

# ADULTS

## Sports

### Drop-in Sport Rates

Adult(16+yrs)\$5.00

First priority is given to participants who are registered. Registered participants have until 15 minutes after program start time to sign-in. After grace period any extra spots will be sold to drop-in list. Drop-in participants may sign-up for themselves and one other person, in-person, 30 min. prior to start of program.

### Badminton (16yrs+)

Great recreational non-instructional play for all skill levels. Register for season and get two weeks for FREE. Drop-ins welcome, check drop-in procedures. Please bring your own racquets and birds. No class Oct 13.

M	7:45 pm-9:45 pm	Sep 08-Dec 15
43001.401SN		\$48/14 sessions
W	7:45 pm-9:45 pm	Sep 03-Dec 17
43002.401SN		\$56/16 sessions
W	9:00 am-11:00 am	Sep 07-Dec 14
43006.401SN		\$52/15 sessions

### Co-Ed Indoor Soccer (16yrs+)

It won't be professional level soccer, but it will be fun! Meet new people in this fun and friendly environment. All skill levels welcome. Non-instructional. No class Oct 13

M	6:00 pm-7:45 pm	Sep 08-Dec 15
43101.401SN		\$48/14 sessions
Th	6:00 pm-7:45 pm	Sep 04-Dec 18
43102.401SN		\$56/16 sessions

### Ball Hockey: Men's (18yrs+)

Shoot, pass and score during this non-instructional program. Eye and mouth guards are strongly recommended. All sticks must be for inside play only and NO tape on blade.

Th	7:45 pm-9:45 pm	Sep 04-Dec 18
43103.401SN		\$56/16 sessions

### Pickleball (18yrs+)

Pickleball is a combination of Ping-Pong, tennis, and badminton and has been enjoyed for over 20 years by people of all ages. This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic, poly baseball with holes. Half gym

W	5:30 pm-7:30 pm	Sep 03-Dec 17
43005.401SN		\$48/16 sessions or \$3.00 /Drop-in

### Carpet Bowling (50yrs+)

Join the Sunset Carpet Bowlers for an afternoon game and some refreshments.

MW	1:00-2:30pm	Ongoing
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### Co-Ed Volleyball (16yrs+)

Bump! Set! Spike! Come out for recreational volleyball. All levels welcome. Half gym.

W	5:30 pm-7:30 pm	Sep 03-Dec 17
43104.401SN		\$56/16 sessions

### Basketball: Coed (18yrs+)

Drop in alone or with your friends. Shoot around or play in a game. All levels of play are encouraged. Please bring your own ball.

Tu	7:45 pm-9:45 pm	Sep 02-Dec 16
43300.401SN		\$3.00/Drop-In

### Women's Outdoor Soccer (18yrs+)

Come and learn about this exciting game in a program that is geared towards women who have little or no experience but want to play. The program will consist of 1 hour of skills and 1/2 hour of a scrimmage. You will learn basic moves, positioning, handling the soccer ball and defending. Please meet at the Centre on the first day. Classes held rain or shine. No class Oct 13

M	6:15 pm-7:45 pm	Sep 08-Nov 03
43105.401SN		\$54/8 sessions

### Samsung ISU World Cup Short Track Speed Skating Friday, October 24, 2008

Approximately 170 athletes from 24 countries including the world's top short track speed skaters will be competing. Many skaters were at the Torino 2006 Olympic Winter Games and will be at the Vancouver 2010 Olympic Winter Games.

[www.vancouvershorttrack2008.com](http://www.vancouvershorttrack2008.com)

Reserve your tickets at Sunset Community Centre.

Cost: \$8+gst

Two sessions:

9:00am-12:00am; 1:00pm-4:00am

## Martial Arts

### Tai Chi Yang Style (16yrs+)

#### Sai Hock Goh

Learn and practice Classical Tai Chi Chuan and Quigong exercises for health and rejuvenation. Strengthen postural (anti gravity) muscles, improve circulation, refine motor skills, increase flexibility, and gain inner strength. Suitable for beginner and intermediate levels. Sai Goh is a certified instructor who began his training in 1990 and has studied extensively with many of Vancouver's foremost Tai Chi Masters Yang Style.

