

Youth

Afterschool Gym Programs

Monday

Open Gym 3:00-5:45pm

Tuesdays

Elementary Ball Hockey League 3:00-6:00pm

Wednesday

Junior Nitro - Basketball 3:30-5:00pm

Drop in Youth Ball Hockey 5:15-7:30pm

Thursday

Junior Nitro – Wrestling 3:30-4:30pm

Open Gym 4:45- 6:00pm

Fridays

Open Gym 3:00-5:00pm

Saturdays

Youth Drop In Basketball 2:15- 5:45pm

Youth Drop In Volleyball 4:00-6:00pm

Gr 9-12 Ball Hockey League 6:00-9:15pm

Sexsmith Drop In Basketball

Join Manpreet and Josh after school Fridays

Sexsmith Students Only

Free Friday 3:30-4:30

After School Girls' Club

Join Bal and Monica for fun, food & fitness.

Mondays Jan 9 – Mar 26

Cost: \$5.00 Max 25 3:30-5:00pm 23210.101SN

The Sisterhood (10-14 yrs)

Join Bal and Neha for Friday adventures. Each season starts off with the group planning what they want to do each Friday.

Fridays Jan 6 – Mar 30

Cost: Free Max 25 6:00 – 8:00pm

Chaos Boys Club (10-13 yrs)

Join Avi, Vikash, Dillpreet, Melqui and Radith for a night of fun just with the boys.

Fridays Jan 6-Mar 30

Cost: Free Max 25 5:30-8:00pm

32903.101SN

Imagine and Design (10-12 yrs)

Experience hands on science experiments and build mind captivating gadgets and gizmos. This will be the second time that Parry Mudhar, who is currently studying mechatrical engineering, will be leading this amazing program. Parry looks forward to introducing elementary school students to circuit building, bridge building, and designing mechanical gizmos. On most days participants will build their own projects to take home, like our individually built hovercrafts, or telescopes; on a few days we will focus on teambuilding while building one larger project.



Cost: \$20.00 (max 12 participants)

Jan 6-Mar 9 3:30-5:30pm 25502.101SN

Pro D Cosom Ice Hockey (9-16 yrs)

No school on Friday February 17th so come out and play Ice Hockey at Sunset's Ice Rink on 51st and Prince Edward. Cosom Hockey uses plastic pucks but players can use their own or Sunset's plastic sticks. Goalie equipment, skates and helmets are provided. Moderate skating ability required. Please bring snack and water bottle.

Cost: \$10.00

Friday Feb 17 9:00am-12:00noon 33099.102SN

Sunset Ball Hockey League Gr. 9-12

Games Start January 7th 6:00 – 9:00pm

End date of league based on number of teams involved.

Max 12 players / team.

Registration is as a team.

Registration forms available at Sunset or can be downloaded at www.sunsetyouth.ca

Cost \$15.00/player

Games Room Schedule

Tuesday 3:30-6:00pm

Wednesday 3:30-6:00pm

Friday 3:30-8:30pm

Saturday 2:00-6:00pm