



# Programs & Services Summer 2018



Watch for our "Fun for All"  
FREE programs!  
See inside for details



# Information

## THREE Ways to Register for Programs

1) Register Online at [recreation.vancouver.ca](http://recreation.vancouver.ca)

2) Register In Person

A) Britannia Info Centre at 1661 Napier Street

B) Pool Cashier Office

Registration starts at 9:00am on Tuesday, June 5 2018

Pay using Cheque, Visa, Mastercard, Debit Card or Cash.

Information Centre Hours for Program Registration:

Monday to Thursday 9:00am to 8:00pm

Friday 9:00am to 6:00pm

Saturday 9:30am to 4:00pm

Sunday 10:30am to 3:00pm

## Swimming Pool Cashier

Swimming pool cashier hours now start at 6:30am. Registration starts at 9:00am.

3) Register by Phone at 604.718.5800 ext. 1

Phone registration starts at 1:00pm on Tuesday, June 5, 2018

You must have a current Britannia membership card and a valid Visa or Mastercard. Please have your credit card handy when phoning. A copy of your program registration will be emailed to you upon request if you have an email address, or you can pick up a hard copy at your convenience.

## Membership Information

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

Membership is valid from

September, 2017 to August 31, 2018

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.
- You must have a current Britannia membership to register for programs.
- Eligibility to run for the Board of Management.
- Mail outs/e-mails about Centre events.

## Refund Policy

- A full refund will be granted if 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.
- Britannia Society Memberships are non-refundable.
- For day camps, a \$5 administration fee will be charged for each camp a refund is requested for. Refund requests must be made one week (seven days) prior to the start of the program. No refunds after this time.

## Swim / Skate Refunds

- Full refund five days or more prior to the start of the program.
- Partial refund within four days of program start or before second class
- No refund after second class.
- Exceptions: No refund on single session programs, Transfers possible prior to second class.

## Cancellation Policy

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



**Britannia**   
**RENEWAL**

We continue to work with our partners at the City of Vancouver, Vancouver Parks Board, Vancouver School Board and Vancouver Public Library.  
More information: [www.vancouver.ca/britannia-renewal](http://www.vancouver.ca/britannia-renewal)



Program guide photo credits:

Thank you to the many staff & community members that have contributed images over the years.

## REVIEW THE BRITANNIA RENEWAL MASTER PLAN GO TO WWW.BRITANNIARENEWAL.ORG

The Britannia Planning and Development Committee works on behalf of the society and community on the Britannia Renewal process. Since last March we have heard from thousands of community members on their hopes and needs for the future of Britannia through our consultation process. Deserving of particular acknowledgement is the dedicated work of the Seniors and Elders of BritPlan55+ and Britannia's Seniors, Elders, and Advocates Committee.

In all our work on Britannia Renewal we have centered the principles of reconciliation, accessibility, inclusiveness, and sustainability. Situated as we are on the unceded traditional territories of the xʷməθkʷəy̓əm (Musqueam), sk̓wxwú7mesh (Squamish) and sel̓ílwitulh (Tsleil-Waututh) First Nations, it has been of paramount importance for us to include and consult the Indigenous community in the development of a renewed Britannia that respects and reflects Indigenous values.

The Britannia Renewal team has carefully considered the feedback from the community and our site partners in the development of the final Britannia Renewal Master Plan which was released to the community in April 2018. We invite you to review the plan on our website ([www.britanniarenewal.org](http://www.britanniarenewal.org)) or on site in the Britannia Info Centre. As the Britannia Renewal process moves forward we will continue to rely on the vision and momentum of our community. We hope you will consider becoming involved. Find us online, drop into the Info Centre, or join us at a Planning and Development Committee meeting held regularly on the 3rd Tuesday of the month from 7-9pm in the Britannia Info Centre.

Susanne Dahlin  
Planning and Development Committee

More questions? Get in touch! Email [info@britanniarenewal.org](mailto:info@britanniarenewal.org) or call Lindsay Grant, Project Coordinator at 604.718.5800 ext.1.



### Volunteer Program

#### Why volunteer with us?

Britannia is like NO other community center in the Lower Mainland - a unique integration of educations, recreation, library and social services for the Grandview Woodland and Strathcona community.

For more information, please contact our Volunteer Program Coordinator, Yao at 604.718.5860 or email [yao.zhang@vancouver.ca](mailto:yao.zhang@vancouver.ca)



Browse Britannia volunteer opportunities and track our volunteer hours online at <https://britanniacentre.org/volunteer>

### Fun Bike Rides (19yrs+)



Join other Britannia volunteers and community members for a fun bike ride in and around Vancouver. We leave from Britannia and explore local favourite bike trails at a leisurely pace. Participants should be confident riding approximately 30 kilometers. Signed waivers and release forms required. We are also looking for volunteer ride leaders to assist and facilitate the event, if interested, please email: [yao.zhang@vancouver.ca](mailto:yao.zhang@vancouver.ca).

171270	Sun	9:00am	Jul 8	Burnaby Hume Park	Free
171272	Fri	4:00pm	Jul 13	Inner City- New Brighton	Free
171271	Sun	9:00am	Jul 22	Inner City- Arbutus	Free
171273	Fri	4:00pm	Aug 10	Seawall - Vanier Park	Free
171274	Fri	4:00pm	Aug 17	Lost Lagoon	Free



# Special Events

## Fun For All!

Britannia operates a wide range of FREE recreation programs. The Board of Management is committed to ensure that people have access to programs and that fee structure is not a barrier to members of the Grandview-Woodland Strathcona Community.

Britannia's 'Fun for All' programs are intended to be barrier free and inclusive. Many are free or run on a pay what you can basis.



Please look for the 'Fun for All' stamp throughout the Brochure and ask at our front desk about our other Subsidies.

'Fun for All' Stamp

## Summer 2018 Holiday Hours

### Information Centre

Jul 1	Canada Day	CLOSED
Jul 2	Stat Holiday	CLOSED
Aug 6	BC Day	CLOSED

### 55+ Centre

Jul 1	Canada Day	CLOSED
Jul 2	Stat Holiday	CLOSED
Aug 6	BC Day	CLOSED

### Pool & Fitness Centre

Jul 1	Canada Day	1:00-5:00pm
Jul 2	Stat Holiday	1:00-5:00pm
Aug 6	BC Day	1:00-5:00pm

### Rink

Jul 1	Canada Day	CLOSED
Jul 2	Stat Holiday	CLOSED
Aug 6	BC Day	CLOSED

### Teen Centre

Jul 1	Canada Day	CLOSED
Jul 2	Stat Holiday	CLOSED
Aug 6	BC Day	CLOSED

## Italian Day 2018

Britannia Community Centre celebrates Italian Day with this year's theme Musica! project

Sun 12:00-4:00pm  
Jun 10

Commercial & Napier  
Free



## Together and a Part

Together and a Part will invite the community to participate in series of improvisational movements and gestures using a collection of felt sculptures. This workshop is part of an ongoing collaborative artwork developed by the artists called Work Sets, which looks at the way social connections are formed, and how feeling or affect shapes those relationships. Using felt as both a material and metaphorical tool, this workshop aims to inspire participants to think about the entangled nature of our connections, the way that interactions can be felt, and how we can build stronger relationships with one another. Led by artists Caitlin Chaisson and Liljana Mead Martin.

Sat	12:00-3:00pm	Jun 2
Britannia Plaza		Free



## Naturally A-Round Us

Using natural materials gathered respectfully in and around our neighbourhood (dried flowers, rocks, shells, pine cones, etc.), we will create a giant mandala meant to last the duration of this workshop hosted by Alternative Creations Studio at šxwqwelewən ct Carving Centre. Come create, relax and connect to the natural world around us by exploring the temporary nature of Land Art. All are invited to create a giant interactive mandala with Alternatives at Napier and Lakewood traffic circle as part of the Eco Arts Walk on June 17th.

Wed	10:00am-12:00pm	Jun 6
šxwqwelewən ct Carving Centre		Free
169486		



## The 2018 East Vancouver Garden Tour

Sunday, June 17, Father's Day, is your opportunity to visit a dozen or so delightful East Vancouver private gardens. The 2018 self-guided tour will be in an area that's near the tour's home base at Figaro's Garden Centre (1896 Victoria Dr). After picking up your map at Figaro's you will likely be able to walk the entire tour route.

Tickets are \$15 per person - not just the best, but the most affordable garden tour in town! We recommend that you register early, as the tour is very popular and tickets are limited.

Purchase tickets in advance at Figaro's Garden or Britannia Centre. You can also get your tickets online through EventBrite. Please visit our Garden Tour website at [eastsidegardentour.blogspot.ca](http://eastsidegardentour.blogspot.ca) for more info. The tour is jointly sponsored by Britannia Neighbours, Britannia Centre, and Figaro's. Proceeds go to support Britannia Neighbours ([britannianeighbours.blogspot.ca](http://britannianeighbours.blogspot.ca)), volunteers who maintain the Napier Square Greenway.

Sun	10:00am-4:00pm	Jun 17
Figaro's Garden Centre		\$15
161438		

Note that most gardens are not wheelchair- or stroller-accessible, Children must be 12 years or older or babes in arms, and pets are not allowed.

## National Aboriginal Day

Join us on June 21 for National Aboriginal Day! The day starts at 9:00am at VAFCS (1607 E. Hastings) and continues with the Friendship Walk to Trout Lake where we celebrate the diversity of Indigenous peoples across Canada. First Nations, Metis, and Inuit peoples share their spirit, experiences, stories, songs, art and dance with each other and the general community. This event encourages the participation and engagement of diverse community members and organizations. It is an inclusive, collaborative, family-friendly and non-partisan event. All are welcome! Buses from Britannia will be available throughout the day.

Thu	12:00pm	Jun 21
VAFCS/Trout Lake		Free

## Britannia's Canada Day Celebration

Don't miss out on our annual Canada Day celebration at Grandview Park for a day full of music and dance, bouncy castle, face painting, community booths and free bike tune-ups!

Sun	12:30-3:00pm	Jul 1
Grandview Park		Free

# Special Events

## The Solstice/ Equinox Coffee House Series



A hidden gem of entertainment that happens 4 times a year on or close to the 2 Equinoxes and 2 Solstices. If you haven't checked out the Coffee House Series at Britannia, you are in for a treat!

### 3rd Annual Summer Solstice Coffee House

Come celebrate the beginning of summer with a community event featuring local live music, dance, refreshments and more! Plus a preview of a Flamenco dance performance by Elvira Yebes and Jhoely Triana.

Sun 7:00-9:30pm Jun 24  
55+ Centre Free

### 3rd Annual Fall Equinox Coffee House

Come celebrate the beginning of the Fall season, featuring local live music, poetry, the arts, refreshments and more!

Sun 7:00-9:30pm Sep 23  
55+ Centre Free



## 15th Annual Corn Festival



Enjoy a taste of Latin America in East Van. Join the Latin American community's annual corn harvest fiesta. Celebrate the importance of corn to the peoples of Latin America and their efforts to protect the biodiversity of traditional corns. Try delicious Latin American food, enjoy music and dancing. All free family fun. Presented by the Canada El Salvador Action Network.

