

britanniacentre.org



NOTICE!
Community Movie Night
"OZ, THE GREAT & POWERFUL"
Sat, Jun 22, 2013 - Brit Oval - FREE
(see page 4)

Programs & Services Summer 2013



Registration Information

Three Ways to Register for Programs

1) Register On Line at www.britanniacentre.org

Registration starts at 9:00am on Tuesday, June 11, 2013

- You must have a current membership card to register for all Britannia programs. (current card is blue).
- The membership years goes from Sep 1, 2013 to Aug 31, 2014

2) Register In Person

A) Britannia Info Centre at 1661 Napier Street

B) Pool Cashier Office

Registration starts at 9:00am on Tuesday, June 11, 2013. Pay using Cheque, Visa, Mastercard or Debit Card (NO CASH AT INFO. CENTRE)

Information Centre Hours for Program Registration:

Monday to Thursday	9:00am to 7:00pm
Friday	8:30am to 6:00pm
Saturday	9:30am to 4:00pm
Sunday	10:00am to 3:00pm

Swimming Pool cashier

swimming pool cashier hours open at 6:30am. Registration starts at 9:00am

3) Register by Phone at 604-718-5800 dial 2

Registration starts at 1:00pm on Tuesday, June 11, 2013

You must have a current Britannia membership card and a valid Visa or Mastercard. Please have your card handy when phoning. A copy of your registration, a cash register receipt and membership card will be sent to you in the mail.

Course 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. We cancel courses one week prior to start date. Programs may be cancelled during the session due to unforeseen circumstances and instructors may change during the program session.

Front Cover Credit: Robert Lee, Childcare Worker

Membership Information

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

**Membership is valid from
September, 2012 to August 31, 2013**

Family	\$5
Adult	\$3
Child, Youth, Senior	\$1

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 membership give me?

- Voting privileges at the Annual General Meeting of the Society
- Eligibility to run for the Board of Management
- Mail outs/e-mails about Centre events
- You must have a current Britannia membership to register for programs



NEW 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 admin fee will be charged for each camp registration refunded. Refund requests must be made one week (seven days) prior to the start of the program. No refunds after this time.

Information Centre

1661 Napier Street,
Vancouver BC V5L 4X4

T 604 718 5800

F 604 718 5858

www.britanniacentre.org

Licensed Child Care Centres

Child Care

Mission Statement

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

About Our Child Care Programs

Each of our programs is a unique reflection of its history, the community it serves, the staff members and families, past and present. All of our programs are committed to and 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 naturally learn and practice important skills in the following areas:

- Social - Communication skills, friendship skills, conflict resolution, sharing and co-operation.
- Intellectual - Language and self-expression, problem solving, critical thinking.
- Physical - Large muscle skills and fine motor skills, safety skills, 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 Child Care Manager, Sabine Tanasiuk who is responsible for the programs and can be reached at 604.718.5816, plus Senior Supervisors for each of the child care 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 Child Care Licensing Regulations.

All staff, substitutes, students and volunteers are required to have a clear criminal record search in accordance with the Criminal Records Review Act.

All Centre's open Monday to Friday 7:30am to 6:00pm except stat. holidays.

Out of School Care (5-12 yrs)

Plan a summer full of fun and adventure for your child/ren. All of our Out of School programs offer lots of interesting opportunities to experience: arts, crafts, sports, cooking and outdoor adventures. We have qualified and experienced staff that are planning a variety of exciting weeks throughout July and August. Join us for outdoor recreation and creative arts as well as swimming at local pools, beaches and water park play. We provide full day childcare from 7:30am to 6:00pm, Monday through Friday except on Stat. holidays.

Each program has its own unique summer platter of fun. Call the Centres to register now.

Snacks are provided in all programs.

Fees:	Monthly	\$550 per child
	Weekly	\$150 per child
	Daily	\$55 per child

Licensed Daycare Programs

Our 3-5 years program offer a caring, safe 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 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, flexible schedule providing a balance of free play and organized activities and positive self concepts.

For further information about a specific program please contact the Centres listed.

Toddler Program

Our licensed Toddler program provides 12 spaces for children 18 months - 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.

Britannia Out of School Care

1661 Napier Street
Randi Gurholt-Seary 604.718.4843

Eagles In The Sky Child Care

485 Semlin Drive
Susan Nelson 604.718.5856

Grandview Terrace Child Care

2075 Woodland Drive
Alejandra Uribe 604.718.5846

Lord Nelson Child Care

2235 Kitchener Street
Latisha Buksh 604.713.5863

Eagles In The Sky Child Care

485 Semlin Drive
Susan Nelson 604.718.5856

Grandview Terrace Child Care

2075 Woodland Drive
Alejandra Uribe 604.718.5846

Mount Pleasant Child Care

960 E. 7th Avenue
Wade Forbes 604.718.5844

Fees: \$710 per month (snack provided)
Lunch: \$45 per month



Mount Pleasant Child Care

960 E. 7th Avenue
Wade Forbes 604.718.5844

Hours: Monday to Friday 7:30am-6:00pm
Fee: \$930 per month, snack provided.
Lunch: \$45

Preschool and Children

Music

Music Together® (0-5yrs)

A Music Together® class is rainbow coloured falling leaves, cows sitting in the old oak tree, t-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 (\$76). Tuition includes two CD's, a Songbook, a Parent Guide DVD and a Parent Education evening open to all adults in the family.

Tue/Thu Jul 9-Aug 1

11004.301BR	9:30-10:15am
11004.302BR	10:30-11:15am
11004.303BR	11:30-12:15pm
Rink Mezz M. Beyene	\$131/8 sess

Dance Program

Dance Sampler (2-6yrs)

This is for children who love to dance! Learn to express yourself through movement using imagination, stories, songs, music and fun! Children will develop basic dance skills and musicality in creative dance, ballet and contemporary dance.

Set 1		Mon-Fri	Aug 12-16
11602.301BR	2-3yrs	10:00-10:45am	
11602.302BR	3-4yrs	10:50-11:30am	
11602.303BR	4-6yrs	11:45-12:30am	
CFEC	Bevin P	\$50/5sess	
Set 2		Mon-Fri	Aug 19-23
11602.304BR	2-3yrs	10:00-10:45am	
11602.305BR	3-4yrs	10:50-11:30am	
11602.306BR	4-6yrs	11:45-12:30am	
CFEC	Bevin P	\$50/5sess	

Micro Footie Soccer Camp (7-12yrs)

Jason Kyle, founder of Britannia Micro Footie and full time FIFA "B" license coach is bringing his highly involved coaching style to these unique 1 week long summer soccer camps. Players will learn, have fun and meet friends. It will be a fantastic week at Garden Park for all participants!

23002.301BR	Jul 8-12	9:30-11:30am
23002.301BR	Jul 15-19	9:30-11:30am
23002.301BR	Aug 19-23	9:30-11:30am
Garden Park	J. Kyle	\$125/5 sess

GYMNASTICS SUMMER CAMP

Ages 6-12 yrs

23003.301BR	Week #1	Mon Jul 8-Fri July 12	9:30am-3:00pm
23003.302BR	Week #2	Mon Jul 15-Fri July 19	9:30am-3:00pm
23003.303BR	Week #3	Mon Jul 22-Fri July 26	9:30am-3:00pm
23003.304BR	Week #4	Mon Jul 29-Fri Aug 2	9:30am-3:00pm
23003.305BR	Week #5	*Tue Aug 6-Fri Aug 9	9:30am-3:00pm
23003.306BR	Week #6	Mon Aug 12-Fri Aug 16	9:30am-3:00pm

Children aged 6-12 will be jumping for joy after a week of jam packed gymnastic fun. Our exciting camps will keep your children busy and active while introducing them to all four olympic events. Gymnastic camp will be instructed by Head Coach Camerson Stevenson and his fantastic team, Barb, Taranee and Jen. Children should bring a snack, lunch, water, sunscreen and hat. Special activities will be planned throughout the week. Drop your children off at Gym C at 9:30am and pick up at 3:00pm sharp. Parents and caregivers are invited to join us every Friday at 2:30pm for "Campfire" where each group of gymnasts will display all of the amazing skills they have learned during the week. Cameron and the team look forward to seeing your little gymnast this summer.

Registration begins Tue Jun 11 online and in person. Register early as spaces in each week are limited.

Gym C C. Stevenson \$130/5 sess *Week 5 Aug 6-9 \$104/4 sess.

Summer Playground Programs

Britannia's free summer playground programs will operate out of Grandview, Garden, Victoria and Woodland Parks for 2013.

Grandview Park - 1657 Charles Street
Su-Fr Jul 2-Aug 2 12:00-5:00pm

Garden Park - 1851 Garden Drive
Mo/We/Fr Jul 3-Aug 16 10am-3:00pm

Victoria Park - 1415 Victoria Drive
Mo/ We/ Fr Jul 7 - Aug 22 12:30-4:30pm

Woodland Park - 705 Woodland Drive
Tu/Th/Sa Jul 9-Aug 24 12:00-6:00pm

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. 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. 21000.307BR

Fri	3:00-7:00pm	Jul 5-Aug 2
ES - Music Room		J Oye
21000.308BR		
Sat	9:00-4:30pm	Jul 6-Aug 3
ES - Music Room		J Oye

COMMUNITY MOVIE NIGHT

SPECIAL COMMUNITY EVENT

Oz, the Great and Powerful

A great opportunity to kick off the summer by spending a night watching Oz, the Great and Powerful on a 40ft screen at the Britannia oval. Purchase some munchies from our vendors, bring a blanket to sit on, and enjoy the show. Movie begins at sunset, and some pre movie activities include local bands.

