



# Programs & Services Spring 2016

[britanniacentre.org](http://britanniacentre.org)



## Presidents Message

Happy 2016! Once again much appreciation for the volunteers, staff, managers and partners who have worked hard in hosting the many special events, programs, and opportunities for participation that have happened at Britannia over the winter. Spring is here and we are looking forward to having many more activities on offer.



Since the start of the year there have been some new developments at Britannia Secondary. Principal Geoff Taylor has moved to Lord Byng Secondary. Thank you Mr. Taylor for your contributions to the site over the past few years, and good-luck in your new position! Welcoming (back) to the Britannia site as Principal at Britannia Secondary we have Dr. Andrew Schofield, former Vice-Principal at the school. The Secondary School Principal plays an important role on the Britannia Board of Management and we look forward to working with Dr. Schofield.

Also this spring, the Planning and Development Committee and the Britannia Board will continue working with the our partners at the City of Vancouver, the Vancouver School Board, the Vancouver Public Library, the Parks Board, and....most importantly you, the members and community residents, in moving forward with the consultation process on the possibilities for facility renewal at the Britannia site. Funds have been allocated in the current City capitol plan, and future funding proposed, for what could be when completed, an extensive redesign of the Britannia site. With an integrated service model that is unique in the city, with a mandate to facilitate community involvement and development, there are features to Britannia that we have grown to appreciate. Now is the time for us all to join the discussion on how the site will look, and continue to provide comprehensive services. Please watch for the notices and plan to attend as consultation sessions are scheduled. The committee meets the 3rd Tuesday of every month.

Also with the Spring comes the Britannia society AGM. Details are available in the brochure, on-line, and at the information centre. The critical role that volunteers play at Britannia really do drive the vibrancy and diversity on the site. Please take advantage of membership and plan to attend the AGM. If you are a Britannia and community member you may want to consider volunteering for election to the board at the upcoming AGM in May. It is a sometimes challenging, but always rewarding role! If you are interested in being on the board, contact Cynthia Low at 604.718.5815

On behalf of the Board, thank you to all who work, study and play at Britannia, and contribute to the vibrancy of our community hub!

Thank you,  
Gwen Giesbrecht

## Board of Management

Britannia Board meetings are held on the 2<sup>nd</sup> 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: Susanne Dahlin  
TREASURER: John Flipse  
MEMBERS AT LARGE: Ingrid Kolsteren  
Ye Chu

DIRECTORS:  
Brendan Boylan, Jean Paul Beran, Scott Clark, Aaron Giesbrecht, Freya Kristensen, Juan Carlos Maldonado, Craig Ollenberger, Tyrus Tracey

STAFF REPRESENTATIVE:  
Alex McKechnie

AGENCY REPRESENTATIVES:  
VSB: Andrew Schofield  
VPB: Peter Odynsky (CRC)  
VPL: Beth Davies

EXECUTIVE DIRECTOR:  
Cynthia Low

MANAGER OF ADMINISTRATIVE SERVICES:  
Jeremy Shier

MANAGER OF CHILDCARE SERVICES:  
Craig Smith

### 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:

Cover banner painted by Alexis Greenwood, p.3  
banner painted by Ann Chou.

Photo credits: Katherine Polgrain, Vincent L Chan

## Membership Information

To participate in recreation programs you must be a member of Britannia Centre. Membership is valid from: Sep 1, 2015 to Aug 31, 2016

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

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

### What does membership give me?

- Voting privileges at the Annual General Meeting of the Society May 25, 2016
- 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 on Tuesdays & Fridays, 10:00am-12:00pm

Information Centre  
1661 Napier Street,  
Vancouver BC V5L 4X4

T 604 718 5800  
F 604 718 5858

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



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## Get involved & take an active role in your community centre!

Arts & Culture Committee

Ice Arena Committee

Planning & Development Committee

Program Committee

Seniors 55+ Committee

Youth Committee

Pool & Fitness Centre Committee

Volunteer Program Committee

For more information, please call 604.718.5800 ext. 1 or visit [www.britanniacentre.org](http://www.britanniacentre.org)

## 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 email [mawi.bagon@vancouver.ca](mailto:mawi.bagon@vancouver.ca). Visit our website [www.britanniacentre.org](http://www.britanniacentre.org) and download a copy of our Volunteer Application Form to get started.



# Registration Information

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

Registration starts at 9:00am on Tuesday March 8, 2016

You must have a current membership card to register for all Britannia programs. The membership year runs from September 1, 2015 to August 31, 2016.

See page 5 for online account information.

**Membership fees will be automatically added to your online purchase. See page 2 for membership information.**

## Register in Person

Registration starts at 9:00am on Tuesday March 8, 2016

At the **Information Centre**, (No Cash payments please).

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 |

## Register by Phone at 604.718.5800 ext. 1

Registration starts at 1:00pm on Tuesday March 8, 2016.

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.

### Swim / Skate Refunds

Full refund if notice received 5 or more days prior to the start of the program. Refund of registration fee minus the cost of 1 class or transfer to a future session if requested within 4 working days of the start of the program or after the 1<sup>st</sup> program date (class/lesson). No refunds issued for requests received 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.

### Cancellation Policy

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

## Subsidy Policy

Britannia operates a wide range of recreation programs. It is Britannia's policy to make programs as accessible as possible 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.P. (Leisure Access Program) card may receive up to a maximum of 50% off certain programs by completing an application form and presenting it and your L.A.P. card to a cashier at the time of registration. [www.britanniacentre.org](http://www.britanniacentre.org).

### Residents of Grandview Woodland Strathcona on the Leisure Access Program

Residents of the Grandview Woodland Strathcona area with 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.P. 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 Program card are not eligible for subsidy.

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



# Registration Information



## Register online

In July 2015, Vancouver upgraded its registration and reservation system for recreation programs across the city.

### The new system now allows you to:

- Register for programs.
- Create a wish list of your preferred programs.
- Create or update your profile.
- Purchase and renew your pass (e.g. Flexipass).
- Check your Flexipass expiry date.

### If you have not used your online account since July 2015:

1. Go to [recreation.vancouver.ca](http://recreation.vancouver.ca).
2. Click **Sign In**, select **Forgot your password?** and follow the steps to get your new password.
3. Login with your email address and confirm your account information is correct.

### Never registered online before?

1. Go to [recreation.vancouver.ca](http://recreation.vancouver.ca).
2. Click **Sign In** or **Create an Account** to set up your profile and password before registration opens for winter programs.

If you used your online account to register for fall 2015 programs (e.g. swim lessons) or to renew/purchase passes (e.g. Flexipass), please continue to use your account as before.

All Vancouver Park Board community centres are currently using the new system. We hope that you will find it easy to use, convenient and efficient in meeting your needs.



