

JOIN US for the  
24th Annual  
Stone Soup Festival!  
May 11, 2019 See p. 10



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

## Programs & Services Spring 2019



Watch for our “Fun for All”  
FREE programs!  
See inside for details



## President's Message

Time has flown by since my last message. We keep rolling along, working to support our community. We work collaboratively to identify gaps and develop evidence-based strategies to build the most inclusive community in Vancouver. We work through the lens of reconciliation, recognizing that our community includes the largest urban Indigenous population in Vancouver, who lead, share, and connect here. We are proud of our community, our team, and our collective work to deliver excellent community services!

We are continually blazing new trails with our innovative partnerships and strategies. These include the Hip Hop Drop, Reconciliation In Action, East Van Votes, Our Place, Mother's Day Powwow, Moresports, Graduation Strategy, RISE Indigenous Youth Leadership, Britannia Renewal, and our newest project-the Youth Incentive Program (YIP) which supports youth to gain work experience, and build financial literacy right here at Britannia!

In May 2018, we partnered with several other community centres and resident-based organizations in a conference titled "Our Place-Our Community-Our Voice" focused on four pillars of Children and Families, Economic Development, Land Use, and Reconciliation. One key priority that emerged was creating better strategies to engage youth leadership in Vancouver's inner city. Institutions like schools, libraries, business improvement associations, community police, healthcare providers, resident associations, neighbourhood houses will be working in collaboration to ensure we are building a Healthy City (neighbourhood) for All!

We continue to be inspired by the leaders who build the Britannia community. Britannia's Seniors, Elders and Advocates (SEA) Committee is one of our many active committees. SEA recently partnered in the Elders Participating In Community (EPIC) research project. A report is forthcoming which outlines the concerns and priorities identified by local Elders and seniors. Key insights around advocacy, housing, accessible healthcare, recreation, and intergenerational engagement are among early findings.

Again, we acknowledge the important work our community board, staff, and volunteers and we invite you to get involved- become a member, run for the board, join a committee, take a class, or simply volunteer- this is how we build community together.

Scott Clark  
Coast Salish  
President, Britannia Board of Management

## Board of Management

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

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

## Membership Information

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

Sep 1, 2018 to Aug 31, 2019.

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

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

### What does membership give me?

- Voting privileges at the Annual General Meeting of the Society May 22, 2019
- Eligibility to run for the Board of Management
- Mail outs about Centre programs and events
- Access to special membership programs
- Britannia membership is required before registering for programs
- Free access to Fitness Centre on Tuesdays & Fridays, 10:00am-12:00pm

## Annual General Meeting

This year our AGM of the Society will be held on Wednesday, May 22, 2019. You must be a member in good standing 14 days prior to the meeting, having purchased your membership card by Wednesday, May 8 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.

We would like to acknowledge that we are on the unceded territories of the Coast Salish Nation, the xʷməθkʷəy̓əm (Musqueam), sḵw̓xwú7mesh (Squamish) and selilwiltulh (Tsleil-Waututh).

### 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.

**Cover Image:** "Carnival Band rocking the Stone Soup Festival"...photo Ian Marcuse. 2019 Stone Soup Festival - May 11, 2019, see page 10 for details.

# Index

Board of Management, Memberships, Mission & Vision Statement.....	2
Index, Facility Rentals, Holiday Hours.....	3
Registration, Subsidy & Refund Policies, Britannia Committees.....	4-5
Britannia Renewal, Community Resilience, Our Place, Fun For All programs.....	6-8
Art Gallery & Special Events.....	9-10
Licensed Child Care.....	11-12
Preschool Programs: Arts, Social, Physical Activity.....	13
Children's Programs: Arts, Social, Physical Activity, Daycamps.....	14-17
Preteen Centre Programs: Arts, Social, Physical Activity.....	18
Youth Centre Programs: Leadership, Social, Physical Activity, Latin American Youth Programs.....	19-22
Adult Programs: Arts, Social, Physical Activity.....	23-29
55+ Older Active Adults Programs: Arts, Social, Health & Wellness, Technology, Vietnamese Programs.....	30-34
Fitness Centre Programs: Rates, Schedules & Programs.....	35
Aquatics: Rates and Schedules, Registration, Lessons, Britannia Swim Club, Red Cross Teen & Adult Programs, Lifesaving and Other Programs.....	36-39
Ice Rink: Rates and Schedules, Hockey Programs, Lessons.....	40-41
Partners: GWFC, CPC, Kickstand, CAPC, CFEC, ESFP, VPL.....	42-43
Britannia Site Map.....	44

## 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 Marie at 604.718.5830 or email [marie.beesley@vancouver.ca](mailto:marie.beesley@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) (Sun-Wed) or [wally.tarrant@vancouver.ca](mailto:wally.tarrant@vancouver.ca) (Wed-Sat)

### Facility Rental Fee Policy:

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 2019 Holiday Hours

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

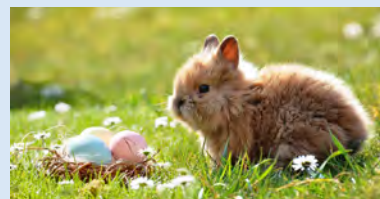
Apr 19	Good Friday	Closed
Apr 22	Easter Monday	Closed
May 20	Victoria Day	Closed

### Pool & Fitness Centre

Apr 19	Good Friday	1:00-5:00pm
Apr 22	Easter Monday	1:00-5:00pm
May 20	Victoria Day	1:00-5:00pm

### Rink

Apr 19	Good Friday	Regular Schedule
Apr 22	Easter Monday	1:00-3:30pm
May 20	Victoria Day	Closed



# Registration Information

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

Registration starts at 9:00am on Tuesday, March 5, 2019.

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

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

See page 2 for membership information.

## Register in Person

Registration starts at 9:00am on Tuesday, March 5, 2019.

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

## Register by Phone at 604.718.5800 ext. 1

Phone registration starts at 1:00pm on Tuesday, March 5, 2019.

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

## Subsidy Policy

Britannia operates a wide range of recreation programs. It is Britannia's policy to make our 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 (One activity, per Person, Per Site, Per Season).

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

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

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

### Licensed Child Care Subsidy

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

## Fun For All!

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



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

## Refund Policy

- 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.

# Britannia Committees

## Arena Committee

1st Tue/mo 6:30pm Apr 2, May 7, Jun 4  
Contact: Susy Bando 604.718.5836

## Board of Management

2nd Wed/mo 6:00pm Apr 10, May 8, Jun 12  
Contact: Cynthia Low 604.718.5815

## Arts & Culture Committee

1st Thu/mo 7:00 Apr 4, May 2, Jun 6  
Contact: Helen Spaxman 604.718.5825

## Child Care Committee

Call of the chair  
Contact: Rachel Day 604.718.5816

## Planning & Development Committee

3rd Tue/mo 7:00pm Apr 17, May 15, Jun 19  
Contact: Cynthia Low 604.718.5815

## Pool & Fitness Committee

Bi-monthly 7:00pm Apr 24, Jun 19  
Contact: Marie Beesly 604.718.5830

## Seniors, Elders & Advocates (SEA) Committee

3rd Wed 3:30pm Apr 17, May 15, Jun 19  
Contact: Anne Cowan 604.718.5837

## Youth Committee

Call of the chair  
Contact: Tom Higashio 604.718.5826

## Reconciliation in Action Committee

Call of the chair  
Contact: Cynthia Low 604.718.5815

## Volunteer Committee

Last Wed/mo 4:00pm  
Contact: Yao Zhang 604.718.5860



## 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/passess](http://vancouver.ca/passess)

### 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 Britannia Renewal Project continues to move forward with support from the community and our partners at the Vancouver Park Board, Vancouver School Board, City of Vancouver, and Vancouver Public Library. Our next major step is to develop more detailed design plans to begin the rezoning process. The Britannia site will need to be rezoned to allow for new uses, building form, and height. Community consultation will be ongoing through this stage of the process and we hope you will consider becoming involved. Check our website ([www.britanniarenewal.org](http://www.britanniarenewal.org)) for project updates or sign up to receive notification of upcoming events directly to your inbox. You will also find project reports and documents, including the Britannia Renewal Master Plan, and the Society's official response archived in our resource library.

The Planning and Development Committee continues to meet to guide the Britannia Renewal process and our meetings are always open to the public. We meet regularly on the third Tuesday of the month from 7-9pm in the Britannia Info Centre (1661 Napier). Community Consultation around key areas for community input will be ongoing throughout the Spring.

## Upcoming Events:

- Britannia Renewal Housing Forum - Saturday, March 2nd 11am-3pm at 1739 Venables
- Planning and Development Committee March Meeting - Tuesday March 19th 7-9pm at the Britannia Info Centre
- Planning and Development Committee April Meeting - Tuesday April 16th 7-9pm at the Britannia Info Centre
- Planning and Development Committee May Meeting - Tuesday May 21st 7-9pm at the Britannia Info Centre

Stay posted for additional upcoming events, meetings and consultations. We value your participation and we hope you will get in touch! Email us at [info@britanniarenewal.org](mailto:info@britanniarenewal.org)

## Community Resilience



Community Resilience is the ability of a community to respond to and recover from both chronic and emerging physical, economic, and social challenges. This ranges from traditional earthquake and emergency preparedness to tackling problems of inequality, isolation, and opportunity gaps. Community resilience is developed through community members coming together to address the challenges they identify in their neighbourhood, creating networks of connection and support, and developing strategies to create a better community for everyone.

The Grandview Woodland Community Resilience Project is guided by a steering committee of community volunteers. The project is supported through a partnership between Britannia Community Services Society and the City of Vancouver.

Our work involves:

- providing resources and support to existing neighbourhood groups and networks
- working with community members to create new opportunities for community development
- identifying the assets and challenges specific to our community
- working with the community to support and develop strategies to build local resilience

We are all East Van Resilient. We hope you will consider getting involved.

- Join the Grandview Woodland Resilience Steering Committee
- Find us online: [www.britanniacentre.org/community/resilience](http://www.britanniacentre.org/community/resilience)
- Subscribe to our project newsletter
- Participate in one of our resilience activities with your family, friends, coworkers, or club (find activity packages on our webpage)
- Get in touch! Share your community resilience project or idea with us.

If you have questions, comments, or are interested in being involved please contact the project coordinator.

Lindsay Grant; [Lindsay.grant@vancouver.ca](mailto:Lindsay.grant@vancouver.ca), 604-718-5800 ext 1



**Our Place (Promoting Local Access and Community Empowerment)** is a collaboration of residents, community-based organizations, and service providers committed to ensuring local residents have every opportunity for success. **Our Place** uses a place-based collective impact approach to community building that is accountable to local neighborhoods/ residents first, recognizing that meaningful Reconciliation and Inclusion truly “takes a village”.

**Britannia** is fully engaged in the **Our Place** approach at the board, staff, and community level, supporting strategies such as Reconciliation in Action: Drive the Change, EPIC Elders, and the Graduation Strategy. Working in a place-based approach means thinking and acting outside the traditional program model and beyond the buildings. It’s about getting out into the community, building partnerships and supporting innovative programs and projects that break down barriers to participation and respond to the aspirations of local residents.

Other Our Place partners include Aboriginal Life in Vancouver Enhancement Society, Ray-Cam Community Centre, Hastings Community Centre, Grandview-Woodland Area Services Team, resident associations, REACH, VPL, VSB Community Schools Team, Vancouver Community College, neighbourhood houses and many others. Collaborating on this joint work reflects our common community values, especially that of maintaining a resilient voice for vulnerable community members living in our neighbourhoods.

***An important undertaking of Our Place has been the development of the Community Accountability Pledge and seeking the commitment of government, civil society and funders to work together differently with and within low-income communities where there is a high level of vulnerability***

The pledge has now been signed by over 30 organizations including the City of Vancouver, the Vancouver Park Board, the Vancouver Public Library, the Vancouver Police Department, the First Nations Health Council, the BC Representative for Children and Youth, the Congress of Aboriginal Peoples, The First Nations Summit, The North West Indigenous Council, and the British Columbia Government Employees Union.

**History**

**In 2011** OUR PLACE partners came together to address the complex issues that had resulted in a serious lack of school readiness among local preschool-aged children. According to the UBC Human Early Learning Partnership (HELP) Early Years data, up to 70% were considered “vulnerable”. A coordinated approach began to address the range of issues that families were facing. This included advocacy, and creating access to health care, housing support and employment services right in the neighbourhood. At the same time, specialized training and age appropriate supports and opportunities were introduced throughout the community in order to ensure children were meeting developmental milestones.

**In 2014**, new HELP data indicated that vulnerability of local children had been reduced by up to 25% in five years – significant given that all other areas in the province either increased in vulnerability or stayed the same. Research showed that the Our Place partnership approach and efforts were significant factors.

**Today Our Place is working to provide a continuum of PRENATAL TO ELDERNS CARE community-based supports and resources in our community. Visit: <http://ourplace-vancouver.ca/> or [www.alivesociety.ca](http://www.alivesociety.ca) and for more information or to get involved in Our Place, contact Erin Grant at [erin.grant@vancouver.ca](mailto:erin.grant@vancouver.ca) or 778.688.3445.**



**Our Place Graduation Strategy Launch**



**Britannia/ALIVE/Our Place Salish Honouring Ceremony**



**Michael Clague, first Britannia ED, presenting at the OP Community Governance Forum, May 2018**



## Fun For All!

Britannia operates a wide range of programs. The Board of Management is committed to ensuring that people have access to programs and that fee structure is not a barrier to members of the Grandview Woodlands Strathcona Community. Our "Fun for All" programs are intended to be barrier free & inclusive. Many are free or run on a pay-what-you-can basis. Here is a quick summary of activities that you will find in this program guide and ask at the Information Centre about our other subsidies.

