

Yoga

Yoga - Mom & Baby

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. Improve body image and balance while strengthening muscles and reducing stress and fatigue. Babies are gently and safely incorporated into the class. For babies not actively crawling.

Mon Jan 18-Mar 22 9:20am-10:10am
14301.101SN \$95/10 sessions

Yoga for Toddlers

Jenny Booth

18mos-5 yrs

Roar like a lion...fly like a butterfly...travel to far away places by learning yoga combined with songs. We will stretch your child's imagination by exploring breath work, yoga postures and relaxation technique presented in a fun and relaxing manner. Parents take an active role in this class by being a role model to their child, learning new songs, and doing the yoga poses. The goal of the class is to learn simple motor skills, body awareness and listening skills. Parent participation required.

Mon Jan 18-Mar 22 10:15am-11:00am
14301.102SN \$90/10 sessions



FREE DEMO CLASS
January 9 See page 24

Baby Sign Language

Into Yoga

0-18 mos

Did you know that babies understand and can communicate long before they are able to speak? Using songs and games, learn basic American Sign Language (ASL) hand gestures to facilitate this communication with your hearing child. Increase understanding of your child's needs and wants alleviating unnecessary frustration. Research shows that babies who learn sign language learn more quickly and talk earlier. Bring your baby to class. Sleeping babies welcome.

Mon Jan 18-Feb 15 12:15pm-1:00pm
15010.101SN \$53/5 sessions

Program Ideas

New program ideas are always welcome; please forward information to the Programmer.

Email: sunsetcc@vancouver.ca



We are Excited about Our NEW Playground

Funding was provided by the Sunset Community Centre and a Direct Access Grant

Designed by Vancouver Parks Board Planner, David Yurkovich with consultant from the Sunset Board of Directors and Province of BC's Child Care licensing department.

Stay tuned for Grand Opening Celebration information

Registration For Preschool & Out Of School Care

For September 2010 Preschool and Out of School Care Registration opens to public on **Tuesday March 30, 2010 at 9 am. #s given out at 8am.**

Fees will be different then this year.

For more information please call 604-718-6512.

Sunset Preschool Ages 3 & 4 years old

Sunset Preschool is licensed for 37 children. The program provides a balance of free play, structured learning, creative development and concept learning. Our aim is to help each child develop self-confidence, independence, language skills and respect for the rights and property of others. Sunset Preschool's focus is hands-on learning in a positive environment.

Out of School Care

For children in Kindergarten to Grade 7

Pick up & Drop off from John Henderson School (Main & Annex)

Fees: Before & After School Care

7:00 am-6:00 pm \$290 / month

(includes Pro-D days, Winter and Spring break)

Before School Only 7:00 am-9:00 am \$110 / month

After School Only 3:00 pm-6:00 pm \$235 / month

(excludes Pro-D Days, Winter & Spring Break)

Physical Recreation

Mini Soccer

Bal Dhillon

4-5 yrs

This fun class will teach you how to dribble, pass, kick and score your way into the net. Learn the rules of the game in a fun environment while doing some exciting drills. No Class on February 6.

Sat Jan 9-Mar 20 9:15am-10:00am
13002.101SN \$37.50/10 sessions

Tot Foot Skills Soccer

Carrie Serwetnyk

Around the world, your touch on the ball is your signature and point of respect in the game of soccer: skills, flair, finite passing and creativity is paramount. Your child will learn tons of creative ball touches. Improving foot skills will increase their confidence, decision making and their joyfulness with the ball. We will play lots of fun, dynamic skill enhancing games. Carrie is a former national team player and the first woman inductee in the Canadian Soccer Hall of fame. She is an 'A' license coach. No class Mar 11

Thu Jan 14-Mar 25 3:30pm-4:00pm
13003.101SN 3 yrs \$54/10 sessions
Thu Jan 14-Mar 25 4:00pm-4:45pm
13003.102SN 4-5 yrs \$80/10 sessions

Rhythmic Gymnastics

Club Elite

4-6 yrs

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 technique while moving to various musical rhythms. This is a wonderful sport to test hand-eye coordination, balance, agility, flexibility, and rhythm.