# Licensed Childcare

## Five Childcare 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.

## 18 mo-3 yrs 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.

## 3-5 yrs Child Care Programs

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

### Provincial Child Care Subsidy Available.

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

## Britannia Preschool (3-5 yrs)

### Know You Can! The Little Preschool That Could

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

## Out-of-School Programs

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

## Contacts:

### Childcare Manager:

Craig Smith 604.718.5816

### Britannia Out of School Care / Preschool

Lorraine Evans 604.718.5843

### Eagles in the Sky Child Care

Susan Nelson 604.718.5856

### Grandview Terrace Child Care

Alejandra Uribe 604.718.5846

### Lord Nelson Child Care

Latisha Buksh 604.713.5863

### Mount Pleasant Child Care

Wade Forbes 604.718.5844



# Licensed Childcare

## Britannia Childcare

1661 Napier Street  
Lorraine Evans 604.718.5843

### Preschool 3-5 yrs

Mornings 9:00-11:30am  
Afternoons 12:30-3:00pm  
FEES:  
2 days per week (Thu, Fri) \$180/month  
3 days per week (Mon, Wed, Fri) \$255/month  
5 days per week \$435/month

### Britannia Out of School Care 5-12 yrs

September to June Hours:  
Mon-Fri 7:30-9:00am  
3:00-5:45pm  
School Breaks 7:30am-5:45pm  
FEES:  
Full Time \$355/month  
3 Days \$230/month  
2 Days \$210/month  
Closed on statutory holidays  
July & August Hours:  
Mon-Fri 7:30am-5:45pm  
FEE: \$550/month



## Mount Pleasant Childcare

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

### Toddler Program 18 mo-3 yrs

Hours: Mon-Fri 7:30am-6:00pm  
FEE: \$1165/month  
snacks provided  
Lunch Program \$45/month

### Daycare 3-5 yrs

Hours: Mon-Fri 7:30am-6:00pm  
FEE: \$865/month  
snacks provided  
Lunch Program \$45/month

## Lord Nelson Childcare

2235 Kitchener Street  
Latisha Buksh 604.713.5863

### Out of School Care 5-12 yrs

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

## Vancouver Native Health

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

Barbara Nelson at 604.718.5841.

## Eagles In The Sky Childcare

485 Semlin Drive  
Susan Nelson 604.718.5856

### Daycare 3-5 yrs

Hours: Mon-Fri 7:30am-6:00pm  
FEE: \$914/month  
snacks provided

### Out of School Care 5-12 yrs

September to June Hours:  
Mon-Fri 7:30am-9:00am  
3:00pm-6:00pm  
School Breaks 7:30am-6:00pm  
FEES: \$381/MacDonald Elementary  
\$401/Hastings/Lord Nelson  
July & August Hours:  
Mon-Fri 7:30am-6:00pm  
FEE: \$550/month



## Grandview Terrace Childcare

2075 Woodland Drive  
Alejandra Uribe: 604.718.5846  
www.grandviewterracechildcare.com

### Daycare 3-5 yrs

Mon-Fri 7:30am-6:00pm  
FEE: \$905/month  
snacks provided  
Lunch Program \$60/month

### Out of School Care 5-12 yrs

September to June Hours:  
Mon-Fri 7:30am-9:00am  
3:00pm-6:00pm  
School Breaks 7:30am-6:00pm  
FEE: \$371/month  
Closed on statutory holidays  
July & August Hours:  
Mon-Fri 7:30am-6:00pm  
FEE: \$555/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.

# Preschool & Children

## Baby Sign Language (0-24 mo)

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.

**Tue 9:45-10:30am May 17-Jun 14**  
**Mat Room \$64/5 sess**  
**43958 Into Yoga**

## Toddler Art (18 mo-3 yrs)

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.

**Wed 9:45-10:30am Apr 20-Jun 8**  
**RAR \$63/8 sess**  
**44573 H. Spaxman**

## Clay for Children (6-12 yrs)

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

**Thu 4:00-5:15pm Apr 21-Jun 9**  
**Room 208 \$100/8 sess**  
**44530 H. Spaxman**



## Music Together® (0-5 yrs)

A Music Together® class is rainbow coloured falling leaves, tyrannosaurus rex's, rockets to the moon and trains to the beach. Come dance, sing songs and play with bells of all sorts, triangles, shakers, and instruments galore! All this with a developmentally appropriate, research based curriculum taught by a registered Music Together teacher. Parent participation is required. Sibling rate; \$100 (sibling 6 months and older). Siblings 6 months of age and under attend free. Tuition includes two CDs, a Songbook, a Parent Guide DVD and a Parent Education evening. Full payment refundable PRIOR to first class. After first class \$60 fee is non-refundable. Registration closes after the 3<sup>rd</sup> class.

**Tue Apr 12-Jun 14**  
**44556 9:30-10:15am**  
**44552 10:30-11:15am**  
**44553 11:30am-12:15pm**  
**R. Mezz Felicia \$160/10 sess**

**Wed Apr 13-Jun 15**  
**44555 9:30-10:15am**  
**44554 10:30-11:15am**  
**R. Mezz Noa \$160/10 sess**

**Thu Apr 14-Jun 16**  
**44551 9:30-10:15am**  
**44549 10:30-11:15am**  
**44550 11:30am-12:15pm**  
**R. Mezz Noa \$160/10 sess**

**Sat Apr 16-Jun 18**  
**44548 9:30-10:15am**  
**44547 10:30-11:15am**  
**44546 11:30am-12:15pm**  
**R. Mezz Katy \$160/10 sess**

## Big Kids Music Together® (5-7 yrs)

Music Together® for children ages 5, 6, and 7 provides a developmentally appropriate curriculum that includes solfege, ensembles and solos in singing and instrument play, folk dances, harmony singing, and vocal development. 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, \$60 fee is non-refundable. Registration closes after the 3<sup>rd</sup> class. For more information, visit: [www.WestSideMusicTogether.ca](http://www.WestSideMusicTogether.ca).

**Tue 3:30-4:30pm Apr 12-Jun 14**  
**R. Mezz \$185/10 sess**  
**44528 K. Deane**

## Dance with Carolina

Carolina is a Vancouver-based Italian dance artist, yoga teacher, and scholar. She has been teaching dance and Philosophy for Children (P4C) since 2008. In 2011, she graduated as a Dance Educator & Community Dance Facilitator.