Saturday June 22 FREE Brit Oval Rated G
Movie approx. start time 9:00pm
Pre movie activities approx. start time 7:00pm



Daycamps

Funseekers Day Camp (6-12yrs)

*Registration is currently ongoing. If interested, you can register immediately. 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.

Special emphasis 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.

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.

Funseekers Cancellation Policy: Minimum 1 week notice required to for a refund. A \$5 admin fee will be charged per



class.

Mon-Fri	9:00-3:00pm	\$90/week
*Tue-Fri	9:00-3:00pm	\$72/week
Gym D		
26001.301BR*	Tue-Fri	Jul 2-Jul 5
Major Outtrip: Playland		
26001.302BR	Mon-Fri	Jul 8-Jul 12
Major Outtrip: Splashdown		
26001.303BR	Mon-Fri	Jul 15-Jul 19
Major Outtrip: Watermania		
26001.304BR	Mon-Fri	Jul 22-Jul 26
Major Outtrip: Spanish Banks Sandcastle Competition		
26001.305BR	Mon-Fri	Jul 29-Aug 2
Major Outtrip: Buntzen Lake		
26001.306BR	*Tue-Fri	Aug 6-Aug 9
Major Outtrip: Playland		
26001.307BR	Mon-Fri	Aug 12-Aug 16
Major Outtrip: Vancouver Aquarium		
26001.308BR	Mon-Fri	Aug 19-Aug 23
Major Outtrip: Watermania		
26001.309BR	Mon-Fri	Aug 26-Aug 30
Major Outtrip: Splashdown		



Playland Tickets

Playland ride passes available for \$25. \$10 cheaper than at the gate. Available for purchase at the Britannia Info Centre or Teen Centre. Valid until Sep 22, 2013. Not valid during The Fair Aug 17-Sep 2.

Preteen Adventure Camp (10-13yrs)

Spend the week out and about, discovering what Vancouver and the surrounding area has to offer. Be prepared for an action packed week of out trips, activities, and FUN. Lunch and snack must be brought daily. Special emphasis will be placed on the introduction 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. 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.

Adventure Camp Cancellation Policy: Minimum 1 week notice required for a refund. A \$5 admin fee will be charged per class.

Mon Tues Thur Fri:	11:00am-5:00pm
Wed:	9:00am-3:00pm
Teen Centre	\$125/week
26010.301BR	Mon-Fri Jul 8-Jul 12
Major Outtrips- Indoor Rock Climbing, Second Beach Pool, Splashdown	
26010.302BR	Mon-Fri Jul 15-Jul 19
Major Outtrips- Playland, Kits Beach, Watermania	
26010.303BR	Mon-Fri Jul 22-Jul 26
Major Outtrips- Skimboarding, Kayaking/ Canoeing/ Spanish Banks Sandcastle Competition	
Note: Fri Jul 26 will also be 9:00am-3:00pm	
26010.304BR	Mon-Fri Jul 29-Aug 2
Major Outtrips- Indoor Rock Climbing, Hillcrest Pool, Buntzen Lake	
26010.305BR	Mon-Fri Aug 12-Aug 16
Major Outtrips- Aquarium, Kits Pool, Castle Fun Park	
26010.306BR	Mon-Fri Aug 19-Aug 23
Major Outtrips- Skimboarding, Kits Watermania, Killarney Pool	

Earn-A-Bike Camp (ages 14-18)

Offers teens an opportunity to build their own bike in a week! It is intended for youth who do not have access to a bicycle. In the building process, teens will learn basic mechanical skills and develop a meaningful connection with their mode of transportation. For more information go to pedalpower.org. Contact the Teen Centre, 604.718.5828 to register.

Mon Aug 12 - Fri Aug 16

Summer Unlimited

Summer Unlimited is a unique program which offers recreational opportunities to youth 13-19 years with developmental delays. 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.

Registration and intake must all be approved by Summer Unlimited staff. Contact 604.718.5853 or su@vancouver.ca for more info. Waiver and medical forms must be completed.

LRC	10:00-4:00pm	\$125/5 sess	*\$100/4 sess
**\$125/4 sess includes overnight camp			
36601.301BR*	Tue-Fri	10-4:00pm	Jul 2-Jul 5
36601.302BR	Mon-Fri	10-4:00pm	Jul 8-Jul 12
36601.303BR	Mon-Fri	10-4:00pm	Jul 15-Jul 19
36601.304BR	Mon-Fri	10-4:00pm	Jul 22-Jul 26
36601.305BR	Mon-Fri	10-4:00pm	Jul 29-Aug 2
36601.306BR**	Tue-Fri	10-4:00pm	Aug 6-Aug 9



Recreation Unlimited

RU (Recreation Unlimited) is a unique inclusive program which offers young adults with developmental and or physical disabilities (19-28 years old) the opportunity to participate in an integrated, yet supported, social/recreational environment. As well as providing a 3:1 staff ratio, RU provides 1:1 peer volunteers. RU will run Mon 9:00-1:00pm T-F 9:00-3:00pm. All interested participants should contact Melanie Josephs Access Services (604.257.8500) prior to registration.

36605.301BR	Mon-Fri 9:00-3:00pm	Aug 12-Aug 16
LRC		\$125/5 sess
36605.302BR	Mon-Fri 9:00-3:00pm	Aug 19-Aug 23
LRC		\$125/5 sess

Community Ed. Summer At The Hub

Tech n' Rec Focus Camps

For more information, please call 604.713.8273. To register, please call 604.718.5800

Bring a Bag Lunch and Water Bottle. Drop-off and pick-up in Gym A & B

Each camp runs from Monday to Friday and has three or four hours of instruction in the chosen area. The other periods are reserved for quality recreational periods where students can enjoy minor games in the gym, arts and crafts and theatre sports. Classes begin at 9:00am and finish at 3:30pm. A short half hour lunch is scheduled.

Tech n' Rec Focus Camps

(Ages 7 to 9 on Jul 1st)

Mon to Fri • 9:00am - 3:30pm • \$75

*Tue to Fri • 9:00am - 3:30pm • \$60

For detailed blurbs on each Tech n' Rec focus camp, please pick up registration form at Britannia Info Centre.

Focus: Fibre Art

Create your own unique crafts by using a variety of materials through felting, weaving and knitting

23006.301BR Week 1* Jul 2-5

Focus: Crops & Critters

Learn the plant life cycle from seed to stomach. Plant and grow your own food!

23006.302BR Week 2 Jul 8-12

Focus: Busy Bee iPad's

Use the new iPad and the best educational 'apps' for kids

23006.303BR Week 3 Jul 15-19

Focus: Micro'bots (Robotics)

Learn basic electricity theory and circuitry enhanced by computer programs. Build your own robot!

23006.304BR Week 4 Jul 22-26

Focus: Clay Critters

Create your own garden critters in clay and other mixed media materials!

23006.305BR Week 5 Jul 29-Aug 2

Focus: Chess/Puzzles/Science

Learn logic, problem solving and visualization through chess puzzles and other math puzzles. For beginners or those with very little knowledge about tactics.

23006.306BR Week 6 *Aug 6-9

Tech n' Rec Focus Camps

(Ages 10 to 13 on July 1st)

Mon to Fri • 9:00am - 3:30pm • \$75

*Tue to Fri • 9:00am - 3:30pm • \$60

For detailed blurbs on each focus camp, please pick up registration form at Britannia Info Centre.

Focus: Animation with Claymation

Create your own movie set and clay characters and movie

23007.301BR Week 1 *Jul 2-5

Focus: Google Earth-Hide and Seek

Seek treasure, read google maps, use gps and more!

23007.302BR Week 2 Jul 8-12

Focus: Mad Science

Build contraptions out of every day materials, a new project each day!

23007.303BR Week 3 Jul 15-19

Focus: Clay Action Figures

Use clay and imagination to create action figures with a wide variety of mixed media materials

23007.304BR Week 4 Jul 22-26

Focus: Junior Spa Apothecary (Girls Only)

Breaking down chemical ingredients of day-to-day products to make your own healthy natural products for a recipe book!

23007.305BR Week 5 Jul 29-Aug 2

Focus: Basketball (Co-Ed)

Individual skill development with a focus on team play, for intermediate to advanced players

23007.307BR Week 5 Jul 29-Aug 2

Focus: Superbots

Design and construct your own 14-in-1 solar powered robot using OWI kits

23007.306BR Week 6 *Aug 6-9

Britannia O.R.C.A. Summer Adventures

- Outdoor Recreation and Creative Arts (where kids can be kids)
- The answer for working families during the summer months.
- Registration ongoing until program is full

Our O.R.C.A. summer adventure program is a continuation of our Out of School Care program for children ages 6-12yrs. Our weeks will have children experiencing the outdoors at neighbourhood parks local mountains, trails, beaches, pools and other City venues. We hike, bike, run, jump and scramble.

They will be doing art projects, cooking activities and drama. All staff are qualified and trained in first-aid. We recognize the UN convention on the rights of the child and incorporate them into our programming as the 3 R's - Rights, Respect and Responsibility.

More information about the summer calendar will be available on the web site once the summer program is set. Our summer program runs:

Mon - Fri 7:30am-5:45pm

These hours accommodate the working family. For more information on this and other childcare programs, call the Centre at 604.718.5800



Teen Centre

Teen Centre Summer Hours

Wed	5:30-9:30pm
Thu	5:30-9:30pm
Fri	6:00-10:00pm
Sat	6:00-10:00pm

A place in the community dedicated to youth. All youth from 13-18 years old are welcome. Youth, volunteers and staff work together to plan the activities and Programs in and around the Teen Centre. Feel free to pick up your copy of our summer activities calendar at the Teen Centre. If you do not see something you are interested in doing in our brochure don't hesitate to get involved- join in and make it happen! The Teen Centre is a place to Meet people. Get information or support - Share your ideas - Have fun Experience new things. Join in our youth committee to set direction for our youth programs. *Please note: a signed parent consent form is required for many of our programs. If you have any questions or concerns please call us at 604.718.5828 or e-mail us at brit_teen@hotmail.com.