### Spring 2019 Fun for All Events & Programs (Apr-Jun)

#### Free Special Events

Art Gallery Opening Receptions	p.9	Wed	Apr 3, May 1, Jun 5	6:30-8:30pm	Britannia Art Gallery
Spring Equinox Coffee House	p.10	Sun	Mar 17	7-9:30pm	55+ Centre
Easter Event (1-8yrs)	p.10	Sat	Apr 20	12-2pm	Gym D
Easter Egg Pool Hunt	p.10	Sun	Apr 21	2-3pm	Britannia Pool
24th Annual Stone Soup Festival	p.10	Sat	May 11	12-5pm	Gym D/Concourse
Earthquake Preparedness Workshop	p.10	Tue	May 28	7-8:30pm	Conference Room
Int'l Yarn Bombing Day: Year of the Doll	p.10	Sat	Jun 8	1-4pm	Napier Greenway
Summer Solstice Coffee House	p.10	Sun	Jun 16	7-9:30pm	55+ Centre

#### Free Spring Programs & Workshops

Free Youth Swim	p.18	Fri	Apr 5, May 3, Jun 7	8-10pm	Brit Pool
Preteen Girls Club (10-13yrs)	p.18	Thu	Apr 4-Jun 13	6:15-8pm	Preteen Centre
Preteen Guys Night (10-13yrs)	p.18	Wed	Apr 9-Jun 18	6:15-8pm	Preteen Centre
Indoor Soccer (11-18yrs)	p.18	Tue	Ongoing	5:30-8pm	Gym D
Drop-in Open Gym (11-18yrs)	p.18	Fri	Ongoing	4:30-6:45pm	Gym C
Feast of Flavours (13-18yrs)	p.19	Tue	Apr 2-Jun 25	4-6:30pm	55+ Centre
Latin Cooking (11-18yrs)	p.19	Thu	Apr 4-Jun 27	4:30-6:30pm	55+ Centre
BC Wheelchair Basketball (16+yrs)	p.20	Fri	Apr 5-Jun 28	6:45-9pm	Gym D
Basketball Drop-in (16-24 yrs)	p.20	Sun	Apr 7-Jun 30	12-1:50pm	Gym C
Big Screen Movie Night (13-18yrs)	p.20	Wed	Ongoing	7-9pm	Teen Centre
Canucks Game Night	p.20	Fri	Various	7-9:30pm	Teen Centre
EastVan's Hip Hop Drop-in	p.20	Wed	Ongoing	5:30-9:30pm	1739 Venables
First Friends (11-19yrs)	p.20	Sat	Ongoing	12-4pm	Teen Centre
Carnival Band	p.24	Mon	Apr 1-Jun 24	7:30-10:00pm	55+ Centre
Greenhorn Community Music Project	p.24	Mon	Apr 8-Jun 10	3:30-5:00pm	Rink Activity Rm
The Drive Street Band	p.24	Sun	Apr 7-Jun 30	3:00-5:00pm	55+ Centre
Solidarity Notes Choir	p.24	Sun	Apr 7-Jun 23	10:30am-12:30pm	LRG
AMAN Meditation	p.25	Thu	Apr 11-Jun 20	7-8:15pm	CFEC
Stretch Therapy Free Trial Class	p.25	Wed	Apr 3	9:30-10:30am	CFEC
Spring Volunteer Programs	p.26		Various	Various	Various
Zumba Free Trial Classes	p.27	Mo/We	Apr 1, 3	6-7:15pm	Gym C
Elders Craft Collective	p.31	Thu	Apr 4-Jun 27	1-4pm	55+ Centre
Exercise with Friends	p.31	Fri	Apr 5-Jun 28	10-11am	55+ Centre
Friday Wellness (55+)	p.31	Fri	Apr 5-Jun 28	10am-4pm	55+ Centre
Chinese Folk Dance (55+)	p.31	Thu	Apr 4-Jun 27	10am-12pm	CFEC
Community Dance Art Group	p.31	Wed	Apr 3-Jun 26	12:30-1:30pm	CFEC
So You Want to Dance (55+)	p.31	We/Th	Apr 3-Jun 27	10:30am-12:30pm	CFEC/Mat Rm
Social Ballroom Dance (55+)	p.31	Fri	Apr 5-Jun 14	2-4pm	CFEC
Indigenous Men's Drum Group	p.32	Tue	Apr 2-Jun 25	5-7pm	FAR/sxqelewan
Indigenous Elders and Others	p.32	Wed	Apr 3-Jun 28	12:30-4pm	55+ Centre
Computer & Internet	p.32	Mon	Apr 1-29, May 27-Jun 24	1-3pm	55+ Centre
Knitting Social	p.33	Wed	Apr 3-Jun 26	1-3:30pm	55+ Centre
55+ Book Club	p.33	Wed	Apr 17, May 15, Jun 19	2:45-4:45pm	Library
Elders Indigenous Book Club	p.33	Thu	Apr 11, May 9, Jun 13	2-3:30pm	Library
Sunday Night Great Movies	p.33	Sun	Apr 7-Jun 30	6-9pm	55+ Centre
Vietnamese Program (55+)	p.34	Tue	Ongoing	9am-3pm	55+ Centre

#### Recreation Facilities

*Free for Britannia Members	p.34	Tue/Fri	Ongoing	10am-12pm	Fitness Centre
Free Public Swim (All Ages)	p.36	Tue/Thu	Ongoing	3-4:55pm	Britannia Pool
Free Skates - various	p.39	Thu/Fri	Apr-May	Various	Britannia Arena
Holiday Free Skate Events	p.40	Various		1-3:30pm	Britannia Arena

\*See page 2 for full Membership details!

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



## Exhibitions

### April 3 – 26

Opening Reception: Wed April 3, 6:30 – 8:30 pm



**Celebrating Vancouver's Blue and Green Mosaic Tile Buildings**  
by Janis Corrado

**Art in Compartments, assemblages**  
by Ken Gerberick



### May 1 – 21

Opening Reception Wed May 1, 6:30 – 8:30 pm



**Still(s)... In Sacred Places,**  
photography by Garrett Chong



**The Caress and the Sting,**  
photography by Clare Yow

### June 5 – 28

**A Gathering of Sisters**  
by Indigenous Women Artists

Opening Reception Wed June 5, 6:30 – 8:30pm

Marilyn Mckee	Georgina Wing
Haisla Collins	Veronica Iza
Allison Burns Joseph	Shevonne Hall
Jacqueline West	Chrisse Oleman
Chrystal Sparrow	Courtaney Agecutay
Chantel Joseph	Doris Fox
D. Dallas	



## Workshops

### Ayacuchan Embroidery for Beginners (14+yrs)

From Ayacucho Peru, this embroidery style uses colourful wool or thread. It is easy to learn and to make it a hobby, usually creating new shapes and mixing different colours while you learn more patterns, empowering and uniting people along the way. Participants do not require previous experience. Facilitator will bring patterns, equipment and materials so participants can embroider one item. Please bring note taking material.

Sun	1:00-4:00pm	Apr 7
Rink Mezz		\$10/1 sess
207871	V.Valdeiglesia	

### Needled Felted Sculpture workshop (12+yrs)

Use needle felting techniques to create a three dimensional wool sculpture that can be turned into a wearable brooch or used as home decor. Needle felting involves using barbed felting needles to sculpt wool roving into an endless array of shapes. Colourful top coat wools are used to decorate or "paint" your sculpture. While the possibilities and scope of this form of felting is nearly endless, Andrea will help you focus on creating sculptures with simple forms so that the class will be suitable for beginner felters. Participants need to bring an old blanket or large tea towel they will fold and use as a felting surface and note taking material. All other materials, equipment will be supplied.

Sun	1:00-4:00pm	May 5
Rink Mezz		\$10/1 sess
207200	A.Paterson	

### Rug Hooking: A quick introduction to tools and techniques (13+yrs)

This workshop is a quick introduction to hand-hooking rugs; it offers the opportunity to practice under guidance and to try out different tools and materials. Topics include how to obtain and prepare fabric and how to plan and finish rugs. It should appeal to people who want to extend the life of fabrics and who want to intervene in fast fashion. The price of the workshop does not allow students to take home tools, a project in progress or a finished project. Instructor will have some supplies for sale. Expect registration to fill up quickly. Nadine also regularly teaches a three-day rug hooking workshop at Maiwa School of Textiles. [www.pretextstudio.com](http://www.pretextstudio.com).

Sun	1:00-4:00pm	Jun 9
Rink Mezz		\$10/1 sess
207872	N.Flagel	

# Special Events

## Banner Workshop (12+yrs)

Theme: Community  
Our language is the reflection of ourselves. A language is an exact reflection of the character and growth of its speakers. ~ Cesar Chavez. Speak to the Britannia community in the language of shape and colour. See page 23 for full details

Sat-Sun 10:00am-4:00pm Apr 27-Apr 28  
Cafeteria \$20/2 sess  
207323 H.Spaxman

## The Solstice/Equinox Coffee House Series

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



## 4th Annual Spring Equinox Coffee House 2019

Celebrate the end of Winter and new beginnings of Spring with a community event featuring local live music, poetry, refreshments and more! Performers include: Leah Barley; The Bottom Shelf Bourbon Trio; Jane Kalmakoff and Janis Harper.

Sun 7:00-9:30pm Mar 17  
55+ Centre Free

## 4th Annual Summer Solstice Coffee House 2019

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

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

## Easter Event (1-8yrs)

Come join us at this free community event! There will be a bouncy castle, games, crafts, and treats. Look for an event poster closer to the date with updated information! We hope you are as Egg-cited as we are!

Sat 12:00-2:00pm Apr 20  
Gym D Free



## Easter Egg Pool Hunt

Come join us in the pool from 2-3pm for the Britannia Pool Annual Easter Egg Hunt. Both our Leisure pool and Main pool will have floating and submerged eggs for children to collect and claim a prize.

Sun 2:00-3:00pm Apr 21  
Easter Sunday Free

## 24th 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. Includes workshops, local authors, demonstrations, food vendors, free soup and more! Food vendor applications & information are available at the Britannia Information Centre. Local Artists: Participating Artists are themed to the festival and coordinated by Katherine Polgrain. Artist Fee is \$35.00. For more information email Katherine Polgrain: [courage62@shaw.ca](mailto:courage62@shaw.ca)

Sat 12:00-5:00pm May 11  
Brit Site/Napier Greenway Free



## Earthquake Preparedness Personal & Family (16+yrs)

This session covers what is required to develop your family emergency plan, how to conduct a "Home Hazard" Hunt and what to do when an earthquake strikes. Come to this FREE workshop to learn how to prepare! Please register so we know you are coming.

Tue 7:00-8:30pm May 28  
Brit Conf Room Free  
207287 COV NEPP

## International Yarn Bombing Day: Year of the Doll

Join local fibre artists at this drop-in yarn appreciation workshop. Completed work can be worn or donated to hang in the cherry tree at Commercial Drive and Napier Street.

Sat 1:00-4:00pm Jun 8  
Napier Square Free



## Italian Day 2019

Britannia Community Centre celebrates Italian Day with this year's theme "Community".

Sun 12:00-4:00pm Jun 9  
Commercial Dr @ Napier St

## East Vancouver Garden Tour

This year's self-guided tour will be in a well-defined area in East Vancouver. Home base is Figaro's Garden Centre (1896 Victoria Drive at 3rd Avenue). Online registration will end on Sat Jun 15 at 4pm. Tickets can still be purchased after 4pm directly at Figaro's on Sat, Jun 15, or on Sun morning, Jun 16. For more up-to-the-minute info, please visit: [eastsidegardentour.blogspot.ca](http://eastsidegardentour.blogspot.ca).

Sun 10:00am-4:00pm  
Jun 16 \$15/1 sess  
207324

Sponsored by Britannia Neighbours, Britannia Centre, and Figaro's.

Note that most gardens are not wheelchair- or stroller-accessible, children must be 12 years or older or babes in arms, and pets are not allowed.

# 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 part of the daily routine.

### Mount Pleasant Child Care

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

Email: [mountpleasantchildcare@shawbiz.ca](mailto:mountpleasantchildcare@shawbiz.ca)

Hours: Mon-Fri 7:30am-6:00pm

FEES: \$926/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 will include the exploration of Artists Throughout History. By using hands on experimentation and exploration of a variety of materials, techniques, ideas and information, we will experience styles developed by influential artists throughout history. Children will experience arts and culture from around the world, and practice creativity, and freedom of artistic expression. 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 allow 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  
Email: [mountpleasantchildcare@shawbiz.ca](mailto:mountpleasantchildcare@shawbiz.ca)  
Hours: Mon-Fri 7:30am-6:00pm  
FEES: \$876/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  
Please call 604.718.5856 for up to date registration and fee information.

## Aboriginal Family Support Program

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

**Aboriginal Child & Family Support Services**  
Co-location: Britannia Community Services Centre  
Lead Agency: Vancouver Native Health Society  
Contact:  
Monica Howard: 604.873.6625 or email [monica.acfss@vnhs.net](mailto:monica.acfss@vnhs.net)

## 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 \$550mo  
\$150/wk

### Lord Nelson Child Care

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

## Eagles In The Sky OSC

103B-1950 E. Hastings Kinga Batko 604.230.1885  
Pick up from: Xpey/Macdonald Elementary  
Hastings Elementary  
Lord Nelson Elementary  
Ecole Anne Hebert  
Sep-Jun Hours: Mon-Fri 7:30am-9:00am  
3:00pm-5:45pm  
School Breaks/Jul & Aug 7:30am-5:45pm  
FEES: Xpey/Macdonald Elementary \$402/mo  
Hastings/Lord Nelson/Anne Hebert \$427/mo  
(Breakfast & Jul & Aug \$57/d, \$160/wk, \$570/mo  
pm snack provided)  
Please call 604.230.1885 for up to date registration and fee information.