Fri Jan 15-Mar 19 3:15pm-4:00pm
13010.102SN \$65/10 sessions

Badminton Parent & Tot NEW

Richard Le

3-6 yrs

Learn with your parent. Beginning strokes will be presented in a fun atmosphere. Parent participation required. Practice time for 30 mins after program. No class March 8.

Mon Jan 11-Mar 22 3:05pm-3:35pm
13004.101SN \$90/10 sessions



Presenting Sportball

Sportball provides the basic concepts and skills behind seven popular sports: baseball, hockey, basketball, golf, soccer, tennis and volleyball. More information available at www.sportball.ca. All programs are non-competitive and focus on success while building confidence.

Junior

16mos-24 yrs

This 45 minute program is the perfect introduction to Sportball. Children and parents will participate in sports, creative games, songs, rhymes, stories, bubble time and much more. Even though these programs focus more on exploration, children will be introduced to a different sport each week. Parents are encouraged to participate with their child and challenge them according to their skill level. www.sportball.ca No class March 9

Tue Jan 12-Mar 23 9:45am-10:30am
13101.101SN \$150/10 sessions

Parent and Tot

2-3 yrs

This program is designed to guide parents and their children through the introductory skills of different ball sports. Parents are instructed on how to correctly assist their children in learning the skills of 7 ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. www.sportball.ca No class March 9.

Tue Jan 12-Mar 23 10:45am-11:30am
13102.101SN \$150/10 sessions

Multi-Sport

3-5 yrs

Preschoolers will practice and refine gross motor skills while experiencing different sports. The programs reinforces the benefits of teamwork and skill development rather than the importance of winning - giving children the confidence and social skills necessary to succeed in sport and life. No class March 9. www.sportball.ca

Tue Jan 12-Mar 23 11:45am-12:45pm
13103.101SN \$150/10 sessions

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Martial Arts

Karate Parent & Tot

Kenny Lim

18mos-3 yrs

Toddlers can explore the world of physical fitness, skill learning and social development with a parent along side for comfort and support. Your tot will learn balance, coordination and gross motor skills. This class emphasizes relationship building between parent and child.

Sun Jan 10-Feb 28
13401.101SN

12:45pm-1:15pm
\$32/8 sessions

Lil' Ninjas

Kenny Lim

3-5 yrs

Cowabunga Dude! This program will help improve children's gross motor skills. Each child will learn the basic fundamentals of karate; punches, kicks and forms will be taught in a safe and friendly space. Our program will enhance positive development in a fun and motivating way. Karate is an individual sport that encourages participants to achieve goals. Participants will be challenged each class and a few will be awarded a prize based on their personal performance during that class.

Wed Jan 13-Feb 24
13402.101SN

3:30pm-4:00pm
\$28/7 sessions

Thu Jan 14-Feb 25
13402.102SN

3:30pm-4:00pm
\$28/7 sessions

Lil' Grasshoppers

Kenny Lim

3-5 yrs

Hop Hop Hop, your way to the top! Watch out everyone, our Lil' Ninjas are moving their way up and are becoming fun, energetic Lil' Grasshoppers. We will improve and continue the basic fundamentals learnt in Lil' Ninjas plus much more. This class consists of techniques that help with balance, motor skill development and coordination. Praise, encouragement and positive reinforcement will become common practices taught by the dojo. Karate is an individual sport that encourages participants to achieve goals. Participants will be challenged each class and a few will be awarded a prize based on their personal performance during that class. Your child needs to have completed Lil' Ninjas or instructors approval is required.

Thu Jan 14-Feb 25
13403.101SN

4:00pm-4:30pm
\$28/7 sessions

Music



Marie Calvert has a Master of Music Degree and a professional teaching certificate for BC schools. She is also a member of the BC Registered Music Teacher's Association and has training in the Colourstrings approach to music for young children.