## Ballet (2-3 yrs)

In this class, children learn the basics of ballet in a safe and fun learning environment. Set to Classical Music the children will work on dance techniques as well as exploring their own creative expression. Parents are welcome to attend class. For more information, visit: [www.kirbysnelldance.com](http://www.kirbysnelldance.com). No class May 21

**Sat Apr 16-Jun 18**  
**44522 9:05-9:45am**  
**44519 9:50-10:30am**  
**CFEC ERD \$80/9 sess**

## Ballet / Jazz (3-4 yrs)

In this class, children will learn ballet exercises from a syllabus, working on those exercises each week. They will also learn the basic fundamentals of jazz and developing their own creative expression. This is a closed class, however, in the final week of the session we invite parents to stay for a presentation of what we have been learning. For more info, visit: [www.kirbysnelldance.com](http://www.kirbysnelldance.com). No class May 21

**Sat Apr 16-Jun 18**  
**44524 10:45-11:15am**  
**44523 11:45am-12:25pm**  
**CFEC ERD \$80/9 sess**

## Ballet (4-6 yrs)

In this class, children will be learning a full range of exercises from a ballet syllabus, as well as a routine that will be added to each week. This is a closed class, however, in the final week of the session we invite parents to stay for a presentation of what we have been learning. For more info, visit: [www.kirbysnelldance.com](http://www.kirbysnelldance.com). No class May 21

**Sat Apr 16-Jun 18**  
**44521 12:30-1:15pm**  
**44520 1:15-2:00pm**  
**CFEC ERD \$80/9 sess**





# Children's Music

## Dance with Nadine

Nadine Pluzak B.Ed. B.A. Storyteller, Clown, Imagination Magician.

Nadine seeks to engage the senses while connecting to the body through movement exploration and play to build emotional intelligence and engage whole brain thinking. She danced for 6 years and studied Circus Arts for 3 years.

## Dance with Me Baby! (1-2 yrs)

A huge hit with parents and babies alike! These classes get your bodies moving and grooving to music that rocks the world. A great way to introduce your little one to dance, take time to deepen your bond with baby, and get a workout while you're at it too! Simple movements, songs and colorful props meet babies right where they're at. Parent participation is required.

**Wed 9:45-10:15am Apr 20-Jun 8**  
**1739 Venables \$80/8 sess**  
**44535 N. Pluzak**

## Toddler and Me Dance (2-3 yrs)

A dynamic high energy class that can be repeated over and over again! 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 floating and falling, to dancing like a bear searching the river for fish!

**Wed 10:25am-11:10am Apr 20-Jun 8**  
**1739 Venables \$80/8 sess**  
**44572 N. Pluzak**

## Creative Nature Dance (3-4 yrs)

Come to dance with the rhythms of nature, let your child's imagination explore elemental embodiment of fire, wind, water and earth. Children will be encouraged to feel the sounds of nature and dance to the shapes and feelings of animals. Playful imaginative lessons from the animal world will give children a greater foundation in the harmony and co-operation of animals through dance movement and play.

**Wed 11:20am-12:00pm Apr 20-Jun 8**  
**1739 Venables \$80/8 sess**  
**44532 N. Pluzak**

## Yoga Dance (3-5 yrs)

Give your preschooler a foundation in hatha yoga and creative dance! Children are guided through imaginative movement and music exercises exploring the energies of the animals, shapes and tools found in hatha yoga.

**Wed 12:15-1:00pm Apr 20-Jun 8**  
**1739 Venables \$80/8 sess**  
**44580 N. Pluzak**

## Family Dance NEW

Family Dance welcomes all families (all ages) looking to get active and build community on a Sunday afternoon. Come out and follow a trained dancer in a follow-the-leader format. A great way to get exercise and connect with local families. One family of four is \$8. Drop-in's welcome.

**Sun 2:30-4:00pm**  
**Apr 10, Apr 24, May 8, May 15, Jun 5, June 19**  
**C FEC \$8/Family**  
**46314 J. Wollen**

## Beginner Marimba (8-18 yrs)

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. For more information, visit: [www.robinlayne.ca/marimba-classes.html](http://www.robinlayne.ca/marimba-classes.html).

**Thu 4:00-5:00pm Apr 7-Apr 21**  
**44527 \$36/3 sess**  
**Thu 4:00-5:00pm May 19-Jun 30**  
**47191 \$84/7 sess**  
**Room 111 R. Layne**

## Intermediate Marimba (10-18 yrs)

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. For more information, visit: [www.robinlayne.ca/marimba-classes.html](http://www.robinlayne.ca/marimba-classes.html).

**Thu 5:00-6:00pm Apr 7-Apr 21**  
**44542 \$36/3 sess**  
**Thu 5:00-6:00pm May 19-Jun 30**  
**47184 \$84/7 sess**  
**Room 111 R. Layne**

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

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. 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. For more information, visit: [www.robinlayne.ca/marimba-classes.html](http://www.robinlayne.ca/marimba-classes.html).

- Come to the free audition -

**Thu 6:00-7:00pm Apr 7-Apr 21**  
**44581 \$36/3 sess**  
**Thu 6:00-7:00pm May 19-Jun 30**  
**47162 \$84/7 sess**  
**Room 111 R. Layne**

## 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 Sep to Jun, students are ensured placement for the duration of their studies. Payment should be made in advance of each set. Lesson are available for 30, 45 and 60 minutes per week at the discretion of the instructor. Prior to registering, new students must contact the instructor for a weekly lesson time at [janine.oye@gmail.com](mailto:janine.oye@gmail.com). Clarinet students must provide their own instruments. Phone-in registration only, no online. Please call 604.718.5800 (1).

**Set 1**  
**Thu 4:00-8:30pm Mar 31-May 5**  
**44557 \$144/6 sess**  
**Fri 3:30-8:00pm Apr 1-May 6**  
**44558 \$144/6 sess**  
**Sat 9:00am-4:30pm Apr 2-May 7**  
**44559 \$144/6 sess**  
**Mus Rm J. Oye**

**Set 2**  
**Thu 4:00-8:30pm May 12-Jun 23**  
**44560 \$144/6 sess**  
**Fri 3:30-8:00pm May 13-Jun 24**  
**44561 \$144/6 sess**  
**Sat 9:00am-4:30pm May 14-Jun 25**  
**44562 \$144/6 sess**  
**Mus Rm J. Oye**

## Violin & Fiddle Private Lessons

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

**Sat 9:00am-3:05pm Apr 2-Jun 18**  
**Pre Teen Centre \$240/10 sess**  
**44575**  
**Mon 3:30-7:00pm Apr 4-Jun 27**  
**Mus Rm \$288/12 sess**  
**44576 S. Saunders**

## Tambai Marimba

# Preschool & Children Sports

## Kindergym

### Kindergym (1-5 yrs) Sat/Thu

Run, jump and roll in a gym full of mats and playground equipment. Parent supervision required. Pay \$2.50 drop in fee at pool and bring receipt to Belinda/Olivia OR give them pre-purchased strip ticket (\$20/10tx).

