

Martial Arts

Taekwondo

Ebrahim Saadati

13 yrs+



This class includes elements of Ultimate and Olympic style martial arts. 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. www.tetaekwondo.com

Beg: White, yellow and orange belts. Int: Green, purple and blue belts. Adv: Brown, red and black belts.

Beginner/ Intermediate

Sat Apr 17-Jun 26	12:30pm-1:30pm
33401.202SN	\$93/11 sessions
Mon Apr 12-Jun 28	6:00pm-7:00pm
33401.201SN	\$93/11 sessions

Performing Arts

Guitar Lessons

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. No class Apr 27 and Apr 29

Tue Apr 13-Jun 22	3:30pm-7:30pm
31001.202SN-.210SN	\$170/10-30 minute sessions
Thu Apr 15-Jun 24	3:30pm-7:30pm
31002.201SN-.209SN	\$170/10-30 minute sessions

Hip Hop, Beginners

Learn the basics and develop a routine with Latif.

Fri Apr 16-Jun 25	6:00pm-7:30pm
31611.201SN	\$20

Hip Hop Intermediate

Step up and start linking your routines for performances and contests.

Fri Apr 16-Jun 25	7:30pm-9:00pm
31611.202SN	\$20



Birthday Parties

3-10 yrs

Your party will include two party leaders. They will set up the party room with tables, chairs, balloons, streamers and banners. The gym will have games and activities with some "playgym" equipment such as a small slide and a toddler size trampoline. ***Please note that each party can host up to a maximum of 20 children***

We recommend early registration to ensure a spot for your preferred weekend. On the day of the party, please bring food (Cake and others) and accessories (Cutlery, napkins, goodie bags and anything else you prefer to have at your party.) If other parents are interested in attending the party please be aware of the maximum room capacity listed below.

1. **Saturday** 1:00pm-3:00pm
Multi purpose room (40 people total) \$140.00
2. **Sunday** 11:00am-1:00pm
Multi purpose room (40 people total) \$140.00
3. **Sunday** 12:00pm-2:00pm
Arts and Crafts room (30 people total) \$130.00

We will contact you 1 wk prior to the party to finalize the event

Birthday Party Refund Policy

Refund requests must be made 14 days prior to scheduled party. All refunds will be subject to an administration fee of \$5.




Program Ideas

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

Email: sunsetcc@vancouver.ca

Community Youth Worker Programs Spring 2010 (April / May / June)

YOUTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Girls Club 3:30-5:00pm Bal & Nidhi	Elementary Open Gym 3:00-4:30pm	Sexsmith/ Trudeau Open Gym 12:00-3:00pm		YOWZA (Henderson) 1:00-2:30pm	Youth Drop In Basketball 2:15-5:00pm
		Elementary Open Gym 3:00-5:00pm	Elementary Open Gym 3:00-6:00pm	Gr. 7, 8, 9 Ball Hockey League 3:00-5:00pm ongoing	
	Gr. 10-12 Ball Hockey League 4:30-7:30pm ongoing	Grade 6 Boys Club 5:00-6:30pm		Open Gym 5:00-8:00pm ongoing	Youth Open Gym 5:00-8:00pm
<div style="text-align: center;"> <h2>Active Youth Day</h2> <p>Celebrate Youth Week and get active. Learn what sports you excel at and how to improve. Games, prizes, face painting and more. Saturday May 8 1:00pm-5:00pm Cost: Free</p> </div>					
					Hip Hop Beginners 6:00-7:30pm \$20
					Hip Hop Intermediate 7:30-9:00pm \$20

King of the Court Ball Hockey 13-17 yrs
 Program returns mid May at conclusion of Grade 10 – 12 Ball Hockey league. Runs through June 29th.
 Tue 4:30pm-7:30pm
 33103.201SN Free



Mindy M's Olympic moment when he High Fives NBA Allstar Steve Nash

Gr. 7,8, 9 Basketball League
 Starts at conclusion of the Gr. 8/9 Ball Hockey League. Min. 6 Max.10 / team. Further information available at www.sunsetyouth.ca
 Fri 3:00pm-5:30pm
 33101.102SN \$15/ player

OUR COMMUNITY John Oliver Secondary School

Help for Haiti

January 12th Haiti was hit with a 7.0 magnitude quake that killed an estimated 230,000 people - the same death toll as the 2004 Asian Tsunami. Students at John Oliver Secondary mobilized and initiated a fundraising drive.

John Oliver student council set an initial goal of raising \$5000.00 from the 1200 students. Student council did not meet their goal of \$5000.00 instead John Oliver staff and students raised \$14,500.00. Monies raised were donated to the Red Cross. Canada's Federal government then matched each dollar raised for Haiti translating John Oliver total donation into \$29,000.00.

Gavin Randhawa, student council president, said in his five years at John Oliver he's never seen so much money collected in a single campaign.