



# Programs & Services Winter 2016

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



# Presidents Message

It's been a beautiful autumn and we move now into winter, and a new season of possibilities for community engagement at Britannia. The students are back, all our committees are fully in action. The opportunities for members, new and on-going, to participate in programs, volunteer, and add their energy to the vibrancy of Britannia are multiple. Please read carefully through the brochure and find the opportunities that suit you the best. Plan to become a member, if you are not already one, and be part of Britannia Community Services Centre Society. With our on-site partners, the COV, the VSB, the PB, the VPL, and many community organizations we are a recreational facility and much more.

In partnership with ALIVE, Ray-Cam Community Centre, and First Nation leaders, Britannia was host in September to what we plan to be the first of an annual Reconciliation in Action event. The day started early with a panel of leaders from community, education, the justice system, health and government participating in a forum looking for solutions in supporting youth in our communities.

It was a tremendous site wide event that brought community together to be informed of the impact of colonization generally, residential schools particularly, and the on-going gap across communities in engaging, recognizing and respecting the culture, contribution and richness of First Nations people in our city, and across the country. The festivities started with a friendship dance involving hundreds of students, volunteers, staff and community members, with speakers, storytelling at the library, information booths, a sharing event with elders, dancing, drumming and singing, information and art booths, and of course food, it was a full day of information, sharing, and celebrating. We were very excited to have the opportunity to co-host the event this year, and plan to include a Reconciliation in Action event in our annual schedule. Our call out is to encourage all Community Centres in the city to consider adding this event to their schedules. It is important and relevant for all participants.

As you move around the site this winter you will find some new faces. As result of retirements and career choices we have had changes in our staffing at the Centre. On behalf of the Board I would like to thank all of those that have moved on; for their achievements and the great contributions they have made to Britannia during their tenure. Good luck and best wishes in all your future endeavours!

Please join me in welcoming all of those that have moved into their new roles here at Britannia. As a community member, please plan to get involved soon and take the opportunity to meet the folks that are here to assist and support you.

Thank you,  
Gwen Giesbrecht



## Board of Management

Britannia Board meetings are held on the 2<sup>nd</sup> Wednesday of the month. They are cancelled 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: Susanne Dahlin  
TREASURER: John Flipse  
MEMBERS AT LARGE: Ingrid Kolsteren  
Ye Chu

DIRECTORS:  
Oles Andrienko, Mary Arakelyan, Brendan Boylan, Scott Clark, Aaron Giesbrecht, Heather Hay, Freya Kristensen, Craig Ollenberger, Tyrus Tracey

STAFF REPRESENTATIVE:  
Alex McKechnie

AGENCY REPRESENTATIVES:  
VSB: Geoff Taylor  
VPB: Jenny Jung (CRC)  
VPL: Beth Davies

EXECUTIVE DIRECTOR:  
Cynthia Low

MANAGER OF ADMINISTRATIVE SERVICES:  
Jeremy Shier

MANAGER OF CHILDCARE SERVICES:  
Craig Smith

### PHOTOGRAPHY CREDITS:

Many individuals have volunteered their services and time to take photographs and submit them for use in our publications. We wish to thank:

Cody Fong, Penny Lim, Amanda Hillis

## Membership Information

To participate in recreation programs you must be a member of Britannia Centre. Membership is valid from: Sep 1, 2015 to Aug 31, 2016

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 25, 2016
- 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

Information Centre  
1661 Napier Street,  
Vancouver BC V5L 4X4

T 604 718 5800  
F 604 718 5858

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

Membership	2	Vietnamese Programs	31
Registration, Subsidy & Refund Information	4-5	Aquatic Highlights	32
Licensed Childcare	6-7	Aquatic Schedule & Rates	33
Preschool & Children	8	Aquatic Lessons & Registration	34
Children's Music	9	Red Cross Teen & Adult Lessons	35
Children's Sports	10	Ice Rink	36
Gymnastics	11	Hockey Programs	36
Micro Footie	12-13	Skating Lessons	37-38
PreTeen Programs	14	Ice Rink Schedule & Fees	39
Funseekers (6-12yrs)		EastSide Family Place	40
Spring Break Camp	14	Other Agencies & Programs	41
Teen Centre Programs	15	• Canucks Family Education Centre (CFEC)	
Youth Programs	16-17	• Britannia Partners in Education	
Latin American Youth Programs	18	• Community Policing Centre	
Adult Sports	20	• Shredding Day	
Adult Fitness	21	• Vancouver Girls Basketball	
Adult Martial Arts & Yoga	22	Library	42
Fitness Centre	23	Renewal Updates	43
Food & Gardening	24	Site Map	44
Arts & Culture	25-27		
AML – 55+ Active Older Adults	28-31		



## Get involved & take an active role in your community centre!

Arts & Culture Committee	Program Committee
Ice Arena Committee	Seniors 55+ Committee
Planning & Development Committee	Volunteer Program Committee
Pool and Fitness Centre Committee	Youth Committee

For more information, please call 604.718-5800 (1) or visit [www.britanniacentre.org](http://www.britanniacentre.org)

## Why volunteer with us?

Britannia is like NO other site in the Lower Mainland – a unique integration of education, recreation, library and social services for the Grandview-Woodland and Strathcona Community.

### Volunteers will have the opportunity to:

- Learn and implement new skills
- Share your skills with others
- Enhance personal growth & learning
- Be challenged
- Gain work experience
- Complete academic credits (build experience)
- Give back to the community
- Get involved in the community
- Be an agent of change
- Be celebrated by a giving volunteer community

For more information, please contact Mawi Bagon at 604.718.5860 or email [mawi.bagon@vancouver.ca](mailto:mawi.bagon@vancouver.ca). Visit our website [www.britanniacentre.org](http://www.britanniacentre.org) and download a copy of our Volunteer Application Form to get started.



# Registration Information

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

Registration starts at 9:00am on Tuesday December 8, 2015.

You must have a current membership card to register for all Britannia programs. The membership year runs from September 1, 2015 to August 31, 2016.

See page 5 for online account information.

**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 December 8, 2015.

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

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

### Registration Hours at the Pool Cashier are:

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

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

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

## Register by Phone at 604.718.5800 ext. 1

Registration starts at 1:00pm on Tuesday December 8, 2015

A copy of your program registration, your credit card slip and membership card will be mailed to you upon request if you have an e-mail address.

## Refund Policy

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

### Swim / Skate Refunds

Full refund if notice received 5 or more days prior to the start of the program. Refund of registration fee minus the cost of 1 class or transfer to a future session if requested within 4 working days of the start of the program or after the 1<sup>st</sup> program date (class/lesson). No refunds issued for requests received after the first program date (class/lesson). No refunds issued for requests received after the second date of the program. Fees for one or two-day programs are non-refundable.

### 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.

## Subsidy Policy

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

### Residents of Vancouver 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 a maximum of 50% off certain programs by completing an application form and presenting it and your L.A.P. card to a cashier at the time of registration. [www.britanniacentre.org](http://www.britanniacentre.org)

### Residents of Grandview Woodland Strathcona on the Leisure Access Program

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

### Grandview Woodland Strathcona Residents No 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. For subsidies greater than 25%, Grandview Woodland Strathcona residents need an appointment with a Programmer and need to bring their **Notice of Assessment** (tax form) from the previous year from Canada Customs and Excise. Residents of the City of Vancouver outside the Grandview Woodland Strathcona area, without a Leisure Access Program card are not eligible for subsidy.

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

# Registration Information



## Register online

In July 2015, Vancouver upgraded its registration and reservation system for recreation programs across the city.

### The new system now allows you to:

- Register for programs.
- Create a wish list of your preferred programs.
- Create or update your profile.
- Purchase and renew your pass (e.g. Flexipass).
- Check your Flexipass expiry date.

### If you have not used your online account since July 2015:

1. Go to [recreation.vancouver.ca](http://recreation.vancouver.ca).
2. Click **Sign In**, select **Forgot your password?** and follow the steps to get your new password.
3. Login with your email address and confirm your account information is correct.

### Never registered online before?

1. Go to [recreation.vancouver.ca](http://recreation.vancouver.ca).
2. Click **Sign In** or **Create an Account** to set up your profile and password before registration opens for winter programs.

If you used your online account to register for fall 2015 programs (e.g. swim lessons) or to renew/purchase passes (e.g. Flexipass), please continue to use your account as before.

All Vancouver Park Board community centres are currently using the new system. We hope that you will find it easy to use, convenient and efficient in meeting your needs.



# Licensed Child Care

## Five Child Care Centres For Your Convenience Spaces available, apply today

### Child Care Mission Statement

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

### About our Child Care programs

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

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

#### Social

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

#### Intellectual

Language and self-expression, problem solving, critical thinking, kindergarten readiness skills.

#### Physical

Large muscle and fine motor skills, safety and self-care skills (health, hygiene, large and fine motor development).

### Creative

Self-expression and concept development.

### Emotional

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

### About our Staff

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

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

### Britannia Preschool (3-5 yrs)

Know You Can! The Little Preschool That Could

Highly experienced, qualified Special Needs Educators and Licensed Early Childhood Educators develop a rich and meaningful child-centered environment in which children learn and grow in all areas of development. Our program includes the exploration of Art Throughout History, from which children will gain an understanding of art and the importance of creativity. Through hands-on experimentation and exploration of a variety of materials, techniques, ideas and information, we will experience the journey of art through the ages. We will also highlight multiculturalism and diversity, celebrations, dance and languages from around the world. We offer a part-time or full-time program from September to June. Registration is on-going throughout the school year dependent on availability of spaces.

### Out-of-School Programs

Britannia, Eagles in the Sky, Grandview Terrace and Lord Nelson Child Care 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.

### 18 mo-3 yrs Toddler Program

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

### 3-5 yrs Child Care Programs

Eagle in the Sky, Grandview Terrace and Mount Pleasant Child Care are the centres that offer child care programs for 2½ to 5 year olds. The programs offer a caring, safe and nurturing environment that allows children the freedom and support to develop to their full potential. We offer multi-cultural programs that respect a variety of traditions, lifestyles, languages and cultural heritages. In our inclusive play-based programs, qualified Early Childhood Educators and Special Needs Educators provide activities based on children's interests and developmental needs, offering opportunities for children to explore their environment through music, movement, blocks construction toys, co-operative games, stories and outdoor play. Through play, children are able to develop social skills and learn more about their world.

### Provincial Child Care Subsidy Available.

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

### Contacts:

#### Childcare Manager:

Craig Smith 604.718.5816

#### Britannia Out of School Care / Preschool

Lorraine Evans 604.718.5843

#### Eagles in the Sky Child Care

Susan Nelson 604.718.5856

#### Grandview Terrace Child Care

Alejandra Uribe 604.718.5846

#### Lord Nelson Child Care

Latisha Buksh 604.713.5863

#### Mount Pleasant Child Care

Wade Forbes 604.718.5844

# Licensed Child Care

## Britannia Childcare

1661 Napier Street  
Lorraine Evans 604.718.5843

### Preschool 3-5 yrs

Mornings 9:00-11:30am  
Afternoons 12:30-3:00pm  
FEES:  
2 days per week (Thu, Fri) \$180.00  
3 days per week (Mon, Wed, Fri) \$255.00  
5 days per week \$435.00

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

September to June Hours:  
Mon-Fri 7:30-9:00am  
3:00-5:45pm  
School Breaks 7:30am-5:45pm  
FEES:  
Full Time \$355/month  
3 Days \$230/month  
2 Days \$210/month  
Closed on statutory holidays

July & August Hours:  
Mon-Fri 7:30am-5:45pm  
FEE: \$550/month

## Vancouver Native Health

We have an Aboriginal Early Childhood Family Support Worker who works out of Britannia Centre.

Barbara Nelson at 604.718.5841.



## Mount Pleasant Childcare

960 East 7<sup>th</sup> Avenue  
Wade Forbes: 604.718.5844

### Toddler Program 18 mo-3 yrs

Hours: Mon-Fri 7:30am-6:00pm  
FEE: \$1135/month  
snacks provided  
Lunch Program \$45/month

### Daycare 3-5 yrs

Hours: Mon-Fri 7:30am-6:00pm  
FEE: \$855/month  
snacks provided  
Lunch Program \$45/month

## Lord Nelson Childcare

2235 Kitchener Street  
Latisha Buksh 604.713.5863

### Out of School Care 5-12 yrs

September to June Hours:  
Mon-Fri 7:30-9:00am  
3:00-5:45pm  
School Breaks 7:30am-5:45pm  
FEE: \$355/month  
Closed on statutory holidays

July & August Hours:  
Mon-Fri 7:30am-5:45pm  
FEE: \$150/week

## Eagles In The Sky Childcare

485 Semlin Drive  
Susan Nelson 604.718.5856

### Daycare 3-5 yrs

Hours: Mon-Fri 7:30am-6:00pm  
FEE: \$890/month  
snacks provided

### Out of School Care 5-12 yrs

September to June Hours:  
Mon-Fri 7:30am-9:00am  
3:00pm-6:00pm  
School Breaks 7:30am-6:00pm  
FEES: \$371/MacDonald Elementary  
\$391/Hastings/Lord Nelson

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



## Grandview Terrace ChildCare

2075 Woodland Drive  
Alejandra Uribe: 604.718.5846  
www.grandviewterracechildcare.com

### Daycare 3-5 yrs

Mon-Fri 7:30am-6:00pm  
FEE: \$905/month  
snacks provided  
Lunch Program \$60/month

### Out of School Care 5-12 yrs

September to June Hours:  
Mon-Fri 7:30am-9:00am  
3:00pm-6:00pm  
School Breaks 7:30am-6:00pm  
FEE: \$371/month  
Closed on statutory holidays

July & August Hours:  
Mon-Fri 7:30am-6:00pm  
FEE: \$555/month

## Grandview Terrace Family Resource Centre

2075/2065 Woodland Drive | Contact: Alejandra at 604.718.5846

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

# Preschool & Children

## Kindergym (1-5 yrs)

Run, jump and roll in a gym full of mats and indoor playground equipment. Parent supervision required. You must pay your \$2.50 drop-in fee at the pool and bring your receipt or buy a strip of 10 tickets for \$20 and give 1 ticket to Belinda or Olivia. Parents, please assist Belinda and Olivia at the end of the program by helping put the large equipment away. Note: We are now offering the program 4x/week: Sat, Tue, Wed, Thu. No class Jan 13, Feb 6, elementary school Pro-D days.

**Sat** 10:00am-12:00pm Jan 9-Mar 12  
**26352 Gym D**  
**Tue-Thu** 11:00am-12:30pm Jan 12-Mar 10  
**26353 Gym D**

## Baby Sign Language (0-24 mo)

Did you know that babies understand and can communicate long before they are able to speak? Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Increase understanding of your child's needs and wants, alleviating much unneeded frustration. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby to class. Sleeping babies welcome. Babies 0-24 months. No drop-in. No class Feb 8.

**Mon** 9:45-10:30am Jan 18-Feb 22  
**Mat Room** \$64/5 classes  
**26308 Into Yoga**

## Sportball Parent & Tot (2-3 yrs)

Sportball Parent & Child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce eight different sports using developmentally appropriate games and activities. No class Feb 6.

**Sat** 11:30am-12:15pm Jan 16-Mar 12  
**Gym C** \$120/8 sess  
**26359 Sportball Staff**

## Sportball Multisport (3½-5 yrs)

This program introduces preschool children to the concepts and skills involved in the eight core sports of the Sportball methodology using developmentally appropriate methods to introduce, practice and refine gross motor skills. The program reinforces the benefits of teamwork and skills development enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life. No class Feb 6.

**Sat** 12:15-1:15pm Jan 16-Mar 12  
**Gym C** \$120/8 sess  
**26360 Sportball Staff**

## Toddler Art (18 mo-3 yrs)

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! This is a high-demand class, new classes are started from the waitlist.

**Wed** 9:45-10:30am Jan 20-Mar 9  
**RAR** \$63/8 sess  
**29343 H. Spaxman**

## Ballet / Jazz Dance with Caitlin

Caitlin recently moved to Vancouver from Gold Coast, Australia where she completed the majority of her dance training. She attained a Certificate IV in Dance Performance in 2012, a Certificate III in Dance Teaching through ATOD (Australian Teachers of Dance) in 2011. Endorphin Rush Dance and Fitness offers high-energy, innovative, and creative dance programming for all ages from Pre-school Ballet to Dance Bootcamp for Adults.

## Ballet (2-3 yrs)

In this class, children learn the basics of ballet in a safe and fun learning environment. Set to Classical Music the children will work on dance techniques as well as exploring their own creative expression. Parents are welcome to attend class.

**Sat** Jan 16-Mar 12  
**29302 9:05-9:45am**  
**29303 9:50-10:30am CANCELLED**  
**CFEC ERD** \$80/9 sess

## Ballet / Jazz (3-4 yrs)

In this class, children will learn ballet exercises from a syllabus, working on those exercises each week. They will also learn the basic fundamentals of jazz and 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.

**Sat** Jan 16-Mar 12  
**29301 10:45am-12:25pm**  
**29290 11:45am-12:25pm**  
**CFEC ERD** \$80/9 sess

## Ballet (4-6 yrs)

In this class, children will be learning a full range of exercises from a ballet syllabus, as well as a routine that will be added to each week. 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.

**Sat** Jan 16-Mar 12  
**29299 12:30-1:15pm**  
**29300 1:15-2:00pm CANCELLED**  
**CFEC ERD** \$80/9 sess

## Dance with Nadine

Nadine Pluzak B.Ed. B.A. Storyteller, Clown, Imagination Magician.

Nadine seeks to engage the senses while connecting to the body through movement exploration and play to build emotional intelligence and engage whole brain thinking. She danced for 6 years and studied Circus Arts for 3 years. Nadine is a trained Clown, Storyteller and a Children's Imagination Magician.

## Dance with Me Baby! (1-2 yrs)

A huge hit with parents and babies alike! These classes get your bodies moving and grooving to music that rocks the world. A great way to introduce your little one to dance, take time to deepen your bond with baby, and get a workout while you're at it too! Simple movements, songs and colorful props meet babies right where they're at. Parent participation is required.

**Wed** 9:45-10:15am Jan 20-Mar 9  
**1739 Venables** \$80/8 sess  
**29305 N. Pluzak**

## Toddler and Me Dance (2-3 yrs)

A dynamic high energy class that can be repeated over and over again! Dancing alongside your child, you'll get to experience the sheer joy of watching them dance and learn all the new yoga moves. From gallops and jumps, to floating and falling, to dancing like a bear searching the river for fish!

**Wed** 10:25am-11:10am Jan 20-Mar 9  
**1739 Venables** \$80/8 sess  
**29342 N. Pluzak**

## Creative Nature Dance (3-4 yrs)

Come to dance with the rhythms of nature, let your child's imagination explore elemental embodiment of fire, wind, water and earth. Children will be encouraged to feel the sounds of nature and dance to the shapes and feelings of animals. Playful imaginative lessons from the animal world will give children a greater foundation in the harmony and co-operation of animals through dance movement and play.