Th	8:15 pm-9:45 pm	Sep 25-Dec 11
43401.401SN		\$90/12 sessions

### Ki Aikido (16yrs+)

#### Jenn Barrett

In the art of Ki Aikido there is no aggression, tension or competition. The purpose of the practice is to learn to co-ordinate our mind and body through exercises that in turn enhance the quality of our lives. Ki means Life Force" & Aikido means "Way of Life to find Harmony with Nature.

Tu	7:30 pm-9:30 pm	Sep 23-Dec 09
43402.401SN		\$115/12 sessions \$11/Drop-In

## Walking

### Walk Leadership Training

Walk your way into leadership. Learn to lead your neighbours on walks through the community. As a leader you will learn how to lead a warm-up, how to plan a walk route and cool-down. Sign-up today and become an active member of your community. There is no cost, however please pre-register to ensure space. Comfortable apparel is required.

W	1:00 pm-3:00 pm	Sep 17, 24
W	6:00 pm-8:00pm	Sep 17, 24

In partnership with Sunset Centre. An initiative to mobilize community members for prevention and management of diabetes. Funded by Vancouver Coastal Health and the Public Health Agency of Canada.

### Community Walking Group

Why walk? Why not! The benefits are endless, it's easy, enjoyable, and affordable. It's a great opportunity to meet new people in your neighbourhood. Come out weekly and enjoy a walk through the Sunset Community. Rain or shine please meet in the lobby. Comfortable apparel is required. Call to confirm 604.718.6505.

W	2:00 pm or 7:00 pm	Ongoing
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## Fitness Programs

### Kundalini Yoga (15yrs+)

Kundalini Yoga incorporates the body, mind and spirit through the use of postures, meditation, exercises, sound and breath. It is a very internal yoga which stimulates the potential of the mind. Program will be delivered in English however Punjabi translation available.

#### Sai Bhullar

Tu 6:00 pm-7:00 pm Sep 23-Dec 09  
44305.401SN \$60/12 sessions

#### Baljit Dhudwal

No class Nov 15  
Sa 9:15 am-10:15 am Sep 20-Dec 13  
44305.402SN \$60/12 sessions

#### Harpreet Bains

W 8:20 pm-9:20 pm Sep 24-Dec 10  
44305.403SN \$60/12 sessions

### Dynamic Flow Yoga (18 yrs+)

#### Into Yoga

Comprised of a series of vinyasa asanas (flowing postures). A solid connection to the breath is generated as you flow through a cycle of postures designed to awaken and build a powerful level of energy and heat in the body. Both new and experienced practitioners welcome.

W 7:30 pm-8:30 pm Sep 24-Nov 26  
44309.401SN \$107/10 sessions

### Pilates Matwork (18yrs+)

#### Mary Craig

Pilates Matwork is part of a unique exercise method that was developed by Joseph Pilates over 90 years ago. It tones and strengthens muscles, increases flexibility, improves posture and balance. Learn and practice the basic exercises.

Th 5:45 pm-6:45 pm Sep 25-Nov 13  
44200.401SN Continuing \$93/8 sessions  
Th 6:45 pm-7:45 pm Sep 25-Nov 13  
44201.401SN Beginner \$93/8 sessions

### Yogalates (16yrs+)

#### Lia Fletcher

This class combines the basics of power yoga and pilates. This class will help you develop inner awareness as well as flexibility, strength and balance. Register early as this popular class fills up quickly. No class Oct 13

M 6:15 pm-7:15 pm Sep 29-Dec 08  
44301.401SN \$70/10 sessions  
M 7:25 pm-8:25 pm Sep 29-Dec 08  
44301.402SN \$70/10 sessions

### Hatha Yoga (18 yrs+)

#### Into Yoga

Combining the asana (postures or exercises), pranayama (breathing techniques) and relaxation, feel calm with an undertone of energy when you leave the class. Tension and anxiety are relieved and a more profound connection with the body is developed. All levels of fitness are invited to attend. No class Oct 12

Su 9:30 am-10:30 am Sep 21-Nov 30  
44310.401SN \$107/10 sessions



### Partner Yoga (18yrs+)

#### Into Yoga

Union is the essence of Yoga. Creating unity in postures with another person can cultivate a sense of balance and well-being offering valuable insight and understanding into any loving relationship. The practice of partner yoga explores the understanding of postures, the importance of breathing techniques and the mind-body connection and allows partners to learn and explore aspects which are unattainable through individual Yoga practice. No class Oct 13

M 8:30 pm-9:45 pm Sep 22-Oct 27  
44311.401SN \$67/5 sessions  
M 8:30 pm-9:45 pm Nov 03-Dec 01  
44311.402SN \$67/5 sessions

### Mom and Baby Yoga (18yrs+)

#### Jenny Booth

This class is an ideal way to rebalance your body and rejuvenate your energy while enjoying time with your baby and building social connections. Enhance your sense of body awareness and positive body image, improve balance, strength muscles and reduce stress and fatigue. Babies are gently and safely incorporated into the class. For babies not actively crawling.

