

NEW! This brochure now has active links to connect you with the programs you want to register for online. Simply click on any program activity number of interest and you will be taken to the Vancouver Recreation page you need to start signing up!

**Reconciliation in Action:
Drive The Change
September 26, 2017
2:00-6:00pm**

Programs & Services Fall 2017



President's Message

Another full summer has passed with the festivals, events, programs and activities that go along with it here at Britannia. Highlights include the naming of the ʔxwq̓eləwən ct Carving Centre and a return to Grandview Park the Britannia Centre Canada Day celebration. The naming of ʔxwq̓eləwən ct Carving Centre was a historic event. The name was jointly chosen by the Musqueam, Squamish and Tsleil-Waututh nations, One heart, one mind - "Feelings" is in spirit of an artist's expression of feelings through their artwork, that shares the Coast Salish peoples history, culture, teachings and connection to the land.

More than forty years ago, this site was developed with an innovative model that integrates services, with the specific goal of using the best efforts of all partner agencies to create a strong community centre. This centre became the heart of a hub that includes Grandview-Woodland, Strathcona and DTES. This past spring Britannia and the city lost one of the individuals integral to the formation of the Britannia site. Amongst many accomplishments, John Minichiello led the initiative to create the site, fought against the proposed freeway that would have put it at risk, and continued throughout his life to lead, mentor and support. John's memory will live on at Britannia, in the many ways he contributed.

In 2017 we have before us a continuing community consultation that will create the facilities renewal plan for the centre that has contributed so much to the health and vibrancy of this city. Working together we have embarked on a journey that has built a strong community, and together we will re-new the site that is at the centre of that community. Many workshops have been held to hear input from a wide variety of interest groups, and the consultation will continue through the fall. Please attend.

September will bring the board together after the summer break and it is exciting to be re-elected to chair. The Britannia Board of Management is a volunteer board elected from the community, by the community. Each individual brings their expertise and perspective to the board; the work that they do allows your community centre to move forward and thrive with new initiatives and on-going programs. We work closely with our partners the VSB, the COV & PB, and we provide space and place for community groups and organizations to find a home in the community. Welcome to all new and returning board members, and to all the members we serve, please find the program you look for in the brochure.

Thank you,
Gwen Geisbrecht

Board of Management

Britannia Board meetings are held on the 2nd Wednesday of the month (no meetings during the summer months). For more information, or if you are interested in running for our Board of Management, call Cynthia Low, Executive Director at 604.718.5815.

PRESIDENT:	Gwen Giesbrecht
VICE PRESIDENT:	Ingrid Kolsteren
TREASURER:	John Flipse
MEMBERS AT LARGE:	Scott Clark Freya Kristenen
DIRECTORS:	Brendan Boylan Susanne Dahlin Annie Danilko Pamela Dudas Levi Higgs Vera Jones Juan Carlos Maldonado Craig Ollenberger Andrew Phillips
STAFF REPRESENTATIVE:	Jaiden Simmons
AGENCY REPRESENTATIVES:	VSB Andrew Schofield VPB Peter Odynsky VPL Megan Langley
EXECUTIVE DIRECTOR:	Cynthia Low
MANAGER OF ADMINISTRATIVE SERVICES:	Jeremy Shier
MANAGER OF CHILD CARE SERVICES:	Rachel Day

Our Mission

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

Our Vision

To be a catalyst for social connection, capacity building and integration of services in our community while celebrating diversity, and enhancing the life and well-being of everyone who lives, works, and plays in our community

We would like to acknowledge that we are on the unceded territories of the Coast Salish Nation, the Musqueam, Squamish and Tsleil-Waututh

Membership Information

To participate in recreation programs you must be a member of Britannia Centre. Membership is valid from: Sep 1, 2017 to Aug 31, 2018

Family	\$5.00
Adult	\$3.00
Child, Youth, Senior	\$1.00

Membership may be obtained when you register for a program or any time during the year at the pool cashier's office or the information centre. Membership fees will be automatically added to your online purchase.

What does membership give me?

- Voting privileges at the Annual General Meeting of the Society May 23, 2018
- Eligibility to run for the Board of Management
- Mail outs about Centre programs and events
- Access to special membership programs
- Britannia membership is required before registering into programs
- Free access to Fitness Centre on Tuesdays & Fridays, 10:00am-12:00pm

Fun For All!

Britannia operates a wide range of 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 and 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 our front desk about our other Subsidies.

Index

Board of Management, Memberships, Mission & Vision Statement.....	2
Index, Facility Rentals, Holiday Hours	3
Registration, Subsidy & Refund Policies.....	4
Britannia Renewal,	5-6
Art Gallery & Special Events.....	7-10
Licensed Child Care.....	11-12
Preschool Programs: Arts, Social, Physical Activity.....	13
Children's Programs: Arts, Social, Physical Activity, Daycamps.....	14-17
Preteen Centre Programs: Arts, Social, Physical Activity.....	18
Youth Centre Programs: Leadership, Social, Physical Activity, Latin American Youth Programs.....	19-22
Adult Programs: Arts, Social, Physical Activity.....	23-28
55+ Older Active Adults Programs: Arts, Social, Health & Wellness, Technology, Vietnamese Programs.....	29-32
Fitness Centre Programs: Rates, Schedules & Programs.....	33
Aquatics: Rates and Schedules, Registration, Lessons, Britannia Swim Club, Red Cross Teen & Adult Programs, Lifesaving and Other Programs.....	34-37
Ice Rink: Rates and Schedules, Winter Ice Sale, Hockey Programs, Lessons.....	38-41
Partners: GWFC, CPC, CAPC, Kickstand, CFEC, ESFP, VPL.....	42-43
Britannia Site Map.....	44

Fall 2017 Holiday Hours

Information Centre, 55+ Centre & Teen Centre

Sep 4	Labour Day	CLOSED
Oct 9	Thanksgiving	CLOSED
Nov 11	Remembrance D.	CLOSED
Nov 13	Stat	CLOSED
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	CLOSED

Pool & Fitness Centre

Sep 4	Labour Day	1:00-5:00pm
Oct 9	Thanksgiving	1:00-5:00pm
Nov 11	Remembrance D.	1:00-5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-5:00pm

Rink

Oct 9	Thanksgiving	1:00-3:30pm
Nov 13	Remembrance D.	1:00-3:30pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-3:30pm
Jan 1	New Year's Day	1:00-3:30pm

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

Rink Rentals

Go to vancouver.ca/parks-recreation-culture/rink-rentals or contact Susy at 604.718.5836 or email 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 or 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.

Contact Helen at 604.257.3087 or email helen.spaxman@vancouver.ca

Registration Information

Register Online at britanniacentre.org

Registration starts at 9:00am on Tuesday August 22, 2017

You must have a current Britannia Society membership to register for all Britannia programs. The membership year runs from September 1, 2017 to August 31, 2018.

Membership fees will be automatically added to your online purchase. See page 2 for membership information.

Register in Person

Registration starts at 9:00am on Tuesday August 22, 2017

At the **Information Centre**, (No Cash payments please).

At the **Pool Cashier's Office** (Pay by Cheque, Visa, Mastercard, Debit or Cash)

Registration Hours at the Pool Cashier are:

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

Registration Hours at the Information Centre are:

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

Register by Phone at 604.718.5800 ext. 1

Phone registration starts at 1:00pm on Tuesday August 22, 2017.

A copy of your program registration will be emailed to you upon request if you have an e-mail address, or you can pick up a hard copy at your convenience.

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
- 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
- Britannia Society Memberships are non-refundable

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. We need a minimum number enrolled before a class will run. Programs may be cancelled during the session due to unforeseen circumstances and instructors may change during the program session.

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

Subsidy Policy

Britannia operates a wide range of recreation programs. It is Britannia's policy to make programs as accessible as possible. Britannia would like to assist those who are not able to afford the advertised cost of certain programs or activities. Note: maximum of 2 subsidies per season. Subsidy policy does not apply to Britannia Child Care programs or products that are resalable.

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.

Grandview-Woodland Strathcona Residents Not Part of the Leisure Access Program

Participants living in the Grandview Woodland/Strathcona area who do not have a L.A.P. card and are in need of financial assistance may request a subsidy for certain programs up to 25% of course costs by completing an application for subsidy.

Licensed Child Care Subsidy

[Provincial Child Care Subsidy](#)

1.888.338.6622 (<http://www.mcf.gov.bc.ca/childcare/application.htm>)

Fun For All!

Britannia operates a wide range of 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-Woodlands and 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

Britannia Planning and Development Committee

Fall 2017 Committee Meeting Dates

Tuesdays 7:00-9:00pm, Sep 19, Oct 17, Nov 21

Members of the committee advise the Britannia Board on matters related to the Renewal. They collaborate with Urban Arts Architecture on the consultations and work with the partner organizations in the planning process. They receive, review provide feedback on proposals and discuss 'BIG' issues in the community such as the direction from the City to consider housing on the site. Over the summer the P&D Committee Housing Working Group met to help plan the housing forum that will be held on Thursday September 21. Guided by Britannia Planning Principles, Land-use principles and the draft housing principles the role of the working group is to engage the community on this very important and complex issue.

We hope that the community will be able to provide the Board with clear direction regarding the issue of housing on the site.

Housing World Cafe

Housing is a critical issue in our community.

Is housing appropriate on the Britannia Site?

If housing is appropriate what conditions should we consider?

Thursday September 21, 2017

6:00-9:00pm

Britannia Community Centre

Gym D

Britannia
RENEWAL



Register Online Today

Create an online account and register for unique and exciting programs across 24 community centres. Your online account allows you to keep track of your schedules, rental agreements, payment receipts and look up your current pass status.

Skip the line and buy your pass online All our passes are now available online. Get your 10-usage pass to indoor cycling classes or visit a fitness centre, pool or rink with the click of a button. Monthly Flexipasses are great for getting active and staying active, giving you access to 21 fitness centres, 9 indoor pools, 5 outdoor pools, and 8 ice rinks! vancouver.ca/passes

Drop-in activities

If you're looking for something to do last minute or make a long term commitment, we offer a wide range of drop-in activities to fit anyone's schedule. Check out what's available today on our drop-in calendar.

Event space

Planning a sporting event, social gathering or wedding? Submit your request for use of community centre rooms, outdoor parks or fields, ice rinks and more!

Follow us on Facebook and Twitter for up to date information on programs and registration.



recreation.vancouver.ca



Britannia

RENEWAL

The first phase of the Britannia Renewal planning is complete, Urban Arts Architecture have researched previous planning efforts, gathered with community, met with staff and reviewed city and district reports and presented visionary speakers. In the second phase UAA will review all this data and compile a list of the types of programming spaces that will support the hopes and dreams of our neighbourhood. In September the community will be able to review and comment on this list, bearing in mind that we have limited resources and our decisions will be based in the best interest of the community. YOU MAY HAVE ASKED FOR AN EQUESTRIAN CENTRE BUT WE MAY HAVE TO SETTLE FOR A COMMUNITY GARDEN THAT COULD HOST VISITING HORSES! Our goal is to support the social development of ALL in our community, particularly the most vulnerable and to work together to look into the future and figure out how best to do this.

Thank you to everyone who participated with thoughtfulness, brilliance and inspiration.

- 2,500+ Community members involved to date
- 950+ Project Kick-off Open House participants
- 6 focus groups 250+ participants (Seniors & Elders, Youth, LGBTQ2S, Newcomers, Families and Children, Kettle Society)
- 6 inspiring Speaker Series events 320+ attendees
- 5 juicy watermelons 85+ families at Family Picnic in the Park
- 320 Surveys Completed online through Talk Vancouver
- 7 workshops with program delivery partners and staff 170+ staff and partner groups involved
- 12 delicious, wholesome community meals served by Britannia
- 8 tasty pizzas consumed at youth events
- 235 #BritanniaRenewal conversations on social media
- 13+ Britannia Renewal table and activities at community events
- Grandview Park Free Market, Italian Days, Reconciliation in Action at Ray Cam Community Centre, Car Free Day, Canada Day, Earth Day, Stone Soup Festival
- 3,400+ sticky notes transcribed
- 2 school events with Britannia Elementary and Britannia High School

Dates To Watch Out For:

Housing Forum

Thursday September 21, 6:00-9:00pm, Gym D
Meal served

Community Consultation – Report Back

Saturday September 23, 12:00-4:00pm
Centre Wide Open House– Gym D, AML, B-Lab, Arena, Pool, Library, Grandview Park, etc.

B-LAB – Phase II LAUNCH

Saturday September 23
Open EVERYDAY

Community Consultation – Report Back

Tuesday September 26, 3:00-6:00pm
Reconciliation in Action – Tent



Britannia Renewal
Community Consultation
Events 2017



Vancouver Public Library

Art Gallery

Exhibitions

September 6 -29

Opening Reception:
Wed, Sep. 6, 6:30 - 8:30
Closing the Loop an upcycling textile exhibition by Nadine Flagel, Fran Moore, Sheila Paoli, and Michelle Sirois-Silver

October 4 - 27

Opening Reception:
Wed, Oct. 4, 6:30 - 8:30
Headspace, oil on canvas by Dianna Burns
Micromeditations, mixed mediums Artist Trading Cards by Lena Tan

November 1 - December 1

Opening Reception:
Wed, Nov 1, 6:30 - 8:30
In Their Midst, oil based portraits by Cara Bain
Critters and Abstract Landscapes, paintings by Marti Wright

December 6 - 29

Opening Reception:
Wed, Dec 6, 6:30 - 8:30
Domestic Savages, collages(images & text sourced from mid 20th century German film magazines)
Jane Stanier and Dominique Norville

Artist Talks

Artist Talk with Lena Tan;
A chance to hear about Artist Trading Cards, Bring your cards to swap!
Wed 7:00pm Oct 25

Workshops

Rug Hooking

Learn the basics of rug hooking, which involves using a hook to pull strips of fabric through an open-weave linen backing, thus creating a series of plush loops on the surface. We will learn how to work with wide (1/4") strips of wool, how to obtain and prepare fabric, how to plan rugs, how to hook subjects and fill areas, and how to finish rugs. All supplies and tools belong to the instructor, but the instructor will have some supplies for sale, and students will take home a handout with clearly-written instructions.

Sun 1:00-4:00pm Sep 17
Rink Mezz \$10/1 sess
128648 N.Flagel



Make It and Trade It with Lena Tan

What is an Artist Trading Card? Participants will try different techniques and media for drawing and collage to make ATCs and trade them with other participants. Things to bring: If they have them (e.g. in the recycling bag, or old school supplies), paper scraps and card stock, old magazines, brochures, fabric scraps and yarn other found materials, scissors, glue stick, coloured pencils, markers. **Children under 12 years old must be accompanied by at least 1 adult during the full time of the workshop**

Sun 1:00-4:00pm Oct 15
Rink Mezz \$10/1 sess
125290

Creative Expression & Art Making with Stanley Mishkin

This is a workshop in 5 parts, beginning with a brief introduction and allotment of materials and a short discussion on the principals of art. Participants will listen to 4 different pieces of music. After each piece they will visually interpret their feelings experienced by drawing abstractly, with immediacy onto paper. Upon completion of the 4 pieces the facilitator will introduce the participants to the fundamentals of art through a brief talk and demonstration of techniques. Using their 4 drawings as reference material, participants will combine the different ideas into a single large drawing that utilizes fundamental techniques to create an abstract composition. No experience is required. All materials will be supplied by the facilitator. **Children under 10 years old must be accompanied by their guardians during the full time of the workshop**

Sun 1:00-4:00pm Nov 12
Rink Mezz \$10/ 1 sess
128647



Japanese Ornamental Boxes

Medium: fabric and pressboard
All materials and tools are provided. No prior experience is necessary. Bring note taking materials and old newspapers or magazines for protecting table and artwork from glue. All materials and tools are provided. No prior experience is necessary.

Sun 1:00-5:00pm Dec 10
RAR \$10/1 sess
125284 S.Lee

Special Event Volunteers Needed

We are currently looking for special event volunteers to help us with the execution of these community events. Special Event Volunteers assist on the event day for set-up, guest assistance, registration, greeting, waste recycling and event take down. Volunteers who would like to participate in event planning can contact Volunteer Coordinator directly. If you are interested, please contact Yao at 604.718.5860 or by email at yao.zhang@vancouver.ca

Special Events

Reconciliation in Action

The Britannia Community Services Society and community partners invite you to join with other groups and residents for the third annual Reconciliation in Action (RIA): Drive the Change Community Gathering and Celebration. The event will be an opportunity to explore the meaning of reconciliation in the multicultural Grandview-Woodland neighbourhood and the role we can all take in making reconciliation a reality. The Event will include a variety of interactive, fun and educational activities, cultural performances and a Community Feast and will feature the Youth Matters Community Accountability Pledge Signing Ceremony. Youth Matters is a broad coalition of community and government agencies in Vancouver who are coordinating efforts to help address the gaps in support for inner city youth at risk. In September 2016 City Council endorsed the Pledge, recognizing the TRC Calls to Action and supporting the guiding principle that residents should be meaningfully involved in decision-making and services reflective of local realities and priorities.