**Wed** 11:20am-12:00pm Jan 20-Mar 9  
**1739 Venables** \$80/8 sess  
**29306 N. Pluzak**

## Yoga Dance (3½-5 yrs)

Give your preschooler a foundation in hatha yoga and creative dance! Children are guided through imaginative movement and music exercises exploring the energies of the animals, shapes and tools found in hatha yoga.

**Wed** 12:15-1:00pm Jan 20-Mar 9  
**1739 Venables** \$80/8 sess  
**29346 N. Pluzak**



# Children's Music

## Music Together® (0-5 yrs)

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; \$100 (sibling 6 months and older). Siblings 6 months of age and under attend free. Tuition includes two CDs, 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 during Spring Break Mar 14-25th)

**Tue** Jan 12-Mar 29

29328 9:30-10:15am  
29323 10:30-11:15am  
29324 11:30am-12:15pm CANCELLED  
R. Mezz Felicia \$160/10 sess

**Wed** Jan 13-Mar 30

29327 9:30-10:15am  
29325 10:30-11:15am  
29326 11:30am-12:15pm Cancelled  
R. Mezz Noa \$160/10 sess

**Thu** Jan 14-Mar 31

29322 9:30-10:15am  
29321 10:30-11:15am  
29349 11:30am-12:15pm  
R. Mezz Noa \$160/10 sess

**Sat** Jan 9-Mar 12

29320 9:30-10:15am  
29319 10:30-11:15am  
29318 11:30am-12:15pm  
R. Mezz Katy \$160/10 sess

## Big Kids Music Together® (5-7 yrs)

Music Together for children ages 5, 6, and 7 provides a developmentally appropriate curriculum that includes solfege, ensembles and solos in singing and instrument play, folk dances, harmony singing, and vocal development. Course includes 2 CDs, an activity Songbook, solfege tonal cards, and weekly home play pages. Parent participation is required at the first and last class (no siblings please) and in the last 10 minutes of each class in between (siblings welcome). Full payment refundable PRIOR to first class. After first class \$60 fee is non-refundable. Registration closes after the 3rd class

**Tue** 3:30-4:30pm Jan 5-Mar 8  
R. Mezz \$185/10 sess  
Siblings \$125/10 sess  
29295 CANCELLED

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

Learn an instrument and enjoy a lifetime of music! These lessons consider student's development and goals. Conservatory exam preparation is available. An on-going program from Sep to Jun, students are ensured placement for the duration of their studies. Payment should be made in advance of each set. 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. New students must contact instructor for a weekly lesson time before registering. Clarinet students must provide their own instruments and contact instructor if there are any questions about this: janine.oye@gmail.com

### Set 1

**Thu** 4:00-8:30pm Jan 7-Feb 11  
29329 \$144/6 sess  
**Fri** 3:30-7:30pm Jan 8-Feb 12  
29330 \$144/6 sess  
**Sat** 9:00am-4:30pm Jan 9-Feb 13  
29331 \$144/6 sess  
Mus Rm J. Oye

### Set 2

**Thu** 4:00-8:30pm Feb 18-Mar 17  
29332 \$120/5 sess  
**Fri** 3:30-7:30pm Feb 19-Mar 18  
29333 \$120/5 sess  
**Sat** 9:00am-4:30pm Feb 20-Mar 19  
29334 \$120/5 sess  
Mus Rm J. Oye

## Violin & Fiddle Private Lessons

These are 30 minute private violin lessons for adults and children ages 6 and up. The teaching method follows the Suzuki Method and covers classical and fiddle. You can start anytime, cost will be prorated. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at fiddlelessons@shaw.ca to arrange lesson time PRIOR to registering. No class Feb 6, 8, 20, 22.

**Mon** 3:30-7:00pm Jan 11-Mar 7  
Mus Rm \$168/7 sess  
29348  
**Sat** 9:00am-2:30pm Jan 16-Mar 12  
Pre-Teen Centre \$168/7 sess  
29344 S. Saunders

## Clay for Children (6-12 yrs)

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 Jan 21-Mar 10  
Room 208 \$100/8 sess  
29297 H. Spaxman

## Beginner Marimba (8+ yrs)

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 Jan 7-Mar 10  
Room 111 \$120/10 sess  
29294 R. Layne

## Intermediate Marimba (10+ yrs)

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 Jan 7-Mar 10  
Room 111 \$120/10 sess  
29311 R. Layne

## Youth Marimba Performance Group (11+ yrs)

This class is a year-long commitment to be part of a new performing 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 free audition -

**Thu** 6:00-7:00pm Jan 7-Mar 10  
Room 111 \$120/10 sess  
29347 R. Layne

## Tambai Marimba

Tambai is a closed group of performers that meet and perform together.

**Thu** 7:00-8:30pm Jan 7-Mar 10  
Room 111 \$120/10 sess  
29340 R. Layne

# Children Sports

## Martial Arts

### 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/month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. No class Feb 8, Feb 12.

#### Beginner

Mon/Fri 4:30-5:45pm Jan 4-Mar 11  
CFEC \$156  
26368 M. Lung

#### Intermediate

Mon/Fri 4:30-6:15pm Jan 4-Mar 11  
CFEC \$174  
26369 M. Lung

#### Advanced

Mon/Fri 4:30-6:30pm Jan 4-Mar 11  
CFEC \$183  
26367 M. Lung

### Fencing – Children (8-14 yrs)

Learn the ancient art of sword play for fitness, sport and just plain fun! We will practice the art of fencing with foils in a safe, fun environment. All ages and skill levels are welcome. All equipment is provided. Wear track pants and court shoes. Classes will be held at LaSalle's Fencing Studio on the Drive at 2155 Commercial Drive. Register at Britannia. No class Sat Feb 6.

Sat 10:00-11:30am Jan 9-Mar 19  
LaSalle Studio \$70/10 sess  
26336 LaSalle

### Fencing – Youth (12-18 yrs)

The ancient art of sword dueling has grown into the fast and exciting Olympic sport of Fencing. We will learn to fence in a fun and safe environment, develop skills of attack and defence, and compete in tournament-style bouts. Both novices and experienced fencers are welcome! All equipment is provided. Court running shoes and track pants recommended. Classes will be held at the LaSalle Studio: 2155 Commercial Drive. Register at Britannia. No class Feb 8.

Mon 6:00-8:00pm Jan 11-Mar 21  
LaSalle Studio \$90/10 sess  
26337 LaSalle  
Wed 4:00-6:00pm Jan 13-Mar 30  
LaSalle Studio \$108/12 sess  
26338 LaSalle

## Tennis Academy

### Tennis – Mini (6-9 yrs)

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 Feb 6.

Sat 1:30-2:30pm Jan 9-Mar 19  
Gym D \$100/10 sess  
26366 JC Maldonado

### Tennis – Junior (10-14yrs)

No class Feb 6.

Sat 2:30-3:30pm Jan 9-Mar 19  
Gym D \$100/10 sess  
26365 JC Maldonado

### Tennis – Future Stars (8-14 yrs)

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 Feb 6.

Sat 3:30-4:30pm Jan 9-Mar 19  
Gym D \$100/10 sess  
26364 JC Maldonado

### Tennis Spring Break Camp (7-14 yrs)

This camp combines the physical activity of learn to play tennis, along with exercising children's creativity with the arts.

Meet at 9:00am sharp in Gym C and learn to play tennis in a fun, encouraging, recreational setting. Participants will be broken down in groups by age and by skill set. After lunch, students will work on individual and group art projects, exploring the left sides of their brain! Wear comfortable clothing (shorts, t-shirt, runners for tennis), bring snacks, water, lunch and your enthusiasm to learn! Tennis shirt and art canvas bag included in cost. Space is limited so register early!

Mon-Fri 9:00am-4:00pm Mar 14-18  
Gym C / Room 111 \$185/5 sess  
29686 JC Maldonado



## Axe Capoeira (3-6 yrs, 7-18 yrs)

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 have unlimited participation in adult scheduled classes as well). Child/Youth drop in \$15 (you must go to the Pool Cashier at Britannia to pay and bring the receipt to the Instructor). Classes are located at 1739 Venables. For further information check out page 22 for the Axe schedule or [www.axevancouver.com](http://www.axevancouver.com).

Child (3-6 yrs, Mon/Wed, 5:00-6:00pm)  
29967 3-6 yrs Jan / Feb \$150  
29970 3-6 yrs Mar / Apr \$150

Child/Youth (7-18 yrs, Tue/Thu, 5:00-6:00pm)  
(Youth have unlimited participation in adult scheduled classes as well)  
29973 7-18 yrs Jan / Feb \$150  
29974 7-18 yrs Mar / Apr \$150

#### Introductory Program (13 yrs-Adult, Mon/Thu, 6:00-7:00pm)

Take advantage of these offers to try Capoeira in this introductory program for the month of January and February.

30040 13 yrs-Adult Jan \$60  
35891 13 yrs-Adult Feb \$60

# Children Sports

## Britannia Gymnastics (18 mo-15 yrs)

[www.britanniagymnastics.com](http://www.britanniagymnastics.com)



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 Sat Jan 16, Jan 17, Feb 13, Sun Feb 14.

Sat	Jan 9-Mar 19			
26332	Tiny Tumblers	3-4 yrs	1:00-1:45pm	\$81/9 sess
26326	Gym Kids	4-5 yrs	2:00-2:45pm	\$81/9 sess
26327	Gym Kids	4-5 yrs	3:00-3:45pm	\$81/9 sess
26329	Performance	6-9 yrs	4:00-5:00pm	\$93/9 sess
Sun	Jan 10-Mar 20			
26324	Dynamic Duo	18 mo-3 yrs	10:00-10:45am	\$81/9 sess
26325	Dynamic Duo	18 mo-3 yrs	11:00-11:45am	\$81/9 sess
26330	Performance	6-9 yrs	11:30-12:30pm	\$93/9 sess
26333	Tiny Tumblers	3-4 yrs	12:00-12:45pm	\$81/9 sess
26322	Adv Gym Kids	5-6 yrs	12:45-1:45pm	\$93/9 sess
26331	Performance	6-9 yrs	3:15-4:30pm	\$102/9 sess
26328	Perf Plus	Contact Lori at <a href="mailto:lori.moretto@vancouver.ca">lori.moretto@vancouver.ca</a> for more information		
26323	Demo Team	Contact Lori at <a href="mailto:lori.moretto@vancouver.ca">lori.moretto@vancouver.ca</a> for more information		

## Britannia Gymnastics Club Cartwheels & Candy Canes Holiday Show

Family and friends are welcome to watch our young gymnasts show off what they have learned in the fall session.

Sun 1:00-3:00pm Dec 13  
Britannia High School Gym A/B

## Gymnastics Spring Break Camp (6-12 yrs)

Children ages 6-12 years will be jumping for joy after a week of jammed packed gymnastics fun. Our exciting camp will keep your children busy this Spring Break! Children should bring a snack, lunch, water, sunscreen, and a hat. Drop your children off at Britannia High School Gym B at 9:30am and pick up at 4:00pm sharp. Check out [www.britanniagymnastics.com](http://www.britanniagymnastics.com) for updates.

Mon-Thu 9:30am-4:00pm Mar 21-24  
32914 Gym B

### Dynamic Duo

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

### 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 take gym are welcome.

### Performance

This program provides training on 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 event.

### Performance Plus & Demo Team

These programs progress from Sep 2015 to May 2016 and are presently full. Contact Lori Moretto at [lori.moretto@vancouver.ca](mailto:lori.moretto@vancouver.ca) for more information.

### Britannia Coaches

Our fantastic, enthusiastic team of coaches will be back in January! Taranee Ponjani who has been mentored by Cameron for the past 5 years has accepted to fill his big shoes as head coach. Kasha, Callie, Caelan, Brenna, Aaron and all of our Coaches in Training are all looking forward to another great winter gym session!

### Head Coach Cameron Stevenson Moving On....



It is with a heavy heart that the Britannia Gymnastics Club is announcing that our fabulous Head Coach Cameron Stevenson has decided to move on to new gymnastics adventures out East, then onto Australia. He will not be back for the January 2016 session.

In the 9 years that Cameron has been with Britannia, he developed the program into a very popular, well respected community recreational gymnastics club that offers "real" gymnastics to children on the Eastside. Since Cam's arrival, he more than quadrupled the size of the club.

In 2014, Cam was named Gymnastics BC's Coach of the Year. His crowning achievements at Britannia included being the visionary and driving force behind the club's successful bid to host the 2014 BC Gymnaestrada. Cam then followed this up by providing Britannia athletes a once in a lifetime opportunity to perform on a worldwide stage at the 2015 World Gymnaestrada in Finland representing Canada in July.

Cam's ability to challenge and give so much of his energy and expertise to each and every individual child he coached will truly be missed. His admirable work ethic, caring personality and vast knowledge of gymnastics will truly be missed. We know you will find success and we wish you all the very best in the future, Cameron!

### Cameron's Going Away Party

Brit Gym families are invited to come and say goodbye to Cameron at this informal gathering immediately following the Cartwheels & Candy Canes Holiday Show. Bring all your special Cameron stories to share. You must register for this event before Dec 1. This is as fee will cover cost of some light refreshments. Come celebrate with Cam!

Sun 3:00-7:00pm Dec 13  
Britannia Secondary Cafeteria (below Gym A/B)  
28121 \$10/adult  
29948 \$6/ages 6-12 yrs  
Free/5 yrs and under

Note: This event will take place immediately after the Cartwheels & Candy Canes Show!

# Micro Footie (4-16 yrs)



## BRITANNIA MICRO FOOTIE 2016

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

Britannia has been offering this popular recreational spring soccer league for over 22 years! Practices will continue to take place in our local fields but we are presently pursuing games to be held at Empire Bowl. Please see our website [www.britanniasoccer.org](http://www.britanniasoccer.org) for updates. Registration includes playing soccer in the sunshine 2X/week, a World Cup country t-shirt, team photo and other great surprises! . No classes May 21, 23 2016.

Program Dates: Saturdays Apr 23-Jun 25, 2016

Program Cost: \$99/player

How to Register: Tuesday Jan 12, 2016 at 9:00am

- Online ([www.britanniasoccer.org](http://www.britanniasoccer.org) – follow instructions)
- In person at Britannia Info Centre, 1661 Napier Street, Vancouver.
- We will close program registration Wednesday, Jan 13 to assess, then re-open registration again on Thursday, Jan 14 until divisions fill.

**NEW LOCATIONS FOR SATURDAY GAMES: EMPIRE BOWL, HASTINGS PARK  
PRACTICES WILL CONTINUE TO TAKE PLACE IN GARDEN PARK, BRIT OVAL**

	<u>DIVISION</u>	<u>AGE</u>	<u>SATURDAY GAME TIME</u>	<u>SAT GAME LOCATION</u>	<u>WEEKDAY PRACTISE TIME / LOCATION</u>
34863	Mini Micros (60)	3 yrs	9:00-10:00am	TBA	Not Applicable
34871	Beginner A Coed (80)	4-5 yrs	10:15-11:15am	TBA	Mon 5:45-6:30pm, Garden Park
34872	Beginner B Coed (80)	4-5 yrs	11:30-12:30pm	TBA	Mon 6:30-7:15pm, Garden Park
34877	Inter 1 Girls (80)	6-7 yrs	12:45-1:45pm	TBA	Wed 5:45-6:45pm, Garden Park
34874	Inter 1 Boys (80)	6-7 yrs	2:00-3:00pm	TBA	Wed 6:45-7:45pm, Garden Park
34880	Inter 2 Boys (80)	8-9 yrs	9:00-10:00am	TBA	Wed 7:00-8:00pm, Brit Oval
34881	Inter 2 Girls (80)	8-9 yrs	10:15-11:15am	TBA	Wed 6:00-7:00pm, Brit Oval
34885	Advanced Boys (80)	10-11 yrs	11:30-12:30pm	TBA	Mon 7:00-8:00pm, Brit Oval
34875	Advanced Girls (80)	10-12 yrs	12:45-1:45pm	TBA	Mon 6:00-7:00pm, Brit Oval
34887	Super Adv Boys (80)	12-13 yrs	2:00-3:00pm	TBA	Tue 7:00-8:00pm, Brit Oval
34895	Super Adv Girls (44)	13-15 yrs	3:15-4:15pm	TBA	Tue 6:00-7:00pm, Brit Oval
34897	Sr Super Adv Boys (44)	14-15 yrs	3:15-4:15pm	TBA	Tue 6:00-7:00pm, Brit Oval

\*TBA – At the time of this brochure being printed we were actively pursuing Saturday games to be played at Empire Bowl at Hastings Park. If we do receive positive confirmation from Park Board we will be playing games at Empire and practicing at our local fields. Please continue to check [www.britanniasoccer.org](http://www.britanniasoccer.org) for updates.

### THE ROBSON PARK LOCATION IS BACK

35564	Beginner C Coed (80)	4-5 yrs	9:30-10:30am	ROBSON	Mon 5:45-6:30pm, Robson Park
35565	Inter 1 Coed (80)	6-7 yrs	10:45-11:45am	ROBSON	Mon 6:30-7:30pm, Robson Park
35566	Inter 2 Boys (80)	8-9 yrs	12:00-1:00pm	ROBSON	Wed 6:00-7:00pm, Robson Park



# Micro Footie (4-16 yrs)



## BRITANNIA MICRO FOOTIE 2016

www.britanniasoccer.org

### CALL FOR SOCCER COACHES

A large part of Footie's success is due to the ongoing commitment of over 200 coaches – many of them parents who volunteer their time and energy to the program. Please consider coaching your child's team by contacting Victoria at 604.356.0060 or email [britfootieinfo@gmail.com](mailto:britfootieinfo@gmail.com). A criminal record check will be required before you begin coaching.

### Micro Footie Coach's Mandatory Orientation Clinic

New and Returning Footie Coaches

These orientations are for new coaches and returning coaches. Detailed schedule will be announced – but keep this day free – its mandatory to attend!

**Sat 9:00am-2:00pm Apr 2**  
Gym D

### Additional Practical Training Sessions with Jason

As well as the mandatory coach's orientation clinics, Jason will be offering practical sessions where he will go over valuable practice drills and coaching tips. Detailed schedule TBA.

**Tue 6:30-7:45pm**  
**Mar 29, Apr 5, 12, 19**  
Gym A/B

### Footie Swap Meet

Bring your child's gently worn soccer cleats (and equipment) and pick up another pair.

**Sat 2:30-4:00pm Apr 2**  
Gym D

### Mini Micros (3 yrs) NEW

This new program will be offered once a week to super keen 3 year olds interested in their first soccer experience! Parent participation will be required. An informal warmup will be followed by an informal game every Saturday morning. World Cup country t-shirt, team photo and other great surprises included just like the big kids! No session May 16.

