



Reconciliation
in Action
Tuesday, Sep 29
1:00pm-7:00pm

Programs & Services Fall 2015

britanniacentre.org



Presidents Message

It's been a long hot summer, and I hope that all have had some time with family and friends to enjoy it. Once again many thanks to the volunteers, staff, managers and partners who have worked hard in hosting the many special events, programs, and opportunities for participation that have happened at Britannia over the summer. Summer would not be summer in our community without the non-stop activities going on at the Britannia site, and throughout the neighbourhood. Thank you!

Going into the fall there are many opportunities to participate, look through the brochure and find the ones that suit your family the best.

The Elementary and Secondary students will be back in class at Britannia, September 8th. Both schools offer great educational opportunities that are complemented by easy access and integration with the Centre. The pool, the rink, the library, the teen centre, and many before and after school programs are designed with our students in mind. The location of the schools within a park like setting that is also a community hub and meeting place for the neighbouring residents is unique. It is a public education experience for students that provides not only learning the curriculum, but also a strong sense of place, space and belonging, in a world that grows increasingly complex, is available on site at Britannia.

Also this fall, the Planning and Development Committee and the Britannia Board will be working with our partners at the City of Vancouver, the Vancouver School Board, the Vancouver Public Library, the Parks Board, and... most importantly you, the members and community residents, in moving forward with the consultation process on the possibilities for facility renewal at the Britannia site. With an integrated service model that is unique in the city, with a site that is more like a village common than just a destination to take part in a program, and with a mandate to facilitate community involvement and development, there are features to Britannia that we have grown to love, cherish, and sometimes might take for granted. The Planning and Development Committee of the Britannia board has for more than a decade been having discussions and talking to the community about how the future may be realized at the Britannia site. Now is the time for us all to join the discussion. Please watch for the notices and plan to attend as consultation sessions are scheduled.

On behalf of the Board, thank you to all who work, study and play at Britannia, contributing to the vibrancy of our community hub!

Gwen Giesbrecht



Board of Management

Britannia Board meetings are held on the 2nd Wednesday of the month. They are cancelled during the summer months. For more information, or if you are interested in running for our Board of Management, call Cynthia Low, Executive Director at 604-718-5815.

PRESIDENT: Gwen Giesbrecht
VICE PRESIDENT: Susanne Dahlin
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 Ye Chu

DIRECTORS:
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 Alex McKechnie

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

EXECUTIVE DIRECTOR:
 Cynthia Low

MANAGER OF ADMINISTRATIVE SERVICES:
 Jeremy Shier

MANAGER OF CHILDCARE SERVICES:
 Craig Smith

PHOTOGRAPHY CREDITS:

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

Vincent L. Chan, (cover) Amanda Nillis, Ralph Haenel, Barry Skillin, Giles Chin, Lori Moretto, Amie Smith, Robert Lee, Hai Truong

Membership Information

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

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

Membership may be obtained when you register for a program or any time during the year at the pool cashier's office or the information centre.

What does membership give me?

- Voting privileges at the Annual General Meeting of the Society May 25, 2016
- Eligibility to run for the Board of Management
- Mail outs about Centre programs and events
- Access to special membership programs
- Britannia membership is required before registering into programs
- Free access to Fitness Centre on Tuesdays & Fridays, 10:00am-12:00pm

Information Centre
1661 Napier Street,
Vancouver BC V5L 4X4

T 604 718 5800
F 604 718 5858

www.britanniacentre.org

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Registration Information

Register Online at britanniacentre.org

- Registration starts at 9:00am on Monday August 24, 2015.
- You must have a current membership card to register for all Britannia programs, The membership year runs from September 1, 2015 to August 31, 2016.
- See page 5 for online account information.

In Winter 2016, memberships will be automatically added to your online purchase.

Register in Person

- Registration starts at 9:00am on Monday August 24, 2015.
- At the **Information Centre**, (No Cash payments please) or
- At the **Pool Cashier's Office** (Pay by Cheque, Visa, Mastercard, Debit or Cash)

Registration Hours at the Pool Cashier are:

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

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

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

Register by Phone at 604.718.5800 ext. 1

- Registration starts at 1:00pm Monday August 24, 2015
- A copy of your program registration, your credit card slip and membership card will be mailed to you upon request if you have an e-mail address.

Refund Policy

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

Swim/Skate Refunds

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

Cancellation Policy

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

Subsidy Policy

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

Residents of Vancouver on the Leisure Access Program

Residents of the City of Vancouver showing a current L.A.C. (Leisure Access Card) may receive up to a maximum of 50% off certain programs by completing an application form and presenting it and your L.A.C. card to a cashier at the time of registration.

Residents of Grandview Woodland Strathcona on the Leisure Access Program

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

Grandview Woodland Strathcona Residents No Part of the Leisure Access Program

Participants living in the Grandview Woodland Strathcona area who do not have a L.A.C. card and are in need of financial assistance may request a subsidy for certain programs up to 25% of course costs by completing an application for subsidy. For subsidies greater than 25% Grandview Woodland Strathcona residents need an appointment with a programmer and need to bring their **Notice of Assessment** (tax form) from the previous year from Canada Customs and Excise. Residents of the City of Vancouver outside the Grandview Woodland Strathcona area, without a Leisure Access card are not eligible for subsidy.

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

Registration Information



New Vancouver Park Board Online Registration and Reservation System

Vancouver is upgrading its registration and reservation system for recreation programs across the city. The system will be live as of July 28, 2015 in advance of the fall registration dates.

Go to recreation.vancouver.ca to:

- Create or update your profile
- Purchase and renew passes
- Check your pass expiry date
- Register for programs
- Create a wish list of upcoming programs
- Submit your request for a room rental

Do you currently have an online account?

It will be automatically transferred over to the new system.

You will need to reset your password, so as of July 28, go to:

- recreation.vancouver.ca
- Click "Sign In", select "Forgot your password?" and follow the steps to get your new password.
- Login with your email address and confirm your account information is correct.

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 fall programs.

The system has been piloted in several recreation centres and users tell us that it is easy to navigate and people like it. In future phases we'll introduce new digital features for smartphone and tablet users.



Licensed Child Care

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

Child Care Mission Statement

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

About our Child Care programs

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

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

Social

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

Intellectual

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

Physical

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

Creative

- Self expression and concept development.

Emotional

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

About our Staff

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

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

18mo-3yrs 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.

3-5yrs 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-centred 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:

Childcare Manager:

Craig Smith 604.718.5816

Britannia Out of School Care/Preschool

Lorraine Evans 604.718.5843

Grandview Terrace Child Care

Alejandra Uribe 604.718.5846

Mount Pleasant Child Care

Wade Forbes 604.718.5844

Lord Nelson Child Care

Latisha Buksh 604.713.5863

Eagles in the Sky Child Care

Susan Nelson 604.718.5856

Licensed Child Care

Grandview Terrace Family Resource Centre

2075/2065 Woodland Drive Contact: Alejandra at 604.718.5846

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

Britannia Childcare

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 |

Britannia Out of School Care 5-12yrs

September to June Hours:
Mon-Fri 7:30-9:00am
3:00-5:45pm

School Breaks 7:30am-5:45pm

FEES:

| | |
|-----------|-------------|
| Full Time | \$355/month |
| 3 Days | \$230/month |
| 2 Days | \$210/month |

Closed on statutory holidays

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



Mount Pleasant Childcare

960 East 7th Avenue
Wade Forbes 604.718.5844

Toddler Program 18mo-3yrs

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

Daycare 3-5yrs

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

Lord Nelson Childcare

2235 Kitchener Street
Latisha Buksh 604.713.5863

Out of School Care 5-12yrs

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

Vancouver Native Health

We have an Aboriginal Early Childhood Family Support Worker who works out of Britannia Centre. Barbara Nelson at 604.718.5841.

Eagles In The Sky Childcare

485 Semlin Drive
Susan Nelson 604.718.5856

Daycare 3-5yrs

| | |
|----------------|--------------------------------|
| Hours: Mon-Fri | 7:30am-6:00pm |
| FEE: | \$890/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: \$371/MacDonald Elementary
\$391/Hastings/Lord Nelson

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

Grandview Terrace Child Care

2075 Woodland Drive
Alejandra Uribe 604.718.5846

Daycare 3-5yrs

| | |
|---------------|--------------------------------|
| Mon-Fri | 7:30am-6:00pm |
| FEE: | \$840/month snacks provided |
| Lunch Program | \$55/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

Special Events



Halloween Howl (1-8yrs)

Come to this annual free spooky community event! Entertainment, ghostly games, tricks and treats included.

Sat 12:00-2:00pm Oct 31
Gym D Free
10396

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 \$3.00 but must be done at the centre. Please register by Oct 23 so the correct number of pumpkins will be available. Hot chocolate and carving utensils will be provided. All children under 12yrs must have a parent or guardian present.

Sun 1:00-3:00pm Oct 24
CFEC \$6/1 sess
12348 H. Spaxman

Gingerbread Houses

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 registrants will be \$3.00 (must be done on-site) and will include all supplies. Please register by Dec 17 so the correct number of kits will be available. All children under 12yrs must have a parent or guardian present.

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

Artful Sundays

Britannia Community Centre will host an outdoor, mixed media, visual arts market in Napier Greenway (Napier St at Commercial Drive) for 4 Sundays Aug 9 to 30, 12:00-5:00pm. Featuring the work of local artists, live music, artist workshops & demonstrations and more!

11th Annual Corn Festival

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

Sun 12:00-5:00pm Sep 7
Gym D Free

3rd Annual Winter Solstice Coffee House

Come celebrate the return of the light with a cozy evening of local live music, poetry and refreshments at Britannia.

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

Parade of Lost Souls

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

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

Sat 7:00-10:00pm Oct 31
Free by donation

Britannia Workshops

For more information: dustyflowerpot.org

Thriller Flashmob Dance

Sat 12:00-2:00pm Oct 17, 24
Tue 7:00-9:00pm Oct 20, 27
Cafe K. Single-Dain \$5-10 donation

Leather Mask Making

Mon 7:00-9:00pm Oct 19, 26
Cafe TBA \$5-10 donation

The Sounders Costume-Making

Thu 7:00-9:00pm Oct 22, 29
Cafe N. Filekov \$5-10 donation

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

Banner Workshop

No bird soars too high if he soars with his own wings. ~William Blake.

Come create your take on the subject of BIRD.

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 are completed on site in the secondary school cafeteria. Children under 12 must be accompanied by an adult. Wear old clothes and bring a lunch, and a colour sketch of your idea. Artists get first chance to buy their own banners for \$20/set.

Sat, Sun 10:00am-4:00pm Oct 3-4
Cafe \$20/2 sess
12030 H. Spaxman

Seasonal Decorations Pop-Up Workshops 2015

Celebrate the season by making your own personal décor and art projects. Various local artists will be instructing in a variety of media. All materials provided or bring some of your fave papers, yarns, etc. Attend one or both. Different projects featured each day. For more information, email Coordinator Katherine Polgrain: courage@vcn.bc.ca

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



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 or call 604.718.5895

Making Great Sausages 101

Do you love sausage? Have you ever imagined making your own sausages? Join Magin Payet, a local butcher & get hands-on experience making preservative free fresh pork sausages using traditional artisanal methods, blending recipes & filling your casings successfully. You will leave with your own sausages to share with your family, plus as the confidence & knowledge to successfully make your own sausages at home.

Wed 6:00-8:00pm **Oct 21**
Pre-Teen Centre \$28/1 sess
18695

Canning for Beginners

This hands-on workshop is intended for all canning enthusiasts who want to learn the most current methods for safe, enjoyable home canning. The workshop includes a complete demonstration of the boiling-water-bath method of canning, as well as a discussion of pressure canning. Participant will take home a jar of canned product, canning recipes and canning brochures.

Sun 6:00-8:00pm **Oct 18**
Pre-Teen Centre \$12/1 sess
186700

Sauerkraut Fermentation

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

Mon 6:00-8:00pm **Oct 19**
Pre-Teen Centre \$12/1 sess
186702

Britannia Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? Cost is \$13 which can save over 40% on your food bill. You get 8- 9 varieties of fruits and veggies. Pick up your box at Britannia Community Centre. Call to sign up: 604.718.5895.

Britannia 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. We also provide child-minding. These are full subsidized community kitchens designed for households who are struggling financially. For more information: 604.718.5895.

Nutrition Counseling Service

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

Grandview Woodlands Food Connection Volunteers Wanted!

We are currently seeking community members interested in helping us with our Off the Grill youth meal program, media, graphic design, Wordpress support, 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.

Grandview Garden Club

Grandview Garden Club meets at 7:00pm on the 2nd Thursday of each month in the Library Resource Centre. Knowledgeable speakers tackle subjects such as pruning, vegetable growing, attracting bees and butterflies, and garden design. Novice gardeners and experienced green thumbs welcome.

Annual membership \$20/drop-in \$4.

More information at grandviewgardenclub.blogspot.com

Sustenance Festival Workshops



Sustenance Festival 2015

Oct 13-25, 2015

The Britannia Community Centre is pleased to announce that we will be participating in the 2015 Sustenance Festival. Now in its 7th year, is an exhibitions, talks, walks, dances all taking place in community centres, gardens, parks, and public spaces throughout Vancouver.

For full event listings:
www.sustenancefestival.ca

Heal Your Body!

A twist on a classic! Join holistic chef and nutritionist Abby Sandhar, in an exploration and reinvention of traditional cuisine of Northern India. You will leave with a belly full of warm goodness, tips for healthier meal planning and some unlocked recipes from the kitchen of The Flying Abnee!

Wed 6:00-8:00pm **Oct 14**
Pre-Teen Centre \$25/1 sess
18697

Greenest City Initiative

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



Preschool & Children

Kindergym (1-5yrs)

Run, jump and roll in a gym full of mats and indoor playground equipment. Parent supervision required. You must pay your \$2.50 drop-in fee at the pool and bring your receipt or buy a strip of 10 tickets/\$20 and give 1 ticket to Belinda or Olivia. Parents, please assist Belinda and Olivia at the end of the program by helping put the large equipment away. Note: We are now offering the program 4x/week Sat, Tue, Wed, Thu. All programs take place in Gym D. No class Sat Oct 31, Elementary school Pro D days.

