Wed Nov 2-Nov 30 11:00 AM-12:00 PM
291344 \$105.71/8 sessions

Set 2

Mon Wed Dec 2-Dec 16 11:00 AM-12:00 PM
291351 \$66.67/5 sessions

Fit 4 Two® Prenatal Fitness

Fit4Two Pre and Postnatal Fitness Inc.

All fitness levels and trimesters welcome. Enjoy the many benefits of exercising through your pregnancy! Connect with other moms-to-be in your community while reducing prenatal discomforts like lower backache, fatigue and swelling. Each class includes pregnancy-safe cardiovascular exercise, muscular conditioning, flexibility, core work and relaxation. Due to COVID-19 there will be no shared equipment. Please bring a resistance band and yoga mat to each class.

Thu Nov 5-Dec 17 7:00 PM-8:00 PM
291352 \$106.67/7 sessions

Baby Song and Rhyme

Gwen Doran

This program is designed to safely help a small group of parents and their babies in the Sunset neighbourhood meet each other, bond with their babies through songs and rhymes, and find support from other nearby parents. Songs and rhymes help babies develop language and communication skills and help parents and babies bond. Parent/Guardian participation is required.

Thu Oct 15-Nov 26 11:00 AM-12:00 PM
287413 FREE

Mini Ace Tennis

Juan Carlos Maldonado

This is a fun, relaxed environment gives 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.

Set 1

Wed Oct 7-Nov 4 10:00 AM-10:45 AM
285260 \$90/5 sessions

Set 2

Wed Nov 18-Dec 16 10:00 AM-10:45 AM
285265 \$90/5 sessions

Sportball

Refine, rehearse, and repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, such as balance, coordination, stamina and timing, in a fun, supportive, and non-competitive setting that emphasizes teamwork. Each class focuses on one of a variety of different sports. In order to limit equipment sharing in programs, each child will be provided with a Sportball equipment pack on the first day of class. This pack must be brought to class each week. The equipment pack is included in the registration fee and is yours to keep once the program is complete.

Parent and Child (2-3 yrs)

Sat Nov 7-Dec 19 9:30 AM-10:15 AM
289905 \$142.50/7 sessions

Multisport (3.5-5 yrs)

Sat Nov 7-Dec 19 10:30 AM-11:30 AM
289907 \$142.50/7 sessions

Children

Art

Young Artists (6-13 yrs)

Olga Chowdhury

Join our local artist, Olga, for art development. Participants will learn art through play and learn various techniques for painting (including "finger painting"). This program will stimulate children's imagination and will help them learn to relieve stress or anxiety through therapeutic art.

Wed Nov 18-Dec 16 5:00 PM-5:45 PM
290138 \$75/5 sessions

Martial Arts

Karate (6+ yrs)

George Chan

Have fun while learning traditional Go-Ju Ryu Karate-Do with 7th Dan Shihan George Chan (over 30 years of Karate and teaching experience) and his Senior Assistants. This Karate program improves focus, self-discipline, physical fitness and motor skills. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. This class is intended for all ages. Depending on the size of the class and differences in levels, there will be sub-groups within the class. For more information, visit www.kuyukai.com. No class Oct 12.

Mon Sep 14-Dec 14 5:00 PM-5:55 PM
282384 \$140/13 sessions

Taekwondo

Third Eye Martial Arts

Taekwondo program is designed to develop physical strength and teach practical self-defence techniques in stand-up and ground position.

Beginner

Sat Nov 7-Dec 19 12:00 PM-1:00 PM
285203 \$84/7 sessions

Intermediate/Advanced

Sat Nov 7-Dec 19 10:30 AM-11:30 AM
285204 \$84/7 sessions

Sports

Rhythmic Gymnastics Dance

Elite Gymnastics

Rhythmic gymnastics is a wonderful sport to test hand-eye coordination, balance, agility, flexibility, and rhythm. Instructors are certified with the National Coaching Certification Program. Bring your own ribbons or they will be available for purchase from the instructor for \$10. Shoes or clean socks required. No class Nov 11.

(4-6 yrs)

Wed Oct 28-Dec 9 5:00 PM-5:45 PM
285211 \$51/6 sessions

(7-12 yrs)

Wed Oct 28-Dec 9 4:00 PM-4:45 PM
285205 \$51/6 sessions

Dance

Bhangra Dance

604Bhangra

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. Please see the instructor, Sandip, to clarify if this program is a good fit for your child. Emphasis will be on feeling the dhol beat and having fun! No drop-ins. Please register for this popular class.

Kindergarten

Sun Nov 1-Dec 20 9:15 AM-10:15 AM
286902 \$80/8 sessions

(6-8 yrs)

Sun Nov 1-Dec 20 10:30 AM-11:30 AM
286906 \$96/8 sessions

(8-15 yrs)

Sun Nov 1-Dec 20 11:45 AM-12:45 PM
286907 \$104/8 sessions

Music Lessons

Acoustic Guitar -

Private Lessons (7+ yrs)

Tony Guo

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 & purchasing. ½ hour private lessons are open to children and adults.