Sat 10:00am-12:00pm Apr 16-Apr 30  
43997 B. Chu  
Tue/Wed/Thu 11:00am- 2:30pm Apr 5-May 5  
Gym D  
43998 O. Humaran

## SportBall

### SportBall (2-3 yrs)

Multi-sport classes teach children introductory physical skills and help them develop confidence through 7 different ball sports. Parent participation required.

Sat 11:30am-12:15pm Apr 2-May 28  
Gym C \$106/8 sess  
44012 Sportball

### SportBall (3.5-5 yrs)

Multi-sport classes teach children methods to practice and refine gross motor skills through 8 core ball sports. This program reinforces benefits of teamwork and skill development enabling children to gain confidence and develop social skills to succeed in sport and life.

Sat 12:15-1:15pm Apr 2-May 28  
Gym C \$106/8 sess  
44013 Sportball



## Martial Arts

### Traditional Kung Fu (6+ yrs)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung chi Cheung Association is included in the fee. Classes run Monday and Friday in the Canuck Family Education Centre

**Beginner**  
Mon-Fri 4:30-5:45pm Apr 1-Jun 27  
CFEC \$215.50/20 sess  
44022 Marquis Lung

**Intermediate**  
Mon-Fri 4:30-6:15pm Apr 1-Jun 27  
CFEC \$240.50/20 sess  
44023 Marquis Lung

**Advanced**  
Mon-Fri 4:30-6:30pm Apr 1-Jun 27  
CFEC \$253/20 sess  
44021 Marquis Lung

## Fencing

### Fencing – Children (8-14 yrs)

Learn the ancient art of sword play for fitness, sport and fun. All equipment provided. Wear track pants and running shoes. Register at Britannia, program takes place at LaSalle Fencing Studio, 2155 Commercial Drive/5th. No class May 21.

Sat 10:00-11:30am Apr 2-Jun 18  
La Salle Studio \$70/11 sess  
43985 LaSalle Fencing

### Fencing – Youth (12-18 yrs)

The ancient art of sword dueling 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 defense, and compete in tournament-style bouts. Both novices and experienced fencers are welcome! All equipment is provided. Court running shoes and track pants recommended. Classes will be held at the LaSalle Studio 2155 Commercial Drive/5th. No class May 23.

**CANCELLED**  
Mon 4:00-5:00pm Apr 4-Jun 20  
La Salle Studio \$90/11 sess  
43986 LaSalle Fencing  
Wed 4:00-6:00pm Apr 6-Jun 22  
La Salle Studio \$108/12 sess  
43987 LaSalle Fencing



## Tennis Academy – Junior (10-14yrs)

This class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills and be given the opportunity for game play. Bring your own racket, runners. No class May 7, 21.

Sat 2:30 - 3:30pm Apr 9-Jun 18  
Gym D \$90/9 sess  
44019 JC Maldonado

## Tennis – Future Stars (8-14yrs)

This class develops more advanced tennis skills through drills and rallies preparing participants for significant game play. This class focuses on the fundamentals of competitive tennis. Bring your tennis racket, runners. No class May 7, 21.

Sat 3:30 - 4:30pm Apr 9-Jun 18  
Gym D \$90/9 sess  
44017 JC Maldonado

## Tennis Academy – Mini (6-9 yrs)

This class is an introduction to tennis for children. Students are introduced to basic forehand and backhand skills while developing hand-eye coordination through a variety of fun games and activities. Bring your tennis racket, runners. No class May 7, 21.

Sat 1:30- 2:30pm Apr 9-Jun 18  
Gym D \$90/9 sess  
44020 JC Maldonado





# Children Sports

## Britannia Gymnastics (18 mo-15 yrs)

[www.britanniagymnastics.com](http://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. All programs take place in Britannia Secondary School, 1001 Cotton Drive, Gym B.

| Sat   | Apr 2-June 4  |        |               |               |
|-------|---------------|--------|---------------|---------------|
| 43981 | Tiny Tumblers | 3-4yrs | 1:00-1:45pm   | \$80/10 sess  |
| 43975 | Gym Kids      | 4-5yrs | 2:00-2:45pm   | \$80/10 sess  |
| 43976 | Gym Kids      | 4-5yrs | 3:00-3:45pm   | \$80/10 sess  |
| 43978 | Performance   | 6-9yrs | 4:00-5:00pm   | \$102/10 sess |
| Sun   | Apr 3-June 5  |        |               |               |
| 43973 | Dynamic Duo   | 18mo-3 | 10:00-10:45am | \$80/10 sess  |
| 43974 | Dynamic Duo   | 18mo-3 | 11:00-11:45am | \$80/10 sess  |
| 43979 | Performance   | 6-9yrs | 11:30-12:30pm | \$102/10 sess |
| 43982 | Tiny Tumblers | 3-4yrs | 12:00-12:45pm | \$80/10 sess  |
| 43971 | Adv Gym Kids  | 5-6yrs | 12:45-1:45pm  | \$102/10 sess |
| 43980 | Performance   | 6-9yrs | 3:15-4:30pm   | \$113/10 sess |

### Dynamic Duo

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

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

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

### Britannia Coaches

Our fantastic, enthusiastic team of Coaches will be back in the spring! Taranee, Barb, Kasha, Caelan, Brenna, Aaron and all our Coaches in Training are all looking forward to another great gym session!

## Axe Capoeira (3-6 yrs, 7-18 yrs)

Anyone can join! We offer ongoing classes for children and youth. Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increase strength and flexibility. Includes unlimited participation in training, dance, music classes. Youth can attend adult classes as well. Child/Youth drop in \$15, adult drop-in \$20 (go to the Britannia Pool Cashier, pay, bring receipt to instructor). Classes take place 1739 Venables.

Child (3-6 yrs, Mon/Wed, 5:00-6:00pm)

|       |             |         |               |
|-------|-------------|---------|---------------|
| 29970 | 5:00-6:00pm | Mar/Apr | \$150/2 month |
| 43952 | 5:00-6:00pm | May/Jun | \$150/2 month |

Child/Youth 7-18 yrs Tue/Thu

|       |             |         |               |
|-------|-------------|---------|---------------|
| 29974 | 5:00-6:00pm | Apr/May | \$150/2 month |
| 43954 | 5:00-6:00pm | May/Jun | \$150/2 month |

## Axe Capoeira – Introductory (13+ yrs)

Take advantage of this one time offer to try Capoeira in this introductory program in the month of Feb, Mon/Thu 6:00-7:00pm! Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination, increase strength & flexibility.

