

Mini Explorers Camp (3-5yrs)

Sign your tot up for this weekly themed camp!

Learn through art projects, songs and stories. Our enthusiastic leader will lead explorations outside for some physical fun. Meet new friends, gain new skills and have a safe and fun camp experience. All campers must be at least three years old and be able to use the bathroom on their own. Please bring a peanut free snack.



AM Camps 9:00-11:30am

Week 1: All About Me

Mon Wed Fri Jul 5-Jul 9 16002.301SN \$42/3 sessions
Tue Thu Jul 6-Jul 9 16001.301SN \$28/2 sessions

Week 2: Wonders in a Garden

Mon Wed Fri Jul 12-Jul 16 16002.302SN \$42/3 sessions
Tue Thu Jul 13-Jul 15 16001.302SN \$28/2 sessions

Week 3: Adventures in Art

Mon Wed Fri Jul 19-Jul 23 16002.303SN \$42/3 sessions
Tue Thu Jul 20-Jul 22 16001.303SN \$28/2 sessions

Week 4: Fun in the Sun

Mon Wed Fri Jul 26-Jul 30 16002.304SN \$42/3 sessions
Tue Thu Jul 27-Jul 29 16001.304SN \$28/2 sessions

Week 5: Music Mania

Wed Fri Aug 3-Aug 6 16002.305SN \$28/2 sessions
Tue Thu Jul 27-Jul 29 16001.305SN \$28/2 sessions

Week 6: Space Invaders

Mon Wed Fri Aug 9-Aug 13 16002.306SN \$42/3 sessions
Tue Thu Aug 10-Aug 12 16001.306SN \$28/2 sessions

Week 7: Colours of the Rainbow

Mon Wed Fri Aug 16-Aug 20 16002.307SN \$42/3 sessions
Tue Thu Aug 17-Aug 19 16001.307SN \$28/2 sessions

Week 8: Under the Sea

Mon Wed Fri Aug 23-Aug 27 16002.308SN \$42/3 sessions
Tue Thu Aug 24-Aug 26 16001.308SN \$28/2 sessions

PM Camps 12:30-3:00pm

Week 1: All About Me

Mon Wed Fri Jul 5-Jul 9 16004.301SN \$42/3 sessions
Tue Thu Jul 6-Jul 8 16003.301SN \$28/2 sessions

Week 2: Wonders in a Garden

Mon Wed Fri Jul 12-Jul 16 16004.302SN \$42/3 sessions
Tue Thu Jul 13-Jul 15 16003.302SN \$28/2 sessions

Week 3: Adventures in Art

Mon Wed Fri Jul 19-Jul 23 16004.303SN \$42/3 sessions
Tue Thu Jul 20-Jul 22 16003.303SN \$28/2 sessions

Week 4: Fun in the Sun

Mon Wed Fri Jul 26-Jul 30 16004.304SN \$42/3 sessions
Tue Thu Jul 27-Jul 29 16003.304SN \$28/2 sessions

Week 5: Music Mania

Tue Thu Aug 3-Aug 5 16003.305SN \$28/2 sessions
Wed Fri Aug 4-Aug 6 16004.305SN \$28/2 sessions

Week 6: Space Invaders

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Tue Thu Aug 10-Aug 12 16003.306SN \$28/2 sessions

Week 7: Colours of the Rainbow

Mon Wed Fri Aug 16-Aug 20 16004.307SN \$42/3 sessions
Tue Thu Aug 17-Aug 19 16003.307SN \$28/2 sessions

Week 8: Under the Sea

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Tue Thu Aug 24-Aug 26 16003.308SN \$28/2 sessions



Nidhi Shukla is currently enrolled in the nursing program at Douglas College where she plans to achieve a pediatric nursing degree. For the past 5 years, she has worked with children ages 3 to 12 in a variety of programs such as daycamps, basketball programs and birthday party programs. She has a passion for working with children and is excited to be leading the Mini Explorers camp this year!



Physical Recreation



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.