Cultural Be In 2016

Reconciliation in Action (RIA): Drive the Change

Tue September 26, 2017, 2:00-6:00pm
Britannia Community Services Site
1661 Napier Street, Vancouver

1:00pm Elders Dialogue 55+ Centre
2:00pm Friendship Dance in the Gravel Field
3:00pm Signing of the Pledge
4:00pm Cultural Performances
6:00pm Off the Grill Feast



Salish Honoring Ceremony 2016

17th Annual Artful Sundays

This summer Britannia Community Centre will host an outdoor, mixed media, visual arts market. Featuring the work of local artists, live music, artist workshops & demonstrations, special events and more!

Sun 12:00-5:00pm Aug 13, 20, 27, Sep 3
Napier Greenway Free Admission



2nd Annual Fall Equinox Coffee House 2017: Solstice/Equinox Coffee House Series

Come celebrate the beginning of the Fall Season with this cozy neighbourhood event-an evening of local live music, dance and refreshments. All Ages

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

Youth Extravaganza (13-19yrs)

Kick off the new year with a blast!! DJ party, BBQ, contests, temporary tattoos, lots of games and activities, and lots of cool prizes!! Look for more details at your school in September, or come by the Teen Centre for more info!

Fri 7:00-10:00pm Sep 29 Teen Centre Free

Welcome Back Turkey Bowl Skate

All the rinks are open – it's time to lace up your skates. Whether you're an experienced skater or a beginner, join us for a fun skating event. Bring your family and friends and enjoy free skating, great music, treats and prizes. Some lucky skaters will have a chance to turkey bowl!

Sun 1:45-3:15pm Oct 8 Free

Free Youth Swim (11-18yrs)

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

Fri 8:00-10:00pm Oct 6, Nov 3, Dec 1 Free



Britannia Sukkot: The Holiday of Ingathering

The Grandview Woodland Food Connection invites you to join us for the Jewish holiday of Sukkot with a feast celebrating the fall harvest, as well as commemoration of the Jewish exodus from Egypt. Sukkot expresses universal themes of harvest celebration, community, human vulnerability, as well as displacement and migration. In partnership with the Jewish Museum and Archives, Or Shalom, and Tayybeh Syrian catering, the Britannia Sukkot Feast will bring together community members from diverse cultures to share in both a Jewish Sukkot and Coast Salish led ceremonies, giving thanks to the land and acknowledging the land we have come to live on. Food will be provided by Tayybeh: A Celebration of Syrian Cuisine.

Tue 5:00pm Oct 10 Location TBD
Info: 604.718.5895

Special Events

Parade of Lost Souls

Come one come all! It is the time for celebration and for ceremony, for reflection and renewal. Wear a costume. Bring an instrument. Make a dance. Join a dance. This parade is for you and by you, all the lost souls of the world; at least we are lost together. Let the revelry begin, at the Parade of Lost Souls! Conceptualized and produced by the beloved Public Dreams Society for over twenty-five years, the Parade lives on under the direction of its co-producer of the last four years, The Dusty Flowerpot Cabaret. Please contact Kat Single-Dain, Artistic Director, to get involved in performance, volunteering or production! katsingledain@gmail.com

The location of this year's parade will be revealed at midnight on the website dustyflowerpotcabaret.com

Sat 7:00-10:00pm Oct 28 Free by donation Location: Outdoors close to Britannia Community Services Centre

Britannia Workshops:

Thriller Flashmob Dance

Thu	7:00-9:30pm	Oct 19
Sat	12:00-2:30pm	Oct 21 & 22
Cafeteria		\$5-10/sess donation
125325	K.Single-Dain	

Mask-Hats Workshop

Tue	5:00-9:00pm	Oct 24
FAR		\$5-10/sess donation
125273		

Leather Mask Workshop

Sat	11:00am-2:00pm	Oct 21
Sun	11:00am-2:00pm	Oct 22
55+ Centre		\$5-10/sess donation
129583		

Join the Carnival Band

Mon	7:30-9:00pm	Oct 16 and 23
55+ Centre		\$5-10 donation
125305		



Check out dustyflowerpotcabaret.com for info on these workshops and more hosted at the Dusty Flowerpot Cabaret, the studio located at 2050 Scotia Street. Email katsingledain@gmail.com to get involved in parade in other ways as well.



Photo credit: Mark Teasdale

Special Events

Banner Workshop

Theme: Celebrations

What do you celebrate: a friend's birthday, an anniversary, a time of year, a sunny day? Do you honour it with a good meal, a community festival or with a smile to a stranger? Banners are large and hang in pairs and will be displayed outdoors on site and in the Library. This is a great workshop for friends and family. They must be completed on site. Wear old clothes and bring a lunch, a colour sketch of your idea. Children under 12 must be accompanied by an adult.

Sat/Sun 10:00am-4:00pm Oct 14 & 15
Cafeteria \$20/2 sess
125259 H.Spaxman



Halloween Howl (1-8yrs)

Come to this annual FREE spooky community event. Entertainment, ghostly games, pizza and popcorn are all included. Ages 1-8yrs welcome. NO registration - just come in your costume for an afternoon of tricks and treats!

Sat 12:00-2:00pm Oct 28
Gym D Free



Family Pumpkin Carving

Celebrate Halloween by carving a pumpkin with your family. Cost is based on a family of four and will include 2 pumpkins. Additional pumpkins can be purchased for \$3 but must be carved at the centre. Please register by Oct 22 so the correct number of pumpkins will be available. Hot chocolate and carving utensils will be provided. All children under 12 yrs must have a parent or caregiver present

Sun 1:00-3:00pm Oct 29
CFEC \$6/1 sess
125278 H.Spaxman

34th Annual Britannia Christmas Craft Fair

New location: Britannia Community Centre
Gym D 1661 Napier Street

Fri 3:00-8:00pm Nov 17
Sat 10:00am-5:00pm Nov 18
Sun 10:00am-5:00pm Nov 19

Santa photo session by donation;
Sat 11:00am-2:00pm Nov 19

\$2 entrance/free 12 and under

All proceeds go to inner city children's programs

Vendors; deadline for submissions Oct 1
britanniacraftfair@live.ca



Seasonal Decorations & Holiday Décor Workshop



Celebrate the season by making your own seasonal décor and art projects. Various local artists will be instructing in a variety of media. All materials provided.

Sat 12:00-4:00pm Dec 9
55+ Centre Free Drop-in
All Ages

Gingerbread House

Bring the whole family, up to 4 members to build a graham cracker gingerbread-style house. Candies and frosting and crackers will be provided, feel free to bring along your own decorations. Additional kits for use within the family will be \$3, must be done on-site. Please register by Dec 17 so the correct number of kits will be available. All children under 12 yrs must have a parent or guardian present.

Sun 1:00-3:00pm Dec 17
CFEC \$6/1 sess
125279



Brit Chill Holiday Skate

Kick off the holiday season with a festive FREE session at the Brit Chill Holiday skate. There will be crafts, treats and a visit from Santa Claus, Frosty and Rudolf.

Sun 1:45-3:15pm Dec 17
Free



5th Annual Winter Solstice Coffee House 2017:

Come celebrate the return of the light with a cozy evening of local live music, poetry and refreshments. A relaxing night during the busy holiday season-right here at Britannia in your neighbourhood.

Sun 7:00-9:30pm Dec 17
55+ Centre Free
All Ages



Boxing Day Skate

Come by the rink on Boxing Day, lace up your skates and burn off some turkey dinner calories.

Tue 1:00-3:30pm Dec 26
Free

Licensed Child Care

Daycare Programs

(3-5yrs)

Eaglets Daycare, Grandview Terrace and Mount Pleasant Child Care are the centres that offer full day daycare programs for 2.5 to 5 years. The programs offer a caring, safe and nurturing environment that allows children the freedom and support to develop to their full potential. We offer multi-cultural programs that respect a variety of traditions, lifestyles, languages and cultural heritages. In our inclusive play-based programs, staff provide activities based on children's interests and developmental needs, offering opportunities for children to explore their environment through music, movement, blocks construction toys, co-operative games, stories and outdoor play. Through play, children are able to develop social skills and learn more about their world.

Mount Pleasant Child Care

960 East 7th Avenue Wade Forbes 604.718.5844
Hours: Mon-Fri 7:30am-6:00pm
FEES: \$932/mo
Snack & lunch provided

Grandview Terrace Child Care

2075 Woodland Drive Alejandra Uribe 604.718.5846
Hours: Mon-Fri 7:30am-6:00pm
FEES: \$905/mo
Snacks provided
Lunch Program \$60/mo, \$5/Yoga

Eaglets Daycare

485 Semlin Drive Suzy Liguori 604.718.5856
Hours: Mon-Fri 7:30am-5:45pm
FEES: \$935/mo Snacks provided



Art at Britannia Out of School Care

Family Support Program

The Family Support Program services are community-based services that assist and support parents in their role as caregivers, with the goal of promoting parental competency and strengthening child and family life, leading to healthy child and family development and independence. We offer support for meetings with the schools, healthcare professionals, family court.

Aboriginal Child & Family Support Services
Co-Location: Britannia Community Services Society
Lead Agency: Vancouver Native Health Society
Barbara Nelson 604.718.5841

Community Action Program for Children (CAPC)

Beatrice Feza 604.718.5821

Provincial Child Care Subsidy

1.888.338.6622 <http://www.mcf.gov.bc.ca/childcare/application.htm>

Out-of-School Programs

(5-12yrs)

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

Britannia Out of School Care

1661 Napier Street Lorraine Evans 604.718.5843
Pick up from: Britannia Elementary
Queen Victoria Annex (QV)
Sep-Jun Hours: Mon-Fri 7:30-9:00am (Brit Only)
3:00-5:45pm (Brit/QV)
7:30am-5:45pm
School Breaks/Jul & Aug
FEES: Full Time \$355/mo
(Breakfast & 3 Days \$230/mo
pm snack provided) 2 Days \$210/mo
Jul & Aug \$550/mo
\$150/wk

Lord Nelson Child Care

2235 Kitchener Street Latisha Buksh 604.713.5863
Pick up from: Lord Nelson Elementary
Sep-Jun Hours: Mon-Fri 7:30-9:00am
3:00-5:45pm
7:30am-5:45pm
School Breaks/Jul & Aug
FEES: Jul & Aug \$355/mo
\$150/wk

Eagles In The Sky OSC

103B-1950 E. Hastings Kinga Batko 604.230.1885
Pick up from: MacDonald Elementary
Hastings Elementary
Lord Nelson Elementary
Ecole Anne Hebert
Sep-Jun Hours: Mon-Fri 7:30am-9:00am
3:00pm-5:45pm
7:30am-5:45pm
School Breaks/Jul & Aug
FEES: MacDonald Elementary \$390/mo
Hastings/Lord Nelson/Anne Hebert \$410/mo
(Breakfast & Jul & Aug \$56/d, \$155/wk, \$550/mo
pm snack provided)

Grandview Terrace OSC

2075 Woodland Drive Alejandra Uribe 604.718.5846
Pick up from: Grandview Elementary
Lord Nelson Elementary
Queen Victoria Annex
Ecole Anne Hebert
Sep-Jun Hours: Mon-Fri 7:30am-9:00am
3:00pm-6:00pm
No AM care for Lord Nelson
School Breaks/Jul & Aug 7:30am-6:00pm
FEES \$375/mo
(Breakfast & Jul & Aug \$555/mo or \$150/week
pm snack provided)

All programs CLOSED on statutory holidays

Baby Sign Language (0-24mo)

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring toys.

Tue 9:45-10:30am Oct 24-Nov 21
Mat Rm \$64/5 classes
119504 Into Yoga

Toddler Art (18mo-3yrs)

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

Wed 9:45-10:30am Sep 20-Nov 8
RAR \$65/8 sess
125327 TBA

Children's Ballet /Jazz Dance, with Endorphin Rush Dance (2-6 years)

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. No Class Sep 23, Oct 7 & Nov 11)

Sat Sep 9-Dec 2 \$110/10 sess
C FEC
125302 9:30-10:10am Age 2-4yrs
125303 10:15-10:55am Age 2-4yrs
125257 11:00-11:40am Age 3-4yrs
125256 11:45am-12:25pm Age 3-4yrs
125269 12:30-1:10pm Age 4-6yrs
125268 1:15-2:00pm Age 4-6yrs



Music Together® - (0-5yrs)

A Music Together® class is rainbow coloured falling leaves, tyrannosaurus rex's, rockets to the moon and trains to the beach. Come dance, sing songs and play with bells of all sorts, triangles, shakers, and instruments galore! All this with a developmentally appropriate, research based curriculum taught by a registered Music Together teacher. Parent participation is required. Sibling rate; \$105 (sibling 7 month and older). Siblings 7 months of age and under attend free. Tuition includes two CD's, a Songbook, a Parent Guide DVD and a Parent Education evening. Full payment refundable PRIOR to first class. After first class \$60 fee is non-refundable. Registration closes after the 3rd class. No classes Saturday October 7 & Nov 11.

Tue Sep 26-Nov 28 Rink Mezz Katy \$165/10 sess
125301 9:30-10:15am
125298 10:30-11:15am
129053 11:30am-12:15pm

Wed Sep 27-Nov 29 Rink Mezz Noa \$165/10 sess
125300 9:30-10:15am
125299 10:30-11:15am
125296 11:30am-12:15pm

Thu Sep 28-Nov 30 Rink Mezz Patrice \$165/10 sess
125297 9:30-10:15am
125295 10:30-11:15am

Sat Sep 23-Dec 9 Rink Mezz Katy \$165/10 sess
125294 9:30-10:15am
125293 10:30-11:15am
125292 11:30am-12:15pm

Jump Into Music (6 mo-4yrs)

This one-of-a-kind music and movement program engages, educates, and entertains parent and child while on a musical journey through different styles and cultures. Curriculum is designed to stimulate the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. A family fun environment exploring culture and world music. Try a free class anytime, drop-ins welcome \$15. Check out our video and visit www.jumpintomusic.ca for more info.

Set 1

Wed 9:30-10:20am Sep 13-Oct 25
Mat Rm \$84/7 sess
125286 M.Lee
Wed 10:30-11:20am Sep 13-Oct 25
Mat Rm \$84/7 sess
125287 M.Lee
Wed 11:30am-12:20pm Sep 13-Oct 25
Mat Rm \$84/7 sess
125288 M.Lee

Set 2

Wed 9:30-10:20am Nov 1-Dec 13
Mat Rm \$84/7 sess
128968 M.Lee
Wed 10:30-11:20am Nov 1-Dec 13
Mat Rm \$84/7 sess
128975 M.Lee
Wed 11:30am-12:20pm Nov 1-Dec 13
Mat Rm \$84/7 sess
128976 M.Lee

Kindergym (1-5yrs)

Run, jump and roll in a gym full of mats and indoor playground equipment. Parent supervision required. Pay \$2.50 drop-in and bring receipt/buy a strip of 10 tickets for \$20 and give 1 ticket to supervisor. Parents, please help put the equipment away at end of program. No class Oct 28, Nov 11, 18, Pro D days.

Sat 10:00am-12noon Sep 30-Dec 9
Tue/Wed 11:00am-12:30pm Sep 26-Dec 14
& Thu Gym D

Sportball Multisport (3.5-5yrs)

Preschoolers refine their motor skills, such as balance and coordination, develop their social skills such as confidence, following instructions, turn-taking. Coaches introduce a different sport each class using developmentally appropriate games & activities. No class Oct 7, Nov 11.

Sat 12:15-1:15pm Sep 16-Dec 2
Gym C \$150/10 sess
119506 Sportball Staff

Sportball Parent & Tot (2-3yrs)

Multi-sport classes teach children important introductory physical skills and help children develop confidence in their abilities through 8 different ball sports. Parents must participate. No class Oct 7, Nov 11.

Sat 11:30am-12:15pm Sep 16-Dec 2
Gym C \$150/10 sess
119505 Sportball Staff

Children

Arts



AQUI SE HABLA ESPAÑOL (4-9yrs)

Talleres de español para niños
Spanish learning workshops for kids

Mantener el español y dar a conocer los países en los que se habla español y su cultura. To register please contact Stephanie at 604.718.5829. **Organizado con la ayuda de: VLACC (Vancouver Latin American Cultural Centre) & VCSBC (Venezuelan Canadian Society of BC)**

Sat 10:00am-1:00pm Sep 30, Oct 28,
Y.Moran Nov 25

Clay for Children (6-12yrs)

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

Thu 4:00-5:15pm Sep 21-Nov 9
Rm 208 \$105/8 sess
125265 H.Spaxman

Music

Violin & Fiddle Private Lessons (6yrs+)

These are 30 minute private violin lessons for adults and children aged 6 & up. The teaching method follows the Suzuki Method and covers classical and fiddle. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at fiddlelessons@shaw.ca to arrange lesson time PRIOR to registering. No class Oct 9, Nov 13

Mon 3:30-8:45pm Sep 11-Dec 11
Music Rm \$288/12 sess
125329 S Saunders



Beginner Marimba (8-18yrs)

This class is open to anyone and is a great way to get started in music. You will learn traditional music from Zimbabwe, Latin America and original compositions for marimba. The class also includes fun rhythm games, movement, and is all about having a good time playing music on the marimbas. There is an informal performance at the end of every term at a local cafe.

