

**20th Anniversary
Stone Soup
Special Anniversary
Celebration!
Sat, May 9th, 12:00pm-5:00pm
Britannia Site and
Napier Greenway**

britanniacentre.org

**Programs & Services
Spring 2015**



President's Message

It is spring time again at Britannia, at time of renewal and renewed energy. This spring more than ever, as we embark on a community consultation process in connection with the facility funding approved in the city budget. Working with city staff and our own Planning and Development Committee, phase one of site facility renewal will be underway. Please watch for notices and plan to participate.

Many will have noticed the completion of the Carving Pavilion in the parking lot, close to the entrance of the Secondary school. This project is separate from the over-all plans now in progress, but never the less an important facility addition to the site. A permanent home for the carver in residence program and a space for students and community members to use has been established. The work of our partners at the VSB, the COV and the Britannia Society all contributed to this project and we thank all the donors who supported it.

With changes in the air the programs on offer continue at Britannia. Once again our very popular Micro Footie will be underway at the oval this spring. After some delay in the repair and maintenance of the pool, all programs are back in place. As well in the brochure you will find a wide range of programs for every member of our Britannia family. Community Centre membership is an important part of what builds strength and capacity for community centres. Please make sure when you register for programs to also renew your membership. Also consider how your volunteer energy will help to keep our centre strong, and provide a rewarding experience!

Our AGM will be held once again in May, see details in the brochure, so have your membership in place, plan to attend and meet the partners, staff, and volunteers who all work so hard to making Britannia the great center of our community that it is.

Gwen Giesbrecht



Board of Management

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

PRESIDENT: Gwen Giesbrecht

VICE PRESIDENT: Ray Gallagher

TREASURER: John Flipse

EXECUTIVE MEMBERS:

Meseret Taye

Oliver Conway

DIRECTORS:

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

AGENCY REPS:

VSB: Geoff Taylor

VPB: Peter Odynsky (CRC)

VPL: Yukiko Tosa

EXECUTIVE DIRECTOR: Cynthia Low

MANAGER OF ADMINISTRATIVE SERVICES:

Natalie Bailey

MANAGER OF CHILDCARE SERVICES:

Sabine Tanasiuk

Membership Information

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

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

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

What does membership give me?

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

PHOTOGRAPHY CREDITS:

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

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

Britannia Annual General Meeting of The Society

This year our AGM will be held on Wednesday, May 27,2015. You must be a member in good standing 14 days prior to the meeting, having purchased your membership card by Wednesday, May 13 at 9:00pm.

If you are interested in being part of our community board, call Cynthia Low at 604.718.5815 or e-mail cynthia.low@vancouver.ca.

President's Message	2	Latino Americanos	19	Health & Wellness	31
Annual General Meeting	2	Latin American Youth Council (13-18Yrs)	19	Workshops	31
What Does Membership Give Me?	2	Axe Capoeira	20	Seniors' Government Benefits Programs	31
Three Ways To Register For Programs	4	Trojan Horse Amateur Boxing	20	Earthquake Preparedness NEPP	31
• Cancellation Policy		Adult Sports & Fitness	21	Frauds & Scams	31
• Refund Policy		• Ball Hockey - Women		Aquatic Highlights	32
• Subsidy Policy		• Basketball		Statutory Holiday Hours	32
• Leisure Access Program		• Intro To Fencing - Adult		Admission Policy for Children	32
Five Child Care Centres	5/6	• Indoor Soccer - Women		Swim Schedule	33
Special Events	7/8	• Volleyball - Adv Fri		Lesson Registration	34
• Micro Footie Swap Meet		• Volleyball - Beg Thu		Swim Assessments	34
• Britannia Gymnastics Club Spring Show		• Volleyball - Int Tue		Refunds & Cancellations	34
• Micro Footie Play It Forward		• Badminton		Fitness Centre Programs/Schedule	35
• National Aboriginal Day At Trout Lake		• Adult Health & Fitness		Adult Hockey Programs	36
• Dive In Movie(11-18Yrs)		• Body Conditioning		• Women's Hockey Program	
• International Yarn Bombing Day:		• Dance Aerobics		• Adult Evening Hockey	
• Italian Day 2015:		• Osteofit (Mon)Salsa Fit		• Adult Drop-In Hockey Adult	
• 5 th Annual Vintage Bicycle Swap Meet		Adult Martial Arts	22	• Adult Stick And Puck	
• Hall For Rent		Yoga & Pilates	23	• Britannia Co-Ed Hockey League	
• Banner Workshop		Adult Art & Culture	24/25	• Britannia Women Only Hockey League	
• Neighbourhood Sketch Walkabout		Britannia Art Gallery	26	Learn To Skate Lessons	37
• Sunday Night Movies		Exhibitions	26	Private Skate Lessons	37
Preschool & Children's Programs	9	Why volunteer with us?	26	Power Skating Lessons	37/38
Thrive As A Highly Sensitive Person	9	Pottery	27	Ice Rink Schedule	39
Parenting The Highly Sensitive Child	9	Food Connection	27	Eastside Family Place	40
Preschool & Children	10/11	Britannia School Garden Fundraiser	27	Community Policing Centre	40
• Sportball Parent And Tot (2-3Years)		Older Adults 55+ Programs.	28	Canucks Family Education Centre (Cfec)	41
• Big Kids Music Together®		Beginner Computers & Internet	28	Hastings Education Centre	41
• Fencing-Introduction (8-14 Yrs)		Digital Photography	28	The Law Students	41
• Fencing-Intermediate		Spanish Conversation Beginners	28	Grandview Woodland Area Council	41
• Tennis		55+ AML Book Club	29	Library Spring Programs & Hours	42
• Music		Square Dancing	29	Britannia Renewal	43
Beginner Marimba (8Yrs+)	11	Vancouver Morrismen Dance	29	Britannia Site Map	44
Tambai Marimba	11	Art & culture	29		
Funseekers Daycamp - 6-12Yrs	12	Urban Aboriginal Elders AHS Project	29		
Intro To Fencing (12-18Yrs)	12	Sunday Night Series	29		
Traditional Kung Fu 6 Yrs +	12	The Great Movies	29		
Summer Leaders Training- "Play It Fair"	12	Fitness and Sport	29		
Micro Footie Spring Break Soccer Camp	13	Badminton 55+ Mon/Tue	29		
Britannia Gymnastics	14	Badminton 55+ Sat	29		
Preteen/Youth Programs	15	Carpet Bowling	29		
Youth Week	16	Gentle Yoga 55+ Mon	29		
Youth Leadership	17	Gentle Yoga 55+ Wed	29		
Teen Centre Programs (13-18 Yrs)	18	Osteofit	29		
Hiking Day Trips	18	Finding Your Balance	29		
• Diez Vistas Day Hike		Spring Fling	30		
• Quarry Rock Day Hike		55+ Social Walking Club	30		
• Stawamus Chief Day Hike		Bus Tours	30		
• Canoeing Day Trips		Seniors Ballroom Dancing	30		
• Buntzen Lake Canoe Daytrip		Social	31		
• Indian Arm Canoe Daytrip		Cards Whist / Cribbage / Bridge & Majong	31		
		Knitting Social	31		



Registration Information

Three Ways to Register for Programs

1) Register Online at britanniacentre.org

- Registration starts at 9:00am on Tuesday March 10, 2015.
- You must have a current membership card to register for all Britannia programs, The membership year runs from September 1, 2014 to August 31, 2015.

2) Register in Person

- Registration starts at 9:00am on Tuesday March 10, 2015
- At the **Information Centre**, (No Cash payments please) or
- At the **Pool Cashier's Office** (Pay by Cheque, Visa, Mastercard, Debit or Cash)

Registration Hours at the Pool Cashier are:

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

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

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

3) Register by Phone at 604.718.5800 ext. 1

- Registration starts at 1:00pm on Tuesday March 10, 2015
- You must have a current Britannia membership card and a valid Visa or MasterCard.
- A copy of your program registration, your credit card slip and membership card will be mailed to you upon request if you have an e-mail address..

Refund Policy

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

Cancellation Policy

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

City of Vancouver website!

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

Subsidy Policy

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

Residents of Vancouver on the Leisure Access Program

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

Residents of Grandview Woodland Strathcona on the Leisure Access Program

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

Grandview Woodland Strathcona Residents No Part of the Leisure Access Program

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

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

Quality Licensed Child Care In Your Community

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

Child Care Mission Statement

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

About our Child Care programs

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

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

Social

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

Intellectual

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

Physical

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

Creative

- Self expression and concept development.

Emotional

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

About our Staff

Our staffing component is made up of a Child Care Manager who is responsible for all the programs plus Senior Supervisors for each of the Child Care centres. The number of additional staff for each program is dependent upon the type of program and is always in accordance with child/staff ratios set by Child Care licensing regulations. All staff, substitutes, students and volunteers are required to have a clear Criminal Record Search in accordance with Child Care Licensing Regulations.

18mo-3yrs Toddler Program

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

3-5yrs Child Care Programs

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

Provincial Child Care Subsidy Available.

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

Licensed Child Care Summer Information

ORCA Summer Fun Program

(Outdoor Recreation and Creative Arts)

Children ages 5 to 12 years old

Mon- Fri 7:30-5:45 Mon. \$550/Wkly \$150

Providing fun summer activities since 1976! The day starts in our beautiful playrooms that have age appropriate games and toys to play with. Our rooms also have a reading, art, dramatic play, creative and building areas. Each week children will experience the ORCA at neighbourhood parks, local outdoor trails, beaches, pools, museums, and other fun-filled city venues. Children will hike, bike, run, jump and play. We will also create art projects, culinary activities, science projects, drama activities, and make music and dance together. Special guests will visit us each week providing cool activities and creative inspiration. Whatever we do, children will have fun playing and learning together while building meaningful relationship with their peers. Morning and Afternoon snacks are provided by our cook. Some trips subject to change depending on booking ability, age group and weather.

For registration contact the Senior Supervisor at 604.718.5843

Britannia Preschool (3-5yrs)

Licensed Early Childhood Educators develop a rich and meaningful child-centered environment. Our program includes the exploration of Art through history, from which children will gain an understanding of art and the importance of creativity. Through hands-on experimentation and exploration of a variety of materials, techniques, ideas and information. Registration is on-going throughout the school year dependent on availability of spaces.

Out-of-School Programs

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

Licensed Child Care Information

Britannia Childcare

1661 Napier Street
Lorraine Evans: 604.718.5843

Preschool 3-5yrs

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

Britannia Out of School Care 5-12 yrs

September to June Hours:
Mon-Fri 7:30am-9:00am
3:00pm-5:45pm
School Breaks 7:30am-5:45pm
FEE: Full Time \$345 per month
3 Days \$224 per month
2 Days \$203 per month
Closed on statutory holidays
July & August Hours:
Mon to Fri 7:30am-5:45pm
FEE: \$550/month

Grandview Terrace Child Care

2075 Woodland Drive
Alejandra Uribe: 604.718.5846

Daycare 3-5 yrs

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

Out of School Care 5-12 yrs

Sep to Jun
Mon-Fri 7:30am-9:00am
3:00pm-6:00pm
School Breaks 7:30am-6:00pm
FEE: \$355 per month
Closed on statutory holidays
Jul & Aug Hours:
Mon to Fri 7:30am-6:00pm
FEE: \$550/month



Grandview Terrace Family Resource Centre

2075/2065 Woodland Drive Contact: Alejandra at 604.718.5846
We offer a variety of parenting and parent/child activities in order that families can meet new people, support one another, access resources and referrals. The Family Resource Centre is a fun and safe place to come and enjoy being a parent. For additional information call 604.718.5846. Grandview Terrace Family Resource Centre is made possible by a partnership with Canucks Family Education Centre and open doors to Learning Windows of Opportunity.

Lord Nelson Childcare

2235 Kitchener Street
Latisha Buksh 604.713.5863

Out of School Care 5-12 yrs

September to June Hours:
Mon-Fri 7:30am-9:00am
3:00pm-5:45pm
School Breaks 7:30am-5:45pm
FEE: \$355 per month
Closed on statutory holidays
July & August Hours:
Mon to Fri 7:30am-5:45pm
FEE: \$150/week

Mount Pleasant Childcare

960 East 7th Avenue
Wade Forbes: 604.718.5844

Toddler Program 18mo-3yrs

Hours: Mon-Fri 7:30am-6:00pm
FEE: \$1125 per month snacks provided
Lunch program \$45 per month

Daycare 3-5yrs

Hours: 7:30am-6:00pm
FEE: \$855 per month, snacks provided
Lunch program \$45 per month.

Eagles In the Sky Summer Day Camp

Jun 29-Jul 3: Something to celebrate Exploring Canadian identity/diversity
Jul 6-10: I scream for ice cream! Cool Science
Jul 13-17: Crazy, wacky days! Clowning and improvisation
Jul 20-24: Are we there yet? Orienteering and map making
Jul 27-31: Backwards days. An exploration of time travel
Aug 17-21: Chill out! Frozen science
Aug 10-14: Bottles, jars and cartons. Sculpting imaginary landscapes
Aug 17-21: Wet and wild waterpark and pool adventures
Aug 24-28: What now? Reflecting on summer and the year ahead through art and song.

These camps are for children 5-12 yrs old
Fees: \$150/per week to a maximum of \$550/month
Program runs Mon-Fri, 7:30am to 5:45pm To register, please contact Kinga at 604.230.1885

Eaglets Daycare

Licensed childcare for ages 3-5yrs.
Hours: Mon-Fr 7:30am-5:45pm
FEE: \$825 per month
Snacks are provided.
Location: 485 Semlin Drive, Vancouver

Eagles In The Sky Childcare 3-5yrs

485 Semlin Drive
Susan Nelson 604.718.5856

Out of School Care 5-12 yrs

#103B - 1950 E. Hastings St.
September to June Hours:
Mon-Fri 7:30am-9:00am
3:00pm-6:00pm
School Breaks 7:30am-6:00pm

FEE: \$371 MacDonald Elem/with snacks
\$391/Hastings/Lord Nelson
Jul & Aug Hours:
Mon to Fri 7:30am-6:00pm
FEE \$550/mo
\$150/wk

Special Events



National Aboriginal Day at Trout Lake

Please join the Vancouver Aboriginal Friendship Centre Society for its Annual National Aboriginal Day Celebration on Coast Salish Territories at Trout Lake. It's a community-based full day of events that celebrates the diversity of Aboriginal people from across Canada. First Nations, Métis & Inuit peoples gather to share their experiences, stories, songs, traditional games, dances & spirit with each other and the community.

Sunday, June 21st, 2015

1200pm – 500pm

Trout Lake Park (John Hendry Park)

www.bcnationalaboriginalday.com

Dive In Movie(11-18yrs)

Watch a movie while you swim. Join us for our very first dive in movie. Contests, prizes, games and crazy staff!! Britannia youth only swim time. Be ready to go in the water by 8pm. Free!!

No swimsuit required... it's not what you're thinking... swimsuits, or clean, recently washed clothing can be worn. No shoes allowed.

Fri. May 1 8:00-10:00pm
Pool FREE

5th Annual Vintage Bicycle Swap Meet

Making the old new again: The Vancouver Wheelmen in partnership with Britannia Community Centre invite you to their 5th Annual Vintage Bicycle Swap meet. You will find one-of-a-kind bikes and bike parts for sale or trade. A great event for all ages. More Info: vancouverwheelmen.com

Sun May 3 10:00am-4:00pm
Britannia Courtyard FREE

Micro Footie Swap Meet

Bring your child's gently worn soccer cleats (and equipment) and pick up another pair at the 2nd Annual Footie Swap Meet. All gear will need to be cleared out at end of the day so only "gently used equipment" please. We may have a small number of cleats available for purchase at a low cost as well.

Sat Mar 28 2:00-4:00pm
Gym D

Britannia Gymnastics Club Spring Show

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

Admission: \$2 per person (6 and under free) Support athletes fundraising for World Gymnaestrada in Finland July 2015!

Sun May 24 1:00-3:00pm
Gym A/B Brit SecSch

Micro Footie Play It Forward with Power in Sport

Come and participate in a soccer game for 20 minutes and 15 seconds and help our community raise awareness and funds to reduce violence, especially to girls and women! It's an opportunity to set a soccer record! See www.britanniasoccer.org and www.thepowerinsport.com for more details on how and when to register for this special event.