## 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)

## Arts

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

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

**Tue 9:45-10:30am** **May 14-Jun 11**  
**Mat Room \$64/5 sess**  
**207261 Into Yoga**

### 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! No class May 20.

**Mon 9:45-10:30am** **Apr 29-Jun 10**  
**RAR \$60/6 sess**  
**207236 H.Spaxman**

## Music

### Jump into Music (6mo-5yrs)

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. Designed to stimulate the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. A family fun environment exploring culture and world music. Try a free class anytime, 25% sibling discount, drop-ins welcome \$15. www.jumpintomusic.ca.

**Wed 10:00-10:50am** **Apr 10-Jun 12**  
**Rink Mezz \$130/10 sess**  
**207201 M.Lee**  
**Wed 11:00-11:50am** **Apr 10-Jun 12**  
**Rink Mezz \$130/10 sess**  
**207202 M.Lee**  
**Wed 1:00-1:50pm** **Apr 10-Jun 12**  
**Rink Mezz \$130/10 sess**  
**207203 M.Lee**

### Kindergym (1-5yrs)

Run, jump and roll in a gym full of mats and playground equipment. Parent supervision required. Pay \$2.50 drop in fee at pool and bring receipt to Belinda/Olivia OR give them pre-purchased strip ticket (\$20/10tx). Parents, please assist Belinda and Olivia at the end of the program by helping put the large equipment away. Note: Program 4X/week Sat, Tue, Wed, Thu. All programs take place in Gym D. No class April 20 (Easter Event instead), May 11.

**Tue/Wed/Thu 11:00-12:30pm** **Apr 02-May 30**  
**Sat 10:00 am-12:00pm** **Apr 06-May 25**

### Ballet/Jazz Dance with Endorphin Rush Dance (2-6yrs)

Jump, skip and twirl! 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.kirbysnellndance.com. No class Apr 20, May 18.

**Sat Apr 6-Jun 15**  
**CFEC \$105/9 sess**  
**207189 9:30-10:10am** **Age 2-4yrs**  
**207190 10:15-10:55am** **Age 2-4yrs**  
**207192 11:00-11:40am** **Age 3-4yrs**  
**207191 11:45am-12:25pm** **Age 3-4yrs**  
**207188 12:30-1:10pm** **Age 4-6yrs**  
**207187 1:15-2:00pm** **Age 4-6yrs**



### Music Together (0-5yrs)

Experience Music Together® learn how to share the joys of music-making and the powerful benefits of having music in your young child's life! Our 9 award-winning music collections and research-based curriculum supports parents at home and keeps the music making alive all week! The whole family is welcome - parents, grandparents, caregivers - for this important family music experience. Parent participation is required. Ask about our sibling discounts. \$60 Music Together Licensing fee is non-refundable after the first class.) **No sess Apr 20.**

**Tue Apr 16-Jun 18**  
**207210 10:30-11:15am** **\$170/10 sess**  
**207211 9:30-10:15am** **\$170/10 sess**  
**Rink Mezz Katy**

**Sat Apr 13-Jun 22**  
**207207 9:30-10:15am** **\$170/10 sess**  
**207206 10:30-11:15am** **\$170/10 sess**  
**207205 11:30am-12:15pm** **\$170/10 sess**  
**Rink Mezz Monica**

## Sports

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

Multi-sport classes teach children introductory physical skills and help them develop confidence through 8 different ball sports. Parent participation required. No class Apr 20 & May 18

**Sat 11:30am-12:15pm** **Apr 06-Jun 08**  
**Gym C \$120/8 sess**  
**207304 Sportball Staff**

### Sportball Multisport (3.5-5yrs)

Multi-sport classes teach children methods to practice and refine gross motor skills through 8 core ball sports. This program reinforces benefits of teamwork and skill development enabling children to gain confidence and develop social skills to succeed in sport and life. No class Apr 20 & May 18.

**Sat 12:15-1:15 pm** **Apr 06-Jun 08**  
**Gym C \$120/8 sess**  
**207305 Sportball Staff**

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

Let's Play Ball! Participants are introduced to fundamental concepts of baseball and are provided the basic skills required to play with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on T-Ball skills like throwing, catching, batting form, running bases and fielding. Children are challenged according to their individual skill level and coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. No class May 19

**Sun 9:30-10:15am** **May 05-Jun 16**  
**Brit Oval \$90/6 sess**  
**210064 Sportball Staff**

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

Big League Fun! Sportball Baseball or 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. No class May 19.

**Sun 10:15-11:15am** **May 05-Jun 16**  
**Brit Oval \$90/6 sess**  
**210065 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 25-Jun 13  
Rm 208 \$110/8 sess  
207195 H.Spaxman



## Daycamps

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

There are many activities and out-trips planned for the Spring Break Funseekers program! Come 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 18-Mar 22  
195083 \$99/5 sess  
Mon-Fri 9:00am-3:00pm Mar 25-Mar 29  
195084 \$99/5 sess  
Gym D



### Gymnastics Spring Break Camp (6-12yrs)

See page 15 for camp details and early drop off & late pick up options.

Mon-Fri 9:30am-3:30pm Mar 25-29  
213238 \$225

### Summer 2019 Funseekers Daycamp Registration (6-12yrs)

Registration for Summer 2019 Funseekers will commence:

10:00am on Saturday April 13, 2019 at the Britannia Information Centre.  
A brochure will be delivered to local schools approximately one week before registration.

Join us for a summer of excitement and adventure. Our fun and enthusiastic leaders have planned an enjoyable schedule filled with out trips, games, crafts, sports, cooking, music, drama and special events.

Britannia Funseeker's **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 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 Volunteers and Summer Leaders Training "Play it Fair"

See page 19 for details.

## Music



### Greenhorn Community Music Project (10+yrs)

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. Britannia Membership required (child/youth \$1.00) No class April 22, May 20.

Mon 3:30-5:00pm Apr 8-Jun 10  
RAR 6 sess  
207199 B.Koch

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

Continue your music studies or begin an instrument and enjoy a lifetime of making music! These lessons consider each student's development and goals. Conservatory exam preparation is available. An on-going program for Sept-June, students are ensured placement for the duration of their studies. Payment is made in advance of each set. Lesson costs shown below are for 30 min classes. 45 and 60 minutes per week are also available at the discretion of the instructor. Prior to registering, new students must contact the instructor for a weekly lesson time at janine.oye@gmail.com. Clarinet students must provide their own instruments. Phone in registration only. Please call 604-718-5800 (1). No Class Apr 12, 13 (for concert) and 19.

#### Set 1

Tue 6:00-8:30pm	Apr 2-May 7
Preteen Centre	\$144/6 sess
207213	
Fri 6:00-8:30pm	Apr 5-May 10
PreTeen Centre	\$96/4 sess
207214	
Sat 9:00am-4:30pm	Apr 6-May 11
Preteen Centre	\$120/5 sess
207215	J.Oye

#### Set 2

Tue 6:00-8:30pm	May 14-Jun 18
Preteen Centre	\$144/6 sess
207216	
Fri 6:00-8:30pm	May 17-Jun 21
Preteen Centre	\$144/6 sess
207217	
Sat 9:00am-4:30pm	May 18-Jun 22
Preteen Centre	\$144/6 sess
207218	J.Oye

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

These are 30 minute private violin lessons for adults and children aged 6 & up. The teaching method follows the Suzuki Method and covers classical and fiddle. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at fiddlelessons@shaw.ca to arrange lesson time PRIOR to registering. No class April 22, May 20.

Mon 3:30-9:00pm Apr 8-Jun 24  
RAR/Preteen \$240/10 sess  
207237 S.Saunders



## Britannia Gymnastics Club (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, shorts, t-shirts.

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

Sat	Apr 6-Jun 15 (No class Apr 20, May 18, Jun 1)			
207285	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$72/8 sess
207279	Gym Kids	4-5yrs	2:00-2:45pm	\$72/8 sess
207280	Gym Kids	4-5yrs	3:00-3:45pm	\$72/8 sess
207282	Performance	6-9yrs	4:00-5:00pm	\$84/8 sess
Sun	Apr 7-Jun 16 (No class Apr 21, May 19, Jun 2)			
207277	Dynamic Duo	18mo-3	10:00-10:45am	\$72/8 sess
207278	Dynamic Duo	18mo-3	11:00-11:45am	\$72/8 sess
207283	Performance	6-9yrs	11:30-12:30pm	\$84/8 sess
207286	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$72/8 sess
207275	Adv Gym Kids	5-6yrs	12:45-1:45pm	\$84/8 sess
207284	Performance	6-9yrs	3:15-4:30pm	\$88/8 sess
*207281	Performance Plus	9-15yrs	1:45-3:15pm	\$108/8 sess (Full)
*207276	Demo Team	9-15yrs	3:30-5:00pm	\$108/8 sess (Full)

All programs take place in Britannia Secondary School, 1001 Cotton Drive, Gym B.  
No classes Apr 20, 21 May 18, 19, Jun 1, 2.

### 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 2018 to May 2019 and are presently full.

### Britannia Coaches

Our fantastic, enthusiastic team of coaches; Shadan, Henry, Aaron, Sharie, Alia, Lailah and Alison are looking forward to another great gymnastics season!



### Gymnastics Spring Break Camp (6-12yrs)

Children aged 6-12yr will be jumping for joy after five days of jam-packed gymnastics fun. Kids will learn gymnastics skills on beam, bars, floor and vault from our fantastic and enthusiastic coaching staff. Children should bring a snack, lunch, water. Drop your children off at Britannia Secondary School's Gym A/B (1001 Cotton Drive) at 9:30am and pick up at 3:30pm sharp. We look forward to seeing your gymnast. Check [www.britanniagymnastics.com](http://www.britanniagymnastics.com) for updates.

Mon-Fri 9:30am-3:30pm Mar 25-29 \$225 Gym A/B 213238

### Britannia Gymnastics Camp Early Drop-Off (6-12yrs)

This year we will be offering early drop - off and late pick- up options for our gymnasts. No gymnastics will be taught during this time, children will engage in light activities between 7:30-9:30am. Children must be enrolled in the day camp to register for the early drop-off and late pick-up options.

Mon-Fri 7:30-9:30am Mar 25-29 \$45 Gym A/B 215751

### Britannia Gymnastics Camp Late Pick-Up (6-12yrs)

This year we will be offering early drop - off and late pick- up options for our gymnasts. No gymnastics will be taught during this time, children will engage in light activities between 3:30-5:30pm. Children must be enrolled in the day camp to register for the early drop-off and late pick-up options.

Mon-Fri 3:30-5:30pm Mar 25-29 \$45 Gym A/B 215754

# Children



## Britannia Micro Footie 2019

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

This year will be our 26th year of offering Micro Footie to the Britannia Community! We will continue Saturday game days at Vancouver's Empire Bowl while practices will continue to take place in our local fields. Registration includes playing soccer in the sunshine 2X/week, a World Cup country kit, a team photo (yes, it's back) and other fantastic surprises! Meet & greet your coach the week of April 8-11th. Check out our website at [www.britanniasoccer.org](http://www.britanniasoccer.org) for updated information or email [britfootie2019@gmail.com](mailto:britfootie2019@gmail.com).

**Program Dates:** Saturdays April 20-June 22, 2019 (no sessions April 22, May 18, 20)

**Program Cost:** \$129/player

Refunds will be issued up to Feb 15, 2019 No refunds will be issued after this date.

**For more information, contact [britfootie2019@gmail.com](mailto:britfootie2019@gmail.com)**

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

	DIVISION	AGE	GAME TIME	GAME LOCATION	WEEKDAY	PRACTICE TIME/LOCATION
FULL	Beginner A Coed	4-5yrs	9:00-10:00am	Empire North	Mon	5:45-6:45pm Garden Park
FULL	Beginner B Coed	4-5yrs	9:00-10:00am	Empire South	Wed	5:45-6:45pm Garden Park
200448	Inter 1 Girls	6-7yrs	10:15-11:15am	Empire North	Mon	6:45-7:45pm Garden Park
FULL	Inter 1 Boys	6-7yrs	10:15-11:15am	Empire South	Wed	6:45-7:45pm Garden Park
208607	Inter 1 Boys	6-7yrs	3:15-4:15pm	Empire North	Thu	6:00-7:00pm Brit Oval
FULL	Inter 2 Girls	8-9yrs	11:30-12:30pm	Empire North	Wed	6:00-7:00pm Brit Oval
FULL	Inter 2 Boys	8-9yrs	11:30-12:30pm	Empire South	Wed	7:00-8:00pm Brit Oval
FULL	Advanced Girls	10-12yrs	12:45-1:45pm	Empire North	Mon	6:00-7:00pm Brit Oval
FULL	Advanced Boys	10-11yrs	12:45-1:45pm	Empire South	Mon	7:00-8:00pm Brit Oval
200454	Super Adv Girls	13-15yrs	2:00-3:00pm	Empire North	Tue	7:00-8:00pm Brit Oval
FULL	Super Adv Boys	12-13yrs	2:00-3:00pm	Empire South	Tue	6:00-7:00pm Brit Oval
FULL	Sr Super Adv Boys	14-15yrs	3:15-4:15pm	Empire South	Tue	7:00-8:00pm Brit Oval
FULL	MF Women's Program	18yrs+	2:00-3:00pm	Empire North	Thu	7:00-8:00pm Brit Oval

### MINI MICROS SATURDAY MORNINGS AT GARDEN PARK

200458	Mini Micros	3yrs	9:00-10:00am	Garden Park	Not applicable
--------	-------------	------	--------------	-------------	----------------

### ROBSON PARK

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

## Sponsorship Donations

Join other community minded businesses to encourage Britannia's children and youth to keep active by sponsoring the 2019 Micro Footie program. If you would like to sponsor a team country, please contact: [britfootie2019@gmail.com](mailto:britfootie2019@gmail.com) or call 604.718.5824





## Sports

### 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 and more. 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). For further information check out page 28 for the Axe schedule or [www.axevancouver.com](http://www.axevancouver.com). You may also contact Lori Maciel at 778.938.0469 for more information. No class Apr 22, May 20

197581	3-6yrs	Mon/Wed	6:00-6:45pm	Mar/Apr	1 class/wk \$120
197584	3-6yrs	Mon/Wed	6:00-6:45pm	Mar/Apr	2 classes/wk \$160
210121	3-6yrs	Mon/Wed	6:00-6:45pm	May/June	1 class/wk \$120
210122	3-6yrs	Mon/Wed	6:00-6:45pm	May/June	2 classes/wk \$160
197586	7-18yrs	Mon-Thu	5:00-6:00pm	Mar/Apr	\$170 Venables, CFEC
210115	7-18yrs	Mon-Thu	5:00-6:00pm	May/June	\$170 Venables, CFEC

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

Try Capoeira in this introductory program in Mar, Apr, May, Jun Tue/Thu 6:00-7:00pm. Classes cover all aspects of Capoeira: martial arts, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility.

