



Pow Wow Bootcamp  
Information on page 24

## Programs & Services Spring 2018



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



## President's Message

Greetings from the BCSCS Board of Management. On behalf of the Board I would like to thank all of the staff, volunteers, community members, and partner representatives, for their hard work during this first consultative phase of the Britannia site renewal process. I would especially like to acknowledge Board member Susanne Dahlin, Chair of the Planning and Development Committee, who is steering this endeavour with a dedication that reflects the current and previous Boards' commitment to ensuring that site renewal at Britannia is one that our community supports.

As phase one draws to a close, the Board has been meeting with our partners to promote the work that has been done to date and to draw attention to the importance of the site, as much more than a recreation facility. Since its inception, Britannia has served as a community hub for social development, as well as artistic and cultural pursuits. Working in partnership with the VSB, VPB and the VPL, Britannia provides integrated support for students at the two schools on site, and is a supportive partner for innovations; in food security and sustainability, community child care centres, reconciliation with Indigenous values, strategies to support vulnerable youth and of course recreation.

To continue the work of site renewal Britannia will need to be included in the next City of Vancouver Capital Plan which goes to the public for approval in the October civic elections. Please plan to participate in the upcoming Renewal Open Houses and the Municipal elections and have city officials elected who understand the importance of the work done here, now and into the future. In the meantime, please look through the brochure, find the programs and services that best suit you and your families, and have a Happy Spring!

With regards,  
Gwen Giesbrecht

## Board of Management

Britannia Board meetings are held on the 2<sup>nd</sup> Wednesday of the month (no meetings July and August). For more information, or if you are interested in running for our Board of Management, call Cynthia Low, Executive Director at 604.718.5815.

PRESIDENT:	Gwen Giesbrecht
VICE PRESIDENT:	Ingrid Kolsteren
TREASURER:	John Flipse
MEMBERS AT LARGE:	Scott Clark Freya Kristensen
DIRECTORS:	Susanne Dahlin Annie Danilko Pamela Dudas Levi Higgs Vera Jones Juan Carlos Maldonado Craig Ollenberger Andrew Phillips Naina Varshney
STAFF REPRESENTATIVE:	TBD
AGENCY REPRESENTATIVES:	VSB Andrew Schofield VPB Peter Odynsky VPL Megan Langley
EXECUTIVE DIRECTOR:	Cynthia Low
MANAGER OF ADMINISTRATIVE SERVICES:	Jeremy Shier
MANAGER OF CHILD CARE SERVICES:	Rachel Day

## Membership Information

To participate in recreation programs you must be a member of Britannia Centre. Membership is valid from: Sep 1, 2017 to Aug 31, 2018.

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

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

### What does membership give me?

- Voting privileges at the Annual General Meeting of the Society May 23, 2018
- Eligibility to run for the Board of Management
- Mail outs about Centre programs and events
- Access to special membership programs
- Britannia membership is required before registering for programs
- Free access to Fitness Centre on Tuesdays & Fridays, 10:00am-12:00pm

## Annual General Meeting

This year our AGM of the Society will be held on Wednesday, May 23, 2018. You must be a member in good standing 14 days prior to the meeting, having purchased your membership card by Wednesday, May 9 at 9:00pm.

If you are interested in being part of our community Board, call Cynthia Low at 604.718.5815 or email [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca).

### Our Mission

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

### Our Vision

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

We would like to acknowledge that we are on the unceded territories of the Coast Salish Nation, the xʷməθkʷəy̓əm (Musqueam), sḵwx̱wú7mesh (Squamish) and selilwiltulh (Tseil-Waututh).

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## Facility Rentals

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

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

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

**Gym/Room Rentals:** Contact Paul or Wally at 604.718.5812 or email [paul.morton@vancouver.ca](mailto:paul.morton@vancouver.ca) or [wally.tarrant@vancouver.ca](mailto:wally.tarrant@vancouver.ca)

**1739 Venables - The Hall:** Contact Helen at 604.257.3087 or email [helen.spaxman@vancouver.ca](mailto:helen.spaxman@vancouver.ca)

### Facility Rental Fee Policy: NEW

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

#### Cancellations/Refunds:

**48hrs Notice: full refund**      **Less Than 48hrs Notice: no refund**

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

### Spring 2018 Holiday Hours

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

Mar 30	Good Friday	CLOSED
Apr 2	Easter Monday	CLOSED
May 21	Victoria Day	CLOSED

#### Pool & Fitness Centre

Mar 30	Good Friday	1:00-5:00pm
Apr 2	Easter Monday	1:00-5:00pm
May 21	Victoria Day	1:00-5:00pm

#### Rink

Mar 30	Good Friday	1:00-3:30pm
Apr 2	Easter Monday	1:00-3:30pm

Cover photo: Shyama-Priya will be teaching Pow Wow Dance Workout this Spring at Britannia (see page 24). Photo credit: Vissare Media Group.

# Registration Information

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

Registration starts at 9:00am on Tuesday March 6, 2018.

You must have a current Britannia Society membership to register for all Britannia programs. The membership year runs from September 1, 2017 to August 31, 2018.

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

See page 2 for membership information.

## Register in Person

Registration starts at 9:00am on Tuesday March 6, 2018

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

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

### Registration Hours at the Pool Cashier are:

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

### Registration Hours at the Information Centre are:

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

## Register by Phone at 604.718.5800 ext. 1

Phone registration starts at 1:00pm on Tuesday March 6, 2018.

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

## Refund Policy

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

### Swim / Skate Refunds

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

### Cancellation Policy

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

## Subsidy Policy

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

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

### Residents of Vancouver on the Leisure Access Program

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

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

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

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

### Licensed Child Care Subsidy

#### Provincial Child Care Subsidy

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

### Fun For All!

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

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



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

# Britannia Planning and Development Committee

## Spring 2018 Committee Meeting Dates

Tuesdays 7:00-9:00pm, Apr 17, May 15, Jun 19

The Planning and Development Committee continues to work on behalf of Britannia Community Services Society (BCSS) in the Britannia Renewal process in ongoing collaboration with our site partners and consultant team. As we prepare to enter the next phase of Britannia Renewal planning, we are excited to explore potential options for a renewed Britannia with the community. We hope you will consider becoming involved and sharing your ideas for the future of Britannia. You can review reports back from all our previous community consultation activities and the Phase I summary findings in the Britannia Info Centre B-LAB or in the document library of our website at [www.britanniarenewal.org](http://www.britanniarenewal.org). We also encourage you to check back regularly for news about upcoming events and subscribe to our email newsletter for regular Britannia Renewal updates.

The Planning and Development Committee holds regular meetings on the third Tuesday of the month from 7:00-9:00pm at the Britannia Info Centre and our meetings are always open to public participation. Recent committee work has included the completion of BCSS guidelines for potential affordable housing on the Britannia site as well as working to develop formal definitions for “greenspace” and “affordable housing” on behalf of the Society. Previous meeting minutes, committee documents, and upcoming agendas for the Planning and Development Committee are posted on our website at [www.britanniarenewal.org](http://www.britanniarenewal.org). We welcome all inquiries, comments, and input regarding Britannia Renewal and the work of the Planning and Development Committee. Get in touch with us by email at [info@britanniarenewal.org](mailto:info@britanniarenewal.org), by phone at 604.718.5800 ext.1, leave us a note at the Britannia Info Centre, or drop into a Planning and Development Committee meeting.

### Next steps:

- Community consultation on location of spaces and places on site and phasing approach
- Revision and presentation of final concept of location of spaces and places on site and phasing
- Presentation of Britannia Renewal Master Plan to City Council
- Upon approval by Council start of Phase 1 – Detailed design, rezoning and construction
- Rezoning process with partners and community will include changes to current uses, heights and Floor Space Ratio

### FOR FEEDBACK ON LOCATION OF SPACES AND PLACES ON SITE AND PHASING OPTIONS:

Britannia B-LAB

<http://vancouver.ca/parks-recreation-culture/britannia-renewal-project.aspx>

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

# Britannia

RENEWAL



## Register Online Today



Create an online account and register for unique and exciting programs across 24 community centres. Your online account allows you to keep track of your schedules, rental agreements, payment receipts and look up your current pass status.

**Skip the line and buy your pass online** All our passes are now available online. Get your 10-usage pass to indoor cycling classes or visit a fitness centre, pool or rink with the click of a button. Monthly Flexipasses are great for getting active and staying active, giving you access to 21 fitness centres, 9 indoor pools, 5 outdoor pools, and 8 ice rinks! [vancouver.ca/passes](http://vancouver.ca/passes)

### Drop-in activities

If you're looking for something to do last minute or make a long term commitment, we offer a wide range of drop-in activities to fit anyone's schedule. Check out what's available today on our drop-in calendar.

### Event space

Planning a sporting event, social gathering or wedding? Submit your request for use of community centre rooms, outdoor parks or fields, ice rinks and more!

Follow us on Facebook and Twitter for up to date information on programs and registration.



[recreation.vancouver.ca](http://recreation.vancouver.ca)



# Britannia

## RENEWAL

The City of Vancouver, in partnership with the Britannia Community Services Society (BCSS) Vancouver School Board (VSB), Vancouver Public Library (VPL) and Vancouver Park Board (VPB), has commissioned a Master Plan for the renewal of the Britannia Community Services Centre (BCSC) and the 18 acre site on which it sits.

### MASTER PLAN

Based on community and Partner working together on collective vision and goals, a final plan will be prepared and shared with the community. The completed Britannia Renewal Master Plan will include:

- ✓ A Vision to inform both the Master Plan and future design work, available online at [www.britanniarenewal.org](http://www.britanniarenewal.org).
- ✓ Indoor and outdoor space needs that outlines the types and sizes of recreation, social development, arts & culture, and library spaces to meet future needs at Britannia, details contained in the Vision document.
- Location of all the spaces and places on the site.
- Phasing of the spaces and places to be developed over the multi-year Britannia Renewal project.

Community feedback will be used to inform the further development of a preferred option for the location, features and phasing that will make up the Master Plan. Until the end of March 2018, the community can provide feedback on concept options online or at the B-LAB in the Information Centre.

<http://vancouver.ca/parks-recreation-culture/britannia-renewal-project.aspx>

Feedback will be compiled for a presentation to the community in April 2018.

The final Britannia Renewal Master Plan will be presented to City Council in Spring/Summer 2018 for approval.



Vancouver Public Library

### Grandview Garden Club

Grandview Garden Club meets at 7:00pm on the second Thursday of each month in the Brit Learning Resources Centre (under the library). Knowledgeable speakers tackle subjects such as pruning, vegetable growing, attracting bees and butterflies, and garden design. Novice gardeners and experienced green thumbs welcome. Annual membership \$20/Drop-in \$4.

<https://grandviewgardenclub.blogspot.ca>

### Beyond the Blue Box: Plastics Recycling at Britannia

Every third Saturday of the month, Britannia Centre sponsors a plastics recycling depot located in the back parking lot at Britannia, where recyclers can dispose of the plastic items the City of Vancouver can't take. Pacific Mobile Depots (PMD), based in Victoria, collects plastics and other materials, then sells them to small BC factories to repurpose: <http://pmdrecycling.com/>.

For a small price, you can get rid of plastic bags in your cupboards, broken plastic toys in the basement, and a host of other items such as styrofoam, foil-lined materials, and metal objects. So bring your plastics/metals/solid foam, and they will get a new purpose in life. What's not to like? Proceeds go to PMD and Britannia Centre.

**Sat 9:00am-12:00pm** Mar 17, Apr 21, May 19, Jun 16  
**Britannia Parking Lot** \$1.00 small bag/\$1.75 half garbage bag/\$3.50 full garbage bag



## Art Gallery

### Exhibitions

**Apr 4 – Apr 27,**

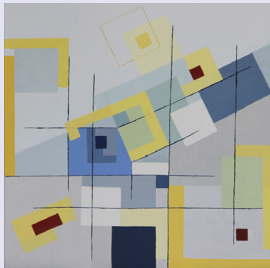
**Opening Reception:  
Wed, Apr 4, 6:30-8:30pm**

Pliable Raw Metal Forms, metal clay (i.e. bronze, copper) by Beata Kacy

Shifting, abstract paintings, acrylic on canvas by Ellen Bang



Necklace by Beata Kacy



Won't Give Up by Ellen Bang

**May 2 – Jun 1,**

**Opening Reception:  
Wed, May 2, 6:30-8:30pm**

Nets, Nettles, Linen and Leather:  
Exploring cultural connections in the Land & Sea Project

Mediums: nettle fibre, linen fibre, fish leather

Artists: Rebecca Graham, Sharon Kallis, Tracy Williams, and Community Members



#### Artist Talk

EarthHand Gleaners' Land and Sea Project: themes emerging from Weaving Conversation Circles

**Wed May 16 7:00pm**  
**Location: Britannia Art Gallery**



**Jun 6 – 29,**

**Opening Reception:  
Wed, Jun 6, 6:30-8:30pm**

Elders Art Collective, Wednesday Crafters and Arts and Health



#### Artist Talk

Artist Talk: Giighgiigaa Todd DeVries joins a conversation about his weaving practice. "Everything we need to know about weaving we learn from the spider," Todd says. "You start with four warps or strands (spider legs) and weave in a weft strand or weaver, and form the Haida cross, and then weave around the legs of the spider, as a spider would when spinning its own web. Around and around."

**Wed Jun 13 1:00-4:00pm**  
**Location: Šxwq'eləwən ct Carving Centre**

## Workshops

### Metal Clay Basics with Beata Kacy

In this 3 hour course you will learn the basic techniques for making metal clay pendants. You will learn how to texture surfaces using various methods.



Students will have the choice of using copper or bronze. After the class your pieces will be fired in the kiln and delivered back to Britannia Centre for pick up. Please bring notebook and pen.

**Sun 1:00-4:00pm Apr 15**  
**RAR \$10/1 sess**  
**139270**

### SAVE THE DATE: 35th Annual Britannia Christmas Craft Fair

Vendor Applications will be available online and at Britannia Information Centre on Tuesday, April 3, [britanniacraftfair@live.ca](mailto:britanniacraftfair@live.ca) or [britanniacentre.org](http://britanniacentre.org)

**Fri 3:00-8:00pm Nov 16**  
**Sat/Sun 10:00am-4:00pm Nov 17-18**  
**Gym D \$2 entrance**

**Free 12 and under**  
**All proceeds from admission go to inner city children's programs.**



# Special Events

## Workshop

### Banner Workshop

Theme: Friendship

Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom. ~ Marcel Proust

Would you like to paint a portrait of your friend? Or find in colour the feeling of companionship?

Banners are large and hang in pairs and will be displayed outdoors on site and in the Library. This is a great workshop for friends and family. They are completed on site in the secondary school cafeteria. Children under 12 must be accompanied by an adult. Wear old clothes and bring a lunch, a colour sketch of your idea and your blue bag full. Banners can be purchased after exhibition for \$20/set. Artists get first chance to buy their own banners.

Sat/Sun 10:00am-4:00pm Apr 28-29  
Cafe \$20/2 sess  
152358 H.Spaxman



Artists: Claire-Louise Brown and Iris Grages



Photo credit: Paula Luther

### 23rd Annual Stone Soup Festival



This annual festival brings the community together in celebration of local food, local artists, community groups and entertainment with a focus on food sustainability, food justice and the environment. This event also includes workshops, local authors, demonstrations, food vendors, free soup and more! Food vendor applications are available at Britannia Information Centre. Vendor Fee is \$35.00. Vendors supply their own 10 by 10 ft market tent or umbrella table. Table & chairs are provided. Space is limited. Local Artists: Artworks are themed to the festival and coordinated by Katherine Polgrain. Artist Fee is \$35.00. For more information email Katherine Polgrain: courage62@shaw.ca

Sat 12:00-5:00pm May 12  
Britannia Site & Napier Greenway Free

### Italian Day 2018

Britannia Community Centre celebrates Italian Day with this year's theme Musica!

Sun Noon-8:00pm Jun 10  
Commercial Drive



### The Solstice/Equinox Coffee House Series



A hidden gem of entertainment that happens 4 times a year on or close to the 2 Equinoxes and 2 Solstices. If you haven't checked out the Coffee House Series at Britannia you are in for a treat!

### 3rd Annual Spring Equinox Coffee House 2018

Come celebrate the end of winter and new beginnings of Spring with a community event featuring local live music, poetry, refreshments and more!

