Sunset COMMUNITY ASSOCIATION

Recreation Guide
Winter & Spring 2027



Sunset Community Centre
Moberly Arts & Cultural Centre
Sunset Ice Rink

Centre Program Registration starts Wednesday December 9 at 9:00 AM

Moberly Arts & Cultural Centre

www.mysunset.net

VANCOUVER BOARD OF PARKS AND RECREATION

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

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

WELCOME

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.

Dear Community Members,

As we welcome the winter season, I am proud to reflect on a year of growth, achievement and meaningful progress at the Sunset Community Centre (SCC). These accomplishments would not have been possible without the dedication of our staff, volunteers, continued support of our community partners, and the valued engagement and collaboration of the City of Vancouver and Vancouver Park Board. Together, we share a common vision of making (SCC) a welcoming, vibrant and inclusive community for everyone.

One of our greatest achievements was the successful grand opening of the new Seniors Centre on 12th May. Since opening, the Centre has become a welcoming gathering place for seniors, with new programs and services introduced to promote active living, social connections and healthy aging. These include health and wellness initiatives, flu vaccination clinics, accessible massage therapy services through SCA partnership with Langara College RMT program, social activities, and the soft launch of our senior's hot meal program.

We also celebrated the return of programs and activities at Moberly Arts and Cultural Centre following its temporary closure due to the fire. We are pleased to see the Centre once again serving as an important hub for arts, culture, creativity and community engagement.

Our new Sunset Family Dinner program has brought families and neighbors together while providing valuable hands-on learning and leadership opportunities for youth, helping prepare them with practical skills and experience for future employment.

Our commitment to support families and those in need has continued to grow. We have expanded our Food Bank programs to better respond to increasing community demand, while increasing licensed out-of-school childcare spaces to support more local families. Our summer day camps also expanded their capacity to accommodate the growing demand for quality recreational programs.

Another highlight was our successful Canada Day (1st July) celebration, bringing thousands of residents together to celebrate our diverse cultures, community spirit and Canadian pride.

Looking ahead, we are excited about upcoming improvements to our neighborhood's recreational facilities. We look forward to the planned upgrades at Ross Park and the development of a new turf field at Moberly Park, construction anticipated to begin in 2027. These improvements will create more opportunities for recreation, sports and outdoor activities for residents of all ages.

As we look for the new year, we remain committed to expanding programs, services and opportunities for residents of all ages and backgrounds. We will continue to listen to our community, respond to its evolving needs and work collaboratively to create opportunities for everyone to participate, connect and thrive.

On behalf of the Sunset Community Association (SCA) Board of Directors, I would like to extend my sincere appreciation to our dedicated staff and volunteers, community partners, sponsors, the City of Vancouver and Vancouver Park Board staff for their ongoing support, commitment and collaborative efforts. Your contributions make a meaningful difference in the lives of the people we serve. Together, we will continue building a stronger community for generations to come.

Wishing everyone a safe, healthy and happy holiday season and a wonderful New Year. We look forward to welcoming you to our programs, activities and community events throughout the winter season.



Respectfully submitted,

Bhalwinder S. Waraich
President, Sunset Community Association

Association Board of Directors

President ..... **Bhalwinder S. Waraich**
Vice-Presidents ..... **Dr. Kala Singh, Greg Hubbard**
Treasurer ..... **Avtar Parmar**
Secretary ..... **Vipin Sharma**
Members At Large ..... **Agnes Lee, Ajay Sharma, Doug Newstead, John Guest, Manveet Lail, Phil Daum, Ratna Laghari**

The City of Vancouver acknowledges that it is situated on the unceded traditional territories of the xʷməθkʷəy̓əm (Musqueam Indian Band), Sḵwx̱wú7mesh (Squamish Nation), and səlilwətaɬ (Tsleil-Waututh Nation).

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Facility Hours

January 1 - July 1, 2027

Monday-Friday ..... 9:00 AM-9:30 PM
Saturday-Sunday ..... 9:00 AM-5:00 PM
February 15, March 26, 29, May 24 ..... 9:00 AM-5:00 PM
January 1, April 10, July 1 ..... Closed

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

Staff

Recreation Supervisor ..... Joe Wong
Programmer – Centre ..... Vivian Loi
Programmer – Senior Centre ..... Leeanne Trieu
Programmer ..... Ravina Rai
Programmer – Rink ..... Maegan Montemayor
Programmer – Moberly ..... Oliver McTavish-Wisden
Community Youth Worker ..... Rosa Aravena
Program Assistant III ..... Jazzmine Lim, Maggie Li
Recreation Facility Clerk ..... Mai Tran
Cashier ..... Simran Bath
Childcare Manager ..... Ronilta Singh, Paramjeet Munday
Childcare Assistant Manager ..... Vandana Dhand
Maintenance Technician ..... Jose Menjivar

Registration Info

Centre Programs

WINTER
Wednesday, December 9, 9:00 AM
(phone same day 10:00 AM)

SPRING:
Wednesday, March 10, 9:00 AM
(phone same day 10:00 AM)

SUMMER DAY CAMP:
Wednesday, April 14, 7:00 PM
(phone Thursday April 15, 10:00 AM)

See page 4 for all registration information and refund policies.

ONLINE at vanrec.ca

PHONE 604.718.6505 ex 1.
Starting at 10:00 AM

IN PERSON

Ice Skating Lessons

Set 1 - Opens Thursday, December17
Set 2 - Opens Thursday, February 18
7:00 PM ONLINE at vanrec.ca

How to Find Us



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

此小冊子介紹您本區的社區中心、藝術中心、溜冰場及健身中心之活動。

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







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

Sunset Community Centre Administration Information

Registration Information

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

Program Refund Policy

Centre (Association) Programs

- All refunds and transfers will be pro-rated with an administration fee of $5 applied to each person and program. You will be refunded for the remainder of class, with a $5 administration fee.
- Refunds and transfers for regular programs must be requested 48 hours prior to start of the scheduled second class. No refunds or transfers after the scheduled 2nd class. No refunds or transfers if you register after the 2nd class.
- Refund requests for specialty programs (day camps, cooking classes, luncheons, personal training, special events, music lessons, tutoring and workshops) must be submitted 7 days prior to the 1st scheduled class. Refunds or transfers for day camps will have a $10.00 administration fee.
- Birthday Party refund or transfer requests must be made 14 days prior to party.
- Cash refunds will be returned by cheque. Refunds on debit or credit card will be refunded back on the same card. All refund requests can also be refunded back on customer's account for credit.
- Full refunds will be issued for any program cancelled by the Centre.
- There will be an administration fee charge of $25 applied to all room rental and birthday party cancellations.

Subsidy Policy

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

Preschool & Full-Day Program

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

Take a virtual tour of our classrooms! Hyperlink to preschool tour video.
www.facebook.com/SunsetCommunityCentre/videos/127797442659399

Open House

Saturday February 6
10:00 AM-11:30 AM

We are excited to invite new families to our Open House! Come tour our classrooms and learn more about our preschool programs. fill out a form to get your child waitlisted.
You will be contacted as spaces are available.





Sunset Preschool (30 months to 5 yrs)

VIEW ONLINE

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



Early Learning Full Day Program

VIEW ONLINE

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

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

Registration Requirements

- $50 registration fee (non-refundable), a deposit (equal to two months' fees) and the September fee.
- We accept Affordable Child Care Benefit from Ministry of Children and Families. To apply for benefit call 1-888-338-6622 or online www.mcf.gov.bc.ca. Child Care Arrangement form after you complete the registration.

To inquire about registration for Licensed Child Care please contact Ronilta Singh.
Email: ronilta.singh@vancouver.ca or phone: 604.446.2168

Out of School Care






Sunset Out of School Care (Kindergarten to Grade 7)

at Sunset Community Centre

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

VIEW ONLINE

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

Sexsmith Out of School Care (Kindergarten to Grade 7)

Sexsmith Elementary School

VIEW ONLINE

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

Waitlist applications for both programs at www.mysunset.net/facilities-rentals/licensed-childcare/

Registration Requirements

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

Registration Inquiries

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

CITY OF VANCOUVER

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

Food Bank Pick Ups

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

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

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

Requirements:

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

To register please email to Sunset.foodbank@vancouver.ca





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

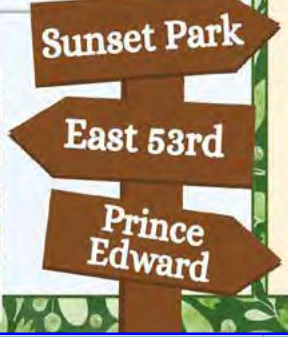


Sunset Garden

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

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





Wheat to Flour Project

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

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

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

Fun Exclusive Packages

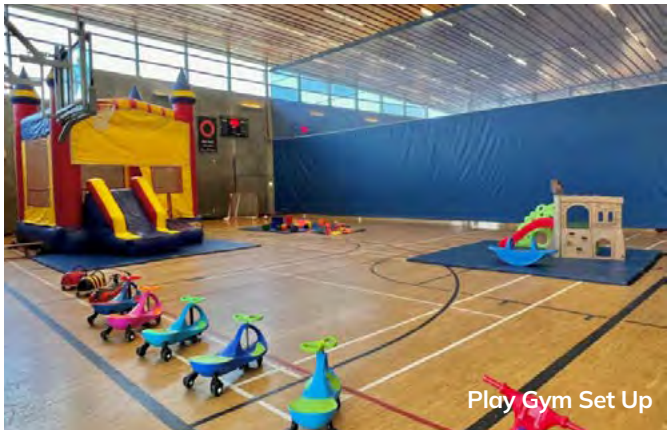
Birthday Parties

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

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



Birthday Party 40 Guests
Room 104



Play Gym Set Up

Book your Party Today!

Book early to avoid disappointment!

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

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

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

Centre (Association) Program Refund and Cancellation Policy

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

Add on Services

Balloon Twisting +$45
Face Painting +$35
Cotton Candy +$55
Popcorn Machine +$35
Party Arch +$35
Party Mascot +$50
DIY Fidget Keychain Craft +$65



Extra services are led by the Birthday Party Leaders!

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

Pick your Party Package
→ See page 9

Activities Spectacular Party for 60 Guests

VIEW ONLINE

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

This 2-hour unique party package includes three back-to-back activities (button making, face painting, balloon art). All activities will be facilitated by our staff.

Fees: $280

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

Play Gym Party for 40 Guests

VIEW ONLINE

- Selected weekends
- 1.5 or 2-hour private access to Play Gym (half gym)
- Shared fridge and freezer
- Select up to 2 colours of table covers, balloons, and streamers

Private Play Gym (half gym) is included in the party package and has a bouncy castle, slide, plasma cars, bouncy toys, sports equipment, and much more. Families can go back and forth between the party room and the activity room during the 1.5-hour party.

Fees: $230 (1.5 hr), $250 (2 hours)

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



Ultimate Play Gym Party for 60 Guests

VIEW ONLINE

- Selected weekends
- 2 or 2.5 hours in the gymnasium
- Shared fridge and freezer
- Select up to 2 colours of table covers, balloons, and streamers

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

Fees: $360 (2 hours), $380 (2.5 hours)

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

UPCOMING EVENTS

Jan
15
Sunset Family Dinner
#656438

Feb
12
Sunset Family Dinner
Lunar New Year
#656460

Feb
15
Sunset Family Fun
Family Day

Mar
26
Easter Eggstravaganza

Mar
29
Sunset Family Easter Brunch

Apr
16
Sunset Family Dinner
Vaisakhi
#656461

May
7
Sunset Family Dinner
Mother's Day
#656462

May
24
Sunset Family Fun
Victoria Day

Jun
11
Sunset Family Dinner
Philippine Independence Day
#656463

Jul
1
Community Celebration

Looking for ways to support our events?

Contact
sunset.communitycentre@vancouver.ca

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

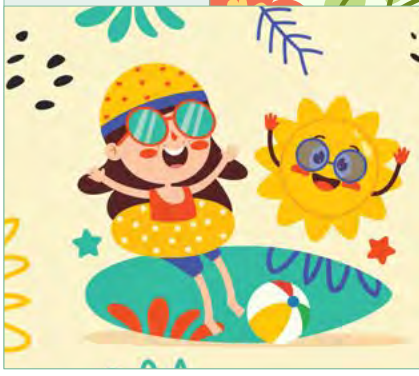
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Future Bounce Basketball girls+ (7-11yrs) 9:05 AM-10:35 AM	Sunset Tot Time (0-5yrs) 9:45 AM-11:15 AM	SVNH Family Play Time (0-6yrs) 10:00 AM-11:30 AM	Play Gym (0-5yrs) 9:45 AM-11:15 AM	Preteen Basketball Drop-In (9-12yrs) 3:30 PM-4:45 PM	Play Gym (0-5yrs) 9:30 AM-11:00 AM	Sportball Parent & Tot Multisport (1.5-3yrs) 9:05 AM-9:50 AM
604 Bhangra Dance (4-5.5yrs) 9:15 AM-10:00 AM	Piano w/ Joanna (5+yrs) 3:00 PM-8:00 PM	Afterschool Jazz Funk, HipHop, KPOP (5-13yrs) 3:00 PM-4:30 PM	Creative Comfort Crafts (6-12yrs) 3:15 PM-4:30 PM	Preteen Games Room (9-12yrs) 3:30 PM-5:00 PM	Girls+ Multi-Sports (9-15yrs) 3:30 PM-5:30 PM	Ballet - Preschool (3-4yrs) 9:15 AM-9:45 AM
604 Bhangra Dance (5.5-8yrs) 9:15 AM-10:15 AM	Afterschool Arts Club w/ Rise Arts (6-12yrs) 3:15 PM-4:45 PM	Jazz Funk, HipHop, KPOP (5-13yrs) 3:30 PM-4:30 PM	Piano w/ Kelly (5+yrs) 3:30 PM-8:00 PM	Learning Buddies Network (6-12yrs) 4:00 PM-5:15 PM	Hip Hop and Breaking (3-6yrs) 3:30 PM-4:15 PM	Basketball (3-5yrs) 9:15 AM-10:00 AM
Activity Studio & Phonics (3-5yrs) 9:15 AM-10:10 AM	Private Guitar or Ukulele Lessons (5+yrs) 3:30 PM-7:00 PM	Piano w/ Kelly (5+yrs) 3:30 PM-4:00 PM	Preteen Games Room (9-12yrs) 3:30 PM-5:00 PM	Teen Basketball Drop-In (13-18yrs) 4:45 PM-6:00 PM	Piano w/ Jensen (5+yrs) 3:30 PM-8:30 PM	Beg Acoustic Guitar w/ Taizo (5-13yrs) 9:15 AM-1:45 PM
Piano w/ Kelly (5+yrs) 9:15 AM-1:45 PM	Multi-Sport - Minis (4-6yrs) 3:45 PM-4:45 PM	Preteen Games Room (9-12yrs) 3:30 PM-5:00 PM	Active French Immersion Tumble, Flex and Dance (5-8yrs) 3:45 PM-4:45 PM	Teen Games Room (13-18yrs) 5:00 PM-6:00 PM	Preteen Basketball (9-12yrs) 3:30 PM-5:30 PM	Piano w/ Joanna (5+yrs) 9:15 AM-1:45 PM
Young-Commander Chess – Parent/ Child (5-10yrs) 9:40 AM-10:40 AM	Ball Hockey(VPD) (10-12yrs) 4:00 PM-5:00 PM	Beg/Int Badminton (6-12yrs) 3:45 PM-4:40 PM	Preteen Volleyball (9-12yrs) 4:00 PM-5:00 PM	Bollywood Dance - Kids (4-12yrs) 5:15 PM-6:00 PM	Preteen Games Room (9-12yrs) 3:30 PM-5:30 PM	Little Makers Studio (3-5yrs) 9:30 AM-10:25 AM
604 Bhangra Dance (10-17yrs) 10:15 AM-11:15 AM	Pre-teen Social (9-12yrs) 4:00 PM-6:00 PM	Mini Baking Buddies (4-6yrs) 3:45 PM-4:40 PM	Adapted KPOP/Hip Hop/Ethnic Dance (5.5-8yrs) 4:45 PM-5:45 PM	Kids Healthy Bhangra (4-14yrs) 5:15 PM-6:15 PM	Hip Hop and Breaking (5-8yrs) 4:15 PM-5:15 PM	Adv Healthy Bhangra (14+yrs) 9:45 AM-11:30 AM
604 Bhangra Dance (8-10yrs) 10:15 AM-11:15 AM	Multi-Sport - Juniors (7-11yrs) 4:45 PM-5:45 PM	Cooking For Teens (13-17yrs) 4:00 PM-6:00 PM	Teen Games Room (13-18yrs) 5:00 PM-6:00 PM	Kids Healthy Bhangra (4-14yrs) 6:15 PM-7:15 PM	Youth Concession (0+yrs) 4:30 PM-7:30 PM	Ballet (4-6yrs) 9:45 AM-10:30 AM 10:30 AM-11:15 AM
Head Start Math (4-6yrs) 10:15 AM-11:10 AM	Rhythmic Gymnastics Dance (4-6yrs) 4:45 PM-5:45 PM	Piano w/ Kelly (5+yrs) 4:00 PM-8:00 PM	Teen Volleyball Drop-In (13-18yrs) 5:00 PM-5:55 PM		Axe Capoeira Minis (6-13yrs) 5:00 PM-5:45 PM	Sportball Multisport (3-5yrs) 9:50 AM-10:35 AM
Kinetic Kids (3-5yrs) 10:15 AM-11:00 AM	Ball Hockey(VPD) (13-18yrs) 5:00 PM-6:00 PM	Pre-teen Badminton (9-12yrs) 4:00 PM-5:00 PM	Adapted KPOP/Hip Hop/Ethnic Dance (9-16yrs) 5:45 PM-6:45 PM		Youth Council (14-18yrs) 5:00 PM-6:30 PM	Creative Adventures w/ Scratch - Coding (10-12yrs) 10:00 AM-11:30 AM
STEM Discovery (7-10yrs) 10:30 AM-12:00 PM	Rhythmic Gymnastics Dance (7-12yrs) 5:45 PM-6:45 PM	Junior Leader 2B (10-13yrs) 4:30 PM-6:00 PM	**Pro-D Day Camps** No School! Join us for fun and activities including sports, cooperative games, arts & crafts, and more. 9:00 AM-4:00 PM Friday February 12, April 19, May 21 $90/day		Hip Hop and Breaking (7-12yrs) 5:15 PM-6:15 PM	Soccer (3-5yrs) 10:05 AM-10:50 AM
Beg/Int Badminton (6-12yrs) 10:45 AM-11:40 AM		Int/Adv Badminton (9-18yrs) 4:45 PM-5:40 PM			Girls Night Hoops (12-16yrs) 5:30 PM-6:30 PM	Science Explorers (4-6yrs) 10:30 AM-11:25 AM
Young-Commander Chess - Int/Adv (8-13yrs) 10:50 AM-12:05 PM		Baking Buddies - (7-10yrs) 4:50 PM-5:45 PM			Teen Basketball (13-18yrs) 5:30 PM-9:30 PM	Basketball (6-9yrs) 10:55 AM-11:50 AM
604 Bhangra Fusion (6-14yrs) 11:15 AM-12:15 PM	VIEW ONLINE VANREC.CA	Axe Capoeira Minis (6-13yrs) 5:00 PM-5:45 PM			Axe Capoeira Kids (6-13yrs) 5:45 PM-6:45 PM	Family Yoga (5-99yrs) 11:00 AM-12:15 PM
Imaginative Writing (6-11yrs) 11:15 AM-12:10 PM		Teen Badminton (13-18yrs) 5:00 PM-6:00 PM			Teen Games Room (13-18yrs) 5:45 PM-8:30 PM	Ballet (6-8yrs) 11:45 AM-12:45 PM
Japanese Taiko Drumming - Miyake (5+yrs) 11:15 AM-12:15 PM		Teen Games Room (13-18yrs) 5:00 PM-6:00 PM			Queer Youth Create (13-18yrs) 7:00 PM-9:00 PM	Soccer (6-9yrs) 11:55 AM-12:50 PM
Int/Adv Badminton (9-18yrs) 11:50 AM-12:45 PM		Axe Capoeira Kids (6-13yrs) 5:45 PM-6:45 PM			Night Hoops (11-18yrs) 7:30 PM-9:15 PM	Indoor T-Ball (3-5yrs) 12:00 PM-12:45 PM
The Science Lab (4-6yrs) 12:00 PM-12:55 PM		Children's Chinese Dance (6-12yrs) 6:00 PM-6:50 PM				Active Dance: Jazz Funk, HipHop, KPOP (5-13yrs) 12:45 PM-1:45 PM
Karate Kids (w/ Parents) (4-6yrs) 1:15 PM-2:00 PM						Ballet - Int (8-10yrs) 12:45 PM-1:45 PM
Guitar w/ Artemis (5-13yrs) 2:00 PM-5:00 PM						Indoor T-Ball (3-5yrs) 12:55 PM-1:40 PM
Baking Basics and Beyond (13-18yrs) 2:00 PM-4:00 PM						Finish Strong Level Up Boy's+ (12-16yrs) 1:00 PM-2:00 PM
Karate - Mixed Ages (7-99yrs) 2:00 PM-3:30 PM						Finish Strong Level Up Girls+ (12-16yrs) 2:00 PM-3:00 PM
Karate - Mixed Ages (7-99yrs) 2:00 PM-3:30 PM						Mini Athletes (3-5) (3-5yrs) 2:00 PM-2:45 PM
Make & Bake (4-6yrs) 2:00 PM-2:55 PM						Piano w/ Derek (5+yrs) 2:00 PM-5:00 PM
Make & Bake (5-10yrs) 3:05 PM-4:00 PM						Taekwondo - Int (5-13yrs) 2:15 PM-3:15 PM
						Floor Hockey (5-7yrs) 3:15 PM-4:00 PM
						Taekwondo - Beg (5-13yrs) 3:15 PM-4:15 PM
						Floor Hockey (8-10yrs) 4:05 PM-5:00 PM
						Kids Healthy Bhangra (4-14yrs) 5:15 PM-6:15 PM 6:15 PM-7:15 PM

