



**33rd Annual  
Britannia Christmas  
Craft Fair**

**Nov 18-19, 2016**  
See p. 9 for details

# **Programs & Services**

## **Fall 2016**



## President's Message

Another full summer has passed with the festivals, events, programs and activities that go along with it here at Britannia. Moving into the fall as students are returning to our schools on site, and with Britannia Secondary being considered for closure, it is a good time to reflect on the important integration of community and public education services.

Forty years ago, the site at Britannia was developed with an innovative model that integrates services, with the specific goal of using the best efforts of all partner agencies to create a strong community centre. This centre became the heart of a hub that includes Grandview-Woodland, Strathcona and Ray-Cam. Pause for a moment and consider the population of the communities we serve. We are not easily categorized. There is an incredible diversity within our catchment that covers the spectrum of demographic labels. Included in that spectrum are those that have the fewest opportunities handed to them. They are the families and students that work the hardest to find and create the opportunities that will build their lives in a positive way. Forty years ago this community recognized that to build strong communities, taking down the barriers and providing services that are place based and easy to access, is key to that endeavour.

Forty years ago this community recognized that when you take down the barriers, and everyone works together, there is an enrichment that all will benefit from, and we have. The work is on-going. The systemic issues that create barriers have not gone away. We continue every day to work together; the schools, the Britannia society, the volunteers, members, staff and our partner agencies at the city and in the community. All with the same goal of building an inclusive model that integrates services and brings together all parts of our community.

Working together we must ensure that vibrant local school communities are not dismantled, here and across the district.

Thank you,  
Gwen Giesbrecht

Photo credits: Robert Lee, Lung Liu, City of Vancouver, as well as many other staff & patrons that have contributed images over the years.

## 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:	Ingrid Kolsteren
TREASURER:	John Flipse
MEMBERS AT LARGE:	Scott Clark Susanne Dahlin
DIRECTORS:	Brendan Boylan Ye Chu Aaron Giesbrecht Levi Higgs Freya Kristensen Madgen Liao Juan Carlos Maldonado Craig Ollenberger Tyrus Tracey
STAFF REPRESENTATIVE:	Sarah Ng
AGENCY REPRESENTATIVES:	VSB Andrew Schofield VPB Peter Odynsky (CRC) VPL Beth Davies
EXECUTIVE DIRECTOR:	Cynthia Low
MANAGER OF ADMINISTRATIVE SERVICES:	Jeremy Shier
MANAGER OF CHILDCARE SERVICES:	Craig Smith

## Mission Statement

### Mission

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

### Vision

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

## Membership Information

To participate in recreation programs you must be a member of Britannia Centre. Membership is valid from: Sep 1, 2016 to Aug 31, 2017

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 24, 2017
- 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



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## Britannia Volunteer Program

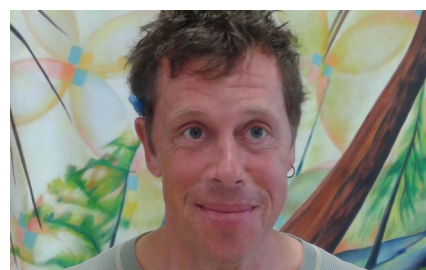
### Volunteer in your Community

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. Whether you are looking for a once a week steady assignment, intensive daycamp 5 days/week for the summer or the occasional call-out for special events,

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 the volunteer coordinator at 604.718.5860 or visit our website [www.britanniacentre.org](http://www.britanniacentre.org) and download a copy of our Volunteer Application Form to get started.



Meet Lawrence, a new volunteer at Britannia. He has helped out at Senior's lunches, Swimming Club swim-a-thon fundraiser for cetaceans, Britannia's 40th birthday party, Preschool Graduation party. Lawrence has already engaged 5 more of his friends to also come volunteer with us! Thank you Lawrence and ALL of our wonderful volunteers.

# Registration Information

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

Registration starts at 9:00am on Tuesday August 23, 2016

You must have a current membership card to register for all Britannia programs. The membership year runs from September 1, 2016 to August 31, 2017.

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

## Register in Person

Registration starts at 9:00am on Tuesday August 23, 2016

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

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

### Registration Hours at the Pool Cashier are:

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

### Registration Hours at the Information Centre are: (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 August 23, 2016.

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 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.

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

## Subsidy Policy

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

### Residents of Vancouver on the Leisure Access Program

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

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

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

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

### Licensed Child Care Subsidy

[Provincial Child Care Subsidy Available](http://www.mcf.gov.bc.ca/childcare/application.htm), 1.888.338.6622 (<http://www.mcf.gov.bc.ca/childcare/application.htm>)

### Fun For All! at Britannia

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

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

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



## Planning & Development

This fall a professional team experienced in community consultation and architectural planning hired by the City of Vancouver, with input from the Planning & Development Committee will begin the next stage of the Britannia renewal. They will be compiling all the information such as data already collected from the community, aspirational reports from our partners, statistics, demographics, future projections and regional data on growth. Their task is to identify specific spaces needed by our community and to make recommendations for design and building form.

This work, the release of the draft Grandview-Woodland Area plan, and the announcement that Britannia Secondary School is on the VSB list of potential schools to close means a lot of work for the committee, and we could use your help!

- Come to a meeting of the Planning & Development Committee on the 3rd Tuesday of every month, 7:00–9:00pm, in the Information Centre Board Room.
- Visit our website to share your stories of Britannia life: [britanniarenewal.org/our-stories/](http://britanniarenewal.org/our-stories/)
- Watch for upcoming events to contribute your ideas to the planning process



In order to make more information available to the community we have launched a new web site to share the latest news on the project, our history, your stories and much more. Visit today to receive updates, get on our mailing list, or to find the about meetings, events, and other chances to get involved. [britanniarenewal.org](http://britanniarenewal.org)

In 2014 after many years of hard work by volunteers, staff, and advocates for Britannia, City Council approved \$25 million in the 2015–2018 Capital Budget for the renewal of the Britannia Community Services Centre. Up to \$100 million dollars has been allocated for renewal of the full site over the next 10 years. In the November 2014 civic election, this was endorsed by the Vancouver voters.

**Britannia**  
RENEWAL

## Facility Rentals

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

### Pool Rentals

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

### Rink Rentals

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

### Gym/Room Rentals

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

### 1739 Venables – The Hall

We have been hosting programs in the space and renting the space out for community groups for three years. Our mission is to foster active community building, collaboration, co-creation, grass roots education and involvement to contribute to quality of life for individuals and neighbourhoods. We are confident that there will be great opportunities for our community over the next few years. Currently it is home to Kick Stand (page 42) and Axe Capoeira (page 27).

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

# Special Events

## Art Gallery Exhibits & Programs

### September 7-30, 2016

Spaces, photographs & installation by Nadine Agosti

Surroundings, digital photography by Brian Roche

Opening Reception Wed Sep 7, 6:30-8:30pm

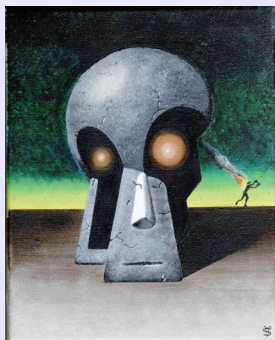


### October 5-28, 2016

The Mythical Man: The Last Possible Moment, acrylic & pencil images on canvas by the Mythical Man

East Van Portraits, acrylic paintings by Jeff Wilson

Opening Reception Wed Oct. 5, 6:30-8:30pm

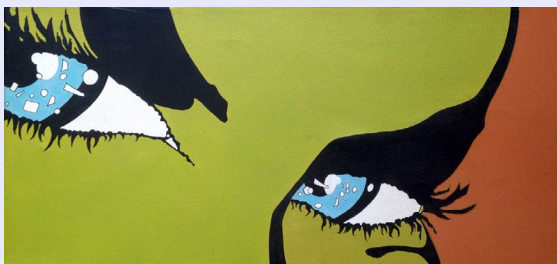


### November 2-December 2, 2016

Pop Goes East Van, mixed mediums by the East Van Pop Group

Opening Reception Wed Nov 2, 6:30-8:30pm

Panel Discussion on the influence of Pop Art on East Van artists Wed Nov 16, 7pm



### Death Cafe

A Death Cafe is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session. See more at: <http://deathcafe.com/what/#sthash.WICjKKys.dpuf> or contact Britannia Library.

Facilitators are Tom Esakin and Anneke Rees

Tue 6:30-8:30pm Nov 8  
Britannia Library

### Learn Linocut: Intro to Block Printing (13yrs+)

Christina Wightman is a professional printmaker who received her main education in printmaking through Nova Scotia College of Art & Design.



Learn a basic method of relief printing by carving to produce & reproduce images for prints, cards, clothing and other crafts. Bring ideas/images or photos of what you would like carve

Sun 1:00-4:00pm Dec 4  
Rink Mezz \$10/1 sess  
69683

### Japanese Bookbinding (16yrs+)

Suzan Lee is a professional bookbinder who has facilitated several workshops for Britannia Art Gallery, demonstrating different styles from ancient to modern techniques.

Make up to 3 blank books using an ancient technique of stab binding. The elegant spine designs vary greatly from simple to complex. Bring a notebook and pen to take notes.



Sun 1-4pm, Dec 11  
RAR \$10/1 sess  
69684

### Creative Expression & Art Making

Sun 1-4pm Oct 16  
Rink Mess \$10/1 sess  
84121

# Special Events

## Artful Sundays 2016

Britannia Community Centre will host this annual, outdoor visual arts market in Napier Greenway (Napier St @ Commercial Drive) for 5 Sundays this summer - Aug 7, 14, 21, 28 & Sept 4) Hours: 12-5pm Featuring the work of local artists, artist workshops, live music, artist demonstrations, tea leaf reading and more!

Sun 12:00-5:00pm Aug 7, 14, 21, 28  
Sep 4

## 1st Annual Fall Equinox Coffee House 2016: Solstice/Equinox Coffee House Series

Come celebrate the beginning of the Fall season with this cozy neighbourhood event - an evening of local live music, poetry & refreshments. This coffee house will include an Open Mic session. Contact Katherine Polgrain to sign up. Email [courage62@shaw.ca](mailto:courage62@shaw.ca)



Sun 7:00-10:00pm Sep 25  
AML Free

## Banner Workshop

"Listen! The wind is rising, and the air is wild with leaves, we have had our summer evenings, now for October eves!" ~ Humbert Wolfe

Banners are large and hang in pairs and will be displayed outdoors on site and in the Library. This is a great workshop for friends and family. They must be completed on site. Wear old clothes and bring a lunch, a colour sketch of your idea. Children under 12 must be accompanied by an adult.

Sat/ Sun 10:00am-4:00pm Oct 1 & 2  
Cafeteria \$20/2 sess  
69677 H Spaxman

## Cops & Kids



Cops & Kids is a free, back to school safety event for preschool and elementary school children and their families. It is also an opportunity to promote positive personal interaction between the public, police and other community partners. Cops & Kids includes VPD patrol officers with their emergency vehicles, the Motorcycle Squad, the Marine Squad, Transit Police Dogs, the VPD Emergency Response Team with an ERT vehicle, Vancouver Fire and Rescue Services with their fire truck and BC Ambulance Paramedics with an ambulance. There is face painting, live music and a free hot dog lunch for all attending children.

Sun 12:00-3:00pm Sep 11  
Grandview Park  
Grandview-Woodland Community Policing Centre



## BIG DRAW Vancouver

Saturday, October 1 at Community Centres all over Vancouver

The BIG DRAW, a world-wide drawing festival is coming to Vancouver! This global event works to reconnect EVERYONE on the planet with the power and pleasure of drawing. 2016 the year of the STEAM Powered Draw: "Bringing together Science, Technology, Art, Engineering and Math. STEAM recalls our Industrial past and the fusion of creative innovation, enterprise and the arts. The logo represents how essential drawing is across the curriculum and in countless professions"

For more information and workshop times visit: [www.drawvancouver.ca](http://www.drawvancouver.ca)



## The Britannia Drawing Jam

Come participate in a city-wide drawing celebration happening at various locations throughout Vancouver. We will be hosting the Britannia Drawing Jam, a multimedia presentation of drawing workshops led by local artists. All ages. Drop-in. All materials supplied. No drawing experience required. Free Admission.

Sat 1:00-4:00pm Oct 1  
Location : TBA

## Family Pumpkin Carving

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

Sun 1:00-3:00pm Oct 30  
CFEC \$6/1 sess  
74252 H Spaxman

## Festival de Maiz (Corn Festival)



Join us for a taste of Latin America and enjoy traditional corn foods such as pupusas, tamales, riguas, burritos and more. A family event with live Latin American music and dance performances

Sun 12:00-6:00pm Sep 4  
Britannia Plaza & Gym D Free

## Halloween Howl (1-8yrs)



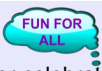
Come to this annual FREE spooky community event! Entertainment, ghostly games, tricks and treats are all included. Ages 1-8yrs welcome. No registration, just drop in free! Wear your costume!

Sat 12:00-2:00pm Oct 29  
Gym D Free



# Special Events

## Parade of Lost Souls



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

Sat 7:00-10:00pm Oct 29  
 Location TBA FREE by donation  
 Britannia Workshops more information: [dustyflowerpot.org](http://dustyflowerpot.org)

## Thriller Flashmob Dance

Sat 12:00-2:30pm Oct 22  
 Thu 7:00-9:30pm Oct 20 and 27  
 Cafeteria K Single-Dain \$5-10/sess donation  
 76601

## Creepy Creature Felted Mask

Sun 12:00-2:30pm Oct 16 and 23  
 Tue 7:00-9:30pm Oct 18  
 Cafeteria TBA \$5-10 donation  
 76602

## Join the Carnival Band

Mon 7:30-9:00pm Oct 17 and 24  
 AML \$5-10 donation  
 76605

Check out [dustyflowerpot.org](http://dustyflowerpot.org) for information on these workshops and more hosted at the Dusty Flowershop, the studio located at 2050 Scotia Street. Email [katsingledain@gmail.com](mailto:katsingledain@gmail.com) to get involved in parade in other ways as well.



## Preteen Dance (10-13yrs)



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

Fri 6:30-9:00pm Oct 28, Dec 9  
 CFEC Free

## Remembrance Day Assembly

Come join Britannia Secondary as we honour Armistice Day with three assemblies in the High School Auditorium. Our students will pay tribute to our fallen soldiers through music, visual arts, literary works and guest speakers. We invite everyone in the community to come join us!



Wed 10:30am, 12:30 & 2:00pm Nov 9  
 Britannia Secondary Auditorium

## Sustenance Festival 2016 Not Just Another Food Metaphor

This year's Sustenance Festival will be a "building year" - to take this year to gather stories from the special people you are all working with everyday .

This year's theme will focus on our food traditions, and the stories they might tell about home, land and migration and all the happiness or tension it brings - not just where we are now, but where we have been and how we identify ourselves -- our families and communities. And eating can help people find common ground as a shared experience, overcoming barriers of language and understanding and make sense of who we are as humans beings.

Please visit our website at [www.sustenancefestival.ca](http://www.sustenancefestival.ca) for updates on the stories collected from all over the city and select Sustenance events throughout the month of October.

## Youth Extravaganza (13-18yrs)



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

Fri 7:00-10:00pm Oct 7  
 Gym C \$2/sess

## Welcome Back Skate



We're open – it's time to lace up your skates. Whether you're an experienced skater or a beginner, join us for a fun skating event. Bring your family and friends and enjoy free skating, great music, treats and prizes! You can even win a private skate lesson to help improve your ice skating.

Sat 1:30-3:00pm Oct 1  
 Free



## Winter Holidays at Britannia!

Join us for a season of festive activities

### 33rd Annual Britannia Christmas Craft Fair

NEW LOCATION:

Britannia Community Centre Gym D  
1661 Napier Street

**Fri 3:00-8:00pm Nov 18**  
**Sat 10:00am-5:00pm Nov 19**  
**Santa photo session by donation**  
**Sat 11:00am-2:00pm Nov 19**  
**\$2 entrance/free 12 and under**



All proceeds go to inner city children's programs.  
Vendors; deadline for submissions Oct 1.