Sun 7:00-9:30pm Mar 18  
55+ Centre Free

### 3rd Annual Summer Solstice Coffee House 2018

Come celebrate the beginning of summer with a community event featuring local live music, poetry, refreshments and more!

Sun 7:00-9:30pm Jun 24  
55+ Centre Free

## Volunteer Program

Special Event Volunteers Needed!

We are currently looking for special event volunteers to help us with the execution of these community events. Special Event Volunteers assist on the event day for set-up, greeting, guest assistance, waste recycling and event take down.

If you are interested, please fill in an application by following this link <https://goo.gl/t4VvXf> (case sensitive).

If you have any questions, please contact our Volunteer Coordinator at 604.718.5860 or by email at [yao.zhang@vancouver.ca](mailto:yao.zhang@vancouver.ca).

We are delighted to introduce John Truchan, aka The Movie Guy, who has been curating Britannia's Sunday evening Great Movies program, and is a long-standing member of our volunteer community.



Meet John – one of our most wonderful volunteers! John is known around Britannia as The Movie Guy. He moved to Vancouver from Toronto 13 years ago, and he has been part of our community ever since. John volunteered to take over the Britannia Sunday Night Great Movies when it was threatened with closure. He was amused to frequently run into strangers on Commercial Drive who would say, "Oh, I know you. You run the movie thing."

Now, at every opportunity John introduces himself as The Movie Guy and he thinks this opens doors, conversations, laughter, discussions and a sense of kinship. Come by to check out one of these great movies on Sundays and say hello to The Movie Guy!

John is currently looking for an assistant – if you are interested, please send an email to [yao.zhang@vancouver.ca](mailto:yao.zhang@vancouver.ca).



# Special Events

## Egg-citing Easter Fun



Come join us at this **free** community event. There will be games, crafts, treats, and performances by bunnies from the Vancouver Rabbit Agility Club! Ages 1-8yrs welcome.



**Sat 12:00-2:00pm** **Mar 24**  
Gym D **Free**

## Easter Eggstravaganza Swim



Join us for a **FREE** public swim, with Easter treats and games.

**Sun 2:30-5:00pm** **Apr 1**  
Britannia Pool **Free**

## Holiday Free Skate!



Come by the rink on Easter Monday, lace up your skates and burn off some of those candy calories.

**Mon 1:00-3:30pm** **Apr 2**  
**Free**

## East Van Garden Tours

Sunday, June 17, Father's Day, is your chance to visit a dozen or so delightful East Van private gardens. This year's self-guided tour will be in the area within a few blocks of Figaro's Garden Centre (1896 Victoria Dr at 3rd Ave). You will likely be able to walk the entire route. Online registration ends Saturday, June 16 at 4:00pm. Tickets can still be purchased after 4:00pm in person at Figaro's on Saturday June 16, or Sunday morning of June 17. Please visit our Garden Tour website at [eastsidegardentour.blogspot.ca/](http://eastsidegardentour.blogspot.ca/) On the day of the tour, please go to Figaro's any time after 10:00am to pick up your map showing the locations and descriptions of the gardens on the tour. The tour is jointly sponsored by Britannia Neighbours, Britannia Centre, and Figaro's. Note that most gardens are not wheelchair- or stroller-accessible, children must be 12yrs or older or babes in arms, and pets are not allowed

**Sun 10:00am-4:00pm** **Jun 17**  
Figaro's Garden Centre **\$15**  
161438

## National Aboriginal Day



Join us on June 21 for National Aboriginal Day! The day starts at 9:00am at VAFCS (1607 E. Hastings) and continues with the Friendship Walk to Trout Lake where we celebrate the diversity of Indigenous peoples across Canada. First Nations, Metis, and Inuit peoples share their spirit, experiences, stories, songs, dance and art and with each other and the general community. This event encourages the participation and engagement of diverse community members and organizations. It is an inclusive, collaborative, family-friendly and non-partisan event. All are welcome! Buses from Britannia will be available throughout the day.

**Thu 12:00pm** **Jun 21**  
VAFCS/Trout Lake Park **Free**

## Syrian Community Dinner and Fundraiser



Join us for an amazing Syrian dinner catered by Hayat and her daughter Carmen who have arrived recently from Damascus and who have started their own Syrian catering business. The evening will include story sharing and music and will also help to raise funds for the Grandview-Woodland Refugee Initiative ([www.grandview-woodland-refugee-initiative.com](http://www.grandview-woodland-refugee-initiative.com)), an effort organized by a group of East Van neighbours to bring a Syrian refugee family to Canada and assist their settlement in Grandview Woodland. For more information or to register, please contact Ian 604.718.5895.

**Sun 5:00-9:00pm** **Jun 24**  
CFEC **\$50/register**  
1655 William St **or pay at door**  
159000



## Britannia's Canada Day Celebration

Come join us for this fun family event! Music, dance, bouncy castle, face painting, community booths, free bike tune up and more!

**Sun 12:30-3:00pm** **Jul 1**  
Grandview Park

## Car Free Day



For further information, please visit: <http://www.carfreevancouver.org/commercial-drive>

**Sun Noon-7:00pm** **Jul 8**  
Commercial Drive **Free**



## Free Youth Swim (11-18yrs)



Climb our inflatable obstacle course, the WIBIT!! Contests, prizes, games and crazy staff!! Britannia youth only swim time. First Friday of every month. Be ready to go in the water by 8:00pm. No swimsuit required...it's not what you're thinking, swimsuits, or clean, recently washed clothing can be worn. No shoes allowed.

**Fri 8:00-10:00pm** **Mar 2, Apr 6,**  
**May 4, Jun 1**  
**Free**

# Licensed Child Care

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

\*All programs CLOSED on statutory holidays

### Child Care Mission Statement

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

### About our Child Care programs

Each of our programs is a unique reflection of its history, the community it serves, its staff members and its families, past and present. We believe that children learn about themselves, others and the world around them through play and creative expression. This allows children to learn naturally and practice important skills in the following areas:

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

### About our Staff

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

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

## Toddler Program

(18mo-3yrs)

Mount Pleasant Child Care has a licensed toddler program and provides 12 spaces for children 18 months to 3 years. Children will develop socially, physically and emotionally at their own pace in a safe, caring and secure environment with time to explore new relationships with friends and to interact with adults. This program provides age-appropriate materials. Snacks, hot lunch and outdoor play are a part of the daily routine.

### Mount Pleasant Child Care

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

Hours: Mon-Fri      7:30am-6:00pm

FEES: \$1232/mo

Lunch & am/pm snacks provided



## Preschool Program

(3-5yrs)

Our Preschool program is 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.

### Britannia Preschool

1661 Napier Street      Lorraine Evans 604.718.5843

Hours: Mornings 9:00-11:30am  
Afternoons 12:30-3:00pm

FEES: 2 days/wk (Thu, Fri) \$180.00  
3 days/wk (Mon, Tue, Wed) \$255.00  
5 days/wk (Mon-Fri) \$435.00



# Licensed Child Care

## Daycare Programs

### (3-5yrs)

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

### Mount Pleasant Child Care

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

### Grandview Terrace Child Care

2075 Woodland Drive Alejandra Uribe 604.718.5846  
Hours: Mon-Fri 7:30am-6:00pm  
FEES: \$905/mo  
Snacks provided  
Lunch Program \$60/mo, \$5/Yoga

### Eaglets Daycare

485 Semlin Drive Suzy Liguori 604.718.5856  
Hours: Mon-Fri 7:30am-5:45pm  
FEES: \$965/mo  
Snacks provided

## Aboriginal Family Support Program

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

**Aboriginal Child and Family Support Services**  
Co-Location: Britannia Community Services Society  
Lead Agency: Vancouver Native Health Society  
Maddie Meikle 604.718.5841

## Community Action Program for Children (CAPC)

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

Beatrice Feza 604.718.5821

## Provincial Child Care Subsidy

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

## Out-of-School Programs

### (5-12yrs)

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

### Britannia Out of School Care

1661 Napier Street Lorraine Evans 604.718.5843  
Pick up from: Britannia Elementary

Queen Victoria Annex (QV)  
Sep-Jun Hours: Mon-Fri 7:30-9:00am (Brit Only)  
3:00-5:45pm (Brit/QV)  
7:30am-5:45pm

School Breaks/Jul & Aug  
FEES: Full Time \$355/mo  
(Breakfast & 3 Days \$230/mo  
pm snack provided) 2 Days \$210/mo  
Jul & Aug \$550/mo  
\$150/wk

### Lord Nelson Child Care

2235 Kitchener Street Latisha Buksh 604.713.5863  
Pick up from: Lord Nelson Elementary

Sep-Jun Hours: Mon-Fri 7:30-9:00am  
3:00-5:45pm  
School Breaks/Jul & Aug 7:30am-5:45pm  
FEES: \$355/mo  
Jul & Aug \$150/wk

### Eagles In The Sky OSC

103B-1950 E. Hastings Kinga Batko 604.230.1885  
Pick up from: Xpey/Macdonald Elementary  
Hastings Elementary  
Lord Nelson Elementary  
Ecole Anne Hebert

Sep-Jun Hours: Mon-Fri 7:30am-9:00am  
3:00pm-5:45pm  
School Breaks/Jul & Aug 7:30am-5:45pm  
FEES: Xpey/Macdonald Elementary \$402/mo  
Hastings/Lord Nelson/Anne Hebert \$427/mo  
(Breakfast & Jul & Aug \$56/d, \$155/wk, \$550/mo  
pm snack provided)

### Grandview Terrace OSC

2075 Woodland Drive Alejandra Uribe 604.718.5846  
Pick up from: Grandview Elementary  
Lord Nelson Elementary  
Queen Victoria Annex  
Ecole Anne Hebert

Sep-Jun Hours: Mon-Fri 7:30am-9:00am  
3:00pm-6:00pm  
No AM care for Lord Nelson  
School Breaks/Jul & Aug 7:30am-6:00pm  
FEES: \$375/mo  
(Breakfast & Jul & Aug \$555/mo or \$150/week  
pm snack provided)

# Preschool

## Music Together® - (0-5yrs)

A Music Together® class is rainbow coloured falling leaves, tyrannosaurus rex's, rockets to the moon and trains to the beach. Come dance, sing songs and play with bells of all sorts, triangles, shakers, and instruments galore! All this with a developmentally appropriate, research based curriculum taught by a registered Music Together teacher. Parent participation is required. Sibling rate; \$105 (sibling 7 month and older). Siblings 7 months of age and under attend free. Tuition includes two CD's, a Songbook, a Parent Guide DVD and a Parent Education evening. Full payment refundable PRIOR to first class. After first class \$60 fee is non-refundable. Registration closes after the 3rd class.



**Tue** Apr 10-Jun 12 Rink Mezz Katy \$165/10 sess  
152350 9:30-10:15am  
152348 10:30-11:15am

**Thu** Apr 12-Jun 14 Rink Mezz Patrice \$165/10 sess  
152347 9:30-10:15am  
152346 10:30-11:15am

**Sat** Apr 14-Jun 16 Rink Mezz Monica \$165/10 sess  
152345 9:30-10:15am  
152344 10:30-11:15am  
152343 11:30am-12:15pm

To try a free class, contact [Teresa@WestsideMusicTogether.ca](mailto:Teresa@WestsideMusicTogether.ca).

## Baby Sign Language (0-24mo)

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

**Tue** 9:45-10:30am May 22-Jun 19  
**Mat Rm** \$64/5 classes  
151322 Into Yoga

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

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

**Wed** 10:00-10:50am Apr 11-Jun 13  
**Rink Mezz** \$120/10 sess  
152340 M.Lee

**Wed** 11:00-11:50am Apr 11-Jun 13  
**Rink Mezz** \$120/10 sess  
152341 M.Lee

## Toddler Art (18mo-3yrs)

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

**Wed** 9:45-10:30am Apr 25-Jun 13  
**RAR** \$65/8 sess  
152372 H. Spaxman

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

Jump, skip and twirl! In this class children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. This is a closed class, however, in the final week of the session we invite parents to stay for a presentation of what we have been learning. Parent participation required for 2-4 year old classes. [www.kirbysnelldance.com](http://www.kirbysnelldance.com). No class May 19.

**Sat** Apr 7-Jun 16 \$110/10 sess  
**CFEC**  
152326 9:30-10:10am Age 2-4yrs  
152329 10:15-10:55am Age 2-4yrs  
152331 11:00-11:40am Age 3-4yrs  
152330 11:45am-12:25pm Age 3-4yrs  
152328 12:30-1:10pm Age 4-6yrs  
152327 1:15-2:00pm Age 4-6yrs

## Kindergym (1-5yrs)

Run, jump and roll in a gym full of mats and indoor playground equipment. Parent supervision required. Pay \$2.50 drop-in and bring receipt/buy a strip of 10 tickets for \$20 and give 1 ticket to supervisor. Parents, please help put the equipment away at end of program. No class May 12 or Pro D days.

**Sat** 10:00am-12:00pm Apr 14-May 26  
**Gym D** \$2.50 Drop-in  
**Tue/Wed/Thu**  
11:00am-12:30pm Apr 3-May 17  
**Gym D** \$2.50 Drop-in

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

Multi-sport classes teach children important introductory physical skills and help children develop confidence in their abilities through 8 different ball sports. Parents must participate. No class May 19.

**Sat** 11:30am-12:15pm Apr 7-Jun 9  
**Gym C** \$135/9 sess  
151323 Sportball Staff

## Sportball Parent & Child T-Ball (2-3yrs)

NEW

Let's play ball! Children are introduced to basic concepts of baseball. With guidance and support from their Sportball Coach, parents and children zero in on T-Ball skills like throwing, catching, batting, running bases and fielding. No class May 20.

**Sat** 9:30-10:15am May 6-Jun 17  
**Britannia Oval** \$90/6 sess  
155930 Sportball Staff

## Sportball Multisport (3.5-5yrs)

Preschoolers refine their motor skills, such as balance and coordination, develop their social skills such as confidence, following instructions, turn-taking. Coaches introduce a different sport each class using developmentally appropriate games and activities. No class May 19.

**Sat** 12:15-1:15pm Apr 7-Jun 9  
**Gym C** \$135/9 sess

151325 Sportball Staff  
**Wed** 10:15-11:15am Apr 11-Jun 6  
**Gym C** \$135/9 sess  
151328 Sportball Staff

## Sportball T-Ball (4-6yrs)

NEW

Big League Fun! Sportball T-Ball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding, in fun, exciting, skill-focused play.

**Sat** 10:15-11:15am May 6-Jun 17  
**Britannia Oval** \$90/6 sess  
155934 Sportball Staff

## Arts

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

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

Thu 4:00-5:15pm Apr 26-Jun 14  
Rm 208 \$105/8 sess  
152335 H.Spaxman



## Music

### Beginner Marimba (8-18yrs)

This class is open to anyone and is a great way to get started in music. You will learn traditional music from Zimbabwe, Latin America and original compositions for marimba. The class also includes fun rhythm games, movement, and is all about having a good time playing music on the marimbas. There is an informal performance at the end of every term at a local cafe. Please note no classes during May 1-18 due to school exams.

#### Set 1

Thu 4:00-5:00pm Apr 5-26  
Rm 111 \$56/4 sess  
152333 R.Layne

#### Set 2

Thu 4:00-5:00pm May 24-Jun 28  
Rm 111 \$84/6 sess  
153450 R.Layne

### Intermediate Marimba (10-18yrs)

This class requires you to have some experience with marimba or piano and you will learn traditional music from Zimbabwe, Latin America and original compositions for marimba. The class focuses on developing material to perform, writing your own composition, and having a good time playing music on the marimbas. There is an informal performance at the end of every term at a local cafe. Please note no classes during May 1-18 due to school exams.

#### Set 1

Thu 5:00-6:00pm Apr 5-26  
Rm 111 \$56/4 sess  
152338 R.Layne

#### Set 2

Thu 5:00-6:00pm May 24-Jun 28  
Rm 111 \$84/6 sess  
153451 R.Layne

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

This class is a year-long commitment to be part of a performance group. We are looking for dedicated, enthusiastic and focused students. The World Rhythms Society has a tradition of encouraging and mentoring youth to perform and share their work, with bands such as Kutapira, Kunaka, and Tambai coming through the program. We will work on learning traditional and original music for marimba and aim to perform several times throughout the year at community events as well as concerts at the end of term. Come to the first class free, which is an audition. Please note no classes during May 1-18 due to school exams.