Sun 12:00-5:00pm Sep 2  
Brit Community Centre  
Info: 604.718.5895

## 18th Annual Artful Sundays



Britannia Community Centre will host an outdoor, visual arts market in Napier Greenway (Napier St @ Commercial Dr) for 4 Sundays this summer. The market features the work of local artists, live music, artist workshops and demonstrations and more! Artist applications are in the Britannia Information Centre or email Coordinator Katherine Polgrain for more information. Email: [courage62@shaw.ca](mailto:courage62@shaw.ca)

Sun 12:00-5:00pm Aug 12, 19, 26  
Napier Greenway & Sep 2  
Free



## The Britannia Artist Grant Program 2018

To assist community artists with their artistic goals. Applicants must live/work in the Grandview-Woodland or Strathcona neighbourhoods. The boundaries are Broadway to Burrard Inlet and Main St. to Nanaimo St. For more information you can pick up an information sheet at the Britannia Info Centre/check out [www.britanniacentre.org/Services/Arts & Culture/Britannia Artist Grant Program](http://www.britanniacentre.org/Services/Arts%20Culture/Britannia%20Artist%20Grant%20Program) or email Coordinator Katherine Polgrain: [courage@vcn.bc.ca](mailto:courage@vcn.bc.ca)

## Art Gallery

## Workshops & Artist Presentations

### Gallery Workshop: Concertina Hardcover Bookbinding

Learn to create a hardcover book to show case multiple pages of text and /or images. The "accordion fold" construction allows the book to lay flat or wide open like a paper screen. No prior experience is necessary. All tools and supplies are provided. All materials are vegan. Age 13+, Max. 8 participants

Sun 1:00-4:00pm Jul 8  
RAR \$10/1 sess  
169073 S.Lee

### Artist Presentation

Come hear about new works and integrated mediums with Zola Novak

Wed 7:00pm Jul 11  
Britannia Art Gallery



Concertina Bookbinding



Zola Novak

## Exhibitions

### July 4-27

Opening Reception: Wed Jul 4, 6:30-8:30pm  
Sacred Species: Mixed Media Narrative Series by Naomi Nelson  
Title TBA: Mixed Media Paintings by Zola Novak



Naomi Nelson

### August 1-31

Opening Reception: Wed, Aug 1, 6:30-8:30pm  
Around Us, Mixed Media Works By Members of Alternative Creative Studio



Sharon Bessy

The Britannia Art Gallery is located in the Britannia Public Library



## Save the Date! 35th Annual Britannia Christmas Craft Fair

Vendor applications are available online, at Britannia Information Centre, [britanniaccraftfair@live.ca](mailto:britanniaccraftfair@live.ca) or [britanniacentre.org](http://britanniacentre.org).

Fri 3:00-8:00pm Nov 16  
Sat/Sun 10:00am-4:00pm Nov 17-18  
Gym D \$2 entrance

Free for 12 and under  
All proceeds from admission go to inner city children's programs.

# 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.



## Toddler Daycare, Preschool Programs

### Britannia Preschool (3-5yrs)

1661 Napier St  
Lorraine Evans 604.718.5843  
Spaces Avail. in the PM class for Sept 2018

**3 day class AM:**  
Mon/Tue/Wed 9:00-11:30am \$255  
**3 day class PM:**  
Mon/Tue/Wed 12:30-3:00pm \$255  
**2 day class AM:**  
Thu/Fri 9:00-11:30am \$180  
**2 day class PM:**  
Thu/Fri 12:30-3:00pm \$180  
**5 day class AM/PM:**  
Mon-Fri \$435

### Eagles In The Sky Child Care

485 Semlin Drive  
Suzy Liguori 604.718.5856  
Daycare ages 3-5yrs  
Hours: Mon-Fri 7:30am-5:45pm  
Fee: \$865 per month, snacks provided

### Grandview Terrace Child Care

2075 Woodland Drive  
Alejandra Uribe 604.718.5846  
Daycare ages 3-5yrs  
Hours: Mon-Fri 7:30am-6:00pm  
Fee: \$905 per month, snacks provided  
Lunch: \$70 per month

### Mount Pleasant Child Care

960 East 7th Avenue  
Wade Forbes 604.718.5844  
Toddler Program 18mo-3yrs  
Hours: Mon to Fri 7:30am-6:00pm  
Fee: \$1254 per month, snacks provided, includes lunch  
**Daycare ages 3-5yrs**  
Hours: Mon to Fri 7:30am-6:00pm  
Fee: \$954 per month, snacks provided, includes lunch

## Licensed Child Care Summer Programs

These camps are for children 5-12yrs

### Britannia Child Care: Summer Fun Program

O.R.C.A (Outdoor Recreation and Creative Arts)  
1661 Napier Street Lorraine Evans: 604.718.5843  
Fee: \$150/wk; \$550/mth Mon-Fri 7:30am-5:45pm

Each week children will experience O.R.C.A at parks, outdoor trails, beaches, pools, and other fun-filled city venues. Children will hike, bike, run, jump, dance and play while also creating art projects, culinary activities, science projects and doing drama activities. Special guests will visit us each week providing cool activities and creative inspiration. Morning and Afternoon snacks are provided.

### Eagles in the Sky Summer Program

Jul 3-6	Something to Celebrate	#103B-1950 E Hastings St
Jul 9-13	Then and Now	Kinga Batko: 604.230.1885
Jul 16-20	Camera, Lights, Action!	Fees:
Jul 23-27	Put Me in Coach	\$57/dy
Jul 30-Aug 3	Chill Out	\$160/wk
Aug 7-10	Keeping it Rollin'	\$570/mo
Aug 13-17	Splashing Around	Mon-Fri:
Aug 20-24	Machine Magic Week	7:30am-5:45pm
Aug 27-30	Scream for Ice Cream	



### Grandview Terrace Summer Program

*Jul 3-6	Mad Science	2075 Woodland Dr
Jul 9-13	Summer Splash Fun	Alejandra Uribe: 604.718.5846
Jul 16-20	Beach Discovery	Fees:
Jul 23-27	Nature Adventure	\$150/wk
Jul 30-Aug 3	Talent & Theatre Camp	\$120/4day wk
*Aug 7-10	Waterworks and Exploration	\$555/mth
Aug 13-17	Sports Challenge	Mon-Fri:
Aug 20-24	Community Adventure	7:30am-6:00pm
Aug 27-31	Safari Adventure	

### Lord Nelson Summer Program

*Jul 3-6	Gross-ology (science Week)	2235 Kitchener St
Jul 9-13	Out of Space Care	Latisha Buksh: 604.718.5863
Jul 16-20	So You Think You Can Dance?	Fees:
Jul 23-27	Survival Week	\$155/wk
Jul 30-Aug 3	Shred Week	\$125/4day wk
*Aug 7-10	Circus Week	Mon-Fri:
Aug 13-17	Culture Week	7:30am-5:45pm
Aug 20-24	Tech Week	
Aug 27-30	Water Week	

# Preschool and Children

## Music

### Music Together® (0-5yrs)

Summer music fun with your family! Come dance and sing and play bells of all sorts, triangles, shakers, rhythm sticks, and instruments galore! All this with a developmentally appropriate, research based curriculum taught by a registered Music Together® teacher. 45 minutes of PURE FUN with your child every week! Summer make-up classes available. MT Fee is non-refundable after the 1st class. Registration closes after the first class.

<b>Thu</b>	<b>Jul 5-Aug 9</b>
<b>169058 9:30-10:15am</b>	
<b>169059 10:30-11:15am</b>	
<b>169060 11:30am-12:15pm</b>	
<b>Rink Mezz Patrice</b>	<b>\$123/6 sess</b>



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

Get ahead and continue your music studies this summer or begin an instrument and enjoy a lifetime of making music! These lessons consider student's development and goals. Conservatory exam preparation is available. Lesson costs shown below are for 30 minutes, but 45 and 60 minutes per week are available to more advanced students at the discretion of the instructor. Private lessons are for beginner to senior levels.

New students must contact instructor before registering for lesson times, etc., at janine.oye@gmail.com. Clarinet players, please bring an instrument and reeds. Phone in or in person registration only, no online. Please call 604.718.5800 ext 1.

<b>Fri 3:30-8:00pm</b>	<b>Jul 6-Aug 3</b>
<b>Music Rm</b>	<b>\$120/5 sess</b>
<b>169061</b>	
<b>Sat 9:00am-4:30pm</b>	<b>Jul 7-Aug 4</b>
<b>Music Rm</b>	<b>\$120/5 sess</b>
<b>169062 J. Oye</b>	

## Dance



### Ballet /Jazz:

Jump, skip and twirl! In this class children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. This is a closed class, however, in the final week of the session we invite parents to stay for a presentation of what we have been learning. Parent participation required for 2-4 year old classes. www.kirbysnelldance.com.

<b>Sat</b>	<b>Jul 7-Jul 28</b>
<b>CFEC</b>	<b>\$50/ 4sess</b>
<b>169053 9:30-10:10am</b>	<b>(Age 2-4)</b>
<b>169050 10:15-10:55am</b>	<b>(Age 2-4)</b>
<b>169055 11:00-11:40am</b>	<b>(Age 3-4)</b>
<b>169054 11:45am-12:25pm</b>	<b>(Age 3-4)</b>
<b>169052 12:30-1:10pm</b>	<b>(Age 4-6)</b>

### Hip Hop Breakers



This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Family and Friends be ready to cheer during the final day performance. www.kirbysnelldance.com.

<b>Sat 1:15-2:00pm</b>	<b>Jul 7-Jul 28</b>
<b>CFEC</b>	<b>\$50/ 4sess</b>
<b>169051</b>	<b>(Ages 5-7)</b>



## Physical Activity

### Axe Capoeira (3yrs-Adult)

We offer ongoing classes for children, youth and adults. See page 14 for full details.

### Sportball Parent and Child T-Ball (2-3 yrs)

Let's Play Ball! Participants are introduced to fundamental concepts of baseball. With the guidance and support of their Sportball Coach, parents and children zero in on T-Ball skills like throwing, catching, batting form, running bases and fielding. No class Aug 5.

<b>Sun 9:30-10:15am</b>	<b>Jul 8-Aug 19</b>
<b>Brit Oval</b>	<b>\$90/6 sess</b>
<b>171257</b>	

### Sportball T-Ball (3-5 yrs)

Big League Fun! Sportball T-Ball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play.

<b>Sun 10:15-11:15am</b>	<b>Jul 8-Aug 19</b>
<b>Brit Oval</b>	<b>\$90/6 sess</b>
<b>171258</b>	



### Traditional Kung Fu (6 yrs+)

Sifu Marquis Lung and Instructor Vicky Ma will teach you Northern Shaolin traditional forms, weapon forms, sparring and self-defence. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Note: Class meets twice a week on Monday and Friday No class on August 6.