202938	Mar	Tue/Thu	6:00-7:00pm	\$70/mo
202939	Apr	Tue/Thu	6:00-7:00pm	\$70/mo
210117	May	Tue/Thu	6:00-7:00pm	\$70/mo
210118	Jun	Tue/Thu	6:00-7:00pm	\$70/mo

Check out page 29 for the full Axe schedule or [www.axevancouver.com](http://www.axevancouver.com).



### Traditional Kung Fu (6yrs+)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung chi Cheung Association is included in the fee. No class Apr 12, 19, 22, May 20, Jun 14

#### Beginner

Mon/Fri	4:30-5:45pm	Apr 1-Jun 28
CFEC		\$192/21 sess
207310	M.Lung	

#### Intermediate

Mon/Fri	4:30-6:15pm	Apr 1-Jun 28
CFEC		\$213/21 sess
207311	M.Lung	

#### Advanced

Mon/Fri	4:30-6:30pm	Apr 1-Jun 28
CFEC		\$234/21 sess
207309	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 own racquet & runners. No class May 18.

Sat	2:00-3:00pm	May 4-Jun 29
Gym D		\$80/8 sess
207308	J.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 racquet & runners. No class May 18.

Sat	3:00-4:00pm	May 4-Jun 29
Gym D		\$80/8 sess
207307	J.Maldonado	

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

This class develops more advanced tennis skills through drills and rallies preparing participants for significant game play. This class focuses on the fundamentals of competitive tennis. Bring your own racquet & runners. No class May 18.

Sat	4:00-5:00pm	May 4-Jun 29
Gym D		\$80/8 sess
207306	J. Maldonado	

# Preteen

## 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 4-Jun 13**  
**Preteen Centre Free**  
 207363 Alicia

### Preteen Guys Night (10-13yrs)

Guys social night to hang out with your friends and meet new friends. A self directed program with a mixture of laughter and leadership. Please pre-register.

**Wed 6:15-8:00pm Apr 9-Jun 18**  
**Preteen Centre Free**  
 207364 Kakada

### Preteen Friday Night Live

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

**Fri 6:00-8:30pm Apr 26**  
**Indoor Rock Climbing \$15/1 sess**  
 216998

**Fri 6:00-8:30pm May 10**  
**Go Karting \$15/1 sess**  
 216999



## Special Events

### Preteen Dance

DJ 2 Scoops plays the music. You and your friends have a blast. Concession will be open for sale of glow sticks, glow necklaces, snacks and pizza. Gr 5-7 only. Parental Consent Form must be completed and are available 1 week before the dance, at the Info Centre, Teen Centre or online at [www.britanniacentre.org](http://www.britanniacentre.org). Pay \$1 at the door.

**Fri 6:30-9:00pm Apr 12, Jun 14**  
**CFEC \$1**



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

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

**Fri 8:00-9:55pm Apr 5, May 3,**  
**Britannia Pool Jun 7**  
**Free**



## Drop-In Sports

### Indoor Soccer (11-13yrs)

For 11-13 year old players only

**Tue 5:00-7:00pm Apr-Jun**  
**Gym D Free**

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

**Fri 4:30-6:45pm Apr-Jun**  
**Gym C Free**

### Trojan Horse Amateur Boxing (10+)



Learn classic boxing techniques from Head Coach Bill Kennedy. Full size ring, punch/speed bags, circuit training, mitts and gloves. 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.

**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**  
**207272 Apr \$75/mo (no class Apr 19, 22)**  
**207273 May \$75/mo (no class May 20)**  
**207274 Jun \$75/mo**

## 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

#### Latin American Youth Programmer:

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

#### Teen Centre Staff:

Alicia, Barry, Celine, Chiho, Kakada, Kya, Luke, Manuel, Mark, Rebecca, Stephanie, Tom  
604.718.5828

## Leadership



### Britannia Youth Committee

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

### 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 a 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 Tom at 604.718.5826 if interested.



### Summer Leaders Training- "Play it Fair"

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. 16+Yrs

<b>Sat</b>	<b>10:00am-2:00pm</b>	<b>Jun 15</b>
<b>Gym C</b>		<b>\$30 /1 sess</b>
<b>209643</b>		
<b>Tu</b>	<b>6:00-10:00pm</b>	<b>Jun 25</b>
<b>Gym C</b>		<b>\$30 /1 sess</b>
<b>209644</b>		

## Cooking



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

This is a hands on cooking program. Learn to create healthy, cheap and easy to cook meals. Youth are involved in planning, cooking and preparing the meals.

<b>Tue</b>	<b>4:00-6:30pm</b>	<b>Apr 2-Jun 25</b>
<b>55+ Centre AML</b>		<b>Free</b>

### Latin Cooking (11-18yrs)



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

<b>Thu</b>	<b>4:30-6:30pm</b>	<b>Apr 4-Jun 27</b>
<b>55+ Centre AML</b>		<b>Free</b>



# Youth

## Night Hoops- Girls (11-18yrs)

Utilize the power of sport to empower young girls and simultaneously promote leadership and healthy lifestyles through the night hoops philosophy and delivery of life-skills workshops. Topics may include the following: body image, bullying, reconciliation, money management, health and nutrition, etc.

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

Fri 4:30-6:50pm Apr 5-June 2  
Gym C Free

## East Van Hip Hop Drop (12-18yrs)

Currently Based at the Britannia Cafeteria, for location update please go to our facebook page **East Van Hip Hop Drop**. All elements welcome: MCs, DJs, Breakers, Graff writers, etc.. Come freestyle, dance, make art, or just chill out with the crew!

Wed 5:30-9:30pm Free

## Outdoor Programs

## Drop-in Sports

### BC Wheelchair Basketball (16+yrs)

Fri 6:45-9:00pm Apr 5-Jun 28  
Gym D Free

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

Sun 12:00-1:50pm Apr 7-Jun 30  
Gym C Free

### Indoor Soccer (11-13yrs)

For 11-13 year old players only

Tue 5:00-7:00pm Apr 2-Jun 25  
Gym D Free

## Social

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

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

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

### Canucks Game Night

Need a place to watch the Canucks on the Big Screen? Come watch the Canuck's games in our Canucks zone! FREE BBQ at every Canucks game that lands on a Fri.!

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

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

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

Fri 8:00-9:55pm Mar 1, Apr 5, May 3, Jun 7  
Free

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

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

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

Sat 12:00pm-4:00pm Apr 6-Jun 22  
Teen Centre

### 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 2019 Concord Vancouver Dragon Boat Festival, June 22nd and 23rd. 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.



### 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. To register, please contact the Tom at 604.718.5826

Fri-Sun 9:00am-5:00pm Mar 22-24  
Camp Capilano \$75.00/trip

### Teen Bike Club

FREE drop-in bike access program and gathering space for youth aged 12-19. Volunteer with us to Earn a Bike, learn to repair your own bike, and support or volunteer on shop projects. Contact bikeclub@pedalpower.org for more info!

Tue 3:30-6:00pm Ongoing  
1739 Venables. Basement entrance at the back of building near parking lot  
eastvankickstand.org



## The Great Escape Outdoors (GEO)

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

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

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

All registration done at the Teen Centre.



## Blackcomb/Whistler Ski & Snowboard

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

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

Sat 6:00am-6:00pm Mar 16  
Sun 6:00am-6:00pm Apr 7

## VYW VANCOUVER YOUTH WEEK 2019

Youth Week is an internationally celebrated event to promote awareness of youth, aiming to increase positive public profile of youth and build stronger connections between youth and the community. Youth Week is about celebrating the great things youth and youth organizations do all year round! Envision it like New Year's for everything to do with youth, a chance to celebrate this past year and to set goals and plans for this year!

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!! For more info check out [www.VancouverYouthWeek.ca](http://www.VancouverYouthWeek.ca).



**Community Small Grants** are available for you to get creative with celebrating Youth Week...write a grant, plan an events and promote your activities. Contact Tom at [tom.higashio@vancouver.ca](mailto:tom.higashio@vancouver.ca) to see how you can get involved.

**May the Fourth Be With YOUth Dance** will be held on Saturday, May 4 from 8:00-11:00pm 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 Events at Roundhouse CC



**Thursday May 2**  
3:30-5:30pm Pre-teens (Gr 6/7) 3 v 3  
5:30-7:45pm Junior Boys (Gr 8-10) 3 v 3  
**Friday May 3**  
4:30-7:30pm Night Hoops Jamboree  
7:30-11pm Senior Boys (Gr 11/12) 3 v 3

Food, fun and prizes available! Sign up your team by contacting Tom before April 25 at [tom.higashio@vancouver.ca](mailto:tom.higashio@vancouver.ca)

**Skateboard Event and Demos** will be held on Saturday, May 5 from 1-4pm at the Vancouver Skate Plaza. All skill levels welcome. Contact Sally at [sally.chan@vancouver.ca](mailto:sally.chan@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



# Youth Latin American Youth Program (LAYP)

## Programa de Jóvenes 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/ Fútbol de Salón (11-13yrs)



Free drop-in soccer for youth. New players welcome. Must be 11-13yrs. Fútbol de salón, solo para jóvenes de 11-13 años de edad.

**Tue/Martes 5:00-7:00pm**

**Gym D/Gimnasio D Free/Gratis**

### 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 4:30-6:15pm**

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

**55+ Centre**

**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**

**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  
4:00-6:00pm, 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:

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

### 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.



### Canto Vivo - the Vancouver Latin American Cultural Choir (19+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 Apr 3-Jun 19  
55+ Centre \$60/12 sess**

**Songs will be sung in Spanish and Portuguese**

## Arts

### Acrylic Painting

Enjoy and relax with acrylic painting as an expressive and vibrant medium. You will learn how to use different 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. Supplies are not included, supply list available upon registration. \$25 drop in. All levels welcome. Visit: [www.atashzad.com](http://www.atashzad.com) No class April 24.

**Wed 5:00-7:00pm** **Apr 10-Jun 19**  
**Rm 210** **\$195/10 sess**  
**207182 M.Atashzad**

### Banner Workshop (12+yrs)

Theme: Community

*Our language is the reflection of ourselves. A language is an exact reflection of the character and growth of its speakers. ~ Cesar Chavez.*

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

**Sat-Sun 10:00am-4:00pm** **Apr 27-Apr 28**  
**Cafeteria** **\$20/2 sess**  
**207323 H.Spaxman**

### Drawing Learning to See I

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

**Wed 7:00-9:00pm** **Apr 10-May 8**  
**FAR** **\$115/5 sess**  
**207197 B.Fox**

### Drawing Learning To See II

Building off of Drawing: Learning To See, participants will be walked through several more drawing exercises like 1- and 2-point perspective, shading techniques, and volume and tone. Using these exercises, participants will continue their examination of learning to see. Bernadine will also give each participant a set time within the class (30 min) to get personal feedback on their work. No experience necessary.

**Wed 7:00-9:00pm** **May 22-Jun 26**  
**FAR** **\$125/6 sess**  
**207198 B.Fox**

### 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 23-Jun 11**  
**Rm 208** **\$190/8 sess**  
**207220 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. Last class: Tuesday June 11. Pre-req: Intro to Pottery or permission of the instructor. Clay and glazes are included.

**Wed 6:30-9:00pm** **Apr 24-Jun 12**  
**Rm 208** **\$220/8 sess**  
**207219 H.Spaxman**



Spring Camellias, 2018, by M. R. Atashzad

### Watercolour Painting

Study watercolour painting techniques by exploring the medium's full potential. Learn to use water, paper, colour and brushes to create an endless variety of tones and atmosphere in your painting. Supplies not included. Mohammad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. Visit [www.atashzad.com](http://www.atashzad.com). Supplies not included. List available upon registration. All levels welcome. Drop in \$25. No class April 24.

**Wed 7:00-9:00pm** **Apr 10-Jun 19**  
**Rm 210** **\$195/10 sess**  
**207239 M.Atashzad**

## Music

### African Drumming Level 1

Play traditional West African rhythms on hand drums (djembés) and bass drums (dununs). These classes are fun and concentrated. The level one course is an introduction; no previous experience is needed. 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)

**Tue 6:30-8:00pm** **Apr 23-Jun 11**  
**Cafeteria** **\$120/8 sess**  
**207183 R.Shumsky**

### African Drumming Level 2

Play traditional West African rhythms on hand drums (djembés) and bass drums (dununs). These classes are fun and concentrated. Enrolling in level two requires taking level one or permission from the instructor, who can be contacted through his website: [www.drumming.ca](http://www.drumming.ca). Drums are supplied during classes at no extra charge.

**Tue 8:10-9:40pm** **Apr 23-Jun 11**  
**Cafeteria** **\$120/8 sess**  
**207184 R.Shumsky**

# Adults

## African Drumming Level 3

Play traditional West African rhythms on hand drums (djembés) and bass drums (dununs). These classes are fun and concentrated. Enrolling in level three requires permission from the instructor, or having taken level 3 previously. The instructor can be reached through his website: [www.drumming.ca](http://www.drumming.ca). Drums are supplied during class at no extra charge.