Britannia Youth Committee

We are looking for youth who want to be involved! Give back to the community, initiate and follow through on community 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 the alleys in your community? Want to paint art in community spaces? Then get involved in our anti graffiti project. We'll be both painting over tagging in our neighborhood and planning community art projects. In partnership with the City of Vancouver. Call Tom at 604.718.5826 for more info.

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

For youth ages 10-16. 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 Jul 5, Aug 2

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 can kick back and talk with friends, 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 or on Facebook at "QMUNITY Gab Youth".

Thu 4:00-6:00pm Free
Rink Mezz

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 Free
Rink Activity Room/Patio

Summer Out Trips

The Britannia Youth Project will be running a series of out trips in Jul and Aug. Some activities include Splashdown and Cultus Lake waterslides, mountain biking, canoeing, picnics at the beach, swimming, movies and much more. Pick up our more detailed summer pamphlet at the Teen Centre now. Pre-registration for these trips is necessary and parents must sign consent forms. Space is limited and youth will be accepted on a first come, first serve basis. Participants are encouraged to plan ahead and bring any things that they think they might need for the trip they're going on. Some examples would be: a hat, sunscreen, water, food or money for food, etc. All registration handled at the Teen Centre. The cost of the outings should not prevent any youth from participating, so let staff know.

Major Day Trips at a glance:

Paint Ball - \$10		
Tues	10:00am-5:00pm	July 9
Castle Fun Park - \$10		
Mon	10:00am-5:00pm	July 15
Cultus Lake Waterslides - \$10		
Thurs	9:00am-5:00pm	July 25
Paddle Boarding - \$10		
Tues	10:00am-5:00pm	July 30
UBC Ropes Course - \$10		
Fri	12:00-4:00pm	Aug 9
Playland - \$10		
Fri	10:00am-5:00pm	Aug 16
Splashdown - \$10		
Mon	10:00am-5:00pm	Aug 26

Playland Tickets

Playland ride passes available for \$25. \$10 cheaper than at the gate. Available for purchase at the Britannia Info Centre or Teen Centre. Valid until Sep 22, 2013. Not valid during The Fair Aug 17-Sep 2.

Youth BBQ's

Every Friday in the summer, the Teen Centre will host a free BBQ, 6:30-8:30pm. Hot dogs, chips, juice snacks. Stop by, grab some food and play some pool, foosball and video games.

Colour Me Rad 5KM Run

Start out with a clean white t-shirt throughout this 5km run. You'll coat yourself with colour bombs of blue, green, pink, purple, and yellow until your face, shirt, and body are covered! Call 604.718.5828 for more info. Must pre-register by July 27.

Sat Aug 3 \$10

Youth Camp Trips

The Great Escape Outdoors Club (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.

Approximately one week before each camping trip is a mandatory pre-trip meeting. This is your opportunity to get your equipment checklist, help to plan the menu, meet the group and leaders, and find out more activity details. 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 is funded by the CKNW Orphans Fund. If you have any questions please call staff at 604.718.5828.

Please note: If you do not attend the pre-trip meeting, your spot may be given to someone on the waitlist who attends the meeting.



Diversity Camp

Spend three days doing activities and having discussion about diversity, human and children's rights, anti-discrimination, respect, inclusion, fairness, and peaceful conflict resolution. Youth must be willing to participate, discuss, and share in all activities. We will be using activities from the "Play it Fair" and "Speaking Rights" toolkit which promotes the values of children's rights, followed by a discussion of what they felt, thought and learnt. Every child has the right to know their rights. Camp will be held in Manning Park.

TBA \$60/Trip

Girls Surfing Trip

This all girls' camp is the chance to build confidence in a safe, fun and supportive environment – while learning to surf! We will be heading to Tofino where we will be camping and participating in different leadership activities.

Tue-Fri Jul 23-Jul 26 \$60/trip

Indian Arm Canoe Trip

Located off North Vancouver this saltwater fjord has three campsites each with a different character. Our preferred campsites are 18 km up the Arm with great views, open grass campsites and one with a waterfall. For your enjoyment, and that of the group, we strongly urge participants to attend the canoe day trips in order to gain the necessary paddling skills.

Sun-Tue Jul 21-Jul 23 \$40/trip

Hiking Day Trips

Weather appropriate footwear and clothing, lunch, snack, water, and sun screen required for each trip. Completed consent forms required. Register for the following at the Britannia Teen Centre, 604.718.5828.

Stawamus Chief Day Hike

Come along for a challenging but very rewarding day hike to the peak of Stawamus Chief, south of Squamish. Standing on top of the impressive granite giant offers magnificent views of Howe Sound, Squamish, and surrounding mountains.

Thu Jul 18 10:00am-5:00pm \$5

Grouse Grind Day Hike

Taking you from the base of the mountain to the very top in just 850m, the Grouse Grind trail provides a steep but short hike for anyone who's keen. Once at the top we'll eat our lunch and visit the two grizzlies before taking the tram back down.

Thu Aug 1 1:00pm-4:00pm \$5

Diez Vistas Day Hike

Spanish for "ten views", the Diez Vistas Trail is aptly named. Offering spectacular views of Vancouver's waterways and mountains to the south, Indian Arm to the west, and a view of South Beach and Eagle Ridge to the east.

Thu Aug 29 9:00am - 4:00pm \$5

Canoeing Day Trips

Weather appropriate footwear and clothing, lunch, water, and sun screen required for each trip. PFD's are required and will be provided. Completed consent forms required. \$5/activity

Buntzen Lake Canoe Daytrip

Join us for a fantastic paddle trip as we explore the beautiful wilderness areas along Buntzen Lake in Belcarra. The park features beautiful mountain views, beaches and clear water

Sat Jul 6 10:00am - 5:00pm

False Creek Canoe Daytrip

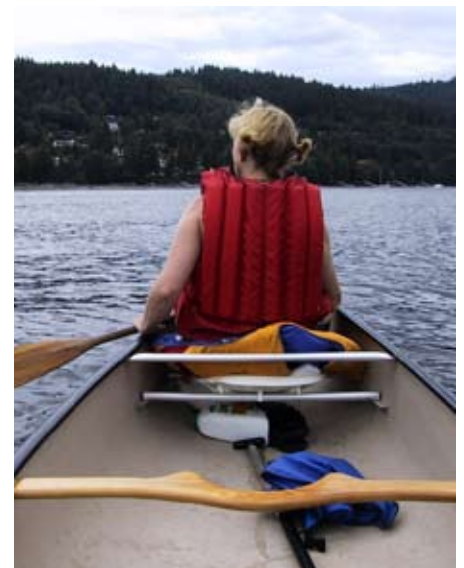
See downtown and Granville Island from a different perspective! We will leave from Vanier Park, paddle under the Burrard Bridge, amongst the yachts, Telus World of Science and a stop at the Granville Island market for a treat.

Sat Jul 13 10:00am - 5:00pm

Indian Arm Canoe Daytrip

We'll paddle up the Indian Arm fjord, exploring coastal areas and islands along the way. We'll stop to eat our lunch at Jugg Island beach.

Wed Aug 21 10:00am - 5:00pm



Youth Sports

Basketball (10-12yrs)

Learn the game and develop skills. This program is open to boys and girls, of all skill levels. No session Aug 4.

23011.301BR

Sun 12:00-1:45pm Jul 7-Aug 18
Gym C Mark \$21/6 sess

Basketball Open Gym

For 13-18 year old players only.

Fri 5:00-6:50pm Jul 5-Aug 30
Gym C Free

Heatwave Classic Basketball Tourney

The HeatWave Classic combines basketball and entertainment to create an all day community party for Vancouver's East Side youth. The event features a 3-on-3 tournament and skills contest for the youth, musical performances, BBQ and an adult celebrity game. The goal of The HeatWave Classic is to raise support for the youth in Vancouver to participate in athletics, arts and other positive and productive activities. The event is co-sponsored by DLMK Management & Killawatt Records.

Sat 10:00-8:00pm Jul 6
Gym D Free

Ball Hockey Drop-in

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

Wed 5:30-7:00pm Jul 3-Aug 28
Gym D \$Free

Indoor Soccer Drop-in

For 11-18 year old players only.

Tue 5:30-8:00pm Jul 2-Aug 27
Gym D Free

Dodgeball Tournament July 27th

The JDRF (Juvenile Diabetes Research Association) Annual Dodgeball tournament is taking place at the Richmond Olympic Oval, players should expect a day full of fun, prizes and live entertainment, all while raising funds for a worthy cause. Contact the Teen Centre, 604.718.5828 for more information or to register.

\$5/per player Olympic Oval

Intro to Fencing (14-18yrs)

The ancient art of sword duelling has grown into the fast and exciting Olympic sport of Fencing. We will learn to fence in a fun and safe environment, develop skills of attack and defence, and compete in tournament-style bouts. Both novices and experienced fencers are welcome! All equipment is provided. Court running shoes and track pants recommended.