### Beginner

<b>Mon/Fri 4:30-5:45pm</b>	<b>Jul 6-Aug 10</b>
<b>CFEC</b>	<b>\$92/10 sess</b>
<b>168727 M.Lung</b>	

### Intermediate

<b>Mon/Fri 4:30-6:15pm</b>	<b>Jul 6-Aug 10</b>
<b>CFEC</b>	<b>\$102/10 sess</b>
<b>168728 M.Lung</b>	

### Advanced

<b>Mon/Fri 4:30-6:30pm</b>	<b>Jul 6-Aug 10</b>
<b>CFEC</b>	<b>\$112/10 sess</b>
<b>168729 M.Lung</b>	

# Daycamps

## Britannia Gymnastics Summer Camp 2018

Children aged 6-12 will be jumping for joy after a week of jammed packed gymnastics fun. Our exciting camps will keep your children busy and active while introducing them to all four Olympic events. Gymnastics camp will be instructed by our fantastic coaching staff. Children should bring a snack, lunch, water, sunscreen, and a hat. Drop your children off at Gym C at 9:30am and pick up at 3:30pm sharp. Parents and caregivers are invited to join us every Friday at 3:00 for "Camp Fire" where each group of gymnasts will display all of the amazing skills they have learned during the week. We look forward to seeing your little gymnast this summer. Program will take place in Britannia's Gym C. Registration began on May 8, 2018 and will continue until the camp fills. Check [www.britanniagymnastics.com](http://www.britanniagymnastics.com) for updates.

168904	Week #1	Jul 3-6	9:30-3:30pm	\$200	168927	Week #3	Jul 16-20	9:30-3:30pm	\$225
168914	Week #2	Jul 9-13	9:30-3:30pm	\$225	168928	Week #4	Jul 23-27	9:30-3:30pm	\$225

**NEW**

## Britannia Gymnastics Camp 2018- Early Drop-off/ Late Pick-up

This year we will be offering early drop - off and late pick- up options for our gymnasts. No gymnastics will be taught during this time, children will engage in light activities. Children must be enrolled in the day camp to register for the early drop-off and late pick-up options. Registration for Early Drop-Off and Late Pick-Up Options will begin on May 15, 2018 (9am on-line and in person, 1pm over the phone) for those who have successfully registered into the Britannia Gymnastics Summer Camp.

### Early Drop-off

168929	Week #1	7:30-9:30am	\$35/wk
168931	Week #2	7:30-9:30am	\$45/wk
168933	Week #3	7:30-9:30am	\$45/wk
168935	Week #4	7:30-9:30am	\$45/wk

### Late Pick-up

168940	Week #1	3:30-5:30pm	\$35/wk
168939	Week #2	3:30-5:30pm	\$45/wk
168938	Week #3	3:30-5:30pm	\$45/wk
168937	Week #4	3:30-5:30pm	\$45/wk



## Celtic FC Summer Soccer Academy 2018

Want to play football, learn new tricks, have a great time and enjoy a high quality soccer camp experience? Celtic Football Club is delighted to be working in partnership with Micro Footie to provide the opportunity for boys and girls of all abilities to attend our Talent ID coaching Camp in Vancouver with our academy coaches who will be flying in from Glasgow specifically for the Micro Footie camp. Each day will follow specific soccer related themes designed by our very own Celtic Soccer Academy Coaches which will allow each player to develop their technique through individual and group practices. Player levels/ages will be grouped on day 1 of camp. Register now online or call 604.718.5800 ext 1.

For information about the camps below, please contact Jason @ [microfootie@gmail.com](mailto:microfootie@gmail.com)

- Celtic FC Summer Soccer Camp (6-12yrs)
- Celtic FC Soccer Camp for High Potential Players and Teams (8yrs+) Invitation only

Specialized camp for high potential players and teams (min 12 players ). Registration is by invitation only. If you have a player or team that is interested contact Jason Kyle, [microfootie@gmail.com](mailto:microfootie@gmail.com) for details.

## Britannia Micro Footie 2018: Thanks to our community donors for their support!





# Daycamps

## Funseekers Daycamp (6-12yrs)

There are many activities and out-trips planned for the Summer Funseekers program! Come out to learn new skills, meet new friends, or simply to have FUN! Swim, skate, learn arts and crafts, play group games, go on out-trips and more!

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.

Register early to avoid disappointment. Please provide lunch, snack, and water daily. Parents are required to complete consent forms.

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

Mon-Fri	9:00am-3:00pm	\$99/5 sess
*Tues-Fri	9:00am-3:00pm	\$80/4 sess
Gym D		

168361	Jul 2-Jul 6	Playland
168362	Jul 9-Jul 13	Watermania
168363	Jul 16-Jul 20	Sandcastle Competition

168364	Jul 23-Jul 27	Castle Fun Park
168365	Jul 30 -Aug 3	Terra Nova Park

168366	Aug 7-Aug 10*	Playland
168367	Aug 13-Aug 17	Buntzen Lake
168368	Aug 20-Aug 24	Coquitlam Pool
168369	Aug 27-Aug 31	Watermania

Summer 2018 Funseekers Daycamp Registration is currently ongoing. To register, please contact Britannia at 604.718.5800 ext. 1, visit us online at [britanniacentre.org](http://britanniacentre.org), or register in person.

## Leadership Camp (13-15yrs)

"Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has." – Margaret Mead. What does leadership mean to you? How does a leader develop their own voice? How does a leader engage in the community? How does a leader empower themselves and others? This camp will explore the concept of leadership and what it means to be a leader through an interactive and engaging curriculum. Leadership is an incredibly powerful tool for life-skill development, plus – it's FUN!

171375	Jul 23- Aug 3
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## Summer at the HUB Tech n' Rec Focus Camps

Each camp has 3 or 4 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. A short half hour lunch is scheduled. Bring a Bag Lunch and Water Bottle. For detailed blurbs on each Tech n' Rec focus camp, please pick up registration form at Britannia Info Centre. For more information, please call 604.713.8273.

Drop-off and pick-up in Gym A/B. ALL programs are 9:00am-3:30pm. Register online, in-person or phone 604.718.5800.

### Ages 7-9yrs on July 1st

Mon-Fri	9:00am-3:30pm	\$75
*Tue-Fri	9:00am-3:30pm	\$60
171358	*Jul 3-6	Claystation
171359	Jul 9-13	STEM Building
171360	Jul 16-20	Robotics
171361	Jul 23-27	Fibre Arts
171362	Jul 30-Aug 3	Acting 101

### Ages 10-13yrs on July 1st

Mon-Fri	9:00am-3:30pm	\$75
*Tue-Fri	9:00am-3:30pm	\$60
171363	*Jul 3-6	Science and Nature
171364	Jul 9-13	Acting 101
171365	Jul 16-20	Mini Chefs
171366	Jul 23-27	Robotics
171367	Jul 30-Aug 3	Claystation

## Preteen Adventures Daycamp (10-14yrs)

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. 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 to for a refund. A \$5 admin fee will be charged per week.

Mon/Tue/Thu/Fri	11am-5pm
Wed	9am-3pm
Teen Centre	\$125/5 sess

168371	Jul 9-Jul 13	Watermania, Second Beach Pool, Bouldering
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168372	Jul 16-Jul 20	Playland, Hillcrest Pool, Spanish Banks
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168373	Jul 23-Jul 27	Skimboarding, Bowling, Camp Capilano Overnight
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168374	Jul 30-Aug 3	Terra Nova Park, Science World, Indoor Rock Climbing
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168375	Aug 13-Aug 17	Buntzen Lake, Kitsilano Beach, Playland
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168376	Aug 20-Aug 24	Castle Fun Park, PNE (admission only), Skimboarding
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## Summer Unlimited (13-19yrs)

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.

Different activities take place daily to enhance age appropriate activities. Call 604-718-5873 for more info. Registration and intake must all be approved by Saturday unlimited staff.

Mon-Fri	10:00am-4:00pm
Learning Resource Centre	
\$125/5 sess	
* \$100/4 sess	

168381	Jul 3-Jul 7*
168382	Jul 9-Jul 13
168383	Jul 16-Jul 20
168384	Jul 23-Jul 27
168385	Jul 30-Aug 3
168386	Aug 7-Aug 10*
168387	Aug 13-Aug 17
168388	Aug 20-Aug 24

# Youth

## Teen Centre Summer Drop-In Hours

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

Teen Centre Staff:  
Alicia, Barry, Celine, Chiho, Diana, Kakada,  
Manuel, Mark, Nick, Stephanie, Tom

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. Join in our youth committee to set direction for our youth programs.

The Teen Centre is a place to:

Meet people      Get information or support      Share your ideas      Have fun      Experience new things.

Register for all Teen Centre programs at the Teen Centre. For more info call 604.718.5828, Facebook @BritanniaTeenCentre  
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! \*Please note: a signed parent consent form is required for many of our programs. If you have any questions or concerns please call us.

## 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.

## Summer Daycamp Volunteers (16+yrs)

Britannia Funseekers are looking for motivated youth 16+yrs to get involved in volunteering with children 6-12yrs of age in a fun and supported setting. It's a great leadership opportunity, and way to give back to the community.

Spend the weeks swimming, doing arts and crafts, playing games, learning about Children's Rights, going on out trips and many other FUN activities!

Minimum 3 week commitment required and must complete a police record check. Reference available upon completion. Please contact Yao at 604.718.5860 or email yao.zhang@vancouver.ca

## 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 Stephanie at 604.718.5829 for more info.

Sat 1:30-5:30pm Free

## Youth BBQ's

Every Thursday in the summer, the Teen Centre will host a free BBQ. Hot dogs, chips, juice, snacks. Stop by, grab some food and play some pool, foosball and video games

Thu 6:30-8:30pm  
Teen Centre Free



## Latin Cooking (11-18yrs)

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 5-Aug 30  
55+ Centre Free

## Trojan Horse Amateur Boxing (10yrs-adult)

See page 14 for full details

## Big Screen Movie Night (13-19yrs)

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

Thu 7:00-9:00pm Jul 6-Aug 31

## Free Youth Swim (11-18yrs)

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

Fri 8:00-10:00pm Jul 6, Aug 3



## Summer Out Trips

The Britannia Youth Program will run a series of out trips in Jul and Aug. We have way too many activities to put them all in here! Don't miss out - pick up our more detailed summer pamphlet at the Teen Centre now.

Pre-registration 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. Trip dates subject to change.

## Major Day Trips at a Glance:

<b>Go Karting</b>			
Tue	1:00-5:00pm	Jul 3	\$10
<b>Playland</b>			
Thu	9:30am-5:00pm	Jul 5	\$10
<b>Watermania</b>			
Thu	5:00-9:00pm	Jul 12	\$2
<b>Pedal Boating</b>			
Sat	11:00am-5:00pm	Jul 14	\$5
<b>Indoor Rock Climbing</b>			
Wed	5:00-9:00pm	Jul 18	\$10
<b>Castle Fun Park</b>			
Sat	10:00am-5:00pm	Jul 21	\$10
<b>Cultus Lake Waterslides</b>			
Thu	9:00am-5:00pm	Aug 9	\$10
<b>Playland</b>			
Wed	9:30am-5:00pm	Aug 15	\$10
<b>Biking the Seawall</b>			
Thu	11:00am-5:00pm	Aug 23	\$10
<b>PNE (admission only)</b>			
Tue	10:00am-5:00pm	Aug 28	\$5

## Sports

### Indoor Soccer (11-18yrs)

For 11-18 year old players only

**Tues** 5:30-8:00pm **Jul 3-Aug 28**  
**Gym D** Free

### Basketball Drop-in (11-18yrs)

**Fri** 5:00-6:30pm **Jul 6-Aug 31**  
**Gym D** Free

### Drop-in Open Gym (11-18yrs)

**Wed** 5:30-7:00pm **Jul 4-Aug 29**  
**Gym D** Free

### CHILL (10-18yrs)

CHILL provides opportunities for underserved youth to build self-esteem and life skills through board sports. Stand Up Paddleboarding (SUP) is used as a tool to motivate youth to accomplish goals they never thought they could, while teaching them important life lessons. Focusing on youth development, we give youth the opportunity to make turns that forever change lives. The weekly theme, patience, persistence, courage, responsibility, respect and pride, provides an opportunity for kids to relate their on-snow experiences to different aspects or challenges they encounter in their everyday lives.