Thu 6:30-8:00pm Apr 25-Jun 13  
Cafeteria \$120/8 sess  
207185 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. Britannia Membership required. More information and to book the band [VancouverCarnivalBand@gmail.com](mailto:VancouverCarnivalBand@gmail.com). No session on April 22, May 20.

Mon 7:30-10:00pm Apr 1-Jun 24  
55+ Centre 11 sess  
207194 T.Sars

## Greenhorn Community Music Project (10+yrs)

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. Britannia Membership required (child/youth \$1.00) No class April 22, May 20.

Mon 3:30-5:00pm Apr 8-Jun 10  
RAR 6 sess  
207199 B.Koch

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

These are 30 minute private violin lessons for adults and children aged 6 & up. The teaching method follows the Suzuki Method and covers classical and fiddle. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at [fiddlelessons@shaw.ca](mailto:fiddlelessons@shaw.ca) to arrange lesson time PRIOR to registering. No class April 22, May 20.

Mon 3:30-9:00pm Apr 8-Jun 24  
RAR/Preteen \$240/10 sess  
207237 S.Saunders

## Solidarity Notes Labour Choir

Solidarity Notes Labour Choir is a group of activists who know that music is more than pleasurable sound. It's a powerful language to educate and connect us and remind us of our strength and history. Throughout history, struggles for labour and human rights have produced music that inspires and reconnects us to hope and possibility. We are a non-audition choir and welcome all people of different ages, cultures and backgrounds. For more information please contact Marion at (604) 685-5995. No program on April 21, May 19. Starts at 9:30am on April 14, May 12, June 9.

Sun 10:30am-12:30pm Apr 7-Jun 23 LRC 10 sess 207225

## The Drive Street Band

We are a community music band who play songs ranging from Swing, Jazz, Latin and Old Time songs to original compositions. We welcome anyone interested in joining this band, regardless of age or musical experience. Some music reading ability is helpful, (high school level is sufficient). The only stipulations are that you need a good attitude and an instrument that you can take out to the streets. Led by Cory Sweet and Trevor Whitridge. \$2-5 donation at rehearsals. Britannia membership required.

Sun 3:00-5:00pm Apr 7-Jun 30 55+ Centre 12 sess 207235 C.Sweet

## Dance

### 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 students level and determine if s/he can move up to the next level. No drop-ins

Tue 7:30-9:00pm Apr 16-Jun 4 Gym C \$140/8 sess 207222 K.Reyes

### Salsa Cubana & Rueda De Casino – Beginner/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 students level and determine if s/he can move up to the next level. No drop-ins

Wed 7:30-9:00pm Apr 17-Jun 5 CFEC \$140/8 sess 207223 K.Reyes

### Salsa Cubana & Rueda De Casino – Intermediate

Singles and couples welcome. We will continue where we left it in the Beginner/Intermediate Class and will add more moves. We will review the moves learnt in the Beginner/Intermediate class and learn new moves such as La Ye Simple, 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 students level and determine if s/he can move up to the next level. No class April 22 and May 20. No drop-ins

Mon 7:30-9:00pm Apr 15-Jun 17 Rink Mezz \$140/8 sess 207224 K.Reyes

### Salsa Cubana & Rueda De Casino – Advanced

Advanced Salsa Cubana & Rueda De Casino Singles and couples welcome. In this class, you will learn some complex variations of moves, such as Caramelo, Malanga, Camina, A lo Cubano, Setenta y Virate, Despeinala, El Salao, Bombero, etc. as well as moves involving 2 couples. Pre-requisite: Previous experience, successfully completed Intermediate Salsa Cubana Rueda class, and consultation with the instructor before beginning the course. No drop-ins

Thu 7:30-9:00pm Apr 18-Jun 6 Gym C \$140/8 sess 207221 K.Reyes



## Foods



### Accessible Vegan Baking: 101

Who doesn't love a homemade treat? And now you can learn to make your own without the use of animal products. This workshop will provide you with tips and tricks to ace your vegan baking skills. We will go over baking basics, vegan substitutes, and we'll get our hands messy while making sweet and savory baked goods. No experience necessary – just the desire to eat and share your own homemade goodies. Bring an apron if you have one! This workshop is led by Sarah Kim, a vegan baker and chef of 15+ years, and founder/owner of OwnGrown – a zero waste, vegan, meal prep company.

Wed 6:00-8:00pm May 8  
Preteen Centre \$10  
214841

### 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 & sample products in this 2hr interactive workshop. Meet in the Britannia school garden, far west end of the parking lot and skateboard courts.

Thu 6:30-8:30pm May 9  
214840 \$25

### Apothecary Garden Plants for Your Well-being

Explore the exciting world of the Apothecary Garden and learn about the many herbs and their power to cure, legends and fairy tales to discover; the science of remedies preparation, and administration routes. You will have an opportunity to taste a few herbal teas and to make a remedy with medicinal and cosmetic properties to heal minor skin wounds, cuts and burns, sunburn, red and inflamed skin, and dry winter skin which you will take home! All ingredients and supplies will be provided. Anastasiia Dushyna is a botanical pharmacology specialist with more than 10 years of experience in pharmaceuticals and knowledge of European medicinal plants.

Wed 6:00-8:30pm May 22  
Pre-teen Centre, \$20  
214839

## Language

### Spanish - Beginners

Learn everyday language to enable you to converse in Spanish

Thu 3:00-4:00pm Apr 25-Jun 6  
Rink Mezz \$82/7 sess  
207226 C.Bermúdez

### Spanish - Intermediate

This is for students who have taken Beginners Spanish before and can converse in Spanish.

Thu 4:15-5:15pm Apr 25-Jun 6  
Rink Mezz \$82/7 sess  
207227 C.Bermúdez

## Wellness

### AMAN Meditation (for peace and success)

Aman means "no mind" in ancient Sanskrit language. According to the ancient wisdom of Yoga, we are pure blissful consciousness, not mind (thought processing, conditioning, belief systems, memories, attachments). With meditation we can gain peace, health, clarity, concentration, confidence and wisdom. Class may include movements, breathing techniques, stillness, contemplation and Q+A. Bring a sitting prop or chairs are available. Join regularly to experience the hidden power of your own consciousness. Acharya Aman, is an international author, yogi and Jyotish (Indian astrology) counselor. Free or by donation. Britannia Membership required. No classes May 2, 9.

Thu 7:30-8:45 pm Apr 11-Jun 20  
CFEC Free  
211667 A.Aman

### Wildcrafting Skin Care

Come and learn about the value of wild flowers and why wild is best! Find out how these are the best anti aging products around and how to mix them into your daily skin care routines. You will discover how amazingly easy it is to eliminate unnecessary chemicals in skin care. Everyone will take home some freshly made skin care for themselves: scrub/bath soak/infusions.

Tue 6:30-8:30pm Apr 16 RAR  
207240 V.Buffalo Robe  
Fri 6:30-8:30pm May 10 RAR  
207241 V.Buffalo Robe

## Stretch Therapy

Learn the contract and relax technique of PNF Stretching plus other partner assisted techniques to release fascia, tight muscles and unlock your joints so you can move with ease. These techniques are so effective, only one or two classes a week are recommended. Release your hamstrings, hips, back and shoulders to improve posture, mobility and range of motion. For more information, please visit <http://www.stretchtherapyvancouver.com/community-centres>.

### Free Class

Wed 9:30-10:30am Apr 3  
CFEC R.Cole  
207231



### Set 1

Mon 7:00-8:15pm Apr 1-May 13  
CFEC \$100/5 sess  
207228 R.Cole  
No class April 15 and April 22

Wed 9:15-10:30am Apr 10-May 22  
CFEC \$100/5 sess  
207233 R.Cole  
No class April 17 and April 24

### Set 2

Mon 7:00-8:15pm May 27-Jun 24  
CFEC \$100/5 sess  
207232 R.Cole

Mon 9:15-10:30am May 29-Jun 26  
CFEC \$100/5 sess  
207234 R.Cole



\$60/1 sess

\$60/1 sess

# Adults

## Volunteer Program

### Get involved – Volunteer at Britannia

Do you know that there are over 300 active volunteers at Britannia? Many of our programs are run by volunteers or enhanced with volunteer support. Volunteers play an important role in our community. You see them in 15 active committees such as the Planning and Development committee that is working hard to reshape the future of Britannia; You see them on soccer fields teaching kids about active lifestyle; You see them in the kitchen cooking heart-warming food, in our awesome daycare... Do you see yourself here? If yes, go ahead and complete an application here [www.BritanniaCentre.org/volunteer](http://www.BritanniaCentre.org/volunteer).



**These Spring programs are free and open to all! Join us!**

### Fun bike rides (19+)



Join other Britannia volunteers and community members for a fun bike ride in and around Vancouver. We will leave from Britannia and explore local favourite bike trails at a leisurely pace. Participants should be confident riding approximately 30-60 kilometers. Waivers and release forms need to be signed prior to the rides. To receive the updated list of the rides and sign up to any rides, please send an email to: [britanniavolunteer+rides@gmail.com](mailto:britanniavolunteer+rides@gmail.com) along with your contact information.

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



Make a difference by helping people in your own community! The Greater Vancouver Food Bank provides essential food items for those who are vulnerable in our community. In fact, many of Britannia's programs are made possible from Food Bank donations. Join this group volunteering session to learn how the Food Bank works and help out with food sorting, packing emergency kits, baby supplies and more! Transportation will be provided. We meet at 8:45am at the Info Centre.

**Wed 9:00-12:00pm April 3 Free 216700**

### Britannia Gardens Work Party & 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 for children and youth to learn how to grow their own food, helping connect them to the land and food they eat, providing food for the school cafeteria, supporting healthy food choices, and fostering youth leadership in the area of urban agriculture and the environment.

We are looking for 15-20 volunteers, there will be a variety of easy to medium physical tasks to choose from. Work gloves will be provided. Dress to get dirty. Meet at the garden by the tennis court.

**Sat 3:00-6:00pm Apr 27 Free 216711**

### Shoreline Cleanup at Crab Park (19+)



Celebrate the **World Oceans Day** by joining Britannia's shoreline cleanup jointly organized by the **Vancouver Aquarium** and **WWF**. Help reduce litter along our coastlines starting at Crab Park. This will be an interactive, team-building group event. Transportation and equipment will be provided, meet at Britannia Info Centre at 9:45am

**Sun 10:00am-2:00pm Jun 9 Free 216695**

### 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 Britannia Parking Lot Apr 20, May 18, Jun 15**  
\$1.00 small bag  
\$1.75 half garbage bag  
\$3.50 full garbage bag



## Physical Activity

### Let's get Fit at Brit!

We offer Zumba, Aerobics, Dance, Salsafit and Body Conditioning! Try a Yogaflex class, play volleyball, basketball, ball hockey, soccer, Slimnastics and more! Keep active - anyone can join in on the fun!!

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Zumba</b> 6:00-7:15pm Gym C	<b>Volleyball</b> 8:00-10:00pm Gym A/B	<b>Zumba</b> 6:00-7:15pm Gym C	<b>Dance Aerobics*</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>Sun Run In</b> Training Clinic 6:00-7:30pm LRC	<b>Slimnastics</b> 5:15-6:45pm CFEC	<b>Ball Hockey</b> 7:15-8:45pm Gym D	<b>Volleyball</b> 7:00-10:00pm Gym A/B	<b>Badminton</b> Gym C	<b>Badminton</b> Gym C	<b>Basketball</b> 2-4pm or 4-6pm Gym C
	<b>Athletic Conditioning</b> 6:00-7:00pm					<b>Ball Hockey</b> 4:15-6pm or 6:45-8:45pm Gym D

### Dance Aerobics

Dance Aerobics is a great way to get your cardio in while having fun. This class is designed to get fit with easy to learn Latin, Jazz, Caribbean and Hip Hop moves! .

**Thu 6:00-7:00pm** **Apr 4-Jun 27**  
Gym C A.Riley \$4.75/drop in

### Salsa Fit

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

**Sat 10:00-11:00am** **Apr 06-Jun 29**  
Gym C DNA Wellness \$4.75 /1 sess or  
\$39.40/10 tickets

### Slimnastics with Gale Honey

This women's fitness class is based on speeding up the metabolism. The classes are progressive and work every part of the body. The music is tailored to each of the specific movements. Gale is a certified Metabolic Therapist with years of experience and loves to incorporate humor into her class! No drop-ins.

~~Tue 5:15-6:45pm Mar 26 May 07~~  
~~CFEC \$39/7 sess~~  
~~207302 G.Honey~~  
**Tue 5:15-6:45pm** **May 28-Jun 25**  
**CFEC \$71/5 sess**  
**210873 G.Honey**

### Athletic 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 9-Jun 25**  
Gym C A.Riley \$4.75/drop in

### Iyengar Yoga

Physically energizing, deeply relaxing and emotionally uplifting, this program offers instruction in classical yoga with an emphasis on self-awareness and development of strength, stamina, flexibility, balance, body awareness, postural alignment and relaxation. It accommodates all levels of fitness and ability and is taught with clarity, creativity, attention to detail and sensitivity to individual needs, in an atmosphere of respect, compassion and humour. Safety, back and joint care will be addressed. More information? Email claudiamacyoga@gmail.com. Drop in \$19.

#### Level 1 & 2

**Tue 9:30-11:00am** **Apr 09-Jun 25**  
CFEC \$190/12 sess  
**207292 C.Macdonald**  
**Tue 7:00-8:30pm** **Apr 09-Jun 25**  
CFEC \$190/12 sess  
**207293 C.Macdonald**

#### Level 2 & 3

**Thu 5:30-7:00pm** **Apr 11-Jun 20**  
CFEC \$174/11 sess  
**207294 C.Macdonald**

### Yogaflex

This flowing Yogaflex class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Please visit [www.clstevensfitness.com](http://www.clstevensfitness.com) for more information. Please bring your own mats to this class. \$12/drop-in. No class Apr 21, May 19.

