

# Look Inside!

Reconciliation in Action p.7  
Tuesday September 25

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

## Programs & Services Fall 2018



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





## President's Message

Welcome to Britannia's annual fall calendar!

This year we've accomplished so much, Renewal, Reconciliation In Action, Elders Participating In Community, Hip Hop Drop, Mother's Day Pow Wow, Resilient Neighbourhoods, improved rink and pool operations, Science World and youth science fair and much more.

We all put our HANDS UP in appreciation for Gwen Geisbrecht's dedication to our neighbourhoods over the past 8 years as president of the Society. Gwen represented us by advocating for inclusive, engaging and reflective neighbourhoods in her volunteer work and in her other advocacy issues around, education, housing and transportation. We wish Gwen success as she will be running in the upcoming Vancouver Parks Board election as a Commissioner. She continues to be on the Board to guide our work. My role as president is to understand the diversity of the community, issues that arise, accurately reflect the diversity of perspectives of the Board and partners, and to commit time to carry out these responsibilities.

In my four years as a director of the Society, I have chaired the Brit Youth Matters Committee, led Reconciliation In Action (RIA), and worked collectively at the broader Youth Matter table and RIA, with Vancouver Public Libraries, Vancouver School Board, Vancouver Police Department and many non-profit service organizations to develop a seamless strategy for service delivery. In essence, if it takes a village to raise a child...we need to work together. We can collectively do better to support our most vulnerable children, youth and families by sharing information, collaboration amongst all partners; to engage and close the gaps between low income patrons, immigrants, refugees and urban Indigenous children and families in our neighbourhoods.

At Britannia, we are committed to nurturing progressive change and building a culture of accountability. We continue to advance these principles in our work with staff and community. Building inclusive community with all its bit and pieces can get messy, and it should be if we are digging into the issues. Guided by principles of meaningful engagement of the residents in our neighbourhoods, we have the privilege to support in one of Vancouver's most progressive community centres.

Scott Clark,  
Coast Salish,  
President, Britannia Board of Management

## Board of Management

Britannia Board meetings are held on the 2<sup>nd</sup> Wednesday of the month (no meetings July and August). 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:	Scott Clark
VICE PRESIDENT:	Ingrid Kolsteren
TREASURER:	John Flipse
MEMBERS AT LARGE:	Annie Danilko Freya Kristensen
DIRECTORS:	Susanne Dahlin Pamela Dudas Gwen Giesbrecht Levi Higgs Vera Jones Juan Carlos Maldonado Craig Ollenberger Andrew Phillips Naina Varshney
STAFF REPRESENTATIVE:	TBD
AGENCY REPRESENTATIVES:	
VSB	Alec MacInnes
VPB	Peter Odynsky
VPL	Megan Langley
EXECUTIVE DIRECTOR:	Cynthia Low
MANAGER OF ADMINISTRATIVE SERVICES:	Jeremy Shier
MANAGER OF CHILD CARE SERVICES:	Rachel Day

### Our Mission

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

### Our Vision

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

We would like to acknowledge that we are on the unceded territories of the Coast Salish Nation, the x<sup>w</sup>məθk<sup>w</sup>əyəm (Musqueam), sk<sup>w</sup>xwú7mesh (Squamish) and selilwiltulh (Tsleil-Waututh).

## Membership Information

To participate in recreation programs you must be a member of Britannia Centre. Membership is valid from:

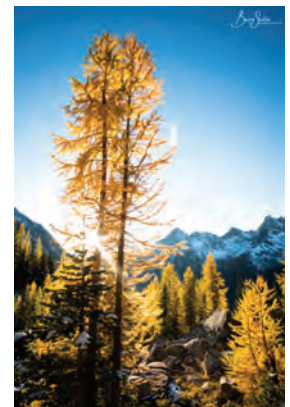
Sep 1, 2018 to Aug 31, 2019.

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

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

### What does membership give me?

- Voting privileges at the Annual General Meeting of the Society May 22, 2019
- 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 for programs
- Free access to Fitness Centre on Tuesdays & Fridays, 10:00am-12:00pm



Cover photo  
Blue Lake Trail, North Cascades  
by Barry Skillin

See p. 8 for Brit Art Gallery exhibition details.

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## Facility Rentals

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

- 1. Pool Rentals:** Contact the pool programmer at 604.718.5830
- 2. Rink Rentals:** Go to [vancouver.ca/parks-recreation-culture/rink-rentals](http://vancouver.ca/parks-recreation-culture/rink-rentals) or contact Susy at 604.718.5836, [susy.bando@vancouver.ca](mailto:susy.bando@vancouver.ca)
- 3. Gym/Room Rentals:** Contact Paul or Wally at 604.718.5812 or email [paul.morton@vancouver.ca](mailto:paul.morton@vancouver.ca) or [wally.tarrant@vancouver.ca](mailto:wally.tarrant@vancouver.ca)
- 4. 1739 Venables - The Hall:** Contact Helen at 604.257.3087 or email [helen.spaxman@vancouver.ca](mailto:helen.spaxman@vancouver.ca)

### Facility Rental Fee Policy: NEW

Effective January 1, 2018, full rental fees will be collected at time of booking. We cannot hold a space until payment is received in full. Once you have rented space from us a minimum of 3 times within a 6 month period and are in good standing, you can apply to become a regular user at which time, rental fees can be collected on the day of your event/programming.

#### Cancellations/Refunds:

**48hrs Notice - full refund**

**Less Than 48hrs Notice - no refund**

**Note: If paying by cash, refunds over \$25.00 are issued by cheque only and can take up to two weeks for processing.**

### Fall 2018 Holiday Hours

#### Information Centre, 55+ Centre & Teen Centre

Sep 3	Labour Day	CLOSED
Oct 8	Thanksgiving	CLOSED
Nov 12	Remembrance Day	CLOSED

#### Pool & Fitness Centre

Oct 8	Thanksgiving	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
Jan 1	New Year's Day	1:00-5:00pm

#### Rink

Oct 8	Thanksgiving	1:00-3:30pm
Nov 12	Remembrance Day	1:00-3:30pm
Dec 26	Boxing Day	1:00-3:30pm
Jan 1	New Year's Day	1:00-3:30pm

# Registration Information

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

Registration starts at 9:00am on Tuesday August 21, 2018.

You must have a current Britannia Society membership to register for all Britannia programs. The membership year runs from September 1, 2018 to August 31, 2019.

**Membership fees will automatically be added to your online purchase.**

See page 2 for membership information.

## Register in Person

Registration starts at 9:00am on Tuesday August 21, 2018

At the **Information Centre** (Pay by Cheque, Visa, Mastercard, Debit or Cash)

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-8:00pm
Saturday	9:30am-7:00pm
Sunday	10:30am-7:00pm

### Registration Hours at the Information Centre are:

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

## Register by Phone at 604.718.5800 ext. 1

Phone registration starts at 1:00pm on Tuesday August 21, 2018.

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

## Subsidy Policy

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

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

### Residents of Vancouver on the Leisure Access Program

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

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

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

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

### Licensed Child Care Subsidy

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

## Fun For All!

Britannia operates a wide range of recreation programs. The Board of Management is committed to ensure that people have access to programs and that fee structure is not a barrier to members of the Grandview-Woodlands and Strathcona Community. Britannia's 'Fun for All' programs are intended to be barrier free and inclusive. Many are free or run on a pay what you can basis.



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

## Refund Policy

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

## Swim / Skate Refunds

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

## Cancellation Policy

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

# VOTE

## in the 2018

## municipal election

Advance voting:

**October 10-17, 8am-8pm**

Election day:

**October 20, 8am-8pm**



**VANCOUVER  
VOTES**

**vancouver.ca/vote  
#VancouverVotes**

18-136-17 © City of Vancouver 2018

## Volunteer Program

Britannia Community Centre is like no other facility in the Lower Mainland. Britannia's unique integration of education, recreation, library and social services supports and services the vibrant mix of cultures, age and income demographics in the Grandview Woodland and Strathcona communities. This gives rise to a large variety of volunteer opportunities in cultural, educational, entertainment and sport activities at varied levels of commitment. The ultimate reward is the personal satisfaction achieved through participating in helping to build community in your neighbourhood. As well, throughout the year, the essential contribution of volunteers to the success of Britannia programs are recognized through special social events, appreciation parties, educational field trips and training opportunities.

### Interested in volunteering with us?

You can complete an application and view volunteer opportunities here by following this link: <https://britanniacentre.org/volunteer>. See page 23 for details on Fall 2018 Volunteer programs.

### Special Event Volunteers Needed

We are currently looking for special event volunteers to help us to run our community events. Special Event Volunteers assist on the event day for set-up, guest assistance, registration, greeting, waste recycling and event take down. If you are interested, please complete an application and view volunteer opportunities by following this link: <https://britanniacentre.org/volunteer>.

### Britannia Warming Centre – Call for volunteers

This holiday season, consider volunteering at Britannia Warming Centre, where volunteers distribute food & hot beverage to members of the public taking refuge when it gets cold outside. New volunteer applications will be accepted between Nov. 15, 2018 and Dec. 15, 2018, training will be provided, and volunteers will need to complete either a Police Record Check or an online Criminal Record Check. Please complete an online application form by following this link: <https://britanniacentre.org/volunteer>.

#### Info Session:

Wed	4:00-5:00pm	Nov 28	183454
Thu	10:00-11:00am	Dec 6	183455



# Britannia

## RENEWAL

The Britannia Renewal project continues to move forward as we work with our community and site partners at the Vancouver School Board, Vancouver Park Board, Vancouver Public Library, and City of Vancouver to develop a plan for the future of the Britannia site.

In July City Council unanimously approved the Britannia Renewal Master Plan, which includes a commitment to pursue funding to implement the plan and to proceed to the next phase which includes site rezoning and design development options. To date the planning and consultation experience has been mutually enriching and productive. The Society's role is to engage and reflect the diversity of the community. The Board of Management has developed a response to the Renewal Master Plan that highlights key areas of interest and concern, which are;

- Developing solutions to increase open space, create better facility interconnection, and preserve the neighbourly scale of Britannia;
- Exploring feasibility for the inclusion of a dedicated gymnastics facility, an additional rink, a designated Kickstand space, and/or a black box theatre in the new facility;
- Developing strategies to improve site experience by maximizing greenspace and preserving view corridors;
- Encouraging new approaches for sustainable stewardship of public lands;
- Reviewing phasing to reflect community and Society priorities, and;
- Continuing dialogue with our partners and community on the proposed non-profit office hub and non-market housing.

The Britannia Renewal Master Plan has received endorsement from our site partners and we are excited to continue working together to renew and revitalize Britannia. We continue to seek guidance from our community and encourage you to get involved. You can find project updates from the City of Vancouver online at [www.vancouver.ca/britannia-renewal](http://www.vancouver.ca/britannia-renewal). We also encourage you to visit our website ([www.britanniarenewal.org](http://www.britanniarenewal.org)) to browse our resource library, find out about upcoming events and committee meetings, and sign up for our newsletter. Please contact us if you have any questions or would like to get involved;

**Lindsay Grant, Project Coordinator at [Lindsay.grant@vancouver.ca](mailto:Lindsay.grant@vancouver.ca), call 604.718.5800 ext 1.**

**Next Meeting: Britannia Planning and Development Committee  
Tuesday September 18 6:00-8:00pm  
Britannia Board Room, 1661 Napier St**



# Special Events

## RIA 2018

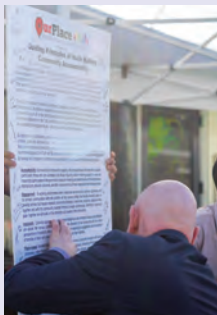


### Reconciliation in Action

Join the schools, groups and residents for the fourth annual Reconciliation in Action (RIA): Drive the Change Community Gathering and Celebration. This event is an opportunity to explore the meaning of Reconciliation in multicultural Grandview-Woodland and Strathcona neighbourhoods. What role could we take in making Reconciliation a reality. There will be interactive, fun and educational activities, cultural performances and a Community Feast and will feature the Our Place Community Accountability Pledge Signing Ceremony. Our Place is a broad coalition of community and government agencies in Vancouver who are coordinating efforts to help address the gaps in support for inner city youth, children and families at risk.

### Reconciliation in Action (RIA): Drive the Change

Tue 2:00-8:00pm Sep 25 Free



### The Britannia Artist Grant Program 2018

To assist community artists with their artistic goals. For details, pick up an Information Sheet at the Info Centre/check out [www.britanniacentre.org Services/Arts & Culture/Britannia Artist Grant Program](http://www.britanniacentre.org/Services/Arts%20&%20Culture/Britannia%20Artist%20Grant%20Program) or email Coordinator Katherine Polgrain: [britanniaartistgrantprogram@gmail.com](mailto:britanniaartistgrantprogram@gmail.com)

### Wild Salmon Caravan

Are you interested in helping to protect wild salmon? We are looking for artists & other community members interested in creating interactive performance, props, costumes, banners for this year's Annual Wild Salmon Caravan parade on Sat Sept 22nd. If interested, please call Ian at 604.718.5895 or check out the website at <https://wildsalmoncaravan.ca/>.

Sat Sep 22

## 18th Annual Artful Sundays



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

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



## 15th Annual Corn Festival



Enjoy a taste of Latin America in East Van. Join the Latin American community's annual corn harvest fiesta. Celebrate the importance of corn to the peoples of Latin America and their efforts to protect the biodiversity of traditional corns. Try delicious Latin American food, enjoy music and dancing. All free family fun. Presented by the Canada El Salvador Action Network. Info: 604.718.5895

Sun 12:00-5:00pm Sep 2 Free Britannia



## Banner Workshop

Theme: Intergalactic  
"I read of one planet in the seventh dimension got used as a ball in a game of intergalactic bar billiards. Got potted straight into a black hole, killed ten billion people." ~ Ford Prefect. Looking at a really big picture, where do you live? Can you describe it in colour and shape? 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, a colour sketch of your idea. Banners can be purchased after exhibition for \$20/set. Artists get first chance to buy their own banners.

Sat/Sun 10:00am-4:00pm Oct 13 & 14 Cafeteria \$20/2 sess 178587 H.Spaxman

## Halloween Howl (1-8yrs)



Come to this annual free community event. Entertainment, games, treats included. No registration, just come in your costume?

Sat 12:00-2:00pm Oct 27 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. Pumpkins can be purchased for \$3 but must be carved at the centre. Register by Oct 21 so the correct number of pumpkins will be available. Hot chocolate and carving utensils will be provided.

Sun 1:00-3:00pm Oct 28 CFEC \$6/1 sess

184075 H.Spaxman

All children under 12 yrs must have a parent or caregiver present



## Thriller Flashmob

Let's party like it's 1899...learn the ORIGINAL CHOREOGRAPHY of Michael Jackson's record setting break out hit Thriller! Come to at least two of the three workshops, if you can. Kat is very precise about teaching it exactly as MJ did it- to the step-which means that you can do your homework by watching the video and mirroring the zombies. If you get stuck, just ask yourself, What Would Michael Do? Suggested Donation: \$10 per person.

Tue 7:00-9:30pm Oct 16 Sat/Sun 12:00-2:30pm Oct 20 & 21 Cafe \$10/1 sess 184077 K.Single-Dain

## 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. Conceptualized and produced by the beloved Public Dreams Society for over twenty-five years, the Parade lives on under the direction of its producer since 2014, The Dusty Flowerpot Cabaret. Please contact Kat Single-Dain, Artistic Director, to get involved in performance, volunteering or production! [katsingledain@gmail.com](mailto:katsingledain@gmail.com) The starting location of this year's parade will be revealed at midnight on the website [www.dustyflowerpotcabaret.com](http://www.dustyflowerpotcabaret.com)

Sat 7:00-10:00pm Oct 27 Free by donation



# Special Events

## The Solstice/Equinox Coffee House Series

A hidden gem of entertainment that happens 4 times a year on or close to the 2 Equinoxes and 2 Solstices.

## 3rd Annual Fall Equinox Coffee House 2018

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

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

## 6th Annual Winter Solstice Coffee House 2018

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

Sun 7:00-9:30pm Dec 16  
55+ Centre Free

## 35th Annual Britannia Christmas Craft Fair

Vendor applications are available on line and at Britannia Community Services Centre Information Centre at [britanniacraftfair@live.ca](mailto:britanniacraftfair@live.ca) or [britanniacentre.org](http://britanniacentre.org). Deadline for vendor applications - Sat Sep 1.

Fri 3:00-8:00pm Nov 16  
Sat 10:00am-4:00pm Nov 17  
Sun 10:00am-4:00pm Nov 18

\$2 entrance/free 12 and under  
Britannia Community Centre, Gym D . All proceeds go to inner city children's programs.

## Gingerbread House

Bring the whole family, up to 4 members to build a graham cracker gingerbread-style house. Candies, frosting & crackers will be provided, feel free to bring along your own decorations.

Sun 1:00-3:00pm Dec 16  
CFEC \$6/1 sess

184076 H.Spaxman

\$3 for extra kits for use within the family.