Sun Jun 28 12noon-4pm
Brit Oval



International Yarn Bombing Day: Year of the Crochet Button Flower

Come and celebrate this international event with local fibre artist Helen Spaxman. All materials supplied or bring your favourite buttons and yarn.

FREE Drop-In Workshop

Sat Jun 6, 2015 12:00-4:00pm
Napier Greenway

Italian Day 2015:

Britannia Community Centre celebrates the theme of Italian Day: Italian Art Special project with local artists TBA

Sun Jun 14, 2015 12:00-3:00pm
Napier Greenway



Hall For Rent

1739 Venables is for rent for all kinds of events. Now booking into August, 2015

Booking Times:

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

For rates, openings and more information contact:

Helen Spaxman
helen.spaxman@vancouver.ca
604.257.3087

and
Matty Harris
mattyfromlife@gmail.com

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

Special Events

Banner Workshop

MUSIC! "A painter paints pictures on canvas. But musicians paint their pictures on silence." ~Leopold Stokowski "Let's feel the love and make some noise!" ~ Carnival Band

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

62901.200BR

Sat Sun 10:00am-4:00pm Apr 11-12
Cafe H Spaxman \$20 /2 sess



Vancouver Draw Down:

The Vancouver Draw Down is back!

This annual summer event reconnects EVERYONE with the creative pleasure of *making your mark* at FREE drawing workshops and events held in museums, art galleries, community centres, public parks and on city streets. Join us for a fun, easy, inspiring workshop led by an artist in your neighbourhood for a FREE, all ages drawing activities. For more information and workshop times visit:

www.vancouverdrawdown.com

Sat Jun 20 at Community Centres all over Vancouver



Neighbourhood Sketch Walkabout

Join local artists for a neighbourhood sketch session. Meet at 1pm in front of the Britannia Information Centre. No sketching experience necessary. Bring your own materials or we will supply.

Date: Sat June 20 Time: 1-3pm Free
Location: Britannia Site and Surrounding Neighbourhood

Sunday Night Movies

The Great Movies

Join us for our seasonal series. Drama, Comedy, Adventure, Musical, Suspense, Sci-Fi, or Documentary. We've got everything. Join Tom and John for evenings of watching and discussing the great movies of all time. Friendly and inclusive; **ALL AGES WELCOME.** Unlimited Popcorn. *Free but please register if you're joining us for a movie or two or three.

54580.200BR

Sun 6:00-9:00pm Apr 5-Jun 28
AML John & Tom FREE



20th Annual Stone Soup Festival – Special Anniversary Celebration

This annual festival brings the community together in celebration of local food, local artists, community groups and entertainment with a focus on food sustainability, food justice and the environment. This event also includes workshops, local authors, demonstrations, a food market, free soup and more!

Food vendor applications are available at the Britannia Information Centre. Vendor Fee is \$35.00. Vendors supply their own 10 by 10 ft market tent or umbrella table. Tables and chairs are provided. Space is limited.

Local Artists: Artworks are themed to the festival and coordinated by Katherine Polgrain Artist Fee is \$35.00 For more information email Katherine Polgrain:

courage@vcn.bc.ca

East FEAST Vancouver

Britannia Centre

The FEAST is grassroots microfunding at it's best, relying on community engagement to be successful. East FEAST is a community meal that raises funds through ticket sales (\$20.00 Ticket) to the event which in turn directly funds an artist or artist group.

Attendees will enjoy a meal prepared by a local chef, entertainment and an opportunity to meet and listen to three artists who will each make a 5-7 minute presentation. Participants will then vote on which artist will receive the funding.

If you are an artist looking to apply or looking for more information, please email us at: eastfeastvancouver@gmail.com

To Purchase Tickets: In Person at the Britannia Information Centre or Pool Cashier, Online at britanniacentre.org/programs or By Phone at 604.718.5800,press 1. For more information contact www.eastfeastvancouver.wordpress.com

45624.200BR

Sun Jun 28 2:00-4:00pm
Gym D \$20 per person

Preschool & Children's Programs

Music Together® - (0-5yrs)

A Music Together® class is rainbow coloured falling leaves, tyrannosaurus rex's, rockets to the moon and trains to the beach. Come dance, sing songs and play with bells of all sorts, triangles, shakers, rhythm sticks, kitchen instruments, scarves, giant sheets and instruments galore! All this with a developmentally appropriate, research based curriculum taught by a registered Music Together teacher. Parent participation is required. Sibling rate; \$100 (sibling 6 month and older). Siblings 6 months of age and under attend free. Tuition includes two CD's, a Songbook, a Parent Guide DVD and a Parent Education evening. Full payment refundable PRIOR to first class. After first class \$55 fee is non-refundable. Registration closes after the 3rd class

11004.201BR 9:30-10:15am
 11004.202BR 10:30-11:15am
 11004.203BR 1:30am-12:15pm
Tue Apr 7- Jun 16
Rink Mezz Mimi \$155 /10 sess
No class April 14

11004.204BR 9:30-10:15am
 11004.205BR 10:30-11:15am
 11004.206BR 11:30am-12:15pm
Rink Mezz Noa \$155 /10 sess
Wed Apr 8-Jun 17
No Class April 15

11004.207BR 9:30-10:15am
 11004.208BR 10:30-11:15am
 11004.209BR 11:30am-12:15pm
Rink Mezz Noa \$155 /10 sess
Thu Apr 9-Jun 18
No class April 16

11004.210BR 9:30-10:15am
 11004.211BR 10:30-11:15am
 11004.213BR 11:30am-12:15pm
Rink Mezz Katy \$155 /10 sess
Sat Apr 18-Jun 20

Baby Sign Language

Did you know that babies understand and can communicate long before they are able to speak? Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Increase understanding of your child's needs and wants, alleviating much unneeded frustration. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby to class. Sleeping babies welcome. Babies 0- 24 months.

41901.201BR
Mon 9:45-10:30am Apr 13 – May 11
Mat rm S. Kauhausen \$64/5 sess

Dance

Dance - (2-6yrs)

Children will learn the fundamentals of dance techniques in a safe, welcoming and encouraging environment while expressing their joy for dance with new instructor, Jessica Ames. Parents will be welcome to attend the last day of class to watch their children. Parent participation is recommended for the 2-3yr old programs. All classes will take place in the Canuck Family Education Centre, 1655 William Street (by Grandview Park). Jessica Ames graduated from the Arts Umbrella Graduate Dance Program in 2012. She studied Classical and Contemporary Ballet, Modern, Jazz, Improvisation and Movement Creation at Vancouver Community College where she attained her Dance Diploma. Jessica has worked with various world renowned choreographers. She has apprenticed for Noord Nederlandse Dans in The Netherlands,

Sat Apr 11-Jun 20
\$80/10 sess
CFEC JAmes No class May16
 11602.201BR
Creative Dance 2-3yrs 9:05-9:45am
 11602.202BR
Creative Dance 3-4yrs 9:50-10:30am
 11602.203BR
Creative Dance 3-4yrs 10:35-1:15am
 11602.204BR
Creative Dance 2-3 yrs 11:45am-2:25pm
 11602.205BR
Ballet 3-4yrs 12:30-1:10pm
 11602.206BR
Creative Ballet 4-6yrs 1:15-2:00pm

Yoga Dance 1-2yrs old - NEW

A huge hit with parents and babies alike these classes get your bodies moving and grooving to music that rocks all over the world. A great way to introduce your little one to dance and get a workout while you're at it too. Simple movements, songs, and colorful props meets babies right where they're at. Instructor, Lisa Sars imbues her classes with a sense of wonder and delight in the world around us. Immediately drawn to her joyful and expressive way of being, children are in turn guided and encouraged to open into themselves more fully.

11602.208BR
Thu 9:45-10:15am Apr 16-Jun 18
CFEC L Sars \$80 /10 sess

Yoga Dance 2-3yrs old- NEW

A dynamic high energy class that can be repeated many times! Dancing alongside your child, you'll get to experience the sheer joy of watching them dance and learn all the new yoga moves. From gallops and jumps to dancing like a bear searching the river for fish! Please note this class is a work-out for caregivers too - please come in comfortable clothes. Parent Participation. Instructor, Lisa Sars imbues her classes with a sense of wonder and delight in the world around us. Immediately drawn to her joyful and expressive way of being, children are in turn guided and encouraged to open into themselves more fully.

11602.207BR
Thur 9:00-9:40am Apr 16-Jun 18
CFEC L Sars \$80 /10 sess

Toddler Art (18m-3yrs)

Art is a wonderful sensory experience in which you and your child can collaborate. Emphasis is placed on the creative process and exploration of materials. Be on time for an inspirational story. Dress for mess! This is a high-demand class, new classes are started from the waitlist

12302.200BR
Wed 9:45-10:30am Apr 22-Jun 10
RAR H Spaxman \$63 /8 sess

How to Thrive as a Highly Sensitive Person

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

44901.201BR
Tue 7:00-9:00pm May 12
LRC A. Martin-Ko \$30/workshop

Parenting the Highly Sensitive Child

Is your child highly imaginative, detail oriented and artistic; affected by scratchy clothes, loud noises, bright lights and strange foods? Do scary movies upset him/her and is cautious in new situations? Your child may be a Highly Sensitive Person or HSP, a genetic trait in 15-20% of the population. Learn strategies to help your child be the conscientious, creative and empathic being they were meant to be.

44901.101BR
Thu 7:00-9:00pm May 21
LRC A. Martin-Ko \$30/workshop

Children

Kindergym (1-5yrs)

Run, jump and roll in a gym full of mats and indoor playground equipment. Parent supervision required. You must pay your \$2.50 drop-in fee at the pool and bring your receipt or buy a strip of 10 tickets for \$20.00 and give 1 ticket to Belinda or Olivia. Parents, please assist Belinda and Olivia at the end of the program by helping put the large equipment away. Note: We are now offering the program 4X/week Sat, Tue, Wed, Thu. All programs take place in Gym D.

Sat 10:00am-12noon Mar 28-May 2
Tue/Wed/Thu 11:00-12:30pm Mar 24-May 7
No class Elem school Pro D days



Sportball Parent and Tot (2-3years)

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

13002.201BR
Sat 11:30-12:15pm Apr 11 – May 30
Gym C Sportball \$105/7 sess
No class May 16

Sportball Multisport (3.5-5years)

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

13002.202BR
Sat 12:15-1:15pm Apr 11 – May 30
Gym C Sportball \$105/7 sess
No class May 16

Big Kids Music Together® (5-7yrs)

Provides a developmentally appropriate curriculum that includes solfege, ensembles and solos in singing and instrument play, folk dances, harmony singing, and vocal development. The Big Kids Music Together classroom is a safe, familiar, fun environment where your child can experiment with new musical activities like conducting, and improvisation, story songs, 'silly operas' and game songs. Course includes 2 CDs, an activity Songbook, solfege tonal cards, and weekly home play pages. Parent participation is required at the first and last class (no siblings please) and in the last 10 minutes of each class in between (siblings welcome). Full payment refundable PRIOR to first class. After first class \$55 fee is non-refundable. Registration closes after the 3rd class. No class April 14

11004.212BR
Tue Apr 7-Jun 16 3:30-4:30pm
Rink Mezz Mimi \$180 /10 sess
\$125/sibling fee

Fencing-Introduction (8-14 yrs)

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

23402.201BR
Sat 10:00-11:30am Apr 11-Jun 20
LaSalle M Burke \$70/10 sess
No class Sat May 16

Fencing-Intermediate (8-14 yrs)

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

23402.202BR
Mon 6:00-7:30pm Apr 13-Jun 15
LaSalle M Burke \$81/9 sess
No class May 18

The Art of Tennis Academy

Tennis - Mini (6-9yrs old)

This class is an introduction to tennis for children. Students are introduced to basic forehand and backhand skills while developing hand-eye coordination through a variety of fun games and activities. Bring your tennis racket, runners.

Sat 1:30-2:30pm Apr 11- Jun 27
Gym D Juan Carlos \$120/12sess

Tennis - 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 drill and games to enhance their skills and be given the opportunity for game play. Bring your own racket, runners.

Sat 2:30-3:30pm Apr 11-Jun 27
Gym D Juan Carlos \$120/12sess

Tennis - Future Stars (8-14yrs)

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

Sat 3:30-4:30pm Apr 11- Jun 27
Gym D Juan Carlos \$120/12sess

Pedal Spring Break Bike Camps (9-13yrs)

Join us this spring for 5 days of bike rides and cycling safety in the community! Our Community Bike Staff will take your kids to libraries, markets, and parks while introducing them to new bike skills and safe riding. As well they will teach your kids about safe urban riding and environmental sustainability. Bike camps will run rain or shine and are open to all young cyclists ages 9 -13, both new and experienced riders. No bike? No problem! Bicycles and helmets are available upon request. We hope you join us this Spring Break for community cycling fun! Bring your bike, helmet, snack, healthy lunch (no nuts please) and water bottle. Wear weather appropriate clothing. For more information call Our Community Bikes at bikeclub@pedalpower.org.

23040.201
Set 1
Mar 9-13 8:30-3:30
Elem Music Rm Pedal \$250/5 sess

23040.202
Set 2
Mar 16 - Mar 20 8:30-3:30
Elem Music Rm Pedal \$250/5 sess

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

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

Set 1		
21000.200BR		
Thu 4:00-8:30pm	Apr 9-May 14	\$144 /6 sess
Music Rm J Oye		
21000.201BR		
Fri 3:30-7:30pm	Apr 10-May 15	\$144 /6 sess
Music Rm J Oye		
21000.202BR		
Sat 9:00am-4:30pm	Apr 11-May 16	\$144 /6 sess
Music Rm J Oye		
Set 2		
21000.203BR		
Thu 4:00-8:30pm	May21-Jun 25	\$144 /6 sess
Music Rm J Oye		
21000.204BR		
Fri 3:30-7:30pm	May 22-Jun26	\$144 /6 sess
Music Rm J Oye		
21000.205BR		
Sat 9:00am-4:30pm	May 23-Jun27	\$144 /6 sess
Music Rm J Oye		



Violin & Fiddle Private Lessons

These are 30 minute private violin lessons for adults and children aged 6 & up. The teaching method follows the Suzuki Method and covers classical and fiddle. You can start anytime cost will be prorated. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at fiddlelessons@shaw.ca to arrange lesson time PRIOR to registering. No class April 4 & 11, May 2, and May 16, 2015.

21002.202BR		
Sat 9:00am-2:30pm	Mar 28-Jun 20	\$240 /9 sess
FAR S Saunders		



Beginner Marimba (8yrs+)

This class is open to anyone and is a great way to get started in music. You will learn traditional music from Zimbabwe, Latin America and original compositions for marimba. The class also includes fun rhythm games, movement, and is all about having a good time playing music on the marimbas. There is an informal performance at the end of every term at a local cafe.

31818.200BR		
Thu 4:00-5:00pm	Apr 2-23	\$48 /4 sess
Room 111 R Layne		
31818.204BR		
Thu 4:00-5:00pm	May 28-Jun25	\$60 /5 sess
Room 111 R Layne		

Intermediate Marimba (10yrs+)

This class requires you to have some experience with marimba or piano and you will learn traditional music from Zimbabwe, Latin America and original compositions for marimba. The class focuses on developing material to perform, writing your own composition, and having a good time playing music on the marimbas. There is an informal performance at the end of every term at a local cafe.

31818.201BR		
Thu 5:00-6:00pm	Apr 2-23	\$48 /4 sess
Room 111 R Layne		
31818.205BR		
Thu 5:00-6:00pm	May 28-Jun25	\$60 /5 sess
Room 111 R Layne		



Tambai Marimba

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

31818.203BR		
Thu 7:00-8:30pm	Apr 2-23	\$72 /4 sess
Room 111 R Layne		
31818.207BR		
Thu 7:00-8:30pm	May 28-Jun25	\$90 /5 sess
Room 111 R Layne		

Youth Marimba Performance Group (11yrs+)

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

31818.202BR		
Thu 6:00-7:00pm	Apr 2-23	\$48 /4 sess
Room 111 R Layne		
31818.206BR		
Thu 6:00-7:00pm	May 28-Jun25	\$60 /5 sess
Room 111 R Layne		



Children (6-12 yrs)

Funseekers Daycamp - 6-12yrs

There are many activities and out-trips planned for the Spring Break Funseekers program! Come out to learn new skills, meet new friends, or simply to have FUN! Swim, skate, learn arts and crafts, play group games, go on out-trips and more! Register early to avoid disappointment. Waiver Forms must be completed.