#### Set 1

Thu 6:00-7:30pm Apr 5-26  
Rm 111 \$60/4 sess  
152376 R.Layne

#### Set 2

Thu 6:00-7:30pm May 24-Jun 28  
Rm 111 \$90/6 sess  
153452 R.Layne



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

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

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

#### Set 1

Thu 4:00-8:30pm Apr 5-May 10  
Music Rm \$144/6 sess  
152352  
Fri 3:30-8:00pm Apr 6-May 11  
Music Rm \$144/6 sess  
152353  
Sat 9:00am-4:30pm Apr 7-May 12  
Music Rm \$144/6 sess  
152354 J.Oye

#### Set 2

Thu 4:00-8:30pm May 17-Jun 21  
Music Rm \$144/6 sess  
152355  
Fri 3:30-8:00pm May 18-Jun 22  
Music Rm \$144/6 sess  
152356  
Sat 9:00am-4:30pm May 19-Jun 23  
Music Rm \$144/6 sess  
152357 J.Oye

### Violin & Fiddle Private Lessons (6+yrs)

These are 30 minute private violin lessons for adults and children aged 6 and up. The teaching method follows the Suzuki Method and covers classical and fiddle. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at fiddlelessons@shaw.ca to arrange lesson time PRIOR to registering. No class May 21.

Mon 3:30-8:15pm Apr 9-Jun 18  
Music Rm \$240/10 sess  
152373 S.Saunders

### Residents of Vancouver on the Leisure Access Program

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

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

# Children

## Physical Activity Britannia Gymnastics Club

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



This popular community program will promote your child's self-esteem and develop strength, flexibility, agility and coordination through the fundamentals of gymnastics. Children can wear a bodysuit or shorts and t-shirts. All programs take place in Britannia Secondary School, 1001 Cotton Drive, Gym B. No class May 19, 20.

Sat	Apr 7-Jun 2			
151351	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$72/8 sess
151352	Gym Kids	4-5yrs	2:00-2:45pm	\$72/8 sess
151353	Gym Kids	4-5yrs	3:00-3:45pm	\$72/8 sess
151354	Performance	6-9yrs	4:00-5:00pm	\$88/8 sess
Sun	Apr 8-Jun 3			
151355	Dynamic Duo	18mo-3	10:00-10:45am	\$72/8 sess
151356	Dynamic Duo	18mo-3	11:00-11:45am	\$72/8 sess
151357	Performance	6-9yrs	11:30-12:30pm	\$88/8 sess
151369	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$72/8 sess
151370	Adv Gym Kids	5-6yrs	12:45-1:45pm	\$72/8 sess
151371	Performance	6-9yrs	3:15-4:30pm	\$92/8 sess

### Dynamic Duo

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

### Tiny Tumblers and Gym Kids/Adv Gym Kids

Develop your child's self-concept and self-esteem in a highly energetic and positive gymnastics environment. Innovative coaching styles and progressive training will teach basic to advanced skills in all gymnastics events. Beginners and those who have already taken 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 Demo Team

These programs progress from Sept 2017 to May 2018 and are presently full.

### Britannia Coaches

Our fantastic, enthusiastic team of Coaches: Kasha, Brenna, Caelan, Aaron, Kara and Shadan are looking forward to another great gymnastics season!

### Britannia Gymnastics Spring Break Camp 2018

Children aged 6-12 will be jumping for joy after a week of jam packed gymnastics fun. Children should bring a snack, lunch, water. Drop your children off at Gym B at 9:30am and pick up at 3:30pm sharp. We look forward to seeing your little gymnast this spring break. Program will take place in Britannia Gym A/B (High School Gym).

Mon-Thu 9:30am-3:30pm Mar 26-29  
Gym A/B \$200/4 sess  
140778

Registration began Tue Dec 5 and is ongoing until the camp fills. Check [www.britanniagymnastics.com](http://www.britanniagymnastics.com) for updates.

### Britannia Micro Footie: Additional Practical Training Sessions with Jason

As well as the mandatory coach's orientation clinics, Jason will be offering practical sessions where he will go over valuable practice drills and coaching tips. We highly recommend coaches attend these sessions which will be held in the Britannia Secondary School Gym A/B.

Mini Micro Coaches  
Tue 6:30-8:30pm Apr 10  
137487

Beginner Coaches  
Tue 8:30-10pm Apr 10  
137489

Inter 1 and 2 Coaches  
Thu 7:00-8:30pm Apr 12  
137491

Adv/SA/Sr SA Coaches  
Thu 8:30-10:00pm Apr 12  
137495  
Gym A/B



### Soccer Spring Break Camp (6-15yrs)

Week long soccer camps led by FIFA Jason Kyle at Empire Bowl (Hastings Pk).

Mon-Fri 9:30am-12:00pm Mar 26-30  
Hastings Park \$139/5sess  
153101

For information about Funseekers Daycamps see page 16.



## Britannia Micro Footie 2018

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

Britannia has been offering this popular recreational spring soccer league for 25 years! Saturday game days will be held at Empire Bowl and Robson Park. Practices will continue to take place in our local fields: Garden & Robson Parks and Brit Oval. Registration includes playing soccer in the sunshine 2X/week. Don't forget to check out the many events and surprises we will be planning to celebrate 25 years of Micro Footie at [www.britanniasoccer.org](http://www.britanniasoccer.org). No classes May 19, 21 2018.

### Important Announcement:

In the 2018 season, Jason Kyle, founder of the Britannia Micro Footie, will be taking on more administrative responsibilities for the program. Britannia staff will continue to work closely with him on the administration, registration, coordination and delivery of the program. Jason has been a visionary for the program, trainer of the coaches, field supervisor and advisor, and this season he will be much more involved in day to day operations, making up teams, scheduling games, communications, training and scheduling staff, coaches and referees and responding to questions and queries. If you have any concerns please do not hesitate to contact Peter Odynsky at 604.718.5820 or [peter.odynsky@vancouver.ca](mailto:peter.odynsky@vancouver.ca).

**FOR QUESTIONS ABOUT THE PROGRAM: [info@microfootie.com](mailto:info@microfootie.com) or 604.215.2122.**

**Program Dates: Saturdays Apr 21-Jun 23**

**Program Cost: \$115/player**

**Registration Process: Tue Jan 9 at 9:00am**

- Online [www.britanniasoccer.org](http://www.britanniasoccer.org) – follow directions OR go directly to [www.vancouver.ca](http://www.vancouver.ca) and type "Micro Footie" in the subject line
- In person at Britannia Info Centre, 1661 Napier Street, Vancouver
- Refunds - due to the challenging task of placing players on teams, refunds will be issued up to Mar 11, 2018. No refunds will be issued after this date

### MICRO FOOTIE GAME AND PRACTICE SCHEDULE, Saturdays (subject to change)

	DIVISION	AGE	GAME TIME	GAME LOCATION	WEEKDAY	PRACTICE TIME/LOCATION
FULL	Beginner A Coed (80)	4-5yrs	9:00-10:00am	Empire North	Mon	5:45-6:45pm Garden Park
FULL	Beginner B Coed (80)	4-5yrs	9:00-10:00am	Empire South	Wed	5:45-6:45pm Garden Park
FULL	Inter 1 Girls (80)	6-7yrs	10:15-11:15am	Empire North	Mon	6:45-7:45pm Garden Park
FULL	Inter 1 Boys (80)	6-7yrs	10:15-11:15am	Empire South	Wed	6:45-7:45pm Garden Park
FULL	Inter 2 Girls (80)	8-9yrs	11:30-12:30pm	Empire North	Wed	6:00-7:00pm Brit Oval
FULL	Inter 2 Boys (80)	8-9yrs	11:30-12:30pm	Empire South	Wed	7:00-8:00pm Brit Oval
FULL	Advanced Girls (80)	10-12yrs	12:45-1:45pm	Empire North	Mon	6:00-7:00pm Brit Oval
FULL	Advanced Boys (80)	10-11yrs	12:45-1:45pm	Empire South	Mon	7:00-8:00pm Brit Oval
142532	Super Adv Girls (44)	13-15yrs	2:00-3:00pm	Empire North	Thu	6:00-7:00pm Brit Oval
FULL	Super Adv Boys (80)	12-13yrs	2:00-3:00pm	Empire South	Tue	6:00-7:00pm Brit Oval
138072	Sr Super Adv Boys (60)	14-15yrs	3:15-4:15pm	Empire South	Tue	7:00-8:00pm Brit Oval

### MINI MICROS SATURDAY MORNINGS AT GARDEN PARK

FULL	Mini Micros (80)	3yrs	9:00-10:00am	Garden Park	Not applicable
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### ROBSON PARK LOCATION

FULL	Beginner C Coed (80)	4-5yrs	9:30-10:30am	Robson Park	Mon	5:45-6:45pm Robson Park
FULL	Inter 1 Coed (80)	6-7yrs	10:45-11:45am	Robson Park	Wed	6:00-7:00pm Robson Park
138076	Inter 2 Boys (80)	8-9yrs	12:00-1:00pm	Robson Park	Mon	6:45-7:45pm Robson Park

NOTE: All FULL divisions are accepting waitlists.

## Coach's Mandatory Orientation Clinics

These clinics are held for all NEW and RETURNING coaches. We will review the upcoming season.

Sat Apr 7

New Coaches to Micro Footie:

10:00-11:30am

Beginner/Intermediate 1 Coaches:

11:30-12:45pm

Inter 2/Adv/SuperAdv/Sr SA Adv Coaches:

12:45-1:45pm

## Referees

If you're interested in refereeing, list your certifications and experience and send by Mar 1 to: [info@microfootie.com](mailto:info@microfootie.com). Boys and girls 12yrs and older welcome.

## Sponsorship Donations

Thanks to the following donors for helping community kids play spring soccer.



## Funseekers Daycamps

### Funseekers Daycamp Spring (6-12yrs)

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

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

Mon-Fri 9:00am-3:00pm Mar 19-Mar 23  
Gym D \$99/5 sess

136514

Mon-Thu 9:00am-3:00pm Mar 26-Mar 29  
Gym D \$80/4 sess

136515

### Summer 2018

Registration for Summer 2018 will begin Sat Apr 21 at 10:00am at the Info Centre. A brochure will be delivered to local schools a week before registration.

Join us for a summer of excitement and adventure. Our fun and enthusiastic leaders plan a fun schedule with out trips, games, crafts, sports, cooking, music, drama and events.

**Britannia Funseekers Play it Fair!!** Special emphasis in our camps will be placed on the use of the Equitas program, "Play it Fair" which is designed to promote human rights, inclusion, anti-discrimination, respect for diversity, and the peaceful conflict resolution among children. The toolkit contains interactive age appropriate activities and games that reinforce the positive values and fundamental principles of human dignity and equality.

### Summer Daycamp Volunteer Opportunity

Britannia Funseekers are looking for motivated youth 16+yrs to get involved in volunteering with children 6-12yrs of age in a fun and supported setting. It's a great leadership opportunity, and way to give back to the community. Spend the weeks swimming, doing arts and crafts, playing games, learning about Children's Rights, going on out trips and many other FUN activities! Minimum 3 week commitment required and must complete a police record check. Reference available upon completion. Please contact Yao at 604.718.5860 or [yao.zhang@vancouver.ca](mailto:yao.zhang@vancouver.ca) if interested.

### Summer Leaders Training "Play it Fair" (16+yrs)

Staff will learn the games of the toolkit, the theory behind them and how they can be used to promote values. Feedback specific to Vancouver's use of Play it Fair indicates that children enjoy the activities and are integrating the values of respect, cooperation, respect for diversity, fairness, inclusion, responsibility and acceptance into their daily attitudes and behaviours. The Toolkit has helped reinforce children's self esteem, leadership skills, and capacity to solve their own conflicts. Play is used as a vehicle for dialogue and participatory debriefing by staff and campers, an important training focus. We recommend daycamp coordinators and leaders who are not familiar with, or want to brush up on their skills to attend this 4 hour training

Sat 10:00am-2:00pm Jun 16  
Gym C \$30/1 sess

153121

Tue 6:00-10:00pm Jun 26  
Gym C \$30/1 sess

153120

For information about Gymnastics and Soccer Spring Break Camps see page 14.

### Residents of Vancouver on the Leisure Access Program

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

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

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

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

For further information, please contact Tom Higashio at 604.718.5826 or [tom.higashio@vancouver.ca](mailto:tom.higashio@vancouver.ca).





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

We offer ongoing classes for children and youth. Classes cover all aspects of Capoeira: martial arts, dance, music acrobatics, culture, language. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Registration includes unlimited participation in training as well as dance and music classes. Youth can attend adult classes as well. Drop in \$20 (go to the Pool Cashier at Britannia to pay and bring the receipt to the Instructor). Classes are located at 1739 Venables. For further information check out page 28 for the Axe schedule or [www.axevancouver.com](http://www.axevancouver.com). Program fees cannot be prorated.

### Ages 3-6yrs

Mon/Wed 6:00-6:45pm	Apr
152916	\$60, 1 class/wk
152917	\$80, 2 classes/wk
Mon/Wed 6:00-6:45pm	May
152921	\$60, 1 class/wk
152923	\$80, 2 classes/wk
Mon/Wed 6:00-6:45pm	Jun
152924	\$60, 1 class/wk
152927	\$80, 2 classes/wk

### Ages 7-18yrs

Mon-Thu 5:00-6:00pm	Mar/Apr
137339	\$160
Mon-Thu 5:00-6:00pm	May/Jun
151330	\$170

## Fencing (8-14yrs)

Learn the art of sword play for fitness, sport and fun! We will practice the art of fencing with foils in a safe, fun environment. All ages and skill levels are welcome. All equipment is provided. Wear track pants and court shoes. Program will be located at LaSalle's Fencing Studio on the Drive at 2155 Commercial Drive. Register at Britannia, program takes place onsite. No class Sat May 19.

Sat	10:00-11:30am	Apr 7-Jun 16
LaSalle Studio		\$70/10 sess
151365	LaSalle	



## Traditional Kung Fu (6yrs+)

Sifu Marquis Lung and Instructor Vicky Ma will teach you Northern Shaolin traditional forms, weapon forms, sparring and self-defence. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Note: Class meets twice a week on Monday and Friday. No class Apr 13, May 21, Jun 8, 11.

### Beginner

Mon/Fri	4:30-5:45pm	Apr 6-Jun 29
CFEC		\$192
151707	M.Lung	

### Intermediate

Mon/Fri	4:30-6:15pm	Apr 6-Jun 29
CFEC		\$213
151708	M.Lung	

### Advanced

Mon/Fri	4:30-6:30pm	Apr 6-Jun 29
CFEC		\$234
151711	M.Lung	



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

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

Sat	1:30-2:30pm	Apr 21-Jun 23
Gym D		\$72/8 sess
151364	JC.Maldonado	

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

This class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills and be given the opportunity for game play. Bring your own racket & runners. No class May 12, 19.

Sat	2:30-3:30pm	Apr 21-Jun 23
Gym D		\$72/8 sess
151367	JC.Maldonado	

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

This class develops more advanced tennis skills through drills and rallies preparing participants for significant game play. This class focuses on the fundamentals of competitive tennis. Bring your own racket & runners. No class May 12, 19.

Sat	3:30-4:30pm	Apr 21-Jun 23
Gym D		\$72/8 sess
151368	JC.Maldonado	

## Volleyball - Apex Volleyball Club Train and Play (11-13yrs)

Britannia has teamed up with Apex Volleyball Club to offer a Train and Play! Coaches will refine skills and game play will be emphasized. Registration will be limited to 16 so sign up early. No class Apr 26

Thu	6:00-7:15pm	Apr 5-Jun 21
Gym D		\$165/11 sess
156358	Apex Volleyball	

# Preteen

## Music

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

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

Wed 7:00-9:00pm Apr 4-Jun 20  
55+ Centre \$60/term (12 sess)  
Songs will be sung in Spanish and Portuguese.