33007.301BR

Thu Jul 11-Aug 29 6:00-8:00pm
LaSalle M. Burke \$57.15/8sess

Outdoor Sports

Intro to Skimboarding

This is an introduction to the sport of skimboarding. Our Instructors will teach you the proper technique of "Throwing" the board and skimming across the sand, and can even be introduced to basic manoeuvres such as "180's" and "Shuvit". The possibilities are endless and are only limited to a riders imagination and creativity. Cost includes transportation, and 2 hour lesson and rental. Additional time after will be spent hanging out at Jericho Beach. Bring lunch, snack, water, sunscreen and swim clothes. Completed waiver forms required.

33501.301BR

Tue 11:00-5:00pm Jul 23
\$40/sess

33501.302BR

Tue 11:00-5:00pm Aug 20
\$40/sess

Geocache Hunters

What is Geocaching? Geocaching is an outdoor recreational activity, in which the participants use a GPS to hide and seek containers, called "geocaches" or "caches" (a small waterproof container containing minimally a logbook but many times little trinkets to trade). We will learn how to use the geocaching website to locate geocaches in the Lower Mainland, load them into our GPS's, and go hunting for them. We will start off within walking distance of Britannia to learn the basics before exploring further afield. Please call 604.718.5828 for more information.

Duke of Edinburgh Award

This prestigious and internationally recognized award is sponsored by Prince Phillip of England. It involves volunteering, physical activity, learning a hobby and completing an expedition. We are also currently recruiting new participants. Call Barry at 604.718.5828 for more information.

Duke of Edinburgh Award Qualifying Journey

We are seeking youth who are looking to fulfill their Qualifying Journey portion of their Award. While this date spans four days, a Gold level length, this expedition is also open to youth who are working on their Bronze or Silver Awards (the extra night can cover the practice journey requirements if necessary). Participating on this expedition involves attending planning meetings and at least two canoe day trips (see below).

Cost includes two guides (one trained in Advanced Wilderness First Aid), all camping related equipment, transportation, and food. The final cost will be dependent on the final number of participants and the mode of travel chosen - usually around \$300. Any applicable practice journey(s) are not included in this cost. Register your interest and to get on our email list ASAP for this expedition by contacting Barry at barry.skillin@vancouver.ca with your name, age, telephone number, and current award level. If you are currently not registered with the Duke of Edinburgh's Award but are curious about this international recognized program visit their website at dukeofed.org or speak with Barry at 604.718.5828

Mon-Thur Aug 19-Aug 22
\$300

COMMUNITY EVENT!

Making Place - Sharing Space

We would like to invite you to join us in a dialogue on how to best share our public spaces with our diverse communities. We are responding to complaints from the community regarding what should and should not be happening on our site and in our parks - noise or urban sound scape, public nuisance or youth culture, law enforcement and surveillance or community intervention.

Wednesday June 19
Britannia Community Centre
6:00pm - 9:00pm

Food and Light Refreshments provided
For more information e-mail
info@britanniacentre.org

Latin American Youth

Latin American Youth Program (LAYP)

Programa de Jóvenes 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.figueroa@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.

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

Come and hang out with other girls your age! Meet new people, chit 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

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.

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 1:30-5:30pm. 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

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

Evento gratis de Nadar/ Free Youth swim

Fri Jul 5, Aug 2 8:00pm – 10:00pm
Gratis/Free

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

Beach Soccer Team (U16)

For all you soccer lovers! If you are under 16yrs and would like to play for our male beach soccer team please contact 604.718.5829. The tournament takes place at Spanish Banks beach the weekend of August 10th and 11th and cost is \$15 per player. Practice days are still to be announced but will be held at the Locarno beach. Buscamos nuevos jugadores para nuestro equipo de fútbol para el torneo de la playa. El torneo de playa se llevara cabo los días 10 y 11 de Agosto en la playa de Spanish Banks la inscripción por cada jugador es de \$15. Los días de entreno se les comunicara mas adelante pero serán en la playa de Lacarno. Para mas información llame al 604.718.5829.

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 Aug 3

Saturday/Sábados Jul 20-Aug 24
10:00am-1:00pm Rm: Teen Centre
\$50/5 sess

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 Jul 4-Aug 29
AML Free

Art Therapy Workshops

Self Inquiry Through Art

This Art Therapy 'Summer Camp' is an opportunity to intimately track images from the unconscious in art and dreams over a five day period. This sustained attention to our inner life offers a unique perspective that sheds light on deeper processes that lie behind our creativity. No experience required. Simple mark-making activities will be offered by the facilitator.

42315.301BR
Mon-Fri 1:00-5:30pm Jul 8-Jul 12
A/Crafts Rm S Ruebsaat

Awakening the Dream Through Art Making

Dreams and art both tap into the healing dimension of the unconscious. Through art making we can come into relationship with the images in the dream and work with them as a living process rather than a static image to be interpreted. This workshop is framed within an archetypal perspective that draws on the vast resource of the images of the Collective Unconscious. No experience required. Simple mark-making activities will be offered by the facilitator.

42304.301BR
Sun 1:00-5:30pm Jul 21
ES - Arts & Crafts Room S Ruebsaat

A Mythopoetic Inquiry

As we engage our story, our myth? through image and narrative, the possibility of a different way of being in the world and within ourselves can emerge that moves beyond our literal history and into re-embodiment experience. No experience required. Simple mark-making activities will be offered by the facilitator.

42304.302BR
Sun 1:00-5:30pm Aug 18
ES - Arts & Crafts Room S Ruebsaat

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 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!

41615.301BR
Beginners
Tue 7:30-9:00pm Jul 2-Aug 20
Gym C C Reyes Pena \$120/8 sess

41615.302BR
Intermediate 1
Wed 7:30-9:00pm Jul 3-Aug 21
Gym C C Reyes Pena \$120/8 sess

41615.303BR
Intermediate 2
Thu 7:30-9:00pm Jul 4-Aug 22
Gym C C Reyes Pena \$120/8 sess

41615.306BR
Advanced
Fri 7:00-8:30pm Jul 5-Aug 23
Rink Mezz C Reyes Pena \$120/8 sess

Please Do Your Doo-Doo-Duty!

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.



Music

Carnival Band Workshops

Looking for an excuse to dust off that horn, drum (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. A current Britannia membership is required to enroll in this program. A membership (\$3) can be purchased in person, or by contacting the centre at 604.718.5800

61901.303BR
Mon 7:30-10:00pm Jul 8-Aug 26
AML D Vital Free



The Drive Street Band

This is a community music band that anyone can be in. We play songs ranging from marches, old timey songs to 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. We have four musical co-directors. Stop by anytime and come listen. For more information contact: drivestreetband@gmail.com www.drivestreetband.com \$2-\$5 donation at the AML (55+Centre) A current Britannia membership is required to enroll in this program. A membership can be purchased in person, or by contacting the centre at 604-718-5800.

61122.303BR
Sun 3:00-5:00pm Jul 14-Sep 1
AML Drive Street Band

Britannia Art Gallery

20th Anniversary 1993-2013

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

Exhibitions

"The Sky Beneath" Judith Fairwood

"Artistic Expressions by Inner City Youth"
Elizabeth Joe - 2012 East Feast Award Winner

Jun 5-28

"Acrylic and Oil Paintings"
Angela Strechlen

"Intentions"- Afuwa

Jul 3-Aug 16

Artist Talk

Wed Jun 12 7:00pm
Judith Fairwood

Workshop

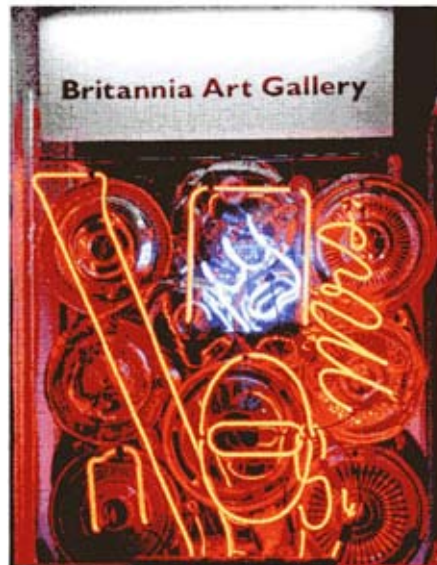
42920.201BR
Sat Jun 15, 1-4pm - Laura Bucci
contact: laura@laurabucci.com

Laurent Molet



An Open Call To Artists

The Britannia Art Gallery is accepting submissions for its 20th Anniversary Exhibition "Then and Now."



SUBMISSIONS DEADLINE:

Friday, June 28th 2013 5:00pm

EXHIBITION: Sep 4-11, 2013

This is an anonymous exhibition and fundraiser for the gallery.

CLOSING GALA AND SALE:

Wed Sep 11, 6:00-9:00pm

Up to two pieces each submitting artist

Dimensions of each piece: 8"H X 8"W X 1.5"D

*no extensions beyond these dimensions

Artist's signature – only on the back of the work only

All works for sale @\$93. (gallery began in 1993)

*50/50 split between artist and gallery, gallery pays the tax

Exhibition full colour publication will contain the artists' names, titles, images of work and a short artist statements

Applications and full details are available online at www.britanniacentre.org/services/arts_and_culture.php or in the gallery itself on top of the news stand and at the Britannia Information Centre.