Please provide lunch, snack, water and swim attire daily. Appropriate attire is recommended for each day. Parents are required to complete consent forms.

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

Spring Break

26001.101BR

Mon-Fri 9:00am-3:00pm Mar 9-13
Gym D - L \$95 /5 sess

26001.102BR

Mon-Fri 9:00am-3:00pm Mar 16-20
Gym D - L \$95 /5 sess

Summer 2015 Funseekers Daycamp Registration

Registration for Summer 2015 Funseekers will commence at 10:00am on Saturday April 25, 2015 at the Info 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 the peaceful conflict resolution among children. The toolkit contains interactive age appropriate activities and games that reinforce the positive values and fundamental principles of human dignity and equality.

Summer Daycamp Volunteers

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

Intro to Fencing (12-18yrs)

The ancient art of sword duelling has grown into the fast and exciting Olympic sport of Fencing. We will learn to fence in a fun and safe environment, develop skills of attack and defence, and compete in tournament-style bouts. Both novices and experienced fencers are welcome! All equipment is provided. Court running shoes and track pants recommended. Discount available for those who register for both Wednesday and Friday Classes. Classes will be held at the LaSalle Studio: 2155 Commercial Drive.

33007.201BR

Wed 4:00-6:00pm Apr 1-Jun 17
LaSalle M. Burke \$81 /12 sess

Traditional Kung Fu 6 yrs +

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$3 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. No class May 18th and June 12th.

Beginner

63508.201BR

Mon Fri 4:30-5:45pm Apr 13-Jun 29
CFEC M. Lung \$181.5/21sess

Intermediate

63508.202BR

Mon Fri 4:30-6:15pm Apr 13-Jun 29
CFEC M. Lung 202.50/21sess

Advanced

63508.203BR

Mon Fri 4:30-6:30pm Apr 13-Jun 29
CFEC M. Lung \$213 /21sess

Summer Daycamp Volunteer Development

Want to help give the best experience possible for kids and make their summer memorable? Interested in spending a few weeks in the summer getting outside, playing with kids and being a great role model? Come be a summer daycamp volunteer! This program will teach you the basics of working with children and give you a certificate in daycamp volunteer training. There will be training on group interaction, basic first aid, fun activities and games, and how to create an inclusive program. Participants who complete the class will be guaranteed 2+ weeks of daycamp volunteering.

35511.201BR

Tue 6:00-8:00pm May 26-Jun16
LRC \$30 /4 sess

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

65510.201BR

Sat 9:30am-1:30pm Jun 13
Gym D \$30 /1 sess

65510.202BR

Tue 6:00-10:00pm Jun 23
Gym C \$30 /1 sess

Clay for Children (6-12yrs)

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

22202.200BR

Thu 4:00-5:15pm Apr 23-Jun 11
Room 208 H Spaxman \$95 /8 sess

Micro Footie (4-16 yrs)

Britannia Micro Footie 2015

www.britanniasoccer.org

Britannia has been offering this popular recreational spring soccer league for over 20 years! This year we celebrate the arrival of the 2015 FIFA Women's World Cup to Canada! All Footie teams will be Women's World Cup contenders.

Program dates:

Sat April 18-June 20 (games), practices take place weekday evenings in Garden Park, Robson Park or the Britannia Oval.

All Micro Footie divisions are FULL with the exception of these below. Register for these online at www.britanniacentre.org.

23035.117BR Intermediate 1B Coed (6-7yrs) Garden Park
Sat Game 2:30-3:30pm, Tue practice 5:45-6:45pm \$99

23035.116BR Youth 16+ Coed Brit Oval
Thursday games 7:00-8:00pm \$50

COACHES ORIENTATION CLINICS

At these "MUST ATTEND" clinics the Footie Staff Team will go over the Coaches Manual, and coaches will pick up their team roster, team contact information, team t-shirts. Please keep this date open – all coaches are required to attend.

Sat	Mar 28, 2014	Gym D
10:00-11:15am		New Coaches to Micro Footie
11:15-12:15pm		Beginner/Inter 1 Coaches
12:30-1:45pm		Inter 2/Advanced/Super Adv/Sr SA Coaches

PRACTICAL COACHES TRAINING SESSIONS WITH JASON

As well as the mandatory orientation clinic, Jason will be offering practical sessions where he will go over valuable practice drills and coaching tips. We highly recommend you attend. Bring your enthusiasm, dress to sweat and train outside if weather permits!

Mon	Mar 30	6:30-7:45pm	Beginner Coaches Gym A/B
Tue	Mar 31	6:30-7:45pm	Inter 1 Coaches Gym A/B
Thu	Apr 2	6:30-7:45pm	Inter 2 Coaches Meet at Brit Oval
Tue	Apr 7	6:30-7:45pm	Adv/SA/SSA Coaches Gym A/B
TBA		6:30-7:45pm	Bonus & Stragglers Training

REFEREES

If you were interested in refereeing Footie 2015, you should have already attended the referee training sessions in February and March.

MICRO FOOTIE SPRING BREAK SOCCER CAMP

Jason Kyle has just returned from soccer coaching camps in Europe with fresh innovative ideas! Register for these this week long spring break camp now!

Mon-Fri	Mar 16-20		
23035.201BR	4-5yrs	11:30-1pm	\$89
23035.202BR	6-15yrs	9:00-11:30	\$125 Van Tech

MICRO FOOTIE & CELTIC FC PERFORMANCE (6-15yrs)

Jason Kyle, fresh from his Celtic Training sessions in Scotland is bringing this Performance Academy for Micro Footie players in anticipation of the Summer Celtic FC Camp being offered in July 2015. For children and youth 6-15yrs, held on Sundays 4:00-6:00pm. Register per month or the 3 month package.

23035.203BR	May 3-31	TBA	\$109
23035.204BR	June 7-28	Van Tech	\$109
23035.205BR	July 5-26	Van Tech	\$109
23035.206BR	May 3 – July 26	Van Tech	\$289



FOOTIE SWAP MEET

Bring your child's gently worn soccer cleats (and equipment) and pick up another pair at the 2nd Annual Footie Swap Meet. All gear will need to be cleared out at end of the day so only "gently used equipment" please. We may have a small number of cleats available for purchase at a low cost as well.

Sat **Mar28** **2:00-4:00pm**
Gym D

SPONSORSHIP DONATIONS

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

MICRO FOOTIE PLAY IT FORWARD WITH POWER IN SPORT

Come and participate in a soccer game for 20 minutes and 15 seconds and help our community raise awareness and funds to reduce violence, especially to girls and women! It's an opportunity to set a soccer record! See www.britanniasoccer.org and www.thepowerinsport.com for more details on how and when to register for this special event.

Sun **Jun 28** **12noon-4pm**
Brit Oval

ANNOUNCEMENT: SCOTLAND'S CELTIC FC COMING TO BRITANNIA

Celtic FC Youth Summer Soccer Camp (6-15yrs)

A great opportunity for your son or daughter to train in this week long skill based soccer camp led by professional coaches from Scotland's Celtic Football Club! Includes cool Celtic shirt. Spaces for this camp is limited. Register online for this program starting **Monday May 11**.

23035.207BR
Mon-Fri **Jul 13-18** **9:00-3:00pm**
Van Tech Celtic FC **\$289/5 sess**

Children (Infant-12yrs)

Britannia Gymnastics

(18mon-15yrs)

www.britanniagymnastics.com

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



Saturday Program Apr 11 – May 30

13004.204BR	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$63
13004.205BR	Gym Kids	4-5yrs	2:00-2:45pm	\$63
13004.206BR	Gym Kids	4-5yrs	3:00-3:45pm	\$63
23003.201BR	Performance	6-9yrs	4:00-5:00pm	\$70

Sunday Program Apr 12 – May 31

13004.201BR	Dynamic Duo	18mo-3	10:00-10:45am	\$63
13004.202BR	Dynamic Duo	18mo-3	11:00-11:45am	\$63
23003.205BR	Performance	6-9yrs	11:30-12:30pm	\$70
13004.203BR	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$63
13004.207BR	Advanced Gym Kids	5-6yrs	12:45-1:45pm	\$70
23003.202BR	Performance	6-9yrs	3:15-4:30pm	\$77

CLASS DESCRIPTIONS

Dynamic Duo

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

Tiny Tumblers and Gym Kids/Adv Gym Kids

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

Performance

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

Meet the Coaches

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

Gymnastics Spring Break Camp (6-12yrs)

Children aged 6-12 will be jumping for joy after a week of jammed packed gymnastics fun. Gymnastics camp will be instructed by head coach Cameron Stevenson and his fantastic team. Children should bring a snack, lunch, water. Drop your children off at Gym A/B at 9:30am and pick up at 4:00pm sharp. Parents and caregivers are invited to join us Friday at 3:30pm where your gymnast will display all of the amazing skills they have learned during the week. Register early as spaces are limited.

23003.110BR		
Mon-Fri	Mar 16-20	9:30-4:00pm
Gym A/B	Cam	\$210/5 sess

Britannia Gymnastics Club Spring Show

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

Admission: \$2 per person (6 and under free) Support athletes fundraising for World Gymnaestrada in Finland July 2015!

Sunday, May 24, 2015 1:00-3:00pm
Britannia High School Gym A/B

Gymnastic Birthday Parties (2-10yrs)

Celebrate with your friends at your very own gymnastics birthday party led by a qualified gymnastics coach. The 45min-1hr will be dedicated to gymnastics, followed by parent led ½ party time (limited area and supplies for party – if you wish pizza can be ordered in from local businesses off the Drive and brought in), followed by ½ hour more of gymnastics (and parent led clean up of party area). Caregiver participation required for children under 3 years old. Maximum 14 children per party. No refunds if party is cancelled within one week of party date. Register now as this will be a very popular birthday party option to many in the community!

Sat 5:30-7:30pm Apr-May 2015
Check britanniagymnastics.com for available dates

Program Committee Meetings

Join this exciting Committee which meets every 2nd Tuesday of the month to talk about site wide programs and events and community needs at Britannia. This committee also reviews and communicates motions from program sub committees to the Britannia Board of Management. For more information on how to join contact lori.moretto@vancouver.ca

Please Support Fundraising for Finland Campaign

Seven of our local athletes have been selected to participate in the World Gymnaestrada in Helsinki, Finland in July 2015

Preteen (10-12 yrs)

Preteen Outings

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

Education

Coding for Kids

Fun and interactive activities to learn about computer science and programming. Hands-on group exercises are combined with programming in a video game like environment. After completing the program, students receive a certificate and have the foundation they need to further explore computer science. No session May 17.

27101.201BR

Sun 10:30am-12:00pm Apr 19-Jun 14
AML Wendy \$40 /8 sess

Earthquake Preparedness Workshop

Learn about the risks, facts, how to make a plan, and being prepared when it comes to earthquakes. We will be joining the seniors group to learn about this topic while enjoying some food. Don't miss out!

64800.204BR

Tue 4:00-6:30pm April 21
AML NEPP FREE

*must register

Please Do Your Doo-Doo Duty!

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



Thank You.....Britannia Recreation Dept.

Fencing-Introduction (8-14 yrs)

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

23402.201BR

Sat 10:00-11:30am Apr 11-Jun 20
LaSalle M Burke \$70/10 sess
No class Sat May 16

Fencing-Intermediate (8-14 yrs)

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

23402.202BR

Mon 6:00-7:30pm Apr 13-Jun 15
LaSalle M Burke \$81/9 sess
No class May 18

The Art of Tennis Academy

Tennis - 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 drill and games to enhance their skills and be given the opportunity for game play. Bring your own racket, runners.

Sat 2:30-3:30pm Apr 11-Jun 27
Gym D Juan Carlos \$120/12sess

Tennis - Future Stars (8-14yrs)

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

Sat 3:30-4:30pm Apr 11- Jun 27
Gym D Juan Carlos \$120/12sess



Preteen Dance

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

Fri 6:30-9:00pm Apr 10, Jun 12
CFEC

YOUth Dance Party! (15-18 yrs)

Join our DJ for a night of dancing, games, prizes, and hanging out with your friends while listening to some tunes. There will be no in and outs.

Fri 7:00-10:00pm FREE
CFEC

Soccer Tournament (13-18 yrs)

Join us for a lightning tournament. We will be playing 5 on 5. Come show your skills, meet new people and have fun. BBQ at the Teen Centre to celebrate. Call 604-718-5828 for more information.

FREE

RAW (Real, Awesome Women) Seniors Girls' Talking Circle (16-18yrs)

A weekly gathering for young women to express how they really feel about growing up or 'coming of age.' Talking circles aren't 'educational' in the regular sense with right and wrong, success and failure. Teens and mentors explore life together- sharing personal experiences and asking questions in a non-judgemental, confidential space. Topics may include gender, relationships, vocation, sex- whatever matters to participants. Program includes experiential activities and one Saturday at a local nature park. Co-led by a women's counselor/artist, a yoga teacher, and a rites of passage leader/secondary teacher. Contact Elisa at 604.312.0063 for more info.

35601.201BR

Wed 6:30-8:30pm Apr 15-Jun 3
LRC Elisa \$225/9 sess

Youth (13-18 yrs)

Education

Feast of Flavors

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

Tue 4:00-6:00pm Apr 7-Jun 23
AML TBA/Free

Latin Cooking

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

Thu 4:30-6:30pm Apr 2-Jun 25
AML Free

Intro to Digital Music Editing

Learn the basics of Audacity, a free-open source audio editing software, to edit digital audio, make a music mix, add music to the background of a recorded interview. It is a hands on introduction to the awesome world of audio editing and will show you how you can accomplish excellent projects with free-open source software. 15+yrs


37110.201BR
Sun 10:00am-12:00pm Apr 12
AML \$10/1 sess

Fitness and Sport

Intro to Fencing (12-18yrs)

The ancient art of sword duelling has grown into the fast and exciting Olympic sport of Fencing. We will learn to fence in a fun and safe environment, develop skills of attack and defence, and compete in tournament-style bouts. Both novices and experienced fencers are welcome! All equipment is provided. Court running shoes and track pants recommended. Discount available for those who register for both Wednesday and Friday Classes. Classes will be held at the LaSalle Studio: 2155 Commercial Drive.

33007.201BR
Wed 4:00-6:00pm Apr 1-Jun 17
LaSalle Fencing Studio
M.Burke \$81/12 sess



YOUTH WEEK

Celebrate Vancouver's Youth Week on Saturday, May 2,
Between 1 and 4pm at Creekside Community Centre

Performances · Hip Hop Demos · Skate Park
Dragon Boating · Longboard Demos ·
3 on 3 Basketball

Inflatables · RAW Race Around the World

Visit www.VancouverYouthWeek.ca for more info!

YOUTH WEEK is an internationally celebrated event to promote awareness of youth, aiming to increase the 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. Contact your Centre's Community Youth Worker or email youthweek@vancouver.ca to see how you can get involved.

Call 604.718.5826 to find out how you can help!!

Indoor Soccer Drop-in

For 11-18 year old players only.

Tue 5:30-9:00pm Apr 7-Jun 30
Gym D - W Free

Drop-in Gym

Dodgeball
Fri 5:30-7:00pm Apr 10-Jun 26
Gym D - W Free

Drop-In
Wed 5:30-7:00pm Apr 1-Jun 24
Gym D - W Free

Youth Yoga

Introduction to yoga for youth ages 10-18.

34201.201BR
Fri 5:00-6:00pm Apr 10-Jun 12
LRC Jillian \$40/10 sess

Special Events

Dive In Movie

Join us for our very first dive in movie. Contests, prizes and games!! **Youth only time.** No swimsuit required... it's not what you're thinking... swimsuits, or clean, recently washed clothing can be worn. No shoes allowed.

Fri 8:00-10:00pm May 1
Pool Free

Splash!! Youth Free Swim

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

Fri 8:00-10:00pm Jun 5
Pool Free

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.

RecStars- Youth Aquatic Certification Training

We are excited to introduce a new program! RecStars, designed to serve Britannia area youth by providing skills and certification for aquatic and recreation. The program's mission is to take a group of Britannia youth through free swim lessons, lifeguard/instructor certification, and leadership experience, developing their future self-sufficiency. Contact Tom, 604.718.5826 for more information.