## Social

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



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

Thu 6:15-8:00pm Apr 12-Jun 14  
Preteen Centre Free  
151602 TBA

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

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

Fri 6:00-8:30pm Apr 20  
Bowling \$5/1 sess  
160100  
Fri 6:00-8:30pm May 11  
Indoor Rock Climbing \$10/1 sess  
160101  
Fri 6:00-8:30pm Jun 15  
Swimming \$5/1 sess  
160103

## Sports

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

We offer ongoing classes for children and youth. Classes cover all aspects of Capoeira: martial arts, dance, music acrobatics, culture, language. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Registration includes unlimited participation in training as well as dance and music classes. Youth can attend adult classes as well. Drop in \$20 (go to the Pool Cashier at Britannia to pay and bring the receipt to the Instructor). Classes are located at 1739 Venables. For further information check out page 28 for the Axe schedule or [www.axevancouver.com](http://www.axevancouver.com). Program fees cannot be prorated.

Mon-Thu 5:00-6:00pm Mar/Apr  
137339 \$160  
Mon-Thu 5:00-6:00pm May/Jun  
151330 \$170

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

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

Wed 4:00-6:00pm Apr 4-Jun 20  
LaSalle Studio \$96/12 sess  
151366

## Drop-In Sports



### Indoor Soccer (11-18yrs)

For 11-18 year old players only.

Tue 5:00-8:00pm Apr 3-Jun 26  
Gym D Free

### Open Gym (11-18yrs)

Wed 5:30-7:00pm Apr 4-Jun 27  
Gym D Free

## Special Events

### Preteen Dance (10-13yrs)

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

Fri 6:30-9:00pm Apr 13, Jun 8  
CFEC \$1 at Door



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



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

Fri 8:00-10:00pm Mar 2, Apr 6,  
Britannia Pool May 4, Jun 1  
Free

## Welcome to the Teen Centre

### Hours

Mon-Thu 3:00-9:30pm

Fri 3:00-10:00pm

Sat 6:00-10:00pm

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

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

### Britannia Teen Centre

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

The Teen Centre is a place to:

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



### Staff

#### Youth Programmer:

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

#### Community Youth Worker:

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

#### Latin American Youth Programmer:

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

#### Teen Centre Staff:

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

### 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.

## Cooking

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

This is a hands on cooking program. Tuesdays 4:00-6:00pm in the 55+ Centre. Learn to create healthy, cheap and easy to cook meals. Youth are involved in planning, cooking and preparing the meals.

**Tue 4:00-6:30pm** **Apr 3-Jun 26**  
**55+ Centre** **Free**

### Latin Cooking (13-18yrs)

Learn to cook food from various Latin countries! Participants will also learn how to make healthier food choices and to shop on a budget. Quieres aprender a cocinar comida de varios países Latinos. Ven y aprende a cocinar y a la vez como escoger productos que sean saludables y económicos. Familias con jóvenes y niños son bienvenidas! Families with youth and children are welcome!

**Thu 4:30-6:30pm** **Apr 5-Jun 28**  
**55+ Centre** **Free**

## Leadership

### Summer Leaders Training "Play it Fair" (16+yrs)

Staff will learn the games of the toolkit, the theory behind them and how they can be used to promote values. Feedback specific to Vancouver's use of Play it Fair indicates that children enjoy the activities and are integrating the values of respect, cooperation, respect for diversity, fairness, inclusion, responsibility and acceptance into their daily attitudes and behaviours. The Toolkit has helped reinforce children's self esteem, leadership skills, and capacity to solve their own conflicts. Play is used as a vehicle for dialogue and participatory debriefing by staff and campers, an important training focus. We recommend daycamp coordinators and leaders who are not familiar with, or want to brush up on their skills to attend this 4 hour training

**Sat 10:00am-2:00pm Jun 16**

**Gym C \$30/1 sess**  
**153121**

**Tue 6:00-10:00pm Jun 26**

**Gym C \$30/1 sess**  
**153120**



## Volunteer

### Summer Daycamp Volunteers

Britannia Funseekers are looking for motivated youth 16+yrs to get involved in volunteering with children 6-12yrs of age in a fun and supported setting. It's a great leadership opportunity, and way to give back to the community. Spend the weeks swimming, doing arts and crafts, playing games, learning about Children's Rights, going on out trips and many other FUN activities! Minimum 3 week commitment required and must complete a police record check. Reference available upon completion. Please contact Yao at 604.718.5860 or yao.zhang@vancouver.ca if interested.

# Youth

## Music

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

The Greenhorn Community Music Project aspires to join the creative forces of youth, professional musicians, and community members, to compose, practice, and perform a variety of musical styles in service of orchestrating social change you can dance to. Membership required \$1.00. No class May 21. Please note classes on May 7 and 14 will be in the Rink Mezz.

**Mon 3:30-5:00pm** **Apr 9-Jun 25**  
**Rm 111** **11 sess**  
**152337 B.Koch**

## Social

### Big Screen Movie Night (13-18yrs)

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

**Wed 7:00-9:00pm** **Mar-Jun**  
**Teen Centre** **Free**

### Canucks Game Night

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

**Various 7:00-9:30pm** **Mar-Apr**  
**Teen Centre** **Free**

### First Friends Buddy Program/Grupo de Amigos (13-18yrs)

Meet youth your age and learn at the same time. Friends First Buddy program provides you with social, recreational, and educational skills. We meet Saturdays 12:00-4:00pm to participate in various activities. Call Stephanie for details and to register 604.718.5829. Completed consent forms required.

\* Outings/Salidas

\* Team Building Games/Juegos

\* Workshops/Tallers

Ven a conocer jóvenes de tu edad y de varios países. El programa de Friends First te enseña nuevas actividades en las que puedes participar todos los sábados. Para más información por favor llame a Stephanie para registrarse al 604.718.5829. Subsidios disponibles para todas las actividades. Sat/Sabados. 12-4pm.

**Sat 12:00-4:00pm** **Apr 7-Jun 23**  
**Teen Centre**

## Sports

### Basketball (16-20yrs)

**Sun 12:00-1:45pm** **Apr 8-Jun 24**  
**Gym C** **Free**

### Wheelchair Basketball (16+yrs)

**Fri 6:45-9:00 pm** **Apr 6-Jun 29**  
**Gym D** **Free/12 sess**

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

**Wed 5:30-7:00pm** **Apr 4-Jun 27**  
**Gym D** **Free**

### Indoor Soccer (11-18yrs)

For 11-18 year old players only.

**Tue 5:00-8:00pm** **Apr 3-Jun 26**  
**Gym D** **Free**



### Night Hoops Junior/Senior Girls (13-18yrs)

Night Hoops is a late night recreation opportunity for youth in Vancouver. Certified coaches lead both our junior and senior basketball teams. Players of all skilled levels are encouraged to attend. Players are required to attend the practices in order to play in the games. Games will be on Saturday evenings between 6:00-10:00pm. For more information, call 604-718-5826.

**Practice**  
**Fri 5:30-6:45 pm** **Apr 5-May 25**  
**Games**  
**Sat 5:00-10:00 pm** **Apr 6-May 26**  
**Gym C** **Free**

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

Take advantage of this one time offer to try Capoeira in this introductory program in Apr, May, Jun Tue/Thu 6:00- 7:00pm! Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility. Classes take place at 1739 Venables. Program fees cannot be prorated. For further information check out page 28 for the Axe schedule or [www.axevancouver.com](http://www.axevancouver.com).

**151333 Apr Tue/Thu 6:00-7:00pm \$70/mo**  
**151336 May Tue/Thu 6:00-7:00pm \$70/mo**  
**151350 Jun Tue/Thu 6:00-7:00pm \$70/mo**

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

Learn classic boxing techniques from Head Coach Bill Kennedy. Full size ring, punch/speed bags, circuit training, mitts and gloves. Great way to improve your fitness. During the group sessions, your training will be personalized to your specific skill and ability. Recreational athletes will be required to fill out Park Board Waiver forms prior to participating. Competitive athletes must fill out a Combsport waiver forms and pay a \$75 annual insurance fee (cheque payable to Combsport will be collected by the Bill prior to starting). Classes unlimited – come train as many times as you like! Boxing room is located beside Gym C. No class May 19, 21.

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

**Mon-Fri 5:00-7:00pm**  
**Sat 2:00-4:00pm**  
**151719 Apr \$75/month**  
**152301 May \$75/month**  
**152300 Jun \$75/month**

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

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

**Wed 4:00-6:00pm** **Apr 4-Jun 20**  
**LaSalle Studio** **\$96/12 sess**  
**151366**

## Special Events



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



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

**Fri 8:00-10:00pm**      **Mar 2, Apr 6,**  
**Britannia Pool**                      **May 4, Jun 1**  
**Free**



### Holiday Free Skate!



Come by the rink on Easter Monday, lace up your skates and burn off some of those candy calories.

**Mon 1:00-3:30pm**      **Apr 2**  
**Britannia Rink**                      **Free**

## VYW VANCOUVER YOUTH WEEK 2018

Youth Week is an internationally celebrated event to promote awareness of youth, increase positive public profile of youth and build stronger connections between youth and the community.

Youth week supports and implements Vancouver's Civic Youth Strategy by:

- \* Ensuring youth have a place in the community
- \* Ensuring a strong youth voice in decision making
- \* Promoting youth as a resource for the city
- \* Strengthening the support base for youth in the city

During Youth Week young people around the world organize and participate in events, performances, forums and community projects. Get involved, plan events, promote activities, and attend events. Call 604.718.5826 to find out how you can help!!

**May the Fourth Be With YOUth Dance** will be held on Friday, May 4 from 8:30-11:00pm at Trout Lake CC. Tickets are \$5 each from your Centre's Youth Worker, or \$7 at the door.

Please bring a valid school go-card when you come. A free photo booth, games, and prizes will be available. Contact Tom at [tom.higashio@vancouver.ca](mailto:tom.higashio@vancouver.ca) or visit the Youth Office to get your tickets starting April 1.



**Basketball 3-on-3 Tournament** will be held on Saturday, May 5 at Hillcrest Centre between 1:00-7:00pm.

To sign up a team, please email Matt Charan by Apr 25 with your team roster at [Matthew.Charan@vancouver.ca](mailto:Matthew.Charan@vancouver.ca).

**Skateboard Event** will be held on Saturday, May 5 from 1:00-4:00pm at the Vancouver Skate Plaza. All skill levels welcome. Contact Tom at [tom.higashio@vancouver.ca](mailto:tom.higashio@vancouver.ca) for a waiver form before you participate! This event is a partnership with the Vancouver Skateboard Coalition.



Events are sponsored by the Vancouver Board of Parks and Recreation and individual Community Centre Associations, including the West End Community Centre Association.

## Outdoor 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/instructors, unless otherwise stated. Any overnight trip has co-ed leaders and at least one trained staff in Wilderness First Aid. The cost of the outings should not prevent any youth from participating, so let staff know. If you have any questions or would like to register please call 604.718.5828.

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.

\$80 ski/snowboard rental, \$65 no rental required. Must register a minimum of 2 weeks in advance. Registration accepted at Britannia Teen Centre only.

<b>6:00am-6:00pm</b>	<b>Dates:</b>	<b>Sun</b>	<b>Mar 4</b>
		<b>Sat</b>	<b>Mar 17</b>
	<b>Cost:</b>	<b>\$80 with Rentals</b>	
		<b>\$65 without Rentals</b>	



### Dragonboat

Britannia Teen Centre's dragon boat team is looking for committed paddlers to be part of this year's team. We will be meeting every week to talk about the upcoming year, paddling techniques, dry-land training, nutrition and twice a week on-the-water practices. The team will participate at the 2018 Concord Vancouver Dragon Boat Festival, June 23rd and 24th. Come out and prepare for the quest for excellence. No experience necessary. For more info, contact Tom at 604.718.5826. Practice dates to be determined.



Source: <http://www.metrovancouver.org/services/parks/reservable-facilities/facilities/camp-capilano-indoor-group-camp>

### Diversity Camp (13-18yrs)

Partnering with Trout Lake and Thunderbird Community Centre youth programs, spend three days doing activities and having discussions about diversity, human and children's rights, anti-discrimination, respect, inclusion, fairness and peaceful conflict resolution. Youth must be willing to participate, discuss and share in all activities. We will be using activities from the "Play it Fair" and "Speaking Rights" toolkit which promotes the values of children's rights, followed by a discussion of what they felt, thought and learned. Every child has the right to know their rights. Camp will be held at Camp Capilano.

Mandatory workshop held on Wednesday, Mar 7, from 5:00-8:00pm to introduce the group to each other and to provide an overview of trip expectations. To register, please contact the Britannia Teen Centre or call 604.718.5826

#### Workshop:

Wed 5:00-8:00pm Mar 7

#### Camp:

Fri-Sun 9:00am-5:00pm Mar 23-Mar 25

Camp Capilano \$75/trip

# Latin American Youth Program (LAYP) Youth

## Programa de Jovenes Latino Americanos

The Latin American Youth Project offers a number of opportunities to Latino youth 13 to 18 years of age and ranges from organized recreational programs to advocacy and referral services. For further information please contact Stephanie, the Latin American Youth Worker at 604.718.5829, stephanie.angel-garay@vancouver.ca

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

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



Free drop-in soccer for youth (with high school ID) New players welcome, must be under 18yrs. Futbol de salón gratis con el carnet de la escuela, solo para menores de 18 años de edad.

**Tue/Martes 5:00-8:00pm** **Apr 3-Jun 26**  
**Gym D/Gimnasio D** **Free/Gratis**



### First Friends Buddy Program/Grupo de Amigos (13-18yrs)



Meet youth your age and learn at the same time. The Friends First Buddy program provides you with social, recreational, and educational skills. We meet every Saturday and we participate in various activities from 1:00-5:00pm. To register and more details please contact Stephanie at 604.718.5829. Completed consent forms required.

\* Outings/Salidas

\* Team Building Games/Juegos

\* Workshops/Tallers

Ven a conocer jóvenes de tu edad y de varios países. El programa de Friends First te enseña nuevas actividades en las que puedes participar todos los sábados. Para más información por favor llame a Stephanie para registrarse al 604.718.5829. Subsidios disponibles para todas las actividades.

**Sat/Sabados 1:00-5:00pm** **Apr 7-Jun 30**  
**Teen Centre**

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



Come and hang out with other girls! Meet new people, 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
- Fitness
- Career Planning

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

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

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



Buscamos a jóvenes que estén interesados en iniciar nuevos programas y actividades para nuestra comunidad Latina. Dar reconocimiento a los asuntos Latinos, apoyar nuestra comunidad, recoger fondos, iniciar nuevos proyectos y eventos, y hacer trabajo voluntario para las horas requeridas para la graduación. Para más información llama a Stephanie al 604.718.5829. Nos reunimos el primer miércoles de cada mes de 4:00-6:30pm

### Spanish Clubs



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

**Tupper: Tue at lunch 11:30am Counselling Suite**

**Van Tech: Thu at lunch 11:30am Rm 224**

**David Thompson: Fri at lunch 11:30am Rm tba**

What are Spanish Clubs? A place to meet all the Latin students in your school, a place where you have fun, learn more about Latin American culture, and know what activities and programs are going on in your community. We provide games, music, workshops, and guest speakers. If you are interested in having a Spanish Club at your school contact Stephanie at 604.718.5829 or email stephanie.angel-garay@vancouver.ca

### Cocina Latina/Cooking Program (13-18yrs)



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

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

**Thu/Jueves 4:30-6:30pm** **Apr 5-Jun 28**

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

**55+ Centre**

**Free/Gratis**

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



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

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

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

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

**Wed 7:00-9:00pm**

**55+ Centre**

**Apr 4-Jun 20**

**\$60/term (12 sess)**

**Songs sung in Spanish and Portuguese.**

## Arts



Comfort Opportunity, M.Atashzad, 2017

### Acrylic Painting

**NEW**

Enjoying and relaxing with acrylic painting as an expressive and vibrant medium. You will learn how to use the brushes to achieve a variety of techniques including blending, glazing, lifting, wet on wet and over dry to create different textures and brush strokes on your artwork. We will focus on beautiful landscapes, flowers and figures. Visit: [www.atashzad.com](http://www.atashzad.com) Supplies are not included, supply list available upon registration. \$25 drop in. All levels welcome. No class Apr 18.

