

IMPACTS!

- Loss of 22 parking spots (less than 10% of original 227)
- Change in traffic flow to create a different drop off point for students and different vehicle access to school parking
- Controlled vehicle access between the pavilion and the Secondary School building for pedestrian safety and for a stronger connection between the main school and community buildings.
- Increase exposure to elements which impact artist carving experience.

Completion date, November, 2014

Britannia Carving Pavilion

britanniacentre.org

Programs & Services Fall 2014



Presidents Message

Welcome back to fall! It's been a great summer with lots of exciting activities and events around the site and in the community. Britannia Centre has played a great role. Along with our city and community partners, Britannia has been host to a wide variety of programs, and special events that have provided hours of fun and engagement for all members of our community. A big thank you to the staff and all the volunteers that make these great things happen!

Moving forward into the fall Britannia will continue to provide excellent programs, everything from swimming, skating, gymnastics, yoga and more, to food programs, childcare, seniors programs, teen programs and even more! Please check out the brochure and plan your fall activity schedule.

Also coming this fall in November, will be the civic elections. Along with mayor and council, your elected officials on park board and school board will be chosen. Grandview-Woodland and our adjacent communities have a good voter history, with lots of folks going to the polls. We encourage everyone who has a vote to get out and use it. Every election cycle the city asks permission from citizens to utilize city funds by way of a plebiscite on the Capital Plan. There is more information on this plan, which has a direct impact on Britannia, in this brochure. Please read it and be prepared to vote on the capital plan. The Britannia Board, with many thanks to our Planning and Development Committee, has spent significant hours preparing for potential inclusion in the Capital Plan. If the current plan is accepted by the citizens of Vancouver, we at Britannia will be working even harder. Your input will be sought on how the site will be enhanced, and I urge all centre and community members to participate in the dialogue.

On behalf of the Britannia Board of Management, many good wishes for the fall of 2014!

Gwen Giesbrech



Board of Management

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

PRESIDENT: Gwen Giesbrecht
 VICE PRESIDENT: Ray Gallagher
 TREASURER: John Flipse

EXECUTIVE MEMBERS:
 Meseret Taye
 Oliver Conway

DIRECTORS:
 Susanne Dahlin, Meseret Taye, Ingrid Kolsteren, Morna McLeod, Edward Stringer, Oles Andriendo, Mary Arakelyan, Craig Ollenberger, Scott Clark, David Parent, Alex McKechnie (staff rep)

AGENCY REPS:
 VSB: Geoff Taylor
 VPB: Peter Odynsky (CRC)
 VPL: Beth Davies

EXECUTIVE DIRECTOR: Cynthia Low
 MANAGER OF ADMINISTRATIVE SERVICES:
 Natalie Bailey

MANAGER OF CHILDCARE SERVICES:
 Sabine Tanasiuk

Membership Information

To participate in recreation programs you must be a member of Britannia Centre. Membership is valid from Sep.1st, 2014 to Aug. 31st, 2015

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

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

What does membership give me?

- Voting privileges at the Annual General Meeting of the Society May 27rd, 2015
- Eligibility to run for the Board of Management
- Mail outs about Centre programs and events
- Access to special membership programs
- Britannia membership is required before registering into programs
- Free access to Fitness Centre Tuesday & Friday, 10am to 12 noon



PHOTOGRAPHY CREDITS:

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

Tom Higashio, Barry Skillin,, Giles Chin, Lori Moretto, Amie Smith, Robert Lee, Hai Truong

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Registration Information

Three Ways to Register for Programs

1) Register Online at britanniacentre.org

- Registration starts at 9:00am on Tuesday August 19, 2014.
- You must have a current membership card to register for all Britannia programs, The membership year runs from September 1, 2014 to August 31, 2015.

2) Register in Person

- Registration starts at 9:00am on Tuesday August 19, 2014
- At the **Information Centre**, (No Cash payments please) or
- At the **Pool Cashier's Office** (Pay by Cheque, Visa, Mastercard, Debit or Cash)

Registration Hours at the Pool Cashier are:

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

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

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

3) Register by Phone at 604.718.5800 ext. 2

- Registration starts at 1:00pm on Tuesday August 19, 2014
- You must have a current Britannia membership card and a valid Visa or MasterCard.
- A copy of your program registration, your credit card slip and membership card will be mailed to you upon request if you have an e-mail address..

Refund Policy

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

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.

City of Vancouver website!

Vancouver makes online sign-up for recreation classes easier on their website. Stop by www.vancouver.ca to search for and sign up for programs.

Subsidy Policy

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

Residents of Vancouver on the Leisure Access Program

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

Residents of Grandview Woodland Strathcona on the Leisure Access Program

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

Grandview Woodland Strathcona Residents No Part of the Leisure Access Program

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

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

Quality Licensed Child Care In Your Community

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

Child Care Mission Statement

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

About our Child Care programs

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

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

Social

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

Intellectual

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

Physical

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

Creative

- Self expression and concept development.

Emotional

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

About our Staff

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

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

18mo-3yrs Toddler Program

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

3-5yrs Child Care Programs

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

Provincial Child Care Subsidy Available.

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

Britannia Preschool (3-5 yrs)

Know You Can! The Little Preschool That Could

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

Out-of-School Programs

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

Contacts:

Childcare Manager:

Sabine Tanasiuk 604.718.5816

Britannia Out of School Care/Preschool

Randi Gurholt-Seary 604.718.5843

Grandview Terrace Child Care

Alejandra Uribe 604.718.5846

Mount Pleasant Child Care

Wade Forbes 604.718.5844

Lord Nelson Child Care

Latisha Buksh 604.713.5863

Eagles in the Sky Child Care

Susan Nelson 604.718.5856

Licensed Child Care Information

Grandview Terrace Family Resource Centre

2075/2065 Woodland Drive Contact: Alejandra at 604.718.5846

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

Britannia Childcare

1661 Napier Street
Randi Gurholt-Seary: 604.718.5843

Preschool 3-5yrs

Mornings	9:00-11:30am	
Afternoons	12:30-3:00pm	
FEES:		
2 days per week (Th, Fri)		\$175.00
3 days per week (Mon, Wed, Fri)		\$247.00
5 days per week		\$422.00

Britannia Out of School Care 5-12 yrs

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

School Breaks
7:30am-5:45pm

FEE: Full Time \$345 per month
3 Days \$224 per month
2 Days \$203 per month
Closed on statutory holidays

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

Lord Nelson Childcare

2235 Kitchener Street
Latisha Buksh 604.713.5863

Out of School Care 5-12 yrs

September to June Hours:
Mon-Fri 7:30am-9:00am
3:00pm-6:00pm

School Breaks
7:30am-6:00pm

FEE: \$345 per month
Closed on statutory holidays

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

Vancouver Native Health

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

Mount Pleasant Childcare

960 East 7th Avenue
Wade Forbes: 604.718.5844

Toddler Program 18mo-3yrs

Hours: Mon-Fri 7:30am-6:00pm
FEE: \$1010 per month snacks provided
Lunch program \$45 per month

Daycare 3-5yrs

Hours: 7:30am-6:00pm
FEE: \$785 per month, snacks provided
Lunch program \$45 per month.



Eagles In The Sky Childcare 3-5yrs

485 Semlin Drive
Susan Nelson 604.718.5856

Daycare 3-5 yrs

Hours: Mon-Fri 7:30am-6:00pm
FEE \$740 per month, snacks are provided

Out of School Care 5-12 yrs

September to June Hours:
Mon-Fri 7:30am-9:00am
3:00pm-6:00pm

School Breaks 7:30am-6:00pm

FEE: \$355/MacDonald Elem/with snacks
\$375/Hastings/Lord Nelson and
Britannia Elementary School

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



Grandview Terrace Child Care

2075 Woodland Drive
Alejandra Uribe: 604.718.5846

Daycare 3-5 yrs

Mon-Fri 7:30am-6:00pm
FEE: \$750 per month, snacks provided
Lunch program \$45 per month

Out of School Care 5-12 yrs

September to June
Mon-Fri 7:30am-9:00am
3:00pm-6:00pm

School Breaks 7:30am-6:00pm

FEE: \$355 per month
Closed on statutory holidays

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



Special Events

Artful Sundays

Britannia Community Centre will host an outdoor, mixed media, visual arts market in Napier Square (Napier at Commercial Drive) for 4 Sundays August 10 to 31, 12-5pm, featuring the work of local artists, live music, artist workshops and demonstrations and more!

Sun	Aug 17
Pompom Workshop: Helen Spaxman	
Sun	Aug 24
Stitching With Purpose Workshop: Laura Bucci	
Sun	Aug 31
Mixed-media Woven Baskets with Magpie's Nest	
Sun	12:00-5:00pm Aug 10-31

11th Annual Corn Festival

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

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

Le Grand Continental – Sylvain Énard Danse

Recruitment workshops/info sessions

Presented by PuSh Festival, in partnership with the Vancouver Park Board.

If you are a dancer—or just want to be one, WE WANT YOU! Be a part of the PuSh Festival's Le Grand Continental, a huge community dance project created by Montreal-based choreographer Sylvain Énard. Combining elements of line dancing and contemporary dance, this festive dance project brings together a multi-generational cast of 66 local participants—you could be one of them! Perform in the PuSh Festival, work with an internationally renowned choreographer and show your stuff! A free, fun, once-in-a-lifetime opportunity. Sign up for the recruitment workshop and you could be cast in the show by choreographer Sylvain Énard! Learn more and sign up at pushfestival.ca.

Sat	10:00am-1:00pm	Sep 13
Astorino's S Énard		FREE

Banner Workshop

Do you have a favourite tree in the neighbourhood or in your memory? Our inspiration for the workshop this term is the rooted majesty of the tree. A sure cure for seasickness is to sit under a tree. ~ Spike Milligan

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. Cost is \$20 for two banners. 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 and your blue bag full of newspapers. Banners can be purchased after exhibition for \$20/set. Artists get first chance to buy their own banners.

62901.400BR

Sat-Sun	10:00am-4:00pm	Oct 4-5
Cafeteria H Spaxman		\$20 /2 sess

Bash the Trash

This group of musicians from New York, build, perform, and educate with musical instruments made from junk. Bash the Trash provides a sound journey, combining science, music, and environmental awareness through performances, educational programs, and social initiatives. It's music with a green twist! Bash the Trash has jammed with Yo-Yo Ma, Max Roach, and Mister Rogers; performed on straw oboes at Carnegie Hall; and led environmental parades through Washington DC. This interactive performance is ideally suited for children ages 3 to 6 years old. All children have FREE admission but must be accompanied by a parent or guardian. LAC accepted.

Sun	11:00am-1:00pm	Oct 5
Gym D		\$5/adult

Sustenance Festival Oct. 5-19

Now in its 6th year, Sustenance is an annual fall festival with food-inspired workshops, exhibitions, talks, walks, dances, feasts, and more, taking place in community centres and public spaces all over Vancouver <https://www.youtube.com/watch?v=A5Z3RdDz6EI>. Come and try out some cooking, foraging, preserving, gardening, composting, celebrating and a whole bunch more! Info about events happening for all ages at <http://sustenancefestival.ca/>



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Parade of Lost Souls

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

Sat	7:00 – 10:00pm	Nov 1
Location TBA		FREE by donation

Join the Carnival Band and help lead the Parade!

Dust off your that flute that you haven't played since 9th grade. Pick up that tuba that you always wanted to learn instead. Now is your chance. You can try it on for this year's Parade! Join their rehearsals for Oct 20th and 27th at 7:30 pm in the Seniors' Lounge (see Carnival Band info on page 26)

Britannia Workshops

Thriller Flashmob Dance

61800.400BR

Sat	12:00-2:00pm	Oct 18 and 25
Tue	7:00-9:00pm	Oct 21 and 28
Cafe	K Single-Dain	\$5-10/session donation

Leather Mask Making

61801.400BR

Mon	7:00-9:00pm	Oct 20 and 27
Cafe	TBA	\$5-10 donation

The Sounders Costume-making

61802.400BR

Thu	7:00-9:00pm	Oct 23 and 30
Cafe	N Filekov	\$5-10 donation

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

Special Events

Halloween Howl (1-8yrs)

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

Sat 1:00-3:00pm Oct 25
Gym D FREE



Family Pumpkin Carving

Celebrate Halloween by carving a pumpkin with your family. Cost is based on a family of 4 and will include 2 pumpkins. Additional pumpkins can be purchased for \$3 but must be done at the centre. Please register by Oct 23 so the correct number of pumpkins will be available. Hot chocolate and carving utensils will be provided. All children under 12yrs must have a parent or guardian present.

65600.400BR
Sun 1:00-3:00pm 26-Oct
CFEC S Phillips \$6 /1 sess

Short Films Viewing Party

The Vancouver B Movie Factory

Celebrating 2 years of making movie-making dreams come true. For more information contact: TheVancouverBMovieFactory@Shaw.ca

Sun 6:00-8:00pm Oct 26
AML J Stewart

Halloween Spooky FREE Swim

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

Thu 3:00-5:00pm Oct 30

Brazilian Drumming Workshop with Audience Participation

World Music has become one of the main influences of popular music and culture today. In this interactive workshop you will see a wide variety of instruments, whole group participation, choreography and cooperative and active learning. We will play traditional instruments from Brazil along with ensemble dynamics & melodic rhythm patterns. The participants will join David DiTomaso playing the instruments used in Brazilian Carnival and will also be taught basic dance movements and choreography. We will experience enjoyment, exploration, diversity: self-expression, culture, musical styles, music dynamics and a fun filled time. Depending on enrolment, David will also invite his group: Drum Syndicate, a world percussion group that presents a dynamic and interactive workshop and brings tropical heat to anywhere they present! More information: musicdps@yahoo.com

41103.400BR
Sat 2:30-4:00pm Nov 15
CFEC D DiTomaso \$15/1 sess

Gingerbread Houses

Bring the whole family (up to 4 members) to build a graham cracker gingerbread-style house. Candies and frosting and crackers will be provided, feel free to bring along your own decorations. Additional registrants will be \$3.00 (must be done on-site) and will include all supplies. Please register by Dec 17 so the correct number of kits will be available. All children under 12yrs must have a parent or guardian present.

65600.401BR
Sun 1:00-3:00pm 21-Dec
CFEC S Phillips \$6 /1 sess

Seasonal Decorations Pop-Up Workshops 2014

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

Sat 1:00-4:00pm Dec 6
Sat 1:00-4:00pm Dec 13
AML All Ages FREE
Drop-In

Marimba! Britannia World Rhythms for Youth Society Concert

Join the world rhythms society at our seasonal concert, celebrating marimbas and world music. It will be a high energy evening of music for the whole family at the appropriate hall. All of our marimba classes will perform, including a set by youth marimba group Tambai! www.robinlayne.ca

Sun 7:00-9:00pm Dec 7
Astorino All ages By Donation only
1739 Venables Street

Winter Wonderland FREE Swim

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

Sat 2:30-4:30pm Dec 20

2nd Annual Winter Solstice Coffee House

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

Sun 7:00-10:00pm Dec 21
AML All Ages FREE

Gymnastics Club Cartwheels & Candy Canes Holiday Show

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

\$2 per person (6 and under free) or donation
Sun 1:00-3:00pm Dec 14
Britannia High School Gym A/B

Safe-Amp

The Safe Amplification Site Society is a not-for profit dedicated to establishing a permanent, legal and accessible all-ages music and arts venue for the city of Vancouver. We are completely volunteer run and are currently hosting 8-9 shows a month at Astorinos! Shows booked by policy on a first-come first-served basis, and are open to our entire membership. Book a show! Become a Volunteer! Learn more at www.safeamp.org



Preschool & Children's Programs

Sportball Parent and Tot (2-3yrs)

Parents can have a direct hand in a child's development through 7 different ball sports. Multi-sport classes teach children important introductory physical skills and help children develop confidence in their abilities. The programs also help parents understand techniques that can be applied outside of Sportball classes. Parents must participate.

13002.401BR

Sat 11:30-12:15pm Sep 20- Nov 29
Gym C Sportball \$150/10sess
No class Oct 11

Sportball Multisport (3½-5yrs)

This program introduces preschool children to the concepts and skills involved in the eight core sports of the Sportball methodology using developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life.

13002.402BR

Sat 12:15-1:15pm Sep 20- Nov 29
Gym C Sportball \$150/10 sess
No class Oct 11

Clay for Children (6-12yrs)

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

22202.400BR

Thu 4:00-5:15pm Sep 25-Nov 13
Rm 208 H Spaxman \$95 /8 sess

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 4X/week Sat, Tue, Wed, Thu. All programs take place in Gym D.

Sat 10:00am-12pm Sep 27 – Dec 13
Tue/Wed/Thu 11:00-12:30pm Sep 30-Dec 11
No class Sat Oct 25, Nov 15 Elem school Pro D days

Toddler Art

Art is a wonderful sensory experience in which you and your child can collaborate. Be on time for an inspirational story. Join Selena for 8 fun-filled sessions. Dress for mess! This is a high-demand class, new classes are started from the waitlist.

12302.400BR

Wed 9:45-10:30pm Sep 24-Nov 12
RAR S Phillips \$55 /8 sess

Baby Sign Language

Baby Sign Language Did you know that babies understand and can communicate long before they are able to speak? Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Increase understanding of your child's needs and wants, alleviating much unneeded frustration. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby to class. Sleeping babies welcome. Babies 0-24 months. No class October 13.