Applications: [britanniacraftfair@live.ca](mailto:britanniacraftfair@live.ca) or [britanniacentre.org](http://britanniacentre.org)

### Holiday Swim



Come and join us for a Holiday Swim!  
Festive music, activities and refreshments.  
Make sure you bring your cameras,  
as Santa will be making a special  
appearance.

**Sun 3:00-5:00pm Dec 4**  
**Free**

### 55+ Christmas Luncheon

Christmas Party-Turkey Dinner,  
Entertainment and Door Prizes. Traditional  
Turkey dinner shared with friends. Festive  
and fun! 55+ Older Active Adults Welcome!

**Fri 12:00-2:00pm Dec 9**  
**55+ Centre \$10**  
**72978**

### Seasonal Decorations & Holiday Decor Workshop 2016



Come celebrate the season by making  
your own personal decor and art projects.  
Various local artists will be instructing in  
a variety of media. All Materials provided.  
Drop-In Free.

**Sat 12-4pm Dec 10**  
**55+ Centre All Ages Free**



### Gingerbread House

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

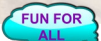
**Sun 1:00-3:00pm Dec 11**  
**CFEC \$6/sess**  
**74253 H.Spaxman**



### 4th Annual Winter Solstice Coffee House 2016: Solstice/ Equinox Coffee House Series

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

**Sun 7-10pm Dec 18**  
**AML Free**



### Brit Chill Holiday Skate

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

**Sun 1:45-3:15pm Dec 18**  
**Free**

### Boxing Day Skate

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

**Thu 1:00-3:30pm Dec 26**  
**Free**

### Polar Bear Swim Club

"The Vancouver Polar Bear Swim Club is  
one of the largest and oldest Polar Bear  
Clubs in the world. Its initial swim was  
in 1920 when a small number of hardy  
swimmers took the plunge into English Bay  
on New Year's Day. Led by their founder,  
Peter Pantages, the swim has grown from  
around 10 swimmers in that year to the  
new record of 2,550 official entries set in  
2014.

Costumes and the Peter Pantages  
Memorial 100 yard swim race are the  
highlights of this event. Register in front  
of the English Bay Bathhouse between  
12:30pm and 2:30pm on January 1st."

**Sun 12:30pm Jan 1, 2017**  
**English Bay**



# 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, 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 & 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. Go to [britanniacentre.org](http://britanniacentre.org) for more information & program details.

### 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>)

### 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.

### Contacts:

#### Child care 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 Child care

1661 Napier Street  
Lorraine Evans 604.718.5843

### Preschool 3-5yrs

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

### Out of School Care 5-12yrs

Pick up from Britanna Elementary and Queen Victoria Annex schools.

September to June Hours:  
Mon-Fri 7:30-9:00am (Brit Only)  
3:00-5:45pm (Brit/QV)  
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



## Lord Nelson Child care

2235 Kitchener Street  
Latisha Buksh 604.713.5863

### Out of School Care 5-12yrs

September to June Hours:  
Mon-Fri 7:30-9:00am  
3:00-6:00pm  
School Breaks 7:30am-6:00pm  
FEE: \$355/month  
Closed on statutory holidays

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

## Mount Pleasant Child care

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

### Toddler Program 18mo-3yrs

Hours: Mon-Fri 7:30am-6:00pm  
FEE: \$1210/month

### Daycare 3-5yrs

Hours: Mon-Fri 7:30am-6:00pm  
FEE: \$910/month

Both programs provide am/pm snack & lunch.

## Grandview Terrace Child care

2075 Woodland Drive  
Alejandra Uribe 604.718.5846

### Daycare 3-5yrs

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

### Out of School Care 5-12yrs

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

## Eagles In The Sky Child care

485 Semlin Drive  
Susan Nelson 604.718.5856

### Daycare 3-5yrs

Hours: Mon-Fri 7:30am-6:00pm  
FEE: \$914/month  
snacks provided

### Out of School Care 5-12yrs

September to June Hours:  
Mon-Fri 7:30am-9:00am  
3:00pm-6:00pm  
School Breaks 7:30am-6:00pm  
FEES: \$381/MacDonald Elementary  
\$401/Hastings/Lord Nelson

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

## Vancouver Native Health

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

**Barbara Nelson at 604.718.5841.**

# Preschool

## Arts

### Baby Sign Language (0-24 months)

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.

**Tue** 9:45-10:30am **Nov 1-29**  
**Mat Room** \$64/5 sess  
**69625 Into Yoga**

### Toddler Art (18mo-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! New classes are started from the waitlist.

**Wed** 9:45-10:30am **Sep 21-Nov 9**  
**RAR** \$63/8 sess  
**69741 H Spaxman**

### Jump Into Music (6mo-4 yrs)

This one-of-a-kind music and movement program engages, educates, and entertains parent and child while on a musical journey through different styles and cultures. Curriculum is designed to stimulate the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. A family fun environment exploring culture and world music. Try a free class anytime, 25% sibling discount, drop-ins welcome \$15. Check out our video and visit [www.jumpintomusic.ca](http://www.jumpintomusic.ca) for more info.

**Free Trial Class** **Wed Sep 7**  
**Wed** 11:15-12:00pm **Sep 14-Oct 26**  
**RAR** \$84/7sess  
**76597 M Lee**  
**Wed** 11:15-12:00pm **Nov 2-Dec 14**  
**RAR** \$84/7sess  
**76598 M Lee**

### Music Together® - (0-5yrs)

A Music Together® class is rainbow coloured falling leaves, tyrannosaurus rex's, rockets to the moon and trains to the beach. Come dance, sing songs and play with bells of all sorts, triangles, shakers, and instruments galore! All this with a developmentally appropriate, research based curriculum taught by a registered Music Together teacher. Parent participation is required. Sibling rate; \$105 (sibling 7 month and older). Siblings 6 months of age and under attend free. Tuition includes two CD's, a Songbook, a Parent Guide DVD and a Parent Education evening. Full payment refundable PRIOR to first class. After first class \$60 fee is non-refundable. Registration closes after the 3rd class. No classes Saturday October 8.

Tue			Sep 20-Nov 22			Thu			Sep 22-Nov 24		
69721	9:30-10:15am	\$165/10 sess	69716	9:30-10:15am	\$165/10 sess	69714	10:30-11:15am	\$165/10 sess	69715	11:30am-12:15pm	\$165/10 sess
<del>69717</del>	<del>10:30-11:15am</del>	<del>\$165/10 sess</del>				RM	Noa		RM	Noa	
RM Felicia			RM Noa			RM Noa			RM Noa		
Wed			Sep 21-Nov 23			Sat			Sep 17-Nov 26		
69720	9:30-10:15am	\$165/10 sess	69713	9:30-10:15am	\$165/10 sess	69712	10:30-11:15am	\$165/10 sess	69711	11:30am-12:15pm	\$165/10 sess
69719	10:30-11:15am	\$165/10 sess	RM	Noa		RM	Katy				

### Children's Dance, with Endorphin Rush Dance

Sat		Sep 10-Dec 10 (No Class Oct 8)	
69673	9:30-10:10am	My First Dance Class (Age 2-4)	
69670	10:15-10:55am	My First Dance Class (Age 2-4)	
69675	11:00-11:40am	Ballet/Jazz (Age 3-4)	
69674	11:45am-12:25pm	Ballet/Jazz (Age 3-4)	
69672	12:30-1:10pm	Creative Ballet (Age 4-6)	
69671	1:15-2:00pm	Creative Ballet (Age 4-6)	
		\$115/13 sess	

### My First Dance Class

An introduction to creative dance. Aspiring little dancers will use songs, movement explorations and games to explore coordination, rhythm, spatial awareness and cooperation. This class for the youngest of dancers to experience a playful class with the support of their parents being present. More info at [kirbysnelldance.com](http://kirbysnelldance.com)

### Ballet /Jazz:

Jump, skip and twirl! In this class children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. This is a closed class, however, in the final week of the session we invite parents to stay for a presentation of what we have been learning. [www.kirbysnelldance.com](http://www.kirbysnelldance.com)

### Creative Ballet:

An introduction to the foundations of ballet through creative dance. Aspiring little dancers will explore coordination, rhythm, spatial awareness, and cooperation. Classes will include songs, movement explorations, basic ballet steps, games, and a variety of fun music. Dancers must be able to attend unaccompanied by a parent, but we'll have a performance on the last day where you can cheer on your little dancer with gusto. [www.kirbysnelldance.com](http://www.kirbysnelldance.com)



## Physical Activity

### Family Dance

Family Dance welcomes all families (all ages) coming to get active and build community on a Sunday afternoon.

**CANCELLED**

### Kindergym (1-5yrs)

Run, jump and roll in a gym full of mats and playground equipment. Parent supervision required. Pay \$2.50 drop in fee at pool and bring receipt to Belinda/Olivia OR give them pre-purchased strip ticket (\$20/10tx). No class Oct 29, Nov 19.

Sat	10:00am-12:00pm	Sep 24-Dec 17
69620	B. Chu	
Tue	11:00am-12:30pm	Sept 27-Dec 8
Wed	11:00am-12:30pm	Sept 28-Dec 8
Thu	11:00am-12:30pm	Sept 29-Dec 8
Gym D		
69622	O. Humaran	

### Sportball (2-3yrs)

Multi-sport classes teach children introductory physical skills and help them develop confidence through 7 different ball sports. Parent participation required. No class Oct 8, Nov 12.

Sat	11:30am-12:15pm	Sep 17-Dec 10
Gym C		\$145/11 sess
69623	Sportball	

### Sportball (3.5-5yrs)

Multi-sport classes teach children methods to practice and refine gross motor skills through 8 core ball sports. This program reinforces benefits of teamwork and skill development enabling children to gain confidence and develop social skills to succeed in sport and life. No class Oct 8, Nov 12.

Sat	12:15-1:15pm	Sep 17-Dec 10
Gym C		\$145/11 sess
69626	Sportball	

### Axe Capoeira (3-5yrs)

82823 Weds in October  
Preschool 3-5yr olds, 6:00-6:45pm

82824 Weds in November  
Preschool 3-5yr olds, 6:00-6:45pm

82825 Weds in December  
Preschool 3-5yr olds, 6:00-6:45pm



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

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	10:25-11:10am	Sep 21-Nov 9
1739 Venables		\$80/8 sess
69740	N Pluzak	

### Creative Nature Dance (3-4yrs old)

Come to dance with the rhythms of nature, let your child imagination explore elemental embodiment, of fire, wind, water and earth. Children will be encouraged to feel the sounds of nature and dance 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	Sep 21 Nov 9
1739 Venables		\$80/8 sess
69693	N Pluzak	



### Yoga Dance (3-5yrs old)

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	Sept 21-Nov 9
1739 Venables		\$80/8 sess
69747	N Pluzak	

### Britannia Gymnastics (18mon-15yrs)

[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. Limited spots available per class so register early! No class Oct 8, 9, Nov 12,13

### Preschool Gymnastics: Dynamic Duo (18mo-3yrs)

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

\*See page 16 for full program & registration details or go to [britanniagymnastics.com](http://britanniagymnastics.com)

### Tiny Tumblers and Gym Kids/ Adv Gym Kids (3-6yrs)

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.

\*See page 16 for full program & registration details or go to [britanniagymnastics.com](http://britanniagymnastics.com)

### 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 yrs, studied Circus Arts for 3 yrs.

### Dance With Me Baby! (1-2yrs old)

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 colourful props. Parent participation required.

Wed	9:45-10:15am	Sep 21 -Nov 9
1739 Venables		\$80/8 sess
69695	N Pluzak	

## Arts

### Big Kids Music Together (5-7yrs old)

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. For more information, please visit: [www.WestSideMusicTogether.ca](http://www.WestSideMusicTogether.ca)

**Tue 3:30-4:30pm Sep 20-Nov.22**  
**Rink Mezz \$185/10 sess**  
**69681 K Deane**

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

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

**Thu 4:00-5:15pm Sep 22-Nov 10**  
**Rm 208 \$100/8 sess**  
**69691 H Spaxman**



### Family Dance (p.13)

Family Dance welcomes all families (all ages) looking to get active and build community on a Sunday afternoon. Come out and follow a trained dancer in a follow-the-leader format. A great way to get exercise and connect with local families. One family of four is \$8. Dropin welcome.

**Sun 2:00-4:00pm Sep 25, Oct 23**  
**Nov 27, Dec 4**  
**CFEC \$8/10 sess**  
**69698 J Wollen**

### Beginner Marimba (8-18yrs)

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

**Thu 4:00-5:00pm Sep 15-Dec 1**  
**Rm 111 \$144/12sess**  
**69679**



### Intermediate Marimba (10-18yrs)

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

**Thu 5:00-6:00pm Sep 15-Dec 1**  
**Rm 111 \$144/12sess**  
**69705**

### Youth Marimba Performance Group (11-18yrs)

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

**Thu 6:00-7:00pm Sep 15-Dec 1**  
**Rm 111 \$144/12sess**  
**69748**

### Tambai Marimba

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

**Thu 7:00-8:30pm Sep 15-Dec 1**  
**Rm 111 \$216/12 sess**  
**69737**

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

Learn an instrument and enjoy a lifetime of music! These lessons consider each student's development and goals. Conservatory exam preparation is available. An on-going program for Sept-June, students are ensured placement for the duration of their studies. Payment is made in advance of each set. Lessons are available for 30, 45 and 60 minutes per week at the discretion of the instructor. Prior to registering, new students must contact the instructor for a weekly lesson time at [janine.oye@gmail.com](mailto:janine.oye@gmail.com). Clarinet students must provide their own instruments. Phone in registration only, no online. Please call 604-718-5800 (ext.1) No class Nov 11.

#### Set 1

**Thu 4:00-8:30pm Sep 8-Oct 27**  
**Music Rm \$192/8 sess**  
**69722**  
**Fri 3:30-8:00pm Sep 9-Oct 28**  
**Music Rm \$192/8 sess**  
**69723**  
**Sat 9:00am-4:30pm Sep 10-Oct 29**  
**Music Rm \$192/8 sess**  
**69724 J. Oye**

#### Set 2

**Thu 4:00-8:30pm Nov 3-Dec 15**  
**Music Rm \$168/7 sess**  
**69725**  
**Fri 3:30-8:00pm Nov 4-16**  
**Music Rm \$144/6 sess**  
**69726**  
**Sat 9:00am-4:30pm Nov 5-17**  
**Music Rm \$168/7 sess**  
**69727 J. Oye**

### Violin & Fiddle Private Lessons

These are 30 minute private violin lessons for adults and children aged 6 & up. The teaching method follows the Suzuki Method and covers classical and fiddle. 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](mailto:fiddlelessons@shaw.ca) to arrange lesson time PRIOR to registering. No class Oct 8, Oct 10, Nov 12

**Sa 9:00am-3:05pm Sep 10-Dec 17**  
**Preteen Centre \$312/13 sess**  
**69742**  
**Mon 3:30-7:00pm Sep 12-Dec 19**  
**Music Room \$336/14 sess**  
**69743**  
**Mon 3:30-7:00pm Sep 12-Dec 19**  
**Music Room \$504/14sess**  
**81648**  
**S Saunders**

## Physical Activity

### Fencing - Children (8-14yrs)

Learn the ancient art of sword play for fitness, sport and fun. All equipment provided. Wear track pants and running shoes. Register at Britannia, program takes place at LaSalle Fencing Studio, 2155 Commercial Drive/5th. No class Oct 8, Nov 12.

**Sat 10:00-11:30am Sep 17-Dec 17**  
**La Salle Fencing Studio \$72/12 sess**  
**69628 LaSalle Fencing**  
 See p.21 for Youth Fencing details



### Traditional Kung Fu (6yrs-adult)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung chi Cheung Association is included in the fee. Classes run Monday and Friday in the Canuck Family Education Centre. No classes Oct 7, 10, 28, 31, Nov 11, Dec 9.