Colourstrings: Music for Young Children



Marie Calvert

1-4 yrs

This class is ideal for preparing young children for instrumental lessons, or for developing musical skills that they will enjoy and benefit from for the rest of their lives! With the Colourstrings approach, children use songs, rhymes, movement, instruments, and puppets to learn fundamental skills. These structured classes draw from the established methods of Kodaly, Orff, and Dalcroze, and are always delivered with the spirit of fun and play! NO CLASS January 26 and March 9 Held at MACC (Moberly Arts & Cultural Center) located at 7646 Prince Albert Street, (1 Block east of Fraser on 60th)



Music for Munchkins (parent & tot participation)

1 yrs

Tue Jan 12-Apr 13
11101.101SN

11:15am-11:55am
\$135/14 sessions

Music for Ladybugs (parent & tot participation)

2 yrs

Tue Jan 12-Apr 13
11102.101SN

10:15am-11:55am
\$135/14 sessions

Music for Little Ponies

3-4 yrs

Tue Jan 12-Apr 13
11103.101SN

1:15pm-1:55pm
\$145/14 sessions

Social Recreation

Playgym

Aggie Bakopanos

0-4 yrs

Bring the kids for fantastic free-play. They will burn lots of energy playing with the mini-trampoline, slide, see saw, cars and more. Babies under 12 months are free. Parent participation is required. Please note: Our licensed preschool will have reserved access from 9:30 to 10:00 AM.

Mon Jan 11-Mar 29

10:00am-11:30am

Wed Jan 13-Mar 31

10:00am-11:30am

Thu Jan 14-Apr 8

10:00am-11:30am

Fri Jan 15-Mar 26

10:00am-11:30am

Drop-in \$3.00 or punch card 10 visits for \$28.

Music



Barbara Duncan is a trained Early Childhood Education, self taught guitar player with a repertoire of hundreds of songs (and growing). Her love of children and music is evident in her passion and enthusiasm for her job.

Merry Music Method

Barbara Duncan

Participate in this musical program together with your child. Learn about colours, shapes and numbers in a fun interactive way! Music benefits language learning, improves memory, focuses attention and develops physical coordination. As your child's musical knowledge grows they will be exposed to new concepts and ideas throughout the program. Class will include circle time, fingerplays (action songs), instrument play, songs on guitar and more. Parent participation required. Please no food in class.

Mon Jan 4-Mar 1		9:30am-10:00am
11001.101SN	<i>newborn to 12mos</i>	\$58.50/9 sessions
Mon Jan 4-Mar 1		10:10am-10:50am
11002.101SN	<i>12 to 24 mos</i>	\$63/9 sessions
Mon Jan 4-Mar 1		11:00am-11:50am
11003.101SN	<i>24 to 36 mos</i>	\$67.50/9 sessions



Tony Alcantar was born and educated in Chicago. He holds a Bachelor in Arts and a Master degree in Fine Arts from Chicago's Roosevelt University. As a fluke, he discovered his passion for toddler and children classes. What

began as a single music class quickly grew into many different programs for children. In mid 1990s, he decided to continue his acting career in Vancouver along with his experience teaching improv comedy. As a trained actor from Second City (Chicago), one of his specialties is North American English in many different accents. His most recent project involves dialect coaching Hollywood actor(ress) Halle Berry and Stellan Skarsgard.

Infant's Music Hour

Tony Alcantar

6-12mos

A great time and place for moms, dads and grandparents to treat their babies to music and movement! Spend an up beat circle time together with your child, singing and playing in an exciting environment.

Fri Jan 15-Feb 12		9:30am-10:15am
11010.101SN		\$55/5 sessions
Fri Feb 19-Mar 19		9:30am-10:15am
11010.102SN		\$55/5 sessions

Culinary



Mini Chefs

Liz Au-Young

3-5yrs

Cooking can be fun for all ages even the little ones! Children will learn how to make a variety of snacks to take home and learn about the food groups through stories, felt stories and games. Please bring an apron to class.

Wed Jan 13-Mar 17		12:00pm-1:15pm
12601.101SN		\$102/10 sessions

Child's Play Music

Tony Alcantar

12-36mos

Simple musical instruments are introduced as classic children's songs inspire you and your child to get up and move! Learn through laughter in this highly charged, fun class.

