

[britanniacentre.org](http://britanniacentre.org)



**Programs & Services**  
**Spring 2013**





## Board of Management

Britannia Board meetings are held on the 2nd Wednesday of the month, except July and August. For more information, or if you are interested in running for our Board of Management, call Cynthia Low, Executive Director, at 604.718.5815.

PRESIDENT: Gwen Giesbrecht

VICE PRESIDENT: Eva Sharell

TREASURER: Ray Gallagher

EXECUTIVE MEMBERS:

Brendan Boylan,  
Oliver Conway

DIRECTORS:

Dan Fass, John Flipse, Jim Ion, Paul Kjekstad, Ingrid Kolsteren, Trevor Mah, Tammyanne Matthew, Meseret Taye, Margaret Vis

AGENCY REPS:

VSU: Geoff Taylor

VPB: Susy Bando, Acting

VPL: Inness Campbell

EXECUTIVE DIRECTOR:

Cynthia Low

MANAGER OF ADMINISTRATIVE SERVICES:

Natalie Bailey

CHILD CARE MANAGER:

Leah Drayton

1661 Napier Street,  
Vancouver BC V5L 4X4

T 604 718 5800-2

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[www.britanniacentre.org](http://www.britanniacentre.org)

## Message From The President

Grandview - Woodland, anchored by Commercial Drive, is one of the most unique neighbourhoods in Vancouver, if not in Canada. The population includes artists, activists, small businesses, and families of every kind. We also have an unusually high number of co-ops; for banking, the arts, retail and of course housing. We tend to have a high voter turnout, passionate community engagement and a strong sense of connection between residents. Britannia Community Services Centre is more than a community centre, we are the heart of the neighbourhood. We provide social services, educational, recreation and library services under one roof. We operate in partnership with the City of Vancouver and the Vancouver School Board to provide access to publically funded facilities, like many community centres we accept Leisure Access Cards and Flexipasses from across the system. In addition we have a rigorous subsidy program for residents of Grandview Woodland, Strathcona and the Downtown Eastside. We also return revenue to the City for reallocation and provide city wide services through a number of programs. Most of all we encourage and support individuals and groups to step forward to make a difference as volunteers, committee members, grassroots action coalitions, adhoc community groups, interested parties, student service groups and much more. Britannia will continue to operate as we have for over 30 years with a vision to ensure that children and their families will be able to realize their full potential for our collective good. If you are interested in joining us in this work please consider running for the Britannia Board of Management at our next Annual General Meeting on Wednesday May 22, contact Cynthia Low or Eva Sharell at [info@britanniacentre.org](mailto:info@britanniacentre.org) or call 604-718-5815 for more information.

President

Gwen Giesbrecht

## Membership Information

To participate in recreation programs you must be a member of Britannia Centre.

Membership is valid from Sept 1, 2012 to Aug 31, 2013

Family \$5.00

Adult \$3.00

Child, Youth, Senior \$1.00

Membership may be obtained when you register for a program or any time during the year at the pool cashier's office or the Information Centre.

### What does the Britannia Membership give me?

- Voting privileges at the Annual General Meeting of the Society on May 22, 2013.
- Eligibility to run for the Board of Management.
- Mail-outs about Centre programs and events.
- Free access to the Fitness Centre. Tue & Fri from 10:00am to 12 noon

*You must have a current Britannia membership to register for programs.*



### PHOTOGRAPHY CREDITS

Many thanks to the individuals who have volunteered their services and time to take photographs and submit them to use in our publication.

# Britannia Community Centre

## Annual General Meeting of the Society

Wednesday, May 22, 2013

6:00pm in Gym D



Light refreshments provided

Britannia Centre depends on strong community management for its continuing ability to meet the needs and interests of the local people it serves. We invite you to join now and be part of the decision making process that affects your community centre and the programs it offers.

To be eligible to run for the Board of Management:

- you must have a current membership 14 days prior to May 22, 2013 (by May 8, 2013 at 9:00pm).
- you must be 16 years of age by May 22nd of the current year.

This year there is openings for 8 elected positions from the community and 1 staff representative position. If you are interested in investing a few hours a month in your community centre, contact Cynthia Low, Executive Director at 604.718.5815 or drop her an e-mail to [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca). Childminding can be arranged by calling Leah Drayton, Childcare Manager at 604.718.5816.

*ĐANG TÌM CÁCH ĐỂ CÓ TIẾNG NÓI  
TRONG CỘNG ĐỒNG CỦA BẠN?  
Hãy tham gia và ủng hộ vào  
Hội Đồng Quản Trị Britannia*

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QUISIERA USTED QUE SU VOZ SEA ESCUCHADA EN SU COMUNIDAD? SEA CANDIDATO  
EN LAS ELECCIONES PARA LA DIRECTIVA DEL CENTRO COMUNITARIO DE BRITANNIA

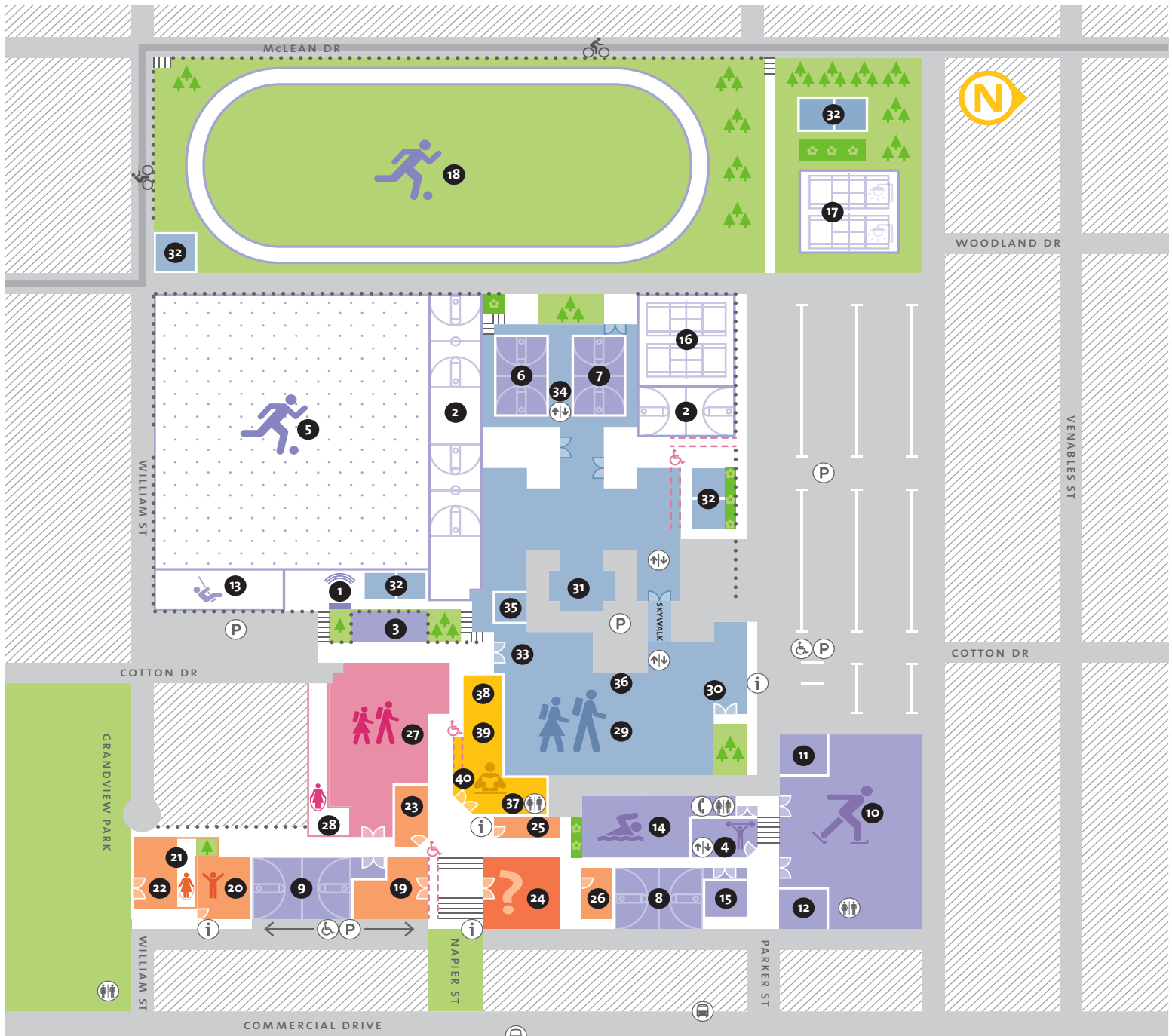
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## Mission Statement

To develop, coordinate and support a wide range of excellent programs and services for Grandview/Woodland and Strathcona, by working with community members, partners and local agencies.

## Vision

To be recognized leader in building community, promoting partnership, celebrating diversity and enhancing the life and well-being of everyone who lives, works and plays in our community.



### recreation

- 1 Amphitheatre
- 2 Basketball Courts
- 3 Covered Play Area
- 4 Fitness Centre
- 5 Gravel Sports Field
- 6 Gym A
- 7 Gym B
- 8 Gym C
- 9 Gym D
- 10 Ice Rink
- 11 Ice Rink Activity Room (*top flr*)
- 12 Ice Rink Mezzanine (*top flr*)
- 13 Playground
- 14 Pool
- 15 Racquetball Court + Mat Room
- 16 Tennis Courts
- 17 Tennis Courts (*lighted*)
- 18 Track + Sports Field

### resources + services

- 19 Al Mattison 55+ Centre
- 20 Child Care Centre
- 21 Eastside Family Place (*ground flr*)
- 22 Canucks Family Education Centre (*top flr*)
- 23 Family Activity Room
- 24 Info Centre
- 25 Pre-Teen Centre
- 26 Teen Centre

### elementary school

- 27 Britannia Elementary
- 28 Outdoor Play Area

### secondary school

- 29 Britannia Secondary
- 30 Main Office/Entrance
- 31 Auditorium
- 32 Portables
- 33 South Entrance
- 34 Cafeteria
- 35 Canucks Family Education Centre (*room 110*)
- 36 Community Education

### library + learning

- 37 VPL Britannia Branch (*main flr*)
- 38 Learning Resource Centre (*basement*)
- 39 Hastings Education Centre (*top flr*)
- 40 Art Gallery

•••• Fence	① Wayfinding	⬆️ Elevator	//// Residential + Commercial
▬ Streets + Vehicle Access	♿️ Wheelchair Access	⌋ Entrance	•••• Gravel
🚲 Bicycle Route	≡ Stairs	▬ Fields + Green Space	🌳 School Garden



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 1661 Napier Street Vancouver BC V5L 4X4  
[britanniacentre.org](http://britanniacentre.org)

# Index

Three Ways to Register	4	Intermediate Marimba (9+ yrs)	13	Cardio Dance Fusion	20	East Side Caregivers Evening Out	31
Britannia site map	4	Spanish School for Children	13	Martial Arts Ki Aikido	21	Special Events & Activities	32
Cancellation Policy	4	Children's Art	13	<b>Adult Sports</b>		Youth Swim Night (13-18 yrs)	32
Refund Policy	4	Clay for Children (6-12yrs)	13	Badminton - Fri	22	Easter Eggstravaganza	32
Subsidy Policy	4	Daycamps	13	Basketball - 2 pm	22	Birthday Parties	32
Transition from HST to GST/PST	5	Spring Break Daycamp 6-12yrs	13	<b>Yoga</b>		<b>Swimming Pool</b>	
Bequests and Charitable Giving	5	Cancellation Policy:	13	Hatha Yoga - All levels	23	Swimming & Lessons	32-34
Britannia Preschool (3-5 Yrs.)	6	Summer Daycamp Registration	13	Iyengar Yoga - Level 1	23	Red Cross Parent & Tot	34
Out-of-School Programs	6	Social Recreation	14	Kundalini Yoga	23	Flexipass Membership	35
Childcare Contacts:	6	Girls Night Out	14	<b>Adult Art</b>		<b>Fitness</b>	
<b>Special Events</b>		Guys Night Out	14	Arts Programs		Weight Training for Women	35
East Feast Vancouver	8	Preteen Movie Night	14	Art Therapy Workshops		FREE Fitness Centre Tour	35
18th Annual Stone Soup Festival	8	Roving Leader Program	14	Banner Workshop		Strength Training for Seniors	35
Vancouver Draw Down	8	Photography	14	Adult Dance		Personal Training	35
Vintage Bicycle Swap Meet	8	Special Events	14	Salsa Cubana & Rueda De Casino	25	Outside Trainers	35
Gymnastics Summer-Saults Meet	8	Preteen Dance	14	Adult Music	25	Shifting to Running	35
Please Do Your Doo-Doo Duty!	8	Splash!! Youth Free Swim	14	African Drumming	25	Find Balance	35
		GEN7 Community Engagement	14	Italian Conversation!	25	<b>Ice Rink</b>	
<b>One Day Workshops</b>		<b>Youth Sports</b>		Italian for Fun and Travel!	26	Rink Maintenance Closure	36
After the Honeymoon	9	Basketball	14	Food Programs	26	Ice Skating Birthday Parties	36
Knowing you, Knowing me	9	Ball Hockey Drop-in	14	Britannia Community Kitchen	26	VACHL	36
Mindfulness in One Minute	9	Indoor Soccer Drop-in	15	Carnival Band Workshops	26	Adult Hockey Programs	36
Mindfulness Reduce Physical Pain	9	Basketball Open Gym	15	The Drive Street Band	26	Skating Lessons	37
Baby Sign Language	9	Night Hoops	15	<b>55+ Programs For Seniors</b>		CAPC	37
Do You Understand Your Toddler?	9	Youth Week!	15	Vietnamese Seniors Programs	27	Register for Skating lessons	38
Baby Sleeping Through the Night?	9	WAWAW Aboriginal Youth	15	Computer and Technology	27	Britannia After School Hockey	38
What's Going on In Baby's Brain?	9	Leadership	15	Tax Clinics	27	Rink Admissions	39
Natural Sun Protection Skin Care	9	Youth Committee	15	Physical Activities	27	<b>Other Agencies</b>	
<b>Children's Dance</b>		Anti Graffiti Project	15	Line Dancing 55+	28	Eastside Family Place	40
Creative Dance Programs	10	Eastside GAB	15	Gentle Yoga 55+ Mon/Wed	28	Grandview/ Woodland Police	40
Ballet Programs	10	Children's Rights T-shirt Contest	15	<b>Seniors Social Programs</b>		Planet Bingo	40
Hip Hop Program	10	Saturday Unlimited	16	Knitting	28	Canucks Family Education Centre	41
Britannia Preschool (3-5 yrs.)	10	First Friends	16	Italian Cards	28	Hastings Education Centre	41
<b>Children's Music</b>		Splash!! Youth Free Swim	16	Whist/Cribbage/Bridge Drop-In	28	Woodland Area Council	41
Music Together® (0-5yrs)	10	Exercise classes	16	Lunch at the 55+ Centre	28	Legal Advice Program (LSLAP)	41
Kindergym (1-5yrs)	10	Youth Zumba	16	Queer Women On The Drive	28	Britannia Library	42
Toddler Art (18m-3yrs)	10	Run TC	16	Bus Tours	29		
Sportball Parent and Tot (2-3years)	10	Music	16	Special Programs	29		
Sportball Multisport (3½-5yrs)	10	DJ Spinning (12-18 years)	16	Minds in Motion	29		
Spanish Mother Goose Program	10	Dance	16	Monday Haircuts for Seniors	29		
Birthday Parties	10	Cooking	16	Vancouver Morrismen Dance	29		
Pool Birthday Parties	10	Feast of Flavors	16	<b>Lions Den (LD) 55+</b>			
Rent a Room Bookings	10	Latin Cooking	16	Tuesday Programs	30		
<b>Gymnastics</b>		Social Recreation	17	Carpet Bowling	30		
Brit Gymnastics (18mo-13yrs)	11	"Play it Fair" Afternoon	17	Traditional Italian Cards	30		
Dynamic Duo (18mo-3yrs)	11	Summer Leaders Training 16+yrs	17	Theatre Group <b>New</b>	30		
Tiny Tumblers and Gym Kids	11	<b>Teen Centre</b>		Tuesday Lunch Program	30		
Adv Gym Kids,	11	Big Screen Movie Night	17	Friday Programs	30		
Pre/Acrobats	11	Big Screen Video Games	17	Drop-In Pool/Billiards	30		
Meet the Coaches	11	Pop Up Bike Shop with Kickstand	17	Meals and Wellness	30		
Excelleration Triathlon Club	11	Canucks Game Night	17	Blood Pressure Clinic	30		
<b>Children's Martial Arts</b>		<b>Outdoor Programs</b>		Nurses Corner	30		
Shadow Warriors-TaeKwonDo	11	The Great Escape Outdoors	18	Latin American Seniors Social	30		
Intro to Fencing (8-14 yrs)	11	LA Youth Girls Empowerment	19	Languages	30		
Traditional Kung Fu 6 yrs+	11	Spanish Clubs	19	Spanish Lessons	30		
<b>Soccer</b>		Free Youth swim	19	French Lessons	30		
Micro Footie 2 (MF2)	12	Dragon Boating	19	Lion's Den Rec. Committee Mtg	30		
Coaches Orientation	12	<b>Fitness Classes</b>		Walk and Wade	31		
Children Music	13	Body Conditioning	20	Computer Drop In Lion's Den	31		
Piano(6+ yrs)/Clarinet(10+ yrs)	13	Bootcamp- <b>NEW</b>	20	Adanac Towers Tenants and	31		
How to make Beats (10-18yrs)	13	Cardio Kick Boxing	20	East Vancouver Lions Programs	31		
Violin/Fiddle Private Lessons	13	Osteofit (Mon)	20	Bingo	31		
Beginner Marimba (7-9yrs)	13	Salsa Fit	20	Potluck	31		
		ZUMBA® Fitness	20				

# Registration Information

## Three Ways to Register for Programs

### 1) Register Online at [britanniacentre.org](http://britanniacentre.org)

- Registration starts at 9:00 am on Tuesday March 12, 2013.
- You must have a current membership card to register for all Britannia programs, (Current card is blue).
- The membership year runs from September 1, 2012 to August 31, 2013.

### 2) Register in Person

- Registration starts at 9:00 am on Tuesday March 12, 2013
- At the Information Centre, (No Cash payments please) or
- At the Pool Cashier's Office (Pay by Cheque, Visa, Mastercard, Debit or Cash)

#### Registration Hours at the Pool Cashier are:

- Monday to Friday 9:00am-9:00pm
- Saturday 9:30am-7:00pm
- Sunday 10:30am-7:00pm

#### Registration Hours at the Information Centre are: (No Cash Please)

- Monday to Thursday 9:00am- 8:00pm
- Friday 9:00am- 6:00pm
- Saturday 9:30am- 4:00pm
- Sunday 10:30am- 3:00pm

### 3) Register by Phone at 604.718.5800 ext. 2

- Registration starts at 1:00pm on Tuesday March 12, 2013
- You must have a current Britannia membership card and a valid Visa or MasterCard at hand.
- A copy of your program registration, your credit card slip and membership card will be mailed to you upon request if you have an e-mail address..

#### Refund Policy

- A full refund will be granted if the refund is requested up to 48 hours prior to the second class. No refunds after this time.
- For workshops and outings a full refund will be granted if the refund is requested one week (seven days) prior to the start of the program. No refunds after this time.
- For day camps, a \$5 administration fee will be charged for each camp a refund is requested for. Refund requests must be made one week (seven days) prior to the start of the program. No refunds after this time.

#### Cancellation Policy

Courses are cancelled when too many people wait until the last minute to register. We need a minimum number enrolled before a class will run. Programs may be cancelled during the session due to unforeseen circumstances and instructors may change during the program session.

#### Announcing the new City of Vancouver website!

Vancouver makes online sign-up for recreation classes easier on the new website. Stop by [www.vancouver.ca](http://www.vancouver.ca) to search for and sign up for programs.

See Back Cover for a copy of the new Britannia site map

## Subsidy Policy

Britannia operates a wide range of recreation programs. It is Britannia's policy to make programs as accessible as possible to people who cannot afford to pay the full fee. Britannia would like to assist those who are not able to afford the advertised cost of certain programs or activities. At the same time, our operation needs to be financially viable. The Board of Management has approved the following for Recreation programs operated by Britannia. A person may apply for a maximum of 2 subsidies per program season. This subsidy policy does not apply to Britannia Child Care programs or products that are resalable.

### Residents of Vancouver with a Leisure Access Card

Residents of the City of Vancouver showing a current L.A.C. (Leisure Access Card) may receive up to a maximum of 50% off certain programs by completing an application form and presenting it and your L.A.C. card to a cashier at the time of registration.

### Residents of Grandview Woodland Strathcona with a Leisure Access Card

Residents of Grandview Woodland Strathcona showing a current L.A.C. card may, with the approval of a programmer, receive a further discount if needed.

### Grandview Woodland Strathcona Residents without a Leisure Access Card

Participants living in the Grandview Woodland Strathcona area who do not have a L.A.C. card and are in need of financial assistance may request a subsidy for certain programs up to 25% of course costs by completing an application for subsidy. For subsidies greater than 25% Grandview Woodland Strathcona residents need an appointment with a programmer and need to bring their **Notice of Assessment** (tax form) from the previous year from Canada Customs and Excise. Residents of the City of Vancouver outside the Grandview Woodland Strathcona area, without a Leisure Access card are not eligible for subsidy.

**Non-residents of the City of Vancouver will not be eligible for subsidy.**

# Volunteering & Bequests



Britannia's Volunteer Program is home to over 300 active volunteers, contributing in various ways to the centre. Opportunities to volunteer include assistance in childcare centers, in youth and seniors' recreational programs, special events, or at the board and committee level. If you'd like to contribute your skills and experience to Britannia, contact us to find out more and to get involved!

Over the next few months, we'll be recruiting volunteers for the following opportunities:

**Micro Footie Soccer Coaches** - Mentor and engage children ages 4 through 16, through sport and fair play. This program has over 120 volunteer coaches and we recruit early! No previous coaching experience required. \*Criminal record checks and 2 references are required.

April- June: 1 hour on a week night PLUS 1 hour on a Saturday morning for games

**Special Events Assistants** – assist with festival operations, set-up, take-down, and interactions with the community. Check out our website for updated positions!

May 11: Stone Soup Festival (See our website for more current opportunities.)

**Child-minding Activity Leaders**- use your special skills in knitting or pottery-making and lead a group of children in activities! Child-minding takes place during weekdays between 9am and 6pm. Shifts vary. A criminal record check and 2 references are required prior to placement.