Th 9:50 am-10:35 am Sep 18-Oct 23  
44312.401SN \$57/6 sessions  
Th 9:50 am-10:35 am Nov 06-Dec 11  
44312.402SN \$57/6 sessions

### Gentle Fit

#### Charleen McBeath

Regular exercise is essential for good health, particularly for older adults with arthritis, osteoporosis, diabetes and other chronic conditions. This class is designed to help improve your strength, flexibility, balance and overall wellness, which is beneficial for everyone. No class Nov 11.

Tu 11:00 am-12:00 pm Sep 16-Dec 02  
54101.401SN \$39/11 sessions \$4/Drop-In  
Th 11:00 am-12:00 pm Sep 18-Dec 04  
54101.402SN \$42/12 sessions \$4/Drop-In

### Joint Works

#### Charleen Mcbeath

Do you have arthritis? Join us for a safe and effective exercise class designed by the Arthritis Society for all forms of arthritis and levels of ability. Joint Works may help reduce your pain and stiffness from arthritis, increase your muscular strength, improve your range of motion, balance and coordination.

Th 12:30 pm-1:30 pm Sep 25-Nov 27  
54102.401SN \$62/10 sessions

### Strength Training

#### Charleen McBeath

You can strengthen your muscles no matter what age you are! Start to feel comfortable in the weight room. Learn safe and effective ways to get stronger in a fun and relaxed atmosphere.

Th 1:30 pm-2:30 pm Sep 25-Nov 27  
54103.401SN \$62/10 sessions

### Runner's Yoga

**New**

A dynamic stretching and strengthening program designed to help runners and other athletes prevent or overcome injuries. The Runner's Yoga system will restore balance to your body's musculature, return flexibility and suppleness to the muscles, open tight, compressed joints and engage and strengthen your core muscles. www.yogarunners.net. Appropriate for all levels of runners from beginners to advanced. from first-timers to experienced practitioners. Yoga mats are provided. No class Oct 11.

Sa 3:00 pm-4:15 pm Sep 20-Dec 6  
44308.401SN \$115/11 sessions

# ADULTS

## Performing & Creative Arts

### The Complete Indian Cooking Experience (18 yrs+)

**Permjit Sandhu**

Wow! your guests with this complete exotic Indian meal. Learn to make butter chicken, vegetable curry, chappatis and yogurt salad.

Tu 7:00 pm-9:00 pm Oct 07  
42600.401SN \$29/1 sessions

### Architectural Photography Workshop

**Douglas Williams**

Photographing architecture is not as straight forward as it may seem. It requires understanding natural and artificial light and shadow, choosing the time of day, finding the best angles, knowing about long exposures, multiple exposures, combining light sources and showing space to best advantage. In this workshop you will photograph the Sunset Community Centre interior and exterior. Participants should have an SLR type camera, wide angle lens, and a sturdy tripod. Also helpful: flash and polarizing filters.

Th 6:00pm-8:00pm Sep 11  
Sa 9:00am-11:00am Sep 13  
45401.403SN \$50/2 sessions

### Digital Photography (18yrs+)

**Douglas Williams**

You got a new digital camera, it has dozens of functions. We'll take the mystery out of the f stops, the shutter speeds and other features. With lectures, demonstrations, slide shows and mainly practice you can understand your camera better. We'll go outside and shoot various subjects: cityscapes, portraits, movement, macro, long exposures and more. We'll also focus on light and composition. You'll feel more confident with your camera but more importantly, more excited about making pictures.

Th 6:30 pm-9:00 pm Sep 18-Oct 23  
45401.401SN \$150/6 sessions  
Sa 9:00 am-11:30 am Nov 01-Dec 06  
45401.402SN \$150/6 sessions

### Sunbrites Arts Society

Our activities are singing, folk dancing and exercise (Chinese yoga). Contact Rose @ 604-253-0810 for more information. Free with membership.