|       |         |             |
|-------|---------|-------------|
| Mar   | Mon/Thu | 6:00-7:00pm |
| 43956 |         | \$60/9 sess |
| Apr   | Mon/Thu | 6:00-7:00pm |
| 43957 |         | \$60/8 sess |

| Mon  | Tue                                     | Wed                                    | Thu  | Sat                                      | Sun   |
|--|---|--|--|--|---|
| Kids Capoeira (3-6 yrs)<br>5:00-6:00pm     | Kids Capoeira (7-12 yrs)<br>5:00-6:00pm | Kids Capoeira (3-6 yrs)<br>5:00-6:00pm | Kids Capoeira (7-12 yrs)<br>5:00-6:00pm    | Afro-Brazilian Dance<br>10:00-11:00am    | Advanced Dance<br>11:00am-12:00pm                                     |
| Beginners Intro to Capoeira<br>6:00-7:00pm | Music<br>6:00-7:00pm                    | Afro-Brazilian Dance<br>6:00-7:00pm    | Beginners Intro to Capoeira<br>6:00-7:00pm | Adults Capoeira<br>11:00am-12:00pm       | Advanced Kids & All-Levels Adult Capoeira<br>12:00-1:00pm             |
| Adults Capoeira<br>7:00-9:00pm             |   |  |  | Kids All-Levels Capoeira<br>12:00-1:00pm | RODA Open to all students including both kids & adults<br>1:00-2:00pm |

# Micro Footie (4-16 yrs)



## BRITANNIA MICRO FOOTIE 2016

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

Britannia has been offering this popular recreational spring soccer league for over 22 years! This year we are moving our Saturday games from the Brit Oval and Garden Park to Empire Bowl, Hastings Park!! Practices will remain at the Brit Oval and Garden Park during the weekdays. Robson Park program will remain at Robson (Sat games and weekday practices).

Program Dates: Sat April 23-June 25 (games). Practices will start the week of April 18. If you do not receive a call from your coach by April 6, please email [britfootieinfo@gmail.com](mailto:britfootieinfo@gmail.com). The entire program is presently FULL as registration took place in January.

### Call for Soccer Coaches!

A huge thank you to the 200+ coaches who have already confirmed to coach. We will consider adding specific divisions if we can confirm more coaches. Check [www.britanniasoccer.org](http://www.britanniasoccer.org) for current Footie news.

### Coaches Orientation Clinic on Saturday April 2 in Gym D

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. Keep this date open – all coaches are required to attend.

#### Sat Apr 2 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

### Footie Swap Meet

Bring your child's gently worn soccer cleats (and equipment) and pick up another pair.

Sat 2:30-4:00pm Apr 2  
Gym D

### Soccer Sunday Outdoor (4-10 yrs)

These dynamic soccer sessions cater to high potential East Van players who want to raise their game to a new level. Players will be broken into groups at the field. No class Mar 27.

Sun 9:30-11:00am Mar 6-Apr 10  
Brit Oval \$59/5 sess  
26701 Jorge & Anthony

### Soccer Skills Camp on Sunday

Jason and Jorge will prepare you for the summer Celtic FC Camp and improve your skills for Micro Footie. No class May 22.

Sun Apr 24-Jun 10  
44008 4-5 yrs 8:30-9:30am \$99  
44009 6-10 yrs 9:30-10:45am \$159  
44010 11-15 yrs 10:45-12:00pm \$159  
Brit Oval Jason, Jorge, Gary

### 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.

#### Beginner Coaches Gym A/B

Mon Apr 4 6:30-7:45pm

#### Inter 1 Coaches Gym A/B

Tue Apr 5 6:30-7:45pm

#### Mini Micro's Gym D

Sat Apr 9 10-11:30am

#### Inter 2/Advanced Coaches Gym A/B

Mon Apr 11 6:30-7:45pm

#### Advanced/SA/SSA Coaches Gym A/B

Tue Apr 12 6:30-7:45pm

### NEW Bonus Practical Sessions

Thu Apr 7 - Intermediate team focus - Inter 1-2 coaches welcome, Brit Oval 6:30-8:00pm.

Thu Apr 14 - Adv/Super adv team focus. All advanced & super advanced coaches welcome, Brit Oval 6:30-8:00pm.

### Sponsorship Donations

Join other community minded businesses to encourage Britannia's children and youth to keep active by sponsoring the 2016 Micro Footie program. Benefits include sponsor logo on tee sleeve, Footie website and Britannia Spring 2016 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](mailto:lori.moretto@vancouver.ca).

### 2016 Sponsor Donors to date



Portuguese Club of Vancouver



### Soccer Moms (18+ yrs)

Soccer Drills for 1 hour with Jason Kyle followed by a Micro Footie Game for 1 hour. No class May 22.

Fri 6:00-8:00pm Apr 29-Jun 24  
Brit Oval \$169  
44007 Jason

### Soccer Spring Break Camp (4-15 yrs)

Register for these week long dynamic soccer camps led by FIFA certified Jason Kyle and assistants Jorge Porter, Rory Connolly. Camps will take place at Empire Bowl, Hastings Park.

Week 1 Mon-Fri Mar 14-18  
29690 4-5yrs 11:30am-1:00pm \$89  
29711 6-12yrs 9:00-11:30am \$125

Week 2 Mon-Thu Mar 21-24  
29691 4-5yrs 11:30am-1:00pm \$72  
29732 6-15yrs 9:00-11:30am \$100

### Celtic Soccer Academy 2016 International Partnership

After such a successful camp last summer, Celtic FC will be back! 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 so register early starting Tuesday May 10.

July 11-15 Cost TBA  
44006





# Daycamps (3+yrs)

## Imagination Camp (3-5yrs)

Enter into the world of Imagination and Make-Believe. Give your child the gift of reveling in their imagination through play, clowning and storytelling with imaginative application to theater, dance and performance.

**Mon-Fri 12:30-2:30pm**      **Mar 21-24**  
**1739 Venables**              **\$60/4 sess**  
**33893 N.Pluzak**

## Funseekers Daycamp (6-12 yrs)

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

Please provide lunch, snack, and water daily. Parents are required to complete consent forms.

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

## Spring Break

**Mon-Fri 9:00am-3:00pm**      **Mar 14-Mar 18**  
**Gym D**                      **\$95/5 sess**  
**25839**  
**Mon-Thu 9:00am-3:00pm**      **Mar 21-Mar 24**  
**Gym D**                      **\$76/4 sess**  
**25840**

## Summer 2016 Funseekers Daycamp Registration (6-12yrs)

### Registration:

**Sat April 16, 2016 10:00am**

**at Britannia Information Centre.**

A brochure will be delivered to local schools approximately one week before registration.