Duke of Edinburgh Award

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

Youth Leadership

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

35810.201BR

Thu 4:00-5:30pm Apr 16-Jun 4
Rink Mezz \$40/8 sess

Play it

Fair!

"Play it Fair" Afternoon

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

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



Social Recreation

Saturday Unlimited

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

36601.201BR

Sat 10:00am-3:00pm Apr 18-Jun 13
LRC Carrie \$125 /8 sess

First Friends

For youth new to Canada and youth that are interested in helping others settle into Vancouver. The program will provide social and recreational opportunities as well as deal with current issues, provide job skill training, and certifications. There may be some minor fees for out trips and special workshops. Please contact Manuel at 604.718.5829 for more info.

Sat 12:00-4:00pm Free

ISS- My Circle

MY Circle is a FREE 80-hour peer facilitator/community leadership training specifically designed to support immigrant and refugee youth 14-24yrs who are facing challenges integrating into their new lives in Canada. Supports youth facilitators/leaders to go back out to partnering host organizations (schools, community centres, neighborhood houses) to deliver youth driven/led support services to other newcomer youth facing difficulties with their adjustment process. Participants will learn practical skills, make new friends and gather information about the services and resources in their communities. During the training, we provide free lunch and free bus tickets to all participants. At the end of the training, a certificate of completion and a letter for 80 hours of volunteer work are given to the youth. These hours may be counted as CAPP or community service hours. Contact Sherry at 604.684.7498 for more info and to register.

Sat 9:00am-4:00pm Mar 21-Jun 6
TC \$Free

Yo Mamma – Britannia Young Mothers Group

Connect with other pregnant and new moms in the Britannia community and share your own stories and tips. Bring any questions you have about being a mom and learn more about the programs and services we have to support you. Food and bus tickets available.

Tue 4:00-6:00pm
TC Free

Girls Empowerment Group

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

Thu 6:00-8:00

Guys Night

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

Thu 6:00-8:00pm
Teen Centre Free



Teen Centre Programs

TEEN CENTRE PROGRAMS (13-18 yrs)

Hours:

Monday-Thursday	3:00-9:30pm
Friday	3:00-10:00pm
Saturday	6:00-10:00pm

Register for all Teen Centre programs at the Teen Centre. For more info call 604.718.5828:

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

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

The Teen Centre is a place to:

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

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

Big Screen Movie Night

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

Wed 7:00-9:00pm
Teen Centre

Canucks Game Night

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

Various 7:00-9:30pm
Teen Centre FREE!

Run TC

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

Wed 4:00pm-5:00pm
Teen Centre FREE!

Image Makers

This program is your chance to be creative and learn lots of mad skills! Learn to use photo editing, image creation, video editing, and other creative tools.

Mon/Thu 4:30-6:30pm
AML FREE!



Outdoors Programs

The Great Escape Outdoors (GEO)

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

All registration done at the Teen Centre.

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 2015 Rio Tinto Alcan Dragon Boat Festival, June 20st and 22nd. 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.

Hiking Day Trips

Weather appropriate footwear, clothing lunch, water, and sunscreen required for each trip. Completed consent forms required.

Diez Vistas Day Hike

Spanish for "ten views", the Diez Vistas Trail is aptly named. Offering spectacular views of Vancouver's waterways and mountains to the south, Indian Arm to the west, and a view of South Beach and Eagle Ridge to the east.

Sat 10:00am-5:00pm Apr 18
\$5

Quarry Rock Day Hike

Just off the shores of scenic Deep Cove in North Vancouver sits a large rocky outcrop known as Quarry Rock (also known as Grey Rock in some hiking books). A hiking trail which is also part of the easternmost section of the Baden Powell Trail, leads to this point offering scenic views of Indian Arm and the mountains around Belcarra.

Sat 10:00am-5:00pm May 16
\$5

Stawamus Chief Day Hike

Come along for a challenging but very rewarding day hike to the peak of Stawamus Chief, south of Squamish. Standing on top of the impressive granite giant offers magnificent views of Howe Sound, Squamish, and surrounding mountains.

Sat 10:00am-5:00pm Jun 13
\$5

Canoeing Day Trips

Buntzen Lake Canoe Daytrip

Join us for a fantastic paddle trip as we explore the beautiful wilderness areas along Buntzen Lake in Belcarra. The park features beautiful mountain views, beaches and clear water.

Sun 9:00am - 4:00pm May 24
\$5

Indian Arm Canoe Daytrip

We'll paddle up the Indian Arm, exploring coastal areas and islands along the way. We'll stop to eat our lunch at Jugg Island beach.

Sun 9:00am-4:00pm Jun 7
\$5

Latin American Youth Programs

Programa de Jóvenes Latino Americanos

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

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

Latin American Youth Council (13-18yrs)

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

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

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

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

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

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

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

Tues/Martes 6:30pm-8:30pm
Room TBA

Volunteer Work/ Trabajo Voluntario (13-18yrs)

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

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

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

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

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

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

Sat/Sabados 12:00-4:00pm

Cocina Latina/Cooking Program

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

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

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

What are Spanish Clubs?

A place to meet all the Latin students in your school, a place where you have fun, learn more about Latin American culture, and know what activities and programs are going on in your community. We provide games, music, workshops, and guest speakers. If you are interested in having a Spanish Club at your school contact Manuel at 604.718.5829.



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

Tupper: Tue at lunch 11:40am Rm 311
Van Tech: Wed at lunch 11:40am Rm 224
Gladstone: Thu at lunch 11:40am Rm TBD

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

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

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

Torneo de Futbol (13-18yrs)

Acompañanos Para un torero Relanpago Vamosa Jugar 5vs5. Ven ensenanos Tus habilidades, conose a nueva gente center Para Celebrar.

Dance (15-18yrs)

Ven y acompaña a nuestro DJ auna noche de Baile, Juegos, y Premios. Pasa un buen tiempo contus amigos mientias escuchas tus canciones Gavoritas. No se permiten Salidas yentradas. No alcohol y drogas.

Year End BBQ @ The Beach

Come hang out at Jericho Beach. Get a nice tan while you enjoy some great food and sport.

Tue May 12th

BBQ de fin de Año en Laplayer

Ven y pasa un tiempo con nosotros y tus amigos en Jericho Beach ven y soheate mientras comes Buena comida y deportes du Playa

Martes 12 de Mayo

Adult Sports & Fitness

Axe Capoeira

Britannia has partnered with Axe Capoeira Vancouver to provide a unique and exciting program to the Britannia Community. Capoeira is an Afro-Brazilian martial art developed in the 1500s by African and Indigenous slaves in Brazil as a form of self-defence from their oppressors. It is marked by its agile and tricky movements that may be executed anywhere from an upside-down position, to a gravity defying kick. It has a strong acrobatic component in some styles and is always played with music. Sign up on a monthly basis and receive access to various classes including; Capoeira training, dance and music classes. Note classes are located primarily at 1739 venables; Friday class is located at Britannia in Gym D.

TIME	MON	TUE	WED	Thu	FRI	SAT	SUN
	1739 Hall	1739 Hall	1739 Hall	Cafeteria	Gym D	1739 Hall	1739 Hall
10-11am	Monthly fees Adult \$120 43401.201BR – Apr 43401.202BR – May 43401.203BR – Jun			Music \$85 41104.401BR - Apr 41104.402BR - May 41104.403BR - Jun		Dance	Dance
11-12pm						Adult	Adult
12-1pm						Kids	Adv. Music/ Adult Intro
12-1pm						Music	
1-2pm	Child/Youth \$80 33401.201BR – Apr 33401.202BR – May 33401.203BR – Jun		Adult \$85 43401.204BR – Apr 43401.205BR – May 43401.206BR – Jun Sun Tue		Dance \$85 41605.401 - Apr 41605.402 - May 41605.403 - Jun		
2-3pm							
3-4pm							
4-5pm							
5-6pm	Kids	Kids	Kids	OPEN TRAINING mma meetings rehearsals			
6-7pm	Dance	Music/Adult Intro	Dance				
7-9pm	Adult	Adult	Adult		All Levels class & RODA		

Axe Music

Music is an essential part of Capoeira. Our music classes encompass music from Capoeira, Maculelê, Maracatu, Afro, Samba, Samba-Reggae, Afoxé and others. It is important for a Capoeirista to be well rounded in all aspects of the art, including the music.

Axe Dance

At Axe Capoeira We offer a wide range of popular Brazilian and Afro-Brazilian dance classes, from samba to folkloric northeastern Brazilian dance. These classes encompass the full flavour of Brazil and will keep anyone engaged and challenged, regardless of level or expertise.

Wanting to try Capoeira and see what it's all about? Register for a 1 month introduction class. Introduction classes are on Sun 12-1pm and Tue 6-7pm.

TROJAN HORSE SCHEDULE						
TIMES	MON	TUE	WED	THU	FRI	SAT
10-11am						Open to all ages
11am-12pm						Open to all ages
3-4pm		Yth 10-17		Yth 10-17		
4-5pm		Yth 10-17		Yth 10-17		
5-6pm	Comp Adult	Rec. Adult	Comp Adult	Rec Adult	Comp Adult	
6-7pm	Comp Adult	Rec Adult	Comp Adult	Rec Adult	Comp Adult	

Trojan Horse Amateur Boxing

Britannia has partnered with Trojan Horse Amateur Boxing in providing a program unlike any other. Learn the sweet science of boxing by training with head coach William Kennedy. Learn classic boxing technique while having access to a unique training facility including a full size ring, punching/speed bags, circuit training and training mitts and gloves. Saturday classes are open to all ages 10am-12pm. Please note if you are interested in competitive boxing classes you must contact the instructor first.

Adult

43302.201BR
Tue Thu 5:00-7:00pm Apr
Gym C Trojan Horse \$75 /mo

43302.202BR
Tue Thu 5:00-7:00pm May
Gym C Trojan Horse \$75 /mo

43302.203BR
Tue Thu 5:00-7:00pm June
Gym C Trojan Horse \$75 /mo

Youth

33302.201BR
Tue Thu 3:30-5:00pm April
Gym C Trojan Horse \$75/mo

33302.202BR
Tue Thu 3:30-5:00pm May
Gym C Trojan Horse \$75/mo

33302.203BR
Tue Thu 3:30-5:00pm June
Gym C Trojan Horse \$75/mo

Adult Sports & Fitness

Ball Hockey - Wed Co-Ed

Come on out for a fun, recreational game of ball hockey with no body checking - all skill levels welcome. Protective gear optional, but recommended. Plastic sticks provided, no wooden sticks allowed. Great practice for goalies! Drop-ins \$6 space permitting only, so register early! No session May 27th.

43403.203BR

Wed 7:15-8:45pm Apr 1-Jun 3
Gym D T. Wells \$45 /9 sess

Ball Hockey - Women

The focus is on fitness and fun. Skill levels vary from beginners to advanced. We are a fun and friendly group to play with, and beginners are very much welcome! Teams are divided accordingly to skill level at the beginning of the game. Please bring a black and white t-shirt to split the teams. Sticks are provided at the community centre, but you may also bring your own stick (plastic, wood, composite are ok). Shin pads and gloves are optional but recommended. \$5/ drop-in space permitting. No session June 7th and 28th.

43403.201BR

Sun 4:15-6:00pm Apr 12-Jun 28
Gym D C. Eneas \$40 /10 sess

Basketball

No drop-ins. No session Jun 7.

43405.201BR

Sun 2:00-4:00pm Apr 12-Jun 28
Gym C S. Yan \$50 /11 sess

43405.202BR

Sun 4:00-6:00pm Apr 12-Jun 28
Gym C S. Anderson \$50 /11 sess

Intro to Fencing - Adult

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

43407.201BR

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



Indoor Soccer - Women

This is a recreational program. All types of fitness and skill levels currently participate, so expect it to be low-key, limited body contact, clean, fun play. (Registered players please arrive by 6:15pm to hold your spot). A total of 15 spaces allotted. \$5/drop-in space permitting. No session April 30th and May 21st.

43409.201BR

Thu 6:00-7:30pm Apr 2-Jun 25
Gym D T. Harley \$50 /11 sess

Volleyball - Adv Fri

An understanding of more advanced play (ie 6-2). A total of 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$4.75/drop-in.

43413.203BR

Fri 7:00-10:00pm Apr 10-May 29
Gym A/B R. LeBlanc \$36 /8 sess

Volleyball - Beg Thu

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

43413.201BR

Thu 7:00-9:45pm Apr 2-May 28
Gym A/B R. LeBlanc \$41 /9 sess

Volleyball - Int Tue

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

43413.202BR

Tue 7:45-10:00pm Apr 7-May 26
Gym A/B R. LeBlanc \$36 /8 sess

Badminton

Fri

Total of 30 spaces (registered & drop-ins) Drop-ins space permitting. \$5.00/drop-in. No Session Jun 5th

43412.202BR

Fri 7:00-9:45pm Apr 10-Jun 26
Gym C A. Leung \$53 /11 sess

Sat

Total of 30 spaces (registered & drop-ins) Drop-ins space permitting \$5.00/drop-in. No session May 16th, June 6th and 13th.

43412.203BR

Sat 1:30-5:00pm Apr 11-Jun 27
Gym C A. Leung \$44 /9 sess

Adult Health & Fitness

Body Conditioning

A class designed to challenge every muscle group with the use of weights, bands, and tubes including a cardio component. Increase strength, balance and flexibility. Purchase drop-in tickets at pool office. \$39.40/10 tickets. No session Jun 23rd.

43901.202BR

Tue 6:00-7:00pm Apr 7-Jun 30
Gym C A. Riley \$4.75 /12 sess

Dance Aerobics

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

43902.201BR

Thu 6:00-7:00pm Apr 2-Jun 25
Gym C A. Riley \$4.75 /13 sess

Osteofit (Mon)

Osteofit, a gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. It is taught by specially trained Osteofit fitness instructor. Drop-in \$6, space permitting. No class May 18th.

43806.201BR

Mon 11:00am-12:00pm Apr 13-Jun 29
CFEC B. Bahrami \$61 /11 sess

Salsa Fit

An invigorating and energizing cardio combining High/Low impact aerobics with a salsa flare - great music, lots of fun. Includes a muscular strength component and stretching. Please purchase drop-in tickets at pool office 39.40/10 tickets. No session May 16th, June 6th and 13th.

43901.201BR

Sat 10:00-11:00am Apr 11-Jun 27
Gym C D. Galay \$4.75 /9 sess

Program Committee Meetings

Join this exciting Committee which meets every 2nd Tuesday of the month to talk about site wide programs and events and community needs at Britannia. This committee also reviews and communicates motions from program sub committees to the Britannia Board of Management. For more information on how to join contact lori.moretto@vancouver.ca

Adult Martial Arts

ZUMBA® Fitness

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

Mon May 25 Free Trial

Session 1

43906.201BR

Mon 6:00-7:15pm Apr 13-May 11
Gym C D. Galay \$40 /5 sess

Session 2

43906.203BR

Mo 6:00-7:15pm Jun 1-Jun 29
Gym C D. Galay \$40 /5 sess

Wed Apr 1 Free Trial

Session 1

43906.205BR

Wed 6:00-7:15pm Apr 8-May 13
Gym C D. Galay \$48 /6 sess

Session 2

43906.207BR

Wed 6:00-7:15pm May 20-Jun 24
Gym C D. Galay \$48 /6 sess

Foundations of Mindfulness 1

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

45419.202BR

Tue 6:30-8:30pm Apr 7-May 5
FAR S Yang \$49/5 sess



Adult Martial Arts

Aikikai Aikido

Based on traditional Japanese hombu style, aikikai aikido is a powerful, dynamic martial art that uses an attacker's momentum and energy and redirects it through fluid techniques that may involve joint locks, throws and pins. This class will include both basic and higher level techniques suitable for both beginners and advanced students. \$10/ drop-in, space permitting.

43402.201BR

Sun 10:30am-12:00pm Apr 12-Jun 28
Mat Rm T. Hind \$104 /12 sess

Ki Aikido - General

A non-competitive and positive practice that develops calmness, stability and confidence to reduce the stresses of daily life and eliminate the fear of living. We work with partners to learn how to develop mind and body coordination, stay relaxed and centered under pressure, extend our minds and flow lightly in dynamic movements. Beginners can take one free session before deciding whether to register. www.canadiankifederation.com Drop-in \$10. No class May 17

43501.201BR

Sun 4:00-6:00pm Apr 12-Jun 28
Mat Rm L. Liew \$66/11 sess

Ki Aikido - Higher Grade

1st Kyu or more advanced students. \$5/ drop-in. No session May 18th.