Fri Jan 15-Feb 12		10:30am-11:15am
11011.101SN		\$55/5 sessions
Fri Feb 19-Mar 19		10:30am-11:15am
11011.102SN		\$55/5 sessions

Comedy for Kids

Tony Alcantar

3-6 yrs

Play-acting just got a bit a new make-over! In this 90 minute class your child will not only enjoy the lunch you've provided but will play act traditional kid's stories bringing old classics to life.

Fri Jan 15-Feb 12		11:30am-1:00pm
11801.101SN		\$82.50/5 sessions
Fri Feb 19-Mar 19		11:30am-1:00pm
11801.102SN		\$82.50/5 sessions

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FREE to subscribe. See page 24



Dance



Roxoliana Prus grew up in Toronto, competing nationally and internationally as a rhythmic gymnast and dancer. She majored in dance at Etobicoke School of the Arts secondary school, and earned her Bachelor of Fine Arts degree in dance from Simon Fraser University.

She is a professional independent contemporary dance artist in Vancouver.

Intro to Ballet

Roxoliana Prus

1-3 yrs

An introduction to the foundations of ballet through creative dance. Aspiring little dancers will explore coordination, rhythm, spatial awareness and cooperation. Classes will include songs, movement explorations, basic ballet steps, games and a variety of fun music. Wear something comfortable and get ready to dance.

Sun Jan 17-Mar 21 10:30am-11:00am
11601.101SN \$42.50/10 sessions

Ballet through Creative Dance

Roxoliana Prus

An introduction to the foundations of ballet through creative dance. Aspiring little dancers will explore coordination, rhythm, spatial awareness and cooperation. Classes will include songs, movement explorations, basic ballet steps, games and a variety of fun music. Wear something comfortable and get ready to dance.

Sun Jan 17-Mar 21 11:05am-11:50am
11605.101SN 3-4yrs \$60/10 sessions
Sun Jan 17-Mar 21 11:55am-12:40pm
11605.102SN 5-6yrs \$60/10 sessions

Hip Hop Intro

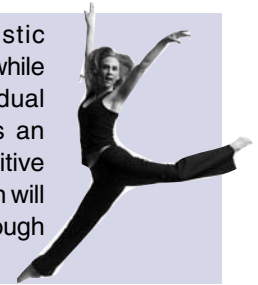
Tanya Sanghera

3-5 yrs

This program allows kids to play with the super funky rhythms, movements and style of Hip Hop dance! There is a steady progression throughout the session from grooving and feeling the beat in different styles, to learning steps and then combining steps into a choreographed routine. Participants are asked to come to class in clothing and footwear that is easy to move in and comfortable. No class Feb 27.

Sat Jan 16-Mar 20 10:30am-11:15am
11608.101SN \$38/9 sessions

Desirée Dunbar holds a holistic approach to teaching and learning while respecting each dancers' individual development level. She creates an environment which nurtures positive growth and development. Children will experience the joy of moving through the discipline of dance.



Parent & Tot Ballet

Desiree Dunbar

1-3 yrs

This exciting program incorporates singing and dancing as you and your toddler explore the wonder and dynamics of movement together. Lots of fun. Parent participation required.

Tue Jan 12-Mar 16 4:00pm-4:30pm
11603.101SN \$42.50/10 sessions

Pre-Ballet

Desiree Dunbar

4-5 yrs

This class is an introduction to ballet. Children will learn the importance of posture, musicality and movement. Basic ballet exercises and positions will be taught. Please come in a body suit and ballet slippers. Level 2 requires previous ballet experience as it is a continuation of Level 1.

Tue Jan 12-Mar 16 4:30pm-5:15pm
11604.101SN Level 1 \$60/10 sessions
Tue Jan 12-Mar 16 5:15pm-6:00pm
11604.102SN Level 2 \$60/10 sessions

Parent and Tot Ballet

Julia Zennstrom

1-3 yrs

An introduction to the foundation of ballet through creative dance. Aspiring little dancers will use songs, movements explorations and games to explore coordination, rhythm, spatial awareness and cooperation. Parent participation required.