**Sun 10:15-11:15am** **Apr 7-Jun 9**  
CFEC \$64/8 sess  
**207315 CLS Fitness**

\*Buy a strip of 10 tickets and use at Thu Dance Aerobics and Sat Salsafit programs

### ZUMBA® Fitness

Zumba® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning and total body toning. It combines Salsa, Cumbia, Merengue and more, giving you a feel happy workout that is great for both the body and the mind. We also integrate weights and abdominals into the end of the program. Drop in \$11, space permitting. Check out: [www.zumbavancouver.ca](http://www.zumbavancouver.ca). No class Apr 22.

#### Free Trial sessions:

**207316 Mon Apr 1 6:00-7:15pm Gym C**  
**207319 Wed Apr 3 6:00-7:15pm Gym C**

#### Set I

**Mon 6:00-7:15pm** **Apr 8-May 13**  
Gym C \$40/5 sess  
**207317 L.Maranhao**  
**Wed 6:00-7:15pm** **Apr 10-May 15**  
Gym C \$48/6 sess  
**207320 D.Galay**

#### Set II

**Mon 6:00-7:15pm** **May 27-Jun 24**  
Gym C \$40/5 sess  
**207318 L.Maranhao**  
**Wed 6:00-7:15pm** **May 22-Jun 26**  
Gym C \$40/5 sess  
**207321 D.Galay**

# Adults

## Sports

### Badminton

Total 30 spaces available (registered and drop in). \$5 drop in if space is available. No class Apr 19, Jun 1, 15.

**Fri** 7:00-9:45pm **Apr 5-June 28**  
**Gym C** \$48/12 sess  
 207264 A.Leung

**Sat** 1:30-5:00pm **Apr 6-June 29**  
**Gym C** \$40/10 sess  
 207265 J.Leung



### Ball Hockey – Women

The focus is on fitness and fun for players of all levels. 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 Feb 17.

**Sun** 4:15-6:00pm **Apr 7-Jun 30**  
**Gym D** \$60/12 sess  
 207269 B.Chu

### Ball Hockey - Coed

Fun, recreational ball hockey – no body checking – all skill levels welcome. Protective gear recommended. Plastic sticks provided, no wooden sticks allowed. Great practice for goalies! Drop in \$6 space permitting. Register early. No class May 22.

**Wed** 7:15-8:45pm **Apr 3-May 29**  
**Gym D** \$44/8sess  
 207267 T. Wells

### Basketball

Come get your sweat on with our 5 on 5 full court basketball. First to 15 points, then rotate. 15 players max. No drop-ins. No class Apr 21, May 19.

**Sun** 2:00-4:00pm **Apr 07-Jun 23**  
**Gym C** \$50/10 sess  
 207270 S.Yan

**Sun** 4:00-6:00pm **Apr 07-Jun 23**  
**Gym C** \$50/10 sess  
 207271 J.Leung



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

Learn classic boxing techniques from Head Coach Bill Kennedy. Full size ring, punch/speed bags, circuit training, mitts and gloves - improve your fitness! During the group sessions, your training will be personalized to your specific skill and ability. Recreational athletes will be required to fill out Park Board Waiver forms prior to participating. Competitive athletes must fill out a Combsport waiver form and pay a \$75 annual insurance fee (cheque payable to Combsport will be collected by Bill prior to starting). Classes unlimited – come train as many times as you like! Boxing room is located beside Gym C.



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

**Mon-Fri** 5:00-7:00 pm  
**Sat** 2:00-4:00 pm  
**207272** Apr \$75/month (no class Apr 19, 22)  
**207273** May \$75/month (no class May 20)  
**207274** June \$75/month



### Pickleball

Come join in on the fun in this rapidly growing sport! Bring your own paddles and ball if you have them and bring all your friends! Drop in \$4.

**Sun** 9:00am-12:00pm **Apr 07-May 26**  
**Gym C** \$32/8 sess  
 207300 P.Tsao

### 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.

**Tue** 8:00-10:00pm **Apr 9-Jun 4**  
**Gym A/B** \$45/9 sess  
 207314 R.LeBlanc  
**Thu** 7:00-10:00pm **Apr 11-Jun 6**  
**Gym A/B** \$45/9 sess  
 207313 R.LeBlanc



### 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.

**Fri** 7:00-10:00pm **Apr 5-Jun 7**  
**Gym A/B** \$45/9 sess  
 207312 R. LeBlanc

#### 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.

## Martial Arts

### Axe Capoeira



Anyone can join! Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language. Classes focus on developing rhythm, reflexes, balance, coordination, strength, flexibility. Unlimited participation in training, dance and music classes. Adult drop in \$20 (purchase at Britannia Pool Cashier - bring receipt to instructor). Program is presently in 1739 Venables. No class May 20. See page 17 for Children and Youth programs. [www.axevancouver.ca](http://www.axevancouver.ca)

#### Adult (19+)

197596 Mar/Apr \$240  
210113 May/Jun \$240

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

Try Capoeira in this introductory program in Mar, Apr, Tue/Thu 6:00-7:00pm. Classes cover all aspects of Capoeira: martial arts, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility.

202938 Mar Tue/Thu 6:00-7:00pm \$70/mo  
202939 Apr Tue/Thu 6:00-7:00pm \$70/mo  
210117 May Tue/Thu 6:00-7:00pm \$70/mo  
210118 Jun Tue/Thu 6:00-7:00pm \$70/mo

Mon	Tue	Wed	Thu	Sat	Sun
7-12yrs 5:00-6:00pm	7-12yrs 5:00-6:00pm	7-12yrs 5:00-6:00pm CFEC	7-12yrs 5:00-6:00pm		
3-6yrs 6:00-6:45pm  Beginners Intro 6:00-7:00pm	Intro 13yrs+ 6:00-7:00pm	3-6yrs 6:00-6:45pm CFEC	Intro 13yrs+ 6:00-7:00pm	Adults 11:00am- 12:00pm	Advanced Kids, All-Levels Adult 12:00- 1:00pm
Adults 7:00-9:00pm Room 111				7-18yrs 12:00-1:00pm	RODA Open to all students. Kids & adults 1:00-2:00pm

Note: Classes are held at 1739 Venables unless otherwise stated

### Ki Aikido - General

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

Wed 7:30-9:30pm

Apr 3-Jun 26

Mat Rm \$78/13 sess  
207295 W.Nagata \$10 drop in

### Ki Aikido - Higher Grade

1st Kyu or more advanced students. No class Apr 22, May 20.

Mon 7:30-9:30pm

Apr 1-Jun 24

Mat Rm \$55/11 sess  
207297 W. Nagata \$6/drop in



# 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-3:00pm  
Sat/Sun 10:00am-3:00pm

### Registration for 55+ Programs

Registration for programs start on Tue, Mar 5 at 9:00am, online ([www.vancouver.ca](http://www.vancouver.ca)) and in person at Britannia Centre.  
Registration for FREE programs start Wed, Mar 6, at 9:00am, online and in person at Britannia Centre. Phone in registration for FREE programs, start at 1:00pm on Wed, Mar 6.

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



We meet on the 3rd Wednesday of every month to discuss what matters to seniors and older adults in our community. Inclusion, representation and participation of seniors and Elders is of the utmost importance as we discuss programs and services to offer the community that are relevant, needed and valued. New members are welcome and encouraged.

Wed 3:30-5:00pm Apr 17, May 15, Jun 19 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 11:15am-12:30pm  Badminton 11:20am-12:35pm	 Chinese Folk Dance 10:00am-12:00pm   So You Want To Dance 10:30am-12:00pm  Badminton 11:20am-12:35pm	 FRIDAY WELLNESS: Easy Exercise 10:00-11:00am   Blood Pressure & Sugars 11:15am-12:15pm	*No programs or classes on Statutory Holidays.  *Registration is required for FREE programs and begins Wed Mar 6th 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	Vietnamese Seniors Tuesdays Drop-in	Elders and Others Drop-in 12:00pm	Craft Collective Drop-in	Lunch Drop-in 12:00-1:00pm		
 Computer Classes 1:00-3:00pm   Gentle Yoga 2:00-3:15pm	Line Dancing 1:00-3:00pm (CFEC)   Men's Drum Group 5:00-7:00pm	 Wellness Wed. 12:30-4:00pm  Gentle Yoga 2:00-3:15pm   Book Club 2:45-4:45pm 3rd Wed	 Elders Craft Collective 1:30-4:00pm   HATTA Hat Weaving 1:30-4:00pm	 FRIDAY WELLNESS: Footcare 1:00-4:00pm   Indigenous Book Club 2:00-3:30pm 3rd Fri   Social Ballroom Dance 2:00-4:00pm	Sat Drop-in 1:30-3:00pm  Badminton 2:00-4:00pm (Gym A)	Sun Drop-in 10:00am- 3:00pm
	Vancouver Morris Men Dance 7:30-9:30pm					 Movie Night 6:00-9:00pm

# 55+ Older Active Adults

## Arts & Health

### Elders Craft Collective

Following in the footsteps of Traditional Grandmothers, we are sharing traditional artistic skills and cultural knowledge with all the generations. Afternoon crafts, food and sharing. Craft collective, everyone welcome

Thu 12:00-4:00pm Apr 4-Jun 27  
55+ Centre Free  
212139 (please register)



### First Steps to Prevention – VCH – Healthy Living Program

A FREE program designed to support individuals at risk for developing chronic disease, such as diabetes, high blood pressure and heart disease. Topics covered that promote healthy lifestyle changes include: healthy eating, physical activity, stress management, smoking cessation and more! Consists of 3 sessions. Instructors include VCH Registered Nurses and Dietitians. Registration required- contact Healthy Living Program at 604.267.4430. This program is suitable for people with pre-diabetes, not diabetes. Visit [www.vch.ca/healthylivingprogramvancouver](http://www.vch.ca/healthylivingprogramvancouver) for more information.

Fri 12:45-2:45pm Apr 26, May 3, 10  
55+ Centre Free  
209946 VCH (please register)

### Arts & Health Project: Hat Weaving

Together with Haida artist Giighliigaa Todd DeVries, elders and others gather weekly in a supportive environment of community engagement and cultural learning. Applications are available at the 55+ Centre from Kya or Anne.

Thu 1:30-4:00pm Feb 14  
CFEC T. DeVries

### Arts & Health Gala Showcase

Hat Weavers – Healthy Aging through the Arts  
Sat 10:00am-3:00pm Jun 1  
Roundhouse CC

## Friday Wellness

### Exercise with Friends

Senior led video exercise with light and easy movement.

Fri 10:00-11:00am Apr 5-Jun 28  
55+ Centre Free  
209922 (please register)

### Blood Pressure & Sugars

RN Monica will chart pressures. Drop-in and see her to keep track of your health.

Fri 11:15am-12:00pm Apr 5-Jun 28  
55+ Centre Free  
209920 (please register)

### Advanced Foot Care

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



## Dance

### Brit Community Dance Art Group

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

Wed 12:30-1:30pm Apr 3-Jun 26  
CFEC Free  
209908 Hilary (please register)

### Chinese Folk Dance

Traditional Chinese Folk Dancing lessons. Everyone is welcome! Program is free but you must register. \* No drop-ins.

Thu 10:00am-12:00pm Apr 4-Jun 27  
CFEC Free  
209911 (please register)

## Line Dancing

Enjoy this fun and easy way to exercise. No experience needed!

Tue 1:00-3:00pm Apr 2-Jun 25  
CFEC \$20/13 sess  
209915

## So You Want To Dance

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

Wed 11:15am-12:30pm Apr 3-Jun 26  
CFEC Free  
209902 (please register)  
Thu 10:30am-12:20pm Apr 4-Jun 27  
Mat Rm Free  
209906 Hilary (please register)

## Social Ballroom Dance

This lyrical contemporary dance class is for men and women 55+ years and is for both beginners and those with previous experience. Our instructor has 20+ years of experience teaching ballet and contemporary dance. Emphasis is placed on correct body alignment and muscle use. The exercises you learn are gentle, safe and progressive. Meet some wonderful people and have an enjoyable time in an expressive and artistic way. No drop-ins.

Fri 2:00-4:00pm Apr 5-Jun 14  
CFEC Free  
209910 (please register)

## Vancouver Morris Men's Dance

Enjoy various styles of English traditional "Morris Dance" and music. Intergenerational, all year round. If you are interested, please register.

Tue 7:30-9:30pm Apr 2-Jun 25  
Rink Mezz Free  
209918 (please register)

## Classical Chinese Dance

Sun 2:00-4:00pm Apr 7-Jun 30  
CFEC \$20/13 sess  
221033

Registration required for all Free programs

\*Registration for all FREE programs begins Wed Mar 6 at 9:00am

# 55+ Older Active Adults

## Weaving Our Community Together



Indigenous Services Canada

### Wellness Wednesday

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

Wed 12:30-4:00pm Apr 3-Jun 26 (ongoing)

### Drum Group

Drumming and Singing, Smudge and Cultural Stories

Tue 5:00-7:00pm Apr 2- Jun 25  
55+ Centre REACH/Brit Free



### Elders and Others Craft Collective

Join this wonderful group of Elders and others for a social afternoon of cultural crafting. Some beading, weaving, leather work and more with Elder lead workshops and programs.

Wed 12:30-4:00pm Apr 3-Jun 28

### Monthly Gatherings- WOCT

Drumming, singing, dinner and ceremony

3rd Tue/mo Apr 17, May 21, Jun 19



Indigenous Culturally-based Activities which Promote Balance, Cultural Wellbeing, & Belonging

## Computer Classes

### Computer & Internet Beginners

Small classes and friendly instruction make this a must do beginner class. Walk through the steps needed to learn basic skills, important foundations and some simple tools to make your computer and Internet experience easy and fun! No class Apr 22.

Mon 1:00-3:00pm TBA  
55+ Centre Free  
(please register)

### Computer & Internet Intermediate

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

Mon 1:00-3:00pm TBA  
55+ Centre Free  
(please register)

### Internet Lab Hours

Feel free to come in during computer lab hours to practice your skills, research and use the internet. Note Lab is closed for 55+ Special Events and Statutory Holidays.