**Sat 9:00-9:45am Apr 23-Jun 25**  
**34863 Empire \$60/9 sess**

### Footie Referees

If you are interested in refereeing Footie 2016, you must email: [britfootieref@gmail.com](mailto:britfootieref@gmail.com) prior to Jan 10, 2016. In your email please list your certifications and experience. We will host referee training sessions various TBD dates in Jan/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 2016 Micro Footie program. Benefits include sponsor logo on tee sleeve, Footie website and Britannia Spring 2016 Brochure, framed team photo and tax receipt. If you would like to donate to a Britannia Micro Footie team, please email: [lori.moretto@vancouver.ca](mailto:lori.moretto@vancouver.ca).

## Get Ready for Micro Footie

### Soccer Sunday – Introduction (4-5 yrs)

Learn soccer in a fun, cooperative atmosphere! Wear your shorts or sweats and runners! No class Feb 7.

<b>Sun</b>		<b>Jan 10-Feb 28</b>
<b>26342</b>	<b>9:30-10:30am</b>	<b>Level 1</b>
<b>26341</b>	<b>10:30-11:30am</b>	<b>Level 2</b>
<b>Gym D</b>		<b>\$63/7 sess</b>

### Soccer Sunday (6-12 yrs)

Led by Jason Kyle, these dynamic soccer sessions cater to high potential East Van players who want to raise their game to a new level. No class Feb 7.

<b>Sun</b>		<b>Jan 10-Feb 28</b>
<b>26355</b>	<b>11:30am-12:45pm</b>	<b>6-7 yrs</b>
<b>26356</b>	<b>1:00-2:15pm</b>	<b>8-10 yrs</b>
<b>26354</b>	<b>2:30-3:45pm</b>	<b>11-12 yrs</b>
<b>Gym D</b>	<b>J. Kyle</b>	<b>\$104/7 sess</b>

### Soccer Sunday Outdoor (4-10 yrs)

Led by Jason Kyle, these dynamic soccer sessions cater to high potential East Van players who want to raise their game to a new level. Players will be broken into groups at the field. No class Mar 27.

<b>Sun</b>	<b>9:30-11:00am</b>	<b>Mar 6-Apr 10</b>
<b>Britannia Oval</b>		<b>\$59/5 sess</b>
<b>26701</b>	<b>J. Kyle</b>	

### Soccer Spring Break Camp (4-15 yrs)

Register for these week long dynamic soccer camps led by FIFA Jason Kyle, Jorge Porter, Rory Connolly and Mawuena Mallet. Camps will take place at Empire Bowl (Hastings Park, by the PNE).

<b>Week 1</b>		
<b>Mon-Fri</b>		<b>Mar 14-18</b>
<b>4-5 yrs</b>	<b>11:30am-1:00pm</b>	<b>\$89/5 sess</b>
<b>29690</b>		
<b>6-15 yrs</b>	<b>9:00-11:30am</b>	<b>\$125/5 sess</b>
<b>29711</b>		
<b>Week 2</b>		
<b>Mon-Thu</b>		<b>Mar 21-24</b>
<b>4-5 yrs</b>	<b>11:30am-1:00pm</b>	<b>\$72/4 sess</b>
<b>29691</b>		
<b>6-15 yrs</b>	<b>9:00-11:30am</b>	<b>\$100/4 sess</b>
<b>29732</b>		



# Preteen (10-13 yrs)

## Daycamp

### Funseekers Daycamp (6-12 yrs)

There are many activities and out-trips planned for the Winter Break Funseekers program! Come 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.

#### Winter Break

Mon-Thu 9:00am-3:00pm Dec 21-Dec 24  
Gym D \$76/4 sess  
8578

M-Th 9:00am-3:00pm Dec 28-Dec 31  
Gym D \$76/4 sess  
8584

#### Spring Break

Mon-Fri 9:00am-3:00pm Mar 14-Mar 18  
Gym D \$95/5 sess  
25839

Mon-Thu 9:00am-3:00pm Mar 21-Mar 24  
Gym D \$76/4 sess  
25840

### Preteen Families Vancouver Giants Game

Come cheer on your home town Vancouver Giants as the take on the Tri-City Americans. Preteens and their families are invited. There will be a pre-game BBQ at Britannia before taking the Britannia Bus to the game. Completed consent forms required.

Sun 3:00-8:00pm Feb 21  
25848 \$15/1 sess

## Social

### Preteen Girls Club

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.

Thu 6:15-8:00pm Jan 21-Mar 10  
Pre Teen Centre Free  
25849 Celine

### Friday Night Live for 9-12 yrs

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. Every other Friday starting Jan 15. Meet in front of the Preteen Centre. Completed consent form required.

Jan 15 Watermania  
34913 6:00-8:30pm \$5  
Jan 29 Indoor Rock Climbing \$15  
34914 6:00-8:30pm  
Feb 12 Preteen Dance Free  
6:00-8:30pm  
Feb 26 Bowling  
34917 6:00-8:30pm \$5  
Mar 11 Scotiabank Movie  
34918 6:00-8:30pm \$5

### Logic Club for 9-14 yrs

Fun games that sharpen the mind and challenge your way of thinking. Improve problem solving, creative thinking and teamwork through play and puzzles.

Thu 4:00-5:30pm Jan 21-Mar 10  
Family Activity Room \$30/8 sess  
25844 Celine

## Sports

### Indoor Soccer for 11-18 yrs

For 11-18 year old players only.

Tue 5:30pm-8:00pm Jan 5-Mar 29  
Gym D Free

### Ball Hockey Drop-In

For 11-18 year old players only.

Wed 5:30pm-7:00pm Jan 6-Mar 30  
Gym D Free

### Basketball Drop-In

For 11-18 year old players only.

Fri 5:30-6:50pm Jan 8-Mar 25  
Gym C Free  
Sun 12:00-1:45pm Jan 3-Mar 27  
Gym C Free

## Special Events

### Preteen Dance

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

Fri 6:30-9:00pm Feb 12, Apr 8  
CFEC \$1/drop-in

### Free Youth Swim for 11-18 yrs

Contests, prizes, games and crazy staff! Britannia youth only swim time. First Friday of every month. Be ready to go in the water by 8:00pm. 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 Jan 8, Feb 5, Mar 4



# Teen Centre Programs

## Teen Centre Hours

Mon-Thu 3:00-9:30pm  
Fri 3:00-10:00pm

Sat 6:00-10:00pm  
Sun 12:00-4:00pm

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

Barry	Crystal	Stephanie
Celine	Emma	Mark
Chiho	Kakada	Tom

## 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 plan and run programs and activities together 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

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

## Big Screen Movie Night for 13-19 yrs

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 Jan 6-Mar 30  
Teen Centre 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 Friday there is a FREE BBQ!

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



## Outdoors Programs

### The Great Escape Outdoors (GEO)

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

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

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

All registration done at the Teen Centre.

## Blackcomb / Whistler 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 two weeks in advance. Registration accepted at Britannia Teen Centre only.

Sat: Dec 19, Feb 6, Apr 2 6:00am-6:00pm  
Sun: Jan 17, Mar 6 6:00am-6:00pm

## CHILL

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

This program is intended for youth 10-18 years of age who have never had the opportunity to snowboard before. Participants are provided with everything they need to learn to ride: lift tickets, lessons, transportation, and the use of head-to-toe gear free of charge. Participants are required to commit to all six weeks of the program. Youth are required to meet at Britannia Teen Centre at 3:15pm and will return to the Teen Centre at approx 9:00pm.

Dates: TBD Free

## Dragonboat

Britannia Teen Centre's dragonboat team is looking for committed paddlers to be part of this year's team. We will be meeting every week to talk about the upcoming year, paddling techniques, dry-land training, nutrition and twice a week on-the-water practices. The team will participate at the 2016 Rio Tinto Alcan Dragon Boat Festival, June 18 and 19. Come out and prepare for the quest for excellence. No experience necessary. For more information, contact Tom at 604.718.5826. Practice dates to be determined.

# Youth (13-18 yrs)

## 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 1<sup>st</sup> and 3<sup>rd</sup> Friday of the month at 3:30pm. Contact Tom at 604.718.5826 for more information.

### YOUUnique Youth Conference

A youth conference focused on bullying prevention, self-esteem and relationship development. A variety of speakers will engage young people in interactive workshops. Human Rights values will be taught through Play It Fair and Speaking Rights projects.

A variety of workshops will be offered to youth to help further their knowledge in certain areas. Community booths will be present during lunch time to encourage the youth to reach out and meet different organizations. It's a time for them to learn and network with other agencies and peers.

Pre-registration is required.

**Sat 11:00am-6:00pm Feb 13**  
**Auditorium Free**

### Youth Leadership

YOUTH LEADers who want to learn about global issues, gain valuable leadership skills and experience, and work and have FUN in a team environment. A program designed to develop personal empowerment, community development, and values awareness. Youth involved will help determine topics but will include diversity, human and children's rights, anti-discrimination, respect, inclusion, fairness and peaceful conflict resolution. There will also be a volunteering component to the class. A certificate of completion will be provided.

**Thu 4:00-5:30pm Jan 21-Mar 10**  
**R. Mezz \$40/8 sess**



### ISS My Circle Facilitation Training

The My Circle Program is a fun and innovative leadership program that works with immigrant and refugee youth ages 14-24 years who are facing challenges adapting into Canadian society, break their isolation, learn practical skills, make new friends and gather information about the services and resources in their communities.

Our goal is to increase the active participation and positive integration of young newcomers by providing them with a safe, supportive place where they can gain validation and understanding around the complex issues of integration and adjustment. FREE training for newcomer youth to become Peer Support Group Facilitators and Young Community Leaders.

We provide free lunch and free bus tickets to all participants. At the end of the training, a certificate of completion and a letter for 80 hours of volunteer work are given to the youth. These hours may be counted as CAPP or community service hours.

My Circle will next be offering a session at Britannia from Apr-Jun 2016. Contact Sherry at 604.684.7498 for more information and to register.



### Logic Club for 13-17 yrs

Fun games that sharpen the mind and challenge your way of thinking. Improve problem solving, creative thinking and teamwork through play and puzzles.

**Thu 6:00pm-7:30pm Jan 21-Mar 10**  
**Family Activity Room \$30/8 sess**  
**25845 Celine**

### Diversity Camp

Partnering with Trout Lake and Thunderbird Community Centre youth programs, spend three days doing activities and having discussions about diversity, human and children's rights, anti-discrimination, respect, inclusion, fairness and peaceful conflict resolution.

Youth must be willing to participate, discuss and share in all activities. We will be using activities from the "Play it Fair" and "Speaking Rights" toolkit which promotes the values of children's rights, followed by a discussion of what they felt, thought and learned. Every child has the right to know their rights. Camp will be held at Camp Capilano.

Mandatory workshop held on Wednesday, Mar 9, from 6:00-8:00pm to introduce the group to each other and to provide an overview of trip expectations. To register, please contact the Britannia Teen Centre at 604.718.5828.

**Fri-Sun 9:00am-6:00pm Mar 18-20**  
**Teen Centre \$75/trip**

## Get involved, JOIN THE YOUTH COMMITTEE!

Please call Tom Higashio (Youth Programmer) at 604.718.5826.



# Youth (13-18 yrs)

## Social

### Guys Night

Come and hang with the guys! Meet new people, have snacks, play games, participate in workshops and have fun!

**Mon 6:00-8:00pm Jan 11-Mar 28**  
**Teen Centre Free**  
Mark

### Girls Club

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.

**Tue 6:15-8:00pm Jan 19-Mar 8**  
**Pre Teen Centre Free**  
Emma, Davina

### Saturday Unlimited

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 information. Registration and intake must be approved by Saturday unlimited staff. No session Feb 8.

**Sat 10:00am-3:00pm Jan 17-Mar 14**  
**LRC 27437 \$125 /8 sess**

### First Friends Buddy Program

Grupo de Amigos. 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 participate in various activities from 12:00-4:00pm. To register and for more information, please contact Stephanie at 604.718.5829. Some out-trip costs.

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/Sabados 12:00pm-4:00pm Jan 9-Mar 26**  
**Teen Centre**

## Fitness

### Youth Yoga

Introduction to yoga for youth ages 10-18 years. Improve your balance, flexibility and core strength while learning in a safe, welcoming environment.

**Fri 5:00-6:00pm Jan 22-Mar 11**  
**LRC \$48/8 sess**  
25853 Jillian

## Sports

### Indoor Soccer Drop-In

For 11-18 year old players only.

**Tue 5:30-8:00pm Jan 5-Mar 29**  
**Gym D Free**



### Ball Hockey Drop-In

For 11-18 year old players only.

**Wed 5:30-7:00pm Jan 6-Mar 30**  
**Gym D Free**

### Basketball Drop-In

For 11-18 year old players only.

**Fri 5:30-6:50pm Jan 8-Mar 25**  
**Gym C Free**  
**Sun 12:00-1:45pm Jan 3-Mar 27**  
**Gym C Free**

### Night Hoops – Senior Girls for 16-18 yrs

Night Hoops is a late night recreation opportunity for youth in Vancouver. Certified coaches lead our basketball teams. Players of all skilled levels are encouraged to attend.

Players are required to attend the practices in order to play in the games. Games will be on Saturday evenings between 6:00-10:00pm. For more information, call 604.718.5826.

**Fri 7:30-9:00pm Starting Feb 5**  
**Gym D Free**

## Cooking

### Feast of Flavors

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

**Tue 4:00-6:00pm Jan 12-Mar 22**  
**AML Free**

### Latin Cooking

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

**Thu 4:30-6:30pm Jan 7-Mar 31**  
**AML Free**

### FoodSafe for Youth

Build your resume with this certificate course! It is required for work in the food service industry. FOODSAFE Level 1 is a food handling, sanitation and work safety course designed for front line food service workers such as cooks, servers, bussers, dishwashers, and deli workers. The course covers important food safety and worker safety information including foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing. Participants must pass a test in order to receive their certificate.

**Sat 9:00am-5:00pm Mar 12**  
**Conference Room \$60/1 sess**  
**25837**

## Special Events

### Free Youth Swim for 11-18 yrs

Contests, prizes, games and crazy staff! Britannia youth only swim time. First Friday of every month. Be ready to go in the water by 8:00pm. 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 Jan 8, Feb 5, Mar 4**

# Latin American Youth Programs

## Programa de Jóvenes Latino Americanos

The Latin American Youth Project offers a number of opportunities to Latino youth 11 to 18 years of age and ranges from organized recreational programs to advocacy and referral services. For more information, please contact Stephanie, the Latin American Youth Worker at 604.718.5829.

El proyecto de jóvenes, Latino Americano le ofrece a la comunidad una variedad de actividades, proyectos, y eventos. Los siguientes programas son para jóvenes latinos de 11 a 18 años y son gratuitos en su mayoría. Para más información y para registrarse llame a Stephanie al 604.718.5829.

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

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.

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

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

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

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

- Self-Esteem / Respect
- Weight Training
- Career Planning

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

**Fri/Miercoles 6:00-8:00pm**  
Room TBA

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

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 par poder graduarte? El proyecto de jóvenes ofrece muchas oportunidades en las que puedes encontrar apoyo en actividades que quieras llevar acabo y a la vez hacer tus horas de

voluntariado. Par mas información llame al 604.718.5829.

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

Meet youth your age and learn at the same time. The Friends First Buddy program provides you with social, recreational, and educational skills. We meet every Saturday and we participate in various activities from 12:00-4:00pm. To register and for more information, please contact Stephanie at 604.718.5829.

- 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/Sabados 12:00-4:00pm**

## Cocina Latina / Cooking Program

Learn to cook food from various Latin countries. Quieres aprender a cocinar comida de varios países Latinos.

Participants will also learn how to make healthier food choices and to shop on a low budget.

Ven y aprende a cocinar y a la ves como escoger productos que sean saludables y gastar menos.

**Thu/Jueves 4:30-7:30pm**  
AML **Free/Gratis**

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

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

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

## Welcome New Latin American Cultural Enrichment Youth Worker

Hi, I am Stephanie Angel-Garay. I have been working with at risk immigrant youth and families for the last five years. My experiences as a young immigrant woman motivated and inspired me to work with marginalized youth. I look forward to continue doing so here at Britannia.

## Spanish Clubs

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

**Tupper: Tue at lunch 11:40am Rm 311**  
**Killarney: Wed at lunch 11:40am Rm A234**  
**John Oliver: Thu at lunch 11:40am Rm 114**  
**Britannia: Fri at lunch 11:40am 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, please contact Stephanie at 604.718.5829.

## Eventos / Events

Evento gratis de Nadar / Free Youth swim.

**Jan 8, Feb 5, Mar 4 8:00-10:00pm**  
**Free/Gratis**

## Bequests and Charitable Giving

### YOUR LEGACY

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

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

# Special Events

## Holiday Décor Pop-Up Workshops 2015

Celebrate the season by making your own personal décor items, gifts and art projects. Each Saturday will feature various local artists instructing in a variety of media. All materials provided or bring some of your fave papers, ephemera and supplies. Attend one Saturday or both. Different projects featured each day. For more information, contact coordinator Katherine Polgrain by email: [courage@vcn.bc.ca](mailto:courage@vcn.bc.ca)

Sat 1:00-4:00pm Dec 5 & 12  
AML Free



## Britannia Gymnastics Club Cartwheels & Candy Canes Holiday Show

Family and friends are welcome to watch our young gymnasts show off what they have learned in the fall session.

Sun 1:00-3:00pm Dec 13  
Britannia High School Gym A/B

## Dance Camp – Movement Arts (3-5 yrs)

Join artist Lisa Sars for a in depth exploration of creative dance, hatha yoga, and story theatre. Committed to excellence in the Arts, the camp introduces students to the language of movement through inquiry and play-based exploration. Through the use of music, students will have opportunities to create and grow confidence in themselves as performers. In the early years, the use of music and movement has been proven to enhance children's grasp of mathematical concepts such as: counting, patterns, sequencing, and spatial properties.

Please come in clothes that are easy to move in and ensure students have snacks and a water bottle with them.

Mon-Fri 10:00-11:45am Dec 14-18  
R. Mezz \$88/5 sess  
32542 L. Sars CANCELLED

## Gingerbread Houses

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

Sun 1:00-3:00pm Dec 20  
CFEC \$6/1 sess  
12355 H. Spaxman



## The Solstice / Equinox Coffee House Series: 3<sup>rd</sup> Annual Winter Solstice Coffee House

Come celebrate the return of the light with a cozy evening of local live music, poetry and refreshments. A great night to unwind and relax during the hectic holiday season.

Sun 7:00-10:00pm Dec 20  
AML Free

## Family Day Swim

Come down with the family and enjoy a FREE public swim.