Spring Break Camp

Register your child for an action-packed Spring Break Day Camp at Sunset Community Centre! Activities include sports, cooperative games, arts and crafts, out-trips, and more fun-filled adventures.

WEEK 1 MARCH 15-19 $210/5 DAYS | #648164

WEEK 2 MARCH 22-26 $210/5 DAYS | #648161



Summer Fun Starts Here!

Summer Day Camp Registration

MARK YOUR CALENDAR!

Wednesday, April 14, 7:00 PM (in person/online)
Thursday April 15, 10:00 AM (phone)

Social

Sunset Tot Time (0-5 yrs)

Aleithia Riebesehl

Our space will be transformed into an environment where children can explore and discover new things with exciting perspectives! Active and sit down activities available. No session February 15 and May 24.

Mon	Jan 4-Mar 8	9:45 AM-11:15 AM
651123		$3.50/Drop-in
Mon	Apr 5-Jun 7	9:45 AM-11:15 AM
651381		$3.50/Drop-in

SVNH Family Play Time (0-6 yrs)

South Vancouver Neighbourhood House

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

Tue	Jan 5-Mar 9	10:00 AM-11:30 AM
651403		Free Drop-in

Play Gym (0-5 yrs)

Play Gym Leaders

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. No session March 17 and April 23.

Wed	Jan 6-Mar 31	9:45 AM-11:15 AM
650682		$3.50/Drop-in
Fri	Jan 8-Mar 26	9:30 AM-11:00 AM
650680		$3.50/Drop-in
Wed	Apr 7-Jun 30	9:30 AM-11:15 AM
651402		$3.50/Drop-in
Fri	Apr 2-Jun 25	9:30 AM-11:00 AM
651371		$3.50/Drop-in

Sports

Sportball Parent & Tot Multisport (1.5-3 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 session February 13 and May 22.

Sat	Jan 9-Mar 13	9:05 AM-9:50 AM
651046		$162/9 sessions
Sat	Apr 17-Jun 19	9:05 AM-9:50 AM
651379		$162/9 sessions

Art, Culture & Environment

Ballet - Preschool (3-4 yrs)

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. Parent participation required. No session February 13 and May 22.

Sat	Jan 30-Mar 13	9:15 AM-9:45 AM
650991		$60/6 sessions
Sat	Apr 17-Jun 26	9:15 AM-9:45 AM
651347		$100/10 sessions



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

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



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 session February 15 and May 24.

4-6 yrs

Mon	Jan 11-Mar 8	4:45 PM-5:45 PM
651054		$120/8 sessions
Mon	Apr 12-Jun 21	4:45 PM-5:45 PM
651376		$150/10 sessions

7-12 yrs

Mon	Jan 11-Mar 8	5:45 PM-6:45 PM
651055		$120/8 sessions
Mon	Apr 12-Jun 21	5:45 PM-6:45 PM
651377		$150/10 sessions

Children's Chinese Dancing NEW (6-12 yrs)

Margaret Pan

Our Chinese Dance program offers much more than learning dance steps. It provides children with a strong foundation in movement, artistic expression, and cultural appreciation while supporting their physical, emotional, and social development.

Students will learn:Chinese dance fundamentals

- Proper posture and body alignment
- Classical Chinese dance movements
- Chinese folk and ethnic dance styles
- Basic choreography and performance skills

Bring comfortable dance attire that's suitable for movement and stretching, dance slippers, and a water bottle. No session during spring break (March 16 and 23)

Tue	Feb 23-Mar 30	6:00 PM-6:50 PM
651266		$48/4 sessions
Tue	Apr 20-Jun 22	6:00 PM-6:50 PM
653980		$120/10 sessions



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

ILLUMA Studio

Through proper tumbling and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Having learned the proper techniques, our goal is for the student to have better physical awareness, stronger core muscles, have fun tumbling, increase flexibility and stand tall with confidence. Learned skills will be arranged into a dance routine so that students case showcase their acro skills! Performance opportunities will be announced during the course. We recommend taking our dance training class before this class to enhance your learning. Meet friends, have fun, and rise to a new challenge!

Wed	Jan 6-Mar 10	3:45 PM-4:45 PM
651063		$162.50/10 sessions
Wed	Apr 14-Jun 23	3:45 PM-4:45 PM
651333		$178.25/11 sessions



Adapted KPOP/Hip Hop/Ethnic Dance Sampler Class

ILLUMA Studio

Come enjoy our adapted dance experience while vibing to various fun dance genres including Korean Pop (KPOP), Hip Hop and other ethnic music! Dancers will learn choreography, footwork, isolations, stretches and more at their own pace! Meet friends, have fun, and rise to a new challenge. No previous experience required. Students will be accompanied by a guardian/parent; the adult's participation is optional but preferred.

5.5+ yrs

Wed	Jan 6-Mar 10	4:45 PM-5:45 PM
651064		$162.50/10 sessions
Wed	Apr 14-Jun 23	4:45 PM-5:45 PM
651335		$178.75/11 sessions

9+yrs

Wed	Jan 6-Mar 10	6:00 PM-6:50 PM
651063		$162.50/10
Wed	Apr 14-Jun 23	6:00 PM-6:50 PM
652258		$178.75/11

Dance cont'd

Hip Hop and Breaking NEW

Sarah U

In this class, young dancers will be introduced to the foundations of hip hop, including grooving techniques, basic steps, and musicality, alongside an introduction to breaking vocabulary such as footwork, freezes, toprock, and get-downs. The class provides a fun and supportive space for young dancers to build confidence, develop rhythm, and express themselves through hip hop and breaking. Each term will culminate in a showcase where students can share what they've learned and celebrate their progress.

4-6 yrs

Fri	Jan 29-Mar 12	3:30 PM-4:15 PM
654088		$98/7 sessions
Fri	Apr 16-Jun 25	3:30 PM-4:15 PM
654272		$154/11 sessions

6-8 yrs

Fri	Jan 29-Mar 12	4:15 PM-5:15 PM
654090		$126/7 sessions
Fri	Apr 16-Jun 25	4:15 PM-5:15 PM
654728		$198/11 sessions

8-12 yrs

Fri	Jan 29-Mar 12	5:15 PM-6:15 PM
654091		$126/7 sessions
Fri	Apr 16-Jun 25	5:15 PM-6:15 PM
654729		$198/11 sessions

Ballet

Sarah U

Learn the basics of ballet in an un-intimidating atmosphere. Basic ballet exercises, positions, vocabulary, and musicality will be taught while developing posture, musicality, and self expression in a fun and supportive environment. Classes will progress and culminate in a presentation on the last day of class. Please come in form-fitting clothing and ballet slippers. No session February 13 and May 22.

4-6 yrs

Sat	Jan 30-Mar 13	9:45 AM-10:30 AM
650987		$84/6 sessions
Sat	Jan 30-Mar 13	10:30 AM-11:15 AM
650988		$84/6 sessions
Sat	Apr 17-Jun 26	9:45 AM-10:30 AM
651343		$140/10 sessions
Sat	Apr 17-Jun 26	10:30 AM-11:15 AM
651344		$140/10 sessions

6-8 yrs

Sat	Jan 30-Mar 13	11:45 AM-12:45 PM
650989		$108/6 sessions
Sat	Apr 17-Jun 26	11:45 AM-12:45 PM
651345		$180/10 sessions

Ballet – Intermediate (8-10 yrs)

Sarah U

This Intermediate Ballet Class is designed for young dancers who have done ballet for at least 1 year and are ready to advance their skills with more challenging technique, combinations, and artistry. Taught in a supportive and structured environment, this class builds confidence and discipline while encouraging creativity and a love for dance. Class will progress throughout the session and culminate in a presentation on the last day of class. Please come in form-fitting clothing and ballet slippers. No session February 13 and May 22.

Sat	Jan 9-Mar 13	12:45 PM-1:45 PM
650990		$108/6 sessions
Sat	Apr 17-Jun 26	12:45 PM-1:45 PM
651346		$180/10 sessions

604 Bhangra Dance

604 Bhangra

Bhangra is a high energy folk dance that originates from Punjab. This class will introduce students to Bhangra music and sets of simple and easy Bhangra moves. As each class progresses, students will learn new moves through choreographed routines. This class is perfect for children of all levels in bhangra and are looking to solidify their understanding and execution of bhangra moves at Sunset Community Centre. No session February 14.

4.5-5 yrs

Sun	Jan 17-Mar 14	9:15 AM-10:00 AM
651018		$80/8 sessions

5.5-8 yrs

Sun	Jan 17-Mar 14	9:15 AM-10:15 AM
651014		$96/8 sessions

8-10 yrs

Sat	Jan 16-Mar 13	11:30 AM-12:30 PM
656667		$104/8 sessions
Sun	Jan 17-Mar 14	10:15 AM-11:15 AM
651015		$104/8 sessions

10-17 yrs

Sun	Jan 17-Mar 14	10:15 AM-11:15 AM
651016		$104/8 sessions

Stay Tuned for 604 Bhangra

in the Spring Program offerings.

Sign up Today!

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

↗ www.mysunset.net

604 Bhangra Fusion (6-14 yrs)

604 Bhangra

Get ready to move, groove, and have fun! This class introduces kids to the exciting world of Punjabi and Hip Hop music while learning the basics of Bhangra and Hip Hop dance styles. We'll explore fun, energetic movements, build confidence, and learn how to bring together the vibrant sounds and styles of both cultures. Whether they're bouncing to a Punjabi beat or feeling the rhythm of Hip Hop, kids will have a blast learning, dancing, and expressing themselves! No previous experience required. Please wear active clothing and bring a water bottle! This program is taught by Sandip. Drop-ins welcome. No session February 14.

Sun	Jan 17-Mar 14	11:15 AM-12:15 PM
651019		$104/8 sessions

Education

Activity Studio & Phonics (3-5 yrs)

Simar Boparai

Activity Studio & Phonics is geared towards getting children ready for reading and writing through play. Children will work through worksheets and play fun games to help them with various reading and writing exercises. No session February 14 and May 23.

Sun	Jan 10-Mar 14	9:15 AM-10:10 AM
651311		$94.50/9 sessions
Sun	Apr 18-Jun 20	9:15 AM-10:10 AM
651334		$94.50/9 sessions

Imaginative Writing (6-11 yrs)

Simar Boparai

Let your imagination flow! Children will be encouraged to be brave, and create short stories to practice and improve writing skills. No session February 14 and May 23.

Sun	Jan 10-Mar 14	11:15 AM-12:10 PM
651313		$94.50/9 sessions
Sun	Apr 18-Jun 20	11:15 AM-12:10 PM
651360		$94.50/9 sessions

Head Start Math (4-6 yrs)

Simar Boparai

This program is geared for primary grade math. Children will work through worksheets and play fun games to help them with various math problems and exercises. No session February 14 and May 23.

Sun	Jan 10-Mar 14	10:15 AM-11:10 AM
651312		$94.50/9 sessions
Sun	Apr 18-Jun 20	10:15 AM-11:10 AM
651358		$94.50/9 sessions

Science Explorers (4-6 yrs)

Youth Leader

Explore science through reading and creating, and flourish young minds with knowledge and imagination. Hands-on experiments are part of our weekly adventures. Children will learn fun facts to astonish their minds. This program is led by a young leader. No session February 13, April 10 and May 22.

Sat	Jan 9-Mar 13	10:15 AM-11:10 AM
651407		$90/9 sessions
Sat	Apr 17-Jun 19	10:15 AM-11:10 AM
651408		$90/9 sessions

Sunday Programs with Kristy

Artsy Bookworms (4-6 yrs)

Children will explore the world of books through stories, and creative art activities. This fun and engaging program encourages imagination. No session February 14 and May 23.

Sun	Jan 10-Mar 14	11:00 AM-11:55 AM
656317		$90/9 sessions
Sun	Apr 11-Jun 13	11:00 AM-11:55 AM
656318		$90/9 sessions

The Science Lab (4-6 yrs)

Experiments, experiments, experiments! Join us for a thrilling journey into the wonders of science. Designed for young minds curious about the world around them, this program blends education and fun through a series of engaging science experiments covering various subjects. No session February 14 and May 23.

Sun	Jan 10-Mar 14	12:00 PM-12:55 PM
651291		$90/9 sessions
Sun	Apr 11-Jun 13	12:00 PM-12:55 PM
651382		$90/9 sessions

Make & Bake

Spend the afternoon creating tasty treats and snacks to enjoy at home, or bring to school! Create snacks like rice krispies, apple pies, tarts, and more! No session February 14 and May 23.

4-6 yrs

Sun	Jan 10-Mar 14	2:00 PM-2:55 PM
651289		$103.50/9 sessions
Sun	Apr 11-Jun 13	2:00 PM-2:55 PM
651366		$103.50/9 sessions

6-10 yrs

Sun	Jan 10-Mar 14	3:05 PM-4:00 PM
651290		$103.50/9 sessions
Sun	Apr 11-Jun 13	3:05 PM-4:00 PM
651367		$103.50/9 sessions

Follow Us: @MySunsetCC

Education cont'd

STEM Discovery (7-10 yrs)

Youth Leaders: Fiona, Cerise, Natalie, Naiming

Through interactive lessons and engaging activities, participants will learn about biology, chemistry, physics, environmental science, and engineering while developing curiosity, creativity, and problem-solving skills. Each session will include a short lesson and an exciting challenge or experiment, such as egg drops, paper airplane design, boat-building challenges, and other STEM activities. The program encourages students to ask questions, think like scientists, and learn through exploration and teamwork. Program is led by Eric Hamber Secondary School students that have completed courses including Chemistry 12, Physics 12, Biology 12, with experience in leading experiments through the school science club. No session February 14 and May 23. Fees will cover the cost of program supplies.

Sun	Jan 10-Mar 14	10:30 AM-12:00 PM
651301		$10/Registration
Sun	Apr 11-Jun 13	10:30 AM-12:00 PM
651380		$10/Registration

Little Makers Studio (4-6 yrs)

Youth Leader

Step into a world of stories and creativity! Each class will start with story time. Children will then dive into hands-on art and craft activities inspired by the book, exploring colors, shapes, textures, and different creative techniques. No session February 13 and May 22.

Sat	Jan 9-Mar 13	9:30 AM-10:25 AM
651409		$90/9 sessions
Sat	Apr 17-Jun 19	9:30 AM-10:25 AM
651410		$90/9 sessions

Young-Commander Chess

Joe Soliven

As school academics in a game – and leadership training model - playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Knighted with a 'commander' self-image, kids get trained in a growth-mindset life-skills goal setting: checkmate! Complimentary Free chess kit for new students. No session February 14 and May 23.

Parent & Child

Sun	Jan 10-Mar 14	9:50 AM-10:50 AM
651411		$180/9 sessions

Novice (Starter)

Sun	Apr 4-Jun 13	9:40 AM-10:50 AM
651412		$130/10 sessions

7-10 yrs

Sun	Jan 10-Mar 14	10:50 AM-12:05 PM
651413		$150/10 sessions
Sun	Apr 4-Jun 13	11:00 AM-12:10 PM
651414		$150/10 sessions

Baking Buddies

Kaylee Fung

Measure, mix, and bake your way through the program with a variety of cakes and cookies. Learn about the different cakes and cookies you can make with just ingredients from your kitchen!

4-6 yrs

Tue	Jan 12-Mar 9	3:45 PM-4:40 PM
651304		$103.5/9 sessions
Tue	Apr 13-Jun 8	3:45 PM-4:40 PM
651368		$103.50/9 sessions

7-10 yrs

Tue	Jan 12-Mar 9	4:50 PM-5:45 PM
651302		$103.50/9 sessions
Tue	Apr 13-Jun 8	4:50 PM-5:45 PM
651342		$103.50/9 sessions



Learning Buddies Network (6-12 yrs)

Learning Buddies Network

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

Thu	Jan 21-Mar 11	4:00 PM-5:15 PM
645727		Free
Thu	Apr 2-May 27	4:00 PM-5:15 PM
648226		Free

Creative Adventures with Scratch - Coding NEW

(10-12 yrs)

Joe Yu

Scratch is a visual programming tool that enables students to create projects by connecting colourful blocks. Through guided activities and their own projects, children would:

- Develop their imagination through storytelling and character design.
- Practise logical thinking and problem-solving.
- Experiment with ideas, learn from mistakes, and improve their creations.
- Build confidence by sharing their projects with others.