#### Beginner

**Mon Fri 4:30-5:45pm Sep 12-Dec 12**  
**CFEC \$191**  
**69635 Marquis Lung**

#### Intermediate

**Mon Fri 4:30-6:15pm Sep 12-Dec 12**  
**CFEC \$213**  
**69638 Marquis Lung**

#### Advanced

**Mon Fri 4:30-6:30pm Sep 12-Dec 12**  
**CFEC \$224**  
**81969 Marquis Lung**



### Tennis Academy - Mini (6-9yrs)

This class is an introduction to tennis for children. Students are introduced to basic forehand and backhand skills while developing hand-eye coordination through a variety of fun games and activities. Bring your tennis racket, runners. No class Oct 8, 29, Nov 12, 19.

**Sat 1:30-2:30pm Sep 17-Dec 10**  
**Gym D \$90/10 sess**  
**70070 JC Maldonado**

### Tennis Academy - Junior (10-14yrs)

This class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills and be given the opportunity for game play. Bring your own racket, runners. No class Oct 8, 29, Nov 12.

**Sat 2:30-3:30pm Sep 17-Dec 10**  
**Gym D \$90/10 sess**  
**70071 JC Maldonado**

### Tennis - Future Stars (8-14yrs)

This class develops more advanced tennis skills through drills and rallies preparing participants for significant game play. This class focuses on the fundamentals of competitive tennis. Bring your own racket, runners. No class Oct 8, 29, Nov 12.

**Sat 3:30-4:30pm Sep 17-Dec 10**  
**Gym D \$90/10 sess**  
**70072 JC Maldonado**

### Volleyball Atomic Program (9-14yrs)

Britannia has teamed up with Apex and Action Volleyball Clubs to encourage children and youth to play volleyball! Develop correct technique in passing, setting, hitting, and blocking skills while learning the rules of the game in a positive environment. Instruction, practice and game situations will be covered. This program will help you on your school team and is an introduction to Club Volleyball which starts in January. There will be an opportunity to for you to join a competitive 12U team in January. Bring your friends! No class Oct 10, Oct 31.

**Mon 6:30-8:00pm Sep 19-Nov 28**  
**76209 9-12yrs \$63/9 sess**  
**76212 13-14yrs \$63/9 sess**  
**Gym A/B**

### Axe Capoeira (7-18yrs)

Anyone can join! We offer ongoing classes for children and youth. Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility. Includes unlimited participation in training, dance, music classes. Youth can attend adult classes as well. Child/Youth drop in \$15, adult drop in \$20 (go to the Britannia Pool Cashier, pay, bring receipt to instructor). Classes take place 1739 Venables.

(see page 26 for schedule)

#### Child/Youth

**Mon/Thu 5:00-6:00pm Sep/Oct**  
**69543 \$150/2 mo**  
**Mon/Thu 5:00-6:00pm Nov/Dec**  
**69544 \$150/2 mo**

### Axe Capoeira-Introductory (13yrs+)

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

**Mon/Thu 6:00-7:00pm Sep**  
**69569 \$60/mo**  
**Mon/Thu 6:00-7:00pm Oct**  
**69570 \$60/mo**  
**Mon/Thu 6:00-7:00pm Nov**  
**69576 \$60/mo**  
**Mon/Thu 6:00-7:00pm Dec**  
**69580 \$60/mo**

# Children

## Britannia Gymnastics (18mon-15yrs)

[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. Limited spots available per class so register early! No class Oct 8, 9, Nov 12, 13.

Sat	Sep 17 – Dec 10			
69785	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$88/11 sess
69787	Gym Kids	4-5yrs	2:00-2:45pm	\$88/11 sess
69788	Gym Kids	4-5yrs	3:00-3:45pm	\$88/11 sess
69791	Performance	6-9yrs	4:00-5:00pm	\$112/11 sess

Sun	Sep 18 – Dec 11			
69793	Dynamic Duo	18mo-3	10:00-10:45am	\$88/11 sess
69795	Dynamic Duo	18mo-3	11:00-11:45am	\$88/11 sess
69799	Performance	6-9yrs	11:30am-12:30pm	\$112/11 sess
69800	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$88/11 sess
69801	Adv Gym Kids	5-6yrs	12:45-1:45pm	\$112/11 sess
69802	Performance	6-9yrs	3:15-4:30pm	\$120/11 sess
69805	*Perf. Plus	9-15yrs	1:45-3:15pm	\$140/11 sess
70069	*Demo Team	9-15yrs	3:30-5:00pm	\$140/11 sess

### 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 in beam, floor, vault and bars. Gymnasts are encouraged to create routines, perform to the best of their ability and are given positive feedback on each event.

### Performance Plus (9-15yrs)

This program is for recreational advanced athletes who are committed to the program from Sept 2016-May 2017. Previous gymnastics experience is required. Athletes will have the opportunity to participate in friendly Interclub meets and perform routines.

If you are interested contact [lori.moretto@vancouver.ca](mailto:lori.moretto@vancouver.ca) - program registration requires pre-approval by coaches.

### Demo Team (9-15yrs)

This program is for recreational advanced athletes who are committed to the program from Sept 2016-May 2017. Athletes will fine tune tumbling skills, stunting, dancing and circus arts. Previous gymnastics or dance experience is required. Athletes will have the opportunity to participate in demonstrations and perform routines. If you are interested contact [lori.moretto@vancouver.ca](mailto:lori.moretto@vancouver.ca) - program registration requires pre-approval by coaches.

### Britannia Coaches

Kasha, Caelan, Brenna, Aaron, Bianca and all our Coaches in Training are all looking forward to another great gym session!



## Daycamps

### Funseekers Daycamp (6-12yrs)

There are many activities and out-trips planned for the Winter Break Funseekers program! Come on to learn new skills, meet new friends, or simply to have FUN! Swim, skate, learn arts and crafts, play group games, go on out-trips and more! Register early to avoid disappointment. Please provide lunch, snack, and water daily. Parents are required to complete consent forms.

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

Mon-Fri	9:00am-3:00pm	Dec 19-Dec 23
71083		\$95/5 sess
Gym D		
Mon-Fri	9:00am-3:00pm	Dec 26-Dec 30
71087		\$95/5 sess
Gym D		



## Micro Footie Development

MF Development is a unique coaching experience for youth players. Rupert Postma, identified this year as one of the top youth players in North America by Celtic FC is a consistent player in the MF Development Curriculum. Players in MF Development learn Celtic turns, combination play, taking players on one on one, skills, out the box activities, and movement. The sessions are specifically for players who want to raise their game. Please note: Select high potential players from Micro Footie Development have an opportunity to take part in a North American ID Camp in 2017. Taught by Jason Kyle: FIFA B Licence, MF Founder, KLM Technical Director, 2016 BC Summer Games Coach, MF mentor to coaches Jorge Porter, Soccer For life and Anthony Cristante, B Licence Prep. No class Oct 9, Nov 13.

4-5yrs		6-12yrs	
Sun	Sep 25 – Nov 27	Sun	Sep 25 – Nov 27
72776	9:30-10:30am Beginner players	72795	6-7yrs 11:30-12:45pm
72779	10:30-11:30am Experienced players	72808	8-10yrs 1:00-2:15pm
Gym D	\$72/8 sess	72809	11-12yrs 2:30-3:45pm
		Gym D	J.Kyle \$120/8sess

### Micro Futsal for Girls (12-14yrs)

82844 Tuesdays 6:30-7:45pm Sep 27-Nov 23 (no class Oct 25)  
Gym A/B \$120

### Winter 2017 MF Indoor Program - keep playing!

Register for these starting Tue Dec 6, 2016

4-5yrs		6-12yrs	
Sun	Jan 8-Feb 27	Sun	Jan 8-Feb 27
9:30-10:30am	Beginner players	6-7yrs	11:30-12:45pm
10:30-11:30am	Experienced players	8-10yrs	1:00-2:15pm
Gym D		11-12yrs	2:30-3:45pm
		Gym D	



## BRITANNIA MICRO FOOTIE SPRING LEAGUE 2017

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

Britannia has been offering this popular recreational spring soccer league for over 24 years! Saturday games will be played at Empire Bowl, Hastings Park. Practices will remain at the Brit Oval and Garden Park during the weekdays. Robson Park program will remain at Robson (Sat games and weekday practices). Program Dates: Sat April 22 – June 24, 2017

**Register: Tue Jan 10 2017, 9:00am online or in person at Britannia Info Centre**

### Call for Soccer Coaches

If you are interested in coaching Micro Footie, please contact [britfootieinfo@gmail.com](mailto:britfootieinfo@gmail.com) now.

### Coaches Orientation Clinics

**Sat Apr 1, 2017, Gym D**

At these "MUST ATTEND" clinics the Footie Staff Team will go over the Coaches Manual, and coaches will pick up their team roster, team contact information, team t-shirts. Keep this date open – all coaches are required to attend.

### Referees

Referee application will be accepted from Dec 1 – Jan 15, 2017. Please email your full name, phone contact number, ref certifications and experience to [britfootieref@gmail.com](mailto:britfootieref@gmail.com).

### Sponsorship Donors

Join other community minded businesses to encourage Britannia's children and youth to keep active by sponsoring the 2017 Micro Footie program. Benefits include sponsor logo on tee sleeve, Footie website and Britannia Spring 2017 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).

Thank you to our community donors who sponsored the 2016 Britannia Micro Footie Season:



## Arts

### Logic Club (9-14yrs)

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 Sep 22-Nov 10  
 FAR \$30/8 sess  
 72514

### Beginner Marimba (8-18yrs)

This class is open to anyone and is a great way to get started in music. You will learn traditional music from Zimbabwe, Latin America & original compositions for marimba. Includes fun rhythm games, movement, & is all about having a good time playing music on the marimbas.

Thu 4:00-5:00pm Sep 15-Dec 1  
 Rm 111 \$144/12sess  
 69679

### Intermediate Marimba (10-18yrs)

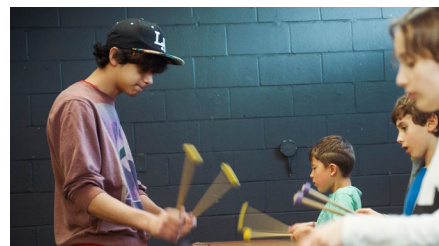
This class requires you to have some experience with marimba or piano and you will learn traditional music from Zimbabwe, Latin America and original compositions for marimba. The class focuses on developing material to perform, writing your own composition, and having a good time playing music on the marimbas.

Thu 5:00-6:00pm Sep 15-Dec 1  
 Rm 111 \$144/12sess  
 69705

### Youth Marimba Performance Group (11-18yrs)

This class is a year-long commitment to be part of a new performance group. We are looking for dedicated, enthusiastic and focused students. The World Rhythms Society has had a long standing tradition of encouraging & mentoring youth to perform and share their work, with bands such as Kutapira, Kunaka & Tambai. See page 14 for full details.

Thu 6:00-7:00pm Sep 15-Dec 1  
 Rm 111 \$144/12sess  
 69748



## Social

### Greenhorn Community Music Project



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

Mon 3:30-5:00pm Sep 12-Dec 12  
 Rm 111 \$0/13 sess  
 69703 B Koch

### Preteen Friday Night Live (10-13yrs)

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

Fri 6:00-8:30pm  
 Bowling Sep 23  
 77037 \$15/1 sess  
 Hillcrest Pool Oct 14  
 77038 \$5/1 sess  
 Indoor Rock Climbing Nov 18  
 77042 \$15/1 sess  
 Scotiabank Movie Dec 16  
 77043 \$5/1 sess  
 Meet at Preteen Centre

### Preteen Girls Club (10-13yrs)

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

Thu 6:15-8:00pm Sep 15-Dec 15  
 Gym D Free  
 72222

### Preteen Dance (10-13yrs)



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

Fri 6:30-9:00pm Oct 28, Dec 9  
 CFEC Free

## Physical Activity

### Ball Hockey Drop-in (11-19yrs)



Wed 5:30 pm-7:00 pm Sep 9-Dec 28  
 Gym D Free

### Basketball Drop-in (11-19yrs)

Fri 5:30-6:50pm Sep 9-Dec 30  
 Gym C Free  
 Sun 12:00pm-1:45pm Sep 11-Dec 18  
 Gym C Free

### Fencing - Youth (12-18yrs)

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 defense, 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/5th. No class Oct 10, 31

Mon 6:00-8:00pm Sep 19-Dec 12  
 La Salle Fencing Studio \$88/11 sess  
 69629  
 Wed 4:00-6:00pm Sep 21-Dec 14  
 La Salle Fencing Studio \$104/13 sess  
 69631

### Volleyball Program (9-14yrs)

Britannia has teamed up with Apex and Action Volleyball Clubs to encourage children and youth to play volleyball! Develop correct technique in passing, setting, hitting, and blocking skills while learning the rules of the game in a positive environment. Instruction, practice and game situations will be covered. This program will help you on your school team and is an introduction to Club Volleyball which starts in January. There will be an opportunity to for you to join a competitive 12U team in January. Bring your friends! No class Oct 10, Oct 31.

Mon 6:30-8:00pm Sep 19-Nov 28  
 76209 9-12yrs \$63/9 sess  
 76212 13-14yrs \$63/9 sess  
 Gym A/B

### Youth Yoga (9-18yrs)

Introduction to yoga for youth ages 9-18. Improve your balance, flexibility and core strength while learning in a safe, welcoming environment.

Wed 5:00-6:00 pm Sep 21-Nov 23  
 CFEC \$40/10 sess  
 71091 TBA

## Teen Centre Hours

Mon-Thu 3:00-9:30pm

Fri 3:00-10:00pm

Sat 6:00-10:00pm

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

Alicia	Barry	Celine	Chiho
Emma	Kakada	Manuel	Mark
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 together plan and run programs and activities for the Teen Centre. Please pick up your copy of the monthly activities calendar. If you do not see what you are looking for then join in, get involved and make it happen!

The Teen Centre is a place to:

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

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

## First Friends Buddy Program (11-18yrs)

Meet youth your age and learn at the same time. The Friends First Buddy program provides you with social, recreational, and educational skills. We meet every Saturday and we participate in various activities from 2:00-6:00pm. To register and more information please contact Stephanie at 604.718.5829.

Grupo de Amigos.

- \* Outings/Salidas
- \* Team Building Games/Juegos
- \* Workshops/Tallers
- \* Fundraising/Recoger

Fondos y planiar eventos Ven a conocer jóvenes de tu edad y de varios países. El programa de Friends First te enseña nuevas habilidades en que puedes participar todos los sabados. Nos reunimos en diferentes lugares, para mas información por favor llame a Stephanie para registrarse al 604.718.5829. Subsidios disponibles para todas las actividades. Sat/Sabados 12:00-4:00pm

Sat 12:00-4:00pm Sep 10-Dec 17  
Teen Centre  
72513 Stephanie

## Leadership

### Britannia Youth Committee

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

### “Play it Fair” Afternoon

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

Fri 4:00-5:00pm  
Teen Centre Free

**equitas**

Play it

Fair!

## Social

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

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

Wed 7:00-9:00pm Sep 7-Dec 28  
Teen Centre Free

### Canucks Game Night

Need a place to watch the Canucks on the Big Screen? Come watch the Canuck’s games in our Canucks zone!

Every Canucks game on a Fri there is a FREE BBQ!

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

### Feast of Flavors (13-18yrs)

This is a hands on cooking program. Tuesdays 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.

Tues 4:00-6:00pm Sep 13-Dec 13  
AML Free

## Gateway to Employment

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

Thu 12:00-3:00pm Sep 15-Dec 15  
Teen Centre \$168/14 sess  
72792

## Girls Club (13-18yrs)

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.

Tues 6:15-8:00 pm Sep 20-Dec 13  
Preteen Centre Free  
72218

## Guys Night (13-18yrs)

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

Mon 6:00-8:00pm Sep 19-Dec 19  
Teen Centre Free  
72242

# Youth



## Latin Cooking (11-18yrs)

Learn to cook food from various Latin countries. Quieres aprender a cocinar comida de varios países Latinos. Participants will also learn how to make healthier food choices and to shop on a low budget.



Ven y aprende como escoger productos que sean saludables y aprende a gustar menos.