Mon 1:00-5:00pm Feb 8

## Love Notes Workshop

A hands-on workshop with pens & paper, typewriters, colour and sparkles. Exploring & expressing the heartfelt to the cheeky, creating love notes for loved ones to strangers alike. All materials supplied. Drop-in for all ages

Sat 1:00-4:00pm Feb 13  
AML Free  
P. Luther

## The Solstice / Equinox Coffee House Series: 1<sup>st</sup> Annual Spring Equinox Coffee House

Come celebrate the end of winter and beginning of spring with a community event featuring local live music, poetry, art and refreshments.

Sun 7:00-10:00pm Mar 20  
AML Free

## Imagination Camp (3-5 yrs)

Enter into the world of Imagination and Make-Believe. Give your child the gift of reveling in their imagination through play, clowning and storytelling. With imaginative application to theater, dance, and performance.

Mon-Fri 12:30-2:30pm Mar 21-24  
1739 Venables \$60/4 sess  
33893 N. Pluzak

## Easter Eggstravaganza Swim

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

Sat 2:00-5:00pm Mar 26

## Banner Workshop – Save the date in April!

Spring 2016 theme: CITY

“Cities have the capability of providing something for everybody, only because, and only when, they are created by everybody.” — Jane Jacobs. This is a great workshop for friends and family. They are completed on-site in the secondary school cafeteria. Banners can be purchased after exhibition for \$20/set. Artists get first chance to buy their own banners.

Sat, Sun 10:00am-4:00pm Apr 9 & 10  
Cafe \$20/2 sess  
H.Spaxman



# Adult Sports

## Badminton

Total of 30 spaces (registered & drop-ins) \$6 drop-ins if space avail. No class Feb 26

<b>Fri</b>	<b>7:00-9:45pm</b>	<b>Jan 8-Mar 18</b>
<b>Gym C</b>		<b>\$45/9 sess</b>
<b>26309</b>	<b>A. Leung</b>	
<b>Sat</b>	<b>1:30-5:00pm</b>	<b>Jan 9-Mar 19</b>
<b>Gym C</b>		<b>\$55/11 sess</b>
<b>26310</b>	<b>J. Leung</b>	

## Basketball

Adult recreational basketball program. No drop-ins. No class Feb 7.

<b>Sun</b>	<b>2:00-4:00pm</b>	<b>Jan 10-Mar 20</b>
<b>Gym C</b>		<b>\$50/10 sess</b>
<b>26314</b>	<b>S. Yan</b>	
<b>Sun</b>	<b>4:00-6:00pm</b>	<b>Jan 10-Mar 20</b>
<b>Gym C</b>		<b>\$50/10 sess</b>
<b>26315</b>	<b>S. Anderson</b>	

## Ball Hockey – Men (40+ yrs)

This is a non-body contact program. Rough play will not be tolerated. No league players. No drop-in. No class Feb 7, Mar 27.

<b>Sun</b>	<b>6:45-8:45pm</b>	<b>Jan 10-May 8</b>
<b>Gym D</b>		<b>\$85/16 sess</b>
<b>26312</b>	<b>B. Woo</b>	

## Ball Hockey – Co-ed

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! \$6/drop-in, space permitting. Register early.

<b>Wed</b>	<b>7:15-8:45pm</b>	<b>Jan 6-Mar 30</b>
<b>Gym D</b>		<b>\$65/13 sess</b>
<b>26311</b>	<b>T. Wells</b>	

## Pickleball NEW

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

<b>Sun</b>	<b>10:00am-12:00pm</b>	<b>Jan 17-Mar 13</b>
<b>Gym C</b>		<b>\$36/9 sess</b>
<b>35568</b>		

## Ball Hockey – Women

The focus is on fitness and fun – all skill levels welcome. Teams divided according to skill level at beginning of game. Bring a black and white t-shirt to split into teams. Sticks provided, or bring your own plastic wood, composite. Shin pads, gloves recommended. \$5/drop-in, space permitting. No class Feb 7.

<b>Sun</b>	<b>4:15-6:00pm</b>	<b>Jan 10-Mar 20</b>
<b>Gym D</b>		<b>\$50/10 sess</b>
<b>26313</b>	<b>C. Eneas</b>	

## 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.

<b>Thu</b>	<b>6:00-7:30pm</b>	<b>Jan 7-Mar 31</b>
<b>Gym D</b>		<b>\$65/13 sess</b>
<b>26358</b>	<b>T. Harley</b>	

## Volleyball – Intermediate

We work on specialized game play. If you have the basics please join us. Register for this program to guarantee a spot to play every week. A total of 30 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$6/drop-in, space permitting. No class Feb 16, Mar 22.

<b>Tue</b>	<b>8:00-10:00pm</b>	<b>Jan 5-Mar 29</b>
<b>Gym A/B</b>		<b>\$55/11 sess</b>
<b>26374</b>	<b>R. LeBlanc</b>	

## Volleyball – Beginner

Beginners – Basics are emphasized. Register for this program to guarantee a spot to play every week. A total of 42 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$6/drop-in, space permitting. No class Jan 14.

<b>Thu</b>	<b>7:00-10:00pm</b>	<b>Jan 7-Mar 31</b>
<b>Gym A/B</b>		<b>\$60/12 sess</b>
<b>26372</b>	<b>R. LeBlanc</b>	

## 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. No class Jan 16, Feb 19.

<b>Fri</b>	<b>7:00-10:00pm</b>	<b>Jan 8-Mar 18</b>
<b>Gym A/B</b>		<b>\$45/9 sess</b>
<b>26373</b>	<b>R. LeBlanc</b>	

## Fencing – Youth (12-18 yrs)

The ancient art of sword dueling has grown into the fast and exciting Olympic sport of Fencing. We will learn to fence in a fun and safe environment, develop skills of attack and defence, and compete in tournament-style bouts. Both novices and experienced fencers are welcome! All equipment is provided. Court running shoes and track pants recommended. Classes will be held at the LaSalle Studio: 2155 Commercial Drive. No class Feb 8.

<b>Mon</b>	<b>6:00-8:00pm</b>	<b>Jan 11-Mar 21</b>
<b>LaSalle Studio</b>		<b>\$90/10 sess</b>
<b>26337</b>	<b>LaSalle</b>	
<b>Wed</b>	<b>4:00-6:00pm</b>	<b>Jan 13-Mar 30</b>
<b>LaSalle Studio</b>		<b>\$108/12 sess</b>
<b>26338</b>	<b>LaSalle</b>	

## Fencing – Adult (16+ yrs)

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.

<b>Tue</b>	<b>7:30-9:00pm</b>	<b>Jan 12-Mar 29</b>
<b>LaSalle Studio</b>		<b>\$96/12 sess</b>
<b>26335</b>	<b>LaSalle</b>	

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

With head coach William Kennedy, learn classic boxing technique and have access to a unique training facility, including a full size ring, punching/speed bags, circuit training and training mitts and gloves. During the group sessions, your training will be personalized to your specific skills and abilities. It's also a great way to improve your fitness. Please note if you are interested in competitive boxing classes talk to the instructor. Waiver forms and a \$75 (annual insurance) cheque payable to Combsport will be collected by the Coach prior to starting. No class Feb 8, Mar 25 & 28.

<b>Youth / Adult (10+ yrs)</b>	<b>\$75/month</b>	
<b>Jan 29976</b>	<b>Feb 29977</b>	<b>Mar 29978</b>

Time	Mon	Tue	Wed	Thu	Fri	Sat
10:00am-12:00pm						All Ages
5:00-7:00pm	All Ages	All Ages	All Ages	All Ages	All Ages	

# Adult Fitness

## 2016 New Year's Resolution: Get Fit at Brit!

Get off to a great start in 2016 by getting FIT at BRIT! We will be offering a Sun Run Clinic, Zumba, Aerobics, Salsafit, Body Conditioning, and a new Stretch & Roll class! Try a Yogaflex Pilates class, play volleyball, basketball, ball hockey, soccer and more! Keep active – don't be shy – anyone can join in on the fun!

Start off the New Year by trying a FREE Zumba class Mon Jan 4 and Wed Jan 6 from 6:00-7:15pm in Gym C!

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Zumba</b> 6:00-7:15pm Gym C	<b>Body Conditioning*</b> 6:00-7:00pm Gym C	<b>Stretch &amp; Roll</b> 10:00-11:00am CFEC	<b>Dance Aerobics*</b> 6:00-7:00pm Gym C	<b>Volleyball</b> 7:00-10:00pm Gym A/B	<b>Salsafit*</b> 10:00-11:00am Gym C	<b>YogaFlex Pilates</b> 10:15-11:15am CFEC
<b>Sun Run Clinic</b> Room 111 6:00-7:30pm	<b>Volleyball</b> 8:00-10:00pm Gym A/B	<b>Zumba</b> 6:00-7:15pm Gym C	<b>Volleyball</b> 7:00-10:00pm Gym A/B	<b>Badminton</b> Gym C	<b>Badminton</b> Gym C	<b>Basketball (x2) Ball Hockey</b>

\*Buy a strip of 10 tickets and use at Tuesday Body Conditioning, Thursday Dance Aerobics and Saturday Salsafit programs.

## Fitness

### Sun Run In Training Clinic

This training program is a 13 week walk/jog/run program focused on gradual progression to avoid injury and to give the body time to adapt to the stress of running or walking. Participants meet once a week with their group and will be expected to train two additional days throughout the week. Time allocated to each training session varies and will increase as the program progresses. The program starts slowly (with more walking than running), and will build up gradually until you are safely and comfortably able to either walk/run 10K. For more information, email [britanniasunrun@gmail.com](mailto:britanniasunrun@gmail.com). No registrations will be accepted after Feb 5, 2016. No refunds will be issued after Jan 25, 2016. The instructor will inform participants on where class will be held on Feb 8 (Family Day) and Mar 28 (Easter Monday). Register now!

**Mon 6:00-7:30pm Jan 18-Apr 11**  
**Room 111 \$149.10**  
**27624 K. Hamilton**

### Stretch & Roll Class NEW

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.

**Wed 10:00-11:00am Jan 13-Feb 17**  
**CFEC \$60/6 sess**  
**30134 DNA Wellness**

### ZUMBA®

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® is a 'feel happy' workout that is great for both the body and the mind. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, Samba, Reggaeton, Flamenco and more. \$11/drop-in, space permitting. [www.zumbavancouver.ca](http://www.zumbavancouver.ca). No class Feb 8.

#### Free Trial sessions:

**Mon 6:00-7:15pm Jan 4**  
**26381**  
**Wed 6:00-7:15pm Jan 6**  
**26382**

**Mon 6:00-7:15pm Jan 11-Mar 21**  
**Gym C \$80/10 sess**  
**26377 Laura**  
**Wed 6:00-7:15pm Jan 13-Mar 30**  
**Gym C \$96/12 sess**  
**26379 Denise**

### Body Conditioning

A class designed to challenge every muscle group with the use of weights, bands, and tubes including a cardio component. Increase strength, balance and flexibility. Purchase drop-in tickets at pool office or \$39.40/10 tickets.

**Tue 6:00-7:00pm Jan 19-Mar 15**  
**Gym C \$4.75/drop-in**  
**26316 A. Riley**

### Dance Aerobics

A great way to get your cardio in while having fun! This class is designed to increase your cardio levels and get fit with simple Latin, Funk and Reggae moves all fused together. Purchase drop-in tickets at pool office or \$39.40/10 tickets.

**Thu 6:00-7:00pm Jan 21-Mar 17**  
**Gym C \$4.75/drop-in**  
**26334 A. Riley**

### Salsa Fit

An invigorating and energizing cardio combining High/Low impact aerobics with a salsa flare - great music, lots of fun. Includes a muscular strength component and stretching. Please purchase drop-in tickets at pool office or \$39.40/10 tickets.

**Sat 10:00-11:00am Jan 9-Mar 19**  
**Gym C \$4.75/drop-in**  
**26357 D. Galay**

### Yogaflex Pilates

This flowing yogaflex class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Please visit [www.clstevensfitness.com](http://www.clstevensfitness.com) for more information. Please bring your own mats to this class. \$12/drop-in. No class Feb 7.

**Sun 10:15-11:15am Jan 10-Mar 20**  
**CFEC \$80/10 sess**  
**26375 CLS Fitness**

<b>AXÉ CAPOEIRA VANCOUVER</b> 604-537-8943 AXEVANCOUVER.COM							
CLASS SCHEDULE							
	MON	TUES	WED	THURS	FRI	SAT	SUN
10AM - 11AM						AFRO-BRAZILIAN DANCE	
11AM - 12PM						ADULTS CAPOEIRA	ADVANCED MUSIC
12PM - 1PM						KIDS ALL-LEVELS CAPOEIRA	ADVANCED KIDS & ALL-LEVELS ADULTS CAPOEIRA
1PM - 2PM							RODA OPEN TO ALL STUDENTS INCLUDING BOTH KIDS & ADULTS
5PM - 6PM	KIDS CAPOEIRA (3-6 YRS)	KIDS CAPOEIRA (7-12 YRS)	KIDS CAPOEIRA (3-6 YRS)	KIDS CAPOEIRA (7-12 YRS)			
6PM - 7PM	BEGINNERS INTRO TO CAPOEIRA	MUSIC	AFRO-BRAZILIAN DANCE	BEGINNERS INTRO TO CAPOEIRA			
7PM - 9PM	ADULTS CAPOEIRA						
1739 Venables Street, Vancouver, BC. V5L 2H3							

## Axe Capoeira Programs (3 yrs-Adult)

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. (Youth have unlimited participation in adult scheduled classes as well). Child/Youth \$15/drop-in (go to the Pool Cashier at Britannia to pay and bring the receipt class located at 1739 Venables. For more information, check out [www.axevancouver.com](http://www.axevancouver.com).

### Child (3-6 yrs, Mon/Wed, 5:00-6:00pm)

29967 3-6 yrs Jan/Feb \$150  
29970 3-6 yrs Mar/Apr \$150

### Child/Youth (7-18yrs, Tue/Thu, 5:00-6:00pm)

29973 7-18 yrs Jan/Feb \$150  
29974 7-18 yrs Mar/Apr \$150

### Adult (19+ yrs)

29965 Jan/Feb \$230  
29966 Mar/Apr \$230

### Introductory Program

(13 yrs-Adult, Mon/Thu, 6:00-7:00pm)

30040 Jan \$60  
35891 Feb \$60

## Ki Aikido – General

All levels welcome. A non-competitive, positive practice that develops calmness, stability and confidence to reduce the stresses of daily life. Beginners can take one free session before deciding whether to register. [www.canadiankifederation.com](http://www.canadiankifederation.com).

Tue 6:00-7:15pm Jan 12-Mar 29  
Mat Room \$60/12 sess  
26349 F. Etanchaud \$8/drop-in

## Ki Aikido – Higher Grade

1<sup>st</sup> Kyu or more advanced students. \$6/drop-in. No session Feb 8.

Mon 7:30-9:30pm Jan 4-Mar 20  
Mat Room \$55/11 sess  
26350 W. Nagata

## Ki Aikido – Intermediate

6<sup>th</sup> Kyu or more advanced students. \$10/drop-in.

Wed 7:30-9:30pm Jan 6-Mar 30  
Mat Room \$78/13 sess  
26351 W. Nagata

## Tai Chi – 48 Form Part One (Intermediate)

The 48 Form is an exceptionally beautiful, well-balanced routine, combining the 4 most important styles of Tai Chi. There are smooth movements from the Yang style, explosive movements from the Chen style, spiraling movements from the Wu style, and active stepping from the Sun style. Part Two will follow. No class Feb 8.

Mon 6:45-7:45pm Feb 1-Mar 21  
CFEC \$84/7 sess  
26363 K. Maclean

## Tai Chi – 24 Form (Beginner)

Tai Chi is a martial art, a gentle form of exercise, and a moving meditation. The slow and graceful movements of Tai Chi improve balance, coordination, and well-being. Emphasis on proper alignment promotes Qi flow through the body. This "Simplified Yang style" Tai Chi is suitable for beginners. No class Feb 8.

Mon 7:45-8:45pm Feb 1-Mar 21  
CFEC \$84/7 sess  
26361 K. Maclean

## Iyengar Yoga

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 humour. Safety, back and joint care will be addressed. For more information, contact Britannia at 604 718 5800 (1) or [claudiamacyoga@gmail.com](mailto:claudiamacyoga@gmail.com).

### Level 1 / Gentle Level 1

Thu 7:00-8:30pm Jan 7-Mar 24  
26346 \$180/12 sess

### Level 1

Tue 5:30-7:00pm Jan 5-Mar 22  
26345 \$180/12 sess

### Level 1 & 2

Tue 9:30-11:00am Jan 5-Mar 22  
26344 \$180/12 sess

Tue 7:00-8:30pm Jan 5-Mar 22  
26343 \$180/12 sess

### Level 2 & 3

Thu 5:30-7:00pm Jan 7-Mar 24  
26347 \$180/12 sess

## Hours of Operation

Monday to Friday 6:30am-9:55pm  
 \*SENIORS 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

By purchasing a \$3 membership (valid Sep to Aug), you can work out FREE in the fitness centre every Tuesday & Friday from 10:00am to 12:00pm. Show your membership card to the cashier at the Pool Office before time of entrance.

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

## Statutory Holiday Hours

Dec 24	Christmas Eve	6:30am-5:00pm
Dec 25	Christmas Day	Closed
Dec 26	Boxing Day	1:00-5:00pm
Dec 31	New Year's Eve	6:30am-5:00pm
Jan 1	New Year's Day	1:00-5:00pm
Feb 8	Family Day	1:00-5:00pm
Mar 25	Good Friday	1:00-5:00pm
Mar 28	Easter Monday	1:00-5:00pm

## Facility Orientations

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

## Youth Access

Youth 13-15 years of age may use the fitness centre after they receive an orientation session (by appointment) with a Fitness Attendant. For more information, leave a message for the Fitness Attendant at 604.718.5842.

## 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 \$6.15 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.

## 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.

Sat 9:30-11:00am Jan 9-30  
 Fitness Centre \$35/4 sess  
 32889 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.

Sat 9:30-11:00am Feb 6-27  
 Fitness Centre \$35/4 sess  
 32890 V. Henderson

## Core / Hard Core Express NEW

Join us for this short, intensely fun and exhilarating interval training session. These programs are designed specifically to focus on balanced core strength and conditioning for improved tone, posture and stamina. No registration required. Regular drop-in fees apply. Sign in at the pool cash desk starting at 10:00am on Wednesdays. In-person only, maximum of 5 participants per session. First come, first serve.

Core Express  
 Wed 10:30-11:00am Jan 13-Mar 9  
 Hard Core Express  
 Wed 11:00-11:30am  
 Fitness Centre Drop-in Fee  
 Y. Zhang

## FREE Fitness Centre Tour

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

Fri 9:45-10:00am Jan 29

## All Around Active (55+ yrs) NEW

This program is designed for older adults who are interested in both land and water training. The first portion in the fitness centre is a quick, low impact, invigorating workout targeting all major muscle groups. The high-repetition timed format allows for participants to feel a mild endurance "burn", helping identify muscles involved. A variety of equipment is used. The second portion of the program will join the Range of Motion class in the pool. Please pre-register by Jan 4 so that confidential health screening can be done.