Thu 4:00-5:00pm Sep 14-Nov 30
Rm 111 \$144/12 sess
125260 R.Layne

Intermediate Marimba (10-18yrs)

This class requires you to have some experience with marimba or piano and you will learn traditional music from Zimbabwe, Latin America and original compositions for marimba. The class focuses on developing material to perform, writing your own composition, and having a good time playing music on the marimbas. There is an informal performance at the end of every term at a local cafe.

Thu 5:00-6:00pm Sep 14-Nov 30
Rm 111 \$144/12 sess
125283 R.Layne



Youth Marimba Performance Group (11-18yrs)

This class is a year-long commitment to be part of a new performance group. We are looking for dedicated, enthusiastic and focused students. The World Rhythms Society has had a long standing tradition of encouraging and mentoring youth to perform and share their work, with bands such as Kutapira, Kunaka, and Tambai coming through the program. We will work on learning traditional and original music for marimba and aim to perform several times throughout the year at community events as well as at the end of term concerts. - Come to the first class free audition

Thu 6:00-7:30pm Sep 14-Nov 30
Rm 111 \$180/12 sess
125334 R.Layne

Piano: (6+ yrs) Clarinet: (10+ yrs)

Continue your music studies 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.



Set 1

Thu 4:00-8:30pm Sep 7-Oct 26
Music Rm \$192/8 sess
125307
Fri 3:30-8:00pm Sep 8-Oct 27
Music Rm \$192/8 sess
125308
Sat 9:00am-4:30pm Sep 9-Oct 28
Music Rm \$192/8 sess
125309 J.Oye

Set 2

Thu 4:00-8:30pm Nov 2-Dec 14
Music Rm \$168/7 sess
125310
Fri 3:30-8:00pm Nov 3-Dec 15
Music Rm \$168/7 sess
125311
Sat 9:00am-4:30pm Nov 4-Dec 16
Music Rm \$168/7 sess
125312 J.Oye

Physical Activity

Axe Capoeira (3-18yrs)

We offer ongoing classes for children and youth. 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 can attend adult classes as well. Drop in \$20 (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 page 26 for the Axe schedule or www.axevancouver.com.

Wed 6:00-6:45pm **Sep/Oct**
3-6yrs **\$60/2 mo**
119510

Wed 6:00-6:45pm **Nov/Dec**
3-6yrs **\$60/2 mo**
119511

Mon-Thu 5:00-6:00pm **Sep/Oct**
7-18yrs **\$160/2 mo**
119512

Mon-Thu 5:00-6:00pm **Nov/Dec**
7-18yrs **\$160/2 mo**
119513



Fencing - Children and Youth (8-18yrs)

Learn the art of swordplay for sport, fitness, or pleasure. We will cover the techniques and tactics of foil fencing in a fun and safe environment. All equipment is provided. Court running shoes and track pants recommended. Classes will be held at the LaSalle Studio: 2155 Commercial Drive/5th Ave. No class Oct 7, 9, Nov 11.

Sat 10:00-11:30am **Sep 16-Dec 16**
8-14yrs **\$84/12 sess**
119507 LaSalle Studio

Mon 6:00-8:00pm **Sep 18-Dec 11**
12-18yrs **\$96/12 sess**
119508 LaSalle Studio

Wed 4:00-6:00pm **Sep 20-Dec 13**
12-18yrs **\$104/13 sess**
119509 LaSalle Studio

Britannia Gymnastics Club

www.britanniagymnastics.com (18mo-15yrs)



This popular community program will promote your child's self-esteem and develop strength, flexibility, agility and coordination through the fundamentals of gymnastics. Children can wear a bodysuit, shorts, t-shirts. All programs take place in Britannia Secondary School, 1001 Cotton Drive, Gym B. No class Oct 7, 8.

Sept 16 - Dec 9

125035	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$108/12 sess
125036	Gym Kids	4-5yrs	2:00-2:45pm	\$108/12 sess
125038	Gym Kids	4-5yrs	3:00-3:45pm	\$108/12 sess
125039	Performance	6-9yrs	4:00-5:00pm	\$126/11 sess

Sept 17 - Dec 10

125040	Dynamic Duo	18mo-3yrs	10:00-10:45am	\$108/12 sess
125041	Dynamic Duo	18mo-3yrs	11:00-11:45am	\$108/12 sess
125042	Performance	6-9yrs	11:30am-12:30pm	\$126/11 sess
125044	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$108/12 sess
125045	Adv Gym Kids	5-6yrs	12:45-1:45pm	\$126/11 sess
125046	Performance	6-9yrs	3:15-4:30pm	\$132/12 sess

Dynamic Duo

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

Performance

This program provides training in beam, floor, vault and bars. Gymnasts are encouraged to create routines, perform to the best of their ability and are given positive feedback on each apparatus.

Britannia Coaches

Our fantastic, enthusiastic team of Coach Kasha, Brenna, Caelan, Aaron and all our Coaches in Training are all looking forward to another great gym session!

Tiny Tumblers and Gym Kids/ Adv Gym Kids

Develop your child's self-concept and self-esteem in a highly energetic and positive gymnastics environment. Innovative coaching styles and progressive training will teach basic to advanced skills in all gymnastics events. Beginners and those who have already taken gym are welcome.



Britannia Micro Footie 2018

www.britanniasoccer.org

The 25 year History of Micro Footie at Britannia

Twenty-five years ago, Jason Kyle walked through Britannia's doors proposing to offer a spring recreational soccer program for kids. In its first year 30 kids registered. The following year, registration doubled and the year after that, it doubled again. In year 4 something magic happened. Jason decided to have the kids play for a World Cup country. The program format changed, the field was decorated with World Cup country flags and team shirts changed to replicate a country. The result was that players LOVED playing World Cup Micro Footie!

With Jason's leadership and vision over the past 25 years, and with Britannia's support, Micro Footie has grown in popularity and has become a spring time ritual to over 1300 community families. The program itself sells out within minutes and we have attempted to keep up with demand by expanding to 4 East Van fields: Empire Bowl, Britannia Oval, Garden and Robson Parks.

In Micro Footie, the goal is to create a small sided game that encourages lots of soccer ball touches, scoring opportunities and for players to play free without constraints to develop their skills, creativity and communication with team work and without the additional pressure of winning. We conclude each season with an official World Cup tournament where winning does matter. Micro Footie was the first club in Canada to partner with Scottish Champions Celtic FC and for the past 3 years, Celtic FC have provided professional coaching for our summer soccer camps. Jason's year round MF development program has grown significantly and very quietly proving itself as a vehicle in developing creative skillful players. He has had four graduates of his program sign pro. In 2016 during the BC Summer Games, a team of predominantly Micro Footie development players and coached by Jason went undefeated playing the best in BC. At a showcase with IMG, an event which included over two hundred players from all over North America, Micro Footie player Rupert Postma was picked as a standout and was sent to Glasgow for a specialized training camp.

Over the years, Jason Kyle's dedication, loyalty and passion to develop the sport of soccer in the Britannia Community is to be admired and applauded. Thank you Jason! Check out the many events and surprises we will host to celebrate 25 years of Micro Footie in the Britannia Community at www.britanniasoccer.org!



2018 Important Dates

TENTATIVE Program Dates: Saturday April 22-June 24, 2018

TENTATIVE Program Cost: TBA

TENTATIVE Registration Date: Tuesday January 9, 2018, 9:00am online and in person

Check out www.britanniasoccer.org for 2018 updates, schedules, cost & registration dates.



Micro Footie Coach's Mandatory Orientation Clinic

These orientations are for new coaches and returning coaches. Detailed schedule will be announced, but keep this day free as it is MANDATORY for ALL to attend!!

TENTATIVE Sat Apr 7 at Britannia Centre

Referees

If you are interested in refereeing Footie 2018, you must email: britfootieref@gmail.com prior to Jan 11, 2018. In your email please list your certifications and experience. We will host referee training sessions various TBD dates in Feb/Mar. Boys and girls 12 years and older are welcome.

Sponsorship Donations

Join other community minded businesses to encourage Britannia's children and youth to keep active by sponsoring the 2018 Micro Footie program. If you would like to sponsor a team country, please contact: britfootie2018@gmail.com or call 604.718.5824.

Micro Footie Development (4-12yrs)

MF Development is a unique coaching experience for youth players. Rupert Postma, identified this year as one of the top youth players in North America by Celtic FC is a consistent player in the MF Development Curriculum. Players in MF Development learn Celtic turns, combination play, taking players on one on one, skills, out the box activities, and movement. The MF Development sessions are specifically for players who want to raise their game. Please note: Select high potential players from Micro Footie Development have an opportunity to take part in a North American ID Camp in 2018. No class Oct 8, Oct 22, Nov 19

Sun	Sep 17-Nov 26		Sun	Sept 17-Nov26	
4-5yrs	9:30-10:30am	Beginner players	125762	6-7yrs	11:30-12:45pm
125756		\$99/8 sess	125763	8-10yrs	1:00-2:15pm
4-5yrs	10:30-11:30am	Experienced players	125766	11-12yrs	2:30-3:45pm
125759		\$99/8 sess			\$159/8 sess





Tennis Academy - Mini (6-9yrs)

This class is an introduction to tennis for children. Students are introduced to basic forehand and backhand skills while developing hand-eye coordination through a variety of fun games and activities. Bring your tennis racket, runners. No class Sep 23, Oct 28, Nov 18.

Sat 1:30-2:30pm Sep 16-Dec 9
Gym D \$90/10 sess
125733 JC.Maldonado

Tennis Academy - Junior (10-14yrs)

This class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills and be given the opportunity for game play. Bring your own racket & runners. No class Sep 23, Oct 28, Nov 18.

Sat 2:30-3:30pm Sep 16-Dec 9
Gym D \$90/10 sess
125742 JC.Maldonado

Tennis Academy - Future Stars (8-14yrs)

This class develops more advanced tennis skills through drills and rallies preparing participants for significant game play. This class focuses on the fundamentals of competitive tennis. Bring your own racket & runners. No class Sep 23, Oct 28, Nov 18.

Sat 3:30-4:30pm Sep 16-Dec 9
Gym D \$90/10 sess
125747 JC.Maldonado

Traditional Kung Fu 6 yrs +

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. No class Oct 9, Oct 20, Dec 8.

Beginner

Mon Fri 4:30-5:45pm Sep 11-Dec 15 CFEC \$139 125049 M.Lung

Intermediate

Mon Fri 4:30-6:15pm Sep 11-Dec 15 CFEC \$155 125050 M. Lung

Advanced

Mon Fri 4:30-6:30pm Sep 11-Dec 15 CFEC \$163 125051 M. Lung



Volleyball – Apex Volleyball Club Train and Play (11-13yrs)

Britannia has teamed up with Apex Volleyball Club to offer a Train and Play! Coaches will refine skills and game play will be emphasized. Registration will be limited to 16 so sign up early. No class Oct 9, Nov 13.

Thu 6:00-7:15pm Sep 21-Nov 23
Gym C \$150/10sess
129638 Apex Volleyball

About the Coach, Lara Tagulao: Lara has been coaching volleyball for 8 years. She is currently Head Coach for Burnaby South Secondary Senior Girls and has coached 15U, 16U and 17U girls with the Apex Volleyball Club. She is looking forward to coming back to coach Britannia's Train and Play program this fall.

Basketball Skills (10-13yrs)

Come learn new basketball skills, improve your shooting, passing and ball handling skills. Drills and game play included. Wear non-marking runners and comfortable sport wear. No class Oct 31.

Tue 6:00-7:15pm Sep 19-Dec 5
Gym C \$66/11 sess
129634

DayCamps

Funseekers Daycamp (6-12yrs)

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

Tue-Fri 9:00am-3:00pm Dec 26-Dec 29
Gym D \$76/4 sess
122921

Tue-Fri 9:00am-3:00pm Jan 2-Jan 5
Gym D \$76/4 sess
122922

Preteen

Social

Preteen Girls Club (10-13yrs)



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

Thur 6:15-8:00pm **Sep 21-Dec 14**
Preteen Centre **Free**
122929

Preteen Friday Night Live

Are you climbing the walls at home? Come climb the walls with us instead! Indoor rock climbing, movies, Watermania, and many other great out trips! Cost includes transportation and admission. Meet in front of Preteen Centre. Completed consent form required. Meet at Preteen Centre

Fri 6:00-8:30pm **Sep 22**
Watermania **\$5/1 sess**
125952

Fri 6:00-8:30pm **Oct 13**
Bowling **\$5/1 sess**
125954

Fri 6:00-8:30pm **Nov 17**
Rock Climbing **\$15/1 sess**
125955

Fri 6:00-8:30pm **Dec 15**
Movie **\$5/1 sess**
125956

Volleyball – Apex Volleyball Club Train and Play (11-13yrs)

Britannia has teamed up with Apex Volleyball Club to offer a Train and Play! Coaches will refine skills and game play will be emphasized. Registration will be limited to 16 so sign up early. No class Oct 9, Nov 13.

Thu 6:00-7:15pm **Sep 21-Nov 23**
Gym C **\$150/10sess**
129638 Apex Volleyball

About the Coach, Lara Tagulao: Lara has been coaching volleyball for 8 years. She is currently Head Coach for Burnaby South Secondary Senior Girls and has coached 15U, 16U and 17U girls with the Apex Volleyball Club. She is looking forward to coming back to coach Britannia's Train and Play program this fall.

Sports

Basketball Skills (10-13yrs)

Come learn new basketball skills, improve your shooting, passing and ball handling skills. Drills and game play included. Wear non-marking runners and comfortable sport wear. No class Oct 31.

Tue 6:00-7:15pm **Sep 19-Dec 5**
Gym C **\$66/11 sess**
129634

Fencing - Children and Youth (8-18yrs)

Learn the art of swordplay for sport, fitness, or pleasure. We will cover the techniques and tactics of foil fencing in a fun and safe environment. All equipment is provided. Court running shoes and track pants recommended. Classes will be held at the LaSalle Studio: 2155 Commercial Drive. No class Oct 7, 9, Nov 11.

Sat 10:00-11:30am **Sep 16-Dec 16**
8-14yrs **\$84/12 sess**
119507 LaSalle Studio

Mon 6:00-8:00pm **Sep 18-Dec 11**
12-18yrs **\$96/12 sess**
119508 LaSalle Studio

Wed 4:00-6:00pm **Sep 20-Dec 13**
12-18yrs **\$104/13 sess**
119509 LaSalle Studio

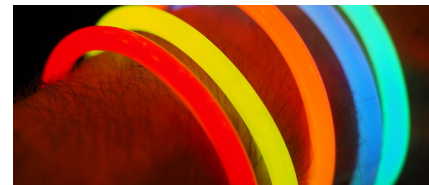
Special Events



Preteen Dance (10-13yrs)

DJ 2 Scoops plays the music. You and your friends have a blast. Concession will be open for sale of glow sticks, glow necklaces and snacks and pizza. Gr 6-7 only. Parental Consent Form must be completed and are available 1 week before the dance. Pay \$1 at the door

Fri 6:30-9:00pm **Oct 20, Dec 8**
CFEC **\$1 at Door**

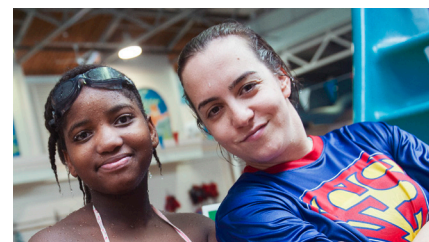


Free Youth Swim (11-18yrs)



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

Fri 8:00-10:00pm **Oct 6, Nov 3,**
Dec 1
Britannia Pool **Free**



Drop-In Sports



Drop-in Open Gym (11-18yrs)

Wed 5:30-7:00pm **Sep 6-Dec 27**
Gym D **Free**

Indoor Soccer (11-18yrs)



For 11-18 year old players only

Tue 5:30-8:00pm **Sep 5-Dec 19**
Gym D **Free**



Welcome to the Teen Centre

Hours

Mon-Thu 3:00-9:30pm

Fri 3:00-10:00pm

Sat 6:00-10:00pm

Register for all Teen Centre programs at the Teen Centre. For more information, call 604.718.5828. *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 Teen Centre

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

The Teen Centre is a place to:

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

Staff

Youth Programmer:

Tom Higashio, tom.higashio@vancouver.ca, 604.718.5826

Community Youth Worker:

Diana Guenther, diana.guenther@vancouver.ca, 604.257.8600

Latin American Youth Programmer:

Stephanie Angel-Garay, stephanie.angel-garay@vancouver.ca, 604.718.5829

Teen Centre Staff:

Alicia, Barry, Celine, Chiho, Jesse, Kakada, Manuel, Mark, Nick 604.718.5828



Leadership

Britannia Youth Committee

Britannia Youth Programs are looking for youth who want to be involved! Give back to the community, initiate and follow through on community programs and projects. Meetings are held the first and third Fri of the month at 3:30pm. Contact Tom at 604.718.5826 for more info.

