

## 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 May 8.

Sat Apr 17-Jun 26

9:15am-10:00am

13002.201SN

\$37.50/10 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 Apr 16-Jun 18

3:15pm-4:00pm

13010.202SN

\$65/10 sessions

### Tennis: Parent and Tot

*Gord Hauka*

4-6 yrs

This class is a perfect introduction to develop hand-eye coordination through a series of fun games using modified racquets and many types of tennis balls. No previous experience is needed and adult participation is required. Lessons will be held at Memorial South Park located at 41st and Prince Albert Street. Courts are located in the middle of the park. In the event of poor weather, call 604-718-6505 45 minutes prior to the start of class. No class May 22.

Sat Apr 17-Jun 12

10:00am-10:50am

13501.201SN

\$84/8 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.

Thu Apr 15-Jun 17

3:30pm-4:00pm

13003.201SN

3 yrs

\$54/10 sessions

Thu Apr 15-Jun 17

4:00pm-4:45pm

13003.202SN

4-5yrs

\$80/10 sessions

**Sportball**  
Sports Instruction for Kids

### 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](http://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](http://www.sportball.ca)

Tue Apr 13-Jun 22

9:45am-10:30am

13101.201SN

\$165/11 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](http://www.sportball.ca)

Tue Apr 13-Jun 22

10:45am-11:30am

13102.201SN

\$165/11 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. [www.sportball.ca](http://www.sportball.ca)

Tue Apr 13-Jun 22

11:45am-12:45pm

13103.201SN

\$165/11 sessions

## Spring Break Daycamps

Mini-Explorers Daycamp available for Spring Break  
March 8-12, morning and afternoon sessions.

Call or check website for more details.

## 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 Apr 18-Jun 20 10:30am-11:00am  
11601.201SN \$42.50/10 sessions

### Ballet through Creative Dance

*Roxoliana Prus* 3-5 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 Apr 18-Jun 20 11:05am-11:50am  
11605.201SN \$60/10 sessions  
Sun Apr 18-Jun 20 11:55am-12:40pm  
11605.202SN \$60/10 sessions



### Hip Hop Intro

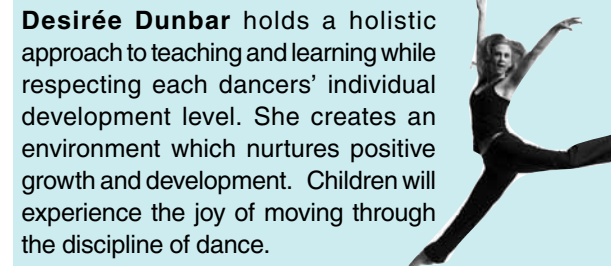
*Tanya Sanghera* 4-5 yrs  
This program allows kids to play with the super funky rhythms, movements and style of Hip Hop dance! There is a steady progression throughout the session from grooving and feeling the beat in different styles to learning steps and then combining steps into a choreographed routine. Participants are asked to come to class in comfortable clothing and footwear.  
Sat Apr 17-Jun 19 10:30am-11:15am  
11608.201SN \$42/10 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 and games to explore coordination, rhythm, spatial awareness and cooperation. Parent participation required.  
Wed Apr 14-Jun 16 2:40pm-3:20pm  
11601.202SN \$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 Apr 14-Jun 16 3:20pm-3:50pm  
11602.201SN \$42.50/10 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 Apr 13-Jun 15 4:00pm-4:30pm  
11603.201SN \$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 Apr 13-Jun 15 4:30pm-5:15pm  
11604.201SN *Level 1* \$60/10 sessions  
Tue Apr 13-Jun 15 5:15pm-6:00pm  
11604.202SN *Level 2* \$60/10 sessions

## 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. No class May 16

Sun Apr 11-Jun 27

12:45pm-1:15pm

13401.201SN

\$44/11 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.

No classes May 12 & May 19

Wed Apr 7-Jun 23

3:30pm-4:00pm

13402.201SN

\$40/10 sessions

No classes May 13 & May 20

Thu Apr 8-Jun 24

3:30pm-4:00pm

13402.202SN

\$40/10 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.

No classes May 13 & May 20

Thu Apr 8-Jun 24

4:00pm-4:30pm

13403.201SN

\$40/10 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 coloured inks. Enjoy delightful finger painting 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 your own smock.

Wed Apr 21-Jun 9

9:45am-10:30am

12302.201SN

*1-2 yrs*

\$49/8 sessions

Wed Apr 21-Jun 9

10:45am-11:30am

12302.202SN

*2-3 yrs*

\$49/8 sessions

### Imagination Station

*Aggie Bakopanos*

*3-5 yrs*

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 Apr 13-Jun 22

9:30am-11:30am

12802.201SN

\$110/11 sessions

### Little Artists

*Liz Au-Young*

*3-5 yrs*

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 and sign up for Little Thinkers which will complete the morning.