**Thu 4:30-6:30pm** **Sep 8-Dec 29**  
**AML Free**

## Logic Club (13-17yrs)

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

**Thu 6:00-7:30pm** **Sep 22-Nov 10**  
**FAR \$30/8 sess**  
**72515**

## Saturday Unlimited (13-19yrs)

Saturday Unlimited is a unique program which offers recreational opportunities to youth 13-19 years with special needs. Participants take part in a wide range of activities in and around the city, meeting new friends and acquiring new skills.

Knowledgeable staff, in-program transportation and one to one volunteers are provided to maximize the youth's participation and enjoyment of the program. Different activities take place each week and include at least one evening event each session in place of the day outing to enhance age appropriate activities. Call 604-718-5873 for more info. Registration and intake must all be approved by Saturday Unlimited staff. No Session Feb 6

**Sat 10:00am-3:00pm** **Sep 17-Nov 12**  
**LRC \$125/8 sess**  
**71100**

## Youth Extravaganza (13-18yrs)

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

**Fri 7:00-10:00pm** **Oct 7**  
**Gym C \$2/sess**

## Physical Activity

### Youth Yoga (9-18yrs)

Introduction to yoga for youth ages 9-18. Improve your balance, flexibility and core strength while learning in a safe, welcoming environment.

**Wed 5:00-6:00pm** **Sep 21-Nov 23**  
**CFEC \$40/10 sess**  
**71091 TBA Instructor**



### Ball Hockey Drop-in (11-19yrs)

**Wed 5:30pm-7:00pm** **Sep 8-Dec 28**  
**Gym D Free**



### Basketball Drop-in (11-19yrs)

**Fri 5:30-6:50pm** **Sep 9-Dec 30**  
**Gym C Free**

### Basketball Drop-in (11-19yrs)

**Sun 12:00-1:45pm** **Sep 11-Dec 18**  
**Gym C Free**



### Free Youth Swim

Contests, prizes, games and crazy staff!! Britannia youth only swim time. First friday of every month. Be ready to go in the water by 8pm. 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** **Sep 2, Oct 7, Nov 4, Dec 2**  
**Britannia Pool 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.



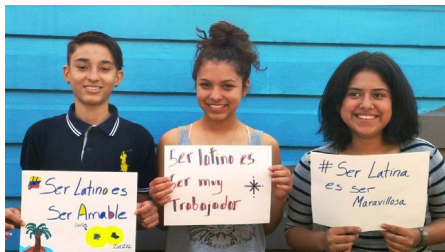
### Blackcomb/Whistler Ski & Snowboard

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.

Must register a minimum of 2 weeks in advance. Registration accepted at Britannia Teen Centre only.

**Sat 6am-6pm** **Dec 10, Jan 21, Apr 1**  
**Sun 6am-6pm** **Feb 12, Mar 5**

**\$75 ski/snowboard rental, \$60 no rental required.**



## Programa de Jóvenes Latino Americanos

Para más información y para registrarse llame a Stephanie Angel-Garay al 604.718.5829 o por correo electrónico a stephanie.angel-garay@vancouver.ca

For further information please contact Stephanie Angel-Garay, the Latin American Youth Worker at 604.718.5829. stephanie.angel-garay@vancouver.ca

The Latin American Youth Project offers a number of opportunities to Latino youth 13 to 18 years of age and ranges from organized recreational programs to advocacy and referral services. 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 13 a 18 años y son gratuitos en su mayoría.

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

Buscamos a jóvenes que estén interesados en iniciar nuevos programas y actividades para nuestra comunidad Latina. Dar reconocimiento a los asuntos Latinos, apoyar nuestra comunidad, recoger fondos, iniciar nuevos proyectos y eventos, y hacer trabajo voluntario para las horas requeridas para la graduación. Nos reunimos el primer Miércoles de cada mes de 5:00-6:30pm

## Entre Nosotr@s

Entre Nosotr@s is a program for Latin American Youth (13-18 yrs) that offers youth an opportunity to learn more about: human rights, cross cultural societal issues, peaceful conflict resolution strategies and self-empowerment.

El programa Entre Nosotr@s les ofrece a los jóvenes Latinoamericanos (13-18 años) la oportunidad de aprender más acerca de los derechos humanos, diversidad cultural y problemas sociales, estrategias de resolución de conflictos y autoestima.

**Sat/Sábado 12:00-2:30pm**  
Se ofrece Refrigerio y tickets de transporte  
Snack & Bus tickets provided  
55+ Centre Free/Gratis

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

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

- Outings/Salidas
- Team Building Games/Juegos
- Workshops/Talleres
- 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 sábados. Subsidios disponibles para todas las actividades.

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



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

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

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

**Fri/Viernes 6:00pm-8:00pm**



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

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

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

## Spanish Clubs

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

**Tupper: Tue at lunch 11:40am Rm 311**  
**Van Tech: Thu at lunch 11:40am Rm TBD**  
**Britannia: Friday 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 contact 604.718.5829

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

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

Necesitas trabajo voluntario 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.



## Cocina Latina/Cooking Program

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

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

## Eventos/Events

Evento gratis de Nadar/Free Youth swim

**Fri 8:00-10:00pm**  
**Sep 2, Oct 7, Nov 4, Dec 2**  
Britannia Pool  
Gratis/Free



# Adults

## Arts

### African Drumming Level 1

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



**Wed 6:30-8:00pm** **Sep 21-Nov 9**  
**Cafeteria** **\$120/8 sess**  
**69665 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.

**Wed 8:10-9:40pm** **Sep 21-Nov 9**  
**Cafeteria** **\$120/8 sess**  
**69666 R Shumsky**

### Medieval Bound Notebook

**NEW**

Make a palm-sized book where stitching is completely exposed. This immodest book is functional and beautiful. All supplies and tools provided.

**Sat 1:30-4:30pm** **Sep 10**  
**LRC** **\$45/1 sess**  
**78861 S Lee**

### Egyptian Bound Notebook

Make a small book that harkens back to Ancient Egypt. This soft cover book is surprisingly durable. The book is stitched together that makes it very practical for sketching or journaling as it lies completely flat or folds over so easily. All supplies and tools provided.

**Sun 1:30-4:30pm** **Oct 2**  
**LRC** **\$45/1 sess**  
**69682 S Lee**

## 3 Part Nutrition Series: Learn to Cook Simple & Nutritious Asian Meals Featuring unique Asian inspired recipes

Learn about how nutrition can help you combat stress, maximize your energy & get the most out of life! Fabian is a holistic health coach and chef. He specializes in making nutrition easy to understand as well as making Asian, East Indian and European cuisine convenient to cook, fun, healthy and absolutely delicious.

### Session 1 – Japanese inspired “Misoba”

Get hands on to learn how to make a super simple Japanese inspired noodle salad that is perfect to restore healthy bacteria for gut healing. At the same time, understand how the digestive system works. Learn about how gut health is so important to maximize energy, performance and quality of life.

**Wed 6:00-8:00pm** **Oct 12**  
**Pre-teen Centre** **\$20/sess**  
**69696**

### Session 2 – East Indian inspired “Healing Biryani”

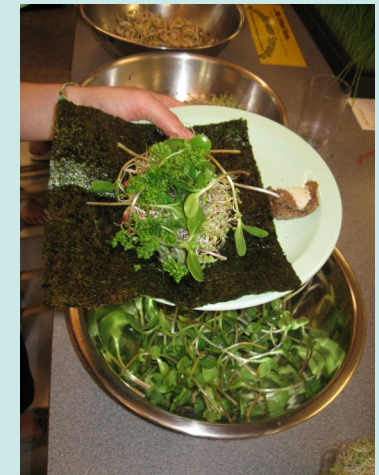
Struggling to find time to cook a warm, delicious and hearty meal? Surprise yourself with preparing this simple turmeric infused brown rice dish. In this session you will also learn about the root cause of many diseases – inflammation. More importantly, learn how to fight it. Apply this knowledge for yourself and also the people you love too.

**Wed 6:00-8:00pm** **Oct 19**  
**Pre-teen Centre** **\$20/sess**  
**69735**

### Session 3 – Thai inspired “Mee-dicate”

Want to impress everyone at a potluck? You will learn the secrets of making this irresistible and highly addictive rice noodle dish! In this session, you will also learn how to overcome stress and anxiety. Learn about the foods and techniques that can help you with gaining better sleep. vegetarian, vegan, gluten free

**Wed 6:00-8:00pm** **Oct 26**  
**Pre-teen Centre** **\$20/sess**  
**78997**



### Collage Journeys

**NEW**

In this 4 sessions of collage art making, you will embark on a journey of creativity, memories and storytelling. Embracing imperfection and transforming the mundane into the extraordinary, creating art ournals, soul seraching cards and visualization boards. No experience necessary. Please bring 8oz matte Mod Podge, colorful paper, photos and other materials you would like to work with. Rosina Santillana mixed Media Artist and Expressive Art Therapist

**Sat 11:00am-1:00pm** **Sep 10, 17, 24**  
**& Oct 8**  
**Cafeteria** **\$135/4 sess**  
**69710 R Santillana**

### Creative Dream-work

**NEW**

Re-enter dreams through art, writing and gentle movement and gain understanding of the guidance your night-time images provide. Explore their characters, animals, settings, stories or story fragments in a meditative yet playful class. Open doors to your imagination and nurture your creative self in an engaging journey of self-discovery. Carine is a writer, expressive arts therapist and yoga and meditation teacher. For further info see: [spacestobe.org](http://spacestobe.org)

**Mon 7:30-9:00pm** **Nov 28-Dec 12**  
**FAR** **\$50/3 sess**  
**76229 C DeKock**

## How To Draw Like An Architect

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

**Wed 5:00-7:00pm** **Oct 26-Dec 14**  
**Rm 210** **\$145/8 sess**  
**69701 M Atashzad**

## Homebrewing 101 Grand Brews in Grandview

Brewing beer at home is as easy as making oatmeal and making soup. It smells great and it'll feed your friends. Aspiring brewers will see the brewing process from start to finish with a full explanation in simple terms. Start a hobby, start a career - brewing is fun and productive. Craig Ollenberger is an experienced homebrewer and a founder of the VanBrewers.

**Sat 12:00-4:00pm** **Oct 8**  
**PreTeen Centre** **\$15/1 sess**  
**69688**

## Greenhorn Community Music Project



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

**Mon 3:30-5:00pm** **Sep 12-Dec 12**  
**Rm 111** **\$0/13 sess**  
**69703 B Koch**

## Kombucha 101: Fermenting Tasty Teas

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

**Wed 6-8pm** **Nov 2**  
**Pre-teen Centre** **\$15/sess**  
**69694**

## Paper Quilling

If you love spirals and re-purposing paper join this workshop on paper-quilling. Experiment with different weights of paper. Come away with a few cards or frameable works.



**Sun 1:00-4:00pm** **Nov 6**  
**RAR** **\$50/1 sess**  
**76516 H Spaxman**

## Photo Transfer Workshop

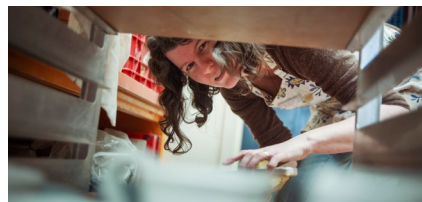
In this workshop you will learn how to transfer a photo to a wooden panel using acrylic medium. Please bring 1 to 3 photo copies (not original photos). They must be printed on a laser printer, on plain paper stock. If you have lettering or people in the photo, you will want to ask the printer to flip or mirror the image(s) for you. If you have your own wooden panels, bring them along, otherwise some small (3" x 4") panels will be available at cost. Some generic laser copies will also be available for your use. Bring a hair dryer if you don't want to wait in line for mine

**Sat 12:00-3:00pm** **Oct 1**  
**RAR** **\$50/1 sess**  
**76145 S. Oates**

## Pottery - Introduction

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

**Tue 7:00-9:00pm** **Sep 20-Nov 8**  
**Rm 208** **\$175/8 sess**  
**69729 H Spaxman**



## Pottery - Continuing

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

**Wed 6:30-9:00pm** **Sep 21-Nov 9**  
**Room 208** **\$200/8 sess**  
**69728 H Spaxman**

## Reckless Painting

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

**Sat 9:30am-3:00pm** **Sep 24**  
**Rm 210** **\$50/1 sess**  
**69730 A Orsini**



## Writing Meditation

Open doors to your imagination, release your writing voice and gain a sense of wellbeing. In this embodied writing class you will use mindfulness, evocative visual prompts and guided imagination to engage in a dialogue with the unconscious, transform old patterns that limit your self-expression and rediscover your potential for playfulness and creativity. Carine is a writer, expressive arts therapist and yoga and meditation teacher. For further info see: [spacestobe.org](http://spacestobe.org) No class Oct 8

**Mon 7:30-9:00pm** **Sep 26-Nov 21**  
**FAR** **\$120/8sess**  
**69745 C DeKock**

## Watercolour Painting

Study watercolour painting techniques by exploring the medium's full potential. Learn to use water, paper, colour and brushes to create an endless variety of tones and atmosphere in your painting. Mohammad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. Supplies are not included, supply list available upon registration. Visit [www.atashzad.com](http://www.atashzad.com).

**Wed 7:00-9:00pm** **Oct 26-Dec 14**  
**Rm 210** **\$145/8 sess**  
**69744 M Atashzad**

# Adults

## Adult Marimba

NEW

This class is open to anyone and is a great way to get started in playing African music. You will learn traditional music from Zimbabwe, and original compositions for marimba. There is an informal performance at the end of every term at a local cafe. Students of this class will become part of musical ensemble that will learn marimba ensemble that will develop and explore diverse percussive rhythms with Zimbabwean marimba tradition in a new and exciting way. The development of the music will be mentored by Pasi Gunguwo.

**Tue 6:00-7:30pm Sep 13- Nov 29**  
**Rm 111 \$150/12 sess**  
**76567 Instructor: P.Gunguwo**

## About Pasi Gunguwo

Born and raised in Zimbabwe, Pasi's extraordinary music artistic ability was discovered in the age of 6. He has since played marimba professionally around the world, and has directed marimba bands in Zimbabwe, Canada, and the United States and Israel. Pasi is a master-player of marimba, mbira, hosho, and drumming.

## Salsa Cubana & Rueda De Casino Beg

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 Sep 27-Nov 15**  
**Gym C \$120/8 sess**  
**69732 C Pena**

## Salsa Cubana & Rueda De Casino - Int 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 Sep 28-Nov 16**  
**CFEC \$120/8 sess**  
**69733 C Pena**

## Salsa Cubana & Rueda De Casino - Int 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!

**Th 7:30-9:00pm Sep 29-Nov 17**  
**Gym C \$120/8 sess**  
**69734 C Pena**

## Social

### Carnival Band

FUN FOR ALL

Looking for an excuse to dust off that horn (accordion, glockenspiel...) in the back of your closet, dress up and play in the street? Looking for a way to bring a little music and colour to your community? The Open Air Orchestra Society invites you to our street band workshops, led by the incomparable Ross Barrett, Tim Sars, and various guest instructors. All levels/ages welcome; stop by just to listen and dance if you like! Suggested donation is one hour's wage per month or \$5/pay-what-you-can drop-in. No class Oct 10.

**Mon 7:30-10:00pm Sep 12-Dec 12**  
**AML \$0/13 sess**  
**68689 T Sars**

## The Drive Street Band

FUN FOR ALL

We are a community music band who 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. You will need a good attitude and an instrument that you can take out to the streets. Led by C Sweet & T Whitridge. \$2-5 donation at rehearsals. No sess Sep 25.

**Sun 3:00-5:00pm Sep 11-Dec 11**  
**AML \$0/13 sess**  
**69739**

## Grandview Garden Club

Meets at 7:00pm each 2nd Thursday of the month in the LRC. Knowledgeable speakers tackle subjects such as pruning, vegetable growing, attracting bees & garden design. Novice gardeners & experienced green thumbs welcome.