**Wed 5:00-7:00pm Apr 11-Jun 20**  
**Rm 210 \$195/10sess**  
**152320 M.Atashzad**

### Reckless Painting 1A

**NEW**

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

**Tue 7:00-9:00pm Apr 10-May 8**  
**Rm 210 \$60/5 sess**  
**152363 A.Orsini**

### Reckless Painting 1B

**NEW**

Still think you can't paint? Or else wanting to carry on with more detailed exercises on acrylic and canvas? In an extension of Reckless Painting 1A, this is a friendly, fun painting experience for new or seasoned artists. Come set aside two hours on Tuesday to make painting your priority. Reckless Painting 1A is NOT required to attend this class. All materials included! No class Jun 12. More info: [www.recklesspainting.ca](http://www.recklesspainting.ca). or e-mail: [arthur@recklesspainting.ca](mailto:arthur@recklesspainting.ca)

**Tue 7:00-9:00pm May 15-Jun 19**  
**Rm 210 \$75/5 sess**  
**152364 A.Orsini**

## Watercolour Painting

Study watercolour painting techniques by exploring the medium's full potential. Learn to use water, paper, colour and brushes to create an endless variety of tones and atmosphere in your painting. Supplies are not included, supply list available upon registration. Visit [www.atashzad.com](http://www.atashzad.com). \$25 drop in. All levels welcome. No class Apr 18.

**Wed 7:00-9:00pm Apr 11-Jun 20**  
**Rm 210 \$195/10sess**  
**152375 M.Atashzad**



Blooming Magnolias, M.Atashzad, 2017

### Pottery - Introduction

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

**Tue 7:00-9:00pm Apr 24-Jun 12**  
**Rm 208 \$185/8 sess**  
**152361 H.Spaxman**

### Pottery - Continuing

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

**Wed 6:30-9:00pm Apr 25-Jun 13**  
**Rm 208 \$215/8 sess**  
**152359 H.Spaxman**

## Dance



### Pow Wow Dance Workout

In this dance series you will build your flexibility, stamina and endurance by blending pow wow steps with additional workouts. The first few classes are about learning the basics of pow wow. Starting with a warm up of yoga and then moving into an intertribal step. We will explore the ladies and men's traditional styles. From stationary, to straight, to crow hop, to sneak ups. Next we will move into the jingle dance's intricate foot work and transition into the grass dance's smooth slow motion moves. After we will pump up the energy with the energetic fancy dance! This dance series is moderate to high intensity.

**Mon 7:00-8:15 pm Apr 9-Apr 30**  
**CFEC \$40/4 sess**  
**153403 Shyama-Priya**

### Salsa Cubana & Rueda De Casino - Beginner

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

**Tue 7:30-9:00pm Apr 24-Jun 12**  
**Gym C \$140/8 sess**  
**152366 K.Reyes**



## Salsa Cubana & Rueda De Casino - Beg/Intermediate

Singles and couples welcome. We will continue where we left it in the Beginner Class and will add more moves. We will review the moves learnt in the Beginner class and learn new moves such as La Ye Simple, La Ye, Sombrero Complicado, Tornillo, Pelota, Setenta, etc. The basics of Merengue, Bachata and other Latin steps are taught during warm-up. Upon completion of the program, the instructor will assess the student's level and determine if s/he can move up to the next level. No class May 21.

**Mon 7:30-9:00pm Apr 23-Jun 18**  
**Rink Mezz \$140/8 sess**  
**152367 K.Reyes**

## Salsa Cubana & Rueda De Casino - Intermediate 1

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

**Wed 7:30-9:00pm Apr 25-Jun 13**  
**CFEC \$140/8 sess**  
**152368 K. Reyes**

## Salsa Cubana & Rueda De Casino - Advanced

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

**Thu 7:30-9:00pm Apr 26-Jun 14**  
**Gym C \$140/8 sess**  
**152365 K. Reyes**

## Music



### African Drumming

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

#### Level 1

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

**Wed 6:30-8:00pm Apr 18-Jun 6**  
**Cafeteria \$120/8 sess**  
**152321 R.Shumsky**

#### Level 2

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

**Wed 8:10-9:40pm Apr 18-Jun 6**  
**Cafeteria \$120/8 sess**  
**152322 R.Shumsky**

#### Level 3

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

**Thu 6:30-8:00pm Apr 19-Jun 7**  
**Cafeteria \$120/8 sess**  
**152323 R.Shumsky**

### African Drumming Drop-In Classes

These classes teach rhythms and techniques for the West African djembé drum. They are for beginners or for drummers with experience who want to work on the basics. It's about having fun and learning to drum in a small class setting. These classes are intended for adults. Drums are supplied at no extra charge. Please pay for the class at the Britannia swimming pool. For more info visit [www.drumming.ca](http://www.drumming.ca)

**Sat 12:00-1:30pm Apr 21, May 5 & May 19, Jun 2**  
**Cafeteria \$15 per drop in**  
**152324 R.Shumsky**

## Carnival Band

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

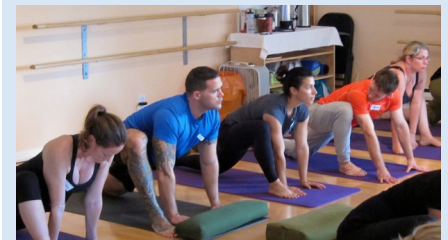
**Mon 7:30-10:00pm Apr 9-Jun 25**  
**55+ Centre \$11 sess**  
**152334 T.Sars**

## The Drive Street Band

Do you like playing music? Do you wish you played more music? Come join the Drive Street Band, a fun casual band that performs at events about town. Some High School music reading ability is helpful, or play well by ear. We play Swing, Jazz, Latin, Old time songs and more! The only stipulations are that you need a good attitude and an instrument that you can take out to the streets. \$5 donation at rehearsals. No session Jun 24.

**Sun 3:00-5:00pm Apr 8-Jun 17**  
**55+ Centre \$11 sess**  
**152371 C.Sweet**

## Wellness



### Stretch Therapy

Beginners Stretch Therapy (without injury) uses multiple assisted and solo PNF stretching techniques to improve range of motion, activate muscles and improve posture. Stretch Therapy is the safest and most efficient bodywork method available if you want to experience ease in daily life, whether you are an office worker or athlete. Please visit [www.stretchtherapyvancouver.com](http://www.stretchtherapyvancouver.com) for more information. No class May 21.

**Mon 7:00-8:15pm May 7-Jun 25**  
**CFEC \$140/7 sess**  
**152396 R.Cole \$25/drop-in**

# Adults

## Foods

### Syrian Cooking Class NEW

Maybe you have tried some amazing Syrian food...but you haven't yet learned how to cook a traditional Syrian meal. From the oldest inhabited Capital city in the world "Damascus", comes Hayat and her daughter Carmen - who have recently started their own Syrian catering business. They are offering a Syrian cooking class and introducing you to an ancient and healthy grain that is new to Canada - called freekeh. You will learn how to cook it, and then eat it, along with Hayat's famous hummus.

**Wed 6:00-8:30pm Apr 15**  
**Preteen Centre \$25**  
**145048**

### Kimchi Fermentation

Kimchi is a traditional dish of fermented vegetable using Napa cabbage & Daikon radish. This flavourful dish can be enjoyed on its own, or with noodle, rice & eggs. It goes with almost any food. Participants will bring a clean 2-quart or 2-litre glass jar with tight fitting lid to hold the kimchi while it ferments. Stephanie is into prebiotic & probiotic food & drink and also writing a cookbook.

**Wed 6:00-8:00pm May 30**  
**Preteen Centre \$15**  
**156992**

### Indigenous Plant Walk on Wild & Native Medicinals

Lori Snyder is an Indigenous herbalist, educator, storyteller, artist and mother. Lori hosts workshops teaching about our living world, how to access its wisdom and to remember our stewardship. Come out and discover how to identify, when best to harvest and sample products made from our living world in this 2-hour interactive workshop.

Meet at the Britannia Information Centre.

Three dates:

**Tue 6:30-8:30pm Apr 10**  
**157006 \$25**  
**Sat 10:30am-12:30pm May 5**  
**157014 \$25**  
**Thu 6:30-8:30pm Jun 7**  
**157021 \$25**

### GWFC FoodFit Program NEW

FoodFit is a free 12-week program for low-income community members who experience barriers around healthy eating and physical activity but who are motivated to make lasting changes to their health. For more information see page 42 or contact Ian at 604.718.5895.

## Volunteer Program

Britannia Community Centre is like no other facility in the Lower Mainland. Britannia's unique integration of education, recreation, library and social services supports and services the vibrant mix of cultures, age and income demographics in the Grandview Woodland and Strathcona communities. This gives rise to a large variety of volunteer opportunities in cultural, educational, entertainment and sport activities at varied levels of commitment.

If you would like to get more information regarding volunteering at Britannia or any of the below programs, please give us a call at tel: 604.718.5860 or send an email to: [yao.zhang@vancouver.ca](mailto:yao.zhang@vancouver.ca).

Start volunteering with us! Fill out an online application today:  
<https://goo.gl/t4VkJf> (Note: url is case sensitive.)

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

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

**Wed 9:00am-12:30pm Apr 11 Free**  
**158558**



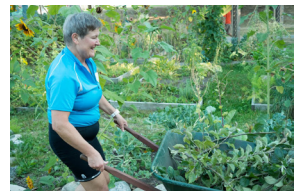
### Britannia School Gardens Work Party and BBQ ☀️

Please join us and help keep the Britannia School Gardens thriving and looking beautiful.

Meet great people, connect to nature, get some exercise, eat great food. Enthusiastically embraced by the teachers and students, these gardens are supporting unique outdoor learning opportunities, supporting healthy food choices, and fostering youth leadership in the area of urban agriculture and the environment.

There will be a variety of easy to medium physical tasks to choose from. Work gloves will be provided. Dress to get dirty. Delicious BBQ at the end, come join us!

**Sat 3:00-8:00pm May 26 Free**  
**158560**



### Shoreline Cleanup at Barnet Marine Park (19+yrs) ☀️

Join us on World Oceans Day (Fri Jun 8) for Britannia's shoreline cleanup jointly organized by the Vancouver Aquarium and WWF. Help reduce litter along our coastlines starting with the Barnet Marine Park in Burnaby. This will be an interactive, team-building group event. Transportation and equipment will be provided.

**Fri 3:00-8:00pm Jun 8 Free**  
**158565**

### Fun Bike Rides (19+yrs) ☀️

Join other Britannia volunteers and community members for a fun bike ride in and around Vancouver. We will leave from Britannia and explore local favourite bike trails at a leisurely pace. Participants should be confident riding 30+ kilometers. Waivers and release forms need to be signed prior to the rides. We are also looking for volunteer ride leaders to assist and facilitate the event, if interested, please email: [yao.zhang@vancouver.ca](mailto:yao.zhang@vancouver.ca). **Free.**

<b>Fri 4:00-8:00pm</b>	<b>Apr 27</b>	<b>Lost Lagoon</b>	<b>158570</b>
<b>Sun 9:00am-4:00pm</b>	<b>May 13</b>	<b>UBC</b>	<b>158574</b>
<b>Fri 4:00-8:00pm</b>	<b>May 25</b>	<b>Jericho</b>	<b>158576</b>
<b>Sun 9:00am-4:00pm</b>	<b>Jun 3</b>	<b>Burnaby Lake</b>	<b>158577</b>
<b>Sun 9:00am-4:00pm</b>	<b>Jun 17</b>	<b>Steveston</b>	<b>158578</b>
<b>Fri 4:00-8:00pm</b>	<b>Jun 22</b>	<b>Queen Elizabeth Park</b>	<b>158580</b>



## Physical Activity

### 2018: Get Fit at Brit!

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

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Zumba</b> 6:00-7:15pm Gym C	<b>Total Body Conditioning</b> 6:00-7:00pm Gym C		<b>Groove &amp; Tone</b> 6:00-7:00pm Gym C	<b>Volleyball</b> 7:00-10:00pm Gym A/B	<b>Salsa Fit</b> 10:00-11:00am Gym C	<b>YogaFlex</b> 10:15-11:15am CFEC
	<b>Volleyball</b> 8:00-10:00pm Gym A/B	<b>Zumba</b> 6:00-7:15pm Gym C	<b>Volleyball</b> 7:00-10:00pm Gym A/B	<b>Badminton</b> Gym C	<b>Badminton</b> Gym C	<b>Basketball 2:00pm</b> <b>Basketball 4:00pm</b> <b>Ball Hockey 4:15pm</b>

### Groove and Tone Workout

Enjoy the brain and soul warming benefits of dancing to world rhythms and the benefits of toning the body with core strengthening exercises for a complete workout that will leave you feeling empowered. Drop-in \$9.



#### Free Trial session:

Thu 6:00-7:00pm Apr 12  
Gym C Free  
156606 C.Bulaievsky



#### Regular sessions:

Thu 6:00-7:00pm Apr 26-May 24  
Gym C \$35/5 sess  
155898 C.Bulaievsky  
Thu 6:00-7:00pm May 31-Jun 28  
Gym C \$35/5 sess  
159393 C.Bulaievsky

### 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. No class Jun 16.

Sat 10:00-11:00am Apr 7-Jun 23  
Gym C \$4.75 /1 sess or  
152884 DNA Wellness \$39.40/10 tickets

### Total Body Conditioning

A class designed to challenge every muscle group with the use of weights, bands, and tubes including a cardio component. Increase strength, balance and flexibility. Purchase \$4.75/drop-in tickets at pool office or \$39.40/10 tickets

Tue 6:00-7:00pm Apr 3-Jun 19  
Gym C \$4.75/drop-in  
152886 A. Riley

### Iyengar Yoga

Certified Iyengar Yoga instructor, Claudia MacDonald has taught at Britannia for decades and has developed a highly respected program in the Grandview-Woodlands and Yaletown areas. Physically energizing, deeply relaxing and emotionally uplifting, she offers instruction in classical yoga with an emphasis on self-awareness and development of strength, stamina, flexibility, balance, body awareness, postural alignment and relaxation. Good for all levels of fitness and ability, taught with clarity, creativity, attention to detail and sensitivity to individual needs, in an atmosphere of respect, compassion and humour. Safety, back and joint care will be addressed. For more information: 604.718 5800(1) or claudiamacyoga@gmail.com.

#### Level 1 & Gentle Level 1

Thu 7:00-8:30pm Apr 12-Jun 28  
CFEC \$190/12 sess  
151741

#### Level 1 & 2

Tue 9:30-11:00am Apr 10-Jun 26  
CFEC \$190/12 sess  
151742

Tue 7:00-8:30pm Apr 10-Jun 26  
CFEC \$190/12 sess  
152310

#### Level 2 & 3

Thu 5:30-7:00pm Apr 12-Jun 28  
CFEC \$190/12 sess  
152311

### Yogaflex

This flowing class focuses on getting connected with core strength, with yoga postures that incorporate core work. Class ends with deep stretching and relaxation. You will leave feeling supple and strong. www.clstevensfitness.com. Please bring your own mats. No class May 20.

Sun 10:15-11:15am Apr 8-Jun 10  
CFEC \$72/9 sess  
152885 CLS Fitness \$12/drop-in

### ZUMBA® Fitness

Zumba® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning and total body toning. It combines Salsa, Cumbia, Merengue and more, giving you a feel happy workout that is great for both the body and the mind. We also integrate weights and abdominals into the end of the program. Drop in \$11, space permitting. Check out: www.zumbavancouver.ca.

#### Free Trial sessions:

Mon 6:00-7:15pm Apr 9  
152313  
Gym C  
Wed 6:00-7:15pm Apr 4  
152314  
Gym C



#### Regular Sessions

Mon 6:00-7:15pm Apr 16-May 14  
152315 \$40/5 sess  
Gym C  
Mon 6:00-7:15pm May 28 - Jun 25  
152317 \$40/5 sess  
Gym C  
Wed 6:00-7:15pm Apr 11-May 16  
152318 \$48/6 sess  
Gym C Denise  
Wed 6:00-7:15pm May 23-Jun 27  
152319 \$48/6 sess  
Gym C Denise

# Adults

## Martial Arts

### Axe Capoeira



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

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

### Adult (19+yrs)

138443 Mar/Apr \$240  
152906 May/Jun \$240

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

Youth have unlimited participation in adult scheduled classes as well.

Mon-Thu 5:00-6:00pm Mar/Apr \$160  
137339  
Mon-Thu 5:00-6:00pm May/Jun \$170  
151330

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

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

Tue/Thu 6:00-7:00pm Apr \$70/mo  
151333  
Tue/Thu 6:00-7:00pm May \$70/mo  
151336  
Tue/Thu 6:00-7:00pm Jun \$70/mo  
151350

### Fencing - Adult (18+yrs)

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

Tue 7:30-9:00pm Apr 3-Jun 19  
LaSalle Studio \$96/12 sess  
151739 LaSalle

### Ki Aikido

Non-competitive and positive practice that develops calmness, stability and confidence to reduce the stresses of daily life. 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. [canadiankifederation.org](http://canadiankifederation.org). No class May 21.