Volunteering is vital in our community. If you value the importance of giving, sharing and helping to nurture your community, consider volunteering with us. We're also interested in developing new community development opportunities, so do share your ideas with us!

## Some benefits of volunteering at Britannia include:

- Fun and meaningful experiences
- Respectful engagement
- Opportunities to build work skills
- Invitations to workshops or events
- Use of facilities (some conditions apply)
- Statement of Hours/Reference

For more information, contact the Volunteer Program Coordinator at 604.718.5860 or [charlene.wee@vancouver.ca](mailto:charlene.wee@vancouver.ca)

More opportunities and application forms are located on our website at [www.britanniacentre.org](http://www.britanniacentre.org)



## Transition from HST to GST/PST

From the Federal Government website (for more information go to <http://www.cra-arc.gc.ca/E/pub/gi/notice270/notice270-e.html>): Effective April 1, 2013, the 12% HST would no longer apply on services made in British Columbia or to personal property. Instead, as of that date, the 5% GST would apply to such taxable supplies and services.

**See more details on page 38**



## Bequests and Charitable Giving

### YOUR LEGACY

Everyone leaves their own unique footprint over a lifetime. A person can be remembered for service to the community, strength of character, accomplishments, generosity, kindness and compassion. Planning today to make a future gift to Britannia Society is one of the ways you can create a lasting legacy at the Centre. Your gift will help to ensure that Britannia will continue to provide greatly needed programs and services to community members.

Britannia Community Centre will accept gifts, bequests and other forms of charitable giving. People can continue to support the work of the Centre by making a charitable gift through a bequest in a will. If you are considering a bequest or other form of charitable giving, please consider Britannia Society. Contact the Manager, Natalie Bailey, at 604.718.5810.

# Licensed Child Care Information

## Five Childcare Centres For Your Convenience

### Childcare Mission Statement

To provide a range of safe, stimulating and nurturing childcare programs that respect and embrace each child and family

### About our childcare programs

Each of our programs is a unique reflection of its history, the community it serves, its staff members and its families, past and present. All of our programs share philosophies, policies and procedures.

We believe that children learn about themselves, others and the world around them through play and creative expression. This allows children to learn naturally and practice important skills in the following areas:

**Social** - Communication and friendship skills, conflict resolution, sharing and co-operation.

**Intellectual** - Language and self-expression, problem solving, critical thinking.

**Physical** - Large muscle and fine motor skills, safety and self-care skills (health, hygiene, etc.).

**Creative** - Self expression and concept development.

**Emotional** - Development of healthy self-esteem, self-confidence, self-awareness and abilities to deal appropriately with emotions.

### About our Staff

Our staffing component is made up of a Childcare Manager who is responsible for all the programs plus Senior Supervisors for each of the Childcare centres. The number of additional staff for each program is dependent upon the type of program and is always in accordance with child/staff ratios set by childcare licensing regulations.

All staff, substitutes, students and volunteers are required to have a clear Criminal Record Search in accordance with Childcare Licensing Childcare Regulations.

### 18mos-3yrs Toddler Program

Mount Pleasant Child care is our only licensed toddler program and provides 12 spaces for children 18 months to 3 years. Children will develop socially, physically and emotionally at their own pace in a safe, caring and secure environment with time to explore new relationships with friends and to interact with adults. This program provides age-appropriate materials. All staff are qualified early childhood educators and have First Aid Training. Snacks, hot lunch and outdoor play are a part of the daily routine.

### 3 to 5yrs Programs

Eagle in the Sky, Grandview Terrace and Mount Pleasant Child Care are the centres that offer child care programs for 3 to 5 year olds. The programs offer a caring, safe and nurturing environment that allows children the freedom and support to develop to their full potential. We offer multi-cultural programs that respect a variety of traditions, lifestyles, languages and cultural heritages. In our inclusive play-based programs, qualified Early Childhood Educators provide activities based on children's interests and developmental needs, offering opportunities for children to explore their environment through music, movement, blocks construction toys, co-operative games, stories and outdoor play. Through play, children are able to develop social skills and learn more about their world.

Programs offer a consistent yet flexible schedule providing a balance of free play and organized activities for building skills and positive self-concepts.

### Britannia Preschool (3-5 Yrs.)

#### Know You Can! The Little Preschool That Could

Highly experienced, qualified and Licensed Early Childhood Educators will develop a rich and meaningful child-centered environment in which children can learn and grow in all areas of development. Our program will include the exploration of Art Throughout History, from which children will gain an understanding of art and the importance of creativity. Through hands-on experimentation and exploration of a variety of materials, techniques, ideas and information, we will experience the journey of art through the ages. We will also highlight multiculturalism and diversity, celebrations, dance and languages from around the world. We offer a part time, or full time program from September to June. Registration will take place in the Spring (for external families). If the formal registration is missed, please call 604-718-5843 for more information. Registration is on-going throughout the school year dependent on availability of spaces.

### Out-of-School Programs

Britannia, Eagles in the Sky, Grandview Terrace and Lord Nelson Child Care are our licensed childcare programs that provide care for children from ages 5 to 12 years. Our programs offer the opportunity to create, explore and socialize in an inclusive, fun, safe and nurturing environment. Our play-based programs are designed to foster independence and confidence in a family-centred setting. Our programs strive to develop and implement an integrated and comprehensive continuum of services for children and families that reflect the community we serve. All of our centres are culturally sensitive and celebrate the uniqueness of our families. Qualified educators offer a value-based program that focuses on our children's interests, ages and developmental needs.

### Contacts:

#### Childcare Manager:

Leah Drayton 604-718-5816

#### Britannia Out of School Care/Preschool

Randi Gurholt-Seary 604-718-5843

#### Grandview Terrace Childcare

Alejandra Uribe 604-718-5846

#### Mount Pleasant Childcare

Wade Forbes 604-718-5844

#### Lord Nelson Childcare

Latisha Buksh 604-713-5863

#### Eagles in the Sky Childcare

Susan Nelson 604-718-5856



# Licensed Child Care Information

## Grandview Terrace Family Resource Centre

2075/2065 Woodland Drive Contact: Alejandra at 604.718.5846

We offer a variety of parenting and parent/child activities in order that families can meet new people, support one another, access resources and referrals. The Family Resource Centre is a fun and safe place to come and enjoy being a parent. For additional information call 604.718.5846. Grandview Terrace Family Resource Centre is made possible by a partnership with Canucks Family Education Centre.

## Britannia Childcare

1661 Napier Street  
Randi Gurholt-Seary: 604.718.5843  
Lorraine Evans (Acting Supervisor)

### Preschool 3-5yrs

Mornings	9:00-11:30am	
Afternoons	12:30-3:00pm	
<b>FEES:</b>		
2 days per week (Th, Fri)		\$175.00
3 days per week (Mon, Wed, Fri)		\$247.00
5 days per week		\$422.00

### Britannia Out of School Care 5-12 yrs

September to June Hours:  
Mon-Fri 7:30am-9:00am  
3:00pm-6:00pm

School Breaks 7:30am-6:00pm  
FEE: Full Time \$345 per month  
3 Days \$224 per month  
2 Days \$203 per month  
Closed on statutory holidays

July & August Hours:  
Mon to Fri 7:30am-6:00pm  
FEE: \$550/month

## Lord Nelson Childcare

2235 Kitchener Street  
Latisha Buksh 604.713.5863

### Out of School Care 5-12 yrs

September to June Hours:  
Mon-Fri 7:30am-9:00am  
3:00pm-6:00pm

School Breaks 7:30am-6:00pm  
FEE: \$345 per month  
Closed on statutory holidays

July & August Hours:  
Mon to Fri 7:30am-6:00pm  
FEE: \$550/month

## Vancouver Native Health

We have an Aboriginal Early Childhood Family Support Worker who works out of Britannia Centre. Please call Barbara Nelson at 604.718.5841.

## Mount Pleasant Childcare

960 East 7th Avenue  
Wade Forbes: 604.718.5844

### Toddler Program 18mo-3yrs

Hours: Mon-Fri 7:30am-6:00pm  
FEE: \$1010 per month snacks provided  
Lunch program \$45 per month

### Daycare 3-5yrs

Hours: 7:30am-6:00pm  
FEE: \$785 per month, snacks provided  
Lunch program \$45 per month.



## Eagles In The Sky Childcare 3-5yrs

485 Semlin Drive  
Susan Nelson 604.718.5856

### Daycare 3-5 yrs

Hours: Mon-Fri 7:30am-6:00pm  
FEE \$740 per month. Snacks are provided

### Out of School Care 5-12 yrs

September to June Hours:  
Mon-Fri 7:30am-9:00am  
3:00pm-6:00pm

School Breaks 7:30am-6:00pm  
FEE: \$355/MacDonald Elem/with snacks  
\$375/Hastings/Lord Nelson and  
Britannia Elementary School

July & August Hours:  
Mon to Fri 7:30am-6:00pm  
FEE: \$550/month



## Grandview Terrace Child Care

2075 Woodland Drive  
Alejandra Uribe: 604.718.5846

### Daycare 3-5 yrs

Mon-Fri 7:30am-6:00pm  
FEE: \$750 per month, snacks provided  
Lunch program \$45 per month

### Out of School Care 5-12 yrs

September to June  
Mon-Fri 7:30am-9:00am  
3:00pm-6:00pm

School Breaks 7:30am-6:00pm  
FEE: \$355 per month  
Closed on statutory holidays

July & August Hours:  
Mon to Fri 7:30am-6:00pm  
FEE: \$550/month



# Special Events

## EAST FEAST Vancouver

Sunday, June 2nd, 2:00-4:00pm

Britannia Centre in the;

Canucks Family Education Centre

The FEAST is grassroots micro-funding at its best, relying on community engagement to be successful. The EAST FEAST is a community meal that raises funds through ticket sales to the event which in turn directly funds an artist or artist group.

Attendees of the FEAST will enjoy a meal prepared by a local chef, entertainment and the opportunity to meet and listen to three artists who will each make a 5-7 minute presentation during the event. At the end of the meal participants will then vote on which artist will receive funding.

There are subsidized tickets available, please speak with the Arts Programmer directly at 604.718.5825.

If you are an artist looking to apply to the process or are looking for further information on the event, please e-mail us at: eastfeastvancouver@gmail.com.

Register for this event in person at the Britannia info Centre or Pool Cashier, online at [britanniacentre.org/programs](http://britanniacentre.org/programs), or by phone at 604.718.5800.

45624.201

Sun 2:00-4:00pm Jun 2  
Tickets \$20 per person

## 18th Annual Stone Soup Festival

Sat May 11, 2013 from 12:00-5:00pm

Location: Britannia Site and Napier Greenway

This annual festival brings the community together in celebration of local food, local artists, community groups and entertainment with a focus on food sustainability, food justice, and the environment. This year we will be highlighting Urban Agriculture including urban farmers and backyard food production with workshops, an author talk, demonstrations, a food market, free soup and more!

Food Vendor Applications are available at the Britannia Information Centre starting Feb 1st. Vendor Fee is \$35.00 Vendors supply their own 10 by 10 ft Market Tent/or Umbrella Table. Tables/Chairs are provided. Space is limited. For more info contact Katherine Polgrain: [courage@vcn.bc.ca](mailto:courage@vcn.bc.ca) or leave a message 604.718.5800

Artists: Artworks are themed to the Festival and coordinated by Katherine Polgrain Artist Fee is \$35.00 Email: [courage@vcn.bc.ca](mailto:courage@vcn.bc.ca) for more information.

## Vancouver Draw Down

Saturday, June 15

Community Centres all over Vancouver Draw, draw, draw - don't waste time! Michelangelo

Get Drawn IN! Community Centres across Vancouver invite you to drop in and draw at the 4th annual Vancouver Draw Down. Join a fun, easy and inspiring workshop led by an artist in your neighbourhood. Map your route to school or work, sketch a portrait of your pet, draw everything in your fridge... release your inner doodler! FREE, all ages drawing activities will challenge preconceptions about drawing and reconnect you with the creative pleasure of making your mark. For more information and workshop times go to: [vancouverdrawdown.com](http://vancouverdrawdown.com)



## 3rd Annual

## Vintage Bicycle Swap Meet

Sunday April 28, 11am-4pm

Making the old new again; The Vancouver Wheelmen in partnership with the Britannia Centre invite you, Sunday April 28, 11am to 4pm for their 3rd Annual Vintage Bicycle Swap Meet. You will find one-of-a-kind bikes and bike parts for sale or trade: a great event for all ages! This event takes place outdoors in front of the Britannia Info Centre and Britannia Library. More Info: [vancouverwheelmen.com](http://vancouverwheelmen.com).

65602.201BR

Sun 11:00-4:00pm Apr 28  
FREE

## Britannia Gymnastics Summer-Saults Meet

Saturday June 1, 2013

## Gym A/B

Come and cheer on our community gymnasts. For more information contact L. Moretto @ 604.718.5824



THIRD SAT. OF EACH MONTH  
BEHIND THE ICE RINK, IN  
THE PARKING LOT.

Participate in a program marked with this symbol and help Vancouver become the greenest city in the world by 2020.



Learn more about Vancouver's Greenest City 2020 Action Plan at [Vancouver.ca/greenestcity](http://Vancouver.ca/greenestcity)



## Please Do Your Doo-Doo Duty!

This 17 acre site includes a swimming pool, ice rink, an elementary school, a secondary school a childcare facility as well as a public library and numerous buildings used for recreational purposes.



The community uses these facilities on a daily basis for family activities as well as exercising their family pets. Please be considerate of others when walking your dogs and be diligent in cleaning up any feces as a result of their exercise and play time. This keeps a clean and safe environment for all the community to enjoy.

Thank You.....Britannia Recreation Dept.

# One Day Workshops

## After the Honeymoon: Healthy Communication

For women in same-sex/gender relationships. What does healthy communication mean anyway? We will discuss the differences between healthy and unhealthy conflict, and explore conflict resolution and provide opportunities to learn about problem-solving strategies.

42008.202BR

Sat 1:00-4:30pm May 11  
LD S Choices 1 sess

## Knowing you, Knowing me

For intimate same-sex/gender relationships. How do we communicate our needs for privacy, time alone, sex, intimacy and togetherness in a partnership? When does "together" begin to feel unhealthy?

42008.203BR

Sat 1:00-4:30pm May 25  
LD S Choices 1 sess

## Mindfulness in One Minute

Learn simple and easy mindfulness techniques that you can practice in one minute during your busy daily lives. Find peace and calmness in the midst of chaos or in the stressed world. The class teaches numerous simple and life enhancing mindfulness techniques that can be practiced just in 1 minute. For more info, visit learnmindfulness.org.

45419.203BR

Sat 1:00-3:00pm Apr 6  
Rm 204 S Yang \$15/1 sess

## Mindfulness - Reduce Physical Pain

Learn mindfulness techniques that you can use at home to reduce physical pain and suffering associated with chronic pain. Mindfulness can effectively reduce pain according to many scientists and doctors. In addition to alleviating pain, mindfulness can provide many other benefits such as improvement in quality of life, insight, joy, and mental performance. For more info, visit LearnMindfulness.org.

45419.201BR

Sat 10:00-11:30am Apr 6  
Rm 204 S Yang 1 sess

## Baby Sign Language

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 communication with your hearing child. Increase understanding of your child's needs and wants, alleviating much unneeded frustration. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby to class. Sleeping babies welcome. Babies 0- 24 months.

41901.201BR

Tue 12:45-1:30pm May 21-Jun 18  
Mat Rm S Kauhausen \$64/5 sess

## Do You Understand Your Toddler?

Come learn how to understand your toddler's behaviour and help them with overwhelming emotions. Join us as we discover the new science of how our toddler's brains are wired up, and how they mature. This talk will cover effective strategies on how to approach difficult situations such as tantrums using a whole brain approach, so you can enjoy the toddler years and have a calm, happy child.

42006.203BR

Tue 7:00-9:30pm Apr 23  
Rm 210 B Davis \$25/1 sess  
\$40/couple

## Is Your Baby Sleeping Though the Night?

Come learn about the biology of sleep in babies, why babies wake up at night, and what you can do to create healthy sleep habits that will last a lifetime. Babies who are not yet mobile are welcome.

42006.201BR

Tue 7:00-9:30pm Apr 16  
Rm 210 B Davis \$25/1 sess  
\$40/couple

## What's Going on Inside that New Borns Brain?

Come join us as we learn about how to create an optimal environment for your baby's brain development. You will learn about the newborn brain and nervous system, how it develops and what babies need in the first year of life to flourish.. Babies who are not yet mobile are welcome.

42006.202BR

Tue 7:00-9:30pm Apr 30  
Rm 210 B Davis \$25/1 sess  
\$40/couple




## SLOW MOVEMENTS AT STRATHCONA

(Temporarily at Pandora Fieldhouse at Pandora & Garden Street)

The members of Field House Ensemble will be creating interdisciplinary forms of meaningful engagement through the green spaces of Strathcona Park as a site of 'slow movements'. The artists will consider the park's readily available resources: it's community garden and surrounding walkways as a site for special projects including cooking sustainable food, the contemplative pace of walking and listening-based projects, and other collaborative endeavors.

We hope that these exchanges will be conscious of the present environment and its histories, the people that pass through the park, or the rare animal and insect habitats that we may go unobserved in our busy everyday lives.

### Contact:

 @StrathconaFHE

Email: fieldhouseensemble@gmail.com

www.fieldhouseensemble.tumblr.com

Field House Ensemble is Asa Mori, Janice Wu, Cindy Mochizuki, Debra Zhou, Makiko Hara, Randy Gledhill and Dylan McHugh.



## Natural Sun Protection Skin Care

Customize your sun protection - worry free! Look after skin and hair naturally by making your own beach and poolside essentials: make and take home a tropical sun lotion, aloe after sun spray, chamomile hair treatment and a spf lip balm. Recipes on hair rinses and deep conditioners. All Supplies Included In Course Fee.

42001.202BR

Tue 6:30-9:00pm May 14  
Rink Mezz C. Theilade \$45/1 sess

# Preschool (0-5 yrs)

## Dance

Children will learn the fundamentals of dance techniques in a safe, welcoming and encouraging environment while expressing their joy for dance. Parent participation is recommended for the 2-3yr old programs. Parents will be welcome to attend the last day of class to watch their children. All classes will take place in the Canuck Family Education Centre, 1655 William Street (by Grandview Park). No class Sat May 18.

### Creative Dance Programs

**11602.208BR** 2-3yrs  
Sat 9:05-9:45am Apr 6-Jun 15  
CFEC Bevin P \$80/10sess

**11602.209BR** 3-4yrs  
Sat 9:50-10:30am Apr 6-Jun 15  
CFEC Bevin P \$80/10sess

**11602.210BR** 3-4yrs  
Sat 10:35-11:15am Apr 6-Jun 15  
CFEC Bevin P \$80/10sess

### Ballet Programs

**11602.204BR** 2-3yrs  
Sat 11:45-12:25am Apr 6-Jun 15  
CFEC Bevin P \$80/10sess

**11602.205BR** 3-4yrs  
Sat 12:30-1:10pm Apr 6-Jun 15  
CFEC Bevin P \$80/10sess

### For Advanced Children

**11602.206BR** 4-6yrs  
Sat 1:15-2:00pm Apr 6-Jun 15  
CFEC Bevin P \$80/10sess

### Hip Hop Program

**21602.201BR** 7-9yrs  
Wed 5:30-7:00pm Apr 10-Jun 12  
Rink Mezz H.Henney \$80/10sess

**21602.202BR** 10-15yrs  
Wed 3:45-5:15pm Apr 10-Jun 12  
Rink Mezz H.Henney \$80/10sess

### Britannia Preschool (3-5 yrs.)

**Know You Can! – The Little Preschool That Could**

Building skills in all areas of development by providing a rich, fun, and educational curriculum with a focus on creativity, multiculturalism and diversity.

Monday to Friday (full or part availability). Please call 604.718.5843 for more information or visit our web site at

[britanniacentre.org](http://britanniacentre.org)

## Music

### Music Together® (0-5yrs)

A Music Together® class is rainbow coloured falling leaves, cows sitting in the old oak tree, tyrannosaurus rex, shining shakers, rhythm sticks, kitchen instruments, scarves, giant sheets to hide under and instruments galore! All this with a developmentally appropriate, research based curriculum taught by a registered Music Together® teacher. Parent participation required. Siblings 6 months of age and under attend FREE. Siblings over 6 months, please pay the reduced 'sibling' fee (\$95). Tuition includes two CD's, a Songbook, a Parent Guide DVD and a Parent Education evening open to all adults in the family.

**11004.201BR** 9:30-10:15am  
**11004.202BR** 10:30-11:15am  
Tue Apr 9-Jun 11  
Rink Mezz M. Beyene \$150/10 sess

**11004.203BR** 9:30-10:15am  
**11004.204BR** 10:30-11:15am  
Wed Apr 10-Jun 12  
Rink Mezz M. Beyene \$150/10 sess

**11004.205BR** 10:30-11:15am  
**11004.206BR** 11:30-12:15am  
Thu Apr 11-Jun 13  
Rink Mezz M. Beyene \$150/10 sess

### Kindergym (1-5yrs)

Run, jump and roll in a gym full of mats and indoor playground equipment. Parent supervision required. You must pay your \$2.50 drop-in fee at the pool and bring your receipt or buy a strip of 10 tickets for \$20.00 and give 1 ticket to Belinda. Parents, please assist Belinda at the end of the program by helping her put the large equipment away. Note: We are now offering the program 3X/week Sat, Mon and Tue. In attempt to increase numbers we have reduced the price to \$2.50 drop in.

Sat 10am-12noon Apr 13-Apr 27  
Tue/Wed/Thu 11:00-12:30pm Apr 2-May 2  
No class Elem school Pro D days

### Toddler Art (18m-3yrs)

Art is a wonderful sensory experience in which you and your child can collaborate. Emphasis is placed on the creative process and exploration of materials. Be on time for an inspirational story. Join Helen for 8 fun-filled sessions. Dress for mess!

**12302.201BR**  
Wed 9:45-10:30am Apr 24-Jun 12  
RAR H Spaxman \$55/8 sess

## Sportball Parent and Tot (2-3years)

Parents can have a direct hand in a child's development through 7 different ball sports. Multi-sport classes teach children important introductory physical skills and help children develop confidence in their abilities. The programs also help parents understand techniques that can be applied outside of Sportball classes. Parents must participate.

**13002.201BR**  
Sat 11:30-12:15pm Apr 13-Apr 27  
Gym C Sportball \$124/8 sess  
No class May 18

## Sportball Multisport (3½-5yrs)

This program introduces preschool children to the concepts and skills involved in the eight core sports of the Sportball methodology using developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life.