Fri 9:15-10:45am Jan 8-29  
 Fitness Centre & Pool \$20/4 sess  
 32894 J. Stanier

## Strength Training for Seniors – Beginner (55+ yrs)

This six 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 Feb 1 so that a confidential health screening can be done.

Fri 9:00-10:00am Feb 5-Mar 11  
 Fitness Centre \$30/6 sess  
 32892 J. Stanier





Grandview Woodland Food Connection (GWFC) is dedicated to supporting a healthy food for all philosophy. In partnership with Britannia Community Centre, the GWFC is pleased to offer the following community food programs. For more information on the GWFC visit [www.gwfoodconnection.wordpress.com](http://www.gwfoodconnection.wordpress.com) or call 604.718.5895

## Grandview Woodland Food Connection Volunteers Wanted

We are currently seeking community members interested in helping us with our graphic design, Advisory Committee, gardeners and school garden educators, food workshop instructors, and fundraising event organization. This is a great opportunity to get involved in community food programming. Call Ian if interested @ 604.718.5895.

## Canning Kits to Lend

It's canning season and the Grandview Woodland Food Connection has canning kits available to lend to community members wanting to can at home. Kits include 21 quart canner, canning rack, jar lifter, funnel and lid lifter. For more information, call 604.718.5895.

## GWFC Community Kitchen

Community kitchen participants come together every few weeks to cook and eat nutritious meals together. They provide a fun and supportive environment to meet new people and try new foods, while also saving money on groceries. Our kitchens are diabetic friendly. Child-minding provided. Free and designed for households who are struggling financially. For more information, call 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. \$13 gets you 8-9 varieties of fruits and veggies. Pick up your box at Britannia Community Centre. To sign up, call 604.718.5895.

### Greenest City Initiative

Participate in a program marked with this symbol and help Vancouver become the greenest city in the world by 2020. Learn more about Vancouver's Greenest City 2020 Action Plan at [Vancouver.ca/greenestcity](http://Vancouver.ca/greenestcity)



## Nutrition Counseling Service

Nutrition counseling services by a certified holistic nutritionist and herbalist will be available for all under-served residents on a sliding scale basis. This service is aimed at helping you navigate the foods that are best suited for your health, taking into consideration any health issues or goals you may have. Improved eating habits can help boost your physical and mental health. This service also aims to help connect residents to affordable, accessible, healthy food programs and options. Contact Nikoo Boroumand at [info@healinggardenswellness.com](mailto:info@healinggardenswellness.com) to book an appointment. For more information, visit [www.healinggardenswellness.com](http://www.healinggardenswellness.com)

## A Taste of Latin American – Pupusas

Discover Latin American Cuisine! Vancouver being multi-ethnic and culturally rich, the pupusa has gained popularity in the past few years. This traditional dish has roots in Maya culture. Made from corn flour and shaped by hand, pupusas can be adapted to delight vegan, gluten-free, vegetarian and meat eaters alike. Participants will learn the basics and techniques on how to build a pupusa from scratch with various fillings, along with special salsas and pickled veggies. You will have a chance to taste this delightful treat! Join Elizabeth Cruz, former owner and chef of El Cocal Restaurant for 14 years who incorporates her El Salvadoran heritage into her cooking.

Sun 2:00-5:00pm Feb 21  
Pre Teen Centre \$30/1 sess  
32373

## A Taste of Latin American – Chili Rellenos

A classic favorite! Originally from Mexico this dish is enjoyed in many variations. Each Latin American country has some twist on this delicious dish which is so versatile it can be enjoyed by vegans, vegetarians and meat lovers alike. We will focus on the Salvadoran version which tones down the spice so the sauce is the primary character! Join Elizabeth Cruz, former owner and chef of El Cocal restaurant for 14 years who incorporates her El Salvadoran heritage into her cooking.

Sun 2:00-5:00pm Feb 28  
Pre Teen Centre \$30/1 sess  
32375

## Sauerkraut Fermentation

Learn how to make great tasting sauerkraut. This easy to learn method is important in providing good health. Raw sauerkraut is packed with B vitamins, more nutrients and probiotics that are required for good digestion and a strong immune system. Participants will bring their own cabbage and take away a bucket of kraut.

Wed 6:00-9:00pm Mar 9  
Pre Teen Centre \$12/1 sess  
29316

## Heal Your Body!: Indian food made vegan, raw, easy and fun!

A twist on a classic! Join holistic chef and nutritionist Abby Sandhar, in an exploration and reinvention of traditional cuisine of Northern India. Yes, Indian food can be prepared in way that is free of excessive oily fats, excess salt and refined carbs-made raw, vegan and working with whole fresh ingredients, this cuisine can be detoxifying, healing and energizing! You will leave with a belly full of warm goodness, tips for healthier meal planning and some unlocked recipes from the kitchen of The Flying Abneet! Let's love our bodies up with good nourishment!

Tue 6:00-9:00pm Feb 9  
Pre Teen Centre \$25/1 sess  
29310 CANCELLED will be offered again in Spring 2016

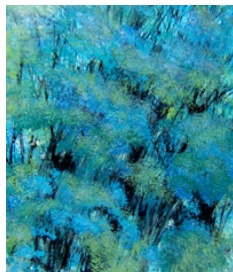




# Adult Arts & Culture

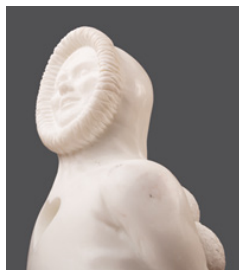
## Britannia Art Gallery Exhibitions Gallery Programs Nov – Jan 2016

Nov 4 – 27, 2015



Blue, acrylic by Zola Novak

**Landscape is Art**  
Acrylic paintings by Zola Novak



Inner Child by Jocelyne Dodier

**Au Coeur du Voyageur**  
Stone sculptures by Jocelyne Dodier

Dec 2, 2015 – Jan 1, 2016



Modern Library (detail) by Robin Ripley

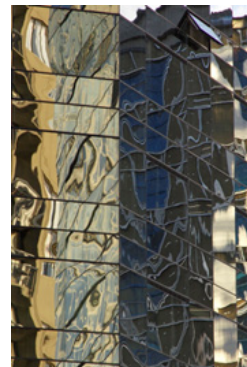
**Books Bytes**  
Mixed Media by Robin Ripley

**Artist Talk: Robin Ripley, Book Byte**  
Wed, Dec 16 at 7:00pm in the gallery



**Intricate Perceptions**  
Ink drawings by Lindsay Ross

Jan 6 – 30, 2016



**Reflections and Rain-where**  
Digital photography by Janet Sadel



Vancouver Public Library

### Medieval Journal Making with Suzan Lee (mixed media paper art)

Participants need to bring pen and paper for note taking. Students will make a journal using a historical technique invented during Medieval Europe. Materials used to make the journal will be those commonly found today.

Sun	1:00-4:00pm	Dec 13
R. Mezz		Free
12366	S. Lee	

### Femme City Choir

Femme City Choir is an all-genders, queer and trans\* centred femme-fabulous singing extravaganza! We practice weekly on unceded Coast Salish Territories, celebrating and elevating self-identified femme-ness in every form through song and creative community. For more information, contact [femmecitychoir.com](http://femmecitychoir.com).

Thu	7:15-9:15pm	Jan 7-Apr 7
AML		Free
29307	K. Parnell	

### Carnival Band

Looking for an excuse to dust off that horn (accordion, glockenspiel...) in the back of your closet, dress up and play on the streets? 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. \$5/pay-what-you-can drop-in. No class Feb 8 & Mar 28.

Mon	7:30-10:00pm	Jan 4-Apr 18
AML		Free
29296	T. Sars	

### The Drive Street Band

We are a community music band and we play songs ranging from Swing, Jazz, Latin, Old Time songs to original compositions. We welcome anyone interested in joining this band, regardless of age or musical experience. Some music reading ability is helpful (high school level is sufficient). Bring an instrument that you can take out to the streets. Led by Cory Sweet and Trevor Whitridge. For more information, contact [drivestreetband@gmail.com](mailto:drivestreetband@gmail.com) or [www.drivestreetband.com](http://www.drivestreetband.com). \$2-\$5 donation. No class Mar 20.

Sun	3:00-5:00pm	Jan 10-Apr 3
AML Lounge		Free
29341	C. Sweet	

**FREE with Britannia Membership**

# Adult Arts & Culture

## Reckless Painting

Think you can't paint but still craving a friendly, fun, creative and colourful experience? Then take a couple of hours each week to get yourself painting through guided exercises without anxiety. All materials included – even blindfolds! For more information, visit [www.recklesspainting.ca](http://www.recklesspainting.ca) or e-mail: [info@recklesspainting.ca](mailto:info@recklesspainting.ca). No class Jan 26.

**Tue 7:00-9:00pm Jan 19-Feb 23**  
**Room 210 \$70/5 sess**  
**29364 A. Orsini**



## Freehand Perspective Drawing

This course is for students who are interested in progressing their 2D design ideas into 3D designs using freehand perspective drawing. In how to draw landscape, streets, interior designs, freehand perspective drawing session, they will finish a drawing. Mohammad Atashzad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has published more than 500 watercolour paintings in colour such as greeting cards, posters, albums and books. For more information, visit [www.atashzad.com](http://www.atashzad.com). Supplies are not included.

**CANCELLED**

**Wed 5:00-7:00pm Jan 13-Mar 16**  
**Room 210 \$145/10 sess;**  
**Drop-in: \$20**

**32378 M. Atashzay CANCELLED**

## Watercolour Painting

Study watercolour painting techniques by exploring the medium's full potential. Learn to use water, paper, colour and brushes to create an endless variety of tones and atmosphere in your painting. Supplies not included. 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. For more information, visit [www.atashzad.com](http://www.atashzad.com).

**Wed 7:00-9:00pm Jan 13-Mar 16**  
**Room 210 \$145/10 sess;**  
**Drop-in: \$20**

**32479 M. Atashzay**

## Writing Meditation

Discover the joy of creative writing and gain a sense of well-being through this engaging class. You will use active imagination, evocative visual imagery, mindfulness techniques and archetypal story motives to awaken your imagination, acquaint your inner writer, gain new perspectives on life and find inner peace. For more information, visit: [spacestobe.org](http://spacestobe.org).

**Free Trial**  
**Mon 7:30-9:00pm Jan 11**  
**29363 FAR**  
**Mon 7:30-9:00pm Jan 18-Mar 7**  
**FAR \$112/8 sess;**  
**Drop-in: \$17**

**29345 C. De Kock**

## Art Journals

Art journaling is in essence a combination of art making and journaling with the intention to create insight and understanding of the self and others, with the help of both written and visual language of emotions and thoughts. Art journals can also be a place to play and experiment with art materials making the experience a fun and creative journey. Please bring magazines or photos.

Rosina Santillana Mixed Media Artist and Expressive Art Therapist.

**Sat 11:00am-1:00pm Jan 16-Feb 6**  
**Room 111 \$100/4 sess**  
**32525 R. Santillana**

## Bargaining 101

Do you know you can spend less on almost everything? In an engaging half-day course find out what retailer's don't tell you. Pay less for food, clothing, appliances, travel, and more. You will learn the best bargaining skills and strategies, when and where to find bargains, simple tips and tricks to pay less and how to easily maximize your savings. Workbook and reference materials included.

**Sat 1:00-4:00pm Feb 6**  
**LRC \$35/1 sess**  
**29293 K. Walker**



**Prices do not include taxes.**

## Introductions to Knitting Series

Helen has been instructing knitting and crochet to adults and children for many years. This series will introduce the basic methods of knitting and allow for some practice. Bring your own needles to take your project home, or borrow needles during the class.

**Sun 2:00-4:00pm Jan 24**  
**29315 \$25/sess**  
**Sun 2:00-4:00pm Feb 21**  
**29313 \$25/sess**  
**Sun 2:00-4:00pm Mar 6**  
**29314 \$25/sess**  
**RAR H. Spaxman**



## 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 Jan 19-Mar 8**  
**Room 208 \$175/8 sess**  
**29336 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 Jan 20-Mar 9**  
**Room 208 \$200/8 sess**  
**29335 H. Spaxman**

# Adult Arts & Culture

## Dance Bootcamp

The best of dance fitness with a mix of dance styles and bootcamp elements. Among the dance styles covered are salsa, basic break, and swing. We incorporate a workout movement/straight bootcamp style. For more information visit [www.erdance.com](http://www.erdance.com). Endorphin Fitness offers high-energy, innovative, and creative dance programming for all ages from Pre-school Ballet to Dance Bootcamp for Adults.

**Wed 7:00-8:00pm Jan 13-Mar 9**  
**CFEC \$90/9 sess**  
**29304 ERD**

**CANCELLED**

## Intro to Basic Square Dancing

Square Across the Border with caller, Nicky Hood, will teach the basic moves in a gender neutral environment. The music is contemporary, the dress is casual, no experience necessary. For more information, contact [SquaresAcrossTheBorder.org](http://SquaresAcrossTheBorder.org).

**Tue 7:00-9:00pm Jan 5-Mar 29**  
**Cafe \$170/13 sess**  
**29312 D. Cromie**

## Salsa Cubana & Rueda De Casino – Beginner

This unique, fun dance is growing quickly in popularity in Vancouver. It is done as a group with followers being passed in a circle in time with salsa music. The rueda moves can also be danced with a partner. Singles and partners welcome!

**Tue 7:30-9:00pm Jan 26-Mar 15**  
**Gym C \$120/8 sess**  
**29337 C. Pena**

## Salsa Cubana & Rueda De Casino – Intermediate 1

This unique, fun dance is growing quickly in popularity in Vancouver. It is done as a group with followers being passed in a circle in time with salsa music. The rueda moves can also be danced with a partner. Singles and partners welcome!

**Wed 7:30-9:00pm Jan 27-Mar 16**  
**Rink Mezz \$120/8 sess**  
**29338 C. Pena**

## Salsa Cubana & Rueda De Casino – Intermediate 2

This unique, fun dance is growing quickly in popularity in Vancouver. It is done as a group with followers being passed in a circle in time with salsa music. The rueda moves can also be danced with a partner. Singles and partners welcome!

**Thu 7:30-9:00pm Jan 28-Mar 17**  
**Gym C \$120/8 sess**  
**29339 C. Pena**

## 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 information, visit [www.drumming.ca](http://www.drumming.ca).

**Wed 6:30-8:00pm Jan 13-Mar 2**  
**Cafe \$120/8 sess**  
**29286 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 information, visit [www.drumming.ca](http://www.drumming.ca).

**Wed 8:10-9:40pm Jan 13-Mar 2**  
**Cafe \$120/8 sess**  
**29287 R. Shumsky**



Are you interested in helping shape the future of arts and culture at Britannia Community Services Centre? Please join the Arts and Culture Committee. We meet every 1<sup>st</sup> Thursday of the month at 7:00pm. Contact Ellen Dacamara @ 604.718.5825 or email: [ellen.dacamara@vancouver.ca](mailto:ellen.dacamara@vancouver.ca)

Prices do not include taxes.

## Grandview Garden Club

Grandview Garden Club meets at 7:00pm every 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. \$20 annual membership or \$4 drop-in. For more information, visit [www.grandviewgardenclub.blogspot.com](http://www.grandviewgardenclub.blogspot.com).

**2<sup>nd</sup> Thu of the month 7:00pm**  
**29308 LRC**

## Greenhorn Community Music Project

The Greenhorn Community Music Project aspires to join the creative forces of youth, professional musicians, and community members to compose and practice. Perform a variety of musical styles in service of orchestrating social change, you can dance too. Membership required, \$1.00 fee. No class Feb 8, Mar 28.

**Mon 3:30-5:00pm Jan 4-Apr 4**  
**Room 111 Free**  
**29309 T. Sars**



## Hall For Rent

The Hall at 1739 Venables is available for events of all kinds!

### Booking Times:

**Mon, Wed, Thu or Fri 9:00am-5:00pm**  
**Fri, Sat 1:00pm-2:00am**  
**Sun 2:00pm-11:00pm**  
 Now booking into June 2016.

For rates, openings and information, contact:

Helen Spaxman - 604.257.3087  
[helen.spaxman@vancouver.ca](mailto:helen.spaxman@vancouver.ca)

<http://www.britanniacentre.org/facilities/rentals.php>

# AML - 55+ Active Older Adults

## Welcome to the 55+ Centre

Anne Cowan – [anne.jackson@vancouver.ca](mailto:anne.jackson@vancouver.ca)

Regular Hours: Mon-Fri 9:30am-5:30pm

604.718.5837

Drop-In Hours:

Mon 9:30am-4:00pm Fri 9:30am-4:00pm

Wed 12:00-4:00pm Sat 1:30-4:30pm

Thu 9:30am-4:00pm Sun 10:00am-2:00pm

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

\*Some date changes may occur for Special Events & Stat Holidays

## Britannia Seniors Committee

### New Members Welcome

#### Committee Mandate:

- To facilitate excellent services, programs and resources for adults (55+).
- To ensure a safe, clean, respectful, positive, supportive 55+ Centre.
- To be an open forum on adults issues and be representatives of elders in our community to the Britannia Board and Society at large.

Committee meets on the last Thursday of every month at 1:30pm.

Thu 1:30pm Jan 28, Feb 25, Mar 31

Britannia Membership for 55+ Active Adults is \$1/year

## Computer Lab & Classes

### Computer & 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! No class Feb 8.

Mon 10:00am-12:00pm Jan 11-Feb 22

AML – Computer Lab \$50/6 sess

26487 M. Ziebart

### Computer & Internet Intermediate

Do you have some computer skills but still need help? This is the class for you. 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! No class Mar 28.

Mon 10:00am-12:00pm Feb 29-Apr 11

AML – Computer Lab \$50/6 sess

26488 M. Ziebart

### Digital Photography & Computer

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

Mon 1:00-3:00pm Jan 11-Feb 22

AML – Computer Lab \$50/6 sess

26489 M. Ziebart

### Social Media

Learn what's in a phone. Benefits and possible pitfalls of Facebook, Twitter, today's phones and computers. No class Mar 28.

Mon 1:00-3:00pm Feb 29-Apr 11

AML – Computer Lab \$50/6 sess

26513 M. Ziebart

### Internet Lab Hours

Wed: 12:30pm-4:00pm

\*closed on the 3<sup>rd</sup> Wed of the month.

Thu: 10:00am-4:00pm

Fri: 10:00am-4:00pm

Sat: 1:45-3:00pm

Sun: 1:00-3:00pm

\*some changes with special events.

AML – Computer Lab

26499 Free with Registration



Prices do not include taxes.

## Join a Group

### Quirk-e

In its 10<sup>th</sup> year Quirk-e's LGBTB elders continue to thrive through creativity and community. To apply, contact Anne at Britannia 55+ Centre.