Wed Jan 20-Mar 24 2:40pm-3:20pm
11601.102SN \$42.50/10 sessions

Creative Dance

Julia Zennstrom

3-5 yrs

Children will be introduced to the joy of dance in a playful, fun environment. They will learn elements of dance, develop movement skills, coordination, rhythm, spatial awareness and cooperation.

Wed Jan 20-Mar 24 3:20pm-3:50pm
11602.101SN \$42.50/10 sessions

Creative Arts



Sylvia Richman has been teaching art for the past 18 years. She has a bachelor of fine arts degree from Calgary University and a teaching certificate from Simon Fraser University. She is also a practising visual artist and shows her artwork in and around Vancouver quite often.

Paint and Play

Sylvia Richman

This is a great, fun way to introduce your child to art making without tears. Introduce them to peeling stickers, coloring with markers, stamping with different stamps and colored inks, and most delightfully-fingerpainting with hands and brushes, using non-toxic water soluble materials. At the end of the season each child will have a scrapbook (featuring their photo on the cover) filled with their art made in the classes. Parent participation required. Please bring a smock. No class Feb 17 and Feb 24

Wed Jan 13-Mar 17		9:45am-10:30am
12302.101SN	1-2yrs	\$49/8 sessions
Wed Jan 13-Mar 17		10:45am-11:30am
12302.102SN	2-3 yrs	\$49/8 sessions

Imagination Station

Aggie Bakopanos

3-5yrs

Join Aggie for a morning of stories, songs, free-play, art, circle time and more. Each week a new theme will be introduced from animals to space. Children will be able to develop social and cognitive skills while having fun. Participants must be toilet trained and come with a healthy snack each class.

Tue Jan 12-Mar 23		9:30am-11:30am
12802.101SN		\$110/11 sessions

Little Artists

Liz Au-Young

3-5yrs

Your child will create a fun themed-based art project each week. Songs and stories will be incorporated into each class to spark their creative imagination and provide them with a morning of entertainment. Pack a healthy snack.

Thu Jan 14-Mar 18		9:00am-10:00am
12801.101SN		\$75/10 sessions

"Pack and healthy snack and sign up for Little Thinkers page 9 which will complete the morning."



Educational



Jade He has a Master's degree in Education from East China Normal University with a Bachelor's degree in English Language along with 13 years of teaching experience.

Learn through Mandarin

NEW

Jade He

3-5yrs

The Mandarin language will be taught with a fun communicative approach, designed to teach practical language that the kids will be able to use in their daily life. The class will also incorporate songs with stimulating arts and crafts, stories, and games to make learning appealing in an immersion setting.

Fri Jan 15-Mar 19		9:30am-11:30am
15002.101SN		\$110/10 sessions

ABC's and 123's

Liz Au-Young

3-5yrs

Children will gain experience with letters, numbers, shapes and colour recognition through stories, songs, fingerplays and art. Physical recreation and cooking will also be included in the schedule. Please bring a healthy snack. Children must be toilet trained.

Mon Wed Jan 11-Jan 27		9:15am-11:15am
15401.101SN		\$78/6 sessions
Mon Wed Feb 1-Feb 24		9:15am-11:15am
15401.102SN		\$104/8 sessions
Mon Wed Mar 1-Mar 31		9:15am-11:15am
15401.103SN		\$130/10 sessions

Pre-Reading Skills

NEW

Liz Au-Young

3-5yrs

Children will create art projects, learn to read rebus stories (pictures and simple words), listen and participate in story time, rhymes, finger plays and sing songs. Curriculum will include letter sounds, word recognition, 2-3 syllable word puzzles, tracing words, match words and pictures. Please bring a healthy snack. Children must be toilet trained.

Fri Jan 15-Mar 26		9:15am-11:15am
15402.101SN		\$143/11 sessions

Little Thinkers

NEW

Liz Au-Young

3-5 yrs

Children will create art projects, finger plays and rhymes all while learning about numbers. They will learn to count and print numbers from 1 to 10, sort and recognize numbers and recreate patterns.

Thu Jan 14-Mar 18		10:15am-11:15am
15403.101SN		\$75/10 sessions