43501.203BR

Mon 7:30-9:30pm Apr 13-Jun 29
Mat Rm W. Nagata \$33 /11 sess

Ki Aikido - Intermediate

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

43501.202BR

Wed 7:30-9:30pm Apr 8-Jun 24
Mat Rm W. Nagata \$72 /12 sess

Ki-Aikido - Women's Intro.

The purpose of the practice is to learn to co-ordinate our mind and body, through enjoyable exercise, and this will then enhance the quality of our lives. We work with partners to learn how to stay relaxed and centered under pressure, flow lightly in dynamic movements. Classes are suitable for all levels of fitness. Beginners can take one free session before deciding whether to register. This class is trans-inclusive. Drop-in \$7, space permitting.

43404.201BR

Tue 6:00-7:15pm Apr 7-May 26
Mat Rm E. Aspinwall \$45 /8 sess

Tai Chi - 24 Form (Beg)

Tai Chi is a martial art, which uses the soft to defeat the hard. It is a study of natural movement and structural alignment to optimize the flow of energy, or Qi, in the body. Balancing Yin and Yang energies. The slow and graceful movements of Tai Chi condition the muscles and joints, circulate energy through the channels and organs, and develop inner balance and tranquility. \$16/drop-in. No class May 18th.

43505.203BR

Mon 7:00-8:00pm Apr 13-Jun 29
Gym D K. Maclean \$165 /11 sess

Tai Chi - Qigong - All Levels

We will study a series of Qigong movements to mobilize Qi and address blockages in various parts of the body, including the limbs and joints, muscles and tendons, blood vessels, internal organs, and meridians. The movements are easy and comfortable. Suitable for beginners. \$16/drop-in. No class May 18th.

43505.204BR

Mon 8:00-9:00pm Apr 13-Jun 29
Gym D K. Maclean \$165/11 sess

Tai Chi - The Five Elements of Xing Yi

In this course, we will explore the 5 Elements of Xing Yi Quan, an internal martial art dating back to the 12th Century (Song Dynasty) China. The 5 Elements are applicable as a system of self defense, but also have a Qigong (Ch'i Kung) aspect. This course should be of special interest to those who have studied the Sun Style Tai Chi, as the 5 Elements express themselves in myriad ways in that form. \$16/drop-in. No class May 18th.

43505.202BR

Mon 6:00-7:00pm Apr 13-Jun 22
Gym D K. Maclean \$150 /10 sess

Tai Chi – Traditional Yang Style 108 Form

The Classical 108 Form, also known as the "long form," will take almost a year to complete, and is more suitable for those who have some previous experience of Tai Chi. \$16/drop-in.

No class May 18th.

Yoga & Pilates

Iyengar Yoga - Level 1

Physically energizing, deeply relaxing and emotionally uplifting. This program offers instruction in classical yoga with an emphasis on self awareness and development of strength, stamina, flexibility, balance, breath, and body awareness, postural alignment and relaxation. It will accommodate all levels of fitness and ability and is taught with clarity, creativity, attention to detail and sensitivity to individual needs. Safety, back and joint care, personal limits will be addressed. Instructor Claudia MacDonald has taught at Britannia for over 30 years and holds an internationally recognized Iyengar Yoga teachers' certificate. She has developed a thriving and highly respected Yoga program in the Grandview-Woodlands and Yaletown areas. Introductory/Ongoing Beginners.

44103.202BR
Tue 5:30-7:00pm Apr 7-Jun 23
CFEC C. MacDonald \$180 /12 sess

44103.203BR
Thu 7:00-8:30pm Apr 9-Jun 25
CFEC C. MacDonald \$180 /12 sess

Iyengar Yoga - Level 1/2

Beginner/Intermediate (Mixed Level).

44103.201BR
Tue 9:30-11:00am Apr 7-Jun 23
CFEC C. MacDonald \$180 /12 sess

Iyengar Yoga - Level 2

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

44103.205BR
Tue 7:00-8:30pm Apr 7-Jun 23
CFEC C. MacDonald \$180 /12 sess

44103.206BR
Thu 5:30-7:00pm Apr 9-Jun 25
CFEC C. MacDonald \$180 /12 sess

Iyengar Yoga - Level 3

Advanced - With Instructor's permission.

44103.208BR
Wed 5:30-7:15pm Apr 8-Jun 24
CFEC C. MacDonald \$180 /12 sess

Iyengar Yoga - Restorative / Gentle Yoga

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

44103.204BR
Wed 7:15-8:30pm Apr 8-Jun 24
CFEC C. MacDonald \$180 /12 sess

Kundalini Yoga

Feel rejuvenated through Kundalini Yoga - a technology that increases mindful body and breath awareness while providing an overall sense of well-being. The class will focus on balancing the heart and mind, aligning the spine, strengthening the immune system, lymphatic cleansing, and meditation. All levels of students welcome. Please bring a blanket to class. \$11.25/drop-in. No class May 18th.

44105.201BR
Mon 7:00-8:15pm Apr 13-Jun 29
CFEC B. Starcevic \$94 /11 sess

Power Pilates

Power Pilates uses the resistance of one's own body weight combined with conscious fluid movement, to learn the foundation Pilates series. You will build strength from the inside out, while increasing your range of motion and rebalancing your body. Power Pilates will stretch, strengthen, tone, and align, while eliminating excess tension and strain on the spine and joints. All levels welcome. \$12/drop-in, space permitting.

44005.201BR
Wed 10:00-11:00am Apr 8-Jun 24
CFEC A. Clark \$120/12 sess

Yogaflex

This flowing yogaflex class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Please visit www.clstevensfitness.com for more information. Please bring your own mats to this class. \$12/drop-in.

44100.202BR
Sun 10:15-11:15am Apr 12-Jun 28
CFEC CLS Fitness \$101 /12 sess



Pilates with Spice **NEW!**

This class focuses mainly on Pilates with a touch of Yoga, giving a full body workout to gain benefits from both techniques. Pilates exercises will help to connect with the core, greatly strengthen it and to mobilize and strengthen all the major joints in the body. Adding a touch of flow Yoga to spice it up, alternated with more Pilates abdominal work, and pranayama will increase the body's overall strength and flexibility and the mind's ability to find concentration and relaxation. \$15/drop-in, space permitting.

44201.201BR
Session 1
Mon 6:30-7:30am Apr 13-May 11
CFEC S. Kauhausen \$64/5 sess

44201.202BR
Session 2
Mon 6:30-7:30am May 25-Jun 29
CFEC S. Kauhausen \$76/6 sess

Power Yoga

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

44305.201BR
Session 1
Wed 6:30-7:30am Apr 8 - May 13
CFEC S. Kauhausen \$76/6 sess

44305.202BR
Session 2
Wed 6:30-7:30am May 20-Jun 24
CFEC S. Kauhausen \$76/6 sess

Hatha Flow

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

44304.201BR
Session 1
Thu 6:30-7:30am Apr 9-May 14
CFEC S. Kauhausen \$76/6 sess

44304.202BR
Session 2
Thu 6:30-7:30am May 21-Jun 25
CFEC S. Kauhausen \$76/6 sess

Adult Arts & Culture

Art for The Inner I - The Souls Journey

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

42315.200BR

Thu 6:30-9:00pm May 7-28
AC Rm R Clarke \$110 /4 sess

Art for the Inner I - Visual Poetry

'A picture speaks a thousand words'. Through simple yet powerful art therapy practices, bring out what lives inside you longing to be expressed. As you learn to understand your unique visual language, your creations help nourish and heal your inner self. A range of media are provided to inspire you. For all skill levels. Rose is a Registered Clinical Counsellor and Professional Art Therapist. roseclarke.com for more information

42318.202BR

Sun 1:30-5:00pm 19-Apr
AC Rm Rose Clarke \$55 /1 sess

Freehand Perspective Drawing

This course is for students who are interested in progressing their 2D design ideas into 3D designs using freehand perspective. They will learn how to draw landscapes, buildings, streets, interior designs, figures, etc. In every session they will finish an amazing artwork. Mohammad Atashzad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has published more than 500 watercolour paintings in colour such as greeting cards, posters, albums and books. Visit: www.atashzad.com. Supplies are not included.

42002.203BR

Wed 5:00-7:00pm Apr 8-Jun 10
Rm 210 M Atashzad \$145 /10 sess



Reckless Painting

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

42203.200BR

Tue 7:00-9:00pm Apr 21-May 19
Rm 210 A Orsini \$70 /5 sess

Reckless Painting for Guys

If you're like most guys, you've found very little time to see how creative you are... or could be. Check out how your work & life can benefit from a bit of space to paint without excuses, and without asking for anyone's permission. Take 1-day out of your ordinary to drop the doubt. Guided exercises will undo the anxiety from school art classes that has buried so many people's creativity. All materials included - that means painting shirts and blindfolds! More info: recklesspainting.ca/for-guys/ or email info@recklesspainting.ca

42203.203BR

Sat 9:30am-3:30pm 2-May
Rm 210 A Orsini \$40 /1 sess

Reckless Painting for Mothers Day

Moms take a day for yourself this Mothers Day weekend. Join in guided exercises that will undo the anxiety that buried so many people's creativity back when they were in school. All materials included - that means painting shirts and blindfolds! More info: recklesspainting.ca/courses/1-day-course/ or email info@recklesspainting.ca

42203.202BR

Sat 9:30am-3:30pm May 9
Rm 210 A Orsini \$40 /1 sess

Watercolour Painting

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

42002.201BR

Wed 7:00-9:00pm Apr 8-Jun 10
Rm 210 M Atashzad \$145 /10 sess

Salsa Cubana & Rueda De Casino - Beg

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

41615.200BR

Tue 7:30-9:00pm Apr 21-Jun 9
Gym C C Pena \$120 /8 sess

Salsa Cubana & Rueda De Casino - Int 1

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

41615.201BR

Wed 7:30-9:00pm Apr 22-Jun 10
Rk Mezz C Pena \$120 /8 sess

Salsa Cubana & Rueda De Casino - Int 2

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

41615.202BR

Thu 7:30-9:00pm Apr 23-Jun 11
Gym C C Pena \$120 /8 sess

Salsa Cubana & Rueda De Casino - Advanced

This class is for those who have completed the Intermediate and are already familiar with Rueda moves like Vacilala, Casate, Sombrero, Setenta, La Ye, Pelota, La Prima, La Rosa etc. In this class, you will learn some complex variations of these moves, such as Casate y Complicate, Sombrero Complicado, Setenta Complicado, etc. as well as moves involving 2 couples. No Drop ins.

41615.203BR

Fri 7:00-8:30pm Apr 24-Jun 5
CFEC C Pena \$105 /7sess

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. Enrolling in level two requires taking level one or permission from the instructor. Rental drums are available during class times. Drum rentals are to be arranged with the instructor at the first class. For more info visit www.drumming.ca or call the instructor at (604) 253-2114.

41101.200BR

Wed 6:30-8:00pm Apr 15-Jun3
Cafe R Shumsky \$120 /8 sess

African Drumming Level 2

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

41101.201BR

Wed 8:10-9:40pm Apr 15-Jun 3
Cafe R Shumsky \$120 /8 sess

African Drumming: Beginner Drop in Workshop

These workshops teach basic rhythms and techniques for the West African djembé drum. They are for total beginners or for drummers with some experience who want to work on the basics. It's about having fun and learning to drum in a small class setting. Dunun drums will be supplied, or you are welcome to bring your own. More information at www.drumming.ca

41102.203BR

Sat 2:30-4:00pm Apr 11
CFEC R Shumsky \$15 /1 sess

41102.204BR

Sat 2:30-4:00pm May 2
CFEC R Shumsky \$15 /1 sess

41102.205BR

Sat 2:30-4:00pm May 23
CFEC R Shumsky \$15 /1 sess

41102.206BR

Sat 2:30-4:00pm Jun 6
CFEC R Shumsky \$15 /1 sess

African Drumming: Drop-in Dunun Classes

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

41102.201BR

Sat 12:00-1:30pm Apr 18
Cafe R Shumsky \$15 /1 sess

41102.202BR

Sat 12:00-1:30pm May 9
Cafe R Shumsky \$15 /1 sess



Carnival Band Workshops

Looking for an excuse to dust off that horn (accordion, glockenspiel...) in the back of your closet, dress up and play in the street? Looking for a way to bring a little music and colour to your community? The Open Air Orchestra Society invites you to our street band workshops, led by the incomparable Ross Barrett, Tim Sars, and various guest instructors. All levels/ages welcome; stop by just to listen and dance if you like! Suggested donation is one hour's wage per month. \$5/pay-what-you-can drop-in. No class May 18

61901.200BR

Mon 7:30-10:00pm Apr 13-Jun 29
AML T Sars 11 sess

The Drive Street Band

We are a community music band and we play songs ranging from Swing, Jazz, Latin, Old time songs to original compositions. We welcome anyone interested in joining this band, regardless of age or musical experience. Some music reading ability is helpful, (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. Stop by anytime and come listen. For more information contact: drivestreetband@gmail.com www.drivestreetband.com \$2- \$5 donation at rehearsals held at the AML (55+Centre)

61122.200BR

Sun 3:00-5:00pm Apr 12-Jun 28
AML C Sweet/T Whitridge 12 sess

Femme City Choir

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

61002.200BR

Thu 7:15-9:15pm Apr 9 - Jun25
AML K Parnell 12 sess

Grandview Garden Club

Grandview Garden Club meets at 7:00 p.m. every second Thursday of the month in the hall at 1739 Venables Street. Knowledgeable speakers tackle subjects such as pruning, vegetable growing, attracting bees and butterflies, and garden design. Novice gardeners and experienced green thumbs welcome. Annual membership \$20/ Drop-in \$4. More information at www.grandviewgardenclub.blogspot.com

Adult Arts & Culture

Britannia Art Gallery

Exhibitions

Apr 1 - May 1

Play Architecture of Dreams

Opening Reception:

Wed Apr 1 6:30-8:30 pm

In this exhibition Heidi Kerr presents a multi-sculptural installation developed from her dream world.

May 6-29

Paintings and Water Color and Inks by: Evaly

Opening Reception

Wed May 6 6:30 - 8:30pm

Paintings in watercolour and inks by Evaly Digital and photographic exhibition by Britannia Centre Youth

Opening Reception

Wed, Jun 3, 6:30 - 8:30 pm

Aboriginal exhibition TBA

Artist Talks

Wed Jun 17 7:00 pm

Aboriginal artist TBA



Greenest City Initiative

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

Vancouver.ca/greencity



Workshops

T- Shirt And Fabric Silk-Screening Workshop

This hands-on workshop teaches participants how to transform plain T-shirts and scrap fabric into interesting graphic shirts and artful patches. Silk-screening is a fun and simple medium. The workshop will end with a warm welcome to the Purple Thistle Centre which has a fully functioning silk-screening set-up. Its (a free arts and activism space located just a few blocks away. Participants are required to bring used T-shirts and clothes from home that need some decoration. Register in person at the Britannia Info Centre, phone in at 604.718.5800, press 1 or go online at britanniacentre.org. Children under 9 years must be accompanied by a guardian.

62013.201BR

Sun 1:00pm-4:00pm Apr 26,
RAR A Yip FREE

DIY Cedar Bark Bracelet Workshop

Come learn to make fashionable bracelets that you can wear or give as a gift. With this workshop (Equipment and Supplies provided), Todd DeVries, a Haida Weaver, will be teaching you how to make a cedar bark bracelets using two weaving techniques, such as coiling (wrapping) and plaiting (checkerboard pattern). Todd DeVries is a Haida Weaver, born into the Tsij Git'aneen clan of Haida Gwaii. Register in person at the Britannia Info Centre, phone in at 604.718.5800, press 1 or go online at britanniacentre.org. Children under 9 years must be accompanied by a guardian.