F 12:30pm-4:00pm ongoing

### Crochet for Beginners (18 yrs+)

**Astor Tsang**

Crocheting is the hottest craft in town! Whether you want to add another dimension to knitting or make those funky lacy garments, hooking is what you want to do. In just a couple of hours, learn basic crochet skill, including: foundation chain, single to triple crochet, turn and crochet in the round. One crochet hook and sample yarn included. See [www.knittingAstor.com](http://www.knittingAstor.com)

Tu 7:00 pm-9:00 pm Sep 23  
42801.401SN \$30/1 sessions

### Knitting for Beginners (18 yrs+)

**Astor Tsang**

Kick start yourself into knitting! In just a couple of hours, learn basic knitting skills, including: cast on and off, knit, purl and combinations of knit and purl. One set of knitting needles and sample yarn included. See [www.knittingAstor.com](http://www.knittingAstor.com)

Tu 7:00 pm-9:00 pm Sep 09  
42801.402SN \$30/1 sessions

### Chix with Stix (18yrs+)

**Astor Tsang**

Join Astor for an evening of progress. Bring your project or start a new one in this friendly setting. The session will run like an open workshop that will be custom-tailored for each participant. [www.knittingAstor.com](http://www.knittingAstor.com)

Tu 7:00 pm-9:00 pm Sep 30, Oct 28, Nov 25  
42801.403SN \$60/3 sessions

### Knitting with Wire (18yrs+)

**Astor Tsang**

Make beaded jewellery by knitting wire. One bracelet will be made in class. All materials included. Participant must know how to knit. [www.knittingAstor.com](http://www.knittingAstor.com)

Tu 7:00 pm-9:00 pm Dec 09  
42801.404SN \$42/1 sessions

### Learn to Read Knitting Patterns

**Astor Tsang**

Know how to knit but having troubles reading a knitting pattern. Astor will help decipher knitting patterns from magazines, books and internet. In call, you will also learn gauge, yarn substitutions and minor pattern modifications. Bring any patterns you love to class. See [www.knittingAstor.com](http://www.knittingAstor.com)

Tu 7:00 pm-9:00 pm Nov 04  
42801.405SN \$25/1 sessions \$0/Drop-In

### Ballet (16 yrs+)

**Janette Santiago**

This is a class for those wanting to learn the discipline of ballet in a positive and fun environment. Develop better body alignment, strength and flexibility through barre and centre exercises. This class will accommodate those with or without previous dance experience. No class Nov 11.

Tu 7:15 pm-8:45 pm Sep 16-Dec 09  
41601.401SN \$102/12 sessions

### Ballroom Dance- (18yrs+)

**Irina Prodan of**

**Yasel Dancesport Academy**

Feel like you have two left feet? Now is the time to get stepping in the right direction. You will learn all the steps needed to be successful on the dance floor. Latin dances taught; Cha Cha, Jive, Salsa. Standard dances taught; Tango, Waltz, Viennese Waltz. No partner required.

Th 7:00 pm-8:00 pm Sep 25-Oct 30  
41603.401SN \$48/6 sessions-individuals,  
\$72 for a couple

Th 7:00 pm-8:00 pm Nov 6-Dec 11  
41603.402SN \$48/6 sessions-individuals,  
\$72 for a couple

### Ballroom Lesson and Practice (18yrs+)

Have you been watching the stars dancing on T.V.? Put on your dancing shoes! Come out to waltz and swing around the dance floor. Practice you dancing steps and learn some new moves, while listening to great music and socializing with friends. Lesson will be from 10:00am-11:00am, then stay and practice.

W 10:00am-12:00pm Sep 10-Dec 3  
41701.401SN \$8/ Drop-In

### Singing to the Oldies

**Richard Tang**

Join Richard and sing a long to some of your favourite oldies (eg: Carpenters, Bee Gees, Frank Sinatra, Patsy Cline and more). Song lyrics and singing technique will be covered. Instructor is a trained singer and fluent in Mandarin and Cantonese. No class Nov. 11

Tu 10:00 am-11:30 am Sep 16-Nov 25  
51001.401SN \$40/10 sessions \$4.50/Drop-In