No session February 13 and May 22.

Sat	Jan 23-Mar 13	10:00 AM-11:30 AM
654105		$153/7 sessions
Sat	Apr 17-Jun 12	10:00 AM-11:30 AM
654107		$175/8 sessions

Sports & Movement

Mini Athletes

(3-5 yrs)

Brayden Sahota-Rai

A playful program introducing locomotor (running, jumping), object control (throwing, kicking), and stability (balancing) skills that later form the foundation for sports and lifelong physical activity. No session February 13 and May 22.

Sat	Jan 9 -Mar 13	2:00 PM-2:45 PM
655496		$90.00/9 sessions
Sat	Apr 17-Jun 19	2:00 PM-2:45 PM
655499		$90.00/9 sessions

Kinetic Kids

(3-5 yrs)

Kinetic Kids

Get ready to jump, run and play your way through movement-packed fun! Kinetic Kids Fundamentals is a high-energy, hands-on program designed to help little ones build strength, coordination, and confidence through a blend of exciting games, obstacle courses, and creative free play. With a perfect mix of guided activities and child-led exploration, children will grow their physical skills for everyday movement! No session February 14 and May 23.

Sun	Jan 17-Mar 14	10:15 AM-11:00 AM
651080		$160/8 sessions
Sun	Apr 18-Jun 13	10:15 AM-11:00 AM
651363		$160/8 sessions

Multi-Sport

Youth Leader

Students will learn fundamental movement skills and physical literacy while trying different sports and activities such as Badminton, Volleyball, Soccer, Basketball and more. This program provides a positive, non-competitive introduction to activity with a focus on building a variety of athletic skills for success across multiple sports. No session February 15 and May 24.

4-6 yrs

Mon	Jan 18-Mar 8	3:45 PM-4:45 PM
651315		$66.50/7 sessions
Mon	Apr 19-Jun 14	3:45 PM-4:45 PM
651370		$76/8 sessions

7-11 yrs

Mon	Jan 18-Mar 8	4:45 PM-5:45 PM
651317		$66.50/7 sessions
Mon	Apr 19-Jun 7	4:45 PM-5:45 PM
651369		$76/8 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 session February 13 and May 22.

Sat	Jan 9-Mar 13	9:50 AM-10:35 AM
651045		$162/9 sessions
Sat	Apr 17-Jun 19	9:50 AM-10:35 AM
651378		$162/9 sessions

Basketball

Youth Leader

Children are taught the fundamental skills necessary while having fun. Skills include dribble, shoot, pass, and score on their way into a game. Classes are dedicated to skills development and putting those skills to work in an exciting and non-competitive game. No session February 13 and May 22.

3-5 yrs

Sat	Jan 16-Mar 13	9:15 AM-10:00 AM
651318		$84/8 sessions
Sat	Apr 17-Jun 12	9:15 AM-10:00 AM
651349		$84/8 sessions

6-9 yrs

Sat	Jan 16-Mar 13	10:55 AM-11:50 AM
651319		$84/8 sessions
Sat	Apr 17-Jun 12	10:55 AM-11:50 AM
651350		$84/8 sessions

Sports & Movement cont'd

Future Bounce Basketball girls+ (8-11 yrs)

Future Bounce Athletic Association

Future Bounce Basketball is Vancouver's first female run, female focused basketball program. Our goal is to give all self-identified girls the chance to play basketball, build connections, and enhance their skills. We know that basketball is about more than just what happens on the court. It's about developing confidence, teamwork, leadership, and life skills. Each week of practice will consist of a unique set of high level training to help you take your game to the next level. This program is designed for players of all skill levels. No session February 14 and May 23

Sun	Jan 10-Mar 14	9:05 AM-10:35 AM
651086		$135/9 sessions
Sun	Apr 11-Jun 20	9:05 AM-10:35 AM
655505		$150/10 sessions

Soccer

Youth Leader

Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills and more. Classes are dedicated to skills development and putting those skills to work in an exciting and non-competitive game. No session February 13 and May 22.

3-5 yrs

Sat	Jan 9-Mar 13	10:05 AM-10:50 AM
651425		$94.50/9 sessions
Sat	Apr 17-Jun 19	10:05 AM-10:50 AM
651426		$94.50/9 sessions

6-9 yrs

Sat	Jan 9-Mar 13	11:55 AM-12:50 PM
651428		$94.50/9 sessions
Sat	Apr 17-Jun 19	11:55 AM-12:50 PM
651429		$94.50/9 sessions

Badminton

Howard Fok

This fun and engaging badminton program is designed for kids of all skill levels, from beginners learning the basics to more experienced players refining advanced techniques. Participants will build a strong foundation through skill-based drills focused on grip, footwork, serving, and rallying, while progressively developing more advanced shots, net play, and game strategies. Each lesson is catered to participants of different levels. No session February 14, March 2, and May 23.

6-12 yrs Beginner/Intermediate

Tue	Jan 12-Mar 9	3:45 PM-4:40 PM
651032		$120/8 sessions
Sun	Jan 10-Mar 14	10:45 AM-11:40 AM
651033		$135/9 sessions
Tue	Apr 13-May 18	3:45 PM-4:40 PM
651351		$90/6 sessions
Sun	Apr 11-May 16	10:45 AM-11:40 AM
651352		$90/6 sessions
Tue	May 25-Jun 22	3:45 PM-4:40 PM
655409		$75/5 sessions
Sun	May 30-Jun 27	10:45 AM-11:40 AM
655407		$75/5 sessions

9-18 yrs Intermediate/Advance

Tue	Jan 12-Mar 9	4:45 PM-5:40 PM
651035		$120/8 sessions
Sun	Jan 10-Mar 14	11:50 AM-12:45 PM
651034		$135/9 sessions
Tue	Apr 13-May 18	4:45 PM-5:40 PM
651362		$90/6 sessions
Sun	Apr 11-May 16	11:50 AM-12:45 PM
651361		$90/6 sessions
Tue	May 25-Jun 22	4:45 PM-5:40 PM



Mixed Ages—Martial Arts

Axe Capoeira

JANUARY CLASSES 50% OFF

Amanda Torres

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

Register by the month!

Minis (5-6yrs): 5:00 PM-5:45 PM | Kids 5:45 PM-6:45 PM
Teen & Adults 6:45 PM-7:45 PM



Taekwondo (6-12 yrs)

Third Eye Martial Arts

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

Beginner

Sat	Jan 9-Mar 20	3:15 PM-4:15 PM
651415		$242/11 sessions
Sat	Apr 17-Jun 26	3:15 PM-4:15 PM
651416		$242/11 sessions

Beginner

Sat	Jan 9-Mar 13	2:15 PM-3:15 PM
651417		$242/11 sessions
Sat	Apr 17-Jun 26	2:15 PM-3:15 PM
651418		$242/11 sessions

Karate

George Chan

Have fun while learning traditional Go-Ju Ryu Karate-Do with 7th Dan Shihan George Chan (over 40 years of Karate and teaching experience) and his Senior Assistants. This Karate program improves focus, self-discipline, physical fitness and motor skills. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. No session May 9, 23 and June 20.

4-6 yrs (with Parents)

Parents or older siblings (16+ yrs) are required to stay behind with the child when class are in progress and are welcome to participate, but do not need to register.

Sun	Jan 3-Feb 7	1:15 PM-2:00 PM
651421		$90/6 sessions
Sun	Feb 21-Mar 21	1:15 PM-2:00 PM
654739		$75/5 sessions
Sun	Apr 4-Apr 25	1:15 PM-2:00 PM
651422		$60/4 sessions
Sun	May 2-Jun 27	1:15 PM-2:00 PM
654755		$90/6 sessions

7+ yrs

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

Sun	Jan 3-Feb 7	2:00 PM-3:30 PM
651419		$90/6 sessions
Sun	Feb 21-Mar 21	2:00 PM-3:30 PM
654743		$75/5 sessions
Sun	Apr 4-Apr 25	2:00 PM-3:30 PM
651420		$60/4 sessions
Sun	May 2-Jun 27	2:00 PM-3:30 PM
654760		$90/6 sessions

Karate Black Belts (13+ yrs)

George Chan

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

Sun	Jan 17, 31, Feb 28, Mar 14,	3:30 PM-5:00 PM
651423		$80/4 sessions
Sun	Apr 4, 25, May 20, Jun 13, 27	3:30 PM-5:00 PM
651424		$100/5 sessions

Music & Tutoring

Piano - Private Lessons

Half-hour lessons with a combination of music theory and practical piano playing. This is a good introduction for your child to learn to enjoy music. Cost of piano books is not included. No session February 12-15, April 10, 19, May 21-24.

Winter Sessions

Mon	Jan 4-Mar 22	3:00 PM-8:30 PM
Joanna Wan		$286/11 sessions
Tue	Jan 5-Mar 23	3:30 PM-8:00 PM
Kelly Fang		$312/12 sessions
Wed	Jan 6-Mar 24	3:30 PM-8:00 PM
Kelly Fang		$312/12 sessions
Thu	Jan 7-Mar 25	3:30 PM-8:00 PM
Derek Pang		$312/12 sessions
Fri	Jan 8-Mar 19	3:30 PM-8:00 PM
Jensen Yee		$260/10 sessions
Sat	Jan 9-Mar 20	9:15 AM-1:45 PM
Joanna Wan		$260/10 sessions
Sat	Jan 9-Mar 20	2:00 PM-5:00 PM
Derek Pang		$260/10 sessions
Sun	Jan 3-Mar 21	9:15 AM-1:45 PM
Kelly Fang		$286/11 sessions

Spring Sessions

Mon	Apr 5-Jun 28	3:00 PM-8:30 PM
Joanna Wan		$286/11 sessions
Tue	Mar 30-Jun 29	3:30 PM-8:00 PM
Kelly Fang		$364/14 sessions
Wed	Mar 31-Jun 30	3:30 PM-8:00 PM
Kelly Fang		$364/14 sessions
Thu	Apr 1-Jun 24	3:30 PM-8:00 PM
Derek Pang		$338/13 sessions
Fri	Apr 2-Jun 25	3:30 PM-6:30 PM
Jensen Yee		$312/12 sessions
Sat	Apr 3-Jun 26	9:15 AM-1:45 PM
Joanna Wan		$286/11 sessions
Sun	Apr 4-Jun 27	9:15 AM-1:45 PM
Kelly Fang		$312/12 sessions

Private Tutoring with Cedric (5+ yrs)

Cedric Lai

This program provides an opportunity for tutoring that's designed to help improve the child's growth in any school subject. Perfect for catching up on school work, while also providing extra time to master new skills. These sessions are 1 hour long. No session February 14 and May 23.

Sun	Jan 10-Mar 14	9:15 AM-1:45 PM
		$243/9 sessions
Sun	Apr 11-Jun 13	9:15 AM-1:45 PM
		$243/9 sessions

Acoustic Guitar – Private Lessons (6+ yrs)

Learn beginner acoustic guitar with Taizo and learn technique, chords, rhythm, music reading, and instrument care. More advanced? Combine your music theory and learn your favourite songs with Artemis. All lessons are 30-min long. No session February 13-14 and May 22-23.

Winter Sessions

Sat	Jan 9-Mar 20	9:15 AM-1:45 AM
Taizo Shigmematsu		$230/10 sessions
Sun	Jan 3-Mar 21	2:00 PM-5:00 PM
Artemis Cheung		$198/11 sessions

Spring Sessions

Sat	Apr 3-Jun 26	9:15 AM-1:45 AM
Taizo Shigmematsu		$230/10 sessions
Sun	Apr 4–Jun 27	2:00 PM-5:00 PM
Artemis Cheung		$312/12 sessions

Day Camp

Pro-D Camp (6-12 yrs)

No School! Join us for fun and activities including sports, cooperative games, arts & 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. Out-trips are subject to change without notice.

Fri	Feb 12	9:00 AM-4:00 PM
645720		$90/1 session
Fri	Apr 19	9:00 AM-4:00 PM
646158		$90/1 sessions
Fri	May 21	9:00 AM-4:00 PM
646176		$90/1 session

Spring Break Camp (6-12 yrs)

Activities include sports, cooperative games, arts and crafts, out-trips, and more fun-filled adventures. Spots are limited, so don't wait—sign up today! Please pack snacks, lunch, and a bottle of water, and dress appropriately for the weather. Waiver and information forms will be emailed out two weeks prior to the camp.

Mon-Fri	Mar 15-Mar 19	9:00 AM-4:00 PM
648164		$210/5 sessions
Mon-Fri	Mar 22- Mar 26	9:00 AM-4:00 PM
648161		$210/5 sessions

Summer Fun Starts Here!

Summer Day Camp Registration

MARK YOUR CALENDAR!

Online & In-Person: **Wednesday, April 14 at 7pm**

By Phone: **Thursday, April 15 at 10am**

Games Room

Want a place that you can hang out, feel safe and have fun?

Join us in the games room. Come and play cards, pool, board games and crafts. The Community Youth Worker and Youth Staff will be available to engage, connect, and to provide support and resources.

Monday	Tuesday	Wednesday	Thursday	Friday
Pre-Teen Social 9-12 yrs 4:00-6:00 PM	9-12 yrs 3:30-5:00 PM	9-12 yrs 3:30-5:00 PM	9-12 yrs 3:30-5:00 PM	9-12 yrs 3:30-5:30 PM
	13-18 yrs 5:00-6:00 PM	13-18 yrs 5:00-6:00 PM	13-18 yrs 5:00-6:00 PM	13-18 yrs 5:30-8:30 PM

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



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

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

Contact your local Community Youth Worker— Rosa!

Got questions or enquiries about youth programs at Sunset?

Please email Rosa at

rosa.aravena@vancouver.ca

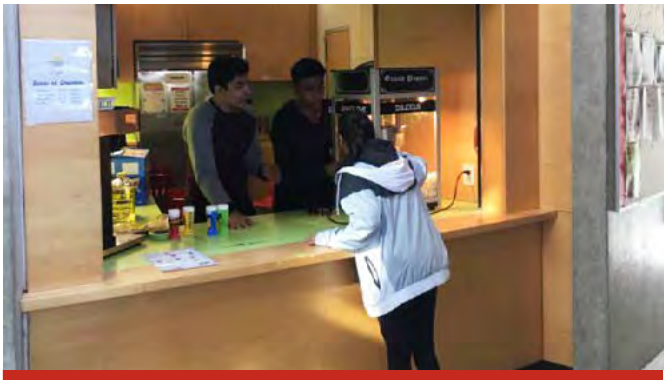
For volunteering, please email

sunset.volunteers@vancouver.ca



Follow us on Instagram

@SunsetCC.Youth



Youth Concession

The concession offers tasty snacks and drinks, all served by dedicated youth volunteers. All proceeds go back to the community to support local youth programs and initiatives.

Fridays 4:30 PM-7:30 PM

Social



Looking for a kick start to your week?
Each week will involve unique activities.

This is also the perfect opportunity to meet new people and make new friends!
Every week there will be a different
Arts & crafts, movies, baking, games and much more.

Spaces are limited, so register early.
Registration and consent forms are required.
Activities subject to change.

Board Games and Cup Cakes
Mon Jan 11 4:00PM-6:00PM
651023 $5/session

Paint Night
Mon Jan 18 4:00PM-6:00PM
654334 $5/session

Karaoke
Mon Jan 25 4:00PM-6:00PM
654339 $5/session

Out-door Games and Snack
Mon Feb 1 4:00PM-6:00PM
654341 $5/session

Tote Bags
Mon Feb 8 4:00PM-6:00PM
654344 $5/session

Friendship Bracelets
Mon Feb 22 4:00PM-6:00PM
654348 $5/session

Easter Egg Hunt
Mon Mar 1 4:00PM-6:00PM
654349 $5/session

Bingo Night
Mon Mar 8 4:00PM-6:00PM
654358 $5/session

MasterChef Day
Mon Apr 12 4:00PM-6:00PM
651091 $5/session

Wii Tournament
Mon Apr 19 4:00PM-6:00PM
65377 $5/session

Spa & Wellness Day
Mon Apr 26 4:00PM-6:00PM
654378 $5/session

Amazing Race
Mon May 3 4:00PM-6:00PM
654379 $5/session

Surprise
Mon May 10 4:00PM-6:00PM
654382 $5/session

Pizza Making
Mon May 17 4:00PM-6:00PM
654383 $5/session

Movie Night Pop Corn
Mon May 24 4:00PM-6:00PM
654380 $5/session

Sundae Bar
Mon May 31 4:00PM-6:00PM
654384 $5/session

Taco Night
Mon Jun 7 4:00PM-6:00PM
654385 $5/session

Memory Box Making
Mon Jun 14 4:00PM-6:00PM
654386 $5/session

Summerween (Halloween in Summer)
Mon Jun 21 4:00PM-6:00PM
654387 $5/session

Smoothy Making
Mon Jun 28 4:00PM-6:00PM
654388 $5/session

Girls+ Link (12-15 yrs)

Disha

Program is open to all, female identifying and nonbinary youth to participate in a variety of instructional activities with information and support to make healthy choices in life. Weekly activities include baking, cooking, out-trips, workshops and much more. The groups focus is to empower young females with topics that matter to them around, healthy eating, relationships, emotional health, transitioning to high school, and staying positive. Program focus on recreational, social and agency -referral supports. This program is based on trust, inclusion, and having fun! Only by referral. Registration and consent forms are required. Please call the centre for more information or email at sunset.communitycentre@vancouver.ca.

Thu	Jan 14-Mar 11	4:00 PM-6:00 PM
645375		Free
Thu	Apr 15-Jun 24	4:00 PM-6:00 PM
648193		Free

Galentines Girls+ Link Pro-D- Day Camp (12-15 yrs)

Disha

No School! GALENTINES IS COMING!! Who needs a valentine when you have your galentine? Come down to the Girls+ Link Youth camp, where we can celebrate female friendships together while having fun! The day will include fun activities, foster conversations to aid growth, and encourage connection between girls and female mentors from within the community. Is it a party? Is it a celebration? Is it Girls Link Youth Camp, Galentines Party? Yes! Yes! Yes! 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. This program is open to all female identifying and non-binary youth.

Fri	Feb 12	9:00 AM-4:00PM
654707		$100/1 session

Art, Culture & Environment

Queer Youth Create (13-18 yrs)

Wake

Queer Youth Create combines artistic expression with queer identity, providing 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, Emily Carr Alumnus and published comic artist, with guest demos and instruction 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. Registration required.

Fri	Jan 8-Mar 12	7:00PM-9:00PM
645377		Free
Fri	Apr 16-Jun 26	7:00PM-9:00PM
648187		Free

Education

Cooking For Teens (13-17 yrs)

Kristy

Just for teens! If you like cooking, please join us every Tuesday. Each week, we will make a different recipe, learn about cooking, and have fun together! Just come and bring a container to take home any extras we may have. Space is limited, so please sign up soon. No session February 15 and May 24.