62013.202BR

Sun 1:00pm-4:00pm Jun 21
RAR T DeVries FREE

Writing from the Body

Through mindfulness techniques, evocative visual prompts and simple physical exercises you will find your inner voice and delve into deep experiences of life that lay stored within the body. Suitable both for writers who want to break through writing blocks, connect with their imagination or add vibrancy to their writing, as well as for participants who want to explore creative expression as a means towards an increased sense of inner peace and connection.

42400.200BR

Sat 12:00pm-2:00pm Apr 25
AML C De Kock \$20/sess



Why volunteer with us?

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

Volunteers will have the opportunity to:

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

For more information, please contact Mawi Bagon at 604.718.5860 or mawi.bagon@vancouver.ca. Visit our website www.britanniacentre.org and download a copy of our Volunteer Application Form to get started.



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.

42201.200BR

Tue 7:00-9:00pm Apr 21-Jun 9
Rm 208 H Spaxman \$165 /8 sess

Pottery - Continuing

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

42201.201BR

Wed 6:30-9:00pm Apr 22-Jun 10
Rm 208 H Spaxman \$190 /8 sess



A Writing Journey **NEW!**

In a fun and supportive environment engage in spontaneous journaling and explore the depths and corners of your life. Evocative visual imagery, archetypal story motives and mindfulness techniques will guide you on this journey and help you to release your inner writing voice.

42400.201BR

Sat 2:30pm-4:30pm May 2
AML C De Kock \$20/sess

Grandview Woodland Food Connection (GWFC)



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

Britannia School Garden Fundraiser

Join us for the 5th annual School Garden Fundraiser featuring some very special food storytellers, full dinner prepared by Britannia students, open bar and silent auction. All funds raised will support the Britannia School garden, the Eastside Family Centre Little Sprouts garden program, and the Segs Girls School in Tanzania with whom Britannia has twinned with funds to be used for garden materials, tools, seeds, plants, and training.

Sat, May 23 6:00pm
1739 Hall

Tickets \$25 Ticket purchase: 604-718-5895

Britannia Community Kitchen

Community kitchen participants come together every few weeks to cook and eat nutritious meals together. While also saving money on groceries. Our kitchens are diabetic friendly. We also provide child-minding. These are full subsidized community kitchens designed for households who are struggling financially. Info: 604.718.5895

Britannia Bulk Buy Food Club

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

A Taste of Latin America- Pupusa Workshop

Discover Latin American Cuisine in this two part cooking workshop! Vancouver being multi-ethnic and rich multicultural the Pupusa has gained popularity in the past few years. Made from corn flour and shaped by hand, both dishes can be adapted to delight vegan, gluten-free, vegetarian and meat eaters alike. Participants will learn the basics and techniques on how to build a Pupusa from scratch with various fillings, along with special salsas and pickled veggies. You will have a chance to taste this delightful treat! Bring your aprons and your palates and join the former owner and chef of El Cocal restaurant

42602.202BR

Sun 2:00-5:00pm May 17
PTR E Cruz \$30 /1 sess

A Taste of Latin America- Tamales Workshop

Discover Latin American Cuisine in this two part cooking workshop! Vancouver being multi-ethnic and rich multicultural the Tamale have gained popularity in the past few years. Made from corn flour and shaped by hand, both dishes can be adapted to delight vegan, gluten-free, vegetarian and meat eaters alike. Participants will learn the basics and techniques on how to build a Tamale from scratch with various fillings. Bring your aprons and your palates and join former owner and chef of El Cocal

42602.203BR

Sun 2:00-5:00pm May 24
PTR E Cruz \$30 /1 sess

Homemade Yogurt & Kefir Making

Yogurt and kefir are fermented dairy products packed with probiotics, beneficial bacteria required by our bodies for good digestion, a strong immune system, and all around great health. Scientific studies have found many health benefits associated with the regular consumption of these traditional foods. Come learn some of the health benefits of these foods, and how to make live and active culture yogurt and kefir at home with no special equipment. Bring two small jars to take away some starter culture.

42603.201BR

Sun 3:00-5:00pm Apr 19
PTR N Boroumand \$15/1 sess

Mason Bees & Cherry Trees: Feeding our Urban Polli

Madame Beespeaker shares her passion for bees in a workshop on the essential role blue orchard mason bees play in our urban food security. Learn which plants feed mason bees and what you can do to help bees of all stripes in your neighborhood. Take home some seeds to start your own pollinator garden.

42602.201BR

Sun 3:00-4:30pm Jun 14
LRC L Weidenhammer \$15 /1 sess

AML - 55+ Programs

Join a Group

55+ AML Book Club

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

52202.200BR

Wed 2:45-4:45pm Apr 15, May 20, Jun 17
AML VPL host FREE

Square Dancing

New members always welcome. *to register drop in and ask for Dana.

Wed 7:00-9:00pm Apr 1-Jun 24
AML Dana

Vancouver Morrismen Dance

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

Tue 7:30-9:30pm Apr 3-Jun 26
AML

Art & culture

Quirk-e AHS Project

Members of the Queer Imaging and Riting Kollektive for Elders (Quirk-e) have been working together since 2006 to turn conventional wisdom on its head, shedding light on queer seniors' experiences through a variety of creative practices. (Applications for waiting list available)

Wed 10:00am-12:00pm Apr 1-Jun 24
AML Claire & Kelsey

Urban Aboriginal Elders AHS Project

Arts and Health Project First Nations and Urban Aboriginal Elders will work with Mike Dangeli, a Nisga'a Tsimshian Tlingit Artist and Carver, and Leader of the Git Hayetsk Dancers, to make art together that explores West Coast Indigenous culture. (Applications for waiting list available) To Apply please contact: Anne Cowan (Britannia) 604-718-5837 or Margaret Naylor (Moberly Arts) 604-718-5857

Thu 1:00-4:00pm Apr 2-Jun 25
CFEC AHS Project

Sunday Night Series

The Great Movies

Join us for our seasonal series. Drama, Comedy, Adventure, Musical, Suspense, Sci-Fi, or Documentary. We've got everything. Join Tom and John for evenings of watching and discussing the great movies of all time. Friendly and inclusive; ALL AGES WELCOME. Unlimited Popcorn. *Free but please register if you're joining us for a movie or two or three.

54580.200BR

Sun 6:00-9:00pm Apr 5-Jun 28
AML John & Tom FREE

Fitness and Sport

Badminton 55+ Mon/Tue

55+ Badminton - Every Monday & Tuesday, lots of fun! 5 courts. Volunteers and all our regulars will make you welcome. \$16/season

52100.202BR

Mon Tue 11:20am-12:35pm Apr 7-Jun 30
Gym C \$25 /25 sess

Badminton 55+ Wed/ Thu

Every Wed & Thu, lots of fun! 5 courts \$16/season

52102.202BR

Wed Thu 11:20am-12:35pm Apr 1-Jun 25
Gym C \$26 /26 sess

Badminton 55+ Sat

Saturday 55+ Badminton Volunteer and all our regulars will make you welcome. April and May - No June Classes \$16/season *New Drop-In Fee for Saturday Only \$3

52103.202BR

Sat 2:00-4:00pm Apr 4-May 30
Gym A \$16 /9 sess

Carpet Bowling

A fun and slightly competitive game for all ages. It's good exercise, social and just the right amount of physical activity to get your day going. Please join us at our new location. 1739 Venables and Commercial. Every Tuesday. Free No Class

52001.200BR

Tue 10:00am-12:00pm Apr 7-Jun 30
1739 Venables FREE

Gentle Yoga 55+ Mon

Classes are adaptable - everything from a series of restorative asanas (poses) to Vinyasa flow (regular Hatha). Restorative yoga is sequenced to gently open, stretch and massage tired, overworked, or stressed muscles and deep connective tissues. Hatha classes are a sequence of poses, (Vinyassa Flow), which provides the student with increased flexibility, strength and mindful body awareness. Hatha practise will warm up the muscles, instead of resting the muscles, increase muscular elasticity and strengthen skeletal alignment. \$12/drop-in.

54101.201BR

Mon 2:00-3:15pm Apr 20-Jun 1
CFEC Gary Quon \$54 /6 sess

54101.202BR

Mon 2:00-3:15pm Jun 8-Jul 13
\$54 /6 sess

Gentle Yoga 55+ Wed

54101.203BR

Wed 2:00-3:15pm Apr 8-May 13
CFEC \$54 /6 sess

54101.204BR

Wed 2:00-3:15pm May 20-Jun 24
CFEC \$54 /6 sess

Osteofit

Join BC Women's Hospital & Health Centre's Osteofit, a gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This unique and fun program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. It is taught by specially trained Osteofit fitness instructor. Drop-in \$6, space permitting. No class May 18th.

43806.201BR

Mon 11:00am-12:00pm Apr 13-Jun 29
CFEC Berdjis Bahrami \$61 /11 sess

Finding Your Balance

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

52222.203BR

Thu 10:45-11:45am Apr 9-May 14
CFEC Carol Wenzel \$50 /6 sess

52222.204BR

Thu 10:45-11:45am May 21-Jun 25
CFEC \$50 /6 sess

AML - 55+ Programs

Line Dancing 55+ Beg.

This fun and relaxing beginners class that will keep you fit and smiling. Anita is our Volunteer Instructor

52901.200BR

Tue 1:00-3:00pm Apr 7-Jun 30
CFEC Anita (Volunteer) \$20 /13 sess

Seniors Ballroom Dancing

Fun in the afternoon. Learn the Cha-cha, Rumba, East Coast Swing and the Hustle.

So much fun!

52903.200BR

Tue 1:00-3:00pm Apr 7-Jun 9
TBA Gary Quon \$50 /10 sess

Strength Training for Seniors Beginner (55+ yrs)

We will show you how to use the cardio and weight equipment for a safe and effective workout. Pre-register by May 11 so that a confidential health screening can be done.

44009.201BR

Fri 9:00-10:00am May 15-Jun 5
FC J. Stanier \$20/4 sess

Strength Training for Seniors Intermediate (55+ yrs)

Introductory strength training for seniors also appropriate for individuals who have been training for a number of years. Expand on your repertoire of exercises. Pre-register by Jun 8

44008.201BR

Fri 9:00-10:00am Jun 12-Jul 3
FC J. Stanier \$20/4 sess



Spring Fling **NEW!**

Lunch, music and flowers...

55800.200BR

Fri 1:00-4:00pm May 22
AML \$5/1 sess

55+ Social Walking Club

'Best Foot Forward' Recreational, social, and educational. Enjoy Saturday mornings with us (weather permitting). We plan our walks together and you'll see our city like you never have. New members are always welcome! Remember to bring bus fare!
*meet in the 55+ Centre (AML)

53010.201B

Sat 11:30-1:30pm Apr 25 - Jun 27
Volunteer Leaders Free



Bus Tours

Meet outside the 55+ Centre

Britannia Mines

Visit the newly renovated Britannia Mine Museum featuring the Underground Adventure Tour! This tour includes the Britannia Mine's underground train, new exhibits, galleries, a visit into the Historic Mill Building, gold panning pavilion and a 2 course lunch on the Squamish River at the popular Watershed Grill. Finish the day at the Squamish Adventure Centre for the screening of the educational and entertaining 40 minute film 'In the Shadow of the Chief'. Please note: 48 steps lead to the underground train. Activity Level: Moderate. package includes: Underground Adventure Tour Underground train Lunch Watershed Grill All fees and taxes

54571.200BR

Wed 8:30am-5:00pm Apr 29 \$89

Hell's Gate Bridal Falls+Othello Tunnels

The Fraser Canyon is filled with natural scenic beauty highlighted by Hells Gate, Bridal Falls and Othello Tunnels. Begin at Bridal Veil Falls Provincial Park with a short 25 minute walk to a waterfall that cascades down the rocks from 60 meters above. The name of the park comes from the waterfall as it's smooth rock is said to create a 'veil like' effect from the falling water. Next visit Hell's Gate, an abrupt narrowing of British Columbia's Fraser River, located immediately downstream of Boston Bar in the southern Fraser Canyon. Take your breath away on the Hell's Gate Tram Ride, walk the short suspension bridge and visit the village for lunch and museum to enjoy the natural environment and history. Finish at Coquihalla Canyon Provincial Park for a leisure walk through Othello Tunnels displaying great history, scenery and offering some of British Columbia's most beautiful landscapes. Activity Level: Moderate. package includes: Hell's Gate Tram Ride Lunch Hell's Gate Guided walk Othello Tunnels Picnic table dessert / refreshments guided walk Bridal Falls. All fees and taxes

54571.201BR

Thur 7:15am-7:00pm May 21 \$109

Cultus Lake Country Tour

Spring into Summer at Cultus Lake for an afternoon of sightseeing and good fun at the lake's Main Beach Gazebo and Chilliwack Circle Farm Tour stops. Walk along the boardwalk, take part in the bocce game or kite flying (optional) and relax in our reserved day use lake front picnic area. This tour includes lunch at Hofstede's Country Barn, afternoon desserts and refreshments served under Cultus Lake's Main Beach Gazebo and stops at a Circle Farm tour favorites<p>Chilliwack River Valley Natural Honey and Smits & Co.w Farm Cheese for the freshest gouda cheese! Activity Level: Easy. package includes Cultus Lake Main Beach Gazebo day use reservation Lunch at Hofstede's Country Barn Afternoon desserts and refreshments Chilliwack River Valley Natural Honey Smits & Co.w Farm Cheese Cultus Lake sightseeing. All fees and taxes

54571.203BR

Fri 8:00am-5:00pm Jun 26 \$89

AML - 55+ Programs

Social

Cards Whist / Cribbage / Bridge & Majong

Welcome for fun and friendly games
Please Register

52204.200BR

Mon 1:00-4:00pm Apr 6-Jun 29
AML FREE

Knitting Social

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

52201.200BR

Wed 1:00-3:00pm Apr 1-Jun 24
AML FREE

Table Tennis and Billiards

55+

Morning social in the Teen Centre. Drop-in for some good fun!

53004.202BR

Wed 10:30-12:00pm Apr 4-Jun 27
Teen Centre FREE

Latin American Seniors Social

Friendly, happy group meet for bingo, music, snacks and much more every Friday (In partnership with REACH Family Services)

Fri 12:30-3:00pm Apr 10- Jun 26
1739 Venables FREE

Lunch at the 55+ Centre

Mon, Thu, Fri Drop-in at 12noon

We have wonderful Linda who's dinners are just what your looking for on Mon & Fri. **Thu.** - lunch is prepared by one of our own seniors, always fantastic. Everyone welcome *Pot Luck on the last Thu. of every month...

Mon Thur Fri 12:00-1:00pm Apr 9-Jun 26
AML \$5

Pot Luck Lunches 55+

Come feast with us. The last Thu. of the month everyone brings a dish to share and a feast appears! Loads of fun! *Senior's Committee to follow at 1:30pm

Thur 12:00-1:00pm Apr 30 May 28 Jun 25
AML FREE

Health & Wellness

Friday Morning Wellness Program

Morning Wellness includes, blood pressure, blood sugar and weight screening. Up to date information pertinent to aging and health. RN Monica will also be available for Foot Care in the afternoons (604-228-0261) *Look for our afternoon workshops!

51900.200BR

Fri 11:00am-12:00pm Apr 10-Jul 3
AML M. Renard, RN FREE

Foot Care

Foot assessment, therapeutic foot bath, toenail trimming and cleaning, reduction of thickened nails, treatment for corns and calluses, diabetic care, fungal nail treatment, relief for painful pressure areas. Finish with a mini foot massage. Teaching also provided to ensure healthy feet. Advanced foot care nurse. 30-60 minute per client. Call 604-228-0261 Monica R RN

Fri 12:30-3:30pm Apr 10-Jun 26
AML M Renard, RN

Exercise with Friends

This senior led video exercise group meets every Friday for easy-going weekly fun. Lunch afterwards in the 55+ Centre

Fri 10:30-11:30am Apr 10-Jun 26

Workshops

*in partnership with City of Vancouver, Britannia Centre and the BC Centre for Elder Advocacy. *Please register by calling Britannia 604 718 5800(1) FREE

Bullying between Older Adults in Communal Settings

This 60-minute workshop includes a presentation on bullying between older adults in communal settings (e.g. seniors' centres, assisted living housing), types of bullying behaviours and people involved, and strategies to deal with bullying.