Mon Computer Classes - No lab hours  
Tue Vietnamese Seniors  
Wed 12:30-5:00pm  
Thu 10:00am - 4:00pm  
Fri 10:00am - 4:00pm  
Sat 1:30pm - 3:00pm  
Sun 1:30pm-3:00pm

Registration required for all Free programs

\*Registration for all FREE programs begins Wed Mar 6 at 9:00am



# 55+ Older Active Adults

## Social Programs

### 55+ Britannia Book Club

Join us for cozy afternoon discussions on the 3rd Wednesday of each month. Pick up your book at Britannia Library.

**Wed 2:45-4:45pm** Apr 17, May 15, Jun 19  
**Britannia Library**  
**214702** Free (please register)

### Elders Book Club

**2nd Thu/mo 2:00-3:30pm**  
**Britannia Library**



### 55+ Lunch Drop-In

Noon lunch drop in on Mondays and Fridays. No need to register ahead, just drop-in for some social time and a full meal. No lunch Apr 22, May 20.

**Mon 12:00-1:00pm** Apr 1-Jun 24 (ongoing)  
**Fri 12:00-1:00pm** Apr 5-Jun 28 (ongoing)  
**214706** **55+ Centre** \$5 drop-in

### 55+ Pot Luck Lunch

Bring a little something to share on the last Thursday every month. Join in with our Thursday Crafting group after lunch! OR BINGO??

**Thu 12:00pm** Apr 25, May 30, Jun 27  
**55+ Centre** **214708**



### Knitting Social

All ages welcome to come knit and crochet!

**Wed 1:00-3:30pm** Apr 3-Jun 26 (ongoing)  
**55+ Centre** **212143**

### Quirk-e

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

**Wed 10:00am-12:00pm** Apr 3-Jun 26  
**55+ Centre** **214714**



### Sunday Movie Night Line-up

Please see [www.britanniacentre.org](http://www.britanniacentre.org) for the schedule. No movie Apr 14, 21

**Sun 6:00-9:00pm** Mar 24, 31, Apr 7, 28, May 5, 12  
**55+ Centre** Free

## Health & Fitness

### Badminton – Seniors 55+

Join those 55 years and older, for an easy relaxing way to have fun and stay fit. No class Apr 22, May 20, Jun 1.

**Mon/Wed 11:20am-12:35pm** Apr 1-Jun 26  
**Gym C** \$24/24 sess  
**207262**

**Tues/Thu 11:20am-12:35pm** Apr 4-Jun 27  
**Gym C** \$25/25 sess  
**207263**

**Sat 2:00-4:00pm** Apr 6-Jun 29  
**Gym A** \$24/12 sess  
**207266**

### Gentle Yoga 55+

Join these all-levels yoga classes for every body and ability. Yoga can improve your flexibility, mobility, and balance, as well as increase bone density and overall strength. In addition to physical health benefits, Yoga has a calming effect on the mind and nervous system. Some students report a decrease in joint pain at the end of class! Drop in \$13.00. No class Apr 22.

#### Set I

**Mon 2:00-3:15pm** Apr 1-May 13  
**CFEC** \$60/6 sess  
**207288** J.DeVerteuil  
**Wed 2:15-3:30pm** Apr 3-May 8  
**CFEC** \$60/6 sess  
**207290** J.DeVerteuil

#### Set II

**Mon 2:00-3:15pm** May 27-Jun 24  
**CFEC** \$50/5 sess  
**207289** J.DeVerteuil  
**Wed 2:15-3:30pm** May 22-Jun 26  
**CFEC** \$60/6 sess  
**207291** J.DeVerteuil

### 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. Program is taught by trained Osteofit fitness instructor. Drop-in \$13, space permitting. No class April 22.

**Mon 11:00am-12:00pm** Apr 8-May 13  
**CFEC** \$50/5 sess  
**209930** B. Bahrami  
**Mon 11:00am-12:00pm** May 27-Jun 24  
**CFEC** \$50/5 sess  
**209932** B. Bahrami

Registration required for all Free programs

\*Registration for all FREE programs begins Wed Mar 6 at 9:00am

# 55+ Older Active Adults

## Language Classes

### Spanish - Beginners

Learn everyday language to enable you to converse in Spanish

Thu 3:00-4:00 pm Apr 18-Jun 6  
Rink Mezz \$82/7 sess  
207226 C.Bermúdez

### Spanish - Intermediate

For students who have taken Beginners Spanish before and can converse in Spanish.

Thu 4:15-5:15 pm Apr 18-Jun 6  
Rink Mezz \$82/7 sess  
207227 C.Bermúdez

## 2019 Spring Bus Tours

### Secret Cove - Sunshine Coast

Explore the Sunshine Coast and see why BC is called "Best Place on Earth"! Visit Davis Bay, an Ancient Forest, Rockwater Secret Cove Resort and take afternoon free time to discover Gibsons Landing's charming stores and galleries.

Additional \$10 ferry fee for 64 years and under.

Activity Level: Easy

Meet at Britannia Pool at 7:45am.

Wed 7:45am-7:30pm Apr 17  
210061 \$119

Package Includes: Lunch at Rockwater Secret Cove Resort, Hidden Groves, Davis Bay, Gibsons Landing, Tour Manager Gratuity, Relief driver, all ferry fees.



### Fraser Valley Wine Tour

We are pleased to present wine tours and tastings at three of the Fraser Valley's premier wineries and vineyards.

Activity Level: Easy

Meet at Britannia Pool at 7:45am.

Wed 7:45am - 4:30pm May 22  
210062 \$109

Package Includes: Backyard Vineyards, Township 7 Vineyards, The Fort Wine Co., 3 Course Winery Lunch, Tour Manager Gratuity.

### Westminster Abbey

Westminster Abbey is a beautiful, peaceful place with magnificent architecture and stunning stained glass. Take this opportunity to see and hear about the monk's unique way of life.

Activity Level: Easy

Meet at Britannia Pool

Tue 8:30am-4:45pm Jun 25  
210063 \$99

Package Includes: Westminster Abbey, Lunch Blackberry Kitchen, Rolley Lake escorted walk, Tour Manager Gratuity.

## 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.



### Nhảy Nhịp Điện



Lớp line dancing miễn phí được tổ chức chung với cơ quan REACH. Dành cho quý vị tuổi từ 55 trở lên tham dự. Lớp hướng dẫn các điệu nhảy line dancing vui nhộn và nhẹ nhàng. Xin liên lạc Luong Ho 604.718.5818.

Free admission for active 55+ Vietnamese to attend. This is our joint program with REACH. Our class is filled with fun, light musical movement, lots of laughs and a great way to exercise and socialize. Contact Luong Ho at 604.718.5818 for more information.

Fri 10:00am-12:00pm Apr 5-Jun 8 CFEC Free 214695 (please register)

\*Registration for all FREE programs begins Wed Mar 6 at 9:00am

## Hours of Operation

Monday to Friday	6:30am-9:55pm
*Adults 55+ ONLY Friday	9:00-10:00am*
Saturday	12:00-7:55pm
*Women ONLY Saturday	9:00am-12:00pm*
Sunday	10:00am-7:55pm
*TGD2S ONLY Sunday	8:00-10:00am



## Free with Britannia Membership

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

## Holiday Hours

Apr 19	Good Friday	1:00-5:00pm
Apr 22	Easter Monday	1:00-5:00pm
May 20	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.

## 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. No sess Apr 20.

Sat	10:00am-11:30pm	Mar 30-Apr 27
Fitness Centre	Valentine H.	\$35/4 sessions
214850		

## Weight Training for Women - Intermediate

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

Sat	10:00am-11:30pm	May 4-May 25
Fitness Centre	Valentine H.	\$35/4 sessions
214852		

## Strength Training for Adults 55+yrs - Beginner

This 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 Mar 22 so that a confidential health screening can be done. No sess Apr 19.

Fri	9:00-10:00am	Mar 29-Apr 26
Fitness Centre	Jane S.	\$24/4 sess
214847		
Fri	9:00-10:00am	Jun 7-Jun 28
Fitness Centre	Jane S.	\$24/4 sess
214848		

## Strength Training for Adults 55+ yrs – Intermediate

This course will build on the introductory strength course 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 3 so that a confidential health screening can be done.

Fri	9:00-10:00am	May 10-May 31
Fitness Centre	Jane S.	\$24/4 sess
214849		

## 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 3-Jun 19
Fitness Centre	Manolo R.	Drop-in Fee



# Aquatics

## General Information

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

Pool Cashier Office\* 604.718.5831

Recreation Programmer 604.718.5830

\*Pool office closes 30 minutes before the pool.

## Holiday Hours

Apr 19 Good Friday 1:00-5:00pm

Apr 22 Easter Monday 1:00-5:00pm

May 20 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.

## 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 last Tuesday evening, of every other month. Please contact the Recreation Programmer at 604.718.5830.

Tue 6:00pm Jun 25  
Conference Room

## Special Events

### Easter Egg Pool Hunt



Come join us in the pool from 2:00-3:00pm for the Britannia Pool Annual Easter Egg Hunt. Both our Leisure pool and Main pool tank will have floating and submerged eggs for children to collect and claim a prize.

Sun 2:00-3:00pm Apr 21 Easter Sunday Free



### 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 Fees 2019 (Not including GST)

Please Note: Prices are subject to change, without notice

	Drop-In	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$6.10	\$49.60	\$47.11	\$127.00	\$406.98	\$3.00
Youth (13-18)	\$4.27	\$34.72	\$32.98	\$88.90	\$284.89	\$1.00
Child (6-12)	\$3.05	\$24.80	\$23.56	\$63.50	\$203.44	\$1.00
Senior (65+)	\$4.27	\$34.72	\$32.98	\$88.90	\$284.89	\$1.00
Britannia-Only Senior (55+)	\$4.05	\$34.72	\$32.98	\$88.90	\$284.89	\$1.00



Family Drop-in Rate = 1 to 2 adults of the same household and their children under 19 years of age. Minimum \$6.10 admission (GST not incl.).

Leisure Access fitness centre admission rate is 50% off adult admission and flexipass.



## Apr 1-June 30 2019

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	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	Inflatable Fun Apr 6, May 4, Jun 8	
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>  <b>Inflatable Fun</b> Water inflatable obstacle course, portions of the pool are reserved 2:00-4:55pm, Apr 6, May 4, Jun 8	
Aquafit 8:00-9:00pm	Aquafit Deep Water 8:00-9:00pm	Aquafit 8:00-9:00pm	Aquafit 8:00-9:00pm	<b>YOUTH ONLY</b> 11-18yrs <b>FREE Swim</b> 1 <sup>st</sup> Friday of month 8:00-9:55pm  Apr 5, May 3, Jun 7  (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 BCRPA certified instructors.

### 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.

### 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.

### 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. Apr 5, May 3, Jun 7.



# Aquatics

## Lesson Registration

Online and in-person registration for swimming lessons and programs at all pools, for all age groups starts **Tue Mar 19 at 9:00am**.

## Vancouver Park Board Online Registration and Reservation System:

- Never registered online before? Go to [recreation.vancouver.ca](http://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](http://recreation.vancouver.ca): Click "Sign In", select "Forgot your password?" and follow the steps to get your new password.
- Login with your email address and confirm your account information is correct.

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

## Swim Refunds

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

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

Transfers possible prior to second class.

## 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.

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

**Private \$30.50/Semi-Private \$20.50**

Parent & Tot, Children's Spring 2019 Swim Lesson Sets			
Mon - Starfish/Duck	10:45-11:15am	Apr 1-Jun 17	10 lessons
Tue - Sea Otter	10:45-11:15am	Apr 2-Jun 18	12 lessons
Wed - Starfish/Duck	10:45-11:15am	Apr 3-May 8 May 15-Jun 19	6 lessons 6 lessons
Thu - Salamander	10:45-11:15am	Apr 4-Jun 20	10 lessons
Fri - Sea Otter	10:45-11:15am	Apr 5-Jun 21	10 lessons
Mon & Wed - Set 1	3:45-7:00pm	Apr 1-Apr 29 (no class Apr 22)	8 lessons
Mon & Wed - Set 2	3:45-7:00pm	May 1-May 27 (no class May 20)	7 lessons
Mon & Wed - Set 3	3:45-7:00pm	May 29-Jun 19	7 lessons
Fri	3:45-7:00pm	May 29-Jun 19	11 lessons
Sat	9:00am-1:00pm	Apr 6-Jun 22 (no class Apr 20)	12 lessons
Sun	11:00am-2:30pm	Apr 7-Jun 23 (no class Apr 21)	11 lessons

Swim Lesson Fees 2019	6 lessons	7 lessons	8 lessons	10 lessons	11 lessons	12 lessons
Parent & Tot (30 min. parented)	\$45.34	\$52.27	\$59.17	\$72.97	\$79.87	\$86.77
Preschool (30 min)	\$45.34	\$52.27	\$59.17	\$72.97	\$79.87	\$86.77
Swim Kids 1-4 (30 min)	\$40.39	\$46.46	\$52.53	\$64.67	\$70.74	\$76.81
Swim Kids 5-10 (40 min)	\$45.34	\$52.27	\$59.17	\$59.17	\$79.87	\$86.77
Adults (40 min)	\$67.57	\$78.17	\$88.77	\$109.97	\$120.57	\$131.17

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

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

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



## Britannia Swim Club Programs

### Britannia Masters Swim Club

A competitive swimming-style workout for lap swimmers, triathletes, masters and open water swimmers, who want to take their swimming to the next level. Your coach knows a lot about swimming! Susie grew up as an age group swimmer, was a nationally ranked senior, swam at the varsity level and competed at Canadian Nationals, CIAU Nationals and Canadian Olympic Trials. Registration is required as the program is limited to 15 swimmers max. (not proratable). No class Apr 22, May 20.