### Ki Aikido - General

Wed 7:30-9:30pm Apr 4-Jun 27  
Mat Room \$78/13 sess  
151735 W. Nagata \$10/drop in

### Ki Aikido - Higher Grade

\*1st Kyu or more advanced students.  
Mon 7:30-9:30pm Apr 9-Jun 25  
Mat Room \$55/11 sess  
151736 W. Nagata \$6/drop-in

## Sports

### Badminton

Total of 30 spaces (registered & drop-ins)  
\$6.00 drop-ins if space available. No class  
May 4, 18, 19, Jun 15, 16.

<b>Fri</b>	<b>7:00-9:45pm</b>	<b>Apr 6-Jun 29</b>
<b>Gym C</b>		<b>\$40/10 sess</b>
<b>151720</b>	<b>A. Leung</b>	
<b>Sat</b>	<b>1:30-5:00pm</b>	<b>Apr 7-Jun 30</b>
<b>Gym C</b>		<b>\$44/11 sess</b>
<b>151721</b>	<b>J. Leung</b>	

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

This is a non-body contact program.  
Rough play will not be tolerated. No  
league players. Registration for this class  
took place in the Winter session. Class is  
full. No class Apr 1.

<b>Sun</b>	<b>6:45-8:45pm</b>	<b>Jan 7-May 6</b>
<b>Gym D</b>		<b>\$85/16 sess</b>
<b>138434</b>	<b>TBA</b>	

### Ball Hockey - Coed

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

<b>Wed</b>	<b>7:15-8:45pm</b>	<b>Apr 4-May 16</b>
<b>Gym D</b>		<b>\$35/7 sess</b>
<b>151725</b>	<b>TBA</b>	

### Ball Hockey - Women

The focus is on fitness and fun – all skill  
levels welcome. Teams divided according  
to skill level at beginning of game. Bring  
a black and white t-shirt to split into  
teams. Sticks provided, or bring your  
own plastic wood, composite. Shin pads,  
gloves recommended. \$6/drop in space  
permitting. No class May 20.

<b>Sun</b>	<b>4:15-6:00pm</b>	<b>Apr 8-Jun 24</b>
<b>Gym D</b>		<b>\$55/11 sess</b>
<b>151726</b>		

### Basketball

Adult recreational basketball program. No  
drop-ins. No class May 20.

<b>Sun</b>	<b>2:00-4:00pm</b>	<b>Apr 8-Jun 24</b>
<b>Gym C</b>		<b>\$55/11 sess</b>
<b>151723</b>	<b>S. Yan</b>	
<b>Sun</b>	<b>4:00-6:00pm</b>	<b>Apr 8-Jun 24</b>
<b>Gym C</b>		<b>\$55/11 sess</b>
<b>151724</b>	<b>S. Anderson</b>	

### Pickleball

Come join in on the fun in this rapidly  
growing sport! Bring your own paddles  
and ball – and bring all your friends! No  
class May 20

<b>Sun</b>	<b>9:00am-12:00pm</b>	<b>Apr 8-May 13</b>
<b>Gym C</b>		<b>\$24/6 sess</b>
<b>151722</b>	<b>P.Tsao</b>	<b>\$4/drop-in</b>



### Volleyball - Intermediate

If you have the basics and are willing  
to play specialized positioning, join us!  
Register for this program to guarantee  
a spot to play every week. A total of  
30 spaces allotted. Each person can  
purchase up to 2 drop-ins per night (no  
phone-ins please). \$6/drop-in, space  
permitting. No class Apr 10, 12.

<b>Tue</b>	<b>8:00-10:00pm</b>	<b>Apr 3-Jun 5</b>
<b>Gym A/B</b>		<b>\$45/9 sess</b>
<b>151732</b>	<b>R. LeBlanc</b>	

<b>Thu</b>	<b>7:00-10:00pm</b>	<b>Apr 5-Jun 7</b>
<b>Gym A/B</b>		<b>\$45/9 sess</b>
<b>151733</b>	<b>R. LeBlanc</b>	

### Volleyball - Advanced

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

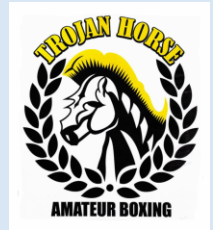
<b>Fri</b>	<b>7:00-10:00pm</b>	<b>Apr 6-Jun 1</b>
<b>Gym A/B</b>		<b>\$45/9 sess</b>
<b>151734</b>	<b>R. LeBlanc</b>	

### Note New Procedures:

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

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

Learn classic  
boxing techniques  
from Head Coach  
Bill Kennedy. Full  
size ring, punch/  
speed bags, circuit  
training, mitts and  
gloves. Great way  
to improve your  
fitness. During the  
group sessions,  
your training will  
be personalized to your specific skill  
and ability. Recreational athletes will be  
required to fill out Park Board Waiver  
forms prior to participating. Competitive  
athletes must fill out a Combsport waiver  
forms and pay a \$75 annual insurance  
fee (cheque payable to Combsport will  
be collected by the Bill prior to starting).  
Classes unlimited – come train as many  
times as you like! Boxing room is located  
beside Gym C. No class May 19, 21.



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

<b>Mon-Fri</b>	<b>5:00-7:00pm</b>	
<b>Sat</b>	<b>2:00-4:00pm</b>	
<b>151719</b>	<b>Apr</b>	<b>\$75/month</b>
<b>152300</b>	<b>May</b>	<b>\$75/month</b>
<b>152301</b>	<b>Jun</b>	<b>\$75/month</b>

# 55+ Older Active Adults

## Welcome to the 55+ Centre

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

### 55+ Programming

Anne Cowan  
Kya Prince  
604.718.5837

### Vietnamese Programmer

Luong Ho  
604.718.5818

### 55+ Centre Drop-in Hours

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

### Registration change to Note:

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

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

For more information, please contact Anne 604.718.5837.

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

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

Wed 3:30-5:00pm Apr 18, May 16, Jun 20  
55+ Centre

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Osteofit 11:00am-12:00pm  Badminton 11:20am-12:35pm	Vietnamese Drop-in 9:00am-3:00pm  Badminton 11:20am-12:35pm	Quirk-e 10:00am-12:00pm  So You Want To Dance 10:30am-12:00pm  Badminton 11:20am-12:35pm	Chinese Folk Dance 10:00am-12:00pm  S O C I A L S 10:00am-1:00pm  So You Want To Dance 10:30am-12:00pm  Grandparents Drop-in 10:30am-12:30pm  Badminton 11:20am-12:35pm	FRIDAY WELLNESS: Easy Exercise 10:00-11:00am  Blood Pressure & Sugars 11:15am-12:15pm	*No programs or classes on Statutory Holidays.  *Registration is required for all FREE programs and begins Wed Mar 7 at 9:00am.  Many of Britannia's 'Fun For All!' programs are FREE or run on a pay what you can basis. Please look for the 'Fun for All' stamp.	
Lunch Drop-in 12:00-1:00pm		Elders Drop-in 12:00pm	Potluck Lunch Mar 29, Apr 26, May 31, Jun 28 12:00pm	Lunch Drop-in 12:00-1:00pm		
Computer Classes 1:00-3:00pm  Gentle Yoga 2:00-3:15pm  Aging Well 4:00-6:00pm	Spanish - Beg. 1:00-2:00pm  Line Dancing 1:00-3:00pm (CFEC)  Spanish - Int. 3:15-4:15pm	Wellness Wed. 12:30-4:00pm  Chair Yoga 12:45-1:45pm  Knitting Social 1:00-3:30pm  Gentle Yoga 2:00-3:15pm  Book Club 2:45-4:45pm 3rd Wed	Multicultural Reconciliation 12:00-4:00pm  Craft Collective 1:30-4:00pm  Mocassin Making 1:30-4:00pm	FRIDAY WELLNESS: Footcare 1:00-4:00pm  SLIMnastics 1:30-3:30  Indigenous Book Club 2:00-3:30pm 3rd Fri  Ballroom Dance 2:00-4:00pm	Sat Drop-in 1:30-3:00pm  Badminton 2:00-4:00pm (Gym A)	Sun Drop-in 1:30-3:00pm  Ballroom Dance 2:00-3:00pm
	Ceremony, Wellness & Cultural Sharing 6:45-8:45pm					Movie Night 6:00-9:00pm

# 55+ Older Active Adults

## Arts & Health

### Arts and Health Project: Hat Weaving



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

Thu 1:30- 4:00pm Feb 15-May 31  
CFEC T.DeVries

### Quirk-e



Quirk-e, the Queer Imaging and Riting Kollektive, for Elders experimenting with language and printed text, graphics, digital imagery, spoken word, and performance. Applications available: 604.718.5837.

Wed 10:00am-12:00 pm Apr 4-Jun 27  
55+ Centre Free

## Dance

### Ballroom Dancing - Beginner/Intermediate



Want to stay active with a fun and moderate workout? Come try beginner ballroom dancing. Relive the memories of swinging to the big band. Socialize with fellow seniors while learning the Foxtrot or Waltz and the Cha Cha. No class Apr 22, May 6.

Sun 2:00-3:00pm Apr 6-Jun 18  
CFEC \$80/8 sess  
159193 Faye

### Chinese Folk Dance



Social Ballroom Dance. Come practice your moves. No drop-in, must register.

Thu 10:00am-12:00pm Apr 5-Jun 28  
CFEC Free  
159125

### Line Dancing

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

Tue 1:00-3:00pm Apr 3-Jun 26  
CFEC \$13/13 sess  
159130 Anita

### Social Ballroom Dance



Come practice your moves, must be registered. No class Jun 8.

Fri 2:00-4:00pm Apr 6-Jun 15  
CFEC Free  
159126

### So You Want To Dance



Have you always wanted to dance? Join us for a mix of balletic and contemporary movement in a friendly and fun atmosphere. No experience needed.

Wed 11:15am-12:30pm Apr 4-Jun 27  
CFEC Free  
159128  
Thu 10:30am-12:00pm Apr 5-Jun 28  
Mat Rm Free  
159129 Hilary

### Vancouver Morris Men Dance



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

Tue 7:30-9:30pm Ongoing  
Rink Mezz Free

### Circle of Wellness and "Weaving Our Community Together Project" Programs:



#### Wellness Wednesday

Enjoy Cultural Crafting, peer support and sharing with Indigenous and non-Indigenous Elders and others.

Wed 12:30-4:00pm Apr 4-Jun 27  
55+ Centre Free

#### Multicultural Reconciliation

Following in the footsteps of Traditional Grandmothers, we are sharing traditional art skills and cultural knowledge with all generations. Crafts, food and sharing, everyone welcome.

Thu 12:00-4:00pm Ongoing  
55+ Centre Free

#### Grandparents Drop-in

If you're a grandparent in the neighbourhood, drop-in for coffee and a treat at the 55+ Centre. Ongoing.

Thu 10:30am-12:30pm Apr 5-Jun 28  
55+ Centre Free

#### Britannia Elders Arts Collective: Moccasin Making

Learn new skills or brush up on your bead and leather work. Elders and others will guide you step by step through this beautiful project. Materials are supplied. Space is limited so sign up early. Applications available at the 55+ Centre.

Thu 1:30-4:00pm Apr 5-Jun 7  
55+ Centre

## Food & Lunches

### Lunch Drop-In

Join us for a home cooked meal every Monday and Friday, no registration needed. Drop-in \$5 Full Meal.

Mon/Fri 12:00-1:00pm  
55+ Centre \$5/drop-in

### Pot Luck Lunch



Last Thursday every month. Bring a little something to share and if you like join in with our Thursday Crafting group afterwards. Everyone welcome.

Thu 12:00pm Apr 26, May 31,  
55+ Centre Jun 28  
Free

## Social

### 55+ Britannia Book Club

Cozy afternoon discussion on 3rd Wednesday of each month. Pick up your book at Britannia Library. Please register 604.718.5800 (1).

Wed 2:45-4:45pm Apr 18, May 16,  
Britannia Library Jun 20  
Free

### Elders Book Club



Join our discussion on 3rd Friday of each month as we read works from an Indigenous-themed list. Pick up your book at Britannia Library. Please register 604.718.5800 (1).

Fri 2:00-3:30pm Apr 20, May 18,  
Britannia Library Jun 15  
Free



### Knitting Social

Knitting and crochet social for all ages.

Wed 1:00-3:30pm Ongoing  
55+ Centre Free

Registration required for all Free programs

\*Registration for all FREE programs begins Wed Mar 7 at 9:00am

# 55+ Older Active Adults

## Sunday Night Movie Series

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

Sun	6:00-9:00pm	55+ Centre	Free
Feb 25		Current Release	A Ghost Story (2017)
Mar 4		Foreign Film (Russian)	Leviathan (2014)
Mar 11		Classic Movie	Sideways (2004)
Mar 18		No movie, Equinox Café	
Mar 25		Epic (200 min, w/intermission)	Doctor Zhivago (1965)

\* Check out page 9 where you'll find a profile of Britannia's volunteer John, aka "The Movie Guy", who selects the films for the series.



## SOCIALS

SOCIALS (Stroke Survivors Offering Comradery In Active Living Support) Weekly social where stroke survivors and others meet for fun, food and exercise and stay connected to the community. This program is driven and run by stroke survivors and peer support.

Thu	10:00am-1:00pm	Jan 4-Mar 29
55+ Centre		Free



## Health & Fitness

### Badminton 55+

An easy, relaxing way to have fun and stay fit. No drop-in.

Mon/Wed	11:20am-12:35pm	Apr 4-Jun 27
Gym C		\$16
157009		
Tue/Thu	11:20am-12:35 pm	Apr 3-Jun19
Gym C		\$16
157033		
Sat	2:00-4:00 pm	Apr 7-Jun 9
Gym A		\$16
157049		

### Osteofit

A gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. It is taught by a specially trained Osteofit fitness instructor. Drop-in \$13, space permitting.

Mon	11:00am-12:00pm	Apr 9-May 14
CFEC		\$60/6 sess
159131		
Mon	11:00am-12:00pm	May 28-Jun25
CFEC		\$50/5 sess
159132		

### SLIMnastics

This humour filled fitness class might be just what you're looking for. It starts out slow working all parts of our body including fingers, toes, eyes and face. Over the 10 weeks easy movement and rhythm will speed up your metabolism.

Fri	1:30-3:30pm	Apr 6-Jun 8
55+ Centre		\$60/10 sess
159219		



## Technology

### Computer and Internet Beginners

A quick and easy way to get comfortable on the computer. Small classes, friendly instruction as you learn basic skills, foundations and simple tools to make your Internet experience easy and fun!

Mon	1:00-3:00pm	Apr 9-May14
55+ Centre		Free
160073		



### Computer and Internet Intermediate

If you have some computer skills but still need help, then this is the class for you.

Mon	1:00-3:00pm	May 28-Jun 25
55+ Centre		Free
160074		



### Internet lab hours:

Closed for events and holidays.

Mon	Classes, no lab hours	
Tue	Vietnamese Seniors	
Wed	12:30-6:00pm	
Thu	10:00am-4:00pm	
Fri	10:00am-4:00pm	
Sat	1:30-3:00pm	
Sun	1:30-3:00pm	
55+ Computer Lab		Free



## Wellness

### Aging Well

Ten week program for those who want to achieve a more balanced outlook on life, with an emphasis on the positive aspects of aging. Tools we will practice include: mindfulness, assertiveness and goal setting. No class May 21.

Mon	4:00-6:00pm	Apr 9-Jun 18
55+ Centre		\$60/10 sess
159173	D.Arsenaeault	



## Friday Wellness:

### Exercise with Friends

Senior led video exercise with light and easy movement.

Fri	10:00-11:00am	Apr 6-Jun 29
55+ Centre		Free



### Blood Pressure, Sugars and Footcare

With RN Monica; also available for Advanced Foot Care by appointment: 604.228.0261.

Fri	Pressure/Sugars	11:15-12:15pm
	Footcare	1:00-4:00pm
55+ Centre		Free



## Yoga

### Chair/Adaptive Yoga

Class is designed for you to be comfortable without feeling like "you have to keep up." Promotes use of chairs if wanted so that everyone is comfortable breathing and moving at their own pace. Drop in \$13.