54810.203BR
Thu 1:00-2:00pm Jun 5
AML



Seniors' Government Benefits Programs

This 90-minute workshop, facilitated by Nighat Afsar, BCCEAS' Legal Advocate, provides an informative overview to numerous federal and provincial government benefits for seniors – including Old Age Security (OAS), Guaranteed Income Supplement (GIS), Canada Pension Plan (CPP), Fair Pharmacare, BC Senior Supplement, SAFER.

54810.201BR

Fri 1:00-2:00pm April 17
AML

Earthquake Preparedness NEPP

Seniors and Youth Dinner and Workshop

Know the risks – Earthquake facts

Did you know that some of the largest earthquakes have happened in BC?

Make a plan – Prepare

Learn the information you need to keep yourself, your friends, your family and your home safe during an earthquake.

54810.204BR

Tue 4:00- 6:30pm April 21
AML

Frauds & Scams

This workshop focuses on common scams targeting older adults, offers strategies to protect themselves from scams, check for counterfeit bank notes and deal with financial abuse; and covers such resources as the National Do-Not-Call List.

54810.202BR

Fri 1:00-2:00pm May 8
AML



Aquatic Highlights

General Information

Enjoy the 25 metre main pool! The pool features a one metre diving board, slide and rope swing. Relax in the on-deck whirlpool, 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.

Statutory Holiday Hours

Apr 3	Good Friday	1:00-5:00pm
Apr 6	Easter Monday	1:00-5:00pm
May 18	Victoria Day	1:00-5:00pm

Admission Policy for Children

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

Special Events & Activities

Birthday Parties

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

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

Easter Eggstravaganza

Join us for an activity filled FREE public swim with Easter treats and games.

Sat 2:30-4:30pm Apr 4



Swim Descriptions

Adult Swim (19+ yrs)

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

Aquafit

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

Lengths Swim

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

Parent and Tot

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

Public Swim

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

Range of Motion (ROM)

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

Youth Swim (13-18 yrs)

The first Friday night of every month from 8:00-10:00pm is reserved for youth to swim and play with their friends. No public use of steam room or whirlpool. Free admission. May 1 and June 5.

Aquatic Schedule

Apr 1 to Jun 30, 2015. During some public swim sessions only part of the pool is available. The pool may be shared with Aquafit, lessons, school groups or swim club. Schedule is subject to change without notice.

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

Pool and Fitness Centre Fees 2015 (including GST)

	Drop-in	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$6.05	\$48.40	\$47.54	\$123.60	\$393.90	\$3.00
Youth (13-18)	\$4.30	\$34.40	\$33.28	\$86.55	\$275.75	\$1.00
Child (6-12)	\$3.05	\$24.40	\$23.77	\$61.80	\$196.95	\$1.00
Senior (55+)	\$4.30	\$34.40	\$33.28	\$86.55	\$275.75	\$1.00

Family = 1 to 2 adults of the same household and their children under 19 years of age. Minimum \$6.10 admission.

By purchasing a \$3.00 membership (valid Sep to Aug) you can work out FREE in the Fitness Centre every Tuesday & Friday from 10:00am to 12:00pm. Show your membership card to the cashier at the pool office before time of entrance.

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

Aquatic Lessons & Registration

Lesson Registration

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

Swim Assessments

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

Refunds & Cancellations

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

Red Cross Parent & Tot (4-36 mo)

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

Red Cross Preschool (3-5 yrs)

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

Red Cross Children (5-12 yrs)

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

Red Cross Swim Basics (16+ yrs)

Swim Basics is a two-level learn-to-swim program for adults and teens. These courses are designed to develop or increase swimmers' comfort in the water through basic floatation, movement and breathing skills and to foster the basic knowledge, skills and attitudes need to stay safe in, on, and around the water.

Swim Basics 1

Swim Basics 1 offers an introduction to swimming with a focus on front swim and back kick. No class May 18.

49031.201BR
Mon 8:00-8:45pm May 4-June 22
\$65.80/7 sess

Swim Basics 2

Swim Basics 2 focuses on developing front and back crawl, establishing comfort in deep water, and increasing the swimming distance.

49032.201BR
Tue 8:00-8:45pm May 5-June 23
\$75.20/8 sess

Red Cross Swim Strokes for Adults (16+ yrs)

Continuing from Adult level 2, Adult Strokes participants must be able to swim 50 metres continuously. Introduction to whip kick is taught as well as work on stroke mechanics of front and back crawl over a 25 metre distance.

49033.201BR
Wed 8:00-8:45pm May 6-June 24
\$75.20/8 less

Red Cross Fitness for Adults (16+yrs)

Adult Fitness is a length swim workout to improve conditioning and training, using adaptable swim workouts to train participants. Participants must be comfortable swimming 50 metres continuously.

49034.101BR
Thu 8:00-8:45pm May 7-June 25
\$75.20/8 less

Private & Semi-Private Lessons (all ages)

Register over the phone or in person for 30 minute private or semi-private lessons. Child Private \$27.95 / Semi-Private \$15.70 Adult Private \$32.90 / Semi-Private \$18.55

Swim Club (8-18 yrs)

This program emphasizes stroke development, starts and turns, and is a chance to make new friends. Swimmers must be at Skim Kids level five or higher. Register for the day or days you plan on attending. The more days you register, the better the deal!

29701.201
Tue 6:30-7:45pm May 5-June 23
29701.202
Thu 6:30-7:45pm May 7-June 25
29701.203
Sat 8:30-9:45am May 2-June 20
One day/week \$55/season
Two days/week \$80/season
Three days/week \$90/season

Bronze Medallion (13+ yrs)

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

39501.201BR
Sun 10:00am-3:00pm May 10-31
\$134/4 sess

Bronze Cross (15+ yrs)

Develop proficiency at patient assessments and water rescues, aquatic spinal injuries, CPR and first aid skills plus fitness training. Bronze Cross is one of the pre-requisite awards for all advanced lifesaving and lifeguarding certification courses. Bronze Cross is also worth 2 Grade 11 high school credits. Pre-requisite: Completion of Bronze Medallion. Additional manual charge \$35.

39502.201BR
Sun 10:00am-3:00pm Jun 7-28
\$134/4 sess

Aquatic Adventures (8-13yrs)

Join this recreational aquatic program aimed at stroke improvement and leadership development while also playing fun water sports and learning CPR! Ability to swim one 25 metre length of the pool is recommended.

Sun 2:30-4:00pm May 3-June 21
\$99/8 sess

Swim Lesson Fess 2015	5 lessons	8 lessons	11 lessons
Parent & Tot (30 min. parented)	\$33.15	\$50.94	\$68.73
Preschool (30 minutes)		\$50.94	\$68.73
Swim Kids 1-4 (30 minutes)		\$45.10	\$60.70
Swim Kids 5-10 (40 minutes)		\$50.94	\$68.73

Fitness Centre

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

Statutory Holiday Hours

Apr 3	Good Friday	1:00-5:00pm
Apr 6	Easter Monday	1:00-5:00pm
May 18	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.

Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists and physiotherapists. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$6.05 per client also applies.

Weight Training for Women - Beginner

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

44010.201BR		
Sat	10:00am-12:00pm	Apr 11-May 2
FC	V. Henderson	\$35/4 sess

Weight Training for Women - Intermediate

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

44011.201BR		
Sat	10:00am-12:00pm	May 23-Jun 13
FC	V. Henderson	\$35/4 sess



FREE Fitness Centre Tour

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

Fri	9:00-10:00am	May 8
-----	--------------	-------

Strength Training for Seniors Beginner (55+ yrs)

This six week course will show you how to use the cardio and weight equipment for a safe and effective workout. By the end of the course, you will have a written and personalized program that you will be able to continue to use on your own. Please pre-register by May 11 so that a confidential health screening can be done.

44009.201BR		
Fri	9:00-10:00am	May 15-Jun 5
FC	J. Stanier	\$20/4 sess

Strength Training for Seniors Intermediate (55+ yrs)

This four week course will build on the introductory strength training for seniors program and is also appropriate for individuals who have been training for a number of years. We will explore ways to intensify your cardio training and expand on your repertoire of exercises. Please pre-register by Jun 8 so that a confidential health screening can be done.

44008.201BR		
Fri	9:00-10:00am	Jun 12-Jul 3
FC	J. Stanier	\$20/4 sess

Supporting a participant?

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

Parent & Tot and Children's Spring Swim Lesson Sets (no lesson May 19)			
Mon-Starfish/Duck	9:00-9:30am	Apr 13-May 11 or May 25-Jun 22	5 lessons
Tue - Sea Otter	9:00-9:30am	May 5-Jun 23	8 lessons
Wed - Sea Turtle	9:00-9:30am	Apr 15-May 13 or May 20-Jun 17	5 lessons
Thu - Salamander	9:00-9:30am	May 7-Jun 25	8 lessons
Fri - Sunfish	9:00-9:30pm	May 8-Jun 26	8 lessons
Mon & Wed - Set 1	3:00-5:30pm	Apr 8-May 13	11 lessons
Mon & Wed - Set 2	3:00-5:30pm	May 20-Jun 24	11 lessons
Fri	3:00-5:00pm	May 15-Jul 3	8 lessons
Sat	8:30am-12:00pm	May 2-Jun 20	8 lessons
Sun	11:00am-2:30pm	May 3-Jun 21	8 lessons



ADULT HOCKEY PROGRAMS

Women's Hockey Program

This pick up hockey program is perfect for women who want to play hockey in a safe and inclusive environment. Encourage and be encouraged while continuing with your own hockey development. Full hockey equipment is mandatory. Limited drop-in spaces may be available. Program participants must sign in each week with the pool cashier. Drop-in participants must sign up in person with the pool cashier starting at 9:30am each Sunday.

48080.201BR

Sun 6:45-8:00pm **May 3-Jun 21**
\$40/8 wks or
\$6.05/drop-in

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.

Thu 11:15pm-12:45am **Apr 30-Jun 25**
All Levels **\$10.00 /drop-in**
***Sun 9:30-11:00pm** **May 3-Jun 28**

Intermediate
\$15.00/drop-in or \$50/month*

**Strip tickets are not valid during these sessions*

Adult Drop-in Hockey Adult

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

Wed 3:15-4:45pm **Apr 29-Jun 24**
\$6.05/drop-in

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.

Mon 11:15am-12:30pm **Apr 27-Jun 22**
Fri 12:00-1:30pm **May 1-Jun 26**
\$6.05/drop-in

Britannia Co-ed Hockey League

Take hockey back to the level it's meant to be played at; friendly & fun! The Britannia Co-ed League is perfect for novice to intermediate hockey players looking to play in a non-contact recreational hockey league in the "off-season". Full equipment is mandatory and all players must wear at least a half shield on their helmet. The league will run from Sat May 9-Aug 22, with evaluations taking place on Sat May 2. All players will be assessed and placed onto teams by the league coordinators. Games are played on Saturdays at 4:30, 6:00, 7:30 or 9:00pm.

Sat 4:30-10:15pm **May 9-Aug 22**

49090.201BR

Players: **\$250/16 games**

49090.202BR

Goalies: **\$80/16 games**

Britannia Women Only Hockey League

Britannia's popular Women's Hockey league will begin on Tue May 5, with an on-ice evaluation. Games will be played between May 12-Jul 28. This league is perfect for novice to intermediate players who wants to play organized recreational hockey this spring. Games are non-contact, non-aggressive and fun! Full hockey equipment is mandatory. All games are played on Tuesdays at 6:15 or 7:45pm. Players will be assessed at an on-ice evaluation session on May 1 and placed onto teams by the league coordinator.

48090.203BR

Tue 6:15-9:00pm **May 5-Jul 28**
\$165/12 games

VACHL

The 13th season of VACHL is coming to an end and we would like to thank the players who continue to support the league and the staff who are dedicated to making this one of the most popular programs in the City. We welcome your feedback and any comments can be sent to vachl@vancouver.ca. The 15th season of the Vancouver Adult Co-ed Hockey League will begin in early-September. Registration for the 15/16 VACHL season will begin on May 5. To find out more about VACHL and how to register, go to www.vachl.ca

Notice to Rink Users

Britannia Arena will be shut down for a scheduled maintenance closure from April 6- 25. It is anticipated that the arena will be open for rentals and public sessions starting Apr. 26, 2015, please check online at britanniacentre.org or phone 604.718.5800 in mid Apr. to confirm the start date. We are sorry for the disruption this causes to the public and private rental groups. For more information, contact the arena programmer at 604.718.5836.

Ice Skating Birthday Parties

Have your child's birthday party during a one of Britannia's public skating sessions. A 20% discount on admission is applied to parties 10 or more. Adult supervision is required on and off of 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 Activity Coordinator at 604.718.5812.

Get involved and join the Arena Committee

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

Skate Lessons

Registration: Tue, Apr. 7, 2015 at 10:00am - Information Centre

Due to the spring ice rink maintenance closure, program start dates may change. Please go to britanniacentre.org to confirm registration and program start dates starting mid-April to confirm the following information is correct.

Registration for spring skating lessons will begin Tue, Apr 7 10:00am-1:00pm at the Information Centre. If you are unsure of which level to register in, have an on-ice evaluation completed during any Vancouver public skating session. In-person registration at the pool cashier and online registration will take place starting Tue, Apr 7 and will continue until classes are full. **Please note that students will not be transferred into another level if they are not registered in the appropriate level.** If the lesson you want to register in is full, please put your name on the waiting list. Additional classes are scheduled whenever possible. Please note that skate lessons fill up quickly, so register early.

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



Learn to Skate Lessons

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

Preschool Program Levels (3-5yrs)

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

Children, Youth and Adult Program Levels

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

Private Skate Lessons

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

Power Skating Lessons

This program will provide hockey players with the chance to improve their strength, speed, power for more effective skating during games. Must have Learn to Skate level 5 or equivalent. Full hockey gear I recommended but helmet, gloves and stick are mandatory.



Ice Arena Learn to Skate



There are 2 ways to register into Britannia Skating lessons

1. Register in-person at the pool cashier starting **Tue, Apr 7**, with your current lesson report card (Fall/Winter).

2. Register online at britanniacentre.org starting **Tue, Apr 7**.

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

Sat.	12:30-2:30pm	Apr 25-Jun 13	Sun	3:30-5:30pm	Apr 26-Jun 14
		\$52/ 8 sess			\$52/ 8 sess
Level	Presch	Child	Level	Presch	Child
1	12:30-1:00pm	12:30-1:00pm 1:00-1:30pm	1	3:30-4:00pm	3:30-4:00pm 4:00-4:30pm
2	12:30-1:00pm 1:00-1:30pm	12:30-1:00pm 1:00-1:30pm	2	3:30-4:00pm 4:00-4:30pm	3:30-4:00pm 4:00-4:30pm
3	1:00-1:30pm	1:00-1:30pm 1:30-2:00pm	3	4:00-4:30pm	4:00-4:30pm 4:30-5:00pm
4	1:30-2:00pm	1:30-2:00pm	4	4:30-5:00pm	4:30-5:00pm
5	1:30-2:00pm	1:30-2:00pm 2:00-2:30pm	5	4:30-5:00pm	4:30-5:00pm 5:00-5:30pm
6/7		2:00-2:30pm	6/7		5:00-5:30pm

Power Skating Lessons

(8 yrs-Adult):

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

38017.201BR

Sun 5:45-6:30pm

Apr 26-Jun 14

\$64/8 sess

Coming this Summer!

Hockey Skills & Pre-season Training

Check out the Summer Brochure to find out about Britannia's exciting specialized Pre-Season training camps for adult recreational players looking to get into game shape for the beginning of the fall season.

Other Public Skating sessions this summer include:

Adult Stick & Puck, Adult Drop-In Hockey, Family Fun Hockey and Public skating.



Ice Rink Schedule

Britannia Ice Rink Schedule

April 25 - June 21, 2015

Schedule subject to change without notice!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Stick & Puck 11:15am-12:30pm		Adult Open Dance 12:00-1:30pm	Parent & Tot FREE Skate 11:00-11:45am	Adult Stick & Puck 12:00-1:30pm	Public Skate 2:45pm-4:15pm	Family Fun Hockey 12:15-1:30pm
		Adult Co-ed Drop-in Hockey 3:30-5:00pm	Youth FREE Skate 3:15-4:30pm	Adult FREE Skate 1:45-3:00pm		Public Skate 1:45-3:15pm
		Adult Skate 8:45-10:15pm	*Adult Co-ed Hockey 11:15pm-12:45am	Child FREE Skate 3:15-4:30pm		Adult Co-ed Hockey 9:30-11:00pm*



- Helmets are strongly recommended for all public sessions. Helmets are mandatory for all participants of Family Fun Hockey
- Adult Hockey programs require full equipment. Participants must sign a waiver at the beginning of each session.
- *Sign up for these sessions occurs at the ice rink 1½ hours before the start of the session. Passes are not valid during these times. There are no goalie drop-in spaces available. Limited drop-in spots are available.