Must be done on-site. Register by Dec 10. All children under 12yrs must have a parent or guardian present.

## Holiday Décor Workshop 2018

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

Sat 12:00-4:00pm Dec 8  
55+ Centre Free

## Art Gallery

### Exhibitions: Sep 5-28

### Everyday Something Falls

Acrylic paintings by Kelly Haydon

### The Port and Beyond

Acrylic paintings by Judith Fairwood

Opening Reception:

Wed 6:30-8:30 Sep 5  
Artist Talks with Kelly Haydon in the gallery  
Wed 7:00pm Sep 12



Cinder Falling  
by Kelly Haydon



Long view 2  
by Judith Fairwood

### Exhibitions: Oct 3-Nov 2

### FICTION

by the Art is Land Network/AILN

Mixed medium & assemblage, Format: collaborative frieze

Opening Reception:

Wed 6:30-8:30 Oct 3  
Artist Talks with AILN/Art is Land Network  
Wed 7:00pm Oct 17



### Exhibitions: Nov 7-30

### Landscapes

Colour prints by Barry Skillin

Opening Reception: Wed Nov 7 6:30-8:30pm



First Light, 2017 by  
Barry Skillin

### Exhibitions: Dec 5-28

### Windsor House School

Mixed mediums

Opening Reception:

Wed 6:30-8:30 Dec 5

## Workshops

### Japanese Box Making for Beginners

Learn to make a small box ideal for storing trinkets, treasures or as a one-of-a-kind gift box. Participants will use an historical Japanese technique to construct a sturdy box that's too beautiful to put away. No prior experience is necessary. Please bring materials for note taking. All supplies and tools will be provided.



Sun 1:00-4:00pm Sep 16  
RAR \$10/1 sess  
184073 S.Lee

### Colourful Blackout Poetry

Re-purpose and honour the memory of a worn out book of yours or cast-offs supplied by the Britannia Library. Materials supplied: paperback novels, newspapers, pastels, coloured pencils, watercolour paints, and donated frames.

Sun 1:00-4:00pm Sep 23  
RAR \$10/1 sess  
183219 H.Spaxman

### Fictional Frieze for the Anthropocene Workshop

How do you define the anthropocene? What will our future world be like? Visualize your narrative of how humans influence/alter an environment. Work with members of an artist collective to create a microcosm of place using a small wooden box. All materials will be provided – both natural (twigs, driftwood, shells) and repurposed (plastic, metal, fabric), though you are encouraged to bring objects [e.g. photos] to personalize your microcosm. Completed boxes will be documented in a frieze like row to represent individual and collective experience.



Sun 1:00-4:00pm Oct 21  
RAR \$10/1 sess  
184074 Art is Land Network



# Licensed Child Care

## Five Child Care Centres – Spaces available, apply today

\*All programs CLOSED on statutory holidays

### 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:

<b>Social:</b>	Communication, friendship skills, conflict resolution, sharing and co-operation.
<b>Intellectual:</b>	Language and self-expression, problem solving, critical thinking, kindergarten readiness skills.
<b>Physical:</b>	Large muscle and fine motor skills, safety and self-care skills (health, hygiene, large and fine motor development).
<b>Creative:</b>	Self expression and concept development.
<b>Emotional:</b>	Development of healthy self-esteem, self-confidence, self-awareness and abilities to deal appropriately with emotions.

### About our Staff

All of our staff are qualified as Early Childhood Educators, Special Needs Educators, Child and Youth Care Counsellors, or are Responsible Adult certified. Our staff is made up of a Child Care Manager who is responsible for all programs, plus Senior Supervisors for each of the Child Care centres. The number of additional staff for each program is dependent upon the type of program and is always in accordance with child/staff ratios set by Child Care licensing regulations.

All staff, substitutes, students and volunteers are required to have a clear Criminal Record Search in accordance with Child Care Licensing Regulations. Go to [britanniacentre.org](http://britanniacentre.org) for more information and program details.

## Toddler Program (18mo-3yrs)

Mount Pleasant Child Care has a 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. Snacks, hot lunch and outdoor play are a part of the daily routine.

### Mount Pleasant Child Care

960 East 7<sup>th</sup> Avenue      Wade Forbes 604.718.5844  
Hours: Mon-Fri      7:30am-6:00pm  
FEES:      \$1232/mo  
Lunch & am/pm snacks provided



## Preschool Program (3-5yrs)

Highly experienced, qualified and Licensed Early Childhood Educators will develop a rich and meaningful child-centered environment in which children can learn and grow in all areas of development. Our program will include the exploration of Artists Throughout History. By using hands on experimentation and exploration of a variety of materials, techniques, ideas and information, we will experience styles developed by influential artists throughout history. Children will experience arts and culture from around the world, and practice creativity, and freedom of artistic expression.

### Britannia Preschool

1661 Napier Street  
Lorraine Evans      604.718.5843  
Hours:      Mornings 9:00-11:30am  
                 Afternoons 12:30-3:00pm  
FEES: 2 days/wk (Thu, Fri)      \$180.00  
         3 days/wk (Mon, Tue, Wed)      \$255.00  
         5 days/wk (Mon-Fri)      \$435.00



# Licensed Child Care

## Daycare Programs

### (3-5yrs)

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

### Mount Pleasant Child Care

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

### Grandview Terrace Child Care

2075 Woodland Drive Alejandra Uribe 604.718.5846  
Hours: Mon-Fri 7:30am-6:00pm  
FEES: \$905/mo  
Snacks provided  
Lunch Program \$70/mo, \$5/Yoga

### Eaglets Daycare

485 Semlin Drive Suzy Liguori 604.718.5856  
Hours: Mon-Fri 7:30am-5:45pm  
FEES: \$865/mo  
Snacks provided

## Aboriginal Family Support Program

The Family Support Worker offers community-based services that assist and support parents in their role as caregivers. The Family Support Worker aims to promote parental competency and strengthen child and family life, leading to healthy child and family development and independence. We offer support for meetings with schools, healthcare professionals, and family court. The Family Support Worker assists in connecting parents and families with community stakeholders and making referrals to other relevant programs and agencies. The Family Support Worker also runs parenting education groups throughout the year, such as, Nobody's Perfect and My Tween and Me.

**Aboriginal Child & Family Support Services**  
Co-location: Britannia Community Services Centre  
Lead Agency: Vancouver Native Health Society  
Contact:  
Family Support Worker - Kirisana Sivakumaran – 604.718.5841

## Community Action Program for Children (CAPC)

The Community Action Program for Children (CAPC) is a community-based children's program that promotes the healthy development of young children (0-6 years).

Beatrice Feza 604.718.5821

## Provincial Child Care Subsidy

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

## Out-of-School Programs

### (5-12yrs)

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

### Britannia Out of School Care

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

### Lord Nelson Child Care

2235 Kitchener Street Latisha Buksh 604.713.5863  
Pick up from: Lord Nelson Elementary  
Sep-Jun Hours: Mon-Fri 7:30-9:00am  
3:00-5:45pm  
School Breaks/Jul & Aug 7:30am-5:45pm  
FEES: \$365/mo  
Jul & Aug \$155/wk

### Eagles In The Sky OSC

103B-1950 E. Hastings Kinga Batko 604.230.1885  
Pick up from: Xpey/Macdonald Elementary  
Hastings Elementary  
Lord Nelson Elementary  
Ecole Anne Hebert  
Sep-Jun Hours: Mon-Fri 7:30am-9:00am  
3:00pm-5:45pm  
7:30am-5:45pm  
School Breaks/Jul & Aug  
FEES: Xpey/Macdonald Elementary \$402/mo  
Hastings/Lord Nelson/Anne Hebert \$427/mo  
(Breakfast & Jul & Aug \$56/d, \$155/wk, \$570/mo  
pm snack provided)

### Grandview Terrace OSC

2075 Woodland Drive Alejandra Uribe 604.718.5846  
Pick up from: Grandview Elementary  
Queen Alexandra Elementary  
Queen Victoria Annex  
Ecole Anne Hebert  
Sep-Jun Hours: Mon-Fri 7:30am-9:00am  
3:00pm-6:00pm  
7:30am-6:00pm  
School Breaks/Jul & Aug  
FEES: \$375/mo  
(Breakfast & Jul & Aug \$555/mo or \$150/week  
pm snack provided)

## Baby Sign Language (0-24mo)

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring toys. No drop-ins - registration only.

**Tue 9:45-10:30am Oct 23-Nov 20**  
**Mat Rm \$64/5 sess**  
**178332 Into Yoga**

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

Jump, skip and twirl! In this class children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. This is a closed class. However, in the final week of the session we invite parents to stay for a presentation of what we have been learning. Parent participation required for 2-4 year old classes. [www.kirbysnellldance.com](http://www.kirbysnellldance.com). No classes Oct 6, Nov 10.

**Sat Sep 15-Dec 8**  
**\$115/11 sess**

~~178582 9:30-10:10am Age 2-4yrs~~  
 178583 10:15-10:55am Age 2-4yrs  
~~178585 11:00-11:40am Age 3-4yrs~~  
 178584 11:45am-12:25pm Age 3-4yrs  
 178581 12:30-1:10pm Age 4-6yrs  
~~178580 1:15-2:00pm Age 4-6yrs~~  
**CFEC**

## 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 for \$20.00 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 4xweek Sat, Tue, Wed, Thu. All programs take place in Gym D. No class Sep 29, Oct 10, 15, 16, 17, 18, 20, 27, Nov, 17, pro-d days.

**Sat 10:00am-12pm Sep 15-Dec 8**  
**Tue-Thu 11:00-12:30pm Sep 25-Dec 13**

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

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

### Free Class

**Wed 11:00-11:50am Sep 12**  
**Rink Mezz M Lee**  
**183189**

### Set 1

**Wed 10:00-10:50am Sep 19-Oct 31**  
**178594 M.Lee \$91/7sess**  
**Wed 11:00-11:50am Sep 19-Oct 31**  
**178595 M.Lee \$91/7sess**  
**Wed 1:00-1:50pm Sep 19-Oct 31**  
**178596 M.Lee \$91/7sess**

All classes held in the Rink Mezz

### Set 2

**Wed 10:00-10:50am Nov 7-Dec 19**  
**183184 M.Lee \$91/7sess**  
**Wed 11:00-11:50am Nov 7-Dec 19**  
**183185 M.Lee \$91/7sess**  
**Wed 1:00pm-1:50pm Nov 7-Dec 19**  
**183186 M.Lee \$91/7sess**

All classes held in the Rink Mezz

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

Multi-sport classes teach children important introductory physical skills and help children develop confidence in their abilities through 8 different ball sports. Parents must participate. No class Oct 6, Nov 10.

**Sat 11:30-12:15pm Sep 15-Dec 1**  
**Gym C \$150/10 sess**  
**178334 Sportball Staff**

## Sportball Multisport (3.5-5yrs)

Programs help preschoolers refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. No class Oct 6, Nov 10.

**Sat 12:15-1:15pm Sep 15-Dec 1**  
**Gym C \$150/10sess**  
**178337 Sportball Staff**

## Toddler Art for (18mo-3yrs)

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

**Wed 9:45-10:30am Sep 26-Nov 14**  
**RAR \$70/8 sess**  
**178621 H. Spaxman**

## Music Together® (0-5yrs)

Share the joys of music-making with your young child, and learn about the powerful benefits of making music an integral part of your child's life. Experience Music Together® and find out how important - and how much fun - your role in your child's musical learning journey can be! Our 9 award-winning music collections and research-based curriculum supports parents at home and keeps the music making alive all week! In our newborn to preschooler family class, each child participates at his or her own level and their natural musicality is nurtured through singing, dancing, listening, watching, and exploring the musical instruments. The whole family is welcome - parents, grandparents, caregivers - for this important family music experience. 45 minutes of pure fun each week! (Parent participation is required. Siblings attend at a reduced tuition rate and children 6 months and under attend free with a registered sibling. \$60 Music Together Licensing fee is non-refundable after the first class.) No Classes Tue Oct 2, & Sat Oct 6.

**Tue Sep 25-Dec 4 \$170/10 sess**  
**178603 9:30-10:15am**  
**178602 10:30-11:15am**  
**Rink Mezz Katy**  
**Thu Sep 27-Nov 29 \$170/10 sess**  
**178601 9:30-10:15am**  
**178600 10:30-11:15am**  
**Rink Mezz Patrice**  
**Sat Sep 22-Dec 1 \$170/10 sess**  
**178599 9:30-10:15am**  
**178598 10:30-11:15am**  
**178597 11:30am-12:15pm**  
**Rink Mezz Monica**





# Children

## Arts

### Clay for Children for 6-12 yrs

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

**Thu 4:00-5:15pm** **Sep 27-Nov 15**  
**Rm 208** **\$110/8 sess**  
**178590 H.Spaxman**



## Music

### Beginner Marimba (8-18yrs)

This class is open to anyone and is a great way to get started in music. You will learn traditional music from Zimbabwe, Latin America and original compositions for marimba. 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 13-Dec 13**  
**Rm 111** **\$196/14 sess**  
**178588 R.Layne**

### Intermediate Marimba (10-18yrs)

This class requires you to have some experience with marimba & 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 13-Dec 13**  
**Rm 111** **\$196/14 sess**  
**178593 R.Layne**



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

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

**Thu 6:00-7:30pm** **Sep 13-Dec 13**  
**Rm 111** **\$238/14 sess**  
**178625 R.Layne**



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

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

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

#### Set 1

**Thu 6:00-8:30pm** **Sep 6-Oct 25**  
**178604** **\$192/8 sess**  
**Fri 6:00-8:30pm** **Sep 7-Oct 26**  
**178605** **\$192/8 sess**  
**Sat 9:00am-4:30pm** **Sep 8-Oct 27**  
**178606** **\$192/8 sess**  
**PreTeen Centre** **J.Oye**

#### Set 2

**Thu 6:00-8:30pm** **Nov 1-Dec 20**  
**178607** **\$192/8 sess**  
**Fri 6:00-8:30pm** **Nov 2-Dec 21**  
**178608** **\$192/8 sess**  
**Sat 9:00am-4:30pm** **Nov 3-Dec 22**  
**178609** **\$192/8 sess**  
**PreTeen Centre** **J.Oye**

### Violin & Fiddle Private Lessons

These are 30 minute private violin lessons for children aged 6 & up. The teaching method follows the Suzuki Method and covers classical and fiddle. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at fiddlelessons@shaw.ca to arrange lesson time PRIOR to registering. No class Oct 8 & Nov 12

**Mon 3:30-8:15pm** **Sep 10-Dec 17**  
**RAR** **\$312/13 sess**  
**178622 S.Saunders**

### Axe Capoeira – Preschool/Children/Youth (3-18yrs)

We offer ongoing classes for children and youth. Classes cover all aspects of Capoeira: martial arts, dance, music acrobatics, culture, language. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Registration includes unlimited participation in training as well as dance and music classes. Youth can attend adult classes as well. Drop in \$20 (go to the Pool Cashier at Britannia to pay and bring the receipt to the Instructor). Classes are located at 1739 Venables. For further information check out page 24 for the Axe schedule or www.axevancouver.com.

**3-6yrs Mon/Wed 6:00-6:45pm**  
**Sep/Oct**  
**180094 1 class/wk \$120**  
**180098 2 classes/wk \$160**  
**Nov/Dec**  
**180106 1 class/wk \$120**  
**180107 2 classes/wk \$160**

**7-18yrs Mon-Thu 5:00-6:00pm**  
**180121 Sep/Oct \$170**  
**180123 Nov/Dec \$170**

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

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

See Page 24 for details



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

Learn classic boxing techniques from Head Coach Bill Kennedy. Full size ring, punch/speed bags, circuit training, mitts and gloves - improve your fitness! During the group sessions, your training will be personalized to your specific skill and ability. Recreational athletes will be required to fill out Park Board Waiver forms prior to participating. Competitive athletes must fill out a Combsport waiver forms and pay a \$75 annual insurance fee (cheque payable to Combsport will be collected by the Bill prior to starting). Classes unlimited – come train as many times as you like! Boxing room is located beside Gym C. No class Oct 8, Nov 12, Dec 25, 26

**NOTE – First time participants, pay \$20 drop in. After this, participants will pay \$75/monthly fee.**

<b>Mon-Fri</b> 5:00-7:00pm	<b>Sat</b> 2:00-4:00pm		
180229 Sep	\$75/month	180233 Nov	\$75/month
180232 Oct	\$75/month	180234 Dec	\$75/month

## Britannia Gymnastics Club

[www.britanniagymnastics.com](http://www.britanniagymnastics.com) (18mo-15yrs)



This popular community program will promote your child's self-esteem and develop strength, flexibility, agility and coordination through the fundamentals of gymnastics. Children can wear a bodysuit or shorts and t-shirts. All programs take place in Britannia Secondary School, 1001 Cotton Drive, Gym B. No class Oct 6, 7, Nov 10, 11. For class descriptions go to [www.britanniagymnastics.com](http://www.britanniagymnastics.com).