Mon	Jan 11-Mar 8	4:00 PM-6:00 PM
645350		$40/8 sessions
Mon	Mar 29-Jun 28	4:00 PM-6:00 PM
648188		$65/13 sessions



Baking Basics and Beyond (13-18 yrs)

Isabel Huang

Whether you're a total beginner or already a pro with a whisk, this is your chance to mix, knead, frost, and snack your way through dozens of sweet and savory recipes! Teens will learn hands-on baking skills in a fun, relaxed setting. Each week focuses on a new recipe with guidance on basic techniques, kitchen safety, and creative twists. Bring your appetite and a willingness to try something new. All ingredients provided.

Sun	Jan 10-Mar 21	2:00 PM-4:00 PM
645355		$55/11 sessions
Sun	Mar 28-Jun 27	2:00 PM-4:00 PM
648191		$70/14 sessions

Sports

Ball Hockey (VPD)

Brayden

Calling all youth in Grades 5–7! Come play ball hockey alongside Vancouver Police officers, meet new friends, stay active, and have fun. This program is proudly funded by the Vancouver Police Foundation and provides an opportunity for police officers and youth to connect through play, teamwork, and a shared love of sport while building positive relationships in the community. All skill levels are welcome, and no previous hockey experience is required. The program is co-ed and inclusive. Safety goggles are required for all participants. Score goals, make new friends, and build community! Healthy snacks are included. Registration is required. No drop-ins. No session February 15 & May 24.

10-12 yrs

Mon	Jan 11-Mar 8	4:00 PM-5:00 PM
645363		Free
Mon	Apr 12-Jun 28	4:00 PM-5:00 PM
648208		Free

13-18 yrs

Mon	Jan 11-Mar 8	5:00 PM-6:00 PM
648222		Free
Mon	Apr 12-Jun 28	5:00 PM-6:00 PM
645365		Free

Night Hoops

Night Hoops

Night Hoops is a free basketball program that uses sport to build community, confidence, and connection for youth across the city. Open to players of all skill levels, Night Hoops offers practices led by caring mentors at local community centers. Teams practice at their respective site and come together each week for league games against teams from other community centres. Whether you're signing up solo or with a group of friends, Night Hoops is a place to play, grow, and be part of something bigger. Registration required.

11-18 yrs

Fri	Jan 15-Mar 12	7:30 PM-9:15 PM
645722		Free

12-16 yrs Girls+

Fri	Jan 15-Mar 12	5:30 PM-6:30 PM
645723		Free
Fri	Apr 16-Jun 25	5:30 PM-6:30 PM
648194		Free

Sign up Today!

Sunset Community Association

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

www.mysunset.net

Finish Strong Basketball Spring Break Camp

(10-16 yrs)

David Knight

Finish Strong is proud to announce our Spring Basketball Shooting Camp! Campers will develop their shooting skills by learning new drills and techniques to help fine tune their shooting. Along with guidance and feedback they can take away from the camp, campers will also participate in gameplay so they can put their newly learned skills to use. It will be 5 fun days of camp in a positive and encouraging environment. All campers who sign up will receive exclusive Finish Strong Basketball merchandise, including a T-shirt. We hope to see you on the court with us this Spring Break!

Mon-Fri	Mar 15-Mar 19	9:00 AM-12:00 PM
645728		$160/5 sessions



Finish Strong Level

Finish Strong Basketball

Welcome to Finish Strong Basketball where we believe it's not how you start, it's how you FINISH! No session February 13 and May 22.

Boys+

Sat	Jan 9-Mar 6	1:00 PM-2:00 PM
645725		$120/8 sessions
Sat	Apr 3-Jun 5	1:00 PM-2:00 PM
648205		$120/8 sessions

Girls+

Sat	Jan 9-Mar 6	2:00 PM-3:00 PM
645726		$120/8 sessions
Sat	Apr 3-Jun 5	2:00 PM-3:00 PM
648207		$120/8 sessions

Monday	Tuesday	Wednesday	Thursday	Friday	
Ball Hockey (VPD) 10-12 yrs *North Gym* 4:00-5:00 PM	Badminton 9-12 yrs *South Gym* 4:00-5:00 PM	Volleyball 9-12 yrs *Full Gym* 4:00-5:00 PM	Basketball 9-12 yrs *Full Gym* 3:30-4:45 PM	Multi-sports Girls+ 9-12 yrs *North Gym* 3:30-5:30 PM	Basketball 9-12 yrs *South Gym* 3:30-5:30 PM
Ball Hockey (VPD) 13-18 yrs *North Gym* 5:00-6:00 PM	Badminton 13-18 yrs *South Gym* 5:00-6:00 PM	Volleyball 13-18 yrs *Full Gym* 5:00-6:00 PM	Basketball 13-18 yrs *Full Gym* 4:45-6:00 PM	Night Hoops Girls *North Gym* 5:30-6:30 PM	Night Hoops Boys (Jan-Mar) Full Gym 7:30-9:15 PM
			Night Hoops Girls (Jan-Mar) *North Gym* 5:30-6:30 PM	Basketball (Jan-Mar) 13-18 yrs *South Gym* 5:30-9:30 PM	
				Basketball (Mar-Jun) 13-18 yrs *Full Gym* 6:30-9:30 PM	

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



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

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

Contact your local Community Youth Worker— Rosa!

Got questions or enquiries about youth programs at Sunset?

Please email Rosa at
rosa.aravena@vancouver.ca
For volunteering, please email
sunset.volunteers@vancouver.ca

Follow us on Instagram @SunsetCC.Youth

Youth Leadership

Junior Leader 2B (10-13 yrs)

Disha

Junior leadership program for preteens. Learning leadership skills through weekly activities, workshops. There will be weekly themed topics to encourage skill building, confidence, and knowledge for future decision making and training for future volunteering. Must register and complete consent forms.

Tue	Jan 12-Mar 9	4:30 PM-6:00 PM
645724		Free
Tue	Mar 30-Jun 29	4:30 PM-6:00 PM
648224		Free

Youth Council (14-18 yrs)

Youth Leader

Are you a youth that want to be more involved in your community, a voice for other youth and make a difference? Sunset is looking for youth who are interested in sharing ideas, opinions, and thoughts about what they would like to see at Sunset. This is an opportunity for youth to grow and develop their leadership skills through workshops, community projects, fundraising and special events. Get involved and act on current issues or trends affecting youth. Take initiative on fundraisers for other youth and families in our community. Registration required.

Fr	Jan 15-Mar 12	5:00 PM-6:30 PM
645718		Free
Fri	Apr 2-Jun 25	5:00 PM-6:30 PM
648225		Free



Volunteering

Volunteer Orientation

(13-18 yrs)

Harshitaa

Youth wanting to volunteer for Sunset Community Centre.

Please pick up a Volunteer application form at the front desk.
Next steps sign up and attend mandatory orientation.

Training will include Site tour, volunteer role and responsibilities, rights and guidelines, emergency procedures. After completing this orientation, you will be added to our email list and will start receiving emails with Volunteer opportunities as the come up.

Please fill out application form and bring to orientation. Registration required.

Please contact Sunset.Volunteers@vancouver.ca for more information.

Tue Feb 9 4:00 PM-6:00 PM
645729 Free
Tue May 18 4:00 PM-6:00 PM
648228 Free



Adult & Senior • Weekly Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
654602 Japanese Taiko Ensemble - Int 10:00 AM-11:00 AM	648780 Seniors Badminton 9:00 AM-10:55 AM	650120 Changing Aging - UBC Kinesiology BodyWorks Program 9:30 AM-10:30 AM	650121 Fitness w/ Sprina - 12 Method 9:15 AM-10:00 AM	648792 Seniors Badminton 9:00 AM-10:40 AM	648809 Seniors Badminton 9:00 AM-10:55 AM	650606 Gentle Yoga - Basic 9:30 AM-10:30 AM
649929 Zumba Gold 10:00 AM-10:55 AM	649336 Yuan Ji Dance - Int 9:15 AM-11:15 AM	654737 Stroke Recovery 9:30 AM-11:30 AM	649383 Yuan Ji Dance - Int 9:15 AM-11:15 AM	649313 Tai Chi w/ Wang Heng - 24 Form 9:30 AM-10:30 AM	649967 Zumba Gold 9:15 AM-10:10 AM	651974 Strength x Cardio Full-Body Mashup 9:30 AM-10:25 AM
649327 Modern Line Dance w/ Lucy – Int Plus 11:15 AM-12:45 PM	650723 Chair Yoga: Move, Groove and Improve 10:30 AM-11:30 AM	649350 Chair Zumba® 10:00 AM-10:45 AM	650124 Fitness w/ Sprina - Tai Chi Stick 10:00 AM-10:45 AM	649390 | 650782 Group Singing 9:45 AM-11:45 AM	650120 Changing Aging - UBC Kinesiology BodyWorks Program 9:30 AM-10:30 AM	649983 Age Strong 10:00 AM-11:15 AM
650930 The Joy of Watercolour 11:30 AM-1:00 PM	649122 Pickleball - All Levels 11:00 AM-1:00 PM	650185 Pickleball - Beg/Int 11:00 AM-12:25 PM	649386 | 650760 Ballroom Dance Lessons 11:45 AM-1:15 PM	650723 Chair Yoga: Move, Groove and Improve 10:30 AM-11:30 AM	649394 Tai Chi w/ Amy - Yang Style 49 Forms & Health Qi Gong 10:00 AM-10:55 AM	650609 Gentle Yoga - Adv 10:35 AM-11:35 AM
655205 Japanese Taiko Drumming - Hachijo Style (Beg) 12:45 PM-1:45 PM	650116 Strength and Balance 11:30 AM-12:30 PM	650712 Pickleball w/ Guidance 11:00 AM-12:25 PM	649311 Pickleball - Int/Adv 11:45 AM-1:30 PM	649320 Tai Chi w/ Wang Heng - Sword 32 Form 10:30 AM-11:30 AM	649977 Mahjong Social Drop-In 11:00 AM-5:00 PM	654222 Mens Healthy Bhangra 11:30 AM-12:30 PM
655203 Japanese Taiko Drumming - Hachijo Style (Int) 12:45 PM-1:45 PM	650092 Karaoke Drop-In 12:15 PM-5:00 PM	650764 Moberly Senior Dancers 11:30 AM-1:00 PM	650099 Bridge 12:30 PM-3:00 PM	650196 Pickleball w/ Guidance 10:45 AM-12:40 PM	649396 Tai Chi w/ Amy - Yang Style 42 Sword and Traditional Sword 11:05 AM-12:00 PM	650022 Modern Line Dance w/ Lucy - Beg/Impr 1:15 PM-2:45 PM
655204 Japanese Taiko Ensemble for Beg 12:45 PM-1:45 PM	649345 Modern Line Dance w/ Lucy - Impr/Int 1:45 PM-3:15 PM	644945 | 646056 Active Aging Fitness w/ Julia 12:00 PM-1:00 PM	650734 Social Stitching: How Does Your Garden Sew? 12:30 PM-2:30 PM	650104 Seniors Chess Drop-In 12:30 PM-3:30 PM	649314 Pickleball - All Levels 12:00 PM-1:45 PM	650005 Senior Social Dance - Drop-In 3:00 PM-4:45 PM
648973 KBL Co-Ed Basketball League 1:00 PM-4:45 PM	650155 Reset & Refresh Myofascial Stretch 3:45 PM-4:45 PM	650097 Karaoke Drop-In 12:15 PM-5:00 PM	649388 Modern Line Dance w/ Lucy - Beg 1:30 PM-3:00 PM	649236 Senior Ballroom Dance- Registered & Drop-In 1:00 PM-2:45 PM	650108 Karaoke Drop-In 12:15 PM-5:00 PM	
655207 Japanese Taiko Drumming - Taiko Fit / Beg' Basics 2:00 PM-3:00 PM	650156 Strength x Mobility 5:30 PM-6:25 PM	649295 | 649296 | 650802 Pickleball Lesson 12:30 PM-2:00 PM	649964 Senior Social Dance Drop-In 2:00 PM-4:00 PM	650198 | 650199 Pilates 6:00 PM-7:00 PM	651157 Axe Capoeira 6:45 PM-8:00 PM	
655206 Japanese Taiko Drumming - Yatai Bayashi Style (Beg) 2:00 PM-3:00 PM	649318 Indoor Soccer 6:05 PM-7:40 PM	650746 BCRPA Choose to Move 1:15 PM-2:15 PM	651011 604 Bhangra - Open Level Bhangra (in English) 6:00 PM-7:00 PM	649328 Indoor Soccer 6:05 PM-7:40 PM		
651423 Karate Black Belts 3:30 PM-5:00 PM	650754 Belly Dance Monday: Level 2 6:30 PM-7:45 PM	649944 Modern Line Dance w/ Lucy - Beg/Impr 1:30 PM-3:00 PM	649323 Volleyball 6:05 PM-7:40 PM	649392 Zumba 6:45 PM-7:45 PM		
VIEW ONLINE VANREC.CA	650158 Zumba® + Lift 7:00 PM-8:00 PM	649345 BCRPA ActivAge1 Functional/Fitness/ Adaptable Skills 2:15 PM-3:15 PM	654740 Introduction to Kettlebells 6:30 PM-7:25 PM	654223 Womens Healthy Bhangra 7:15 PM-8:15 PM		
	649319 Badminton 7:50 PM-9:25 PM	649379 Gyrokinesis 5:45 PM-6:45 PM	651013 604 Bhangra - Bhangra Fusion 7:00 PM-8:00 PM	649329 Ball Hockey Adv 7:50 PM-9:25 PM		
	650163 CIRCL Mobility 8:15 PM-9:15 PM	651270 | 651279 Summer Smash Tennis 6:10 PM-7:40 PM	650693 Ashtanga Yoga Fitness 7:15 PM-8:15 PM	654316 Core Yoga 8:00 PM-9:00 PM		
		650761 Polymer Dance: Int/ Adv 6:30 PM-8:30 PM	649297 | 649298 | 649299 Gradina - Balkan Dance 7:30 PM-9:20 PM			
		651157 Axe Capoeira 6:45 PM-8:00 PM	649325 Badminton 7:50 PM-9:25 PM			
		649381 Zumba/Zumba Toning Fusion 7:00 PM-8:00 PM	651012 604 Bhangra - Open Level Bhangra (in Punjabi) 8:00 PM-9:00 PM			
		652131 | 652132 Yoga4Stiff People - The Basics 7:30 PM-8:30 PM				
		649321 Basketball 7:50 PM-9:25 PM				



Social

10 Visit Seniors' Social Pass

Karaoke, Mahjong, Social Dance $25

Karaoke Drop-In

Karaoke Volunteers

Come with your friends or meet new ones and sing some songs together. Please bring your own music. All languages are welcomed. No registration available. Drop-in only. No session February 15, May 24.

Mon	Jan 4-Mar 22	12:15 PM-5:00 PM
650092		$3/Drop-in
Tue	Jan 5-Mar 30	12:15 PM-5:00 PM
650097		$3/Drop-in
Fri	Jan 8-Mar 26	12:15 PM-5:00 PM
650108		$3/Drop-in
Mon	Apr 5-Jun 28	12:15 PM-5:00 PM
650093		$3/Drop-in
Tue	Apr 6-Jun 29	12:15 PM-5:00 PM
650098		$3/Drop-in
Fri	Apr 9-Jun 25	12:15 PM-5:00 PM
650112		$3/Drop-in

Bridge

No Instructor

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

Wed	Jan 6-Mar 31	12:30 PM-3:00 PM
650099		Free
Wed	Apr 7-Jun 30	12:30 PM-3:00 PM
650100		Free

Bridge Tournament

Non Instructional

Come join our friendly, non-competitive group of bridge players on the second Thursday of every month for a duplicate tournament. Partners are not required, but are welcome if you have one. Drop-ins are welcome. There is no teaching. All players must know how to play bridge.

Thu	Jan 14, Feb 11, Mar 11	12:00 PM-5:00 PM
657096		Free
Thu	Apr 8, May 13, Jun 10	12:00 PM-5:00 PM
657097		Free

Seniors Chess Drop-In

No Instructor

Challenge your mind and connect with others over a game of chess. This drop-in, non-instructional program is open to everyone, whether you're a beginner or an experienced player. Bring your friends and make new ones! Program will run every 1st, 3rd, and 4th Thursdays of the month.

Thu	Jan 7-Mar 25	12:30 PM-3:30 PM
650104		Free
Thu	Apr 15-Jun 24	12:30 PM-3:30 PM
650105		Free

Senior Social Dance

Agnes (Wai Chun) Lee

Come dance with your friends or meet new ones and dance together. No partner required. Non-instructional dance. This is a drop-in only program in our Seniors Centre Grand Hall. No session February 13.

Wed	Jan 6-Mar 31	2:00 PM-4:00 PM
649964		$3/Drop-in
Sat	Jan 9-Mar 27	3:00 PM-4:45 PM
650005		$3/Drop-in
Wed	Apr 7-Jun 30	2:00 PM-4:00 PM
649980		$3/Drop-in
Sat	Apr 17-Jun 26	3:00 PM-4:45 PM
650010		$3/Drop-in

Senior Ballroom Dance- Registered & Drop-In

Agnes (Wai Chun) Lee

Spend the afternoon ballroom dancing in a social setting. The program is non-instructional and no partner is needed. Dancers are welcome to participate with friends or meet new ones in the program. The program will run in the gymnasium. Drop-in $5.00.

Thu	Jan 7-Mar 25	1:00 PM-2:45 PM
649236		$48/12 sessions
Thu	Apr 8-Jun 24	1:00 PM-2:45 PM
650603		$48/12 sessions

Mahjong Social Drop-In

Agnes (Wai Chun) Lee

Join us for a fun game of mahjong! Everyone is welcome, whether you're new or experienced. It's a great way to meet people and enjoy some friendly play.There will be only 12 spots available. No registration. Drop-in $3.00.

Fri	Jan 8-Mar 26	11:00 AM-5:00 PM
649977		$3/Drop-In
Fri	Apr 9-Jun 25	11:00 AM-5:00 PM
649978		$3/Drop-In

Senior Social Luncheon & Games

Join us for a delicious lunch, great company and fun games! This monthly social luncheon is a great opportunity for seniors to enjoy a meal, connect with others, and spend time with friends in a welcoming community setting. Games and socializing start before lunch, which will be served at 12:00pm. Feel free to come early and join in on the fun!

Thu	Jan 21	11:30 AM-1:30 PM
657123		$5/session
Thu	Feb 18	11:30 AM-1:30 PM
657126		$5/session
Thu	Mar 18	11:30 AM-1:30 PM
657127		$5/session

Dance

604 Bhangra – Bhangra Dance (16+ yrs)

604 Bhangra

Bhangra is a high energy dance combined of various folk dances that originated from Punjab, India. The class is designed for dancers if varying levels. This class will involve a warm-up, stretch, and sets of repetitive traditional and modern Bhangra moves that we will expand on each week. We will build stamina, learn new dance moves, and get in a fun cardio focused work-out! Please wear active clothing and bring a water bottle! No session May 24.