Wed	12:45-1:45pm	Apr 4-May 9
CFEC		\$60/6 sess
157072		
Wed	12:45-1:45pm	May 16-Jun 20
CFEC		\$60/6 sess
157078	P.Syme	

### Gentle Yoga 55+

Yoga Practice for older adults. Warm up muscles, increase muscular elasticity and strengthen skeletal alignment. Drop in \$13.

Mon	2:00-3:15pm	Apr 9-May 14
CFEC		\$60/6 sess
157109		
Mon	2:00-3:15pm	May 28-Jun 25
CFEC		\$40/4 sess
157111	(No class Jun 11)	
Wed	2:00-3:15pm	Apr 4-May 9
CFEC		\$60/6 sess
157084		
Wed	2:00-3:15pm	May 16-Jun 20
CFEC		\$60/6 sess
157107	Joan/Philippa	



# 55+ Older Active Adults

## Language

### Spanish - Beginners

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

<b>Tue</b>	<b>1:00-2:00pm</b>	<b>Apr 10-May 15</b>
<b>Rink Mezz</b>		<b>\$60/6 sess</b>
<b>159134</b>	<b>Clemencia</b>	
<b>Tue</b>	<b>1:00-2:00pm</b>	<b>May 22-Jun 26</b>
<b>Rink Mezz</b>		<b>\$60/6 sess</b>
<b>159135</b>	<b>Clemencia</b>	

### Spanish - Intermediate

Now you know everyday language, this class will help you to be confident and comfortable when conversing in Spanish.

<b>Tue</b>	<b>3:15-4:15pm</b>	<b>Apr 10-May 15</b>
<b>Rink Mezz</b>		<b>\$60/6 sess</b>
<b>159136</b>		
<b>Tue</b>	<b>3:15-4:15pm</b>	<b>May 22-Jun 26</b>
<b>Rink Mezz</b>		<b>\$60/6 sess</b>
<b>159137</b>	<b>Clemencia</b>	

## Vietnamese Programs



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

### Chương Trình Cao Niên Việt Nam

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

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

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

<b>Mar1-Apr30</b>	<b>Khai Thuê Miễn Phí</b>
<b>Apr 1</b>	<b>Tiệc Thường Niên</b>
<b>Jun 26</b>	<b>Du Ngoạn</b>

## Bus Trips

### \*Pickup outside Britannia Pool

#### Circle Farm Tour

Experience the best of the Fraser Valley on a Circle Farm Tour with 3 distinctly different hand picked farms in Abbotsford including the Tulip Festival!

<b>Thu</b>	<b>8:15am-5:30pm</b>	<b>Apr 12</b>
<b>159139</b>		<b>\$99</b>

Activity Level: Easy

PACKAGE INCLUDES:

- Abbotsford Tulip Festival admission
- Lunch at Bow & Stern Restaurant
- Campbell's Gold Honey Farm and Meadery
- Birchwood Dairy Farms ice cream cone
- All fees and taxes
- 10:00am - Tim Horton's Abbotsford
- 10:30am - Depart
- 10:45am - Abbotsford Tulip Festival
- 12:15pm - Depart
- 12:45am - Bow & Stern Restaurant lunch
- 2:00pm - Campbell's Gold Honey Farm and Meadery (tour/tasting)
- 2:45pm - Depart
- 3:00pm - Birchwood Dairy Farms - ice cream
- 3:30pm - Depart for Centre

### Royal BC Museum Egypt: The Time of Pharaohs

Be among the first in North America to see this staggering exhibition's priceless ancient artifacts, some an astounding 4,500 years old. Additional \$20 ferry fee for 65 years and under.



<b>Mon</b>	<b>7:15am-7:30pm</b>	<b>May 28</b>
<b>159141</b>		<b>\$149</b>

Activity Level: Easy

PACKAGE INCLUDES:

- All Ferry fees
- Royal BC Museum Egypt: The Time of Pharaohs
- Legislative Dining Room Lunch
- Victoria's Inner Harbour free time
- Relief driver
- All fees and taxes
- 8:30am - TWSN BC Ferries reservation
- 10:35am - Swartz Bay
- 11:30am - Royal BC Museum
- Egypt: The Time of Pharaohs
- 1:15pm - Legislative Dining Room Lunch
- Egypt: The Time of Pharaohs
- Inner Harbour free time
- 3:15pm - Depart
- 4:30pm - BC Ferries to Swartz Bay TWSN
- 6:35pm - TWSN

## Pender Harbour Cruise

Enjoy a 90 minute narrated tour of Pender's vibrant and historic harbour with SloCat Harbour Tours. Visit a Sunshine Coast favorite Rockwater Secret Cove Resort for a stroll on the forest boardwalk and lunch. Additional \$10 ferry fee for 65 years and under.

<b>Wed</b>	<b>7:30am-6:30pm</b>	<b>Jun 20</b>
<b>159142</b>		<b>\$149</b>

Activity Level: Easy

PACKAGE INCLUDES:

- SloCat Harbour Pender Tour
- Lunch Rockwater Secret Cove Resort
- Gibsons Landing
- Relief driver
- All ferry fees
- All fees and taxes
- 9:20am - Horseshoe Bay BC Ferries reservation
- 10:30am - Langdale (Sunshine Coast)
- 11:30am - Rockwater Secret Cove Resort - Forest boardwalk, lunch
- 1:00pm - Madeira Park
- SloCat Pender Harbour Tour
- 3:50pm - BC Ferries Langdale to Horseshoe Bay
- 4:20pm - Sailing
- 5:00pm - Horseshoe Bay

## Special Events

### Celebrate Seniors' Week, June 1-7:

#### Spring Lunch



Join in, bring a friend or meet a new one. Lunch, entertainment and social, come enjoy!

<b>Fri</b>	<b>12:00-2:00pm</b>	<b>Jun 1</b>
<b>55+ Centre</b>		

#### Arts and Health Showcase



Annual Exhibition and Showcase features art from ten creative collaborations in a variety of artistic genres, including dance, writing, puppetry, choral music, and Indigenous cedar bark weaving.

<b>Sat</b>	<b>11:00am-2:00pm</b>	<b>Jun 2</b>
<b>Roundhouse CC</b>		

#### Britannia Art Gallery Exhibition



Elders Art Collective, Wednesday Crafters and Arts and Health. On exhibit from Jun 6-29, everyone welcome!

Opening Reception:

<b>Wed</b>	<b>6:30-8:30pm</b>	<b>Jun 6</b>
<b>Britannia Library</b>		<b>Free</b>

Registration required for all Free programs

\*Registration for all FREE programs begins Wed Mar 7 at 9:00am

# Fitness Centre

## Hours of Operation

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

## Free with Britannia Membership



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

Mar 30	Good Friday	1:00-5:00pm
Apr 2	Easter Monday	1:00-5:00pm
May 21	Victoria Day	1:00-5:00pm

## Facility Orientations

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

## Flexipass Membership

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

## Outside Trainers

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

## Supporting a participant? Attendants get free access.

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

## Strength Training for Adults 55+yrs - Beginner

This three 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 Jun 8 so that a confidential health screening can be done.

Fri	9:00-10:00am	Jun 15-Jun 29
FC		\$18/3 sess
157496	Jane S.	

## Strength Training for Adults 55+yrs - Intermediate

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 May 11 so that a confidential health screening can be done.

Fri	9:00-10:00am	May 18-Jun 8
FC		\$24/4 sess
157497	Jane S.	

## Weight Training for Women - Beginner

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

Sat	10:00-11:30am	Apr 7-Apr 28
FC		\$35/4 sess
157498	Valentine H.	

## Weight Training for Women - Intermediate

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

Sat	10:00-11:30am	May 5-May 26
FC		\$35/4 sess
157499	Valentine H.	

## 30 Minute HIIT

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

Wed	12:15-12:45pm	Apr 4-Jun 27
FC	Manolo R.	Drop-in fee



## General Information

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

Pool Cashier Office\* 604.718.5831  
 Recreation Programmer 604.718.5830  
 \*Pool office closes 30 minutes before the pool.

## Holiday Hours

Mar 30 Good Friday 1:00-5:00pm  
 Apr 2 Easter Monday 1:00-5:00pm  
 May 21 Victoria Day 1:00-5:00pm  
 \*Please note that there will be no lessons on the above dates.

## Admission Policy for Children

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



## Special Events & Activities

### Birthday Parties

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

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

### Pool and Fitness Centre Committee

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

Wed 7:00pm Apr 4, Jun 6  
 Conference Room

## Pool and Fitness Centre Fees 2018 (GST not included)

Please Note: Prices are subject to change, without notice

	Drop-In	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$6.10	\$48.80	\$46.18	\$125.00	\$399.00	\$3.00
Youth (13-18)	\$4.36	\$34.88	\$32.33	\$87.44	\$278.68	\$1.00
Child (6-12)	\$3.07	\$24.57	\$23.09	\$62.50	\$199.50	\$1.00
Senior (65+)	\$4.36	\$34.88	\$32.33	\$87.44	\$278.68	\$1.00
Britannia-Only Senior (55+)	\$4.36	\$34.88	\$32.33	\$87.44	\$278.68	\$1.00



Family Drop-in Rate = 1 to 2 adults of the same household and their children under 19 years of age. Minimum \$6.14 admission (GST not incl.).

Leisure Access Fitness Centre Admission Rate is 50% off adult admission and flexipass.



# Aquatics

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

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

## Aquafit

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

## Inflatable Fun

Water inflatable obstacle course. Portions of the pool are reserved.

## Lengths

The pool is divided into 25 metre length lanes (slow, medium and fast). Enjoy the whirlpool, steam room or sauna as well. Anyone 16 years and older who is capable of swimming the length of the pool is

welcome. Note: patrons under 16 must speak to one of the lifeguards prior to attending these sessions.

## Parent and Tot

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

## Public Swim

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

## Range of Motion (ROM)

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

## Youth Swim (11-18yrs)

The first Friday night of every month from 8:00-10:00pm is reserved for youth to swim and play with their friends. No public use of steam room or whirlpool. Free admission. Mar 2, Apr 6, May 4, Jun 1.



## Lesson Registration

Online and in-person registration for swimming lessons and programs at all pools, for all age groups starts **Tue Mar 20 at 9:00am**.

## Vancouver Park Board Online Registration and Reservation System:

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

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

## Swim Refunds

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

Exceptions: No refund on one- or two-day programs.

Transfers possible prior to second class.

## Swim Assessments

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

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

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

**Private \$30/Semi-Private \$20**

Parent & Tot, Children's Spring 2018 Swim Lesson Sets			
Mon - Starfish/Duck	9:00-9:30am	Apr 9-Jun 28 (no class May 21)	11 lessons
Tue - Sea Otter	9:00-9:30am	Apr 3-Jun 26	13 lessons
Wed - Starfish/Duck	9:00-9:30am	Apr 4-Jun 27	13 lessons
Thu - Salamander	9:00-9:30am	Apr 5-Jun 28	13 lessons
Fri - Sea Otter	9:00-9:30am	Apr 6-Jun 29	13 lessons
Mon & Wed - Set 1	3:45-7:00pm	Apr 4-Apr 30	8 lessons
Mon & Wed - Set 2	3:45-7:00pm	May 2-May 30 (no class May 21)	8 lessons
Mon & Wed - Set 3	3:45-7:00pm	Jun 4-Jun 27	8 lessons
Fri	3:45-7:00pm	Apr 6-Jun 29	13 lessons
Sat	9:00am-1:00pm	Apr 7-Jun 23	12 lessons
Sun	11:00am-2:30pm	Apr 8-Jun 24	12 lessons

Swim Lesson Fees 2018	8 lessons	11 lessons	12 lessons	13 lessons
Parent & Tot (30 min. parented)	\$56.86	\$76.75	\$83.38	\$90.01
Preschool (30 min)	\$56.86	\$76.75	\$83.38	\$90.01
Swim Kids 1-4 (30 min)	\$50.46	\$67.95	\$73.78	\$79.61
Swim Kids 5-10 (40 min)	\$56.86	\$76.75	\$83.38	\$90.01

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

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

## Red Cross Preschool (3-5yrs)

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

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

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



# Aquatics

## Red Cross Teen & Adult Lessons

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

Learn front and back float, front and back glide with kick, front swim for 10 metres, shallow water entries and exits, and deep-water activities (assisted). Prerequisite: No previous swimming experience required. No class May 21.

<b>Mon</b>	<b>6:30-7:10pm</b>	<b>Apr 9-Jun 25</b>
<b>157444</b>		<b>\$115.80/11 sess</b>
<b>Mon</b>	<b>8:00-8:40pm</b>	<b>Apr 9-Jun 25</b>
<b>157443</b>		<b>\$115.80/11 sess</b>

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

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

<b>Wed</b>	<b>6:30-7:10pm</b>	<b>Apr 4-Jun 27</b>
<b>157446</b>		<b>\$136.16/13 sess</b>
<b>Wed</b>	<b>8:00-8:40pm</b>	<b>Apr 4-Jun 27</b>
<b>157445</b>		<b>\$136.16/13 sess</b>

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

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

<b>Tue</b>	<b>8:00-8:40pm</b>	<b>Apr 3-Jun 26</b>
<b>157448</b>		<b>\$136.16/13 sess</b>

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

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

<b>Thu</b>	<b>8:00-8:40pm</b>	<b>Apr 5-Jun 28</b>
<b>157447</b>		<b>\$136.16/13 sess</b>



## Lifesaving Programs

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

The Canadian Swim Patrol (Rookie, Ranger and Star) program provides training for those who are ready to go beyond learn-to-swim and want to learn basic lifesaving skills. Each level of the Canadian Swim Patrol program has three modules: Water proficiency, First Aid, and Recognition & Rescue. Candidates earn recognition for success in content modules (stickers) and for overall achievement (badges). Prerequisite: Ability to swim in deep water, swim 25 metres and tread water for 1 minute.

<b>Sun</b>	<b>2:30-3:30pm</b>	<b>Apr 8-Jun 24</b>
<b>157341</b>		<b>\$72/12 sess</b>

### Bronze Medallion (13+yrs)

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

<b>Sun</b>	<b>10:00am-2:00pm</b>	<b>Apr 8-May 6</b>
<b>157340</b>		<b>\$196.44/5 sess</b>

### Bronze Cross (15+yrs)

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

<b>Sun</b>	<b>10:00am-2:00pm</b>	<b>May 27-Jun 24</b>
<b>157454</b>		<b>\$96.44/5 sess</b>

## Britannia Swim Club Programs

### Britannia Masters Swim Club

A competitive swimming-style workout for lap swimmers, triathletes, masters and open water swimmers, who want to take their swimming to the next level. Your coach knows a lot about swimming! Susie grew up as an age group swimmer, was a nationally ranked senior, swam at the varsity level and competed at Canadian Nationals, CIAU Nationals and Canadian Olympic Trials. Registration is required as the program is limited to 15 swimmers max. (not proratable).

<b>Fri</b>	<b>6:30-7:30am</b>	<b>Apr 6-Jun 29</b>
<b>157334</b>		<b>\$90/season</b>

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

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

<b>Tue</b>	<b>6:30-7:45pm</b>	<b>Apr 3-Jun 26</b>
<b>157339</b>		
<b>Thu</b>	<b>6:30-7:45pm</b>	<b>Apr 5-Jun 28</b>
<b>157338</b>		
<b>One day/week</b>		<b>\$55/season</b>
<b>Two days/week</b>		<b>\$85/season</b>

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

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

<b>Sat</b>	<b>5:00-6:00pm</b>	<b>Apr 7-Jun 23</b>
<b>157336</b>		<b>\$50/season</b>

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

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

<b>Fri</b>	<b>Advanced swimming</b>	<b>Apr 6-Jun 29</b>
		<b>3:30-4:15pm</b>
<b>Fri</b>	<b>Advanced lifesaving</b>	<b>Apr 6-Jun 29</b>
		<b>4:15-5:00pm</b>
<b>157337</b>		<b>\$60/season</b>

## Britannia Ice Rink Public Skating Schedule

April 1 - June 30, 2018

Schedule subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Parent & Tot FREE Skate ☀️ 11:00-11:45am	Adult Stick & Puck 12:00-1:30pm	Learn to Skate Lessons 10:00am-1:15pm	Family Fun Hockey 12:15-1:30pm No sess Apr 8
				Adult FREE Skate ☀️ 1:45-3:00pm No sess Mar 30	Public Skate 1:30-3:00pm No sess Apr 7	Public Skate 1:45-3:15pm No sess Apr 8
		Adult Stick & Puck 3:30-5:00pm	Youth FREE Skate ☀️ 3:15-4:30pm	Child FREE Skate ☀️ 3:15-4:30pm No sess Mar 30		Power Skating Lessons 3:30-4:30pm No sess Apr 8
						Women's Hockey 4:45-6:00pm May 6-Jun 24
	Adult Skate 8:15-9:30pm Last sess Apr 17	Adult Skate 8:45-10:15pm Starts May 2	*Adult Co-ed Hockey 11:15pm-12:45am	Public Skate 7:45-9:15pm No sess Mar 30		*Adult Co-ed Hockey 9:30-11:00pm



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

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

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

- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Board operated rinks. Prices are subject to change without notice.
- Stick & Puck sessions are at the Adult rate.
- A 20% discount on admission is given to groups of 10 or more.
- Children under 8 years old MUST be accompanied ON-ICE with an individual 16yrs+.
- Flexipasses may be used for public skating and Stick and Puck sessions. For 2018 Flexipass rates, go to page 35.
- Family rate is 1-2 adults from the same household and their children under 19yrs, all present at time of admission. \$3.07 per person (GST not included).