This program is intended for youth 10-18 years of age who have never had the opportunity to SUP before. Participants are provided with everything they need to learn to paddle: lessons, transportation, and the use of head-to-toe gear free of charge. Participants are required to commit to all six weeks of the program. Youth are required to meet at Britannia Teen Centre at 8:00am and will return to the Teen Centre at approx 2:00pm.

**Dates TBD** **Free**

### Camp Sasamat (13-18yrs)

Partnering with a group of other City of Vancouver youth programs, spend two nights and three three days participating in workshops and activities, including high ropes course challenge, kayaking or canoeing and rock climbing. We will be staying in cabins at Camp Sasamat, on the waterfront in Port Moody. Youth will be challenged 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 learned. Every child has the right to know their rights. To register, please contact the Britannia Teen Centre at 604.718.5828

**Tue-Thu** 9:00am-5:00pm **Aug 28-30**  
**Camp Sasamat** \$175/trip



### Great Escape Outdoors (GEO)

We offer a variety of outdoor activities for youth 13-18yrs 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. We provide 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. If you have any questions or would like to register please call 604.718.5828. Activities may include; indoor rock climbing, snowshoeing, and snow tubing. Pick up a monthly calendar to get a complete listing.

All registration done at the Teen Centre.

### Hiking Day Trips

Weather appropriate footwear and clothing, lunch, snacks, water, and sun screen required for each trip. Consent forms required. Register at the Britannia Teen Centre, 604.718.5828.

### Bowen Island- Dorman Point Lookout

After taking the short ferry ride to Bowen island, we'll start our short day hike to Dorman Point Lookout. Reaching the summit of this arbutus tree-strewn plateau offers a striking view of Whytecliffe Park in West Vancouver across the Queen Charlotte Channel. Also visible to the southwest is the University of British Columbia (UBC). After the hike we'll have a stop for some fish and chips.

**Jul 16** 10:00am-5:00pm \$5

### Mount Strachan Day Hike

Strachan is one of three mountains that make up the Cypress Ski Resort area in West Vancouver. The challenging terrain on the hike is rewarded on a clear day with views of Howe Sound and backcountry mountains as far north as Garibaldi Provincial Park.

**Aug 1** 10:00am-5:00pm \$5

### 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.

**Aug 22** 10:00am-5:00pm \$5

## Canoeing Day Trips

Weather appropriate clothing and footwear required. Bring a lunch, water, snack, sunscreen, towel and change of clothes as you will get wet. Do not bring any valuables. Completed waiver forms required. Register at the Teen Centre.

### Buntzen Lake Canoe Day Trip

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.

**Jul 9** 10:00am-5:00pm \$5

### Indian Arm Canoe Day Trip

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

**Aug 8** 10:00am-5:00pm \$5

### Introduction 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 rider's imagination and creativity. Cost includes transportation, and a 2 hour lesson and rental. Additional time after will be spent hanging out at Jericho Beach. Bring a lunch, snack, water, sunscreen, and swim clothes. Completed waiver forms required.

**Fri** 11:00am-5:00pm **Jul 27**  
**1713316** \$40/session  
**Tue** 11:00am-5:00pm **Aug 14**  
**171317** \$40/session



# Youth

## Kickstand

### Bike Club Youth Drop In



Bike Club is a FREE drop-in bicycle mechanics program for youth aged 12-19 that runs weekly on Tuesdays at Kickstand Community Bike Shop. The goal of Bike Club is to remove barriers to youth accessing bikes so that more youth can get riding!

During Bike Club youth are invited to drop in to:

- Participate in Earn a Bike
- Volunteer on shop projects
- Get support servicing their bicycles
- Hang out, eat snacks, and check out the Kickstand space

Questions? Contact Sara at [bikeclub@pedalpower.ca](mailto:bikeclub@pedalpower.ca)

**Tue** 3:30pm  
1739 Venables Free  
Kickstand Community Bikes

## Latin American Youth Program

### Programa de Jovenes Latino Americano

The Latin American Youth Project offers a number of opportunities to Latino youth 11 to 18 years of age and ranges from organized recreational programs to advocacy and referral services. For further information please contact Stephanie, 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 Stephanie al 604.718.5829 o por correo electrónico a [stephanie.angel-garay@vancouver.ca](mailto:stephanie.angel-garay@vancouver.ca).

### Evento gratis de Nadar/ Free Youth swim



**Fri** 8:00-10:00pm **Jul 6, Aug 3**  
Gratis/Free



## 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.

## Volunteer Work/ Trabajo Voluntario (11-18yrs)



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, 604.718.5829.

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.

## Latin American Youth Council (11-18yrs)



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 Stephanie al 604.718.5829

**Thu/Jueves** 5:00-6:30pm

## 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  
55+ Centre Free/Gratis

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



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** 5:00-8:00pm  
Gym D/Gimnasio D Free/Gratis

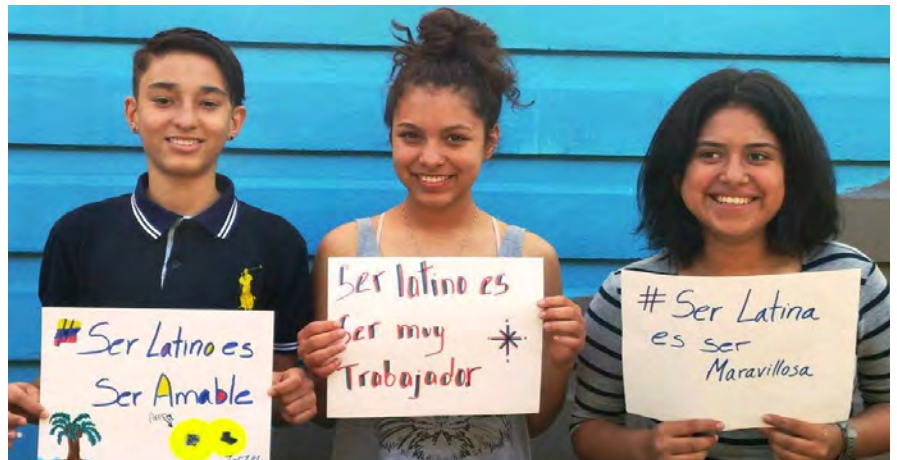
## Friends First Buddy Program/Grupo de Amigos (11-18 yrs)



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 12:00-5:30pm. To register and for more information, please contact Stephanie 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 Stephanie para registrarse al 604.718.5829. Subsidios disponibles.

**Sat/Sabados** 12:00-5:30pm



## Arts



Acrylic by M. Atashzad

### Acrylic Painting

Enjoying and relaxing with acrylic painting as an expressive and vibrant medium. You will learn how to use the brushes to achieve a variety of techniques including blending, glazing, lifting, wet on wet and over dry to create different textures and brush strokes on your artwork. We will focus on beautiful landscapes, flowers and figures. Visit: [www.atashzad.com](http://www.atashzad.com) Supplies are not included, supply list available upon registration. \$25 drop-in. All levels welcome.

**Wed 5:00-7:00pm Jul 4-Aug 15**  
**Rm 210 \$140/7sess**  
**169070 M.Atashzad**

### Watercolour Painting

Study watercolour painting techniques by exploring the medium's full potential. Learn to use water, paper, colour and brushes to create an endless variety of tones and atmosphere in your painting. Supplies are not included, supply list available upon registration. Visit [www.atashzad.com](http://www.atashzad.com). \$25 drop-in. All levels welcome.

**Wed 7:00-9:00pm Jul 4- Aug 15**  
**Room 210 \$140/7 sess**  
**169071 M.Atashzad**

### The Drive Street Band

Do you like playing music? Do you wish you played more music? Come join the Drive Street Band, a fun casual band that performs at events about town. Some High School music reading ability is helpful, or play well by ear. We play songs ranging from Swing, Jazz, Latin, Old time songs and more! The only stipulations are that you need a good attitude and an instrument that you can take out to the streets. \$5 donation at rehearsals. Led by Cory Sweet & Mike T Allen.

**Sun 3:00-5:00pm Jul 8- Aug 26**  
**55 + Centre 8 sess**  
**169067 T.Whitridge By donation**

### Carnival Band

Looking for an excuse to dust off that horn (accordion, glockenspiel...) in the back of your closet, dress up and play in the street? Looking for a way to bring a little music and colour to your community? The Open Air Orchestra Society invites you to our street band workshops, led by the incomparable Ross Barrett, Tim Sars, and various guest instructors. All levels/ages welcome; stop by just to listen and dance if you like! Suggested donation is one hour's wage per month or \$5/pay-what-you-can drop-in. Britannia Membership required. No Class on Aug 6

**Mon 7:30-10:00pm Jul 9-Aug 27**  
**55+ Centre 7 sess**  
**169057 T.Sars By donation**



### Salsa Cubana & Rueda De Casino Beginner

No experience necessary. Singles and couples welcome. This will be your introduction to Cuban Salsa. We will start with the basic steps, at first in a line but soon you will be using what you have learned in the circle-formation known as a Rueda. We will quickly progress to passing followers from one leader to the next, to turns and to moves such as Vacilala, Casate, Sombrero, etc. The basics of Merengue, Bachata and other Latin steps are taught during warm-up. Upon completion of the program, the instructor will assess the student's level and determine if s/he can move up to the next level.

**Tue 7:30-9:00pm Jul 10-Aug 28**  
**CFEC \$140/8 sess**  
**169065 K.Reyes**

### Salsa Cubana & Rueda De Casino Beg/Intermediate

Singles and couples welcome. We will continue where we left it in the Beginner Class and will add more moves. We will review the moves learnt in the Beginner class and learn new moves such as La Ye Simple, La Ye, Sombrero Complicado, Tornillo, Pelota, Setenta, etc. The basics of Merengue, Bachata and other Latin steps are taught during warm-up. Upon completion of the program, the instructor will assess the student's level and determine if s/he can move up to the next level. No class Aug 6

**Mon 7:30-9:00pm Jul 9-Aug 27**  
**CFEC \$130/7 sess**  
**169064 K.Reyes**

### Salsa Cubana & Rueda De Casino - Intermediate 1

Singles and couples welcome. We will continue where we left it in the Beginner-Intermediate Class and will add more moves. We will review the moves learned in the Beginner-Intermediate class and learn new moves such as La Ye Simple, La Ye, Sombrero Complicado, Tornillo, Pelota, Setenta, etc. The basics of Merengue, Bachata and other Latin steps are taught during warm-up. Upon completion of the program, the instructor will assess the student's level and determine if s/he can move up to the next level.

**Wed 7:30-9:00pm Jul 11-Aug 29**  
**CFEC \$140/8 sess**  
**169066 K.Reyes**

### Salsa Cubana & Rueda De Casino - Advanced

Advanced Salsa Cubana & Rueda De Casino Singles and couples welcome. In this class, you will learn some complex variations of moves, such as Caramelo, Malanga, Camina, A lo Cubano, Setenta y Virate, Despeinala, El Salao, Bombero, etc. as well as moves involving 2 couples. Pre-requisite: Previous experience, successfully completed Intermediate Salsa Cubana Rueda class, and consultation with the instructor before beginning the course.

