

Sunset Community Centre Sunset Ice Rink Moberly Arts & Cultural Centre



WINTER 2021 Recreation Guide



6810 Main St, Vancouver, BC 604.718.6505 • Register at 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 Community Association

2020 was, of course, the Year of the Global Coronavirus Pandemic. It cast a huge shadow on the Sunset Community Centre and on all of us as individuals.

Back in June, when the Centre was still closed, and many programs were deemed unsafe to operate, the Sunset Board set two priorities for emerging from the worst of the pandemic period: restarting child care services and reopening the fitness facilities. With a lot of work on the part of Paramjeet Munday and the staff, the pre-school and after-school programs began in September and were soon back at full capacity. We were able to keep the child care staff on salary during the rest of the school year, despite the Centre's shutdown, with welcome assistance from the federal government's Canada Wage Subsidy program.

Despite much effort by our recreation supervisor, Joe Wong, and staff, meeting the new Covid-19 guidelines for our popular fitness facilities posed even greater difficulties. After eight months, and with new procedures in place, the fitness rooms finally reopened in late November.

The summer session programs at Sunset went ahead on a limited basis. The regular day camps were limited to 20 participants, smaller than the normal size of 60. On a trial schedule, other programs, including line dancing and youth programming were held outdoors, again to limit the risk of viral transmission. A much-reduced number of programs also commenced during the fall.

In October, the Sunset Board launched a new initiative. We entered into an agreement with the Greater Vancouver Food Bank to begin food distribution to needy families in the community, answering a need that arose when the only distribution hub in South Vancouver closed down in early 2020. Thanks to the hard work of Bhalwinder Waraich and Joe Wong, we began monthly distribution in December for about 50 households.

During fall 2020, the City of Vancouver submitted its application for construction of the long-awaited Sunset seniors' centre with funding from all three levels of government. Looking ahead, we hope to hear the results of that decision soon and to begin participating in planning the new facility.

If the pandemic does not hit us with another blow in the New Year, the Winter 2021 season should begin to appear more normal. We look forward to seeing all of you.

Don Munton
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..... Don Munton
Vice-President, Chair of Program Committee ... Heather Wright
Vice-President, Governance..... Bhalwinder S. Waraich
Treasurer Avtar Parmar
Secretary..... Vipin Sharma
Members At Large: Doug Newstead, Maninder Gill, Nitin Gaba, Permjit K.Sandhu, Manveet Lail, Dr. Kala Singh, Ailin Flann

Facility Hours

January 9-March 30, 2021

Monday-Friday9:00am-8:30pm
 Saturday, Sunday9:00am-1:30pm

Holiday Schedule

Jan 1, 2, 3, Feb 15 Closed
 Jan 4-89:00am-6:00pm

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

How to Find Us



Staff

Recreation Supervisor Joe Wong
 Programmer - Centre Mawi Bagon
 Programmer - Rink Derek Linwood
 Programmer - Moberly Arts Centre Oliver McTavish-Wisden
 Community Youth Worker Rosa Aravena
 Program Assistant III Jeff Chan
 Recreation Facility Clerk (Office) Alisha Paxton-Judge
 Licensed Childcare Manager Paramjeet Munday
 Maintenance Technician Jose Menjivar
 Building Worker Vicente Jun Villamin
 Cashier Receptionist Angie Chalmers

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Registration starts Jan 6 @ 9am

Community Centre Programs



ONLINE at
recreation.vancouver.ca
 or mysunset.net



BY PHONE
 604.718.6505 ex 1.



IN PERSON at
 6810 Main St.

Ice Rink Skating Lessons

Winter Set 1: Online and in-person registration will begin on Friday December 18 @ 12:00pm

Winter Set 2: Online and in-person registration will begin on Friday February 12 @ 12:00pm

ONLINE Registration requires an online account
 Visit: www.vancouver.ca/Sunsetrink

See page 21-22 for all registration information and refund policies.

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 Hamper Pick-Up

Free weekly pre-packaged hampers available for pickup!
Hampers can include fresh produce, dried goods, and household goods.

Saturdays Jan 16 - Mar 20
9:15am-1:00pm (4 time slots)
Sunset Community Centre

REGISTRATION ONLY

Online: tinyurl.com/SCAHampers
Phone: 604.718.6505
In-person: 6810 Main Street

CANADA DAY SPONSORSHIP OPPORTUNITY



The Sunset Canada Day Committee is seeking community sponsors and support.

All sponsors are recognized in our season program guide, website, social media or promotional material for approximately 6 months, and also at the Canada Day event and on the main stage.

For more information on how to get involved, please email sunsetcc@vancouver.ca.



ANNUAL GENERAL MEETING

2021 Annual General Meeting

Date to be announced soon.

All members are encouraged to attend.

If you are interested in having your name stand as a Director, please contact Bhalwinder Waraich at: bwaraich@triumf.ca

We want YOU to VOLUNTEER for the Board!

Strong communities rely on their own resources, and Sunset is a strong and evolving neighbourhood with ever-changing needs. By becoming a Board Member, you can channel your ideas and energy to help identify and meet the needs of local residents and contribute towards building a stronger community.

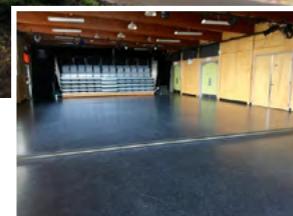
For more information, visit www.mysunset.net/get-involved