Open Level (English)

Wed	Jan 13-Mar 17	6:00 PM-7:00 PM
651011		$130/10 sessions

Open Level (Punjabi)

Wed	Feb 10-Mar 17	8:00 PM-9:00 PM
651012		$78/6 sessions

604 Bhangra - Bhangra Fusion with Sandip

604 Bhangra

This class will teach you how to flow to the beats of Punjabi and Hip Hop music while learning basic bhangra and hip hop fundamentals. We'll show you how to bring that street style to the rhythmic, soulful grooves of Desi sounds. Whether you're feeling the power of hip hop or the vibe of modern Punjabi hits, this class will havase you dancing like never before. Join us for a fusion of culture, music, and movement that'll get you hooked from the first beat! No previous experience required.

Wed	Jan 13-Mar 17	7:00 PM-8:00 PM
651013		$130/10 sessions

Stay Tuned for 604 Bhangra
in the Spring Program offerings.

Ballroom Dance Lessons for Beginners/Intermediate

Henry & Ronnie

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

Wed	Jan 6-Feb 10	11:45 AM-1:15 PM
649386		$30/6 sessions
Wed	Feb 17-Mar 31	11:45 AM-1:15 PM
650760		$35/7 sessions
Wed	Apr 7-May 19	11:45 AM-1:15 PM
649387		$35/7 sessions
Wed	May 26-Jun 30	11:45 AM-1:15 PM
650762		$30/6 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. Drop-in $7.50 for Beginner-Intermediate and $8.00 for Intermediate Plus. No session February 15, March 17 & 24, April 18-30, May 9, June 21-22.

Beginner

Wed	Apr 7-Jun 30	1:30 PM-3:00 PM
649389		$66/11 sessions
Wed	Jan 6-Mar 31	1:30 PM-3:00 PM
649388		$78/13 sessions

Beginner/Improver

Tue	Jan 5-Mar 30	1:30 PM-3:00 PM
649944		$78/13 sessions
Sat	Jan 9-Mar 27	1:15 PM-2:45 PM
650022		$66/11 sessions
Tue	Apr 6-Jun 29	1:30 PM-3:00 PM
649950		$60/10 sessions
Sat	Apr 17-Jun 26	1:15 PM-2:45 PM
650027		$54/9 sessions

Improver/Intermediate

Mon	Jan 4-Mar 22	1:45 PM-3:15 PM
649345		$66/11 sessions
Mon	Apr 5-Jun 28	1:45 PM-3:15 PM
649347		$60/10 sessions

Intermediate Plus

Sun	Jan 10-Mar 21	11:15 AM-12:45 PM
649327		$70/10 sessions
Sun	Apr 4-Jun 27	11:15 AM-12:45 PM
649330		$63/9 sessions

Dance cont'd

Gradina - Balkan Dance (18+ yrs)

Mihajlo Hajduk

GRADINA, School of Traditional Balkan Dancing. Founded in 1979, Gradina is dedicated to preserving, learning, and sharing the authentic village dances and traditions of the Balkans. Our repertoire brings together dances from across the region - including Serbia, Macedonia, Greece, Bulgaria, Bosnia, Croatia, and beyond. We teach kolos, oros, horos, and many other traditional dances. Whether you are completely new to folk dancing or an experienced dancer, everyone is welcome. At Gradina, everyone is invited to our igranka! Drop-in $7.50+tax.

Wed	Jan 6-Jan 27	7:30 PM-9:20 PM
649297		$26/4 sessions
Wed	Feb 3-Feb 24	7:30 PM-9:20 PM
649298		$26/4 sessions
Wed	Mar 3-Mar 31	7:30 PM-9:20 PM
649299		$32.50/5 sessions
Wed	Apr 7-Apr 28	7:30 PM-9:20 PM
649300		$26/4 sessions
Wed	May 5-May 26	7:30 PM-9:20 PM
649301		$26/4 sessions
Wed	Jun 2-Jun 30	7:30 PM-9:20 PM
649302		$32.50/5 sessions

JazzFit NEW

Dancin Stars

Dancin' Stars is pleased to propose a community-based dance program at Sunset Community Centre.JazzFit – Jazz Meets Fitness! Get ready to move, groove, and sweat in this fun, upbeat, high-energy adult dance class! Combining jazz-inspired choreography with cardio, JazzFit is a great way to improve stamina, build confidence, and enjoy a full-body workout while dancing to great music. All levels are welcome in this inclusive, feel-good class where you can let loose, have fun, and dance, sweat, and leave smiling! Drop-in $15.00. No session February 14 & May 23.

Sun	Jan 10-Mar 7	12:30-1:25 PM
652064		$112/8 sessions
Sun	Apr 11-Jun 13	12:30-1:25 PM
652868		$126/9 sessions

Jazz It Up NEW

Dancin Stars

Dancin' Stars is pleased to propose a community-based dance program at Sunset Community Centre. Jazz It Up! Get moving with this fun, energetic adult dance class that blends jazz technique with cardio for a feel-good workout! Explore movement, rhythm, and fun choreography while building stamina, coordination, and confidence. This welcoming, accessible class is perfect for adults who want to stay active, enjoy great music, and experience the joy of dance in a supportive environment. All levels are welcome! Drop-in $15.00. No session February 14 and May 23.

Sun	Jan 10-Mar 7	1:30-2:25 PM
652986		$112/8 sessions
Sun	Apr 11-Jun 13	1:30-2:25 PM
652066		$126/9 sessions

Hip Hop Fit NEW

Dancin Stars

Dancin' Stars is pleased to propose a community-based dance program at Sunset Community Centre. Get ready to move, groove, and sweat! This high-energy class combines hip hop technique, fun choreography, and feel-good music for an exciting dance workout. Enjoy funky moves, upbeat rhythms, and a welcoming, inclusive atmosphere while building confidence, improving coordination, and boosting fitness. All levels welcome—no experience necessary, just bring your energy and have fun! Drop-in $15.00. No session February 13 & May 22.

Sat	Jan 9-Mar 6	12:30-1:25 PM
650696		$112/8 sessions
Sat	Apr 17-Jun 12	12:30-1:25 PM
652045		$112/8 sessions

Hip Hop-Move, Groove & Sweat NEW

Dancin Stars

Dancin' Stars is pleased to propose a community-based dance program at Sunset Community Centre. Get ready to move, groove, and sweat! This high-energy class combines hip hop technique, fun choreography, and feel-good music for an exciting dance workout. Enjoy funky moves, upbeat rhythms, and a welcoming, inclusive atmosphere while building confidence, improving coordination, and boosting fitness. All levels welcome—no experience necessary, just bring your energy and have fun! Drop-in $15.00. No session February 13, and May 22.

Sat	Jan 9-Mar 6	1:30-2:25 PM
652876		$112/8 session
Sat	Apr 17-Jun 12	1:30-2:25 PM
652879		$112/8 session

Sign up Today!

Sunset Community Association

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

www.mysunset.net

Zumba, Yoga, Pilates

Zumba® + Lift
Reem Elshaer

Zumba + Lift combines the signature dance cardio elements of Zumba with targeted strength training. This format alternates between high-energy dance intervals and muscle-conditioning segments using light to moderate weights. The result is a balanced, full-body workout that improves both cardiovascular fitness and muscular strength. My classes emphasize proper form, progression options, and seamless transitions to keep participants challenged while still maintaining the fun, music-driven energy of Zumba. No session February 15 and May 24.

Mon	Jan 11-Mar 22	7:00 PM-8:00 PM
650158		$150/10 sessions
Mon	Apr 5-Jun 28	7:00 PM-8:00 PM
650159		$180/12 sessions

Chair Zumba® (19+ yrs)
Kayo Echizenya

Chair Zumba® is a fun, low-impact, seated workout set to upbeat music. It's perfect for beginners, older adults, or anyone looking for a more accessible way to stay active. The class helps improve mobility, strength, coordination, and overall energy in a fun and supportive environment.The final 15 minutes are dedicated to gentle deep stretching on the chair. Stretching while the body is warm can help release tension and improve flexibility, while also providing a calming transition to the end of the class. Drop in $9.00+tax

Tue	Jan 5-Mar 30	10:00 AM-10:45 AM
649350		$104/13 sessions
Tue	Apr 6-Jun 29	9:30 AM-10:15 AM
649348		$104/13 sessions

Zumba/Zumba Toning Fusion (16+ yrs)
Kayo Echizenya

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

Tue	Jan 5-Mar 30	7:00 PM-8:00 PM
649381		$123.50/13 sessions
Tue	Apr 6-Jun 29	6:45 PM-8:00 PM
650191		$123.50/13 sessions

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Zumba
Kayo Echizenya & Jenny Andrea Ayala

This fitness class fuses Latin and International rhythms with easy-to-follow moves to create a dynamic workout system that will blow you away. ZUMBA® utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, Samba, Reggaeton, Flamenco and more. Zumba® is a 'feel happy' workout that is great for both the body and the mind. Instructors will rotate bi-weekly. Drop-in $11+tax.

Thu	Jan 7-Mar 25	6:45 PM-7:45 PM
649392		$114/12 sessions
Thu	Apr 8-Jun 24	6:45 PM-7:45 PM
649393		$114/12 sessions

Zumba Gold
Kayo Echizenya & Jenny Andrea Ayala

ZUMBA® Gold is a low-impact dance-fitness class for beginners and older adults that uses the zesty Latin music with easy to follow moves to create a dynamic and fun fitness class. ZUMBA® Gold classes strives to improve our balance, strength, flexibility and most importantly, the heart. Drop in $8.50+tax. No sesion February 14 and May 23.

Fri	Jan 8-Mar 12	9:15 AM-10:10 AM
649967		$75/10 sessions
Sun	Jan 10-Mar 28	10:00 AM-10:55 AM
649929		$82.50/11 sessions
Fri	Apr 9-Jun 25	9:15 AM-10:10 AM
649969		$90/12 sessions
Sun	Apr 4-Jun 27	10:00 AM-10:55 AM
649932		$90/12 sessions

Yoga4Stiff People - The Basics
Yoga4Stiff People

Brand new to yoga or looking for a refresher of the yoga basics? Our introductory series is designed just for you. This class provides an introduction to the physical and philosophical traditions of yoga. Poses are demonstrated, broken down and instructed in easy sequential steps while connecting your physical practice to your mind and soul to experience the full transformative benefits that yoga offers. Beginners welcome! Drop-in $16.90.

Tue	Jan 12-Feb 9	7:30 PM-8:30 PM
652131		$73.55/5 sessions
Tue	Feb 16-Mar 16	7:30 PM-8:30 PM
652132		$73.55/5 sessions
Tue	Apr 6-May 11	7:30 PM-8:30 PM
650180		$88.26/6 sessions
Tue	May 18-Jun 22	7:30 PM-8:30 PM
652130		$88.26/6 sessions

Zumba, Yoga,Pilates cont'd

Ashtanga Yoga Fitness
Sondos Ibrahim

Exclusive! A unique system of yoga from the ancient sage Patanjali emphasizes proper diet, effective asana (postures), pranayama (breathing) Mudra & Bandha (gestures & locks), dharana (concentration) & dhyana (meditation) to detox, de-stress and increase your vitality and longevity. Ashtanga Yoga is suitable for those who seek a challenging physical practice combined with the discipline of a set sequence and the benefits of a meditative, breath-focused approach. It's a rigorous workout that also aims to cultivate mental focus and spiritual development. Drop in $15.00.

Wed	Jan 13-Mar 31	7:15 PM-8:15 PM
650693		$171.48/12 sessions
Wed	Apr 7-Jun 30	7:15 PM-8:15 PM
650193		$185.77/13 sessions

Gentle Yoga - Basic (18+ yrs)
Varalaxmi Mudunoori

This Basic Yoga will teach you how to relax, renew and rejuvenate by making you flexible, strong, optimistic, and balanced through different yoga techniques of body-posture, and also handling stress and strain of mind in daily life.You can bring your own yoga mat. No drop-ins. No session February 13 and May 22.

Sat	Jan 9-Mar 27	9:30 AM-10:30 AM
650606		$165/11 sessions
Sat	Apr 17-Jun 26	9:30 AM-10:30 AM
649807		$150/10 sessions

Gentle Yoga - Advance
Varalaxmi Mudunoori

This yoga teaches body postures, balancing techniques for body, mind and emotions through different yoga techniques such as asanas, pratyahar, pranayama and mudras that is physical exercises, sense control, breathing methods and hand/finger positions to remove pains and aches of the body/mind from the root. You can bring your own yoga mat. Please note the following: No drop-ins. Participants who are wanting to join the advanced class, must have taken the basic class first with the same instructor. No session February 13 and May 22.

Sat	Jan 9-Mar 27	10:35 AM-11:35 AM
650609		$165/11 sessions
Sat	Apr 17-Jun 26	10:35 AM-11:35 AM
649810		$150/10 sessions

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Core Yoga NEW
Sondos Ibrahim

Core Yoga combines the mindful movement of yoga with the precision of fitness to create a balanced, full body workout. We'll begin with movements to warm up the body, build heat, and prepare the muscles for exercise. Then transition into a series of core-focused exercises designed to strengthen the abdominal muscles, side obliques, back muscles, hip flexors, and pelvic stabilizers.

Thu	Jan 14-Mar 25	8:00-9:00 PM
654316		$157.19/11 session
Thu	April 8-Jun 24	8:00-9:00 PM
654323		$171.48/12 session

Pilates
Into Yoga

Pilates participants will learn the fundamentals of Pilates which promotes strength and stability while lengthening the muscles and supporting the spine. There will be a strong focus on connecting to the abdominal and pelvic floor muscles which is the key to strengthening the core muscles of the body. For more info visit www.intoyoga.ca. Drop in $18.00.

Thu	Jan 14-Feb 18	6:00 PM-7:00 PM
650198		$76.90/5 sessions
Thu	Feb 25-Mar 25	6:00 PM-7:00 PM
650199		$76.90/5 sessions
Thu	Apr 8-May 13	6:00 PM-7:00 PM
650194		$92.28/6 sessions
Thu	May 20-Jun 24	6:00 PM-7:00 PM
650197		$92.28/6 sessions

Gyrokinesis
Natasha Martina

The GYROKINESIS® method is a movement practice that incorporates a series of rhythmic flowing sequences to help the mover gain strength, flexibility, release habitual restrictions in the body and access more three-dimensional range of movement. A typical Gyrokinesis class can take place on a stool, on the floor or in standing while learning a series of rhythmic flowing sequences with the goal to open the whole body.Natasha Martina has been working in the field of movement for the last 20 years. She is a certified Laban Movement Analyst, Somatic Movement Educator and Infant Developmental Movement Educator in Body-Mind Centering®. Drop in $19.00 (2 spots)

Tue	Jan 12-Mar 23	5:45 PM-6:45 PM
649379		$150/10 sessions
Tue	Apr 6-May 25	5:45 PM-6:45 PM
649380		$120/8 sessions

Demo Class

Tue	Jan 5	5:45 PM-6:45 PM
650700		$7.50/1 session

Strength & Conditioning

Reset & Refresh Myofascial Stretch

Kayo Echizenya

An active stretching program that focuses on breathwork to release tension and correct imbalances in the body. By incorporating myofascial release techniques, this program enhances flexibility and restores balance. Suitable for participants of all ages and fitness levels, it helps prevent and alleviate common daily discomforts. By practicing regularly, you'll improve posture, reduce stiffness, and experience deep relaxation, offering both physical and mental rejuvenation. Drop in $12.00 +tax. No session February 15 and May 24.

Mon	Jan 11-Mar 22	3:45 PM-4:45 PM
650155		$100/10 sessions
Mon	Apr 5-Jun 28	3:45 PM-4:45 PM
650165		$120/12 sessions

CIRCL Mobility

Reem Elshaer

CIRCL Mobility is a low-impact, mobility and flexibility-based format designed to enhance movement quality, reduce stiffness, and support recovery. It incorporates controlled, intentional movements that improve joint range of motion, stability, and overall functional fitness. Classes are suitable for all levels and are especially beneficial for injury prevention, active recovery, and stress reduction. I guide participants through fluid sequences with a strong focus on breath, control, and body awareness. Feel free to bring in your own mat. No session February 15 and May 24.

Mon	Jan 11-Mar 22	8:15 PM-9:15 PM
650163		$150/10 sessions
Mon	Apr 5-Jun 28	8:15 PM-9:15 PM
650172		$180/12 sessions

Strength and Balance (55+ yrs)

Monika Schoenenberger

This balance and mobility program for older adults will help improve your functional mobility, increase lower & upper body strength, improve balance and reduce fall risk. Drop-in $7.00. No session February 15 and May 24.

Mon	Jan 11-Mar 22	10:30 AM-11:30 AM
650116		$65/10 sessions
Mon	Apr 5-Jun 28	10:30 AM-11:30 AM
650117		$78/12 sessions

January Trainer Talks NEW

We're introducing a new pilot project. Meghan O'Connell, an experienced personal trainer and strength coach, will be available to answer your questions.

Ask anything from technique tips and form checks to programming questions. First come, first serve until the half-hour is up! Runs through the month of January on Tuesdays at 11:45 and Thursdays at 4:00, upstairs in the fitness centre. Included with admission.

Meghan O'Connell, Personal Trainer



For over a decade and a half, Meghan has helped people aged 40+ get stronger safely. She learned how to overcome a sprained lumbar spine and functional scoliosis to achieve a double-bodyweight deadlift (beltless) — and she'd love to help you meet your goals too! For more, please visit whatsyourstrength.ca

Strength x Cardio Full-Body Mashup

Meghan O'Connell

Want to feel energized and powerful? This class will help you get there. Come and learn in a small group setting; lots of attention from one of the most seasoned coaches in the business! 55:00 minutes of strength work, cardio, and mobility, all with a focus on good posture and movement mechanics.

Sat	Jan 9-Mar 13	9:30-10:25 AM
651974		$210/10 Sessions
Sat	Apr 17-May 8	9:30 AM-10:25 AM
650195		$84/4 sessions

Strength x Mobility

Meghan O'Connell

Want a body that responds well when you ask it to do something? This class will help you get there! Small group for lots of attention from one of the most seasoned coaches in the business. Tailor effective strength building to where your own body is at right now. Ease discomfort as you expand your range of functional and usable movement. Suitable for everyone from beginners and up. 55 minutes. No class February 15 and May 23.