<b>Sat</b>	<b>Sep 15-Dec 8</b>			
180195	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$108/12 sess
180202	Gym Kids	4-5yrs	2:00-2:45pm	\$108/12 sess
180203	Gym Kids	4-5yrs	3:00-3:45pm	\$108/12 sess
180205	Performance	6-9yrs	4:00-5:00pm	\$126/12 sess
<b>Sun</b>	<b>Sep 16-Dec 9</b>			
180206	Dynamic Duo	18mo-3	10:00-10:45am	\$108/12 sess
180207	Dynamic Duo	18m-3	11:00-11:45am	\$108/12 sess
180210	Performance	6-9yrs	11:30-12:30pm	\$126/12 sess
180211	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$108/12 sess
180212	Adv Gym Kids	5-6yrs	12:45-1:45pm	\$126/12 sess
180213	Performance	6-9yrs	3:15-4:30pm	\$132/12 sess
180214	Performance Plus	9-15yrs	1:45-3:15pm	\$144/12 sess
180215	Demo Team	9-15yrs	3:30-5:00pm	\$144/12 sess

## Fencing - Children and Youth (8-18yrs)

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

<b>8-14 years</b>		
<b>Sat</b>	<b>10:00-11:30am</b>	<b>Sep 15-Dec 15</b>
178344	LaSalle Studio	\$84/12 sess
No class Oct 6, Nov 10		

<b>12-18 years</b>		
<b>Mon</b>	<b>6:00-8:00pm</b>	<b>Sep 17-Dec 10</b>
180044	LaSalle Studio	\$88/11 sess
No class Oct 8, Nov 12		

<b>12-18 years</b>		
<b>Wed</b>	<b>4:00-6:00pm</b>	<b>Sep 19-Dec 12</b>
180047	LaSalle Studio	\$104/13 sess

## Traditional Kung Fu 6 yrs +

Sifu Marquis Lung and Instructor Vicky Ma will teach you Northern Shaolin traditional forms, weapon forms, sparring and self-defence. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Note: Class meets twice a week on Monday and Friday. No class Oct 8, 19, Nov 12, 16.

<b>Beginner</b>		
<b>Mon/Fri</b>	<b>4:30-5:45pm</b>	<b>Sep 7-Dec 14</b>
CFEC		\$238
180223 M. Lung		

<b>Intermediate</b>		
<b>Mon/Fri</b>	<b>4:30-6:15pm</b>	<b>Sep 7-Dec 14</b>
CFEC		\$264
180225 M. Lung		

<b>Advanced</b>		
<b>Mon/Fri</b>	<b>4:30-6:30pm</b>	<b>Sep 7-Dec 14</b>
CFEC		\$290
180226 M. Lung		

## Day Camps

### Funseekers Day Camp (6-12yrs)

There are many activities and out-trips planned for the Winter Break Funseekers program! Come on to learn new skills, meet new friends, or simply to have FUN! Swim, skate, learn arts and crafts, play group games, go on out-trips and more! Register early to avoid disappointment. Please provide lunch, snack, and water daily. Parents are required to complete consent forms. Funseekers Cancellation Policy: A \$5 administration fee will be charged for each camp a refund is requested for. Refund requests must be made a minimum of one week (seven days) prior to the start of the program. No refunds after this time.

<b>Mon, Wed - Fri</b>	<b>9:00am-3:00pm</b>	<b>Dec 24, Dec 26-Dec 28</b>
Gym D		\$80/5 sess
182241		
<b>Mon, Tues - Fri</b>	<b>9:00am-3:00pm</b>	<b>Dec 31, Jan 2-Jan 4</b>
Gym D		\$80/5 sess
182242		



# Children

## Micro Footie Development (4-12yrs)

MF Development is a unique coaching experience for youth players. Rupert Postma, identified this year as one of the top youth players in North America by Celtic FC is a consistent player in the MF Development Curriculum. Players in MF Development learn celtic turns, combination play, taking players on one on one, skills, out the box activities, and movement. The MF Development sessions are specifically for players who want to raise their game. Please note: Select high potential players have an opportunity to take part in a North American ID Camp in 2019. No class Oct 7, Nov 11, 18

Sun	Sep 23-Nov 25		Sun	Sep 23-Nov 25	
180175	4-5yrs - Beginners	9:30-10:30am	180182	6-7yrs	11:30-12:45pm
180179	4-5yrs - Experienced	10:30-11:30am	180183	8-10yrs	1:00-2:15pm
Gym D	\$89/7 sess		180184	11-12yrs	2:30-3:45pm
			Gym D		\$126/7 sess

## Reconciliation in Action

Join the schools, groups and residents for the fourth annual Reconciliation in Action (RIA): Drive the Change Community Gathering and Celebration. This event is an opportunity to explore the meaning of Reconciliation in multicultural Grandview-Woodland and Strathcona neighbourhoods. What role could we take in making Reconciliation a reality. There will be interactive, fun and educational activities, cultural performances and a Community Feast and will feature the Our Place Community Accountability Pledge Signing Ceremony. Our Place is a broad coalition of community and government agencies in Vancouver who are coordinating efforts to help address the gaps in support for inner city youth, children and families at risk.

## Reconciliation in Action (RIA): Drive the Change

Tue 2:00-8:00pm Sep 25 Free



## Tennis Academy Mini (6-9yrs)

This class is an introduction to tennis for children. Students are introduced to basic forehand and backhand skills while developing hand-eye coordination through a variety of fun games and activities. Bring your tennis racket, runners. No class Sept 29, Oct 20, 27, Nov 17.

Sat 1:30-2:30pm Sep 15-Dec 8  
Gym D \$81/9 sess  
180051 JC.Maldonado

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

This class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills and be given the opportunity for game play. Bring your own racket, runners. No class Sept 29, Oct 20, 27, Nov 17.

Sat 2:30-3:30pm Sep 15-Dec 8  
Gym D \$81/9 sess  
180057 JC.Maldonado

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

This class develops more advanced tennis skills through drills and rallies preparing participants for significant game play. This class focuses on the fundamentals of competitive tennis. Bring your own racket, runners. Sept 29, Oct 20, 27, Nov 17.

Sat 3:30-4:30pm Sep 15-Dec 8  
Gym D \$81/9 sess  
180082 J.C.Maldonado

## Apex Volleyball Train & Play

Ages 10-12yrs

Thu 6:00-7:15pm Sep 6-Oct 25  
Gym C \$120/8 sess  
184997

Ages 11-13yrs

Thu 6:00-7:15pm Nov 1-Dec 20  
Gym C \$120/8 sess  
187718



## Special Events

### Preteen Dance (10-13yrs)

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

<b>Fri</b>	<b>6:30-9:00pm</b>	<b>Oct 19, Dec 14</b>
<b>CFEC</b>		<b>\$1</b>



### Free Youth Swim (11-18yrs)

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

<b>Fri</b>	<b>8:00-9:55pm</b>	<b>Sep 7, Oct 5,</b>
		<b>Nov 2, Dec 7</b>
<b>Britannia Pool</b>		<b>Free!</b>



## Music

### Greenhorn Community Music Project for 12-17yrs

See Page 21 for details.

### Marimba (8-18yrs)

See Page 12 for details

## Social



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

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

<b>Thu</b>	<b>6:15-8:00pm</b>	<b>Sep 13-Dec 20</b>
<b>Preteen Centre</b>		<b>Free</b>
<b>182217</b>		

### Preteen Friday Night Live

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

<b>Fri</b>	<b>6:00-8:30pm</b>	<b>Sep 21</b>
<b>Bowling</b>		<b>\$5/1 sess</b>
<b>183665</b>		

<b>Fri</b>	<b>6:00-8:30pm</b>	<b>Oct 12</b>
<b>Rock Climbing</b>		<b>\$10/1 sess</b>
<b>183666</b>		

<b>Fri</b>	<b>6:00-8:30pm</b>	<b>Nov 16</b>
<b>Hillcrest Pool</b>		<b>\$5/1 sess</b>
<b>183667</b>		

<b>Fri</b>	<b>6:00-8:30pm</b>	<b>Dec 14</b>
<b>Christmas Train</b>		<b>\$5/1 sess</b>
<b>183668</b>		

## Sports

### Fencing - Children and Youth (8-18yrs)

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

<b>8-14 years</b>		
<b>Sat</b>	<b>10:00-11:30am</b>	<b>Sep 15-Dec 15</b>
<b>178344</b>	<b>LaSalle Studio</b>	<b>\$84/12 sess</b>
<b>No class Oct 6, Nov 10</b>		

<b>12-18 years</b>		
<b>Mon</b>	<b>4:00-8:00pm</b>	<b>Sep 17-Dec 10</b>
<b>180044</b>	<b>LaSalle Studio</b>	<b>\$88/11 sess</b>
<b>No class Oct 8, Nov 12</b>		

<b>12-18 years</b>		
<b>Wed</b>	<b>4:00-6:00pm</b>	<b>Sep 19-Dec 12</b>
<b>180047</b>	<b>LaSalle Studio</b>	<b>\$104/13 sess</b>

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

Learn classic boxing techniques from Head Coach Bill Kennedy. Full size ring, punch/speed bags, circuit training, mitts and gloves - improve your fitness! During the group sessions, your training will be personalized to your specific skill and ability. Recreational athletes will be required to fill out Park Board Waiver forms prior to participating. Competitive athletes must fill out a Combsport waiver forms and pay a \$75 annual insurance fee (cheque payable to Combsport will be collected by the Bill prior to starting). Classes unlimited - come train as many times as you like! Boxing room is located beside Gym C. No class Oct 8, Nov 12, Dec 25, 26

**NOTE - First time participants, pay \$20 drop in. After this, participants will pay \$75/monthly fee.**

<b>Mon-Fri</b>	<b>5:00-7:00pm</b>	<b>Sat 2:00-4:00pm</b>
<b>180229</b>	<b>Sep</b>	<b>\$75/month</b>
<b>180232</b>	<b>Oct</b>	<b>\$75/month</b>
<b>180233</b>	<b>Nov</b>	<b>\$75/month</b>
<b>180234</b>	<b>Dec</b>	<b>\$75/month</b>



## Drop-In Sports

### Indoor Soccer (11-18yrs)

For 11-18 year old players only

<b>Tue</b>	<b>5:30-8:00pm</b>	<b>Sep 5-Dec 19</b>
<b>Gym D</b>		<b>Free</b>

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

<b>Wed</b>	<b>5:30-7:00pm</b>	<b>Sep 6-Dec 27</b>
<b>Gym D</b>		<b>Free</b>

# Youth

## Welcome to the Teen Centre

### Hours

Mon-Thu 3:00-9:30pm

Fri 3:00-10:00pm

Sat 6:00-10:00pm

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

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



### Britannia Teen Centre

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

The Teen Centre is a place to:

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

### Staff

#### Youth Programmer:

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

#### Community Youth Worker:

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

#### Latin American Youth Programmer:

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

#### Teen Centre Staff:

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

## Leadership



### Britannia Youth Committee

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

## Social Development

### Gateway to Recreation (17-19yrs)

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

Thu 12:00-3:00pm Sep 13-Dec 13  
LRC \$230/14 sess  
173190 Jessie

### First Friends Buddy Program (11-19yrs)

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

Grupo de Amigos.

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

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

Sat 12:00-4:00pm Sep 8-Dec 22  
Teen Centre

### Community Action Network

Interested in serving your community? Britannia Youth programs, in partnership with the YMCA is looking to support YOU to team up, develop and deliver projects that respond to issues and needs in your local community. Join us in making a difference, learning valuable skills, and gaining experience. Together we will build a service project that is meaningful to you!

YMCA Community Action Network (YCAN) supports young adults between the ages of 15 to 18 years old to get involved in their local community through service opportunities, while at the same time gaining valuable skills. We are dedicated to support youth in our communities who are traditionally underrepresented and/or face barriers to participation.

Contact Tom, 604.718.5826 or Maria Baez, 604.655.2520 for more info.

## SAOIRSE SANKEY MEMORIAL AWARD for Lifeguard Training & Career Development

This award is presented to local, Britannia Youth to support their training and attaining certifications, to become employable as a Lifeguard/Swim Instructor.

Saoirse Sankey (May 3, 1992 - August 31, 2012) spent much of her short life in the waters of Britannia; from blowing bubbles as a "water baby" to years of dedicated service as a swim instructor and lifeguard. This award honours Saoirse and all those who supported her on this path. Please contact the Aquatics Programmer, at 604.718.5830, for more information, or to apply.



## Drop-in Sports

### Indoor Soccer (11-18yrs)

For 11-18 year old players only

Tue 5:30-8:00pm Sep 4-Dec 18  
Gym D Free

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

Wed 5:30-7:00pm Sep 5-Dec 19  
Gym D Free

### BC Wheelchair Basketball (16+yrs)

Fri 6:45-9:00pm Sep 7-Dec 28  
Gym D Free

### Basketball Drop-in (16-24yrs)

Sun 12:00-1:50pm Sep 2-Dec 30  
Gym C Free

## Cooking

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

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

Tues 4:00-6:30pm Sep 11-Dec 18  
55+ Centre Free

### Latin Cooking (11-18yrs)

Learn to cook food from various Latin countries. Quiéres 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 6-Dec 27  
55+ Centre Free

## Social

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

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

Wed 7:00-9:00pm  
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 Fri there is a free BBQ!

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

## Music

### Beginner Marimba (8-18yrs)

This class is open to anyone and is a great way to get started in music. You will learn traditional music from Zimbabwe, Latin America and original compositions for marimba. 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 13-Dec 13  
Rm 111 \$196/14 sess  
178588 R.Layne

### Intermediate Marimba (10-18yrs)

See page 12 for details

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

This class is a year-long commitment to be part of a new performance group. We are looking for dedicated, enthusiastic and focused students.

See page 12 for details.

## EastVan's HipHop Drop-In

Inclusive and fun for everyone!  
For more information email:  
thehiphopdropeastvan@gmail.com

Wed 5:30-9:30pm  
1739 Venables Free



## 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 info!

Fri 7:00-10:00pm Sep 28  
\$2

### Free Youth Swim (11-18yrs)

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

Fri 8:00-9:55pm Sep 7, Oct 5,  
Nov 2, Dec 7  
Free

Britannia Pool



## Sports

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

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

See Page 24 for details

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

Learn classic boxing techniques from Head Coach Bill Kennedy. Full size ring, punch/speed bags, circuit training, mitts and gloves - improve your fitness! During the group sessions, your training will be personalized to your specific skill and ability. Recreational athletes will be required to fill out Park Board Waiver forms prior to participating. Competitive athletes must fill out a Combsport waiver forms and pay a \$75 annual insurance fee (cheque payable to Combsport will be collected by the Bill prior to starting). Classes unlimited – come train as many times as you like! Boxing room is located beside Gym C. No class Oct 8, Nov 12, Dec 25, 26

See page 15 for details

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

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

#### 8-14 years

Sat 10:00-11:30am Sep 15-Dec 15  
178344 LaSalle Studio \$84/12 sess  
No class Oct 6, Nov 10

#### 12-18 years

Mon 6:00-8:00pm Sep 17-Dec 10  
180044 LaSalle Studio \$88/11 sess  
No class Oct 8, Nov 12

#### 12-18 years

Wed 4:00-6:00pm Sep 19-Dec 12  
180047 LaSalle Studio \$104/13 sess

## 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. 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.

\$85 ski/snowboard rental, \$65 no rental required. Must register a minimum of 2 weeks in advance. Registration accepted at Britannia Teen Centre only.

Sat	5:45am-6:00pm	Dec 15
Sun	5:45am-6:00pm	Jan 27
Fri	5:45am-6:00pm	Feb 15
Sat	5:45am-6:00pm	Mar 16
Sun	5:45am-6:00pm	Apr 7



### Bike Club Youth Drop-In (12-19yrs)

Bike Club is a free drop-in bicycle mechanics program for youth aged 12-19 that runs weekly on Tuesdays at Kickstand Community Bike Shop. The goal of Bike Club is to remove barriers to youth accessing bikes so that more youth can get riding! This fall we'll also be starting group riding and road skills workshops so keep your eyes open for our monthly workshop schedule at Britannia. Questions? contact us at [bikeclub@pedalpower.org](mailto:bikeclub@pedalpower.org)

During Bike Club youth are invited to drop in to:

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

Tue 3:30-6:00pm Free  
Kickstand Community Bike Shop  
1739 Venables (Main Entrance at back)

# Latin American Youth Program (LAYP) Youth

## Programa de Jovenes Latino Americanos

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

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

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

Come and hang out with other girls! 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
- Positive body image
- Career planning

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

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

## Spanish Clubs

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

**Upper: Tue 11:30am counselling suite  
Van Tech: Thu 11:30am Rm 224**

**David Thompson Friday 11:30am Rm TBA**

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

If you are interested in having a Spanish Club at your school contact Stephanie at 604.718.5829 or email stephanie.angel-garay@vancouver.ca

## Cocina Latina/Cooking Program

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

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

**Thu/Jueves 4:30-6:30pm AML  
Free/Gratis**

**Familias con jovenes y niños son bienvenidas! Families with youth and children are welcome!**



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

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

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

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

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

**Tue/Martes 5:00-7:00pm  
Gym D/Gimnasio D Free/Gratis**

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

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

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

## First Friends Buddy Program (11-19yrs)

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

Grupo de Amigos.