Presenting Sportball



Outdoor Soccer

Parents are instructed how to correctly assist their children in learning the FUNdamentals of soccer. Coaches teach in a fun and creative manner, with a focus on success and participation. Grandparents and caregivers are also welcome to bring children to programs. We recommend that the same adult attend the program each week. Fees include a jersey and ball. Program held rain or shine on the North Grass Field attached to Henderson park (51st and Prince Edward)

Parent & Tot

Sportball 2-3 yrs
 Tue Jul 6-Aug 31 5:30pm-6:15pm
 13104.301SN \$155/9 sessions

Parent & Child

Sportball 3-4 yrs
 Tue Jul 6-Aug 31 6:15pm-7:00pm
 13104.302SN \$155/9 sessions



Outdoor Soccer

Sportball 4.5-6 yrs
 Sportball instructors teach competence and confidence on the field in Sportball soccer classes. Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills and more. Classes are dedicated to skills development and putting those skills to work in an exciting, non-competitive game. For safety reasons, parents are required to remain at the field during classes. Fee includes a jersey and ball. Program held rain or shine on the North Grass Field attached to Henderson park (51st and Prince Edward)
 Tue Jul 6-Aug 31 7:00pm-8:00pm
 13104.303SN \$155/9 sessions



Junior

Sportball 16 mos-24mos
 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 (hockey, soccer, tennis, baseball, basketball, volleyball and golf) each week. Parents are encouraged to participate with their child and challenge them according to their skill level.
 M-F Jul 26-Jul 30 10:15am-11:00am
 13101.301SN \$75/5 sessions

Parent and Tot

Sportball 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 a variety of sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation.
 M-F Jul 26-Jul 30 11:15am-12:00p
 13102.301SN \$75/5 sessions

Multi-Sport

Sportball 3-5 yrs
 Preschoolers will practice and refine gross motor skills while experiencing different sports. The program 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.
 M-F Jul 19-Jul 23 9:30am-12:30pm
 13103.301SN \$160/5 sessions
 M-F Aug 9-Aug 13 9:30am-12:30pm
 13103.302SN \$160/5 sessions

Physical Recreation

Rhythmic Gymnastics Camp

Rhythmic Club Elite

4-5 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.

Mon Wed Fri Jul 19-Jul 23 9:30am-10:30am
13010.301SN \$21/3 sessions

Mon Wed Fri Aug 23-Aug 27 9:30am-10:30am
13010.302SN \$21/3 sessions

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.

Sat Jul 10-Aug 21 9:15am-10:00am
13002.301SN \$24.50/7 sessions

Mini Sunshine Soccer Camp

Shine Sun

3-5 yrs

Learn how to dribble, pass and kick the ball through drills and games! Class will take place in half our gymnasium and the field outside. Shin guards are recommended but not required. Make sure your little one has sunscreen on prior to class. Bring a hat and water bottle!

Mon-Fri Jul 5-Jul 9 9:00am-10:30am
13110.301SN \$59/5 sessions

Mon-Fri Jul 12-Jul 16 9:00am-10:30am
13110.302SN \$59/5 sessions

Tue-Fri Aug 3-Aug 6 9:00am-10:30am
13110.303SN \$47.50/4 sessions

Mon-Fri Aug 16-Aug 20 9:00am-10:30am
13110.304SN \$59/5 sessions

Mon-Fri Jul 5-Jul 9 10:30am-12:00pm
13111.302SN \$59/5 sessions

Tue-Fri Aug 3-Aug 6 10:30am-12:00pm
13111.303SN \$47.50/4 sessions

Mon-Fri Aug 16-Aug 20 10:30am-12:00pm
13111.304SN \$59/5 sessions



Shine Sun, a former Chinese national soccer player who attended 2004 Olympics, specializes in improving player's physical fitness, teamwork spirit, social cohesion, soccer skills and tactics through recreational soccer activities. Shine believes that children with soccer potential

should not be receiving coaching methods learned from training video tapes. Shine has trained many outstanding national youth players in China, and many of them are still active in China's national youth team as main forces.

Martial Arts



Sensei Kenny Lim is a highly trained instructor with more than 16 years of experience in the field of Karate. He has been a NCCP certified coach for the past 12 years. He coached with BC Provincial Karate Team and Canadian Karate Team. He is a former BC Provincial Karate Champion and a former Canadian National Karate Champion. Some of his current students are 2 time defending Canadian National Karate Champion and Pan-Am Championship Silver Medalist.

Karate Parent & Tot

Kenny Lim

18 mos-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 emphasises relationship building between parent and child.

Thu Jul 8-Aug 26 3:00pm-3:30pm
13401.301SN \$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.

Wed Jul 7-Aug 25 3:30pm-4:00pm
13402.301SN \$32/8 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 will help with balance, motor skill development and coordination. Praise, encouragement and positive reinforcement will become common practices taught by the dojo. Lil' Ninjas is a pre-requisite approval to register.