Sat 10:00am-12:00pm Sep 26-Dec 12
Gym D
7539
Tue-Thu 11:00am-12:30pm Sep 29-Dec 10
Gym D
10696

Baby Sign Language

Did you know that babies understand and can communicate long before they are able to speak? Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Increase understanding of your child's needs and wants, alleviating much unneeded frustration. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby to class. Sleeping babies welcome. Babies 0-24 months. No drop-in. No class Oct 12.

Mon 9:45-10:30am Sep 21-Oct 26
Mat Room \$64/5 sess
Into Yoga

Sportball Parent and Tot (2-3yrs)

Multi-sport classes teach children important introductory physical skills and help children develop confidence in their abilities through 7 different ball sports. Parents must participate. No class Oct 10, 31.

Sat 11:30am-12:15pm Sep 19-Dec 5
Gym C \$150/10sess
7375 Sportball Staff

Sportball Multisport (3½-5years)

This program introduces preschool children to the concepts and skills involved in the eight core sports of the Sportball methodology using developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life. No class Oct 10, 31.

Sat 12:15-1:15pm Sep 19-Dec 5
Gym C \$150/10sess
7395 Sportball Staff

Dance (2-6yrs)

Children will learn the fundamentals of dance techniques in a safe, welcoming and encouraging environment while expressing their joy for dance with new instructor from Endorphin Rush Dance (ERD). Parents are welcome to attend the last day of class to watch their children. Parent participation is recommended for the 2-3yr old programs. All classes will take place in the Canuck Family Education Centre, 1655 William Street (by Grandview Park).

| | | |
|------------------------|----------------|------------------------|
| Sat | | Sep 26-Nov 28 |
| CFEC | ERD | \$80/10 sess |
| Creative Dance | 2-3yrs | 9:05-9:45am |
| 18679 | | |
| Creative Dance | 3-4yrs | 9:50-10:30am |
| 18681 | | |
| Creative Dance | 3-4yrs | 10:35-11:15am |
| 18682 | | |
| Creative Dance | 2-3 yrs | 11:45am-12:25pm |
| 18684 | | |
| Ballet | 3-4yrs | 12:30-1:10pm |
| 18686 | | |
| Creative Ballet | 4-6yrs | 1:15-2:00pm |
| 18691 | | |

Dance with Me Baby! (1-2yrs)

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 meet babies right where they're at. Parent participation is required.

Wed 9:45-10:15am Sep 16-Nov18
The Hall \$80/10 sess
12509 L. Sars

Toddler and Me Dance (2-3yrs)

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 16-Nov18
The Hall \$80 /10 sess
12006 L. Sars

Fairy Dance (3-4yrs)

Come wear a costume and dance! A light hearted class teaching the elegance fairy dance. On their tippy toes, with beautiful arms and wonderful leaps over babbling streams, the fairies of the woods know how to dance.

Wed 11:20am-12:05pm Sep 16-Nov18
The Hall \$80/10 sess
12518 L. Sars

Yoga Dance (3½-5yrs)

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 Sep 16-Nov18
\$80/10 sess
12546 L. Sars

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 24-Nov 12
Rm 208 \$100/8 sess
11945 H. Spaxman

Toddler Art (18mo-3yrs)

Art is a wonderful sensory experience in which you and your child can collaborate. Emphasis is placed on the creative process and exploration of materials. Be on time for an inspirational story. Dress for mess! This is a high-demand class, new classes are started from the waitlist. No class on Nov 11.

Wed 9:45-10:30am Sep 23-Nov 18
RAR \$63/8 sess
12006 H. Spaxman



Children's Music

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

Learn an instrument and enjoy a lifetime of music! These lessons consider student's development and goals. Conservatory exam preparation is available. An on-going program from September to June, students are ensured placement for the duration of their studies. Payment should be made in advance of each set. Lessons costs shown below are for 30 minutes, but 45 and 60 minutes per week are available to more advanced students at the discretion of the instructor. New students must contact instructor for a weekly lesson time before registering. Clarinet students must provide their own instruments and contact instructor if there are any questions about this: janine.oye@gmail.com

Set 1

| | | |
|--------|---------------|---------------|
| Thu | 4:00-8:30pm | Sep 10-Oct 29 |
| Fri | 3:30-7:30pm | Sep 11-Oct 30 |
| Sat | 9:00am-4:30pm | Sep 12-Oct 31 |
| Mus Rm | | \$192/8 sess |
| | J. Oye | |

Set 2

| | | |
|--------|---------------|--------------|
| Thu | 4:00-8:30pm | Nov 5-Dec 17 |
| Fri | 3:30-7:30pm | Nov 6-Dec 18 |
| Sat | 9:00am-4:30pm | Nov 7-Dec 19 |
| Mus Rm | | \$168/7 sess |
| | 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. You can start anytime cost will be prorated. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at fiddlelessons@shaw.ca to arrange lesson time PRIOR to registering. No class Sep 26, Oct 10 & 31.

| | | |
|-------|---------------|---------------|
| Sat | 9:00am-2:30pm | Sep 12-Dec 19 |
| FAR | | \$288/12sess |
| 11832 | S. Saunders | |

Beginner Marimba (8yrs+)

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 17-Dec 3 |
| Rm 111 | | \$144/12 sess |
| 12807 | R. Layne | |

Intermediate Marimba (10yrs+)

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 17-Dec 3 |
| Rm 111 | | \$144/12 sess |
| 12808 | R. Layne | |

Youth Marimba Performance Group (11yrs+)

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

- Come to the free audition -

| | | |
|--------|-------------|---------------|
| Thu | 6:00-7:00pm | Sep 17-Dec 3 |
| Rm 111 | | \$144/12 sess |
| 12811 | R. Layne | |

Tambai Marimba

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

| | | |
|--------|-------------|---------------|
| Thu | 7:00-8:30pm | Sep 17-Dec 3 |
| Rm 111 | | \$216/12 sess |
| 12810 | R. Layne | |



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; \$100 (sibling 6 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.

| | | |
|---------|-----------------|---------------|
| Tue | Sep 22-Nov 24 | |
| 11395 | 9:30-10:15am | |
| 14113 | 10:30-11:15am | |
| 14114 | 11:30am-12:15pm | |
| R. Mezz | Mimi | \$160/10 sess |

| | | |
|---------|-------------------------------------|---------------|
| Wed | Sep 23-Dec 2 | |
| 14116 | 9:30-10:15am | |
| 14117 | 10:30-11:15am | |
| 14118 | 11:30am-12:15pm | |
| R. Mezz | Noa | \$160/10 sess |
| | No class Nov 11 | |
| | FALL: Sep 19-Nov 28 (Weds to Dec 2) | |

| | | |
|---------|-----------------|---------------|
| Thu | Sep 24-Nov 26 | |
| 14124 | 9:30-10:15am | |
| 14128 | 10:30-11:15am | |
| 14129 | 11:30am-12:15pm | |
| R. Mezz | Noa | \$160/10 sess |

| | | |
|---------|-----------------|---------------|
| Sat | Sep 19-Nov 28 | |
| 14132 | 9:30-10:15am | |
| 14134 | 10:30-11:15am | |
| 14135 | 11:30am-12:15pm | |
| R. Mezz | Katy | \$160/10 sess |
| | No class Oct 10 | |

Big Kids Music Together® (5-7yrs)

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. Sibling fee \$125/10 sess.

| | | |
|---------|-------------|---------------|
| Tue | 3:30-4:30pm | Sep 19-Nov 28 |
| R. Mezz | | \$180/10 sess |
| 14148 | Katherine | |

Children Sports

Martial Arts

Traditional Kung Fu (6yrs+)

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 \$3/month for the Northern Shaolin Lung Chi Cheung Association is included.

Beginner

Mon-Fri 4:30-5:45pm Sep 11-Dec 11
CFEC \$225/26 sess
11412 M. Lung

Intermediate

Mon-Fri 4:30-6:15pm Sep 11-Dec 11
CFEC \$251/26 sess
11414 M. Lung

Advanced

Mon-Fri 4:30-6:30pm Sep 11-Dec 11
CFEC \$264/26 sess
Oct 16, Dec 11 location to be announced
11429 M. Lung

Tennis Academy

Tennis – 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 10, 31.

Sat 1:30-2:30pm Sep 12-Dec 12
Gym D \$120/12 sess
10819 JC. Maldonado

Tennis – Junior (10-14yrs)

Sat 2:30-3:30pm Sep 12-Dec 12
Gym D \$120/12 sess
10846 JC. Maldonado

Tennis – Future Stars (8-14yrs)

This class develops more advanced tennis skills through drills and rally's preparing participants for significant game play. This class focuses on the fundamentals of competitive tennis. Bring your own racket, runners.

Sat 3:30-4:30pm Sep 12-Dec 12
Gym D \$120/12sess
10859 JC. Maldonado

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 (7 days) prior to the start of the program. No refunds after this time.

| | | | |
|-----------------------|---------------|-----------------------|---------------|
| Mon-Thu 9:00am-3:00pm | Dec 21-Dec 24 | Mon-Thu 9:00am-3:00pm | Dec 28-Dec 31 |
| Gym D | \$76/4 sess | Gym D | \$76/4 sess |
| 8578 | | 8584 | |

Sports

Fencing – Introduction (8-14yrs)

Learn the ancient art of sword play for fitness, sport and just plain fun! We will practice the art of fencing with foils in a safe, fun environment. All ages and skill levels are welcome. All equipment is provided. Wear track pants and court shoes. Program will be located at LaSalle's Fencing Studio on the Drive at 2155 Commercial Drive. Register at Britannia, program takes place offsite. No class Oct 10.

Sat 10:00-11:30am Sep 19-Dec 12
LaSalle Studio \$84/12 sess
8817 LaSalle

Fencing – Intermediate (8-14yrs)

For fencers who have completed the Intro to Fencing, or have at least 20 hours of experience in a comparable beginner course. We will learn more advanced fencing techniques, including electric foil fencing, epee and sabre fencing, and competitive bouts. All equipment is provided. Wear track pants and court shoes. Program will be located at LaSalle's Fencing Studio on the Drive at 2155 Commercial Drive. Register at Britannia, program takes place offsite. No class Oct 12.

Mon 6:00-7:30pm Sep 21-Dec 14
LaSalle Studio \$108/12 sess
8818 LaSalle

Volleyball – Atomic (9-12yrs)

This program is for boys and girls interested in developing their volleyball skills. Sessions include skill progression for passing, setting, serving, hitting and blocking. Inter-squad games will also be part of each session.

Tue 6:30-7:45pm Sep 22-Nov 24
Gym A \$66/10 sess
15870 Volleyball BC

Iceberg Volleyball Skills Camp (12-16yrs)

Get ready for the fall school volleyball season! All volleyball fundamentals will be covered: passing, hitting, serving, setting with Chris Berglund. Chris has trained many of Canada's elite volleyball players, including members of Canada's National Indoor and Beach teams. He has mentored and certified coaches and trainers within the fitness and coaching industry. His coaching has taken him across Canada, as well as training top professional teams in China and Korea. Register early as space is limited.

Sat 1:00-3:00pm Sep 12
Sun 10:00am-12:00pm Sep 13
Gym B \$85/2 sess
15656 C. Berglund



Micro Footie (4-16yrs)



BRITANNIA MICRO FOOTIE SPRING LEAGUE

www.britanniasoccer.org

Britannia has been offering this popular recreational spring soccer league for over 23 years! Come join in on the fun the Micro Footie way in East Van! Registration includes playing soccer in the sunshine 2x/week, a World Cup country t-shirt, team photo and other great surprises! Please refer to www.britanniasoccer.org for program details.

Program Dates: Sat Apr 23-Jun 25, 2016
Program Cost: \$99/player
Registration: Sat Jan 9, 2016 at 9:00am

CALL FOR SOCCER COACHES

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

COACHES ORIENTATION CLINICS

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. This season the Orientation Clinic will take place on Sat Apr 2, 2016. Please keep this date open – all coaches are required to attend! More detailed info to follow.

REFEREES

If you are interested in refereeing Footie 2016, email: britfootieref@gmail.com now. In your email please list your certifications and experience. We will host referee training sessions prior to Footie. Boys and girls 12 years and older welcome.

SPONSORSHIP DONATION

Join other community minded businesses to encourage Britannia's children and youth to keep active by sponsoring the 2016 Micro Footie program. Benefits include sponsor logo on tee sleeve, website and brochure, framed team photo and tax receipt. If you would like to sponsor a Britannia Micro Footie team, please email: lori.moretto@vancouver.ca.