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

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

**Sat 12:00-4:00pm Sep 8-Dec 22  
Teen Centre**

## Vancouver Latin American Cultural Choir ( 7 yrs+)

Come sing with the Vancouver Latin American Cultural Centre Choir! Our choir meets once a week to learn and practice songs that reflect the immense diversity of musical genres from all over Latin America. Songs are in Spanish and Portuguese. Sergio Pires, the choral conductor, is an educator and music researcher who holds a Doctoral of Musical Arts degree in choral conducting from Boston University and Masters and Licentiate degrees in music from Brazilian institutions. Everybody is welcome to participate. Join this fun community activity, sing, and make friends! Register by email to info@vlacc.ca. Registration doesn't include VLACC membership.

**Wed 7:00-9:00pm Sep 12-Dec 12  
\$60/14 sess**

**55+ Centre  
(songs will be sung in Spanish and Portuguese)**

## Arts

### Acrylic Painting

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

**Wed 5:00-7:00pm Oct 17-Dec 19**  
**Rm 210 \$195/10sess**  
**178575 M.Atashzad**

### Drawing with Bernadine Fox

Drawing is the foundation of all art forms (including digital and sculpture). With just a pencil and a piece of paper, drawing can transform a flat surface into a 3D work of art. To do that, one just needs a few simple techniques. This class will introduce (or re-introduce) a variety of drawing exercises designed to improve your skills while providing an analysis of what is being seen and how that is interpreted on paper. Bernadine works to help participants train their brains to draw exactly what they are seeing and produce a dramatic improvement in their drawing ability within a short period of time. No Experience Necessary. Material list available when registered. No class Oct 8

**Mon 7:00-9:00pm Sep 10-Oct 22**  
**FAR \$125/6 sess**  
**183195 B.Fox**

### Watercolour Painting

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

**Wed 7:00-9:00pm Oct 17-Dec 19**  
**Rm 210 \$195/10sess**  
**178624 M.Atashzad**



Blooming Magnolias, M.Atashzad, 2017

## Salsa Cubana & Rueda De Casino

### Intermediate

Singles and couples welcome. We will continue where we left it in the Beginner Class and will add more moves. We will review the moves learnt in the Beginner class and learn new moves such as La Ye Simple, La Ye, Sombrero Complicado, Tornillo, Pelota, Setenta, etc. The basics of Merengue, Bachata and other Latin steps are taught during warm-up. Upon completion of the program, the instructor will assess the student's level and determine if s/he can move up to the next level. No class Oct 8, Nov 12. Instructor K.Reyes

**Mon 7:30-9:00pm Oct 1-Dec 3 Rink Mezz \$140/8 sess 178617**

### Beginner

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

**Tue 7:30-9:00pm Oct 2-Nov 20 Gym C \$140/8 sess 178616**

### Beginning/Intermediate

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

**Wed 7:30-9:00pm Oct 3-Nov 21 CFEC \$140/8 sess 178618**

### Advanced

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

**Thu 7:30-9:00pm Oct 4-Nov 22 Gym C \$140/8 sess 178615**

### Pottery - Introduction

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

**Tue 7:00-9:00pm Sep 25-Nov 13**  
**Rm 208 \$190/8 sess**  
**178612 H.Spaxman**



### Pottery - Continuing

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

**Wed 6:30-9:00pm Sep 26-Nov 14 Rm 208 \$220/8 sess**  
**178610 H.Spaxman**



# Special Edition Pull-Out!



## Fun for All Events & Programs Fall 2018 Quick Reference Guide!



### Special Events

Artful Sundays	p.7	Sun	Aug 12,19, 26, Sep 2	12-5pm	Napier Greenway	Free
15th Annual Corn Festival	p.7	Sun	Sep 2	12-5pm	Gym D	Free
Reconciliation In Action	p.7	Tue	Sep 25	2-8pm	Britannia Breezeway	Free
Halloween Howl	p.7	Sat	Oct 27	12-2pm	Gym D	Free
Fall Equinox Coffee House	p.8	Sun	Sep 23	7-9:30pm	55+ Centre	Free
Winter Solstice Coffee House	p.8	Sun	Dec 16	7-9:30pm	55+ Centre	Free
Art Gallery Opening Receptions	p.8	Wed	Sep 5, Oct 3, Nov 7, Dec 5	6:30-8:30pm	Britannia Art Gallery	Free
EPIC - Elders Participating in Community	p.27	Tue	Sep 25	12-2pm	55+ Centre	Free

### Fall Programs & Workshops

Free Youth Swim	p.15	Fri	Sep 7, Oct 5, Nov 2, Dec 7	8-10pm	Brit Pool	Free
Preteen Girls Club (10-13 yrs)	p.15	Thu	Sep 13-Dec 20	6:15-8:00pm	Preteen Centre	Free
Indoor Soccer (11-18yrs)	p.15	Tue	Sep 5-Dec 19	5:30-8pm	Gym D	Free
Drop-in Open Gym (11-18yrs)	p.15	Wed	Sep 6-Dec 27	5:30-7pm	Gym D	Free
BC Wheelchair Basketball (16+ yrs)	p.17	Fri	Sep 7-Dec 28	6:45-9pm	Gym D	Free
Basketball Drop-in (16-24 yrs)	p.17	Sun	Sep 2-Dec 30	12-1:50pm	Gym C	Free
Feast of Flavours (13-18 yrs)	p.17	Tue	Sep 11-Dec 18	4-6:30pm	55+ Centre	Free
Latin Cooking (11-18yrs)	p.17	Thu	Sep 6-Dec 27	4:30-6:30pm	55+ Centre	Free
Big Screen Movie Night (13-18yrs)	p.17	Wed	Ongoing	7-9pm	Teen Centre	Free
Canucks Game Night	p.17	Fri	Various	7-9:30pm	Teen Centre	Free
EastVan's HipHop Drop-in	p.17	Wed	Ongoing	5:30-9:30pm	1739 Venables	Free
First Friends (11-19yrs)	p.19	Sat	Sep 8-Dec 22	12-4pm	Teen Centre	Free
Greenhorn Music Project (13-17 yrs)	p.21	Mon	Sep 9-Dec 16	3:30-5pm	Rink Mezz	Free
Solidarity Notes Labour Choir	p.21	Sun	Sep 9-Dec 16	10:30am-12:30pm	LRC	Free
Stretch Therapy Free Trial Class	p.21	Wed	Sep 5	9:15-10:30am	CFEC	Free
Fun Bike Rides (19+ yrs)	p.22	Sun	Sep 16	9:00am	Spanish Banks	Free
Slimnastics Free Trial Class	p.23	Tue	Sep 11	5:15-6:45pm	CFEC	Free
Zumba Free Trial Classes	p.23	M/W	Sep 5, 10, Oct 31	6-7:15pm	Gym C	Free
Weaving Our Community Together	p.27	T/W/T	Ongoing	Various	55+ Centre	Free
Quirk-e	p.27	Wed	Sep 5-Dec 12	10am-12pm	55+ Centre	Free
Brit Community Dance Art Group	p.27	Wed	Sep 5-Dec 5	12:30-1:30pm	CFEC	Free
Chinese Folk Dance (55+)	p.27	Fri	Sep 7-Dec 14	10am-12pm	CFEC	Free
So You Want to Dance (55+)	p.28	W/Th	Sep 5-Dec 6	10:30am-12:30pm	CFEC/Mat Rm	Free
Social Ballroom Dance (55+)	p.28	Fri	Sep 7-Dec 7	2-4pm	CFEC	Free
Friday Wellness (55+)	p.28	Fri	Sep 7-Dec 7	Various	55+	Free
Book Clubs (55+)	p.28	W/F	Sep 5-Dec 5	Various	Library	Free
Stroke Survivors Club	p.28	Thu	Sep 6-Dec 6	10am-1pm	55+ Centre	Free
Computer & Internet	p.28	Mon	Sep 10-Oct 22	10am-3pm	55+ Centre	Free
Sunday Night Movie Series	p.29	Sun	Sep 9-Dec 8	6-9pm	55+ Centre	Free
Vietnamese Program (55+)	p.18	Tue	Ongoing	9am-3pm	55+ Centre	Free

### Recreation Facilities

Free for Britannia Members	p.30	Tu/Fr	Ongoing	10am-12pm	Fitness Centre
Free Public Swim (All Ages)	p.32	Tu/Th	Ongoing	3-4:55pm	Britannia Pool
Free Skates - various	p.35	Th/Fr	Sep-Dec	Various	Britannia Arena
Holiday Free Skate Events	p.36	Oct 8, Nov 12, Dec 16, 26, Jan 1	Various	Various	Britannia Arena

# RIA and Youth Governance

## Reconciliation in Action 2018

### Reconciliation in Action

Join the schools, groups and residents for the fourth annual Reconciliation in Action (RIA): Drive the Change Community Gathering and Celebration. This event is an opportunity to explore the meaning of Reconciliation in multicultural Grandview-Woodland and Strathcona neighbourhoods. What role we have in making Reconciliation a reality. There will be interactive, fun and educational activities, cultural performances and a Community Feast and will feature the Our Place Community Accountability Pledge Signing Ceremony. Our Place is a broad coalition of community and government agencies in Vancouver who are coordinating efforts to help address the gaps in support for inner city youth, children and families at risk.



**Reconciliation in Action (RIA): Drive the Change**  
**Tuesday September 25, 2:00-8:00pm**

**Free**



photos from RIA 2017

## Youth Governance Forum

**Join us for our first meeting on Friday October 5, 3:30-5:00pm**  
**Pizza and refreshments!**

The Our Place-Youth Matters team is working to co-create an inner city forum on youth engagement at Britannia Community Centre in October. We know that social inclusion of youth in Vancouver is major issue impacting one's sense of identity and place. We hear so much about how youth are minimally engaged in decisions that impact their lives and we have to work smarter to ensure youth engagement becomes sustainable and meaningful.

Our goal is to restructure the existing systems of government and to realign systems to ensure we are an engaging youth in decision making positions at key points of community development which builds sense of inclusion and reflect the needs and aspirations of young peoples in the inner city neighbourhood. Key questions we are considering, what's working now and how can we incorporate this into a new model.

What role do public schools, libraries, neighbourhood houses, community centres, police and local non-profit organizations have to support youth engagement? How can we create opportunities in all our public institutions that support youth in their neighbourhood? We recognize that children, youth and families grow up in communities, not programs. Youth face so many new challenges and we need to be innovative in how we work together to build a long-term sustainable youth engagement which creates a real choice to succeed.

**If you want to participate in the planning process for the youth governance forum please contact Erin Grant [erin.grant@vancouver.ca](mailto:erin.grant@vancouver.ca) 778.688.3445.**

# Share Your Ideas, Get a Free 2018/19 Membership & Enter To Win a \$100 Britannia Voucher

Britannia takes working for the community very seriously. We are asking these questions so that we can better meet your needs and expectations.

Please share your ideas, experiences and questions by dropping by the Britannia Information Centre and filling out a feedback form or by emailing [britanniacc@vancouver.ca](mailto:britanniacc@vancouver.ca), subject line: ShareYourIdeas2018. You will receive a free 2018/19 Britannia Membership and be entered in a draw to win a \$100 Britannia voucher, redeemable towards any Britannia programs or services (no cash value). Draw date: Sept 30, 2018

## SECTION 1

1. Do you feel welcome at Britannia? Yes\_\_\_ No\_\_\_
2. Which registration process do you use most? Online\_\_ In Person\_\_ Telephone\_\_
3. What Britannia programs or services do you participate in? \_\_\_\_\_
4. What programs or services do you value most? \_\_\_\_\_
5. Do you find it easy to get information on programs and services? Yes\_\_\_ No\_\_\_
6. Do you have a Britannia Membership? Yes\_\_\_ No\_\_\_ Are you familiar with it's benefits?
1. Does Britannia offer programs and services that meet your needs and expectations? Yes\_\_\_ No\_\_\_  
(please use comment section below to provide details)
2. What programs and services would you like to see at Britannia and why?

## SECTION 2

The Britannia Board sets priorities annually based on feedback from the community to guide the Society in its work to meet our community's needs and expectations.

Are you familiar with Britannia's mandate, bylaws and 2018 Priorities? Yes\_\_\_ No\_\_\_

Are there priorities you would like the Board of Management to consider?

Britannia's Board of Management 2018 Priorities:

1. Britannia Renewal - advance the rebuilding of Britannia facilities
2. Community Engagement and Accountability - respond to community needs and share information
3. Accessibility and Programming - reduce financial and social barriers
4. Partnerships - working with residents and local community groups
5. Reconciliation - continue to develop and implement a Reconciliation sharing plan for staff and community (workshops, community events, ongoing conversations)
6. Board Development - develop deeper knowledge of Britannia's history and maintain the culture of local decision making and involvement of local residents

For more information and upcoming meeting dates, please go to [https://www.britanniacentre.org/about\\_us/board\\_of\\_directors.php](https://www.britanniacentre.org/about_us/board_of_directors.php)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Questions? Call 604.718.5800 ext 1 or email [britanniacc@vancouver.ca](mailto:britanniacc@vancouver.ca) subject line: ShareYourIdeas2018. All entries will receive a free 2018/19 Britannia Membership (per person) and be entered in a draw to win a \$100 Britannia voucher, redeemable towards any Britannia programs or services (no cash value). The winner of the draw will be notified by phone and/or email. Draw date: Sept 30, 2018



# Leisure Access Program

The Leisure Access Program (LAP) provides low-income Vancouver residents with access to basic recreation programs and services at Park Board facilities at a reduced cost.

## IF you receive income assistance or social services from a Vancouver agency or organization;

### Applying for yourself - bring the following items to a community centre:

**One of:**

Red Bus Pass (Compass Card), Guaranteed Income Supplement (GIS), Shelter Aid for Elderly Renters (SAFER), Ministry of Social Development and Poverty Reduction (MSDPR) income assistance cheque stub, MSDPR confirmation of assistance letter, Third-party referral by MSDPR or a recognized non-profit or agency or MSDPR office-stamped application form

**A copy of your proof of address, such as:**

Bank statement or home utility bill (such as hydro/gas/internet/phone/cell phone/cable) dated within 3 months, current lease agreement

**Identification, such as:**

Government-issued ID, ID that matches your client ID on your third-party referral,

### Applying for your family - bring the following items to a community centre:

**One of:**

Third-party referral by MSDPR or a recognized non-profit or agency, MSDPR office-stamped application form

**A copy of your proof of address, such as:**

Bank statement or home utility bill (such as hydro/gas/internet/phone/cell phone/cable) dated within 3 months, current lease agreement

**Identification, such as:**

Government-issued ID, ID that matches your client ID on your third-party referral,

## IF you have low income, but don't receive income assistance;

### Please complete an application form and provide (to apply or renew):

**A copy of each tax form:**

Proof of income statement (To request this, log-in to Canada Revenue Agency My Account External website or phone Canada Revenue Agency at 1-800-267-6999 and press 1, then 1, then 2. Provide your Social Insurance Number, date of birth, and your reported income on line 150 of your last tax return.)

Canada Child Benefit notice (if applicable)

**A copy of your proof of address, such as:**

Bank statement or home utility bill (such as hydro/gas/internet/phone/cell phone/cable) dated within 3 months, current lease agreement

**If you're a permanent resident or immigrant:** a copy of your confirmation of permanent residence

## You have a child with a disability up to 17 years old

### Please provide:

A copy of your current Canada Child Benefit notice if the family qualifies for the child disability benefit (CDB).

**A copy of your proof of address, such as:**

Bank statement or home utility bill (such as hydro/gas/internet/phone/cell phone/cable) dated within 3 months, current lease agreement

**For full details and information on the benefits of the Leisure Access Program, please come to the front desk at Britannia Info Centre or visit [vancouver.ca/leisureaccess](http://vancouver.ca/leisureaccess).**

**Applications: please email the required documents and completed application form to [lap@vancouver.ca](mailto:lap@vancouver.ca) OR or bring them to a community centre to send to the Leisure Access Office. The Leisure Access Office will contact you if further clarification or additional documents are required, or if your application isn't approved.**

## Music

### African Drumming

Play traditional West African rhythms on hand drums (djembés) and bass drums (dununs). These classes are fun and concentrated. Drums are supplied during classes at no extra charge. The instructor has 31 years of teaching experience. For more info visit [www.drumming.ca](http://www.drumming.ca)

#### Level 1

The level one course is an introduction; no previous experience is needed.