41901.401BR

Mon 9:45-10:30am Sep 22-Oct 27
Mat Rm S. Kauhausen \$64 /5 sess

Dance

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

Creative Dance

Sat Sep 20-Dec 13 \$80/10sess
11602.401BR 2-3yrs 9:05-9:45am
11602.402BR 3-4yrs 9:50-10:30am
11602.403BR 3-4yrs 10:35-11:15am

Ballet

11602.404BR 2-3yrs 11:45-12:25am
11602.405BR 3-4yrs 12:30-1:10pm

Creative/Ballet

11602.406BR 4-6yrs 1:15-2:00pm
CFEC Julia Carr
No class Sep 27, Oct 4,11

Julia Carr is a dancer, choreographer and educator. She has successfully facilitated dance projects with many schools and community centres. Julia Co-Directs Body Narratives Collective is the Assistant Artistic Director for Dancestreams Youth Dance Company. She dances professionally with Aeriosa, Raven Spirit Dance, Compaigni V'ni Dansi, and various independent choreographers. She is looking forward to sharing her enthusiasm for dance with Britannia parents and young dancers this fall.

Hip Hop Program(8-15yrs)

Wed Sep 24 – Nov 26
21602.401BR 3:30-5:00pm
Rm 111 H.Henney \$80/10sess



Children's Music

How to make Beats (10+ yrs)

Instructor Harley Rose teaches the basics of making electro, hip hop and dance music with computers. This class will help students better understand the digital tools available to musicians as well as help express themselves through music. This is an especially good course for students who are classically trained and looking to expand their music experience. Participants will be encouraged to create and record new sounds with instruments they already play or ambient noises. This program accepts drop-ins, space permitting, \$5 per session. No class on October 12

21112.400BR

Sun 2:00-4:00pm Sep 28-Nov 23
TC H J Rose \$45 /8 sess

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

These lessons consider student's development and goals. Conservatory exam preparation is available. An on-going program from September to June, students are ensured placement for the duration of their studies. Payment should be made in advance of each set. Lessons costs shown below are for 30 minutes, but 45 and 60 minutes per week are available to more advanced students at the discretion of the instructor. New students must contact instructor for a weekly lesson time before registering. For any new students starting mid-session, the cost will be prorated. Clarinet students must provide their own instruments and contact instructor if there are any questions about this: 604 736 8382 or janine.oye@gmail.com

Set 1

21000.400BR

Thu 4:00-8:30pm Sep 4-Oct 23
EMR J Oye \$192 /8 sess

21000.401BR

Fri 3:30-7:30pm Sep 5-Oct 24

21000.402BR

Sat 9:00am-4:30pm Sep 6-Oct 25

Set 2

21000.403BR

EMR J Oye \$192 /8 sess

Thu 4:00-8:30pm Oct 30-Dec 18

21000.404BR

Fri 3:30-7:30pm Oct 31-Dec 19

21000.405BR

Sat 9:00am-4:30pm Nov 1-Dec 20

Beginner Marimba (8yrs+)

This class is open to anyone and is a great way to get started in music. The class also includes fun rhythm games, movement, and is all about having a good time playing music on the marimbas.

31818.400BR

Thu 4:00-5:00pm Sep 18-Dec 4
Rm 111 R Layne \$144 /12 sess

Intermediate Marimba (10yrs+)

This class requires you to have some experience with marimba or piano. The class focuses on developing material to perform, writing your own composition.

31818.401BR

Thu 5:00-6:00pm Sep 18-Dec 4
Rm 111 R Layne \$144 /12 sess

Marimba Performance Group (11yrs+) **NEW!**

This class is a year-long commitment to be part of a performing group. We are looking for dedicated, enthusiastic and focused students. The World Rhythms Society has had a long standing tradition of encouraging youth to perform. This is your chance to be part of the next generation of marimba bands. We will work on learning traditional and original music for marimba and aim to perform several times throughout the year Sep 18th - Come to the free audition.

31818.402BR

Thu 6:00-7:00pm Sep 18-Dec 4
Rm 111 R Layne \$144 /12 sess

World Music

(Children and Youth)

These Marimba classes are a great way to learn traditional music from Zimbabwe, Latin America and original compositions for marimba. All are invited to the showcase at Astorino's on December 7, 7-9pm.

Robin Layne loves sharing his passion for music and rhythm with children of all ages and can be found teaching workshops around BC. He is the senior percussion instructor at the Sarah McLachlan School of music and is the Artistic director of the Britannia world Rhythms for Youth Society. He has toured across Canada, the US, China, and Europe and studied in Cuba, West Africa, and LA. www.robinlayne.ca

Violin & Fiddle Private Lessons

These are 30 minute private violin lessons for adults and children aged 6 & up. The teaching method follows the Suzuki Method and covers classical and fiddle. You can start anytime cost will be prorated. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at fiddlelessons@shaw.ca to arrange lesson time PRIOR to registering. No class October 11 and November 8.

21002.400BR

Sat 9:00am-2:30pm Sep 13-Dec 20
FAR S Saunders \$312 /13 sess

Music Together® (0-5yrs)

A Music Together® class is rainbow coloured falling leaves, cows sitting in the old oak tree, tyrannosaurus rex, shining shakers, rhythm sticks, kitchen instruments, scarves, giant sheets to hide under and instruments galore! All this with a developmentally appropriate, research based curriculum taught by a registered Music Together® teacher. Parent participation required. Siblings 6 months of age and under attend FREE. Siblings over 6 months, please pay the reduced 'sibling' fee (\$100). Tuition includes two CD's, a Songbook, a Parent Guide DVD and a Parent Education evening open to all adults in the family.

Tue Sep 16 - Nov 25

11004.401BR 9:30-10:15am

11004.402BR 10:30-11:15am

11004.403 BR 11:30-12:15pm

Rink Mezz Mimi \$155/10 sess

(no class Nov 11)

Wed

Sep 24 - Nov 26

11004.404BR 9:30-10:15am

11004.405BR 10:30-11:15am

11004.406BR 11:30-12:15pm

Rink Mezz Noa \$155/10 sess

Thu Sep 25 - Nov 27

11004.407BR 9:30-10:15am

11004.408BR 10:30-11:15am

11004.409BR 11:30-12:15pm

Rink Mezz Noa \$155/10 sess

Sat Sep 20 - Nov 29

11004.410BR 9:30-10:15am

11004.411BR 10:30-11:15am

Rink Mezz Carolyn \$155/10 sess

(no class Oct 11)

Big Kids Music Together® (5-7yrs)

Music Together for children ages 5, 6, and 7, provides a developmentally appropriate curriculum that includes solfege, ensembles and solos in singing and instrument play, folk dances, harmony singing, and vocal development. The Big Kids Music Together classroom is a safe, familiar, fun environment where your child can experiment with new musical activities like conducting, and improvisation, story songs, "silly operas" and game songs. Course includes 2 CDs, an activity Songbook, solfege tonal cards, and weekly home play pages. Parent participation is required at the first and last class (no siblings please) and in the last 10 minutes of each class in between (siblings welcome).

Wed Sep 24 - Nov 26

11004.412BR 3:30-4:30pm

Rink Mezz M. Beyene \$180/10 sess

(sibling fee \$125/10 sess)

Children (2-12 yrs)

Martial Arts

Traditional Kung Fu(6+yrs)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. No class October 13. October 24 and December 12 class will be in the Mat Room.

Beginners

63508.401BR
Mon Fri 4:30-5:45pm **Sep 5-Dec 12**
CFEC M. Lung **\$228 /28 sess**

Intermediate

63508.402BR
Mon-Fri 4:30-6:15pm **Sep 5-Dec 12**
CFEC M. Lung **\$256 /28 sess**

Advanced

63508.403BR
Mon-Fri 4:30-6:30pm **Sep 5-Dec 12**
CFEC M. Lung **\$270 /28 sess**

Fencing-Beginner (8-14 yrs)

Learn the ancient art of sword play for fitness, sport and just plain fun! We will practice the art of fencing with foils in a safe, fun environment. All ages and skill levels are welcome. All equipment is provided. Wear track pants and court shoes. Program will be located at LaSalle's new Fencing Studio on the Drive at 2155 Commercial Drive. Register at Britannia, program takes place offsite.

23402.401BR
Sat 10:00-11:30am **Sep 20-Dec 13**
LaSalle M Burke **\$84/12 sess**
No class Sat Oct 11

Fencing-Intermediate(8-14 yrs)

For fencers who have completed the Intro to Fencing, or have at least 20 hours of experience in a comparable beginner course. We will learn more advanced fencing techniques, including electric foil fencing, epee and sabre fencing, and competitive bouts. All equipment is provided. Wear track pants and court shoes. Program will be located at LaSalle's Fencing Studio on the Drive at 2155 Commercial Drive. Register at Britannia, program takes place offsite.

23402.402BR
Mon 6:00-7:30pm **Sep 22 – Dec 15**
LaSalle M Burke **\$108/12 sess**
No class Mon Oct 13

Daycamps

Funseekers Winter Break Daycamp - 6-12yrs

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

26001.401BR		
Mo Tu We Fr	9:00am-3:00pm	Dec 22-24, Dec 26
Gym D - L	\$76 /4 sess	
26001.402BR		
Mo Tu We Fr	9:00am-3:00pm	Dec 29-31, Jan 2
Gym D - L	\$76 /4 sess	

Atomic Volleyball (9-12yrs)

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

23005.401BR
Tue Sep 23-Dec 2 **6:30-7:45pm**
Gym A Volleyball BC **\$77/11sess**

Volleyball Camp (12-17yrs)

Get ready for the fall school volleyball season by attending these volleyball skills camps. Spaces are limited so register now.

23005.406BR Camp #1 (12-14yr olds)
Sat Sep 13 **12:30-2:30pm**
Sun Sep 14 **10:00am-1:00pm**
Gym A/B \$85/2 sess

23005.407BR Camp #2 (15-17yrs)
Sat Sep 13 **2:45-4:45pm**
Sun Sep 14 **2:00-5:00pm**
Gym A/B **\$85/2 sess**

Intro to Soccer (4-6yrs)

Girls and boys come and learn the basics of soccer in a fun, cooperative atmosphere! Wear your shorts or sweats and runners!

Sun Sep 21-Nov 30
13001.401BR 10:00-11:00am **Beg.**
13001.402BR 11:00-12noon **Exp.**
Gym D **\$70/10 sess**
No class Oct 5, 12

Micro Footie Soccer Academy

Jason Kyle, founder of Brit Micro Footie and full time FIFA coach brings his innovative brand of coaching to the Development Micro Footie Academy. Each session starts off with fast feet and skills, progressing to practical speed fitness, unique team drills & technical instruction. These dynamic soccer sessions cater to East Van players who want to raise their game to a new level.

Sun Sep 21-Dec 7
23001.401BR 6-7yrs **12:15-1:15pm**
23001.402BR 8-9yrs **1:15-2:15pm**
23001.403BR 10-12yrs **2:15-3:15pm**
Gym D J.Kyle **\$150/10sess**
No class Oct 5, 12



Micro Footie (4-16 yrs)



BRITANNIA MICRO FOOTIE

www.britanniasoccer.org

Britannia has been offering this popular recreational spring soccer league for over 20 years! Come join in on the fun the Micro Footie way in East Van! Registration includes playing soccer in the sunshine 2X/week, a World Cup country t-shirt, team photo and other great surprises!

Program Dates: SATURDAYS APRIL 18- JUNE 20, 2015
 Program Cost: \$99/player
 How to Register: Saturday January 10, 2015 at 9:00am
 -Online www.britanniasoccer.org – follow instructions
 -In person at Britannia Info Centre, 1661 Napier Street, Vancouver.

Registration is ongoing until divisions fill. Some divisions will sell out on the first day so be prepared.

ROBSON PARK LOCATION (Kingsway/Fraser)

Division	Age	Saturday Game	Weekday Practise
Beginner C Coed	4-5yrs	9:30-10:30am	Wed 5:45-6:30pm
Intermediate 1 Coed	6-7yrs	10:45-11:45am	Wed 6:30-7:30pm
Intermediate 2	8-9yrs	12noon-1:00pm	Mon 5:45-6:45pm
Advanced	10-12yrs	1:15-2:15pm	Mon 6:45-7:45pm

GARDEN PARK LOCATION (Garden/2nd Ave)

Division	Age	Saturday Game	Weekday Practise
Beginner A Coed	4-5yrs	9:15-10:15am	Wed 5:45-6:30pm
Beginner B Coed	4-5yrs	10:30-11:30am	Wed 6:30-7:15pm
Intermediate 1A Coed	6yrs	11:45-12:45pm	Mon 5:45-6:30pm
Intermediate B Coed	7yrs	1:00-2:00pm	Mon 6:30-7:30pm

BRITANNIA OVAL LOCATION (Britannia Secondary School Field)

Division	Age	Saturday Game	Weekday Practise
Intermediate 2 Boys	8-9yrs	9:00-10:00am	Wed 6:00-7:00pm
Intermediate 2 Girls	8-9yrs	10:15-11:15am	Wed 7:00-8:00pm
Advanced Boys	10-12yrs	11:30-12:30pm	Mon 6:00-7:00pm
Advanced Girls	10-12yrs	12:45-1:45pm	Mon 7:00-8:00pm
Super Advanced Girls	13-15yrs	2:00-3:00pm	Tue 6:00-7:00pm
Super Advanced Boys	13-15yrs	3:15-4:15pm	Tue 7:00-8:00pm
16+ Coed	16+yrs	6:00-7:00pm	Thu Games Only

CALL FOR SOCCER COACHES

A large part of Footie's success is due to the ongoing commitment of the 170 coaches - many of them parents who volunteer their time and energy to the program. Please consider coaching your child's team by contacting Victoria at 604-356-0060 or email britfootieinfo@gmail.com. A criminal record check will be required before you begin coaching.

COACHES ORIENTATION CLINICS

At these **"MUST ATTEND"** clinics the Footie Staff Team will go over the Coaches Manual, and coaches will pick up their team roster, team contact information, team t-shirts and soccer balls. This season the Orientation Clinic will take place on Saturday Mar 28, 2015. Please keep this date open - all coach's are required to attend! More detailed info to follow.

Referees

If you are interested in refereeing Footie 2015, email: britfootieref@gmail.com. In your email please list your certifications and experience. We will host referee training session prior to Footie. Boys and girls 12 years and older welcome.

Sponsorship Donations

Join other community minded businesses to encourage Britannia's children and youth to keep active by sponsoring the 2015 Micro Footie program. Benefits include sponsor logo on tee sleeve, website and brochure, framed team photo and tax receipt. If you would like to sponsor a Britannia Micro Footie team, please email: lori.moretto@vancouver.ca



Children (Infant-12yrs)



Britannia Gymnastics (18mon-15yrs)

This popular community program will promote your child's self-esteem and develop strength, flexibility, agility and coordination through the fundamentals of gymnastics. Children can wear a bodysuit, shorts, t-shirts. Note: You can only register for your own child please. All programs take place in Gym B.

Saturday Program Sep 20-Dec 13

13004.404BR	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$88/11 sess
13004.405BR	Gym Kids	4-5yrs	2:00-2:45pm	\$88/11 sess
13004.406BR	Gym Kids	4-5yrs	3:00-3:45pm	\$88/11 sess
23003.401BR	Performance	6-9yrs	4:00-5:00pm	\$100/11 sess

No class Oct 11, Nov 22

Sunday Program Sep 21-Dec 14

13004.401BR	Dynamic Duo	18mo-3yrs	10:00-10:45am	\$88/11 sess
13004.402BR	Dynamic Duo	18mo-3yrs	11:00-11:45am	\$88/11 sess
23003.405BR	Performance	6-9yrs	11:30am-12:30pm	\$100/11 sess
13004.403BR	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$88/11 sess
13004.407BR	Adv. Gym Kids	5-6yrs	12:45-1:45pm	\$100/11 sess
23003.402BR	Performance	6-9yrs	3:15-4:30pm	\$120/11 sess
23003.403BR	Perf. Plus.Prov.	9-15yrs	1:30-3:00pm	\$140/11 sess
23003.404BR	Jr./Sn.Demo Team	9-15yrs	3:15-4:45pm	\$140/11 sess

No class Oct 12, Nov 23

Dynamic Duo

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

Tiny Tumblers and Gym Kids/ Adv Gym Kids

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

Performance

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

Performance Plus and Provincial Team

This program is intended for recreational/advanced recreational and competitive athletes whom have gymnastics experience. Athletes may have the opportunity to participate in gymnastics meets to showcase their personal ability. They will perform routines and are scored on each apparatus: beam, floor, vault and bars. Space is limited in this program. Registration requires you to be committed to program from Sep 2014 – June 2015.

Demo Team (Jr./Sr. Teams)

Athletes will learn tumbling, stunting, dancing and circus arts. Previous gymnastics or dance experience required. Registration requires you to be committed to program from Sep 2014 – June 2015. Team members will be required to do demonstrations and participate at BC Gymnaestrada in May 2015. For information contact Lori at lori.moretto@vancouver.ca or 604-718-5824.