**13002.202BR**  
Sat 12:15-1:15pm Apr 13-Jun 8  
Gym C Sportball \$124/8 sess  
No class May 18

## Spanish Parent Child Mother Goose Program (0-3 yrs) Mama Ganso

Enjoy one hour of rhymes, songs, games and stories in Spanish with your little ones.

Healthy snack provided. All groups are at Britannia Ice Rink's rooms.

Disfrute de una hora de rimas, canciones, juegos y cuentos en Español con sus pequeños. Se ofrece una merienda saludable. Todos los grupos se realizan en los salones de la Pista de Hielo de Britannia.

Apr 1st-Jun 15 Various hours and dates  
FREE /10 sess  
Registration required Call 604-215 8289

## Birthday Parties

### Pool Birthday Parties

Sat 2:30-3:25pm or  
Sun 4:00-4:55pm  
Call 604.718.5830 \$46.15

### Rent a Room Bookings

Call the Activity Coordinator at 604.718.5812

# Children (0-16 yrs)

## Britannia Gymnastics (18mon-13yrs)

This popular community program will promote your child's self-esteem and develop strength, flexibility, agility and coordination through the fundamentals of gymnastics. We will be expanding the Sunday program to a full gym set up! You can only register for your own child please. \*See page 8 for special gymnastic event.

### Saturday Program Apr 6-May 18

13004.204BR	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$52
13004.205BR	Gym Kids	4-5yrs	2:00-2:45pm	\$52
13004.206BR	Gym Kids	4-5yrs	3:00-3:45pm	\$52
23003.201BR	Adv. Gym Kids	6-9yrs	4:00-5:00pm	\$60

### Sunday Program Apr 7-May 19

13004.201BR	Dynamic Duo	18mo-3yrs	10:00-10:45am	\$52
13004.202BR	Dynamic Duo	18mo-3yrs	11:00-11:45am	\$52
23003.205BR	Adv Gym Kids	6-9yrs	11:30-12:30pm	\$60
13004.207BR	Gym Kids	5-6yrs	12:45-1:45pm	\$60
13004.203BR	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$52
23003.202BR	Pre-Acrobats	6-9yrs	3:15-4:30pm	\$72

No classes Apr 20, 21

## Class Descriptions

### Dynamic Duo (18mo-3yrs)

Your child will be introduced to gymnastics through tumbling, song, games. Grow with your child through parent participation.

### Tiny Tumblers and Gym Kids

Develop your child's self concept and self esteem in a highly energetic and positive gymnastics environment.



### Adv Gym Kids, Pre/Acrobats

Innovative coaching styles and progressive training will teach basic to advanced skills in all gymnastics events. Beginners and those who have already take gym are welcome.

### Meet the Coaches

Cameron Stevenson is a competitive Gymnastics Level 2 coach with 11 years of coaching experience. Cam is proud to say that over the last 5 years, he has developed the Britannia Gymnastics Club into a very popular, unique, family oriented program. We are also fortunate to have Jen, Barb and Taranee on board as Brit Coaches.

## Excelleration Triathlon Club (8-11yrs)

Swim, bike, run. Come join us for a Spring of splashing, spinning, and dashing at Britannia and train for the Tri It Triathlon on July 13 at Templeton Pool. In triathlon every finisher is a winner. There will be one hour outdoors and one hour swim plus time for snack. Must be comfortable in deep water. Contact info2@excellerationtriathlon.ca.

23006.201BR  
Fri 5:30-7:30pm Apr 26-Jul 12  
\$154/12 sess

### Practices Include:

- outdoor session including bike safety skills, fun running, movement skills, and

the unique part of triathlon... transitions (switching from one sport to another).

- a swim session focused on safety, technique, and triathlon swim skills.
- Participants must be comfortable in deep water to register.

### Equipment Needed:

- swim suit (goggles preferred)
- bike, helmet, lock (parents responsible for bikes during swim sessions)
- outdoor clothing and appropriate shoes (running shoes)
- HEALTHY snack and WATER (in a water bottle) for between sports at every practice

## Martial Arts

### Shadow Warriors-TaeKwonDo (6-12 years)

The Shadow Warrior's program introduces a modern martial art. ITF style Taekwon-Do is complimented by dynamic exercises and movements enhancing coordination and body awareness. Children learn blocks and strikes while developing physical fitness and a responsible attitude. Contact Vincent McCorkle at 604-861-2232. Uniforms and equipment are available for purchase, but are not required.

23403.201BR (6-8yrs) 10:00-11:00am  
23403.202BR (9-12yrs) 11:00-12:00pm  
Sun Apr 7-Jun 23  
CFEC V.McCorkle \$77/11 sess  
No class May 19

### Intro to Fencing (8-14 years)

Learn the ancient art of sword play for fitness, sport and just plain fun! We will practice the art of fencing with foils in a safe, fun environment. All ages and skill levels are welcome. All equipment is provided. Wear track pants and court shoes. Program will be located at LaSalle's new Fencing Studio on the Drive at 2155 Commercial Drive. Register at Britannia, program takes place offsite.

23402.201BR  
Sat 10:00-11:30am Apr 6-Jun 29  
LaSalle M Burke \$84/12 sess  
No class May 18

### Traditional Kung Fu 6 yrs+

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. No session May 20.

Beginners- Friday classes are 5-6:15pm in Gym D.

63508.201BR  
Mon /Fri 4:30-5:45pm Apr 5-Jun 28  
CFEC M Lung \$183/24 sess

Intermediate- Friday Classes are 5-6:30pm in Gym D.

63508.202BR  
Mon /Fri 4:30-6:15pm Apr 5-Jun 28  
CFEC M Lung \$164.50/25 sess

Advanced-Friday classes are 5-7pm in Gym D.  
63508.203BR

Mon Fri 4:30-6:30pm Apr 5-Jun 28  
CFEC M Lung \$219/24 sess

Please Note: Apr 15, 19, May 3, 10, 17, Jun 28 classes will be held in the Mat Rm.



# BRITANNIA MICRO FOOTIE

[britanniasoccer.org](http://britanniasoccer.org)

Offering 20 years of recreation spring soccer in the Britannia Community! Due to popular demand and wait lists we are offering a 3rd Footie location for our soccer program. See details below and register now!

## MICRO FOOTIE 2 (MF2)

### NEW LOCATION: ROBSON PARK 15th/Kingsway

Sat April 20-June 22, 2013 \$95

Register NOW online, in person at Brit Info Centre, or call 604 718 5800(2)

	Division	Ages	Saturday Game	Weekday Practice
23035.120BR	Beg Coed	4-5yrs	9:30-10:30am	Wed 5:45-6:30pm
23035.121BR	Inter 1Coed	6-7yrs	10:45-11:45am	Wed 6:30-7:15pm
23035.122BR	Inter 2 Coed	8-9yrs	12noon-1:00pm	Mon 5:45-6:45pm
23035.123BR	Adv Coed	10-12yrs	1:15-2:15pm	Mon 6:45-7:45pm

We will be needing additional VOLUNTEER COACHES to support this program. Contact: Jason at [microfootie@gmail.com](mailto:microfootie@gmail.com) or Victoria at [britfootieinfo@gmail.com](mailto:britfootieinfo@gmail.com). (No transfers between program times)

## Regular Micro Footie program is near capacity:

### Garden Park Location:

	Division	Ages	Saturday Game	Weekday Practise
FULL	Begi A Coed	4-5yrs	9:15-10:15am	Wed 5:45-6:30pm
FULL	Beg B Coed	4-5yrs	10:30-11:30am	Wed 6:30-7:15pm
FULL	Inter 1A Coed	6yrs	11:45-12:45pm	Mon 5:45-6:30pm
FULL	Inter B Coed	7yrs	1:00-2:00pm	Mon 6:30-7:30pm

### Britannia Oval Location:

FULL	Inter 2 Boys	8-9yrs	9:00-10:00am	Wed 6:00-7:00pm
23035.113BR	Inter 2 Girls	8-9yrs	10:15-11:15am	Wed 7:00-8:00pm
FULL	Adv Boys	10-12yrs	11:30-12:30pm	Mon 6:00-7:00pm
FULL	Adv Girls	10-12yrs	12:45-1:45pm	Mon 7:00-8:00pm
23035.109BR	Super Adv Girls	13-15yrs	2:00-3:00pm	Tue 6:00-7:00pm
23035.110BR	Super Adv Boys	13-15yrs	3:15-4:15pm	Tue 7:00-8:00pm
23035.111BR	16+ Coed	16+yrs	Thu Games Only	6:00-7:00pm

If you are registered and have not heard from your coach by Sunday, April 7, please e-mail Victoria at [britfootieinfo@gmail.com](mailto:britfootieinfo@gmail.com)

## COACHES ORIENTATION CLINICS

At these "MUST ATTEND" clinics the Footie Staff Team will go over the Coaches Manual, and coaches will pick up their team roster, team contact information, team t-shirts and soccer balls. You only need to attend 1 clinic.

### Clinic for New Footie Coaches:

Fri Apr 5 7:00-8:00pm Gym D

### Returning Footie Coaches:

Sat Apr 6 Gym D  
Beg & Inter 1- 10:00-11:15am  
Inter 2, Adv & Super Adv 11:15-12:30pm

## Coaches Training Sessions with Jason

Keep your Tuesdays in April clear to attend Jason's informative practical coaches training sessions.

Tue Apr 2,9,16 Gym A  
6:30-7:45pm.

## Referees

If you are interested in refereeing Footie 2013, email: [britfootieinfo@gmail.com](mailto:britfootieinfo@gmail.com) now. In your email please list your certifications and experience. We will host referee training sessions prior to Footie. Boys and girls welcome.



FETS  
WHISKY KITCHEN



FRATELLI  
AUTHENTIC ITALIAN BARBERS

AON



Uprising Breads  
BAKERY



Portuguese Club of Vancouver

Super Valu  
value and freshness

liquids+solids



DEER LAKE BOAT RENTALS

# Children (6-12 yrs)

## Children Music

### Piano(6+ yrs)/Clarinet(10+ yrs)

Private lessons for beginner to senior levels - Learn an instrument and enjoy a lifetime of music. These weekly private lessons take into consideration individual development and goals. Conservatory exam preparation is available. Clarinet students must provide their own instrument. Although divided into two sets, this is an on-going program from Sept to June. Once registered, students are ensured placement. 45 and 60 minute classes are available for intermediate and senior level students upon instructor's recommendation. New students must consult with the instructor 604-736-8382 for times etc. before registering and may start mid-session as cost will be prorated. Payment must be received before start of sets.

#### Set 1

21000.201BR

Thu 4:00-8:30pm Apr 4-May 9

21000.202BR

Fri 3:30-7:30pm Apr 5-May 10

21000.203BR

Sat 9:00-4:30pm Apr 6-May 11

EMR J Oye \$132/6 sess

#### Set 2

21000.204BR

Thu 4:00-8:30pm May 16-Jun 27

21000.205BR

Fri 3:30-8:30pm May 17-Jun 28

21000.206BR

Sat 9:00-4:30pm May 18-Jun 29

EMR J Oye \$154/7 sess

### How to make Beats (10-18yrs)

Instructor Harley Rose teaches the basics of making electro, hip-hop and dance music with computers. This class will help students better understand the digital tools available to musicians as well as help express themselves through music. This is an especially good course for students who are classically trained and looking to expand their music experience. Participants will be encouraged to create and record new sounds with instruments they already play or ambient noises. This program accepts drop ins, \$5 per session.

21112.202BR

Sun 2:00-4:00pm Apr 21-Jun 9

TC HJ Rose \$45/8 sess

### Spanish School for Children (5-12yrs)

Spanish School for elementary age children. Children will learn the basics of the Spanish language along with games, songs, stories, and how to write and speak. It is recommended that someone at home speak the language. Please pack a lunch. No session May 18

25001.201BR

Sat May 11-June 29 10:00am-1:00pm Teen Centre \$60/7sess

### Violin/Fiddle Private Lessons

These are 30 minute private violin lessons for adults and children aged 6 & up. The teaching method follows the Suzuki Method and covers classical and fiddle. You can start anytime cost will be prorated. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at fiddlelessons@shaw.ca to arrange lesson time prior to registering. No class on May 18.

21002.201BR

Sat 9:00-2:30pm Apr 6-Jun 29

EAR S Saunders \$288/2 sess

### Beginner Marimba (7-9yrs)

Have fun learning contemporary and traditional aspects of marimba playing in this engaging and interactive course. We will cover rhythms and music from around the globe and learn how to work together to make music. This class is geared to students who are new to music. This program runs April 4-25 then May 23-Jun 13.

31818.205BR

Thu 7:15-8:15pm Apr 4-Jun 13

Rm 111 R Layne \$80/8 sess

### Intermediate Marimba (9+ yrs)

This class is geared to students who have some experience with music and/or marimbas. This program runs April 4-25 then May 23-Jun 13.

31818.206BR

Thu 5:15-6:15pm Apr 4-Jun 13

Rm 111 R Layne \$80/8 sess

## Children's Art

### Clay for Children (6-12yrs)

Discover the sculptural properties of clay while learning a multitude of hand building methods, including pinch pot, slab and coil. Artist quality, food safe materials included.

22202.201BR

Thu 4:00-5:15pm Apr 18-Jun 6

Rm 208 H Spaxman \$85/8 sess

## Daycamps

### Funseekers Spring Break Daycamp 6-12yrs

There are many activities and out-trips planned for the Spring Break Funseekers program! Come on to learn new skills, meet new friends, or simply to have FUN! Swim, skate, learn arts and crafts, play group games, go on out-trips and more! Register early to avoid disappointment. Waiver Forms must be completed the morning of the program at 9:00am. Register early to avoid disappointment. Please provide lunch, snack, and water daily. A hat and sunscreen are recommended for each day. Parents are required to complete weekly consent forms every Monday.

### Cancellation Policy:

A \$5 administration fee will be charged for each camp a refund is requested for. Refund requests must be made one week (seven days) prior to the start of the program. No refunds after this time.

26001.101BR

Mon Tue Wed Thu Fri 9:00-3:00pm

Mar 18-Mar 22

Gym D - L \$90/5 sess

26001.102BR

Mon Tue Wed Thu Fri 9:00-3:00pm

Mar 25-Mar 28

Gym D - L \$72/4 sess

### Summer 2013 Funseekers Daycamp Registration

Registration for Summer 2013 Funseekers will commence at 10:00am on Saturday April 27, 2013 at the Info Centre. A brochure will be delivered to local schools approximately one week before registration. Join us for a summer of excitement and adventure. Our fun and enthusiastic leaders have planned an enjoyable schedule filled with out trips, games, crafts, sports, cooking, music, drama and special events.



Britannia Funseeker's Play it Fair!! Special emphasis in our camps will be placed on the use of the Equitas program, "Play it Fair" which is designed to promote human rights, inclusion, anti-discrimination, respect for diversity, and the peaceful conflict resolution among children. The toolkit contains interactive age appropriate activities and games that reinforce the positive values and fundamental principles of human dignity and equality.

# Preteen (10-13 yrs)

## Social Recreation

### Girls Night Out

Girls get together to explore your creativity, discover your talents, and share your stories with your friends and meet new friends. A self directed program with a mixture of laughter and leadership. Please pre-register.

**25802.201BR**

**Tue 6:15-8:00pm Apr 16-Jun 4**  
**Pre-teen N Garcia Free**

### Guys Night Out

Come out and join us at the pre-teen centre for a fun filled night. Make new friends, learn new sports, outdoor sports, play games, make sundaes, movie nights, listen to music and plan other interesting and awesome activities with your peers. Please pre-register.

**25803.201BR**

**Thu 6:15-8:00pm Apr 18-Jun 6**  
**Pre-teen M Clayton Free**

### Preteen Movie Night

An opportunity for preteens and their families to hang out in the Teen Centre, play pool, foosballs and video games, Movie will start at 6pm. Pizza and snacks provided.

**Sun 4:00-8:00pm Apr 7-Jun 9**  
**Teen Centre Free**

## Special Events

### Preteen Dance

DJ 2 Scoops plays the music. You and your friends have a blast. Concession will be open for sale of glow sticks, glow necklaces and snacks and pizza. Gr 6-7 only. No ins and outs. Parental Consent Form must be completed and are available 1 week before the dance. Pay \$1 at the door.

**Fri 6:30-9:00pm Apr 12, Jun 14**  
**Canuck Family Ed. Cent \$1/drop-in**

### Splash!! Youth Free Swim

Contests, prizes, games and crazy staff!! Britannia youth only swim time. First Friday of every month. Be ready to go in the water by 8pm. Free!! No swimsuit required... it's not what you're thinking... swimsuits, or clean, recently washed clothing can be worn. No shoes allowed.

**Fri 8:00-10:00pm Apr 5, May 3, Jun 7**  
**Pool Free**

## Roving Leader Program

The Vancouver Roving Leaders Program is a flexible, community-based initiative that connects and engages preteens in the Grandview-Woodlands neighbourhood. We focus on connecting with the children and youth where they are, building a relationship and then helping them to integrate into neighbourhood programs, services and education opportunities.

The Roving Leader program is flexible, providing outreach to the community and connect with children where they are. They involve children in positive activities, breaking down barriers they may face in accessing programs or services in their community and developing their strengths, talents and interests. Our aim is to ensure positive results, including engagement in recreation and cultural programs, connection to community and positive links to school and home life.

Developed in response to the growing numbers of young children not accessing traditional programs in our community, the Vancouver Roving Leaders Program emphasizes prevention, relationship-building and youth engagement.

Alejandro is our Roving Leader and he will be connecting with preteens in the community and getting them involved in positive activities they are interested in. If you would like your child involved or want to find out more information, contact him at 604.718.5828.

## Photography

### Photography

Explore the Britannia neighborhood and learn about photography! This program is open to all pre-teens who want to develop new skills and make new friends. Classes will focus on various core concepts of photography like: the History of Photography, Light and Contrast, Composition, and Texture, with an out-trip to a processing studio. Students will create a portfolio of their work and display their best photo at Britannia Community Centre. No session May 20.

**22815.201BR**

**Mon 4:00-6:00pm Apr 15-Jun 10**  
**FAR \$32/8 sess**



## GEN7 Community Engagement Program

This program is to encourage aboriginal and other family groups to come and participate in living a healthy, fit lifestyle through games, sports. Develop Leadership, nutritional and life skills. Join us for: FUN, leadership skills, games, sports, food! BE THERE OR BE SQUARE!

Shaniece is our new Messenger, who will be leading the program and mentoring the youth.

**Sat 1:00-3:00pm Feb 16-Apr 27**  
**Gym D Free**

## Sports

### Basketball

Learn the game develop skills. This program is co-ed, all skill levels. For 10-18 year.

**23011.201BR**

**Sun 12:00-1:45pm Apr 21-Jun 9**  
**Gym C McLaughlin \$28/8 sess**

### Ball Hockey Drop-in

Ball hockey drop-in for youth ages 11-15. All skill levels. Some equipment provided. Use of goggles required, can be provided.

**Wed 5:30-7:00pm Apr 3-Jun 26**  
**Gym D - W Free**



# Youth (13-18 yrs)

## Indoor Soccer Drop-in

For 11-18 year old players only.

Tue 5:30-8:00pm Apr 2-Jun 25  
Gym D W Free

## Basketball Open Gym

For 10-18 year old players only.

Fri 5:30-6:50pm May 3-Jun 28  
Gym C Free

## Night Hoops

A late night recreation opportunity for youth in Vancouver. Certified coaches lead both our junior and senior basketball teams. Players of all skilled levels are encouraged to attend. Jr and Sr teams are co-ed. Players are required to attend the practices in order to play in the games. Games are on Saturday evenings between 6-10pm. For more info. call Mark at 604-718-5828.

### Juniors - 13-15yrs

No Practice Apr 5

Fri 8:00-10:00pm Apr 5-Apr 26  
Gym D

### Junior Girls - 13-15yrs

Fri 5:30-6:50pm Apr 5-Apr 26  
Gym C

## WAWAW Aboriginal Youth Leadership

The WAWAW Sacred Footprints Aboriginal Youth Group is a group that meets weekly to learn about Aboriginal Youth Leadership. The youth get together, share in food, song, at times smudging and to learn about current world events and the impacts on Indigenous peoples of Canada. They have done workshops and training on Colonization, residential school and the effects, learned about oppression and have taken training to facilitate to other youth about the impacts of sexualised violence and other forms of oppression.

Our aim is to educate and engage Aboriginal youth to the current events and issues in the world, with a focus on their immediate environment while engaging youth in culture to deepen their ties to community and strengthen their futures. Our belief is that through this process youth will:

\*Connect deeper to Aboriginal culture

\*Know more about the world they live in

\*Have a better understanding about the oppression Aboriginal peoples face in Canada. \*Be more inclined to attend post-secondary

Mon 5:00-7:30pm Apr 1-Jun 24  
RAR Free

## Youth Committee

Youth Programs are looking for youth who want to be involved! Give back to the community and follow through on programs and projects. Contact Tom at 604.718.5826 for more info.

## Anti Graffiti Project

Need volunteer hours? Interested in art? Don't like seeing the tagging left in alleys in your community? Want to paint art in community spaces? get involved in our anti graffiti project. We'll be painting tagging and planning community art projects. In partnership with the City of Vancouver. Call Tom at 604.718.5826 for more info.

## Eastside GAB

QMUNITY Gab Youth's East Side Drop-In is a safe place for female-identified, trans\*-identified, gender-fluid, and /or intersex youth ages 14 to 25 years. Gab provides information, support, and referrals to queer youth. It is a place where youth meet people who have similar questions about sexual orientation and gender identity, and take part in fun and intentional activities and workshops. You can find out about our drop-in events at [www.qmunity.ca/youth](http://www.qmunity.ca/youth) or on Facebook at "QMUNITY Gab Youth"

Thu 4:00-6:00pm Apr 4-Jun 27  
Rink Mezz Free

## Youth Week!

For more info check out  
[www.VancouverYouthWeek.ca](http://www.VancouverYouthWeek.ca)

Youth Week is an internationally celebrated event to promote awareness of youth, aiming to increase positive public profile of youth and build stronger connections between youth and the community. Youth Week is about celebrating the great things youth and youth organizations do all year round! Envision it like New Year's for everything to do with youth, a chance to celebrate this past year and to set goals and plans for this year! Youth week supports and implements Vancouver's Civic Youth Strategy by:

-Ensuring youth have a place in the community

-ensuring a strong youth voice in decision making

-promoting youth as a resource for the city

-strengthening the support base for youth in the city

During Youth Week young people around the world organize and participate in events, performances, forums and community projects. Get involved plan events, promote activities, and attend



events. Call 604.718.5826 to find out how you can help!!