**Annual membership \$20/ Drop-in \$4**

FUN FOR ALL

## Cultivating Courage and Compassion in the Teenage Years

Has conflict been on the rise in your house? Get the support you need to support your teenager! As a teenager struggles to create his or her own self in the world, parents often feel frustrated at choices made, sad at the loss of the young child they understood so well, afraid of painful outcomes for the teenager, and at a loss as to how to help. Supporting a teenager through this intense period requires a whole new set of skills! Through this 2 hour workshop for parents, learn and practice new skills in order to:

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

This program will be followed by the Therapeutic Parent Support Group sessions (see below). For more information visit: <http://breatheintobetter.com>.

**Tue 7:00-9:00pm Sep 27 Board Rm**  
**Board Rm Free (but you must register)**  
**79181**

## Therapeutic Parent Support Group

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

- Problem solve undesired interactions, practice effective strategies
- Personal self-care, distress tolerance and emotional regulation skills
- Discuss adult reactions to child behaviors, brainstorm more skillful responses
- Explore normal vs. abnormal development and behavior
- Early intervention of possible mood or other psychiatric disorders.

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

**Tue 7:00-8:30pm Oct 4-Nov 8**  
**LRC \$110/6sessions**  
**79182**

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



## Physical Activity

Join in on the fun and GET FIT at BRIT! We offer a variety of classes to keep you active: Zumba, Salsafit, Body Conditioning and a new Stretch & Roll class. Try a Yogaflex class or come tryout our new Sunday morning Pickleball program. Play volleyball, basketball, ball hockey, soccer and more!

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Zumba</b> 6:00-7:15pm Gym C	<b>Total Body Conditioning</b> 6:00-7:00pm Gym C	<b>Stretch &amp; Roll</b> 10:30-11:30am 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</b> 10:15-11:15am CFEC
	<b>Volleyball</b> 8:00-10:00pm Gym A/B	<b>Zumba</b> 6:00-7:15pm Gym C	<b>Soccer - Women's</b> 6:00-7:30pm Gym D	<b>Badminton</b> Gym C	<b>Badminton</b> Gym C	<b>Pickleball - NEW</b> 10:00-noon Gym C

\*Buy a strip of 10 tickets and use at Tue Body Conditioning, Thu Dance Aerobics and Sat Salsafit programs.

### Aerobics – Total 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, flexibility. Purchase drop-in tickets at pool office for \$4.75/session OR \$39.40/10 tickets. No online registration.

**Tue 6:00-7:00pm** **Sep 13- Dec 6**  
**Gym C** **Drop-in \$4.75/sess**  
**68345 A. Riley**

### Dance Aerobics

A great way to get your cardio in while having fun. This class is designed to get fit with simple Latin Funk and Reggae moves all fused together! Purchase drop-in tickets at pool office for \$4.75/session OR \$39.40/10 tickets. No online registration.

**Thu 6:00-7:00pm** **Sep 15-Dec 8**  
**Gym C** **Drop-in \$4.75**  
**68346 A. Riley**

### Salsa Fit

An invigorating and energizing cardio combining Hi/Lo impact aerobics with a salsa flare - great music, fun. Includes muscular strength component and stretching. Purchase drop-in tickets at pool office \$39.40/10 tickets. No class Oct 8.

**Sat 10:00-11:00am** **Sep 10-Dec 17**  
**Gym C** **Drop-in \$4.75/sess**  
**68337 Denise**

### Yogaflex

This flowing yogaflex class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures.

This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Please visit [www.clstevensfitness.com](http://www.clstevensfitness.com) for more information. Please bring your own mats to this class. No class Oct 9, Nov 13.

**Sun 10:15-11:15am** **Sep 18-Dec 11**  
**CFEC** **\$88/11 sess**  
**68347 CLS Fitness** **Drop-in \$12/sess**

### 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 benefits of self-myofascial release. It can improve posture, flexibility, increase blood flow and overall well-being. For more information check out: [www.zumbavancouver.ca](http://www.zumbavancouver.ca). Denise is teaching this class!

**Drop-in \$11/sess**

### Free Trial Sessions

Please register for these free trial sessions so we know to expect you!

**76136 5:45-6:45pm** **Tue Sep 6**  
**76143 10:00-11:00am** **Wed Sep 28**  
**76137 5:45-6:45pm** **Tue Oct 25**  
**CFEC Denise** **Free**

### Regular session begins - Tue

**76134 5:45-6:45pm** **Sep 13-Oct 18**  
**76135 5:45-6:45pm** **Nov 1-Dec 13**  
**CFEC Denise** **\$60/6 sess**

### Regular session Begins - Wed

**Wed 10:00-11:00am** **Oct 5-Nov 9**  
**CFEC** **\$60/6 sess**  
**69664 Denise** **Drop-in \$12/sess**  
**No Class Nov 15**

### 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 anyone at any fitness level. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, Samba, Reggaeton, Flamenco and more. [www.zumbavancouver.ca](http://www.zumbavancouver.ca).

### Free Trial Session - Mon

Please register for these trial sessions even though they are free so we know to expect you!

**68338 Mon 6:00-7:15pm** **Sep 12**  
**Gym C Kathy Ann** **Free**

### Regular session begins:

**Mon 6:00-7:15pm** **Sep 19- Oct 31**  
**No class Oct 10** **\$48/6 sess**

**68339**  
**Mon 6:00-7:15pm** **Nov 7-Dec 12**  
**68371** **\$48/6 sess**  
**Gym C Kathy Ann**

### Free Trial Session - Wed

**68340 Wed 6:00-7:15pm** **Sept 7**  
**68341 Wed 6:00-7:15pm** **Nov 2**  
**Gym C Denise** **Free**

### Regular session begins:

**Wed 6:00-7:15pm** **Sep 14-Oct 26**  
**68342** **\$56/7 sess**

**Gym C Denise**  
**Wed 6:00-7:15pm** **Nov 9-Dec 14**  
**68343** **\$48/6 sess**  
**Gym C Denise**

# Adults

## Axe Capoeira (7-18yrs)

Anyone can join! We offer ongoing classes for children and youth. Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility. Includes unlimited participation in training, dance, music classes. Youth can attend adult classes as well. Child/Youth (p.15) drop-in \$15, adult drop in \$20 (go to the Britannia Pool Cashier, pay, bring receipt to instructor). Classes take place 1739 Venables.

## Axe Capoeira-Introductory (13yrs+)

Take advantage of this one time offer to try Capoeira in this introductory program in Sept, Oct, Nov, Dec Mon/Thu 6:00-7:00pm! Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility. Classes take place 1739 Venables. (see p.13 for ages 3-5yrs old)

69569	Mon Thu	6:00-7:00pm	Sep	\$60
69570	Mon Thu	6:00-7:00pm	Oct	\$60
69576	Mon Thu	6:00-7:00pm	Nov	\$60
69580	Mon Thu	6:00-7:00pm	Dec	\$60

## Axe Capoeira - Adult

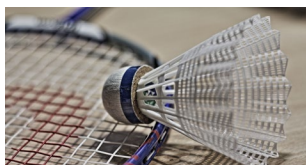
Su M Tu W Th Sa	11:00am - 2:00pm
68458	Sep/Oct \$230/2 months
68461	Nov/Dec \$230/2 months

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

## Badminton

Total of 30 spaces (registered & drop-ins) \$5.00 drop-ins if space available. No class Oct 7, Nov 11

Fri	7:00-9:45pm	Sep 9-Dec 16
Gym C		\$56/14 sess
69752	A. Leung	
Sat	1:30-5:00pm	Sep 10-Dec 17
Gym C		\$60/15 sess
69754	J. Leung	



## 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 as this class will fill up!

Wed	7:15-8:45pm	Sep 14-Dec 14
Gym D		\$70/14 sess
68348	T. Wells	

## 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 a white t-shirt to split into teams. Sticks provided, or bring your own plastic, wood, composite. Shin pads, gloves recommended. \$6/drop-on, space permitting. No class Oct 9.

Sun	4:15-6:00pm	Sep 11-Dec 18
Gym D		\$70/14 sess
68349	C. Eneas	

## Ball Hockey – Men's

This is a non-body contact program. Rough play will not be tolerated. No league players. No drop-in, no class Oct 9.

Sun	6:45-8:45pm	Sep 11-Dec 18
Gym D		\$75/14 sess
68363	TBA	

## Basketball - Sunday

Adult recreational basketball program. No drop-ins. No class Oct 9.

Sun	2:00-4:00pm	Sep 11-Dec 18
Gym C		\$70/14 sess
68385	S. Yan	
Sun	4:00-6:00pm	Sep 11-Dec 18
Gym C		\$70/14 sess
68386	S. Anderson	

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

Learn classic boxing techniques from Head Coach Bill Kennedy. Full size ring, punch/speed bags, circuit training, mitts and gloves. Great way to improve your fitness. During the group sessions, your training will be personalized to your specific skill and ability. Recreational athletes will be required to fill out Park Board Waiver forms prior to participating. Competitive athletes must fill out a Combsport waiver forms and pay a \$75 annual insurance fee (cheque payable to Combsport will be collected by the Bill prior to starting). Classes unlimited – come train as many times as you like! Boxing room is located beside Gym C. No class Sept 5, Oct 10, Nov 11, Dec 25, 26, 27.

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

Mon/Tue/Wed/Thu/Fri	2:00-4:00pm,
5:00-7:00pm	
Sat	10:00am-noon
68417	Sep \$75/month
68422	Oct \$75/month
68426	Nov \$75/month
68432	Dec \$75/month

## Fencing - Adult (16yrs+)

Learn the ancient art of swordplay in a fun and safe environment. Learn skills of attack and defence, and participate in bouts with your classmates. All equipment provided. Wear track pants and court shoes. Program takes place at LaSalle Fencing Studio, 2155 Commercial Drive/5th Avenue. Register at Britannia, program takes place offsite.

**Tue 7:30-9:00pm** **Sep 13-Dec 13**  
**La Salle Fencing Studio** **\$112/14 sess**  
**69588 LaSalle Fencing**

## Ki Aikido - General

A non-competitive and positive practice that develops calmness, stability and confidence to reduce the stresses of everyday life. We learn to develop mind-and-body coordination, stay centred under pressure, extend our minds and flow lightly in dynamic movements. Beginners can take one free session before deciding to register. . [www.canadianaikifederation.org](http://www.canadianaikifederation.org)

## Ki Aikido - General

All levels welcome, including beginners.

**Tue 6:00-7:15pm** **Sep 6-Dec 20**  
**Mat Room** **\$80/16 sess**  
**69590** **Drop-in \$8**

## Ki Aikido - General

All levels welcome, including beginners.

**Wed 7:30 - 9:30pm** **Sep 7-Dec 21**  
**Mat Room** **\$112/16 sess**  
**69593** **Drop-in \$10**

## Ki Aikido - High Grade

1st Kyu or more advanced students. No class Oct 10.

**Mon 7:30-9:30pm** **Sep 12-Dec 19**  
**Mat Room** **\$70/14 sess**  
**69592** **Drop-in \$6**

## Pickleball

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

**Sun 9:00am-12:00pm** **Sep 11-Dec 18**  
**Gym C** **\$42/14 sess**  
**69756 P.Tsao** **\$4/Drop-in**

## Soccer - Women's Indoor

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 are allotted per night. \$5/drop in, space permitting. No class Oct 27, Nov 17.

**Thu 6:00-7:30pm** **Sep 15-Dec 15**  
**Gym D** **\$60/12 sess**  
**68376 T. Harley**

## Volleyball – New Procedures

After 4 sessions of volleyball have passed, registration will close. After this time we will only accept drop-ins (if available). If a registered patron anticipates being late, they will need to phone in to the Pool Cashier (604 718 5831) at least 15 minutes prior to the program start time to hold their spot. If they fail to do this, their “registered” spot will become open to drop-ins. If you are a drop in you will be asked to pay and sign in at the Pool Cashier’s office and submit the receipt to the Instructor in the gym.



## Beginner - Thu

Basics are emphasized. Register to guarantee a spot to play every week. A total of 42 spaces allotted. \$6/drop in, space permitting.

**Thu 7:00-10:00pm** **Sep 15-Dec 15**  
**Gym A/B** **\$70/14 sess**  
**68379 R. LeBlanc**

## Intermediate - Tue

We work on specialized game play. If you have the basics please join us! Register to guarantee a spot to play every week. A total of 30 spots allotted. \$6/drop in, space permitting.

**Tue 8:00-10:00pm** **Sep 13-Dec 13**  
**Gym A/B** **\$70/14 sess**  
**68380 R. LeBlanc**

## Advanced - Fri

We work on specialized game play and advanced systems. Register to guarantee a spot to play every week. A total of 36 spots allotted. \$6/drop in, space permitting. No class Nov 11

**Fri 7:00-10:00pm** **Sep 16-Dec 16**  
**Gym A/B** **\$65/13 sess**  
**68383 R. LeBlanc**

## 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 humor. Safety, back and joint care will be addressed. For info contact Britannia at 604.718.5800(1) or instructor Claudia MacDonald at [claudiamacacodyoga@gmail.com](mailto:claudiamacacodyoga@gmail.com). All classes take place in the Canucks Family Education Centre.

## Level 1 & Gentle Level 1

**Thu 7:00-8:30pm** **Sep 15-Dec 1**  
**69597 C. MacDonald** **\$190/12 sess**

## Level 1 & 2

**Tue 9:30-11:00am** **Sep 13-Nov 29**  
**69598 C. MacDonald** **\$190/12 sess**  
**Tue 7:00-8:30pm** **Sep 13-Nov 29**  
**69605 C. MacDonald** **\$190/12 sess**

## Level 2 & 3

**Thu 5:30-7:00pm** **Sep 15-Dec 1**  
**69608 C. MacDonald** **\$190/12 sess**



# 55+ Older Active Adults

## Welcome to the 55+ Centre

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

### 55+ Programmer

Anne Cowan – anne.jackson@vancouver.ca  
604.718.5837  
Regular Hours: Mon-Fri 9:30am-5:30pm

### Vietnamese Programmer

Luong Ho - luong.ho@vancouver.ca  
604.718.5818  
Regular Hours: Mon-Fri 8:30am-4:30pm



### 55+ Centre Drop-in Hours

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Computer classes 10am-12pm	Vietnamese Drop-In 9am-3pm AML	Quirk-e 10am  Osteofit 11am	Chinese Folk Dance 10am-12pm	Vietnamese Line Dance 11am	Paso a Paso 10am-1pm	
Badminton 11:20am	Carpet Bowling 10am-12:15pm	Ballroom Fit 11:15am	So You Want To Dance 10:30am-12pm	Easy Exercise 10am  Computer Lab 10am-4pm	Computer Lab 1:45-3pm	Computer Lab 1-3pm
Lunch Drop-in 12pm	Badminton 11:20am	Badminton 11:20am	Badminton 11:20am	Blood Pressure 11am	Badminton 2pm	
Light-Hearted Britdge 1-3pm	Spanish Classes 1pm & 2:15pm	Computer Lab 12-4pm (*closed 3rd Wed/ month)	Computer Lab 10am-4pm	Lunch Drop-in 12pm		
Italian Cards 1-3pm	Line Dancing 1pm	Elders Circle 12pm-3:30pm		Ballroom Dance 2pm		
Computer Lab (open if no classes scheduled)		Adaptive Yoga 12:45pm	Elders Arts 2pm	Spanish Classes 1pm		
Ballroom Fit 11:15am-12:30pm Osteofit 11am-12pm		Knitting Social 1-3pm  Gentle Yoga 2pm		Latin Men DSM 5pm		Movie Night 6pm
Adaptive Yoga 12:45-1:45pm Gentle Yoga 2-3pm		Book Club 2:45pm  Mujeres en Accion 4-6pm		Tertulias 5pm	<b>Note:</b> We offer many free programs, registration is required to participate.	