Gymnastics Club Cartwheels & Candy Canes Holiday Show

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

\$2 per person or donation (6 and under free)

Sun Dec 14 1:00-3:00pm

Britannia High School Gym A/B



Meet the Coaches

Head Coach *Cameron Stevenson* is a competitive Gymnastics Level 2 coach with 13 years of coaching experience. Cam is proud to say that over the last 6 years, he has developed the Britannia Gymnastics Club into a very popular, unique, family oriented program. Britannia's other fantastic coaches include: Taranee Ponjani, Barb Fong, Kasha Konaka and Jen Kosovic.

Gymnastic Birthday Parties (2-10yrs) **NEW!**

Celebrate with your friends at your very own gymnastics birthday party led by a qualified gymnastics coach. A 45min-1hr will be dedicated to gymnastics, followed by parent led ½hr party time (limited area and supplies for party – if you wish pizza can be ordered in from local businesses off the Drive and brought in), and finally ½hr more of gymnastics (and parent led clean up of party area). Caregiver participation required for children under 3 years old. Maximum 12 children per party for 1 coach. No refunds if party is cancelled within one week of party date.

23005.401	Sep 20
23005.402	Sep 27
23005.403	Oct 4
No parties	Oct 11
23005.404	Oct 18
23005.405	Oct 25
23005.406	Nov 1
23005.407	Nov 8
23005.408	Nov 15
23005.409	Nov 22
23005.410	Nov 29
23005.411	Dec 6
Sat	5:15-7:15pm
Gym A/B	\$225 per party



Preteen (10-13 yrs)

Social

Preteen Outings

Don't climb the walls at home! Climb the walls with us instead!! Join us every month for rock climbing, swimming, bowling, laser tag and a bunch of other cool activities! Pick up a monthly calendar of activities at the Teen Centre. Consent forms must be completed prior to participation

Preteen Family Movie Night

An opportunity for preteens and their families to hang out in the Teen Centre, play pool, foosballs and video games. Movie will start at 6pm. Pizza and snacks provided. First and third Sunday of the month.

25805.401BR

Sun 4:00-8:00pm Sep 21-Dec 21
Teen Centre Free

Preteen Girls Club

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

25802.401BR

Thu 6:15-8:00pm Sep 18-Nov 27
Pre-teen Centre Free

Preteen Adventures

Outtrips, workshops, outdoor activities and community engagement. Join us for FUN while developing leadership skills. Contact Tom at 604.718.5826 for more details.

Wed 2nd/4th mo. Sep 24 start date

Special Event

Preteen Dance

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

Fri 6:30-9:00pm Oct 25, Dec 12
CFEC

Game Ready Fit and Play! (6-12yrs)

A base level of fitness and fundamental movement is developed as the athletes appreciate exercise as a lifestyle. Basic movements, balance and coordination are developed as coaches use games, relays and drills with a focus on high energy and fun. A current Britannia membership is required to enroll in this program. A membership can be purchased in person, or by contacting the centre at 604-718-5800.

23031.401BR

Wed Fri 5:30-6:30pm Sep 17-Dec 19
Gym D - L \$169 /28 sess

Preteen Open Gym

For 9-12 year old players only. No session Sep 26

Fri 5:30-6:45pm Sep 19-Dec 19
Gym C Free
Sun 12:00-1:45pm Sep 21-Dec 21
Gym C Free



Coding for Kids

Fun and interactive activities to learn about computer science and programming. Hands-on group exercises are combined with programming in a video game like environment. After completing the program, students receive a certificate and have the foundation they need to further explore computer science.

27101.401BR

Sat 1:00-2:30pm Sep 20-Nov 15
Rink Mezz \$40 / 8 sess



Please Do Your Doo-Doo Duty!

This 17 acre site includes a running track, swimming pool, ice rink, an elementary school, a secondary school a Childcare facility as well as a public library and numerous buildings used for recreational purposes. The community uses these facilities on a daily



basis for family activities as well as exercising their family pets. Please be considerate of others when walking your dogs and be diligent in cleaning up any feces as a result of their exercise and play time. This keeps a clean and safe environment for all the community to enjoy.

Thank You.....Britannia Recreation Dept.

Creative Arts

An Invitation to Move - Young Women's Dance

A body empowerment dance program for girls, lead by two adults for lots of support. Foundational dance moves such as hip hop are taught with a focus on having fun. Movement exercise show how to use body awareness and movement as a tool to work through emotions. Sessions include discussions on topics such as body image. Together we foster body positivity and critical thinking while making friends and having fun. No one is turned away for a lack of funds

31301.401BR
Sun 4:00-5:30pm Sep 21-Nov 2
Rm 111 Clare/Leanne \$60 /6 sess

31301.402BR
Sun 4:00-5:30pm Nov 9-Dec 14
Rm 111 Clare/Leanne \$60 /6 sess

NuYu Theatre Program

Newcomer Youth Popular Theatre Project (NuYu) is a project of MOSAIC and consists of a group of refugee and immigrant youth (age 14 to 19) doing popular theatre. Popular Theatre is a type of theatre that uses participants' life experiences to create a play is a form of community dialogue. The program is free with lunch and bus tickets will be provided. You don't need any experience acting, and all English levels are welcome. If you complete the whole program (which is ten sessions and a performance) you can use the hours for your volunteer hours for the Graduation Transition Program and you get an honorarium. To find out more about NuYu and to get involved, contact Jennifer at MOSAIC at 604-254-9626.

Sports

Indoor Soccer Drop-in

For 11-18 year old players only. No session Nov 11

Tue 5:30-8:00pm Sep 2-Dec 30
Gym D Free

Ball Hockey Drop-in

For 11-18 year old players only.

Tue 7:00-8:30pm Sep 12-Dec 19
Gym D Free

Introduction to Skatefulness

Introduction to Skatefulness is a 2.5 hour workshop designed to introduce youth to skills in safe skateboarding & mindfulness (skate + mindfulness = skatefulness). Youth will be given a skateboarding safety lesson, demonstrations to spark their interest, an opportunity to try skateboarding, and some basic teachings about mindfulness.

23701.401BR
Sat 10:30am-1:00pm. Sep 20
Gym D Free!
23701.401BR
Sat 10:30am-1:00pm. Sep 27
Gym D Free!

Intro to Fencing (12-18yrs)

The ancient art of sword duelling has grown into the fast and exciting Olympic sport of Fencing. We will learn to fence in a fun and safe environment, develop skills of attack and defence, and compete in tournament-style bouts. Both novices and experienced fencers are welcome! All equipment is provided. Court running shoes and track pants recommended. Discount available for those who register for both Wednesday and Friday Classes. Classes will be held at the LaSalle Studio: 2155 Commercial Drive.<p>No class October 13.

33007.401BR
Mon 6:00-8:00pm Sep 8-Dec 8
LaSalle StudioM Burke \$87 /13 sess

Special Events

Youth Extravaganza

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!

Fr 7:00-10:00pm Sep 26
Gym C \$5

Splash!! Youth Free Swim

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

Fri 8:00-10:00pm Sep 5, Nov 7,
Dec 5
Pool Free



Youth (13-18yrs)

Social Recreation

Saturday Unlimited

Saturday Unlimited is a unique program which offers recreational opportunities to youth 13-19 years with special needs. Participants take part in a wide range of activities in and around the city, meeting new friends and acquiring new skills. Knowledgeable staff, in-program transportation and one to one volunteers are provided to maximize the youth's participation and enjoyment of the program. Different activities take place each week and include at least one evening event each session in place of the day outing to enhance age appropriate activities. Call 604-718-5873 for more info. Registration and intake must all be approved by Saturday unlimited staff.

36601.401BR

Sat 10:00-3:00pm Sep 20-Nov 15
LRC \$125/8 sess

Cooking

Feast of Flavors

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

Tue 4:00-6:00pm Sep 9-Dec 23
AML Free

Latin Cooking

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

Thu 4:30-6:30pm Sep 11-Dec 18
AML Free

Greenest City Initiative

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



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.

Duke of Edinburgh Award

This prestigious and internationally recognized award is sponsored by Prince Phillip of England. It involves volunteering, physical activity, learning a hobby and completing an expedition. We are also currently recruiting new participants. Call Barry at 604-718-5828 for more information.

"Play it Fair" Afternoon

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

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



Youth Leadership

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

35810.401BR
Thu 4:00-5:30pm Sep 18-Nov 20
Rink Mezz \$40/10 sess



ISS MyCircle Leadership Program

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

Oct 4-Dec 20

Library Leaders

Come to the library much? Ever thought of working in a library? Come see what it's like. This is a mentorship program designed to help youth ages 13-19 become familiar with the secret inner workings of the library, and to give their input for how to make the library more accessible for youth. Free. Register at the library or at the Britannia Teen Centre.

Wed 4:00-5:00pm Nov 5- Nov 26
Library Free!

Girls Empowerment Group/ (13-18yrs)

Come and hang out with other girls your age! Meet new people, chit chat, have snacks, take part in fitness, wellness, and interesting workshops. Bring all your friends! Some topics we will be looking at:

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

Fri 6:00-8:00pm
Rm. TBA

Skill Builders

Foodsafe, First Aid, coaching and more. 2 workshops per month \$10 for all six workshops offered. Call Tom for more information, 604.718.5826.

Teen Centre Programs

A place in the community dedicated to youth. All youth from 13-18 years are welcome. Pool, foosball, ping pong, video games, and a public access computer are all available for use. Youth, volunteers and youth workers together plan and run programs and activities for the Teen Centre. Please pick up your copy of the monthly activities calendar. If you do not see what you are looking for then join in, get involved and make it happen! Register for all Teen Centre programs at the Teen Centre. For more info call 604.718.5828:

Barry, Brittany, Chiho, Crystal, Georgia, Jamie, Kakada, Manuel, Mark, Tom

Visit us to:

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

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

Lunch Time at the Teen Centre

Tue/Thur 11:40-12:25pm Teen Centre

Big Screen Movie Night

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

Wed 7:00-9:00pm Teen Centre

Big Screen Video Games

Big Screen Video Games Head over to the Teen Centre and play the Wii on the projector screen!! FREE!

Thur 7:00-9:00pm Teen Centre

Pop Up Bike Shop

Learn about bike mechanics with a qualified staff the first Monday of every month!

Mon 4:00-6:00pm Teen Centre
Kickstand



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

Run TC

Every Wednesday after school we will be running 5km. Join us to get fit, healthy and have fun! You would be surprised what you can accomplish. Preparation for the Vancouver Sun Run 2015

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



OUTDOORS PROGRAMS



The Great Escape Outdoors (GEO)

We offer a variety of outdoor activities for youth 13-18 years of age and suitable for almost any level of fitness. It is a great way to explore our incredible surroundings, learn new things and meet lots of great people. The Centre provides all necessary equipment, food, transportation, and guides/instructor, unless otherwise stated. Any overnight trip has co-ed leaders and at least one trained staff in Wilderness First Aid. The cost of the outings should not prevent any youth from participating, so let staff know. The GEO Club is funded by the CKNW Orphans Fund. If you have any questions or would like to register please call 604.718.5828. A variety of monthly winter activities which may include; indoor rock climbing, snowshoeing, and snow tubing. Pick up a monthly calendar to get a complete listing. All registration done at the Teen Centre.

Blackcomb/Whistler Ski & Snowboard

Cost includes transportation, lift, rental and lesson. Youth will be required to ski/snowboard with a certified Whistler Mountain Staff at all times. Bring money or lunch and dress for cold and wet weather. Consent forms will be available one month prior to the trip. Limited spots available and will be filled on a first come basis with consent form and fees. Must register at Britannia Teen Centre. Cash/cheque payment only Must register a minimum of 2 weeks in advance. Registration accepted at Britannia Teen Centre only. Cash/cheque payment only..

\$60 ski/snowboard rental, \$50 no rental required

Dates: Sun Dec 8, Sun Jan 12, Fri Jan 31, Sun Feb 23, Sat Mar 15

Diversity Camp

Spend four days doing activities and having discussions about diversity, human and children's rights, anti-discrimination, respect, inclusion, fairness and peacefully conflict resolution. Youth must be willing to participate, discuss and share in all activities. We will be using activities from the 'Play it Fair' and 'Speaking Rights' toolkit which promotes the values of children's rights, followed by a discussion of what they felt, thought and learned. Every child has the right to know their rights.

Camp will be held at Manning Park resort. Mandatory workshop held on Wednesday, Oct 1st, from 6:00-8:00pm to introduce the group to each other and to provide an overview of trip expectations. To register, please contact the Britannia teen Centre at 604.718.5828

Fri-Mon 9:00am-6:00pm Oct 10-13
Teen Centre \$60 /Trip



Build your Resume NEW!

Looking to apply for a job? Join this program to learn how to create a cover letter and resume! We will also give you tips about employers' hiring practices. Call 604-718-5828 for more information.

Friday Night at TC NEW!

On the last Friday of every month we will have the Teen Centre open late. Join us for snacks, games, movies, and much more.

Youth Art NEW!

Get creative at the Teen Centre using many different materials! Twice a week you can join our knowledgeable instructor Igor, and create some really cool pieces. Take them home or display in the Teen Centre - it's up to you!

Wed / Fri 6:30 - 8:30pm
Teen Centre FREE

Teen Centre Hours:

Mon-Thu 3:00-9:30pm
Fri 3:00-10:00pm
Sat 6:00-10:00pm

Latin American Youth Programs

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 Manuel, the Latin American Youth Worker at 604.718.5829.

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

Latin American Youth Council (13-18yrs)

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

Thur/Jueves 5:00-6:00pm
AML

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

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

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

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

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

Fri 6:00pm-8:00pm
Rm TBA

Volunteer Work/ Trabajo Voluntario (13-18yrs)

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

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

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

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

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

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

Sat/Sabados 12:00-4:00pm

Cocina Latina/Cooking Program

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

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

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

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

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

Tue/Martes 6:00-8:15pm
Gym D/Gimnasio D Free/Gratis



Spanish Clubs

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

Tupper: Tue at lunch 11:40am Rm 311
Killarney: Wed at lunch 11:40am Rm A234
John Oliver: Thu at lunch 11:40am Rm 114
Britannia: Fri at lunch 11:40am Rm TBD

What are Spanish Clubs?

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

If you are interested in having a Spanish Club at your school contact Tom at 604.718.5826.

Eventos/Events

Evento gratis de Nadar/Free Youth swim

Sep 5, Oct 3, Nov 7, Dic/Dec 5
8:00pm -10:00pm Gratis/Free

Adult Sports & Fitness

Indoor Soccer - Women

A recreational program. All types of fitness and skill levels welcome, expect low-key, limited body contact, clean, fun play. (Registered players please arrive by 6:15pm to hold your spot). A total of 15 spaces allotted. \$5/drop-in space permitting.

43409.401BR

Thu 6:00-7:30pm Sep 11-Dec 11
Gym D T. Harley \$63 /14 sess

Volleyball - Advanced

An understanding of more advanced play (ie 6-2). A total of 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$5/drop-in, space permitting. No session Nov 21.

43413.403BR

Fri 7:00-10:00pm Sep 12-Dec 12
Gym A/B R.LeBlanc \$59 /13 sess

Volleyball - Beginners

Beginners - Basics are emphasized. Register for this program to guarantee a spot to play every week. A total of 42 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$5/drop-in, space permitting. No session Nov 20.

43413.401BR

Thu 7:00-9:45pm Sep 11-Dec 11
Gym A/B R.LeBlanc \$59 /13 sess

Volleyball - Intermediate

We work on Specialized game play. If you have the basics please join us. Register for this program to guarantee a spot to play every week. A total of 30 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$5/drop-in, space permitting. No session November 11.

43413.402BR

Tue 7:45-10:00pm Sep 9-Dec 9
Gym A/B R.LeBlanc \$59 /13 sess

Intro to Fencing - Adult

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

43407.401BR

Tue 7:30-9:00pm Sep 9-Dec 9
LaSalle M. Burke \$98 /13 sess

Ball Hockey - Co-Ed

Come on out for a fun, recreational game of ball hockey with no body checking - all skill levels welcome. Protective gear optional, but recommended. Plastic sticks provided, no wooden sticks allowed. Great practice for goalies! Drop-ins \$6 space permitting only, so register early!

43403.403BR

Wed 7:15-8:45pm Sep 10-Dec 10
Gym D T. Wells \$70 /14 sess

Ball Hockey - Women

The focus is on fitness and fun. Skill levels vary from beginners to advanced. We are a fun and friendly group to play with, and beginners are very much welcome! Teams are divided accordingly to skill level at the beginning of the game. Please bring a black and white t-shirt to split the teams. \$5/drop-in space permitting. No session October 12.

43403.401BR

Sun 4:15-6:00pm Sep 14-Dec 21
Gym D C. Eneas \$56 /14 sess

Ball Hockey - Men (35+)

This is a non-body contact program. No league players. \$7/drop-in, space permitting. No session October 12.

43403.402BR

Sun 6:45-8:45pm Sep 14-Dec 21
Gym D B. Woo \$70 /14 sess

Badminton - Fri

Total of 30 spaces (registered & drop-ins) Drop-ins space permitting. \$5.00/drop-in No session September 26.

43412.402BR

Fri 7:00-9:45pm Sep 5-Dec 12
Gym C A. Leung \$68 /14 sess

Badminton - Sat

Total of 30 spaces (registered & drop-ins) Drop-ins space permitting \$5.00/drop-in.