**Thu 7:30-9:00pm Jul 12-Aug 30**  
**CFEC \$140/8 sess**  
**169063 K.Reyes**



### Grandview Garden Club



Grandview Garden Club meets at 7pm on the second Thursday of each month in the Brit Learning Resources Centre (under the library). Knowledgeable speakers tackle subjects such as pruning, vegetable growing, attracting bees and butterflies, and garden design. Novice gardeners and experienced green thumbs welcome. Annual membership \$20/ Drop-in \$4. <https://grandviewgardenclub.blogspot.ca>

**Thu 7:00-9:00pm Jul 12-Aug 9**  
**LRC 2 sess**

# Adults

## Physical Activity

### Axe Capoeira (3yrs-Adult)

We offer ongoing classes for children, youth and adults. Classes cover all aspects of Capoeira: martial arts, dance, music acrobatics, culture, language. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Registration includes unlimited participation in training as well as dance and music classes (Youth have unlimited participation in adult scheduled classes as well). Drop-in \$20 (you must go to the Pool Cashier at Britannia to pay and bring the receipt to the Instructor). Classes are located at 1739 Venables. For further information check out [www.avevancouver.com](http://www.avevancouver.com). \*Wed classes take place in CFEC or Gym C

### Preschool 3-6yrs

Mon/Wed 6:00-6:45pm	Jul
168899 1 class/week	\$60
168901 2 class/week	\$80

Mon/Wed 6:00-6:45pm	Aug
168902 1 class/week	\$60
168900 2 class/week	\$80

### Children/Youth (7-18yrs)

Mon-Thu 5-6pm	Jul/Aug
168896	\$170

### Introductory 13yrs+

Tue/Thu 6:00-7:00pm	
168897 Jul	\$70/month
168898 Aug	\$70/month

### Adult (19+)

168895 Jul/Aug	\$240
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### Ball Hockey- Women

The focus is on fitness and fun – all skill levels welcome. Teams divided according to skill level at beginning of game. Bring a black and white t-shirt to split into teams. Sticks provided, or bring your own plastic wood, composite. Shin pads, gloves recommended. \$6/drop in space permitting. No class Aug 12.

Sun 4:15-6:00pm	Jul 8-Aug 19
Gym D	\$30/6 sess
168783	

### ZUMBA® Fitness

Zumba® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning and total body toning. It combines Salsa, Cumbia, Merengue and more, giving you a feel happy workout that is great for both the body and the mind. We also integrate weights and abdominals into the end of the program. Drop in \$11, space permitting. Check out: [www.zumbavancouver.ca](http://www.zumbavancouver.ca).

171768 Wed	7:00-8:15pm	Jul 4-Aug 1	Gym D
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### Badminton

Total of 30 spaces (registered & drop-ins) \$5.00 drop-ins if space permits. Bring your own badminton racquets. Badminton shuttles will be provided.

Fri 7:00-9:45pm	Aug 3-Aug 31
Gym C A.Leung	\$25/5 sess
169462	

### Basketball

Adult recreation basketball program.

No drop-ins, no class Aug 6, location change for last two sessions.

Sun 2:00-4:00pm	Jul 8-Jul 29
Gym A	
Sun 2:00-4:00pm	Aug 12-Aug 26
Gym C	\$35/7 sess
168742 S. Yan	

### Ki Aikido

This non-competitive and positive defensive practice develops calmness, stability and confidence to reduce the stresses of daily life. We work with partners and learn to develop mind-and-body coordination, stay relaxed and centred, extend our minds and keep a light posture in dynamic movement. Beginners can take one free class before deciding to register. [www.canadiankifederation.org](http://www.canadiankifederation.org)

### General Class

All levels, including Beginners.

Wed 7:30-9:30pm	Jul 4-Aug 15
Mat Rm W.Nagata	\$42/7 sess
168749	\$10/drop-in

### High Grade Class and Practice

1st Kyu or more advanced students.

No class Jul 30, Aug 6	
Mon 7:30-9:30pm	Jul 9-Aug 13
Mat Rm W.Nagata	\$20/4 sess
168750	\$6/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.

Sat 10:00-11:00am	Jul 7-Jul 28
Gym C D.Galay	\$4.75/5 sess
168958	

### Volleyball - Beg/Inter

Beginners/Intermediate - Basics are emphasized. Register for this program to guarantee a spot to play every week. A total of 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$6/drop-in, space permitting.

Thu 7:15-9:45pm	Jul 5-Aug 2
Gym A/B B.Chu	\$25/5 sess
168735	

### Volleyball – Inter/Advanced

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 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$6/drop-in, space permitting.

Tue 7:15-9:45pm	Jul 3-Jul 31
Gym A/B B. Chu	\$25/5 sess
168733	\$6/drop-in

### Trojan Horse Amateur Boxing (10yrs-adult)

Learn classic boxing techniques from Head Coach Bill Kennedy. Full size ring, punch/speed bags, circuit training, mitts and gloves. Great way to improve your fitness. During the group sessions, your training will be personalized to your specific skill and ability. Recreational athletes will be required to fill out Park Board Waiver forms prior to participating. Competitive athletes must fill out a Combsport waiver form and pay a \$75 annual insurance fee (cheque payable to Combsport will be collected by the Bill prior to starting). Classes unlimited – come train as many times as you like! Boxing room is located beside Gym C. No class Jul 2, Aug 6.

NOTE – First time participants, pay \$20 drop in. After this, participants will be expected to pay the \$75/month fee.

Mon-Fri 5:00-7:00pm	
Sat 2:00-4:00pm	
168752 Jul	\$75/month
168753 Aug	\$75/month

### Yogaflex

This flowing yogaflex class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Please visit [www.clstevensfitness.com](http://www.clstevensfitness.com) for more information. Please bring your own mats to this class. \$12/drop-in. No class Aug 5.

Sun 10:15-11:15am	Jul 15-Aug 26
CFEC CLS Fitness	\$48/6 sess
168732	

## Foods



Grandview Woodland Food Connection (GWFC) is dedicated to supporting a healthy food access

for all. In partnership with Britannia Community Centre, the GWFC is pleased to offer a range of community food programs. For more information visit [www.gwfoodconnection.wordpress.com](http://www.gwfoodconnection.wordpress.com) or call 604.718.5895

### GWFC Volunteer Opportunities

Are you interested in community food security and food access for all? Would you like to help shape Grandview Woodland Food Connection programming? We are seeking community members interested in joining our Advisory Committee. Commitment is minimal as we meet every two months and simply seek your advice and support. Other volunteer opportunities including cooking, school gardening, media, and communications. Call Ian if interested @ 604.718.5895



### Wild Salmon Caravan

Are you interested in helping to protect wild salmon? The Grandview Woodland Food Connection is a co-partner in the planning of the Wild Salmon Caravan. We are looking for interested artists and other community members interested in creating interactive performance, props, costumes, banners, etc. for this year's 4th Annual Wild Salmon Caravan with Vancouver parade on Sat Sept 22. If interested, please call Ian at 604-718-5895.



### GWFC FoodFit Program



FoodFit is a free 12-week program for low-income community members who experience barriers around healthy eating and physical activity but who are motivated to make lasting changes to their health. The program combines fun, hands-on cooking sessions and food-based activities with take-home recipes, easy-to-understand nutrition information, group exercise, shared meals, self-directed individual and group goal-setting, and reflection and feedback loops that monitor and reinforce individual and group progress. The program also collects biometric indicators at the start and end of the program, and provides pedometers so participants can monitor daily steps. FoodFit respects the limits of people's circumstances, and aims to give participants simple, useful tools to navigate an increasingly complex food environment.

**For more information contact Ian: 604.718.5895**



### GWFC Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? You can save over 40% on your food bill. \$14 gets you 13-15 varieties of fruits and veggies. Pick up your box at Britannia Community Centre. Call to sign up: 604.718.5895

### Nutrition Counseling Service

Nutrition counseling services by a certified holistic nutritionist 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. Bonnie Chung is a registered holistic nutritionist with many years of experience working in the natural foods industry. Contact Bonnie Chung at 778.995.7299 or [gorealnutrition@gmail.com](mailto:gorealnutrition@gmail.com) to book an appointment or for more information go to [www.gorealnutrition.com](http://www.gorealnutrition.com). Appointments at Britannia Community Centre.

### Canning Kits to Lend



The Grandview Woodland Food Connection has canning kits available to lend to community members wanting to can at home. Kits include 21 quart canner, canning rack, jar lifter, funnel and lid lifter. Contact for info: 604.718.5895

### Canning 101

Food preservation is a skill as old as eating. In this workshop we'll discuss how people kept food from antiquity to today. Learn about safe canning techniques while preparing seasonal food for water bath canning. Then follow in the footsteps of your ancestors and take home a jar of canned food, prepared in community. Toni Glick learned canning by picking cherries on her grandparent's farm and watching her grandma make them into jam. She loves to try new recipes.

**Wed 6:00-8:00pm Aug 15**  
**Pre-teen Centre \$15**  
**171603**

### A Taste of Latin America- Pupusas

Discover Latin American Cuisine! Vancouver being multi-ethnic and rich multicultural the Pupusa has gained popularity in the past few years. This traditional dish has roots in Maya culture. Made from corn flour and shaped by hand, this dish can be adapted to delight vegan, gluten-free, vegetarian and meat eaters alike. Participants will learn the basics and techniques on how to build a Pupusa from scratch with various fillings. You will have a chance to taste this delightful treat! Bring your aprons and your palates and join former owner and chef of El Cocal.

**Wed 6:00-9:00pm Aug 22**  
**Pre-teen Centre \$35**  
**171604**

### Kombucha 101: Fermenting Tasty Teas

Join Jennifer Lee in a hands-on workshop where you will learn to make Kombucha (fizzy fermented black, green or olong tea). Our workshop will show you how to make the drink and the opportunity to taste Kombucha including guava, grape or lemon flavored. Bring a jar to take home your own piece of SCOBY! and start making your own Kombucha at home. Jennifer has been brewing Kombucha in her kitchen for the past year. She makes her own Ginger Beer, Water Kefir and sourdough!

**Wed 6:00-8:00pm Aug 29**  
**Pre-teen Centre \$15**  
**171605**

# 55 + Older Active Adults

## Al Mattison 55+ Centre Hours

Mon 10:00am - 5:00pm  
 Wed 12:00pm - 4:00pm  
 Thu 10:00am - 4:00pm  
 Fri 10:00am - 5:00pm  
 Sat 1:30-4:30pm  
 Sun 10:00am - 2:00pm  
 Vietnamese seniors' drop in  
 Tue 9:00am-3:00pm

\*Hours may vary. Closed Stat Holidays

Registration for all FREE programs begins Wed Jun 6 at 9:00am, in person and online. Phone registration begins at 1:00pm.

### Registration change to note:

Going forward, due to issues with the Winter registration, when processing registration for "free" seniors' programs we can register one person at a time, i.e. individual registration only, no multiple registration.

Vì nhiều vấn đề xảy ra trước đây, nên khi đăng ký các chương trình cao niên miễn phí, chúng tôi chỉ đăng ký cho từng người (Chỉ đăng ký cho chính mình. Không đăng ký cho những người khác). For more information, please contact Anne 604.718.5837.