**Wed 6:30-8:00pm** **Sep 19-Nov 7**  
**Cafeteria** **\$120/8 sess**  
 178576 R.Shumsky

#### Level 2

Enrolling in level 2 requires taking level 1 or permission from the instructor, who can be contacted through his website: [www.drumming.ca](http://www.drumming.ca)

**Wed 8:10-9:40pm** **Sep 19-Nov 7**  
**Cafeteria** **\$120/8 sess**  
 178577 R.Shumsky

#### Level 3

Enrolling in level 3 requires permission from the instructor. The instructor can be reached through his website: [www.drumming.ca](http://www.drumming.ca)

**Thu 6:30-8:00pm** **Sep 20-Nov 8**  
**Cafeteria** **\$120/8 sess**  
 178578 R.Shumsky

#### Drop-in Classes

**Sat 12:00-1:30pm** **\$15/1 sess**  
**Cafeteria** **Sep 22, Oct 6, 20, Nov 3**



### Violin & Fiddle Private Lessons

These are 30 minute private violin lessons for adults and children aged 6 & up. The teaching method follows the Suzuki Method and covers classical and fiddle. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at [fiddlelessons@shaw.ca](mailto:fiddlelessons@shaw.ca) to arrange lesson time PRIOR to registering. No class Oct 8 & Nov 12

**Mon 3:30-8:15pm** **Sep 10-Dec 17**  
**RAR** **\$312/13 sess**  
 178622 S.Saunders

### Carnival Band

Looking for an excuse to dust off that horn (accordion, glockenspiel...) in the back of your closet, dress up and play in the street? Looking for a way to bring a little music and colour to your community? The Open Air Orchestra Society invites you to our street band workshops, led by the incomparable Ross Barrett, Tim Sars, and various guest instructors. All levels/ages welcome; stop by just to listen and dance if you like! Suggested donation is one hour's wage per month or \$5/pay-what-you-can drop-in. No class May 21.

**Mon 7:30-10:00pm** **Sep 10-Dec 17**  
**55+ Centre** **13 sess**  
 178589 T.Sars

### The Drive Street Band

Do you like playing music? Do you wish you played more music? Come join the Drive Street Band, a fun casual band that performs at events about town. Some High School music reading ability is helpful, or play well by ear. We play songs ranging from Swing, Jazz, Latin, Old time songs and more! The only stipulations are that you need a good attitude and an instrument that you can take out to the streets. \$5 donation at rehearsals. No session Sep 23, Nov 11.

**Sun 3:00-5:00pm** **Sep 2-Dec 9**  
**55+ Centre** **13 sess**  
 178620 C.Sweet

### Greenhorn Community Music Project (12-17yrs)

The Greenhorn Community Music Project aspires to join the creative forces of youth, professional musicians, and community members, to compose, practice, and perform a variety of musical styles in service of orchestrating social change you can dance to. Membership required \$1.00. No class Oct 8 & Nov 12

**Mon 3:30-5:00pm** **Sep 17-Dec 17**  
**Rink Mezz** **13 sess**  
 178592 B Koch

### Solidarity Notes Labour Choir

Solidarity Notes Labour Choir is a group of activists who know that music is more than pleasurable sound. It's a powerful language to educate and connect us and remind us of our strength and history. Throughout history, struggles for labour and human rights have produced music that inspires and reconnects us to hope and possibility. We are a non-audition choir and welcome all people of different ages, cultures and backgrounds. For more information please contact Marion at 604.685.5995.

**Sun 10:30am-12:30pm** **Sep 9-Dec 16**  
**LRC** **14 sess**  
 183202 **No class Nov 11**

## Wellness

### Stretch Therapy

Beginners Stretch Therapy (without injury) uses multiple assisted and solo PNF stretching techniques to improve range of motion, activate muscles and improve posture. Stretch Therapy is the safest and most efficient bodywork method available if you want to experience ease in daily life, whether you are an office worker or athlete. Please visit [www.stretchtherapyvancouver.com](http://www.stretchtherapyvancouver.com) for more information. Drop in \$25.00. No class Sep 19 & Oct 10

#### Free Class

**Wed 9:15-10:30am** **Sep 5**  
**CFEC** **Free**

183684 R. Cole

#### Set 1

**Wed 9:15-10:30am** **Sep 12-Oct 24**  
**CFEC** **\$100/5 sess**

182989 R. Cole

#### Set 2

**Wed 9:15-10:30am** **Oct 31-Dec 12**  
**CFEC** **\$140/7 sess**

182990 R. Cole

### Intermediate Stretch Therapy

Intermediate Stretch Therapy uses primarily partner PNF stretching techniques to improve posture, strength, mobility and flexibility. Come experience the most effective form of flexibility training now available at Britannia Community Centre. This program is designed for those without injuries that want to improve their shoulder mobility, squat deeper or progress into the splits. Please visit [www.stretchtherapyvancouver.com](http://www.stretchtherapyvancouver.com) for more information. \$25 drop-in, space permitting. No class Oct 8th & Nov 12

#### Set 1

**Mon 7:00-8:15pm** **Sep 10-Oct 29**  
**CFEC** **\$140/7 sess**

178619 R.Cole

#### Set 2

**Mon 7:00-8:15pm** **Nov 5-Dec 10**  
**CFEC** **\$100/5 sess**

182988 R.Cole



# Adults

## Foods



### Eat Fats to Live & Thrive in a Healthy Body

We now know fats are good for us, but which ones are best and how do we include them in our diet? Join us for an evening of creating brain-boosting, satiating, fat-based snacks - a warming elixir beverage and two delectable "fat bomb" treats! - while learning the difference between healthy and damaging fats. Take home what you make from this interactive workshop, as well as a Best Fats guide to help you slim down, get glowing skin and have more energy

Wed 6:00-8:00pm Nov 7  
Pre-teen Centre \$20  
183752

### Roots to Stems

Waste less food and save more money in this workshop where you will be learning to cook from the root to the stem of your vegetables. Instead of throwing away those carrot tops, beet greens and broccoli stalks, we'll be showing you how to turn these "food scraps" into good eats with carrot top pesto, roasted beets with sautéed beet greens and a broccoli stem slaw. Michelle is a food skills instructor that is passionate about teaching food skills to the community, from children to adults, to seniors, Michelle works with all ages to have some fun in the kitchen!

Sun 11:00am-1:00pm Nov 18  
Pre-teen Centre \$15  
183753

### Mamoul: a Syrian Cooking Class

Introducing an authentic and very delicious Syrian dessert 'Mamoul' and is made by a 72 hours process, where the dough is fermented with Semolina and ghee; stuffed with walnuts, pistachios & dates. You will learn with us the beautiful art of making each piece. Get into Christmas with some sweet treats. From the oldest inhabited Capital city in the world "Damascus", comes Hayat and her daughter Carmen - who have recently started their own Syrian catering business.

Wed 6:00-8:00pm Nov 21  
Pre-teen Centre \$30  
183751

## Volunteer Program

Britannia Community Centre is like no other facility in the Lower Mainland. Britannia's unique integration of education, recreation, library and social services supports and services the vibrant mix of cultures, age and income demographics in the Grandview Woodland and Strathcona communities.

This gives rise to a large variety of volunteer opportunities in cultural, educational, entertainment and sport activities at varied levels of commitment. The ultimate reward is the personal satisfaction achieved through participating in helping to build community in your neighbourhood. As well, throughout the year, the essential contribution of volunteers to the success of Britannia programs are recognized through special social events, appreciation parties, educational field trips and training opportunities.

### Interested in volunteering with us?

You can complete an application and view volunteer opportunities here by following this link: <https://britanniacentre.org/volunteer>



### Shoreline Cleanup at New Brighton Park (19+)

Join us on BC Rivers Day (Sun Sept 23) for Britannia's shoreline cleanup jointly organized by the Vancouver Aquarium and WWF. Help reduce litter along our coastlines starting with the beautiful New Brighton Park. This will be an interactive, team-building group event. Transportation and equipment will be provided. We meet at 9:45am at the Info Centre.

Sun 10:00am-1:00pm Sep 23 Free 183450



### Group Volunteering at the Food Bank (19+)

Make a difference by helping people in your own community! The Greater Vancouver Food Bank provides essential food items for those who are vulnerable in our community. In fact, many of Britannia's programs are made possible from Food Bank donations. Join this group volunteering session to learn how the Food Bank works and help out with food sorting, packing emergency kits, baby supplies and more! Transportation will be provided. We meet at 12:45pm at the Info Centre.

Wed 1:00-4:00pm Nov 21 Free 183425



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

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

Mon 12:00pm-4:00pm Dec 10 Free 183452



### Fun bike rides (19+)



Join other Britannia volunteers and community members for a fun bike ride in and around Vancouver. We will leave from Britannia and explore local favourite bike trails at a leisurely pace. Participants should be confident riding approximately 30 kilometers. Waivers and release forms need to be signed prior to the rides. All rides will depart from the back entrance of Kickstand (1739 Venables St).

Sun 9:00am Sep 16  
Spanish Banks Free  
183453





## Physical Activity

### 2018: Get Fit at Brit!

Step up and get FIT at BRIT! We will be offering Zumba, Aerobics, Salsa Fit and Body Conditioning! Try a Yogaflex class, play volleyball, basketball, ball hockey and more! Keep active – don't be shy – anyone can join in on the fun!!

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Zumba 6:00-7:15pm Gym C	Volleyball 8:00-10:00pm Gym A/B	Zumba 6:00-7:15pm Gym C	Volleyball 7:00-10:00pm Gym A/B	Volleyball 7:00-10:00pm Gym A/B  Badminton Gym C	Salsa Fit 10:00-11:00am Gym C  Badminton Gym C	YogaFlex 10:15-11:15am CFEC  Basketball 2:00pm Basketball 4:00pm Ball Hockey 4:15pm

### Salsa Fit

An invigorating and energizing cardio combining High/Low impact aerobics with a salsa flare - great music, lots of fun. Includes a muscular strength component and stretching. Please purchase tickets at pool office. No class Oct 6.

**Sat 10:00-11:00am Sep 8-Dec 22**  
**Gym C \$4.75 /sess or**  
**180556 DNA Wellness \$39.40/10 tickets**

### Total Body Conditioning

A class designed to challenge every muscle group with the use of weights, bands, and tubes including a cardio component. Increase strength, balance and flexibility. Please purchase tickets at pool office.

**Tue 6:00-7:00pm Sep 11-Dec 18**  
**Gym C \$4.75/drop-in**  
**180798 A. Riley \$39.40/10 tickets**

### Gale Honey's Slimnastics

Gale has perfected & taught these classes since 1979 .Progressive fitness class based on metabolism and done to music. See results, have fun!



### Free Trial Class

**Tue 5:15-6:45pm Sep 11**  
**183985**

### Regular Sessions

**Tue 5:15-6:45PM Sep 18-Oct 30**  
**CFEC \$99/7 sess**  
**183986 No drop-ins**

### 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. 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. Accommodates all levels of fitness and ability and is taught with clarity, creativity, attention to detail and sensitivity to individual needs. Safety, back and joint care will be addressed. For further information contact Britannia at 604.718.5800(1) or claudiamacyoga@gmail.com.

#### Level 1 & 2

**Tue 9:30-11:00am Sep 11-Nov 27**  
**CFEC \$190/12 sess**  
**180539 \$19/Drop-in**  
**Tue 7:00-8:30pm Sep 11-Dec 4**  
**CFEC \$190/12 sess**  
**180541 \$19/Drop-in**

#### Level 2 & 3

**Thu 5:30-7:00pm Sep 13-Nov 29**  
**CFEC \$190/12 sess**  
**180544 \$19/Drop-in**

### Yogaflex

This flowing Yogaflex class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Please visit [www.clstevensfitness.com](http://www.clstevensfitness.com) for more information. Please bring your own mats to this class. \$12/drop-in. No class Oct 7, Nov 11

**Sun 10:15-11:15am Sep 23-Dec 9**  
**CFEC \$80/10 sess**  
**180557 CLS Fitness**

### ZUMBA® Fitness

Zumba® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning and total body toning. It combines Salsa, Cumbia, Merengue and more, giving you a feel happy workout that is great for both the body and the mind. We also integrate weights and abdominals into the end of the program. Drop in \$11, space permitting. Check out: [www.zumbavancouver.ca](http://www.zumbavancouver.ca). No class Oct 8, 11, Nov 12

### Free Trial sessions:



**180548 Mon Sep 10 6:00-7:15pm**  
**180549 Wed Sep 5 6:00-7:15pm**  
**180810 Wed Oct 31 6:00-7:15pm**  
**Gym C**

### Regular Sessions

**Mon 6:00-7:15pm Sep 17-Oct 29**  
**Gym C L. Maranhao \$40/5sess**  
**180550**  
**Mon 6:00-7:15pm Nov 5-Dec 17**  
**Gym C L. Maranhao \$48/6sess**  
**180551**  
**Wed 6:00-7:15pm Sep 12-Oct 24**  
**Gym C D. Galay \$56/7 sess**  
**180553**  
**Wed 6:00-7:15pm Nov 7-Dec 19**  
**Gym C D. Galay \$56/7 sess**  
**180555**



# Adults

## Martial Arts

### Axe Capoeira

Mon	Tue	Wed	Thu	Sat	Sun
Kids (7-12 yrs) 5:00-6:00pm	Kids (7-12 yrs) 5:00-6:00pm	Kids (7-12 yrs) 5:00-6:00pm	Kids (7-12 yrs) 5:00-6:00pm	Afro-Brazilian Dance 10:00-11:00am	Advanced Music 11:00am-12:00pm
Mini Kids (3-6yrs) 6:00-6:45pm  Beginners Intro 6:00-7:00pm	Music; Beginners Intro 6:00-7:00pm	Mini Kids (3-6yrs); Beginners Intro 6:00-6:45pm	Beginners Intro; Afro-Brazilian Dance 6:00-7:00pm	Adults 11:00am-12:00pm	Advanced Kids; All-Levels Adult 12:00-1:00pm
Adults 7:00-9:00pm				Kids All-Levels 12:00-1:00pm	RODA Open to all students. Kids & adults 1:00-2:00pm



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

### Adult (19+yrs)

180165 Sep/Oct \$240  
180166 Nov/Dec \$240

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

Youth have unlimited participation in adult scheduled classes as well.

Mon-Thu 5:00-6:00pm Sept/Oct \$170  
180121  
Mon-Thu 5:00-6:00pm Nov/Dec \$170  
180123

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

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

Tue/Thu 6:00-7:00pm Sep \$70/mo  
180133  
Tue/Thu 6:00-7:00pm Oct \$70/mo  
180136  
Tue/Thu 6:00-7:00pm Nov \$70/mo  
180140  
Tue/Thu 6:00-7:00pm Dec \$70/mo  
180142

### Fencing - Adult (18+yrs)

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

Tue 7:30-9:00pm Sep 11-Dec 11  
LaSalle Studio \$112/14 sess  
180527 LaSalle



### Ki Aikido

Looking for an embodied practice that helps you deal with the stresses of your daily life? Try Ki Aikido, a non-competitive practice that promotes positive well-being and helps develop calmness, stability and confidence. Improve your mind-body connection, stay relaxed and centered under pressure, and work with connection and energy to flow in dynamic movements with partners. Suitable for all ages and levels of physical ability. Try one free session anytime. Email: [info@canadiankifederation.org](mailto:info@canadiankifederation.org)

### Ki Aikido - General

Wed 7:30-9:30pm Sep 5-Dec 19  
Mat Rm \$96/16 sess  
180519 W.Nagata \$10 drop in

### Ki Aikido - Higher Grade

\*1st Kyu or more advanced students.  
Mon 7:30-9:30pm Sep 10-Dec 17  
Mat Rm \$65/13 sess  
180521 W.Nagata \$6/drop-in



## Sports

### Badminton

Total of 30 spaces (registered & drop-ins) \$5.00 drop-ins if space available. No class Sep 28

<b>Fri</b>	<b>7:00-9:45pm</b>	<b>Sep 7-Dec 14</b>
<b>Gym C</b>		<b>\$56/14 sess</b>
<b>180236</b>	<b>A.Leung</b>	
<b>Sat</b>	<b>1:30-5:00pm</b>	<b>Sep 8-Dec 15</b>
<b>Gym C</b>		<b>\$60/15sess</b>
<b>180239</b>	<b>J.Leung</b>	

### Ball Hockey - Coed

Fun, recreational ball hockey – no body checking – all skill levels welcome. Protective gear recommended. Plastic sticks provided, no wooden sticks allowed. Great practice for goalies! Drop in \$6 space permitting. Register early. No class Oct 3, 10, 17.

<b>Wed</b>	<b>7:15-8:45pm</b>	<b>Sep 12-Dec 12</b>
<b>Gym D</b>		<b>\$60/11 sess</b>
<b>180471</b>	<b>T. Wells</b>	

### Ball Hockey - Men (40+yrs)

This is a non-body contact program. Rough play will not be tolerated. No league players. No drop-ins. No class Oct 7, Nov 18.

<b>Sun</b>	<b>6:45-8:45pm</b>	<b>Sep 9-Dec 16</b>
<b>Gym D</b>		<b>\$65/13sess</b>
<b>180466</b>		

### Ball Hockey - Women

The focus is on fitness and fun for experienced players only. Bring a black and a white t-shirt to split into teams. Sticks provided, or bring your own plastic wood, composite. Shin pads, gloves recommended. \$6/drop in space permitting. No class Oct 7, Nov 11, 18.