FALL 2015 PROGRAMS

Micro Footie – Introduction (4-5yrs)

Girls and boys come and learn the basics of soccer in a fun, cooperative atmosphere! Wear your shorts or sweats and runners! No class Oct 11.

| | |
|----------------------------------|---------------------|
| Sun | Sep 27-Dec 6 |
| Beginners 9:30-10:30am | |
| Gym D | \$89/10 sess |
| 10405 | |
| Experienced 10:30-11:30am | |
| Gym D | \$89/10 sess |
| 10580 | |

Micro Footie Indoor (6-13yrs+)

Jason Kyle, founder of Brit Micro Footie and full time FIFA coach is starting a new project as part of the Micro Footie Academy: Micro Footie Indoor Soccer. The first 30 minutes of each session starts off with fast feet and skills, progressing to unique team drills & technical instruction. The final forty five minutes players play for a world cup country and play futsal using micro footie rules. These dynamic unbelievably fun soccer session cater to high potential Talent ID East Van players who want to raise their game to a new level. No class Oct 11.

| | |
|-----------------|------------------------|
| Sun | Sep 27-Dec 6 |
| 6-7yrs | 11:30am-12:45pm |
| Gym D | \$149/10 sess |
| 10585 | J. Kyle |
| 8-10yrs | 1:00-2:15pm |
| Gym D | \$149/10 sess |
| 10591 | J. Kyle |
| 11-12yrs | 2:30-3:45pm |
| Gym D | \$149/10 sess |
| 11947 | J. Kyle |



Children

Britannia Gymnastics (18mo-15yrs)

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. Note: You can only register for your own child please. All programs take place in Gym B.

| Sat | Sept 19-Dec 12 | | | |
|-------|----------------|--------|-------------|---------------|
| 10873 | Tiny Tumblers | 3-4yrs | 1:00-1:45pm | \$88/11 sess |
| 10894 | Gym Kids | 4-5yrs | 2:00-2:45pm | \$88/11 sess |
| 10901 | Gym Kids | 4-5yrs | 3:00-3:45pm | \$88/11 sess |
| 10928 | Performance | 6-9yrs | 4:00-5:00pm | \$100/11 sess |

| Sun | Sept 20-Dec 13 | | | |
|-------|---------------------|---------|---------------|---------------|
| 10962 | Dynamic Duo | 18mo-3 | 10:00-10:45am | \$88/11 sess |
| 10968 | Dynamic Duo | 18mo-3 | 11:00-11:45am | \$88/11 sess |
| 10970 | Performance | 6-9yrs | 11:30-12:30pm | \$100/11 sess |
| 10975 | Tiny Tumblers | 3-4yrs | 12:00-12:45pm | \$88/11 sess |
| 10983 | Adv Gym Kids | 5-6yrs | 12:45-1:45pm | \$100/11 sess |
| 10986 | Performance | 6-9yrs | 3:15-4:30pm | \$120/11 sess |
| 10989 | Perf Plus (limited) | 9-15yrs | 1:30-3:00pm | \$140/11 sess |
| 10990 | Demo Team (limited) | 9-15yrs | 3:15-4:45pm | \$140/11 sess |

No class Sat Oct 10, Nov 14; Sun Oct 11, Nov 15.

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

This program is intended for recreational/ advanced recreational and competitive athletes. Athletes may have the opportunity to participate in gymnastics meets to showcase their personal ability. They will perform routines and are scored on each apparatus: beam, floor, vault and bars. Last year's athletes have been allowed priority registration. Limited spots may be available.

Demo Team

Athletes will learn tumbling, stunting, dancing and circus arts. Previous gymnastics or dance experience required. Last year's athletes have been allowed priority registration. Limited spots may be available.

Meet the Coaches

Head Coach Cameron Stevenson is a competitive Gymnastics Level 2 coach with 13 years of coaching experience. Cam is proud to say that over the last 7 years, he has developed the Britannia Gymnastics Club into a very popular, unique, family oriented program. Britannia's other fantastic coaches include: Taranee Ponjani, Kasha Konaka, Syd Sawa.

Gymnastics Club Cartwheels & Candy Canes Holiday Show

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

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



Preteen (10-13yrs)

Education

Code Club (9-12yrs)

Do you like making art projects, telling stories, or inventing your own games? At Code Club, you'll bring your projects to life by writing code! Using the Scratch website, you can draw and animate characters, create interactive stories, build your own games, and then share them online with friends and family. Whether you're new to computer programming or you're an experienced coder, come with your ideas and we'll work together to turn them into reality!

Sun 10:30am-12:00pm Sep 20-Nov 29
AML - Computer Lab \$50/10 sess
11181 W. Hoy

Logic Club (9-12yrs)

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 17-Nov 26
FAR \$30/10 sess
18070

Social

Friday Night Live (9-12yrs)

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! Every other Friday starting Sep 18.

Fri 6:00-9:00pm Sep 18-Nov 27
FAR

Sep 18 – Bowling
Oct 2 – Watermania
Oct 16 – Preteen Dance (no out-trip)
Oct 30 – Indoor Rock Climbing
Nov 13 – Hillcrest Pool
Nov 27 – Movies @ Scotiabank

Pre-Teen Families Giants Game

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

Sun 3:00-8:00pm Nov 1
18077 \$15/1 sess

Preteen Girls Club

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

Thu 6:15-8:00pm Sep 17-Dec 10
Pre-Teen Centre Free

Sports

Ball Hockey Drop-In (11-18yrs)

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

Basketball Drop-In (11-18yrs)

Fri 5:30-6:50pm Sep 11-Dec 18
Gym C Free
Sun 12:00-1:45pm Sep 13-Dec 27
Gym C Free

Indoor Soccer

For 11-18 year old players only.

Tue 5:30-8:00pm Sep 15-Dec 29
Gym D Free

Special Events

Preteen Dance (10-12yrs)

DJ 2 Scoops plays the music. You and your friends will 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 one week before the dance. Pay \$1 at the door.

Fri 6:30-9:00pm Oct 16
CFEC
Fri 6:30-9:00pm Dec 11
CFEC



Free Youth Swim (11-18yrs)

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 4, Oct 2,
Nov 6, Dec 4
Free



Youth (13-18yrs)

Education

Youth Leadership

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

Thu 4:00-5:30pm Sep 24-Nov 19
R. Mezz \$40/8 sess

ISS My Circle Facilitation Training (13-18yrs)

The MY Circle Program is a fun and innovative leadership program that works with immigrant and refugee youth ages 14-24 who are facing challenges adapting into Canadian society break their isolation, learn practical skills, make new friends and gather information about the services and resources in their communities. Our goal is to increase the active participation and positive integration of young newcomers by providing them with a safe, supportive place where they can gain validation and understanding around the complex issues of integration and adjustment. FREE training for newcomer youth to become Peer Support Group Facilitators and Young Community Leaders. We provide free lunch and free bus tickets to all participants. At the end of the training, a certificate of completion and a letter for 80 hours of volunteer work are given to the youth. These hours may be counted as CAPP or community service hours. Contact Sherry at 604.684.7498 for more info and to register.

Sat 9:00am-4:00pm Sep 26-Dec 19
Teen Centre Free
11179 Sherry

FoodSafe (13-24yrs)

Build your resume with this certificate course! It is required for work in the food service industry.

FOODSAFE Level 1 is a food handling, sanitation and work safety course designed for front line food service workers such as cooks, servers, bussers, dishwashers, and deli workers. The course covers important food safety and worker safety information including foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing.

Participants must pass a test in order to received their certificate.

Sat 9:00am-5:00pm Nov 14
Conference Room \$60/1 sess
18019

Logic Club (13-16yrs)

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 17-Nov 26
FAR \$30/10 sess
18072

Sexual Health Workshops

Monthly sexual health workshops for youth. Topics will vary and may include discussions on STI's, birth control, healthy relationships, body image, and physical, emotional, mental and social well-being in relation to sexuality.

Wed 7:00-8:30pm Sep 23, Oct 21,
Free Nov 18, Dec 9

Fitness

Youth Yoga

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

Fri 6:00-7:00pm Sep 18-Dec 4
LRC \$48/12 sess
18083 Jillian

The 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. No class Oct 12. Membership required, \$1.00 fee.

Mon 3:30-5:00pm Sep 14-Dec 15
AML Free/13 sess
18517 T. Sars



Social

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 information.

First Friends Buddy Program (11-18yrs)

Grupo de Amigos. Meet youth your age and learn at the same time. The Friends First Buddy program provides you with social, recreational, and educational skills. We meet every Saturday and we participate in various activities from 12:00-4:00pm. To register and for more information, please contact Manuel at 604.718.5829. Outings/Salidas? Team Building Games/Juegos? Workshops/Tallers? Fundraising/Recoger Fondos y planiar eventos Ven a conocer jóvenes de tu edad y de varios países. El programa de Friends First te enseña nuevas habilidades en que puedes participar todos los sabados. Nos reunimos en diferentes lugares, para mas información por favor llame a Mauel para registrarse al 604.718.5829. Subsidios disponibles para todas las actividades. Sat/Sabados 12:00-4:00pm.

Sat 12:00-4:00pm **Sep 12-Dec 19**
Teen Centre **Free**

Girls Empowerment Group

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

Thu 6:00-8:00pm **Sep 17-Dec 10**
Pre-Teen Centre **Free**
8574

Guys Night

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

Thu 6:00-8:00pm **Sep 17-Dec 10**
Teen Centre **Free**
8582

Special Events

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 information!

Fri 7:00-10:00pm **Sep 25**
Gym C **\$2**
11180

Free Youth Swim (11-18yrs)

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 4, Oct 2,**
Nov 6, Dec 4
Free

Sports

Ball Hockey Drop-In (11-18yrs)

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

Basketball Drop-In (11-18yrs)

Fri 5:30-6:50pm **Sep 11-Dec 18**
Gym C **Free**
Sun 12:00-1:45pm **Sep 13-Dec 27**
Gym C **Free**

Indoor Soccer (11-18yrs)

For 11-18 year old players only.

Tue 5:30-8:00pm **Sep 15-Dec 29**
Gym D **Free**

Cooking

Feast of Flavors (13-18yrs)

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

Tue 4:00-6:00pm **Sep 8-Dec 22**
AML **Free**



Latin Cooking (11-18yrs)

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

Thu 4:30-6:30pm **Sep 10-Dec 17**
AML **Free**

Off the Grill (11-18yrs)

Off the Grill aims to improve adolescent health along with positive connections among at-risk mostly Aboriginal youth, the community, and youth supports through an intersectoral and collaborative approach. The cornerstone of this program is the preparation of healthy meals with support from youth and the serving of these meals to both youth and community members in the Britannia Plaza where these youth congregate. Community meals thus become an avenue of social connection among youth, the broader community, and youth service providers, filling several gaps in the lives of these youth.

Youth will be offered meals for free, adults will be fed by donation. All donations go back in to the program to keep it sustainable.

Wed/Fri 6:00-8:00pm **Sep 2-Sep 16**
Free



Teen Centre Programs

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:

| | | |
|---------|---------|--------|
| Barry | Tom | Chiho |
| Crystal | Georgia | Kakada |
| Manuel | Mark | |

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.

Big Screen Movie Night

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

Wed 7:00-9:00pm Sep 9-Dec 23
Teen Centre Free

Canucks Game Night

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

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

Build Your Resume!

Looking to apply for a job? Join this program to learn how to create a cover letter and resume! We will also give you tips about employers' hiring practices. Call 604.718.5828 for more information.

Big Screen Video Games

Head over to the Teen Centre and play the Wii on the projector screen!

Thu 7:00-9:00pm
Teen Centre Free

Outdoors Programs

The Great Escape Outdoors (GEO)

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

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

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

All registration done at the Teen Centre.



Blackcomb/Whistler Ski & Snowboard

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

\$60 ski/snowboard rental, \$50 no rental required. Must register a minimum of two weeks in advance. Registration accepted at Britannia Teen Centre only.

6:00am-6:00pm Dec, Jan, Feb

Lunchtime at Brit

Join us every Friday at the Britannia High School during lunch. Learn about Teen Centre programs and events while playing activities, hanging out with Teen Centre staff, and eating snacks. We want to hear your program ideas too! For more information, please call 604.718.5828.

Latin American Youth Programs

Programa de Jóvenes Latino Americanos

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

El proyecto de jóvenes, Latino Americano le ofrece a la comunidad una variedad de actividades, proyectos, y eventos. Los siguientes programas son para jóvenes latinos de 11 a 18 años y son gratuitos en su mayoría. Para más información y para registrarse llame a Manuel al 604.718.5829 o por correo electrónico a carlos.mendez@vancouver.ca

Latin American Youth Council (13-18yrs)

Buscamos a jóvenes que estén interesados en iniciar nuevos programas y actividades para nuestra comunidad Latina. Dar reconocimiento a los asuntos Latinos, apoyar nuestra comunidad, recoger fondos, iniciar nuevos proyectos y eventos, y hacer trabajo voluntario para las horas requeridas para la graduación. Para más información llama a Manuel al 604.718.5829.

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

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

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

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

- Self-esteem/respect
- Weight training
- Career Planning

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

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

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. Par mas información llame al 604.718.5829.

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

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

- Outings/Salidas
- Team Building Games/Juegos
- Workshops/Tallers
- Fundraising/Recoger Fondos y planiar eventos

Ven a conocer jóvenes de tu edad y de varios países. El programa de Friends First te enseña nuevas habilidades en que puedes participar todos los sabados. Nos reunimos en diferentes lugares, para mas información por favor llame a Manuel para registrarse al 604.718.5829. Subsidios disponibles para todas las actividades.

Sat/Sabados 12:00-4:00pm

Cooking Program/Cocina Latina

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

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

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

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

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

Tue/Martes 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
Killarney: Wed at lunch 11:40am Rm A234
John Oliver: Thu at lunch 11:40am Rm 114
Britannia: Fri at lunch 11:40am Rm TBD



What are Spanish Clubs? A place to meet all the Latin students in your school, a place where you have fun, learn more about Latin American culture, and know what activities and programs are going on in your community. We provide games, music, workshops, and guest speakers.

If you are interested in having a Spanish Club at your school contact Manuel at 604.718.5829.

Events/Eventos

Evento gratis de Nadar/Free Youth swim.

Sep 4, Oct 2, Nov 6, Dec 4 8:00-10:00pm
Free/Gratis

Please Do Your Doo-Doo Duty!

This 17 acre site includes a running track, swimming pool, ice rink, an elementary school, a secondary school a Childcare facility as well as a public library and numerous buildings used for recreational purposes. The community uses these facilities on a daily basis for family activities as well as exercising their family pets. Please be considerate of others when walking your dogs and be diligent in cleaning up any feces as a result of their exercise and play time. This keeps a clean and safe environment for all the community to enjoy. Thank You.



Britannia Recreation Dept.