Social

Off the Grill (11-18yrs)

Off the Grill provides a social opportunity for members of the community to gather and eat a nutritious meal. Food is prepared by youth, mentored by a chef, who teaches cooking techniques and proper food preparation, finding nutritious options for meals, and challenging youth and community to try new foods. Youth volunteers meet at 4pm to prepare food. Meals by donation, and served at 6pm. Meals may be canceled due to poor weather. Call 604.718.5800 to confirm Off The Grill is serving meals and to learn what the menu is.

Wed/Fri 6:00-8:00pm

Sep 1-Sep 29
Free



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!

Wed 7:00-9:00pm
Teen Centre

Sep-Dec
Free

Canucks Game Night

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

Various 7:00-9:30pm
Teen Centre

Sep-Dec
Free

First Friends Buddy Program (11-18yrs)

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 12:00-4:00pm. To register and more information please contact Stephanie at 604.718.5829.

Grupo de Amigos.

* Outings/Salidas

* Team Building Games/Juegos

* Workshops/Tallers

* Fundraising/Recoger

Fondos y planiar eventos 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 sabados. Nos reunimos en diferentes lugares, para mas información por favor llame a Stephanie para registrarse al 604.718.5829. Subsidios disponibles para todas las actividades.

Sat 12:00-4:00pm
Teen Centre

Sep 9-Dec 23

Gateway to Recreation (17-19yrs)

For students with diverse abilities in the VSB additional year of high school who are attending the Gateway to Employment Program. The program will feature a wide range of social recreation activities both at Britannia and other community centres and in the community to give students opportunities to try different activities. Activities include sports, fitness, culture, music and social programs.

Thu 12:00-3:00pm **Sep 21-Nov 9**
Teen Centre **\$135/8 sess**
124535 Jesse

Greenhorn Community Music Project for 12-17yrs

The Greenhorn Community Music Project aspires to join the creative forces of youth, professional musicians, and community members, to compose, practice, and perform a variety of musical styles in service of orchestrating social change you can dance to. Membership required \$1.00. No class Oct 10

Mon 3:30-5:00pm **Sep 12-Dec 12**
Rm 111 **12 sess**
125280 B.Koch

Saturday Unlimited (13-19yrs)

Saturday Unlimited is a unique program which offers recreational opportunities to youth 13-19 years with special needs. Participants take part in a wide range of activities in and around the city, meeting new friends and acquiring new skills. Knowledgeable staff, in-program transportation and one to one volunteers are provided to maximize the youth's participation and enjoyment of the program. Different activities take place each week and include at least one evening event each session in place of the day outing to enhance age appropriate activities. Call 604-718-5873 for more info. Registration and intake must all be approved by Saturday unlimited staff. No session Oct 7, Nov 11

Sat 10:00am-3:00pm **Sep 23-Nov 25**
LRC **\$125/8 sess**
124538

Cooking

Feast of Flavors (13-18yrs)

This is a hands on cooking program. Tuesdays 4:00-6:00pm in the 55+ Centre. Learn to create healthy, cheap and easy to cook meals. Youth are involved in planning, cooking and preparing the meals.

Tue 4:00-6:30pm **Sep 12-Dec 19**
55+ Centre **Free**

Latin Cooking (11-18yrs)

Learn to cook food from various Latin countries. Participants will also learn how to make healthier food choices and to shop on a low budget.

Quieres aprender a cocinar comida de varios países Latinos. Ven y aprende como escoger productos que sean saludables y aprende a gastar menos.

Thur 4:30-6:30pm **Sep 7-Dec 21**
55+ Centre **Free**

Special Events

Youth Extravaganza (13-19yrs)

Kick off the new year with a blast!! DJ party, BBQ, contests, temporary tattoos, lots of games and activities, and lots of cool prizes!! Look for more details at your school in September, or come by the Teen Centre for more info!

Fri 7:00-10:00pm **Sep 29**

Free Youth Swim (11-18yrs)

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

Fri 8:00-10:00pm **Oct 6, Nov 3, Dec 1**
Britannia Pool **Free**

Drop-In Sports

Basketball Drop-in (13-19yrs)

Sun 12:00-1:50pm **Sep 3-Dec 17**
Gym C **Free**

Drop-in Open Gym (11-18yrs)

Wed 5:30-7:00pm **Sep 6-Dec 27**
Gym D **Free**

Indoor Soccer (11-18yrs)

For 11-18 year old players only

Tue 5:30-8:00pm **Sep 5-Dec 19**
Gym D **Free**



Axe Capoeira-Introductory (13yrs+)

Take advantage of this one time offer to try Capoeira in this introductory program in Sep, Oct, Nov, Dec Mon/Thu 6:00-7:00pm! Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility. Classes take place 1739 Venables.

Mon/Thu 6:00-7:00pm **Sep**
119514 **\$60/mo**
Mon/Thu 6:00-7:00pm **Oct**
119515 **\$60/mo**
Mon/Thu 6:00-7:00pm **Nov**
119516 **\$60/mo**
Mon/Thu 6:00-7:00pm **Dec**
119517 **\$60/mo**

Fencing - Children and Youth (8-18yrs)

Learn the art of swordplay for sport, fitness, or pleasure. We will cover the techniques and tactics of foil fencing in a fun and safe environment. All equipment is provided. Court running shoes and track pants recommended. Classes will be held at the LaSalle Studio: 2155 Commercial Drive. No class Oct 7, 9, Nov 11.

Sat 10:00-11:30am **Sep 16-Dec 16**
8-14yrs **\$84/12 sess**
119507 **LaSalle Studio**

Mon 6:00-8:00pm **Sep 18-Dec 11**
12-18yrs **\$96/12 sess**
119508 **LaSalle Studio**

Wed 4:00-6:00pm **Sep 20-Dec 13**
12-18yrs **\$104/13 sess**
119509 **LaSalle Studio**

Outdoor Programs

The Great Escape Outdoors (GEO)

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

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

A variety of monthly winter activities which may include; indoor rock climbing, snowshoeing, and snow tubing. Pick up a monthly calendar to get a complete listing. **All registration done at the Teen Centre.**

Blackcomb/Whistler Ski & Snowboard

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

\$75 ski/snowboard rental, \$60 no rental required. Must register a minimum of 2 weeks in advance. Registration accepted at Britannia Teen Centre only.

6:00am-6:00pm	Dates:	Sat	Dec 9
		Sun	Jan 3
		Sat	Feb 3
		Sun	Mar 4
		Sat	Mar 17
Cost:		\$75 with Rentals	
		\$65 without Rentals	



Youth Latin American Youth Program (LAYP)

Programa de Jóvenes Latino Americanos

The Latin American youth program offers different activities and projects that introduce youth to Latin American culture! Our focus is on Latin American art, music, literature, dance and culinary arts. This program is open to all youth interested in learning about Latin American culture, connecting with the community or simply making friends and learning new skills. For further information please contact Stephanie, the Latin American Youth Worker at 604.718.5829. stephanie.angel-garay@vancouver.ca

El proyecto de jóvenes, Latino Americano le ofrece a la comunidad una variedad de actividades, proyectos, y eventos. Los siguientes programas son para jóvenes 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

Co-ed Indoor Soccer/ Futbol de Salon (11-18 yrs)

Free drop-in soccer for youth (with high school ID) New players welcome, must be under 18yrs.

Futbol de salón gratis con el carnet de la escuela, solo para menores de 18 años de edad.

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

Cocina Latina/Cooking Program

Learn to cook food from various Latin countries! Participants will also learn how to make healthier food choices and to shop on a budget.

Quieres aprender a cocinar comida de varios países Latinos. Ven y aprende a cocinar y a la vez como escoger productos que sean saludables y económicos.

Thu/Jueves 4:00-5:30pm familias con jóvenes y niños son bienvenidas! Families with youth and children are welcome!
55+ Centre Free/Gratis

First Friends Buddy Program (11-19yrs)

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 12:00-4:00pm. To register Contact Stephanie 604.718.5829.

Grupo de Amigos.

* Outings/Salidas

* Team Building Games/Juegos

* Workshops/Tallers

* Fundraising/Recoger

Fondos y planiar eventos 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 sabados. Nos reunimos en diferentes lugares, para mas información por favor llame a Stephanie para registrarse al 604.718.5829. Subsidios disponibles para todas las actividades.

Sat 12:00-4:00pm Sep 9-Dec 23
Teen Centre

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

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

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

- Self-esteem/respect
- Fitness
- Career Planning

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

Fri/Viernes dos veces por mes / twice a month 4:00pm-6:00pm, contact Stephanie 604.718.5829.

Latin American Youth Council (13-18yrs)

Buscamos a jóvenes que estén interesados en iniciar nuevos programas y actividades para nuestra comunidad Latina. Dar reconocimiento a los asuntos Latinos, apoyar nuestra comunidad, recoger fondos, iniciar nuevos proyectos y eventos, y hacer trabajo voluntario para las horas requeridas para la graduación. Para más información llama a Stephanie al 604.718.5829. Nos reunimos el primer miércoles de cada mes de 4:00-6:30pm

Spanish Clubs

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

Tupper: Tue at lunch 11:40am Rm 311

Van Tech: Thu at lunch 11:40 Rm TBD

David Thompson: 11:40 Rm TBD

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

AQUI SE HABLA ESPAÑOL (4-9yrs)

Talleres de español para niños Spanish learning workshops for kids

Mantener el español y dar a conocer los países en los que se habla español y su cultura. To register please contact Stephanie at 604.718.5829.

Sat 10:00am-1:00pm Sep 30, Oct 28, Nov 25
Y.Moran Free

Organizado con la ayuda de: VLACC (Vancouver Latin American Cultural Centre) & VCSBC (Venezuelan Canadian Society of BC)

Volunteer Work/ Trabajo Voluntario (13-18yrs)

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

Necesitas trabajo voluntario para poder graduarte? El proyecto de jóvenes ofrece muchas oportunidades en las que puedes encontrar apoyo en actividades que quieras llevar a cabo y a la vez hacer tus horas de voluntariado. Para más información llame al 604.718.5829.

VLACC Choir (Spanish and Portuguese Choir)

Come sing with the Vancouver Latin American Cultural Centre Choir! We meet once a week to learn and practice songs that reflect the immense diversity of musical genres from all over Latin America. Songs will be sung in Spanish and Portuguese. Sergio Pires, the choral conductor, is an educator and music researcher who holds a Doctoral of Musical Arts degree in choral conducting from Boston University and Masters and Licentiate degrees in music from Brazilian institutions. Participants will be briefly interviewed/auditioned by the conductor who is going to assess the voice range and basic musical perception of the candidate. Everybody is welcome to participate. Join this fun community activity, sing, and make friends! Register by email to info@vlacc.ca, includes VLACC membership.

Wed 7:00-10:00pm Sep 6-Dec 6
55+ Centre \$60

Arts



African Drumming Level 1

Play traditional West African rhythms on hand drums (djembés) and bass drums (dununs). These classes are fun and concentrated. The level one course is an introduction; no previous experience is needed. Enrolling in level two requires taking level one or permission from the instructor. Rental drums are available during class times. Drum rentals are to be arranged with the instructor at the first class. For more info visit www.drumming.ca

Wed 6:30-8:00pm **Sep 20-Nov 8**
Cafeteria **\$120/8 sess**
125252 R.Shumsky

African Drumming Level 2

Play traditional West African rhythms on hand drums (djembés) and bass drums (dununs). These classes are fun and concentrated. The level one course is an introduction; no previous experience is needed. Enrolling in level two requires taking level one or permission from the instructor. Rental drums are available during class times. Drum rentals are to be arranged with the instructor at the first class. For more info visit www.drumming.ca

Wed 8:10-9:40pm **Sep 20-Nov 8**
Cafeteria **\$120/8 sess**
125253 R.Shumsky

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. No class Oct 9, Nov 13.

Mon 7:30-10:00pm **Sep 11-Dec 11**
55 + Centre **12 sess**
125264 T.Sars

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. No session Sep 24.

Sun 3:00-5:00 **Sep 10-Dec 10**
55 + Centre **13 sess**
125324 C.Sweet

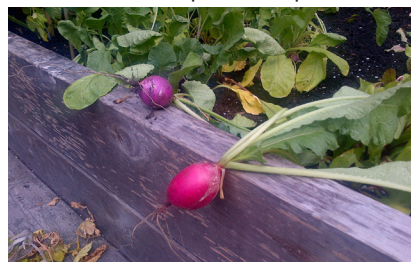
Greenhorn Community Music Project for 12-17yrs

The Greenhorn Community Music Project aspires to join the creative forces of youth, professional musicians, and community members, to compose, practice, and perform a variety of musical styles in service of orchestrating social change you can dance to. Membership required \$1.00. No class Oct 9, Nov 13.

Mon 3:30-5:00pm **Sep 11-Dec 11**
Rm 111 **12 sess**
125280 B.Koch

Grandview Garden Club

Garden Club meets at 7:00 p.m. each second Thursday of the month in the LRC. 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.



How to Draw Like an Architect

This program is for enthusiastic students who want to learn correct drawing techniques for architectural subjects and explore tone, texture, line, perspective, proportion, shading, lighting, and colour in their artwork. Bring HB, 2B, 6B pencils and white paper to the first class. Visit: www.atashzad.com Supplies are not included, supply list available upon registration.

Wed 5:00-7:00pm **Oct 11-Dec 13**
Rm 210 **\$195/10sess**
125282 M.Atashzad **Drop-in \$25/sess**

Pottery - Introduction

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

Tue 7:00-9:00pm **Sep 19-Nov 7**
Rm 208 **\$185/8 sess**
125314 H.Spaxman



Pottery - Continuing

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

Wed 6:30-9:00pm **Sep 20-Nov 8**
Rm 208 **\$215/8 sess**
125313 H.Spaxman

Reckless Painting

Think you can't paint but still craving a friendly, fun, creative & colourful experience? Then take a couple of hours each week to get yourself painting through guided exercises without anxiety. All materials included - even blindfolds! More info: www.recklesspainting.ca. or e-mail: info@recklesspainting.ca.

Tue 7:00-9:00pm **Sep 19-Oct 17**
Rm 210 **\$60/5 sess**
125315 A.Orsini

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. Mohammad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has published in colour more than 500 water colour paintings such as greeting cards, posters, albums, and books. Supplies are not included, supply list available upon registration. Visit www.atashzad.com.

Wed 7:00-9:00pm **Oct 11-Dec 13**
Rm 210 **\$195/10 sess**
125331 M.Atashzad **Drop-in \$25/sess**

Adults

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.

Tu 7:30-9:00pm Sep 26-Nov 14
Gym C \$140/8 sess
125316 K.Reyes

Salsa Cubana & Rueda De Casino Int 1

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.

Wed 7:30-9:00pm Sep 27-Nov 15
CFEC \$140/8 sess
125318 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 Sep 28-Nov 16
Gym C \$140/8 sess
125320 K.Reyes

Stretch Therapy



Beginners Stretch Therapy (without injury) uses multiple assisted and solo PNF stretching techniques to improve range of motion, activate muscles and improve posture. Stretch Therapy is the safest and most efficient bodywork method available if you want to experience ease in daily life, whether you are an office worker or athlete. Please visit www.stretchtherapyvancouver.com for more information. No class Oct 9 & Nov 13. Drop in \$25.00.

Free Trial

Mon	7:00-8:15pm	Sep 11	Free/1 sess	128920
CFEC	R.Cole			

Set 1

Mon	7:00-8:15pm	Sep 18- Oct 30	\$120/6 sess	128921
CFEC	R.Cole		\$25/drop-in	

Set 2

Mon	7:00-8:15pm	Nov 6- Dec 11	\$100/5 sess	128922
CFEC	R.Cole		\$25/drop-in	



Workshops

Cultivating Courage & Compassion in the Teen Years- Free



Has conflict been on the rise in your house? Get the support you need to support your teenager! As a teenager struggles to create his or her own self in the world, parents often feel frustrated at choices made, sad at the loss of the young child they understood so well, afraid of painful outcomes for the teenager, and at a loss as to how to help. Supporting a teenager through this intense period requires a whole new set of skills!