# 55+ Older Active Adults

## Arts

### Chinese Folk Dance

Social Ballroom Dance Come practise your moves

Thu 10:00am-12:00pm Sep 8-Dec 22  
CFEC Free with Registration  
73057

### Quirk-e

Will begin it's 11 year in September. Quirk-e, the Queer Imaging and Riting Kollektive, for Elders experimenting with language and printed text, graphics, digital imagery, spoken word, and performance. (Applications available – 604.718.5837)

Wed 10:00am-12:00pm Sep 14-Dec 21  
55+ Centre C Robson

### So You Want To Dance

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

Thu 10:30am-12:00pm Sep 8-Dec 22  
55+ Centre Free with Registration  
73374 Hilary

### Social Ballroom Dance

Come practise your moves, must be registered.

Fri 2:00-4:00pm Sep 9-Dec 16  
CFEC Free with Registration  
73373

### Theater Group

Coming in New Year 2017!

## Social

### Aboriginal Elders Circle

Weekly Circle for Residential School survivors & other Elders. Enjoy Peer-Support, Sharing, Outtings, Ceremonies, Skill-building and youth mentorship. (Journey Around the Circle Society & Britannia CSC)

Wed 12:00-3:30pm Sep 7-Dec 14  
55+ Centre

### 55+ AML Book Club

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

Wed 2:45-4:45pm Sep 21, Oct 19, Nov 16

55+ Centre - Computer Lab Free  
59955

### Billiard and Ping- Pong

Free drop-in time Friday Mornings.

Fri 10:00am-12:00pm Sep 9-Dec 16  
72949 Free with Registration  
TC

### Carpet Bowling

Easy going, fun and social, run by volunteers

Tue 10:00am-12:15pm Sep 6-Dec 20  
72974 Free with Registration  
1739 Venables

### Elders Arts Project

In collaboration with the Arts and Health project VPB we will be offering three 10wk Arts projects for Elders. We will be taking applications beginning September 9th and welcome past and new participants.

Thur 2:00-4:00pm Oct-June  
CFEC

### 55+ Women's Social

Creating self-care, fun and sharing time with others.

Talks: Vitamin supplements, Foot care, Peer advocate

Days Out: Aesthetics, nails, manicure/pedicure/facials, Massage, Lunch parties

Workshops: Laughter Yoga, Bath bombs, Lotions

Thu 1:00-3:00pm Sep 15, Oct 13, Nov 10  
75828 Free

### Healthy Choices For Seniors

Weekly social workshops. In Kitchen-Delicious nutritious meals. Garden - inspiring easy to grow ingredients and cultural arts. Join us each week as we cook delicious and nutritious meals together, based on favourite recipes and fresh seasonal ingredients. Learn tips for growing food at home, whether it's the backyard, balcony or windowsill!

Thu 1:00-3:00pm Sep-Dec  
55+ Centre Free with Registration  
74199



### Knitting Social

Knitting and Crochet social for all ages

Wed 1:00-3:30pm Sept 7-Dec 14  
AML Free with Registration  
73107



### Latin American Men's Group (Paso a Pas)

Latin American Men's Social

In partnership with REACH Family Place

Sat 10:00am-1:00pm \*Sep-Dec  
55+ Centre Free with Registration  
73154

\*(except during special events)

### Latin American Women's Group (Mujeres en Accion)

Group Opportunity to network with other women in a friendly, informal setting; discussion of integration and health issues in Spanish, emphasis on self care and stress reduction. Contact and registration: Stella Castillo c/o pdabiri@reachcentre.bc.ca

Wed 4:00-6:00pm Sep-Dec  
55+ Centre Free with Registration  
73182

### Light Hearted Bridge & Italian Cards

Drop-in Cards every Monday afternoon after Lunch

Mon 1:00-3:00pm Sep 12-Dec 19  
55+ Centre Free with Registration  
72973

### Men's Group Tertulias

First three Fridays of each month. Opportunity for Latin American professional/technical men to meet and work together to eliminate barriers to their successful adaptation to Canadian society.

Fri 5:00-8:00pm Sep 2-Dec 16  
55+ Centre G Blanco

# 55+ Older Active Adults

## Lunch Drop-In

Noon Lunch drop-in Mondays and Fridays. No need to register ahead, friendly easy going social.

Mon/Fri 12:00-1:00pm  
55+ Centre \$5 Full Meal

## Pot Luck Lunch



Last Thursday every month. Bring a little something to share. Healthy Choices and Dialogue following Potluck

Thu 12:00pm Sep 29, Oct 27,  
55+ Centre Nov 24

## Christmas Luncheon

Christmas Party-Turkey Dinner, Entertainment and Door Prizes. Traditional Turkey dinner shared with friends. Festive and fun, everyone welcome!

Fri 12:00-2:00pm Dec 9  
55+ Centre \$10  
72978

## Open Mic

Our focus is on showcasing the voices of queer youth, elders, and allies, anyone is welcome to come read, sing, dance, drag, lip synch, or otherwise entertain us. Open Mic is an accessible alternative (well lit, no steps, attentive & kind audience, support for first time readers, youth and elder friendly), and a space for new/experienced work.

Sign up begins at 6:30pm and the event officially kicks off at 7:00pm. All performers have 5 minutes including set up, strictly observed. (Censorship: None. BUT no hate speech & please respect the fact that this is a safe space for youth 14 +)

Alcohol free. Coffee and soft drinks are available for purchase. 7:00-9:00pm  
Fri 6:30-8:00pm Oct 28, Nov 25  
CFEC

## Spanish - Beginners

Learn every day language to enable you to converse Spanish No Class Nov 11.

Tue/Fri 1:00-2:00pm Sep 13-Oct 21  
Rink Mezz. CANCELLED \$60/12 sess  
70452 I Nunez  
Tue/Fri 1:00-2:00pm Oct 28-Dec 6  
Rink Mezz. \$60/12 sess  
70454 I Nunez

## Spanish - Intermediate

Learn every day language to enable you to converse Spanish

Tue/Fri 2:15-3:15pm Date TBA  
Rink Mezz. CANCELLED \$60/12 sess  
59999 I Nunez  
Tue/Fri 2:15-3:15pm Date TBA  
Rink Mezz. \$60/12 sess  
41680I Nunez

## The Great Sunday Movie Night



The Great Movies at Britannia starts a new season with an updated, contemporary focus. Grab a movie you might have missed. Come alone, bring a friend, share your thoughts. And the popcorn is still free.

Sep 11 The Revenant  
Sep 18 SpotLight  
Sep 25 \*NO movie  
(All welcome to the Equinox Café)  
Oct 2 When We Were Kings  
Oct 9 \*NO Movie Night  
Oct 16 Brooklyn  
Oct 23 Ratatouille  
Oct 30 45 Years  
Nov 6 Grand Budapest Hotel  
Nov 13 Room  
Nov 20 A Separation  
Nov 27 It Happened One Night  
Dec 4 Atanarjuat-The Fast Runner

Sun 6:00-9:00pm  
55+ Centre Free  
77613

## Health & Wellness

### Exercise with Friends



Senior led video exercise with light and easy movement

Fri 10:00-11:00am Sep 9-Dec 16  
73062 Free with registration  
55+ Centre

### Foot Care

Foot assesment, complete therapeutic, toenail trimming and cleaning, diabetic and fungal care. Call Monica, RN. For appointments 604.228.0262

Fri 12:00-3:00pm Sep 16-Dec 16  
Fee upon Service \$40  
55+ Centre

### Friday Wellness

Blood Pressure and Sugars, Video Exercise RN Monica; also available for Foot Care

Fri 11:15-12:15pm Sep 9-Dec 16  
73083  
M Rinard

## 55+ Older Adult Committee

Meetings include a wee bite to eat so we'll be meeting on the the last Thursday of the month at 1:30pm. We'll still be discussing what matters and what are the needs of seniors in our community and work toward implementing needed and valued services and program for those 55 and older in our Community. New members are welcome. 55+ Centre

Thu 1:30pm

## Latin American Diabetes Self-Management program

A support group, in Spanish, for Latin American community members with Diabetes, or who are at high risk of developing diabetes. Uses a Community Kitchen Contact German Blanco at 604-254-6468 or gblanco@reachcentre.bc.ca In partnership with REACH Family Place

Fri 5:00-8:00pm Aug 29-Oct 17  
55+ Centre

## Osteofit

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

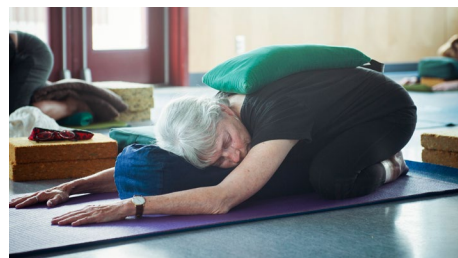
Mon 11:00am-12:00pm Sep 12-Oct 24  
CFEC \$56/6sess  
74230 Drop-in \$10  
CFEC 11:00am-12:00pm Oct 31-Dec 5  
74232 Drop-in \$10

## Physical Activity

### 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.

Wed 12:45-1:45pm Sep 14-Oct 19  
72920 \$60/6 sess  
CFEC G Quon  
Wed 12:45-1:45pm Oct 26-Nov 30  
72922 \$60/6 sess  
CFEC G Quon



# 55+ Older Active Adults

## Gentle Yoga 55+

Yoga practice for older adults. Warm up muscles, increase muscular elasticity and strengthen skeletal alignment. No class Oct 10.

<b>Mon</b>	<b>2:00-3:15pm</b>	<b>Sep 12-Oct 24</b>
<b>CFEC</b>		<b>\$60/6 sess</b>
<b>72931</b>		
<b>Mon</b>	<b>2:00-3:15pm</b>	<b>Oct 31 – Dec 5</b>
<b>CFEC</b>		<b>\$60/6 sess</b>
<b>72932</b>	<b>G.Quon</b>	
<b>Wed</b>	<b>2:00-3:15pm</b>	<b>Sep 14-Oct 19</b>
<b>CFEC</b>		<b>\$60/6 sess</b>
<b>72947</b>		
<b>Wed</b>	<b>2:00-3:15pm</b>	<b>Oct 26-Nov 30</b>
<b>CFEC</b>		<b>\$60/6 sess</b>
<b>72948</b>	<b>G.Quon</b>	

## Badminton - 55+

Fun easy play for seniors

<b>Mon/Wed</b>	<b>11:20am-12:35 pm</b>	<b>Sep 5-Dec 21</b>
<b>Gym C</b>		<b>\$16</b>
<b>70501</b>		
<b>Tue/Thu</b>	<b>11:20am-12:35 pm</b>	<b>Sep 6-Dec 22</b>
<b>Gym C</b>		<b>\$16</b>
<b>70504</b>		
<b>Sat</b>	<b>2:00-4:00pm</b>	<b>Sep 3-Dec 17</b>
<b>Gym A</b>		<b>\$16</b>
<b>70506</b>		



## Ballroom Fit

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

<b>Wed</b>	<b>11:15am-12:30pm</b>	<b>Sep 14-Oct 19</b>
<b>CFEC</b>		<b>\$60/6 sess</b>
<b>72928</b>		
<b>Wed</b>	<b>11:15am-12:30pm</b>	<b>Oct 26-Nov 30</b>
<b>CFEC</b>		<b>\$60/6 sess</b>
<b>72929</b>	<b>G Quon</b>	

## Carpet Bowling

Easy going, fun and social, run by volunteers

<b>Tue</b>	<b>10:00am-12:15 pm</b>	<b>Sep 6-Dec 20</b>
<b>1739 Venables</b>		<b>Free</b>
<b>72974</b>		



## Line Dancing

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

<b>Tue</b>	<b>1:00-3:00pm</b>	<b>Sep 6-Dec 20</b>
<b>CFEC</b>		<b>\$20</b>
<b>73371</b>	<b>Anita</b>	

## Technology

### 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 classes Oct 10

<b>Mon</b>	<b>10:00am-12:00pm</b>	<b>Sep 12-Oct 24</b>
<b>55+ Centre</b>		<b>\$0/sess</b>
<b>73056</b>	<b>M Ziebart</b>	

### Computer & Digital Photography

Learn more about your digital camera it's capabilities and editing on the computer. No experience necessary. No classes Oct 10

<b>Mon</b>	<b>1:00-3:00pm</b>	<b>Sep 12-Oct 24</b>
<b>55+ Centre</b>		<b>\$60/sess</b>
<b>73059</b>	<b>M Ziebart</b>	

### Computer & Internet Intermediate

You have some computer skills but still need help this is the class for you.

<b>Mon</b>	<b>10:00am-12:00pm</b>	<b>Oct 31-Dec 5</b>
<b>55+ Centre</b>		<b>\$60/sess</b>
<b>73060</b>	<b>M Ziebart</b>	

### Social Media

Learn more about your digital camera it's capabilities and editing on the computer. No experience necessary

<b>Mon</b>	<b>1:00-3:00pm</b>	<b>Oct 31-Dec 5</b>
<b>55+ Centre</b>		<b>\$60/sess</b>
<b>73061</b>	<b>M Ziebart</b>	

### Internet lab hours

\*\*Lab will close occasionally for Special Events.

<b>Mon</b>	<b>3:00-5:00pm</b>
<b>Tue</b>	<b>Lab Closed</b>
<b>Wed</b>	<b>12:00-4:00pm</b>
	<b>*closed on the 3rd Wed of month</b>
<b>Thu</b>	<b>10:00am-4:00pm</b>
<b>Fri</b>	<b>10:00am-4:00pm</b>
<b>Sat</b>	<b>1:45-3:00pm</b>
<b>Sun</b>	<b>1:00-3:00pm</b>



## Vietnamese Programs

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

### Chương Trình Cao Niên Việt Nam

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

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

Để biết thêm chi tiết, xin gọi Lương Hồ 604.718.5818.



### Chương Trình Khiêu Vũ

Thứ Sáu 12:00pm – 2:00pm CFEC

(chương trình kết hợp với Trung Tâm Đa Văn Hóa – Multicultural Family Centre)

Do các vũ sư chuyên nghiệp hướng dẫn các điệu nhảy ballroom

Mọi chi tiết xin gọi Lương Hồ 604.718.5818, Thoa Lam 604.254.6468

### Khiêu Vũ Thực Hành

Thứ Ba 1:00pm – 3:00pm AML

(chương trình kết hợp với Trung Tâm Đa Văn Hóa – Multicultural Family Centre)

Hướng dẫn thực tập các điệu nhảy ballroom

Mọi chi tiết xin gọi Lương Hồ 604.718.5818, Thoa Lam 604.254.6468

# 55+ Older Active Adults

## Fall Bus Tours - Meet outside the 55+ Centre

### Audain Art Museum - Beaverbrook Collection

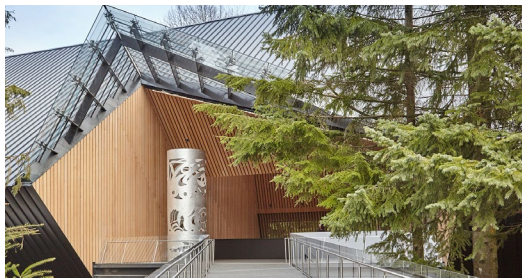
The Masterworks of New Brunswick's Beaverbrook Art Gallery, a collection endowed by 20th-century Canadian newspaper magnate Lord Beaverbrook is coming to Canada's newest Art Museum which opened in Whistler. The Audain Art Museum welcomes the temporary exhibition gallery. This tour includes a one hour docent led tour of the Beaverbrook Collection, a self-guided tour of the Museum's permanent collection, lunch at the Fairmont Chateau Whistler and afternoon free time in Whistler Village.

**Activity Level: Easy**

**Includes:**

- Audain Art Museum admission
- Beaverbrook Collection docent led tour
- Fairmont Chateau Whistler lunch
- Free time Whistler Village

<b>Fri</b>	<b>7:15am-6:30pm</b>	<b>Sept 2</b>
<b>70509</b>		<b>\$129</b>



### Harrison River Eagle Tour

Harrison River has one of the largest concentrations of bald eagles in North America with a count of over 10,000 eagles in 2015. This may be the best eagle viewing in BC history! Travel to the Chehalis/Harrison River Estuary to view large numbers of Bald and Golden Eagles at Eagle Point Community Park and Sandpiper Golf Resort where a delicious lunch is included at Rivers Edge Restaurant. This tour is hosted by the organizers of the annual Fraser Valley Bald Eagle Festival and includes a stop at Inch Creek Salmon Hatchery home to two resident giant sturgeons Henry and Al.