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

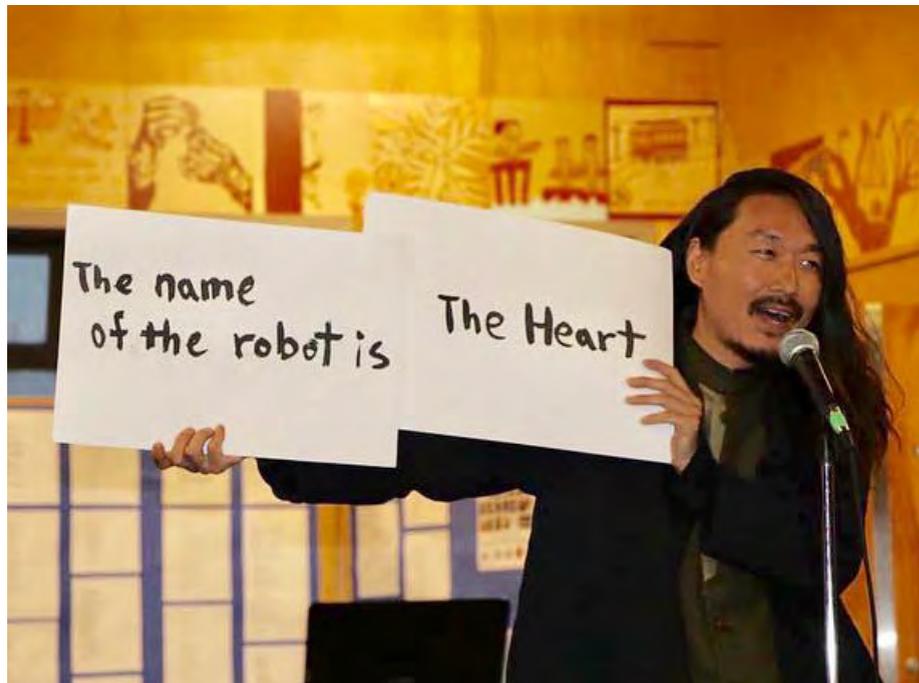
Moberly Arts & Cultural Centre (MACC) is a community arts centre that provides a space for intercultural connections, a gathering place for the community and an opportunity for everyone to experience and participate in the arts. At **MACC**, we believe that the arts enrich and strengthen community life. 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. For rental inquiries, see page 35 for more information.

EVENTS



An Evening of Poetry

March 19, 2021

6:30 PM - 8:30 PM

Writers International Network
 Canada & Moberly Arts and
 Cultural Centre Invites you to
 celebrate UNESCO World Poetry
 Day with us.

Due to COVID restrictions there will
 be poetry recitations only with a limit
 of 25 poets. For more information or
 if you like to read a poem that day,
 call Ashok Bhargava at
 604-327-6040.

Free admission





Workshops

Making Beeswax Salves & Incense w/ Lori Snyder (12+ yrs)

Lori Snyder

In this Lori Snyder workshop, you'll discover how to make beeswax salves and incense. Beeswax salves are quick and easy, and they have many different applications, including lip balms, natural skin care, hand salves and salves for wounds and sprains. There are also many common plants that grow in our gardens that are rich in aromatics and are great for incense. Use of aromatic plants that you have direct relationships with is an empowering way to enjoy the gifts of plants.

Come out and join us as we prepare incense made with local native plant material and make beeswax salves from a variety of plant-infused olive oils blended into beeswax.

Fri Jan 8 3:30 PM-5:00 PM
301340 \$5/1 session

South Van Neighbourhood House

SVNH Family Drop-in Program

South Vancouver Neighbourhood House

The South Vancouver Neighbourhood Drop-in Program is a drop-in program for parents and caregivers with young children. The program offers parents/caregivers the opportunity to connect with other new parents in the community, share experiences, and find out more about resources and supports in the community. It also offers children the opportunity to meet, play, and socialize with other children. An Early Childhood Educator is present during the program to facilitate story time, games and crafts, sing-a-longs, and other age appropriate activities.

Fri Jan 15-Mar 19 10:00 AM-12:00 PM
298302 Free



School's Out! Preeteen Hangout (11-13 yrs)

South Vancouver Neighbourhood House

School's Out is a free program for preteens in the Sunset community. Come join us for some fun activities relating to art, culture, music, nature, literacy, and more, and to meet some new friends! To register, contact the South Vancouver Neighbourhood House via email at kathy.do@southvan.org, or by phone at 604-324-6212, ext. 121.

Thu Jan 14-Mar 11 3:30 PM-4:45 PM
299219 Free

School's Out! Mentorship Program (8-10 yrs)

South Vancouver Neighbourhood House

School's Out! Mentorship Program is a free program for kids in the Sunset community. Come join us for some fun activities relating to art, culture, music, nature, literacy, and more, and to meet some new friends! Children will be mentored by volunteer students. To register, contact the South Vancouver Neighbourhood House via email at kathy.do@southvan.org, or by phone at 604-324-6212, ext. 121.

Tu Jan 12-Mar 16 3:30 PM-4:45 PM
298305 Free





CLOUDSCAPE COMICS

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 is the best place to introduce yourself to other cartoonists, discuss the craft, and find motivation to draw every day. Contact us about our Discord, where we will also make announcements about our regular Wednesday evening Zoom meeting and 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 <http://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

EPFC North at Moberly Fieldhouse presents free online winter workshops for the whole family!

Art Club: Second Tuesday of the Month, 11 AM – 1 PM via Zoom

January 12, February 9, March 9

Our ongoing international collaboration with Art Club Frome in Somerset, UK! Zoom on in for relaxed art-making on a secret theme to be announced at the start of the session. The only rule is MAKE.

Film Friends: Middle Wednesday of the Month, 10 AM – 11 AM via Zoom

January 13, February 17, March 17

Film Friends is a new monthly series that brings established and emerging filmmakers together online for informal discussions on everything analog cinema and eco image-making. Our upcoming presenters are Terra Long and Zoë Heyn-Jones (Canada/Mexico), Adrian Cousins (UK) and Robert Schaller (US)

In Progress: Second Thursday of the Month, 8 PM – 10 PM via Zoom

January 14, February 11, March 11

In Progress is a monthly online screening and discussion of moving image works-in-progress made by established and emerging film/video creators around the world. Sign up to receive the Zoom link to present work or just join in the discussion.

Interested in participating in any of the above programs?

Email us at info@echoparkfilmcenter.org and we'll send you a Zoom link for the event(s) of your choice!

www.epfcmoberlyfieldhouse.tumblr.com or follow us on Facebook at EPFC Moberly Fieldhouse Residency



Sunset Preschool and Full Day Program (32 months to 5 years)

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.



Registration for September 2021

Open to the public as of February 1, 2021.

By appointment only. Call 604-718-6572 to set up a time.

Requirements at the time of registration

- Registration fee (non-refundable)
- Deposit (equal to one month's fee) dated the day of registration
- Postdated cheques for monthly payment (9 for preschool and 12 for full day program)
- We accept affordable childcare benefit from Ministry of Children and Families.
- To apply, call 1-888-338-6622 or visit www.mcf.gov.bc.ca.
- After registration, we will provide you with Child Care Arrangement form to attach with your application.
- Fees are subject to change for the next school year.