<b>Sun</b>	<b>4:15-6:00pm</b>	<b>Sep 9-Dec 16</b>
<b>Gym D</b>		<b>\$60/12 sess</b>
<b>180477</b>	<b>B.Chu</b>	

### Basketball

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

<b>Sun</b>	<b>2:00-4:00pm</b>	<b>Sep 9-Dec 16</b>
<b>Gym C</b>		<b>\$70/14 sess</b>
<b>180405</b>	<b>S.Yan</b>	
<b>Sun</b>	<b>4:00-6:00pm</b>	<b>Sep 9-Dec 16</b>
<b>Gym C</b>		<b>\$70/14 sess</b>
<b>180463</b>	<b>S.Anderson</b>	



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

Learn classic boxing techniques from Head Coach Bill Kennedy. Full size ring, punch/

speed bags, circuit training, mitts and gloves. Great way to improve your fitness. During the group sessions, your training will be personalized to your specific skill and ability. Recreational athletes will be required to fill out Park Board Waiver forms prior to participating. Competitive athletes must fill out a Combsport waiver forms and pay a \$75 annual insurance fee (cheque payable to Combsport will be collected by the Bill prior to starting). Classes unlimited – come train as many times as you like! Boxing room is located beside Gym C. No class Oct 8, Nov 12, Dec 25, 26.

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

<b>Mon-Fri</b>	<b>5:00-7:00pm</b>	
<b>Sat</b>	<b>2:00-4:00pm</b>	
<b>180229</b>	<b>Sep</b>	<b>\$75/mo</b>
<b>180232</b>	<b>Oct</b>	<b>\$75/mo</b>
<b>180233</b>	<b>Nov</b>	<b>\$75/mo</b>
<b>180234</b>	<b>Dec</b>	<b>\$75/mo</b>

### Pickleball

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

<b>Sun</b>	<b>9:00am-12:00pm</b>	<b>Sep 9-Dec 16</b>
<b>Gym C</b>		<b>\$60/15 sess</b>
<b>180365</b>	<b>P.Tsao</b>	

### Soccer – Women

A recreational program - all types of fitness and skill levels welcome. Expect low-key, limited body contact, clean fun play. Registered players arrive by 6:15pm to hold your spot. 15 spaces area allotted per night. \$5/drop in, space permitting. No class Oct 18, Nov 15.

<b>Thu</b>	<b>6:00-7:30pm</b>	<b>Sep 13-Dec 13</b>
<b>Gym D</b>		<b>\$60/12 sess</b>
<b>180478</b>	<b>T.Harley</b>	

### Volleyball – Intermediate

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

<b>Tue</b>	<b>8:00-10:00pm</b>	<b>Sep 11-Dec 11</b>
<b>Gym A/B</b>		<b>\$70/14 sess</b>
<b>180495</b>	<b>R.LeBlanc</b>	
<b>Thu</b>	<b>7:00-10:00pm</b>	<b>Sep 13-Dec 13</b>
<b>Gym A/B</b>		<b>\$70/14 sess</b>
<b>180497</b>	<b>R.LeBlanc</b>	

### Volleyball –Advanced

We use specialized game play and advanced systems. Register for this program to guarantee a spot to play every week. A total of 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$6/drop-in, space permitting.

<b>Fri</b>	<b>7:00-10:00pm</b>	<b>Sep 14-Dec 14</b>
<b>Gym A/B</b>		<b>\$70/14 sess</b>
<b>180499</b>	<b>R. Leblanc</b>	

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



### Grandview Garden Club

Knowledgeable speakers tackle subjects such as pruning, vegetable growing, attracting bees and butterflies, and garden design. Novice gardeners and experienced green thumbs welcome. Annual membership \$20/ Drop-in \$4. <https://grandviewgardenclub.blogspot.ca>

<b>2nd Thu/mo</b>	<b>7:00pm</b>
<b>LRG</b>	

## Residents of Vancouver on the Leisure Access Program

Residents of the City of Vancouver showing a current L.A.P. (Leisure Access Program) card may receive up to 50% off certain programs by presenting their L.A.P. card to a cashier at the time of registration. Residents of the Grandview-Woodland/Strathcona area with a current L.A.P. card may receive a further discount if needed.



# 55+ Older Active Adults

## Welcome to the 55+ Centre

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

### 55+ Programming

Anne Cowan  
Kya Prince  
604.718.5837

### Vietnamese Programmer

Luong Ho  
604.718.5818

### 55+ Centre Drop-in Hours

Mon 10:00am-5:00pm  
Tue 9:00am-3:00pm (Vietnamese 55+ Day)  
Wed 10:00am-12:00pm (Quirk-e)  
Wed 12:00-5:00pm  
Thu 10:00am-5:00pm  
Fri 10:00am-5:00pm  
Sat/Sun 1:30-3:00pm

### Registration change to Note:

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


Vi nhiều vấn đề xảy ra trước đây, nên khi đăng ký các chương trình cao niên miễn phí, chúng tôi chỉ đăng ký cho từng người (Chỉ đăng ký cho chính mình. Không đăng ký cho những người khác).

For more information, please contact Anne 604.718.5837.

### SEA - Seniors, Elders and Advocates Committee (SEA)

Meets on the 3rd Wednesday of every month. We'll discuss what matters to seniors and the older adult(s) in our community so we can offer relevant, needed and valued programs and services. Inclusion, representation and participation of seniors and Elders. New members are welcome and encouraged.

Wed 3:30-5:00pm Sep 19, Oct 17, Nov 21  
55+ Centre

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Osteofit 11:00am-12:00pm  Badminton 11:20am-12:35pm  	Vietnamese Drop-in 9:00am-3:00pm  Badminton 11:20am-12:35pm	Quirk-e 10:00am-12:00pm  So You Want To Dance 10:30am-12:00pm  Badminton 11:20am-12:35pm	Chinese Folk Dance 10:00am-12:00pm  Stroke Survivors 10:00am-1:00pm  So You Want To Dance 10:30am-12:00pm  Badminton 11:20am-12:35pm	FRIDAY WELLNESS: Easy Exercise 10:00-11:00am  Blood Pressure & Sugars 11:15am-12:15pm	<p><b>*No programs or classes on Statutory Holidays.</b></p> <p><b>*Registration is required for all FREE programs and begins Wed Aug 22 at 9:00am.</b></p> <p>Many of Britannia's 'Fun For All!' programs are FREE or run on a pay what you can basis. Please look for the 'Fun for All' stamp.</p>	
Lunch Drop-in 12:00-1:00pm		Elders Drop-in 12:00pm	Potluck Lunch 12:00pm	Lunch Drop-in 12:00-1:00pm		
Computer Classes 1:00-3:00pm  Gentle Yoga 2:00-3:15pm	Line Dancing 1:00-3:00pm (CFEC)	Wellness Wed. 12:30-4:00pm  Chair Yoga 12:45-1:45pm  Gentle Yoga 2:00-3:15pm  Book Club 2:45-4:45pm 3rd Wed	Elders Craft Collective 12:00-4:00pm  Craft Collective 1:30-4:00pm	FRIDAY WELLNESS: Footcare 1:00-4:00pm  Indigenous Book Club 2:00-3:30pm 3rd Fri  Ballroom Dance 2:00-4:00pm	Sat Drop-in 1:30-3:00pm  Badminton 2:00-4:00pm (Gym A)	Sun Drop-in 1:30-3:00pm  Ballroom Dance 2:00-3:00pm
						Movie Night 6:00-9:00pm

### Registration required for all Free programs

\*Registration for all FREE programs begins Wed Aug 22 at 9:00am

# 55+ Older Active Adults

## Special Events

### RIA – September 25th Reconciliation In Action

Elders Participating In Community. Invites others to join them in a gathering with cultural teachings and crafts. Everyone welcome to participate.

### EPIC – Elders Participating In Community

Invites you to a gathering in the 55+ Centre of Cultural Sharing and learning.

Tue 12:00- 2:00pm Sep 25  
55+ Centre \*light refreshments

### Flu Immunization Clinic

Tue 10:30am-12:00pm Nov 6  
55 + Centre

### Christmas Lunch

Traditional Turkey Dinner with friends

Fri 12:30-3:30pm Dec 14  
55 + Centre \$5

## Arts & Health

### Arts and Health Project: Hat Weaving

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

Thu 1:30-4:00pm Oct 4  
CFEC T.DeVries

### Quirk-e (Queer Imaging and Riting Collective for Elders)

Quirk-e have worked together for the last ten years to produce an electric and eclectic mix of artistic productions that have included theatre, imagery, digital storytelling, spoken word and writing.

Wed 10:00am-12:00pm Sep 5-Dec 12  
55+ Centre Free

Free Catching Your Stories Community Workshops – call to register 604.718.5837 sponsored by Quirk-e

### Memoir Writing:

Wed 10:00am-12:00pm Sep 19  
CFEC C. Robson

### Graphic Story Writing:

Thu 10:00am-12:00pm Dec 6  
CFEC S.Leavitt

## Weaving Our Community Together

UPIP Urban Programming for Indigenous Peoples



Indigenous Services Canada

The Weaving Our Community Together (WOCT) Program offers Indigenous community members opportunities for culturally-based activities which promote wellbeing and belonging through connecting with cultural teachers and Elders, ceremonies, traditional practices and histories. See the WOCT Program calendars and posters for further details.

### Men's Drum Group

Welcome Indigenous men aged 16 & up to drop-in for a weekly Drum-Circle. Including smudging & cultural teachings.

Tue 6:45-8:45pm Ongoing 55 + Centre/Reach/šxwqwelewən ct Free

### Indigenous Elders and Others

Weekly gathering with Cultural Crafts, cultural healing and food. Enjoy Peer-Support, Sharing, Outings, Ceremonies, Skill-building and youth mentorship.

Wed 12:30-4:30pm Sept 5-Dec 12 55+ Centre Free

### Britannia Elders Craft Collective

Learn new skills or brush up on your bead and or leather work. Elders and others will share and guide (some materials are supplied) and enjoy some refreshments and good company.

Thu 1:00-4:00pm Sep 6-Dec 6 55+ Centre Free

### Change of Seasons - Winter Gathering

Please join us for this cross - cultural feast filled with music, dance and fun. Shared food and stories. Please invite your friends and family.

Wed 4:00-7:00pm Dec 19 CFEC Free

## Dance

### Ballroom Dancing Beginners/Intermediate

Need to stay more active? Learn to cha cha, waltz, foxtrot and many more to oldies music. Relive the experience of dancing to the sounds of the big band. No partner required. (No classes on Sept. 23, Oct. 14, Oct. 28)

Sun 2:00-3:00pm Sep 9-Dec 9  
CFEC \$110/11 sess  
183550 Faye

### Brit Community Dance Art Group

Come and have some fun in this playful and creative class of dance making. This class is for adults of all ages including 55+, different levels, abilities and experience who like to dance and perform. Emphasis will be to maintain a safe, supportive and friendly environment to encourage the creative expression of all participants. Meet some wonderful people and find your expressive voice!

Wed 12:30-1:30pm Sep 5-Dec 5  
CFEC Free  
186332 Hilary

### Classical Chinese Dance

Classical Chinese dance uses body language to express different feelings. The dances include many graceful movements with beautiful music. It is a great way to enjoy music, exercise your body and learn Chinese culture with group. (no drop-in)

Sun 2:30-5:30pm Sep 23-Dec 9  
CFEC \$20/12 sess  
183546 V Ng

### Chinese Folk Dance

Traditional Chinese folk dancing lessons. Everyone welcome free with registration.

Fri 10:00-12:00 pm Sep 7-Dec 14  
CFEC Free  
183552



# 55+ Older Active Adults

## Line Dancing

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

**Tue 1:00-3:00pm** **Sep 4-Dec 4**  
**CFEC** **\$20/13 sess**  
**183554**

## So You Want To Dance

This lyrical contemporary dance class is for men and women 55+ years and is supportive for the beginner and those with some previous dance experience. Our Instructor has 20+ years of experience teaching ballet and contemporary dance. Emphasis is placed on correct body alignment and muscle use. The exercises you learn are gentle, safe and progressive. Meet some wonderful people and have an enjoyable time in an expressive and artistic way

**Wed 11:15-12:30pm** **Sep 5-Dec 5**  
**CFEC** **Free**  
**184833**  
**Thu 10:30-12:20pm** **Sep 6-Dec 6**  
**Mat Rm** **Free**  
**184834 Hilary**

## Social Ballroom Dance (55+)

**Fri 2:00-4:00pm** **Sep 7-Dec 7**  
**CFEC** **Free**  
**184829** **No Drop-in**

## Vancouver Morris Men Dance

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

**Tue 7:30-9:30pm** **Sep 4-Dec 4**  
**Rink Mezz**

## Friday Wellness

### Exercise with Friends

Senior led video exercise with light and easy movement  
**Fri 10:00-11:00am** **Sep 7-Dec 7**

### Blood Pressure and Sugars

**Fri 11:15-12:15pm** **Sep 7-Dec 7**  
**55+ Centre** **Free**  
**183715 RN Monica**

### Advanced Foot Care

Available by appointment: **Fri 1:00-4:00pm**  
 Call 604.228.0261, RN M.Rinard

## Health & Fitness

### Badminton - 55+

Easy relaxing way to have fun and stay fit.

**Mon/Wed 11:20am-12:35pm** **Sep 10-Dec 19**  
**Gym C** **\$16**  
**180828**  
**Tue/Thu 11:20am-12:35pm** **Sep 11-Dec 20**  
**Gym C** **\$16**  
**180829**  
**Sat 2:00-4:00pm** **Sep 8- Dec 16**  
**Gym A** **\$16**  
**180841**

### Gentle Yoga 55+



Join these all-levels yoga classes for every body and ability. Yoga can improve your flexibility, mobility, and balance, as well as increase bone density and overall strength.

No class **Sep 29, Oct 8, 10, Nov 12.**

**Mon 2:00-3:15pm** **Sep 10-Oct 22**  
**CFEC** **\$60/6 sess**  
**180848** **\$13/Drop-in**  
**Mon 2:00-3:15pm** **Oct 29-Dec 10**  
**CFEC** **\$60/6 sess**  
**180852** **\$13/Drop-in**  
**Wed 2:00-3:15pm** **Sep 5-Oct 24**  
**CFEC** **\$60/6 sess**  
**180855** **\$13/Drop-in**  
**Wed 2:00-3:15pm** **Oct 31-Dec 12**  
**CFEC** **\$70/7sess**  
**180861** **\$13/Drop-in**

### Osteofit

A gentle strength, balance and co-ordination program designed to improve fitness and promote healthy bones. Focuses on improving individual functional ability, quality of life & reducing the risk of falls and fractures. Taught by specially trained Osteofit fitness instructor.

Drop-in \$12 space permitting.

**Mon 11:00-12:00pm** **Sep 24-Nov 5**  
**CFEC** **\$60/6 sess**  
**183548 B.Bahrami**  
**Mon 11:00-12:00pm** **Nov 19-Dec 17**  
**CFEC** **\$50/5 sess**  
**183549 B.Bahrami**

## Food & Lunches

### Lunch Drop-In

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

**Mon & Fri 12:00-2:00pm** **Sep 7-Dec 7**  
**55+ Centre** **\$5**

## Social

### 55+ Book Club

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

**Wed 2:45-4:45pm** **Sep 5-Dec 5**  
**Britannia Library** **Free**  
**184837**



### Indigenous Books Club

Pick-up book at the library

**Fri 2:00-3:30pm** **Sep 7, Oct 5 & Nov 2, Dec 7**  
**Britannia Library** **Free**

### Stroke Survivors Social

Our focus is on fun and collaborative self-management. Through shared experience, the value of creating lifelong friendships and supporting our peers we meet weekly. Drop-in anytime and join us.

**Thu 10:00am-1:00pm** **Sep 6-Dec 6**  
**Free**

Moved to 1723 Victoria Dr.