Adult Sports

Trojan Horse Amateur Boxing (10yrs-Adult)

With head coach William Kennedy learn classic boxing technique and have access to a unique training facility, including a full size ring, punching/speed bags, circuit training and training mitts and gloves. During the group sessions, your training will be personalized to your specific skills and abilities. It's also a great way to improve your fitness. Please note if you are interested in competitive boxing classes (\$100/month) you must contact the instructor first. Waiver forms are required to be filled out before starting your session.

| Adult (19yrs+) | Youth (10-18yrs) | Competitive |
|----------------|------------------|-------------|
| \$75/month | \$75/month | \$100/month |

*sign up for sessions monthly from September-December.

| Time | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------------|------------------------|----------|----------|------------------------|--------------------------------|----------|
| 10:00am-12:00pm | | | | | | All Ages |
| 3:30-5:00pm | Youth Only 10-18yrs | | | Youth Only 10-18yrs | Sept Special Free for Youth | |
| 5:00-7:00pm | All Ages | All Ages | All Ages | All Ages | All Ages | |

Badminton

Total of 30 spaces (registered & drop-ins)
\$6.00 drop-ins if space available.

| | | |
|--------------|--------------------|---------------------|
| Fri | 7:00-9:45pm | Sep 4-Dec 18 |
| Gym C | A. Leung | \$80/16 sess |
| 11966 | | |
| Sat | 1:30-5:00pm | Sep 5-Dec 19 |
| Gym C | A. Leung | \$80/16 sess |
| 11969 | | |

Basketball

No drop-ins. No class Oct 11.

| | | |
|--------------|--------------------|----------------------|
| Sun | 2:00-4:00pm | Sep 13-Dec 13 |
| Gym C | S. Yan | \$60/13 sess |
| 10419 | | |
| Sun | 4:00-6:00pm | Sep 13-Dec 13 |
| Gym C | S. Anderson | \$60/13 sess |
| 10423 | | |

Ball Hockey – Men (40yrs+)

This is a non-body contact program. Rough play will not be tolerated. No league players. \$7/drop-in, space permitting. No class Oct 11.

| | | |
|--------------|--------------------|----------------------|
| Sun | 6:45-8:45pm | Sep 13-Dec 20 |
| Gym D | B. Woo | \$70/14sess |
| 10423 | | |

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.

| | | |
|--------------|--------------------|----------------------|
| Wed | 7:15-8:45pm | Sep 16-Dec 16 |
| Gym D | T. Wells | \$65/13 sess |
| 17075 | | |

Ball Hockey – Women

The focus is on fitness and fun – all skill levels welcome. Teams divided according to skill level at beginning of game. Bring a black and white t-shirt to split into teams. Sticks provided, or bring your own plastic wood, composite. Shin pads, gloves recommended. \$5/drop-in, space permitting. No class Oct 11.

| | | |
|--------------|--------------------|----------------------|
| Sun | 4:15-6:00pm | Sep 20-Dec 20 |
| Gym D | C. Eneas | \$52/13 sess |
| 17076 | | |

Volleyball – Inter/Adv (Tue)

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

| | | |
|----------------|--------------------|----------------------|
| Tue | 7:15-9:45pm | Sep 15-Dec 15 |
| Gym A/B | R. LeBlanc | \$70/14 sess |
| 10440 | | |

Volleyball – Beginner

Beginners – Basics are emphasized. Register for this program to guarantee a spot to play every week. A total of 42 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$6/drop-in, space permitting. No class Nov 12.

| | | |
|----------------|--------------------|----------------------|
| Thu | 7:15-9:45pm | Sep 17-Dec 17 |
| Gym A/B | R. LeBlanc | \$65/13 sess |
| 10446 | | |

Volleyball – Inter/Adv (Fri)

We work on specialized game play. If you have the basics please join us. Register for this program to guarantee a spot to play every week. A total of 30 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$6/drop-in, space permitting. No class Nov 13.

| | | |
|----------------|--------------------|-----------------------|
| Fri | 7:15-9:45pm | Sept 18-Dec 18 |
| Gym A/B | R. LeBlanc | \$65/13 sess |
| 10453 | | |

Fencing – Youth (14-18yrs)

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. No class Oct 12.

| | | |
|-----------------------|--------------------|----------------------|
| Mon | 6:00-7:30pm | Sep 21-Dec 14 |
| LaSalle Studio | LaSalle | \$108/12 sess |
| 10721 | | |

Fencing – Adult (19yrs+)

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

| | | |
|-----------------------|--------------------|------------------------|
| Tue | 7:30-9:00pm | Sep 22-Dec 15 |
| LaSalle Studio | LaSalle | \$97.50/13 sess |
| 10724 | | |

Prices do not include taxes.

Yoga

Iyengar Yoga

Certified Iyengar Yoga instructor, Claudia MacDonald has taught at Britannia since the early 1980's and has developed a highly respected Yoga program in the Grandview-Woodlands and Yaletown areas. Physically energizing, deeply relaxing and emotionally uplifting, this program offers instruction in classical yoga with an emphasis on self-awareness and development of strength, stamina, flexibility, balance, body awareness, postural alignment and relaxation. It accommodates all levels of fitness and ability and is taught with clarity, creativity, attention to detail and sensitivity to individual needs, in an atmosphere of respect, compassion and humour. Safety, back and joint care will be addressed.

Level 1 – Intro/Ongoing Beginner

Thu 7:00-8:30pm Sep 17-Dec 3
17047

Level 1 & 2 – New students welcome

Tue 9:30-11:00am Sep 15-Dec 1
17150

Tue 7:00-8:30pm Sep 15-Dec 1
17152

Gentle Level 1/Restorative

Wed 7:15-8:30pm Sep 16-Dec 8
17154

Level 2 – Intermediate

Thu 5:30-7:00pm Sep 17-Dec 3
17155

Level 3 – Advanced

Wed 5:30-7:15pm Sep 16-Dec 8
17185

Note: Winter Urban Yoga Retreat Dec 2015.

Details TBA

For information, contact Britannia at 604.718.5800 (1) or claudiamacyoga@gmail.com.

Yogaflex

This flowing yogaflex class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Please visit www.clstevensfitness.com for more information. Please bring your own mats to this class. \$12/drop-in. No class Oct 11.

Sun 10:15-11:15am Sep 13-Oct 25
CFEC \$76/6 sess

17191 CLS Fitness

Sun 10:15-11:15am Nov 1-Dec 6
CFEC \$76/6 sess

17192 CLS Fitness

Fitness

Body Conditioning

A class designed to challenge every muscle group with the use of weights, bands, and tubes including a cardio component. Increase strength, balance and flexibility. Purchase drop-in tickets at pool office. \$39.40/10 tickets. No class Oct 27, Nov 3.

Tue 6:00-7:00pm Sep 8-Dec 15
Gym C \$39.40/10 tickets
10609 A. Riley

Dance Aerobics

A great way to get your cardio in while having fun! This class is designed to increase your cardio levels and get fit with simple Latin, Funk and Reggae moves all fused together. \$4.75/drop-in at the pool. \$39.40/10 tickets. No class Oct 29, Nov 5.

Thu 6:00-7:00pm Sep 10-Dec 17
Gym C \$39.40/10 tickets
10614 A. Riley

Salsa Fit

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

Sat 10:00-11:00am Sep 12-Dec 19
Gym C \$4.75/1 sess
10679 D. Galay

ZUMBA®

This fitness class fuses Latin and International rhythms with easy to follow moves to create a dynamic workout system that will blow you away. Zumba® is a 'feel happy' workout that is great for both the body and the mind. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, Samba, Reggaeton, Flamenco and more. Drop-ins welcome space permitting \$11. www.zumbavancouver.ca. No class Oct 12, Nov 11.

Free Trial sessions:

Wed 6:00-7:15pm Sep 9
17582
Wed 6:00-7:15pm Oct 28
17583

Mon 6:00-7:15pm Sep 21-Nov 2
Gym C \$48/6 sess

17200 K. Ann

Mon 6:00-7:15pm Nov 9-Dec 14
Gym C \$48/6 sess

17201 K. Ann

Wed 6:00-7:15pm Sep 16-Oct 21
Gym C \$48/6 sess

17202 D. Galay

Wed 6:00-7:15pm Nov 4-Dec 16
Gym C \$48/6 sess

17204 D. Galay



Prices do not include taxes.

Adult Martial Arts

| AXÉ CAPOEIRA VANCOUVER 604-537-8943 AXEVANCOUVER.COM | | | | | | | |
|--|-----------------|-------|-------|-------|-----|-----------------|----------------------------------|
| CLASS SCHEDULE <i>July 2015</i> | | | | | | | |
| | MON | TUES | WED | THURS | FRI | SAT | SUN |
| | 1739 VENABLES | | | GYM C | | 1739 VENABLES | |
| 10AM-11AM | | | | | | DANCE | |
| 11AM-12PM | | | | | | ADULTS CAPOEIRA | ADVANCED MUSIC |
| 12PM-1PM | | | | | | KIDS CAPOEIRA | ALL-LEVELS CAPOEIRA CLASS & RODA |
| 1PM-2PM | | | | | | | |
| 2PM-3PM | | | | | | | |
| 5PM-6PM | KIDS CAPOEIRA | | | | | | |
| 6PM -7PM | DANCE | MUSIC | DANCE | MUSIC | | | |
| 7PM-9PM | ADULTS CAPOEIRA | | | | | | |

Axe Capoeira

We offer ongoing classes anyone can join. Classes cover all aspects of Capoeira: martial arts, dance, music acrobatics, culture, language. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Registration includes unlimited participation in training as well as dance and music classes. Adult \$20/drop-in, Child/Youth \$15/drop-in (you must go to the Pool Cashier at Britannia to pay and bring the receipt to the Instructor). Classes are located at 1739 Venables.

| Adult | | Child/Youth | | |
|---------|-------|-------------|---------|-------------|
| Sep/Oct | \$230 | 10675 | Sep/Oct | \$150 17579 |
| Nov/Dec | \$230 | 10678 | Nov/Dec | \$150 10634 |

Ki Aikido – General

All levels welcome to this non-competitive and positive practice that develops calmness, stability and confidence to reduce the stresses of daily life. We work with partners to learn how to develop mind and body coordination, stay relaxed and centered under pressure. Beginners can take one free session before deciding whether to register. www.canadiankifederation.com. \$10/drop-in. No class Oct 11.

Sun 4:00-6:00pm Sep 13-Dec 20
 Mat Room \$84/14 sess
 10466 L. Liew

Ki Aikido – Higher Grade

1st Kyu or more advanced students. \$5/drop-in. No class Oct 12.

Mon 7:30-9:30pm Sep 14-Dec 21
 Mat Room \$84/14 sess
 10475 W. Nagata

Ki Aikido – Intermediate

6th Kyu or more advanced students. \$10/drop-in. No class Nov 11.

Wed 7:30-9:30pm Sep 9-Dec 16
 Mat Room \$84/14 sess
 10477 W. Nagata

Tai Chi – Traditional Yang Style 108 Form – Part Three

In this course, we will study the second half of the form. Participants should be familiar with the first half. No class Oct 12.

Mon 6:00-7:00pm Sep 14-Dec 7
 Gym D \$180/12 sess
 10492 K. Mclean

24 Form Tai Chi

Tai Chi is a martial art, a gentle form of exercise, and a moving meditation. The slow and graceful movements of Tai Chi improve balance, coordination, and well-being. The 24 Form Simplified Yang style Tai Chi is suitable for beginners. No class Oct 12.

Mon 7:00-8:00pm Sep 14-Dec 7
 Gym D \$180/12 sess
 10497 K. Mclean

Qigong

Qigong is the ancient Chinese practice of cultivating “qi” or vital energy in the body. Qigong involves regulating the breath, simple movements, postures, visualization, and meditation. It reduces stress, improves health and concentration. Suitable for beginners. No class Oct 12.

Mon 8:00-7:00pm Sep 14-Dec 7
 Gym D \$180/12 sess
 104500 K. Mclean





Hall For Rent

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

Booking Times:

| | |
|----------------------|----------------|
| Mon, Wed, Thu or Fri | 9:00am-5:00pm |
| Fri, Sat | 1:00pm-2:00am |
| Sun | 5:00pm-11:00pm |

Now booking into December 2016.

For rates, openings and more information contact:

Helen Spaxman
helen.spaxman@vancouver.ca
604.257.3087

and

Matty Harris
mattyfromlife@gmail.com

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



Why volunteer with us?

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

Volunteers will have the opportunity to:

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

For more information, please contact Mawi Bagon at 604.718.5860 or email mawi.bagon@vancouver.ca.

Visit our website www.britanniacentre.org and download a copy of our Volunteer Application Form to get started.

Bequests and Charitable Giving

YOUR LEGACY

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

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



Reconciliation in Action Tuesday, September 29 1:00-7:00pm

Meaningful engagement to lead the way for reconciliation through transformative learning and positive change to build inclusive and reflective communities.

Keynote speakers, artist, community leaders, food, presentations and solidarity.

Special Events

Artful Sundays

Britannia Community Centre will host an outdoor, mixed media, visual arts market in Napier Greenway (Napier St at Commercial Drive) for 4 Sundays Aug 9, 16, 23 & 30. Hours: 12:00-5:00pm. Featuring the work of local artists, artist workshops & demonstrations and more!

11th Annual Corn Festival

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

Sun 12:00-5:00pm Sep 6
Gym D Free

Family Pumpkin Carving

Celebrate Halloween by carving a pumpkin with your family. Cost is based on a family of four and will include 2 pumpkins. Additional pumpkins can be purchased for \$3.00 but must be done on-site. Please register by Oct 23 so the correct number of pumpkins will be available. Hot chocolate and carving utensils will be provided. All children under 12yrs must have a parent or guardian present.