Celebrate Vancouver's YouthWeek on Saturday, May 4th, 2013 at South East False Creek, near Main Street/ Science World Skytrain Station. We will be using Creekside Community Centre, Science World and the Union Street Skate Plaza, to celebrate youth in our communities. From performances, an amazing race and dragon boating, to demos and games you can get involved in; this will be an event you won't want to miss. To find out more information visit [www.VancouverYouthWeek.ca](http://www.VancouverYouthWeek.ca) or [www.facebook.com/VancouverYouthWeek](http://www.facebook.com/VancouverYouthWeek)

## Youth Week Splash!!

Special features especially for Youth Week!! Similar to Splash!! but with more!! More prizes, more contests! Plus we're bringing

in the Wibbit!! Come find out what the Wibbit is about!! Contests, prizes, games and crazy staff!! First friday of every month. Be ready to go in the water by 8:00pm. Free!! Swimsuits, or recently washed clothing can be worn. No shoes allowed.

Fri 8:00-10:00pm May 3, 2013  
Pool Free

## Children's Rights T-shirt Contest

Create an original t-shirt design celebrating an article(s) of the UN Convention of the Rights of the Child. Designs providing a negative image of any article, individual or organisation will not be considered. Visit [http://www.unicef.org/crc/files/Rights\\_overview.pdf](http://www.unicef.org/crc/files/Rights_overview.pdf) for an overview of the articles. Design should be sized to fit on the front of a standard t-shirt. Winner to get their design printed on t-shirts and sold in a retail store. Designs must be submitted by Tue, Apr 16, 2013, and winners will be announced during Youth Week. For more details and required digital specifications, please contact Tom at 604.718.5826. Sponsored by Britannia Community Services Centre and Equitas.

# Youth 13-18 Years

## Saturday Unlimited

Note: Saturday Unlimited does not operate during the Spring session, but are busy planning an incredible FUN summer.

Saturday Unlimited is a unique program which offers recreational opportunities to youth 13-19 years with special needs. Participants take part in a wide range of activities in and around the city, meeting new friends and acquiring new skills. Knowledgeable staff, in-program transportation and one to one volunteers are provided to maximize the youth's participation and enjoyment of the program. Different activities take place each week and include at least one evening event each session in place of the day outing to enhance age appropriate activities.

Call Dan at 604-718-5873 for more info. Registration and intake must all be approved by Saturday unlimited staff.

## First Friends

For youth new to Canada and youth that are interested in helping others settle into Vancouver. The program will provide social and recreational opportunities as well as deal with current issues, provide job skill training, and certifications. There may be some minor fees for out trips and special workshops. Please contact Annty at 604.718.5829 for more info.

Sat 1:30-5:30pm Free

## Special Events

### Splash!! Youth Free Swim

Contests, prizes, games and crazy staff!! Britannia youth only swim time. First Friday of every month. Be ready to go in the water by 8pm. Free!! No swimsuit required... it's not what you're thinking... swimsuits, or clean, recently washed clothing can be worn. No shoes allowed.

Fri 8:00-10:00pm Apr 5, May 3, Jun 7  
Pool Free

### Le'TC Café

Come out with all of your friends and enjoy a night of playing games, enjoying hot beverages, and music.

Fri 10:00pm - 11:45pm Apr 5  
Teen Centre Free

## Exercise classes

### Youth Zumba

Come try this FUN, energetic, effective, and easy-to-follow Latin music inspired aerobic class. No need to know how to dance just follow the instructors steps and the sound of the music. Bring all your friends its going to be a party in the Zumba class guaranteed. Ven a divertirte y trae toda tu energía para combinar el baile y ejercicio con esta clase de aeróbico. No es necesario saber bailar solo sigue los pasos de la instructora y el sonido de la música! Invita a todos tus amigos seguro que se hace fiesta!

34105.201BR  
Fri 4:30-5:30pm Apr 19-Jun 7  
CFEC \$40/8 sess

### Run TC

Every Wednesday after school we will be running 5km. Join us to get fit, healthy and have fun! You would be surprised what you can accomplish.

Wed 4:00pm-5:00pm Teen Centre  
FREE

## Music

### DJ Spinning (12-18 years)

Do you want to learn how to DJ? Spinning is dedicated to teach youth the basics about DJ'ing and incorporating music values, education, and fosters creativity for future opportunities. Contact Brittany at 604.718.5828 for more info.

## Dance

Traditional El Salvador Folkdance- Baile Folkorico. Come experience traditional dancing from El Salvador, this is a beginners class. La danza folklórica es una forma de expresión artística propia de baile que muestra tradiciones culturales. Los bailes que los niños aprenderán a bailar serán los mas conocidos en el país.

31603.201BR  
Thu 5:00-6:00pm Apr 17-Jun 6  
RAR \$40/8 sess

## Cooking

### Feast of Flavors

This is a hands on cooking program. Tuesdays (except the last Tuesday of the month) 4:00-6:00pm in the AML Seniors Lounge. Learn to create healthy, cheap and easy to cook meals. Youth are involved in planning, cooking and preparing the meals.

Tue 4:00-6:00pm Apr 2-Jun 18  
AML Free

### Latin Cooking

Learn to cook food from various Latin countries. Quieres aprender a cocinar comida de varios países Latinos. Participants will also learn how to make healthier food choices and to shop on a low budget. Ven y aprende como escoger productos que sean saludables y aprende a gastar menos.

Thu 4:30-6:30pm Apr 4-Jun 27  
AML Free



# Youth 13-18 Years

## Social Recreation

Play it  
Fair!

### “Play it Fair” Afternoon

Respect, diversity, inclusion, fairness, anti-discrimination interest you? Join the Teen Centre staff in participating in activities which focus on Children’s and Human Rights awareness. There will be daily games, and depending on what the youth want to do, they can create community projects, art or just hang out and talk. Snacks provided weekly. For youth 10-18 years.

Wed 4:00-5:00pm  
TC Free



### Summer Leaders Training- “Play it Fair” 16+ yrs

Staff will learn the games of the toolkit, the theory behind them and how they can be used to promote values. Feedback specific to Vancouver’s use of Play it Fair indicates that children enjoy the activities and are integrating the values of respect, cooperation, respect for diversity, fairness, inclusion, responsibility and acceptance into their daily attitudes and behaviours. The Toolkit has helped reinforce children’s self esteem, leadership skills, and capacity to solve their own conflicts. Play is used as a vehicle for dialogue and participatory debriefing by staff and campers, an important training focus. We recommend daycamp coordinators and leaders who are not familiar with, or want to brush up on their skills to attend this 4 hour training.

65510.201BR  
Sat 9:30-1:30pm Jun 22  
Gym D \$30/1 sess  
65510.202BR  
Tue 6:00-10:00pm Jun 25  
Gym C \$30/1 sess

## TEEN CENTRE PROGRAMS (13-18 yrs)

### Teen Centre Hours:

Monday-Thursday 3:10-9:30pm  
Friday 3:00-10:00pm  
Saturday 6:00-10:00pm

### Britannia Teen Centre

A place in the community dedicated to youth. All youth from 13-18 years are welcome. Pool, foosball, air hockey, ping pong, video games, and a public access computer are all available for use. Youth, volunteers and youth workers together plan and run programs and activities for the Teen Centre. Please pick up your copy of the monthly activities calendar. If you do not see what you are looking for then join in, get involved and make it happen! Register for all Teen Centre programs at the Teen Centre. For more info call 604.718.5828:

Alejandro, Annty, Barry, Brittany, Chiho, Jade, Jamie, Kakada, Mark, Nati, Ricky, Susie, Tom

### The Teen Centre is a place to:

- meet people
- get information or support
- share your ideas and interests
- have fun
- join our Youth Committee to set direction

\*Please note: a signed parent consent form is required for many of our programs. If you have any questions or concerns please call us.

### Big Screen Movie Night

Nothing on TV? Head over to the Teen Centre and watch movies with your friends. FREE!

Mon 7:00-9:00pm Teen Centre

### Lunch Time at the Teen Centre

Mon/Tue 11:40-12:25pm Teen Centre

### Big Screen Video Games

Big Screen Video Games Head over to the Teen Centre and play the Wii on the projector screen!! FREE!

Wed 7:00-9:00pm Teen Centre

### Pop Up Bike Shop with Kickstand

Learn about bike mechanics with a qualified staff the first Monday of every month!

Mon 4:00-6:00pm Teen Centre

### Canucks Game Night

Need a place to watch the Canucks on the Big Screen? Come watch the Canuck’s games in our Canucks zone! Every Canucks game on a Fri there is a FREE BBQ!

Various 7:00-9:30pm Teen Centre Free



# Youth 13-18 Years

## Outdoor Programs

### The Great Escape Outdoors (GEO)

We offer a variety of outdoor activities for youth 13-18 years of age and suitable for almost any level of fitness. It is a great way to explore our incredible surroundings, learn new things and meet lots of great people.

The Centre provides all necessary equipment, food, transportation, and guides/instructor, unless otherwise stated. Any overnight trip has co-ed leaders and at least one trained staff in Wilderness First Aid. The cost of the outings should not prevent any youth from participating, so let staff know. The GEO Club is funded by the CKNW Orphans Fund. If you have any questions or would like to register please call 604.718.5828.

A variety of monthly winter activities which may include; indoor rock climbing, snowshoeing, and snow tubing. Pick up a monthly calendar to get a complete listing.

All registration done at the Teen Centre.



### Blackcomb/Whistler Skiing & Snowboarding

Cost includes transportation, lift, rental and lesson. Youth will be required to ski/snowboard with a certified Whistler Mountain Staff at all times. Bring money or lunch and dress for cold and wet weather. Consent forms will be available one month prior to the trip. Limited spots available and will be filled on a first come basis with consent form and fees. Must register at Britannia Teen Centre. Cash/cheque payment only.

**Cost:** \$60 Ski/Snowboard rental  
\$50 No rental Dates:  
Sun Mar 10, Wed Mar 20



### Kahoots Kayaking

Kahoots Kayaking strives to extend a hand (and paddle) to those who wouldn't normally have a chance to experience kayaking. Kayaking helps build skills in critical decision making, teamwork, communications and safety, and builds life-long friendships and a supportive community. It's also a lot of fun! Kahoots offers gear and training from qualified instructors. Participants will learn basic paddling and safety skills in 6 Saturday evening pool sessions. Skills taught will include basic paddle strokes, Wet exit, T-Rescue, and how to roll the kayak. For youth 14-18yrs. Contact Tom at 604.718.5826 to register. <http://kahootskayaking.com>



### Dragonboat

Britannia Teen Centre's dragon boat team is looking for committed paddlers to be part of this year's team. We will be meeting every week to talk about the upcoming year, paddling techniques, dry-land training, nutrition and twice a week on-the-water practices. The team will participate at the 2013 Rio Tinto Alcan Dragon Boat Festival, June 15th and 16th. Come out and prepare for the quest for excellence. No experience necessary. For more info, contact Jade at the Teen Centre, 604.718.5828. Practice dates to be determined.

## Latin American Youth

Programa de Jovenes Latino Americano. The Latin American Youth Project offers a number of opportunities to Latino youth 11 to 18 years of age and ranges from organized recreational programs to advocacy and referral services. For further information please contact Anntuaneth, the Latin American Youth Worker at 604.718.5829. El proyecto de jóvenes, Latino Americano le ofrece a la comunidad una variedad de actividades, proyectos, y eventos. Los siguientes programas son para jóvenes latinos de 11 a 18 años y son gratuitos en su mayoría. Para más información y para registrarse llame a Anntuaneth al 604.718.5829 o por correo electrónico a [anntuaneth.figuroa@vancouver.ca](mailto:anntuaneth.figuroa@vancouver.ca)

### Latin American Youth Council (13-18yrs)

Buscamos a jóvenes que estén interesados en iniciar nuevos programas y actividades para nuestra comunidad Latina. Dar reconocimiento a los asuntos Latinos, apoyar nuestra comunidad, recoger fondos, iniciar nuevos proyectos y eventos, y hacer trabajo voluntario para las horas que necesitas para graduación. Para mas información llama a Anntuaneth al 604.718.5829.

**Thurs/Jueves 5:00-6:30pm**  
7 de Marzo, 4 de Abril, 2 de Mayo, 7 de Junio

### Actividades de Liderazgo/Play it Fair Activities

Ven todos los Miércoles a participar en actividades de liderazgo con tus amigos. Usamos actividades de un modelo que se llama "Play it Fair" y consiste de juegos inclusivos. Si te gustaría trabajar con niños o jóvenes en el futuro este programa es para ti. Te enseñara como ser facilitador/a y darte confianza en manejar grupos. Para mas información llama a Anntuaneth 604-718-5829.

**Wed/Miercoles 4:00-5:00pm**  
TC Gratis

### Co-ed Indoor Soccer/ Futbol de Salon (13-18 yrs)

Free drop-in soccer for youth with Go Card! New players welcome, must be under 18yrs. Futbol de salón gratis con el carnet de la escuela-Go Card, participantes de 18 años y menor solamente.

**Tue/Martes 6:00-8:00pm**  
Gym D/Gimnasio D Free/Gratis

# Latin American Youth Programs

## Girls Empowerment Group/ Grupo de Chicas (13-18yrs)

Come and hang out with other girls your age! Meet new people, chat, have snacks, take part in fitness, wellness, and interesting workshops.

Bring all your friends! Some topics we will be looking at:

- Self-esteem/respect
- Weight training
- Career Planning

Ven a participar con otras chicas de tu edad! Habrá comida, deportes & ejercicios, talleres, y charlas interesantes! Invita a todas tus amigas del colegio!

**Fri/Viernes** 4:00pm-6:00pm  
**CFEC** Free/Gratis

## Spanish Clubs

The Latin American Youth Project offers Spanish Clubs at the following schools:

**Upper: Tue at lunch 11:40am Rm 311**

**David Thompson: Wed at lunch 11:40am Rm 314**

**Gladstone: Thu at lunch 11:40am Rm B102**

**Killarney: Fri at lunch 11:40am Rm A234**

What are Spanish Clubs? A place to meet all the Latin students in your school, a place where you have fun, learn more about Latin American culture, and know what activities and programs are going on in your community. We provide games, music, workshops, and guest speakers. If you are interested in having a Spanish Club at your school contact Anntuaneth at 604.718.5829.

## Friends First Buddy Program/ Grupo de Amigos (11-18 yrs)

Meet youth your age and learn at the same time. The Friends First Buddy program provides you with social, recreational, and educational skills. We meet every Saturday and we participate in various activities from 1:00-5:00pm. To register and more information please contact Anntuaneth at 604.718.5829.

- Outings/Salidas
- Team Building Games/Juegos
- Arts and Crafts/Arte y artesanía

Ven a conocer jóvenes de tu edad y de varios países. El programa de Friends First te enseña nuevas habilidades en que puedes participar todos los. Por Favor llame a Anntuaneth para registrarse al 604.718.5829. Subsidios disponibles.

**Sat/Sabados** 1:00-5:00pm

## Baile Folklorico / Traditional Folk Dance

La danza folklórica es una forma de expresión artística propia de baile que muestra tradiciones culturales. Los bailes que los niños aprenderán a bailar serán los mas conocidos de varios países. Come experience traditional dancing from various Latin American countries, this is a beginners class for children.

**31603.201BR**

**Thu** 5:00-6:00pm **April 4-May 23**  
**Rink Activity Room/Patio** \$40/8 sess

## Cocina Latina/Cooking Program

Learn to cook food from various Latin countries. Quieres aprender a cocinar comida de varios países Latinos. Participants will also learn how to make healthier food choices and to shop on a low budget. Ven y aprende como escoger productos que sean saludables y aprende a gastar menos.

**Thu/Jueves** 4:30-6:30pm  
**AML** Free/Gratis

## Big Screen Movie Night/ Películas en pantalla grande

Nothing on TV? Head over to the teen centre and watch movies with your friends.

Nada que ver en la tele? Ven al teen centre con tus amigos a ver nuevas películas en pantalla grande.

**Mon** 7:00-9:00pm  
**TC** Free/Gratis

## Le'TC Café Evento

Ven con todos tus amigos aprovechar esta noche de juegos, bebidas calientes, y musica. Come out with all of your friends and enjoy a night of playing games, enjoying hot beverages, and music. \*zero tolerancia de alcohol y drogas

**Viernes 5 de Abril** 10:00-11:45pm

## Evento gratis de Nadar/Free Youth swim

**March 1, April 5, May 3, June 7**  
**Gratis/Free** 8:00pm – 10:00pm

## Dragon Boating

Quieres aprender un nuevo deporte? Ven a participar en el equipo de Dragon Boating, se necesitan 20 personas que remen para competir en varias carreras! Entrenos son entre la semana. Para más información y para registrarte llama a Anntuaneth al 604.718.5829.

## Corre TC/Run TC (12-18años)

Corre con nosotros 5km todos los Miércoles des pues de la escuela. Ponte en forma y saludable, ven y inténtalo te vas a sorprender que si puedes! Every Wednesday after school we will be running 5km. Join us to get fit, healthy and have fun! You would be surprised what you can accomplish.

**Wed** 4:00-5:00pm **Teen Centre**  
**Wed/Miercoles**

## Mezclas / Spinning (12-18yrs)

Te gustaría producir y aprender a mezclar música? El programa de Mezcla esta dedicado al desarrollo de la juventud en la música. Nuestro DJ les enseñara a los jóvenes lo básico en usar el mezclador, los valores de la música, proporcionar educación, oportunidades de trabajo y preparar lideres que hagan un cambio en su comunidad. Do you want to learn how to DJ? Spinning is dedicated to teach youth the basics about DJ'ing and incorporating music values, education, and fosters creativity for future opportunities.

**TBA**

## Escuelita de Español/Spanish School for Children (5-12 años)

Programa para niños de 5-10 años para que aprendan español. Los niños aprenderán juegos, canciones, cuentos, alear, escribir, y conversar en español. Por favor manden almuerzo cada sesión. Niños deben de tener conocimiento sobre el lenguaje para participar o tener alguien en casa para practicar. Spanish School for elementary age children. Children will learn the basics of the Spanish language along with games, songs, stories, and how to write and speak. It is recommended that someone at home speak the language. Please pack lunch. No sesión May 18

**Sat** 10am-1:00pm **May 11-June 29**

## Volunteer Work/ Trabajo Voluntario (13-18yrs)

Do you need volunteer hours for school? The Teen Centre and the Latin American Youth Projects offers many opportunities where you can get involved! Phone us or drop by the Teen Centre.

Necesitas trabajo voluntario par poder graduarte? El proyecto de jóvenes ofrece muchas oportunidades en las que puedes practicar las cosas que a ti te gustan y a la vez hacer tus horas de voluntariado. Par mas información llame al 604.718.5829

# Adult Health & Fitness

## Fitness Classes

### Body Conditioning

A class designed to challenge every muscle group with the use of weights, bands, and tubes including a cardio component. Increase strength, balance and flexibility. Great class for seniors or those new to fitness. Purchase drop-in tickets at pool office. \$42/10 tickets.

43901.202BR

Tue 6:00-7:00pm Apr 9-Jun 18  
Gym C A Riley \$4.75/drop-in

### Bootcamp- NEW

Are you ready for a challenge and to be pushed hard Then welcome to our Fitness Bootcamp! Designed to make you sweat and keep you motivated with a variety of interval and strength training exercises that will keep you challenged and help to build up your cardio and endurance levels.

44001.200BR

FREE TRIAL CLASS-Apr 10

44001.201BR

Wed 7:30-8:30pm Apr 17-Jun 19  
Gym C A Woosencroft \$49/10 sess



### Cardio Dance Fusion

A great way to get your cardio in while having fun! This class is designed to increase your cardio levels and get fit with simple Latin, Funk and Reggae moves all fused together. \$5/drop-in at the pool. \$42 for 10 tickets.

43902.200BR

FREE TRIAL CLASS- Apr-11

43902.201BR

Thu 6:00-7:00pm Apr 18-Jun 27  
Gym C Allyson R \$40.50/10 sess



### Cardio Kick Boxing

One of the most intense aerobic classes you can take! This class is a mix of martial arts and hi/lo aerobic steps. Participants will receive an excellent workout for the entire body all levels welcome, movements can be adapted to match all levels of fitness. \$5/drop-in. No session May 20.

43901.200BR

FREE TRIAL CLASS-Apr 15

43901.201BR

Mon 7:30-8:30pm Apr 22-Jun 24  
Gym C TBA \$39.60/9 sess

### Osteofit (Mon)

Join BC Women's Hospital & Health Centre's Osteofit, a gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This unique and fun program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. It is taught by specially trained Osteofit fitness instructor. No session May 20.

43806.201BR

Mon 11:00-12:00pm Apr 15-Jun 24  
CFEC B Bahrami \$35/10 sess



### Salsa Fit

An invigorating and energizing cardio combining High/Low impact aerobics with a salsa flare - great music, lots of fun Includes a muscular strength component and stretching. Please purchase drop-in tickets at pool office. \$42/10 tickets. No class Jun 22.

43901.203BR

Sat 10:00-11:00am Apr 6-Jun 29  
Gym C V Zumba \$4.75/drop-in



### ZUMBA® Fitness

Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Zumba uses a variety of styles including cumbia, meringue, salsa, reggaeton, mambo, rumba, flamenco, and calypso. Zumba is a "feel-happy" workout that is great for both the body and the mind. Limited supply of mats, bring your own if possible. No session May 20. \$11/drop-in. More info at zumbavancouver.ca

(Mon) - Sess 1

43905.202BR

Mon 6:00-7:15pm Apr 8-May 13  
Gym C D Galay \$51/6 sess

(Mon) - Sess 2

43905.203BR

Mon 6:00-7:15pm May 27-Jun 24  
Gym C D Galay \$42.50/5 sess

(Wed) - Sess 1

43905.204BR

FREE TRIAL CLASS-Apr 3

43905.205BR

Wed 6:00-7:15pm Apr 10-May 15  
Gym C D Galay \$51/6 sess

ZUMBA® Fitness (Wed) - Sess 2

43905.206BR

FREE TRIAL CLASS- May 22

43905.207BR

Wed 6:00-7:15pm May 29-Jun 26  
Gym C D Galay \$42.50/5 sess

# Martial Arts

## Ki Aikido

Ki-Aikido is a non-competitive and positive practice that develops calmness, stability and confidence to reduce the stresses of daily life and eliminate the fear of living. We work with partners to learn how to develop mind/body coordination, stay relaxed & centered under pressure, extend our minds and flow lightly in dynamic circular movements. Take one free class any time. [canadiankifederation.com](http://canadiankifederation.com).