Thu Jul 8-Aug 26 4:00pm-4:30pm
13403.301SN \$32/8 sessions

Thu Jul 8-Aug 26 3:30pm-4:00pm
13402.302SN \$32/8 sessions

Dance



Carlye Cunniff has over 10 years of competitive and performance dance experience. She has trained with both SRS Irish Dance Company and Ballet Northwest. She traveled along the westcoast and performed with artists such as The Burren Boys, Slante!, and

Eileen Ivers. Carlye believes that dance can empower people, and approaches all or her teaching from this perspective. Carlye hopes teach her dancers in a fun, fit and exciting way!



Ballet Camp: Parent & Tot

Carlye Cunniff

1-3 yrs

Come learn the building blocks of ballet, the technical basis for all forms of dance. This ballet class will focus on listening skills, musicality, flexibility, balance and fun! Dance technique will be learnt through songs, games and parent/child activities. Parent participation is required for all parent & tot classes.

Mon-Fri Jul 5-Jul 9	9:00am-9:30am
11601.301SN	\$21.25/5 sessions
Mon-Fri Jul 26-Jul 30	9:00am-9:30am
11601.303SN	\$21.25/5 sessions
Tue-Fri Aug 3-Aug 6	9:00am-9:30am
11601.304SN	\$17/4 sessions

Ballet Camp

Carlye Cunniff

3-4 yrs

Mon-Fri Jul 5-Jul 9	9:30am-10:15am
11602.301SN	\$30/5 sessions

Ballet & Jazz Camp



Carlye Cunniff

3-4 yrs

Learn the basics of ballet, in tandem with its more upbeat offshoot, jazz. Jazz dancers are required to practice ballet, so the two fit perfectly into a combo class. This class can be taken as a one week or a two week dance camp. Students doing both weeks will benefit from solidifying new steps, as well as learning different choreography in different weeks. Students will work towards a small performance for loved ones on the last day of class.



Mon-Fri Jul 26-Jul 30	9:30am-10:15am
11602.303SN	\$30/5 sessions
Tue-Fri Aug 3-Aug 6	9:30am-10:15am
11602.304SN	\$24/4 sessions

Creative Movement Camp: Parent & Tot

Carlye Cunniff

1-3 yrs

A perfect introduction to the building blocks of dance for young children. Build listening skills, balance, flexibility and musicality; all while flexing your imagination! Parent participation is required for all parent & tot classes.

Mon-Fri Jul 12-Jul 16	9:00am-9:30am
11601.302SN	\$21.25/5 sessions
Mon-Fri Aug 16-Aug 20	9:00am-9:30am
11601.306SN	\$21.25/5 sessions

Creative Movement Camp

Carlye Cunniff

3-4 yrs

Mon-Fri Jul 12-Jul 16	9:30am-10:15am
11602.302SN	\$30/5 sessions
Mon-Fri Aug 16-Aug 20	9:30am-10:15am
11602.306SN	\$30/5 sessions

Irish Dance Camp



Carlye Cunniff

3-4 yrs

An introduction to the fast paced world of Irish step dancing! Classes will focus on building strength, timing and learning traditional dance steps. Children will show off their new dance moves to loved ones on the last day of class.

Mon-Fri Aug 9-Aug 13	9:30am-10:15am
11602.305SN	\$30/5 sessions

Music & Movement Camp: Parent & Tot

Carlye Cunniff

1-3 yrs

A great introduction to the rhythm of song and dance! Children will put movements to song to increase awareness of timing and musicality. This high energy, fun filled class will have everyone up and moving. Parent participation is required.

Mon-Fri Aug 9-Aug 13	9:00am-9:30am
11601.305SN	\$21.25/5 sessions

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.

Ballet

Roxoliana Prus

3-4 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.

Thu Jul 8-Jul 29	3:00pm-3:45pm
11604.301SN	\$24/4 sessions
Thu Aug 5-Aug 26	3:00pm-3:45pm
11604.302SN	\$24/4 sessions

Parent and Tot Creative Dance

Julia Zennstrom

1-2 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 is required.