## Residents of Vancouver on the Leisure Access Program

Residents of the City of Vancouver showing a current L.A.P. (Leisure Access Program) card may receive up to 50% off certain programs by presenting their L.A.P. card to a cashier at the time of registration.

Residents of the Grandview-Woodland/Strathcona area with a current L.A.P. card may receive a further discount if needed.

## Aging Well



This ten week program is for those who would like to achieve a more balanced outlook on life, with an emphasis on the positive aspects of aging. Tools we will practice include: mindfulness, assertiveness and goal setting. No class Aug 6.

Mon 4-6pm Jul 9-Aug 27  
 169247 D.Arsenault Free

## Britannia Elders Craft Collective



Learn new skills or brush up on your bead and/or leather work. Elders and others will share and guide. Materials are supplied. Space is limited so sign up early. Applications available at the 55+ Centre.

Thur 1:00-4:00pm Jul 5- Aug 6  
 CFEC Free  
 169256

## Elders Drop-in and Crafts



Weekly Indigenous seniors, elders and others joining together for craft projects (weaving, beading and more) Enjoy peer support and sharing.

Wed 1:00-4:00pm May 9-Aug 29  
 55+ Centre Free  
 171781

## 55+ Book Club



Cozy afternoon discussion on 3rd Wednesday of each month. Pick up your book at Britannia Library Please Register 604.718.5800 ext.1.

Wed 2:45-4:45pm Jul 18, Aug 15  
 Library Free  
 169246

## Osteofit

A gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. It is taught by a specially trained Osteofit fitness instructor. Drop-in \$12 space permitting. No class Aug 6.

Mon 11:00am-12:00pm Jul 9-Aug 20  
 CFEC \$60/6 sess  
 169259 B Bahrami

## Gentle Yoga 55+

Yoga practice for older adults. Warm up muscles, increase muscular elasticity and strengthen skeletal alignment. Drop-in \$13. No class Aug 6.

Mon 2:00-3:15pm Jul 16-Aug 20  
 CFEC \$50/5 sess  
 169068 Joan Drop-in \$13

## Computer and Internet Beginners



\*TENTATIVE at time of printing, call 604.718.5837 for more information.



# 55 + Older Active Adults

## Badminton - 55+

An easy relaxing way to have fun and stay fit. No class Jul 16, 17, 18, 29, Aug 6. No Drop-ins.

### Mon/Wed

Gym A	9:45-11:15am	Jul 4-30
Gym C	11:20am-12:35pm	Aug 1-29
169423		\$10

### Tue/Thu

Gym A	9:45-11:15am	Jul 3-26
Gym C	11:20am-12:35pm	Aug 2-30
168764		\$10

### Sat

Gym A	2:00-4:00pm	Jul 7-28
Gym C	12:00-2:00pm	Aug 4-25
168767		\$10

## Brit Community Dance Art Group



For adults of all ages, abilities and levels of experience, an opportunity to participate in a creative process of Dance/Art making. Through a collaborative process between dance and other art forms like art, music, poetry and more together we'll create an outlet for artistic voice for participants. No experience necessary with emphasis on a safe, supportive and friendly environment to encourage the creative expression for participants.

Wed	12:30-1:30pm	Jul 4-Aug 29
CFEC	Hillary	Free
170098		

## Ballroom Dancing Classes (Beginner/Intermediate)

Want to stay active with a fun and moderate workout? Come try beginner ballroom dancing. Relive the memories of swinging to the big band. Socialize with fellow seniors while learning the Foxtrot or Waltz and the Cha Cha.

Sun	2:00-3:00pm	Jul 8-Aug 26
169251		\$80/8 sess

## Chinese Folk Dance



Traditional Chinese Folk Dancing Lessons. Everyone Welcome Free with registration.

Thu	10:00am-12:00pm	Jul 5-Aug 30
CFEC		Free
169252		

## Line Dancing

Easy way to exercise. No experience needed just a willingness to relax.have fun.

Tue	1:00-3:00pm	Jul 3-Aug 28
CFEC		\$20/9 sess
169258		

## Social Ballroom Dance



This lyrical contemporary dance class is for men and women 55+ years and is for supportive for the beginner and those with some previous dance experience. Our Instructor has 20+ years of experience teaching ballet and contemporary dance. Emphasis is placed on correct body alignment and muscle use. The exercises you learn are gentle, safe and progressive. Meet some wonderful people and have an enjoyable time in an expressive and artistic way. No class Jul 13.

Fri	2:00-4:00pm	Jul 6-Aug 24
CFEC		Free
169266		

## So You Want To Dance



Have you always wanted to be a dancer whether Ballet, Jazz, or maybe it was those "Radio City Rockets" you loved ...here's your opportunity to fulfill that dream. Join us on Thursdays, no experience needed maybe even preferred. Fun and easy, social as well.

Wed	11:15am-12:30pm	Jul 4-Aug 29
CFEC		Free
169264		
Thu	10:30am-12:20pm	Jul 5-Aug 30
Mat Rm	Hilary	Free
169265		



## Morris Men Dance



Enjoy various styles of English traditional "Morris Dance" and music. Intergenerational, all year round. If you have an interest, drop-in to register.

Tue	7:30-9:30pm	Jul 3-Aug 28
Rink Mezz		Free
171797		

## Lunch Drop-In

Noon Lunch drop-in Mondays and Fridays. No need to register ahead, friendly easy going social. Drop in for some social time and a full meal. No lunch Aug 6.

Mon/Fri	12-2pm	Jul 6-Aug 27
55+ Centre		\$5/drop-in

## Coming Soon...

### Aboriginal Day

Thu	Jun 21	55+ Centre/Trout Lake
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### Canada Day

Sun	Jul 1	Grandview Park
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### Musqueam Tour

Thu	Jul 19	
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### Stanley Park Cultural/ Medicinal Plant Walks

## Fall Previews...



### Sunday Night Movie Series

The Britannia Great Movies Series happens Sunday Evening 6:00-9:00pm in the 55+ Centre and welcomes all ages. Check our line-up at [britanniacentre.org](http://britanniacentre.org)

## SLIMnastics

This humour filled fitness class might be just what you're looking for. It starts out slow working all parts of our body including fingers, toes, eyes and face. Over the 10 weeks easy movement and rhythm will speed up your metabolism.



## Arts and Health Project: Hat Weaving

Together with Haida artist Giihlgigaa Todd DeVries, Elders and others gather weekly in a supportive environment of community engagement and cultural learning. Applications are available at available at the 55+ Centre

Thu	1:30-4:00pm	October
		Free

## Reconciliation in Action at Britannia:



### Elders Participating in Community (EPIC)

Invites others to join them in a gathering with Cultural teachings and Crafts Everyone welcome to participate.

55+ Centre	Free
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## Summer Tours

\*Bus Tour Participant Pick-up outside the Pool

### Salt Spring Saturday Market

Vendors and entertainment include potters, jewelers, fiber artists, woodworkers, and fine decorative arts, armstead cheeses, organic foods, music and free festive fun! Enjoy meeting more than 140 artisans and food producers who all contribute to Salt Spring's international reputation as a hotbed of world-class artists and organic farmers.

- 4 Hours Salt Spring Saturday Market
- Scenic sail through Gulf Islands
- Relief driver
- All Ferry fees and taxes

**Sat** 6:30am-7:00pm **Jul 14**  
169253 \$129

**Activity Level: Easy**

### Bowen Island

Located 20 minutes by ferry from Horseshoe Bay, Bowen Island is a scenic, forested retreat with a rich history and unique shops. Additional \$10 ferry fee for 65 years and under.

- Bowen Island Museum
- Lunch at Artisan Eats
- Village Square
- Killarney Lake escorted walk
- Snug Cove
- Orchard Historical Society
- All BC ferry fees and taxes

**Thu** 8:00am-5:45pm **Aug 9**  
169261 \$119

**Activity Level: Easy**



## Vietnamese Programs



The program provides settlement services, educational and informative workshops about federal and provincial programs for Vietnamese seniors. It also raises the awareness of issues impacting seniors as well as providing advocacy, information about legal, safety, and support resources available to seniors.

### Chương Trình Cao Niên Việt Nam

Cung cấp miễn phí tất cả các dịch vụ hỗ trợ cho cao niên Việt Nam về những chương trình trợ cấp của chính phủ liên bang và tỉnh bang. Bao gồm tiền già (OAS) tiền phụ cấp (GIS), nhà cửa (BC Housing), phụ cấp tiền nhà cho cao niên (SAFER), thẻ xe bus (Bus Pass), thẻ bơi (OneCard).

Chương trình cao niên Việt Nam họp mặt vào mỗi ngày thứ ba hằng tuần từ 9:00 sáng đến 3:00 giờ chiều tại Nhà Cao Niên của Trung Tâm Britannia. Chương trình tạo điều kiện cho các cao niên Việt Nam gặp gỡ chia sẻ và hỗ trợ tinh thần, tham dự những buổi nói chuyện phổ biến những thông tin mới về quyền lợi và sức khỏe dành cho cao niên; tổ chức các chương trình vui chơi, du ngoạn...

Để biết thêm chi tiết, xin gọi Luong Ho 604.718.5818.

## Facility Rentals

At Britannia our mission is to foster active community building, collaboration, co-creation, grass roots education and involvement to contribute to quality of life for individuals and neighbourhoods. We recognize that programs do not always meet communities needs and sometimes people just need space to host their own event. From space for sporting events to birthday parties we have a great selection.

### Pool Rentals

Contact Mawi at 604.718.5830 or email [mawi.bagon@vancouver.ca](mailto:mawi.bagon@vancouver.ca)

### Rink Rentals

Go to [vancouver.ca/parks-recreation-culture/rink-rentals](http://vancouver.ca/parks-recreation-culture/rink-rentals) or contact Susy at 604.718.5836 or email [susy.bando@vancouver.ca](mailto:susy.bando@vancouver.ca)

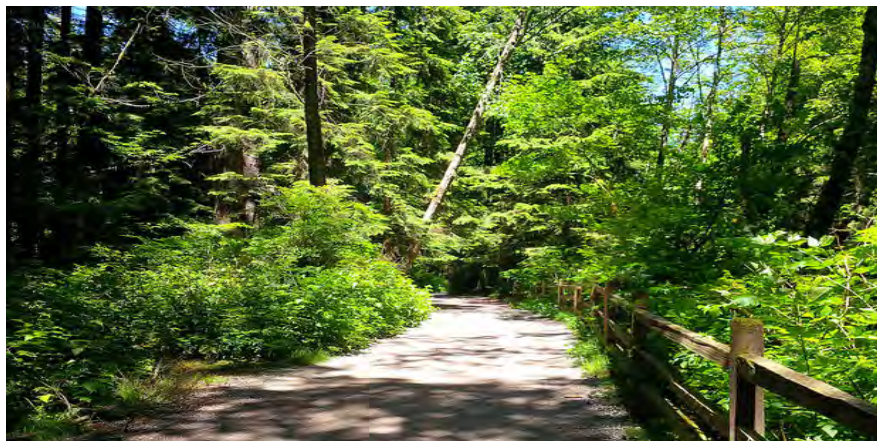
### Gym/Room Rentals

Contact the Facility Support Clerks for rates and availability. Contact Paul or Wally at 604.718.5812 or email [paul.morton@vancouver.ca](mailto:paul.morton@vancouver.ca) or [wally.tarrant@vancouver.ca](mailto:wally.tarrant@vancouver.ca)

### 1739 Venables – The Hall

We have been hosting programs in the space and renting the space out for community groups for four years. Our mission is to foster active community building, collaboration, co-creation, grass roots education and involvement to contribute to quality of life for individuals and the neighbourhood. We are confident that there will be great opportunities for our community over the next few years. For more information, go to <https://www.britanniacentre.org/facilities/rentals/articles/684.php>

Contact Helen at 604.257.3087 or email [helen.spaxman@vancouver.ca](mailto:helen.spaxman@vancouver.ca)



# Fitness Centre

## 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 to our fitness equipment and a starter fitness program. Please call ahead to make an appointment for a fitness orientation. 604.718.5842.