Britannia Art Gallery
1661 Napier Street (in the library)
Vancouver, BC V5L 4X4
www.britanniacentre.org
604.718.5800 brtnngallery@gmail.com

Grandview Woodland Food Connection (GWFC) in partnership with Britannia Community Centre is pleased to offer the following food programs. Please call the GWFC for more information @ 604.718.5895

Nutrition Counseling Service

Nutrition counseling services by a certified holistic nutritionist and herbalist will be available for under-served residents and open to all community members on a sliding scale basis. This service is aimed at helping you navigate the food choices available in our area and choose the foods that are best suited for your health, taking into consideration any health issues or goals you may have. Improved eating habits can help boost your physical and mental health. This service also aims to help connect residents to affordable, accessible, healthy food programs and options. Service available Wed, 6-9pm at Britannia. Contact Nikoo Boroumand at info@healinggardenswellness.com to book an appointment. **For more information, visit healinggardenswellness.com**

Britannia Community Kitchen

Community Kitchen participants come together 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. The Britannia Community Kitchen project will feature diabetic friendly cooking designed to meet the needs of individuals with diabetes or at risk of diabetes. These kitchens are fully subsidized and open to individuals who are struggling financially. Donations are accepted. Childminding available. For more information contact GWFC @ 604.718.5895

Grandview Woodland Food Connection Kitchen Equipment Library

Canning Kits to Lend

The Grandview Woodland Food Connection has available two canning kits to lend to community members interested in home canning. These are boiling bath canners including 21 quart canner, canning rack, jar lifter, funnel, and lid lifter. Free, but donations for use are accepted. For more information contact the GWFC @ 604.718.5895

Food

Canning Basics

Learn the basics of canning and preserving food. No experience necessary. Learn about supplies and kitchen prep, how to prep fruits & veggies, safe canning methods, and other tips & strategies for canning at home! All participants will walk away with their own canned treat made during the evening.

44813.302BR
Mon 6:30-9:00pm Jul 15
PTC I. Marcuse \$10/1 sess

Mindfulness Tea: How to Eat Your Way Out of Stress

If our bodies are stuck in high stress we cannot eat and digest properly, we also may eat poorly and eat too much! Along with information on the physiology of the brain and body during the stress response, there will be a guided mindfulness experience of every bite of a variety of delicious food by Ayira Heart a Registered Professional Counsellor who specializes in Stress and Trauma. You get to enjoy letting go of stress!

44813.301BR
Sun 5:00-7:00pm Jul 28
LRC A Heart \$12/1 sess

All About Sprouts

Come learn about the amazing benefits of living sprouts and how to incorporate them into your daily diet for just pennies a day. This workshop will cover the health benefits of sprouting, methods and recipe ideas for breakfast, lunch and dinner. Cost includes one sprout starter kit, sample snacks and lots of fun.

44813.304BR
Sat 3:00-5:00pm Aug 10
PTC K. O'Block, JP. Bertina \$12/1 sess

Gardening

Fruit Tree Pruning

Help your trees produce better crops through summer pruning. We'll discuss the art and science of shaping trees to increase fruit size, colour and taste. Led by Tree City Executive Director David Tracey, this workshop offers a hands-on look into techniques that have been used for generations to enhance fruiting in apples, pears and plums.

45501.301BR
Thu 6:30-8:00pm July 18
Brit Garden D Tracey \$15/1 sess

Sheet Mulching and Edge Garden Integration

Anytime is a good time to start a garden, and it is especially fun in the sun. We will be finding nooks and edges to start a big new plot. A lasagna garden is easy to make by layering organic matter, allowing time to break down the grass underneath, and all the matter we layer on top. If can dig soil from pathways that can be a good way to get extra soil. We will plant field peas and other nitrogen fixers to fix nitrogen naturally.

45501.302BR
Wed 5:00-7:00pm July 3
Brit Garden J. Whitelaw \$15/1 sess

Soil Building and Caring for Worm Boxes

Soil can be made from many different types of organic matter. We can help it decompose in many ways, and also find a lot around in 'waste streams' though it can still be organic and ready to use. What do worms love? How can we make monstrous veggies and harvest year round? This workshop will also have an introduction to your local food network, a place to really get in touch with your community, food and environment.

Wed 5:00-7:00pm July 10
Brit Garden J Whitelaw \$15/1 sess

Winter Garden - Soil Building

Summer is the time to plant a winter garden! "And don't think the garden loses its ecstasy in winter. The roots down there are riotous!" - cabbages, onions, leeks, carrots, brussels, broccoli and many more can be in your garden to feed you through even the coldest seasons in our climate. Come join your community and take home a plant or two.

45501.303
Wed 5:00-7:00pm July 17
Brit Garden J. Whitelaw \$15/1 sess

Fertilizing Naturally

Would you like to produce healthy vegetables from scratch? Without the use of fertilizers, we can still grow big veggies, and they will be much healthier, too. With a few tried and true techniques, using natural systems and plants, we can feed our plants and ourselves naturally and organically, promoting healthy body systems, and a healthy mind.

45501.305BR
Wed 5:00-7:00pm Jul 24
Brit Garden Jill TBA \$15/1 sess

Iyengar Yoga

Sample Iyengar yoga classes during a mini summer session. Regular yoga teacher Claudia MacDonald has invited guest instructors to conduct these classes while she is on vacation and will resume teaching in September. Teachers subject to change.

All Levels - 1/2/3

new students welcome, 16.65/drop-in
44303.302BR
Tue 9:30-11:00am Jul 2-Aug 6
CFEC S. Bull \$87.30/6 sess
44303.305BR
Tue 6:00-7:30pm Jul 2-Aug 6
CFEC G. Primerano \$87.30/6 sess

Gentle

For students requiring a gentle paced class. All ages and levels welcome.
 \$16.65/drop-in

44303.303BR
Wed 6:00-7:30pm Jul 10-Aug 7
CFEC K. Morgan \$72.75/5 sess

Yogaflex

This 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 for more information. Please bring your own mats to this class. Its only \$6/per class to register. \$9.40/drop-in.

44100.301BR
Sun 10:15-11:15am Jul 7-Jul 28
Gym C C Stevens \$26/4 sess



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



Adults Fitness

Body Conditioning-All levels

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. Purchase drop-in tickets at pool office. \$39.40/10 tickets

43901.302BR
Tue 6:00-7:00pm Jul 2-Aug 20
Gym C A Riley \$4.75/drop-in

Cardio Dance Fusion

This class is designed to increase your cardio levels and get fit with simple Latin, Funk and Reggae moves all fused together. \$39.40/ 10 tickets

43902.301BR
Thu 6:00-7:00pm Jul 4-Aug 22
Gym C A Riley \$4.75/drop-in

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. An excellent workout for the entire body. All levels welcome. No session Aug 5. \$39.40/10 tickets

43901.301BR
Mon 7:30-8:30pm Jul 8-Aug 19
Gym C Z Lopresti \$4.75/drop-in

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 39.40/10 tickets. No class Aug 3

43901.303BR
Sat 10:00-11:00am Jul 6-Aug 24
Gym C V Zumba \$4.75/drop-in

ZUMBA® Fitness

Combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Uses a variety of styles including cumbia, meringue, salsa, and much more. Bring your own mat if possible. \$10.30/drop-in. More info at <www.zumbavancouver.ca>

43905.302BR
Mon 6:00-7:15pm Jul 8-Jul 29
Gym C D Galay \$31.90/4 sess

43905.304BR
Wed 6:00-7:15pm Jul 3
Gym C D Galay FREE

43905.305BR
Wed 6:00-7:15pm Jul 10-Jul 31
Gym C D Galay \$31.90/4 sess

Martial Arts

Health Qigong

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 great for managing chronic diseases. The program will also include breathing techniques and acupoint techniques. No session Aug 3. \$2.50/drop-in.

43501.306BR
Sat 9:15-11:00am Jul 6-Aug 17
Cafe A Li \$9.50/6 sess

Intro to Tai Chi

Tai chi is a Martial Art which uses the soft to defeat the hard. It is a study of natural movement and structural alignment to optimize the flow of energy, Qi, in the body. Balancing Yin and Yang energy, it has been shown to confer both mental and physical health benefits. In training, we slow down to examine our movement and posture, to heighten our awareness, and to cultivate internal power suitable for all fitness levels. No class Aug 5, 12, 19. \$14.05/drop-in.

43505.303BR
Mon 8:00-9:00pm Jul 8-Aug 26
Gym D K Maclean \$60/5 sess

Tai Chi: Chen Style 56 Form Part 2

Chen Style is the oldest style of Taiji, emphasizing spiraling energy and expressing explosive power. In this course, we will be studying the second part of the standardized competition routine known as the 56 Form. Part 2 \$14.05/drop-in (must be approved by instructor before purchasing). No sessions Aug 5, 12, 19.

43505.302BR
Mon 7:00-8:00pm Jul 8-Aug 26
Gym D K Maclean \$75/5 sess

Tai Chi-48 Form Part Two

The 48 Form combines Yang, Chen, Sun, and Wu styles of Tai Chi. This is a nicely balanced form, with many movements performed on both the left and right sides. In this course, we will study the second part of the 48 Form. Part One is prerequisite. No sessions August 5, 12, 19. \$14.05/drop-in (must be approved by instructor)..

43505.301BR
Mon 6:00-7:00pm Jul 8-Aug 26
Gym D K Maclean \$60/5 sess

Ki Aikido

A non-competitive and positive practice that develops calmness, stability and confidence to reduce the stresses of daily life. We work with partners to learn how to develop mind/body coordination, stay relaxed & centered under pressure, flow lightly in dynamic circular movements. Take one free class any time. www.canadiankifederation.com

General
 All levels including beginners. \$10/drop-in. No session Aug 4

43501.301BR
Sun 3:00-5:00pm Jul 7-Aug 25
Mat Rm L Louis \$42/7 sess

Intermediate
 New students should have attended General or Women's class for at least 3 months. \$10/drop-in.