Sun 1:00-3:00pm Oct 24
CFEC \$6/1 sess
12348 H. Spaxman

Parade of Lost Souls

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

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

Sat 7:00-10:00pm Oct 31
Free by donation



Britannia Workshops

For more information: dustyflowerpot.org

Thriller Flashmob Dance

Sat 12:00-2:00pm Oct 17, 24
Tue 7:00-9:00pm Oct 20, 27
Cafe K. Single-Dain \$5-10 donation

Leather Mask Making

Mon 7:00-9:00pm Oct 19, 26
Cafe \$5-10 donation

The Sounders Costume-Making

Thu 7:00-9:00pm Oct 22, 29
Cafe N. Filekov \$5-10 donation

Check out 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 to get involved in parade in other ways as well.

Gingerbread Houses

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 registrants will be \$3.00 (must be done on-site) and will include all supplies. Please register by Dec 17 so the correct number of kits will be available. All children under 12yrs must have a parent or guardian present.

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

Banner Workshop

No bird soars too high if he soars with his own wings. ~William Blake.

Come create your take on the subject of BIRD.

Banners are large and hang in pairs... 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 are completed on site in the secondary school cafeteria. Children under 12 must be accompanied by an adult. Wear old clothes and bring a lunch, and a colour sketch of your idea. Artists get first chance to buy their own banners for \$20/set.

Sat, Sun 10:00am-4:00pm Oct 3-4
Cafe \$20/2 sess
12030 H. Spaxman

Seasonal Decorations Pop-Up Workshops 2015

Celebrate the season by making your own personal décor and art projects. Various local artists will be instructing in a variety of media. All materials provided or bring some of your fave papers, yarns, etc. Attend one or both. Different projects featured each day. For more information, email Coordinator Katherine Polgrain: courage@vcn.bc.ca

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

3rd Annual Winter Solstice Coffee House

Come celebrate the return of the light with a cozy evening of local live music, poetry and refreshments at Britannia.

Sun 7:00-10:00pm Dec 20

Britannia Art Gallery Exhibitions

Gallery Programs Sep – Dec 2015

Exhibitions:

Sep 2 – Oct 2

On a Limb

Artist: Andree Minardi (painter) & Linda Lewis (ceramics)



Linda Lewis

Andree Minardi

Nov 4 – 27

Landscape is Art

Artist: Zola Novak (painter)

Life Cycle

Artist: Jocelyne Dodier (sculpture)



Zola Novak

Jocelyne Dodier

Oct 7 – 30

Magical Worlds

Artist: Heather Talbot (textile)



Swallow Tail digital image on fabric and close up of embroidered butterfly.

Dec 2, 2015 – Jan 1, 2016

Book Bytes: Reflections on the Book

Artist: Robin Ripley (mixed media)

Intricate Perceptions

Artist: Lindsey Ross (drawings)



Robin Ripley

Lindsey Ross

Paper Quilling with Helen Spaxman (paper 3D art)



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 | Sep 13 |
| RAR | | Free |
| 12361 | H. Spaxman | |

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



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

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

ARTIST TALKS (in the gallery)

Magical Worlds with Heather Talbot (textile/mixed media)

| | | |
|------------------------|---------------|---------------|
| Wed | 7:00pm | Oct 21 |
| Library Gallery | | Free |

Book Bytes with Robin Ripley (mixed media)

| | | |
|------------------------|---------------|---------------|
| Wed | 7:00pm | Dec 16 |
| Library Gallery | | Free |

Adult Arts & Culture

Adult Music & Dance

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 1 course is an introduction; no previous experience is needed. Enrolling in level 2 requires taking level 1 or permission from the instructor. Rental drums are available during class times. Drum rentals are to be arranged with the instructor at the first class. For more information: www.drumming.ca

Wed 6:30-8:00pm **Sep 16-Nov 4**
Cafe **\$120/8 sess**
11558 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. Enrolling in level 2 requires taking level 1 or permission from the instructor. Rental drums are available during class times. Drum rentals are to be arranged with the instructor at the first class. For more information: www.drumming.ca

Wed 8:10-9:40pm **Sep 16-Nov 4**
Cafe **\$120/8 sess**
11559 R. Shumsky



Salsa Cubana & Rueda De Casino – Beginner

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

Tue 7:30-9:00pm **Oct 6-Nov 24**
Gym C **\$120/8 sess**
11553 C. Pena

Salsa Cubana & Rueda De Casino – Intermediate 1

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

Wed 7:30-9:00pm **Oct 7-Nov 25**
R. Mezz **\$120/8 sess**
11554 C. Pena

Salsa Cubana & Rueda De Casino – Intermediate 2

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

Thu 7:30-9:00pm **Oct 8-Nov 26**
Gym C **\$120/8 sess**
11555 C. Pena

Intro to Basic Square Dancing

This 12 week program will teach the basic level of Modern Western Square Dancing. Square Across the Border with caller, Nicky Hood, will teach the basic moves in a gender neutral environment. The music is contemporary, the dress is casual, no experience necessary. For more information, contact SquaresAcrossTheBorder.org

Tue 7:00-9:00pm **Sep 15-Dec 1**
Rm 208 **\$170/13 sess**
11561 D. Cromie

Dance Bootcamp

Dance Bootcamp takes the best of dance fitness with a mix of dance styles and bootcamp elements. Among the dance style covered are salsa, basic breakdance, hip hop and swing. We incorporate dance into a workout movement/circuit, choreography, and straight bootcamp movements. More info: www.kirbysnelldance.com. Free trial class on Sep 11. No class Oct 16.

Fri 7:00-8:00pm **Sep 18-Nov 27**
CFEC **\$90/10 sess**
18669 Endorphin Rush Dance

Carnival Band

Looking for an excuse to dust off that horn (accordion, glockenspiel...) in the back of your closet, dress up and play in the street? 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 to listen and dance if you like! Suggested donation is one hour's wage per month. \$5/pay-what-you-can drop-in. No class Oct 12.

Mon 7:30-10:00pm **Sep 14-Dec 15**
AML **Free/13 sess**
12291 T. Sars



Prices do not include taxes.

Adult Arts & Culture

Adult Music & Dance

The Drive Street Band

We are a community music band and we play songs ranging from Swing, Jazz, Latin, Old time songs to original compositions. We welcome anyone interested in joining this band, regardless of age or musical experience. Some music reading ability is helpful. The only stipulations are that you need a good attitude and an instrument that you can take out to the streets. Stop by anytime and come listen. For more information contact: drivestreetband@gmail.com. \$2-\$5 donation.

Sun 3:00-5:00pm Sep 13-Dec 13
AML \$0/14 sess
12308 C. Sweet, T. Whitridge

Femme City Choir

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

Thu 7:15-9:15pm Oct 1-Dec 17
AML Free/12 sess
12304 K. Parnell

The 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. No class Oct 12. Membership required, \$1.00 fee.

Mon 3:30-5:00pm Sep 14-Dec 15
AML Free/13 sess
18517 T. Sars

Social

Writing Journey

Release your writing voice through engaging techniques such as collage, mindfulness and evocative prompts. Explore imagination and playfulness as means to discover unconscious wisdom and resolve old issues. Reflect on life through embodied journaling and in the process reconnect with your creative potential. For more information: spacestobe.org

Tue 7:30-9:00pm Sep 22-Nov 3
TBA \$90/6 sess
12838 C. De Kock

Tue 7:30-9:00pm Nov 10-Dec 15
TBA \$90/6 sess
12839 C. De Kock

Introduction to Knitting NEW

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

Knitting and purling: let's begin practice on a started project.

Sun 2:00-4:00pm Sep 20
12040 RAR \$25/1 sess

Casting-off: let's finish the item we started.

Sun 2:00-4:00pm Oct 18
12280 RAR \$25/1 sess

Casting-on: let's start a new one.

Sun 2:00-4:00pm Nov 15
12282 RAR \$25/1 sess

Pottery

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 & glazes are included.

Tue 7:00-9:00pm Sep 22-Nov 10
Rm 208 \$175/8 sess
11976 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. Last class is Tue Nov 10.

Wed 6:30-9:00pm Sep 23-Nov 10
Rm 208 \$200/8 sess
11993 H. Spaxman



Prices do not include taxes.

AML - 55+ Older Active Adults

Welcome to the 55+ Centre

Anne Cowan – anne.jackson@vancouver.ca

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

604.718.5837

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

Drop-In Hours:

| | | | |
|-----|---------------|-----|----------------|
| Mon | 9:30am-4:00pm | Fri | 9:30am-4:00pm |
| Wed | 12:00-4:00pm | Sat | 1:30-4:30pm |
| Thu | 9:30am-4:00pm | Sun | 10:00am-2:00pm |

*some changes for Special Events

Seniors Committee

Meets on the last Thursday of each month. New members welcome to assist us in supporting and facilitating excellent programs and services for Seniors.

Thu 1:30-3:00pm Sep 24, Oct 29,
Conference Room Nov 26
11820

Flu Clinic

Annual Vancouver Coastal Health Free Drop-in Flu Clinic.

Tue 9:00am-12:30pm Nov 17
AML Free
10285

Computer Classes

Computers & 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!

Mon 10:00am-12:00pm Sep 14-Oct 26
AML - Computer Lab \$50/6 sess
7560 M. Ziebart

Computers & Internet Intermediate

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

Mon 1:00-3:00pm Sep 19-Oct 26
AML - Computer Lab \$50/6 sess
8899 M. Ziebart

Digital Photography and Computer

Learn how to use your digital camera or phone to take great photo and work on computer editing.

Mon 10:00am-12:00pm Nov 2-Dec 7
AML - Computer Lab \$50/6 sess
8902 M. Ziebart

Social Media

Learn what's in a phone? Benefits and possible pitfalls of Facebook, Twitter, today's phones and computers.

Mon 1:00-3:00pm Nov 2-Dec 7
AML - Computer Lab \$50/6 sess
8905 M. Ziebart

Internet Lab Hours

Wed: 12:30pm-4:00pm

*closed on the 3rd Wed of the month.

Thu: 10:00am-4:00pm

Fri: 10:00am-4:00pm

Sat: 11:45am-1:45pm

Sun: 10:00am-12:00pm

*some changes with special events.

Sep 2-Dec 20
AML - Computer Lab Free
11818

Language Classes

Spanish – Beginners

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

Tue Fri 1:00-2:00pm Sep 8-Oct 16
R. Mezz \$60/12 sess
10513 I. Nunez
Tue Fri 1:00pm-2:00pm Oct 20-Nov 27
R. Mezz \$60/12 sess
10563 I. Nunez

Spanish – Intermediate

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

Tue Fri 2:15-3:15pm Sep 8-Oct 16
R. Mezz \$60/12 sess
10561 I. Nunez
Tue Fri 2:15pm-3:15pm Oct 20-Nov 27
R. Mezz \$60/12 sess
10564 I. Nunez

Join A Group

Square Dancing

Square Dancing, Challenge level (C2), experience required, new members welcome, drop-in available.

Wed 7:00-9:00pm Sep 16-Dec 9
AML
10566

Vancouver Morris Men Dance

Intergenerational, drop-in to register. Enjoy various styles of English traditional "Morris Dance" and music.

Tue 7:30-9:30pm Sep 8-Dec 15
AML
9187

55+ AML Book Club

3rd Wednesday of each month. Pick up your book at Britannia Library.

Wed 2:45-4:45pm Sep 16-Dec 16
AML - Computer Lab Free
10277 Librarian Britannia VPL



AML - 55+ Programs

Arts & Culture

Quirk-e

In its 10th year Quirk-e's LGTB elders continue to thrive through creativity and community. (to apply, contact Anne at Britannia 55+ Centre).

Wed 10:00am-12:00pm Sep 9-Dec 16
AML Free
10689 C. Robson, K. Blaire

Urban Aboriginal Elders

Urban Aboriginal Elders – Elders Arts Alive (to apply, contact Anne at Britannia 55+ Centre).

Thu 2:00-4:00pm Oct 8-Dec 17
CFEC Free
10695 Mike Dangeli

The Great Sunday Night Movie Series

An evening of great movies and discussion. All ages – Unlimited popcorn.

Sun 6:00-9:00pm Sep 13-Dec 13
AML Free
9189

Fitness & Health

Free Introductory Classes

Wednesday, September 9

Ballroom Fit

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

Wed 11:15am-12:30pm
CFEC G. Quon

Adaptive Yoga

This Class is designed for you to be comfortable without feeling like “you have to keep up”.

Wed 12:45-1:45pm
CFEC G. Quon

Intro Gentle Yoga 55+

Yoga practice for older adults.

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

Badminton 55+

Mon-Thu, and Sat fun easy play for seniors.

Mon/Wed 11:20am-12:35pm Sep 2-Dec 21
Gym C \$16/32 sess
10583

Tue/Thu 11:20am-12:35pm Sep 8-Dec 17
Gym C \$16/30 sess

10586
Sat 2:00-4:00pm Sep 5-Dec 19
Gym A \$16/16 sess
11481

Ballroom Fit (Free Demo Class Sep 9)

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

Wed 11:15am-12:30pm Sep 16-Oct 21
CFEC \$60/6 sess
11531 G. Quon

Ballroom Fit 2

Wed 11:15am-12:30pm Oct 28-Dec 9
CFEC \$60/7 sess
11532 G. Quon

Social Ballroom Dance

Social Ballroom Dance Free Drop-in. Come practise your moves. We supply the music and the space all you need is the desire to spend your afternoon dancing. Please register.

Fri 1:30-4:00pm Sep 4-Dec 18
CFEC Free
11537

Carpet Bowling

Easy going, fun and social.

Tue 10:00am-12:15pm Sep 8-Dec 15
The Hall Free
9034

Finding Your Balance

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

Thu 10:45-11:45am Sep 10-Oct 15
CFEC \$60/6 sess

11030 C. Wenzel
Thu 10:45-11:45am Oct 22-Nov 26
CFEC \$60/6 sess
11032 C. Wenzel

Gentle Yoga 55+

Adaptable yoga practice for older adults. Warm up muscles, increase muscular elasticity and strengthen skeletal alignment. No class Nov 11.