**Activity Level: Easy**

**Includes:**

- Guided Eagle Walk
- Fraser Valley Bald Eagle Festival host
- Inch Creek Salmon Hatchery
- Rivers Edge Restaurant lunch

<b>Wed</b>	<b>8:15am-5:00pm</b>	<b>Nov 23</b>
<b>70514</b>		<b>\$89</b>



### Secret Cove / Sunshine Coast

Explore the Sunshine Coast and see why BC is called "Best Place on Earth"! Visit Porpoise Bay, stroll the long wooden fishing pier at Davis Bay and enjoy a delicious lunch at the well-appointed Rockwater Secret Cove Resort. Explore the resorts incredible property and take afternoon free time to discover Gibson's Landing's charming stores, art galleries and cafes. Please Note: Additional \$8 ferry fee applies to those under the age of 65 and to non BC residents.

**Activity Level: Easy**

**Includes:**

- All ferry fees
- Lunch at Rockwater Secret Cove Resort
- Porpoise Bay
- Davis Bay
- Gibsons Landing
- Bottled water

<b>Wed</b>	<b>7:15am-7:00pm</b>	<b>Oct 5</b>
<b>70510</b>		<b>\$119</b>



### Polar Express

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

**Activity Level: Easy**

**Includes:**

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

<b>Sun</b>	<b>8:15am-5:45pm</b>	<b>Dec 11</b>
<b>79338</b>		<b>\$109</b>





## Hours of Operation

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

## Free with Britannia Membership

Tuesdays & Fridays	10:00am-12:00pm
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## Statutory Holiday Hours

Sep 5	Labour Day	1:00-5:00pm
Oct 10	Thanksgiving	1:00-5:00pm
Nov 11	Remembrance Day	1:00-5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-5:00pm
Dec 27	Stat	1:00-5:00pm

## Facility Orientations

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

## Flexipass Membership

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

## 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 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



## Core/Hard Core Express



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 Wednesday. In person only, maximum of 5 participants per session. First come, first serve.

Wed	10:30-11:00am	Oct 12-Dec 14
<b>Hard Core Express</b>		
Wed	11:00-11:30am	Oct 12-Dec 14
FC	Y Zhang	Drop-in fee

## 30 Minute HIIT



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

Tue	12:15-12:45pm	Oct 11-Dec 13
FC	B. Wong	Drop-in fee

## Strength Training for Adults 55+ - Beginner (55+yrs)

This four 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 Aug 26 so that a confidential health screening can be done.

Fri	9:00-10:00am	Sep 2-23
FC	J Stanier	\$20/4 sess
74354		

## Strength Training for Adults 55+ – Intermediate (55+yrs)

This four week course will build on the introductory strength training for adults 55+ program and is also appropriate for individuals who have been training for a number of years. We will explore ways to intensify your cardio training and expand on your repertoire of exercises. Please pre-register by Nov 10 so that a confidential health screening can be done.

Fri	9:00-10:00am	Nov 18-Dec 9
FC	J Stanier	\$20/4 sess
74355		

## Weight Training for Women

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	Oct 15-Nov 12	Beginner
FC	V Henderson	\$43.75/5 sess	
74356			
Sat	9:30-11:00am	Nov 19-Dec 17	Intermediate
FC	V Henderson	\$43.75/5 sess	
74357			

# Aquatics

## General Information

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

Pool Cashier Office\* 604.718.5831

Recreation Programmer 604.718.5830

\*Pool office closes 30 minutes before the pool.

## Statutory Holiday Hours

Sep 5 Labour Day 1:00-5:00pm

Oct 10 Thanksgiving 1:00-5:00pm

Nov 11 Remembrance Day 1:00-5:00pm

Dec 25 Christmas Day CLOSED

Dec 26 Boxing Day 1:00-5:00pm

Dec 27 Stat 1:00-5:00pm

## Admission Policy for Children

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



## Birthday Parties

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

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

## Pool and Fitness Centre Committee

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

Wed Sep 7, Nov 2, 7:00pm  
Conference Room

Pool and Fitness Centre Fees 2016 (Including GST)				Please Note: Prices are subject to change, without notice		
	Drop-In	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$6.15	\$49.20	\$47.54	\$126.05	\$401.80	\$3.00
Youth (13-18)	\$4.40	\$35.20	\$33.29	\$88.25	\$281.25	\$1.00
Child (6-12)	\$2.95	\$24.80	\$23.77	\$63.05	\$200.90	\$1.00
Senior (55+)	\$4.40	\$35.20	\$33.29	\$88.25	\$281.25	\$1.00
Family = 1 to 2 adults of the same household and their children under 19 years of age. Minimum \$6.20 admission.						
By purchasing a \$3.00 membership (Valid Sep to Aug) you can work out FREE in the Fitness Centre every Tuesday & Friday from 10:00am to 12:00pm. Show your membership card to the cashier at the pool office before time of entrance.						
Leisure Access Fitness Centre Admission Rate is 50% off adult admission and flexipass.						



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

**PLEASE NOTE: Annual Pool Closure for Maintenance is September 12-October 9, 2016.**

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 1:00pm-2:55pm <i>*School lessons 1:00-3:00pm (as scheduled)*</i>					Public Swim 2:00-4:55pm	Public Swim 2:30-4:55pm
Lessons & Lengths (1 lane only) 3:00-5:25pm	FREE Public Swim 3:00-4:55pm	Lessons & Lengths (1 lane only) 3:00-5:25pm	FREE Public Swim 3:00pm-4:55pm	Lessons & Lengths (1 lane only) 3:00-5:25pm		
Lengths 5:30-6:25pm	Lengths 5:00-6:25pm	Lengths 5:30-6:25pm	Lengths 5:00-6:25pm	Lengths 5:30-6:25pm	Lengths 5:00-6:25pm	
Public Swim 6:30-7:55pm					Public Swim 6:30-7:55pm	
Lengths (1 lane only) 8:00-9:00pm	Lengths (1 lane only) 8:00-9:00pm	Lengths (1 lane only) 8:00-9:00pm	Lengths (1 lane only) 8:00-9:00pm	Public Swim 8:00-9:55pm	<b>Schedule is subject to change without notice.</b>  <b>*The parent &amp; tot pool is not open to the public during lengths or lessons.</b>	
Aquafit 8:00-9:00pm	Aquafit – Deep Water 8:00-9:00pm	Aquafit 8:00-9:00pm	Aqua Zumba 8:00-9:00pm	<b>YOUTH ONLY</b> 11-18yrs FREE Swim 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	Nov 4, Dec 2		
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 must speak to one of the lifeguards prior to attending these sessions.

## Parent and Tot

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

## Public Swim

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



## Youth Swim (11-18 yrs)

The first Friday night of every month from 8:00-10:00pm is reserved for youth to swim and play with their friends. No public use of steam room or whirlpool. Free admission. Nov 4, Dec 2.

## 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.

# Aquatics

## Lesson Registration

Online and in-person registration for swimming lessons and programs at all pools, for all age groups starts Wednesday, August 10 at 9:00am.

## Vancouver Park Board Online Registration and Reservation System:

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

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

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

## 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.



## Swim Assessments

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

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

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

Child Private \$27.95 / Semi-Private \$16.00

Adult Private \$31.95 / Semi-Private \$18.00

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

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

## Red Cross Preschool (3-5yrs)

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

## Red Cross Swim Kids (5-12yrs)

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

Parent & Tot, Children's Fall 2016 Swim Lesson Sets			
<b>Mon – Starfish / Duck</b>	9:00-9:30am	Oct 17-Nov 7 Nov 14-Dec 12	4 lessons 5 lessons
<b>Tue – Sea Otter</b>	9:00-9:30am	Oct 11-Dec 13	10 lessons
<b>Wed – Starfish / Duck</b>	9:00-9:30am	Oct 12-Nov 9 Nov 16-Dec 14	5 lessons 5 lessons
<b>Thu – Salamander</b>	9:00-9:30am	Oct 13-Dec 15	10 lessons
<b>Fri – Sea Otter</b>	9:00-9:30am	Oct 14-Dec 16	9 lessons
<b>Mon &amp; Wed – Set 1</b>	3:00-5:30pm	Oct 12-Nov 14	10 lessons
<b>Mon &amp; Wed – Set 2</b>	3:00-5:30pm	Nov 16-Dec 17	9 lessons
<b>Fri</b>	3:00-5:30pm	Oct 14-Dec 16	9 lessons
<b>Sat</b>	9:00am-1:00pm	Oct 15-Dec 17	10 lessons
<b>Sun</b>	11:00am-2:30pm	Oct 16-Dec 18	10 lessons

Swim Lesson Fees 2016	4 lessons	5 lessons	9 lessons	10 lessons
Parent & Tot (30 min. parented)	\$28.50	\$34.75	\$59.75	\$66.00
Preschool (30 minutes)	n/a	n/a	\$59.75	\$66.00
Swim Kids 1-4 (30 minutes)	n/a	n/a	\$53.00	\$58.50
Swim Kids 5-10 (40 minutes)	n/a	n/a	\$59.75	\$66.00

## 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.

**Mon 8:00-8:40pm Oct 17-Dec 12**  
73771 **\$86.40/9 lessons**

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

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

**Wed 8:00-8:40pm Oct 12-Dec 14**  
73772 **\$96.00/10 lessons**

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

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

**Tue 8:00-8:40pm Oct 11-Dec 13**  
73774 **\$96.00/10 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 Oct 13-Dec 15**  
73773 **\$96.00/10 lessons**

## Britannia Swim Club Programs

### Britannia Swim Club (8-18yrs)

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

<b>Tue</b>	<b>6:30-7:45pm</b>	<b>Oct 11-Dec 13</b>
<b>73660</b>		
<b>Thu</b>	<b>6:30-7:45pm</b>	<b>Oct 13-Dec 15</b>
<b>73659</b>		
<b>One day/week</b>		<b>\$55/season</b>
<b>Two days/week</b>		<b>\$85/season</b>

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

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

**Sat 2:00-3:00pm Oct 15-Dec 17**  
73657 **\$50/season**

### Britannia Rec Stars (13-18yrs)

This program is intended to help Britannia area youth who are interested in swimming to further their skills and abilities through advanced swimming and advanced lifesaving courses. Please apply at the pool. No class Nov 11.

<b>Fri</b>	<b>Advanced swimming</b>	<b>3:30-4:15pm</b>
<b>Oct 14-Dec 16</b>		
<b>Fri</b>	<b>Advanced lifesaving</b>	<b>4:15-5:00pm</b>
<b>Oct 14-Dec 16</b>		
<b>73658</b>		<b>\$60/season</b>

### Thank You!

A big thank you to everyone in the Community who supported and participated in Britannia's first ever swim-a-thon!

A total of 23 kilometers was swum and \$1571.00 has been raised for the Sea Shepherds Operation Millagro II! For more info on Sea Shepard and this campaign, please visit the pool lobby!

## Lifesaving Programs

### Canadian Swim Patrol (8-12yrs)

Provides training for those who are ready to go beyond learn-to-swim & want to learn basic lifesaving skills. Prerequisite: Ability to swim in deep water, swim 25 metres and tread water for 1 minute.

**Sun 2:30-3:30pm Oct 16-Dec 18**  
75905 **\$60.70/10 sess**

### Bronze Medallion (13+yrs)

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. Includes CPR-A. Prerequisite: 13yrs & up or have completed Bronze Star; ability to swim 100 metres in deep water and ability to swim 500m in 15 minutes or less. The Canadian Lifesaving Manual is required. It can be purchased at the front desk for \$36.

**Sun 10:00am-2:00pm Oct 16-Nov 13**  
73661 **\$163.40/5 sess**

### Bronze Cross (15+yrs)

Advanced training and an intro to safety supervision. It is a prerequisite for all advanced training programs incl National Lifeguard (NL) and Instructor certifications. Includes a 600 metre swim and CPR C. It is also worth two Grade 11 high school credits. Prerequisite: Bronze Medallion. Ability to swim 600m in 18 minutes or less. The Canadian Lifesaving Manual is required. It can be purchased at the front desk for \$36.

**Sun 10:00am-2:00pm Nov 20-Dec 18**  
76007 **\$163.40/5 sess**

## Other Programs

### Aqua Zumba

**NEW**

For those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine, join the pool party on Thursday nights! Free trial class October 13 - you must register for this free trial class. \$10 drop-in.

<b>Thu</b>	<b>8:00-9:00pm</b>	<b>Oct 13</b>
<b>79336</b>	<b>Free with registration</b>	
<b>Thu</b>	<b>8:00-9:00pm</b>	<b>Oct 20-Dec 8</b>
<b>79337</b>		<b>\$56/8 Sessions</b>

# Ice Rink

## Notice to Rink Users

Britannia Arena will be shut down for a scheduled maintenance closure from Sep 1-30, 2016.

It is anticipated that the arena will be open for rentals and public sessions as of October 1st, Please check online at [britanniacentre.org](http://britanniacentre.org) or phone 604.718.5800 in late September to confirm the start date. We are sorry for the disruption this causes to the public and private rental groups.



## Britannia Ice Rink Public Skating Schedule

October 1 – December 18, 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 No Session Nov 11	Learn to Skate Lessons 10:00am-1:15pm	Women's Hockey 10:30-11:45am
				Adult FREE Skate 1:45-3:00pm No Session Nov 11	Public Skate 1:30-3:00pm	Family Fun Hockey 12:15-1:30pm
Women's LTP Hockey 3:15-4:45pm	Learn to Skate Lessons 6:00-8:00pm	Adult Co-ed Drop-in Hockey 3:15-4:45pm	Youth FREE Skate 3:15-4:30pm	Child FREE Skate 3:15-4:30pm No Session Nov 11		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 No Session Nov 11		*Adult Co-ed Hockey 9:30-11:00pm

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

**2016 Rink Admissions:** *Admissions subject to change without notice.*

Adult (19-54yrs)	Youth (13-18yrs)	Senior (55yrs+)	Child (6-12yrs)	Family	Skate Rentals	Skate Sharpening
\$5.85/Drop-in \$49.86/10 visits	\$4.19/Drop-in \$33.52/10 visits	\$4.19/Drop-in \$33.52/10 visits	\$2.95/Drop-in \$23.62/10 visits	*at child rate (Family minimum \$5.86)	\$3.00	\$6.10

- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Board operated rinks. Prices are subject to change without notice.
- Adult Drop-in Hockey and Stick & Puck sessions are at the Adult rate.
- A 20% discount on admission is given to groups of 10 or more.
- Children under 8 years old MUST be accompanied ON-ICE with an individual 16yrs+.
- Flexipasses may be used for public skating sessions. For 2016 Flexipass rates, go to page 34.
- Family rate is 1-2 adults of the same household and their children under 19yrs, all present at time of admission. \$3.05 per person.

## \$99 Winter Ice Sale!

Plan a holiday party between Dec 17- Jan 2 for \$99/hour plus GST. Staff charges are not included. Booking for the Winter Ice sale starts Sept 14.

## Special Events & Holiday Hours

Check out our Special Events on pages 5-7 for details on the following:

<b>Welcome Back Skate</b>	<b>Oct 1</b>
<b>Brit Chill Holiday Skate</b>	<b>Dec 18</b>
<b>Boxing Day Skate</b>	<b>Dec 26</b>

## Stat Holiday Skates



Free skating sessions will be offered on the following stat holidays at the rink from 1:00-3:30pm:

<b>Thanksgiving</b>	<b>Mon Oct 10</b>
<b>Remembrance Day</b>	<b>Fri Nov 11</b>
<b>Boxing Day</b>	<b>Mon Dec 26</b>

## Winter Holiday Schedule

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

<b>Sat</b>	<b>Dec 24</b>	<b>Rink Closes at 5:00pm</b>
<b>Sun</b>	<b>Dec 25</b>	<b>Rink Closed</b>
<b>Mon</b>	<b>Dec 26</b>	<b>Free Skate 1:00-3:30pm</b>
<b>Sun</b>	<b>Jan 1</b>	<b>Rink Closed</b>



## Arena Programs

### Vancouver Adult Co-ed Hockey League, (VACHL) 2016/17

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

### Adult Evening Hockey

Full hockey equipment is mandatory for these supervised non-contact hockey sessions for adults 19 years and older. Space is limited to 26 players and 2 goalies. Up to 20 spaces are available for monthly participants (see the program supervisor for more information), the remaining spots are available on a first-come, first serve basis.