Through this 2 hour workshop for parents, learn and practice new skills in order to:

- Understand normal teenage brain development and behavior
- Understand your reactions to your teen; gain skills to respond in a way which cultivates courage and compassion for everyone
- Understand your role as a parent in the relationship with your emerging young adult

For more information visit: <http://breatheintobetter.com>.

Thu	7:00-9:00pm	Sep 28
LRC		Free (but you must register)
129610		

Positive Parenting Support Group



This group is parent led, with participants bringing ideas and needs to the table. We focus on peer support, problem solving and gaining skills to build mastery in the role of parenting. Build a network of peer support while gaining more mindfulness and mastery in your day to day actions. Through increasing your own skills and presence, you can step into the role of the parent with more ease and confidence. Possible topics may include:

- Recognize problem behavior and build skillful developmental appropriate behavior
- Move from coercion and criticism to supporting and guiding
- Understanding and focusing social and physical risk taking
- Risk Management: navigating substance abuse, eating issues, acting out
- How digital/social media affect development - help your teen navigate these tools successfully

For more information visit: <http://breatheintobetter.com>.

Thu	7:00-8:30pm	Oct 5-Nov 30
LRC		Free (but you must register)
129611		

About the Instructor: Laura Burke, RCC, has spent 7 years working with youth and their families in various mental health settings. She has extensive experience with cognitive behavioral and mindfulness skill building for mental health and increased functioning in life. She holds a Masters of Arts in Clinical Mental Health Counseling and a Bachelors of Arts in Psychology.

Physical Activity

Get Fit @ Brit!! We offer Zumba, Aerobics, Salsafit and Body Conditioning and a Stretch & Roll class! Try a Yogaflex class, play volleyball, basketball, ball hockey, soccer and more! Keep active - anyone can join in on the fun!!

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Zumba 6:00-7:15pm Gym C	Volleyball 8:00-10:00pm Gym A/B	Stretch & Roll 10:30-11:30am CFEC	Volleyball 7:00-10:00pm Gym A/B	Volleyball 7:00-10:00pm Gym A/B	Salsafit* 10:00-11:00am Gym C	YogaFlex 10:15-11:15am CFEC
		Zumba 6:00-7:15pm Gym C		Badminton Gym C	Badminton Gym C	Pickleball 9:00am-noon Gym C

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 tickets at pool office. No class Oct 7, Nov 11

Sat 10:30-11:30am **Sep 9-Dec 16**
Gym C **\$4.75 /1 sess or**
125133 DNA Wellness **\$39.40/10 tickets**

Stretch & Roll Class

Foam rolling is a way of massaging away muscle soreness, boosting recovery and preparing your muscles for deeper stretching. Using the foam roller to loosen the tension in your muscles provides an excellent way of obtaining the benefits of self-myofascial release. It can improve posture, flexibility, increase blood flow and overall well-being. \$12 Drop-in

Free Trial Session

Wed 10:00-11:00am **Sep 13**
CFEC
125134 Denise



Regular Sessions

Wed 10:00-11:00am **Sep 20-Nov 8**
CFEC **\$80/8 sess**
125135 Denise

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 for more information. Please bring your own mats to this class. \$12/drop-in. No class Oct 8, 29, Nov 12

Sun 10:15-11:15am **Sep 24-Dec 10**
CFEC **\$72/9sess**
125136 CLS Fitness

Iyengar Yoga

Certified Iyengar Yoga instructor, Claudia MacDonald has taught at Britannia since the early 1980's and has developed a highly respected Yoga program in the Grandview-Woodland and Yaletown areas. Physically energizing, deeply relaxing and emotionally uplifting, this program offers instruction in classical yoga with an emphasis on self-awareness and development of strength, stamina, flexibility, balance, body awareness, postural alignment and relaxation. It accommodates all levels of fitness and ability and is taught with clarity, creativity, attention to detail and sensitivity to individual needs, in an atmosphere of respect, compassion and humor. Safety, back and joint care will be addressed. For further information contact Britannia at 604.718.5800(1) or claudiamacyoga@gmail.com. Drop in \$19.

Level 1 & Gentle Level 1

Thu 7:00-8:30pm **Sep 14-Nov 30**
CFEC **\$190/12 sess**
125127

Level 1 & 2

Tue 9:30-11:00am **Sep 12-Nov 28**
CFEC **\$190/12 sess**
125125

Tue 7:00-8:30pm **Sep 12-Nov 28**
CFEC **\$190/12 sess**
125126

Level 2 & 3

Thu 5:30-7:00pm **Sep 14-Nov 30**
CFEC **\$190/12 sess**
125128



ZUMBA® Fitness

This fitness class fuses Latin and International rhythms with easy to follow moves to create a dynamic workout system that will blow you away. ZUMBA® utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, Samba, Reggaeton, Flamenco and more. Drop-ins welcome space permitting \$11. www.zumbavancouver.ca. No class Oct 9, Nov 13.

Free Trial Sessions:



Mon 6:00-7:15pm **Sep 11**
Wed 6:00-7:15pm **Sep 6**

Regular Sessions

Mon 6:00-7:15pm **Sep 18-Oct 30**
Gym C **\$48/6sess**
125129 Kathy-Ann

Mon 6:00-7:15pm **Nov 6-Dec 11**
Gym C **\$40/5sess**
125130 Kathy-Ann

Wed 6:00-7:15pm **Sep 13- Oct 25**
Gym C **\$56/7 sess**
125131 Denise

Wed 6:00-7:15pm **Nov 1- Dec 13**
Gym C **\$56/7 sess**
125132 Denise

Adults

Martial Arts

Axe Capoeira

Mon	Tue	Wed	Thu	Sat	Sun
Kids Capoeira (7-12 yrs) 5:00-6:00pm	Kids Capoeira (7-12 yrs) 5:00-6:00pm	Kids Capoeira (7-12 yrs) 5:00-6:00pm	Kids Capoeira (7-12 yrs) 5:00-6:00pm	Afro-Brazilian Dance 10:00-11:00am	Advanced Dance 11:00am-12:00pm
Beginners Intro to Capoeira 6:00-7:00pm	Music 6:00-7:00pm	Afro-Brazilian Dance Mini Kids 3-6yrs 6:00-7:00pm	Beginners Intro to Capoeira 6:00-7:00pm	Adults Capoeira 11:00am-12:00pm	Advanced Kids & All-Levels Adult Capoeira 12:00-1:00pm
Adults Capoeira 7:00-9:00pm				Kids All-Levels Capoeira 12:00-1:00pm	RODA Open to all students. Kids & adults 1:00-2:00pm

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). All 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. www.axevancouver.com.

Adult (19+)

119607	Sep/Oct	\$240
119643	Nov/Dec	\$240

Preschool/Children/Youth (3-18yrs)

119510	3-6yrs	Sep/Oct	Wed	6:00-6:45pm	\$120
119511	3-6yrs	Nov/Dec	Wed	6:00-6:45pm	\$120
119512	7-18yrs	Sep/Oct	Mon-Thu	5:00-6:00pm	\$160
119513	7-18yrs	Nov/Dec	Mon-Thu	5:00-6:00pm	\$160

Axe Capoeira-Introductory (13yrs+)

Take advantage of this one time offer to try Capoeira in this introductory program in Sep, Oct, Nov, Dec Mon/Thu 6:00-7:00pm! Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility. Classes take place 1739 Venables.

Mon/Thu 6:00-7:00pm	Sep	Mon/Thu 6:00-7:00pm	Nov
119514	\$60/mo	119516	\$60/mo
Mon/Thu 6:00-7:00pm	Oct	Mon/Thu 6:00-7:00pm	Dec
119515	\$60/mo	119517	\$60/mo

Axe Capoeira Self Defense



This course will explore different martial arts: judo, bjj, boxing, wrestling, kickboxing. We will teach take downs, escapes, throws, strikes, grappling, submission. Classes take place at 1739 Venables.

Tue	6:00-7:15pm	\$80/mo
128565	Sep	
128566	Oct	
128567	Nov	
128568	Dec	

Ki Aikido - General

A non-competitive and positive practice that develops calmness, stability and confidence to reduce the stresses of daily life. Learn how to develop mind and body coordination, stay relaxed and centered under pressure, extend your mind and flow lightly in dynamic movements. Beginners can take one free session before deciding whether to register. Check out: www.canadiankifederation.org.

Wed	7:30-9:30pm	Sep 6-Dec 20
Mat Rm	125122 W.Nagata	\$96/16 sess \$10/Drop in

Ki Aikido - Higher Grade

1st Kyu or more advanced students. No session Oct 9, Nov 13

Mon	7:30-9:30pm	Sep 11-Dec 18
Mat Rm	125123 W.Nagata	\$65/13 sess \$6/Drop-in

Fencing – Adult (16+)

Learn the art of swordplay for sport, fitness, or pleasure. We will cover the techniques and tactics of foil fencing in a fun and safe environment. All equipment is provided. Court running shoes and track pants recommended. Classes will be held at the LaSalle Studio: 2155 Commercial Drive/5th Ave.

Tue	7:30-9:00pm	Sep 12-Dec 12
125124	LaSalle Studio	\$112/14 sess



Sports

Badminton

Total of 30 spaces (registered & drop-ins)
\$5.00 drop-in if space available. No class
Sep 29.

Fri	7:00-9:45pm	Sep 8-Dec 15
Gym C		\$52/13 sess
119543	A.Leung	
Sat	1:30-5:00pm	Sep 9-Dec 16
Gym C		\$56/14 sess
119544	J.Leung	

Ball Hockey - Men (40+)

This is a non-body contact program.
Rough play will not be tolerated. No league
players. No drop-ins. No class Oct 8, Nov
19.

Sun	6:45-8:45pm	Sep 10-Dec 17
Gym D		\$65/13 sess
119548		

Ball Hockey - Wed Coed

Fun, recreational ball hockey – no body
checking – all skill levels welcome.
Protective gear recommended. Plastic
sticks provided, no wooden sticks allowed.
Great practice for goalies! Drop-in \$6
space permitting. Register early.

Wed	7:15-8:45pm	Sep 13-Dec 13
Gym D		\$70/14 sess
119549	N.Misura	

Ball Hockey - Women

The focus is on fitness and fun for
experienced players only. 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 Oct 8, 22, Nov 19.

Sun	4:15-6:00pm	Sep 10-Dec 17
Gym D		\$60/12 sess
119550	C.Eneas	

Basketball

Adult recreational basketball program. No
drop-ins. No class Oct 8.

Sun	2:00-4:00pm	Sep 10-Dec 17
Gym C		\$70/14 sess
119546	S.Yan	
Sun	4:00-6:00pm	Sep 10-Dec 17
Gym C		\$70/14 sess
119547	S. Anderson	



Boxing - 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 - improve your fitness!
During the group training 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
forms 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 Oct 9, Nov 13,
Dec 25, 26

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	
119519	Sep	\$75/month
119520	Oct	\$75/month
119521	Nov	\$75/month
119522	Dec	\$75/month

Pickleball

Come join in on the fun in this rapidly
growing sport! Bring your own paddles
and ball – and bring all your friends!

Drop in \$4.00

Sun	9:00am-12:00pm	Sep 10-Dec 17
Gym C		\$60/15 sess or
119545	P.Tsao	\$4 Drop in

Soccer – Women

A recreational program - all types of
fitness and skill levels welcome. Expect
low-key, limited body contact, clean fun
play. Registered players arrive by 6:15pm
to hold your spot. 15 spaces area allotted
per night. \$5/drop-in, space permitting. No
class Sep 21, Nov 16.

Thu	6:00-7:30pm	Sep 14-Dec 14
Gym D		\$60/12 sess
119551	T.Harley	



Volleyball - Beginners

Volleyball basics are emphasized in this
fun, inclusive program. Register for this
program to guarantee a spot to play every
week. A total of 42 spaces allotted. Each
person can purchase up to 2 drop-ins per
night (no phone-ins please). \$6/drop-in,
space permitting.

Thu	7:00-10:00pm	Sep 14-Dec 14
Gym A/B		\$70/14 sess
130106	R.LeBlanc	

Volleyball – Intermediate

If you have the basics and are willing
to play specialized positioning, join us!
Register for this program to guarantee
a spot to play every week. A total of 30
spaces allotted. Each person can purchase
up to 2 drop-ins per night (no phone-ins
please). \$6/drop-in, space permitting.

Tue	8:00-10:00pm	Sep 12-Dec 12
Gym A/B		\$70/14 sess
130107	R.LeBlanc	

Volleyball –Advanced

We use specialized game play and
advanced systems. 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.

Fri	7:00-10:00pm	Sep 15-Dec 15
Gym A/B		\$70/14 sess
130109	R.LeBlanc	

Note New Procedures:

After 4 sessions of volleyball have passed,
registration will close. After this time we
will only accept drop-ins (if available). If
a registered patron anticipates being late,
they will need to phone in to the Pool
Cashier (604.718.5831) at least 15 minutes
prior to the program start time to hold their
spot. If they fail to do this, their 'registered'
spot will become open to drop-ins. If you
are a drop-in you will be asked to pay and
sign in at the Pool Cashier's office and
submit the receipt to the Instructor in the
gym.

Adults

Foods

Making Herbal Infusions

Come learn how to make your own herbal medicines! We will cover herbally infused alcohols, vinegars, honeys, teas, decoctions, and when to choose each one. We will prepare an herbal infusion together for you to take home, based on fresh plants seasonally available. Bring your own small 1/2 pint jar. Emily Peters is a clinical herbalist, educator, medicine maker and plant ally. She has been practicing herbal medicine since 2008 and is a Registered Herbal Therapist with the Canadian Herbalist Association.

Wed 6:00-8:00 Sep 6
Pre-teen Centre \$15/1 sess
129064



Sauerkraut Fermentation

Come and learn how to make this tasty sauerkraut. This easy to learn method is important in providing good health. Raw sauerkraut is probiotic rich. It helps digestion, nutrients absorption and immune support. This easy and affordable health food uses resources you have around your home. Participants will bring their own cabbage and take away a bucket of kraut. Stephanie makes ginger beer, pomegranate dessert wine & Jun tea.

Wed 6:00-8:00pm Oct 18
Pre-teen Centre \$15/1 sess
129055

Kimchi Fermentation

Kimchi is a traditional Korean dish of fermented vegetable using napa cabbage & daikon radish. This flavourful dish can be enjoyed on its own, or with noodle, rice, and eggs. It goes with almost any food. Participants will bring a clean 2-quart or 2-litre glass jar with tight fitting lid to hold the kimchi while it ferments. Stephanie is into probiotic rich food & she is writing a cookbook.

Wed 6:00-8:00pm Nov 1
Pre-teen Centre \$15/1 sess
129056

Volunteer Program

Britannia Community Centre is like no other facility in the Lower Mainland. Britannia's unique integration of education, recreation, library and social services supports and services the vibrant mix of cultures, age and income demographics in the Grandview Woodland and Strathcona communities. This gives rise to a large variety of volunteer opportunities in cultural, educational, entertainment and sport activities at varied levels of commitment.

The ultimate reward is the personal satisfaction achieved through participating in helping to build community in your neighbourhood. As well, throughout the year, the essential contribution of volunteers to the success of Britannia programs are recognized through special social events, appreciation parties, educational field trips and training opportunities. If you would like to get more information regarding volunteering at Britannia or any of the below programs, please give us a call at tel: 604.718.5860 or send an email to: yao.zhang@vancouver.ca.



Field trip to the Sharing Farm (19+)

If you've always been disappointed not being able to check the box on the Canada Customs and Immigration card asking if you've visited a farm in the last month, here's your chance to correct that. Join Britannia on a group volunteering field trip to the remarkable Sharing Farm. (<http://www.sharingfarm.ca/>) Located in an idyllic setting in Richmond with 4 acres of cultivated farm land, the Sharing Farm grows fruit and vegetables for the Food Bank, community meal programs and other neighbours in need. Learn about food farming and participate in hands-on activities and tasks. Please come dressed for the weather and be ready to get dirty. Must be fit enough for tasks that require regular bending and kneeling. Transportation will be provided, meet at Info Centre at 11:45am.

Sat 11:45am-5:45pm Sep 16 Free
128191



Shoreline Cleanup at Barnet Marine Park (19+)

Join us on BC Rivers Day (Sun Sept 24) for Britannia's first shoreline cleanup jointly organized by the Vancouver Aquarium and WWF. Help reduce litter along our coastlines starting with the Barnet Marine Park in Burnaby. This will be an interactive, team-building group event. Transportation and equipment will be provided, meet at Info Centre at 10:00am.

Sun 10:00am-3:00pm Sep 24 Free
128197



Group Volunteering at the Food Bank (19+)

Make a difference by helping people in your own community! The Greater Vancouver Food Bank provides essential food items for those who are vulnerable in our community. In fact, many of Britannia's programs are made possible from Food Bank donations. Join this group volunteering session to learn how the Food Bank works and help out with food sorting, packing emergency kits, baby supplies and more! Transportation will be provided, meet at Info Centre at 8:30am

Sat 8:30am-1:30pm Oct 21 Free
128193



Santa's Helper at the Salvation Army (19+)

Each Christmas season, the Salvation Army provides toys to thousands of children in need. Come and join this meaningful and rewarding group volunteering experience. We will help sort toy donations and assemble family gift packs for children and family in need. Must be fit enough for tasks that require standing, lifting and bending. Transportation will be provided. Meet at Britannia info centre at 11:45am.