Mon 2:00-3:15pm Sep 14-Oct 26
CFEC \$60/6 sess

10416 G. Quon
Mon 2:00-3:15pm Nov 2-Dec 7
CFEC \$60/6 sess

10422 G. Quon
Wed 2:00-3:15pm Oct 28-Dec 9
CFEC \$60/6 sess

10425 G. Quon
Wed 2:00-3:15pm Sep 16-Oct 21
CFEC \$60/6 sess
10612 G. Quon

Adaptive Yoga (Free Demo Class Sep 9)

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. No class Nov 11.

Wed 12:45-1:45pm Sep 16-Oct 21
CFEC \$60/6 sess

10697 G. Quon
Wed 12:45-1:45pm Oct 28-Dec 9
CFEC \$60/6 sess
10698 G. Quon

Line Dancing

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

Tue 1:00-3:00pm Sep 8-Dec 15
CFEC \$20/15 sess
10660

Osteofit

A gentle strength, balance, and coordination program designed to improve fitness and promote healthy bones. Program focuses on improving individual functional ability and quality of life. Specially trained Osteofit fitness instructor. \$8/drop-in space permitting.

Mon 11:00-12:00pm Sep 14-Oct 26
CFEC \$36/6 sess

15160 B. Bahrami
Mon 11:00-12:00pm Nov 2-Dec 14
CFEC \$42/7 sess
15161 B. Bahrami



AML - 55+ Programs

Wellness

Morning Wellness

Blood Pressure and Sugars.

Fri 11:00am-12:00pm Sep 11-Dec 18
AML Free

10292

Foot Care

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

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

Exercise with Friends

Senior led video exercise with light and easy movement.

Fri 10:00-11:30am Sep 11-Dec 11
AML Free

Healthy Choices – Kitchen & Garden NEW

Weekly social workshops. In Kitchen – delicious nutritious meals. Garden – inspiring easy to grow ingredients. Please register.

Thu 2:00-4:00pm Sep 10-Oct 22
AML Free

10298 Evergreen



Flu Clinic

Annual Vancouver Coastal Health Free Drop-in Flu Clinic.

Tue 9:30am-12:30pm Nov 17
AML Free

10285

Diabetic Self Management (Spanish)

Self Management class sponsored by REACH Family Place.

Fri 5:00-8:00pm Sep 11-Dec 18
AML Free

National Seniors Day / International Day of Elders Lunch and Launch

Britannia Centre and Library are proud to pay tribute to seniors on this day, thank them for the valuable contributions they have made, and continue to make, in our families, workplaces, and communities. Join us in celebration at our Lunch & Launch

“Granny Power” starring the Raging Granny’s

Thu 12:00-2:00pm Oct 1
AML Free
17342

This is a documentary about an important, growing and radically under-represented segment of the population. As citizens become more passionate about expressing political dissatisfaction with the status quo the Raging Grannies are proving to be an inspiration and a symbol of proud civic engagement for audiences of all ages.

Bus Tours

(meet outside of 55+ Centre)

Harrison Lake Cruise

Activity Level: Easy

PACKAGE INCLUDES: 2 hour Harrison Lake Cruise – Lunch served on board the ship – Refreshments at Green Point.

Tue 8:30am-6:30pm Sep 15
\$139/1 sess

7364 Enjoy Tour And Travel

Salt Spring Market

Activity Level: Easy

PACKAGE INCLUDES: Salt Spring Island Tuesday Market – All ferry fees – Lunch Rock Salt Restaurant – Guided tour Salt Spring Island Cheese, cheese & olive tasting – Fulford Village shops.

Tue 7:15am-9:15pm Oct 13
\$119/1 sess

7396 Enjoy Tour And Travel

Eagle Tour

Activity Level: Easy

Harrison River has one of the largest concentrations of bald eagles in North America with a count of over 10,000 eagles in 2014. This may be the best eagle viewing in BC history!

PACKAGE INCLUDES: Guided Eagle Walk – Fraser Valley Bald Eagle Festival – Creek Salmon Hatchery – Rivers Edge Restaurant lunch.

Tue 8:15am-5:15pm Nov 24
\$89/1 sess

7535 Enjoy Tour And Travel

Christmas in Country

Activity Level: Easy

Catch the Christmas spirit on a fun filled day in the Langley Countryside at Potters Krause Berry Farms and The Little White House.

PACKAGE INCLUDES: The Krause Berry Farms Christmas Market – Lunch Krause Berry Farms Bistro – Little White House.

Wed 9:00am-6:00pm Dec 9
\$89/1 sess

7538 Enjoy Tour And Travel

Social

Cards – Light Hearted Bridge

Light Hearted Bridge – Drop-in.

Mon 1:00-3:00pm Sep 14-Dec 21
AML Free
11533

Italian Cards

Traditional Italian Cards – Drop-in.

Mon Thu 1:00-3:00pm Sep 14-Dec 21
AML Free
11534

Knitting Social

Knitting and Crochet social for all ages.

Wed 1:00-3:30pm Sep 9-Dec 16
AML Free
10281 Irene

Billiards and Table Tennis

Billiards and table tennis for 55+.

Fri 10:00-12:00pm Sep 11-Dec 11
Teen Centre Free
9188

AML - 55+ Programs

Latin American Men's Group

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

Sat 10:00am-1:00pm Sep 5-Dec 19
AML Free
9185

Latin American Women's Group

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

Wed 4:00-6:00pm Sep 9-Dec 16
AML Free
9186

Lunches

Lunch Drop-In

Noon Lunch drop-in. Mon/Thu/Fri.

M/Th/F 12:00-2:00pm Sep 14-Dec 18
AML \$5/drop-in
10286

Pot Luck Lunch

Last Thursday of each month. Bring a little something to share.

Thu 12:00-2:30pm Sep 24-Nov 26
AML Free
10284

Annual Christmas Luncheon NEW

Traditional Turkey Dinner and an afternoon shared with friends. Everyone welcome.

Fri 12:30-3:30pm Dec 11
AML \$10/1 sess
15163



Fitness Centre

FREE Fitness Centre Tour

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

Fri 9:00-10:00am Sep 11

Strength Training for Seniors – Beginner (55yrs+)

This six week course will show you how to use the cardio and weight equipment for a safe and effective workout. By the end of the course, you will have a written and personalized program that you will be able to continue to use on your own. Please pre-register Sep 7 so that a confidential health screening can be done.

Fri 9:00-10:00am Sep 11-Oct 2
Fit Ctr \$20/4 sess
17104 J. Stanier

Strength Training for Seniors – Intermediate (55yrs+)

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

Fri 9:00-10:00am Oct 23-Nov 13
Fit Ctr \$20/4 sess
17105 J. Stanier

Fitness Centre

SENIORS ONLY

Fri 9:00-10:00am

Pool (see pool schedule on page 34)

55+ Vietnamese Seniors Program

Luong Ho – luong.ho@vancouver.ca

Office Hours:

Mon-Fri 8:30am-3:00pm

604.718.5818

Vietnamese Seniors Drop-In

Social interaction, Guest Speakers, cards and refreshments. Contact Luong Ho at 604.718.5818.

Tue 9:00am-3:00pm Sep 1-Dec 15
AML Free
11535

Vietnamese Drop-In Line Dance

Partnership with REACH Family Centre.

Fri 9:00am-1:00pm Sep 4-Dec 18
CFEC Free
11538

Luncheon

September 29

OAS & GIS Information Session

October 27

Flu Shot Clinic

November 17

Christmas Party

December 18

Aquatics

General Information

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

Pool Office* 604.718.5831
 Recreation Programmer 604.718.5830

*Pool Office closes 30 minutes before the pool.

Statutory Holiday Hours

| | | |
|--------|------------------|---------------|
| Sep 7 | Labour Day | 1:00-5:00pm |
| Oct 12 | Thanksgiving Day | 1:00-5:00pm |
| Nov 11 | Remembrance Day | 1:00-5:00pm |
| Dec 24 | Christmas Eve | 6:30am-5:00pm |
| Dec 25 | Christmas Day | CLOSED |
| Dec 26 | Boxing Day | 1:00-5:00pm |
| Dec 31 | New Year's Eve | 6:30am-5:00pm |

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.

Special Events & Activities

Birthday Parties

Book the parent and tot pool for your birthday party! Maximum 30 people per party. Register online, in-person or by phone 604.718.5831. You may also arrange to rent a party room through the community centre Activity Coordinator at 604.718.5812.

Sat 1:00-2:00pm \$64.58 (includes lifeguard fee)

Halloween Spooky Swim

Have some spooky fun with water games, activities and sweet treats!

Sat 2:00-4:30pm Oct 31
Free

Winter Snowflake Swim

Join us for an activity filled swim with holiday treats and cheer!

Sat 2:00-4:30pm Dec 12
Free



| Parent & Tot and Children's Fall Swim Lesson Sets | | | |
|---|----------------|--------------------------------|------------------------|
| Mon – Starfish/Duck | 9:00-9:30am | Oct 19-Nov 16 Nov 23-Dec 21 | 5 lessons 5 lessons |
| Tue – Sea Otter | 9:00-9:30am | Oct 13-Dec 15 | 10 lessons |
| Wed – Starfish/Duck | 9:00-9:30am | Oct 14-Nov 18 Nov 25-Dec 23 | 5 lessons 5 lessons |
| Thu – Salamander | 9:00-9:30am | Oct 15-Dec 17 | 10 lessons |
| Fri – Sea Otter | 9:00-9:30am | Oct 16-Dec 18 | 10 lessons |
| Mon & Wed – Set 1 | 3:00-5:30pm | Oct 14-Nov 9 | 8 lessons |
| Mon & Wed – Set 2 | 3:00-5:30pm | Nov 16-Dec 16 | 10 lessons |
| Fri | 3:00-5:00pm | Oct 16-Dec 18 | 10 lessons |
| Sat | 9:00am-1:00pm | Oct 17-Dec 19 | 10 lessons |
| Sun | 11:00am-2:30pm | Oct 18-Dec 20 | 10 lessons |

| Swim Lesson Fees 2015 | 5 lessons | 8 lessons | 10 lessons |
|---------------------------------|-----------|-----------|------------|
| Parent & Tot (30 min. parented) | \$33.15 | \$50.94 | \$62.80 |
| Preschool (30 minutes) | n/a | \$50.94 | \$62.80 |
| Swim Kids 1-4 (30 minutes) | n/a | \$45.10 | \$55.50 |
| Swim Kids 5-10 (40 minutes) | n/a | \$50.94 | \$62.80 |

Aquatic Lessons & Registration

Lesson Registration

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

New Vancouver Park Board Online Registration and Reservation System

How to Register On-line:

Go to recreation.vancouver.ca to update or create your account.

Do you currently have an online account? If so, it will be automatically transferred over to the new system.

You will need to reset your password, so as of Jul 28, 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.

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 fall programs.

If you are already participating in a class, you are encouraged to wait until you receive a report card on the last day of class to register for the next set. It's important to register in the correct level. Those who have registered in the wrong class may be asked to withdraw from the class. Please bring the most recent report card to the first day of lessons. All lessons must meet minimum space requirements to run.

Swim Assessments

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

Refunds & Cancellations

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

Red Cross Parent & Tot (4-36 mo)

Starfish, Duck & 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 Children (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.

Teen or Adult Basics 1 (13yrs+)

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 12818 **Oct 19-Dec 7 \$75.10/8 sess**

Teen or Adult Basics 2 (13yrs+)

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. No lesson Nov 11.

Wed 8:00-8:40pm 7393 **Oct 14-Dec 9 \$75.10/8 sess**

Teen or Adult Strokes 3 (13yrs+)

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 7361 **Oct 13-Dec 1 \$75.10/8 lessons**

Teen or Adult Fitness (13yrs+)

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 12822 **Oct 15-Dec 3 \$75.10/8 lessons**

Private & Semi-Private Lessons (All Ages)

Work one-on-one with a swimming instructor for a set of private swim lessons to improve specific swimming skills. Instruction from the same instructor for every session is not guaranteed. Various dates and times are available.

Child Private \$26.62 / Semi-Private \$15.70

Adult Private \$31.33 / Semi-Private \$17.67

Swim Club (8-18yrs)

This program emphasizes stroke development, starts and turns, and is a chance to make new friends. Swimmers must be at Swim Kids Level Five or higher.

Tue 6:30-7:45pm Oct 13-Dec 15
Thu 6:30-7:45pm Oct 15-Dec 17
One day/week \$55/season
Two days/week \$85/season

Bronze Medallion (13yrs+)

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn lifesaving techniques, self-rescue and tows and carries for challenging rescues of increased risk involving conscious and unconscious victims in varying water depths. Candidates develop stroke efficiency and endurance in timed swims (500 metres). Includes CPR-A. Prerequisite: 13 years of age and up or have completed Bronze Star; ability to swim 100 metres in deep water. Ability to swim 500m in 15 minutes or less.