## 30 Minute HIIT

Get a high intensity interval training workout on your lunch hour, with time to spare. In-person registration only, at noon. 5 participants max.

**Wed** 12:15-12:45pm **Jul 4-Aug 29**  
**FC** M. Roma **Drop-in fee/\$6.10**

## Weight Training for Women - Beginner

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.

**Sat** 10:00-11:30am **Jul 7-28**  
**FC** V.Henderson **\$35/4 sessions**  
 171553

## Weight Training for Women - Intermediate

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, completion of Beginner class is recommended.

**Sat** 10:00-11:30am **Aug 4-25**  
**FC** V.Henderson **\$35/4 sessions**  
 171554



## Hours of Operation

**Monday to Friday** 6:30am-9:55pm  
**\*Adults 55+ ONLY Friday** 9:00-10:00am\*  
**Saturday** 12:00-7:55pm  
**\*WOMEN ONLY Saturday** 9:00am-12:00pm\*  
**Sunday** 10:00am-7:55pm  
**TGD2S ONLY SUNDAY** 8:00am-10:00am

## Free with Britannia Membership

**Tuesdays & Fridays** 10:00am-12:00pm

## Statutory Holiday Hours

**July 1** Canada Day 1:00-5:00pm  
**Aug 6** BC Day 1:00-5:00pm  
**Sept 3** Labour Day 1:00-5:00pm

## Flexipass Membership

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

## Outside Trainers

This type of special admission is for personal trainers, occupational recreational therapists, physiotherapists. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$6.41 per client also applies.

## Supporting a participant? Attendants get free access.

The Fitness Centre and Pool give free access to attendants required to assist persons with disabilities needing support to swim or exercise in the fitness centre. Support is defined as assistance of a physical, psychological, emotional, intellectual, or sensory nature to ensure that the patron with the disability is able to participate.

## Pool and Fitness Centre Fees 2018 (GST not included)

	Drop-In	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
<b>Adult (19-54)</b>	\$6.10	\$48.80	\$46.18	\$125.00	\$399.00	\$3.00
<b>Youth (13-18)</b>	\$4.36	\$34.88	\$32.33	\$87.44	\$278.68	\$1.00
<b>Child (6-12)</b>	\$3.07	\$24.57	\$23.09	\$62.50	\$199.50	\$1.00
<b>Senior (65+)</b>	\$4.36	\$34.88	\$32.33	\$87.44	\$278.68	\$1.00
<b>Britannia-Only Senior (55+)</b>	\$4.36	\$34.88	\$32.33	\$87.44	\$278.68	\$1.00

Family Drop-in Rate = 1 to 2 adults of the same household and their children under 19 years of age. Minimum \$6.44 admission.

Leisure Access Fitness Centre Admission Rate is 50% off adult admission and flexipass.

# Aquatics

## General Information

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

**Pool Cashier Office\*** 604.718.5831  
**Recreation Programmer** 604.718.5830

\*Pool office closes 30 min before the pool.

## Statutory Holiday Hours

**July 1** Canada Day 1:00-5:00pm  
**Aug 6** BC Day 1:00-5:00pm  
**Sep 3** Labour Day 1:00-5:00pm

## Admission Policy for Children

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

## Birthday Parties

Book the parent and tot pool for your birthday party! Maximum of 30 people per party. Register online, in person or by phone 604.718.5831. You may also arrange to rent a party room through the Community Centre's Facility Support Clerk at 604.718.5812.

**Sat 1:00-2:00pm \$66.75**  
 (includes lifeguard fee)

## Pool and Fitness Committee

New members welcome! This is an advisory committee which provides recommendations to the Britannia Board of Management in the area of Pool and Fitness Centre programming and facilities. Meetings take place on the last Tuesday evening, of every other month. Please contact the Recreation Programmer at 604.718.5830.

**Tue 6:00pm Jun 26**  
**Tue 6:00pm Aug 28**  
 Conference Room

## Britannia Masters Swim Club

A competitive swimming-style workout for lap swimmers, triathletes, masters and open water swimmers, who want to take their swimming to the next level. Your coach knows a lot about swimming! Susie grew up as an age group swimmer, was a nationally ranked senior, swam at the varsity level and competed at Canadian Nationals, CIAU Nationals and Canadian Olympic Trials. Registration is required as the program is limited to 15 swimmers max.

**Tue/Thu 6:30-7:30am Jul 3-Aug 30**  
**171396 \$120/season**



## July 2-August 31, 2018

During some public swim sessions only part of the pool is available. The pool may be shared with aquafit, lessons, day camps or swim club. The parent and tot pool is not open to the public during lessons. Schedule is subject to change without notice.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lengths Swim 6:30-8:55am					Lessons & Lengths (1 lane only) 9:00am-12:55pm	Lengths 10:00-10:55am Parent & Tot 10:00-10:55am
Public Swim 9:00-11:25am						
Range of Motion (ROM) 10:00-10:45am		Range of Motion (ROM) 10:00-10:45am	Aquafit 10:00-10:45am	Range of Motion (ROM) 10:00-10:45am	Lengths 1:00-1:55pm	Lessons & Lengths (1 lane only) 11:00am-2:25pm
Lengths Swim 11:30am-12:55pm					Public Swim 2:00-4:55pm	Public Swim 2:30-4:55pm
Public Swim 1:00pm-2:55pm						
Lessons & Lengths (1 lane only) 3:00-5:25pm	FREE Public Swim 3:00-4:55pm ☀️	Lessons & Lengths (1 lane only) 3:00-5:25pm	FREE Public Swim 3:00-4:55pm ☀️	Lessons & Lengths (1 lane only) 3:00-5:25pm	Inflatable Fun Jul 7, Aug 4	
Lengths 5:30-6:25pm	Lengths 5:00-6:25pm	Lengths 5:30-6:25pm	Lengths 5:00-6:25pm	Lengths 5:30-6:25pm	Lengths 5:00-6:25pm	
Public Swim 6:30-7:55pm					Public Swim 6:30-7:55pm	
Lengths (1 lane only) 8:00-9:00pm	Lengths (1 lane only) 8:00-9:00pm	Lengths (1 lane only) 8:00-9:00pm	Lengths (1 lane only) 8:00-9:00pm	Public Swim 8:00-9:55pm	<b>Schedule is subject to change without notice.</b>  *The parent & tot pool is not open to the public during lengths or lessons.	
Aquafit 8:00-9:00pm	Aquafit – Deep Water 8:00-9:00pm	Aquafit 8:00-9:00pm	Adult Lessons 8:00-8:40pm	<b>YOUTH ONLY 11-18yrs</b> <b>FREE Swim 1st Friday of month 8:00-9:55pm</b>		
Adult Lessons 8:00-8:40pm	Adult Lessons 8:00-8:40pm	Adult Lessons 8:00-8:40pm	Lengths (2 lanes) 9:00-9:55pm	Jul 6, Aug 3 (no lanes, whirlpool, or steam room available)		
Lengths (2 lanes) 9:00-9:55pm	Lengths (2lanes) 9:00-9:55pm	Lengths (2 lanes) 9:00-9:55pm				

## Britannia Swim Club (8-18yrs)

Join our non-competitive swim club team. We focus on stroke development, endurance and drills. We also practice dives and flip turns to encourage a full swim club experience. Prerequisite: Swimmers must be at Swim Kids Level 5 or higher. Stroke evaluation is available. Register for one or both days.

<b>Tue</b>	<b>6:30-7:45pm</b>	<b>Jul 3-Aug 28</b>
<b>171400</b>		
<b>Thu</b>	<b>6:30-7:45pm</b>	<b>Jul 5-Aug 30</b>
<b>171399</b>		
<b>One day/week</b>		<b>\$55/season</b>
<b>Two days/week</b>		<b>\$85/season</b>

## Britannia Lifeguard Club (8-12yrs)

A fun club designed for Britannia area youth who would like to improve their swimming, develop lifesaving skills and learn basic first aid. The course is designed as a starting point for youth who would like to develop their swimming abilities and learn about safety in and around the water. Please apply at the pool.

<b>Sat</b>	<b>5:00-6:00pm</b>	<b>Jul 7-Aug 26</b>
<b>171397</b>		<b>\$50/season</b>

## Britannia Rec Stars (13-18yrs)

This program is intended to help Britannia area youth who are interested in swimming to further their skills and abilities through advanced swimming and advanced lifesaving courses. Please apply at the pool.

<b>Fri</b>	<b>Adv Swimming</b>	<b>3:30-4:15pm</b>
<b>Fri</b>	<b>Adv Lifesaving</b>	<b>4:15-5:00pm</b>
<b>171398</b>		<b>Jul 6- Aug 31</b>
		<b>\$60/season</b>

## Bronze Medallion (13+yrs)

Teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Candidates develop stroke efficiency and endurance in timed swims (500 metres). Includes CPR-A. Prerequisite: 13 years of age and up or have completed Bronze Star; ability to swim 100 metres in deep water and ability to swim 500m in 15 minutes or less. The Canadian Lifesaving Manual is required. It can be purchased at the front desk for \$36.

<b>Sun</b>	<b>10:00am-2:00pm</b>	<b>Jul 15-Aug 12</b>
<b>171401</b>		<b>\$196.44/5 sess</b>

## Canadian Swim Patrol (8-12yrs)

Provides training for those who are ready to go beyond learn-to-swim and want to learn basic lifesaving skills. Each level of the Canadian Swim Patrol program has three modules: Water proficiency, First Aid, and Recognition & Rescue. Prerequisite: Ability to swim in deep water, swim 25 metres and tread water for 1 minute.

<b>Sun</b>	<b>2:30-3:30pm</b>	<b>Jul 8-Aug 26</b>
<b>171402</b>		<b>\$48/8 sess</b>

## Teen or Adult Basics 1 (13+yrs)

Learn front and back float, front and back glide with kick, front swim for 10 metres, shallow water entries and exits, and deep-water activities (assisted). No previous swimming experience required. No class Aug 6.

<b>Mon</b>	<b>6:30-7:10pm</b>	<b>Jul 9-Aug 27</b>
<b>171505</b>		<b>\$75.08/7 sess</b>
<b>Mon</b>	<b>8:00-8:40pm</b>	<b>Jul 9-Aug 27</b>
<b>171504</b>		<b>\$75.08/7 sess</b>

## Teen or Adult Basics 2 (13+yrs)

Learn back swim with shoulder roll, front and back crawl (15m), sitting dive, kneeling dive, stride dive and front dive, treading water, and swim a minimum distance of 25 metres. Prerequisite: Some swimming experience and can perform front swim 10 metres comfortably.