Tue 12pm-4pm Dec 12 Free
128203



Giving Hope Today

55+ Older Active Adults

Welcome to the 55+ Centre

Whether you want to register for a class, drop-in for lunch or just rest your feet awhile with a cup of coffee or tea, we welcome you.

55+ Programmer

Anne Cowan – anne.jackson@vancouver.ca
604.718.5837

Regular Hours: Mon-Fri 10:00am-6:00pm

Vietnamese Programmer

Luong Ho - luong.ho@vancouver.ca
604.718.5818

Regular Hours: Mon-Fri 8:30am-4:30pm

55+ Centre Drop-in Hours

Mon 10am-5pm
Tue 9am-3pm (Vietnamese 55+ Day)
Wed 9am-12pm (Quirk-e)
Wed 12pm-4pm
Thu 10am-5pm
Fri 10am-5pm
Sat 1:30-3pm
Sun 1:30-3pm

*No programming or classes on Statutory Holidays




















*Registration is required for all FREE programs. Registration for Fall 2017 FREE programs begins Wed Aug 23 at 9:00am

*Front Cover; Elders and Youth Gathering, photo taken by Barry Skillin

Seniors Elders Advocacy Committee (SEA):

- Makes recommendations to the Britannia Board of Management in matters concerned with seniors and Elders in the community;
- Develops and recommends strategies and projects for the inclusion, leadership, and participation of seniors and Elders at Britannia;
- Reviews specific projects in the context of the needs, interests, and aspirations seniors and Elders have for the community;
- Advises Britannia board, committees, and staff on issues of cultural sensitivity, and traditional practices and protocols in keeping with the role of Elders as Knowledge Keepers and community arbiters;
- Assists other Britannia committees to support the inclusion, representation, and participation of seniors and Elders in their respective areas.

We meet on the 2nd Wednesday of each month and welcome new members

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Badminton 11:20am	Vietnamese Drop-In 9am-3pm 55+ Centre	Quirk-e 10am	Chinese Folk Dance 10am-12pm	Easy Exercise 10am 		
Osteofit 11am-12pm	Carpet Bowling 10am-12:15pm (1739 Venables)	Osteofit 11:00am	Computer Lab 10am-5pm 	Computer Lab 10am-4pm 	Sat Drop-in 1:30-3:00pm	Sun Drop-in 1:30-3:00pm
Lunch Drop-in 12pm	Badminton 11:20am	Badminton 11:20am	So You Want To Dance  10:30am-12pm	Intro to Fitness 10am  Friday Wellness 11am-12pm	Badminton 2pm Gym A	
Computer Classes 1-3pm 	Spanish Classes 1pm & 2:15pm	Elders Circle 12:15-3:30pm 	Badminton 11:20am	Line Dance 11am 		
	Vietnamese Line Dancing 1pm	Adaptive Yoga 12:45pm Knitting Social 1-3pm 	Potluck Nov 30th 12:00pm 	Lunch Drop-in 12pm Footcare 12:30-4pm		
Computer Classes 1-3pm 		Gentle Yoga 2pm Book Club 2:45pm  3rd Wed	Elders Arts & Health 1:30-4pm 	Drop-in Crafts 1pm  Ballroom Dance 2pm		
Gentle Yoga 2-3pm		Computer Lab 3-5pm 		Latin Men DSM 5pm 		Movie Night 6pm 
Computer Lab 3-5pm		Mujeres en Accion 4-6pm 		Tertulias 5pm 		

55+ Older Active Adults

Arts



Youth and Elder Dinner and Cultural Learning

Thu 4:00-7:00pm Sep 28
Free

Arts and Health Project

Culturally based weekly gathering of Elders. Britannia Community Services Centre hosts weekly workshops for an Arts and Health group of Indigenous Elders and others to create a supportive environment for community engaged arts practices. Artists work with seniors to help them explore and develop work that is important to them. It recognizes all participants as important contributors to the collaborative group work.

Thu 1:30-4:00pm CFEC

Space is limited and applications are available at Britannia beginning Aug 23 (registration day). Contact Anne or Kya for more information 604-718-5800

Food & Lunches

Lunch Drop-In

Noon Lunch drop-in Mondays and Fridays. No need to register ahead, friendly easy going social. Drop-in \$5 Full Meal

Mon/Fri 12:00-1:00pm Ongoing
55+ Centre \$5/drop-in
123198

Pot Luck Lunch



Bring a little something to share. Everyone welcome.

Thu 12:00-1:00pm Nov 30
55+ Centre Free
123200

Language

Spanish-Beginners

Learn every day language to enable you to converse in Spanish.

Fri 1:00-2:00pm Sep 8-Oct 20
Rink Mezz \$60/7 sess
123203

Fri 1:00-2:00pm Oct 27-Dec 1
Rink Mezz \$60/7 sess
130654

Spanish - Intermediate

Now you know every day language this class will help you to be confident and comfortable when conversing in Spanish

Fri 2:15-3:15pm Sep 8-Oct 20
Rink Mezz \$60/7 sess
123204

Fri 2:15-3:15pm Oct 27-Dec 1
Rink Mezz \$60/7 sess
130655

Social



55+ AML Book Club

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

Wed 2:45-4:45pm Sep 20-Oct 18
55+ Centre Free
123172

Chinese Folk Dance

Traditional Chinese Folk Dancing Lessons. Everyone Welcome

Thu 10:00am-12:00pm Sep 7-Dec 14
CFEC \$18/18 sess
123182

Carpet Bowling



Easy going, fun and social. Free Drop-In with Registration.

Tue 10:00am-12:15pm Sep 5
1739 Venables Free
123181

Indigenous Elders Craft Circle



Weekly Indigenous Seniors, Elders and others joining together craft projects. (weaving, beading and more). Enjoy peer support and sharing.

Wed 12:15-3:45pm Ongoing
55+ Centre
123185

Drop-In Craft Time



Join us for afternoon crafts, easy going and everyone welcome.

Fri 1:00-3:00pm Sep 8-Dec 8
123189 Free



Grandparent Coffee Break



If you're a grandparent in the neighbourhood join other grandparents for a few hours each week for coffee and some relaxation.

Thu 9:00-11:00am Ongoing
55+ Centre Free

Knitting Social



Knitting and Crochet social for all ages. Free Drop-in with Registration.

Wed 1:00-3:30pm Sep 6-Dec 20
Rink Mezz Free/9 sess
123194



Latin American Womens Group (Mujeres en Accion)



(Mujeres en Accion): Opportunity to network with other women in a friendly, informal setting; discussion of integration and health issues in Spanish, emphasis on self care and stress reduction. Contact and registration: Stella Castillo c/o pdabiri@reachcentre.bc.ca sponsored by REACH Family Place

Wed 4:00-6:00pm Sep 6-Oct 25
55+ Centre Free
123196

Tertulias - Latin Men's Group



Opportunity for Latin American professional/technical men to meet and work together to eliminate barriers to their successful adaptation to Canadian society. REACH

Fri 5:00-8:00pm Sep 8-Oct 20
55+ Centre Free
123206 German

Line Dancing

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

Tue 1:00-3:00pm Sep 5-Dec 19
CFEC \$16/16 sess
123197

Social Ballroom Dance



Social Ballroom Dance for 55+. Free with Registration.

Fri 2:00-4:00pm Sep 8-Dec 15
CFEC Free
123202

Vancouver 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 Sep 5-Dec 19
Rink Mezz

55+ Older Active Adults

Sunday Night Movie Series

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

Sun	6:00-9:00pm	55+ Centre	Free	123205
Sep 10		Current Release	Lion	
Sep 17		Classic/Quality Film	Fargo	
Sep 24		Equinox Café	No Movie	
Oct 1		Foreign Film	Kolya	
Oct 8		Thanksgiving	No Movie	
Oct 15		Biography/Current Release	Hidden Figures	
Oct 22		Oldie B&W Drama	The Days of Wine and Roses	
Oct 29		Classic/Comedy Film	Best in Show	
Nov 5		Animation Night	Fantastic Mr. Fox	
Nov 12		Current Release	I, Daniel Blake	
Nov 19		Comedy Night	The Full Monty	
Nov 26		Horror/Comedy Night	The Host (Gwoemu) Korean Director Joon-ho Bong	
Dec 3		Current Release/Comedy	A Man Called Ove	
Dec 10		Epic Night/ Western	The Good, The Bad, The Ugly	

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 specially trained Osteofit fitness instructor. Drop-in \$13 space permitting. No classes Oct 9, Nov 13.

Mon	11:00am-12:00pm	Sep 11-Oct 23
CFEC		\$60/6 sess
123199		\$13/Drop-in
Mon	11:00am-12:00pm	Oct 30-Dec 11
CFEC		\$60/6 sess
130582		\$13/Drop-in

Yoga

Chair Yoga

This Class is designed for you to be comfortable without feeling like "you have to keep up". Promotes the use of chairs if wanted with the intention that everyone is comfortable breathing and moving at their own pace. Drop-in \$13.00 No class Nov 13.

Wed	12:45-1:45pm	Sep 13-Oct 18
CFEC		\$60/6 sess
123173		\$13/Drop-in
Wed	12:45-1:45pm	Oct 25-Nov 29
CFEC		\$60/6 sess
130584		\$13/Drop-in

Gentle Yoga 55+

Yoga Practice for older adults. Warm up muscles, increase muscular elasticity and strengthen skeletal alignment. Drop-in \$13.00. No class Oct 9, Nov 13

Mon	2:00-3:15pm	Sep 11-Oct 23
CFEC		\$60/6 sess
123190		\$13/Drop-in
Mon	2:00-3:15pm	Oct 30-Dec 11
CFEC		\$60/6 sess
130209		\$13/Drop-in

Gentle Yoga 55+

Adaptable yoga practice for older adults. Warm up muscles, increase muscular elasticity and strengthen skeletal alignment. Drop-in \$13.00.

Wed	2:00-3:15pm	Sep 13-Oct 18
CFEC		\$60/6 sess
123191		
Wed	2:00-3:15pm	Oct 25-Nov 29
CFEC		\$60/6 sess
130583		

Reconciliation in Action (RIA): Drive the Change

Tue September 26, 2017, 2:00-6:00pm
 Britannia Community Services Site
 1661 Napier Street, Vancouver
 1:00pm Elders Dialogue - 55+ Centre
 2:00pm Friendship Dance in the Gravel Field
 3:00pm Signing of the Pledge
 4:00pm Cultural Performances
 6:00pm Off the Grill Feast

Health & Fitness

Badminton - 55+

Fun easy play for seniors

Mon/Wed	11:20am-12:35pm	Sep 6-Dec 13
Gym C		\$20/29 sess
123174		
Tue/Thu	11:20am-12:35pm	Sep 5-Dec 14
Gym C		\$20/30 sess
123175		
Sat	2:00-4:00pm	Sep 9-Dec 16
Gym A		\$15/15 sess
123176		

So You Want To Dance

Have you always wanted to dance? Join us for a mix of balletic and contemporary style movement in a friendly and fun atmosphere...here's your opportunity to fulfill that dream. No experience needed.

Wed	11:15am-12:30pm	Sep 13-Dec 13
123177		Free
CFEC		
Thu	10:30am-12:20pm	Sep 7-Dec 14
Mat Room		Free
123201	Hillary	

Introduction to Fitness



Join us for a fitness program for ultra beginners. This program will provide an entry-level fitness opportunity for seniors who are unfit, with health issues, and are not ready to participate in existing fitness programs. This program will allow participants to transition into existing programs. If you have been shy about joining the gym or fitness classes, this is the program for you! We meet with our registered nurse after each class for a weekly health check-in. Must complete medical screening prior to start of program.

Fri	10:00-11:30am	Sep 8-Oct 27
Rink Mezz		Free
123193	M.Ziebart	
Fri	10:00-11:30am	Oct 27-Dec 1
Rink Mezz		Free
130661	M.Ziebart	



Registration required for all Free programs

*Registration for all FREE programs begins Wed Aug 23 at 9:00am

55+ Older Active Adults

Technology

Computer and Internet Beginners



A quick and easy way to get comfortable on the computer. Small classes and friendly instruction makes this a must do. Walk through the steps needed to learn basic skills, important foundations and some simple tools to make your internet experience easy and fun! Due to high demand, participants may register for no more than two sessions per two seasons. No class Oct 9

Mon 1:00-3:00pm **Sep 11-Oct 23**
55+ Computer Lab **Free**
123183 M.Ziebart

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.

Workshop

Deep Relaxation Workshop

Mon 1:00-3:30pm **Sep 11**
55+ Centre **Free**
123208

Bus Trips

Sunshine Coast/Smuggler Cove

Explore the Sunshine Coast and see why BC is called "Best Place on Earth". Visit Smuggler Cove located between Secret Cove and Half Moon Bay for an escorted walk to soak up this picturesque marine park's board walks and storied past. Take afternoon free time to shop and stroll in Gibsons Landing where CBC filmed the internationally televised series The Beachcombers or relax at the picturesque Winegarden Waterfront Park. This tour includes an escorted walk at Smuggler Cove, lunch at The Lighthouse Pub and afternoon free time in Gibsons Landing. Please Note: Additional \$8 ferry fee applies to those under the age of 65 and to non BC residents.

Thu 7:30am-6:15pm **Sep 14**
129618 **\$119**

Activity Level: Moderate

PACKAGE INCLUDES:

- Smuggler Cove escorted walk
- Lunch Lighthouse Pub
- All ferry fees
- Winegarden Waterfront Park
- Gibsons Landing
- Bottled water

Audain Art Museum + Fairmont Chateau Whistler

The Audain Art Museum is Canada's newest Art Museum which opened March 12, 2016 in Whistler. The Audain Art Museum's permanent collection of nearly 200 works of art is a visual journey through the history of art from coastal British Columbia including a large collection of works by Emily Carr. The Special Exhibition is Edward Burtynsky: The Scarred Earth, on June 10-October 16, an intimate look at how we, as a species, have altered our physical landscape through resource extraction. Edward Burtynsky, as a documentary photographer, has chronicled humanity's influence over the Earth's surface over the past three decades. This tour includes a one hour docent led tour, Museum free time, a lunch to remember at the Fairmont Chateau Whistler and afternoon free time in Whistler Village.

Thu 7:30am-6:15pm **Oct 12**
120467 **\$139**

Activity Level: Easy

PACKAGE INCLUDES:

- Audain Art Museum admission
- Docent led tour
- Museum free time
- Fairmont Chateau Whistler lunch
- Free time Whistler Village

Arts Whistler Holiday Market

Whistler's Original Artisan Market has built a reputation of presenting unique, quality, handmade arts and crafts for Whistler residents and visitors looking for one-of-a-kind treasures. Featuring over 100 artisans from the Sea to Sky Corridor, Lower Mainland and beyond, the 27th annual holiday craft fair will feature a wide array of ceramics, clothing, fine art, wood, glass, metal, jewelry, candles and aromatherapy products as well as Christmas decorations. Whistler Arts Council presents Bizarre Bazaar, a vibrant community event that includes live music, a silent auction, dance and food at the Whistler Conference Center.

Sun 8:15am-5:15pm **Nov 26**
123180 **\$79**

Activity Level: Easy

PACKAGE INCLUDES:

- Transportation
- Squamish Adventure Centre
- Escorted entry
- Admission donation
- Bizarre Bazaar Holiday Market
- 3 hours free time
- Relief driver



Polar Express

Kick off the Holiday season with family and grandchildren aboard the 9th Annual Polar Express! West Coast Railway Heritage Park in Squamish operates Canada's only Polar Express designed to delight and inspire as it makes its magical round trip journey to the North Pole. The one-hour train ride is filled with magic, music, stories and on board refreshments Polar Express style. Includes coach ticket, one mini train ride and entry to the "North Pole Workshop", the "Gingerbread Village" and lunch on the Squamish River at the Watershed Grill in Brackendale.