Ages	Days	Time	Fees
3 or turning 3 before Dec. 31, 2020	Tuesdays & Thursdays	9:15-11:45am	\$160/month
3 & 4 mixed	Tuesdays & Thursdays	12:45-3:15pm	\$160/month
4 or turning 4 before Dec. 31, 2020	Mondays, Wednesdays & Fridays	9:15-11:45am	\$225/month
3 & 4 mixed	Mondays, Wednesdays & Fridays	12:45-3:15pm	\$225/month
3 & 4 mixed	Monday to Friday full day	8am-6pm	\$1000/month*

* If approved by the Ministry of Children & Families, (MCFD) fee-reduction may apply.

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

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

If any spaces become available for September 2021.

Registration will open to the public as of February 15, 2021.



Time	Fees	Program Fees
Before School Only	\$165/month	Care on Pro-D days, Winter/Spring Break is not guaranteed. Based on space availability. Extra charges apply
After School Only	\$375/month	Care on Pro-D days, Winter/Spring Break is not guaranteed. Based on space availability. Extra charges apply
Before and After School	\$410/month	Care on Pro-D days, Winter/Spring Break is guaranteed. Extra charges apply for Winter/Spring Breaks. No extra charges for Pro-D days

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.

PRESCHOOL & CHILDREN PROGRAM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Private Piano Lessons 9:15am-1:00pm	Baby Sign Language 10:00am-10:45am	Private Violin Lessons 3:15pm-8:00pm	Mini Ace Tennis 10:00am-10:45am	Ballet (4-6 yrs) 4:00pm- 4:45pm	Private Guitar Lessons 4:45pm-7:45pm	Private Piano Lessons 9:15am-1:00pm
604 Bhangra Dance (Kindergarten) 9:15am-10:00am	Fit 4 Two Baby & Me Fitness 11:00am-12:00pm		Fit 4 Two Baby & Me Fitness 11:00am-12:00pm	Ballet (7-9 yrs) 5:00pm- 5:45pm		Sportball Parent & Child 9:30am-10:15am
Activity Studio & Phonics 9:15am-10:10am	Private Piano Lessons 3:00pm-7:30pm		Rhythmic Gymnastics Dance (7-13 yrs) 4:00pm-4:45pm	Ballet (10-12 yrs) 6:00pm- 6:45pm		Mando Kids Parent and Child 9:45am-10:30am
604 Bhangra Dance (6-8 yrs) 10:15am-11:15am	Badminton 4:00pm-4:50pm		Rhythmic Gymnastics Dance (4-6 yrs) 5:00pm-5:45pm	Fit 4 Two Prenatal Fitness 7:00pm-8:00pm		Sportball Multisport 10:30am-11:30am
Head Start Math 10:30am-11:25am	Karate 6:00pm-6:55pm		Young Artists 5:00pm-5:45pm	Private Tutoring 3:30pm- 7:15pm		Taekwondo Intermediate 10:30am-11:30am
604 Bhangra Dance (8-15yrs) 11:30am-12:30pm			Private Piano Lessons 5:15pm-7:30pm			Mando Kids Story Telling 10:45am-11:45am
Imaginative Writing 11:45am-2:40pm			Bollywood Dance 6:15pm-7:00pm			Taekwondo Beginner 12:00pm-1:00pm
Karate (6-18 yrs) 12:30pm-1:25pm	<h3>Young Leader Initiative</h3> <p>Programs taught by our young leaders(Senior Highschool & 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>					



Baby & 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 Feb 15.

Mon Wed Jan 11-Feb 1 11:00 AM-12:00 PM
[295262](#) \$92.20/7 sessions

Mon Wed Feb 8-Mar 8 11:00 AM-12:00 PM
[295270](#) \$105.71/8 sessions



Baby Sign Language (0-2 yrs)

Sheri Kauhausen

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys.

Mon Jan 18-Feb 22 10:00 AM-10:45 AM
[257929](#) \$69/5 sessions

Fit 4 Two® Prenatal Fitness

Fit4Two Pre And Postnatal Fitness Inc.

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 Jan 14-Mar 11 7:00 PM-8:00 PM
[295316](#) \$137.14/9 sessions

Sports

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.

Wed Jan 13-Feb 10 10:00 AM-10:45 AM
[295263](#) \$90/5 sessions

Wed Feb 17-Mar 10 10:00 AM-10:45 AM
[295271](#) \$72/4 sessions

Sportball Parent & Child (2-3 yrs)

Sportball Vancouver

Programs focus on physical literacy and social explorations as toddlers learn fundamental sports skills. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one-parent-per-child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little ones practice and progress. \$20 equipment pack will be added to registration for each participant to take home. 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. No Class Feb 13.

Sat Jan 16-Mar 13 9:30 AM-10:15 AM
[295461](#) \$160/8 sessions

Sportball Multisport (3-5 yrs)

Sportball Vancouver

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. \$20 equipment pack will be added to registration for each participant to take home. 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. No Class Feb 13.

Sat Jan 16-Mar 13 10:30 AM-11:30 AM
[295460](#) \$160/8 sessions

Art

Young Artists (6-13 yrs)

Olga Chowdhury

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 Jan 13-Mar 10 5:15 PM-6:00 PM
[295576](#) \$135/9 sessions

Dance

604 Bhangra Dance

604 Bhangra

Bhangra is a high-energy folk dance that originates from Punjab. Perfect for preschoolers who have had a lot of experience in previous bhangra classes at Sunset Community Centre. 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. No Class Feb 14.

5-7 yrs

Sun Jan 10-Mar 14 9:15 AM-10:00 AM
[295283](#) \$90/9 sessions

6-9 yrs

Sun Jan 10-Mar 14 10:15 AM-11:15 AM
[295281](#) \$108/9 sessions

8-16 yrs

Sun Jan 10-Mar 14 11:30 AM-12:30 PM
[295282](#) \$117/9 sessions

Bollywood Dance (4-7 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.

Wed Jan 13-Mar 10 6:15 PM-7:00 PM
[303341](#) \$72/9 sessions

Ballet

Sarah U

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

4-6 yrs

Thu Jan 14-Mar 11 4:00 PM-4:45 PM
[299913](#) \$81/9 sessions

7-9 yrs

Thu Jan 14-Mar 11 5:00 PM-5:45 PM
[299920](#) \$99/9 sessions

10-12 yrs

Thu Jan 14-Mar 11 6:00 PM-6:45 PM
[299924](#) \$99/9 sessions

Education

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 14.