Sun 10:00am-2:00pm 17108 **Oct 18-Nov 15 \$128.40/5 sess**
(additional \$35 fee for manual if needed)

Bronze Cross (15yrs+)

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

Sun 10:00am-2:00pm 17111 **Nov 22-Dec 20 \$128.40/5 sess**
(additional \$35 fee for manual if needed)

Aquatic Schedule

September 1-December 31, 2015: 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 is not open to the public during lessons. **Schedule is subject to change without notice.**

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|---|---|---|---|--|--|
| Lengths Swim 6:30-8:55am | | | | | Lessons & Lengths (1 lane only) 9:00am-12:55pm | Lengths 10:00-10:55am |
| Public Swim 9:00-11:25am <i>*School lessons 9:00-10:00am (as scheduled)</i> | | | | | | Parent & Tot 10:00-10:55am |
| Range of Motion (ROM) 10:00-10:45am | Aquafit 10:00-10:45am | Range of Motion (ROM) 10:00-10:45am | Aquafit 10:00-10:45am | Range of Motion (ROM) 10:00-10:45am | Special Olympics 1:00-1:55pm (main pool closed) | Lessons & Lengths (1 lane only) 11:00am-2:25pm |
| Lengths Swim 11:30am-12:55pm | | | | | Public Swim 2:00-4:55pm | Public Swim 2:30-4:55pm |
| Public Swim 1:00pm-2:55pm <i>*School lessons 1:00-3:00pm (as scheduled)</i> | | | | | | |
| Lessons & Lengths (1 lane only) 3:00-5:25pm | FREE Public Swim 3:00-4:55pm | Lessons & Lengths (1 lane only) 3:00-5:25pm | FREE Public Swim 3:00-4:55pm | Lessons & Lengths (1 lane only) 3:00-5:25pm | | |
| Lengths 5:30-6:25 | Lengths 5:00-6:25 | Lengths 5:30-6:25 | Lengths 5:00-6:25 | Lengths 5:30-6:25 | Lengths 5:00-6:25pm | |
| Public Swim 6:30-7:55pm | | | | | Public Swim 6:30-7:55pm | |
| Lengths (1 lane only) 8:00-9:00pm | Lengths (1 lane only) 8:00-9:00pm | Lengths (1 lane only) 8:00-9:00pm | Lengths (1 lane only) 8:00-9:00pm | Public Swim 8:00-9:55pm | Schedule is subject to change without notice. <i>*The parent and tot pool is not open to the public during lengths or lessons.</i> | |
| Aquafit 8:00-9:00pm | Aquafit - Deep Water 8:00-9:00pm | Aquafit 8:00-9:00pm | Aquafit - Deep Water 8:00-9:00pm | YOUTH ONLY 13-18yrs 1 st Friday of month 8:00-9:55pm (no lanes, whirlpool, or steam room available) | | |
| Adult Lessons 8:00-8:40pm | Adult Lessons 8:00-8:40pm | Adult Lessons 8:00-8:40pm | Adult Lessons 8:00-8:40pm | | | |
| Lengths (2 lanes) 9:00-10:00pm | Lengths (2 lanes) 9:00-10:00pm | Lengths (2 lanes) 9:00-10:00pm | Lengths (2 lanes) 9:00-10:00pm | | | |

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 being allowed to attend 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 come join in the activities. One small lane is usually set aside for length swimmers. The leisure pool is open during this time for soon to be mothers and parents with young children.

Aquafit

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

Range of Motion (ROM)

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

Youth Swim (13-18yrs)

The first Friday night of every month from 8:00-10:00pm is reserved for youth to swim and play with their friends. No public use of steam room or whirlpool. Free admission. Sep 4, Nov 6 and Dec 4.

Hours of Operation

Monday to Friday 6:30am-9:55pm
 SENIORS ONLY Fridays 9:00-10:00am
 Saturday 9:00am-7:55pm
 WOMEN ONLY Saturdays 9am-12pm
 Sunday 10:00am-7:55pm

Free with Britannia Membership
 Tuesdays & Fridays 10:00am-12:00pm

Statutory Holiday Hours

Sep 7 Labour Day 1:00-5:00pm
 Oct 12 Thanksgiving Day 1:00-5:00pm
 Nov 11 Remembrance Day 1:00-5:00pm
 Dec 24 Christmas Eve 6:30am-5:00pm
 Dec 25 Christmas Day CLOSED
 Dec 26 Boxing Day 1:00-5:00pm
 Dec 31 New Year's Eve 6:30am-5:00pm

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.

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 \$6.05 per client also applies.

Weight Training for Women – Beginner

Learn the safe and effective components of a weight training workout and develop a fitness program suited to your personal needs and goals. Britannia membership and pre-registration required.

Sat 9:30-11:00am Sep 12-Oct 3
 Fit Ctr \$35/4 sess
 17102 V. Henderson

Weight Training for Women – Intermediate

For those who would like to build on skills learned in the introductory course or build on their current training program. Our instructor will guide you through alternative workout techniques to ensure continued progress toward your goals. New and more challenging exercises will make the most of your workout time and keep you motivated. Britannia membership and pre-registration required.

Sat 9:30-11:00am Oct 24-Nov 14
 Fit Ctr \$35/4 sess
 17103 V. Henderson

Core Express

Join us for this short, intensely fun and exhilarating interval training session lead by BCRPA certified trainer. Core Express (Level 1) and Hard Core Express (Level 2) are designed specifically to focus on balanced core strengthening and conditioning for improved tone, posture and stamina. A variety of innovative exercises and moves will be explored for enhanced neuromuscular training experience.

No registration required, regular drop-in fees apply. Sign in at the pool cash desk start at 10:00am on Weds, in-person only, maximum 5 participants per session, first come first serve.

Wed 10:30-11:00am

Hard Core Express

Wed 11:15-11:45am

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.

Strength Training for Seniors – Beginner (55yrs+)

This six week course will show you how to use the cardio and weight equipment for a safe and effective workout. By the end of the course, you will have a written and personalized program that you will be able to continue to use on your own. Please pre-register by Sep 7 so that a confidential health screening can be done.

Fri 9:00-10:00am Sep 11-Oct 2
 Fit Ctr \$20/4 sess
 17104 J. Stanier

Strength Training for Seniors – Intermediate (55yrs+)

This four week course will build on the introductory strength training for seniors program and is also appropriate for individuals who have been training for a number of years. We will explore ways to intensify your cardio training and expand on your repertoire of exercises. Please pre-register by Oct 19 so that a confidential health screening can be done.

Fri 9:00-10:00am Oct 23-Nov 13
 Fit Ctr \$20/4 sess
 17105 J. Stanier

Pool and Fitness Centre Fees 2015 (pre-GST)

| | Drop-in | 10 Visit Pass | 1 Month Flexipass | 3 Months Flexipass | 12 Month Flexipass | Britannia Membership |
|---------------|---------|---------------|-------------------|--------------------|--------------------|----------------------|
| Adult (19-54) | \$5.76 | \$46.10 | \$46.10 | \$117.71 | \$374.14 | \$3.00 |
| Youth (13-18) | \$4.10 | \$32.76 | \$31.70 | \$82.43 | \$262.62 | \$1.00 |
| Child (6-12) | \$2.90 | \$23.24 | \$22.64 | \$58.86 | \$187.57 | \$1.00 |
| Senior (55+) | \$4.10 | \$32.76 | \$31.70 | \$82.43 | \$262.62 | \$1.00 |

Family = 1 to 2 adults of the same household and their children under 19 years of age. Minimum \$5.76 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 Card (LAC) Fitness Centre Admission Rate is 50% off adult admission and flexipasses.

Ice Arena



\$99 Winter Ice Sale!

Plan a holiday party between Dec 21-Jan 3 for \$99/hour plus GST. Staff charges are not included. Booking for the Winter Ice sale starts Oct 6.

Special Events

Britannia Arena Open House

Slip out of your sandals and into some skates at Britannia Arena's Annual Open House and FREE SKATE.

Sat 1:30-3:00pm Sep 12

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 20

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

Stat Holiday Skates

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

Oct 12 Thanksgiving
Nov 11 Remembrance Day
Dec 26 Boxing Day

Winter Holiday Schedule

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

Dec 24 Christmas Eve 9:00am-5:00pm
Dec 25 Christmas Day CLOSED
Dec 26 Boxing Day 1:00-3:30pm
Jan 1 New Year's Day CLOSED

ADULT HOCKEY PROGRAMS

Vancouver Adult Co-ed Hockey League, (VACHL) 2015/16

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

Adult Evening Hockey

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

Thu 11:15pm-12:45am Sep 3-Dec 17
All Levels \$10/drop-in*
Sun 9:30-11:00pm Sep 6-Dec 27
Intermediate \$15/drop-in
or \$50/month*

*Strip tickets are not valid during these sessions.

Women's Hockey Program

Set 1
Sun 10:45am-12:00pm Sep 6-Oct 25
14350
Set 2
Sun 10:45am-12:00pm Nov 1-Dec 20
18119
\$43/8 sess or \$6.05/drop-in

Adult Drop-in Hockey Adult

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

Wed 3:15-4:45pm Sep 2-Dec 30
\$6.05/drop-in or \$48.40/10 visit pass

Adult Stick and Puck

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

Fri 12:00-1:30pm Sep 4-Dec 18
\$6.05/drop-in or \$48.40/10 visit pass

Women's Learn to Play Hockey

This instructional program is perfect for female hockey players looking to improve through on-ice skills and drills. Each session will end with a scrimmage Full hockey equipment is mandatory. Pay at the pool starting at 2:30pm. No program Oct 13.

Mon 3:15-4:45pm Sep 21-Dec 14
\$6.05/drop-in or \$48.40/10 visit pass

Get involved, JOIN THE ARENA COMMITTEE!

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

Skate Lessons



Skating Lessons at Britannia:

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

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

Learn to Skate Lessons

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

Preschool Program Levels (3-5yrs)

- Level 1 - This is an entry level skating class for students 3-5 years old
- Level 2 - can stand up on ice in skates unassisted; take 6 steps without falling
- Level 3 - can glide on 2 feet for ½ ; backward step/skate
- Level 4 - can skate forward alternating feet; stop without assistance
- Level 5+ - can glide on one foot forwards and skate backwards

Children, Youth and Adult Program Levels

- Level 1 - This is an entry level skating class for student
- 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, hockey stop, and forward circle thrust
- Level 6 - can perform forward crossovers, backward circle thrusts, backward stops, can use outside edges

Parent & Tot Skate

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

Thu 11:00-11:45am Sep 17-Dec 17
Free

Family Cosom Hockey

(3-12yrs with Adult/s)

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

Sun 12:15-1:30pm Sep 6-Dec 27
Regular admission rates apply



Ice Arena Learn to Skate

Online and in-person registration for skating lessons for all age groups starting Tue, Aug 18 at 9:00am. For more information on how to ensure your online account is current, please go to page 5 in the brochure.

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

Lessons Set I

Learn to Skate

| | | |
|-----|---------------|----------------|
| Tue | 6:00-8:00pm | Sep 15-Oct 27 |
| Sat | 9:00am-1:15pm | Sep 19-Oct 31 |
| | | \$43.75/7 sess |

Power Skating Beginner

| | | |
|-----|-------------|--------------|
| Sun | 4:30-5:15pm | Sep 20-Nov 1 |
| | | \$56/7 sess |

Power Skating Intermediate

| | | |
|-----|-------------|--------------|
| Sun | 5:30-6:30pm | Sep 20-Nov 1 |
| | | \$72/7 sess |

Figure Skating

| | | |
|-----|-------------|--------------|
| Sun | 3:30-4:15pm | Sep 20-Nov 1 |
| | | \$56/7 sess |

Lessons Set II

Online and in-person registration will take place starting Mon, Nov 2.

Learn to Skate

| | | |
|-----|-------------|--------------|
| Tue | 6:00-8:00pm | Nov 3-Dec 15 |
| | | \$42/7 sess |

| | | |
|-----|----------------|----------------|
| Sat | 10:00am-1:15pm | Nov 7-Dec 19 |
| | | \$43.75/7 sess |

Power Skating Beginner

| | | |
|-----|-------------|--------------|
| Sun | 4:30-5:15pm | Nov 4-Dec 20 |
| | | \$56/7 sess |

Power Skating Intermediate

| | | |
|-----|-------------|--------------|
| Sun | 5:30-6:30pm | Nov 4-Dec 20 |
| | | \$72/7 sess |

Figure Skating

| | | |
|-----|-------------|--------------|
| Sun | 3:30-4:15pm | Nov 4-Dec 20 |
| | | \$56/7 sess |

Private Skate Lessons

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

Figure Skating Lessons

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

Power Skating Lessons

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 two Sunday programs are 45 minutes, each using the whole ice surface. 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.



Britannia Ice Rink Public Skating Schedule

Saturday, September 12 – December 20, 2015

Schedule subject to change without notice.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|------------------------------------|---|--|
| | | Adult Open Dance 12:15-1:45pm <i>No session Nov 11</i> | Parent & Tot FREE Skate 11:00-11:45am | Adult Stick & Puck 12:00-1:30pm | Learn to Skate Lessons 10:00am-1:15pm | Women's Hockey 10:30-11:45am |
| | | | | Adult FREE Skate 1:45-3:00pm | Public Skate 1:30-3:00pm | Family Fun Hockey 12:15-1:30pm |
| Women's LTP Hockey 3:15-4:45pm <i>Begins Sep 21</i> | Learn to Skate Lessons 6:00-8:00pm | Adult Co-ed Drop-in Hockey 3:15-4:45pm <i>No session Nov 11</i> | Youth FREE Skate 3:15-4:30pm | Child FREE Skate 3:15-4:30pm | | Public Skate 1:45-3:15pm |
| | Adult Skate 8:15-9:30pm | | *Adult Co-ed Hockey 11:15pm-12:45am | Public Skate 7:45-9:15pm | | *Adult Co-ed Hockey 9:30-11:00pm |

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



2015 Rink Admissions: Admissions subject to change without notice.

| Adult (19-54yrs) | Youth (13-18yrs) | Senior (55yrs+) | Child (6-12yrs) | Family | Skate Rentals | Skate Sharpening |
|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|---------------------------------------|------------------|---------------------|
| \$6.05/Drop-in \$48.40/10 visits | \$4.30/Drop-in \$34.40/10 visits | \$4.30/Drop-in \$34.40/10 visits | \$3.05/Drop-in \$24.40/10 visits | *at child rate (min 2 child rates) | \$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 2015 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.

Other Agencies & Programs



1655 William Street 604.255.9841
info@eastsidefamilyplace.org

View our online calendar at www.eastsidefamilyplace.org

Follow us on Facebook and Twitter!

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 referrals. At our **Family Drop-In Centre**, adults can have a coffee, visit with each other and engage with their children in a warm, supportive, fun environment. Children have opportunities to socialize, learning through play in developmentally stimulating activities that foster the social-emotional skills important for life-long success. We provide a daily healthy snack, and food is available in the kitchen throughout the day. There is also a food cupboard. **Drop-In costs \$3.00 per visit per family.**

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
9:00am-12:00pm

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

Licensed Occasional Childcare

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

Closures:

Aug 3
Sep 7
Oct 12

BC Day
Labour Day
Thanksgiving

Birthday Parties at Eastside Family Place

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 info@eastsidefamilyplace.org or call 604.255.9841 for details.