## Technology

### Computer and Internet Absolute Beginners

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

**Mon 10:00-12:00pm** **Sep 10-Oct 22**  
**55+ Centre** **Free**  
**184843**

### Computer and Internet Refresher

**Mon 1:00-3:00pm** **Sep 10-Oct 22**  
**55+ Centre** **Free**  
**184846**



# 55+ Older Active Adults

## Sunday Night Movie Series

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



Sun	Sep 9	Lady Bird	Recent Release
Sun	Sep 16	Maudie	Recent Release
Sun	Sep 23	Equinox Café	NO MOVIE
Sun	Sep 30	Monsoon Wedding	Foreign/Indea
Sun	Oct 7	Thanksgiving Day	NO MOVIE
Sun	Oct 14	Hell or High Water	Recent Release
Sun	Oct 21	The Band's Visit	Comedy/Foreign
Sun	Oct 28	The Spy Who Came in from Cold	B&W Drama Classic
Sun	Nov 4	Loving Vincent	Current Release Animation
Sun	Nov 11	All About My Mother	Drama/Foreign
Sun	Nov 18	Out of the Past	Film Noir/B&W
Sun	Nov 25	Darkest Hour	Recent Release
Sun	Dec 2	Wadjda	Foreign/ Saudi Arabia
Sun	Dec 9	Bridge on the River Kwai	Epic Drama

## Vietnamese Programs

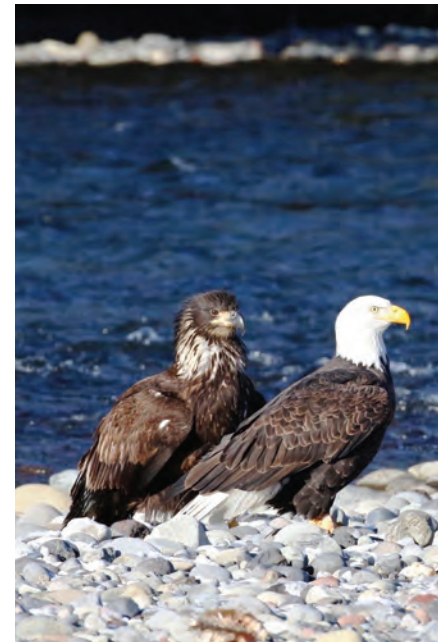
This program provides settlement services, and educational and informative workshops about federal and provincial programs for Vietnamese seniors. It also raises the awareness of issues impacting seniors as well as providing advocacy, information about legal, safety, and support resources available to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

### Chương Trình Cao Niên Việt Nam

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

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

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



## Bus Trips - Pick up outside Britannia Pool

### Harrison Lake Cruise

Soak up the last of Summer in Harrison Hot Springs on a two hour wildlife sightseeing cruise of Harrison Lake!

**Activity Level: Easy**

- Two hour Harrison Lake Cruise
- Lunch served on board the ship
- Sasquatch Provincial Park, Green Point
- Relief driver
- All fees and taxes

10:00am - Tim Hortons Chilliwack

11:00am - Harrison Hot Springs

11:15am - Boarding

11:30am - Sailing; Echo Island, Fossil Bay & Cascade Bay, Rainbow Falls

1:30pm - Harrison Hot Springs free time

2:45pm - Green point at Sasquatch Prov Park

3:15pm - Depart

4:45pm - Tim Hortons Langley

Tue 8:15am - 5:45pm Sep 11

182643 \$139

### Manning Fall Foliage Tour

Take a sightseeing tour to see splendid fall foliage between Hope and Manning Provincial Park located in the heart of the Cascade Mountains.

**Activity Level: Easy**

- Manning Park
- Lunch Pinewood Restaurant
- Lightning Lake Escorted Walk
- Hope Slide
- Rhododendron Flats
- Relief driver
- All fees and taxes

9:15am - Tim Hortons / Starbucks Abbotsford

9:45am - Depart

10:45am - Rhododendron Flats

11:45am - Manning Park, Pinewoods Lunch

1:15pm - Lightning Lake nature walk

2:00pm - Depart

2:45pm - Hope Slide

4:00pm - Langley Tim Hortons

Fri 7:45am - 5:45pm Oct 26

182650 \$99

### River Eagle Cruise

Travel to Harrison Mills for a 3 hour river eagle expedition on the Fraser and Harrison Rivers with Shoreline Cruises.

**Activity Level: Easy**

- 3 hour Harrison River Cruise
- On board lunch
- Eagle sightseeing
- Campbell's Gold Honey Farm
- All fees and taxes

9:30am - Tim Hortons Chilliwack

10:45am - Harrison Lake

11:00am - Sail; Eagle sightseeing

2:00pm - Return

3:30pm - Campbell's Gold Honey Farm

Wed 7:45am - 5:45pm Nov 28

182662 \$149

### Polar Express

Kick off the Holiday season with family and grandchildren aboard the 9th Annual Polar Express designed to delight and inspire as it makes it's magical round trip journey to the North Pole!

**Activity Level: Easy**

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

11:00am - Squamish Adventure Centre

11:45am - Lunch Watershed Grill

1:30pm - WC Railway Heritage Park

2:00pm - Polar Express - All Board!

3:00pm - Free time

4:00pm - Depart

Sat 9:15am - 5:15pm Dec 8

182652 \$109

**Registration required for all Free programs**

\*Registration for all FREE programs begins Wed Aug 22 at 9:00am

# Fitness Centre

## Hours of Operation

Monday to Friday 6:30am-9:55pm  
\*Adults 55+ ONLY Friday 9:00-10:00am\*

Saturday 12:00-7:55pm  
\*Women ONLY Saturday 9:00am-12:00pm\*

Sunday 10:00am-7:55pm  
\*TGD2S ONLY Sunday 8:00-10:00am\*

## Free with Britannia Membership

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

## Holiday Hours

Oct 8	Thanksgiving	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
Jan 1	New Year's Day	1:00-5:00pm

## Facility Orientations

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

## Flexipass Membership

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

## Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists and physiotherapists. Outside trainers will need to be registered with either the Park Board or Britannia. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$6.41 per client also applies.

## Supporting a participant? Attendants get free access.

The Fitness Centre and Pool give free access to attendants required to assist persons with disabilities needing support to swim or exercise. 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 Adults 55+yrs - Beginner

Learn to use the cardio and weight equipment for a safe and effective workout. With the guidance of the trainer, you will develop a personalized program to continue workouts on your own. Please pre-register by Aug 31 for a confidential health screening.

Fri 9:00-10:00am Sep 7-28  
FC \$24/4 sess  
180448 Jane S.

## Strength Training for Adults 55+yrs - Intermediate

This class builds on the beginner course and is also suitable for those who have already been training. We aim to intensify your cardio and weight training, offering exercise variations for continued strength gains. Please pre-register by Oct 5 for confidential health screening. No class Nov 2

Fri 9:00-10:00am Oct 12-Nov 9  
FC \$24/4 sess  
180449 Jane S.

## Weight Training for Women - Beginner

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

Sat 10:00-11:30am Oct 6-Oct 27  
FC \$24/4 sess  
180450 Valentine H.

## Weight Training for Women - Intermediate

For those who have taken the Beginner course. We demystify the free weight area, providing alternative exercises with free weights to keep you challenged, motivated, and progressing toward your goals. Britannia membership and pre-registration required.

Sat 10:00-11:30am Nov 3-Nov 24  
FC \$35/4 sess  
180451 Valentine H.

## 30 Minute HIIT

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

Wed 12:15-12:45pm Oct 3-Dec 19  
FC Manolo R. Drop-in fee



## General Information

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

Pool Cashier Office\* 604.718.5831

Recreation Programmer 604.718.5830

\*Pool office closes 30 minutes before the pool.

## Holiday Hours

Oct 8 Thanksgiving 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  
 Jan 1 New Year's Day 1:00-5:00pm

\*Please note that there will be no lessons on the above dates.

## Birthday Parties

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

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

## Admission Policy for Children

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

## Pool and Fitness Centre Committee

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

Wed 7:00pm Oct 30, Dec 18  
 Conference Room

Pool and Fitness Centre Fees 2018 (GST not included)				Please Note: Prices are subject to change, without notice		
	Drop-In	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$6.10	\$48.80	\$46.18	\$125.00	\$399.00	\$3.00
Youth (13-18)	\$4.36	\$34.88	\$32.33	\$87.44	\$278.68	\$1.00
Child (6-12)	\$3.07	\$24.57	\$23.09	\$62.50	\$199.50	\$1.00
Senior (65+)	\$4.36	\$34.88	\$32.33	\$87.44	\$278.68	\$1.00
Britannia-Only Senior (55+)	\$4.36	\$34.88	\$32.33	\$87.44	\$278.68	\$1.00
Family Drop-in Rate = 1 to 2 adults of the same household and their children under 19 years of age. Minimum \$6.14 admission (GST not incl.).						
Leisure Access Fitness Centre Admission Rate is 50% off adult admission and flexipass.						





# Aquatics

## Annual Pool Maintenance and Closure Period – September 1-28

Aquatic Schedule - September 29-December 31. During some public swim sessions only part of the pool is available. The pool may be shared with Aquafit, lessons, school groups or swim club. The parent and tot pool is not open to the public during lessons or lengths. Schedule is subject to change without notice.

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

### Aquafit

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

### Inflatable Fun

Water inflatable obstacle course. Portions of the pool are reserved, Oct 6, Nov 3, Dec 8.

### Parent and Tot

The 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.

### Lengths

The pool is divided into 25 metre length lanes (slow, medium and fast). Enjoy the whirlpool, steam room or sauna as well. Anyone 16 years and older who is capable of swimming the length of the pool is welcome. Note: patrons under 16 must speak to one of the lifeguards prior to attending these sessions.

### Public Swim

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

### Range of Motion (ROM)

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

### Youth Swim (11-18yrs)

The first Friday night of every month from 8:00-10:00pm is reserved for youth to swim and play with their friends. No public use of steam room or whirlpool. Free admission. Oct 5, Nov 2, Dec 7



## Lesson Registration

Online and in-person registration for swimming lessons and programs at all pools, for all age groups starts **Tue Aug 21 at 9:00am**.

## Vancouver Park Board Online Registration and Reservation System:

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

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

## Swim Refunds

- Full refund five working days or more prior to the start of the program
- Partial refund within four working days of program start or before second class
- No refund after second class

Exceptions: No refund on one- or two-day programs.  
Transfers possible prior to second class.

## Swim Assessments

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



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

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

Private \$30/Semi-Private \$20

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

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

## Red Cross Preschool (3-5yrs)

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

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

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

Parent & Tot, Children's Fall 2018 Lesson Sets			
Mon - Starfish/Duck	9:00-9:30am	Oct 1-Dec 17 (no Oct 8)	11 lessons
Tue - Sea Otter	9:00-9:30am	Oct 2-Dec 18	12 lessons
Wed - Starfish/Duck	9:00-9:30am	Oct 3-Dec 19	12 lessons
Thu - Salamander	9:00-9:30am	Oct 4-Dec 20	12 lessons
Fri - Sea Otter	9:00-9:30am	Oct 5-Dec 21	12 lessons
Mon & Wed - Set 1	3:45-7:00pm	Oct 1-Oct 24 (no Oct 8)	7 lessons
Mon & Wed - Set 2	3:45-7:00pm	Oct 29-Nov 21	8 lessons
Mon & Wed - Set 3	3:45-7:00pm	Nov 26-Dec 19	8 lessons
Fri	3:45-7:00pm	Oct 5-Dec 21	12 lessons
Sat	9:00am-1:00pm	Oct 6-Dec 22	12 lessons
Sun	11:00am-2:30pm	Oct 7-Dec 23	11 lessons

Swim Lesson Fees 2018	7 lessons	8 lessons	11 lessons	12 lessons
Parent & Tot (30 min. parented)	\$50.23	\$56.86	\$76.75	\$83.38
Preschool (30 min)	\$50.23	\$56.86	\$76.75	\$83.38
Swim Kids 1-4 (30 min)	\$44.63	\$50.46	\$67.95	\$73.78
Swim Kids 5-10 (40 min)	\$50.23	\$56.86	\$76.75	\$83.38
Adult (40 min)	\$75.08	\$85.26	\$115.80	\$125.98

# Aquatics

## SAOIRSE SANKEY MEMORIAL AWARD for Lifeguard Training & Career Development

This award is presented to local, Britannia Youth to support their training and attaining certifications, to become employable as a Lifeguard/Swim Instructor.

Saoirse Sankey (May 3, 1992 - August 31, 2012) spent much of her short life in the waters of Britannia; from blowing bubbles as a "water baby" to years of dedicated service as a swim instructor and lifeguard. This award honours Saoirse and all those who supported her on this path. Please contact the Aquatics Programmer, at 604.718.5830, for more information, or to apply.



## Britannia Swim Club Programs

### Britannia Masters Swim Club

A competitive swimming-style workout for lap swimmers, triathletes, masters and open water swimmers, who want to take their swimming to the next level. Your coach knows a lot about swimming! Susie grew up as an age group swimmer, was a nationally ranked senior, swam at the varsity level and competed at Canadian Nationals, CIAU Nationals and Canadian Olympic Trials. Registration is required as the program is limited to 15 swimmers max. (not proratable). No class Oct 8.

<b>Mon/Wed</b> 6:30-7:30am	<b>Oct 1-Dec 19</b>
<b>&amp; Sat</b> 8:00-9:00am	<b>Oct 6 - Dec 22</b>
<b>180250</b>	<b>\$200/season</b>

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

Join our non-competitive swim club team. We focus on stroke development, endurance and drills. We also practice dives and flip turns to encourage a full swim club experience. Prerequisite: Swimmers must be at Swim Kids Level 5 or higher. Stroke evaluation is available. Register for one or both days (not proratable).

<b>Tue</b> 6:30-7:45pm	<b>Oct 2-Dec 18</b>
<b>180254</b>	
<b>Thu</b> 6:30-7:45pm	<b>Oct 4-Dec 20</b>
<b>180253</b>	
<b>One day/wk</b>	<b>\$55/season</b>
<b>Two days/wk</b>	<b>\$85/season</b>

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

A fun club designed for Britannia area youth who would like to improve their swimming, develop lifesaving skills and learn basic first aid. The course is designed as a starting point for youth who would like to develop their swimming abilities and learn about safety in and around the water. Please apply at the pool (not proratable).

<b>Sat</b> 2:00-3:00pm	<b>Oct 6-Dec 22</b>
<b>180251</b>	<b>\$50/season</b>

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

This program is intended to help Britannia area youth who are interested in swimming to further their skills and abilities through advanced swimming and advanced lifesaving courses. Please apply at the pool (not proratable).

<b>Fri</b>	<b>Oct 5-Dec 21</b>
<b>Adv Swimming</b>	<b>3:30-4:15pm</b>
<b>Adv Lifesaving</b>	<b>4:15-5:00pm</b>
<b>180252</b>	<b>\$60/season</b>

## Lifesaving Programs

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

Training for those who are ready to go beyond learn-to-swim and learn basic lifesaving skills. Each level has three modules: Water Proficiency, First Aid, and Recognition & Rescue. Earn recognition for success in content modules (stickers) and for overall achievement (badges). Prerequisite: Ability to swim in deep water, swim 25 metres and tread water for 1 minute. **No class Nov 11.**

<b>Sun</b> 2:30-3:30pm	<b>Oct 7-Dec 23</b>
<b>180256</b>	<b>\$48/8 sess</b>

### Bronze Medallion (13+yrs)

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

<b>Sun</b> 10:00am-2:00pm	<b>Oct 7-Nov 4</b>
<b>180255</b>	<b>\$196.44/5 sess</b>

### Bronze Cross (15+yrs)

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

<b>Sun</b> 10:00am-2:00pm	<b>Nov 18-Dec 16</b>
<b>180453</b>	<b>\$196.44/5 sess</b>

## Red Cross Teen & Adult Lessons

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

Learn front & back float, front & back glide with kick, front swim for 10 metres, shallow water entries & exits, deep-water activities (assisted). No previous experience required. No class Oct 8.

<b>Mon</b> 6:30-7:10pm	<b>Oct 1-Dec 17</b>
<b>180359</b>	<b>\$115.80/11 sess</b>
<b>Mon</b> 8:00-8:40pm	<b>Oct 1-Dec 17</b>
<b>180358</b>	<b>\$115.80/11 sess</b>

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

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

<b>Wed</b> 6:30-7:10pm	<b>Oct 3-Dec 19</b>
<b>180361</b>	<b>\$125.98/12 sess</b>
<b>Wed</b> 8:00-8:40pm	<b>Oct 3-Dec 19</b>
<b>180360</b>	<b>\$125.98/12 sess</b>

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

Choose the stroke(s) you wish to focus on. Participation-based program, individual goals. Prerequisite: Able to swim front & back crawl 15 metres continuously and are comfortable swimming in deep water.

<b>Tue</b> 8:00-8:40pm	<b>Oct 2-Dec 18</b>
<b>180363</b>	<b>\$125.98/12 sess</b>

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

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

<b>Thu</b> 8:00-8:40pm	<b>Oct 4-Dec 20</b>
<b>180362</b>	<b>\$125.98/12 sess</b>



## Britannia Ice Rink Public Skating Schedule

September 15 - December 31, 2018

Schedule subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Parent & Tot FREE Skate 11:00-11:45am No sess Dec 27 ☀️	Adult Stick & Puck 12:00-1:30pm	Learn to Skate Lessons 10:00am-1:15pm	Women's Hockey 10:45am- 12:00pm
				Adult FREE Skate 1:45-3:00pm ☀️	Public Skate 1:30-3:00pm	Family Fun Hockey 12:15-1:30pm
		Adult Stick & Puck 3:15-4:45pm	Youth FREE Skate 3:15-4:30pm No sess Dec 27 ☀️	Child FREE Skate 3:15-4:30pm ☀️		Public Skate 1:45-3:15pm
	Learn to Skate Lessons 6:00-8:00pm					Power Skating Lessons 3:30-4:30pm
	Adult Skate 8:15-9:30pm No sess Dec 25		*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.