Sun Jan 10-Mar 7 9:15 AM-10:10 AM
[299442](#) \$52/8 sessions

Head Start Math (7-11 yrs)

Manpreet Chote

This program is geared for primary grade math. Children will work through worksheets and play fun games to help them with various math problems and exercises. No class Feb 14

Sun Jan 10-Mar 7 10:30 AM-11:25 AM
[299441](#) \$52/8 sessions

Imaginative Writing (6-11 yrs)

Manpreet Chote

Let your imagination flow! Children will be encouraged to be brave, and create short stories to practice and improve writing skills. No class Feb 14

Sun Jan 10-Mar 7 11:45 AM-12:40 PM
[299443](#) \$52/8 sessions

Mando Kids Parent and Child (1-3 yrs)

MandoKids Chinese Learning Center

Mando Kids is a play-based educational studio that focuses on Chinese Mandarin learning for young children from 1 to 3 years old. Parent participation is required. No class Feb 13.

Sat Jan 9-Mar 13 9:45 AM-10:30 AM
[299082](#) \$108/9 sessions

Mando Kids Story Telling (3-6 yrs)

MandoKids Chinese Learning Center

Mando Kids is a play-based educational studio that focuses on Chinese Mandarin learning for young children from 3-5 years old. A focused topic each class is brought to life through sensorial activities, rhymes, and story telling. No class Feb 13.

Sat Jan 9-Mar 13 10:45 AM-11:45 AM
[299933](#) \$135/9 sessions

Private Tutoring (5-16 yrs)

TBA Instructor

Need some help with your homework, or want to excel in a subject? An experienced program instructor can help you with some private tutoring. Each private tutoring (one-on-one) session is 60 minutes.

Thu Jan 14-Jan 28 3:30 PM-7:15 PM
[Register Here](#) \$54/3 sessions

Thu Feb 4-Feb 25 3:30 PM-7:15 PM
[Register Here](#) \$72/4 sessions

Thu Mar 4-Mar 11 3:30 PM-7:15 PM
[Register Here](#) \$36/2 sessions

Music Lessons

Piano - Private Lessons

Half-hour lessons with a combination of music theory and practical piano playing. This is a good introduction for your child to learn to enjoy music. Cost of piano books is not included. No class Feb 15.

Sun	Jan 10-Mar 14	9:15 AM-1:00 PM
<i>Emily Leung</i>	Register Here	\$207/9 sessions
Mon (Set 1)	Jan 11-Feb 1	3:00 PM-7:30 PM
<i>Joanna Wan</i>	Register Here	\$92/4 sessions
Mon (Set 2)	Feb 8-Mar 8	3:00 PM-7:30 PM
<i>Joanna Wan</i>	Register Here	\$92/4 sessions
Wed	Jan 13-Mar 10	5:15 PM-7:30 PM
<i>Karen Wu</i>	Register Here	\$207/9 sessions
Sat (Set 1)	Jan 9-Feb 6	9:15 AM-1:00 PM
<i>Joanna Wan</i>	Register Here	\$115/5 sessions
Sat (Set 2)	Feb 20-Mar 13	9:15 AM-1:00 PM
<i>Joanna Wan</i>	Register Here	\$92/4 sessions

Violin Private Lessons

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.violin.ir. Students must bring their own violin.

Tue	Jan 12-Feb 9	3:15 PM-7:45 PM
Register Here		\$130/5 sessions
	Feb 16-Mar 9	3:15 PM-7:45 PM
Register Here		\$104/4 sessions

Acoustic Guitar - Private Lessons

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	Jan 15-Mar 12	4:45 PM-7:45 PM
Register Here		\$207/9 sessions

Piano & Music Theory Online - Private Lesson (5+ yrs)

Phyllis Tang

Half-hour lessons with a combination of music theory and practical piano/keyboard playing delivered via WebEx Technology. This is a good introduction for people of any age to learn to enjoy music. Cost of piano books is not included. No class Feb 13.

Sat	Jan 9-Mar 13	12:00 PM-12:30 PM
308616		\$162/9 sessions

Private Singing and Music Theory Training (5+ yrs)

Phyllis Tang

Singing, Vocal Training, Sight-Singing Training, and Music Theory Online - Private Lesson (5+ yrs) with Phyllis Tang. Half-hour lessons with a combination of music theory and practical voice application delivered via WebEx technology. This is a good introduction for people of any age to learn to enjoy music. Cost of vocal or music scores is not included. No class Feb 13

Sat	Jan 9-Mar 13	12:45 PM-1:15 PM
308617		\$162/9 sessions

Sports

Badminton (6-11 yrs)

Double J Sports

Introduction to badminton. Lessons are based on learning techniques, rallies and plays. Please bring your own racquet and dressed for the activity. No class Feb 15

Mon	Jan 11-Mar 8	4:00 PM-4:50 PM
298998		\$72/8 sessions

Karate (6-18 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 Feb 15.

Sun	Jan 10-Mar 14	12:30 PM-1:25 PM
295429		\$90/9 sessions

Rhythmic Gymnastics Dance (4-6 yrs)

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. Bring your own ribbons or they will be available for purchase from the instructor for \$10. Shoes or clean socks required.

Wed	Jan 13-Mar 10	5:00 PM-5:45 PM
295457		\$76.50/9 sessions

Rhythmic Gymnastics Dance (7-13 yrs)

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.

Wed	Jan 13-Mar 10	4:00 PM-4:45 PM
295456		\$76.50/9 sessions

Youth Programs

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. 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 13.

Beginner (5-13 yrs)

Sat Jan 9-Mar 13 12:00 PM-1:00 PM
[295565](#) \$156/9 sessions

Intermediate/Advanced (7-15 yrs)

Sat Jan 9-Mar 13 10:30 AM-11:30 AM
[295566](#) \$156/9 sessions

Homework Club (Grades 8-12)

The Little Mountain Neighborhood House

Homework Club is a space to come and get homework help on a variety of subjects, snacks, a safe space to socialize and have Wi-Fi access to complete school work. Spaces are limited per session-please pre-register to avoid disappointment. Registration opens Fridays at 9:00am before each Monday session. Please check out our Instagram @sunsetcc.youth on how to sign up. Physical distancing must be maintained at all times. This program is supervised in partnership with The Little Mountain Neighborhood House and by a Youth Leader For information, please contact the Community Youth Worker at rosa.aravena@vancouver.ca. No class Mar 15 & 22.