43412.403BR

Sat 1:30-5:00pm Sep 6-Dec 13
Gym C A. Leung \$72 /15 sess

Basketball - 2 pm

No drop-ins. No session October 12.

43405.401BR

Sun 2:00-4:00pm Sep 7-Dec 14
Gym C S. Yan \$56 /14 sess

Basketball - 4 pm

No drop-ins. No session October 12.

43405.402BR

Sun 4:00-6:00pm Sep 7-Dec 14
Gym A/B S. Anderson \$56 /14 sess

ZUMBA® Fitness

This fitness class fuses Latin and International rhythms with easy to follow moves to create a dynamic workout system that will blow you away. ZUMBA® utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, Samba, Reggaeton, Flamenco and more. Zumba® is a "feel happy" workout that is great for both the body and the mind. Drop-ins welcome space permitting, \$11.www.zumbavancouver.ca.

43906.400BR

Mon 6:00-7:15pm 8-Sep
Gym C D. Galay Free

No class October 13.

43906.401BR

Mon 6:00-7:15pm Sep 15-Nov 3
Gym C D. Galay \$56 /7 sess
\$11/ drop-in

43906.403BR

Mon 6:00-7:15pm Nov 10-Dec 15
Gym C D. Galay \$48 /6 sess

43906.404BR

Wed 6:00-7:15pm 10-Sep
Gym C D. Galay Free

43906.406BR

Wed 6:00-7:15pm 5-Nov
Gym C Free

43906.405BR

We 6:00-7:15pm Sep 17-Oct 29
Gym C D. Galay \$56 /7 sess
\$11/drop-in

43906.407BR

We 6:00-7:15pm Nov 12-Dec 17
Gym C D. Galay \$48 /6 sess
\$11/drop-in

Salsa Fit

An invigorating and energizing cardio combining High/Low impact aerobics with a salsa flare - great music, lots of fun. Includes a muscular strength component and stretching. Please purchase drop-in tickets at pool office 39.40/10 tickets.<p>No class October 11.

43901.401BR

Sat 10:00-11:00am Sep 6-Dec 20
Gym C D. Galay \$4.75 /15 sess

Adult Health & Fitness

Burlesque Blast **NEW!**

Burlesque Blast is a fun, invigorating, sultry dance-fitness program, which combines all the sass of burlesque with the sculpting and fitness elements of dance conditioning. A combination of dance drills, conditioning and choreography - this class is bound to make you sweat and feel sexy. (No nudity in class, but you're welcome to bring a cardigan for potential removal). \$13/drop-in, space permitting.

44006.401BR

Wed 7:30-8:30pm Sep 10-Dec 10
Gym C Endorphin Rush \$154/14 sess

Body Conditioning

A class designed to challenge every muscle group with the use of weights, bands, and tubes including a cardio component. Increase strength, balance and flexibility. Purchase drop-in tickets at pool office. \$39.40/10 tickets. <p>No class November 11.

43901.402BR

Tue 6:00-7:00pm Sep 9-Dec 16
Gym C Allyson Riley \$4.75 /14 sess

Dance Aerobics

A great way to get your cardio in while having fun! This class is designed to increase your cardio levels and get fit with simple Latin, Funk and Reggae moves all fused together. \$4.75/drop-in at the pool. \$39.40/ 10 tickets.

43902.401BR

Thu 6:00-7:00pm Sep 11-Dec 18
Gym C Allyson Riley FREE/15 sess

Osteofit

Join BC Women's Hospital & Health Centre's Osteofit, a gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This unique and fun program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. It is taught by specially trained Osteofit fitness instructor. No class October 13 and November 10. Drop-in \$6, space permitting.

43806.401BR

Mon 11:00am-12:00pm Sep 15-Dec 15
CFEC B. Bahrami \$56 /10 sess

Early Morning Programs

Hatha Flow

Hatha flow brings movement and fun to a more traditional hatha practice. This all levels class will focus on connecting movement to breath while strengthening the body and relaxing the mind. Connecting traditional yoga postures in an easy to follow flow helps to improve balance, strength and focus. Modifications are given for all poses to ensure safety and accessibility for all levels during practice. Class will close with relaxing deep tissue stretching designed leave students feeling calm, relaxed and open. \$15/drop-in, space permitting.

Session 1

44304.401BR

Thu 6:30-7:30am Sep 18-Oct 23
CFEC Into Yoga \$77/6 sess

Session 2

44304.402BR

Thu 6:30-7:30am Oct 30-Dec 4
CFEC Into Yoga \$77/6 sess

Yoga Flow

A wonderful morning flow to energize and center. Attention to breath, alignment, core stability, meditation and relaxation. Come strengthen, pacify, beautify. This class is open to all levels. No class November 11. \$11/drop-in, space permitting.

Session 1

44303.401BR

Tue 6:15-7:15am Sep 9-Oct 14
CFEC E S. Mauricio \$51/6 sess

Session 2

44303.402BR

Tue 6:15-7:15am Oct 28-Dec 9
CFEC E S. Mauricio \$51/6 sess

Dance Flow

Morning dance a beautiful way to awaken the senses. Warm-up, floor work, improvisation and contact improvisation will be part of each flow. Come express and rejuvenate. This class is open to all levels. No class November 11. \$11/drop-in, space permitting.

Session 1

44020.401BR

Tue 7:30-8:30am Sep 9-Oct 14
CFEC E S. Mauricio \$51/6 sess

Session 2

44020.402BR

Tue 7:30-8:30am Oct 28-Dec 9
CFEC E S. Mauricio \$51/6 sess

Pilates with Spice

This class focuses mainly on Pilates with a touch of Yoga, giving a full body workout to gain benefits from both techniques. Pilates exercises will help to connect with the core, greatly strengthen it and to mobilize and strengthen all the major joints in the body. What a better way to start your day? \$15/drop-in, space permitting. No class October 13.

Session 1

44201.401BR

Mon 6:30-7:30am Sep 15-Oct 27
CFEC Into Yoga \$77/6 sess

Session 2

44201.402BR

Mon 6:30-7:30am Nov 3-Dec 8
CFEC Into Yoga \$77/6 sess

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 bring your own mats to this class. \$12/drop-in, space permitting.

44100.403BR

Fri 7:15-8:00am Sep 12-Dec 12
CFEC CLS Fitness \$118/14 sess

Boot Camp

Get fit! Have fun! See results! An early morning workout to leave you energized for the rest of the day. Suitable for all levels. No class October 13. \$15/drop-in.

Sep/Oct

44004.401BR

Mon 6:30-7:30am Sep 8-Oct 27
Gym C TBA \$84/7 sess

Nov/Dec

44004.402BR

Mon 6:30-7:30am Nov 3-Dec 15
Gym C TBA \$84/7 sess

Sep/Oct

44002.402BR

Wed 6:30-7:30am Sep 10-Oct 29
Gym C TBA \$96/8 sess

Nov/Dec

44002.403BR

Wed 6:30-7:30am Nov 5-Dec 17
Gym C TBA \$84/7 sess

Sep/Oct

44003.402BR

Fri 6:30-7:30am Sep 12-Oct 31
Gym C TBA \$96/8 sess

Nov/Dec

44003.403BR

Fri 6:30-7:30am Nov 7-Dec 19
Gym C TBA \$84/7 sess

Special Interest Workshops

Sound Healing

Through the practice of toning, breathwork, simple chanting and using vowels to sound the chakras, you will experience the powerful effects sound vibrations have on our bodies, minds and spirits. No experience is necessary. You do not have to be a singer, but you will find your own personal way to produce sound that makes a difference in your life. No class October 12 and November 9.

44801.401BR

Sun 4:00-5:00pm Sep 14-Nov 30
CFEC H. Denney \$100/10 sess

Foundations of Mindfulness 1

Learn essential and basic mindfulness skills in a step-by-step process. The foundations of mindfulness is the origin of all mindfulness teachings and is still the most trusted mindfulness practice guide. Mindfulness practice in general reduces stress, depression, anxiety and other negative qualities while improving concentration, inner peace, health and quality of life. Info: LearnMindfulness.org

45419.402BR

Tue 7:00-9:00pm Sep 9-Oct 7
LRC Sung Yang \$49 /5 sess

Foundations of Mindfulness 2

The foundations of mindfulness is the most trusted yet best known mindfulness practice guide. Learn the principles and techniques of the foundations of mindfulness part 2 and 3. Prerequisite: Foundations of Mindfulness 1. For more info, visit LearnMindfulness.org No class November 11.

45419.403BR

Tue 7:00-9:00pm Oct 21-Nov 18
LRC Sung Yang \$39 /4 sess

Power Yoga

Power Yoga is the perfect class for anyone looking to challenge themselves physically and mentally. Using breath and your own body weight you will flow through sequential poses, pausing in each pose. This style of yoga will leave you rejuvenated and energized, while creating a calm, clear, and peaceful state of mind. Great for keeping the body toned, strong and flexible while improving balance and burning calories for weight loss. Open to all levels of experience. \$15/drop-in, space permitting.

44305.401BR

Wed 6:30-7:30am Sep 17-Oct 22
CFEC Into Yoga \$77/6 sess

Session 2

44305.402BR

Wed 6:30-7:30am Oct 29-Dec 3
CFEC Into Yoga \$77/6 sess

Parenting the Highly Sensitive Child **NEW!**

Your child is highly imaginative, detail oriented and artistic; affected by scratchy clothes, loud noises, bright lights and strange foods. Scary movies upset him/her and is cautious in new situations. Prone to hurt feelings, affected by criticism and struggles with perfectionism. Your child may be a Highly Sensitive Person or HSP, a genetic trait that appears in 15-20% of the population. Come learn strategies to help your child be the conscientious, creative and empathic being they were meant to, instead of being overwhelmed by their sensitive nature.

44901.402BR

Thu 7:00-9:00pm Oct 2
LRC A. Martin-Ko \$30/workshop

How to Thrive as a Highly Sensitive Person

You have a keen sense of intuition, vivid dreams and feel moved by the Arts. Chaos and noisiness of life overwhelms you; enjoy deep conversations and require more solitary time than average people. Not a disorder, HSP is an innate trait manifesting in about 20% of the population. Learn to 'thrive' as an HSP, rather than feel overwhelmed and how to utilize your gifts to live a happy, abundant life.

44901.401BR

Thu 7:00-9:00pm Sep 25
LRC A. Martin-Ko \$30/workshop

Homeopathy at Home

This workshop will teach you how to use homeopathy safely and effectively for common acute illness and injuries (ie. Flu, cold, cough, fever, burns, bites, sprains, etc.) in lieu of more harmful pharmaceutical options. Participants will take home their own acute remedy kit at the end of the workshop along with a USB stick with all of the supportive documentation to help them remember how and when to use each remedy.

45403.401BR

Sun 1:00-5:00pm Oct 5
LRC A. Humenuk \$75/workshop

Living Pain Free

This interactive class teaches you how you can drastically improve your health, and vitality by developing a greater awareness of diet as well as what actually happens in your body when you eat, drink or put something on your skin. The course also touches on what tell-tale signs to recognize in the body (important precursors to disease), well before full blown disease process even occurs. Finally, we'll look at how you can detox and clean out the body using a combination diet and general herbs. Essentially one will come away with a very basic understanding of how to resolve health conditions at the root-cause level versus only treating symptoms. Free, please pre-register.

45501.401BR

Thu 7:00-9:00pm Nov 13
LRC Jonathan Ley FREE

Baby Sign Language

Baby Sign Language Did you know that babies understand and can communicate long before they are able to speak? Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Increase understanding of your child's needs and wants, alleviating much unneeded frustration. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby to class. Sleeping babies welcome. Babies 0- 24 months. No class Oct 13.

41901.401BR

Mon 9:45-10:30am Sep 22-Oct 27
Mat Rm S. Kauhausen \$64 /5 sess

Wild, Edible and Medicinal Plant Walk

Join First Nations herbalist Lori Snyder on a walkabout to discover the "Wonders of plants". Learn how to identify edibles and how you would incorporate wild foods and medicines into your diet and lifestyle. Lori will share natural ways to make skincare products, sunscreen, infused honeys, green drinks, vinegar mineral tonics and more.

45401.401BR

Sat 3:30-5:00pm Sep 27
LRC L. Snyder \$30/workshop

Adult Martial Arts

Aikikai Aikdo **NEW!**

Based on traditional Japanese hombu style, aikikai aikido is a powerful, dynamic martial art that uses an attacker's momentum and energy and redirects it through fluid techniques that may involve joint locks, throws and pins. This class will include both basic and higher level techniques suitable for both beginners and advanced students. \$10/ drop-in, space permitting. No class October 12.

43402.401BR

Sun 10:30am-1200pm Sep 7-Dec 21
Mat Rm Tony Hind \$130/15 sess

Ki-Aikido for Women

In the Art of Ki-Aikido there is no aggression, tension or competition. The purpose of the practice is to learn to co-ordinate our mind and body, through enjoyable exercise, and this will then enhance the quality of our lives. We work with partners to learn how to stay relaxed and centered under pressure, flow lightly in dynamic movements and to develop calmness, stability and confidence. Classes are suitable for all levels of fitness. Beginners can take one free session before deciding whether to register. This class is trans-inclusive. Drop-in \$7, space permitting.

43404.401BR

Tue 6:00-7:15pm Sep 16-Nov 4
Mat Rm E. Aspinwall \$43/8 sess

Ki Aikido General

All levels welcome, including beginners. A non-competitive and positive practice that develops calmness, stability and confidence to reduce the stresses of daily life and eliminate the fear of living. We work with partners to learn how to develop mind and body coordination, stay relaxed and centered under pressure, extend our minds and flow lightly in dynamic movements. Beginners can take one free session before deciding whether to register. www.canadiankifederation.com

Drop-in \$10. No class October 12.

43501.401BR

Sun 4:00-6:00pm Sep 7-Dec 14
Mat Rm W. Nagata \$84 /14 sess

Ki Aikido - Higher Grade

1st Kyu or more advanced students. \$5/ drop-in. No session October 13.

43501.403BR

Mon 7:30-9:30pm Sep 8-Dec 15
Mat Rm W. Nagata \$84 /14 sess

Ki Aikido - Intermediate

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

43501.402BR

Wed 7:30-9:30pm Sep 3-Dec 17
Mat Rm W. Nagata \$96 /16 sess

Tai Chi - 24 Form (Beg)

Tai Chi is a martial art, which uses the soft to defeat the hard. It is a study of natural movement and structural alignment to optimize the flow of energy, or Qi, in the body. Balancing Yin and Yang energies. The slow and graceful movements of Tai Chi condition the muscles and joints, circulate energy through the channels and organs, and develop inner balance and tranquility. \$16/drop-in. No class October 13.

43505.403BR

Mon 7:00-8:00pm Sep 8-Nov 24
Gym D K. Maclean \$165 /11 sess

Tai Chi - Qigong (Ch'i Kung) All Levels

In this course, we will study a series of Qigong movements to mobilize Qi and address blockages in various parts of the body, including the limbs and joints, muscles and tendons, blood vessels, internal organs, and meridians. The movements are easy and comfortable. Suitable for beginners. \$16/drop-in. No class October 13.

43505.404BR

Mon 8:00-9:00pm Sep 8-Nov 24
Gym D K. Maclean \$165 /11 sess

Tai Chi - The Five Elements of Xing Yi (Hsing-I)

In this course, we will explore the 5 Elements of Xing Yi Quan, an internal martial art dating back to the 12th Century (Song Dynasty) China. The 5 Elements are applicable as a system of self defense, but also have a Qigong (Ch'i Kung) aspect. This course should be of special interest to those who have studied the Sun Style Tai Chi, as the 5 Elements express themselves in myriad ways in that form. \$16/drop-in. No class October 13.

43505.402BR

Mon 6:00-7:00pm Sep 8-Nov 24
Gym D K. Maclean \$165 /11 sess

Traditional Kung Fu

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. No class October 13. October 24 and December 12 class will be in the Mat Room.

Beginners

63508.401BR

Mon Fri 4:30-5:45pm Sep 5-Dec 12
CFEC M. Lung \$228/28 sess

Intermediate

63508.402BR

4:30-6:15pm Sep 5-Dec 12
CFEC M. Lung \$256/28 sess

Advanced

63508.403BR

4:30-6:30pm Sep 5-Dec 12
CFEC M. Lung \$270/28 sess



Iyengar Yoga - Level 1

Physically energizing, deeply relaxing and emotionally uplifting. This program offers instruction in classical yoga with an emphasis on self awareness and development of strength, stamina, flexibility, balance, breath, and body awareness, postural alignment and relaxation. It will accommodate 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, personal limits will be addressed. Instructor Claudia MacDonald has taught at Britannia for over 30 years and holds an internationally recognized Iyengar Yoga teachers' certificate. She has developed a thriving and highly respected Yoga program in the Grandview-Woodlands and Yaletown areas. Introductory/Ongoing Beginners. No class November 11.

44103.402BR

Tue 5:30-7:00pm Sep 9-Dec 2
CFEC C. MacDonald \$180 /12 sess

Iyengar Yoga - Level 1

44103.403BR

Thu 7:00-8:30pm Sep 11-Nov 27
CFEC C. MacDonald \$180 /12 sess

Iyengar Yoga - Level 1/2

Beginner/Intermediate (Mixed Level). No class November 11.

