

Martial Arts

Taekwondo

Ebrahim Saadati

13yrs+

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. (Combination of Brazalian Ju-Jitsu & Taekwondo.) 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. No class Saturday Feb 6.

Beginner/Intermediate

Sat Jan 9-Mar 27	12:30pm-1:30pm
33401.102SN	\$93/11 sessions
Mon Jan 11-Mar 29	6:00pm-7:00pm
33401.101SN	\$101/12 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.

Tue Jan 12-Mar 23	3:30pm-7:30pm
31001.101SN-.110SN	\$187/11-30 minute sessions
Thu Jan 14-Mar 25	3:30pm-7:30pm
31002.101SN-.109SN	\$187/11-30 minute sessions

Indo-Jazz at MACC

Indo Jazz Shiamak Davar

13 yrs+

This class is a unique form of fitness and dance that blends jazz and hip hop techniques with Indian folk and contemporary movement, done to Indian 'Bollywood' music and world rhythms. No class March 10. MACC (Moberly Arts & Cultural Centre) 7646 Prince Albert Street, (1 block east of Fraser between 60th & 61st) Phone: (604) 718-6521 Drop in \$15.00

Wed Jan 13-Mar 24	6:00pm-7:00pm
41601.103SN	\$130/11 sessions

Girls Night

11-14 yrs

Come out for Girls Night! Join us for activities like dancing, cooking, sports, arts and much more. Sign up now and meet new friends, build leadership skills and most importantly have fun!

Fri Jan 15	5:00pm-7:00pm
25801.101SN	\$2/1 session
Fri Feb 5	5:00pm-7:00pm
25801.102SN	\$2/1 session
Fri Mar 12	5:00pm-7:00pm
25801.103SN	\$2/1 session



Jyoti has been an active member of her community and is very keen to start this girl's empowerment program. She strongly believes that the girls of today need a safe place to be able talk and play without negative pressures.



Hardeep is always willing to put in the extra effort in helping her community and, most importantly, be a positive role model for today's youth.



Cathey has been a positive leader in this community and she is excited to be part of the girls empowerment project at Sunset.



Sonal is determined to promote a stress-free, violence-free society and hopes to use the knowledge she has obtained to empower female youth in our community.



Becca enjoys working with the youth and is looking forward to helping empower the girls in the community.

Youth

Community Youth Worker Programs work closely with local elementary and secondary schools in developing and implementing programs. Local schools involved are: Henderson, Moberly, Sexsmith & Trudeau elementary schools and John Oliver and Sir Winston Churchill Secondary schools.

Girls Club

6-12 yrs

Bal's back for more fun. Free program, but must register. Limited to 16 spaces.

Mon Jan 11-Mar 22 3:30pm-5:00pm
23210.101SN Free

Drop In Ball Hockey

9-13 yrs

It's hockey season. Come out and sharpen your skills on Tuesdays & Thursdays afterschool.

T / Th Jan 5-Mar 25 3:15pm-4:30pm
23110.104SN FREE

Elementary Ball Hockey League

9-13 yrs

Put together your own team, 10 people max. Game length depends on amount of teams involved. Sunset will provide plastic sticks and eye protection. Goalie pads available. Maximum 6 team league.

Wed Jan 20-May 12 3:00pm-5:00pm
23112.102SN \$10 / player

Sexsmith / Trudeau Wednesdays

9-12 yrs

Come out to Sunset during Wednesday's early dismissals. Grade 7's from Sexsmith and Trudeau will be involved in planning events.

Wed Jan 6-Mar 31 12:00pm-3:00pm
23111.101SN Free

Yowsa

9-12 yrs

Special events each Friday planned out by Henderson's grade 7's. Watch out for poster of events in your classroom.

Fri Jan 15-Mar 26 1:00-2:30pm
23113.101SN Free

Moberly Fridays

9-12 yrs

Join Avi and Bal afterschool at Moberly Arts Centre. Games, special events and surprises planned out with Moberly grade 7's.

Fri Jan 8-Mar 26 1:00pm-2:30pm
23113.102SN \$2/session

King of the Court Ball Hockey

13-17 yrs

Drop In Ball Hockey. Form your own team First team to score stays on the floor to face new challengers.

Tue Jan 5-Jan 12 5:00pm-7:30pm
33103.101SN Free

Grade 7, 8, 9 Ball Hockey League

Put your own team together. Maximum 10 players per team and maximum 6 teams. Registration forms will be available for download at sunsetyouth.ca or at Sunset's front desk.

Fri Jan 19-May 18 3:00pm-5:00pm
33101.102SN \$15/ player

Grade 10-12 Ball Hockey League

It's back for it's 7th season. Put your own team together. Max 10 players per team. Registration forms will be available for download at sunsetyouth.ca or at Sunset's front desk. League games will be 20 minute halves. Playoffs will be 3 x 20 minutes.

Tues Jan 19-May 18 5:00pm-7:00 pm
33101.101SN \$15/ player

OUR COMMUNITY John Oliver Secondary School



by Paul Czene,
SCC Community
Youth Worker

Located at 41st and Fraser along the 3rd busiest pedestrian zone in Vancouver is John Oliver Secondary. It is among Sunset's primary partner for volunteers, staff and joint projects.

Over six years staff, students and parents have worked to challenge youth to succeed academically with a combination of opportunities, hard work and inspiration. The result absenteeism has sharply declined while graduation rates have increased from 84% in 2003 to 91.6% in 2008.

The lesson learned is students failing second term lose hope and believe the third and final term is lost. Absenteeism increases and failure is self fulfilling.

How was this achieved? Parents are contacted with options to assist their student in succeeding. Students have the opportunity to improve their math, science and english grades through 1- to-1 tutoring, 22 hours of night school (both paid by JO), extra credit work and practice exams. The results are students achieving or improving on grades from their first term.

Student academic success translates into confidence, goals for the future, and accepting increased challenges. JO now is a leader in social action raising money for various charities through its Multicultural Show. The Terry Fox Run generated over \$2800 and JO has gathered over 3000 pairs of socks for the homeless.