Mon Jan 11-Mar 29 3:30 PM-5:30 PM
[Register Here](#) Free

Badminton (Youth) (12-18 yrs)

Join us for Badminton! 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. This is to ensure that registration is fair and accessible to all youth. Please note the following rules to be followed: wash your hands before and after, no sharing of equipment, once you enter the gym space, you may use the bathroom, no loitering in the hallways or gymnasium. Stick to your designated space to maintain social distancing and 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

Tue Jan 19-Apr 27 3:30 PM-4:30 PM
[Register Here](#) Free

Session 2

Tue Jan 19-Apr 27 4:45 PM-5:45 PM
[Register Here](#) Free

This 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.

Finish Strong Basketball Development (12-18 yrs)

David Knight

Finish Strong Basketball program is designed and focused on developing players' basketball fundamentals. We teach basic to advanced training in all areas to develop your basketball game. 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

Girls

Wed Jan 13-Mar 10 4:00 PM-5:00 PM
[298087](#) \$108/9 sessions

Boys

Sat Jan 16-Mar 6 12:00 PM-1:00 PM
[300150](#) \$108/8 sessions

Follow us on Instagram
[@SunsetCC.Youth](https://www.instagram.com/SunsetCC.Youth)



Youth Council/ Volunteering (13-18 yrs)

Dilpreet Parmar

Need volunteer hours? Sunset is looking for youth who are interested in sharing ideas, opinions, and thoughts about what they would like to see at sunset. This is an opportunity for youth to grow and develop your leadership skills through workshops, projects and team activities. Get involved and take action on things that are important to you take initiative on fundraisers for other youth and families in our community.

Wed Jan 13-Mar 31 4:00 PM-5:00 PM
[Register Here](#) Free

Youth Basketball (13-18 yrs)

Youth Leader

Come and play basketball in an open gym setting! Guidelines are currently set to maximum of 1 youth per basket, no scrimmages permitted. Guidelines are subject to change to follow public health orders. Please note 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 begins. If you have any questions, please contact Rosa at rosa.aravena@vancouver.ca

Session 1

Fri Jan 15-Mar 11 3:30 PM-4:30 PM

Session 2

Fri Jan 15-Mar 11 4:45 PM-5:45 PM

Session 3

Fri Jan 15-Mar 11 6:00 PM-7:00 PM

Session 4

Fri Jan 14-Mar 11 7:15 PM-8:15 PM

[Register Here](#)

Youth Programs cont'd

Team Fit With Rosa (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? Join us on Fridays! This is a safe space for all females identifying and non-binary youth. Healthy post workout snacks! Participants will work out 30-45minutes for all fitness levels. Program is based on trust inclusion, safe environment, and fun! Par-Q form must be completed and signed by a parent/guardian before you're allowed in the fitness centre. The Community Youth Worker will also be available, physical distancing must be maintained at all times. All equipment will be sanitized before after use. The Community Youth Worker will also be available to engage, connect, and to provide support and resources. Closed on statutory holidays, hours may change without notice.

Fri Jan 15-Mar 26 3:30 PM-4:15 PM
[Register Here](#) Free

Team Fit With Sagar and Dilpreet (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? Join us on Fridays! Participants will work out 30-45 minutes. Program is based on trust inclusion, safe environment, and fun! Healthy post snacks will be provided, all fitness levels welcomed. Physical distancing must be maintained at all times. All equipment will be sanitized before after use. Par-Q form must be completed and signed by a parent/guardian before you're allowed in the fitness centre. The Community Youth Worker will also be available to engage, connect, and to provide support and resources. Closed on statutory holidays, hours may change without notice.

Fri Jan 15-Mar 26 4:30 PM-5:15 PM
[Register Here](#) Free

Volleyball (9-18 yrs)

Want to practice your volleying or bumping? Join us at our youth only volleyball time! Welcome to our safe space where everyone is welcome! You will be able to register for your desired drop-in slot 3 days prior to the session taking place anytime after 9am. This is to ensure that registration is fair and accessible to all youth. Modified gameplay, due to COVID-19 safety plan.

Session 1 [Register Here](#)
 Thu Jan 14-Mar 11 3:30 PM-4:30 PM

Session 2 [Register Here](#)
 Thu Jan 14-Mar 11 4:45 PM-5:45 PM

Workshops (13-18 yrs)

This is an opportunity for youth to gain new skills add more to your resume, learn new things, and add to your tool kit. We will have guest speakers on a variety of different topics that relate to youth. Examples, Resume writing, how to get a job, Health and Wellness, Social Media, Mental health, fun workshops and much more. Workshop will run between an hour to two hours long depending on workshops.

Fri Jan 15-Mar 31 5:00 PM-7:00 PM
[Register Here](#) Free

Camps & Day Camps

Finish Strong Spring Break Camp (11-17 yrs)

David Knight

Finish Strong Basketball program is designed and focused on developing basketball fundamentals. 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. \$145/participant \$115/participant if more than one child in the immediate family

Mon-Fri Mar 15-Mar 19 9:00 AM-12:00 PM
[299572](#) \$145/5 sessions



Pro-day Camp (6-12 yrs)

TBA Instructor

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 forms are received.

Mon Jan 18 9:00 AM-4:00 PM
[299355](#) \$30/1 session

Fri Feb 12 9:00 AM-4:00 PM
[299356](#) \$30/1 session

Spring Break Camp- (March 15-26) (6-12 yrs)

TBA Instructor

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

Mon-Fri Mar 15-Mar 19 9:00 AM-4:00 PM
[298312](#) \$140/5 sessions

Mon-Fri Mar 22-Mar 26 9:00 AM-4:00 PM
[298313](#) \$140/5 sessions



Starting in January Big Brothers will be offering the following programs

Big Brothers of Greater Vancouver

Virtual Mentoring with Math Mentoring (8-12yrs)

Academic math support and mentorship for students in grades 3 to 7.

Virtual Game On! (9-12yrs)

Active play program for all self-identifying boys and non-binary youth 9-12 years old.