43501.302BR
Wed 7:30-9:30pm Jul 3-Aug 28
Mat Rm W Nagata \$54/9 sess

Higher Grade
43501.303BR No session Aug 5. \$5/drop-in.
Mon 7:30-9:30pm Jul 8-Aug 26
Mat Rm W Nagata \$21/7 sess

Women's Intro Class

Intro class: all levels welcome. Take one free class any time, class is trans-inclusive. \$7.50/drop-in.

43501.304BR
Wed 6:00-7:15pm Jul 3-Jul 31
Mat Rm E Aspinwall \$25/5 sess

Traditional Kung Fu

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you 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 Aug 5

Beg.
Fri class is 5:00-6:15pm in Gym D.
63508.301BR
Mon/Fri 4:30pm-5:45pm Jul 5-Aug 9
CFEC M Lung \$77/10 sess

Inter.
Fri class is 5:00-6:30pm in Gym D
63508.302BR
Mon/Fri 4:30-6:15pm Jul 5-Aug 9
CFEC M Lung \$87/10 sess

Adv.
Fri class is 5:00-7:00pm in Gym D
63508.303BR
Mon/Fri 4:30-6:30pm Jul 5-Aug 9
CFEC M Lung \$92/10 sess

Adult Sports

Badminton - Fri

Total of 30 spaces (registered & drop-ins)
Drop-ins space permitting. \$4.75/drop-in.

43412.302BR

Fri 7:00-9:45pm Jul 5-Aug 23
Gym C A Leung \$35.60/8 sess

Badminton - Sat

Total of 30 spaces (registered & drop-ins)
Drop-ins space permitting. \$4.75/drop-in.

43412.303BR

Sat 1:30-5:00pm Jul 6-Aug 24
Gym C A Leung \$35.60/8 sess

Badminton-Mon

Total of 36 spaces (registered & drop-ins)
Drop-ins space permitting. \$4.00/drop-in.
No session Aug 5.

43412.301BR

Mon 7:30-9:30pm Jul 8-Aug 19
Gym A/B B Wong \$22.50/6 sess

Basketball

No drop-ins. No session Aug 4

43405.306BR

Sun 2:00-4:00pm Jul 7-Aug 18
Gym C S Yan \$21.10/6 sess

No drop-ins. No session Aug 4

43405.307BR

Sun 4:00-6:00pm Jul 7-Aug 18
Gym C S Anderson \$21.10/6 sess

Women's Summer Soccer Scrimmage League

Season Reg.

We organize and balance the teams each week. Skill warm up. Small sided games (7 v 7). Make new friends. We encourage fair play and fun to allow creative play for players of all levels. Great way to stay in or get in shape throughout the summer. To keep atmosphere energetic and fun we often play music. Players who register for full session before Jun 1st receive a free T-shirt.

43015.301BR

Tue/Thu 6:30-8:00pm Jun 25-Aug 29
Temp C Serwetnyk \$135/20 sess

10 Visits

For players that cannot register for every session. Please bring your receipt to your first session and give to Carrie, she will keep track of how many times you have attended the program. The 10 visits fee will not include a T-shirt.

43015.302BR

Tue/Thu 6:30-8:00pm Jun 25-Aug 29
Temp C Serwetnyk \$95/10 visits

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.

43407.301BR

Tue 7:30-9:00pm Jul 2-Aug 27
LFS M Burke \$67.50/9 sess

Volleyball - Beg

Beginners - 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/drop-in space permitting.

43413.301BR

Thu 7:00-9:45pm Jul 4-Aug 29
Gym A/B R LeBlanc \$33.75/9 sess

Volleyball-Inter

We work on Specialized game play. If you have the 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/drop-in space permitting

43413.302BR

Tue 7:45-10:00pm Jul 2-Aug 27
Gym A/B R LeBlanc \$33.75/9 sess

Spirituality

In Tune With Spirit

A transformative 9 week 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 bring a yoga mat to class. For more information www.sujithravindran.com or e-mail the instructor at Sujith@bluetempleacademy.com.

41903.301BR

Thu 7:15-8:45pm Jul 4-Aug 8
CFEC S Ravindran \$67.50/9 sess

Teaching Mindfulness

Are you interested in teaching mindfulness or incorporating mindfulness into what you are currently teaching? This class provides guidance on how to start teaching mindfulness. For those who are already teaching mindfulness, this class guides how to develop the skills and knowledge further. For more info, visit LearnMindfulness.org.

45419.301BR

Mon 7:00-8:30pm Jul 15
CFEC S Yang \$15/1 sess

Mindfulness in one day

Learn essential mindfulness skills with simple and easy instructions in one day. Our lives are mostly spent thinking about the past or future. So we often miss what is happening in the present moment. Diminished awareness of the present moment severely limits our ability to live to the fullest. Mindfulness is about living consciously rather than living on autopilot. Learn mindfulness and enhance your life. Learn mindfulness and enhance your life. For more info, visit LearnMindfulness.org.

45419.303BR

Sat 10:00-4:00pm Jul 20
RM 204 S Yang \$25/1 sess

Outdoor Trips

Buntzen Lake Canoeing

Located east of Indian Arm this BC Hydro lake is a great paddle location. All equipment and transportation included.

45701.301BR (minimal experience required)

Sun. Jul 7 9:00 am-4:00 pm
\$40

Pitt Lake Canoe Trip

We will canoe over 35k over the weekend. Cost of the trip includes cost of the guides, canoes and camping equipment. Pre trip meeting on Jul 15 at 7:00pm in the Info. Centre.

45701.302BR (must have experience)

Fri. Jul 26-Sun. Jul 28 \$130/person

Indian Arm Canoeing

Indian Arm is a very popular canoeing and kayaking destination with its large sheltered cove for learning, rich tidal zones, nearby islands, "house watching" and possible seal and jellyfish sightings. All canoe related items are provided including a "dry bag" to keep your items dry and secure.

45701.303BR (minimal experience required)

Sun. Aug. 11 9:00 am-5:00pm
\$40

Magpie's Nest Community Art Space

Sat and Sun, Jul 6 and 7, 1:00-4:00pm
Britannia Centre, Al Mattison Lounge

Join us for a community art event, free workshops exploring creativity with fabric and nature include printmaking using flowers. Express yourself along with your family and community members. All ages are invited. All materials are provided, but if you want to include your own nature and fabric treasures, please do.

Preregister through: [Facebook.com/communityartspace](https://www.facebook.com/communityartspace) or paddi@magpiesnest.ca
Drop-ins are also welcome space permitting.

Artful Sundays 2013

An outdoor, multimedia, visual arts market featuring the work of local artists, live music, artist demonstrations and workshops, community groups, special events, the Artful Sundays Cafe and more!

Artful Sundays opens on Aug 11 featuring Vancouver Cooperative Radio: Annual Books and Records Fundraiser

Sun Aug 11th-Sep 1st 12:00-5:00pm
Napier Greenway (Napier Street @ Commercial Drive)

Pick up 2013 Application Forms at the Britannia Information Centre or email Katherine Polgrain - courage@vcn.bc.ca

Private Garden Tour of East Vancouver

This self-guided tour will take you into some of the more creative and special gardens in East Vancouver. Visit a dozen or so gardens as well as several public spaces which have been "greened" by East Vancouver residents. Jointly sponsored by Britannia Centre, Britannia Neighbours and Figaro's Garden Centre. Register early, as tickets are limited. Purchase tickets in advance, in person at Figaro's Garden and Britannia Centre (1661 Napier Street) or on-line www.britanniacentre.org or by phone to 604-718-5800. On the day of the tour, pick up your map at Figaro's Garden, 1896 Victoria Drive. For more information on the tour, visit the Garden Tour website at <http://eastsidegardentour.blogspot.ca/>.

65610.302BR
Sun 10:00-4:00pm Jun 16
Offsite \$12/1 sess
Britannia Neighbours In Action

Computer Classes and Technology

All our Classes resume in September *look for Social Media, Digital Photography In English, Cantonese and Mandarin

Programs & Drop-in Centre

Programmer: Anne Cowan Jackson
604.718.5837

Office Hours: Mon/Thu 10:00am-6:00pm
Wed 10:00am-2:00pm

Open 7 days a week

We meet on the last Thu of the month at 1:30pm in the AML 55+ Centre. We plan events and programs for older adults in our community. New ideas and members welcome! Summer 2013 - Jul 25, Aug 29

Vietnamese Seniors Program

Programmer: Luong Ho 604.718.5818

Office Hours: Mon-Fri 9:00am-5:00pm
Drop-in Hours: Tue 10:00am-4:00pm
Fri 10:00am-1:00pm

Physical Activities

Beginners Line Dancing 55+

This fun and relaxing beginners class will keep you fit and smiling.

52901.300BR
Tue 1:00-2:00pm Jul 2-Aug 27
CFEC Kimen Rogers \$18/9 sess

Line Dancing II

This class is for those who know the moves.

52901.301BR
Tue 2:30-3:30pm Jul 2-Aug 27
CFEC Kimen Rogers \$18/9 sess

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.

Tue 7:30-9:30pm Jul 2-Aug 27
AML

Badminton 55+ Sat

Volunteer Wally Lee and all our regulars will make you welcome.

52103.301BR
Sat 2:00-4:00pm Jul 6-Aug 31
Gym A W. Lee \$16/season

Badminton 55+ Thu

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

52102.302BR
Thu 11:45-1:30pm Jul 4-Aug 22
Gym B \$16/season
*Please note change of gym for the summer season.

Badminton 55+ Tue

Every Tue, lots of fun! 5 courts. Volunteer Wally Lee and all our regulars will make you welcome. \$16/season or \$3/drop-in

52100.302BR
Tue 11:45-1:30pm Jul 2-Aug 20
Gym B \$16/season
*Please note change of gym for summer 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. 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.