Mon	Jan 11-Mar 8	5:30 PM-6:25 PM
650156		$168/8 sessions
Mon	Apr 5-Jun 28	5:30 PM-6:25 PM
650168		$252/12 sessions

Introduction to Kettlebells

Meghan O'Connell

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

Wed	Jan 20-Jan 27	6:30 PM-7:25 PM
654740		$42/2 sessions
Wed	Apr 7-Apr 14	6:30 PM-7:25 PM
654742		$42/2 sessions

Healthy Aging

Stroke Recovery NEW

Stroke Recovery BC

Stroke Recovery BC is a non-profit organization that provides in-person and virtual programs to those affected by stroke throughout every stage of recovery. No stroke experience is exactly alike; we are here to assist you in finding the help that's right for you, when you need it in our community-based weekly programs. We offer programs that are safe spaces where you can share experiences, information and coping strategies. We are here to support you through your journey as you get back to living life in your community. This program is run by Stroke Recovery BC

Tue	Jan 5-Mar 30	9:30-11:30 AM
654737		Free
Tue	Apr 6-Jun 29	9:30-11:30 AM
654738		Free

Active Aging Fitness with Julia

Julia Park

Build functional strength and improve mobility through exercises designed to support everyday movement. Classes also develop balance, posture, and flexibility to help participants stay active, move with confidence, and maintain independence. Drop-in $9.00

Tue	Jan 12-Feb 16	12:00 PM-1:00 PM
644945		$48/6 sessions
Tue	Feb 23-Mar 30	12:00 PM-1:00 PM
646056		$48/6 sessions
Tue	Apr 13-May 18	12:00 PM-1:00 PM
651331		$48/6 sessions
Tue	May 25-Jun 29	12:00 PM-1:00 PM
651332		$48/6 sessions

Changing Aging - UBC Kinesiology BodyWorks Program

UBC School Of Kinesiology

This 55+ evidence-based program is a specialty class for older adults. It focuses on strength, mobility, and cardiovascular health through muscle- and bone-strengthening exercises followed by intervals of aerobic exercise. Additional focuses include exercises to improve change of direction, reaction time and core stability. Modifications are provided to accommodate different abilities and limitations. Some exercise will take place on the floor but transitions will be limited to 1-2 per class and standing modification will be provided if required. This class will include at least 4 multi-joint resistance exercises targeting major muscle groups and 20 minutes of moderate intensity continuous exercise or three 5 minute bouts of vigorous intensity.

Features: Exercise in a safe space with other like-minded adults and supportive instructors. Strengthen muscles used in activities of daily living. Practice change of direction, reaction time and stability drills to improve walking confidence. New participants are required to complete the following before registering for Changing Aging:

- Complete a Get Active Questionnaire: https://kin.educ.ubc.ca/bodyworks-gaq/
- Book a fitness assessment (only run at UBC Osborne location); availability to book will be shared once the Get Active Questionnaire is submitted. Both need to be completed on an annual basis for returning participants. Contact body.works@ubc.ca or call 604-827-5059 for assistance in completing new client intake.

Tue Fri	Jan 12-Apr 9	9:30 AM-10:30 AM
650120		$425/25 sessions
Tue Fri	Jan 12-Apr 9	10:30 AM-11:30 AM
657090		$425/25 sessions
Tue Fri	May 11-Jun 25	9:30 AM-10:30 AM
650118		$238/14 sessions
Tue Fri	May 11-Jun 25	10:30 AM-11:30 AM
650151		$238/14 sessions

Langara RMT Student Massage

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

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

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

BOOK ONLINE

Each session is $15.00 + tax
Fridays 9:30 AM | 10:45 AM | 12:00 PM
Registration opens 2 weeks in advance.

BCRPA Choose to Move (50+ yrs)

Eva Lau

Choose to Move is free and flexible, and provides you with motivation and support to become more active. In Choose to Move, you receive both individual and group support. You will work with a trained activity coach to develop and stick to a physical activity plan made just for you. You choose activities that you know you will enjoy and are able to do! You will also join a group of other Choose to Movers to share successes and challenges. With the help of your activity coach and support group, you will find the motivation and accountability you need to achieve your goals. To learn more about Choose to Move visit www.choosetomove.ca. Participants must attend the Choose to Move Information Session to be eligible for the program

Thu	Jan 12-Mar 16	1:15 PM-2:15 PM
650746		Free Registration

BCRPA ActivAge 1 Functional Fitness/Adaptable Skills

Eva Lau

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

Tue	Jan 19-Mar 16	2:15 PM-3:15 PM
650146		Free Registration

Age Strong

Age Strong Unity Wellness Society

Age Strong Wellness Society Exercise Classes for Punjabi Seniors. This culturally-tailored, beginner-friendly exercise class is designed for female Punjabi seniors looking to improve or maintain their activity level and health in a supportive, welcoming environment. Sessions are conducted in Punjabi and English as guided, circuit-style workouts including strength, cardio, and mobility exercises. Participants move at a comfortable pace, making it suitable for all fitness levels. No session February 13 and May 22.

Sat	Jan 9-Mar 27	10:00 AM-11:15 AM
649983		Free Registration
Sat	Apr 17-Jun 19	10:00 AM-11:15 AM
649999		Free Registration

Tai Chi & Qi Gong

Yuan Ji Dance - Intermediate

Jenny Ng

Chinese Yuan Ji dance is a mixture of martial arts, physical therapy, meditation, dance and Tai Chi exercise. This dance promotes health and wellness for all. Drop in $2.50. No session February 15 and May 24.

Mon	Jan 4-Mar 22	9:15 AM-11:15 AM
649336		$20.90/11 sessions
Wed	Jan 6-Mar 31	9:15 AM-11:15 AM
649383		$24.70/13 sessions
Mon	Apr 5-Jun 28	9:15 AM-11:15 AM
649338		$22.80/12 sessions
Wed	Apr 7-Jun 30	9:15 AM-11:15 AM
649384		$24.70/13 sessions

Fitness with Sprina - 12 Method Daoyin Health Preservation

Sprina Fu

The Twelve-Method Daoyin Health Preservation Exercise is a traditional wellness practice that integrates breathing, coordinated movements, and mental focus. Through gentle stretching, acupoint stimulation, and regulated breathing, it helps promote the flow of meridians, harmonize the circulation of qi and blood, and strengthen the internal organs. With regular practice, it can improve suboptimal health conditions, alleviate symptoms of chronic illnesses, and enhance overall physical and mental well-being and balance. Drop-in $11+tax.

Wed	Jan 6-Mar 31	9:15 AM-10:00 AM
650121		$130/13 sessions
Wed	Apr 7-Jun 30	9:15 AM-10:00 AM
650122		$130/13 sessions

Fitness with Sprina - Tai Chi Stick

Sprina Fu

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

Wed	Jan 6-Mar 31	10:00 AM-10:45 AM
650124		$130/13 sessions
Wed	Apr 7-Jun 30	10:00 AM-10:45 AM
650137		$130/13 sessions

Tai Chi & Qi Gong cont'd

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 $10.00.

Thu	Jan 7-Mar 11	9:30 AM-10:30 AM
649313		$90/10 sessions
Thu	Apr 8-Jun 24	9:30 AM-10:30 AM
649315		$108/12 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 $11.

Thu	Jan 7-Mar 11	10:30 AM-11:30 AM
649320		$90/10 sessions
Thu	Apr 8-Jun 24	10:30 AM-11:30 AM
649317		$108/12 sessions

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

Amy Li Hua Zhu

The 49-posture Yang Style Tai Chi boxing (no contact) maintains whole boxing posture of the traditional routine. Compact structure, consecutive action, fashion, and characteristic still exist, mainly to meet the requirement of competition and performance. This Tai Chi style is suitable for every age group and is appreciated by Tai Chi lovers around the world. Qi gong improves health. People in different ages can evenly advance their physical functions by achieving the balance of Yin and Yang, the improvement of meridional system, and strengthening of tendons and bones.This class is instructed by Master Amy Zhu, who was a disciple of Grand Master Yang Jun (5th Yang Family Tai Chi Chuan lineage holder). She is a National Tai Chi champion and certified Tai Chi instructor. Drop-in $16+tax.

Fri	Jan 8-Mar 26	10:00 AM-10:55 AM
649394		$162.80/11 sessions
Fri	Apr 9-Jun 25	10:00 AM-10:55 AM
649395		$177.60/12 sessions

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

Amy Li Hua Zhu

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

Fri	Jan 8-Mar 26	11:05 AM-12:00 PM
649396		$154.88/11 sessions
Fri	Apr 9-Jun 25	11:05 AM-12:00 PM
649397		$169.96/12 sessions

Guo Lin Qi Gong Practice Session (in Chinese)

This session is a practice session intended for individuals who have experience with Guo Lin Qi Gong and is conducted in Chinese. Qi Gong is a traditional Chinese exercise system developed more than 3,000 years ago. Among the many styles, Guo Lin Qi Gong, founded over 50 years ago by the renowned Master Guo Lin, has become one of the most widely practiced forms, with over a million practitioners across China. Rooted in traditional Chinese medicine, Guo Lin Qi Gong is based on the concept of energy pathways, or meridians, that run throughout the body. Health is believed to depend on the smooth flow of Qi (life energy), while illness may arise from blockages in this flow. Through gentle, rhythmic movements, breathing techniques, and mindful practice, participants can promote the harmonious circulation of Qi, supporting balance in the body, regulating breath and circulation, and enhancing overall physical and emotional well-being. Tax included in price.

Thu	Feb 25	7:00 PM-9:00 PM
657009		$5/session
Thu	Mar 25	7:00 PM-9:00 PM
657010		$5/session
Thu	Apr 29	7:00 PM-9:00 PM
657011		$5/session
Thu	May 27	7:00 PM-9:00 PM
657012		$5/session
Thu	Jun 24	7:00 PM-9:00 PM

Foot Care Clinic

Nancy Lee

Once you know how to use them, these funny-looking cannonballs with a handle can be a great Have your toenails cleaned and cut safely by a registered and certified foot care nurse. Manage your callus, corns, diabetic feet, fungal and ingrown nails. Foot assessment and teaching also provided to ensure healthy feet! Please bring a large towel.

Each session is $47.00

VIEW ONLINE

Friday Jan 29, Feb 26, Mar 26

12:00 P | 12:30 P | 1:00 PM | 1:30 PM
2:00 PM | 2:30 PM | 3:00 PM | 3:30 PM

Education

Healthiest Babies Possible

South Community Health Centre

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

Meets every 2nd Wednesday 9:30 AM and 4th Monday 12:30 PM

Group Singing

Run Xiang Lu

This class is facilitated in Mandarin and Cantonese. Learn how to open your voice and sing. Join this group and sing some songs, socialize and have some fun. Singing instructor, Louis Lu, will guide you on singing and tuning. Drop-in $10.

Optional warm-up sessions		9:45 AM-10:15 AM
Thu	Jan 7-Feb 11	9:45 AM-11:45 AM
649390		$48.54/6 sessions
Thu	Feb 18-Mar 25	9:45 AM-11:45 AM
650782		$48.54/6 sessions
Thu	Apr 8-May 20	9:45 AM-11:45 AM
649391		$56.63/7 sessions
Thu	May 27-Jun 24	9:45 AM-11:45 AM
650786		$40.95/5 sessions



The Joy of Watercolour

Philip Tsang

This program introduces essential watercolour painting techniques. Through guided projects, including landscapes, still life, animals, and portraits, you'll become familiar with the unique properties of watercolour while exploring both traditional and contemporary styes. All materials are provided by the instructor. 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.

Sun	Jan 24-Feb 21	11:30 AM-1:00 PM
650930		$136/5 sessions
Sun	Apr 11-May 9	11:30 AM-1:00 PM
650932		$136/5 sessions

Sports

Court Rentals

Reserve the court to play (55min)



Pickleball

Wednesdays 11:50 AM | 12:50 PM | 1:50 PM
Thursdays 10:45 AM | 11:45 AM
Fridays 11:00 AM | 12:00 PM | 1:00PM



Badminton

Fridays 2:00 PM

VIEW ONLINE

Wheelchair Multisport

BC Wheelchair Basketball

Open to individuals with physical disabilities, their families, and therapists. Participants must be able to push a manual sport wheelchair, follow instructions independently, and safely engage in physical activity. Please note: Staff cannot assist with transfers into sports chairs.

Individuals must be able to transfer into a sport chair with minimal assistance or bring a support person to assist with their transfer.

Drop-ins are welcome, but registration is highly encouraged!

To sign up or ask questions, contact: programs@bcwheelchairsports.com A waiver must be signed on-site before participating. No session October 12.

Wednesdays

Jan 20-Mar 10 656665 | Apr 21-Jun 9 656668

1:45 PM-3:30 PM
Free Drop-in

Sports cont'd

Seniors Badminton

No Instructor

Stay active, have fun, and connect with others through friendly games of badminton! This recreational program is designed for older adults who enjoy casual, non-competitive play. Whether you're a seasoned player or just looking to stay moving, join us for light-hearted rallies and great company. All skill levels are welcome. Priority given to adults over 50 years. Drop-in $3.50. Drop in spots will be sold 10 mins after the program start time if registered participants do not check in. No session February 15, March 15, 16, 18, 19, April 23, May 24.

Mon	Jan 4-Mar 22	9:00 AM-10:55 AM
648780		$28.60/10 Sessions
Tue	Jan 5-Mar 30	9:00 aM-10:55 AM
649294		$34.32/12 Sessions
Thu	Jan 7-Mar 25	9:00 AM-10:40 AM
648792		$31.46/11 sessions
Fri	Jan 8-Mar 26	9:00 AM-10:55 AM
648809		$31.46/11 sessions
Mon	Apr 5-Jun 28	9:00 AM-10:55 AM
649088		$34.32/12 sessions
Tue	Apr 6-Jun 29	9:00 AM-10:55 AM
649326		$37.18/13 sessions
Thu	Apr 8-Jun 24	9:00 AM-10:40 AM
649234		$34.32/12 sessions
Fri	Apr 9-Jun 25	9:00 AM-10:55 AM
649243		$31.46/11 sessions



Badminton

Leila Howatson

Join our badminton program for relaxed, self-paced rallies and some friendly competition. A volunteer facilitator will be on hand to help organize matches and keep things running smoothly, so you can focus on enjoying the game. This program is for players who know the basics, just bring your racket and your skills! Drop-in $7.00. No session February 15 and May 24.

Mon	Jan 11-Mar 22	7:50 PM-9:25 PM
649319		$57.10/10 sessions
Wed	Apr 7-Jun 30	7:50 PM-9:25 PM
649232		$74.23/13 sessions
Mon	Apr 5-Jun 28	7:50 PM-9:25 PM
649119		$68.52/12 sessions
Wed	Jan 13-Mar 31	7:50 PM-9:25 PM
649325		$68.52/12 sessions

Pickleball

Non Instructional

Pickleball is a sport in which two to four players use solid paddles to hit a perforated polymer ball, similar to a wiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications. Ideal for varying fitness levels & skill levels. No session February 15, April 23 and May 24.

Beginner with Guidance (Drop-in)

Tue	Jan 12-Mar 30	11:00 AM-12:25 PM
650712		$6/Drop-in
Thu	Jan 14-Mar 25	10:45 AM-12:40 PM
650196		$6/Drop-in
Tue	Apr 6-Jun 29	11:00 AM-12:25 PM
650726		$6/ Drop-in
Thu	Apr 15-Jun 24	10:45 AM-12:40 PM
650561		$6/Drop-in

Beginner/Intermediate (Weekley Register In-Advance)

Tue	Various Dates	11:00 AM-12:25 PM
		$6/Drop-in

All Levels (Registered)

Mon	Jan 4-Mar 22	11:00 AM-1:00 PM
649122		$47.60/10 sessions
Fri	Jan 15-Mar 26	12:00 PM-1:45 PM
649314		$47.60/10 sessions
Mon	Apr 5-Jun 28	11:00 AM-1:00 PM
649091		$57.12/12 sessions
Fri	Apr 9-Jun 25	12:00 PM-1:45 PM
649246		$52.36/11 sessions

Intermediate/Advance

Wed	Jan 13-Mar 31	11:45 AM-1:30 PM
649311		$52.36/11 sessions
Wed	Apr 7-Jun 30	11:45 AM-1:30 PM
649293		$61.88/13 sessions

Pickleball Lesson: Learn to Play Pickleball

Richard Lee

Never played? Perfect. In two sessions, you'll learn the rules, the scoring, and the feel of the game, then play real points. Come curious, leave hooked. No equipment no problem we will supply.

Tue	Jan 5-Jan 12	12:30 PM-2:00 PM
650802		$57.14/2 sessions

Pickleball Lesson: How to Hit Upwards Intentionally!

Richard Lee

4 sessions, one skill: lift with purpose. Tune into the feel of your paddle and the arc of the ball and let your body learn what "up" really means. Drop, dink, lob with intention. Equipment provided if needed.

Tue	Feb 2-Feb 23	12:30 PM-2:00 PM
649295		$114.28/4 sessions

Pickleball Lesson: Intermediate Series: Games & Strategies

Richard Lee

Three sessions of game-based play to sharpen your decisions. Learn positioning, shot selection, and how to work with your partner, all while building the awareness to see the court and play with confidence. Equipment provided if needed. No session March 16 and 23.

Tue	Mar 2, 9, 30	12:30 PM-2:00 PM
649296		$85.71/3 sessions

Basketball

Non Instructional

Get your heart pumping and your game on with our adult basketball program! Designed for players who already know how to dribble, shoot, and defend, this is your chance to play full-court games, meet fellow basketball lovers, and enjoy some competitive fun. Drop-in $7.00

Tue	Jan 12-Mar 30	7:50 PM-9:25 PM
649321		$62.81/11 sessions
Tue	Apr 6-Jun 29	7:50 PM-9:25 PM
649141		$74.23/13 sessions

KBL Co-Ed Basketball League

Biraj Bora

This recreational basketball league plays out of Kerrisdale, Kitsilano and Sunset Community Centres on Sundays between 1pm to 5pm. A schedule is set by Biraj before the season starts. No session February 14, March 28 and May 23.

Sun	Jan 10-Jun 6	1:00 PM-4:45 PM
648973		$90/19 sessions

Volleyball

Non Instructional

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

Wed	Jan 13-Mar 31	6:05 PM-7:40 PM
649323		$68.52/12 sessions
Wed	Apr 7-Jun 30	6:05 PM-7:40 PM
649230		$74.23/13 sessions

Indoor Soccer

Rob Howatson

Bring the energy and your best footwork to our indoor soccer program! Played in a gym setting, this fast-paced game is perfect for players who already know the basics and are ready for quick passes, sharp turns, and great goals. Enjoy the action, build connections, and stay active all season long. No session February 15 and May 24. Drop-in $7.00.

Mon	Jan 11-Mar 22	6:05 PM-7:40 PM
649318		$57.10/10 sessions
Thu	Jan 14-Mar 25	6:05 PM-7:40 PM
649328		$62.81/11 sessions
Mon	Apr 5-Jun 28	6:05 PM-7:40 PM
649113		$68.52/12 sessions
Thu	Apr 8-Jun 24	6:05 PM-7:40 PM
649238		$68.64/12 sessions

Ball Hockey Advanced

Thai Quan

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

Thu	Jan 14-Mar 25	7:50 PM-9:25 PM
649329		$62.81/11 sessions
Thu	Apr 8-Jun 24	7:50 PM-9:25 PM
649241		$68.52/12 sessions

Summer Smash Tennis: Adult Beginner++ (2.0)

Summer Smash Tennis

Solidify your foundation for all strokes. Players who can rally consistently continue to develop ball control (direction, height, distance) and technique within cooperative and competitive contexts. An emphasis is placed on developing technique and ability for groundstrokes, volley, and serve. Students should repeat this course until they can confidently control the direction and height of forehand and backhand within a full court rally.