Sign-up for Thursday sessions starts at 9:30pm. On Sundays, there are limited drop-in spaces (5-7). Please sign-in and pay the program supervisor in the rink starting at 7:45 pm.

<b>Thu 11:15pm-12:45am</b>	<b>Oct 6-Dec 29</b>
<b>All Levels</b>	<b>\$10/drop-in*</b>
<b>Sun 9:30-11:00pm</b>	<b>Oct 2-Dec 18</b>
<b>Intermediate</b>	<b>\$15/drop-in or \$50/month*</b>

\*Strip tickets are not valid during these sessions

### Women's Hockey Program

<b>Set 1</b>		
<b>Sun 79266</b>	<b>10:45am-12:00pm</b>	<b>Oct 2-Nov 6 \$29.52</b>
<b>Set 2</b>		
<b>Sun 79267</b>	<b>10:45am-12:00pm</b>	<b>Nov 13-Dec 18 \$29.52</b>

### 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.

<b>Wed 3:15-4:45pm</b>	<b>Oct 5-Dec 28</b>
<b>\$5.86/drop-in or \$46.86/10 visit pass</b>	

### 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.

<b>Fri 12:00-1:30pm</b>	<b>Oct 7-Dec 30</b>
<b>\$5.86/drop-in or \$46.86/10 visit pass</b>	

### Women's Learn to Play Hockey

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

<b>Mon 3:15-4:45pm</b>	<b>Oct 17-Dec 12</b>
<b>\$5.86/drop-in or \$46.86/10 visit pass</b>	

### Parent & Tot Skate

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

<b>Thu 11:00-11:45am</b>	<b>Oct 6-Dec 15</b>
<b>Free</b>	

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

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

<b>Sun 12:15-1:30pm</b>	<b>Oct 2-Dec 18</b>
<b>Regular admission rates apply</b>	

### Get involved, Join the Arena Comittee!!

The Arena Committee meets the 1st Tuesday of the month at 6:30pm in the Rink Activity Room.

# Ice Rink

## Skating Lessons at Britannia

Registration for fall skating lessons will take place on Fri Aug 19. If you are unsure of which level to register in, have an on-ice evaluation completed during any public skating session at Britannia prior to registration. Please note that students will not be transferred into another level if they are not registered in the appropriate level. If the lesson you want to register in is full, please put your name on the waiting list. Additional classes are scheduled whenever possible. Please note that skate lessons fill up quickly, so register early.

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

### Learn to Skate Lessons

These popular lessons focus on skating skill acquisition through activities and games. Our energetic instructors will teach you to skate with safety in mind. We have classes for preschoolers, children, youth and adults. All lessons are 30 minutes and are led by qualified instructors. Skate rental is included in your lesson fee.

### Preschool Program Levels (3-5yrs)

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

### Children, Youth and Adult Program Levels

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



### Private Skating Lessons

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

### 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

Improve your hockey skating skills with our power skating lessons offered on Sat and Sun afternoons. Learn proper skating posture and the importance making the most out of your edges. Work on skating skills that will strengthen your game. The beginner program is aimed at skaters who have never taken a power skating class before, can do crossovers at least one way and can skate backwards comfortably. The intermediate class is for skaters who have taken power skating lessons before and want to improve on the skills they already have.



## Lessons Set 1

### Learn to Skate

Tue	6:00-8:00pm	Oct 4-Nov 8 \$39/6 sess
Sat	9:00am-1:15pm	Oct 1-Nov 5 \$39/6 sess

### Power Skating Beginner

Sun	4:30-5:15pm	Oct 2-Nov 20 \$53.33/8 sess
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### Power Skating Intermediate

Sun	5:30-6:30pm	Oct 2-Nov 20 \$60.95/8 sess
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### Figure Skating

Sun	3:30-4:15pm	Oct 2-Nov 20 \$53.33/8 sess
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### Registration for Set 1;

1. Register online starting Friday August 19 at 9:00am.
2. Register in-person at Britannia Information Centre starting Friday August 19 at 9:00am.

## Lessons Set II

### Learn to Skate

Tue	6:00-8:00pm	Nov 12-Dec 17 \$39/6 sess
Sat	10:00am-1:15pm	Nov 15-Dec 20 \$39/6 sess

No lessons between Dec 19-Jan 2

### Power Skating Beginner

Sun	4:30-5:15pm	Nov 27-Jan 29 \$53.33/8 sess
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No lesson Dec 18 & 25

### Power Skating Intermediate

Sun	5:30-6:30pm	Nov 27-Jan 29 \$60.95/8 sess
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No lesson Dec 18 & 25

### Figure Skating

Sun	3:30-4:15pm	Nov 27-Jan 29 \$53.33/8 sess
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No lesson Dec 18 & 25

### Registration for Set 2;

1. Register online starting Monday November 9 at 9:00am.
2. Register in-person at Britannia Information Centre starting Monday November 9 at 9:00am.



# Partners



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 Woodlands 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

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

## 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. Info: 604.718.5895

## GWFC Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? You can save over 40% on your food bill. \$14 gets you 8 - 9 varieties of fruits and veggies. Pick up your box at Britannia Community Centre. Call to sign up: 604.718.5895

## Food Workshops

Check out the great workshops including dates & descriptions throughout the brochure.



## Grandview-Woodland Community Policing Centre

1977 Commercial Drive phone: 604.717.2932 e-mail: [info@gwcpc.ca](mailto:info@gwcpc.ca)

### Hours of Operation:

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

## Neighbourhood Community Cleanups, Graffiti Paint Outs

### Scheduled twice monthly

Sep 17

Oct 1 Oct 15

Nov 5 Nov 19

Dec 3 Dec 17

Volunteers Welcome

For more information: contact the GWPCP Volunteer Coordinator, Samantha at [volunteercoordinator@gwcpc.ca](mailto:volunteercoordinator@gwcpc.ca) or phone 604.717.2932.

## Community Education Office

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

Community Schools Coordinator

Jennifer Scott [jscott@vsb.bc.ca](mailto:jscott@vsb.bc.ca)

Office Support – Mitra Tshan

[tshan@vsb.bc.ca](mailto:tshan@vsb.bc.ca) 604-713-8273

Programmers:

Celine McCaughran-Contreras

[ccontreras@vsb.bc.ca](mailto:ccontreras@vsb.bc.ca)

Britannia Secondary, Seymour, Strathcona & Britannia Elementary schools

Karen Weihs [kweihs@vsb.bc.ca](mailto:kweihs@vsb.bc.ca)

(Macdonald school)

Dave Taylor [dtaylor@vsb.bc.ca](mailto:dtaylor@vsb.bc.ca)

(Grandview school)

Youth and Family Workers:

Carley Romas [cromas@vsb.bc.ca](mailto:cromas@vsb.bc.ca)

Greg Goodall [ggoodall@vsb.bc.ca](mailto:ggoodall@vsb.bc.ca)



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

✂ Fix your bike with the support of our mechanics, regardless of your skill level

✂ Use our tools

✂ Buy a refurbished bike

✂ Buy new and used parts

✂ Donate your old bike or parts

✂ Support the community by volunteering

## Shop rates

sliding scale from \$5-\$15

## Shop hours

Monday, Wednesday & Friday, 5-9pm,  
Sunday, 1-5pm



**Women, Gender Queer & Trans Night: 2nd & 4th Tue/month, 6:30-8:30pm**

Check out our website or follow us on social media for more information on upcoming programs



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



[Eastvan.kickstand](https://www.facebook.com/Eastvan.kickstand)



1793 Venables (entrance on Commercial Dr)



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

## Britannia Partners in Education (PIE)

### English Foundations 5/6/7

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

### English for Speakers of Other Languages

CFEC Rm 110, Brit, Tue 10:00am-2:30pm

### Math Foundations 1-7

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

### English Foundations 1-4

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

## Edmonds PIE PLUS

### English Foundations 1-3

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

### English Foundations 4-7

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

## Grandview Get Ready 2 Read (GR2R)

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

## Healthy Eating Active Living (HEAL)

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

## ECE Assitant Program

CFEC Rm 110, Britannia Secondary  
Fall 2016 - 4 Sat, Oct-Dec, dates TBA  
Winter/Spring 2017  
Wed 12:30-3:30pm Start date TBA



1655 William St, 604.255.9841

Email: [info@eastsidefamilyplace.org](mailto:info@eastsidefamilyplace.org)  
[www.eastsidefamilyplace.org](http://www.eastsidefamilyplace.org) or Facebook.

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, educational environment.

Children have opportunities to socialize, learn through play and participate in developmentally stimulating children's activities that foster life-readiness. A healthy snack is provided daily, and food is available in the kitchen. There is also a food cupboard. **Drop-In costs \$3.00 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. Paid Caregivers may bring a max 4 children, coming twice a week only please.

An annual membership fee of \$20.00 is required to attend. Workshops and adult programs are offered at no cost to members, with childminding and snacks provided.

### Family Drop-In Hours:

Mon/Wed/Fri 9:00-12:00  
Tue/Thu 9:00-2:30 (closed 12:00-1:00)  
ESFP will be closed Sep 5, Oct 10, Nov 11.

## Licensed Occasional Childcare

For parents who are in need of short-term respite child care. Children aged 18 months to early six years – fee on a sliding scale of \$5 to \$6.50 per hour. Spaces are limited & must be booked in advance by calling 604.251.1018.

Child care hours: Mon-Fri 9:00-11:45am

## Birthday Parties

We offer an affordable, enjoyable & convenient way to celebrate your child's birthday. We specialize in birthday parties for young children ages 1- 6. Email or call us for details.

## Education

We offer a wide variety of programs such as parenting support, food skills, early literacy, health etc. Drop by or check us out online!



Vancouver Public Library

## Library 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

(except holidays)

## Babytime

Drop in for newborns to 18 months old.

Tue	10:30-11:00am	Sep 13-Dec 13
Tue	11:30-12:00pm	Sep 13-Dec 13

## Family Storytimes (18mo-5yrs)

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

## Man in the Moon (0-18mo)

REGISTRATION required.

Sat	3:30-4:30pm	Sep 17-Nov 5
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## Reading Buddies

Wed	3:15-4:15pm	Oct 26-Dec 27
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## Board Games in the Library

Tue/Wed	3:15-6:00pm	Sep 13-Dec 14
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## Teen Advisory Group

3rd Tue/month: Ages 13-18

## 55+ Up Book Club

3rd Wed of the month 2:45-4pm (AML)

## 1-To-1 Computer Training

Tue/Wed 2-3 or 3-4 pm

## Pandora's Collective

### Book Talks

Info: [booktalks@pandoracollective.com](mailto:booktalks@pandoracollective.com)  
4th Wed/month 6:30-8:30pm

## SFU Philosophers' Café

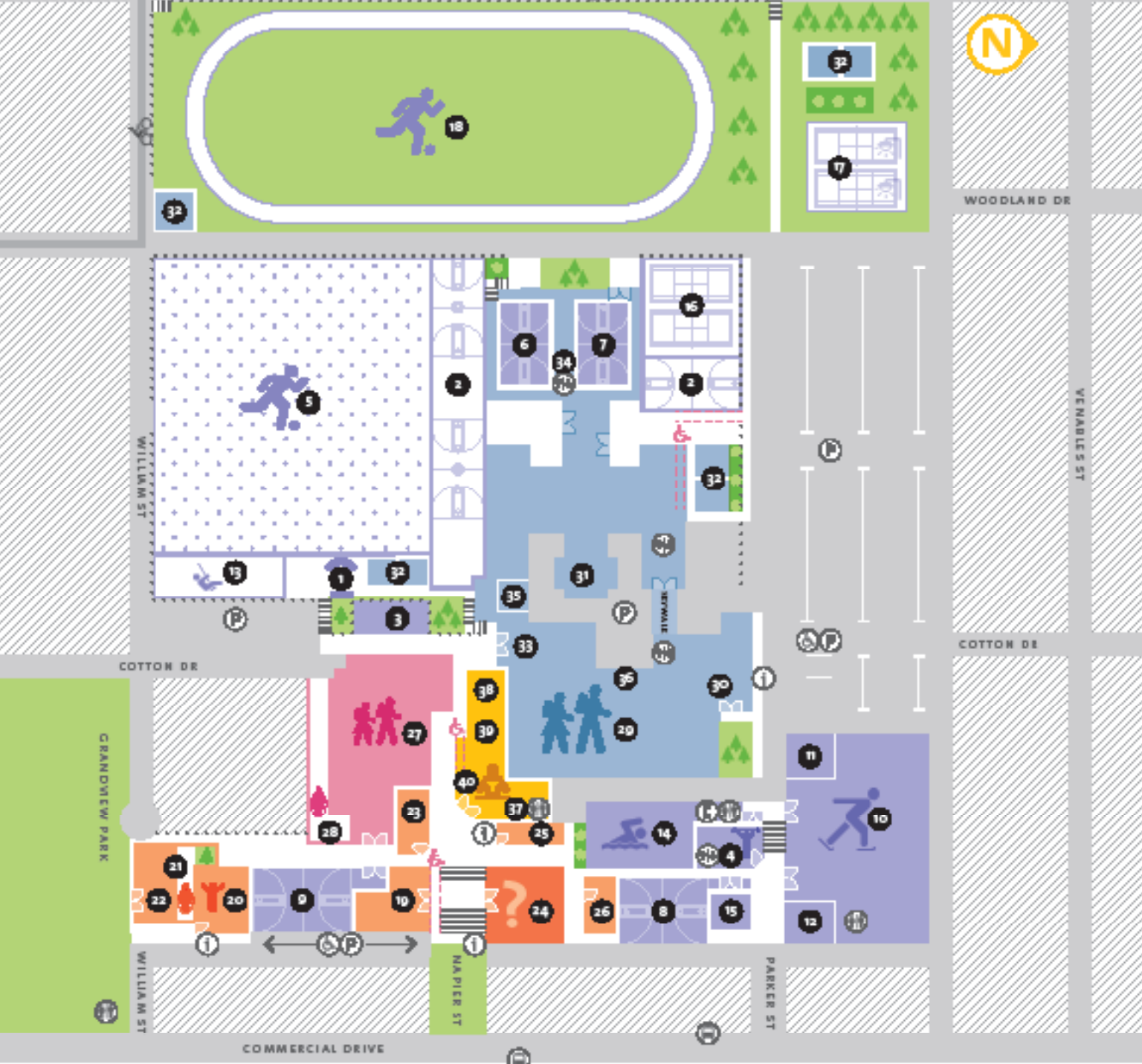
Last Tue/month 7-9pm

## SFU Writer's Studio Consultations

Register for 4, 5 or 6 pm, call Central  
1st Tue/month (except Aug)

## Word Whips Writing Series

[www.pandoracollective.com](http://www.pandoracollective.com)  
3rd Tue/ 6:30-8:30pm



**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 Link
- 11 Ice Link Activity Room (top fl)
- 12 Ice Link Mezzanine (top fl)
- 13 Playground
- 14 Pool
- 15 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 fl)
- 22 Canucks Family Education Centre (top fl)
- 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 (ground fl)
- 36 Community Education

**library + learning**

- 37 VFL Britannia Branch (ground fl)
- 38 Learning Resource Centre (basement)
- 39
- 40 Art Gallery



T 604 770 6960 F 604 770 6966
   
 5201 Napier Street Vancouver BC V6L 4G6
   
[britanniacentre.org](http://britanniacentre.org)

..... Fence	① Wayfinding	⊕ Elevator	//// Residential + Commercial
▬ Streets + Vehicle Access	♿ Wheelchair Access	M Entrance	⬢ Gravel
🚲 Bicycle Route	≡ Stairs	🌿 Fields + Green Space	🌳 School Garden