**Mon/Wed 6:30-7:30am**    **Apr 1-Jun 19**  
**\$209/season**

### 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).

**Tue 6:30-7:45pm**    **Apr 2-Jun 18**  
**Thu 6:30-7:45pm**    **Apr 4-Jun 20**

**One day/wk 66/season**  
**Two days/wk 99/season**

### 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). No class Apr 20.

**Sat 5:00-6:00pm**    **Apr 6-Jun 22**  
**\$50/season**

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

This program is intended to help Britannia area youth who are interested in swimming to further their skills and abilities through advanced swimming and advanced lifesaving courses. Please apply at the pool (not proratable). No class Apr 19.

**Fri Adv Swimming**    **Apr 5-Jun 21**  
**Adv Lifesaving**    **3:30-4:15pm**  
    **4:15-5:00pm**  
    **\$60/season**

## Lifesaving Programs

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

Training for those who are ready to go beyond learn-to-swim and learn basic lifesaving skills. Each level has three modules: Water Proficiency, First Aid, and Recognition & Rescue. Earn recognition for success in content modules (stickers) and for overall achievement (badges). Prerequisite: Ability to swim in deep water, swim 25 metres and tread water for 1 minute. No class Apr 21.

**Sun 5:00-6:00pm**    **Apr 7-Jun 23**  
**\$73.41/11 sess**

### Bronze Medallion (13+yrs)

Teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. 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. No class Apr 21.

**Sun 10:00am-2:00pm**    **Apr 7-May 12**  
**\$196.44/5 sess**

### Bronze Cross (15+yrs)

Advanced training, including an introduction to safety supervision. Contains a 600 metre swim and CPR C. It is also worth two Grade 11 high school credits. Prerequisite: Bronze Medallion. Ability to swim 600m in 18 minutes or less. The Canadian Lifesaving Manual is required. It can be purchased at the front desk for \$36.

**Sun 10:00am-2:00pm**    **May 19-Jun 16**  
**\$196.44/5 sess**

## Red Cross Teen & Adult Lessons

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

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

**Mon 6:30-7:10pm**    **Apr 1-May 13**  
    **\$67.57/6 sess**  
**Mon 6:30-7:10pm**    **May 27-Jun 19**  
  
**Wed 6:30-7:10pm**    **Apr 3-May 8**  
    **\$67.57/6 sess**  
    **6:30-7:10pm**    **May 15-Jun 19**

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

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

**Mon 6:30-7:10pm**    **Apr 1-May 13**  
    **\$67.57/6 sess**  
    **6:30-7:10pm**    **May 27-Jun 19**  
    **\$56.97/5 sess**

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

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

**Wed 6:30-7:10pm**    **April 3 – May 8**  
    **\$67.57/6 sess**  
**Wed 6:30-7:10pm**    **May 15 – Jun 19**  
    **\$67.57/6 sess**

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

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

**Thu 8:00-8:40pm**    **Apr 4-May 9**  
    **\$67.57/6 sess**  
**Thu 8:00-8:40pm**    **May 16-Jun 20**  
    **\$67.57/6 sess**

# Ice Rink

## Britannia Ice Rink Public Skating Schedule

Apr 1 - May 5, 2019

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	Women's Hockey 10:45am- 12:00pm
				Adult FREE Skate 1:45-3:00pm ☀️	Public Skate 1:30-3:00pm No sess Apr 6	Family Fun Hockey 12:15-1:30pm
		Adult Stick & Puck 3:15-4:45pm	Youth FREE Skate 3:15-4:30pm ☀️	Child FREE Skate 3:15-4:30pm ☀️		Public Skate 1:45-3:15pm
						Power Skating Lessons 3:30-4:30pm
	Adult Skate 8:15-9:30pm		*Adult Co-ed Hockey 11:15pm-12:45am	Public Skate 7:45-9:15pm		*Adult Co-ed Hockey 9:30-11:00pm

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



**2019 Rink Admissions:** Admissions subject to change without notice. (Not including taxes; 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 \$49.60/10 visits	\$4.27/Drop-in \$34.72/10 visits	\$4.27/Drop-in \$34.72/10 visits	\$3.05/Drop-in \$24.80/10 visits	*at Child rate (Family minimum \$6.10)	\$3.08	\$5.93

- 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 2019 Flexipass rates, go to page 36.
- Family rate is 1-2 adults from the same household and their children under 19yrs, all present at time of admission. \$3.05 per person (not including taxes).



## NOTICE - Rink closure May-Sept 2019

The Britannia Ice Rink will be shut down during Spring and Summer 2019. The rink's refrigeration system has come to the end of its lifecycle and needs renovations to comply with Technical Safety BC requirements.

The rink will close at the beginning May 2019 with an anticipated reopening in September 2019. The Park Board Arena team and the Britannia Rink Staff will work together on minimizing the impact on user groups by attempting to accommodate them at other Park Board rinks subject to demand and availability.

**We look forward to seeing you in September!**



### Stat Holiday Free Skating!

Free skating sessions will be offered on the following stat holiday at the rink.

**Mon 1:00-3:30pm Apr 22**



### 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.

### 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.

### Parent & Tot Skate

Introduce your child to skating in a fun 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 4-May 2 Free**



### 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.

**Sun 12:15-1:30pm Apr 7-May 5**  
Regular public admission rates apply

### Adult Evening Hockey

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

### All Levels

**Thu 11:00pm-12:30am Apr 4-May 2 \$9.52 /drop-in\***

### Intermediate

**Sun 9:30-11:00pm Apr 7-May 5 \$14.29/drop-in or \$47.62/mo\***

### 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 3:15-4:45pm Apr 3-May 1 \$6.10/drop-in**  
**Fri 12:00-1:30pm Apr 5-May 3 \$6.10/drop-in**

### VACHL

The 17th 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 [bando@vancouver.ca](mailto:bando@vancouver.ca). The 18th season of the Vancouver Adult Co-ed Hockey League will begin in early-September. **Registration for the 19/20 VACHL season will begin on May 29th.** To find out more about VACHL and how to register, go to [www.vachl.ca](http://www.vachl.ca)

# 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 FoodFit Program

FoodFit is a free 12-week program for community members who experience barriers around healthy eating and physical activity but who are motivated to make lasting changes to their health. Combines fun, hands-on cooking sessions and food-based activities, easy-to-understand nutrition information, group exercise, shared meals, self-directed individual and group goal-setting, and reflection and feedback loops that 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. For more info: 604.718.5895

## First Steps to Prevention Program

A FREE program provided by Vancouver Coastal Health's healthcare professionals to support those who are at risk for developing chronic diseases. Consists of 3 sessions. Topics include: Risk factors of high blood pressure, heart disease, and diabetes; Healthy eating; Physical activity; Healthy weight management; Nutrition label reading; Smoking cessation; Stress reduction; Sleep management; Healthy living community resources.

Apr 26, May 3rd & 10th. Registration required: 604.267.4430 or email: [healthylivingprogram@vch.ca](mailto:healthylivingprogram@vch.ca).

## Grandview Woodland Food Connection Volunteer Opportunities

Are you interested in community food security and food access for all? Would you like to help shape Grandview Woodland Food Connection programming? We are seeking community members interested in joining our Advisory Committee. Commitment is minimal as we meet every two months and simply seek your advice and support. Other volunteer opportunities including cooking, school gardening, media, and communications. Call Ian if interested @ 604.718.5895

See p.25 for Food programs.



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)

### Youth and Family Worker

- 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 community 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 bike access program and gathering space for youth aged 12-19. Volunteer with us to Earn a Bike, learn to repair your own bike, and support or volunteer on shop projects. Contact [bikeclub@pedalpower.org](mailto:bikeclub@pedalpower.org) for more info!

Tue 3:30-6:00pm

Ongoing

1739 Venables. Basement entrance at the back of building near parking lot [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

Mon

Apr 8-Jun 10

10:30am Toddlers

12:00pm Infants

(No sess Apr 22, May 20)



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 109A, Britannia Secondary  
Wed 9:30am-2:30pm

### English for Speakers of Other Languages

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

### Math Foundations 1-7

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

### English Foundations 1-4

CFEC Rm 109A, Britannia Secondary  
Tue 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 109A, Britannia Secondary  
Winter/Spring 2019  
Mon 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 Fee: \$3 per visit per family.

### 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.  
Note: that Tuesday afternoon drop-in session is for our new "Baby and Me" Drop-in for parents and infants to pre-walking.  
Closed Feb 18, Mar 15-25, Apr 19-22

### 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

### Parenting, Education, Support & Resources

We offer a variety of programs this Spring:

- Family Rhythm, Rhyme + Movement
- Nobody's Perfect for LGBTQ+ families
- Circle of Security

Registration required, free childcare available, call or go online.

Ongoing:

- Baby & Me Drop-in, Tue 1-2:30pm.
- Birthday Parties
- Kids' Clothing & More Sales!

### Growing and Learning Fair

"Community health, mental health, education, parenting, early literacy and language, wellness & financial literacy reps will be on hand to connect parents to their services."

Tue 10:00am-12:00pm Apr 2  
CFEC (room above ESFP)

Drop by or check our 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

### Children and Teens Programs:

#### Babytime (0-18mo)

Tue 10:15am & 11:15am Apr 2-Jun 11

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

Thu 10:15am & 11:15am Apr 4-Jun 13

#### Family Board Games

Tue/Wed 3:15-6:00pm Apr 2-Jun 12

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

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

#### Spring Break Programs

Weekdays 2:00-3:00pm Mar 18-29

### Adult Programs:

#### 55+ Book Club

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

#### Elders Book Club

2nd Thu/mo 2:00-3:30pm

#### One-To-One 1 Computer Training

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

#### SFU Philosophers' Café

Sat 3:00-4:40pm Mar 9, Apr 13

#### Pandora's Collective:

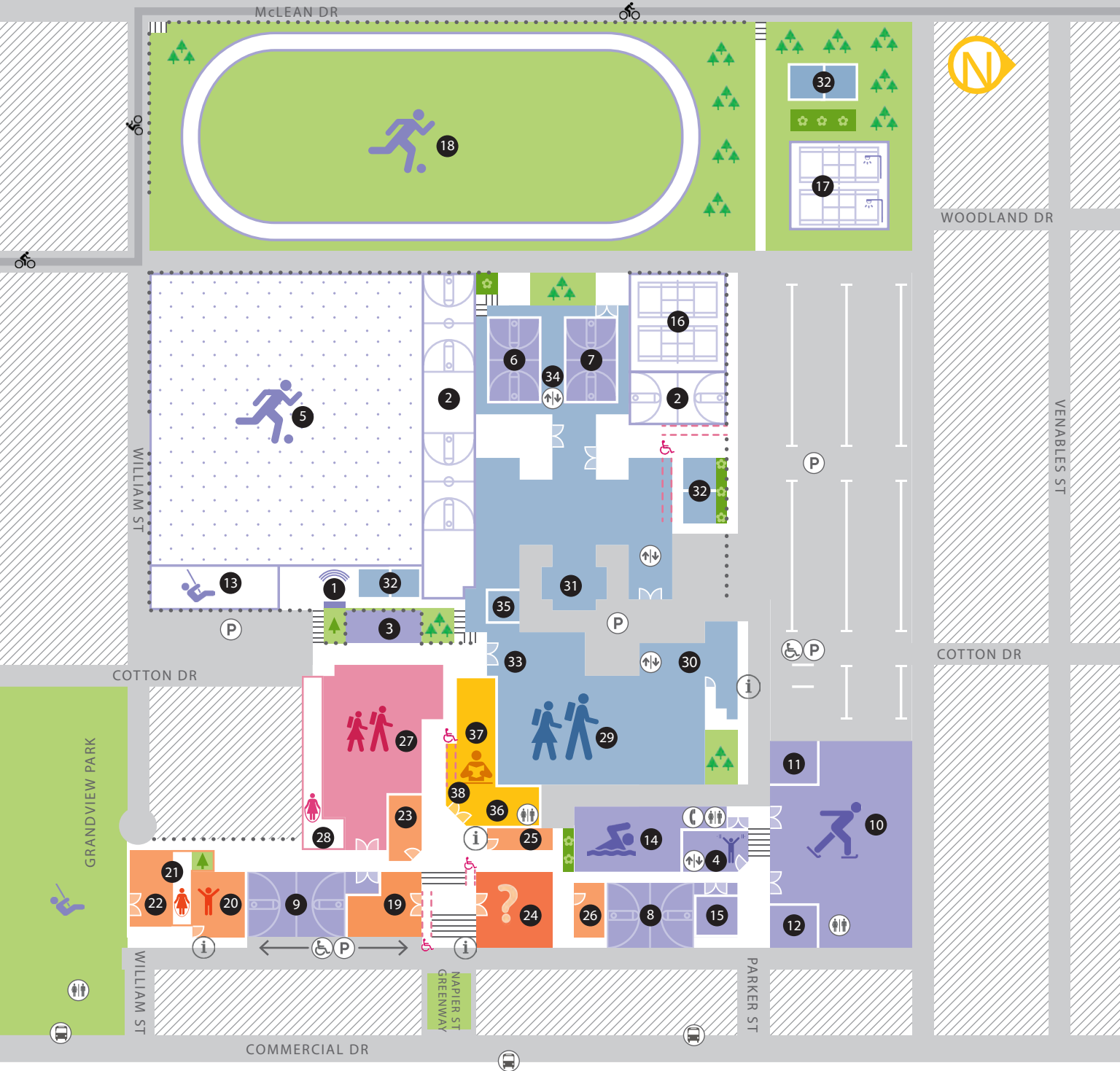
[www.pandorascollective.com](http://www.pandorascollective.com)

#### Word Whips

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

#### Book Talks

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



### recreation

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

### resources + services

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

### elementary school

- 27 Britannia Elementary
- 28 Outdoor Play Area

### secondary school

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

### library + learning

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

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



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