<b>Wed</b>	<b>6:30-7:10pm</b>	<b>Jul 4-Aug 29</b>
<b>171507</b>		<b>\$95.44/9 sess</b>
<b>Wed</b>	<b>8:00-8:40pm</b>	<b>Jul 4-Aug 29</b>
<b>171506</b>		<b>\$95.44/9 sess</b>

## Teen or Adult Strokes 3 (13+yrs)

Swimmers choose the stroke(s) they wish to focus on. This is a participation-based program with individual goals. Prerequisite: Able to swim front crawl at least 15 metres continuously, back crawl 15 metres and is comfortable swimming in deep water.

<b>Tue</b>	<b>8:00-8:40pm</b>	<b>Jul 3-Aug 28</b>
<b>171509</b>		<b>\$95.44/9 sess</b>

## Teen or Adult Fitness (13+yrs)

Improve conditioning and training, using adaptable swim workouts to train participants. Participants must be comfortable swimming 50 metres continuously.

<b>Thu</b>	<b>8:00-8:40pm</b>	<b>Jul 5-Aug 30</b>
<b>171508</b>		<b>\$95.44/9 sess</b>

## Private/ Semi Private Lessons (all ages)

One-on-one/one-on-two with a swimming instructor for a set of lessons to improve specific swimming skills. Instructors may vary from week to week.

**Private \$30/ Semi- Private \$20**

Swim Lesson Fees 2018	7 lessons	8 lessons	9 lessons
Parent & Tot (30 min. parented)	\$50.23	\$56.86	\$63.49
Preschool (30 minutes)	\$50.23	\$56.86	\$63.49
Swim Kids 1-4 (30 minutes)	\$44.63	\$50.46	\$55.30
Swim Kids 5-10 (40 minutes)	\$50.23	\$56.86	\$63.49

Parent & Tot and Children's Summer Swim Lesson Sets			
Mon – Starfish/Duck	9:00-9:30am	Jul 9-Aug 27	7 lessons
Tue – Sea Otter	9:00-9:30am	Jul 3- Aug 28	9 lessons
Wed – Starfish/Duck	9:00-9:30am	Jul 4-Aug 29	9 lessons
Thu – Salamander	9:00-9:30am	Jul 5-Aug 30	9 lessons
Fri – Sea Otter	9:00-9:30am	Jul 6-Aug 24	9 lessons
Mon & Wed – Set 1	3:45-7:00pm	Jul 4-30	8 lessons
Mon & Wed – Set 2	3:45-7:00pm	Aug 1-29	8 lessons
Fri	3:45-7:00pm	Jul 6-Aug 31	9 lessons
Sat	9:00am-1:00pm	Jul 7-Aug 26	8 lessons
Sun	11:00am-2:30pm	Jul 8-Aug 26	8 lessons

If you are unsure of what level to register in, we offer FREE swim assessments during our public swims. Online and in-person registration for swimming lessons and programs at all pools, for all age groups, starts Tuesday, June 19 at 9:00am.

# Ice Rink

## Rink Rentals

You can rent Britannia ice rink for your team, group, or school. View Britannia ice availability and request an ice booking online at <http://vancouver.ca/parks-recreation-culture/rink-rentals.aspx>



## 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 \$158.19/hr, (plus staff costs if you require skate rentals). A party room is included when you rent the ice rink. OR: If you are interested in arranging your birthday party at to the rink during a public skating session, the Rink Activity room is available to rent for \$18/hr. For more information, or to book an ice time, view the rink rental page at <http://vancouver.ca/parks-recreation-culture/rink-rentals.aspx> To book the Rink Activity Room, please call 604.718.5812.

## Get involved and join a Committee!



The Arena Committee meets the 1st Tuesday of every month at 6:00pm in the Rink Activity room. There are no meetings in July and August.



## Summer Learn to Skate Lessons

Registration for summer skating lessons will begin online and in-person at the Information Centre on Wednesday June 27th at 9:00am. Phone-in registration begins at 1:00pm. If you are unsure of which level to register in, have an on-ice evaluation completed during any Vancouver public skating session. If the lesson you want to register in is full, please put your name on the waiting list. Additional classes are scheduled whenever possible. Please note that skate lessons fill up quickly, so register early.

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

## Learn to Skate Lessons

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

Sat 10:00am-12:30pm Jul 7- Aug 25 \$48/ 8 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 Program Levels

Level 1 - has limited or no experience; has little confidence on the ice

Level 2 - can skate across the width of the rink without assistance

Level 3 - can glide on one foot, forward scull with both feet & snow plow stop with both feet

Level 4 - can skate backwards, scull backwards with both feet & 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

## 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.

## Upcoming Fall Programs

### VACHL

The 16th season of VACHL has come to an end and we would like to thank the players who continue to support the league and the staff who are dedicated to making this one of the most popular programs in the City. We welcome your feedback and any comments can be sent to [vachl@vancouver.ca](mailto:vachl@vancouver.ca). Vancouver Adult Co-ed Hockey League will begin in early-September. Registration has begun for the 18-19 VACHL season. To find out more about VACHL and how to register, go to [www.vachl.ca](http://www.vachl.ca)

### 2018 Fall Learn to Skate Lessons

Fall skating lessons will begin on Sep 15, 2018. Fall registration for Learn to Skate starts online and in-person on Wed Aug 22, 2018.

## Hockey Programs



### 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 7:45pm.

#### All Levels

Thu 11:15pm-12:45am Jul 5-Aug 30  
\$10/drop-in\*

#### Intermediate Players

Sun 9:30-11:00pm Jul 8-Aug 26  
\$15/drop-in  
\$50/mo\*

\*Strip tickets are not valid during these sessions.

### 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 \$6.10/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.

Sun 5:45-7:00pm Jul 8-Jul 29  
172270 \$19.05/4 sess  
Sun 5:45-7:00pm Aug 5-Aug 26  
172271 \$19.05/4 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 6-Aug 31  
\$6.10/drop-in

### Family Cosom Hockey

#### (3-12yrs 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 28-Sep 2  
Regular public admission rates apply

### Power Skating (All Ages)

Improve your overall hockey game by focussing on specific skating skills. This program is designed to give skaters a good skating foundation and work towards developing hockey skating skills. Participants for power skating must be able to perform forward crossovers, backward circle thrusts, backward stops, can use outside edges to enroll. Skate rentals are included in the cost of lessons.

#### Beginner

Sun 3:30-4:15pm Jul 8-Aug 19  
172272 \$52.50/7 sess

#### Intermediate

Sun 4:30-5:30pm Jul 8-Aug 19  
172273 \$70/7 sess

## Ice Rink Skating Schedule

July 1- August 31, 2018

Schedule subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Adult Stick & Puck 12:00-1:30pm	Public Skate 12:45-2:15pm	Family Fun Hockey 12:15-1:30pm No sess Jul 1
		Adult Stick & Puck 3:30-5:00pm				Public Skate 1:45-3:15pm (No sess Jul 1) Women's Drop-In Hockey 6:00-7:30pm
		Adult Skate 8:45-10:15pm	*Adult Co-ed Hockey 11:00pm- 12:30am			*Adult Co-ed Hockey 9:30-11:00pm No sess Jul 1

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

# Partners



A resource centre for parents/caregivers & their young children to age early 6, offering many programs, support & referral services. \$20 annual membership required.

1655 William St, 604.255.9841  
 info@eastsidefamilyplace.org  
 www.eastsidefamilyplace.org  
 and Facebook

## Family Drop-In Hours:

M/W/F 9:00-12:00pm  
 T/T 9:00-2:30pm (closed 12-1:00)  
 Fee: \$3 per visit per family.  
 Closed: Jul 2, Aug 6, Sept 3

## Licensed Occasional Childcare (M-F 9:00-11:45am)

For ages 18 months to early six years, sliding scale of \$5.00 to \$6.50/ hour. Spaces are limited & must be booked in advance: 604.251.1018.

## Parenting Education and Support

We offer multi-week groups as well as workshops and info tables on topics of interest to parents/caregivers. Call or email to find out more.

## Little Sprouts

Parents/caregivers and their children will meet weekly at the Britannia School garden and have fun learning all about plants and gardening. Snack provided. Registration required. \$3 drop in fee.

Tue 10:00-11:30am Jun 26-Aug28

## Kids in the Kitchen,

Children ages 3-5 have fun learning how to cook a yummy, healthy snack together. Registration required. \$3 drop in fee.

Tue 1:00-3:00pm Jun 26- Aug 28

## Summer Students Enhancement Program

Two university students lead a variety of fun and educational activities for families in July and August, including local outings, field trips, and lots of outdoor play. Check our website for the full schedule.

## Birthday Parties (1-6yrs)

We specialize in birthday parties for young children. Call or email for more details.



Vancouver Public Library

## Library Hours

Closed Holidays Jul 2, Aug 6, Sept 3  
 Ph: 604.665.2222

Mon 9:00am-6:00pm  
 Tue/Wed 9:00am-9:00pm  
 Thu/Fri 9:00am-6:00pm  
 Sat 9:00am-6:00pm  
 Sun 1:00pm-5:00pm

## Babytime (0-18mo)

Tue 10:30am Jul 10-Aug 14

## Family Storytime (18mo-5yrs)

Thu 10:30am Jul 12-Aug 16

## Summer Reading Club (5-12yrs)

Wed 1:30-2:30pm Jul 11-Aug 29

## Teen Advisory Group (13-18yrs)

3rd Tue of the month 3:30-4:30pm

## Teen Worlds: Hunger Games

July 25 Time TBD

## 55+ Book Club

3rd Wed of the month 2:45-4:00pm

## Elder's Book Club

1st Fri of the month 2:00-3:30pm

## One-To-One Computer Training

Tue/Wed 2:00-4:00pm  
 (30min blocks)

## SFU Philosophers' Café

Last Wed of the month 7:00-9:00pm

## Pandora's Collective:

www.pandorascollective.com

## Word Whips

3rd Tue of the month 6:30-8:30pm

## Book Talks

4th Wed of the month 6:30-8:30pm

## Poetic Pairings

Tue 6:30-8:30pm Jul 24



Kickstand is a volunteer-run community bike shop that strives to make cycling more accessible by providing a do-it-yourself workshop space.

- ✂ Fix your bike with the support of our mechanics, regardless of your skill level
- ✂ Use our tools
- ✂ Buy a refurbished bike
- ✂ Buy new and used parts
- ✂ Donate your old bike or parts
- ✂ Support the community by volunteering

## Eastvankickstand.org

1739 Venables. Basement entrance on Commercial Drive.

## Shop Rates & Hours

Sliding scale from \$5-\$15

Mon/Wed/Fri 5:00-9:00pm  
 Sun 1:00-5:00pm



## Women, Gender Queer & Trans Night

2nd & 4th Tue/month  
 6:30-8:30pm

## Bike Club Youth Drop In

Bike Club is a FREE drop-in bicycle mechanics program for youth aged 12-19 that runs weekly on Tuesdays at Kickstand Community Bike Shop. The goal of Bike Club is to remove barriers to youth accessing bikes so that more youth can get riding!

During Bike Club youth are invited to drop in to:

- Participate in Earn a Bike
- Volunteer on shop projects
- Get support servicing their bicycles
- Hang out, eat snacks, and check out the Kickstand space

Questions? Contact Sara at bikeclub@pedalpower.ca

Tue 3:30-4:00pm  
 1739 Venables Free  
 Kickstand Community Bikes