# Ice Rink

## Stat Holiday Free Skating!

A free skating session will be offered on the following stat holiday at the rink.

**Mon 1:00-3:30pm Apr 2**

## Ice Skating Birthday Parties

Have your child's birthday party during one of Britannia's public skating sessions. A 20% discount on admission is applied to parties of 10 or more. Adult supervision is required on and off the ice at all times and children under 8 yrs must be accompanied by an adult on-ice. To find out more about room availability, please call the Facility Services Clerk at 604.718.5812.

## Get involved and join the Arena Committee

The Arena Committee meets the 1st Tuesday of the month at 6:30pm in the Rink Activity room. Call the arena programmer at 604.718.5836 for more information. There are no meetings in July and August.

## Rink Programs

### Adult Evening Hockey

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

#### All Levels

**Thu 11:15pm-12:45am Apr 5-Jun 28 \$9.52/drop-in\***

#### Intermediate

**Sun 9:30-11:00pm Apr 1-Jun 24 \$14.29/drop-in or \$47.62/mo\***

\*Strip tickets are not valid during these sessions

### 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.

**Wed 3:30-5:00pm Apr 4-Jun 27**  
**Fri 12:00-1:30pm Apr 6-Jun 29**  
**\$6.10 drop-in or \$48.80/10 visit pass Plus GST**

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

This program is perfect for families who want to play casual hockey together. Whether you want to pass around the puck or get involved in a friendly game of shinny, this session is great fun for all. Helmets are mandatory for all participants and available free of charge at the ice rink. No session Apr 8.

**Sun 12:15-1:30pm Apr 1-Jun 24**  
**Regular admission rates apply**

## Parent & Tot Skate

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

**Thu 11:00-11:45am Apr 5-Jun 21**  
**Free**



## Women's Ice Hockey

This pick up hockey program is perfect for women who want to play hockey in a safe and inclusive environment. Encourage and be encouraged while continuing with your own hockey development. Full hockey equipment is mandatory. Limited drop-in spaces may be available. Program participants must sign in each week with the pool cashier. Drop-in participants must sign up in person with the pool cashier starting at 4:00pm each Sunday.

### Set 1

**Sun 4:45-6:00pm Apr 15-May 20**  
**158714 \$30.50/6 sess \$6.10/drop-in Plus GST**

### Set 2

**Sun 4:45-6:00pm May 27-Jun 24**  
**158715 \$24.40/5 sess \$6.10/drop-in Plus GST**

## League Programs

### Britannia Co-ed Hockey League

Take hockey back to the level it's meant to be played at; friendly & fun! The Britannia Co-ed League is perfect for novice to intermediate hockey players looking to play in a non-contact, recreational hockey league in the off-season. Full equipment is mandatory and all players must wear at least a half shield on their helmet. The league will run from Sat May 12-Aug 18, with evaluations taking place on Sat May 5. All players will be assessed and placed onto teams by the league coordinators. Games are played on Saturdays at 4:30, 6:00, 7:30 or 9:00pm. Registration begins Mar 7.

**Sat 4:30-10:15pm May 5-Aug 18**  
**154830 Players \$215/15 games**  
**154833 Goalies \$50/15 games**

### Britannia Women Only Hockey League

Britannia's popular Women's Hockey league will begin on Tue May 1, with an on-ice evaluation. Games will be played between May 8-Jul 31. This league is perfect for novice to intermediate players who want to play organized recreational hockey this spring. Games are non-contact, non-aggressive and fun! Full hockey equipment is mandatory. All games are played on Tuesdays at 6:15 or 7:45pm. Players will be assessed at an on-ice evaluation session on May 1 and placed onto teams by the league coordinator. Registration begins Mar 7.

**Tue 6:15-9:00pm May 1-Jul 31**  
**154834 \$185/13 games**

### Vancouver Adult Co-ed Hockey League (VACHL) 2018/19

The 16th season of VACHL is coming to an end and we would like to thank the players who continue to support the league and the staff who are dedicated to making this one of the most popular programs in the City. We welcome your feedback and any comments can be sent to [vachl@vancouver.ca](mailto:vachl@vancouver.ca). The 17th season of the Vancouver Adult Co-ed Hockey League will begin in early-September. Registration for the 18/19 VACHL season will begin on May 30. To find out more about VACHL and how to register, go to [www.vachl.ca](http://www.vachl.ca).



## Skating Lessons at Britannia

Registration for Spring skating lessons will begin on Wed Apr 25. If you are unsure of which level to register in, have an on-ice evaluation completed during any public skating session at Britannia. **Please note that students will not be transferred into another level if they are not registered in the appropriate level.** A prorated refund would then be issued after the first class. If the lesson you want to register in is full, please put your name on the waiting list. Additional classes are scheduled whenever possible. Please register in one (1) set of lessons only. 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 most recent Skating Report Card on the first day of class.
- For a free assessment, attend a public skating session and ask a skate patroller for an on-ice evaluation.
- For Britannia Learn to Skate lessons, skate rentals are included in the cost of lessons.
- All skating lesson participants must wear a CSA-certified hockey helmet or a snowboarding helmet. In accordance with new safety measures, cycling helmets are no longer permitted. A limited number of hockey helmets are available to use free of charge for lesson registrants.

## Spring Lessons

### Learn to Skate Lessons

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

Sat 10:00am-1:15pm May 5-Jun 23 \$48/8 sess

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

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

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

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

\*For a full description of skate lesson descriptions see individual class descriptions online.

### Power Skating Lessons (8yrs-adult)

Improve your hockey skating skills with power skating lessons from Britannia's popular instructors. Learn about proper skating posture and the importance of making the most of your edges. Work on skating skills that will strengthen your game. Helmet, gloves and a hockey stick are mandatory although full hockey equipment is recommended.

Sun 3:30-4:30pm May 6-Jun 24  
\$54/8 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 during the Learn to Skate lesson times.

There are 3 ways to register for Britannia Skating lessons:

1. In-person at the Information Centre or Pool Cashier;  
Wed Apr 25 at 9:00am.
2. Online at [britanniacentre.org](http://britanniacentre.org);  
Wed Apr 25 at 9:00am.
3. Register by phone 604.718.5800 ext.1  
Wed Apr 25 starting at 1:00pm.

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

### Skate Lesson Refunds

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



# Partners



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

## GWFC Volunteers Wanted

Are you interested in community food security? Would you like to help shape GWFC programming? We are seeking community members to offer support and advice by joining our Advisory Committee, which meets every 2 months. Other opportunities include cooking, school gardening, media, and communications.

## GWFC FoodFit Program

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

## Canning Kits to Lend

GWFC has canning kits to lend to community members wanting to can at home. Kits include 21 quart canner, canning rack, jar lifter, funnel and lid lifter.

## GWFC Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? You can save over 40% on your food bill. \$14 gets you 12-14 varieties of fruits and veggies. Pick-up at Britannia Community Centre. Register: 604.718.5895.

Please call Ian at 604.718.5895 to register or for more information. Also check out our food workshops on Page 26.



Grandview-Woodland Community Policing Centre

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

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

- Communication and Collaboration
- Advocacy
- Patrol Support

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

### Hours of Operation:

**Monday to Thursday 12:00-8:00pm**

**Friday to Saturday 10:00am-4:00pm**

**Sunday Closed**

## Community Education Office

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

## Community Schools Coordinator

Ron Scott

## Office Support

Mitra Tshan

## Programmers

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

## Youth and Family Workers

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



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

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

### Shop Rates & Hours:

Sliding scale from \$5-\$15

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

## Women, Gender Queer & Trans Night:

2nd & 4th Tue/month 6:30-8:30pm

## Teen Bike Club

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

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

## CAPC - Community Action Program for Children

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

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

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

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

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

Free. Registration required at 604.215.8289

Apr-Jun 2018

10:30am Toddlers

12:00pm Infants



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

## Britannia Partners in Education (PIE)

### English Foundations 5/6/7

CFEC Rm 109, Britannia Secondary  
Mon 9:30am-2:30pm

### English for Speakers of Other Languages

CFEC Rm 109, Britannia Secondary  
Tue 10:00am-2:30pm

### Math Foundations 1-7

CFEC Rm 109, Britannia Secondary  
Thu 9:30am-2:30pm

### English Foundations 1-4

CFEC Rm 109, Britannia Secondary  
Fri 9:30am-2:30pm

### Edmonds PIE PLUS:

### English Foundations 1-4

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

### English Foundations 5-7

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

### Grandview Get Ready 2 Read (GR2R)

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

### Advanced Conversation Class

CFEC Rm 110, Britannia Secondary  
Tue 10:00am-12:00pm

### ECE Assistant Program

CFEC Rm 110, Britannia Secondary  
Winter/Spring 2018  
Wed 11:00am-3:00pm



1655 William St, 604.255.9841  
Email: [info@eastsidefamilyplace.org](mailto:info@eastsidefamilyplace.org)  
[www.eastsidefamilyplace.org](http://www.eastsidefamilyplace.org) or Facebook.

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

### Family Drop-In Hours:

Mon/Wed/Fri 9:00-12:00pm  
Tue/Thu 9:00-2:30pm (closed 12-1:00)  
Fee: \$3 per visit per family.  
Closed Mar 30, Apr 2, May 21  
Reduced hrs during Spring Break Mar 19-23 as follows: open daily 9am-12pm only in the mornings.

### Licensed Occasional Childcare

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

Mon- Fri 9:00-11:45am  
No occasional child care will be offered the week of Spring Break Mar 19-23.

### Education, Support & Resources

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

- Nobody's Perfect Parenting Program (6wks, offered evenings 2x a year)
- C.O.P.E. (10wks, Fri 1-3pm offered 3x a year)
- Circles of Security – helps children manage emotions and feel more secure
- Family Rhythm, Rhyme + MOVEMENT (6wks, Sat mornings, offered 2x a year)
- FOOD SKILLS PROGRAMS:  
Little Sprouts Gardening group (meets weekly in the summer)  
Kids in the Kitchen  
Parents in the Kitchen

Drop by or check website calendar for dates and details



## Vancouver Public Library

### Library Hours (except holidays)

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

Closed Holidays, Phone: 604.665.2222

### Babytime (0-18mo)

Tue 10:15am & 11:15am Apr 3-Jun 12

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

Thu 10:15am & 11:15am Apr 5-Jun 14

### Family Board Games

Tue/Wed 3:15-6:00pm Apr 3-Jun 13

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

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

### Spring Break Programs

Please contact the library for more details.

### Adult Programs:

#### 55 and Up Book Club

3rd Wed/mo 2:45-4:00pm (in the library)

#### 1-To-1 Computer Training

Tue/Wed 2:00-4:00pm, 30min blocks

### Pandora's Collective:

#### Book Talks

booktalks@pandoracollective.com  
4th Wed/mo 6:30-8:30pm

#### Poetic Pairings

TBD 6:30-8:30pm  
<http://www.pandoracollective.com/>

#### SFU Philosopher's Café

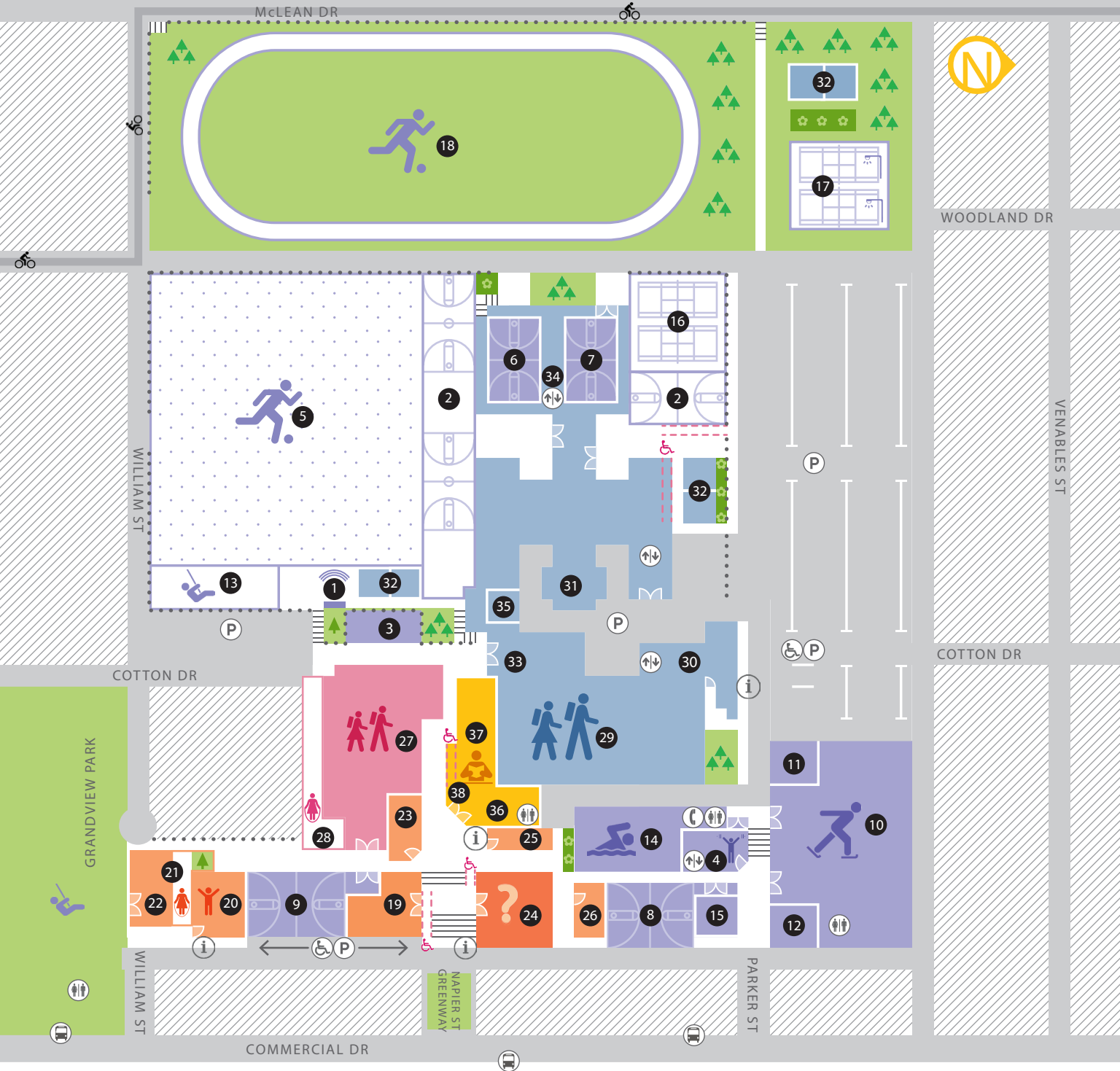
Last Wed/mo 7:00-9:00pm

#### SFU Blue Pencil Consults

Register for 4:00, 5:00 or 6:00pm  
Call Central 604.331.3601  
TBD

#### Elder's Book Club

3rd Fri/mo 2:00-3:30pm



### recreation

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

### resources + services

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

### elementary school

- 27 Britannia Elementary
- 28 Outdoor Play Area

### secondary school

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

### library + learning

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

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



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