## General

All levels including beginners. Drop-in \$10. No session May 5, 12 & 19.

### 43501.201BR

Sun 4:00-6:00pm Apr 7-Jun 23  
Mat Rm L Liew \$54/9 sess

## Intermediate

New students should have attended General or Women's class for at least 3 months. No session May 8, 15 \$10/drop-in.

### 43501.202BR

Wed 7:30-9:30pm Apr 3-Jun 26  
Mat Rm W Nagata \$66/11 sess

## Higher Grade

1st Kyu or more advanced students. No session May 6, 13 & 20. \$5/drop-in.

### 43501.203BR

Mon 7:30-9:30pm Apr 8-Jun 24  
Mat Rm W Nagata \$27/9 sess

## Women's Only

Intro class: all levels welcome. This class is trans-inclusive. \$7.50/drop-in.

### 43501.204BR

Wed 6:00-7:15pm Apr 3-Apr 24  
Mat Rm E Aspinwall \$20/4 sess

### 43502.204BR

Wed 6:00-7:15pm Jun 5-Jun 26  
Mat Rm E Aspinwall \$20/4 sess

## Tai Chi -Yang Style 24 Form

Tai chi a moving meditation is an internal martial art and gentle form of exercise which improves balance, coordination, and concentration. It promotes good alignment and the flow of "qi" in the body. Suitable for all fitness levels. No session May 20. \$15 drop-in (must be approved by instructor).

### 43505.203BR

Mon 8:00-9:00pm Apr 8-Jun 24  
Gym D K Maclean \$137.50/11 se

## Tai Chi: Chen Style 56 Form Part 1

Chen Style is the oldest style of Taiji, emphasizing spiraling energy and expressing explosive power. In this course, we will be studying the standardized competition routine known as the 56 Form. This form combines movements from both the Changquan ("long fist") and Pao Chui ("canon fist") traditional forms. It is a nicely balanced routine, with many movements performed on both the left and right sides. Previous experience with the 24 Form, or the 48 Form is recommended. No session May 20. \$15/drop-in (must be approved by instructor).

### 43505.202BR

Mon 7:00-8:00pm Apr 8-Jun 24  
Gym D K Maclean \$165/11 sess

## Tai Chi-48 Form Part One

The 48 Form is an exceptionally beautiful routine, which combines the four most important traditional styles of Taijiquan (Tai Chi). The form is composed mainly of movements from the Yang style, the most popular and widespread style of Taiji. There are also some explosive movements from the Chen style, which is the oldest style. There are "small circle" movements from the Wu style, and "active stepping" movements from the Sun style. Part Two will follow in the next session. \$15/drop-in (must be approved by instructor). No session on May 20.

### 43505.201BR

Mon 6:00-7:00pm Apr 8-Jun 24  
Gym D K Maclean \$137.50/11 se



## Health Qigong Program

With a slow and gentle style, smooth and consistent movement, you will achieve a proper balance between mind, body and circulation of inner energy (Qi), release tension and stress, and improve health. It is a wonderful sport for people managing their chronic disease. The program will also include breathing techniques and acupoint techniques. With a slow and gentle style, smooth and consistent movement, you will achieve a proper balance between mind, body and circulation of inner energy (Qi), release tension and stress, and improve health. It is a wonderful sport for people managing their chronic disease. The program will also include breathing techniques and acupoint techniques. No session May 4, 18 & Jun 22. \$2.50/drop-in. All Jun sessions held in Gym D

### 43501.105BR

Free Trial Class-Apr 6

### 43501.106BR

Sat 9:15-11:00am Apr 13-Jun 29  
Gym B A. Li \$15/9 sess

## Traditional Kung Fu 6 yrs+

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. No session May 20.

Beginners- Fri classes are 5:00-6:15pm in Gym D.

### 63508.201BR

Mon /Fri 4:30-5:45pm Apr 5-Jun 28  
CFEC M Lung \$183/24 sess

Intermediate- Fri Classes are 5:00-6:30pm in Gym D.

### 63508.202BR

Mon /Fri 4:30-6:15pm Apr 5-Jun 28  
CFEC M Lung \$164.50/25 se

Advanced-Fri classes are 5-7pm in Gym D.

### 63508.203BR

Mon Fri 4:30-6:30pm Apr 5-Jun 28  
CFEC M Lung \$219/24 sess

Please Note: Apr 15, 19, May 3, 10, 17, Jun 28 classes will be held in the Mat Rm.

# Adult Sports & Fitness

## Badminton - Fri

Total of 30 spaces (registered & drop-ins)  
Drop-ins space permitting. No session Jun 21. \$5.25/drop-in.

43412.202BR

Fri 7:00-9:45pm Apr 12-Jun 28  
Gym C A Leung \$52.25/11 sess

## Badminton - Sat

Total of 30 spaces (registered & drop-ins)  
Drop-ins space permitting. No session Jun 22. \$5.25/drop-in.

43412.203BR

Sat 1:30-5:00pm Apr 13-Jun 29  
Gym C A Leung \$52.25/11 sess

## Badminton-Mon

Total of 36 spaces (registered & drop-ins)  
Drop-ins space permitting No session May 20. \$4.50/drop-in.

43412.201BR

Mon 7:30-9:30pm Apr 8-May 27  
Gym A/B B Wong \$28/7 sess

## Basketball - 2 pm

No drop-ins. No session May 19

43405.201BR

Sun 2:00-4:00pm Apr 14-Jun 30  
Gym C S Yan \$41.25/11 sess

## Basketball - 4 pm

No drop-ins. No session May 19

43405.202BR

Sun 4:00-6:00pm Apr 14-Jun 30  
Gym C S Anderson \$41.25/12 sess

## Indoor Soccer - Women

This is a recreational program. All types of fitness and skill levels currently participate, so expect it to be low-key, limited body contact, clean, fun play. (Registered players should arrive by 6:15 to hold a spot). A total of 15 spaces allotted. \$4.50/drop-in space permitting.

43409.201BR

Thu 6:00-7:30pm Apr 11-May 9  
Gym D T Harley \$21.25/5 sess

## Volleyball - Adv Fri

An understanding of more advanced play (ie 6-2). A total of 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$5/drop-in space permitting. No session May 17

43413.203BR

Fri 7:00-10:00pm Apr 12-May 31  
Gym A/B R LeBlanc \$33.25/7 sess

## Volleyball - Adv Sun

An understanding of more advanced play (ie 6-2). A total of 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$5/drop-in space permitting. No session May 19

43413.204BR

Sun 7:00-10:00pm Apr 7-May 26  
Gym A/B R LeBlanc \$33.25/7 sess

## Volleyball - Beg Thu

Basics are emphasized. Register for this program to guarantee a spot to play every week. A total of 42 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$4.25/drop-in space permitting.

43413.201BR

Thu 7:00-9:45pm Apr 11-May 30  
Gym A/B R LeBlanc \$32/8 sess

## Volleyball-Intermediate tue

We work on Specialized game play. If you ahve teh basics please join us. Register for this program to guarantee a spot to play every week. A total of 30 spaces allotted.. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$4.25/drop-in space permitting.

43413.202BR

Tue 7:45-10:00pm Apr 9-May 28  
Gym A/B R LeBlanc \$32/8 sess

## Ball Hockey - Womens Only

The focus is on fitness and fun. We are a fun and friendly group to play with. Teams are divided accordingly to skill level at the beginning of the game. Please bring a black and white t-shirt to split the teams. If registered players do not show by 4:15pm, their reserved spot will be forfeited to a drop-in player. No session May 19. \$4.50/drop-in space permitting.

43403.201BR

Sun 4:15-6:00pm Apr 14-Jun 16  
Gym D M Yeung \$38.25/9 sess

## Ball Hockey - Wed Co-Ed

Come on out for a fun, recreational game of ball hockey with no body checking - all skill levels welcome. Protective gear optional, but recommended. Plastic sticks provided, no wooden sticks allowed. Great practice for goalies! Drop-ins \$6.50 space permitting only, so register early!

43403.203BR

Wed 7:15-8:45pm Apr 10-Jun 19  
Gym D T Wells \$49.50/11 sess

43403.204BR

Wed 8:45-10:15pm Apr 10-Jun 19  
Gym D T Wells \$49.50/11 ses

## Bicycle Maintenance - Basics

With the skyrocketing price of fuel, it has become more common for individuals and families to cycle instead of driving the car. Learn basic bicycle function and maintenance. Participants are strongly encouraged to bring a functional bike to the workshop. Held in the school cafeteria.

45407.201BR

Sat 10:00-4:00pm May 4  
Cafe B Kwok \$55/1 sess

## DodgeBall-Recreational **NEW**

Join us for a night of old school RECREATIONAL dodgeball (emphasis on spirit of the game). Get ready to dodge, duck, dip and dive as we mix up the teams each week for some good old fashioned fun and exercise - this game will keep you quick on your toes and put a hop in your step while you work on your aim, accuracy and strategy with new teammates and friends! Since this is a recreation porgram we are not permitting overly aggressive behavior.

43401.201BR

Thu 7:45-9:15pm Apr 11-May 23  
Gym D T Wells \$55/7 sess

## Intro to Fencing - Adult

Learn the art of swordplay for sport, fitness, or pleasure. We will cover the techniques and tactics of foil fencing in a fun and safe environment. All equipment is provided. Court running shoes and track pants recommended. Classes will be held at the LaSalle Studio: 2155 Commercial Drive.

43407.201BR

Tue 7:30-9:00pm Apr 9-Jun 18  
LaSalle M Burke \$88/11 sess





# Yoga/Pilates/Meditation

## Hatha Yoga - All levels

This class is suitable for all levels of experience. Work on balance, strength, flexibility and relaxation as you build your self awareness. A more profound connection with the body is developed, releasing tension and anxiety. \$12/drop-in.

**44106.201BR**

Thu 9:30-10:30am Apr 11-May 16  
CFEC I Yoga \$54/6 sess

**44106.202BR**

Thu 9:30-10:30am May 23-Jun 27  
CFEC I Yoga \$54/6 sess

## Iyengar Yoga - Level 1

Introductory/Ongoing Beginners - For all students new to yoga and/or iyengar yoga as well as ongoing beginner student.

**44103.202BR**

Tue 5:30-7:00pm Apr 9-Jun 25  
CFEC C MacDonald \$177/12 sess

**44103.203BR**

Thu 7:00-8:30pm Apr 11-Jun 27  
CFEC C MacDonald \$177/12 sess

## Iyengar Yoga - Level 1/2

Beginner/Intermediate (Mixed Level) - New students welcome.

**44103.201BR**

Tue 9:30-11:00am Apr 9-Jun 25  
CFEC C MacDonald \$177/12 sess

## Iyengar Yoga - Level 2

Intermediate - Minimum of two full terms of Level 1 Iyengar Yoga classes or with instructor's permission.

**44103.205BR**

Tue 7:00-8:30pm Apr 9-Jun 25  
CFEC C MacDonald \$177/12 sess

**44103.206BR**

Thu 5:30-7:00pm Apr 11-Jun 27  
CFEC C MacDonald \$177/12 sess

## Iyengar Yoga - Level 3

Advanced - With Instructor's permission.

**44103.208BR**

Wed 5:30-7:15pm Apr 10-Jun 26  
CFEC C MacDonald \$177/12 sess

## Iyengar Yoga - Restorative/ Gentle Yoga

For those who prefer a slower pace or with physical restrictions requiring more individual attention. Where applicable, contact your physician and/or instructor re suitability.

**44103.204BR**

Wed 7:15-8:30pm Apr 10-Jun 26  
CFEC C MacDonald \$177/12 sess

## Kundalini Yoga

Feel rejuvenated through Kundalini Yoga - a technology that increases mindful body and breath awareness while providing an overall sense of well being. The class will focus on balancing the heart and mind, aligning the spine, strengthening the immune system, lymphatic cleansing, and meditation. All levels of students welcome. Bring a blanket to class. No session May 20. \$12/drop-in.

**44105.201BR**

Mon 7:15-8:45pm Apr 8-May 6  
CFEC B Lohrenz \$45/5 sess

**44105.202BR**

Mon 7:15-8:45pm May 13-Jun 17  
CFEC B Lohrenz \$45/5 sess

## Mixed Level Yoga

This class explores your sense of play as, postures are explored in creative sequences with music and breath awareness. Variations on sequences are offered to suit students whether, they are just beginning or more advanced. This class also, focuses on finding your own practice within a group practice. For more info on Heather visit [www.heathereschuk.com](http://www.heathereschuk.com). \$11/drop-in

**44107.200BR**

**FREE TRIAL CLASS-Apr 3**

**44107.201BR**

Wed 10:15-11:15am Apr 10-Jun 12  
CFEC H Eschuk \$92.50/10 ses

## Yogaflex

This flowing yogaflex class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Please visit [www.clstevensfitness.com](http://www.clstevensfitness.com) for more information. Please bring your own mats to this class. Its only \$6/per class to register. No session May 19. \$10/drop-in.

**44100.200BR**

**FREE TRIAL CLASS- Apr 7**

**44100.201BR**

Sun 10:15-11:15am Apr 14-Jun 23  
Gym C C Stevens \$63/10 sess

## Pilates

All levels welcome! Strengthen, tone and elongate muscles. Its a great workout wether you are trying to tighten muscles or loose inches. Its only \$6/per class to register. at the pool office. . Please bring your own mat.For more information visit [www.clsfitness.com](http://www.clsfitness.com).\$13/drop-in

**44001.202BR**

**FREE TRIAL CLASS-Apr 10**

**44001.203BR**

Wed 9:00-10:00am Apr 17-May 22  
CFEC C Stevens \$57/6 sess

**44001.204BR**

Wed 9:00-10:00am May 29-Jun 26  
CFEC C Stevens \$48/5 sess

## Vipassana Meditation- Beginner

Mindfulness Meditation aims to free the mind from negativity and confusion. Seeing life as a constantly changing process, we gradually accept both pleasurable and painful aspects of life with balance. This leads to wisdom and compassion, changing the way we relate to life. Participants are asked to commit to all 5 classes. Please register before the first class.

**41905.201BR**

Wed 7:30-9:30pm May 8-Jun 5  
LRC J.Witford \$65/5 sess



## In Tune With The Spirit

A transformative 9-weeks self-development program that brings new levels of inner harmony, helps master stress and anxiety, shifts you towards inner abundance and gratitude, and makes forgiveness and acceptance easier. Each session includes meditation training, personal transformation techniques and penetrating self-enquiry. Please visit [www.bluetempleacademy.com](http://www.bluetempleacademy.com). No sess Apr 25, May 30. \$15/ drop-in.

**41903.201BR**

Thu 6:30-8:00pm Apr 11-Jun 20  
LRC S. Ravindran \$108/9 sess

# Adults Arts & Culture

## Britannia Art Gallery

Our 20th Anniversary 1993-2013

We acknowledge our continuing partnership with the Britannia Library and thank them for their on-going support of our local art community. The Art Gallery is located in the Adult Lounge of the Britannia Library.

### Exhibitions

March 6-30

"Wax Poetic"-Thompson Brennan

"The Borrowers"-Shirley Wiebe

April 3-26

"Vitality"-Debra Chaney

"Concinnity"-Meredith Aitkens

May 1-31

"Reverberations: Ancient Here to Now"-

MacDonald Elementary

June 5-28

"The Sky Beneath"-Judith Fairwood

### Workshops

All workshops on Saturdays 1-4 pm in the Family Activity Room

March 16 Small Worlds

Shirley Wiebe

June 15 Mail Art Workshop

Laura Bucci

### Artist Presentations

All presentations on Wednesdays 7-8:30pm in the Art Gallery

March 20 Wax Poetics/Encaustic Paintings

Thompson Brennan

April 17 Vitality: What it means to be alive

Debra Chaney

June 19 The Sky Beneath

Judith Fairwood

### Mail Art Postcards

Learn about mail art, that involves sending visual art through the postal system. The artist will supply all materials to make a collage postcard using a variety of materials. A typewriter will be available to add your own text. A list of projects will be available in class but you can preview here: <http://mailartprojects.blogspot.ca/> You can bring an old postcard to work on and any paper or rubber stamping supplies you have. Be willing to share some of your supplies.

42920.201BR

Sat 1:00-4:00pm Jun 15

FAR L Bucci Free (by donation)

### Drawing Caricatures

Did you ever want to draw those crazy caricatures but didn't know where to begin? Instructor, Lucien, will teach you to draw faces and bodies with expression! Be prepared for a fun a lively class. You will develop your own caricature and make a short action story.

42101.201BR

Tue 7:00-9:00pm Apr 30-Jun 18

Rm 205 L. Nasilowski \$55/8 sess

### Lifedrawing Advanced

With exciting, artistic poses that are sure to captivate and create stunning works of art, we'll have a variety of models sharing their own unique vision and edge, as well as dramatic lighting, props, techniques and materials. Step out of your shell and use dramatic elements to further your work. Beginning students are welcome but please contact the Arts Programmer before registering 604-718-5800 (2).

42004.201BR

Wed 7:00-9:00pm Apr 24-Jun 12

FAR S Aili \$90/8 sess

### Pottery - Introduction

Experience the joy of creating your own dishes from a lump of clay! This course introduces a range of basic methods of hand-building, for using the wheel, and for surface decoration. NO EXPERIENCE NECESSARY! Clay and glazes are included.

42201.201BR

Tue 7:00-9:00pm Apr 23-Jun 11

Rm 208 H Spaxman \$145/8 sess

### Pottery - Continuing

Further develop your pottery skills in hand-building and on the wheel. Attention is given to the sculptural as well as the functional aspects of pottery; students are self-directed. Pre-req: Intro to Pottery or permission of the instructor. Clay and glazes are included.

42201.202BR

Wed 6:30-9:00pm Apr 24-Jun 12

Rm 208 H Spaxman \$170/8 sess

### Reckless Painting

Think you can't paint but still craving a friendly, fun, creative & colourful experience? Then take a couple of hours each week to get yourself painting through guided exercises without anxiety. All materials included - even blindfolds! More info: [recklesspainting.ca](http://recklesspainting.ca). or e-mail: [info@recklesspainting.ca](mailto:info@recklesspainting.ca). No class May 8.

42203.202BR

Wed 7:00-9:00pm Apr 24-May 29

Rm 210 A Orsini \$55/5 sess

### Watercolour Landscape Painting

Capture sunsets and scenery with the fluid strokes of watercolour painting! We'll explore a variety of techniques to make your image come to life while exploring the rugged beauty of Canadian landscapes; Jack-pines, lakes and mountains, find inspiration from your greater surroundings or personal trips and learn tips and tricks for plein-air painting. For intermediate and beginner students.

42004.202BR

Tue 7:00-9:00pm Apr 23-Jun 11

FAR S Aili \$90/8 sess

### Beadmaking Workshop

You will get an introduction to making glass beads on a small torch. Students will melt beautiful coloured glass rods in a flame to create one-of-a-kind, wearable treasures. Learn how to apply different patterns to your glass beads using traditional glass making techniques. No experience necessary. All materials are included. Students must return the following week to pick up their finished pieces. This is a partnership with Terminal City Glass Co-op and class takes place at their studio: 1191 Parker Street. [terminalcityglass.com](http://terminalcityglass.com).

42113.201BR

Sat 2:00-6:00pm May 11

Terminal City Glass Studio \$115/1 sess



# Adult Arts & Culture

## Art Therapy Workshops:

### Seeing Yourself as a Way of Seeing

The image of yourself as a mirror is of symbolic value. Seeing your life as a mirror is the methodology of myth-making, soul-making. It is the imagination both mirroring back and seeing (interpreting) the experiences it has been presented with. The image in the mirror is not you. It is the reverse image of you, from which you can perceive significant reflections of the soul-image, and embark upon a mythopoetic journey. Embodying this journey through art making opens up a depth of dialogue with the unconscious. No experience required. Opening activities will be offered by facilitator.

**42313.210BR**  
Tue 6:30-9:30pm Apr 23-Jun 11  
EAR S Ruebsaat \$160/8 sess

### How the Body Makes Art

Let the natural and spontaneous gestures of the body be your guide to opening the drawing process; giving your mind a rest and exploring how your inherent aesthetic lives at the core of every movement you make. Find your own rhythm and approach to the image making process without having to know ahead of time what you are going to create: imaging through the synchronistic meeting of your body and the body of the art materials: body to body creations. No experience required. Opening activities will be offered by facilitator.

**42313.211BR**  
Sun 1:00-5:30pm Apr 21  
EAR S Ruebsaat \$45/1 sess

### Image as Knowledge

Serving the soul's desire for knowledge we need to turn to image. Image has the capacity to bridge the gap between the conscious and unconscious, providing a sense of cohesion to the personality. Explore this 'place-in-between' through your own art making process where image lives, and find out hidden aspects of experience that influence the quality and direction of life. No experience required. Opening activities will be offered by facilitator.

**42313.212BR**  
Sun 1:00-5:30pm May 26  
EAR S Ruebsaat \$45/1 sess

### Each Step Towards Awareness Arouses Anxiety

Intruder dreams often accompany the process of a consciousness expanding. The intruders (unconscious material or 'guests') are trying to come into consciousness but generally remain in the form of undifferentiated anxiety. Art making can be a safe place to bring the contents of the unconscious into one's awareness through its embodiment in the art, and then engaged with through a process of active imagination. No experience required. Opening activities will be offered by facilitator.

**42313.213BR**  
Sun 1:00-5:30pm Jun 23  
EAR S Ruebsaat \$45/1 sess

### Art on the iPad

Apple's OS devices add exciting possibilities for the digital artist. In this course we will explore 4 of the most popular apps for creating both vector and pixel artwork, and examine ways to print and share your work. Bring your iPad, iPhone or iPod Touch to class. Annie Wilkinson is a Vancouver-based illustrator who made the switch from traditional to digital and now illustrates completely on the iPad. Recent clients include Penguin UK, MacMillan, Hallmark and American Greetings. See her portfolio at [www.anniewilkinson.com](http://www.anniewilkinson.com).

**42001.200BR**  
Wed 7:00-8:00pm Apr 24-May 15  
AML A Wilkinson \$100/4 sess

### Banner Workshop

A hero is no braver than an ordinary person, but is brave five minutes longer. (inspired by Ralph Waldo Emerson). Who is your hero/heroine? Has she distinguished herself by valour in danger? Has he displayed fortitude in suffering? Does s/he ever wear a uniform or a costume? Come out to the Britannia Banner Workshop and show your community how you recognize a hero.