54100.301BR
Thu 10:30-11:30am Jul 4 - Aug 8
CFEC L Hutter \$45/6 sess

Gentle Yoga 55+ Mon

Classes are adaptable-everything from a series of restorative asanas (poses) to Vinyasa flow (regular Hatha). Restorative yoga is sequenced to gently open, stretch and massage tired, overworked, or stressed muscles and deep connective tissues. 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.

54101.301BR
Mon 2:00-3:15pm Jul 22, Jul 29, Aug 12
CFEC G Smythe \$24/3 sess
54101.303BR
Wed 2:00-3:15pm Jul 10-Aug 14
CFEC G Smythe \$48/6 sess

Social Programs

Cards Whist/Cribbage/ Bridge & Poker

Welcome for fun and friendly games. (No Cards Stat Holidays)

52204.300BR

Mon 1:00-4:00pm Jul 8-Aug 26
AML N Instructor FREE

Knitting Social

NEW DAY - WED - Everyone is welcome to join this multi-age group! (Newborn to 90's). Beginners to Advanced. It's a great way to spend the afternoon. Our fantastic Irene (Volunteer) Please Register

52201.300BR

Wed 1:00-3:00pm Jul 3-Aug 28
AML N Instructor FREE

55+ AML Book Club

3rd Wed of each Month Read, have fun, and make friends. Always enjoyable and hosted by the 55+ Centre, lead by the Britannia Public Library. New members are always welcome! Please register

52202.300BR

Wed 2:00-3:00pm Jul 17 & Aug 21
AML Librarian 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. Please register.

52220.300BR

Fri 6:30-9:00pm Jul 26 & Aug 30
AML FREE

Thursday Lunch

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

Thu 12:00-3:00pm Jul 4-Aug 22
AML \$4/person

Pot Luck Lunches 55+

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

55805.302BR

Thu 12:00-1:00pm Jul 25 & Aug 29
AML

Bus Tours

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 8:30-6:00 Jun 17
\$79/ sess

Salt Spring Tuesday Market

\$89 (With BC Gold Card) *Ferry charges for those without card. 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.

54500.300BR

Tue Jul 16 7:00am-9:30am
\$89/BC Gold Card

Ferry charges apply without card.

Annual 55+ Picnic

Britannia's Annual Seniors' Summer Picnic is at the beautiful Belcarra Park waterfront. Join Anne, Carolyn and Luong for a wonderful day of swimming, hiking, lunch and of course bocci. Sign up early so you don't miss out.

54500.301BR

Thu 10:00-3:00pm Aug 15
\$30/ sess

Special Programs

Quirk-e "Memory Project"

Everyone welcome to come enjoy Quirk-e's "Memory Project".

Sun Jun 16th 3:00pm
55+Centre

Community Action Day

Intergenerational Dialogue

-Social Media'

-Bullying

-Community

Tue Jun 18th 10:00am-3:00pm

Partnering with Adler School of Psychology, Stratford School and Britannia Lions Den Seniors

Bocci at Grandview

Take our Bocci sets to the Park after lunch on those nice summer days. 2 Sets available, bring your friends.

Thu 1:00pm-3:00pm
Wed 10:30am-12noon

Le Chou Intergenerational Gardening Program.

New Woodland Park Community Garden welcomes elders to participate in an elders - youth gardening program called Le Chou. Participants are welcome to join us in a gentle gardening and learning workshops throughout the summer. Come and share your knowledge and love of food growing. Grow some fresh veggies to take home. Meet other gardeners. Contact the Grandview Woodland Food Connection for more information, 604-718-5895.



55+ Adults - LD

Lion's Den (LD) Recreation Committee Meeting

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

Summer 2013: July 2 and August 27
Lions Den 770 Commercial Dr. (Basement)

Office Hours:

Programmer: Carolyn Innes
604.718.5848

Tues/Fri 9:00am-5:00pm
Fax 604.251.9503
e-mail carolyn.innes2@vancouver.ca

Adanac Towers Tenants & East Vancouver Lion's Program

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,Thu 9:00am-2:00pm
LD

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 service is for seniors with mobility issues

Mon 9:00-11.30am
Dr Eng \$10/ sess

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)

Bingo

Small group of enthusiastic players meet every Thursday, hosted by the Adanac Tower Tenants.

Thu 6:00-8:00pm

Pot Luck

The Adanac Towers Residence host a Potluck on the 2nd Thursday of the month. Quests welcome.

Thu 5:00-6:00pm July 11/Aug 8

Tuesday Programs Friday Programs

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 FREE

Traditional Italian Cards

Seniors Traditional Italian Cards drop in especially on rainy days!

Tue 1:00 pm - 5:00pm
LD

Exploring the Arts

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
T.Durrie FREE

Billiard – Drop-In

Tue 12:00-1:30pm

Lunch and Wellness

Enjoy full meals and a social. Friday Wellness programs include Exercise and the Nurses Corner

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

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
LD Free

Nurses Corner

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

Fri 1:00-2:00pm Jul 12/Aug 9

Blood Pressure Clinic

1st Friday of the month. Great way to monitor your health. We also have a medical scale if you wish to keep on track.

Fri 11:00am-12:00pm Jul 5 / Aug 2

Drop-In Pool/Billiards

The pool table is open for use.

Tue 12:00-5:00pm
Fri 9:00am-1:00pm FREE



Latin American Seniors

Every Friday this group meets for games, food and social. (partnership with REACH)

Computer Drop In Lion's Den

Must have current Britannia membership.

Tue/Fri 1:00pm-4:30pm

East Side Caregivers Evening Out

We meet on the 3rd Thursday of each month at the Lions Den. All family caregivers, of any age, are welcome. There are many groups throughout the City.

Thu 6:00-8:00pm Jul 18 / Aug 15



Fitness Centre

Fitness Centre Schedule

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

Statutory Holiday Hours

(Pool and Fitness Centre)

Jul 1	Canada Day	1:00-5:00pm
Aug 5	BC Day	1:00-5:00pm
Sep 2	Labour Day	1:00-5:00pm

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.

44010.301BR		
Sat	10am-12:00pm	Jul 6-27
	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	Jul 5	9:00-10:00am
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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.

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.

44011.301BR		
Sat	10am-12:00pm	Aug 3-24
	V. Henderson	\$32/4 sess

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 July 8 so that confidential health screening can be done.

44009.301BR		
Fri	Jul 12-Aug 16	9:00-10:00am
	J. Stanier	\$30/6 sess

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.

Pool and Fitness Centre Fees 2013 (including GST)

	Drop-in	10 Visit Pass	1 mo Flexi	3 mo Flexi	4 mo Flexi	6 mo Flexi	12 mo Flexi	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 1 to 2 adults of the same household and their children under 19yrs. Minimum \$6.00 admission

By purchasing a \$3.00 membership (valid Sep to Aug) you can work out FREE in the Fitness Centre every Tuesday & Friday from 10:00am to 12:00pm. Show your membership card to the pool cashier at the time of entrance.

Leisure Access Card (LAC) Fitness Centre admission rate is 50% off adult admission and flexipasses.

Aquatics Lessons & Registration

Lesson 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 or 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.

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 Swim 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	Jul 2-Aug 20
	29701.301	
Thu	6:30-7:45pm	Jul 4-Aug 22
	29701.302	
One day/week		\$40/season
Two days/week		\$60/season

PARENT, TOT, CHILDREN AND YOUTH LESSONS							
Set	Dates	#	Star Fish, Duck, Sea Turtle (30 minutes parented)	Sea Otter, Sunfish, Salamander, Crocodile, Whale (30 minutes)	Swim Kids Levels: 1-3 (30 minutes)	Swim Kids Levels: 4-10 (40 minutes)	Youth Lessons (12-18yrs) (30 minutes)
Monday & Wednesday 3:00 - 5:20pm (no lessons Aug 5)							
1	Jul 3-Jul 29	8	\$49.00	\$49.00	\$43.40	\$49.00	\$43.40
2	Jul 31-Aug 28	8	\$49.00	\$49.00	\$43.40	\$49.00	\$43.40
Saturday 9:00-1:00pm							
1	Jul 6-Aug 24	8	\$49.00	\$49.00	\$43.40	\$49.00	\$43.40
Sunday 11:00am-2:30pm							
1	Jul 7-Aug 25	8	\$49.00	\$49.00	\$43.40	\$49.00	\$43.40
ADULT LESSONS (19+ years)							
Set #	Level	Dates	# of Lessons		Fee includes HST.		
1	Advanced Level 3 & 4 Tuesday 8:00-8:45pm	Jul 2-Aug 20	8		\$73.25		
2	Beginner Level 1 & 2 Thursday 8:00-8:45pm	Jul 4-Aug 22	8		\$73.25		
SENIORS ONLY LESSONS (55+ Yrs) Lessons are already subsidized. No further subsidy offered. No lessons Aug 5							
Set #	Dates	# of Lessons		Fee includes GST			
1	Mon & Wed 9:30-10:15am	Jul 8-31		\$ 36.60			

Aquatic Schedule

Statutory Holiday Hours

(Pool and Fitness Centre)

Jul 1	Canada Day	1:00-5:00pm
Aug 5	BC Day	1:00-5:00pm
Sep 2	Labour Day	1:00-5:00pm

Pool Closure

The pool will close for annual maintenance on Monday, September 9 and will re-open on Monday, October 7.

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.

Contact Information

Pool Office 604.718.5831

Recreation Programmer 604.718.5830

Office closes 30 minutes before the pool.

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 Jul 5 and Aug 2
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 community centre Activity Coordinator at 604.718.5812.