Growing and Learning Fair

This is a chance for you to learn about a wide range of parenting, education, health, speech, food, language and other resources for families with very young children in Grandview-Woodland/East Van. Featuring children's entertainment. Variety of special snacks, coffee & tea will be offered.

Wed 9:30-11:45am Oct 28

Parenting Support

We offer two different programs throughout the year:

Nobody's Perfect Parenting Program (6 weeks) and C.O.P.E. (10 weeks)

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

COPE is a 10 week program from Fri Oct 9-Dec 11, 1:00-3:00pm. Pre-register now!
NPP is a 6 week program from Wed Oct 14-Nov 25, 6:30-8:30pm. No class Nov 11. Call/email to be put on the waitlist.



Early Literacy & Physical Literacy

These programs are parent/caregiver-child participation

Family Rhythm, Rhyme... and Movement!

Our popular Saturday morning Family Rhythm & Rhyme sessions are back this fall, with an added emphasis on active movement (physical literacy). There is growing awareness that just like the development of reading & writing skills, becoming confident and competent in a wide range of physical movement ('physical literacy') is just as important for young children, and not only impacts their healthy development, but also enhances school success. We will weave active songs, dances, and games into our program of songs, rhymes, and stories. Ages 0-6 with parents/caregivers. Register now!

Sat 10:00-11:30am Oct 17-Dec 5
8 weeks

Food Skills

Kids in the Kitchen (3-5yrs)

Registration required. Preschoolers join Chef Larissa Grieves in the kitchen to make a yummy snack together.

Tuesday afternoons, 1:00-2:15pm. Weekly until Aug 31. Plus, Sep 14 and 28, with more planned into the fall.

Workshops & Information Sessions

A variety of topics of interest to are offered. Check website for updates.

Other Agencies & Programs

CANUCKS FAMILY EDUCATION CENTRE (CFEC)

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



Community Policing Centre



1977 Commercial Drive
Phone: 604.717.2932
Fax: 604.717.2923

info@gwpc.ca

www.gwpc.ca

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

Cops and 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, a free hot dog lunch for all attending children and much more.

Sun 12:00-3:00pm Sep 20
Grandview Park

Shredding Day Identity Theft Prevention Shredding Event

In the Britannia Community Centre Parking lot, northwest corner. **Enter off Venables Street at Cotton or Woodland Drive.**

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

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

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

BRITANNIA PARTNERS IN EDUCATION (PIE)

English Foundations 6/7, English Communications 11/12

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

English for Speakers of Other Languages

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

Foundations in Math 1-7

CFEC Room 110, Britannia Secondary
Thu 9:30am-3:00pm
Colin Gordon Lanyon, Main @ Gladstone English Teacher

English Foundations 1-5

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

EDMOND PIE PLUS

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

English Foundations 3-5
Tues/Fri 12:30pm-2:30pm

English Foundations 6-grade 11
Tue/Thu 10:00am-12:00pm

Location: Edmonds Community School Room 107
7651 18th Avenue, Burnaby, BC
Contact: Lina Arias, lina.cfec@gmail.com

GET READY 2 READ (GR2R)

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

CFEC

ENGLISH CONVERSATION

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

ECE ASSISTANT PROGRAM (October 2015 - June 2016)

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



Reconciliation in Action Tuesday, September 29 1:00-7:00pm

Meaningful engagement to lead the way for reconciliation through transformative learning and positive change to build inclusive and reflective communities.

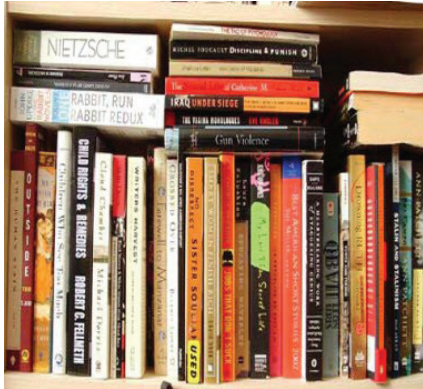
Keynote speakers, artist, community leaders, food, presentations and solidarity.

Britannia Library



Library Fall Hours

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



Holiday Closures

| | |
|--------|-----------------|
| Sep 7 | Labour Day |
| Nov 11 | Remembrance Day |
| Dec 25 | Christmas Day |
| Dec 26 | Boxing Day |

Children's Program

Babytime

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

| | | |
|-----|--------------|---------------|
| Tue | Sep 8-Dec 15 | 11:00-11:30am |
|-----|--------------|---------------|

Family Storytimes

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

| | | |
|-----|---------------|--|
| Wed | Sep 16-Dec 16 | 10:15 am-10:45 am 11:15 am-11:45 am |
|-----|---------------|--|

Board Games in the Library

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

| | | |
|---------|------------|-------------|
| Tue/Wed | Sep-Dec 16 | 3:30-6:30pm |
|---------|------------|-------------|

Man in the Moon

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

| | | |
|-----|--------------|-------------|
| Sat | Sep 20-Nov 8 | 3:30-4:30pm |
|-----|--------------|-------------|

Adult Programs

SFU Writer's Studio Consultations

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

| |
|----------------------------------|
| 1 st Tue of the month |
| Sep 1, Oct 6, Nov 3, Dec 1 |
| 4:00pm, 5:00pm & 6:00pm |

Pandora's Collective Book Talks

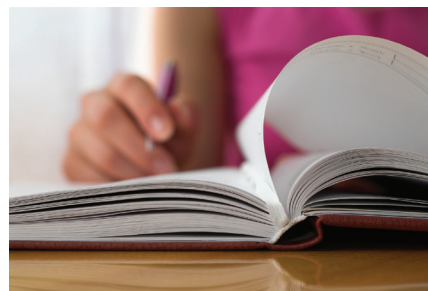
Led by Pandora's Collective, a pre-selected book will be discussed each month. For more info and book titles contact: booktalks@pandoracollective.com or visit www.pandorascollective.com/what-we-do/events.

| |
|---|
| 4 th Wed of the month |
| Sep 23, Oct 28, Nov 25 (no sess in Dec) |
| 6:30-8:30pm |

55+ Book Club

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

| |
|----------------------------------|
| 3 rd Wed of the month |
| Sep 16, Oct 21, Nov 18, Dec 16 |
| 2:45-4:00pm |



World Poetry Reading Series

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

| |
|----------------------------------|
| 1 st Sat of the month |
| Sep 5, Oct 3, Nov 7, Dec 5 |
| 1:00-3:00pm |

Great Movies!

Watch the screenings of great movies and talk about it with hosts and movie buffs Tom Durrie and John Roberts. All are welcome. Unlimited popcorn! Screenings at the Al Mattison Lounge (Seniors Centre). To register, and become a member, phone: 604.718.5800. Phone to confirm for 2015 dates & titles.

| |
|--------------------------------|
| Every Sunday, beginning Sep 13 |
| 6:00-9:00pm |

SFU Philosophers' Café

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

| |
|------------------------|
| Last Tue of the month |
| Sep 29, Oct 27, Nov 24 |
| 7:00-9:00pm |

One-To-One Computer Training

Book a free one-hour session for computer help. Phone: 604.665.2222 to book an appointment.

| | |
|---------|-------------|
| Tue Wed | 2:00-4:00pm |
|---------|-------------|

Library Art Gallery Exhibits

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

| |
|----------------------------------|
| 1 st Wed of the month |
| 6:30-8:30pm |

Help Design the new Britannia site!

IT'S A GO!

In Fall of 2014, the voters and City Council approved the 2014–2018 Capital Plan. Over the next decade, Britannia is slated to receive up to \$100 million to renew the Britannia site. There are likely to be three phases to complete the process. In the first phase, the Capital Plan includes \$25 million for Britannia to do detailed planning of the entire 18-acre site and to begin construction. This is what we have been working toward for many years.

Join us to create a Britannia that remains welcoming, vibrant, and inclusive!

WHAT WE HAVE BEEN DOING AND WHAT'S NEXT

We're continuing to reach out to the community by attending Parent Advisory Committee meetings at local schools, special events such as community family dinners, Stone Soup, Car-Free Day, the Britannia Christmas Market, and consultations with our site partners (the City of Vancouver, the Vancouver Public Library, the Vancouver School Board, and the Park Board). In cooperation with the City, Britannia will be reaching out to the community to get ideas for the renewed site.

The Planning & Development Committee meets monthly at Britannia and we encourage you to join us at this pivotal time.

Committee members have visited a number of community centres and libraries around the Lower Mainland to talk to staff and patrons about their sites — what they enjoy, what they would like to see improved, what they would do differently if they could. Read summaries of our trips under "Britannia Renewal" on the Britannia website — britanniacentre.org. There you can also see the entire history of the renewal, videos, photos, meeting notes, and information on how you can get involved.



Norma Point Elementary Lobby - notice the primary colours!!

www.britanniacentre.org



HOW CAN YOU GET INVOLVED?

Here are some great ways for you to take part in the renewal of Britannia:

- Join the Planning & Development Committee.
- Keep informed and join our mailing list. (Just phone the Info Centre at 604-718-5800.)
- Participate in Britannia planning events.
- Complete surveys.
- Tell your neighbours and friends what's happening at Britannia!

STAY INFORMED!

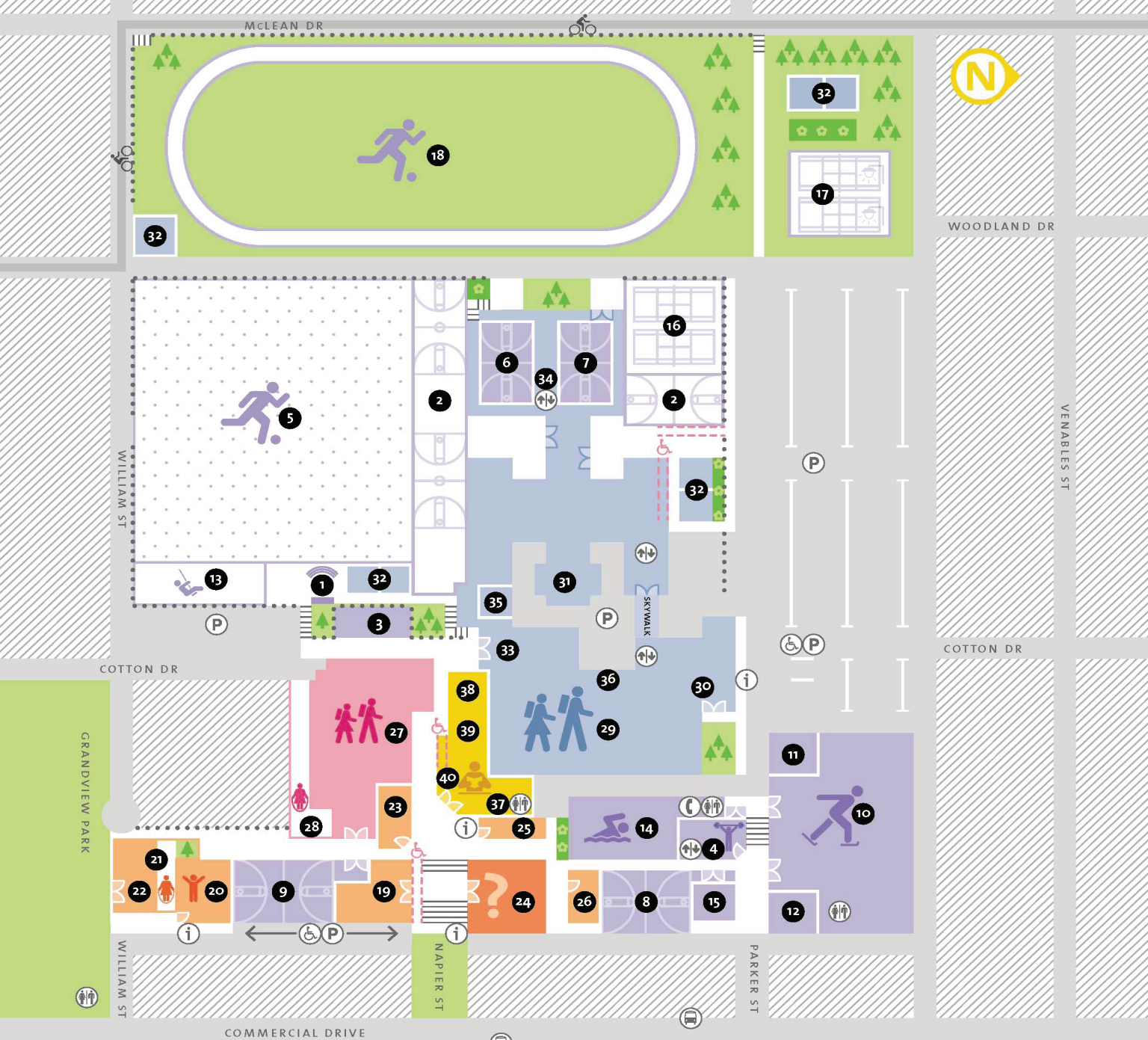


Grandview Woodland Area Council (GWAC)

www.vcn.ca/gwac

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

Mon Sep 14, Oct 5, Nov 2, Dec 7



recreation

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

resources + services

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

elementary school

- 27 Britannia Elementary
- 28 Outdoor Play Area

secondary school

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

library + learning

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

| | | | |
|----------------------------|---------------------|------------------------|-------------------------------|
| •••• Fence | ⓘ Wayfinding | ⬆ Elevator | //// Residential + Commercial |
| ▬ Streets + Vehicle Access | ♿ Wheelchair Access | ⌂ Entrance | ••• Gravel |
| 🚲 Bicycle Route | ≡ Stairs | 🌿 Fields + Green Space | 🌳 School Garden |



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