44103.401BR

Tue 9:30-11:00am Sep 9-Dec 2
CFEC C. MacDonald \$180 /12 sess

Iyengar Yoga - Level 2

Intermediate - Minimum of two full terms of Level 1 Iyengar Yoga classes or with instructor's permission. No class November 11.

44103.405BR

Tue 7:00-8:30pm Sep 9-Dec 2
CFEC C. MacDonald \$180/12 sess

Iyengar Yoga - Level 2

Intermediate- Minimum of two full terms of Level 1 Iyengar classes or with instructor's permission.

44103.406BR

Thu 5:30-7:00pm Sep 11-Nov 27
CFEC C. MacDonald \$180 /12 sess

Iyengar Yoga - Level 3

Advanced - With Instructor's permission.

44103.408BR

Wed 5:30-7:15pm Sep 10-Nov 26
CFEC C. MacDonald \$180 /12 sess

Iyengar Yoga - Restorative / Gentle Yoga

For those who prefer a slower pace or with physical restrictions requiring more individual attention. Where applicable, contact your physician and/or instructor re suitability.

44103.404BR

Wed 7:15-8:30pm Sep 10-Nov 26
CFEC C. MacDonald \$180 /12 sess

Kundalini Yoga

Feel rejuvenated through Kundalini Yoga - a technology that increases mindful body and breath awareness while providing an overall sense of well-being. The class will focus on balancing the heart and mind, aligning the spine, strengthening the immune system, lymphatic cleansing, and meditation. All levels of students welcome. Please bring a blanket to class. \$11.25/drop-in. No class October 13.

44105.401BR

Mon 7:30-8:45pm Sep 8-Dec 8
CFEC S. Kaur \$111 /13 sess

Pilates

This class will build your abdominal strength, expand range of motion, flexibility and breath, while eliminating excess tension and strain on the spine and joints. You will learn the essential Pilates flow building strength from the inside out for greater confidence, underlying strength and core support. All levels welcome. \$9.40/drop-in. No class October 15, October 22, and October 29.

44001.403BR

Wed 8:00-9:00am Sep 10-Dec 10
CFEC A. Clark \$110 /11sess

Power Pilates

Power Pilates uses the resistance of one's own body weight combined with conscious fluid movement, to learn the foundation Pilates series. You will build strength from the inside out, while increasing your range of motion and rebalancing your body. Power Pilates will stretch, strengthen, tone, and align, while eliminating excess tension and strain on the spine and joints. All levels welcome. \$12/drop-in, space permitting. No class October 15, Oct 22 and Oct 29.

44005.401BR

Wed 10:00-11:00am Sep 10-Dec 10
CFEC A. Clark \$110 /11sess

Yoga: Back to Basics

A great 'all levels' hatha flow class focussed on building you a safe and strong yoga foundation. This class will begin with breaking down the basic yoga postures so that you will understand exactly where you are meant to be in a pose, what part of the body you are using and then working to discover your breath. Drop-in \$12, space permitting. No class Oct 15, Oct 22 and Oct 29.

44301.401BR

Wed 9:00-10:00am Sep 10-Dec 10
CFEC A. Clark \$110 /11sess

Yogaflex

This flowing yogaflex class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Please visit www.clstevensfitness.com for more information. Please bring your own mats to this class. \$12/drop-in. No class Oct 12., Nov 9

44100.402BR

Sun 10:15-11:15am Sep 14-Dec 14
CFEC C. Stevens \$101 /12 sess

Winter Urban Yoga Retreat

Come and celebrate the light and lightness of Yoga in the dark of winter. Deepen your understanding and practice of Asana (yogic postures) and Pranayama (yogic breathing) during this three evening Urban Yoga Retreat. Light refreshments will be served

44103.409BR

Tue/ Wed/Thu 5:30-8:30pm Dec 9-Dec 11
CFEC C. MacDonald \$95/3 sess

Whole-Hearted Hatha Yoga

How would it feel to love yourself, just as you are? Whether this may be the easiest or most difficult thing imaginable, loving yourself takes practice. Embark on an inner journey where you will be guided through a mindful practice that cultivates self-love, self-acceptance and self-forgiveness. We begin and end with a slow and quiet practice; the middle of class is full of silliness, fun music and lots of movement. Suitable for beginner and intermediates. \$9/drop-in, space permitting. No class October 12 and November 9.

44302.401BR

Sun 12:00-1:00pm Sep 7-Dec 14
CFEC T. Vikander \$91/13 sess

Adult Arts & Culture

Writing Workshops

Writing from the Body **NEW!**

Through gentle movement explorations, playful exercises and active imagination, you will break through writing blocks and connect with your inner storyteller. Approaching writing viscerally rather than rationally will release your creative potential, add depth and vibrancy to your stories and breathe more life into your characters. Suitable to both beginner and writers working on a project, either fiction or memoir. No flexibility or fitness required. Carine is an expressive arts therapist, writer and yoga teacher.

42400.400BR

Tue 7:00-9:00pm Sep 23-Nov 18
Rk Mezz C DeKock \$150 /8 sess

How to Write and Publish Your eBook in 21 days **NEW!**

Writing Coach and author, Kathrin Lake, teaches you the facts about publishing books in the electronic age. Did you know eBooks are selling four times faster than regular books? Get ahead of the curve and learn how it can be done. Kathrin has six books published and three books on writing including Writing with Cold Feet and the The A to Zen of Writing, with more on the way. This two hour workshop, is an invaluable learning session for new writers, speakers, entrepreneurs and, people who want to establish themselves or, tell a personal story (memoir). <http://kathrinlake.com>

42900.401BR

Tue 7:00-9:00pm Oct 14
LRC Kathrin Lake \$15 /1 sess

Writing With Cold Feet **NEW!**

Is it possible to both love to write, and approach it with reluctance? All the time! That's what author, Kathrin Lake, calls Writing with Cold Feet, the name of her highly successful, recently published, sixth book. This workshop will give you the answers of how to know when you should rekindle a project that you left sitting in a drawer, and how to rethink your writing life in a way that makes writing an easier art. <http://kathrinlake.com>

42900.400BR

Tue 7:00-9:00pm Oct 21
LRC Kathrin Lake \$15 /1 sess

Britannia Art Gallery

Free programs take place within the Britannia branch public library

Exhibitions:

Sep 3-26

Sylvia Oates India-Returned Acrylic Paintings
Lisa Lee Leather Monsters Textile

Oct 1-31

Sharon Kallis and David Groan Sustenance mixed media
Sonja Hebert mixed media

Nov 5-28

Cheryl Fortier Life Lines Acrylic Paintings
Jeff Wilson By Land, Air & Sea Acrylic Paintings

Dec 3-Jan 2

Karin Vengshoel and Erica Sekinger Increases the Divide Paintings

Workshops/Artist Talks:

Photo Transfer

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

Please register for this free workshop.

62013.400BR

Sat 2:30-5:30pm Sep 20
Rk Mezz S Oates FREE

A Sustenance Sharing Circle

Understanding the connection between Sustenance, Culture and Ecology

62813.400BR

Sun 2:30-5:30 Oct 19
CFEC BAG/VPL FREE

More than a Mouthful, More than about Food

A broader perspective on Sustenance and Sustainability. Guest Speakers TBA. Please register for this free panel discussion.

62813.400BR

Sun 1:00-4:00pm Oct 19
CFEC TBA FREE

Art Therapy

Soul Imagery and Personal Aesthetic

Using simple techniques adapted from therapeutic art, we will open the door to creative exploration of the rich and poetic 'inner I'. Grow in awareness of the unique symbolic expressions that live inside you, as you develop ways of interacting with your creations free from limiting judgements. All materials provided. For all skill levels. See www.roseclarke.com for more information.

42318.400BR

Sun 1:30-5:00pm Sep 21
EAR R Clarke \$55 /1 sess

Light and Shadow in Process Oriented Art Making

Life, death, seasons, mental states, visual experiences, and how we travel through these paradoxical yet natural rhythms of our life and its story. This workshop will open the space for you to explore in the art your own deep connection to this rhythm. No experience required. Art making activities will be both directed and open.

42318.401BR

Sun 1:00-5:30pm Oct 5
EAR S Ruebsaat \$70 /1 sess

Circles and Spirals, Mandalas and Labyrinths

You will be guided in the use of circular and spiraling art practices to express and explore your life journey in your own unique way. Materials are provided to inspire and enrich you on your creative path. For all skill levels. Rose is a Registered Clinical Counsellor and Professional Art Therapist. See www.roseclarke.com for more information

42318.402BR

Sun 1:30-5:00pm Oct 19
EAR R Clarke \$55 /1 sess

Journeying Through Art-Making

In the safe and supportive vessel of a small group, become adept at exploring the tracks of your unique art expressions in your choice of media. You will be guided through exercises adapted from therapeutic art, designed to awaken and inspire the imagery of your creative self, the part of you for whom words are not enough. All materials provided. Rose is a Registered Clinical Counsellor and Professional Art Therapist. See www.roseclarke.com for more information.

42315.400BR

Thu 6:30-9:00pm Nov 6-27
EAR R Clarke \$110 /4 sess



Adult Arts & Culture



How to Draw Like an Architect

This program is for enthusiastic students who want to learn correct drawing techniques from architectural subjects and use tone, texture, line, perspective, proportion, shadowing, lighting, and colour in their artwork. Bring HB, 2B, 6B pencils and white paper to first class. Supplies are not included. Supply list available upon registration. Mohammad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has published in colour more than 500 water colour paintings such as greeting cards, posters, albums, and books. Visit www.atashzad.com.

42002.400BR

Wed 5:00-7:00pm Sep 24-Nov 12
Rm 210 M R Atashzay \$118 /8 sess

Watercolour Painting

Study watercolour painting techniques by exploring the medium's full potential. Learn to use water, paper, colour and brushes to create an endless variety of tones and atmosphere in your painting. Supplies not included. Mohammad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has published in colour more than 500 water colour paintings such as greeting cards, posters, albums, and books. Visit www.atashzad.com.

42002.401BR

Wed 7:00-9:00pm Sep 24-Nov 12
Rm 210 M R Atashzay \$118 /8 sess

Reckless Painting

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

42203.400BR

Tue 7:00-9:00pm Sep 30-Oct 28
Rm 210 Arthur Orsini \$70 /5 sess

Up-Cycle: Fabulous Fashion out of Old Sweaters **NEW!**

Bring some old sweaters or other outdated items from your closet and transform them into something new and fabulous. Bring pictures of clothing you like, a needle, any thread for hand stitching, pins and scissors. The instructor will show you some ideas and patterns and help you use an overlock sewing machine. Expect to surprise yourself!

42801.400BR

Mon 6:30-9:30pm Oct 20-Nov 10
EAR I Gereb \$99 /4 sess

Banner Workshop

Do you have a favourite tree in the neighbourhood or in your memory? Our inspiration for the workshop this term is the rooted majesty of the tree. A sure cure for seasickness is to sit under a tree. ~ Spike Milligan

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. Cost is \$20 for two banners. 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 and your blue bag full of newspapers. Banners can be purchased after exhibition for \$20/set. Artists get first chance to buy their own banners.

42901.400BR

Sat-Sun 10:00am-4:00pm Oct 4-5
Cafeteria H Spaxman \$20 /2 sess

The Vancouver B Movie Factory

Where movie-making dreams come true! This group is for all those who always wanted to be a part of the world of film but were never given the chance. We are open to all ages and all cultural backgrounds. We engage community residents in all aspects of 'movie' making including: planning, scripting, casting, acting, filming. For more information contact: TheVancouverBMovieFactory@Shaw.ca \$5 donation at the planning meeting. Please purchase a membership with Britannia Community Services Society in person or by contacting the centre at 604.718.5800(2).

Wed 6:30-9:00pm Sep 3-Dec 17
LRC J Stewart \$5/donation

Short Films Viewing Party

The Vancouver B Movie Factory

Celebrating 2 years of making movie-making dreams come true. For more information contact: TheVancouverBMovieFactory@Shaw.ca

Sun 6:00-8:00pm Oct 26
AML J Stewart

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. Last class will be held on Wednesday November 12

42201.400BR

Tue 7:00-9:00pm Sep 23-Nov 12
Rm 208 H Spaxman \$165 /8 sess

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.

42201.401BR

Wed 6:30-9:00pm Sep 24-Nov 12
Rm 208 H Spaxman \$190 /8 sess

Adult Arts & Culture

Adult Music and Dance

Guitar - Level I and II

You'll learn basic music theory, major scales and scale tone chords to play pop, country, rock, folk songs and blues. You'll also learn how to transpose, tune your guitar, and change strings. By the end of level two you will be playing favourite songs from such artists as Johnny Cash, Neil Young, Tom Waits and many more. Bring your acoustic guitar. No class October 13.

Level I	41100.400BR	
Mon	6:30-8:00pm	Sep 22-Nov 17
FAR	G Kristjanson	\$96 /8 sess
Level II	41100.402BR	
Mon	8:00-9:30pm	Sep 22-Nov 17
FAR	G Kristjanson	\$96 /8 sess

African Drumming Level I, II

Play traditional West African rhythms on hand drums (djembés) and bass drums (dununs). These classes are fun and concentrated. The level one course is an introduction; no previous experience is needed. Enrolling in level two requires taking level one or permission from the instructor. Rental drums are available during class times. Drum rentals are to be arranged with the instructor at the first class. For more info visit www.drumming.ca or call the instructor at (604) 253-2114.

Level I	41101.400BR	
Wed	6:30-8:00pm	Sep 24-Nov 12
Cafe	R Shumsky	\$120 /8 sess
Level II	41101.401BR	
Wed	8:10-9:40pm	Sep 24-Nov 12
Cafe	R Shumsky	\$120 /8 sess

African Drumming: Drop-in Dunun classes **NEW!**

These drop in classes offer a chance to play the bass drums that accompany African djembé playing. There are many places in Vancouver to learn to play the djembé drum. There are very few places to learn traditional dunun playing. Dunun drums will be supplied, or you are welcome to bring your own. More information at www.drumming.ca

Cafe	R Shumsky	\$15 /1 sess
41102.400BR		
Sun	12:00-1:30pm	14-Sep
41102.401BR		
Sun	12:00-1:30pm	19-Oct
41102.402BR		
Sun	12:00-1:30pm	16-Nov

Carnival Band Workshops

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. \$5/pay-what-you-can drop-in. Alternate venue on October 13. Please purchase a membership with Britannia Community Services Society in person or by contacting the centre at 604.718.5800(2).

Mon	7:30-10:00pm	Sep 8-Dec 29
AML	Carnival Band	\$5/donation

The Drive Street Band

We are a community music band that anyone can be in. We play songs ranging from Swing, Jazz, Latin, Old timey songs to original compositions. We welcome anyone interested in joining this band, regardless of age or musical experience. Some music reading ability is helpful, (high school level is sufficient). The only stipulations are that you need a good attitude and an instrument that you can take out to the streets, parks and special events. Led by Cory Sweet, Kenan Sungur and Trevor Whitridge. Stop by anytime and come listen. For more information contact: drivestreetband@gmail.com www.drivestreetband.com \$2-\$5 donation at the AML (55+Centre) at rehearsals. No practice October 12. Please purchase a membership with Britannia Community Services Society in person or by contacting the centre at 604.718.5800.

Sun	3:00-5:00pm	Sep 7-Dec 14
AML	Drive Street Band	\$2-\$5/donation

Intro to Basic Square Dancing

This 13 week program will teach the Basic level of Modern Western Square Dancing. Squares Across the Border with renowned caller, Anne Uebelacker, will teach the basic moves in a gender neutral environment. The music is contemporary, the dress is casual, no experience necessary and the fun is infectious. For more information see the website www.SquaresAcrossTheBorder.org and to register contact danacromie@gmail.com No class Nov 11

61600.400BR		
Tue	7:00-9:00pm	Sep 9 - Dec 9
Cafe.	Squares Across The Border	13 sess

WA CHESA Community Marimba Ensemble **NEW!**

WA CHESA means 'It's hot' in the Southern Sotho language of South Africa. Come learn, rehearse and perform lively Southern African marimba music in a group setting with like-minded people from a diversity of backgrounds interested in sharing their passion for the music and community. The group is lead by Sarah Van Borek, better known in South Africa as 'Sarahfina.' Sarah has been studying, teaching and performing this music on and off for over 15 years and received her African marimba teacher certification from South Africa's renowned AmaAmbush Marimbas in 2008. Classes will also incorporate singing, dance and percussion where relevant. The class may occasionally be taught by guest artists and include original compositions. The group will aim to perform at least once at the end of the term in a public event. Come to the first class FREE for the audition. No class on October 13

Mon	7:00-9:30pm	Sep 22-Dec 1
Rm 111	R Layne	\$90 /9 sess

Salsa Cubana & Rueda De Casino

This unique fun dance is growing quickly in popularity in Vancouver. It is done as a group with followers being passed in a circle in time with salsa music. The rueda moves can also be danced with a partner. Singles and partners welcome! The advanced class is for those who have completed the Intermediate and are already familiar with Rueda moves like Vacilala, Casate, Sombrero, Setenta, La Ye, Pelota, La Prima, La Rosa etc. In this class, you will learn some complex variations of these moves, such as Casate y Complicate, Sombrero Complicado, Setenta Complicado, etc. as well as moves involving 2 couples.