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

Britannia Funseeker's Play it Fair!! Special emphasis in our camps will be placed on the use of the Equitas program, "Play it Fair" which is designed to promote human rights, inclusion, anti-discrimination, respect for diversity, and 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 Leaders Training – "Play it Fair"

Staff will learn the games of the toolkit, the theory behind them and how they can be used to promote values. Feedback specific to Vancouver's use of Play it Fair indicates that children enjoy the activities and are integrating the values of respect, cooperation, respect for diversity, fairness, inclusion, responsibility and acceptance into their daily attitudes and behaviours. The Toolkit has helped reinforce children's self esteem, leadership skills, and capacity to solve their own conflicts. Play is used as a vehicle for dialogue and participatory debriefing by staff and campers, an important training focus. We recommend daycamp coordinators and leaders who are not familiar with, or want to brush up on their skills to attend this 4 hour training. 16+ yrs.

|              |                       |                     |
|--------------|-----------------------|---------------------|
| <b>Sat</b>   | <b>10:00am-2:00pm</b> | <b>Jun 11</b>       |
| <b>Gym C</b> |                       | <b>\$30 /1 sess</b> |
| <b>43697</b> |                       |                     |
| <b>Tue</b>   | <b>6:00-10:00pm</b>   | <b>Jun 28</b>       |
| <b>Gym C</b> |                       | <b>\$30 /1 sess</b> |
| <b>43703</b> |                       |                     |



## Summer Daycamp Volunteers

Britannia Funseekers are looking for motivated youth 16+ yrs to get involved in volunteering with children 6-12 yrs 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.



# Preteen (10-13yrs)

## Social

### Preteen Girls Club

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

|                 |              |
|-----------------|--------------|
| Thu 6:15-8:00pm | Apr 14-Jun 9 |
| Pre Teen Centre | Free         |
| 41994 Celine    |              |

### Friday Night Live (9-12 yrs)

Are you climbing the walls at home? Come climb the walls with us instead! Indoor rock climbing, movies, Watermania, and many other great out trips! Cost includes transportation and admission. Every other Friday starting Jan 15. Meet in front of the Preteen Centre. Completed consent form required.

|                      |        |             |
|----------------------|--------|-------------|
| Watermania           | Apr 15 | \$5/1 sess  |
| Indoor Rock Climbing | Apr 29 | \$15/1 sess |
| Bowling              | May 27 | \$5/1 sess  |
| Scotiabank Movie     | Jun 10 | \$5/1 sess  |

### Logic Club (9-14 yrs)

Fun games that sharpen the mind and challenge your way of thinking. Improve problem solving, creative thinking and teamwork through play and puzzles.

|                 |              |
|-----------------|--------------|
| Thu 4:00-5:30pm | Apr 21-Jun 9 |
| FAR \$30/8 sess |              |
| 41983 Celine    |              |

## Sports

### Ball Hockey Drop-in (11-18yrs)

Eyewear required and can be provided.

|                 |              |
|-----------------|--------------|
| Wed 5:30-7:00pm | Apr 6-Jun 29 |
| Gym D Free      |              |

### Basketball Drop-in (11-18 yrs)

|                  |              |
|------------------|--------------|
| Fri 5:30-6:50 pm | Apr 1-Jun 24 |
| Gym C Free       |              |
| Sun 12:00-1:45pm | Apr 3-Jun 26 |
| Gym C Free       |              |

### Indoor Soccer (11-18 yrs)

For 11-18 year old players only

|                 |              |
|-----------------|--------------|
| Tue 5:30-8:00pm | Apr 5-Jun 28 |
| Gym D Free      |              |

### Night Hoops Junior / Senior Girls (12-15 yrs / 16-18 yrs)

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

## Special Events

### Preteen Dance (10-13 yrs)

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 8, Jun 10 |
| CFEC            |               |

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

Contests, prizes, games and crazy staff!! Britannia youth only swim time. 1st 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 | Apr 1, May 6, Jun 3 |
|------------------|---------------------|



## Hall For Rent

The Hall at 1739 Venables is available for events of all kinds!

### Booking Times:

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

Now booking into August 2016.

For rates, openings and information, contact:

Helen Spaxman - 604.257.3087  
helen.spaxman@vancouver.ca

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

## Attention Pre-Teens & Teens

### Did you know that volunteering is a great way to gain work experience?

Britannia's volunteer program offers dedicated volunteers opportunities for a variety of training, mentorship, leadership skills and certifications (such as First Aid, FoodSafe, High Five, Red Cross Babysitting Course, etc). This will not only enhance your resume and ability to gain employment but connect you with your community and help you stand out to future educators & employers.

Contact Mawi for opportunities coming up this Spring and Summer at [mawi.bagon@vancouver.ca](mailto:mawi.bagon@vancouver.ca) or 604.718.5860.



# Teen Centre Programs

## Teen Centre Hours

Mon-Thu 3:00-9:30pm  
Fri 3:00-10:00pm  
Sat 6:00-10:00pm  
Sun 12:00-4:00pm

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

|        |       |         |           |        |
|--------|-------|---------|-----------|--------|
| Alicia | Barry | Crystal | Stephanie | Celine |
| Emma   | Mark  | Chiho   | Kakada    | Tom    |

## Britannia Teen Centre

A place in the community dedicated to youth. All youth from 13-18 years are welcome. Pool, foosball, ping pong, video games, and a public access computer are all available for use. Youth, volunteers and youth workers plan and run programs and activities together 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 (13-19 yrs)

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

|             |             |              |
|-------------|-------------|--------------|
| Wed         | 7:00-9:00pm | Apr 6-Jun 29 |
| Teen Centre |             | Free         |

## Canucks Game Night

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

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

## Logic Club (13-17yrs)

Fun games that sharpen the mind and challenge your way of thinking. Improve problem solving, creative thinking and teamwork through play and puzzles.

|       |               |               |
|-------|---------------|---------------|
| Thu   | 6:00pm-7:30pm | Jan 21-Mar 10 |
| FAR   |               | \$30/8 sess   |
| 25845 | Celine        |               |

## Outdoor Programs

### The Great Escape Outdoors (GEO)

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

The Centre provides all necessary equipment, food, transportation, and guides/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 registrations done at the Teen Centre.



## Blackcomb/Whistler Ski & Snowboard

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

\$75 ski/snowboard rental, \$60 no rental required. Must register a minimum of 2 weeks in advance. Registration accepted at Britannia Teen Centre only.

|     |       |               |
|-----|-------|---------------|
| Sun | Mar 6 | 6:00am-6:00pm |
| Sat | Apr 2 | 6:00am-6:00pm |

## Diversity Camp - Youth Overnight Camp (13-19 yrs)

Partnering with Trout Lake and Thunderbird Community Centre youth programs, spend three days doing activities and having discussions about diversity, human and children's rights, anti-discrimination, respect, inclusion, fairness and peaceful conflict resolution. Youth must be willing to participate, discuss and share in all activities. We will be using activities from the "Play it Fair" and "Speaking Rights" toolkit which promotes the values of children's rights, followed by a discussion of what they felt, thought and learned. Every child has the right to know their rights. Camp will be held at Camp Capilano. Mandatory workshop held on Wednesday, Mar 9, from 6:00-8:00pm to introduce the group to each other and to provide an overview of trip expectations. To register, please contact the Britannia Teen Centre at 604.718.5828.

|             |                |           |
|-------------|----------------|-----------|
| Fri-Sun     | 9:00 am-5:00pm | Mar 18-20 |
| Teen Centre |                | \$75/trip |

## 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 2016 Rio Tinto Alcan Dragon Boat Festival, June 18<sup>th</sup> and 19<sup>th</sup>.