If you are interested in registering or have any question about these programs please check out there website: www.bigbrothersvancouver.com

Follow us on Instagram
@SunsetCC.Youth



Games Room (13-18 yrs, unless specified)

Come out and play table tennis or pool. Please register for a designated 30 minute time slot one day prior to the session taking place any time after 9:00am. 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. [Register Here](#)

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	10:30-11:00 AM 11:30 AM-12:00 PM	10:30 AM-11:00 AM 11:30 AM-12:00 PM	10:30 AM-11:00 AM 11:30 AM-12:00 PM	10:30 AM-11:00 AM 11:30 AM-12:00 PM	10:30 AM-11:00 AM 11:30 AM-12:00 PM
Afternoon			Preteens (10-12 yrs) 3:15 PM-3:45 PM 4:15 PM-4:45 PM	Pronouns she/her (10-18 yrs) 3:15 PM-3:45 PM 4:15 PM-4:45 PM	3:15 PM-3:45 PM 4:15 PM-4:45 PM 5:15 PM-5:45 PM

ADULT & SENIORS SCHEDULE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Zumba Gold 11:00am-11:55am	Table Tennis 9:15am-10:45am	Table Tennis 9:15am-10:45am	Table Tennis 9:15am-10:45am	Table Tennis 9:15am-10:45am	Table Tennis 9:15am-10:45am
Taekwondo Fitness For Women 9:30am-10:30am	Seniors Badminton 9:05am- 10:00am	Qi Gong with Sprina 9:30am-10:20am	Modern Line Dance with Lucy 11:30am-1:00pm	Seniors Badminton 9:05am- 10:00am	Yoga Stretch 9:30am-10:15am
	Seniors Badminton 10:15am- 11:10am	Tai Chi with Sprina 10:40am-11:30am	Strength & Conditioning Boot Camp 6:00pm-7:00pm	Tai Chi with Wang Heng 9:30am-10:30am	Zumba Gold 9:30am-10:25am
	Modern Line Dance with Lucy 11:30am-1:00pm	Pickleball 11:30am-12:45pm	Bollywood Dance Workout 7:15pm-8:00pm	Seniors Badminton 10:15am- 11:10am	Modern Line Dance with Lucy 11:30am-1:00pm
	Gentle Yoga 4:00pm-4:55pm	Pickleball 1:00pm-2:15pm	Pickleball 7:30pm-8:25pm	Tai Chi with Wang Heng 10:45am-11:45am	Acrylic Painting for Beginners 4:00pm-6:00pm
	SportMedBC 10K InTraining Program 6:00pm-8:00pm	English Conversation Class 4:00pm-5:00pm		Pickleball 11:30am-12:45pm	
			Pickleball 1:00pm-2:15pm		
			Indoor Soccer 6:15pm-7:45pm		

Art

Acrylic Painting for Beginners (19+ yrs)

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.

Fri Jan 14-Feb 12 4:00 PM-6:00 PM
298989 \$71.43/5 sessions

Fitness & Yoga

Gentle Yoga

Kristiina Oinonen

These classes are suitable for most ages and ability levels. Sufficient time is given to warm up the body with small, repetitive movements. Postures are then held for longer periods of time to strengthen and condition the body as we develop concentration and inner awareness. A gentle class is a good choice if you are dealing with an injury or find a vigorous class too strenuous. The last portion of the class is dedicated to lying relaxation. No class Feb 15.

Mon Jan 11-Mar 8 4:00 PM-4:55 PM
295426 \$76.19/8 sessions

SportMedBC 10K InTraining Program (13+ yrs)

SportMed BC

Whether you're a runner or a walker of any level, the internationally regarded SportMedBC 10K InTraining Program will help you reach your fitness & health goals in a safe and supportive environment! The 13-week program, designed by SportMedBC's RunWalk Coach, Olympian Lynn Kanuka, will gradually develop your strength and stamina so that you can train injury-free and prepare for the 10K distance. Choose to register for a 10K Event or just join the InTraining community of walkers & runners across the province and receive: 13 guided run/walk sessions with trained leaders, a logbook with your 13-week training plan, exclusive gear, nutrition tips, fun times and more! For more information, check the SportMedBC website at www.sportmedbc.com.

Mon Mar 1-May 14 6:00 PM-8:00 PM
299077 \$99/13 sessions

Yoga Stretch (19+ yrs)

Rachel King

This yoga and stretch class will focus on increasing flexibility and calming the mind. All ages and physical capabilities are welcome. No cardio - all yoga and stretch poses for your entire body with a focus on core strengthening for lower back and abdominals.

Fri Jan 15-Mar 12 9:30 AM-10:15 AM
299988 \$90/9 sessions

Zumba (16+ yrs)

Zumba Vancouver

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. www.zumbavancouver.ca.

Set 1

Tue Jan 12-Feb 9 5:00 PM-6:00 PM
295268 \$42.86/5 sessions

Set 2

Tue Feb 16-Mar 9 6:00 PM-7:00 PM
295277 \$34.29/4 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.

Beginner / Intermediate

Wed Jan 13-Mar 10 11:30 AM-1:00 PM
295432 \$34.29/9 sessions

Fri Jan 15-Mar 12 11:30 AM-1:00 PM
295431 \$34.29/9 sessions

Intermediate Plus

Mon Jan 11-Mar 8 11:30 AM-1:00 PM
295435 \$30.48/8 sessions

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.

Wed Jan 13-Jan 27 6:00 PM-7:00 PM
295462 \$42.86/3 sessions

NOTE: Programs are added all the time, visit mysunset.net Go to the search programs tab.

Sports

Seniors Badminton

No class Feb 15.

Mon	Jan 11-Mar 8	9:05 AM-10:00 AM
295458		\$15.24/8 sessions
Mon	Jan 11-Mar 8	10:15 AM-11:10 AM
299953		\$15.24/8 sessions
Thu	Jan 14-Mar 11	9:05 AM-10:00 AM
295459		\$17.14/9 sessions
Thu	Jan 14-Mar 11	10:15 AM-11:10 AM
299954		\$17.14/9 sessions

Badminton (18+ yrs)

Leila Howatson

Registered badminton activity. Register spaces are non-transferable to others. Maximum 2 individuals per court, no spectators. Please bring your own equipment, pre-filled water bottle, and dress accordingly. Not all fountains and changing rooms will be available. No class Feb 15.