41615.400BR		Beginners
Tue	7:30-9:00pm	Sep 23-Nov 18
Gym C	Carlos Reyes Pena	\$120 /8 sess

41615.401BR		Intermediate I
Wed	7:30-9:00pm	Sep 24-Nov 12

Rink Mezz		Carlos Reyes
Pena		\$120 /8 sess

41615.402BR		Intermediate II
Thu	7:30-9:00pm	Sep 25-Nov 13
Gym C	Carlos Reyes Pena	\$120 /8 sess

41615.403BR		Advanced
Fri	7:00-8:30pm	Sep 26-Nov 14
CFEC	Carlos Reyes Pena	\$120 /8 sess

Food Programs



Food and Gardening Programs

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

11th Annual Corn Festival

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

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

Nutrition Counseling Service

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



Britannia Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? You can save over 40% on your food bill. \$13 gets you 7- 8 varieties of fruits and veggies. Half orders available. Pick up your box at Britannia Community Centre. Call to sign up: 604.718.5895



Britannia Community Kitchen

Community kitchen participants come together every few weeks to cook and eat nutritious meals together. They provide a fun and supportive environment to meet new people and try new foods, while also saving money on groceries. Our kitchens are diabetic friendly. We also provide child-minding. These are full subsidized community kitchens and designed for households who are struggling financially. Events start in November. Contact for info: 604.718.5895

Wild, Edible and Medicinal Plant Walk

Join First Nations herbalist Lori Snyder on a walkabout to discover the "Wonders of plants". Learn how to identify edibles and how you would incorporate wild foods and medicines into your diet and lifestyle. Lori will share natural ways to make skincare products, sunscreen, infused honeys, green drinks, vinegar mineral tonics and more.

45401.401BR
Sat 3:30-5:00pm Sep 27
LRC L. Snyder \$30/workshop

See page 16 for information on the meaning of this emblem.



Canning Kits to Lend

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



Canning Basics

This workshop is intended for all canning enthusiasts who want to learn the most current methods for safe, enjoyable home canning. The workshop includes a complete demonstration of the boiling-water-bath method of canning, as well as a discussion of pressure canning. Participants will have the opportunity to work in groups with hands on experience canning. Each participant will take home two jars of canned product, canning recipes and canning brochures. Presented by Darlene Tanaka, Home Economist



42613.400BR
Wed 6:30-9:00pm Sep 10 Preteen kitchen
D Tanaka \$10

Eating Well From the Garden:

Seasonal Vegetable Menus

Learn and participate in creating recipes designed for healthy indulgence fresh from the garden! This class focuses on food that is seasonal, often raw, full of flavor and loaded with nutrition—but most of all a joy to eat. Enjoy a pop-up dinner style meal and class in the beautiful school garden (weather permitting) where we will share these tasty and surprising recipes focusing on late summer bounty from the garden. With a mix of vegetable and protein based foods; this shared cooking experience will inspire you with the knowledge to prepare a variety of seasonal vegetables in future cooking explorations. A selection of recipes will be offered that are creative yet affordable and quick to prepare. Chashma Heinze's culinary forays include culinary school in France, working worldwide as a chef, owning a small foods business and a Farmer's Market booth.



42601.400BR
Sun 3:00-5:00pm Sep 14 Brit Sec Garden
C Heinze \$20



Al Mattison Lounge - 55+ Programs

**Al Mattison Lounge 1661 Napier St.
604.718.5837**

Anne Cowan anne.jackson@vancouver.ca
Office Hours: **Mon/Wed/Thur/Fri 10:00am-4:00pm**
 Tues - Astorinos 10:00am-4:00pm
Drop-in and Programs 7 days a week **10:00am-4:00pm**

Vietnamese Seniors - 604.718.5818

Luong Ho luong.ho@vancouver.ca
Office Hours: **Mon-Fri 9:00am-5:00pm**
Drop-in (AML) **Tue 10:00am-4:00pm**
Drop-in (CFEC) **Fri 10:00am-1:00pm**

Welcome to a range of programs and services for those who are enjoying retirement or who like the pace of Adult+ activities. We offer education, social and special interest activities at low cost with easy accessibility for those with challenges: both locations are wheelchair accessible. Local groups are welcome to use the space, when available, and we welcome your ideas and input. Join a committee, take classes, drop-in or take some training. *Remember to register for FREE programs.

Technology

Computers and Internet Beginners

A quick and easy way to get comfortable on the computer. Small classes and friendly instruction makes this a must do. Walk through the steps needed to learn basic skills, important foundations and some simple tools to make your Internet experience easy and fun!

52000.400BR
Mon 10:00am-12:00pm Sep 8-Oct 20
AML M. Ziebart \$50 /6 sess

Computers and Internet Intermediate

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!

52000.403BR
Mon 10:00am-12:00pm Oct 27-Dec 1
AML M. Ziebart \$50 /6 sess

Internet Club and Lab Hours

55+ Britannia (AML) Wed/Fri 12:30-4pm
*exception for Special Events/Classes

Thur 12:30pm - 4:00pm
Sat 11:45am - 1:45pm
Sun 10:00am - 12:00pm

*Please show receipt to Activity Coordinator for access on weekends

* Lab not Open on Stat Holidays and may be closed for Special Events

55406.401BR
AML \$7/season

Seniors Committee Meetings

The committee meets on the third Thursday of each month at 3pm to discuss older adult priorities, programs and services in the community. All are welcome!

Cantonese/Mandarin Computers and Internet

(Cantonese / Mandarin speaking tutors)
Free One-on-One tutorial class, tailor made for your needs. Make your internet experience easy and fun!

*Bring own laptop if you have one.

52001.401BR
Sat 2:15-3:45pm TBA

Digital Photography

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

52000.401BR
Mon 1:00-3:00pm Sep 8-Oct 20
AML M. Ziebart \$50 /6 sess

Social Media - What's it all about?

Facebook, Twitter, YouTube, etc. Join this small class and learn what it's all about. Know the benefits as well as the pitfalls. It's a new world with wonderful possibilities. No experience necessary just come along with or without your gadgets! You do not need to have an account with any social media services. It'll be fun!

52000.402BR
Mon 1:00-3:00pm Oct 27-Dec 1
AML M. Ziebart \$50 /6 sess

Languages and ESL English

Spanish Conversation Beginners

Participants will learn everyday language to enable them to converse while on that special trip to Latin America. No experience necessary.

55500.400BR
Tue/Fri Sep 9 - Oct 17 1:00-2:00pm
RMez
55500.401
Oct 21 - Dec 2 1:00-2:00pm

Spanish Conversation Intermediate

Participants will learn everyday language to enable them to converse while on that special trip to Latin America.

55500.403BR
Tue/Fri Sep 9 - Oct 17 2:15-3:15pm
RMez
55500.404BR
Oct 21 - Dec 2 2:15-3:15pm

ESL 55+ Cantonese/ Mandarin Tutor

(Cantonese / Mandarin speaking tutors)
Free One-on-One tutorial class to meet individual needs. Make the learning English easy and fun.

55000.402BR
Sat 2:45-3:45pm TBA
AML FREE



AML - 55+ Programs

Fitness and Sport

Carpet Bowling

A fun and slightly competitive game for all ages. It's good exercise, social and just the right amount of physical activity to get your day going. Please join us at our new location. Astorino's at Venables and Commercial. Every Tuesday. Free

52001.400BR

Tues 10:00am-12:00pm Sep 2-Dec 30
Astorinos **FREE**

Finding Your Balance

This mindful approach emphasizes the safe and effective acquisition of whole body strength, balance and suppleness. You will practice standing balance exercises that can help prevent falling. Chair, floor and wall exercises improve muscle imbalances throughout your body and will facilitate graceful movement.

52222.401BR

Wed 11:15am-12:15pm Sep 9-Nov 18
CFEC **C. Wenzel \$50 /6 sess**

52222.402BR

Tues 3:15-4:15pm Nov 25-Dec 30
CFEC **\$50 /6 sess**

Strength Training 55+

44009.401BR

Fri 9:00-10:00am Sep 5-Oct 10
FC **J. Stanier \$30/6 sess**



Osteofit

Join BC Women's Hospital & Health Centre's Osteofit, a gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This unique and fun program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. It is taught by specially trained Osteofit fitness instructor. No class October 13 and November 10. Drop-in \$6, space permitting.

43806.401BR

Mon 11:00am-12:00pm Sep 15-Dec 15
CFEC **B. Bahrami \$66 /12 sess**

Gentle Yoga 55+ Monday

For Older Adults 55+ Classes are adaptable - everything from a series of restorative asanas (poses) to Vinyass flow (regular Hatha). Restorative yoga is sequenced to gently open, stretch and massage tired, overworked, or stressed muscles and deep connective tissues. The practise will provide many benefits including increased focus and well being, less stress, better sleep, greater flexibility and strength, longer breath, along with rejuvenated energy and improved health. Hatha classes are a sequence of poses, (Vinyassa Flow), which provides the student with increased flexibility, strength and mindful body awareness. Hatha practise will warm up the muscles, instead of resting the muscles, increase muscular elasticity and strengthen skeletal alignment. A good stretch and a good workout! Remember to dress comfortably \$12/drop-in.

Monday

54101.401BR

Mon 2:00-3:15pm Sep 8-Oct 20

CFEC **Gary Quon \$54 /6 sess**

54101.402BR

Mon 2:00-3:15pm Oct 27-Dec 1

CFEC **\$54 /6 sess**

Wednesday

54101.403BR

Wed 2:00-3:15pm Sep 10-Oct 15

CFEC **\$54 /6 sess**

54101.404BR

Wed 2:00-3:15pm Oct 22-Nov 26

CFEC **\$54 /6 sess**

Ping Pong

Table tennis set up at Astorino's all day on Tuesdays. Feel free to play before or after lunch.

Tues 10:00am- 2:00pm Sep 2 - Dec 9

Astorinos **FREE**

Exercise with Friends

Every Friday morning in the 55+ Centre join this senior led group for light and breezy movement.

Fri 10:30am-11:30am

AML **FREE**

Billiards

Friday mornings, pick up pool. Drop-in

Fri 10:00am-12noon

Teen Centre **FREE**

Line Dancing

Just for fun line dancing. This is a fun uplifting way to spend your afternoon. No experience necessary only a willingness to have fun.

52901.400BR

Tues 1:00pm-3:00pm

CFEC **\$20/16sess**

Vancouver Morrismen Dance

This intergenerational group meets at Britannia every Tuesday evening. New members are always welcome simply drop in to register in person. Enjoy the various styles of English traditional 'Morris Dance' and music.

52900.401BR

Tue 7:30-9:30pm Sep 4-Dec 18

AML **FREE**

Square Dance

Modern Western Square Dancing, Level Challenge 2 - Workshop C2 calls in a gender-neutral environment with Squares Across the Border, Vancouver's only square dance club. Dance in a relaxed atmosphere with casual dress and contemporary music, no partner required, all ages welcome. *Prior C2 dance experience is necessary. Principal caller is Anne Uebelacker. Drop-in to register

55160.400BR

Wed 7:30 to 9:30

AML **FREE**

55+ Badminton

52100.402BR

Mon/Tues Sep 2-Dec 30 11:20am-12:35pm

Gym C **\$16/Fall**

52102.402BR

Wed/Thurs Sep 3-Dec18 11:20am-12:35pm

Gym C **\$16/Fall**

52103.402BR

Sat Sep 13-Dec 20 2:00pm-4:00pm

Gym A **\$16/Fall**



AML - 55+ Programs

Health and Wellness

Tai Chi for Arthritis

Based on the Sun Style of Tai Chi this a scientifically researched program that was developed by Doctor Paul lam MD specifically for people who have arthritis. Also suitable for people with conditions like, high blood pressure, diabetes, back pain, fibromyalgia and osteoporosis. No class Oct 17.

54300.400BR

Fri 10:00-11:00am Sep 19 – Nov 28
Astorinos \$50/10sess
Free Introductory Class Friday Sep 12

Morning Wellness Program

Morning Wellness includes, blood pressure, blood sugar and weight screening. Up to date information pertinent to aging and health

Fri 11:00am-12:00pm
AML

Foot Care

Foot assessment, therapeutic foot bath, toenail trimming and cleaning, reduction of thickened nails, treatment for corns and calluses, diabetic care, fungal nail treatment, relief for painful pressure areas. Finish with a mini foot message. Teaching also provided to ensure healthy feet. RN and Advanced Foot Care Nurse, Monica, will be available for Foot Care in the afternoons. (by appointment only 604-228-0261)

Tue/Fri 11:00-3:00pm



Quirk-e

“Queer Ritiig Kollektive” is in its 9th year here at Britannia. The positive impact participation in arts-based activities has on health and well-being is evident in this groups creativity and longevity.

Wed 10:00am-2:00pm Sep 3-Dec 17

Urban Aboriginal Elders

Weekly two hour art-making workshops with an Aboriginal focus. Participants can get an application by calling 604-718-5857.

Thur 2:00-4:00pm Oct 2-Dec 18



Meet outside 55+ Centre

Westminster Abbey+Harrison Hot Springs

Ranked No.1 on TripAdvisor of attractions in Mission, Westminster Abbey is a beautiful, peaceful place with magnificent architecture and stunning stained glass. Take this opportunity to see and hear about the monks unique way of life, stroll the trails of the beautiful monastery grounds and stop at the lookout for amazing Fraser Valley scenic vistas. Enjoy a picnic table lunch catered by award winning Emelle's Catering at the picturesque Green Point in Sasquatch Provincial Park and free time in Harrison Hot Springs. PACKAGE INCLUDES: Benedictine Monk greeting, Guided walk through Westminster Abbey, Free time monastery grounds, Picnic table lunch Green Point, Free time Harrison Hot Springs. All fees and taxes

54501.400BR

Tues 8:00am-5:45pm Sep 9 \$79

Manning Park Fall Foliage

You don't have to venture beyond British Columbia to witness the trees and shrubbery turning brilliant shades of yellow, range and red. Take a sightseeing tour to see splendid fall foliage between Hope and Manning Provincial Park located in the heart of the Cascade Mountains. The afternoon at Manning Park includes a buffet lunch at the Pinewood Restaurant, picture taking opportunities between the West Gate and Summalo Grove and a Lighting Lake nature walk. PACKAGE INCLUDES: Sightseeing Fall Foliage Manning Park, Buffet lunch at Pinewood Restaurant, Manning Park Lightning Lake nature walk, Hope Slide stop, Rhododendron Flats stop. All fees and taxes

54501.401BR

Thurs 8:00am-5:45pm Oct 2 \$89

Harrison River Eagle Tour

Harrison River has one of the largest concentrations of bald eagles in North America with a count of over 10,000 eagles in 2013. This may be the best eagle viewing in BC history! Travel to the Chehalis/Harrison River Estuary to view large numbers of Bald and Golden Eagles feeding on spawning Coho and Chum Salmon at the best viewing spots along the 2 sq km section. Find your viewing perch at Eagle Point Community Park and Sandpiper Golf Resort where a delicious lunch is included at Rivers Edge Restaurant. This tour is hosted by the organizers of the annual Fraser Valley Bald Eagle Festival and includes a stop at Inch Creek Salmon Hatchery home to two resident giant sturgeons Henry and Al. PACKAGE INCLUDES: Guided Eagle Walk, Fraser Valley Bald Eagle Festival, Creek Salmon Hatchery, Rivers Edge Restaurant lunch, All fees and taxes.

54501.402BR

Wed 8:00am-5:15pm Nov 26 \$89

Bus Tour - Christmas in the Country

Catch the Christmas spirit on a fun filled day in the Langley Countryside at Potters, Krause Berry Farms and The Little White House. Begin at Potters The Christmas Store, Our next stop is Krause Berry Farms for where a delicious lunch is served in the farm's new bistro and time to browse the popular Market for unique gifts and Christmas baking. Finish the day in Fort Langley at the charming Little White House & Co. for a special historical overview including a sweet scone with clotted cream, tea or coffee set in the Old Heritage Coach House. Potters The Christmas Store, Krause Berry Farms Christmas Market, Lunch Krause Berry Farms Bistro, Little White House afternoon tea all fees and taxes

54501.403BR

Thurs 9:15am-5:00pm Dec 18 \$89

AML - 55+ Programs

Social Programs

Sunday Night Series- The Great Movies

Join us for our seasonal series. Drama-Comedy-Adventure-Musical Theatre-Suspense-Sci Fi-Documentry- We've got everything. Join Tom and John for evenings of watching and discussing the great movies of all time. Friendly and inclusive: All Ages welcome. Unlimited free popcorn!

53200.401BR

Sun 6:00-9:00pm Sep 13-Dec 13
AML FREE

55+ AML Book Club

3rd Wednesday of each Month. Read, have fun, and make friends. Always enjoyable and hosted by the 55+ Centre, lead by the Britannia Public Library. New members are always welcome! *Please register for FREE programs

52202.400BR

Wed 2:45-4:45pm Sep 17, Oct 14,
Nov 19, Dec 17
AML FREE

Exploring the Arts

This group of motivated older adults gets together weekly to explore the Creative Arts in a stimulating and socially engaging atmosphere. Theatre, Ballet, Opera, Poetry and local Arts Programs. Please register. New Location***At the Britannia Teen Centre.