Banners are large and hang in pairs and will be displayed outdoors on site and in the Library. This is a great workshop for friends and family. Cost is \$20 for two banners. They are completed on site in the secondary school cafeteria. Children under 12 must be accompanied by an adult. Wear old clothes and bring a lunch, a colour sketch of your idea and your blue bag full of newspapers. Banners can be purchased after exhibition for \$20/set. Artists get first chance to buy their own banners.

**42901.201BR**  
Sun Sat 10:00-4:00pm Apr 6-Apr 7  
CAF H Spaxman \$20/2 sess

## Adult Dance

### Salsa Cubana & Rueda De Casino

This unique fun dance is growing quickly in popularity in Vancouver. It is done as a group with followers being passed in a circle in time with salsa music. The rueda moves can also be danced with a partner. The Advanced class is for those who have completed the Intermediate and are already familiar with Rueda moves like Vacilala, Casate, Sombrero, Setenta, La Ye, Pelota, La Prima, La Rosa etc. In this class, you will learn some complex variations of these moves, such as Casate y Complicate, Sombrero Complicado, Setenta Complicado, etc. as well as moves involving 2 couples. Singles and partners welcome!

**41605.201BR** Beginners  
Tue 7:30-9:00pm Apr 2-Jun 7  
Gym C C Reyes Pena \$90/6 sess  
**41605.202BR** Intermediate 1  
Wed 7:30-9:00pm Apr 3-Jun 8  
Rink Mezz C Reyes Pena \$90/6 sess

**41605.203BR** Intermediate 2  
Thu 7:30-9:00pm Apr 4-Jun 9  
Gym C C Reyes Pena \$90/6 sess  
**41605.206BR** Advanced  
Fri 7:00-8:30pm Apr 5-Jun 10  
CFEC C Reyes Pena \$90/6 sess  
(Apr 12 in Cafe.)

## Adult Music

### African Drumming

Play traditional West African rhythms on djembes (hand drums) and (dununs) bass drums. The classes are fun and concentrated. The level one course is an introduction; no previous experience is needed. Enrolling in Level two requires taking level one or permission from the instructor. Use your own drum or rent one. Drum rentals can be arranged with the instructor at the first class, for a "one time payment" of \$20 for all 8 classes. For more info visit [drumming.ca](http://drumming.ca) or call the instructor at 604.253.2114.

**Level 1**  
**41101.201BR**  
Wed 6:30-8:00pm Apr 17-Jun 5  
CAF R Shumsky \$120/8 sess  
**Level 2**  
**41101.203BR**  
Wed 8:10-9:40pm Apr 17-Jun 5  
CAF R Shumsky \$120/8 sess

# Adult Arts & Culture

# Food Programs

## Carnival Band Workshops

Looking for an excuse to dust off that horn (accordion, glockenspiel...) in the back of your closet, dress up and play in the street? Looking for a way to bring a little music and colour to your community? The Open Air Orchestra Society invites you to our street band workshops, led by the incomparable Ross Barrett, Tim Sars, and various guest instructors. All levels/ages welcome; stop by just to listen and dance if you like! Suggested donation is one hour's wage per month. No practice April 1 or May 20.

61901.202BR

Mon 7:30-10:00pm Apr 8-Jun 24  
AML PWYC drop in \$5

## The Drive Street Band

This is a community music band that anyone can be in. We play songs ranging from marches, old timey songs and original compositions. We welcome anyone interested in joining this band, regardless of age, background, or musical experience. Some music reading ability is helpful, (high school level is sufficient). The only stipulations are that you need a good attitude and an instrument that you can take out to the streets, parks and special events. Our musical directors are Cory Sweet and Kenan Sungur. Stop by anytime and come listen. For more information contact: drivestreetband@gmail.com www.drivestreetband.com

61122.202BR

Sun 3:15-5:00pm Apr 7-Jun 30  
AML PWYC drop in \$2-\$5

## Italian Conversation!

You will accelerate your natural learning potential and learn to pronounce like a true Italian, you will also gain a solid base that will allow you to learn much more with ease in a casual and friendly environment. Bring a snack or drink. Register for this class or drop in (\$22/sess.)

45013.201BR

Sun 12:15-2:45pm Apr 14-May 19  
AML S Alwis \$114/6 sess

## Italian for Fun and Travel!

You will learn how to ask simple questions, talk about yourself, make enquiries and socialise. Planning a holiday to Italy? You will be quickly prepared to cope with the most common real-life situations, like eating in a traditional restaurant or shopping in a fashion boutique. (There is a text for this class to be purchased from instructor, \$25.) Bring a snack/drink to class. Drop in \$22.

45013.202BR

Sun 12:15-2:45pm Apr 26-Jun 30  
AML S Alwis \$114/6 sess

## Food Programs

This partnership with the Grandview Woodland Food connection is working to build the health and well-being of all community members through education, information sharing, and the creation of grassroots initiatives to address food security and justice issues. We focus on food accessibility through engaging, inclusive food programming that can provide for healthy, affordable, and culturally appropriate foods.

## Britannia Community Kitchen

Community Kitchen participants come together every few weeks to cook and eat nutritious meals together and to take meals home to their families. Community Kitchens provide a fun and supportive environment to meet new people and try new things and they can also save money on groceries. This project features diabetic friendly cooking. Starting in March.

Call Ian 604.718.5895.

## Britannia Bulk Buying Group

Interested in healthy and affordable fruits and vegetables? We purchase food at wholesale prices saving on average 30% as compared to the cheapest Commercial Drive food stores. The group purchase once monthly. Cost is \$13 for about 8 varieties of fruits and veggies or two bags full of food. Pick up is at Britannia.

Call Ian - 604.718.5895.

## Food Safe Level 1

Food Safe Level 1 is an 8 hour food handling, sanitation and work safety course designed for front line food service workers such as cooks, servers, bussers, dishwashers, and deli workers. The course covers foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing. The course fee includes the workbook, certificate upon successful completion, and refreshments. Instructor, Eric Schofield works in the areas of education, food studies, and hospitality. Those wishing subsidy information please contact Ian Marcuse at 604.718.5895.

45913.201BR

Sat 9:00-5:00pm Apr 27  
LRC E Schofield \$40/1 sess

## Food & Childhood Allergies &

See page 8 for information on the meaning of this emblem.



## Asthma

In toddlers and children, allergies take many different forms such as sneezing, runny nose, asthma, hives, stomach aches, sleep problems, and behaviour problems. There are many contributing factors. A common factor is sensitivity or intolerance to certain foods. Come learn the underlying process and root causes of allergies, how they are related to food, and what you can do to protect your children. Walk away with the knowledge and tools to identify suspect foods, and choose healthy options.

44813.201BR

Thu 6:00-8:00pm Apr 25  
LRC N Boroumand \$15/1 sess

## Food and Diabetes

Although genetic factors appear important in susceptibility to diabetes, environmental factors are required to trigger it. Improvements to eating habits and lifestyle have been shown to effectively control diabetes and prevent complications. Come learn how to prevent and cope with diabetes naturally through food and lifestyle choices. Walk away with the knowledge and tools to identify healthy food options and avoid poor foods choices, recipes ideas, meal plans, information on helpful herbs and supplements.



44813.202BR

Thu 6:00-8:00pm May 30  
LRC N Boroumand \$15/1 sess

## Eating for Cardiovascular Health

Cardiovascular diseases are responsible for at least 40% of all deaths in North American. They include atherosclerosis, hypertension, congestive heart failure and peripheral vascular disease. Dietary and lifestyle factors play a major role in preventing and reversing these and their related complications. Come learn the misunderstood roles of cholesterol and antioxidants in cardiovascular health, the risk factors leading to cardiovascular diseases and how to avoid them, recipe ideas, meal plan, information on helpful foods, herbs, and supplements.



44813.203BR

Thu 6:00-8:00pm Jun 27  
LRC N Boroumand \$15/1 sess

*Nikoo Boroumand is a Certified Nutritional Practitioner (holistic nutritionist), a Chartered Herbalist and a Certified Herbal Consultant.*

# Adult 55+ Centre

## 55+ Programs - Welcome to our 2 Centres

AML 55+ Centre Britannia 1661 Napier St. and LD Lions Den 770 Commercial Drive

### 55+ Centre (AML) at Brit - 604.718.5837

Anne Cowan-Jackson [anne.jackson@vancouver.ca](mailto:anne.jackson@vancouver.ca)  
Office Hours: Mon/Thu 10:00am-6:00pm  
Wed 10:00am-2:00pm  
Drop-in and Programs 7 days a week 10:00am-4:00pm

### Vietnamese Seniors - 604.718.5818

Luong Ho [luong.ho@vancouver.ca](mailto:luong.ho@vancouver.ca)  
Office Hours: Mon-Fri 9:00am-5:00pm  
Drop-in Tue 10:00am-4:00pm (AML)  
Drop-in Fri 10:00am-1:00pm (CFEC)

### Vietnamese Seniors Programs

Group meets in AML Drops-in	Tue	9am-4pm
Social Ballroom class (Vietnamese)	1:00pm-2:00pm	
Line Dancing	Fri	9:00am-1:00pm in the CFEC
Income Tax Returns	Mar-Apr	
Annual Needs of Assessment	Apr 23	
Mother's Day Lunch	May 7	

Welcome to Britannia and to a range of programs and services for those who are enjoying retirement or who like the pace of Adult + activities. For just \$1.00 a year Britannia offers education, social and special interest activities at low cost with easy accessibility for those with challenges: both locations are wheelchair accessible. Local groups are welcome to use the space, when available, and we welcome your ideas and input. Volunteer, join a committee, take classes, drop-in or take some volunteer training. \*Remember to register for FREE programs, thanks [www.vancouverparks.ca](http://www.vancouverparks.ca) or [britanniacentre.org](http://britanniacentre.org)

## Computer and Technology

### Computers and Internet Level I

A quick and easy way to get comfortable on the computer. Small classes and friendly instruction makes this a must do. Walk through the steps needed to learn basic skills, important foundations and some simple tools to make your Internet experience easy and fun!

52000.200BR

Mon 10:00-12:00pm Apr 22-May 27  
AML M Ziebart \$48/6 sess

### Digital Photography

Learn how to use your digital camera—take great photos while exploring your camera's capabilities. We will be learning how to download and store photos on the computer. Basic photo editing will be introduced and we'll also learn how to produce a project in Windows Movie Maker. It's fun and no experience needed.

52000.201BR

Mon 1:00-3:00pm Apr 22-May 27  
AML M Ziebart \$48/6 sess

### Internet Club and Lab Hours

#### 55+ Britannia (AML)

These times are with the exception of Special Events/Classes

Wed/Fri	12:30-4:00pm
Thu	12:30-4:00pm
Sat	11:45am-1:45pm
Sun	10:00am-12:00pm

#### Britannia

Please show receipt to activity coordinator for access on weekends.

Please Note \* Lab not Open on Stat Holidays and may be closed for Special Events. AML users must pay \$7 per season. No printing.

55406.201BR

Apr 3-Jun 30 AML Computer Lab \$7/season

**\*Please remember to register for FREE programs**

## Languages and ESL English

### ESL 55+ Cantonese/Mandarin Tutor

(Cantonese / Mandarin speaking tutors) Free one-on-one tutorial class to meet individual needs. Make the learning English easy and fun.

55000.202BR

Sat 2:45-3:45pm May 18-Jun 22  
AML FREE

### Cantonese/Mandarin Computers and Internet

(Cantonese / Mandarin speaking tutors) Free One-on-One tutorial class, tailor made for your needs. Make your internet experience easy and fun! \*Bring own laptop if you have one.

52001.201BR

Sat 2:15-3:45pm May 18-Jun 22  
AML Computer Lab FREE

## Tax Clinics

### Revenue Canada Volunteer Income Tax Program



Every Thursday 1:00-3:00pm at the 55+ Centre Britannia

Every Tuesday 1:00-3:00pm at the Lions Den (770 Commercial)

FREE TO SENIORS AND LOW INCOME.

Call for an appointment 604.718.5800

# Adults 55+ Centre

## Physical Activities

### Badminton 55+ Sat

Volunteer Wally Lee and all our regulars will make you welcome. \$16/season or \$3/drop-in Gym A (high school)

52103.202BR

Sat 2:00-4:00pm Apr 6-Jun 29  
Gym A \$16/season

### Badminton 55+ Thu

Every Thursday, lots of fun! 5 courts

52102.202BR

Thu 11:45-1:30pm Apr 4-Jun 27  
Gym C \$16/season

### Badminton 55+ Tue

Every Tuesday, lots of fun! 5 courts. \$16/season or \$3/drop-in

52100.202BR

Tue 11:45-1:30pm Apr 2-Jun 25  
Gym C \$16/season

### Dru Yoga (Seated and adapted)

Dru Yoga is a gentle, flowing yoga, which in general, can be suitable for all physical abilities and fitness levels. Containing many of the classic yoga postures and sequences, which in Dru Yoga are practiced while keeping the joints "soft", and moving with an awareness of breath? Unique to Dru Yoga are the Energy Block Release Sequences (EBR's), designed to help gently release blocked energy we often hold in the joints and muscles. In these Seated Dru Yoga sessions, the program is further designed to be accessible to those who may find even gentle mat yoga classes not suitable due to physical abilities and or balance issues. It's amazing how much yoga can be enjoyed safely and effectively while practiced seated in a chair!

54100.200BR

Thu 10:45-11:45am Apr 4-May 9  
C F E C L Hutter \$45/6 sess

54100.201BR

Thu 11:00-12:00pm May 16-Jun 20  
CFEC L Hutter \$45/6 sess

### Line Dancing 55+

Join this fun relaxing dance group for an afternoon of exercise and smiles. Must register

52901.200BR

Tues 1:00-3:00pm Apr 9-Jun 25  
CFEC

See pages (34,35) for  
Swimming and Fitness Centre

### Gentle Yoga 55+ Mon/Wed

Classes are adaptable - everything from a series of restorative asanas (poses) to Vinyass flow (regular Hatha). The practice will provide many benefits including increased focus and wellbeing, less stress, better sleep, greater flexibility and strength, longer breath, along with rejuvenated energy and improved health. Hatha classes are a sequence of poses, (Vinyassa Flow), which provides the student with increased flexibility, strength and mindful body awareness. Hatha practise will warm up the muscles, instead of resting the muscles, increase muscular elasticity and strengthen skeletal alignment. A good stretch and a good workout! Remember to dress comfortably. \$10/drop-in.

54101.201BR

Mon 2:00-3:15pm Apr 15-May 27  
CFEC G Smythe \$48/6 sess

No class on May 20

54101.202BR

Mon 2:00-3:15pm Jun 3-Jul 15  
C F E C G Smythe \$48/6 sess

No class Jul 1

54101.203BR

Wed 2:00-3:15pm Apr 10-May 15  
C F E C G Smythe \$48/6 sess

54101.204BR

Wed 2:00-3:15pm May 22-Jun 26  
C F E C G Smythe \$48/6 sess

## Social

### Knitting

\*NEW DAY - WEDNESDAY -

Everyone is welcome to join this multi-age group! (Newborn to 90's). Beginners to Advance. It's a great way to spend the afternoon. Our fantastic Irene (Volunteer) will teach you everything you need to know.

52201.200BR

Wed 1:00-3:00pm Apr 3-Jun 26  
AML Please register  
FREE

### Italian Cards

This year we're in the new beautiful Teen Centre

52240.200BR \*Please Register

Mon 1:00-4:00pm Apr 8-Jun 24  
AML

Wed / Thu 1:00-3:00pm Apr 3-Jun 27  
T C/AML FREE

### Whist/Cribbage/Bridge Drop-In

Easy going fun cards where everyone is welcome. Come join us.

52204.300BR

Mon 12-4:00pm Apr 8-Jun 24  
AML

### Lunch at the 55+ Centre

Join us in the 55+ Centre every Thursday at Noon. See the menu on our Bulletin Board. Everyone Welcome

Thu 12:00-1:00pm Apr 8-Jun 24  
AML \$4

### Pot Luck Lunches 55+

Come feast with us. The last Thursday of the month everyone brings a dish to share and a feast appears! Loads of fun! Last Thursday of the Month

52205.200BR

Thu 12:00-1:00pm Apr 25, May 30,  
Jun 27

AML drop-in FREE

### Queer Women On The Drive

An evening social with different activities each month for LGTB women of all ages. Meet on the last Friday of the month in the AML. New participants always welcome.

52220.200BR

Fri 6:30-9:00pm Apr 26, May 31  
Jun 28

AML FREE

### 55+ AML Book Club

3rd Wednesday of each Month Read, have fun, and make friends. Hosted by the 55+ Centre and lead by the Britannia Public Library. New members welcome!

52202.200BR

Wed 2:00-3:00pm Apr 17, May 15,  
Jun 19

AML FREE

## Special Events

### Spring Fling

Afternoon delight with Music, Entertainment and Refreshments

52222.200BR

Wed 1:00-3:00pm Apr 24  
AML \$5/1 sess

### Luncheon and Fashion Show

Enjoy Spring & Summer fashions while nibbling on afternoon refreshments

52222.201BR

Wed 1:00-3:00pm Jun 26  
AML \$5/1 sess

# Adults 55+ Centre

## Special Programs

### Minds in Motion

In Partnership with the Alzheimer Society It's about living well with dementia - involved, active, and connected. Minds in Motion™ is a fitness and social program for people experiencing early stage memory loss who may attend on their own or with a friend, family member or caregiver. A certified fitness instructor conducts the fitness portion of the program; for the second part, a facilitator ensures participants are welcomed and assists with social interaction and involvement in activities, guided by the needs and interests of the participants.

-Meets weekly for 1.75 to 2.0 hours

- Offered on an ongoing basis in blocks of 6, 8 or 10 weeks depending on the Centre's schedule

- 45 minutes of fitness is followed by a social/activity time, with light refreshments

- Participants register as a couple, and may join at any time provided space is available (pro-rated)

- A person with dementia may attend alone if their symptoms allow them to manage during the program, and getting to and from the Centre, without assistance

- A maximum of 20 people

**54200.200BR**

Thu 1:00-3:00pm  
CFEC

May 2-Jun 20  
\$45/8 sess

### Monday Haircuts for Seniors

Monday monthly haircut. We have three volunteer hairdressers and it's free to senior's. (In partnership with Light and Love Home). Call 604 767 3312 for appointment

**54000.200BR**

Mon 10:00-11:30am  
AML

Apr 15-May 13  
FREE

### Vancouver Morrismen Dance

This intergenerational group meets at Britannia every Tuesday evening and new members are always welcome. Drop in to Register in person. Enjoy the various styles of English traditional 'Morris Dance' and music.

**52900.201BR**

Tue 7:30-9:30pm  
AML

Apr 2-Jun 25



## Bus Tours

### British Sweets and Harrison Hot Springs

Take a trip down memory lane depicting the golden years and history of the British way of life. Visit Dickens Sweet Shop and British Museum in Chilliwack featuring exciting departments Traditional British sweets and toffees, British grocery, Pickwick's pie shop, loose leaf tea shop, History of Royal Family, Sinking of the Titanic, Life and times of Charles Dickens, Sir. Winston Churchill & the war room plus much more! Spend the afternoon in Harrison Hot Springs Rejuvenating in the mineral rich hot springs public pool (admission on your own) or sightseeing featuring the scenic Green Point in Sasquatch Provincial Park. This tour includes the "Taste of Britain" traditional high tea lunch served in the comfortable Dickens garden court.

**54500.201BR**

Thurs 8:30am-6:00pm May 9 \$79/1 sess

### Hope Tunnels & Carvings Tour

Located in the Coquihalla Canyon Provincial Park, the Othello Tunnels in Hope display great history, scenery and offers a leisure walk through some of British Columbia's most beautiful landscapes. These five tunnels are an engineering marvel built in 1914 by the Kettle Valley Railway and have become a favourite location for movie producers. This tour includes a Well Seasoned catered picnic table lunch and an afternoon Hope Arts and Carving Walk featuring over two dozen large wooden sculptures that wind through the downtown core.

**54500.202BR**

Mon 8:30am-6:00pm Jun 17 \$79/1 sess

### Salt Spring Tuesday Market

Spend a day on the most populous of the Southern Gulf Islands to shop, taste and sightsee. Travel routes of the Orca whales through spectacular Active Pass by ferry to Fulford Harbour. Spend 2 hours at the Salt Spring Island Tuesday Market at Centennial Park in the heart of Ganges Village for an abundance of local food, music and wild flowers. Sightsee Ruckle Provincial Park on an easy waterfront walk overlooking Swanson Channel and take a guided tour at Salt Spring Island Cheese Company including a generous tasting room for local chevre and olive samples. Browse the funky shops in Fulford Village where lunch is available for purchase at Salt Spring Island Mercantile, Morning Side Bakery or Rock Salt Cafe. Note: BC Gold Card required for no charge ferry travel. \*(\$89 With BC Goldcard) \*Ferry charges for those without Goldcard

**54500.300BR**

Tue 7:00am-9:30pm July 16 \$89/1 sess

# Lion's Den

## Lions Den (LD)

770 Commercial Drive (Basement)

Office Hours:

Tues/Fri 9:00am-5:00pm

Thu 3:00-7:00pm

Carolyn Innes 604-718-5848 Fax 604-251-9503

e-mail carolyn.innes2@vancouver.ca

## Lion's Den Recreation Committee Meeting

This committee meets on the first Tuesday of each month to plan programs and services at the centre. All are welcome!

Spring 2013: Apr 2, May 7 and Jun 4



## Tuesday Programs

\*Please note the Lions Den will be closed on **Tuesday May 14** due to Elections Canada Polling.

### Carpet Bowling

A fun and skillful game played inside - similar to Bocce. Ongoing - instruction available. Cost 50 cents for Refreshments

Tue 10:00-12:00pm Apr 2-Jun 25  
LD FREE

### Traditional Italian Cards

Seniors Traditional Italian Cards drop in especially on rainy days!

Tue 1:00 pm-5:00pm LD

### Theatre Group **New**

A small group of motivated seniors wishes to get together to explore the creative arts in a light, fun atmosphere

Tue 2:00-4:00pm Apr 16-Jun 25  
Inst.: Tom Durrie FREE

### Tuesday Lunch Program

Full cooked meal. Come early on Tuesdays for 10am Carpet Bowling

Tue 12:00 -1:30pm Apr 2 -June 28  
LD \$6.00 /meal

## Friday Programs

### Drop-In Pool/Billiards

The pool table is open; \*Fridays from 1:00-2:30pm is reserved for women only.

Tues 12:00-5:00pm  
Fri 9:00am-5:00pm Apr 2-Jun 28  
FREE

### Meals and Wellness

Enjoy full meals and social. Friday Wellness Programs included. Nurses Corner 1:00pm

Fri 12:00am -2:00pm  
LD \$6.00 /meal

### Blood Pressure Clinic

1st Friday of the month. A great way to monitor your health. We also have a medical scale if you wish to keep on track. Supported by the Britannia Board of Management for your continued good health.