Mon	Jan 11-Mar 8	6:15 PM-7:15 PM
295313		\$22.86/8 sessions
Mon	Jan 11-Mar 8	7:30 PM-8:30 PM
301620		\$22.86/8 sessions

Pickleball (19+ yrs)

No Instructor

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.

Beginner

Tue	Jan 12-Mar 9	11:30 AM-12:45 PM
295452		\$34.29/9 sessions
Tue	Jan 12-Mar 9	1:00 PM-2:15 PM
299956		\$34.29/9 sessions
Wed	Jan 13-Mar 10	7:30 PM-8:25 PM
307839		\$25.14/9 sessions

All Levels

Thu	Jan 14-Mar 11	1:00 PM-2:15 PM
299955		\$34.29/9 sessions
Thu	Jan 14-Mar 11	11:30 AM-12:45 PM
295451		\$34.29/9 sessions

Ball Hockey (18+ yrs)

TJ Shukla

Ball Hockey. Register spaces are non-transferable to others. Please bring both a black and white shirt to help clearly identify teams.

Tue	Jan 12-Mar 9	7:00 PM-8:30 PM
257935		\$47.14/9 sessions

Indoor Soccer (18+ yrs)

Rob Howatson

Registered indoor soccer. Register spaces are non-transferable to others. Kick-ins will be used to return a ball back into play. Please bring your own pre-filled water bottle and dress accordingly. Limited fountains and changing rooms will be available

Thu	Jan 14-Mar 11	6:15 PM-7:45 PM
295428		\$42.86/9 sessions

Tai Chi

Qi Gong - Mawangdui Daoyin Shu (16+ yrs)

Sprina Fu

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

Tue	Jan 12-Mar 9	9:30 AM-10:20 AM
295455		\$51.43/9 sessions

Tai Chi with Sprina - Kungfu Fan (16+ yrs)

Sprina Fu

There are many movements in this form of Tai Chi routine with the fan's artistic and martial art functions.

Tue	Jan 12-Mar 9	10:40 AM-11:30 AM
295568		\$60/9 sessions

Tai Chi with Wang Heng - 24 Form (16+ yrs)

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 \$8.

Thu	Jan 14-Mar 11	9:30 AM-10:30 AM
299078		\$60/9 sessions



Tai Chi with Wang Heng - Sword 32 Form (16+ yrs)

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 14-Mar 11	10:45 AM-11:45 AM
299079		\$68.57/9 sessions

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!

Wed Jan 13-Mar 10 7:15 PM-8:00 PM
303342 \$68.97/9 sessions



Zumba Gold (19+ yrs)

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.

Sun Jan 10-Mar 14 11:00 AM-11:55 AM
295614 \$47.14/9 sessions
 Fri Jan 15-Mar 12 9:30 AM-10:25 AM
295613 \$47.14/9 sessions

Taekwondo Fitness for Women (18+ yrs)

Bahareh Khodaverdian Dehkordi

Designed for women. 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 14.

Sun Jan 10-Mar 14 9:30 AM-10:30 AM
295567 \$85.71/9 sessions

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



Education

English Conversation Class

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. Sign up in advance as spaces fill up fast. Bring a pen and a notebook.

Tue Jan 12-Mar 9 4:00 PM-5:00 PM
295314 Free

Resume and Cover Letter Workshop

Determine which type of resume best showcases your job target by learning how to tailor your resume and prepare skill statements. Determine formula, format, and inclusions of a quality cover letter.

Tue Jan 19 6:00 PM-8:00 PM
301517 FREE
 Tue Feb 16 6:00 PM-8:00 PM
301521 FREE
 Tue Mar 16 6:00 PM-8:00 PM
301523 FREE

Sports

Table Tennis

One table, one and a half hours of play. Singles play only. Please bring your own paddle and ball. To reduce contact, each player should have their own ball and paddle, which cannot be shared.

Mon-Fri Jan 11-Feb 12 9:15 AM-10:45 AM
Set 1 \$7.50/5 sessions
 Mon-Fri Feb 16-Mar 12 9:15 AM-10:45 AM
Set 2 \$5.71/4 sessions

[Register Here](#)



SPORTS & AEROBICS

Gymnasium Sports Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Zumba Gold 11:00am-11:55am	Table Tennis 9:15am-10:45am	Table Tennis 9:15am-10:45am	Table Tennis 9:15am-10:45am	Table Tennis 9:15am-10:45am	Table Tennis 9:15am-10:45am
	Seniors Badminton 9:05am- 10:00am	Pickleball Beg/ Int 11:30am-12:45pm	Pickleball All Levels 7:30pm-8:25pm	Seniors Badminton 9:05am- 10:00am	Zumba Gold 9:30am-10:25am
	Seniors Badminton 10:15am- 11:10am	Pickleball Beg/ Int 1:00pm-2:15pm		Seniors Badminton 10:15am- 11:10am	Pickleball <ul style="list-style-type: none"> • Bring your own ball. • One South court is reserved for instructions taught by volunteers on Tuesdays & Thursdays, for Beginners only. Ball Hockey <ul style="list-style-type: none"> • Please bring both a black and white shirt to help clearly identify teams.
	Zumba 5:00pm-6:00pm	Ball Hockey 7:00pm- 8:30pm		Pickleball All Levels 11:30am-12:45pm	
	Badminton 6:15pm-7:15pm			Pickleball All Levels 1:00pm-2:15pm	
	Badminton 7:30pm-8:30pm			Indoor Soccer 18+ 6:15pm-7:15pm	

Aerobics Schedule

Sunday	Friday
Zumba Gold 11:00am-11:55am Jan 10-Mar 14 (No class Feb 14) <i>Maria</i> Register Here	Zumba Gold 9:30am-10:25am Jan 15-Mar 12 <i>Emily</i> Register Here
For safety reasons, children are not permitted in the aerobics area during classes. Schedule is subject to change.	

Zumba Gold

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



January 2-March 26, 2021

Public Skating Schedule [View Online](#)

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
	Stick, Puck & Ring 4:30-5:15pm		Lessons 4:30-5:15pm	Public Skate 12:30-1:15pm	Stick, Puck & Ring 3:30-4:15pm
	Public Skate 5:45-6:30 pm		Lessons 5:45-6:30 pm	Public Skate 1:45-2:30pm	Public Skate 4:45-5:30pm

Children 7 years and younger must be accompanied on the ice by a parent or guardian over the age of 16 years. Public program spaces can be reserved at 12pm, 3 days before each scheduled event. Limited drop-in spaces will be available.