Fri Oct 16-Dec 18 4:45 PM-8:15 PM
\$190/10 sessions

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 Oct 12.

Mon Sep 14-Dec 21 3:00 PM-5:45 PM
Joanna Wan \$266/14 sessions

Mon Oct 19-Dec 21 6:00 PM-8:00 PM
Joanna Wan \$190/10 sessions

Sun Nov 1-Dec 13 9:15 AM-1:30 PM
Emily Leung \$133/7 sessions

Violin Private Lessons (5+ yrs)

Ali Nourbakhsh

Join as a complete beginner or tune up your violin skills. Students of all levels are welcome! Learn the violin in a supportive environment with a dedicated teacher, who will also provide you with information on how to get the appropriate size and type of violin. Lessons are scheduled in 30 minute time slots. For more information, visit www.viol.ir

Set 1

Tue Sep 15-Oct 27 3:15 PM-6:00 PM
\$182/7 sessions

Set 2

Tue Nov 3-Dec 15 3:15 PM-6:45 PM
\$182/7 sessions

Youth

Sports

Youth Basketball (13-18yrs)

Come and play basketball in an open gym setting! There will be a maximum of 2 youth per basket limited spots. Youth are to play only at their set hoop, no games /scrimmages! Please register for a designated time slot 3 days prior to the session taking place any time after 9:00am. This is to ensure that registration is fair and accessible to all youth. Participants can only register for one time slot per day. You are encouraged to bring your own basketball if you have one. Please arrive no earlier than 5 minutes before your session begin please contact Rosa Aravena, Sunset Community Youth Worker: rosa.aravena@vancouver.ca.

Session 1

Fri Oct 23-Dec 18 3:30 PM-4:30 PM

Session 2

Fri Oct 23-Dec 18 4:45 PM-5:45 PM

Session 3

Fri Oct 23-Dec 18 6:00 PM-7:00 PM

Session 4

Fri Oct 23-Dec 18 7:15 PM-8:15 PM

Badminton Youth (12-18yrs)

Bring your own racquet and birdie if you can. Please register for a designated time slot 3 days prior to the session taking place any time after 9:00am. There is limited space this is to ensure that registration is fair and accessible to all youth. Please note the following rules to be followed. After and before wash your hands No sharing of equipment Once you enter the gym space, you may use the bathroom, but there is no loitering in the hallways or gymnasium No ins and outs Stick to your designated space to maintain social distancing No handshakes or hugs with your friends, 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

Session 1

Tues Oct 20-Dec 15 3:30 PM-4:30 PM

Session 2

Tues Oct 20-Dec 15 4:45 PM-5:45 PM

Games Room

Come out and play table tennis or pool. Please register for a designated 30 minute time slot 3 days prior to the session taking place, any time after 3:30pm. There will be up to 4 participants, per 30 min time slot. This is to ensure that registration is fair and accessible to all youth. No drop-ins will be allowed** Physical distancing must be maintained at all times. All equipment will be sanitized before and after use. The Community Youth Worker will also be available to engage, connect, and to provide support and resources. Games room closed on statutory holidays, hours may change without notice. No session Nov 11.

Preteen (9-12yrs)

Wed Oct 7- Dec 30 3:15 PM-4:45 PM

Girls Only (anyone who identifies as female)

Thu Oct 1-Dec 16 3:15 PM-4:45 PM

Youth (13-18yrs)

Fri Oct 2-Dec 18 3:15 PM-4:45 PM

Pro-D Camp (6-12 yrs)

No School! Join us some fun activities such as games, sports, arts and crafts and 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.

Fri Nov 27 9:00-4:00PM
\$30/day

Winter Break Camp (6-12yrs)

Register your child for Winter Break day camp. Each day, children will create arts and crafts, play games, sports and other activities Spots are limited, so register now! No Camp Dec 25 and Dec 28.

Week 1

Mon Dec 21 9:00 AM-4:00 PM

286341 \$30/session

Tue Dec 22 9:00 AM-4:00 PM

286347 \$30/session

Wed Dec 23 9:00 AM-4:00 PM

286348 \$30/session

Thu Dec 24 9:00 AM-1:00 PM

286349 \$15/session

Week 2

Tue Dec 29 9:00 AM-4:00 PM

286351 \$30/session

Wed Dec 30 9:00 AM-4:00 PM

286353 \$30/session

Thu Dec 31 9:00 AM-1:00 PM

286355 \$15/session

Adult/Seniors

Education

English Conversation Class (16+ yrs)

Gerry Kline

This conversation session is great for non-English speakers to practice speaking English and to get comfortable speaking in a group. Join us for this conversational English class led by an experienced English Teacher. Everyone with any level of English is welcomed. Bring a pen and a notebook.