54400.200BR  
Fri 11am-12:00pm Apr 5, May 3, Jun 28

### Exercise with Fern & Friends

A free class exercising to a variety of senior-friendly videos. Please check with your doctor before you join us.

Fri 11:00am-12:00pm Apr 5-Jun 28  
LD FREE

### Nurses Corner

Join our LPN for a once a month discussion group on topics chosen by you!

Fri 1:00-2:00pm Apr 5, May 3, Jun 7

### Latin American Seniors Social

Every Friday this group meets for games, food, and social activities.

52211.200BR  
Fri 2:00-4:30pm Apr 5-Jun 28  
LD

## Languages

### Spanish Conversation for Beginners

Participants will learn everyday language to enable them to converse while on that special trip to Mexico! No experience necessary.

55500.201BR  
Tues/Fri 10:45-11:45am Apr 16-Jun 7  
LD I Nunez \$60.00/16/sess

### Spanish Conversation-Intermediate

For those who have mastered the basic phrases and wish to practice more advanced skills. The instructor will adapt the class to your needs.

55500.203 9:30-10:30am Apr 16-Jun 7  
LD I Nunez \$60/16 sess

### Spanish Conversation-Advanced

Challenge yourself to another level and bring your personal learning goals to this session

55500.204BR  
Tues/Fri 12:00-1:00pm Apr 16-Jun 7  
LD I Nunez \$60.00/16 sess

### French Conversation for Beginners

Learn our second official language in a small, informal and fun setting

5500.203BR  
Fri 12:15-1:15pm Apr 19-Jul 5  
LD Y Sache \$45.00/12/sess

### French Conversation - Intermediate

A more advanced class for those who have basic conversational skills.

55500.205BR  
Fri 1:15-2:15pm Apr 19 - Jul 5  
LD Y Sache \$45.00/12 sess





# Lion's Den

## Adanac Towers Tenants and East Vancouver Lions Programs



### Computer Drop In Lion's Den

If you have taken a class at the 55+ Lounge, come and practice your skills at the Den! We do not teach but everyone will help you to get started. The computers are busy so come early. Skype is now available. (Please check times of classes for availability). Must have current Britannia membership. Internet Club members

55409.201BR

Tue & Fri 2:00-5:00pm Apr 2-Jun 28  
LD \$7/Season

### The Penny



With the penny being phased out by the Federal Government this year, Britannia will be following the recommended business practice of rounding cash transactions to the nearest 5 cent increment.

- ending in 1, 2, 6 and 7 cents are rounded down to the nearest 5 cent increment;
- ending in 3, 4, 8, and 9 cents are rounded up to the nearest 5 cent increment;
- ending in 0 cent and 5 cents remain unchanged.

It's important to remember that this will only affect payments in cash. That means debit cards, credit cards, payment cards and cheques will not be impacted at all and will continue to be settled to the exact cent.

### Adult Day Centre "Encourage"

The Centre is Closed to the public at these times but volunteers are encouraged. Please phone Ian for information. We have many Italian- speaking seniors who would love you to practice your Italian! Referrals from Vancouver Coastal Health. Addressing the health- care needs of frail seniors

Mon,Wed,Thurs 9am -2pm Apr 1-Jun 27  
LD 604.251.9024  
(Vancouver Coastal Health Program)

### Walk and Wade

Are you an older senior with mobility challenges interested in getting out and improving your physical health? Join us for this specialized and assisted walking and swimming program. Gentle community walks and light range of motion exercises in the pool at Britannia are assisted by care-aids and volunteers. Transportation will be provided for those living in the Grandview Woodland area. Improve your health and socialize at the same time-starting this spring. (Call Ian for more information: 604.718.5895)

### Foot Doctor

Dr. Eng has an office on Commercial Drive and one important component of his practice is community outreach. It is vital that seniors take care of their feet, especially if they experience Diabetes. \$10 office fee applies for those who are on a fixed income. Others are \$33. Please phone ahead for an appointment 604.251.9024 This is for those seniors with mobility issues

Mon 9:00-11.30am Apr 8 and Jun 3  
LD Dr Eng \$10/ sess

### Bingo

Join a small group of enthusiastic players in an informal game of Bingo every Thursday. Patricia and Bill to host

Thurs 6:00-8:00pm Apr 4 – Jun27

### Potluck

The Adanac Towers Residence host a Potluck on the 2nd Thursday of everyone. Lions Den recreation 55+ seniors welcome.

Thur 5:00-6:00pm Apr11 May9 Jun14



### East Side Caregivers Evening Out

This group meets on the 3rd Thurs of each month at the Lions Den. All family caregivers, of any age, are welcome. There are many groups across the City sponsored by the Vancouver Coastal Health. The group is in response to the need to share with others in similar situations and enjoy a night out.

Thu 6:00-8:00pm Apr18, May16, Jun 20

# Aquatic Highlights

## General Information

Enjoy the 25 metre main pool! The pool features a one metre diving board, slide and rope swing. Relax in the on-deck whirlpool or steam room, or in the saunas in the change rooms. For those with young children, we also have a warm, shallow Leisure Pool which is equipped with a variety of spray pool features.

Pool Office 604.718.5831  
Rec. Programmer 604.718.5830  
Office closes 30 minutes before the pool.

## Statutory Holiday Hours

Mar 29 1:00-5:00pm  
Apr 1 1:00-5:00pm  
May 20 1:00-5:00pm

## Admission Policy for Children

Children under eight years of age, and/or four feet in height, must be accompanied in the water by a responsible person who is 16 years or older and be within arm's reach.

## Special Events & Activities

### Youth Swim Night (13-18 yrs)

The first Friday night of every month is reserved for youth to swim and play with their friends. No public use of steam room or whirlpool.

Fri 8:00-10:00pm Apr 5, May 3, June 7  
FREE

### Easter Eggstravaganza

Join us for an activity filled FREE public swim with Easter treats and games!

Sat 2:30-4:30pm Mar 23  
FREE

### Birthday Parties

Book the tot pool for your birthday party! Maximum 30 people per party. Call 604.718.5830. You may also arrange to rent a party room through the Activity Coordinator at 604.718.5812.

Sat 1:00-2:00pm, 1:30-2:30pm  
or 5:00-6:00pm  
Sun 5:00-6:00pm Fee: \$46.15

## Swim Descriptions

### Adult Swim (19+ yrs)

This is a time to come and swim lengths, relax or let the kid in you come out and play. You can also register for lessons or drop in to an Aquafit class during this time.

### Aquafit

This is a safe and excellent fitness activity for all swimming levels and ideal for those adults who want to work out without stressing their joints and lower back. Shallow and deep water (Thursdays only) classes are offered.

### Lengths Swim

The pool is divided into 25m length lanes (leisure, slow, medium and fast). Enjoy the whirlpool, steam room or sauna as well. Anyone 16 years and older who is capable of swimming the length of the pool is welcome. Note: patrons under 16 must speak to one of the full time or regular part time lifeguards prior to being allowed to attend these sessions.

### Parent and Tot

This session is for soon to be mothers and parents with young children five years and under.

### Public Swim

Swim, dive, splash, have fun! All ages are invited to come join in the activities. Two small lanes are usually set aside for length swimmers.

### Range of Motion (ROM)

This light, low-impact exercise class is aimed at increasing mobility, dexterity and fitness.

### Swim Club (8-16 yrs)

This program emphasizes stroke development, starts and turns, and is a chance to make new friends. Swimmers must be at Skim Kids level five or higher. LAC subsidy does not apply to this program. Register for the day or days you plan on attending. The more days you register, the better the deal!

Tue 6:30-7:45pm	Apr 2-Jun 11
29701.201	
Thu 6:30-7:45pm	Apr 4-Jun 13
29701.202	
Sat 7:45-9:00am	Apr 6-Jun 15
29701.203	
One day/week	\$50/season
Two days/week	\$75/season
Three days/week	\$85/season

### Cleaning Schedule

The change rooms are closed for cleaning every day at the following times:

Men's: 5:15-5:45pm  
Women's: 5:30-6:00pm

The family change room can be used during these times for your convenience.



# Aquatic Schedule

**April 1 to June 30, 2013** - During some public swim sessions only part of the pool is available. The pool may be shared with aquafit, lessons, schools or swim club. Schedule is subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths Swim 6:30 – 8:30am						
Vancouver School Board Lessons 8:30 – 9:30am					Lessons & Lengths (1 lane) 9:00 - 11:55am	Lengths Swim 10:00-10:55am
Public Swim 8:30-11:30am						
Range of Motion (ROM) 9:45-10:30am	Aquafit 9:45-10:30am	Range of Motion (ROM) 9:45-10:30am	Aquafit 9:45-10:30am	Range of Motion (ROM) 9:45-10:30am		Parent & Tot 10:00-10:55am
Vancouver School Board Lessons 10:30-11:30am					Lengths 12:00-2:25pm	Lessons & Lengths (1 lane) 11am-2:25pm
Lengths Swim 11:30am-1:00pm						
Vancouver School Board Lessons 1:00-3:00pm						
Public Swim 1:00-3:00pm					Public Swim 2:30-4:55pm	
Lessons & Lengths (1 lane) 3:00-5:25pm	FREE Public Swim 3:00-4:55pm	Lessons & Lengths (1 lane) 3:00-5:25pm	FREE Public Swim 3:00-4:55pm	Public Swim 3:00-4:55pm		
Lengths 5:30-6:25pm	Lengths 5:00-6:25pm	Lengths 5:30-6:25pm	Lengths 5:00-6:25pm	Lengths 5:00-6:25pm	Lengths 5:00-6:25pm	
Public Swim 6:30-7:55pm *No length lane available on Tuesday & Thursday*						
Adult Swim 8:00-9:55pm	Adult Swim 8:00-9:55pm	Adult Swim 8:00-9:55pm	Adult Swim 8:00-9:55pm	Adult Swim 8:00-9:55pm	<b>Schedule subject to change</b> Note: the change rooms are closed for cleaning every day at the following times: Men's: 5:15-5:45pm Women's: 5:30-6:00pm For your convenience the family change room is available for use during these times.	
Aquafit 8:00-9:00pm	Adult Lessons 8:00-8:45pm	Aquafit 8:00-9:00pm	Deep Water Aquafit 8:00-9:00pm	Youth only 13-18yrs FREE swim 1st Fri of month. Apr 5, May 3, Jun 7 8:00-9:55pm (no lanes, whirlpool or steam available)		

## Pool and Fitness Centre Fees: April 1, 2013 (including GST)

	Single Admission	Tickets (10)	1 Month Flexipass	3 Month Flexipass	4 Month Flexipass	6 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$5.65	\$46.80	\$45.95	\$120.00	\$157.90	\$207.20	\$375.00	\$3.00
Youth (13-18)	\$4.00	\$32.80	\$31.90	\$84.40	\$105.95	\$145.30	\$262.50	\$1.00
Child (6-12)	\$2.80	\$23.40	\$23.45	\$60.00	\$75.95	\$104.05	\$187.50	\$1.00
Senior (55+)	\$4.00	\$32.80	\$31.90	\$84.40	\$105.95	\$145.30	\$262.50	\$1.00
Family	Minimum \$6.00 admission 1 to 2 adults of the same household and their children under 19 years of age.							
By purchasing a \$3.00 membership (valid Sep to Aug) you can work out FREE in the Fitness Centre every Tue & Fri from 10:00am to 12:00pm. Show your membership card to the cashier at the pool office at time of entrance.								
Leisure Access Card (LAC) Fitness Centre Admission Rate is 50% off adult admission and flexipasses.								

# Aquatic Lessons & Registration

Registration for swim lessons is ongoing. You may register for any one set of lessons, but if you are already participating in a class, you must wait until the last day of that class to register for the next set. There is no lesson registration after the second class. You may register either online or in person with a report card. All lessons must meet minimum space requirements to run. It's important to register in the correct level. Those who have registered in the wrong class may be asked to withdraw from the class. Please bring the most recent report card to the first day of lessons.

## Swim Assessments

If you are unsure of which level to register in, we offer FREE swim assessments during our public swims. If your child is under eight years of age, we require a parent/guardian to be in the water during the assessment.

## Refunds & Cancellations

Full refund if notice received five or more working days prior to the start of the program. Refund of registration fee minus the cost of one class or transfer to a future session, if request received within four working days of the start of the program or after the first program date (class/lesson). No refunds issued for requests received after the second date of the program. Fees for one or two-day programs are non-refundable.

## Red Cross Parent & Tot (4-36 mo)

Starfish, Duck and Sea Turtle: Introductory classes for babies/toddlers and their parent or caregiver to begin experiencing buoyancy and movement and start developing skills in swimming, glides and floating.

## Red Cross Preschool (3-5 yrs)

Sea Otter, Salamander, Sunfish, Crocodile, Whale: Introductory program includes developing skills in swimming, glides and floating through to swimming independently.

## Children (5-12 yrs)

Swim Kids 1-10: Entry level for children ready to move in shallow water and build on skills including water safety, injury prevention and swim stroke development.

## Youth Lessons (12-18 yrs)

These lessons offer a challenge for swimmers of all levels and focus on skill development, water safety, self-rescue skills and the rescue of others. Choose from Youth Basics or Youth Strokes.

## Adult Lessons (19+ yrs)

Level 1: Basic introduction to the water, front and back floats and basic propulsion.

Level 2: Introduction to front and back glides with basic propulsion as well as front crawl, 1-2- breathe and deep water activities.

Level 3: Introduction to whip kick. Work on stroke mechanics of front and back crawl over a 25m distance. To complete this level, participants must be able to swim 50m continuously.

Level 4: Work on stroke mechanics and develop endurance. Learn swim work outs and use training equipment. Introduction to breaststroke and side stroke as well.

## Private and Semi-Private Lessons (all ages)

To schedule a private or semi-private 30 minute lesson time, contact a Swim Instructor Attendant directly at 604.718.5831.

## Seniors Lessons (55+ yrs)

These lessons offer a challenge for swimmers of all levels and focus on skill development.

## Bronze Medallion (13+ yrs)

Learn lifesaving rescues, CPR and first aid skills plus stroke efficiency and endurance swim. No age pre-requisite if candidate has Bronze Star; if not, must be 13 years by the last day of the course. Additional manual charge \$35.

39501.201

Sun 10:00am-2:00pm Apr 7-May 5  
\$138/5 sess

## Bronze Cross (15+ yrs)

Develop proficiency at patient assessments and water rescues, aquatic spinal injuries, CPR and first aid skills plus fitness training. Bronze Cross is one of the pre-requisite awards for all advanced lifesaving and lifeguarding certification courses. Bronze Cross is also worth 2 Grade 11 high school credits. Pre-requisite: Completion of Bronze Medallion. Additional manual charge \$35.

39502.201

Sun 10:00am-2:00pm May 12-Jun 9  
\$138/5 sess

Parent & Tot, Children & Youth Lessons								
Set	Dates	# of lessons	Star Fish, Duck, Turtle, (30 min parented)	Otter, Salamander (30min) Sunfish, Crocodile, Whale	Swim Kids Levels 1-3 (30min)	Swim Kids Level 4-10 (40min)	Youth(30min) Lessons	
Monday & Wednesday 3:30-5:20pm *No lesson May 20*								
1	Apr 3-29	8	\$49.00	\$49.00	\$43.40	\$49.00	\$43.40	
2	May 1-29	8	\$49.00	\$49.00	\$43.40	\$49.00	\$43.40	
3	Jun 3-26	8	\$49.00	\$49.00	\$43.40	\$49.00	\$43.40	
Saturday 8:30am-12:00pm								
1	Apr 6-Jun 15	11	\$66.25	\$66.25	\$58.55	\$66.25	\$58.55	
Sunday 11:00am-2:30pm								
1	Apr 7-Jun 16	11	\$66.25	\$66.25	\$58.55	\$66.25	\$58.55	
<b>Adult Lessons (19+ yrs)</b>								
Set	Dates	# of lessons	Fee (incl. HST)					
1	Advanced Level 3 & 4 Tue 8:00-8:45pm	Apr 2-Jun 3	10	\$97.50				
1	Beginner Level 1 & 2 Thu 8:00-8:45pm	Apr 4-Jun 5	10	\$97.50				
<b>Seniors Lessons (55+ yrs) Lessons are already subsidized. No further subsidy offered. *No lesson May 20*</b>								
Set	Dates	# of lessons	Fee (incl. HST)					
1	Mon & Wed 9:30-10:00am	Apr 3-29	8	\$39.00				
2	Mon & Wed 9:30-10:00am	May 1-29	8	\$39.00				
3	Mon & Wed 9:30-10:00am	Jun 3-26	8	\$39.00				

# Fitness Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am-9:55pm	6:30am-9:55pm  10:00am-12:00pm FREE with membership	6:30am-9:55pm	6:30am-9:55pm	6:30am-9:55pm 9:00am-10:00m seniors only 10:00am-12:00pm FREE with membership	9:00am-7:55pm  9:00am-12:00pm Women Only	10:00am-7:55pm

## Statutory Holiday Hours

Mar 29	1:00-5:00pm
Apr 1	1:00-5:00pm
May 20	1:00-5:00pm

## Facility Orientations

Let us help you reach your fitness goals. Whether you need instruction, motivation, or support; our highly trained staff are here to help you succeed. Enlist one of our staff to get you started in the fitness centre with an orientation on our fitness equipment and a starter fitness program. Please call ahead to make an appointment for a fitness orientation. 604.718.5842.

## Flexipass Membership

Enjoy flexible and affordable recreation with our no contract all access pass. Purchase a monthly Flexipass at any Park Board fitness centre and receive unlimited access to our 15 fitness centres, 9 indoor pools, 4 outdoor pools and 8 ice rinks. For more information and locations visit [vancouverparks.ca](http://vancouverparks.ca).

## Weight Training for Women - Beginner Level

Learn the safe and effective components of a weight training workout and develop a fitness program suited to your personal needs and goals. Britannia membership and pre-registration required.

<b>44010.201BR</b>	
Sat 10:00am-12:00pm	Apr 6-27
V. Henderson	\$32/4 sess

## Weight Training for Women - Intermediate Level

For those who would like to build on skills learned in the introductory course or build on their current training program. Our instructor will guide you through alternative workout techniques to ensure continued progress toward your goals. New and more challenging exercises will make the most of your workout time and keep you motivated. Britannia membership and pre-registration required.

<b>44011.201BR</b>	
Sat 10:00am-12:00pm	May 4-25
V. Henderson	\$32/4 sess

## FREE Fitness Centre Tour

Are you a senior 55+ who would like to be more fit? Know anyone else who would? Come join us! Our senior's instructor will be on hand to answer your questions and show you how easy and fun it is to get started on your journey to a healthier, energized, more active life!

Fri Apr 5 9:00-10:00am

## Intro to Strength Training for Seniors (55+ yrs)

Learn how to use our cardio and weight training equipment for a safe and enjoyable workout that you will feel confident to continue on your own. Britannia membership is required. Please pre-register by April 5 so that confidential health screening can be done.

<b>4409.201BR</b>	
Fri 9:00-10:00am	Apr 12-May 17
J. Stanier	\$30/6 sess

## Strength Training for Seniors-Intermediate (55+ yrs)

Build on skills learned in the Intro class, or expand your exercise repertoire. Britannia membership required. Please pre-register by May 17 so that confidential health screening can be done.

<b>4410.201BR</b>	
Fri 9:00-10:00am	May 24-June 14
J. Stanier	\$20/4 sess

## Personal Training

Improve your health and wellness with support from our qualified and experienced personal trainers. Our trainers will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your busy schedule. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport-specific workouts, our trainers will motivate and support you in each 1 hour session.

Personal Training (Includes GST) Apr 1		Personal Training for 2 (includes GST) Apr 1
1 session	\$48.75	\$73.10
5 sessions	\$219.40	\$341.25
10 sessions	\$390.00	\$633.75

## Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists and physiotherapists. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$6.00 per client also applies.



Call the Fitness Centre at 604.718.5842 or see a Fitness Attendant next time you're in to sign up for these short, FREE, one day workshops!

## Shifting to Running

From choosing the right shoes to improving your running style, our in-house elite runner is here to help you challenge yourself and progress without injury.

Sun 4:30-5:30pm	Apr 27
K. Anand	FREE

## Find Balance

Learn how to improve strength and coordination in the muscles that provide balance and stability for us. Improving your balance skills can help prevent fall-related injuries as well as enhance sport-specific performance.

Sat 3:00-4:00pm	May 25
C. Davy	FREE

## Buns and Thighs

Whether you're new to working out, or want to change your routine, find out the best way to target these areas. Women only time.

Sat 11:00am-12:00pm	Jun 15
V. Henderson	FREE

# Ice Arena



## Rink Maintenance Closure

Britannia Arena will be closed for scheduled maintenance from April 8-May 10. It is anticipated that the arena will be open for rentals and public sessions as of May 11, 2013, but please check online at [britanniacentre.org](http://britanniacentre.org) or phone 604.718.5800 in early May to confirm the start date. We are sorry for the disruption this causes to the public and private rental groups. For more information, contact the arena programmer at 604.718.5836.

## Ice Skating Birthday Parties

Have your child's birthday party during a one of Britannia's public skating sessions. A 20% discount on admission is applied to parties 10 or more. Adult supervision is required on and off of the ice at all times and children under 8 yrs must be accompanied by an adult on-ice. To find out more about room availability, please call the Activity Coordinator at 604.718.5812.

## Get involved and join the Arena Committee

The Arena Committee meets the 1st Tuesday of the month at 6:30pm in the Rink Activity room. Call the arena programmer at 604.718.5836 for more information. There are no meetings in July and August.

## Vancouver Adult Co-ed Hockey League

### VACHL

The 11th season of VACHL is coming to an end and we would like to thank the players who continue to support the league and the staff who are dedicated to making this one of the most popular programs in the City. We welcome your feedback and any comments can be sent to:

[vachl@vancouver.ca](mailto:vachl@vancouver.ca). The 12th season of the Vancouver Adult Co-ed Hockey League will begin in early-September. Registration for the 13/14 VACHL season will begin on Apr 9. To find out more about VACHL and how to register, go to [www.vachl.ca](http://www.vachl.ca)

# ADULT HOCKEY PROGRAMS

## Adult Evening Hockey

Full hockey equipment is mandatory for these supervised non-contact hockey sessions for adults 19 years and older. Space is limited to 26 players and 2 goalies. Up to 20 spaces are available for monthly participants (see the program supervisor for more information), the remaining spots are available on a first-come, first serve basis. Sign-up for Thursday sessions starts at 9:30pm. On Sundays, there are limited drop-in spaces (5-7). Please sign-in and pay the program supervisor in the rink starting at 7:45 pm.