Wed 10:00am-12:00pm Jan 6-Jun 4

AML

C. Robson & K. Blaire

### Square Dancing

Square Dancing, Challenge level (C2), experience required, new members welcome. To join or register, drop in on Wednesday night class and ask Dana Cromie.

Wed 7:00-9:00pm Jan 6-Mar 30

AML

### Urban Aboriginal Elders

Urban Aboriginal Elders – Elders Arts Alive.

First Nations Elders work with Mike Dangeli, a Nisga'a Tsimshian Tlingit Artist and Carver, and Leader of the Git Hayetsk Dancers, to make art together over a three year mentorship that explores West Coast Indigenous culture. To apply, contact Anne at Britannia 55+ Centre.

Thu 2:00-4:00pm Jan 7-Jun 4

C FEC

M. Dangeli

### 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 Jan 5-Apr 12

AML

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

# AML - 55+ Programs

## Arts & Culture

### Line Dancing

This class is a fun and easy way to exercise. No experience needed, just a willingness to have fun and spend an afternoon with others enjoying the steps and the music.

**Tue** 1:00-3:00pm Jan 5-Apr 12  
**CFEC** \$20/15 sess  
**26504** Anita

### Social Ballroom Dance **NEW**

Social Ballroom Dance for those who love to dance. We supply the space and music all you have to do is register. Come practise your moves and enjoy your afternoons. Only those who are registered can attend.

**Fri** 2:00-4:00pm Jan 8-Mar 18  
**CFEC** Free with Registration  
**26512** Agnis & Andrea

### The Great Sunday Night Movie Series

Drop in and enjoy an evening of great movies and discussion with vintage newsreels, cartoons and trailers. Your hosts Tom and John welcome you. See list of films at [www.britanniacentre.org](http://www.britanniacentre.org).

**Sun** 6:00-9:00pm Jan 10-Mar 20  
**AML** Free  
**26520** Tom & John

\*See also Quirk-e, Morrismen, Square Dancing and Elders Alive Project page 28.

## Social

### 55+ AML Book Club

3<sup>rd</sup> Wednesday of each month. Pick up your book at Britannia Library.

Cozy afternoon discussion on each month's chosen book.

**Jan 20, Feb 17, Mar 16**  
**Wed** 2:45-4:45pm  
**AML – Computer Lab** Free  
**26471** Britannia Librarian

### Italian Cards

Traditional Italian Cards – Drop-in.

**Mon/Thu** 1:00-3:00pm Jan 4-Mar 24  
**AML** Free  
**26500**

### Light Hearted Bridge

Light Hearted Bridge – Drop-in. New players always welcome. Join us for lunch before hand. No drop-in Feb 8.

**Mon** 1:00-3:00pm Jan 4-Mar 21  
**AML** Free  
**26484**

### Knitting Social for All Ages

Knitting and Crochet social for all ages. Everyone is welcome to join this multi-age group (Newborn to 90's)! Beginners to Advanced. Our fantastic volunteers are there to help.

**Wed** 1:00-3:30pm Jan 6-Apr 13  
**AML** Free  
**26501**

### Billiards Drop-In

A pick-up game of Billiards for 55+. If you're interested, meet in the 55+ Centre just after 10:00am.

**Fri** 10:30am-12:00pm Jan 8-Mar 18  
**Teen Centre** Free

### Latin American Men's Group

Latin American Men's Social sponsored by REACH Family Place.

**Sat** 10:00am-1:00pm Jan 2-Mar 26  
**AML** Free  
**26502** Pedro REACH

### Latin American Women's Group

Latin American Women's Social sponsored by REACH Family Place.

**Wed** 4:00-6:00pm Jan 6-Apr 13  
**AML** Free  
**26503** REACH

## Lunches

### Lunch Drop-In

Noon Lunch drop-in Mon/Fri \$5 Full Meal. No Lunches on statutory holidays.

**Mon/Fri** 12:00-2:00pm Jan 8- Mar 18  
**AML**  
**26505** Linda

### Pot Luck Lunch

Last Thursday of every month. Bring a little something to share and simply drop in to enjoy a wonderful meal.

**Jan 28, Feb 25, Mar 31**  
**Thu** 12:00-2:30pm  
**AML** Free  
**26509**

### Healthy Choices – For Elders

Bi-weekly social workshops. In Kitchen – delicious nutritious meals. Garden – inspiring easy to grow ingredients and ideas.

**Jan 7, Jan 21, Feb 4, Feb 18, Mar 3, Mar 17**  
**Thu** 2:00-4:00pm  
**AML** \$10/6 sess  
**26498**

\*Note: Mar 17 will be Special Lunch & Dialogue

## Spanish Conversation Classes

### Spanish – Beginners

Learn every day language to enable you to converse Spanish.

**Tue/Fri** 1:00-2:00pm Feb 16-Mar 25  
**R. Mezz** \$60/12 sess  
**26515** I. Nunez

### Spanish – Intermediate

Learn every day language to enable you to converse Spanish.

**Tue/Fri** 2:15-3:15pm Feb 16-Mar 25  
**R. Mezz** \$60/12 sess  
**26517** I. Nunez

## Special Events

### Lunch Dialogue

You are invited to join us in a lunch and dialogue for youth and elders. Intergenerational chat about the future, past and present. Please register as space is limited.

**Thu** 1:00pm Mar 17  
**AML** Free  
**26486**

### Monday Morning Muffins **NEW**

For Grandparents dropping kids off at school (Britannia Elementary or Pre-school). Come in and enjoy free coffee/tea and muffin.

**Mon** 9:45-10:45 Jan 11-Mar 28  
**AML** Free



# AML - 55+ Programs

## Fitness & Health

### Free Introductory Classes Wednesday, January 6

#### Ballroom Fit

Fun Fitness while learning the Cha-Cha, Rumba, East Coast Swing and the Hustle. All for fun.

11:15am-12:30pm

#### Adaptive 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.

12:45-1:45pm

#### Gentle Yoga 55+

Yoga practice for older adults. Warm up muscles, increase muscular elasticity and strengthen skeletal alignment.

2:00-3:15pm  
CFEC G. Quon

#### Adaptive Yoga

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.

<b>Wed</b>	<b>12:45-1:45pm</b>	<b>Jan 13-Feb 17</b>
<b>CFEC</b>		<b>\$60/6 sess</b>
<b>26472</b>	<b>G. Quon</b>	
<b>Wed</b>	<b>12:45-1:45pm</b>	<b>Feb 24-Mar 30</b>
<b>CFEC</b>		<b>\$60/6 sess</b>
<b>26473</b>	<b>G. Quon</b>	

#### Gentle Yoga 55+

Adaptable yoga practice for older adults. Warm up muscles, increase muscular elasticity & strengthen skeletal alignment. Sequenced to gently open, stretch and massage tired, overworked, or stressed muscles and deep connective tissues. The benefits include increased focus and well being, less stress, better sleep, greater flexibility and strength, longer breath, along with rejuvenated energy and improved health. No class Feb 8.

<b>Mon</b>	<b>2:00-3:15pm</b>	<b>Jan 11-Feb 22</b>
<b>26494</b>		
<b>Mon</b>	<b>2:00-3:15pm</b>	<b>Feb 29-Mar 28</b>
<b>26495</b>		
<b>Wed</b>	<b>2:00-3:15pm</b>	<b>Jan 13-Feb 17</b>
<b>26497</b>		
<b>Wed</b>	<b>2:00-3:15pm</b>	<b>Feb 24-Mar 30</b>
<b>26496</b>		
<b>CFEC</b>		<b>\$60/6 sess</b>

#### Ballroom Fit

Fun fitness while learning the Cha-Cha, Rumba, East Coast Swing and the Hustle. All for fun.

<b>Wed</b>	<b>11:15am-12:30pm</b>	<b>Jan 13-Feb 17</b>
<b>CFEC</b>		<b>\$60/6 sess</b>
<b>26477</b>	<b>G. Quon</b>	
<b>Wed</b>	<b>11:15am-12:30pm</b>	<b>Feb 24-Mar 30</b>
<b>CFEC</b>		<b>\$60/6 sess</b>
<b>26478</b>	<b>G. Quon</b>	

#### Carpet Bowling

Easy going, fun and social. A few rounds of bowling with refreshment break in the middle. Drop in anytime.

<b>Tue</b>	<b>10:00am-12:15pm</b>	<b>Jan 5-Mar 30</b>
<b>1739 Venables</b>		<b>Free</b>
<b>26485</b>		

#### Finding Your Balance

This mindful approach emphasizes the safe and effective acquisition of whole body strength, balance and suppleness.

<b>Thu</b>	<b>10:45-11:45am</b>	<b>Jan 7-Feb 11</b>
<b>CFEC</b>		<b>\$60/6 sess</b>
<b>26491</b>	<b>C. Wenzel</b>	
<b>Thu</b>	<b>10:45-11:45am</b>	<b>Feb 18-Mar 24</b>
<b>CFEC</b>		<b>\$60/6 sess</b>
<b>26492</b>	<b>C. Wenzel</b>	

#### Osteofit

Agente strength, balance, and coordination program designed to improve fitness and promote healthy bones. This program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. It is taught by a specially trained Osteofit fitness instructor. \$10/drop-in, space permitting.

<b>Mon</b>	<b>11:00am-12:00pm</b>	<b>Jan 11-Feb 22</b>
<b>CFEC</b>		<b>\$48/6 sess</b>
<b>26507</b>	<b>B. Bahrami</b>	
<b>Mon</b>	<b>11:00am-12:00pm</b>	<b>Feb 29-Mar 21</b>
<b>CFEC</b>		<b>\$42/5 sess</b>
<b>26508</b>	<b>B. Bahrami</b>	

#### Strength Training for Seniors – Beginner (55+ yrs)

This six 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 Feb 1 so that a confidential health screening can be done.

<b>Fri</b>	<b>9:00-10:00am</b>	<b>Feb 5-Mar 11</b>
<b>Fitness Centre</b>		<b>\$30/6 sess</b>
<b>32892</b>		

Prices do not include taxes.

#### All Around Active (55+ yrs) NEW

Designed for older adults who are interested in both land & water training. Starting in the fitness centre with a quick, low impact, invigorating workout targeting all major muscle groups. We then join the Range of Motion class in the pool. Please pre-register by Jan 4 so that confidential health screening can be done. See page 23 for full description

<b>Fri</b>	<b>9:15-10:45am</b>	<b>Jan 8-29</b>
<b>Fitness Centre &amp; Pool</b>		<b>\$20/4 sess</b>
<b>32894</b>		

## Health & Wellness

### Healthy Choices – For Elders

Bi-weekly social workshops. In Kitchen – delicious nutritious meals. Garden – inspiring easy to grow ingredients and ideas.

<b>Jan 7, Jan 21, Feb 4, Feb 18, Mar 3, Mar 17</b>		
<b>Thu</b>	<b>2:00-4:00pm</b>	
<b>26498</b>	<b>AML</b>	<b>\$10/6 sess</b>

### Spanish Diabetes Self Management

Spanish – Self Management class sponsored by REACH Family Place.

<b>Fri</b>	<b>5:00-8:00pm</b>	<b>Jan 8-Mar 18</b>
<b>AML</b>		<b>Free</b>
<b>26518</b>	<b>REACH Family Centre</b>	

### Friday Morning Wellness

Exercise with Friends – 10:00am. Blood Pressure and Sugars – 11:00am

<b>Fri</b>	<b>10:00am-12:00pm</b>	<b>Jan 8-Mar 25</b>
<b>AML</b>		<b>Free</b>
<b>26506</b>	<b>RN Monica</b>	

### Foot Care

Foot assessment, complete therapeutic, toenail trimming and cleaning, diabetic and fungal care.

RN Monica: available for Foot Care (all day call 604.228.0261 for appointments).

<b>Fri</b>	<b>12:00-3:00pm</b>	<b>Fee upon Service</b>
<b>AML</b>		<b>\$40</b>

### Badminton – 55+

Badminton 55+ fun easy play for seniors

<b>Mon/Wed</b>	<b>11:20am-12:35pm</b>	<b>Jan 4-Mar 30</b>
<b>Gym C</b>		<b>\$16/24 sess</b>
<b>26474</b>		
<b>Tue/Thu</b>	<b>11:20am-12:35pm</b>	<b>Jan 5-Mar 31</b>
<b>Gym C</b>		<b>\$16/26 sess</b>
<b>26475</b>		
<b>Sat</b>	<b>2:00-4:00pm</b>	<b>Jan 9-Mar 26</b>
<b>Gym A</b>		<b>\$14/13 sess</b>
<b>26476</b>		

## Shangri-La Afternoon Tea + West Coast Express

Experience a feast for the senses with an exceptional afternoon tea lunch at the Five Diamond Shangri-La Hotel, an ancient tea making demonstration and a ride on the West Coast Express. Afternoon tea is set in the elegant ambience of the Shangri-La's Xi Shi Lounge served on the famous Blue Willow china complete with classical piano music. The afternoon tea menu features smoked sockeye salmon with lemon cr me fraiche, coronation chicken, summer pudding trifle, coconut and lemon pound cake, freshly baked tea scones ~ plain, raisin and orange, seasonal fruit preserves and clotted cream and many more with choice of loose leaf tea. Following lunch, visit The Chinese Tea Shop in the heart of Chinatown where Daniel Lui demonstrates the Gong Fu Cha method of Chinese tea making. Recently seen on PBS, Daniel uses genuine Yixing tea pots, provides traditional explanations and tea tastings. Finish the day on the West Coast Express, a scenic commuter train departing from Vancouver's Waterfront Station that travels along the waterfront by Burrard Inlet to Port Moody and ends in Mission City where a warm bus awaits.

Thu 10:45am-6:45pm Jan 21  
55+ Centre \$129  
26482 Enjoy Tour And Travel

## Victorian Castle

Victoria's most iconic castles dating back to 1906 are designated National Historic Sites of Canada. Visit Hatley Castle, Craigdarroch Castle and the Parliament Buildings for lunch at the Legislative Dining Room and a docent led tour of it's history, architecture and politics. Hatley Castle Museum houses artifacts and exhibits that tell the story of the site from the days when the property was a Coastal Salish Indian burial site to the present time. Craigdarroch Castle is a historic, Victorian-era Scottish Baronial mansion. The "bonanza castle" was designated a National Historic Site of Canada due to its landmark status in Victoria. Please Note: Additional \$16 ferry fee applies to those under the age of 65 and to non BC residents.

### PACKAGE INCLUDES:

- All ferry fees
- Legislative Dining Room lunch
- Parliament buildings tour
- Hatley Castle Museum
- Craigdarroch Castle admission
- Relief driver

Thu 7:15am-7:30pm Feb 11  
55+ Centre \$139  
26483 Enjoy Tour And Travel

## Mystery Bus Tour

This fun and entertaining magical mystery tour takes you to unknown destinations filled with clues, prizes, and props! A must see attraction, a great lunch and afternoon mystery stops included. Use the clues correctly and win a variety of prizes including a free Enjoy Tours Day Trip!

### PACKAGE INCLUDES:

- Mystery attractions
- Lunch
- Mystery stops
- Prizes

Mon 8:30am-4:15pm Mar 7  
55+ Centre \$99  
26480 Enjoy Tour And Travel



## Vietnamese Seniors Program

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.

- Special events
- Social interaction
- Emotional support
- Recreational and educational activities
- Promotion of good physical and mental health

Tue 9:00am-3:00pm  
AML



## 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.

## Vietnamese Drop-In Line Dance

Fri 10:00am-12:00pm Jan 8-Mar 18  
CFEC Partnership with REACH

## 2015 Income Tax Returns

Mar 1-Apr 30

# 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 Office\* 604.718.5831

Recreation Programmer 604.718.5830

\*Pool Office closes 30 minutes before the pool.

## Statutory Holiday Hours

Dec 24	Christmas Eve	6:30am-5:00pm
Dec 25	Christmas Day	Closed
Dec 26	Boxing Day	1:00-5:00pm
Dec 31	New Year's Eve	6:30am-5:00pm
Jan 1	New Year's Day	1:00-5:00pm
Feb 8	Family Day	1:00-5:00pm
Mar 25	Good Friday	1:00-5:00pm
Mar 28	Easter Monday	1:00-5:00pm

## Admission Policy for Children

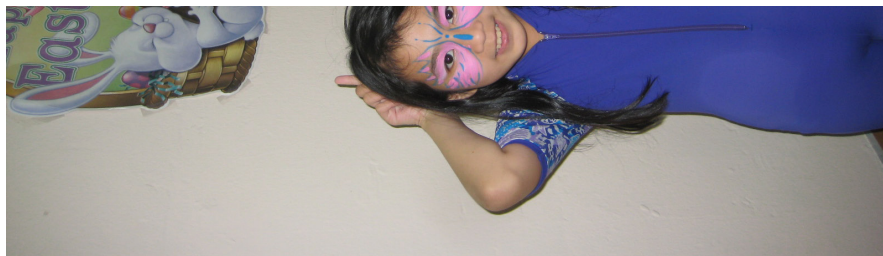
Children under eight years of age, and/or four feet in height, must be accompanied in the water by a responsible person who is 16 years or older and be within arm's reach.

## 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 1<sup>st</sup> Wednesday evening of every other month. Please contact Vittoria Basile if you are interested in attending.

Wed Jan 6, Feb 3 7:00pm  
Conference Room

## Special Events & Activities



### Birthday Parties

Book the parent & tot pool for your birthday party! Maximum 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 Activity Coordinator at 604.718.5812.

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

### Family Day Swim

Come down with the family and enjoy a FREE public swim.

Mon 1:00-5:00pm Feb 8

### Easter Eggstravaganza Swim

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

Sat 2:00-5:00pm Mar 26

## Pool, Rink and Fitness Centre Fees 2016 (pre-GST)

	Drop-In	10 Visit Pass	1 Month Flexipass	3 Months Flexipass	12 Month Flexipass
Adult (19-54)	\$5.86	\$49.86	\$45.28	\$120.05	\$382.67
Youth (13-18)	\$4.19	\$33.52	\$31.70	\$84.05	\$267.86
Child (6-12)	\$2.95	\$23.62	\$22.64	\$60.05	\$191.33
Senior (55+)	\$4.19	\$33.52	\$31.70	\$84.05	\$267.86

Family = 1 to 2 adults of the same household and their children under 19 years of age. Minimum \$5.86 admission.

Leisure Access Program card (L.A.P.) Fitness Centre Admission Rate is 50% off adult admission and flexipasses.



# Aquatic Schedule

January 1 – March 31, 2016: 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.