Tue Sep 15-Dec 15 4:00 PM-5:00 PM
282618 FREE

Fitness & Health

Strength & Conditioning

Boot Camp (16+ yrs)

Mike Lin

This program offers high intensity interval training themed conditioning class that utilizes a wide range of equipment including TRX suspension training, dumbbells, kettlebells and much more. Classes are held indoors and outdoors (weather permitting). For all levels.

November

Wed Nov 4-Nov 25 6:00 PM-7:00 PM

283644 \$42.86/3 sessions

December

Wed Dec 2-Dec 16 6:00 PM-7:00 PM

283651 \$42.86/3 sessions

Taekwondo Fitness for Women (16+ 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 of experience.

Sun Nov 1-Dec 20 9:30 AM-10:30 AM

286900 \$76.19/8 sessions

Zumba (16+ yrs)

Zumba Vancouver

Fusing Latin and International rhythms with easy-to-follow moves to create a dynamic workout system. ZUMBA® utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, Samba, Reggaeton, Flamenco and more. Zumba® is a 'feel happy' workout that is great for both the body and the mind. www.zumbavancouver.ca.

Set 1

Tue Sep 15-Oct 27 5:00 PM-6:00 PM

283281 \$49/7 sessions

Set 2

Tue Nov 3-Dec 15 6:00 PM-7:00 PM

283282 \$49/7 sessions

Zumba Gold (19+ yrs)

Emily Sum, Maria Pontejos

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.

Fri Sep 18-Dec 18 9:30 AM-10:25 AM

283051 \$73.33/14 sessions

Sun Nov 1-Dec 20 11:00 AM-12:00 PM

287830 \$41.90/8 sessions

Qi Gong – Mawangdui Daoyin Shu

Sprina Fu

The Mawangdui Daoyin Shu is based on the guideline and the follow-up behavior.

Tue Nov 3-Dec 15 9:30 AM-10:40 AM

291668 \$42/7 sessions

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.

Tue Nov 3-Dec 15 10:40 AM-11:30 AM

291697 \$49/7 sessions

Adult/Senior (See other side for more programs.)

Dance

Modern Line Dance with Lucy (16+ yrs)

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/Intermediate

Set 1

Wed 282339	Sep 16-Oct 28	11:30 AM-1:00 PM \$26.67/7 sessions
Fri 282338	Sep 18-Oct 30	11:30 AM-1:00 PM \$26.67/7 sessions

Set 2

Wed 282346	Nov 4-Dec 16	11:30 AM-1:00 PM \$22.86/6 sessions
Fri 282348	Nov 6-Dec 18	11:30 AM-1:00 PM \$26.67/7 sessions

Intermediate Plus

Set 1

Mon 282329	Sep 14-Oct 26	11:30 AM-1:00 PM \$22.86/6 session
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Set 2

Mon 282345	Nov 2-Dec 14	11:30 AM-1:00 PM \$26.67/7 sessions
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Sports

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, and a net and rules similar to tennis, with a few modifications. Ideal for varying fitness levels. One court is reserved for beginners on Tuesday.

Beg/Int (Tue)

Tue 282415	Sep 15-Dec 15	11:30 AM-1:30 PM \$53.33/14 sessions
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All Levels (Thu)

Thu 282416	Sep 17-Dec 17	11:30 AM-1:30 PM \$53.33/14 sessions
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Seniors Badminton (50+ yrs)

Bring your own racquet. No session Oct 12.

(Mon AM)

Mon 283381	Sep 14-Dec 14	9:00 AM-11:00 AM \$24.76/13 sessions
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(Thu AM)

Thu 283382	Sep 17-Dec 17	9:00 AM-11:00 AM \$26.67/14 sessions
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COVID Safety at Sunset

When you arrive, here's what to expect:

- Enter through front doors on Main Street, exit through doors to parking lot.
- Reduced capacity and program changes to allow for physical distancing.
- More time between sessions for advanced cleaning.
- Reduced washroom capacities, keeping washroom visits brief.
- Equipment supply and requirements will vary.

Licensed Childcare

LOOKING FOR CHILDCARE?

Limited spaces available
in our Licensed
Childcare, Preschool,
Out of School Care and Full Day
Programs.

Registration for September 2021
will begin in January 2021.

For more information please
call Paramjeet at 604-718-6512
or email

paramjeet.munday@vancouver.ca



Sunset Community Association would like to
know which additional programs you would
like to see return mid-Fall.

Fill in our survey at mysunset.net
or email your request to sunsetcc@vancouver.ca

Join our program committee
and share your ideas!
The committee meets the first Monday of each month.

Follow us on

Facebook, Twitter & Instagram
[@mySunsetcc](https://www.facebook.com/mySunsetcc) [@Sunsetcc.Youth](https://twitter.com/Sunsetcc.Youth)
[#sunsetcommunitycentre](https://www.instagram.com/sunsetcommunitycentre)