Come out and prepare for the quest for excellence. No experience necessary. For more information, contact Tom at 604.718.5826. Practice dates to be determined.



# Youth (13-18 yrs)

## 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 3<sup>rd</sup> Fri of the month at 3:30pm. Contact Tom at 604.718.5826 for more info.

### 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.

|              |                    |                      |
|--------------|--------------------|----------------------|
| <b>Tue</b>   | <b>6:00-8:00pm</b> | <b>May 24-Jun 14</b> |
| <b>LRC</b>   |                    | <b>\$30/4 sess</b>   |
| <b>44040</b> |                    |                      |

### Duke of Edinburgh Award

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

### “Play it Fair” Afternoon

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

|                    |                    |             |
|--------------------|--------------------|-------------|
| <b>Fri</b>         | <b>4:00-5:00pm</b> | <b>Free</b> |
| <b>Teen Centre</b> |                    |             |



### 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.

|              |                    |                      |
|--------------|--------------------|----------------------|
| <b>Thu</b>   | <b>4:00-5:30pm</b> | <b>Apr 12-May 31</b> |
| <b>43947</b> | <b>R. Mezz</b>     | <b>\$40/8 sess</b>   |

## Social

### Guys Night (13-18yrs)

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

|                    |                    |                     |
|--------------------|--------------------|---------------------|
| <b>Mon</b>         | <b>6:00-8:00pm</b> | <b>Apr 4-Jun 27</b> |
| <b>Teen Centre</b> |                    | <b>Free</b>         |
| <b>Mark</b>        |                    |                     |

### Girls Club (13-18yrs)

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

|                        |                    |                     |
|------------------------|--------------------|---------------------|
| <b>Tue</b>             | <b>6:15-8:00pm</b> | <b>Apr 5-Jun 28</b> |
| <b>Pre Teen Centre</b> |                    | <b>Free</b>         |
| <b>Emma</b>            |                    |                     |

### 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 information. Registration and intake must all be approved by Saturday unlimited staff. No Session Feb 6.

|              |                       |                      |
|--------------|-----------------------|----------------------|
| <b>Sat</b>   | <b>10:00am-3:00pm</b> | <b>Apr 16-Jun 11</b> |
| <b>LRC</b>   |                       | <b>\$125/8 sess</b>  |
| <b>41996</b> | <b>Sarah, Bonnie</b>  |                      |

### ISS My Circle Level 2 Facilitation Training

The MY Circle Program is a fun and innovative leadership program that works with immigrant and refugee youth ages of 14 to 24 who are facing challenges adapting into Canadian society break their isolation, learn practical skills, make new friends and gather information about the services and resources in their communities.

Our goal is to increase the active participation and positive integration of young newcomers by providing them with a safe, supportive place where they can gain validation and understanding around the complex issues of integration and adjustment. FREE training for newcomer youth to become Peer Support Group Facilitators and Young Community Leaders. We provide free lunch and free bus tickets to all participants. At the end of the training, a certificate of completion and a letter for 80 hours of volunteer work are given to the youth. These hours may be counted as CAPP or community service hours.

Contact Sherry at 604.684.7498 for more info and to register.

|                    |                      |                     |
|--------------------|----------------------|---------------------|
| <b>Sat</b>         | <b>9:30am-4:30pm</b> | <b>Apr 2-Jun 18</b> |
| <b>Teen Centre</b> |                      | <b>Free</b>         |



### 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. To register and more information please contact Stephanie at 604.718.5829.

Outings/Salidas

Team Building Games/Juegos

Workshops/Tallers

Fundraising/Recoger Fondos y planiar eventos

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

Sat/Sabados

|                    |                     |
|--------------------|---------------------|
| <b>Sat</b>         | <b>Apr 2-Jun 25</b> |
| <b>Teen Centre</b> | <b>Free</b>         |
| <b>Stephanie</b>   |                     |

# Youth (13-18 yrs)

## Cooking

### Foodsafe for Youth (13-25 yrs)

Build your resume with this certificate course! It is required for work in the food service industry. FOODSAFE Level 1 is a food handling, sanitation and work safety course designed for front line food service workers. The course covers important food safety & worker safety info including foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing. Participants must pass a test in order to receive their certificate.

Sat 9:00am-5:00pm Jun 4  
Conference Room \$60/1 sess  
41975

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

Learn to create healthy, cheap and easy to cook meals. Youth are involved in planning, cooking and preparing the meals. No class the last Tuesday of each month

Tue 4:00-6:00pm Apr 12-Jun 21  
AML Free

### Latin Cooking (11-18 yrs)

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

Thu 4:30-6:30pm Apr 7-Jun 30  
AML Free

## Sports & Fitness

### Indoor Soccer (11-18yrs)

Tue 5:30-8:00pm Apr 5-Jun 28  
Gym D Free

### Ball Hockey Drop-in (11-18 yrs)

Eyewear required and can be provided.

Wed 5:30-7:00pm Apr 6-Jun 29  
Gym D Free

### Basketball Drop-in (11-18 yrs)

Fri 5:30-6:50pm Apr 1-Jun 24  
Sun 12:00-1:45pm Apr 3-Jun 26  
Gym C Free

## Special Events

### Youth Week

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

Youth Week is about celebrating the great things youth and youth organizations do all year round! For more info check out [www.VancouverYouthWeek.ca](http://www.VancouverYouthWeek.ca)

Envision it like New Year's for everything to do with youth, a chance to celebrate this past year and to set goals and plans for this year!

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

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

During Youth Week young people around the world organize and participate in events, performances, forums and community projects.

Get involved... plan events, promote activities, and attend events. Call 604.718.5826 to find out how you can help!!

### Youth Yoga (10-18 yrs)

Introduction to yoga for youth ages 10-18. Improve your balance, flexibility and core strength while learning in a safe, welcoming environment.