Sun 9:15am-5:45pm **Dec 17**
129682 **\$109**

Activity Level: Easy

PACKAGE INCLUDES:

- Polar Express coach ticket
- Admission to North Pole Workshop and Gingerbread Village
- Mini train ride
- Lunch Watershed Grill

Registration required for all Free programs

***Registration for all FREE programs begins Wed Aug 23 at 9:00am**

Hours of Operation

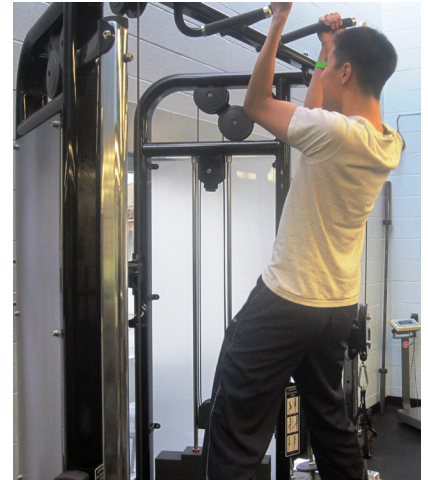
Monday to Friday	6:30am-9:55pm
Adults 55+ ONLY Friday	9:00-10:00am
Saturday	12:00-7:55pm
WOMEN ONLY Saturday	9:00am-12:00pm
Sunday	10:00am-7:55pm

Free with Britannia Membership

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

Holiday Hours

Sep 4 Labour Day	1:00-5:00pm
Oct 9 Thanksgiving	1:00-5:00pm
Nov 11 Remembrance Day	1:00-5:00pm
Dec 25 Christmas Day	CLOSED
Dec 26 Boxing Day	1:00-5:00pm



Facility Orientations

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

Flexipass Membership

Enjoy flexible and affordable recreation with 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.

Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists, and physiotherapists. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$6.30 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.

Strength Training for Seniors - Beginner (55+yrs)

This five week course will show you how to use the cardio and weight equipment for a safe and effective workout. By the end of the course, you will have a written and personalized program that you will be able to continue to use on your own. Please pre-register by Sept 1 so that a confidential health screening can be done.

Fri	9:00-10:00am	Sep 8-Sep 29
FC		\$20/4 sess
128075	J. Stanier	

Strength Training for Seniors – Intermediate (55+yrs)

This five week course will build on the introductory strength training for seniors program and is also appropriate for individuals who have been training for a number of years. We will explore ways to intensify your cardio training and expand on your repertoire of exercises. Please pre-register by Oct 13 so that a confidential health screening can be done.

Fri	9:00-10:00am	Oct 20-Nov 10
FC		\$20/4 sess
128076	J. Stanier	

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	Sep 9-Sep 30
FC		\$35/4 sess
128073	V. Henderson	

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. No class Nov 11

Sat	10:00-11:30am	Oct 14-Nov 4
FC		\$35/4 sess
128074	V. Henderson	

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	Sep 6-Dec 20
FC	B. Wong	Drop in fee

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

Pool & Fitness Centre Programmer 604.718.5830

*Pool office closes 30 minutes before the pool.

Statutory Holiday Hours

Sep 4	Labour Day	1:00-5:00pm
Oct 9	Thanksgiving	1:00-5:00pm
Nov 11	Remembrance Day	1:00-5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing 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 Centre 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 first Wednesday evening of every other month. Please contact the Pool & Fitness Centre Programmer, Mawi Bagon at 604.718.5830 or mawi.bagon@vancouver.ca.



Wed 7:00pm Sep 6, Nov 1
Conference Room

Pool and Fitness Centre Fees 2017 (GST not included)					Please Note: Prices are subject to change, without notice	
	Drop-In	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$5.98	\$47.79	\$46.18	\$122.45	\$390.32	\$3.00
Youth (13-18)	\$4.27	\$34.19	\$32.33	\$85.73	\$273.21	\$1.00
Child (6-12)	\$3.01	\$24.09	\$23.09	\$61.65	\$195.16	\$1.00
Senior (65+)	\$4.27	\$34.19	\$32.33	\$85.73	\$273.21	\$1.00
Britannia-Only Senior (55+)	\$4.27	\$34.19	\$32.33	\$85.73	\$273.21	\$1.00
Family Drop-in Rate = 1 to 2 adults of the same household and their children under 19 years of age. Minimum \$6.20 admission.						
Leisure Access Fitness Centre Admission Rate is 50% off adult admission and flexipass.						



Pool is closed for annual maintenance, September 1-September 29

During some public swim sessions only part of the pool is available. The pool may be shared with Aquafit, lessons, school groups or swim club. The parent and tot pool is not open to the public during lessons or lengths. **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
Public Swim 9:00-11:25am <i>*School lessons 9:00-10:00am (as scheduled)*</i>						Parent & Tot 10:00-10:55am
Range of Motion (ROM) 10:00-10:45am	Aquafit 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	Special Olympics 1:00-1:55pm (main pool closed)	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 <i>*School lessons 1:00-3:00pm (as scheduled)*</i>						
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		
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	Schedule is subject to change without notice. *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	Aqua Zumba 8:00-9:00pm	YOUTH ONLY 11-18yrs FREE Swim 1 st Friday of month 8:00-9:55pm		
Adult Lessons 8:00-8:40pm	Adult Lessons 8:00-8:40pm	Adult Lessons 8:00-8:40pm	Adult Lessons 8:00-8:40pm	Oct 6, Nov 3, Dec 1		
Lengths (2 lanes) 9:00-9:55pm	Lengths (2 lanes) 9:00-9:55pm	Lengths (2 lanes) 9:00-9:55pm	Lengths (2 lanes) 9:00-9:55pm	(no lanes, whirlpool, or steam room available)		

Aquafit

Drop-in water exercises to music. Individuals work to their own ability. Classes are designed to build strength, flexibility and cardio fitness. Mild, moderate, shallow and deep water classes are offered. Led by certified instructors.

Aqua Zumba

Aqua Zumba is a high energy, calorie burning, easy to follow exercise moves performed in shallow water to Latin music. Classes are led by certified Aqua Zumba instructors.

Lengths

The pool is divided into 25 metre length lanes (slow, medium and fast). Enjoy the

whirlpool, steam room or sauna as well. Anyone 16 years and older who is capable of swimming the length of the pool is welcome. Note: patrons under 16 must speak to one of the lifeguards prior to attending these sessions.

Parent and Tot

This leisure pool is open for soon to be mothers and parents with young children five years and under. The leisure pool is also open during all public swims.

Public Swim

Swim, dive, splash, have fun! All are invited to join in the activities. Two lanes are usually set aside for length swimmers. The leisure pool is open during this time

for soon to be mothers and parents with young children.

Range of Motion (ROM)

Drop-in water exercises to music. Individuals work to their own ability. This is a gentle, no impact shallow water workout to enhance joint mobility. Participants must be independent in the water to participate. Classes are led by certified instructors.

Youth Swim (11-18yrs)

The first Friday night of every month from 8:00-10:00pm is reserved for youth to swim and play with their friends. No public use of steam room or whirlpool. Free admission. Oct 6, Nov 3, Dec 1.

Aquatics

Lesson Registration

Online and in-person registration for swimming lessons and programs at all pools, for all age groups starts **Tue Aug 22 at 9:00am**.

Vancouver Park Board Online Registration and Reservation System:

- Never registered online before? Go to recreation.vancouver.ca: Click "Sign In" or "Create an Account" to set up your profile and password before registration opens for winter programs.
- To reset your password, go to recreation.vancouver.ca: Click "Sign In", select "Forgot your password?" and follow the steps to get your new password. Login with your email address and confirm your account information is correct.

If you are already participating in a class, you are encouraged to wait until you receive a report card on the last day of class to register for the next set. It's important to register in the correct level.

Those who have registered in the wrong class may be asked to withdraw from the class. Please bring the most recent report card to the first day of lessons. All lessons must meet minimum space requirements to run.

Swim 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.

Swim Assessments

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

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.

Child Private \$28.29/Semi-Private \$16.64
Adult Private \$34.89/Semi-Private \$19.66

Red Cross Parent & Tot (4mo-3yrs)

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

Red Cross Preschool (3-5yrs)

Sea Otter, Salamander, Sunfish, Crocodile, Whale: From introductory classes focusing on confidence in the water and skills, to intermediate strokes and distances.

Red Cross Swim Kids (5-12yrs)

Swim Kids 1-10: Starting at entry level working on water safety, stroke development and confidence in the water. As swimmers develop, classes are focused on challenging them and encouraging positive change



Parent & Tot, Children's Fall 2017 Swim Lesson Sets

Day	Time	Dates	Lessons
Mon-Starfish/Duck	9:00-9:30am	Oct 2-Dec 11	11 lessons
Tue-Sea Otter	9:00-9:30am	Oct 3-Dec 12	11 lessons
Wed-Starfish/Duck	9:00-9:30am	Oct 4-Dec 14	11 lessons
Thu-Salamander	9:00-9:30am	Oct 5-Dec 13	11 lessons
Fri- Sea Otter	9:00-9:30am	Oct 6-Dec 15	11 lessons
Mon & Wed - Set 1	3:45-7:00pm	Oct 2-Oct 25	8 lessons
Mon & Wed - Set 2	3:45-7:00pm	Oct 30-Nov 22	8 lessons
Mon & Wed - Set 3	3:45-7:00pm	Nov 27-Dec 20	8 lessons
Fri	3:45-7:00pm	Oct 6-Dec 15	11 lessons
Sat	9:00am-1:00pm	Oct 7-Dec 16 (No classes Nov 11)	10 lessons
Sun	11:00am-2:30pm	Oct 8-Dec 17	11 lessons

Swim Lesson Fees 2017	8 lessons	10 lessons	11 lessons
Parent & Tot (30 min. parented)	\$55.64	\$68.64	\$75.14
Preschool (30 min)	\$55.64	\$68.64	\$75.14
Swim Kids 1-4 (30 min)	\$49.40	\$60.84	\$66.56
Swim Kids 5-10 (40 min)	\$55.64	\$68.64	\$75.14

Red Cross Teen & Adult Lessons

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.

Mon	6:30-7:10pm	Oct 2-Dec 11
127988		\$113.42/11 sess
Mon	8:00-8:40pm	Oct 2-Dec 11
127987		\$113.42/11 sess

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.

Wed	6:30-7:10pm	Oct 4-Dec 13
127990		\$113.42/11 sess
Wed	8:00-8:40pm	Oct 4-Dec 13
127989		\$113.42/11 sess

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.

Tue	8:00-8:40pm	Oct 3-Dec 12
127992		\$113.42/11 sess

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.

Thu	8:00-8:40pm	Oct 5-Dec 14
127991		\$113.42/11 sess

Fitness

Aqua Zumba



For those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine, join the pool party on Thursday nights! Free trial session Oct 5. \$10 drop-in.

Thu	8:00-9:00pm	Oct 5
127865		Free
Thu	8:00-9:00pm	Oct 12-Dec 14
127864		\$70/10 sess



Lifesaving Programs

Canadian Swim Patrol (8-12yrs)

The Canadian Swim Patrol (Rookie, Ranger and Star) program 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. Candidates earn recognition for success in content modules (stickers) and for overall achievement (badges). Prerequisite: Ability to swim in deep water, swim 25 metres and tread water for 1 minute.

Sun	2:30-3:30pm	Oct 8-Dec 17
127880		\$66/11 sess

Bronze Medallion (13+yrs)

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn lifesaving techniques, self-rescue and tows and carries for challenging rescues of increased risk involving conscious and unconscious victims in varying water depths. 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.

Sun	10:00am-2:00pm	Oct 8-Nov 5
127879		\$171/5 sess

Bronze Cross (15+yrs)

Designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. It is a prerequisite for all advanced training programs including National Lifeguard (NL) and Instructor certifications. Develop proficiency at performing patient assessments, managing aquatic spinal injuries and preventing loss of life in a variety of aquatic emergencies while developing stroke endurance and fitness training skills. Includes a 600 metre swim and CPR C. It is also worth two Grade 11 high school credits. Prerequisite: Bronze Medallion. Ability to swim 600m in 18 minutes or less. The Canadian Lifesaving Manual is required. It can be purchased at the front desk for \$36.

Sun	10:00am-2:00pm	Nov 12-Dec 10
127994		\$171/5 sess

Britannia Swim Club Programs

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. (not proratable).

Fri	6:30-7:30am	Oct 6-Dec 15
127874		\$55/season

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 (not proratable).

Tue	6:30-7:45pm	Oct 3-Dec 12
127878		
Thu	6:30-7:45pm	Oct 5-Dec 14
127877		
One day/week		\$55/season
Two days/week		\$85/season

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 (not proratable). No class Nov 11.

Sat	5:00-6:00pm	Oct 7-Dec 16
127875		\$50/season

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 (not proratable).

Fri	Advanced swimming	Oct 6-Dec 15
		3:30-4:15pm
Fri	Advanced lifesaving	Oct 6-Dec 15
		4:15-5:00pm
127876		\$60/season

Ice Rink

Britannia Ice Rink Public Skating Schedule

September 16 - December 31, 2017

Schedule subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Adult Open Dance 12:15-1:45pm	Parent & Tot FREE Skate ☀️ 11:00-11:45am	Adult Stick & Puck 12:00-1:30pm	Learn to Skate Lessons 10:00am-1:15pm	Women's Hockey 10:30-11:45am
				Adult FREE Skate ☀️ 1:45-3:00pm	Public Skate 1:30-3:00pm	Family Fun Hockey 12- 1:30pm
		Adult Stick & Puck 3:15-4:45pm	Youth FREE Skate ☀️ 3:15-4:30pm	Child FREE Skate ☀️ 3:15-4:30pm		Public Skate 1:45-3:15pm
	Adult Skate 8:15-9:30pm		*Adult Co-ed Hockey 11:15pm-12:45am	Public Skate 7:45-9:15pm		*Adult Co-ed Hockey 9:30-11:00pm No sess Dec 24, 31

- 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.



2017 Rink Admissions: Admissions subject to change without notice. (GST no included)

Adult (19-54yrs)	Youth (13-18yrs)	Senior (55yrs+)	Child (6-12yrs)	Family	Skate Rentals	Skate Sharpening
\$5.98/Drop-in \$50.18/10 visits	\$4.27/Drop-in \$33.52/10 visits	\$4.27/Drop-in \$33.52/10 visits	\$3.01/Drop-in \$23.62/10 visits	*at child rate (Family minimum \$5.98)	\$2.98	\$5.69

- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Board operated rinks. Prices are subject to change without notice.
- Adult Drop-in Hockey and Stick & Puck sessions are at the Adult rate.
- A 20% discount on admission is given to groups of 10 or more.
- Children under 8 years old MUST be accompanied ON-ICE with an individual 16yrs+.
- Flexipasses may be used for public skating sessions. For 2017 Flexipass rates, go to page 34.
- Family rate is 1-2 adults of the same household and their children under 19yrs, all present at time of admission. \$3.15 per person.

Free Stat Holiday Skates

Free skating sessions will be offered on the following stat holidays at the rink.

Oct 9	Thanksgiving	1:00-3:30pm
Nov 13	Remembrance Day	1:00-3:30pm
Dec 26	Boxing Day	1:00-3:30pm
Jan 1	New Year's Day	1:00-3:30pm

Winter Holiday Schedule

Check out the Winter Holiday schedule, out in the first week of December to find out about public skating sessions and events that take place over the Winter Break.

Dec 24	Christmas Eve	Closes at 5:00pm
Dec 25	Christmas Day	Closed
Dec 26	Boxing Day	1:00-3:30pm
Jan 1	New Year's Day	1:00-3:30pm

\$99 Winter Ice Sale!

Plan a holiday party between Dec 16-Jan 1 for \$99/hour plus GST. Staff charges are not included. Booking for the Winter Ice sale starts Sep 14, 2017.

Ice Skating Birthday Parties

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

Skate Lesson 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 the second class

Exceptions: No refund on single session programs, transfers possible prior to second class.

Rink Programs

Vancouver Adult Co-ed Hockey League, (VACHL) 2017/18

VACHL is an adult recreational hockey league co-sponsored the Britannia Community Services Centre and the Vancouver Park Board. For more information go to www.vachl.ca.

Adult Evening Hockey

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

All Levels

Thu 11:15pm-12:45am Sep 7-Dec 28
\$10/drop-in*

Intermediate

Sun 9:30-11:00pm Sep 3-Dec 17
\$15/drop-in or \$50/mo*

*Strip tickets are not valid during these sessions

Women's Ice Hockey

Set 1

Sun 10:30-11:45am Sep 10-Oct 29
129017 \$36/8 sess

Set 2

Sun 10:30-11:45am Nov 5- Dec 17
129019 \$32/7 sess

Adult Stick and Puck

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

Wed 3:15-4:45pm Sep 6-Dec 27
Fri 12:00-1:30pm Sep 1-Dec 29
\$5.86/drop-in or \$46.86/10 visit pass

Women's Learn to Play Hockey

This instructional program is perfect for female hockey players looking to improve through on-ice skills and drills. Each session will end with a scrimmage. Full hockey equipment is mandatory. Pay at the pool starting at 2:30pm.

Mon 3:15-4:45pm Oct 16-Dec 11
\$5.98/drop-in or \$50.16/10 visit pass

Parent & Tot Skate

Introduce your child to skating in a fun and non-intimidating environment. Some ice cleats are available for adults who are not comfortable wearing skates. Take your kids on a spin on the popular on-ice scooters. Sorry, no hockey allowed during this session.

