

Summer Basketball

Activity	Time	Dates	Cost	Reg. Number
Basketball Clinic 11-14 year olds	1:00-2:30pm	July 3-Aug 20	\$35	23012.301SN
Grade 7 League	2:30-4:00pm	July 3-Aug 20	\$40	23012.302SN
Gr. 8/9 League	4:00-7:00pm	June 19-Aug 20	\$40	33011.302SN
Gr. 10-12 League	7:00-10:00pm	June 19-Aug 20	\$40	33011.301SN

Basketball Clinic is a combination of skills, drills and games.

Leagues

Youth form their own teams. Roster information can be downloaded at www.sunsetyouth.ca/basketball.

Grades are determined by the grade you are entering in September 2010.



The 2009 Grade 10-12 Boys Basketball Champions. The Bulldogs.



Martial Arts

Taekwondo

Ebrahim Saadati

13+ yrs

Ultimate Martial Art & Olympic Sport. Ultimate Martial arts training is designed to develop physical strength and teach practical self-defence techniques in both stand up and ground positions. Olympic style includes sparring training, which is introduced at intermediate and advanced levels. The goals of the program are to improve flexibility, power, agility and improve mental discipline and self-confidence. Testing and/ or competing is optional (extra fees will apply). Uniform required. Please visit www.tetaekwondo.com for more info. Beg: White, yellow and orange belts. Int: Green, purple and blue belts. Adv: Brown, red and black belts. No Class Mon Aug 2.

Mon Jul 5-Aug 23 6:00pm-7:00pm
33401.301SN **Beginner/Intermediate** \$63/7 sessions
Mon Jul 5-Aug 23 7:00pm-8:00pm
33401.302SN **Advance** \$50.40/7 sessions

Performing Arts

Belly Dance for Teenagers at MACC

Leona Finlayson

12-16 yrs

Shimmy and shake like Shakira. Come to this fun upbeat class and find out the mysteries of bellydance. This class focuses on how to learn those intricate moves while having a good time. The instructor Leona has been bellydancing for close to 10 years and has worked with youth for over 10 years. Now she combines her love and passion of dance and working with youth together. Drop In \$8.00. Classes are held at Moberly Arts & Cultural Centre 7646 Prince Albert Street.

Wed Jul 7-Jul 28

6:00pm-7:00pm

31601.301SN

\$24/4 sessions

Guitar

Chris Wright

8 yrs+

Express your creativity through music and learn to play your favourite songs on guitar! Learn theory, technique, tuning, basic chords, strumming and picking. Please bring your own guitar.

Tue Jul 6-Aug 24

4:00pm-8:00pm

31001.301SN

\$136/8-30 minute sessions

Thu Jul 8-Aug 26

4:00pm-8:00pm

31001.301SN

\$136/8-30 minute sessions