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

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.

39501.301

Sun 10:00am-3:00pm Jul 7-28
\$138/4 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.

39502.301

Sun 10:00am-3:00pm Aug 4-25
\$138/4 sess

July 2-August 31, 2013 - During some public swim sessions only part of the pool is available. The pool may be shared with aquafit, lessons, daycamps or swim club. Schedule is subject to change without notice.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lengths Swim 6:30-8:25am					Lessons & Lengths (1 lane) 9:00am-12:55am	Lengths 10:00-10:55am Parent & Tot 10:00-10:55am
Public Swim 8:30-11:25am						
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		
Lengths Swim 11:30am-1:00pm					Lengths 1:00-2:25pm	Lessons & Lengths (1 lane) 11:00am-2:25pm
Public Swim 1:00pm-3:00pm						
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 3:00pm-4:55pm	Public Swim 3:30-4:55pm	Public Swim 2:30-4:55pm	Public Swim 2:30-4:55pm
Lengths 5:30-6:25	Lengths 5:00-6:25	Lengths 5:30-6:25	Lengths 5:00-6:25	Lengths 5:00-6:25	Lengths 5:00-6:25	Lengths 5:00-6:25
Public Swim 6:30-7:55pm (No lane available on Tuesdays and Thursdays)						
Adult Swim 8:00-9:55pm Aquafit 8:00-9:00pm	Adult Swim 8:00-9:55pm Adult Lessons 8:00-8:45pm	Adult Swim 8:00-9:55pm Aquafit 8:00-9:00pm	Adult Swim 8:00-9:55pm Adult Lessons 8:00-8:45pm Aquafit Deep Water 8:00-9:00pm	Adult Swim 8:00-9:55pm YOUTH ONLY 13-18yrs 1st Fri of month Jul 5, Aug 2 (no lanes, whirlpool, or steam room available)	Schedule subject to change 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 The family change room can be used during these times for your convenience.	

Arena Programs and Schedule

Learn to Skate Lessons

In-person registration for summer skating lessons will take place on Sun, June 30, 10:00am-1:00pm at 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, June 24 and will continue until classes are full. 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 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.

Private Skate 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 on Saturday mornings and Tuesday evenings during the Learn to Skate lesson times.

There are 3 ways to register into Britannia Skating lessons (Set 1):

In-person

Sun Jun 23, 10:00am-1:00pm
Information Centre.

Online at britanniacentre.org

starting Mon Jun 24.

In-person at the pool

from Mon Jun 24
with your current lesson report card (Fall 2012/Winter or Spring 2013).

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

Saturdays 10:00-11:30am Jul 13-Aug 17
\$36/ 6 sess

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

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

Britannia Arena Open House

Sat Sept 7 1:30-3:00pm
FREE SKATE

- Find out more about Vancouver Minor Hockey
- Learn about all the great rink programs Britannia offers.
- Best of all, **FREE skating!**

2013 Fall Learn to Skate Lessons

Fall skating lessons will begin on September 14. Fall registration for Learn to Skate starts

In-person Sun Aug 18
10:00am-1:00pm
Information Centre.

Online registration for skating lesson will begin Monday August 19.

Rink Rentals

To view ice availability, please go to the Rinks area at www.vancouverparks.ca. For more information or to book an ice time call 604.718.5836 or email susy.bando@vancouver.ca.

Birthday Parties

There are two options for having your skating party at Britannia this summer. If you are interested in renting the ice for a children's birthday party, the cost is \$147.60/hr, (plus staff costs). The party room is included when you rent the ice rink. OR: If you are interested in arranging your birthday party at the rink during a public skating session, the Rink Activity room is available to rent for \$19/hr. For more information, or to book an ice time, call 604.718.5836. To book the Rink Activity Room, contact the Activity Coordinator at 604.718.5812.

Get involved and join a Committee!

The Arena Committee meets the 1st Tuesday of every month at 6:30pm in the Rink Activity room. There are no meetings in July and August.

Arena Programs

HOCKEY PROGRAMS

Adult Hockey 101

Designed for beginner players, this program will teach you the fundamentals of the game. Participants will gain a strong foundation by learning proper techniques including positional play, stick and puck handling, passing and shooting.

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Sun 8:15-9:15pm Jul 7-Jul 28
\$75/4 sess

Adult Preseason C&D

Preseason Conditioning and Development will get you ready to start your hockey season off with extra jump in your step. These sessions are designed to increase your endurance to maximize your intensity in every shift you play. Improved skating technique will make you a better player. Each session will focus on power skating using drills with and without the puck.

49090.302BR

Sun 8:15-9:15pm Aug 4-Aug 25
\$75/4 sess

Adult Stick and Puck

Come out during the noon hour and practice your hockey skills on the best ice in Vancouver. Sorry no scrimmage during this program. Helmets are mandatory during this session, full hockey gear is recommended. Pay at the pool cashier starting 30 minutes prior to the session.

Fri 12:00-1:30pm Jul 12-Aug 30
No session Jul 5 \$5.65 /drop-in

Family Cosom Hockey

(3 to 12 years with Adult/s)

This program is perfect for families who want to play casual hockey together. Whether you want to just pass around the puck or get involved in a friendly shinny, this family activity is sure to be a hit with the kids. Helmets are mandatory for all participants and available free of charge at the rink.

Sun 12:15-1:30pm Jul 7-Aug 25
Regular public admission rates apply.

Women's Hockey

This pick up hockey program is perfect for women who want to improve their hockey skills in a safe and inclusive environment. Encourage and be encouraged while continuing with your own hockey development. Full hockey equipment is mandatory. Program participants must sign in each week with the pool cashier. Limited drop-in spaces may be available at \$5.65/drop-in. Drop-in participants must pay at the pool cashier starting at 6:00pm on the day of the session. All participants must sign a waiver each week at the pool before going on to the ice.

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Sun 6:45-8:00pm Jul 7-Jul 28

48080.302BR

Sun 6:45-8:00pm Aug 4-Aug 25
\$20/4 sess

Adult Evening Hockey*

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

Thu 11:15pm-12:45am Jul 4-Aug 29

All Levels \$10/drop-in or \$35 /month*

Sun 9:30-11:00pm Jul 7-Aug 25

Intermediate \$15/drop-in or \$50/month*

*Strip tickets are not valid during these sessions.

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. The 12th season of the Vancouver Adult Co-ed Hockey League will begin in early-September. Registration has begun for the 13/14 VACHL season. To find out more about VACHL and how to register, go to www.vachl.ca

Summer Schedule - valid from Jul 1 to Sep1, 2013

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				Adult Stick & Puck 12:00-1:30pm No session Jul 5	Public Skate 11:45am-1:15pm No session Jul 6	Family Fun Hockey 12:15-1:30pm
		Adult Co-ed Drop-in Hockey 3:30-5:00pm No session Jul 3				Public Skate 1:45-3:15pm
		Adult Skate 8:45-10:15pm	*Adult Co-ed Hockey 11:15pm-12:45am			*Adult Co-ed Hockey 9:30-11:00pm

Britannia Library Eastside Family Place



Vancouver Public Library

Summer Hours:

Mon	9:30am-5:00pm
Tue, Wed	9:30am-9:00pm
Thu, Fri	9:30am-5:00pm
Sat	9:30am-5:00pm
Sun	1:00pm-5:00pm

Holiday Closures:

Canada Day - Mon Jul 1, 2013

BC Day - Mon Aug 5, 2013

Labour Day - Mon Sep 2, 2013

Kids' Programs

Family Storytimes

Mon in Jul 10:15am
Jul 8, 15, 22, 29

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.

Babytimes

Wed in Jul 11:15am
Jul 10, 17, 24, 31

Rhymes, songs, bounces, fingerplays and stories for babies, their parents and caregivers. Recommended ages: newborns to approximately 18 months old. Drop in.

Drop-in activities for school-age kids

Tue in Jul 2:00pm-4:00pm
July 9, 16, 23, 30
Fri in Aug 1:00pm-3:00pm
Aug 2, 9, 16, 23, 30

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

Fourth Tue of month 6:30-8:30pm

Jun 25, Jul 23, Aug 27

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

Second Wed of month 6:30-8:30pm

Jun 12, Jul 10, Aug 14

Led by Pandora's Collective members, a pre-selected book will be discussed each month. For more info contact booktalks@pandorascollective.com

55UP Book Club

Third Wed of month 2:00-4:00pm

Jun 16, Jul 17, Aug 21

Informal chats about a book chosen by the group. Books are provided. Refreshments are served. Hosted by a friendly librarian at the AML. 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

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/Thur 9:00am-2:30pm
(closed 12:00-1:00pm)

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 \$5.00 to \$6.50 per hour. Spaces are limited and must be booked in advance. Phone number 604.251.1018

Childminding hours are:

Mon to Fri 9:00am-12:00pm

Summer Community Garden Project

Calling all parents and caregivers of children 0-6 years old! We need your help to plant, maintain and harvest Eastside Family Place's Community Garden this summer! Each garden day will include picnic-style snacks in the garden, story time and cool projects such as building planter boxes, watering and harvesting edibles, learning about worms and honey bees, and cooking together with our bounty; making kale chips, homemade pesto and jam! See ESFP Calendar for dates and times.

Eastside Family Place Annual Membership - \$20.00

Each family and caregiver is asked to become a member of Eastside Family Place. Benefits include -participation in workshops and programs at no charge, access to Licensed Occasional Childcare Service, ESFP's Newsletter emailed, coffee and tea at no extra charge, voting privilege at the Annual General Meeting, Jun 7, 2013. Drop-In fee reduction with membership.