53200.400BR

Thur 1:30-4:30pm Sep 4-Dec 18
TC FREE

Cards Whist / Cribbage / Bridge & Majong

Whist/Cribbage/Bridge/Majong Welcome for fun and friendly games Please Register No Cards Oct 13th Stat Holiday

52204.400BR

Mon 1:00-4:00pm Sep 8-Dec 29
AML FREE

Knitting Social

Everyone is welcome to join this multi-age group! (0 to 90's). Beginners to Advanced. It's a great way to spend the afternoon. Volunteers to help out social knitting rather than lessons. Please remember to register

52201.400BR

Wed 1:00-2:30pm Sep 3-Dec 17
AML FREE

Italian Cards

This year we're in the new beautiful Teen Centre

52240.400BR *Please Register

Wed/Thu 11:45-2:45pm Sep 3-Dec 18

TC

52240.401BR

Mon 1:00-4:00pm Sep 8 - Dec 15

AML

52240.402BR

Tue/Fri 1:00-3:00pm Sep 2-Dec 16

FREE

Latin American Seniors Social

Enjoy an afternoon of games, billiards, food and entertainment. Now at Astorino's. Venables at Commercial.

52211.400BR

Fri 1:00-4:00pm Sep 5-Dec 19

Astorinos

FREE

Pedro/REACH (please register)

55+ Lunch Drop-In

See the menu on our Bulletin Board. Everyone welcome \$5

Tue - Teen Centre

Thur/Fri- 55+ Centre

12:00-1:00pm

Sep 2-Dec 19

*Check out the Thurs Arts group and the Friday Wellness

Pot Luck Lunch

On the last Thursday of every month, 12:00 noon bring a little something to share.

Sep 25, Oct 30, Nov 27, Dec 18.

Christmas Luncheon

Turkey lunch with all the trimmings. Santa's will be there checking off his list and there's fun to be had by all! Register early so not to be disappointed.

55560.400BR

Tue 12:30-3:30pm Dec 9

Astorinos

\$7 (members)

Queer Women on the Drive

Meet on the last Friday of each month for social.

Fri 6:30-9:00pm

Sep 26, Oct 31,
Nov 28, Dec 19

New and Special Events

Brain Gym

Come and exercise your brain! Our volunteer will teach you to play Nintendo Wii and other brain gym activities. Join us for Nintendo archery, bowling, and other games. "Big Brain Academy" will challenge your mental acuity in a five-category quiz: thinking, memorization, computation, analysis, and identification. Impress your grandkids with your new found gaming skills. No experience required!

Free.

No class Oct 30

Flu Clinic

Annual Vancouver Coastal Health FREE Flu Clinic. Drop-In

55400.400BR

Tue 9:30am-12:30am Nov 18

AML

Free

Vietnamese Seniors

9:30am - 10:30am

Other Seniors and Public

11:00am-12:00pm

Monday Haircuts for Seniors

Must Register

54000.400BR

Mon 10:00am-12:00pm Oct 6 Dec 8

AML

FREE

WWI Centenary Commemoration

Britannia Seniors and Britannia Library

In Commemoration of Canada's First World War Centenary, Author Robert W. Mackay, author of Soldier of the Horse, shares personal photos, memories and insights into the Canadian Cavalry Brigade of which his father was a member.

Following Pot luck lunch at noon

Thur 1:00-3:00pm Oct 30



Aquatic Highlights

General Information

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

Pool Office* 604.718.5831

Recreation Programmer 604.718.5830

*Pool office closes 30 minutes before the pool.

Statutory Holiday Hours

Sep 1	Labour Day	1:00-5:00pm
Oct 13	Thanksgiving Day	1:00-5:00pm
Nov 11	Remembrance Day	1:00-5:00pm
Dec 24	Christmas Eve	6:30am-5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-5:00pm
Jan 31	New Year's Eve	6:30am-5:00pm



Admission Policy for Children

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

Pool Closure

The pool will be closed for annual maintenance on Monday, September 8 and will re-open on Monday, October 6.

Special Events & Activities

Birthday Parties

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

Sat 1:00-2:00pm \$49.00

Halloween Spooky FREE Swim

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

Thu 3:00-5:00pm Oct 30

Winter Wonderland FREE Swim

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

Swim Descriptions

Adult Swim (19+ yrs)

This is a time to come and swim lengths, relax or let the kid in you come out and play. You can also register for lessons or drop in to an Aquafit class during this time.

Aquafit

This is a safe and excellent fitness activity for all swimming levels and ideal for those adults who want to exercise without stressing their joints and lower back. Shallow and deep water classes are offered.

Lengths Swim

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

Parent and Tot

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

Public Swim

Swim, dive, splash, have fun! All ages are invited to come join in the activities. Three small 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)

We perform fun exercises that are gentle on the joints in chest-deep water. The class is designed to maintain and increase joint function, improve general health, build endurance and slow down the effects of aging. Join a friendly and supportive environment which is appropriate for all, especially those with arthritis or those recovering from joint injuries. No swim skills required and all ages welcome.

Youth Swim (13-18 yrs)

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

Aquatic Schedule

Sep 2-Dec 31, 2014. 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. Schedule is subject to change without notice.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lengths Swim 6:30-8:25am					Lessons & Lengths (1 lane only) 8:30am-11:55am	Lengths 10:00-10:55am
Public Swim 8:30-11:25am <i>*School lessons 8:45am-9:45am and 10:30-11:30am (as scheduled)*</i>						Parent & Tot 10:00-10:55am
Range of Motion (ROM) 9:45 -10:30am	Aquafit 9:45-10:30am	Range of Motion (ROM) 9:45-10:30am	Aquafit 9:45-10:30am	Range of Motion (ROM) 9:45-10:30am	Special Olympics 12:00-12:55pm (main pool closed)	Lessons & Lengths (1 lane) 11:00am-2:25pm
Lengths Swim 11:30am – 12:55pm					Lengths 1:00-2:25pm	
Public Swim 1:00-2:55pm <i>*School lessons 1:00-3:00pm (as scheduled)*</i>					Public Swim 2:30-4:55pm	Public Swim 2:30-4:55pm
Lessons & Lengths (1 lane only) 3:00-5:25pm	FREE Public Swim 3:00 -4:55pm	Lessons & Lengths (1 lane only) 3:00-5:25pm	FREE Public Swim 3:00-4:55pm	Lessons & Lengths (1 lane only) 3:00-4:55pm		
Lengths 5:30-6:25pm	Lengths 5:00-6:25pm	Lengths 5:30-6:25pm	Lengths 5:00-6:25pm	Lengths 5:00-6:25pm	Lengths 5:00-6:25pm	
Public Swim 6:30-7:55pm <i>*No length lanes available on Tuesdays and Thursdays*</i>					Public Swim 6:30-7:55pm	
Adult Swim 8:00-9:55pm	Adult Swim 8:00-9:55pm	Adult Swim 8:00-9:55pm	Adult Swim 8:00-9:55pm	Adult Swim 8:00-9:55pm	Schedule is subject to change without notice.	
Adult Lessons 8:00-8:45pm	Adult Lessons 8:00-8:45pm	Adult Lessons 8:00-8:45pm	Adult Lessons 8:00-8:45pm	Adult Lessons 8:00-8:45pm		
Aquafit 8:00 -9:00pm	Aquafit - Deep Water 8:00-9:00pm	Aquafit 8:00-9:00pm	Aquafit - Deep Water 8:00-9:00pm	Youth only 13-18yrs FREE swim First Friday of month: Sep 5, Nov 7, Dec 5 8:00-9:55pm (no lanes, whirlpool or steam room available)		

**The parent and tot pool is not open to the public during lessons or lengths.*

Pool and Fitness Centre Fees 2014 (including GST)								
	Drop-in	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	4 Month Flexipass	6 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$5.95	\$47.54	\$47.54	\$121.20	\$153.39	\$209.26	\$378.75	\$3.00
Youth (13-18)	\$4.20	\$33.60	\$33.28	\$84.84	\$107.38	\$146.48	\$265.13	\$1.00
Child (6-12)	\$3.00	\$24.02	\$23.77	\$60.60	\$76.70	\$104.63	\$189.38	\$1.00
Senior (55+)	\$4.20	\$33.60	\$33.28	\$84.84	\$107.38	\$146.48	\$265.13	\$1.00
Family = 1 to 2 adults of the same household and their children under 19 years of age. Minimum \$6 admission.								
By purchasing a \$3.00 membership (valid Sep to Aug) you can work out FREE in the Fitness Centre every Tuesday & Friday from 10:00am to 12:00pm. Show your membership card to the cashier at the pool office before time of entrance.								

Leisure Access Program (LAP) Fitness Centre Admission Rate is 50% off adult admission and flexipasses.

Aquatic Lessons & Registration

Lesson Registration

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

Swim Assessments

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

Refunds & Cancellations

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

Red Cross Parent & Tot (4-36 mo)

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

Red Cross Preschool (3-5 yrs)

Sea Otter, Salamander, Sunfish, Crocodile, Whale: Introductory program includes developing skills in swimming, glides and floating, through to swimming independently.

Red Cross Children (5-12 yrs)

Swim Kids 1-10: Entry level for children ready to move in shallow water and build on skills including water safety, injury prevention and swim stroke development.

Red Cross Swim Basics for Adults (19+ yrs)

These courses are designed to develop or increase swimmers' comfort in the water through basic flotation, movement, and breathing skills and to foster the basic knowledge, skills, and attitudes needed to stay safe in, on, and around the water. No lesson Nov 11.

Swim Basics 1

49031.401BR
Tue 8:00-8:45pm **Oct 14-Dec 9**
\$73.84/8 sess

Swim Basics 2

49032.401BR
Thu 8:00-8:45pm **Oct 16-Dec 4**
\$73.84/8 sess

Red Cross Swim Strokes for Adults (19+ yrs)

A stand-alone stroke development program for adults who are looking for additional help developing a stroke.

Front Crawl

49033.401BR
Mon 8:00-8:45pm **Oct 20-Nov 24**
\$55.38/6 lessons

Breast Stroke

49034.401BR
Wed 8:00-8:45pm **Oct 22-Nov 26**
\$55.38/6 lessons

Private & Semi-Private Lessons (all ages)

Register over the phone or in person for 30 minute private or semi-private lessons.

Swim Club (8-16 yrs)

This program emphasizes stroke development, starts and turns, and is a chance to make new friends. Swimmers must be at Skim Kids level five or higher. Register for the day or days you plan on attending. The more days you register, the better the deal! No Swim Club on Nov 11.

Tue 6:30-7:45pm **Oct 14-Dec 16**
29701.401BR
Thu 6:30-7:45pm **Oct 16-Dec 18**
29701.402BR
Sat 8:30-9:45am **Oct 18-Dec 20**
29701.403BR
One day/week \$55/season
Two days/week \$80/season
Three days/week \$90/season

Bronze Medallion (13+ yrs)

Learn lifesaving rescues, CPR and first aid skills plus stroke efficiency and endurance swim. No age pre-requisite if candidate has Bronze Star; if not, must be 13 years by the last day of the course. Additional manual charge \$35.

39501.401BR
Sun 10:00am-2:00pm **Oct 19-Nov 16**
\$131/5 sess

Parent & Tot and Children's Fall Swim Lesson Sets			
Mon-Starfish/Duck	9:00-9:30am	Oct 20-Nov 17 Nov 24-Dec 22	5 lessons
Tue - Sea Otter	9:00-9:30am	Oct 15-Dec 17	9 lessons
Wed - Sea Turtle	9:00-9:30am	Oct 15-Dec 12 Nov 19-Dec 17	5 lessons
Thu - Salamander	3:00-5:30pm	Oct 15-Nov 12	10 lessons
Fri - Sunfish	3:00-5:30pm	Oct 17-Dec 19	10 lessons
Mon & Wed - Set 1	3:00-5:30pm	Oct 15-Nov 12	9 lessons
Mon & Wed - Set 2	3:00-5:30pm	Nov 17 - Dec 17	10 lessons
Fri	3:00-5:00pm	Oct 17-Dec 19	10 lessons
Sat	8:30am-12:00pm	Oct 18-Dec 20	10 lessons
Sun	11:00am-2:30pm	Oct 19-Dec 21	10 lessons

Swim Lesson Fess 2014	5 lessons	9 lessons	10 lessons
Parent & Tot (30 min. parented)	\$30.93	\$55.29	\$61.10
Preschool (30 minutes)		\$55.29	\$61.10
Swim Kids 1-3 (30 minutes)		\$48.90	\$54.00
Swim Kids 4-10 (40 minutes)		\$55.29	\$61.10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am-9:55pm	6:30am-9:55pm 10:00am-12:00pm FREE with membership	6:30am-9:55pm	6:30am-9:55pm	6:30am-9:55pm 9:00am-10:00am Seniors Only 10:00am-12:00pm FREE with membership	9:00am-12:00pm Women Only 12:00-7:55pm	10:00am-7:55pm

Statutory Holiday Hours

Sep 1	Labour Day	1:00-5:00pm
Oct 13	Thanksgiving Day	1:00-5:00pm
Nov 11	Remembrance Day	1:00-5:00pm
Dec 24	Christmas Eve	6:30am-5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-5:00pm
Jan 31	New Year's Eve	6:30am-5:00pm

Facility Orientations

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

Flexipass Membership

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

Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists and physiotherapists. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$6.00 per client also applies.

Supporting a participant? Attendants get free access.

The fitness Centre and pool give free access to attendants required to assist persons with disabilities needing support to swim or exercise in fitness centre. Support is defined as assistance of a physical, psychological, emotional, intellectual, or sensory nature to ensure that the patron with the disability is able to participate.

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.

44010.401BR
Sat 10:00am-12:00pm Sep 6-27
Fit Ctr. V. Henderson \$32/4 sess

Weight Training for Women - Intermediate

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

44011.401BR
Sat 10:00am-12:00pm Oct 4-25
Fit Ctr. V. Henderson \$32/4 sess

FREE 55+ Fitness Centre Tour

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

Fri 9:00-10:00am Sep 5, Oct 17

Strength Training for Seniors - Beginner (55+ yrs)

This six week course will show you how to use the cardio and weight equipment for a safe and effective workout. By the end of the course, you will have a written and personalized program that you will be able to continue to use on your own. Please pre-register by October 17 so that a confidential health screening can be completed.

44009.401BR
Fri 9:00-10:00am Oct 24-Nov 28
Fit Ctr. J. Stanier \$30/6 sess

Strength Training for Seniors – Intermediate (55+ yrs)

This four week course will build on the introductory strength training for seniors program and is also appropriate for individuals who have been training for a number of years. We will explore ways to intensify your cardio training and expand on your repertoire of exercises. Please pre-register by September 5 so that a confidential health screening can be completed.

44008.401BR
Fri 9:00-10:00am Sep 12-Oct 3
FC J. Stanier \$20/4 sess



Ice Arena



\$99 Winter Ice Sale!

Plan a holiday party between Dec 22- Jan 4 for \$99/hour plus GST. Staff charges are not included. Booking for the Winter Ice sale starts Oct 1.

SPECIAL EVENTS

Britannia Arena Open House

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

Sat 1:30-3:00pm Sep 6

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 21
FREE

Boxing Day Skate

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

Fri 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 Rink Closes at 5pm
Dec 25 Christmas Day Rink Closed
Dec 26 FREE Skate Boxing Day 1-3:30pm
Jan 1 New Year's Day Rink Closed

ADULT HOCKEY PROGRAMS

Adult Evening Hockey

Full hockey equipment is required 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.

Thu 11:15pm-12:45am Sep 4-Dec 18
All Levels \$10 /drop-in*
Sun 9:30-11:00pm
Sep 7-Dec 28
Intermediate \$15.00/drop-in
\$50/month*

*Strip tickets are not valid during these sessions

Women's Hockey

Set 1
48080.101BR
Sun 10:45am-12:00pm Sep 7-Oct 26
Set 2
48080.102BR
Sun 10:45am-12:00pm Nov 2-Dec 21
\$42/8 sess or
\$5.95/drop-in

Adult Drop-in Hockey

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

Wed 3:15-4:45pm Sep 3-Dec 17
\$5.95/drop-in
\$47.54/10/pass

Adult Stick and Puck

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

Fri 12:00-1:30pm Sep 6-Dec 19
\$5.95/drop-in
\$47.54/10 pass

Women's Introduction to Hockey

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

Mon 3:15pm-4:45pm Sep 22-Dec 15
\$5.95/drop-in
\$47.54/10 pass

VACHL 2014/15

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

Get involved, JOIN THE ARENA COMMITTEE!

The Arena Committee meets the 1st Tuesday of the month at 7:30pm in the Rink Activity Room.

Skate Lessons



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 18-Dec 18
FREE

Family Fun Hockey

(3 to 12 years 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 7-Dec 14
Regular admission rates apply.

Skating Lessons at Britannia:

In-person registration for fall skating lessons will take place on Sun, Aug 17, 10:00am-1:00pm at the Information Centre. If you are unsure of which level to register in, come in person on Aug 17 to speak to an instructor or have an on-ice evaluation completed during any public skating session at Britannia. In-person registration at the pool cashier and online registration will take place starting Mon, Aug 18 and will continue until classes are full. **Please note that students will not be transferred into another level if they are not registered in the appropriate level.** If the lesson you want to register in is full, please put your name on the waiting list. Additional classes are scheduled whenever possible. Please note that skate lessons fill up quickly, so register early.