Thu Apr 15-Jun 17

9:00am-10:00am

12801.201SN

\$75/10 sessions

## 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. **No class May 24.**

Mon Apr 12-Jun 21		9:30am-10:00am
11001.201SN	0-12 mos	\$65/10 sessions
Mon Apr 12-Jun 21		10:10am-10:50am
11002.201SN	12- 24 mos	\$70/10 sessions
Mon Apr 19-Jun 21		11:00am-11:50am
11003.201SN	24-36 mos	\$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.

### Child's Play Music

*Tony Alcantar*

12-36 mos

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. For 20 years Tony Alcantar has been teaching this time-tested class.

<b>Fri Apr 9</b>		<b>10:30am-11:15am</b>
<b>FREE Demo, however pre-registration is required</b>		
Fri Apr 16-May 14		10:30am-11:15am
11011.201SN		\$55/5 sessions
Fri May 21-Jun 18		10:30am-11:15am
11011.202SN		\$55/5 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. **No program April 29 & May 24.**

Mon Apr 12-Jun 21		10:00am-11:30am
Wed Apr 7-Jun 23		10:00am-11:30am
Thu Apr 8-Jun 24		10:00am-11:30am
Fri Apr 9-Jun 25		10:00am-11:30am
Drop-in \$3.00 or punch card 10 visits for \$28.		

## Birthday Parties

3-10 yrs

Saturdays & Sundays

See page 13 for more information.



## 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.

### Mandarin Language Level 1

*Jade He*

3-5 yrs

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.

Tue Apr 13-Jun 15  
15002.201SN

9:30am-11:30am  
\$110/10 sessions

### Mandarin Language Level 2

*Jade He*

3-5 yrs

The Mandarin language level 2 is designed for children who have completed level 1 or who have some basic Mandarin skills. Children will become more familiar with the Mandarin language at this level. The class will also incorporate songs with stimulating arts and crafts, stories, and games to make learning appealing in an immersion setting.



Fri Apr 16-Jun 18  
15002.202SN

9:30am-11:30am  
\$110/10 sessions

### 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. No class May 24

Mon May 17-Jun 14  
15010.201SN

12:30pm-1:15pm  
\$53/4 sessions



**Liz Au-Young** is a licensed Early Childcare Educator (ECE) who has been working in the field for almost five years. She graduated with a diploma in ECE with honors from Sprott-Shaw Community College and studied courses in psychology. She has lived in the community throughout childhood and youth. Liz has been working at Sunset Centre for the past three years as an instructor. As well she has work at several licensed preschool facilities and assisted at Westcoast Resource Centre as a Family Information & Referral Administrator. Teaching has become a passion and Liz plans to continue her educational development in the future.

### ABC's and 123's

*Liz Au-Young*

3-5 yrs

Children will gain experience with letters, numbers, shapes and colour recognition through stories, songs, finger plays and art. Physical recreation and cooking will also be included in the schedule. Please bring a healthy snack. Children must be toilet trained. No class May 24.

Mon Wed Apr 12-Apr 28  
15401.201SN

9:15am-11:15am  
\$78/6 sessions

Mon Wed May 3-May 26  
15401.202SN

9:15am-11:15am  
\$91/7 sessions

Mon Wed May 31-Jun 23  
15401.203SN

9:15am-11:15am  
\$104/8 sessions

### Little Thinkers

*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 Apr 15-Jun 17  
15403.201SN

10:15am-11:15am  
\$75/10 sessions

### Pre-Reading Skills

*Liz Au-Young*

3-5 yrs

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. Participants must be toilet trained and come with a healthy snack each class.

Fri Apr 16-Jun 18  
15402.201SN

9:15am-11:15am  
\$130/10 sessions

Programmer: Kari

## 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. No class May 24

Mon Apr 12-Jun 21 9:20am-10:10am  
14301.201SN \$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 techniques 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. No class May 24

Mon Apr 12-Jun 21 10:15am-11:00am  
14301.202SN \$90/10 sessions

## Culinary



### Mini Chefs

Liz Au-Young

3-5 yrs

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 Apr 14-Jun 16 12:00pm-1:15pm  
12601.201SN \$102/10 sessions

## Program Ideas

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

Email: [sunsetcc@vancouver.ca](mailto:sunsetcc@vancouver.ca)



We are Excited about  
Our NEW Playground

Stay tuned for Grand Opening Celebration information

## Preschool Registration

For September 2010 Preschool Registration opens to public on **Tuesday March 30, 2010 at 9 am.**

**#'s given out at 8am from the Main Street entrance.**

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.