**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 3:00pm-4:55pm	Lessons & Lengths (1 lane only) 3:00-5:25pm		
Lengths 5:30-6:25	Lengths 5:00-6:25	Lengths 5:30-6:25	Lengths 5:00-6:25	Lengths 5:30-6:25	Lengths 5:00-6:25pm	
Public Swim 6:30-7:55pm					Public Swim 6:30-7:55pm	
Lengths (1 lane only) 8:00-9:00pm	Lengths (1 lane only) 8:00-9:00pm	Lengths (1 lane only) 8:00-9:00pm	Lengths (1 lane only) 8:00-9:00pm	Public Swim 8:00-9:55pm	<b>Schedule is subject to change without notice.</b>  <i>*The parent and tot pool is not open to the public during lengths or lessons.</i>	
Aquafit 8:00-9:00pm	Aquafit – Deep Water 8:00-9:00pm	Aquafit 8:00-9:00pm	Aquafit – Deep Water 8:00-9:00pm	<b>YOUTH ONLY 11-18yrs</b>  <b>FREE Swim</b> 1 <sup>st</sup> Friday of month 8:00-9:55pm (no lanes, whirlpool, or steam room available)		
Adult Lessons 8:00-8:40pm	Adult Lessons 8:00-8:40pm	Adult Lessons 8:00-8:40pm	Adult Lessons 8:00-8:40pm			
Lengths (2 lanes) 9:00-9:55pm	Lengths (2 lanes) 9:00-9:55pm	Lengths (2 lanes) 9:00-9:55pm	Lengths (2 lanes) 9:00-9:55pm			

## 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 years of age must speak to one of the lifeguards prior to being allowed to attend these sessions.

## Parent & 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.

## 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. Classes are led by certified instructors.

## 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 (11-18 yrs)

The 1<sup>st</sup> 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. Jan 8, Feb 5, Mar 4.

# Aquatic Lessons & Registration

## Register Online!

In July 2015, Vancouver upgraded its registration and reservation system for recreation programs across the city.

### The new system now allows you to:

- Register for programs.
- Create a wish list of your preferred programs.
- Create or update your profile.
- Purchase and renew your pass (e.g. Flexipass).
- Check your Flexipass expiry date.

### If you have not used your online account since July 2015:

1. Go to [recreation.vancouver.ca](http://recreation.vancouver.ca).
2. Click "Sign In", select "Forgot your password?" and follow the steps to get your new password.
3. Login with your email address and confirm your account information is correct.

### Never registered online before?

1. Go to [recreation.vancouver.ca](http://recreation.vancouver.ca).
2. Click "Sign In" or "Create an Account" to set up your profile and password before registration opens for winter programs.

If you used your online account to register for fall 2015 programs (e.g. swim lessons) or to renew/purchase passes (e.g. Flexipass), please continue to use your account as before.

All Vancouver Park Board community centres are currently using the new system. We hope that you will find it easy to use, convenient and efficient in meeting your needs.

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 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 8 years of age, we require a parent/guardian to be in the water during the assessment.

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

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 (3-5 yrs)

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

## Red Cross Children (5-12 yrs)

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.

### Private & Semi-Private Lessons (All Ages)

Work one-on-one with a swimming instructor for a set of private swim lessons to improve specific swimming skills. Instruction from the same instructor for every session is not guaranteed. Instructors may vary from week to week.

**Child Private \$27.95 / Semi-Private \$16.00**  
**Adult Private \$31.95 / Semi-Private \$18.00**

Parent & Tot and Children's Winter Swim Lesson Sets (No lessons Feb 8)			
Mon – Starfish / Duck	9:00-9:30am	Jan 11-Mar 7	8 lessons
Tue – Sea Otter	9:00-9:30am	Jan 12-Mar 8	9 lessons
Wed – Starfish / Duck	9:00-9:30am	Jan 13-Mar 9	9 lessons
Thu – Salamander	9:00-9:30am	Jan 14-Mar 10	9 lessons
Fri – Sea Otter	9:00-9:30am	Jan 8-Mar 11	10 lessons
Mon & Wed – Set 1	3:00-5:30pm	Jan 11-Feb 3	8 lessons
Mon & Wed – Set 2	3:00-5:30pm	Feb 10-Mar 9	9 lessons
Fri	3:00-5:30pm	Jan 8-Mar 11	10 lessons
Sat	9:00am-1:00pm	Jan 9-Mar 12	10 lessons
Sun	11:00am-2:30pm	Jan 10-Mar 13	10 lessons

Swim Lesson Fees 2016	8 lessons	9 lessons	10 lessons
Parent & Tot (30 min. parented)	\$53.50	\$59.75	\$66.00
Preschool (30 minutes)	\$53.50	\$59.75	\$66.00
Swim Kids 1-4 (30 minutes)	\$47.50	\$53.00	\$58.50
Swim Kids 5-10 (40 minutes)	\$59.75	\$59.75	\$66.00

## Refunds & Cancellations

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

# Aquatic Programs

## Red Cross Teen / Adult Lessons

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

Swimmers 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). Prerequisite: No previous swimming experience required. No lesson Feb 8.

**Mon 8:00-8:40pm Jan 11-Mar 7**  
**31226 \$76.62/8 sess**

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

Swimmers learn back swim with shoulder roll, front and back crawl (15 metres), 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 8:00-8:40pm Jan 13-Mar 2**  
**31227 \$76.62/8 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 Jan 12-Mar 1**  
**31229 \$76.62/8 lessons**

### Teen or Adult Fitness (13+ yrs)

This is a length swim workout to improve conditioning and training, using adaptable swim workouts to train participants. Participants must be comfortable swimming 50 metres continuously.

**Thu 8:00-8:40pm Jan 14-Mar 3**  
**31228 \$76.62/8 lessons**

## Spring Break Stroke Improvement Level 1 (8-13 yrs)

Improve strokes and get feedback from a dedicated instructor. Time will be given to work on front crawl and back crawl with an introduction to whip kick.

Prerequisite: Swim Kids 4 plus 25 metre continuous swim.

**Set 1 – Mon-Thu**  
**31217 10:45-11:30am Mar 14-17**

**Set 2 – Mon-Thu**  
**33109 10:45-11:30am Mar 21-24**  
**\$25/4 sess or \$6.25/drop-in**

## Swim Club (8-18 yrs)

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. Swimmers must be at Swim Kids level 5 or higher. Stroke evaluation available. Register for one or both days.

**Tue 6:30-7:45pm Jan 12-Mar 8**  
**31204**  
**Thu 6:30-7:45pm Jan 14-Mar 10**  
**31205**  
**One day / week \$55/season**  
**Two days / week \$85/season**

## Britannia Lifeguard Club (8-12 yrs) **NEW**

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.

**Sat 5:00-6:00pm Jan 9-Mar 12**  
**34223**

## Rec Stars (13-18 yrs) **NEW**

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.

**Advanced Swimming**  
**Fri 3:30-4:00pm Jan 8-Mar 11**  
**Advanced Lifesaving**  
**Fri 4:00-5:00pm Jan 8-Mar 11**  
**33108**

## Spring Break Stroke Improvement Level 2 (8-13 yrs)

Improve strokes and get feedback from a dedicated instructor. Time will be given to work on front crawl, back crawl, elementary and breast stroke.

Prerequisite: Swim Kids 7.

**Set 1 – Mon-Thu**  
**33111 11:30am-12:15pm Mar 14-17**

**Set 2 – Mon-Thu**  
**33112 11:30am-12:15pm Mar 21-24**  
**\$25/4 sess or \$6.25/drop-in**

## Canadian Swim Patrol (8-12 yrs)

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. Prerequisite: The ability to swim in deep water, swim 25 metres and tread water for 1 minute.

**Sun 2:30-3:30pm Jan 10-Mar 13**  
**\$63.50/10 sess**  
**33088**

## 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 to or have completed Bronze Star; ability to swim 100 metres in deep water. Ability to swim 500 metres in 15 minutes or less.

**Sun 10:00am-2:00pm Jan 10-Feb 7**  
**\$139/5 sess**  
**(additional \$35 fee for manual if needed)**  
**31085**

## Bronze Cross (15+ yrs)

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard (NL) and Instructor certifications. Swimmers 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 600 metres in 18 minutes or less.

**Sun 10:00am-2:00pm Feb 14-Mar 13**  
**\$139/5 sess**  
**(additional \$35 fee for manual if needed)**  
**31084**

Prices do not include taxes.

# Ice Arena



## Adult Hockey Programs

### Adult Evening Hockey

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

#### All Levels

**Thu 11:15pm-12:45am Jan 7-Mar 31**  
\$9.52/drop-in\*

#### Intermediate

**Sun 9:30-11:00pm Jan 3-Mar 27**  
\$14.29/drop-in;  
\$47.62/month\*

\*Strip tickets are not valid during these sessions.

### Women's Hockey Program

This pick up hockey program is perfect for women who want to play hockey in a safe and inclusive environment. Encourage and be encouraged while continuing with your own hockey development. Full hockey equipment is mandatory. Limited drop-in spaces may be available. Program participants must sign in each week with the pool cashier. Drop-in participants must sign up in-person with the pool cashier starting at 9:30am each Sunday.

#### Set 1

**Sun 10:45am-12:00pm Jan 10-Feb 14**  
34919

#### Set 2

**Sun 10:45am-12:00pm Feb 21-Mar 27**  
34920

\$30.48/6 sess;  
\$5.86/drop-in

### Adult Drop-In Hockey Adult

Space is limited to 26 players and is available on a first come, first serve basis. Full hockey gear is mandatory. Please register and pay at the pool starting at 2:30pm.

**Wed 3:15-4:45pm Jan 6-Mar 30**  
\$5.86/drop-in

### Adult Stick and Puck

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

**Fri 12:00-1:30pm Jan 8-Mar 18**  
\$5.86/drop-in

### Britannia Co-ed Hockey League

This program is aimed towards novice to intermediate hockey players looking to play in a non-contact recreational hockey league in the "off-season". Full equipment is mandatory and all players must wear at least a half shield on their helmet. The league plays on Saturday afternoon/evenings from May 14. All players will be assessed and placed onto teams by the league coordinators. Registration begins Mar 1.

### Britannia Women Only Hockey League

Britannia's popular Women's Hockey league will begin on May 3, with an on-ice evaluation. Games are on Tuesday evenings, May 10-Jul 26. The games are non-contact, non-aggressive and fun! Full hockey equipment is mandatory. Registration begins Mar 1.

## Arena Programs & Highlights

### Parent & Tot Skate

Introduce your child to skating in a fun 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 Jan 7-Mar 31**  
Free

### Family Fun Hockey (3-12 yrs with Adult/s)

This program is perfect for families who want to play casual hockey together. Whether you want to pass around the puck or get involved in a friendly game of shinny, this session is great fun for all. Helmets are mandatory for all participants and available free of charge at the ice rink.

**Sun 12:15-1:30pm Jan 3-Mar 27**  
Regular admission rates apply

### Stat Holiday Skates

FREE skating sessions will be offered on the following statutory holidays from 1:00-3:00pm.

<b>Fri</b>	<b>Jan 1</b>	<b>New Year's Day</b>
<b>Mon</b>	<b>Feb 8</b>	<b>Family Day</b>
<b>Mon</b>	<b>Mar 28</b>	<b>Easter Monday</b>

## Get involved, JOIN THE ARENA COMMITTEE!

The Arena Committee meets the 1<sup>st</sup> Tuesday of the month, 6:30pm in the Rink Activity Room.

# Skate Lessons



## Skating Lessons at Britannia:

Registration for Set 1 Winter skating lessons will begin December 15. 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. A limited number of hockey helmets are available to use free of charge for lesson registrants.

## Learn to Skate Lessons

The Vancouver Park Board Learn to Skate program focuses on skill acquisition through games and activities. To help you register online for the correct level, refer to your most recent Skating Report Card. Please refer to the specific level descriptions to determine which class best matches the skater's ability. If you are unsure of the level, have an on-ice evaluation completed at any Vancouver Park Board Rink during a public skate. Students will not be transferred if they are not registered in the appropriate level. A prorated refund would then be issued after the first class. If the lessons you want to register for are full please put your name on the waiting list. We schedule additional classes whenever possible. Please register in one (1) set of lessons only.

## TRUE SPORT:

The Vancouver Park Board Learn to Skate Lessons follow the True Sport Principles.

- GO FOR IT – Always strive for excellence and rise to the challenge, but never at the expense of others. Discover how good you can be.
- PLAY FAIR – Play honestly and obey the rules, in letter and spirit. Winning is only meaningful when competition is fair.
- RESPECT OTHERS – Show respect for everyone involved in creating a sporting experience, both on the field and off. Win with dignity and lose with grace.
- KEEP IT FUN – Find the joy of sport and have a good time.
- STAY HEALTHY – Place physical and mental health above all other considerations and avoid unsafe activities.
- INCLUDE EVERYONE – Share sport with others, regardless of creed, ethnicity, gender, sexual orientation or ability.
- GIVE BACK – Find ways to show your appreciation and help others get the most out of sport.

## Preschool Program Levels (3-5 yrs) – Students must be able to:

Level 1 – This is an entry level skating class for students 3-5 years old

Level 2 – Fall down and get up, unassisted, take 6 steps without falling and backward stepping for 6 steps

Level 3 – Glide on 2 feet for ½ metre, introduction to stopping, scraping and double sculling

Level 4 – Skate forward alternating feet, perform forward double sculling, snowplow stop, skate backwards across the rink

Level 5+ – “V” pushes (left & right), glide on one foot for ½ metre (both feet), glide on two feet on a curve, half snowplow stop

## Children, Youth and Adult Program Levels – Students must be able to:

Level 1 – This is an entry level skating class for students

Level 2 – Fall down and get up unassisted, skate across the rink, glide on two feet for 2 metres

Level 3 – Skate forward, alternating feet, glide on one foot for 1 metre, forward glide on two feet on a curve, forward snowplow stop

Level 4 – Skate forward using “V” pushes, glide on one for 3 metres, half snowplow, forward single sculling, backward double sculling

Level 5 – Forward circle thrust, side and/or hockey stop, backward skating using “C” pushes, backward glide on two feet for 2 metres, backward snowplow stop

Level 6 – Forward crossover, backward glide on two feet on a curve, backward half snowplow, backward circle thrust

# Ice Arena Learn to Skate

There are 2 ways to register into Britannia Skating lessons (Set 1):

1. Register in-person starting Tuesday, December 15 at the Information Centre or Pool Cashier.
2. Register online at [britanniacentre.org](http://britanniacentre.org) starting Tuesday, December 15.

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

## Lessons Set I

### Learn to Skate

Tue	6:00-8:00pm	Jan 5-Feb 23 \$50/8 sess
Sat	9:30am-1:15pm	Jan 9-Feb 27 \$50/8 sess

### Figure Skating

Sun	3:30-4:15pm	Jan 3-Feb 21 \$56/7 sess
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### Power Skating Beginner

Sun	4:30-5:15pm	Jan 3-Feb 21 \$56/7 sess
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### Intermediate Power Skating (13 yrs-Adult)

Sun	5:30-6:30pm	Jan 3-Feb 21 \$72/7 sess
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## Lessons Set II

Registration begins February 28. Class schedule for Set II will be available online starting February 16.

### Learn to Skate

No session Apr 9.

Tue	6:00-8:00pm	Mar 1-Apr 19 \$50/8 sess
Sat	9:30am-1:15pm	Mar 5-Apr 30 \$50/8 sess

### Figure Skating

No session Apr 3 & 10.

Sun	12:45-1:15pm	Feb 21-Apr 24 \$56/7 sess
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### Beginner Power Skating

No session Apr 3 & 10.

Sun	4:30-5:15pm	Feb 21-Apr 24 \$56/7 sess
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### Intermediate Power Skating

No session Apr 3 & 10.

Sun	5:30-6:30pm	Feb 21-Apr 24 \$72/7 sess
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## 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.

## Figure Skating Lessons

Vancouver's only recreational figure skating lessons are offered to both children and adults. To enroll in this unique recreational program, you must be able to balance comfortably on one foot while skating both forwards and backwards, perform one and two foot turns and/or have completed level 6 in the Vancouver Learn to Skate program.

## Power Skating Lessons

This program will provide hockey players with the chance to improve their strength, speed, power for more effective skating during games. Must have Learn to Skate level 5 or equivalent. Full hockey gear is recommended but helmet, gloves and stick are mandatory.



## Britannia Ice Rink Public Skating Schedule

Saturday, January 2 – March 27, 2016

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	Public Skate 1:30-3:00pm	Family Fun Hockey 12:15-1:30pm
				Adult FREE Skate 1:45-3:00pm		
		Adult Co-ed Drop-In Hockey 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

- 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 spaces available.



2016 Rink Admissions: Admissions subject to change without notice.

Adult (19-54 yrs)	Youth (13-18 yrs)	Senior (55+ yrs)	Child (6-12 yrs)	Family	Skate Rentals	Skate Sharpening
\$6.15/drop-in \$49.20/10 visits	\$4.40/drop-in \$35.20/10 visits	\$4.40/drop-in \$35.20/10 visits	\$3.10/drop-in \$24.80/10 visits	*\$6.20 Minimum	\$3.00	\$6.10

- Britannia Ice Rink 10 visit tickets 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 16+ years.
- Flexipasses may be used for public skating sessions. For 2016 Flexipass rates, go to page 34.
- Family rate is 1-2 Adults of the same household and their children under 19 years, all present at time of admission. \$3.05 per person.

# Other Agencies & Programs



## FAMILY PLACE

1655 William Street 604.255.9841  
info@eastsidefamilyplace.org

View our new website: [www.eastsidefamilyplace.org](http://www.eastsidefamilyplace.org)

Follow us on Facebook Follow us on Twitter for up to the minute news and announcements.

Eastside Family Place is a support and resource centre for parents/caregivers and their young children aged infant to early 6 years. ESFP offers many programs alongside support and referral services. At our **Family Drop-In Centre**, adults can visit with each other while engaging with their children in a warm, supportive, fun environment. Children have opportunities to socialize, learn through play and participate in developmentally stimulating children's activities that foster school-readiness. There is a healthy snack provided each morning, and food is available in the kitchen throughout the day. There is also a food cupboard. **Drop-in costs \$3 per visit per family.** Note that Paid Caregivers pay a bit more, based on the number of families they are working for. Please contact us for details. Maximum 4 children per paid caregiver please. **An annual membership fee of \$20 is required to attend. Workshops & adult programs are offered at no cost to members, childminding & snacks provided.**

### Family Drop-In Hours:

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

### Licensed Occasional Childcare

For parents who are in need of short-term respite childcare. Children ages 18 months to early 6 years – fee on a sliding scale of \$5.00 to \$6.50 per hour. Spaces are limited and must be booked in advance by calling 604.251.1018. **Childcare hours are: Monday to Friday 9:00-11:45am.**

### Closures:

ESFP will be closed Nov 11, Dec 21-25, Dec 28, Jan 1

### Winter Holiday Hours:

Dec 29-Dec 31 9:00am-12:00pm  
(no childminding)

## Parenting Support Programs

ESFP offers a wide variety of programs throughout the year:

### Nobody's Perfect Parenting Program (6 weeks, Feb 2-Mar 8, 6:00-8:00pm) and C.O.P.E. (10 weeks, Jan 8-Mar 11, 1:00-3:00pm)

Find ideas and support to help you manage today's challenges and your child's needs, as well as your own needs. Discover your strengths as a parent, and build new ones. Though similar in scope, NPP is short-term at 6 weeks, while COPE is longer at 10 weeks, and is offered 3 times a year – so COPE participants can attend up to 30 weeks! Many parents start with NPP and continue on to COPE for a full year of support! Our professional facilitators are highly skilled, knowledgeable and compassionate. Childminding (18+ mo) and snacks provided. Pre-registration is required.