**Thu 11:15pm-12:45am May 16-Jun 27**  
**All Levels \$10.00 /drop-in\***

**Sun 9:30-11:00pm May 12-Jun 30**  
**Intermediate \$15.00/drop-in \$50/month\***

\*Strip tickets are not valid during these sessions

## Adult Drop-in Hockey

Space is limited to 26 players and is available on a first-come, first-serve basis. Full hockey gear is mandatory. Please register and pay at the pool starting at 2:45pm.

**Wed 3:30-5:00pm May 15-Jun 26**  
**\$5.65/drop-in**

## Adult Stick and Puck

Come out during the noon hour and practice your hockey skills on the best ice in Vancouver. Please pay at the pool starting at 11:30am. Helmets are mandatory during this session, full hockey equipment is recommended and sorry, no scrimmage.

**Mon 11:00-12:30pm May 27-Jun 24**  
**Fri 12:00-1:30pm May 17-Jun 28**  
**\$5.65/drop-in**

## Co-ed Hockey League

Take hockey back to the level it's meant to be played at; friendly & fun! The Britannia Co-ed League is perfect for novice to intermediate hockey players looking to play in a non-contact recreational hockey league in the "off-season". Full equipment is mandatory and all players must wear at least a half shield on their helmet. Evaluations will take place on Sat May 11. All players will be assessed and placed on teams by the league coordinators. Games are played on Sat at 4:30, 6:00, 7:30 or 9:00pm. Registration begins Apr 2.

**49090.201BR**  
**Players: \$225/15 games**

**49090.202BR**  
**Goalies: \$60/15 games**  
**Sat 4:30-10:15pm May 18-Aug 24**

## Women's Only Hockey League

The Women's Hockey league will begin on Tue May 14, with an on-ice evaluation. This league is perfect for novice to intermediate players who wants to play organized recreational hockey this spring. Games are non-contact, non-aggressive and fun! Full hockey equipment is mandatory. All games are played on Tuesdays at 6:15 or 7:45pm. Players will be assessed at an on-ice evaluation session on May 14 and placed onto teams by the league coordinator.

**48090.203BR**  
**Tue 6:15-9:00pm May 21-Jul 30**  
**\$160/11 games**

## Adult Hockey Skills

This program was created to help develop fundamental skills. These on-ice sessions will be led by NCCP certified instructor(s) and will focus on both puck and team skills. Work on stick handling, shooting, puck control and passing; learn the principles of attack, defense and 3 on 1.

**49090.204BR**  
**Sun 8:00-9:00pm May 19-Jun 23**  
**\$75/6 sess**



# Skate Lessons

## SKATING LESSONS

Due to the spring ice rink maintenance closure, program start dates may change. Please go to [britanniacentre.org](http://britanniacentre.org) to confirm registration and program start dates starting mid-April to confirm the following information is correct.

**In-person registration for spring skating lessons will take place on:  
Sun, Apr 14, 10:00am-1:00pm  
In the Information Centre.**

If you are unsure of which level to register in, come in person to speak to an instructor or have an on-ice evaluation completed during any Vancouver public skating session. In-person registration at the pool cashier and online registration will take place starting Mon, May 6 and will continue until classes are full. Please note that students will not be transferred into another level if they are not registered in the appropriate level. If the lesson you want to register in is full, please put your name on the waiting list. Additional classes are scheduled whenever possible. Please note that skate lessons fill up quickly, so register early.

- If you are registering in a level other than level 1, you **MUST** have accomplished all the skills for the previous level. Please bring your report card on the first day of class.
- For a free assessment, attend a public skating session and ask a skate patroller for an on-ice evaluation.
- For Britannia Learn to Skate lessons, skate rentals are included in the cost of lessons.
- All skating lesson participants must wear a CSA-certified hockey helmet or a snowboarding helmet. In accordance with new safety measures, cycling helmets are no longer permitted. A limited number of hockey helmets are available to use free of charge for lesson registrants.

## Learn to Skate Lessons

These popular lessons focus on skating skill acquisition through activities and games. Our energetic instructors will teach you to skate with safety in mind. We have classes for preschoolers, children, youth and adults. All lessons are 30 minutes and are led by qualified instructors. Skate rental is included in your lesson fee as well as practice time before or after the lesson. This program fills up fast, so register early to ensure a spot.

## Preschool Program Levels (3-5yrs)

- Level 1 - no previous skating experience; may have trouble standing on the ice in skates
- Level 2 - can stand up on ice in skates unassisted; can walk on the ice in skates
- Level 3 - can skate across the ice and glide on two feet
- Level 4 - can scull forwards and stop without assistance
- Level 5+ - can glide on one foot forwards and skate backwards

## Children, Youth and Adult Program Levels

- Level 1 - has limited or no experience; has little confidence on the ice
- Level 2 - can skate across the width of the rink without assistance
- Level 3 - can glide on one foot, forward scull with both feet and snow plow stop with both feet
- Level 4 - can skate backwards, scull backwards with both feet and scull forwards with one foot
- Level 5 - can glide backwards on both feet, do a hockey stop, and forward circle thrust
- Level 6 - can do forward crossovers, backward circle thrusts, backward stops, can use outside edges

## Power Skating Lessons (8 yrs-Adult):

Improve your hockey skating skills with power skating lessons from Britannia's popular instructors. Learn about proper skating posture and the importance of making the most out of your edges. Work on skating skills that will strengthen your game. Helmet, gloves and a hockey stick are mandatory although full hockey equipment is recommended.

38017.201BR

Sun 5:45-6:30pm May 12-Jun 23 \$49/7 sess

## Private Skating Lessons

Learn one on one with one of Britannia's skating instructors. Perfect for someone looking for a little extra attention or if you just want to brush up on a single skill or two. Private lessons are available during the Learn to Skate lesson times.

# Cap C



## Community Action Program for Children - CAPC

is a federal government program offered throughout Canada designed to meet local needs. It is funded, evaluated and monitored by Public Health Association of Canada (PHAC). The "Children Need Care Now" partnership coalition includes Britannia Community Education, Strathcona Community Centre, and Britannia Community Services Centre Society. CAPC is free and designed for low income and isolated families with children 0 - 6 years old. The goal is to build capacity for families while integrating them into other programs on site and in the community. Events and programs include Parent Conferences, Emergency First Aid, Food Safe Certification, Parent-Child Mother Goose in both English and Spanish and Food Distribution programs. Shared programs include Canuck Family Literacy initiatives, East Side Family Place, Britannia Child Care, HIPPY M.O.S.A.I.C., and Grandview Child Care. For more information:

**Beatrice Feza**

**CAPC Coordinator 604.718.5821**

# Ice Arena Learn to Skate

## There are 3 ways to register into Britannia Skating lessons:

- Register in-person on Sun Apr 14, 10:00am-1:00pm at the Information Centre.
- Register online at [britanniacentre.org](http://britanniacentre.org) starting Mon Apr 15.
- Register in person at the pool cashier from Mon Apr 15, with your current lesson report card (Fall '12/Winter '13).

Please note that skating lessons are very popular and fill-up quickly.

## Lesson Schedule

Sat 12:30-2:30pm May 11-Jun 22  
\$42/ 7 sess

Level	Presch	Child
1	12:30-1:00pm	12:30-1:00pm 1:00-1:30pm
2	12:30-1:00pm 1:00-1:30pm	12:30-1:00pm 1:00-1:30pm
3	1:00-1:30pm	1:00-1:30pm 1:30-2:00pm
4	1:30-2:00pm	1:30-2:00pm
5	1:30-2:00pm	1:30-2:00pm 2:00-2:30pm
6/7		2:00-2:30pm

Sun 3:30-5:30pm May 12-Jun 23  
\$42/ 7 sess

Level	Presch	Child
1	3:30-4:00pm	3:30-4:00pm 4:00-4:30pm
2	3:30-4:00pm	3:30-4:00pm
3	4:00-4:30pm 4:00-4:30pm	4:00-4:30pm 4:00-4:30pm
4	4:30-5:00pm	4:30-5:00pm
5	4:30-5:00pm	4:30-5:00pm 5:00-5:30pm
6/7		5:00-5:30pm
Figure Skating		5:00-5:30pm

## Coming this Summer!

### Hockey Skills & Pre-season Training

Check out the Summer Brochure to find out about Britannia's exciting specialized Pre-Season training camps for adult recreational players looking to get into game shape for the beginning of the fall season.

### Other Public Skating sessions this summer include:

Adult Stick & Puck, Adult Drop-In Hockey, Family Fun Hockey and Public skating.

### BASH – Britannia After School Hockey

This program is offered to youth 13-16 yrs who are beginner players interested in learning to play hockey. 45 minutes of each session is dedicated to skill development. All equipment is provided. Completed medical and consent forms are required for participation. BASH is currently recruiting grade 7 students to participate in the program. For more information or to see if you or your child is suitable for the program, contact [Jay.Aikenhead@vancouver.ca](mailto:Jay.Aikenhead@vancouver.ca).

Tue 4:45-6:00pm May 14-Jun 25  
Jay A FREE

## Transition from HST to GST/PST

From the Federal Government website (for more information go to <http://www.cra-arc.gc.ca/E/pub/gi/notice270/notice270-e.html>): Effective April 1, 2013, the 12% HST would no longer apply. Instead, as of that date, the 5% GST would apply to such taxable supplies and services.

For most taxable supplies made before April 1, 2013, the rate of tax would be determined by the date the GST/HST becomes payable or is paid. If GST/HST becomes payable or is paid before April 1, 2013, the HST rate of 12% would apply. Otherwise, the 5% GST would apply if the tax becomes payable on or after April 1, 2013, or is paid on or after April 1, 2013, without having become payable before that day.

WHAT THIS MEANS AT BRITANNIA: Activity fees for programs listed in this brochure include the HST. As of April 1, prices for taxable programs will be adjusted to apply GST only. As all programs listed in the brochure take place after April 1, drop-in prices for programs, classes and public sessions are the adjusted prices, GST inclusive.





# Ice Rink Schedule

## Britannia Ice Rink Public Skating Schedule

Saturday, May 11 to Sunday, June 30, 2013

Schedule subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Stick & Puck 11:00-12:30pm		Adult Open Dance 12:15-1:45pm	Parent & Tot FREE Skate 11:00-11:45am	Adult Stick & Puck 12:00-1:30pm	Public Skate 2:45-4:15pm	Family Fun Hockey 12:15-1:30pm
	Adult/Senior FREE 3:30-4:30pm	Adult Co-ed Drop-in Hockey 3:30-5:00pm	Youth FREE Skate 3:15-4:15pm	Child FREE Skate 3:15-4:30pm		Public Skate 1:45-3:15pm
		Adult Skate 8:45-10:15pm	Adult Co-ed Hockey* 11:15pm-12:45am	Public Skate 8:00-9:15pm		Adult Co-ed Hockey* 9:30-11:00pm

- Helmets are strongly recommended for all public sessions. Helmets are mandatory for all participants of Family Fun Hockey.
- Adult Hockey programs require full equipment. Participants must sign a waiver at the beginning of each session.
- \* Sign up for these sessions occurs at the ice rink 1.5 hours before the start of the session. Passes are not valid during these times. There are no goalie drop-in spaces available. Limited drop-in spots are available.

## 2013 Rink Admissions (includes GST - Apr 1, 2013)

Adult 19-54 yrs	Youth 13-18 yrs	Seniors 55+ yrs	Children 6-12 yrs	Family	Skate Rentals	Skate Sharpening
\$5.65 Drop-in \$46.80/10 visit	\$4.00 Drop-in \$32.80/10 visit	\$4.00 Drop-in \$32.80/10 visit	\$3.00 Drop-in \$24.95/10 visit	*\$6.00 minimum	\$2.90	\$6.00 \$55/10 passes

- Britannia Ice Rink 10 visit pass is valid at all Vancouver Park Board operated rinks (except Hillcrest). Prices are subject to change without notice.
- Adult Drop-in Hockey and Stick & Puck sessions are at the Adult rate.
- A 20% discount on admission is given to groups of 10 or more.
- Children under eight years old must be accompanied on-ice with an individual 16 years or older.
- \*Family rate is 1 - 2 Adults of the same household and their children under 19 years, all present at the time of admission of \$3.00 per person
- Flexipasses may be used for public skating sessions. For 2013 flexipass rates go to page 33.



# Other Agencies & Programs

## Eastside Family Place

1655 Williams Street  
eastsidefamilyplace.org 604.255.9841

Eastside Family Place is a support and resource centre for parents and caregivers and their young children aged infant to early 6 years old. ESFP offers many programs and support services.

A Family Drop-In Centre offers adults an opportunity to visit with each other in a warm, supportive environment and at the same time children have the opportunity to make friends, play and participate in developmentally stimulating children's activities.

### Family Drop-In Hours:

Mon/Wed/Fri	9:00am-12:00pm
Tue/Thu	9:00am-2:30pm (closed 12-1pm)



### Licensed Occasional Childcare

This program is for parents who are in need of short-term respite childcare. Children aged 18 months to six years – fee on a sliding scale of \$3.50 to \$6.00 per hour. Spaces are limited and must be booked in advance. Childcare phone number-604.251.1018

Childminding hours are:

Mon to Fri 9:00am-12:00pm  
(The childminding program will be closed for Spring Break Mar 18-22)

### Inclusive Aboriginal Focused Nobody's Perfect Parenting Program

For parents with children under six, who would like support and resources in the areas of parenting skills and raising children. Childminding and snacks are provided. No cost. Pre-registration required. To be held at MacDonald Elementary School 1950 East Hastings St.

To start mid-April. Please call for details and to register.

### Collective of Parents Empowered: (COPE)

C.O.P.E. is an educational/experiential group that meets weekly to discuss topics relevant to parents. Each program is ten weeks long. Parents can be involved in the program for up to 30 weeks. Childminding and snacks provided. No Cost. Pre registration required.

Fri 1:00-3:00pm Apr 12-Jun14

### Workshops and Information Sessions

A variety of topics of interest to parents and caregivers are offered.

Call for details, dates and to register.

### Making Sense of Preschoolers

A six session Dr.Gordon Neufeld video course and discussion group that focuses on what every child needs us to know about them.Facilitated by Syd Bosel.\$60.00 per person

Thu 6:30-8:30pm Mar 28-May 9

(no session April 18) No childcare.

Call for details and to register.

### Eastside Family Place Spring Break Hours:

Mon-Fri 9:00-12:00 Mar 18-22 (no Tue or Thu afternoon session)

## Grandview Woodland Community Policing Centre

1977 Commercial Drive  
Tel. 604.717.2932  
Fax. 604.717.2923



### Hours:

Mon-Thu 12:00-8:00pm

Fri 12:00-6:00pm

Sat 10:00am-4:00pm

Come and volunteer with us! Four hours a month can make a difference in keeping our community safe. We operate a number of crime prevention programs - contact us to see which one would be the right fit for you.

### CPC Coordinator:

Adrian Archambault britcpc@shaw.ca

Volunteer Coordinator: Faith

volunteercoordinator@shaw.ca

Admin Assistant: Cathy

britcpc@shaw.ca

Neighbourhood Police Officer:

Constable Mike Lemon

michaellemon@vpd.ca



### Planet Bingo

Britannia Community Services Centre receives funding from Planet Bingo which supports a wide range of recreation, child care and community education programs.

# Other Agencies & Programs

## Get Ready 2 Read

The Canucks Family Education Centre in collaboration with Grandview Terrace Childcare Centre and Britannia Community Centre Society will pilot an early learning family literacy program for parents and caregivers with children ages birth -5. Get Ready 2 Read will lay the foundation for learning by providing parents and significant caregivers with the tools and knowledge needed to foster literacy and a love of learning in their children's early years.



### This 12-week program will cover the following:

- Introduction to the learning process and learning styles.
- Learning readiness (the skills needed for success).
- Developing strong home-library-community partnerships.
- Age appropriate hands on activities that promote healthy physical, social/emotional and cognitive development in children.
- FREE on-site child-minding and healthy snacks.
- All participants will receive a comprehensive resource guide to take home.
- Where: Grandview Terrace Childcare Centre, 2075 Woodland Drive, Vancouver, BC
- When: Wednesdays and Fridays, 9:30am – 12:00pm

For more information contact the Canucks Family Education Centre @ 778.321.3487 or [jean.cfec@gmail.com](mailto:jean.cfec@gmail.com)

## Canucks Family Education Centre (Cfec)

All programs are free of charge and provide onsite Get Ready 2 Read (GR2R) Early Learning program for pre-school aged children of participants. Registration is required for all programs. For more information and to register for the following programs please contact Jean Rasmussen, Executive Director, at 778.321.3487 or [jean.cfec@gmail.com](mailto:jean.cfec@gmail.com)

ALL PROGRAMS START THE WEEK OF SEPTEMBER 10TH

## Partners In Education (PIE)

### English Foundations 6, English 10 and Communications 11

Location: CFEC Room 110, Britannia Secondary School  
(Mon, 9:30am-3:30pm)

### Beginner English for Speakers of Other Languages

Location: CFEC Room 110, Britannia Secondary School  
(Tue, 10:00am-2:30pm)

### Foundations In Math

Location: CFEC Room 110, Britannia Secondary School  
(Thur, 9:30am-3:30pm)

### Accounting 11

Location: Hastings Education Centre, Britannia Community Centre  
(Thu, 10:15am-3:30pm)

### Parent Support Program

Location: Edmonds Elementary School, Community Resource Centre, Burnaby  
(Wed, 9am-12noon)

### GET READY 2 READ (GR2R) \*Starts October 3rd

Location: Grandview Terrace Childcare Centre  
2075 Woodland Drive, Vancouver, BC (Wed and Fri 9:30am-12noon)

### Youth In Transition (Yit)

Bryne Creek Secondary School, Burnaby (Dates and Time TBC)  
Burnaby North Secondary School, Burnaby (Dates and Time TBC)

## Hastings Education Centre

On the Second Floor, above the Library! We offer tuition free courses to adults who want to complete high school, prepare for post secondary studies, or get ready for a career change. We are part of the Vancouver School Board, and courses are approved by the Ministry of Education.



### We offer courses in:

- English
- Humanities
- Sciences
- Art
- Math
- Business
- Computer Technology

Classes range from beginner levels to Grade 12 and are available in the mornings, afternoons, evenings and on Saturdays! Study in a structured class, self-paced or on-line. To learn more and to find out how to get started, phone 604.713.5735 or on the web at [www.hastingsed.vsb.bc.ca](http://www.hastingsed.vsb.bc.ca) or simply come by and visit our centre.

## Grandview Woodland Area Council (GWAC)

[www.vcn.ca/gwac](http://www.vcn.ca/gwac)

A residents association open to anyone living and/or working in Grandview Woodland area. GWAC focuses on local issues, advocates for positive change, informs the community about issues and problem solves around those issues. The Board of Directors and interested residents meet on the first Monday of each month at 7:00pm at Britannia Community Centre, 1661 Napier Street, just west of Commercial Drive. If the meeting date falls on a statutory holiday, the meeting will be held the following Monday.

## The Law Students

### Legal Advice Program (LSLAP)

[www.islap.bc.ca](http://www.islap.bc.ca)

Free legal advice for low-income earners throughout the Lower Mainland. UBC Law Students, working under the guidance of supervising lawyers, provide assistance with various aspects of law, including criminal matters, small claims, residential tenancy and much more.

Tue evenings

Call 604.822.5791 to book an appointment

# Britannia Library



## Britannia Library Hours

Mon	8:30am-5:00pm
Tue, Wed	8:30am-9:00pm
Thu, Fri	8:30am-5:00pm
Sat	9:30am-5:00pm
Sun	1:00pm-5:00pm

### Holiday Closures

Good Friday	Fri Mar 29 2013
Easter Monday	Mon Apr 1 2013
Victoria Day	Mon May 20 2013
Canada Day	Mon Jul 1 2013

## Kids' Programs

### Babytime

Wed 11:15 am Jan 16-May 15  
Rhymes, songs, bounces, fingerplays and stories for babies, their parents and caregivers. Recommended ages: newborns to approximately 18 months old. Drop in.

### Toddler Time

Mon 10:15am Jan 14-May 13  
Rhymes, songs, fingerplays and simple stories for toddlers, their parents and caregivers. Drop in.

### Family Storytime

Wed 10:15am Jan 16-May 15  
Stories, songs, fingerplays and rhymes for the whole family. Program will include stories for older children to share with their younger siblings. Recommended ages: 2 to 5 yrs old. Drop in.

## Man in the Moon

Dates TBA. Contact library for more information.

A unique literacy and language play program for young children and dads, uncles, step dads, foster dads, granddads and all male caregivers. Register at the library.

## Summer Reading Club

Children ages 6 and up are invited to set their own reading goals and participate in weekly events and activities. Registration starts in June. Contact the library for more information.

## Adults' Programs

### Pandora's Collective presents: Word Whips

Tue Apr 24, May 22, Jun 26  
6:30-8:30pm

Take the challenge! Pandora's Collective provides the writing prompts and the opportunity for sharing. Ten to fifteen minutes for each prompt. See what you can whip up. Drop in.

### Pandora's Collective presents: Book Talks

Wed Apr 11, May 9, Jun 13  
6:30-8:30pm

Led by Pandora's Collective members, a pre-selected book will be discussed each month. For more info (and book titles) contact:

booktalks@pandorascollective.com

## 55UP Book Club

Wed Apr 18, May 16, Jun 20  
2:00-4:00pm

Informal chats about a book chosen by the group. Books are provided. Refreshments are served. Hosted by a friendly librarian at the Al Mattison Lounge. Register, or drop in and try it. To register, call 604.718.5837

## Internet access at the Library

Use your Library Card to get one hour of internet access or word processing time on one of Britannia Library's 14 computers.

## ESL Learning Centre -in the Library

This program is a free drop-in program for adults to help improve their English. It is open to landed immigrants, Canadian citizens, refugees and others. The Learning Centre is located in the Britannia Library.

Mon	Closed
Tue	1:00pm - 8:30pm
Wed	9:30am - 8:30pm
Thu	9:30am - 5:00pm
Fri	9:30am - 3:00pm
Sat	10:00am - 2:00pm

Adults who need tutoring can drop in for free help with speaking, listening, reading and writing English. Books, equipment, tapes and other materials for all levels of ability are provided.

Sponsored by:  
Vancouver Community College,  
Vancouver Public Library and  
Britannia Community Services Centre.

For more info about the ESL Learning Centre at Britannia Branch, phone 604.718.5813