Wed Jul 7-Jul 28	2:40pm-3:10pm
11608.301SN	\$17/4 sessions
Wed Aug 4-Aug 25	2:40pm-3:10pm
11608.302SN	\$17/4 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 Jul 7-Jul 28	3:15pm-3:45pm
11606.301SN	\$24/4 sessions
Wed Aug 4-Aug 25	3:15pm-3:45pm
11606.302SN	\$24/4 sessions

Hip Hop Intro

Tanya Sanghera

4-5 yrs

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.

Sat Jul 10-Jul 31	10:30am-11:15am
11609.301SN	\$24/4 sessions
Sat Aug 7-Aug 28	10:30am-11:15am
11609.302SN	\$24/4 sessions

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 Play Camp

Jade He

3-6 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.

Mandarin Play Camp Level 1

Mon-Fri Jul 5-Jul 9	9:30am-11:30am
15002.301SN	\$60/5 sessions
Tue-Fri Aug 3-Aug 6	9:30am-11:30am
15002.304SN	\$48/4 sessions

Mandarin Play Camp Level 2

Mon-Fri Jul 12-Jul 16	9:30am-11:30am
15002.302SN	\$60/5 sessions
Mon-Fri Aug 9-Aug 13	9:30am-11:30am
15002.305SN	\$60/5 sessions

Mandarin Play Camp Level 3

Mon-Fri Jul 19-Jul 23	9:30am-11:30am
15002.303SN	\$60/5 sessions
Mon-Fri Aug 16-Aug 20	9:30am-11:30am
15002.306SN	\$60/5 sessions

Music



Music with Marnie! Marnie taught classes for many years and now spends most of her time performing across Canada with her Children's Band. Visit her community website www.MusicwithMarnie.com.

Musical Babies

Marnie Grey

6 mos-18 mos

Hand clapping, foot stomping and knee bouncing FUN for you and your little one! Learn simple songs, signs and fingerplays to share with your baby or just come on out and have a half hour full of musical fun. This is a parent and baby participation class. If you have a second child, please register for the Musical Family class.

Tue Wed Thu Aug 3-Aug 5 11:00am-11:30am
11002.301SN \$25/3 sessions

Musical Toddlers

Marnie Grey

18 mos-3 yrs

This class is all about children learning through PLAY and getting up and actively having FUN! Your toddler will be jumping, clapping, marching, singing and even signing along! This is a parent & toddler participation class. If you have a second child, please register in Musical Families.

Tue Wed Thu Aug 3-Aug 5 10:00am-10:45am
11001.301SN \$36/3 sessions

Musical Preschoolers

Marnie Grey

3-5 yrs

Similar to the Toddler Class but more advanced for the ever-growing preschooler. Marnie's philosophy is that children learn through PLAY. While pretending to be birds, elephants or simply clapping, your preschooler will learn simple rhythms, develop confidence and express themselves musically and creatively all while having FUN! This is a parent & preschooler participation class. If you have a second child, please register in Musical Families.

Tue Wed Thu Aug 3-Aug 5 1:00pm-1:45pm
11003.301SN \$37/3 sessions

Musical Families

Marnie Grey

3 mos+

This is the perfect class for a parent or caregiver with two children (siblings). Come hang out with Marnie as she creates an environment that is fun, musical and entertaining for all ages! Enjoy music and props, actions and sing alongs! This is a wonderful way to bring the family together and share some musical FUN! Parent participation required.

Tue Wed Thu Aug 3-Aug 5 12:00pm-12:45pm
11004.301SN \$47/3 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.

Music Masters Parent & Tot

Tony Alcantar

0-3 yrs

Explore your child's natural rhythms through interactive song and play! For over 20 years, Tony has been performing time tested family favorites which encourage gross and fine motor skills plus language development through play and song. Tony's unique interaction, along with his props and child friendly instruments will make for a laughter filled 45 minutes of quality time with you and your child. Parent participation is required.

Mon Jul 5-Jul 26 10:00am-10:45am
11011.301SN \$40/4 sessions
Fri Jul 9-Jul 30 10:00am-10:45am
11011.302SN \$40/4 sessions



Comedy through Play

Tony Alcantar

3-6 yrs

Through improvisation and dramatic play, your child will engage their individual expression! Build confidence and self esteem as they turn traditional and family stories into living and breathing pieces of theatre. Tony, taught by The Second City comedy club, is energetic and funny! This class will be entertaining and filled with laughter! Child must be toilet trained.

Fri Jul 9-Jul 30 11:00am-12:15pm
11801.301SN \$60/4 sessions

www.mysunset.net Phone: 604.718.6505