**2018 Rink Admissions:** Admissions subject to change without notice. (GST not included; please add PST to sharpening)

Adult (19-54yrs)	Youth (13-18yrs)	Senior (55yrs+)	Child (6-12yrs)	Family	Skate Rentals	Skate Sharpening
\$6.10/Drop-in \$48.80/10 visits	\$4.36/Drop-in \$34.19/10 visits	\$4.27/Drop-in \$34.88/10 visits	\$3.07/Drop-in \$24.57/10 visits	*at Child rate (Family minimum \$6.14)	\$3.02	\$5.81

- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Board operated rinks. Prices are subject to change without notice.
- 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 and Stick and Puck sessions. For 2018 Flexipass rates, go to page 31.
- Family rate is 1-2 adults from the same household and their children under 19yrs, all present at time of admission. \$3.07 per person (GST not included).

# Ice Rink

## \$99 Winter Ice Sale!

Plan a holiday party between Dec 22-Jan 6 for \$99/hour plus GST. Staff charges are not included. Booking for the Winter Ice sale starts Sep 19, 2018.

## Special Events

### Stat Holiday Skates

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

Mon	Oct 8	Thanksgiving
Mon	Nov 12	Remembrance Day
Wed	Dec 26	Boxing Day
Tue	Jan 1	New Year's Day

### 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 16
		Free

### Boxing Day Skate

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

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



### Winter Holiday Schedule

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

Dec 24	Christmas Eve	Closes at 5:00pm
Dec 25	Christmas Day	Closed
Dec 26	1:00-3:30pm	Free Skate
Jan 1	1:00-3:30pm	Free Skate

### Arena Committee

Get involved, JOIN THE ARENA COMMITTEE!

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

## Rink Programs

### Adult Evening Hockey

Full hockey equipment is mandatory for these supervised non-contact hockey sessions for adults 19 years and older. Space is limited to 26 players and 2 goalies. Up to 20 spaces are available for monthly participants (see the program supervisor for more information), the remaining spots are available on a first-come, first serve basis. Sign-up for Thursday sessions starts at 9:30pm. On Sundays, there are limited drop-in spaces (5-7). Please sign-in and pay the program supervisor in the rink starting at 7:45 pm. \*Strip tickets are not valid during these sessions.

#### All Levels

Thu	11:00pm-12:30am	Sep 6-Dec 27
		\$10/drop-in*

#### Intermediate

Sun	9:45-11:15pm	Sep 2-Dec 30
		\$15.00/drop-in or \$50/month*

### Adult Stick and Puck

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

Wed	3:15-4:45pm	Sep 5-Dec 19
Fri	12:00-1:30pm	Sep 7-Dec 28
		\$6.10/drop-in or \$48.80/10 visit pass

### 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 2-Dec 30
		Regular admission rates apply

### 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 20-Dec 20
		Free

### Women's Learn to Play Hockey

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

Mon	3:15-4:45pm	Oct 15-Dec 17
		\$6.10/drop-in or \$48.80/10 visit pass

### Women's Hockey Program

#### Set 1

Sun	10:45am-12:00pm	Sep 16-Oct 28
184115		\$29/7 sess

#### Set 2

Sun	10:45am-12:00pm	Nov 4-Dec 16
184116		\$29/7 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.

### Power Skating Lessons

Improve your hockey skating skills with our power skating lessons offered 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. This is a chance to improve your speed, power, technique and control. The intermediate class is for skaters who have taken power skating lessons before and want to improve on the skills they already have. Skaters must have passed Level 5 in the Learn to Skate program or have equivalent skills.



## Fall Lessons

### 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.

### Skating Lessons at Britannia

Registration for Fall 2018 skating lessons will begin on **Wed Sep 5**. If you are unsure of which level to register in, have an on-ice evaluation completed during any public skating session at Britannia. **Please note that students will not be transferred into another level if they are not registered in the appropriate level.** A prorated refund would then be issued after the first class. If the lesson you want to register in is full, please put your name on the waiting list. Additional classes are scheduled whenever possible. Please 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 most recent Skating 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.

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

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

### Children, Youth and Adult Program Levels\*

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

### Fall Lessons Set I

Registration for Lesson Set I begins on **Wed Sep 5** at 9:00am, online or in person. Phone-in registrations begins at 1:00pm. Skating lessons are very popular and fill-up quickly.

#### Learn to Skate

Tue	6:00-8:00pm	Sep 18-Oct 30	\$42/7 sess
Sat	10:00am-1:15pm	Sep 15-Oct 27	\$42/7 sess

#### Power Skating Beginner

Sun	4:30-5:15pm	Sep 16-Oct 28	\$52.50/7 sess
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#### Power Skating Intermediate

Sun	5:30-6:15pm	Sep 16-Oct 28	\$52.50/7 sess
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### Fall Lessons Set II

#### Learn to Skate

Tue	6:00-8:00pm	Nov 6-Dec 18	\$42/7 sess
Sat	10:00am-1:15pm	Nov 3-Dec 15	\$42/7 sess

#### Power Skating Beginner

Sun	4:30-5:15pm	Nov 4-Dec 16	\$52.50/7 sess
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#### Power Skating Intermediate

Sun	5:30-6:15pm	Nov 4-Dec 16	\$52.50/7 sess
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# Partners



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

## Grandview Woodland Community Seed Library

Grandview Woodland Community Seed Library is a volunteer-run travelling library that offers free seeds and promotes seed saving. Membership is open to all; the library is free to use.

- Borrow seeds for your garden
- Support the library by returning or donating seeds
- Learn about seed saving at events and workshops

Want to help shape our seed library? We are seeking volunteers to help with the library. Contact us to find out more: [gwseedlibrary.wordpress.com](http://gwseedlibrary.wordpress.com)

## GWFC FoodFit Program

FoodFit is a free 12-week program for low-income community members who experience barriers around healthy eating and physical activity but who are motivated to make lasting changes to their health. Combines fun, hands-on cooking sessions and food-based activities with take-home recipes, easy-to-understand nutrition information, group exercise, shared meals, self-directed individual and group goal-setting, and reflection and feedback loops that monitor and reinforce individual and group progress. The program also collects biometric indicators at the start and end of the program, and provides pedometers so participants can monitor daily steps. FoodFit respects the limits of people's circumstances, and aims to give participants simple, useful tools to navigate an increasingly complex food environment. For more information contact Ian: Info: 604.718.5895

## GWFC Bulk Buy Food Club

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

Please call Ian at 604.718.5895 to register or for more information. Also check out our food workshops on Page 22.



Grandview-Woodland Community Policing Centre

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

The GWPC works with the local community, Vancouver Police Department, and other service providers to strengthen the safety and quality of life in the Grandview-Woodland neighbourhood, in accordance with the core principles of community policing:

- Communication and Collaboration
- Advocacy
- Patrol Support

The GWPC serves a dense community of over 30,000 residents with thousands of additional visitors each year.

### Hours of Operation:

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

## Community Education Office

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

## Community Schools Coordinator

Ron Scott

## Office Support

Mitra Tshan

## Programmers

- Erin de Sousa (Britannia Secondary, Seymour, Strathcona & Britannia Elementary schools)
- Frances Kaser (Xpey'/Macdonald)
- Emily Holzman (Grandview)

## Youth and Family Workers

- Julie Hunter [jhunter@vsb.bc.ca](mailto:jhunter@vsb.bc.ca)
- Greg Goodall [ggoodall@vsb.bc.ca](mailto:ggoodall@vsb.bc.ca)



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

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

### Shop Rates & Hours:

Sliding scale from \$5-\$15

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

## Women, Gender Queer & Trans Night:

2nd & 4th Tue/month

6:30-8:30pm

## Teen Bike Club

FREE drop-in bicycle mechanics program for folks aged 12-19 years old where youth can either work on their own bikes with support or volunteer on shop projects. The program runs on Tuesdays from 3:30-6pm. Contact [bikeclub@pedalpower.org](mailto:bikeclub@pedalpower.org) for more info!

1739 Venables. Basement entrance on Commercial Drive.  
[eastvankickstand.org](http://eastvankickstand.org)

## CAPC - Community Action Program for Children

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

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

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

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

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

Free. Registration required at 604.215.8289

Sep-Nov 2018

10:30am Toddlers

12:00pm Infants



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.

Britannia Partners in Education (PIE)

**English Foundations 5/6/7**

**Wed 9:30am-2:30pm**

**English for Speakers of Other Languages**

**Fri 10:00am-2:00pm**

**Math Foundations 1-7**

**Thu 9:30am-2:30pm**

**English Foundations 1-4**

**Tues 9:30am-2:30pm**

**Rm 109 Brit Secondary School**

Edmond PIE PLUS

**English Foundations 1-4**

**Mon/Wed/Thu 12:30-2:30pm**

**English Foundations 5-7**

**Tue & Fri 12:30-2:30pm**

**Rm 107 Edmonds Community School**

Maywood PIE PLUS 2 (NEW)

**English Foundations 1-3**

**Tue & Thu 12:40-2:40pm**

**Maywood Community School**

Grandview Get Ready 2 Read (GR2R)

**Wed 9:30am-12:30pm**

**Grandview Terrace Child Care Centre**

Advanced Conversation Class

**Fri 10:00am-12:00pm**

**Rm 110, Britannia Secondary School**

Britannia ECE Assistant Program

**Dates TBA 11:00am-3:00pm**

**Nov 2018-Jan 2019**

**Rm 110, Britannia Secondary School**

In Conversation: Giving Voice to Refugee Mothers (NEW)

**Dates TBA Tue 10:00am-12:00pm**

**Oct-Dec 2018**

**Rm 110, Britannia Secondary School**

Raising Children In The Digital Age (NEW Certificate Course)

**Dates TBA Thu 10:00am-12:00pm**

**Rm 110, Britannia Secondary School**

Responsible Adult In A Child Care Setting (20 Hour Certificate Course)

**Sat 10:00am-3:00pm**

**Nov 3, 10, 17, 24**

**Rm 107 Edmonds Community School**



1655 William St, 604.255.9841

Email: [info@eastsidefamilyplace.org](mailto:info@eastsidefamilyplace.org)

[www.eastsidefamilyplace.org](http://www.eastsidefamilyplace.org) or Facebook.

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

### Family Drop-In Hours:

**Mon/Wed/Fri 9:00-12:00pm**

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

**Fee: \$3 per visit per family.**

**Closed Sep 3, Oct 8, Nov 12**

### Licensed Occasional Child Care

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

**Mon- Fri 9:00-11:45am**

### Parenting Education & Support

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

**Nobody's Perfect, Circle of Security, Family Rhythm, Rhyme + MOVEMENT.** As well, workshops and info tables on a variety of topics of interest to parents/caregivers are offered regularly. Health, parenting, creativity, money skills, self-care, first aid, baby and me yoga, child-development, sleep issues, healthy sexuality, etc. are covered.

**Parents in the Kitchen** Parents volunteer to cook a special dish, sharing their culture and recipes with the rest of the participants. They receive a small honorarium for this.

**Birthday Parties,** affordable, enjoyable & convenient way to celebrate your child's birthday. We specialize in birthday parties for young children ages 1- 6.

**Kids' Clothing & More Sales!** Several times a year, we hold a thrift sale of new and gently used baby, toddler and children's clothing, shoes, accessories, books, toys and more. Prices are very reasonable! It's a great way to support family place while picking up some great deals! Donations of good quality items gladly accepted. Call or email to find out more.



Vancouver Public Library

Library Hours

**Mon 9:00am-6:00pm**

**Tue, Wed 9:00am-9:00pm**

**Thu, Fri 9:00am-6:00pm**

**Sat 9:00am-6:00pm**

**Sun 1:00pm-5:00pm**

**Closed holidays Ph: 604.665.2222**

### Children and Teens Programs:

#### Babytime (0-18mo)

**Tue 10:15am & 11:15am Sep 10-Dec 13**

#### Family Storytime (18mo-5yrs)

**Thu 10:15am & 11:15am Sep 10-Dec 13**

#### Family Board Games

**Tu/We 3:00-6:00pm Sep 10-Dec 13**

#### Teen Advisory Group (13-18 yrs)

**3rd Tue/mo 3:30-4:30pm**

#### Adult Programs:

#### Mobile Device Essentials

**Sat 10:30am-12:30pm Sep 15, 22, 29**

#### 55+ Book Club

**3rd Wed/mo 2:45-4:00pm**

#### Elder's Book Club

**1st Fri/mo 2:00-3:30pm**

#### One-To-One Computer Training

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

#### Movie Night

**Sun 6:00-9:00pm Sep 9-Dec 9**

**AML**

#### SFU Philosophers' Café

**Last Wed/mo 7:00-9:00pm**

#### Pandora's Collective:

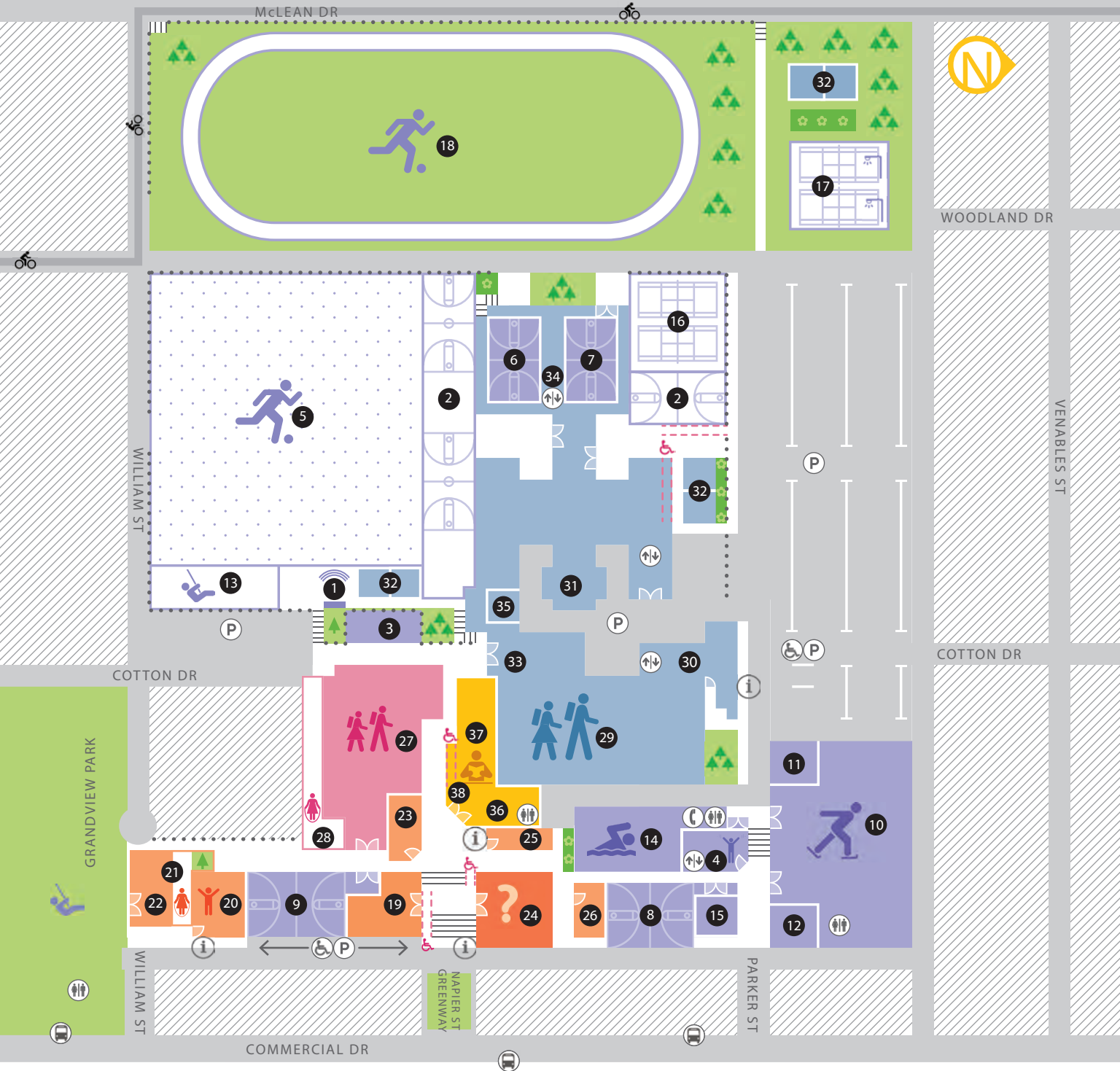
[www.pandorascollective.com](http://www.pandorascollective.com)

#### Word Whips

**3rd Tue/mo 6:30-8:30pm**

#### Book Talks

**4th Wed/mo 6:30-8:30pm**



### recreation

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

### resources + services

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

### elementary school

- 27 Britannia Elementary
- 28 Outdoor Play Area

### secondary school

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

### library + learning

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

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



T 604 718 5800 F 604 718 5858  
1661 Napier Street Vancouver BC V5L 4X4  
[britanniacentre.org](http://britanniacentre.org)