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 with Canskate

CanSkate (Level 2 to 6)
 The # 1 learn to skate program in Canada.
 30 minutes of instruction by certified Skate Canada coaches.

2021 Winter CanSkate Schedule

10 weeks

Day	Time	Dates	Price
MON	5:00pm - 5:30pm	January 4 - March 8	\$110
	5:30pm - 6:00pm	January 4 - March 8	\$110
WED	5:00pm - 5:30pm	January 6 - March 10	\$110
	5:30pm - 6:00pm	January 6 - March 10	\$110
FRI	5:00pm - 5:30pm	January 8 - March 12	\$110
	5:30pm - 6:00pm	January 8 - March 12	\$110
SAT	10:00am - 10:30am	January 9 - March 13	\$110
	10:30am - 11:00am	January 9 - March 13	\$110

No rental available. Skaters must come with their own helmet and skates!
Register ONLINE. Visit our website for more information.
 Skate Canada Member # 1001005
 390 East 51st Avenue
info@sunsetskatingclub.com

www.sunsetskatingclub.com

Ice Skating Rates & Fees

	Single	10 Usage
Tot (4 & under)	FREE	
Child (5-12 yrs)	\$3.27	\$26.94
Youth (13-18 yrs)	\$4.58	\$37.72
Adult (19-64 yrs)	\$6.53	\$53.89
Senior (65+)	\$4.58	\$37.72
Discount Skate	50% off regular admission	
Drop-in Hockey	\$6.53	\$53.89
Skate Rental	\$3.52	\$28.14
Family Rate	\$3.27	

Minimum charge of \$6.53, 1-2 adults of same household and their children under 19 yrs.
 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.

Learn to Skate Program [View Online](#)



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

Winter Set 1 Thursdays Jan 7-Feb 11

Online & in-person registration will begin on Friday December 18 at 12:00pm

Winter Set 2 Thursdays Feb 18-Mar 25

Online & in-person registration will begin on Friday February 12 at 12:00pm

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.

VOLUNTEER AT SUNSET

Volunteering is a rewarding way to:

- Give back and get involved in the community
- Share your skills with others
- Meet new people who share your interests
- Gain experience or learn new skills you can use in a job or other areas of your life

Volunteers will have the opportunity to:

- Learn and implement new skills
- Share your skills with others
- Gain work experience
- Complete academic credits (build experience)
- Give back to the community
- Get involved in the community
- Be celebrated by a giving volunteer community



You can get involved in various ways:

- Arts & Culture Programs
- Licensed Childcare/Out of School Care
- Fitness Centre
- Special Events
- Recreation Programs
- Office/Admin/Marketing
- Board Committees

Email sunset.volunteers@vancouver.ca to get involved today!

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 21 for Park Board Ice Skating Lesson refunds.

Fitness Centre

**Saturdays &
Sundays
\$4.29/session**

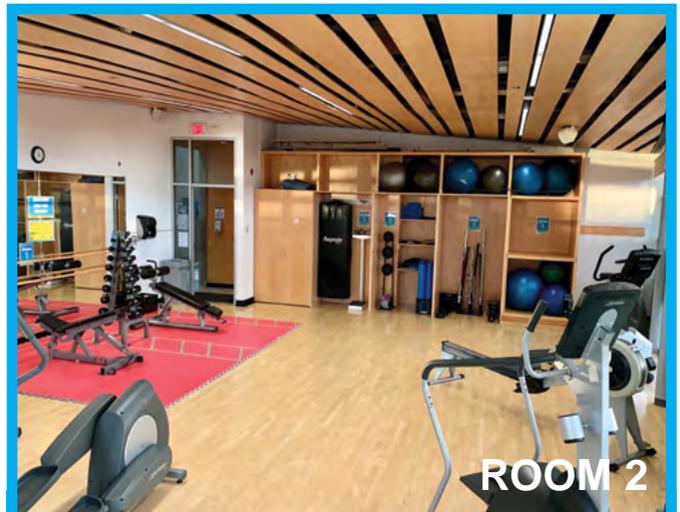
Come enjoy a workout session at our newly designed and expanded Fitness Centre! Visit our Fitness Centre for a 1-hour session. You can book online or by phone. The layout of the Fitness Centre is updated to allow for physical distancing requirements, while still being able to select from a great variety of exercise equipment. We offer cardio equipment, strength equipment, free weights, and more.

The capacity of our Fitness Centre for this session have been lowered and cleaning standards enhanced to provide everyone with a safe and clean environment. We identified all high-touch points and these will be cleaned between each session.



ROOM 1 includes the following equipment only:

- Adjustable Benches
- Smith Machine
- Cage
- Assisted Dip Machine
- Dual Adjustable Pulley(s)
- Treadmills
- Ellipticals
- Pec Fly Machine
- Lat Pull Down Machine
- Seated Leg Press
- Seated Leg Curl
- Seated Crunch
- Seated Row/Rear Delt Machine
- Shoulder Press
- Chest Press
- EZ Curl Bar
- Plates (2.5 LBS-45 LBS)
- Dumbbells (5 LBS-70 LBS)



ROOM 2 includes the following equipment only:

- Medicine Balls
- Kettle-Bells
- Fitness Mats
- Ab Roller
- Upright Bicycles
- Row Machine
- Decline Bench
- Stair Master
- Recumbent Bike
- Lateral Helix Machine
- Dumbbells (3 LBS-20 LBS)

**Click here to book
your workout
today!**
mysunset.net



Our Fitness Centre is cleaned, maintained, and sanitized in accordance with established health guidelines and standards. Please arrive at the location no longer than 10 minutes prior to the start of your reserved session fully dressed for your workout. There is no access to changing rooms or showers. You will be able to access washrooms. Bring your own water bottle. Follow our signage as well as directions of our staff. Maintain physical distance from others at all times. Enjoy your visit and welcome back!



Food Bank Hamper Pick-Up

Free weekly pre-packaged hampers
available for pickup!

Hampers can include fresh produce,
dried goods, and household goods.

Saturdays Jan 16 - Mar 20
9:15am-1:00pm (4 time slots)
Sunset Community Centre

REGISTRATION ONLY

Online: tinyurl.com/SCAHampers

Phone: 604.718.6505

In-person: 6810 Main Street