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

Learn to Skate Lessons

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

Preschool Program Levels (3-5yrs)

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

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

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

Level 4 - can scull forwards and stop without assistance

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

Children, Youth and Adult Program Levels

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

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

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

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

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

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



Ice Arena Learn to Skate

There are 3 ways to register into Britannia Skating lessons

Set 1):

1. Register in-person on Sun Aug 17, 10:00am-1:00pm at the Information Centre.
2. Register online at britanniacentre.org starting Mon Aug 18.
3. Register in person at the pool cashier from Mon Aug 18, with your current lesson report card (Winter/Spring/Summer '14).

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

Lessons Set 1

Learn to Skate

Tue	6:00-8:00pm	Sep 9-Oct 21
Sat	10:00am-1:15pm	Sep 13-Oct 25
		\$42/7 sess

Power Skating Beginner

Sun	4:30-5:15pm	Sep 14-Oct 26
		\$52/7 sess

Power Skating Intermediate

Sun	5:30-6:30pm	Sep 14-Oct 26
		\$70/7 sess

Figure Skating

Sun	3:30-4:15pm	Sep 14-Oct 26
		\$52/7 sess

Lessons Set II

Online and in-person registration will take place starting Sun, Oct 27.

Learn to Skate

Tue	6:00-8:00pm	Oct 28-Dec 16
	No lessons Nov 11	\$42/7 sess

Sat	10:00am-1:15pm	Nov 1-Dec 20
		\$48/8 sess

Power Skating Beginner

Sun	4:30-5:15pm	Nov 2-Dec 21
		\$60/8 sess

Power Skating Intermediate

Sun	5:30-6:30pm	Nov 2-Dec 21
		\$80/8 sess

Figure Skating

Sun	3:30-4:15pm	Nov 2-Dec 21
		\$60/8 sess

Private Skate Lessons

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

Figure Skating Lessons

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

Power Skating Lessons

Improve your hockey skating skills with our power skating lessons offered on Sat and Sun afternoons. Learn proper skating posture and the importance making the most out of your edges. Work on skating skills that will strengthen your game. The Saturday program offers lessons from 12:15-1:15pm that take place on 1/3 of the ice surface. The two Sunday programs uses the whole ice surface. The beginner program is aimed at skaters who have never taken a power skating class before, can do crossovers at least one way and can skate backwards comfortably. The intermediate class is for skaters who have taken power skating lessons before and want to improve on the skills they already have.



Ice Rink Schedule

Britannia Ice Rink Schedule

Sep 13 - Dec 19, 2014

Schedule subject to change without notice!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Adult Open Dance 12:15-1:45pm	Parent & Tot FREE Skate 11:00-11:45am	Adult Stick & Puck 12:00-1:30pm	Learn to skate Lessons 10:00am-1:15pm	Womens Hockey 10:45-12:00pm
Womens LTP Hockey 3:15-4:45pm	Learn to skate Lessons 6:00-8:00pm	Adult Co-ed Drop-in Hockey 3:15-4:45pm	Youth FREE Skate 3:15-4:30pm	Adult FREE Skate 1:45-3:00pm	Public Skate 1:30-3:00pm	Family Fun Hockey 12:15-1:30pm
				Child FREE Skate 3:15-4:30pm		Public Skate 1:45-3:15pm
	Adult Skate 8:15-9:30pm		*Adult Co-ed Hockey 11:15pm-12:45am	Public Skate 7:45-9:15pm		Adult Co-ed Hockey 9:30-11:00pm*



- Helmets are strongly recommended for all public sessions. Helmets are mandatory for all participants of Family Fun Hockey
- Adult Hockey programs require full equipment. Participants must sign a waiver at the beginning of each session.
- *Sign up for these sessions occurs at the ice rink 1½ 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.

2014 Rink Admissions: *schedule subject to change without notice.*

Adult (19-54yrs)	Youth (13-18yrs)	Senior (55+yrs)	Child (6-12yrs)	Family	Skate Rentals	Shate Sharpening
\$5.95 Drop-in \$47.54/10 visits	\$4.20 Drop-in \$33.60/10 visits	\$4.20 Drop-in \$33.60/10 visits	\$3.00 Drop-in \$24.00/10 visits	*\$6.00 Minimum	\$2.94	\$6.06

- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Board operated rinks. Prices are subject to change without notice.
- Adult Drop-in Hockey and Stick & Puck sessions are at the Adult rate.
- A 20% discount on admission is given to groups of 10 or more.
- Children under 10 years old must be accompanied on ice with an individual 16 years or older.
- Flexi passes may be used for public skating sessions.
- Family rate is 1-2 adults of the same household and their children under 19 years, all present at time of admission. \$3.00 per person

Other Agencies & Programs

Eastside Family Place

1655 William Street
604.255.9841



eastsidefamilyplace.org

Eastside Family Place is a support and resource centre for parents/caregivers and their young children aged infant to early 6 years. ESFP offers many programs alongside support and referral services. At our **Family Drop-In Centre**, adults have opportunities to visit with each other while engaging with their children in a warm, supportive environment. Children have opportunities to socialize, learn through play and participate in developmentally stimulating children's activities that foster school-readiness. There is a snack provided each morning, and food is available in the kitchen throughout the day. There is also a food cupboard. **Drop-In costs \$3.00 per visit per family.**

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

Family Drop-In Hours:

Monday/Wednesday/Friday	9:00-12:00pm
Tuesday/Thursday	9:00-2:30pm
Closed	12:00-1:00pm

Licensed Occasional Childcare

For parents who are in need of short-term respite childcare. Children aged 18 months to early six years – fee on a sliding scale of \$5.00 to \$6.50 per hour. Spaces are limited and must be booked in advance by calling 604.251.1018.

Childcare hours are:
Monday to Friday 9:00-11:45

Programs

Childminding and snacks provided. Membership & pre-registration is required. Call for more info.

Nobody's Perfect Parenting Program

6 Monday evenings, 6:30-8:30 starting Oct 20th
Find ideas and support to help you manage today's challenges and your child's needs. Discover your strengths as a parent, and build new ones. Led by 2 highly skilled and experienced facilitators. Now pre-registering for the Fall 2014 session. Evening group is great for 1 or 2 parents!

Collective of Parents Empowered (C.O.P.E.)

10 Friday afternoons, 1-3:00, starting Oct 3rd
C.O.P.E. is an educational and experiential group that discusses topics relevant to parents. Each program is 10 weeks offered 3 times a year. Parents can be involved for up to 30 weeks! This is a deeper continuation of the Nobody's Perfect groups. Now pre-registering for the Fall 2014.

Family Rhythm & Rhyme

4 Saturday mornings, 10-11:30, starting Sep 13th

Babies, toddlers, preschoolers, moms, dads, grandparents....! In this 4 session program you'll have fun singing songs, learning rhymes and enjoying stories. Nurture early literacy and language for your young child. Led by two trained facilitators. Now pre-registering for the Fall 2014.

Workshops and Information Sessions

A variety of topics of interest are offered throughout the year. Check website for updates.

Birthday Parties at Eastside Family Place

We offer an affordable, enjoyable & convenient way to celebrate your child's birthday. We specialize in birthday parties for young children (age one-two before grade 1). Email info@eastsidefamilyplace.org or call 604.255.9841 for details.

Closures: ESFP will be closed Labour Day Sep 1, Thanksgiving Oct 13, & Remembrance Day Nov 11



Community Policing Centre



1977 Commercial Drive
Phone: 604-717-2932
Fax: 604-717-2923

info@gwpc.ca www.gwpc.ca
Mon-Thurs: 12:00-8:00pm
Fri: 12:00-6:00pm
Sat: 10:00am-4:00pm

Shredding Day

Community Policing Day
Sat Sep 6th, 10am-2pm

In the Britannia Community Centre Parking lot. **Enter off Venables Street at Cotton or Woodland Drives**

Suggested donation of \$5 per file box

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



Cops and Kids

Sun, Sep 14
12:00 to 3:00pm 2014 Grandview Park

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

Other Agencies & Programs

CANUCKS FAMILY EDUCATION CENTRE (CFEC)

All programs are free of charge and offer our Get Ready 2 Read (GR2R) Early Learning program for pre-school aged children of participants. Registration is required for all programs. For more information and to register for the following programs please contact Jean Rasmussen, Executive Director, at 778 321-3487 or jean.cfec@gmail.com

Programs Start The Week Of September 8th, 2014



BRITANNIA PARTNERS IN EDUCATION (PIE)

English Foundations 6/7, English Communications 11/12

Location: CFEC Room 110,
Britannia Secondary School

Monday 9:30am-3:30pm
Quinn Harris, Hastings Education Centre
teacher

English for Speakers of Other Languages

Location: CFEC Room 110,
Britannia Secondary School

Tuesday 10:00am-2:30pm
Marinette Sedin, PIE Lead English teacher

Foundations In Math 1-5

Location: CFEC Room 110, Britannia
Secondary School

Thursday 9:30am-3:30pm
Quinn Harris, Hastings Education Centre
teacher

Accounting 11

Location: Hastings Education Centre
Above Library, Britannia Community Centre

Friday 10:45am-4:15pm
Teacher: TBA Hastings Education Centre

English Foundations 1-5

Location: CFEC Room 110, Britannia
Secondary School

Friday 9:30am-3:30pm
Richard Georg, Hastings Education Centre
Teacher

Planet Bingo

Britannia Community Services Centre receives funding from Planet Bingo which supports a wide range of recreation, child care and community education programs.

EDMONDS PIE PLUS

English Foundations: 1-2

Mon/Wed/Thur 12:30pm-2:30pm

English Foundations: 3-5

Tues/Fri 12:30pm-2:30pm

English Foundations: 6-grade 11

Tues/Thur 10:00am-12:00pm
Teacher: TBA, Burnaby School District 41
Location: Edmonds Community School
Room 107)
7651 18th Avenue, Burnaby BC
Contact: Lina Arias lina.cfec@gmail.com

Get Ready 2 Read

Location: Grandview Terrace Child Care
Centre
2075 Woodland Drive, Vancouver, BC
Wednesday 9:30am-2:30pm
Contact: Lina Arias lina.cfec@gmail.com

Canadian Studies

Location: CFEC Room 109
Britannia Secondary School
Wed 10:00am-12:00pm
Teacher: Katie Waugh

CFEC Book Club/ Conversation

Location: CFEC Room 109
Britannia Secondary School
Thur 10:00am-12:00pm
Facilitator: Jane Harris

ECE Assistant Program

Begins October 1, 2014
Location: CFEC Room 110
Britannia Secondary School
Wed 12:30pm-3:30pm
Contact: Jean Rasmussen 778 321-3487

Hastings Education Centre



On the Second Floor, above
the Library!

We offer tuition free courses to adults who want to complete high school, prepare for post secondary studies, or get ready for a career change. We are part of the Vancouver School Board, and courses are approved by the Ministry of Education.

We offer courses in:

- English
- Math
- Computer Technology
- Sciences
- Humanities
- Art
- Business

Classes range from beginner levels to Grade 12 and available in the morning, afternoon and evening! Study in a structured class, self-paced or on-line. To learn more and to find out how to get started, phone 604-713-5735 or check us out on the web at <http://ae.vsb.bc.ca> or simply come by and visit our centre.

The Law Students Legal Advice Program (LSLAP)

www.islap.bc.ca

Free legal advice for low-income earners throughout the Lower Mainland. UBC Law Students, working under the guidance of supervising lawyers, provide assistance with various aspects of law, including criminal matters, small claims, residential tenancy and much more.

Tue evenings
Call 604.822.5791 to book an appointment

Grandview Woodland Area Council (GWAC)

www.vcn.ca/gwac

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

Mon Sep 8, Oct 6, Nov 3, Dec 1

Britannia Library



Library Fall Hours

starting Sep 1st

Mon	8:30 am-5:00 pm
Tue, Wed	8:30 am-9:00 pm
Thu, Fri	8:30 am-5:00 pm
Sat	8:30 am-5:00 pm
Sun	1:00 pm-5:00 pm



Holiday Closures

Labour Day	Sep 1
Remembrance Day	Nov 11
Christmas Day	Dec 25
Boxing Day	Dec 26

Children's Programs

Babytime

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

Wed Sep 17-Dec 17 11:00 am-11:30 am

Family Storytimes

Stories, songs, fingerplays and rhymes for the whole family. Recommended for 18 months to 5 years old. Drop in.

Tue Sep 16-Dec 16 10:15 am-10:45 am
11:15 am-11:45 am

(No programs on Nov 11th)

Man in the Moon

A unique program for dads and other male caregivers with children birth to 18 months. Please contact the library at 604-665-2222 for the Fall schedule.

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

Adult Programs

SFU's Philosophers' Café

Engage in stimulating dialogue and passionate exchange of ideas in informal community discussions— for everyone including students, non-philosophers, and seniors. Zahid Makhdoom will moderate on these topics: Human Experience, Greatest Freedom and Society (Sep 30), Religion, Science and the State (Oct28) and Consumption and Accumulation (Nov 25). Presented in partnership with Simon Fraser University. For information, contact the library at 604-665-2222. Venue: Britannia Library Art Gallery

Tues Sep 30, Oct 28, Nov 25 7:00 pm-9:00 pm

SFU Writer's Studio Consultations

Need an expert opinion of your writing? Get a one-to-one, free, 45 minute consult on seven to ten pages of your poetry or prose from the Writer's Studio. Registration and manuscripts must be submitted at *least* a week before consultation date. For info or to register, call 604-331-3603. Venue: Learning Resource Centre inside the library.

First Tue of the month: 4 pm, 5 pm, 6 pm
Sep 2, Oct 7, Nov 4, & Dec 2
(no consultations in July)

One-To- One Computer Training

Book a free one-hour session for computer help. Call 604-665-2222

VCC ESL Learning Centre Inside the library

A free drop-in program for adults to help improve their English; open to landed immigrants, Canadian citizens, refugees and others. Sponsored by the Vancouver Community College, Vancouver Public Library, and the Britannia Community Services Centre. For more information, phone 604-718-5813.

Mon	Closed
Tue	1:00 pm – 8:30 pm
Wed	9:30 am – 8:30 pm
Thur	9:30 am – 5:00 pm
Fri	9:30 am – 3:00 pm
Sat	10:00 am – 2:00 pm



55+ Bookclub

Hosted by Britannia Library staff, this book club invites all to talk about favourite passages, points of interest and more! Books are provided by the Britannia Branch Library. To register, call 604-718-5837; to get your book, call the library at 604-665-2222. Club meets at the Al Mattison Lounge (the Seniors Centre).

Third Wed of the month: 2:45 pm-4:00pm
Sep 17, Oct 15, Nov 19 & Dec 17

Pandora's Collective Book Talks

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

2nd Wed of the month: 6:30 pm -8:30 pm
Sep 10, Oct 8, Nov 12, Dec 10

Robert W. Mackay: Canada's 100 Years of Submarines

Join author Robert Mackay, a former submariner, as he talks about Canada's experience with submarines. He will read from his Cold War submarine thriller, *Terror on the Alert*, share photographs and answer questions about the Canadian Navy's "silent service". Done as part of the *Commemoration of Canada's First World War Centenary* series. For more information call 604-665-2222. Venue: Al Mattison Lounge (Seniors Centre)

Thur Oct 30 1:00 pm-2:30 pm

BRITANNIA RENEWAL PROPOSED BY VANCOUVER CITY COUNCIL

www.britannia.org

The Britannia Community Services Centre we enjoy today was the result of an exciting community process in the 1970s that brought together students, academics, politicians, skaters, artists, readers, bureaucrats, swimmers, and parents. It's that very kind of intense involvement we need now to make expansion and renewal of Britannia a reality. Since the facilities opened in 1976, Britannia has been a leader in integrated recreation, education, and social services, providing inventive solutions to community needs. Britannia is a unique partnership between the City of Vancouver, the Vancouver School Board, the Vancouver Public Library, and the Vancouver Park Board.

Over the past ten years the Britannia Board of Management and the Britannia Planning and Development Committee, made up of dedicated volunteers, has led the work to develop concepts for the renewal of our facilities. This has included the involvement and input of hundreds of patrons of Britannia, students, staff, Board members and residents of Grandview Woodlands and Strathcona. In 2007 we developed a Master Plan and in 2011 we refined that plan and developed a Strategic Facilities Plan, these plans were presented to the City requesting funding for the renewal project. Earlier this year the City included the renewal of our facilities in the Draft 2015-2018 Capital Plan, this is a huge step towards the development of facilities for the neighbourhood to meet current and future needs.



Today, Britannia's Planning & Development Committee wants to involve the wide range of people who use and enjoy Britannia's services and facilities to build on the work that has been done. Over the next few months the Committee will facilitate the review and revision of the Strategic Master Plan to ensure that it continues to be appropriate and relevant.

The Committee would also like to explore and develop other exemplary models of community service facilities that could be a part of the Britannia renewal.

Please contribute to the work by;

- Joining the Committee which meets every two weeks;
- Participating in community planning events;
- Completing surveys, and;
- Informing your neighbours and friends

Artists Concept