### One-on-One Parent Coaching

**NEW** (able to cover ages 0-12 yrs)

In partnership with Information Children, a parent education project of SFU. Parent Coach will meet privately with you for 30 minutes to discuss your issues, eg: bedtime struggles, behaviour, whining, new baby/sibling rivalry, feeding, etc. They will offer support and resources. Check our calendar online (<http://eastsidefamilyplace.org/calendar/> for the next session). Email us to be added to the wait list.

## Food Skills Programs

### Kids in the Kitchen (3-5 yrs)

Preschoolers join Chef Larissa Grieves in the kitchen to make a yummy snack together. Please check our calendar (<http://eastsidefamilyplace.org/calendar/>) for upcoming dates.

### Parents in the Kitchen

On a regular basis, parents cook a special dish for the snack time, sharing their culture and recipes with the rest of the participants. They receive a small honorarium for this. Contact us for more information.

## Workshops & Information Sessions

A variety of topics of interest to parents/caregivers are offered throughout the year. Check our calendar (<http://eastsidefamilyplace.org/calendar/>) for updates.

### Birthday Parties at Eastside Family Place

We offer an affordable, enjoyable and convenient way to celebrate your child's birthday. We specialize in birthday parties for young children ages 1-6 years of age. Email [info@eastsidefamilyplace.org](mailto:info@eastsidefamilyplace.org) or call 604.255.9841 for details.

### Special Event: Holiday Potluck and Raffle Prize Draw

Our annual winter holiday potluck upstairs is a highlight for families with lots of yummy food to share. NEW this year – the winners of our fundraising raffle will be announced. First prize is two tickets to anywhere Westjet flies (tickets available for \$10. Call ESFP at 604.255.9841). Registration required.

Thu 11:30am-1:00pm Dec 3





# Other Agencies & Programs

## CANUCKS FAMILY EDUCATION CENTRE (CFEC)

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



### Britannia Partners in Education (PIE)

#### English Foundations: 6/7, English Communications 11/12

CFEC Room 110, Britannia Secondary  
**Mon 9:30am-3:00pm**  
Thomas Emanouilidis, Main @ Gladstone  
*English Teacher*

#### English for Speakers of Other Languages

CFEC Room 110, Britannia Secondary  
**Tue 10:00am-2:30pm**  
Marinette Sedin, CFEC - Partners in Education (PIE)  
*Lead English Instructor*

#### Foundations in Math 1-7

CFEC Room 110, Britannia Secondary  
**Thu 9:30am-3:00pm**  
Quinn Harris, Main @ Gladstone  
*Math Teacher*

#### English Foundations: 1-5

CFEC Room 110, Britannia Secondary  
**Fri 9:30am-3:00pm**  
Thomas Emanouilidis, Main @ Gladstone  
*English Teacher*

#### Edmond PIE Plus

**English Foundations: 1-3**  
**Mon/Wed/Thu 12:30pm-2:30pm**

**English Foundations: 4-7**  
**Tue/Fri 12:30pm-2:30pm**

**English Foundations 6-11**  
**Tue/Thu 10:00am-12:00pm**  
**Location:** Edmonds Community School  
Room 107  
7651 18<sup>th</sup> Avenue, Burnaby, BC  
**Contact:** Lina Arias, lina.cfec@gmail.com

### Grandview Get Ready 2 Read (GR2R)

**Location:** Grandview Terrace Child Care Centre  
2075 Woodland Drive, Vancouver, BC  
**Wed 9:30am-12:30pm**  
**Contact:** Lina Arias, lina.cfec@gmail.com

### Advanced English Conversation

CFEC Room 109, Britannia Secondary  
**Thu 10:00am-1:00pm**  
**Facilitator:** Jane Harris

### ECE Assitant Program (October 7, 2015 – June 2016)

CFEC Room 110, Britannia Secondary  
**Wed 12:30pm-3:30pm**  
**Contact:** Jean Rasmussen, 778.321.3487

### Grandview Woodland Area Council (GWAC)

[www.vcn.ca/gwac](http://www.vcn.ca/gwac)

Residents association open to anyone living and/or working in Grandview Woodland area. GWAC focuses on local issues, advocates for positive change, informs the community about issues and problem solves around those issues. The Board of Directors and interested residents meet on the first Monday of each month at 7:00pm at Britannia Community Centre, 1661 Napier Street, just west of Commercial Drive. If the meeting date falls on a statutory holiday, the meeting will be held the following week.

**Mon Jan 4, Feb 1, Mar 7, Apr 4**

## Community Policing Centre



1977 Commercial Drive  
Phone: 604-717-2932  
Fax: 604-717-2923  
[info@gwcpc.ca](mailto:info@gwcpc.ca) [www.gwcpc.ca](http://www.gwcpc.ca)

Mon-Thu: 12:00-8:00pm  
Fri: 12:00-6:00pm  
Sat: 10:00am-4:00pm

## Shredding Day Identity Theft Prevention Shredding Event

In the Britannia Community Centre Parking lot, northwest corner.

Enter off Venables Street at Cotton or Woodland Drive.

All documents shredded on-site while you watch. Suggested donation of \$5 per file box.

Every dollar you donate helps keep your community safe. All donations go to the Grandview-Woodland Community Policing Centre to support neighbourhood programs.

**Sun 10:00am-2:00pm Sep 20**

## Vancouver Girls Basketball Association Spring Break Girls Basketball Camp March 14-17, 2016

These camps will provide an opportunity for basketball players to come together to work on individual skills development as well as team play. It will sharpen players for spring basketball tryouts and identification camps. The program combines skill building and scrimmages in four sessions. Players should be on the court ready to play at 9:00 a.m. Bring a basketball, reversible top, and a water bottle! Reversible jerseys available for sale at \$25 each.

Instructors: Led by Cheryl Jean-Paul and her Trinity Western University Women's Basketball Program

To register, please call Britannia Community Education at (604) 713-8273 or email [mtshan@vsb.bc.ca](mailto:mtshan@vsb.bc.ca). Registration forms can be downloaded from [www.VGBA.ca](http://www.VGBA.ca).

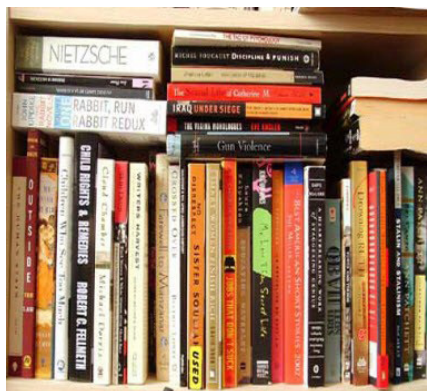
**Grade 7-8 9:00-11:00am \$30**  
**Grade 9-11 12:00-2:30pm \$40**

# Britannia Library



## Library Fall Hours

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



## Holiday Closures

Jan 1	New Years Day
Feb 8	Family Day
Mar 25	Good Friday
Mar 28	Easter Monday
May 23	Victoria Day

## Children's Program

### Babytime

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

Tue	Jan 12-Mar 8	10:30-11:00am
Tue	Jan 12-Mar 8	11:30-12:00pm

### Family Storytimes

Stories, songs, fingerplays and rhymes for the whole family. Recommended for 18 months to 5 years old. Drop-in. No session Nov 11.

Wed	Jan 12-Mar 9	10:00-10:30am	11:00-11:30am
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### Board Games in the Library

Drop-in and play some board games with family and friends. The library provides the games.

Tue/Wed	Jan 12-Mar 9	3:30-6:30pm
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## Man in the Moon

A unique program for dads and other male caregivers with children birth to 18 months. Please contact the library at 604.665.2222 to register.

Sat Jan 16-Mar 5 3:30-4:30pm  
Please check with the library about Spring Break Programs for school aged children.

## Adult Programs

### SFU Writer's Studio Consultations

Need an expert opinion of your writing? Get a free one-to-one, 45 minute consult on seven to ten pages of your poetry or prose from the SFU Writer's Studio. Registration and manuscripts must be submitted at least a week before consultation date. For more information or to register, call 604.331.3603. Venue: Learning Resource Centre inside the library.

1<sup>st</sup> Tue of the month  
Jan 5, Feb 2, Mar 1, Apr 2 (Tentative)  
4:00pm, 5:00pm & 6:00pm

### Pandora's Collective Book Talks

Led by Pandora's Collective, a pre-selected book will be discussed each month. For more information and book titles, contact [booktalks@pandoracollective.com](mailto:booktalks@pandoracollective.com) or visit [www.pandorascollective.com/what-we-do/](http://www.pandorascollective.com/what-we-do/) events.

2<sup>nd</sup> Wed of the month 6:30-8:30pm  
Jan 27: David Suzuki: The AutoBiography by David Suzuki  
Feb 24: Brain on Fire: My Month of Madness by Susannah Cahalan  
Mar 23: The Navigator of New York by Wayne Johnston  
Apr 27: Wild Swans: Three Daughters of China by Jung Chang

### 55+ Book Club

Hosted by Britannia Library staff, this book club invites all to talk about favourite passages, points of interest and more about the monthly book title! Books are provided by the Britannia Branch Library. To register and become a member, call 604.718.5800. To get your book, call the library at 604.665.2222. Club meets at the Al Mattison Lounge (the Seniors Centre).

3<sup>rd</sup> Wed of the month 2:45-4:00pm  
Jan 20, Feb 17, Mar 16, Apr 20  
Titles TBA

### One-To-One Computer Training

Book a free one-hour session for computer help on Tuesdays and most Wednesdays. Call 604.665.2222 to book an appointment.

Tue/Wed	2:00-4:00pm
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## World Poetry Reading Series

World Poetry Vancouver ([www.worldpoetry.ca](http://www.worldpoetry.ca)) hosts and presents this monthly reading series featuring multicultural and multilingual poets, writers, and musicians for everyone's enjoyment, enlightenment and edification. Each monthly program has an open mic and a youth component.

1<sup>st</sup> Sat of the month 1:00-3:00pm  
Jan 2, Feb 6, Mar 5, Apr 2

## Great Movies!

Watch the screenings of great movies and talk about it with hosts and movie buffs Tom Durrie and John Roberts. All are welcome. Unlimited popcorn! Screenings at the Al Mattison Lounge (Seniors Centre). To register and become a member, call 604.718.5800. Phone to confirm for 2016 dates and titles.

Every Sun, beginning January  
6:00-9:00pm

## SFU Philosophers' Café

Engage in stimulating dialogue and passionate exchange of ideas in informal community discussions moderated by Zahid Makhdoom. All are welcome, including students, non-philosophers, and seniors. Presented in partnership with Simon Fraser University. For information, contact the library at 604.665.2222. Venue: Britannia Library Art Gallery

Last Tue of the month 7:00-9:00pm  
Jan 26, Feb 23, Mar 29,  
Apr 26, May 31, Jun 28

## Library Art Gallery Exhibits

Library Art Gallery showcases new exhibits from local artists every month, with Gallery opening receptions. For more information, contact the curator at 604.718.5800. Free and all are welcome.

1<sup>st</sup> Wed of the month 6:30-8:30pm

## Word Whips Writing Series

Pandora's Collective Presents WORD WHIPS WRITING SERIES Take the Challenge. We provide the writing prompts and the opportunity for sharing. 10-15 minutes to write to each prompt. See what you can whip up. Hosts: Bonnie Nish and Sita Carboni. [http://www.vpl.vancouver.bc.ca/branches/details/britannia\\_branch](http://www.vpl.vancouver.bc.ca/branches/details/britannia_branch). For more information, contact [blnish@pandorascollective.com](mailto:blnish@pandorascollective.com) or visit [www.pandorascollective.com](http://www.pandorascollective.com).

3<sup>rd</sup> Tue of the month 6:30-8:30pm  
Jan 19, Feb 16, Mar 15, Apr 19  
Britannia Library Art Gallery

## Help Design a new Britannia site!

### UPDATE – the future is looking exciting!

Have you heard the news? Britannia Community Centre has been chosen by the City of Vancouver to move ahead with an exciting and much-needed renewal process. The City has set aside \$350,000 dollars in the 2015-2016 budget to begin planning what a revitalized and re-imagined Britannia site would need in the way of programs and facilities. These funds are part of a multi-year financial commitment from the city to move ahead and re-develop Britannia. The vision of the renewal should align with community needs and City wide strategies for social, recreation, cultural, library and education services. And we should take into consideration demographic and trends for the future.

Britannia has long sought the city's approval for renewal, as many of our facilities are aging and are well past their "best before" date. This process will take some time to complete but it has begun in earnest!

On October 20, the Planning and Development Committee of Britannia (the group charged with stick-handling the re-development and moving it forward) invited Ian Harvey, the City of Vancouver's Real Estate and Facilities Management, Manager of Operations to a meeting. Ian has overseen to completion, many recent city recreation redevelopments with all the associated ups and downs of any major community construction job. He offered his advice and thoughts to the planning group.

Some of the ideas discussed include how to engage Britannia's partners including the School Board, the library, the Park Board, our many users, and the larger community.

Committee member are excited, engaged, and thinking ahead. It was suggested that perhaps Britannia needs more ice surfaces in the future. Participants also wondered whether a newly built Britannia pool would be a destination pool (drawing users from all over the city) or a neighbourhood pool.

Some wondered if revitalizing existing buildings could be more cost effective than a complete re-build. Harvey noted that seismic concerns (making the buildings earthquake resistant) will certainly mean new construction is required in many areas of the site. Energy efficiency is of course, a big concern for any new city project. Views and green space are also important considerations. All these types of discussions will impact the overall design decisions to come later.

It is important to remember that Britannia is much more than a community recreation centre. Not only do we have gyms, a rink, a pool and other community spaces, we are also home to many unique community projects and specialized groups. Committee members will be emphasizing this unique and multi-layered character of Britannia, to our city funders, as the planning moves ahead.

Harvey emphasized the importance of having a fully-formed and unanimous vision of what the centre should be, a vision which is clearly held by all key stakeholders, well before any design or construction begins. That makes the community and stakeholder consultation process to come, so very important.

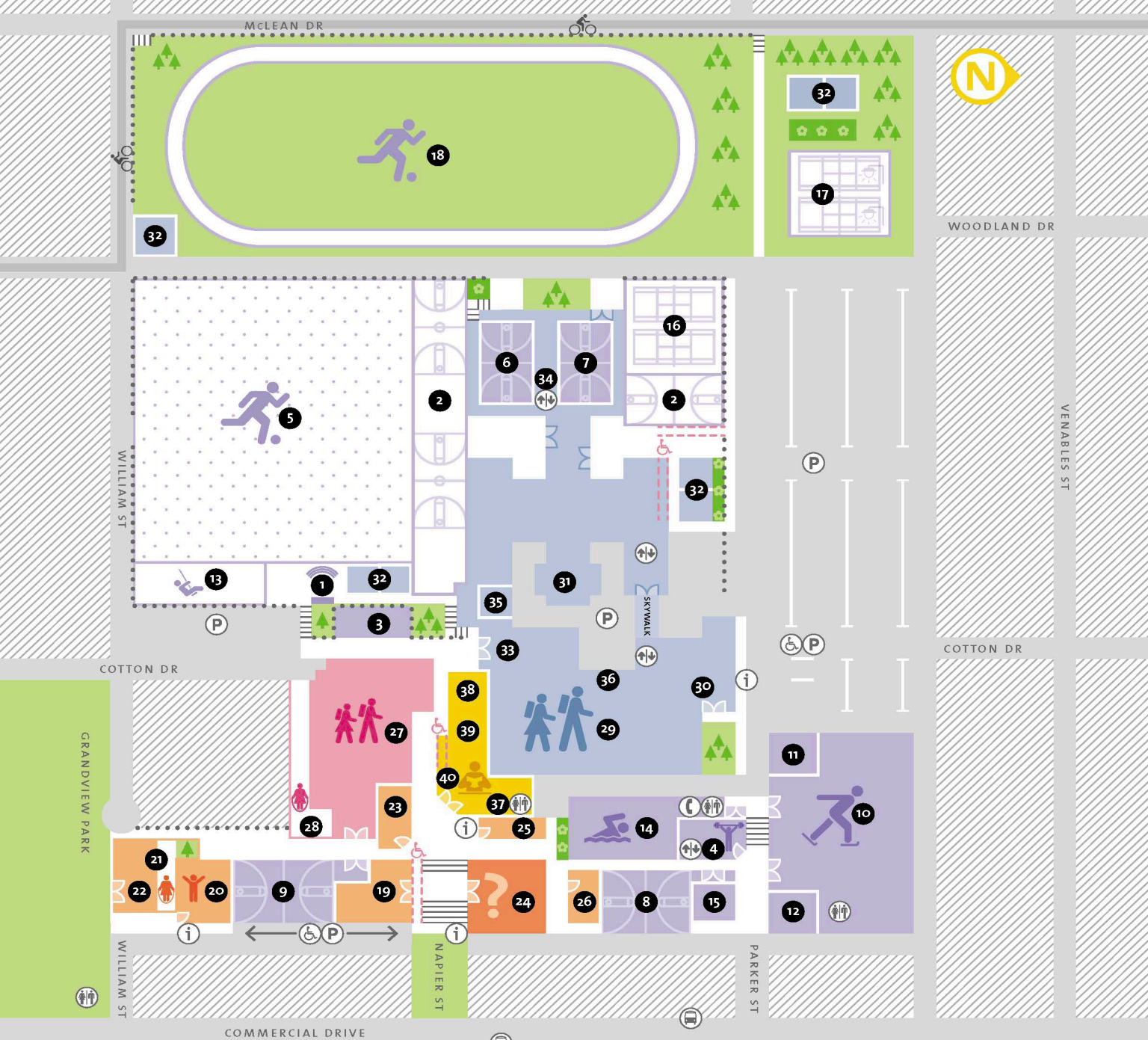
Within the next few months we can look forward to a new web site being launched for the renewal project. A web design firm has been chosen and will begin work soon to develop a special-purpose web site, to facilitate community engagement in the redevelopment process.

If you would like to know more about this vital and exciting undertaking, or if you have specific thoughts or ideas to put forward, please contact:

**Cynthia Low**, [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca) or by calling 604.718.5815



Youth Extravaganza 2015



**recreation**

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

**resources + services**

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

**elementary school**

- 27 Britannia Elementary
- 28 Outdoor Play Area

**secondary school**

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

**library + learning**

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

•••• Fence	ⓘ 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](http://britanniacentre.org)