Tue	Jan 12-Feb 16	6:10 PM-7:40 PM
651270		$315/6 sessions

Summer Smash Tennis: Adult Intermediate (2.5-3.0)

Summer Smash Tennis

Improve consistency of groundstrokes, volleys, and serve. An opportunity for players with experience (2.5-3.0 NTRP rating) to refine technique while improving reception of wide, high, low, deep, and short balls. Through game-based learning, students will improve their ability to play within cooperative and competitive settings. No session March 2.

Tue	Feb 23-Mar 30	6:10 PM-7:40 PM
651279		$277.50/5 sessions
Tue	Apr 6-Apr 27	6:10 PM-7:40 PM
651294		$222/4 sessions

All Bodies Community Recreation and Fitness

All Bodies Community Recreation and Fitness (ABC) is an inclusive, choice-based health, wellness, and functional fitness program that welcomes every body. Our scalable, easy-to-follow activities help participants build confidence, improve strength, balance, mobility, and endurance, and develop movement skills for everyday life, recreation, and sport.

ABC supports participants in working toward the Canadian Physical Activity Guidelines, which recommend at least 150 minutes of moderate-to-vigorous physical activity per week and muscle-strengthening activities at least twice weekly for adults and older adults. Our Learn to Play Sports programs are designed for people returning to a sport or trying one for the first time in a supportive and welcoming environment.

Participate in ABC Foundation Programs with an ABC Drop-In Pass, ABC 10-Visit Pass, or ABC Flexipass, which also includes access to Vancouver Park Board pools, ice rinks, and fitness centres.
Please register on the ABC Master Roster (no fee) to help us track attendance for drop-in foundation programs.

* *Specialty programs require a separate registration.For more information contact* kate.lee@vancouver.ca

REGISTER AT Master roster 642012
plus a drop in with ABC flexipass, ABC 10 pass card or ABC drop in – Seniors &5.63 plus tax

ABC - Active & Strong

Using a non-choreographed format thoughtful coaching provides various options in a welcoming and inclusive environment. ABC foundation class

Mon	Jan 4-Mar 8	10:00 AM-11:00 AM
641986		Drop in with ABC
Wed	Jan 6-Mar 10	10:00 AM-11:00 AM
641986		

ABC - Active & Strong Punjabi and English

Led in Punjabi whenever possible this inclusive and welcoming class provides a culturally supportive fitness experience for adults looking to improve their health, strength and functional fitness. Thoughtful coaching helps participants develop muscle strength to support their joints and maintain their independence in daily activities. Classes include exercises to improve balance, mobility and coordination while reducing fall risk. ABC foundation class.

Mon Wed	Jan 4-Mar 10	11:15 AM-12:15 PM

ABC - Intro to Walking Soccer & Walking Soccer

Simultaneous play with divider. a variation on traditional soccer aimed at keeping people playing and involved with soccer. All abilities welcome and great for those with lack of mobility or for other reasons are unable to play. ABC plays indoors but it can also be played outdoors. ABC foundation class.

Mon	Jan 4-Apr 5	1:15 PM-3:15 PM

ABC - * Walk Strong & Balance

For folks at risk for or afraid of falling and who may or may not attend other community classes. Focus on strength, stability, gait and gradual increase in walking duration. Walking aids welcome. ABC specialty class

Mon	Jan 4-Mar 8	12:30 PM-1:30 PM
642029		$49.77/18 sessions
Wed	Jan 6-Mar 10	12:30 PM-1:30 PM
642030		$55.30/20 sessions

ABC - * GLAD GLA:D Canada Back - for lower back pain

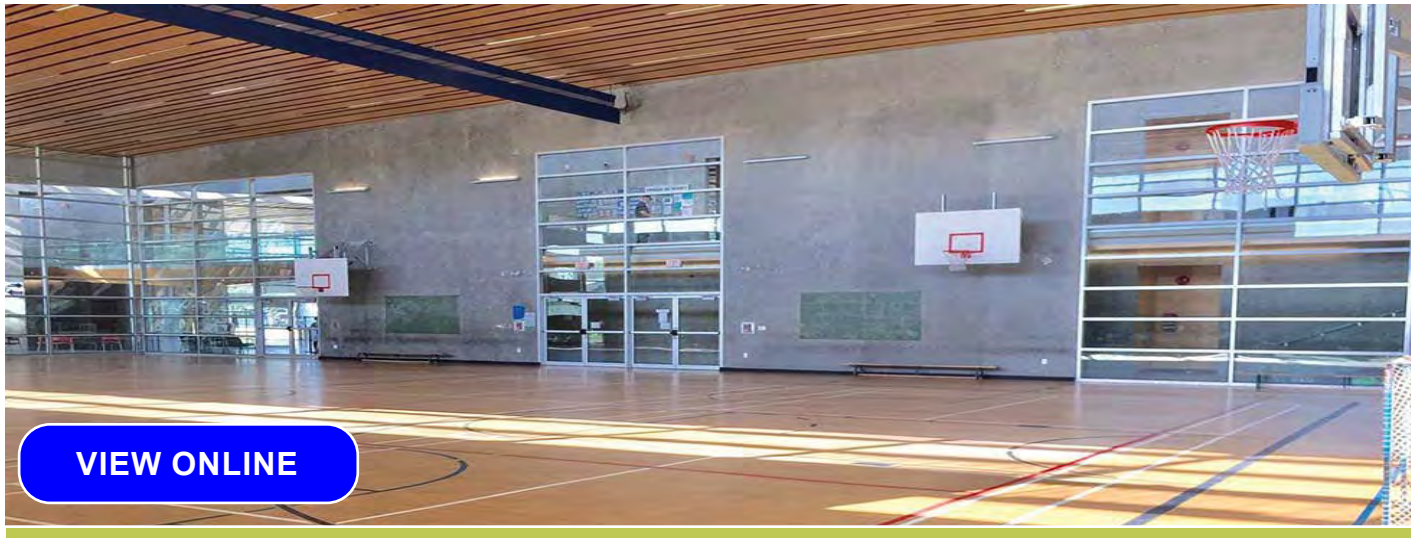
The GLA:D Back Education and Exercise Program will be run by Physiotherapist Heather Camenzind. GLAD Back, an international research study and program designed to help people with persistent or recurrent low back pain. GLAD Back is created for people with low back pain. Based on the latest scientific evidence, it prioritizes knowledge, tools, and exercise to help you work toward your goals. Over 7 weeks we will guide you through biweekly education and exercises sessions aimed at helping you manage your low back pain and improve your day to day! What to Expect:• Two 90-minute education sessions covering persistent back pain and practical management strategies• Twelve 60-minute group exercise sessions designed to improve strength, mobility, and function• Data collection from GLA:D Canada at the first visit, and at 3 and 12 months, to monitor effectiveness and support ongoing program improvement Who Can Benefit: • Individuals with persistent or recurrent, non-specific low back pain for longer than 3 months • Individuals seeking to reduce pain, improve daily activity participation. Meet your GLAD physiotherapist prior to the first class for a mandatory initial screening. Please call Kate Lee to arrange your appointment. 604.404.9695. Please read through the notes below prior to calling Kate. ABC specialty class

Wed Fri	Jan 06-Mar 12	1:00 PM-2:00 PM
641996		$560 sessions

ABC - * GLAD GRAD for Back

Supported group setting for those who have completed the GLA:D Canada program and would like ongoing support and guidance from a physiotherapist. GLA:D Canada program completion is a prerequisite for GLAD GRAD ABC specialty class

Wed Fri	Jan 06-Mar 12	2:45 PM-3:45 PM
642042		$350/ sessions



Sports Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Badminton 9:00-10:55 AM	**Seniors Badminton** 9:00-10:55 AM		**Seniors Badminton** 9:00-10:55 AM	**Seniors Badminton** 9:00-10:55 AM
Pickleball All Levels 11:00 AM-1:00 PM	**Pickleball - w/Guidance** 11:00 AM-12:25 PM		**Pickleball with Guidance** 11:00 AM-12:55 PM	**Pickleball All Levels** 12:00-1:45 PM
	Pickleball Lesson Novice/Int 12:30-2:00 PM	**Pickleball Lesson Int/Adv** 11:45 AM-1:30 PM	**Pickleball Court Rental** 11:00 AM-12:55 PM	**Pickleball Court Rental** 11:00 AM-1:55 PM
Indoor Soccer 6:05-7:40 PM	**Indoor Tennis** 6:05-7:35 PM	**Volleyball** 6:05-7:40 PM	**Indoor Soccer** 6:05-7:40 PM	**Badminton Court Rental** 2:00-2:55 PM
Badminton 7:50-9:25 PM	**Basketball** 7:50-9:25 PM	**Badminton** 7:50-9:25 PM	**Ball Hockey Advanced** 7:50-9:25 PM	

Sports Code of Conduct

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

ICE RINK

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

Public Skating Schedule

Winter Schedule
January 4-March 26, 2027

Children 7 yrs & younger must be accompanied on the ice by a parent or guardian over the age of 16 yrs.

Groups of 10 or more please contact Maegan.Montemayor@Vancouver.ca to check if a public session is the appropriate fit for your group.

Groups of 15 or more are encouraged to rent the ice privately as we cannot guarantee that public sessions will have enough capacity or equipment for all participants.

10 Visit Pass and Flexipasses must be presented at the time of check-in.

All Sessions are drop in except Public Adult Hockey, Adult Stick, Puck & Ring and Public Figure Skating.

These sessions will open for registration 3 days prior to each session.

Skating Lesson Information

Winter Lessons
Registration
Set 1 Thursday December 17 at 7:00 PM
Set 2 Thursday February 18 at 7:00 PM

Saturdays
Set 1 January 9-February 13: 6 Week Set
Set 2 February 20-March 20: 5 Week Set

Tuesdays
Set 1 January 5-February 16: 7 Week Set
Set 2 February 23-March 23: 5 Week Set

You can register at any Vancouver Park Board Community Centre

You can only register in one lesson at a time per child. Please register in the correct level. If you register in the wrong level, there is no guarantee that your child can be transferred into the correct level.

- If you are unsure of which level to register in, we strongly recommend a Free skating assessment during any of our Public/Discount Skate sessions.
- If the class you want is full, please ask to be placed on the wait list. A spot might open up!
- CSA approved hockey or snowboard helmets are required for skate lessons (no bike helmets). A limited number of hockey helmets are available to use for free.

SCAN ME
Public Skating Schedule

SCAN ME
Skating Lesson Info

Ice Skating Rates & Fees

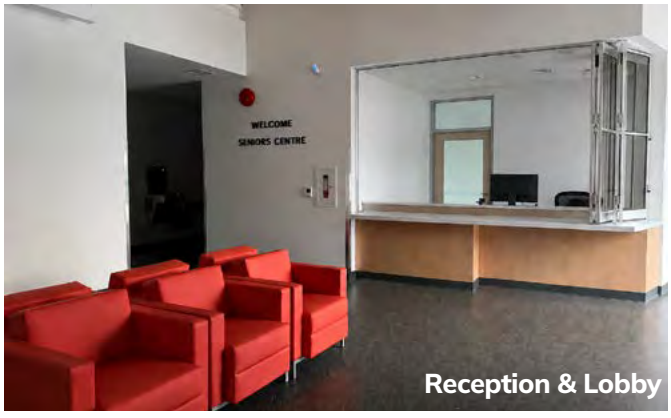
	Single	10 Usage
Preschooler (4 and under)	Free	
Child (5-12 yrs)	$3.97	$33.39
Youth (13-18 yrs)	$5.55	$46.71
Adult (19-64 yrs)	$7.93	$66.69
Senior (65+)	$5.55	$46.71
Family Rate*	$7.94	
Group Admission (10+ people)	25% off regular admission	
Low Cost Skate	50% off regular admission	
*$7.94 for up to 2 members (minimum charge). $3.97 for each additional family member.		
Skate Rental	$4.00	$36.00
Skate Sharpening	$7.71	

Prices subject to change.
Prices do not include taxes.

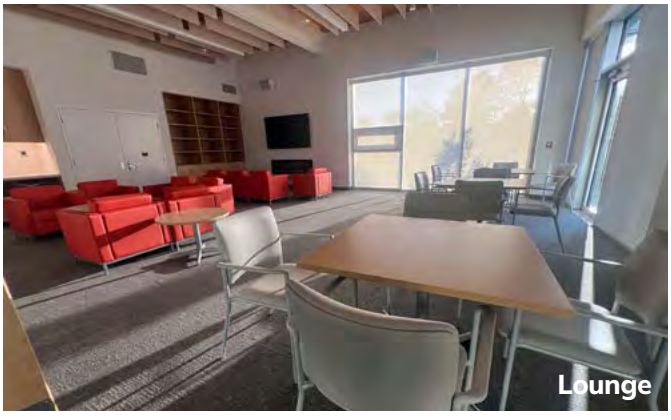


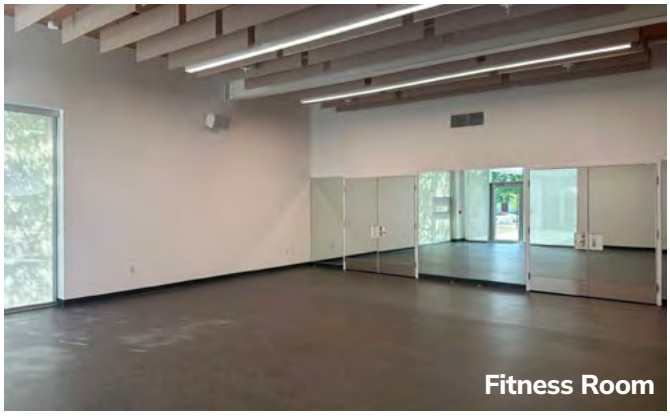


Exterior

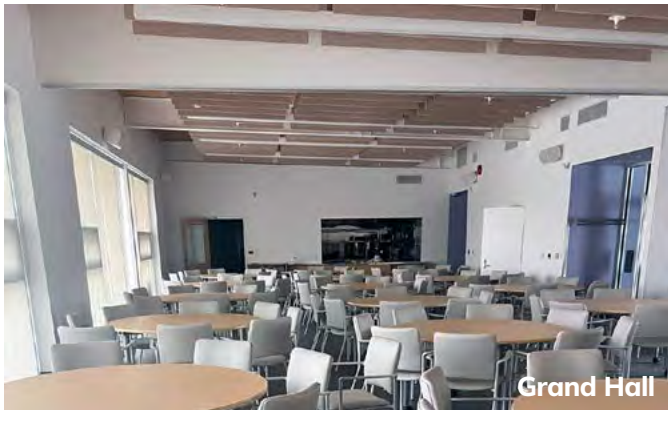


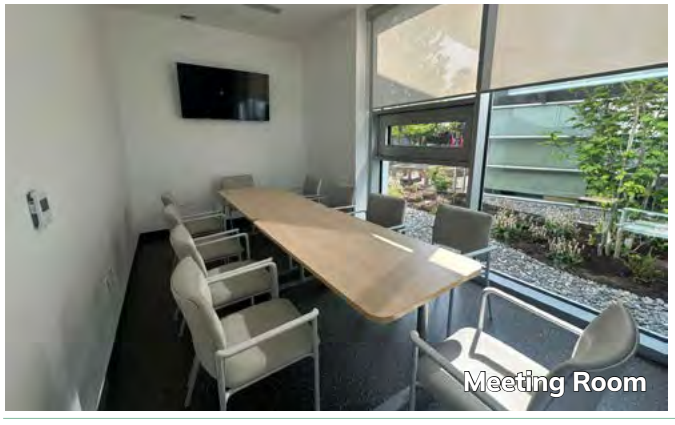
Reception & Lobby


Lounge


Fitness Room


Multipurpose Room 2


Grand Hall


Meeting Room


Kitchen







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



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

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

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

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

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

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

Baby Space Opera

Friday February 26

11am (in French) & 12:30pm (in English)
FREE!

Step into the night sky with your little one to share a moment of awe and wonder. Wrapped in starlight, twinkling stars dance and invite little ones to play. What stories can the constellations tell us? Come watch Foolish Operations present this full-costume, stage-lit rehearsal as we prepare for our Saltspring Island show! These performances are developed for babies 6-21 months old. All family members welcomed.

Tickets available here: https://foolishoperations.org/events/



Children & Youth

Afterschool Arts Club with Rise Arts (6-12 yrs)

Shivani Sen

Students will explore a variety of visual arts through hands-on projects including painting, drawing, watercolour, crafting, and more. Each week introduces new materials and techniques while encouraging creativity, self-expression, and artistic confidence in a fun and supportive environment. All skill levels are welcome!

Mon	Jan 11-Mar 8	3:15 PM-4:45 PM
650750		$229.95/8 sessions
Mon	Apr 12-Jun 21	3:15 PM-4:45 PM
650751		$281.05/10 sessions

Creative Comfort Crafts (6-12 yrs)

South Vancouver Neighbourhood House

A hands-on exploratory arts and design program to explore diverse craft mediums of clay, watercolours, paints, papier-mache, simple sewing, knitting, origami, jewellery making, etc. Craft themes will be connected to the unique cultural identities of the South Vancouver community and led by youth volunteers. To register, contact the South Vancouver Neighbourhood House by phone at 604-324-6212.

Wed	Jan 13–Mar 17	3:15 PM-4:30 PM
655039		FREE/9 sessions
Wed	Apr 14–Jun 23	3:15 PM-4:30 PM
655041		FREE/11 sessions

Afterschool Jazz Funk, HipHop, KPOP (Walter Moberly pick-up) (5-13 yrs)

ILLUMA Studio

Students will be picked up from Walter Moberly School and walked over to Moberly Art Centre for class - rain or shine! Come learn a variety of dance styles including but not limited to Jazz Funk, Street and Korean Pop (KPOP) through cardio warm ups, strengthening, footwork, isolations, stretches and learn the importance of breathing. Build confidence and learn teamwork while having fun through purposeful indoor games with new friends. Dancers will be grouped by age/skill upon in-class assessment. No previous experience required; content is accessible and adapted to the learner's level. Learned skills showcasing will be announced throughout the course.

Tue	Jan 12-Mar 9	3:00 PM-4:30 PM
650745		$207/9 sessions
Tue	Apr 6-Jun 22	3:00 PM-4:30 PM
650748		$276/12 sessions

Afterschool Jazz Funk, Hip Hop, KPOP (5-13 yrs)

ILLUMA Studio

This option is for kids that do not need afterschool pick-up from Walter Moberly Elementary and will only be attending the class from 3:30pm onward. Come learn a variety of dance styles including but not limited to Jazz Funk, Street and Korean Pop (KPOP) through cardio warm-ups, strengthening, footwork, isolations, stretches and learn the importance of breathing. Build confidence and learn teamwork while having fun through purposeful indoor games with new friends. Dancers will be grouped by age/skill upon in-class assessment. No previous experience required;

Tue	Jan 12-Mar 9	3:30 PM-4:30 PM
654249		$144/9 sessions
Tue	Apr 6-Jun 22	3:30 PM-4:30 PM
654250		$192/12 sessions

Active Dance: Jazz Funk, HipHop, KPOP (6-12 yrs)

ILLUMA Studio

Come learn a variety of dance styles including but not limited to Jazz Funk, Street and Korean Pop (KPOP) through cardio warm ups, strengthening, footwork, isolations, stretches and learn the importance of breathing. Build confidence and learn teamwork while having fun through purposeful indoor games with new friends. Dancers will be grouped by age/skill upon in-class assessment. No previous experience required.