Thu 11:00-11:45am Sep 21-Dec 21
Free

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 Sep 3-Dec 31
Regular admission rates apply

Ice Rink

Skating Lessons at Britannia

Registration for Fall skating lessons will take place on Wed Aug 23. If you are unsure of which level to register in, have an on-ice evaluation completed during any public skating session at Britannia. **Please note that students will not be transferred into another level if they are not registered in the appropriate level.** If the lesson you want to register in is full, please put your name on the waiting list. Additional classes are scheduled whenever possible. Please note that skate lessons fill up quickly, so register early.

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

Learn to Skate Lessons

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

Preschool Program Levels (3-5yrs)

Level 1 - no previous skating experience; may have trouble standing on the ice in skates

Level 2 - can stand up on ice in skates unassisted; can walk on the ice in skates

Level 3 - can skate across the ice and glide on two feet

Level 4 - can scull forwards and stop without assistance

Level 5+ - can glide on one foot forwards and skate backwards

Children, Youth and Adult Program Levels

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

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

Level 3 - can glide on one foot, forward scull with both feet and snowplow stop with both feet

Level 4 - can skate backwards, scull backwards with both feet and scull forwards with one foot

Level 5 - can glide backwards on both feet, do a hockey stop, and forward circle thrust

Level 6 - can do forward crossovers, backward circle thrusts, backward stops, can use outside edges

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.

Power Skating Lessons (8 yrs-Adult):

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

Fall Lessons

There are 3 ways to register into Britannia Skating lessons:

1. In-person starting at the Information Centre or Pool Cashier; Wed Aug 23 at 9:00am.
2. Online at britanniacentre.org; Wed Aug 23 at 9:00am.
3. Register by phone by calling 604.718.5800 (press 1); Wed Aug 23 at 1:00pm

Lessons Set I

Learn to Skate

Tue	6:00-8:00pm	Sep 19-Oct 31 \$42/7 sess
Sat	10:00am-1:15pm	Sep 16-Oct 28 \$42/7 sess

Power Skating Beginner

Sun	3:30-4:15pm	Sep 17-Oct 29 \$52.50/7 sess
-----	-------------	---------------------------------

Power Skating Intermediate

Sun	4:30-5:15pm	Sep 17-Oct 29 \$52.50/7 sess
-----	-------------	---------------------------------



Lessons Set II

Learn to Skate

Tue	6:00-8:00pm	Nov 7-Dec 19 \$42/7 sess
Sat	10:00am-1:15pm	Nov 4-Dec 16 \$42/7 sess

Power Skating Beginner

Sun	3:30-4:15pm	Nov 5-Dec 17 \$52.50/7 sess
-----	-------------	--------------------------------

Power Skating Intermediate

Sun	4:30-5:15pm	Nov 5-Dec 17 \$52.50/7 sess
-----	-------------	--------------------------------

Registration for Set I

1. In-person at the Information Centre or Pool Cashier; Wed Aug 23 at 9:00am.
2. Online at britanniacentre.org; Wed Aug 23 at 9:00am.
3. Register by phone by calling 604.718.5800 (press 1); Wed Aug 23 at 1:00pm

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

Registration for Set II

1. In-person at the Information Centre or Pool Cashier; Wed Nov 1 at 9:00am.
2. Online at britanniacentre.org; Wed Nov 1 at 9:00am.
3. Register by phone by calling 604.718.5800 (press 1); Wed Nov 1 at 1:00pm

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



Get involved – Volunteer at Britannia

Do you know that there are over 300 active volunteers at Britannia? Many of our programs are run by volunteers or enhanced with volunteer support. Volunteers play an important role in our community. You see them in 15 active committees such as the new Planning and Development committee that is working hard to reshape the future of Britannia; You see them on soccer fields teaching kids about active lifestyle; You see them in the kitchen cooking heart-warming food, in our awesome daycare... Do you see yourself here? Speak with our Volunteer Coordinator Yao Zhang at Tel: 604.718.5860.

Volunteers needed at the rink Concession

Are you looking to gain some experience in retail, food preparation, customer service and cash transactions? Rink Concession stand is looking for a few committed volunteers. Must be able to commit 4 hours or more per week on a regular basis. To apply, please email your resume and cover letter to yao.zhang@vancouver.ca.

Partners



Grandview-Woodland Food Connection (GWFC) is dedicated to supporting healthy food access for all. In partnership with Britannia Community Centre, the GWFC offers a range of community food programs. For more information visit www.gwfoodconnection.wordpress.com or call 604.718.5895

Grandview-Woodland Food Connection Volunteers Wanted

Are you interested in community food security? Would you like to help shape GWFC programming? We are seeking community members interested in joining our Advisory Committee. We meet every two months and simply seek your advice and support. Other volunteer opportunities including cooking, school gardening, program evaluation, and communications.

GWFC Community Kitchen

Starting this Fall: Info 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 12-14 varieties of fruits and veggies. Pick-up at Britannia Community Centre.

Wild Salmon Caravan - Vancouver Parade

Are you interested in helping to protect wild salmon? Join us for the Wild Salmon caravan and the kick off Vancouver parade on Sat. Oct 7, along Commercial Dr. The Grandview Woodland Food Connection is a partner in the WSC and is calling all artists, community members, and salmon lovers to help create interactive performance, props, bike floats, costumes, banners, etc. for this year's 3rd Annual WSC parade. Join us for the following Wild Salmon Caravan art builds at Britannia – Aug. 19, Sept. 2, 13, and 27th. For more information call Ian at 604.718.5895.

Please call Ian at 604.718.5895 to register or for more information. Also check out our food workshops on Page 28.



Grandview-Woodland Community Policing Centre

1977 Commercial Drive phone: 604.717.2932 e-mail: info@gwccpc.ca

Hours of Operation:

Monday to Thursday 12:00 to 8:00pm
Friday 12:00 to 6:00pm
Saturday 10:00am to 4:00pm
Sunday Closed

Cops & Kids

Cops & Kids is a free back to school safety event for preschool and elementary school children and their families. The event will feature Vancouver Police Officers with their emergency vehicles (and horses!), Vancouver Fire and Rescue Services with their fire truck and BC Ambulance Paramedics with an ambulance along with a free lunch for kids. Kids are encouraged to get in the vehicles and learn firsthand from the first responders.

Sun 12:00-3:00pm Sep 10
Grandview Park

Community Education Office

The Britannia Community Schools Team (CST) works out of the Community Education Office at Britannia Secondary. The mandate of the CST is to provide academic and social emotional support as well as connections to community resources for students in the Britannia hub of schools. This work is often done through student leadership opportunities and noon hour and after school programming. Inquiries, please call 604.713.8273

Community Schools Coordinator

Ron Scott

Office Support

Mitra Tshan

Programmers

- Erin de Sousa (Britannia Secondary, Seymour, Strathcona & Britannia Elementary schools)
- Frances Kaser (Macdonald)
- Dave Taylor (Grandview)

Youth and Family Workers

- Julie Hunter jhunter@vsb.bc.ca
- Greg Goodall ggoodall@vsb.bc.ca



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

Shop Rates & Hours

Sliding scale from \$5-\$15

Mon/Wed/Fri 5-9pm, Sun 1-5pm

Women, Gender Queer & Trans Night:

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

Eastvankickstand.org

1739 Venables. Basement entrance on Commercial Drive.



CAPC - Community Action Program for Children

Spanish Parent-Child Mother Goose Program, Mama Ganso (0-2 yrs)

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

Healthy snack provided. Groups run at Britannia Ice Rink's mezz room.

Disfrute de una hora de rimas, canciones, juegos y cuentos en Español con sus pequeños.

Se ofrece una merienda saludable. Los grupos son en el salon 'Mezzanine' de la Pista de Hielo.

FREE. Registration required at 604-215 8289

Sep-Nov 2017

10:30am Toddlers

12:00pm Infants



All programs are free of charge and offer our Get Ready 2 Read (GR2R) Early Learning program for the pre-school children of participants. Registration is required for all programs. For more information and availability contact: Jean Rasmussen, Executive Director at 778.321.3487 or jean.cfec@gmail.com

Britannia Partners in Education (PIE)

English Foundations 5/6/7

CFEC Rm 110, Brit, Mon 9:30am-2:30pm

English for Speakers of Other Languages

CFEC Rm 110, Brit, Tue 10:00am-2:00pm

Math Foundations 1-7

CFEC Rm 110, Brit, Thu 9:30am-2:30pm

English Foundations 1-4

CFEC Rm 110, Brit, Fri 9:30am-2:30pm

Edmonds PIE PLUS

English Foundations 1-3

Mon, Wed & Thu, 12:30-2:30pm

English Foundations 4-7

Tue & Fri, 12:30-2:30pm
Edmonds Community School (Room 107)

Grandview Get Ready 2 Read (GR2R)

Grandview Terrace Child Care Centre
2075 Woodland Dr, Wed 9:30am-12:30pm

Healthy Eating Active Living (HEAL)

CFEC Rm 109, Brit, Tue 10:00am-12pm

ECE Assitant Program

CFEC Rm 110, Britannia Secondary
Winter/Spring 2018
Wed 12:00-3:00pm Jan 10



1655 William St, 604.255.9841
Email: info@eastsidefamilyplace.org
www.eastsidefamilyplace.org or Facebook.

Eastside Family Place is a support & resource centre for parents/caregivers & their young children to age early 6, offering many programs, support & referral services. At our **Family Drop-In**, adults can visit with each other while engaging with their children in a warm, supportive, educational environment. Children have opportunities to socialize & learn through play with developmentally stimulating activities. There is a healthy snack & circle time each morning. An annual membership fee of \$20.00 is required.

Family Drop-In Hours:

Mon/Wed/Fri 9:00-12:00pm
Tue/Thur 9:00-2:30pm (closed 12-1:00)
Fee: \$3 per visit per family.
Closed Sep 4, Oct 9

Licensed Occasional Childcare

For ages 18 months to early six years – sliding scale of \$5 to \$6.50/ hour. Gradual entry required. Spaces are limited & must be booked in advance: 604.251.1018.

Mon- Fri 9:00-11:45am

Education, Support & Resources

We offer a variety of relevant programs throughout the year: parenting, child health, creativity/ self-care, first aid, cooking, gardening, music & movement, etc. Examples:

- Nobody's Perfect Parenting Program (6wks, 6-8pm Oct start date)
- C.O.P.E. (Fri, 1-3pm Sep 29-Nov24)
- Family Rhythm, Rhyme + MOVEMENT (10-11:30am Oct 14-Nov 18)
- FOOD SKILLS PROGRAMS:
Kids in the Kitchen
Parents in the Kitchen

(Check website calendar for dates & details)

Birthday Parties

We offer an affordable, enjoyable & convenient way to celebrate your child's birthday, aged 1-6. Details: info@eastsidefamilyplace.org or call 604.255.9841



Vancouver Public Library

Library Hours (except holidays)

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

Closed Holidays

Babytime (0-18mo)

Tue	10:30-11:00am	Sep 12–Dec 12
	11:30am-2:00pm	

Family Storytime (18mo-5yrs)

Thu	10:00-10:30am	Sep 14-Dec 14
	11:00-11:30am	

Board Games (all ages)

Tue/Wed	3:30-6:00pm	Sep 12-Dec 13
---------	-------------	---------------

Britannia Teen Advisory Group

Tue	3:30-4:30pm	Sep 19, Oct 17,
		Nov 21, Dec 19

All Our Stories, Revised

Queer Youth Film & Book Night

Wed	6:30-8:30pm	Nov 22
-----	-------------	--------

Man in the Moon

Sat	3:30-4:30pm	Sep 9-Nov 4
-----	-------------	-------------

55 and Up Book Club

3rd Wed/mo 2:45-4:00pm (Library Rm)

1-To-1 Computer Training

Tue/Wed 2:00-3:00pm, 3:00–4:00pm

Pandora's Collective Book Talks

www.pandorascollective.com/
4th Wed/mo 6:30-8:30pm

SFU Philosopher's Café

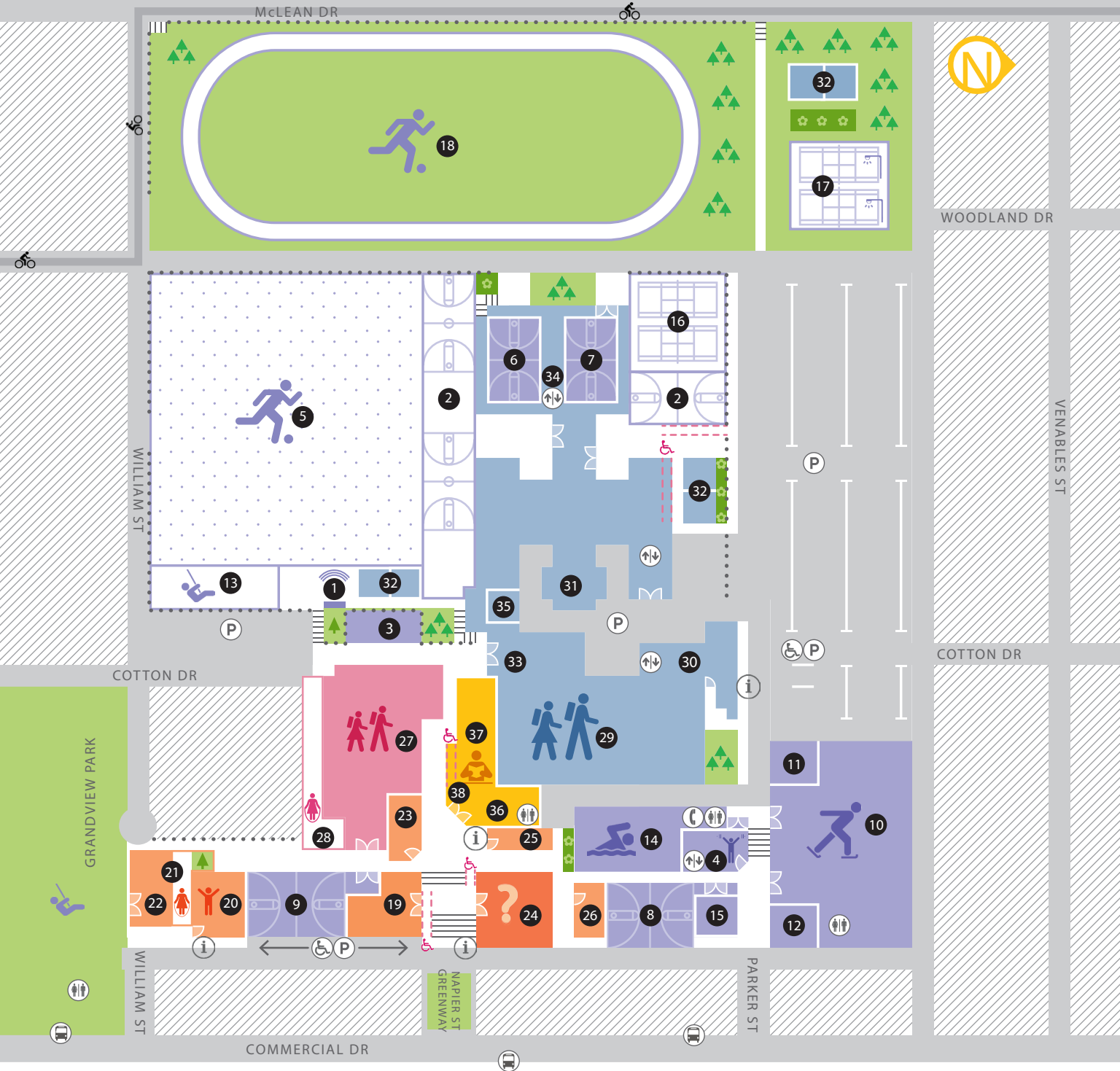
Wed	7:00-8:30pm	Aug 30, Sep 27,
		Oct 18, Nov 29

SFU Writer's Studio

Consultations
1st Tue/mo/Call Central 4:00, 5:00, 6:00pm,

Word Whips Writing Series

www.pandorascollective.com/
3rd Tue/mo 6:30-8:30 pm



recreation

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

resources + services

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

elementary school

- 27 Britannia Elementary
- 28 Outdoor Play Area

secondary school

- 29 Britannia Secondary
- 30 Main Office
- 31 Auditorium
- 32 Portable
- 33 Main Entrance
- 34 Cafeteria
- 35 Canucks Family Education Centre (room 110)

library + learning

- 36 VPL Britannia Branch (main flr)
- 37 Learning Resource Centre (basement)
- 38 Art Gallery

•••• Fence	Wayfinding	Elevator	Residential + Commercial
Streets + Vehicle Access	Wheelchair Access	Entrance	Gravel
Bicycle Route	Stairs	Fields + Green Space	School Garden



T 604 718 5800 F 604 718 5858
 1661 Napier Street Vancouver BC V5L 4X4
britanniacentre.org