2015 Rink Admissions: *schedule subject to change without notice.*

Adult (19-54yrs)	Youth (13-18yrs)	Senior (55+yrs)	Child (6-12yrs)	Family	Skate Rentals	Skate Sharpening
\$6.05 Drop-in \$48.40/10 visits	\$4.30 Drop-in \$33.40/10 visits	\$4.30 Drop-in \$34.40/10 visits	\$3.05 Drop-in \$24.40/10 visits	*\$6.10 Mini- mum	\$3.00	\$6.15

- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Board operated rinks. Prices are subject to change without notice.
- Adult Drop-in Hockey and Stick & Puck sessions are at the Adult rate.
- A 20% discount on admission is given to groups of 10 or more.
- Children under 10 years old must be accompanied on ice with an individual 16 years or older.
- Flexi passes may be used for public skating sessions.
- Family rate is 1-2 adults of the same household and their children under 19 years, all present at time of admission. \$3.05 per person

Other Agencies & Programs

Eastside Family Place

1655 William Street 604.255.9841

info@eastsidefamilyplace.org

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



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

Family Drop-In Hours:
Mon/Wed/Fri 9:00 – 12:00

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

Licensed Occasional Childcare

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

Childcare hours are:

Mon to Fri 9:00-11:45

Upcoming Programs

All adult programs offer childminding and snacks; membership & pre-registration required.

Money Skills for Families

Money Skills will help parents to build their financial skills set, access information to effectively manage their money and achieve financial goals... planning a hopeful future for themselves and their families. Topics to be covered are: **Budgeting, Banking, Credit and Consumerism.** Presented by Family Services of Greater Vancouver in partnership with Vancity Credit Union. You will also get information on various government programs for children's education, tax credits and so forth.

Mon 1:00-3:00pm Apr 13, 20, 27
3/weeks

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

A parenting support group.

Fri 1:00-3:00pm Apr 10 - Jun 12
10/weeks

C.O.P.E.

An educational and experiential group that discusses topics relevant to parents- the everyday ups and downs of raising young children. Each group is 10 weeks & runs 3 times a year, so parents can attend for up to 30 weeks. This is a deeper continuation of the Nobody's Perfect Parenting Program. Register soon.

Lift Off with 1-2-3 JUMP!

Playing physical games with active kids, ages 3-4. Come play and move around with a 1-2-3 JUMP facilitator in a fun setting where we learn new ways to get healthy and play with our hands, arms, legs and feet! Parents/caregivers participate with their children as we build on fundamental movement skills. Register soon, group size limited.

Mon 1:30-2:30pm May 4-Jun 8
5/weeks

Workshops and Information Sessions

A variety of topics of interest to parents/caregivers are offered throughout the year. Check website for updates.

www.eastsidefamilyplace.org

The Whys & Hows of Encouragement

Explore family dynamics and how using supportive, encouraging language with young children helps build on their social-emotional development: understanding thoughts and feelings. Led by two Masters students from the Adlerian School of Counseling Psychology. This will be an interactive, hands-on workshop to give you more practical tools to encourage your children more often!

Mon Mar 9 1:00-3:00pm
1 sess.

Kids in the Kitchen, ages 3-5

Preschoolers join Chef Larissa Grieves in the kitchen to make a yummy snack together. Space limited, register soon.

Tue Mar 10 1:00-2:15pm
1 sess.

Chef Larissa's Kitchen Secrets-Healthy Meal Planning

Larissa will cover the steps in planning, shopping and cooking large quantities to freeze, and of course, will share some of her amazing recipes! You will receive a copy of her comprehensive guide exclusive to ESFP, along with her spice mixes recipes. Registration required, childminding available.

Mon Mar 23 1:00-3:00pm
1 sess.

Birthday Parties at Eastside Family Place

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

Closures:

Week of Mar16-20 we will have reduced hours as follows: Drop in hours Mon-Fri 9am-12pm, with no afternoon sessions and no child care. We will be closed Good Friday, Apr 3 and Easter Mon, Apr 6th.

Community Policing Centre

1977 Commercial Drive

Phone: 604-717-2932

Fax: 604-717-2923

info@gwpc.ca

www.gwpc.ca



Coordinator: Cathy O'Connor Morris

Volunteer Coordinator: Samantha Warden

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

Other Agencies & Programs

CANUCKS FAMILY EDUCATION CENTRE (CFEC)

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



Programs Start-Up for Term 2

Monday, February 9th, 2015

Spring Break: Mon Mar.9-20 inclusive
CFEC Closed.

Easter Holidays: Fri Apr 3 & 6 CFEC Closed

Victoria Day: Mon May 18, no programs

Adult Graduation ceremony

Fri May 22

BRITANNIA PARTNERS IN EDUCATION (PIE)

English Foundations 6/7, English Communications 11/12

Location: CFEC Room 110, Britannia Secondary School

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

English for Speakers of Other Languages

Location: CFEC Room 110, Britannia Secondary School

Tue 10:00am-2:30pm
Marinette Sedin, PIE Lead English Instructor

Foundations In Math 1-5

Location: CFEC Room 110, Britannia Secondary School

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

Accounting 11

Location: Hastings Education Centre Above Library, Britannia Community Centre

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

English Foundations 1-5

Location: CFEC Room 110, Britannia Secondary School

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

EDMONDS PIE PLUS

English Foundations: 1-2

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

English Foundations: 3-5

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

English Foundations: 6-11

Tues/Thur 10:00am-12:00pm
Teacher: TBA, Burnaby School District 41

Location: Edmonds Community School Room 107)

7651 18th Avenue, Burnaby BC
Contact: Lina Arias lina.cfec@gmail.com

Get Ready 2 Read

Location: Grandview Terrace Child Care Centre 2075 Woodland Drive, Vancouver, BC

Wed 9:30am-2:30pm
Contact: Lina Arias lina.cfec@gmail.com

Canadian Studies

Location: CFEC Room 109 Britannia Secondary School

Wed 10:00am-12:00pm
Instructor: Katie Waugh

CFEC Book Club/Conversation

Location: CFEC Room 109 Britannia Secondary School

Thur 10:00am-12:00pm
Facilitator: Jane Harris

ECE Assistant Program

Location: CFEC Room 110

Britannia Secondary School
Wed 12:30pm-3:30pm
Contact: Jean Rasmussen, 778 321-3487

Hastings Education Centre



On the Second Floor, above the Library!

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

We offer courses in:

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

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

The Law Students

Legal Advice Program (LSLAP)

www.islap.bc.ca

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

Tue evenings

Call 604.822.5791 to book an appointment

Grandview Woodland Area Council (GWAC)

www.vcn.ca/gwac

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

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

Britannia Library



Library Spring Hours

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

Holiday Closures

Good Friday	April 3
Easter Monday	April 6
Victoria Day	May 18
Canada Day	Jul 1

Children's Programs:

Babytime

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

Wed Mar 25 – Jun 10 11:00-11:30 am

Family Storytimes

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

Tue Mar 24-Jun 9 10:15-10:45 am
11:15 11:45 am

March Break Programs

Please contact the library at 604-665-2222 for March Break program schedule.

Board Games in the Library

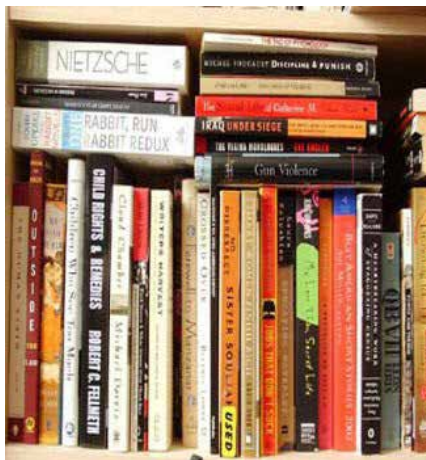
Drop in and play some board games with family and friends. The library provides the games.

Tue/Wed Mar. 24-Jun 10 3:30pm-6:30pm

Man in the Moon

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

Sat Apr 11-May 30 3:30pm-4:30 pm



Adult Programs:

Writer's Studio Consultations

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

First Tue of the month
4:00 pm, 5:00 pm & 6:00 pm
Apr 7, May 5, Jun 2

Pandora's Collective Book Talks

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

2nd Wed of the month
6:30 pm - 8:30 pm
Apr 8, May 13, Jun 10

55 and Up Book Club

Hosted by Britannia Library staff, this book club invites all to talk about favourite passages, points of interest and more about the monthly book title! Books are provided by the Britannia Branch Library. To register, and become a member, phone: 604-718-5800. To get your book, call the library at 604-665-2222. Club meets at the Al Mattison Lounge (the Seniors Centre).

Third Wed of the month
2:45 pm-4:00 pm
Apr 15, May 20, Jun 17

World Poetry Reading Series

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

Second Sat of the month
1:00 pm – 3:00 pm
Apr 11, May 9, Jun 13

Great Movies!

Watch the screenings of great movies and talk about it with hosts and movie buffs Tom Durrie and John Roberts. All are welcome. Unlimited popcorn! Screenings at the Al Mattison Lounge (Seniors Centre). To register, and become a member, phone: 604-718-5800. Phone to confirm for 2015 dates & titles.

Sun Apr 5-Jun 28
6:00-9:00 pm

Philosophers' Café

Engage in stimulating dialogue and passionate exchange of ideas in informal community discussions moderated by Zahid Makhdoom. All are welcome, including students, non-philosophers, and seniors. Presented in partnership with Simon Fraser University. For information, contact the library at 604-665-2222.

Venue: Britannia Library Art Gallery

Last Tue of the month
7:00 pm - 9:00 pm
Apr 28, May 26, Jun 30

One-To-One Computer Training

Book a free one-hour session for computer help, on Tuesdays and most Wednesdays 2 – 4 pm. Phone: 604-665-2222 to book an appointment.

Library Art Gallery Exhibits

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

First Wed of the month
6:30 pm-8:30 pm
Apr 1, May 6, Jun 3

Vision for the future of Britannia, In support of the Strategic Master Plan

The Britannia Community Services Centre:

- is the heart of the community, serving as an integrated hub of education, arts, culture, recreation, wellness and sustainability.
- is made stronger by its innovative partnerships. This gives life to unparalleled opportunities for collaborative programming, and the flexibility to continually meet the evolving needs of the community;
- is accessible and welcoming, drawing users whose diversity is matched by the diversity of programs that fill the centre's walls;
- respects and celebrates its context, fostering a sense of stewardship towards the people and setting that are the source of its richness.



Join the Planning and Development Committee

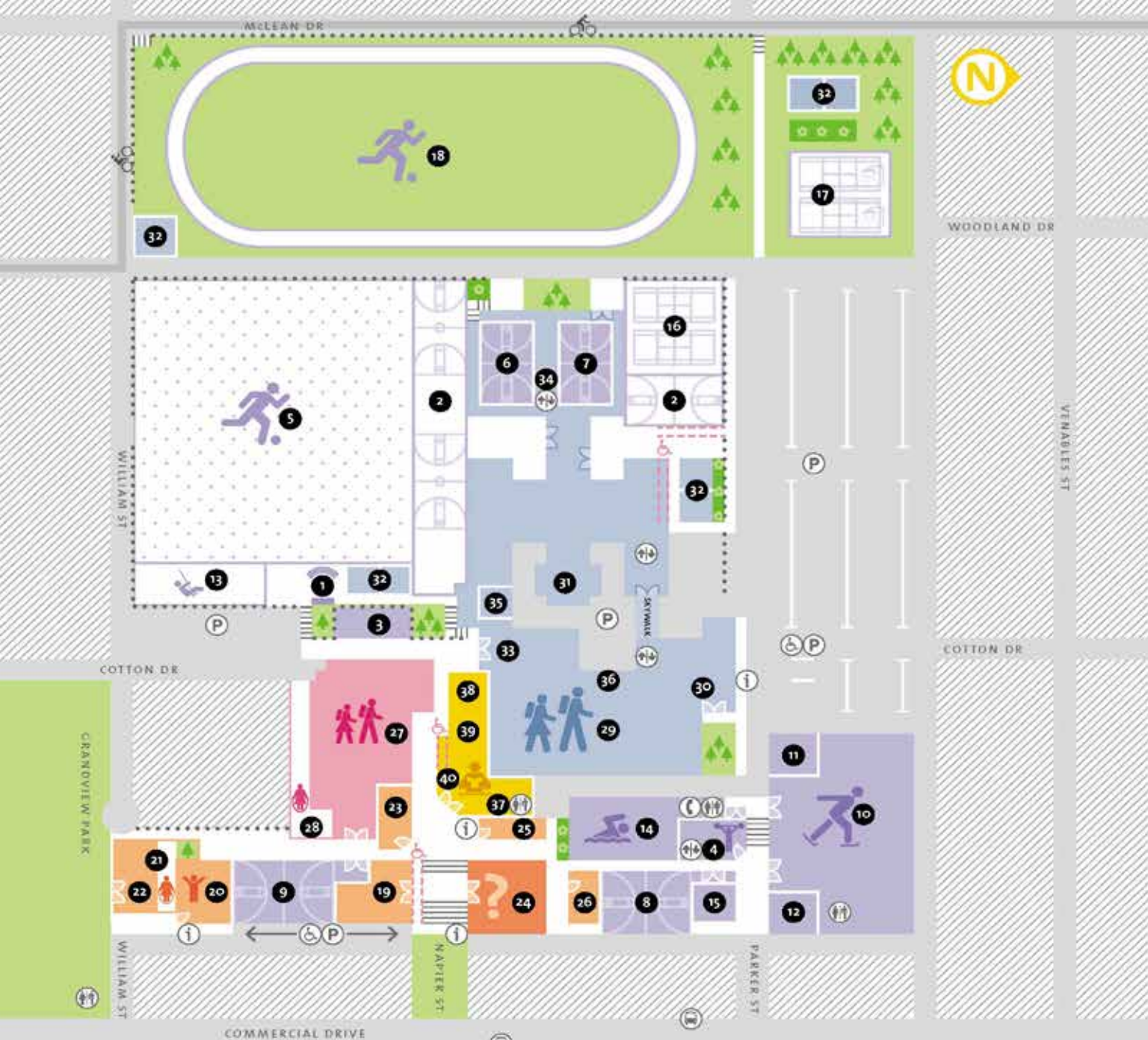
Join the Planning and Development Committee. We meet on the **third Tuesday of each month at 7:00pm** in the Info. Centre at Britannia. For more information, please contact Cynthia Low at cynthia.low@vancouver.ca or call 604-718-5815

Need & Reasons for Renewal

- Aging mechanical and electrical plant for the pool and rink facilities
- Increased cost of operating the facility – capital repairs and efficiencies
- Lack of appropriate public spaces, programming spaces and multi-purpose areas, a need for arts and performance studios, theatre space, community meeting rooms.
- Lack of seismic upgrading to existing structures
- Safety – blind corners, dead ends and public areas that are difficult to secure
- Lack of safety (perceived and actual) - blind corners, dead ends and public areas that are difficult to secure.
- Challenges in site navigation - too many doors, poor lighting, no formal entry to the Secondary School, Elementary School or the Community Centre.

Design Principles

1. Group facilities and programming spaces into one complex that includes new indoor areas for public seating and community gatherings.
2. Emphasize the main entrance to the site at Commercial Drive and Napier Street, the location of the Napier Square Greenway.
3. Establish a stronger presence on/and enhance access to Commercial Drive
4. Preserve views from the site, particularly those of the city and the North Shore mountains.
5. Connect the site to the street grid with pathways and greenways so that you can cycle or walk from William to Venables and/or Commercial to McLean.
6. Enhance views of the 1908/1911 historic Secondary School building.



recreation

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

resources + services

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

elementary school

- 27 Britannia Elementary
- 28 Outdoor Play Area

secondary school

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

library + learning

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

•••• Fence	① 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 5855
 1001 Napier Street Vancouver BC V5L 4X4
britanniacentre.org