Sat	Jan 16–Mar 20	12:15 PM-1:15 PM
655800		$144/9 sessions
Sat	Apr 17–Jun 26	12:15 PM-1:15 PM
655803		$160/10 sessions

Hibret Amharic School (6-18 yrs)

Mekdes Gete

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

Sat	Jan 16-Mar 27	1:15 PM-4:15 PM
655037		FREE/10 sessions
Sat	Apr 17-Jun 26	1:15 PM-4:15 PM
6550378		FREE/10 sessions



Children & Youth cont'd

Girls Healthy Bhangra (4-14 yrs)

Sukhdeep Singh Virk

Experience the vibrant energy of Healthy Bhangra! This class is for girls seeking fun, fitness, and community. No experience needed – just bring your energy and enthusiasm! Join us and dance to the beat of joy and tradition! Drop-in fee available. It must be paid at Sunset Community Centre, and the receipt must be brought to class in order to participate

Thu Sat	Jan 14-Mar 18	5:15 PM-6:15 PM
654220		$144/18 sessions
Thu Sat	Apr 15-Jun 26	5:15 PM-6:15 PM
654239		$168/21 sessions

Boys Healthy Bhangra (4-14 yrs)

Sukhdeep Singh Virk

Experience the vibrant energy of Healthy Bhangra! This class is for boys seeking fun, fitness, and community. No experience needed – just bring your energy and enthusiasm! Join us and dance to the beat of joy and tradition! Drop-in fee available. It must be paid at Sunset Community Centre, and the receipt must be brought to class in order to participate

Thu Sat	Jan 14-Mar 18	6:15 PM-7:15 PM
654221		$144/18 sessions
Thu Sat	Apr 15-Jun 26	6:15 PM-6:15 PM
654240		$168/21 sessions

Kids Healthy Bhangra (4-14 yrs)

Sukhdeep Singh Virk

Experience the vibrant energy of Healthy Bhangra! This class is for kids seeking fun, fitness, and community. No experience needed – just bring your energy and enthusiasm! Join us and dance to the beat of joy and tradition! Drop-in fee available. It must be paid at Sunset Community Centre, and the receipt must be brought to class in order to participate

Thu Sat	Jan 14-Mar 18	4:15 PM-5:15 PM
656480		$136/17 sessions
Thu Sat	Apr 15-Jun 26	4:15 PM-5:15 PM
656481		$168/21 sessions



Dance

Polymer Dance: Intermediate/Advanced (16+ yrs)

Miriam Esquitin

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

Tue	Jan 12-Mar 23	6:30 PM-8:30 PM
650761		$227.29/11 sessions
Tue	Apr 13-Jun 22	7:00 PM-9:00 PM
650763		$227.29/11 sessions

Belly Dance Monday: Level 2, for those with prior experience (18+ yrs)

Karime Kuri

himmy into joy! Join our belly dance class for a fusion of tradition and fun. Embrace rhythm, movement, and self-expression in a welcoming environment. Beginners welcome! Drop-in fee is available with instructor approval.

Mon	Jan 18-Mar 22	6:30 PM-7:45 PM
650754		$162/9 sessions
Mon	Apr 12-Jun 21	6:30 PM-7:45 PM
650756		$180/10 sessions

Moberly Senior Dancers (50+ yrs)

Sarah Gallos

Led by Sarah Gallos, this project will lead participants through the creation of an original contemporary dance composition. The participants will be taken through stretching and movement exercises to prepare for dancing, and be led through a co-creation process with the artists.

Tue	Jan 12-Mar 9	11:30 AM-1:00 PM
650764		Free/9 sessions
Tue	Apr 6-Jun 22	11:30 AM-1:00 PM
650765		Free/12 sessions

Advanced Healthy Bhangra (14+ yrs)

Sukhdeep Singh Virk

Experience the vibrant energy of Healthy Bhangra! This class is for youth and adults with experience in Bhangra dancing that are up for a challenge! Drop-in available.

Sat	Jan 16-Mar 20	10:00 AM-11:00 AM
654219		$90/9 sessions
Sat	Apr 17-Jun 26	10:00 AM-11:00 AM
654238		$110/11 sessions

Mens Healthy Bhangra (18+ yrs)

Sukhdeep Singh Virk

Experience the vibrant energy of Healthy Bhangra! This class is for men seeking fun, fitness, and community. No experience needed – just bring your energy and enthusiasm! Join us and dance to the beat of joy and tradition! Drop-in available.

Sat	Jan 16-Mar 20	11:00 AM-12:00 PM
654219		$90/9 sessions
Sat	Apr 17-Jun 26	11:00 AM-12:00 PM
654238		$110/11 sessions

Womens Healthy Bhangra (35+ yrs)

Sukhdeep Singh Virk

Experience the vibrant energy of Healthy Bhangra! This class is for women seeking fun, fitness, and community. No experience needed – just bring your energy and enthusiasm! Join us and dance to the beat of joy and tradition! Drop-in available.

Thu	Jan 14-Mar 18	7:15 PM-8:15 PM
654223		$120/10 sessions
Thu	Apr 15-Jun 24	7:15 PM-8:15 PM
654242		$132/11 sessions

Womens Healthy Bhangra and Gidda (18+ yrs)

Sukhdeep Singh Virk

Experience the vibrant energy of Healthy Bhangra and Gidda! This class is for a larger age range of women seeking fun, fitness, and community. No experience needed – just bring your energy and enthusiasm! Join us and dance to the beat of joy and tradition! Drop-in available.

Sat	Jan 16-Mar 13	7:15 PM-8:15 PM
654224		$96/8 sessions
Sat	Apr 17-Jun 26	7:15 PM-8:15 PM
654243		$120/10 sessions

Music

Japanese Taiko Ensemble - Intermediate (Sideways Stance) (16+ yrs)

Noriko Kobayashi

Learn Taiko Ensemble! This popular taiko style in a sideways stance with movement and choreography is the most exciting taiko! Learn the rudiments, technique, develop perfect taiko form, and Bon Daiko solos. Join now so you do not miss out!

Sun	Jan 10-Mar 14	10:00 AM-11:00 AM
654602		$200/8 sessions
Sun	Apr 11-June 27	10:00 AM-11:00 AM
655214		$300/12 sessions

Japanese Taiko Drumming - Miyake Style (Beginners Welcome) (5+ yrs)

Noriko Kobayashi

Learn traditional Japanese festival drumming (Taiko) on real Japanese drums with your whole family! Get fit with a full-body workout in the low stance of Miyake traditional drumming. Children and beginners are welcome. Drumsticks and drums are provided. Children under 15 may register for the class but must be accompanied by an adult registrant in the program (18+ years of age).

Sun	Jan 10-Mar 14	11:15 AM-12:15 PM
655202	$160/8 sessions(15+ yrs)	$80/8 sessions (5-4 yrs)
Sun	Apr 11-June 27	11:15 AM-12:15 PM
655215	$240/12 sessions (15+ yrs)	$120/12 sessions (5-4 yrs)

Japanese Taiko Drumming - Hachijo Style (Intermediate) (16+ yrs)

Noriko Kobayashi

Learn Hachijo Taiko - close to the source! This is a beautiful Japanese traditional drumming that is placed on a high stand. Learn the basics, rudiments, technique, philosophy, and song in Hachijo style! Drumsticks provided.

Sun	Jan 10-Jan 17	12:45 PM-1:45 PM
655203		$50/2 sessions
Sun	Apr 11-Apr 18	12:45 PM-1:45 PM
655216		$50/2 sessions

Japanese Taiko Ensemble for Beginners (Sideways Stance) (16+ yrs)

Noriko Kobayashi

Learn Taiko Ensemble- Beginners! This popular taiko style in a sideways stance with movement and choreography is the most exciting taiko! Learn the rudiments, technique, develop perfect taiko form, and Bon Daiko solos. Join now so you do not miss out!

Sun	Jan 24-Feb 14	12:45 PM-1:45 PM
655204		$75/3 sessions
Sun	Apr 25-May 30	12:45 PM-1:45 PM
655217		$150/6 sessions

Japanese Taiko Drumming - Hachijo Style (Beginners) (16+ yrs)

Noriko Kobayashi

Learn Hachijo Taiko - close to the source! This is a beautiful Japanese traditional drumming that is placed on a high stand. Learn the basics, rudiments, technique, philosophy, and song in Hachijo style! Drumsticks provided.

Sun	Feb 28-Mar 14	12:45 PM-1:45 PM
655205		$75/3 sessions
Sun	Jun 6-Jun 27	12:45 PM-1:45 PM
655218		$100/4 sessions

Music cont'd

Japanese Taiko Drumming - Yatai Bayashi Style (Beginners) (16+ yrs)

Noriko Kobayashi

Introducing Yatai Bayashi Taiko - Japanese traditional festival drumming of Chichibu (Chichibu's Winter Evening Festival) on real Japanese drums! This is a seated drumming style of endurance with powerful upper-body drumming! Beginners welcome. Drumsticks provided.

Sun	Jan 10-Feb 7	2:00 PM-3:00 PM
655206		$100/4 sessions
Sun	Apr 11-May 2	2:00 PM-3:00 PM
655219		$100/4 sessions

Japanese Taiko Drumming - Taiko Fit / Beginners' Basics (16+ yrs)

Noriko Kobayashi

This fun class is ideal for absolute beginners to taiko, set to music with easy dance moves. Great activity for fitness and taiko with easy rhythmic patterns. Drumsticks provided.

Sun	Feb 28-Mar 14	2:00 PM-3:00 PM
655207		$60/3 sessions
Sun	May 9-May 30	2:00 PM-3:00 PM
655220		$80/4 sessions
Sun	Jun 6-Jun 27	2:00 PM-3:00 PM
655221		$80/4 sessions

Private Guitar or Ukulele Lessons (5+ yrs)

Musical Expressions

Have you always wanted to learn a string instrument? We offer private guitar or even ukulele lessons to get you started. This program is based on special interests and fundamental goals that serve the humblest of beginners all the way to tomorrow's prodigies. All classes are set in a fun, stress-free environment. All students are required to bring their own guitar or ukulele to the lessons.

Mon	Jan 11-Mar 15	3:30 PM-4:00 PM
650769		$292.50/9 sessions
Mon	Jan 11-Mar 15	4:00 PM-4:30 PM
650770		$292.50/9 sessions
Mon	Jan 11-Mar 15	4:30 PM-5:00 PM
650771		$292.50/9 sessions
Mon	Jan 1-Mar 15	5:00 PM-5:30 PM
650772		$292.50/9 sessions
Mon	Jan 11-Mar 15	5:30 PM-6:00 PM
650773		$292.50/9 sessions
Mon	Jan 11-Mar 15	6:00 PM-6:30 PM
650774		$292.50/9 sessions
Mon	Jan 11-Mar 15	6:30 PM-7:00 PM
650775		$292.50/9 sessions

Visual Arts

Social Stitching: How Does Your Garden Sew? (18+ yrs)

Penelope Harris

Join our adventure, needles and thread in hand, into the botanical world. Social Stitching is not a weekly class, but a collaborative, drop-in hand sewing group focused on learning from each other while creating new works of art together. While the focus this season will be a large collaborative display panel inspired by the botanical world, participants will also be making smaller portable projects as well, including a pincushion, a fabric book, and a rice bag to store them in. All materials supplied, no previous experience required.

Wed	Jan 13-Mar 24	12:30 PM-2:30 PM
650734		Free/10 sessions
Wed	Apr 14-Jun 23	12:30 PM-2:30 PM
650736		Free/11 sessions

Intro to Rug Hooking: Mindfulness through Making (19+ yrs)

Corinne Sanderson

Explore your inner creativity—and discover a meaningful chance to recharge—through the simple, relaxing, meditative, and rhythmic art of rug hooking. The rhythmic pulling of loops induces a therapeutic, flow-like state that can lower cortisol levels and grant deep cognitive rest. It is incredibly easy to learn (featuring only one stitch) and has "no mistakes" (loops pull right out). In this introductory course you will learn the basics of rug hooking, including a brief history of the craft and foundational techniques to successfully begin a small rug project. The goal of this introductory class is to teach students the basics of rug hooking and inspire you to discover your own unique creativity in a communal and supportive setting. Essential equipment and material is prepared and provided by the instructor plus a take home kit.

Sun	May 16	3:30 PM-6:00 PM
655201	$26.90 for activity + $35 materials fee/1 session	

Fitness

Chair Yoga: Move, Groove and Improve (50+ yrs)

Balbir Cheema

Move, Groove, and Improve is a program focused on active aging and well-being. Participants will engage in physical activities, such as chair yoga. Instruction is in Punjabi and English. All seniors are welcome.

Mon Thu	Jan 11-Mar 25	10:30 AM-11:30 AM
650723		Free/20 sessions
Mon Thu	Apr 12-Jun 17	10:30 AM-11:30 AM
650724		Free/19 sessions

VIEW ONLINE

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

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

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

To book please call 604 718 6505 or email **SunsetRentals@vancouver.ca**.



Decorations not included



Book your room now!

1. **Choose a Room** ⇒ **Visit mysunset.net/facilities-rentals/rental-guidelines for more information.**
2. **Submit Rental Request** ⇒ **Visit recreation.vancouver.ca to view availability and submit rental requests.**
3. **Rental Confirmation and Payment** ⇒ Upon reviewing the request, the Rental Coordinator will contact you, take payment, and finalize the permit within 5 business days.
   Refund Policy: There will be an administration charge of $25 applied to all refund requests.

If you would like to arrange to view the space, please email moberly@vancouver.ca

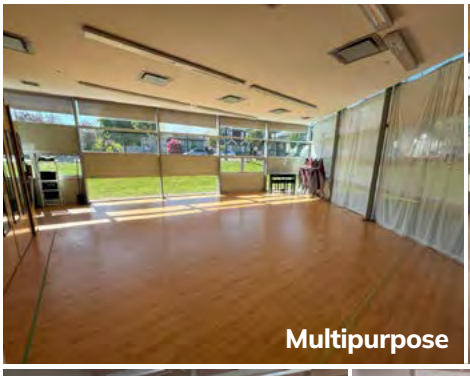
Room	Capacity	Dimensions (Approx.)	Square Footage	Hourly Rate
Main Hall	120	50x32	1600	$75+ gst
Main Hall Non-Profit	120	50x32	1600	$50+ gst
Lower Hall: Sun-Sat	12		420	$15/hr+gst

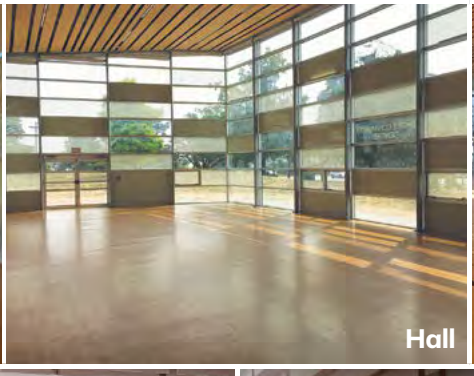
Additional Charges	
SOCAN + ReSound:	Music royalty fees will apply to all user groups that choose to play recorded music. For more information, please see: www.socan.ca, www.resound.ca
Damage Deposit	For all functions, a $200 refundable damage deposit fee will be collected at time of booking.
Staffing	Number of staff depends on activity, scope and size of rental. All events must have minimum one staff person present. All events that serve food or alcohol require two rental staff persons minimum.
Technician for MACC	A Technician is required for usage of lights and audio systems.
Insurance	Liability Insurance is required for high risk activities such as large events. Insurance is purchased from an external source.

VIEW ONLINE

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!


Multipurpose

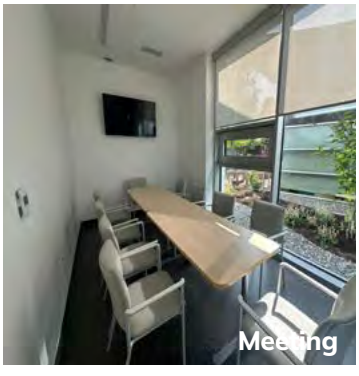

Hall


Gym


Multipurpose 2


Grand Hall


Fitness


Meeting

Book your room now!

1. **Choose a Room** Visit mysunset.net/facilities-rentals/rental-guidelines for more information.
2. **Submit Rental Request** Visit recreation.vancouver.ca to view availability and submit rental requests.
3. **Rental Confirmation and Payment** Upon reviewing the request, the Rental Coordinator will contact you, take payment, and finalize the permit within 5 business days.
   Refund Policy: There will be an administration charge of $25 applied to all refund requests and date rescheduling.

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

Room	Capacity	Dimension (approx.)	Square Footage	Operating Hours Hourly Rate (+ GST)	After Operating Hours Hourly Rate (+ GST)
Multipurpose Room	40	26x25	650	–	$55
Hall	130	58x29	1682	**$105	$105
Gym-Full	986	107x72	7704	–	$90
Multipurpose Room 2	100	43x26	1,118	–	$105
Grand Hall	180	72x26	1,872	–	$125
Fitness Room	50	29x26	754	$30	$55
Meeting Room	12	16x6	96	$20	$45



Sunset Fitness Centre

Personal Training

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



Nestor Navasero, Personal Trainer

Nestor is a BCRPA registered personal trainer. With a background in rugby and competitive outrigger canoe racing, Nestor has a passion for the fitness of the everyday athlete. He has trained teenagers to octogenarians, ballerinas to Paralympians, and everyone in between. He is excited to bring his vast experience in personal training and group fitness to the members of the Sunset Community.

VIEW ONLINE



Michelle Hang, Personal Trainer

For 9 years, Michelle has been a Registered Nurse, working in adult education and direct client care in the home health setting. She started personal training as a way to support others with their health, but in a more preventative manner. She loves playing volleyball and training for Hyrox twice despite tearing multiple knee ligaments last year. Fitness can be an intimidating venture, but with the right support and personalized plan, it can be an enjoyable and lifelong activity. Whether you're coming back from an injury, want to develop more strength, or learn correct form, Michelle will be happy to help!



Meghan O'Connell, Personal Trainer

For over a decade and a half, Meghan has helped people aged 40+ get stronger safely. She learned how to overcome a sprained lumbar spine and functional scoliosis to achieve a double-bodyweight deadlift (beltless) — and she'd love to help you meet your goals too! For more, please visit whatsyourstrength.ca

Scan here to learn more about training with Meghan or email info@whatsyourstrength.com.

Personal Training Fees

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

Fees subject to change.

Fitness Centre Fees

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

Fees subject to change.

6810 Main St, Vancouver, BC 604.718.6505 • www.mysunset.net • Register at www.vancouver.ca/sunsetrec