Wed 4:30-5:30pm Apr 20-Jun 8  
LRC \$48/8 sess  
44115 Jordan

Fri 5:00-6:00pm Apr 22-Jun 10  
LRC \$48/8sess  
41997 Jillian

### Night Hoops Junior / Senior Girls (12-15 yrs / 16-18 yrs)

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



## Youth Week

Celebrate Vancouver's Youth Week on  
**Saturday, May 7, between 12 and 4pm**  
at Creekside Community Centre

Performances • Photo Booth  
Arcade Games • Community Booths  
Inflatables • Magic Card Tournament  
3-on-3 Basketball

Visit [www.VancouverYouthWeek.ca](http://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.

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](mailto:youthweek@vancouver.ca) to see how you can get involved!

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

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

Fri 8:00-10:00pm Jan 8, Feb 5, Mar 4



# Latin American Youth Programs

## Programa de Jovenes Latino Americanos

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

El proyecto de jóvenes, Latino Americano le ofrece a la comunidad una variedad de actividades, proyectos, y eventos. Los siguientes programas son para jóvenes latinos de 11 a 18 años y son gratuitos en su mayoría. Para más información y para registrarse llame a Stephanie al 604.718.5829.

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

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

**Thu/Jueves** 5:00-6:30pm  
AML

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

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

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

- Self-Esteem / Respect
- Weight Training
- Career Planning

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

**Fri/Miercoles** 6:00-8:00pm  
Room TBA

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

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

Necesitas trabajo voluntario par poder graduarte? El proyecto de jóvenes ofrece muchas oportunidades en las que puedes encontrar apoyo en actividades que quieras llevar acabo y a la vez hacer tus horas de

voluntariado. Par mas información llame al 604.718.5829.

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

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

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

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

Sat/Sabados

**Sat** Apr 2-Jun 25  
**Teen Centre** Free  
**Stephanie**

## Cocina Latina / Cooking Program

Learn to cook food from various Latin countries. Quieres aprender a cocinar comida de varios países Latinos.

Participants will also learn how to make healthier food choices and to shop on a low budget.

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

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

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

Free drop-in soccer for youth with Go Card! New players welcome, must be under 18 years. Futbol de salón 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



## Spanish Clubs

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

**Tupper:** Tue at lunch 11:40am Rm 311  
**VanTech:** Thu at lunch 11:40am (meet a school's front entrance)



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, please contact Stephanie at 604.718.5829.

## Eventos / Events

Evento gratis de Nadar / Free Youth swim.

**Apr 1, May 6, Jun 3** 8:00-10:00pm  
**Brit Pool** Free/Gratis

## Bequests and Charitable Giving

### YOUR LEGACY

Everyone leaves their own unique footprint over a lifetime. A person can be remembered for service to the community, strength of character, accomplishments, generosity, kindness and compassion. Planning today to make a future gift to Britannia Society is one of the ways you can create a lasting legacy at the Centre. Your gift will help to ensure that Britannia will continue to provide greatly needed programs and services to community members.

Britannia Community Centre will accept gifts, bequests and other forms of charitable giving. People can continue to support the work of the Centre by making a charitable gift through a bequest in a will. If you are considering a bequest or other form of charitable giving, please consider Britannia Society. Contact the Manager, Jeremy Shier, at 604.718.5810.



# Adult Sports

## Ball Hockey – Co-ed

Fun, recreational ball hockey — no body checking — all skill levels welcome. Protective gear recommended. Plastic sticks provided, no wooden sticks allowed. Great practice for goalies! \$6/drop-in, space permitting. Register early as this class will fill up!

**Wed 7:15-8:45pm Apr 13-May 18**  
**Gym D \$30/6 sess**  
**43961 T. Wells**

## Ball Hockey – Women

The focus is on fitness and fun — all skill levels welcome. Teams divided according to skill level at beginning of game. Bring a black and a white t-shirt to split into teams. Sticks provided, or bring your own plastic, wood, composite. Shin pads, gloves recommended. \$6/drop-on, space permitting. No class May 22.

**Sun 4:15-6:00pm Apr 3-Jun 26**  
**Gym D \$60/12 sess**  
**43963 C. Eneas**

## Soccer – Women's Indoor

A recreational program — all types of fitness and skill levels welcome. Expect low-key, limited body contact, clean fun play. Registered players arrive by 6:15pm to hold your spot. 15 spaces are allotted per night. \$5/drop in, space permitting. No class Apr 28.

**Thu 6:00-7:30pm Apr 14-Jun 23**  
**Gym D \$50/10 sess**  
**44004 T. Harley**

## Basketball – Sunday

Adult recreational basketball program. No drop-ins. No class May 22.

**Sun 2:00-4:00pm Apr 3-Jun 26**  
**Gym C \$60/12 sess**  
**49310 S. Yan**  
**Sun 4:00-6:00pm Apr 3-Jun 26**  
**Gym C \$60/12 sess**  
**43965 S. Anderson**

## Badminton

Total of 30 spaces (registered & drop-ins) \$6.00 drop-ins if space available.

**Fri 7:00-9:45pm Apr 8-Jun 24**  
**Gym C \$50/10 sess**  
**43959 A. Leung**  
 No class May 6, Jun 3

**Sat 1:30-5:00pm Apr 2-Jun 25**  
**Gym C \$55/11 sess**  
**43960 J. Leung**  
 No class Jun 4, 11

## Volleyball – New Procedures

After 4 sessions of volleyball have passed, registration will close. After this time we will only accept drop-ins (if available). If a registered patron anticipates being late, they will need to phone in to the Pool Cashier (604 718 5831) at least 15 minutes prior to the program start time to hold their spot. If they fail to do this, their "registered" spot will become open to drop-ins. If you are a drop in you will be asked to pay and sign in at the Pool Cashier's office and submit the receipt to the Instructor in the gym.

## Beginner – Thu

Basics are emphasized. Register to guarantee a spot to play every week. A total of 42 spaces allotted. \$6/drop in, space permitting.

**Thu 7:00-10:00pm Apr 7-Jun 2**  
**Gym A/B \$45/9 sess**  
**44026 R. LeBlanc**

## Intermediate – Tue

We work on specialized game play. If you have the basics please join us! Register to guarantee a spot to play every week. A total of 30 spots allotted. \$6/drop in, space permitting.

**Tue 8:00-10:00pm Apr 5-May 31**  
**Gym A/B \$45/9 sess**  
**44027 R. LeBlanc**

## Advanced – Fri

We work on specialized game play and advanced systems. Register to guarantee a spot to play every week. A total of 36 spots allotted. \$6/drop in, space permitting.

**Fri 7:00-10:00pm Apr 1-June 3**  
**Gym A/B \$50/10 sess**  
**44024 R. LeBlanc**

## Pickleball NEW

Come join in on the fun in this rapidly growing sport! Bring your own paddles and ball — and bring all your friends! No class Jun 5.

### Beginner class

**Sun 9:00-10:00am Apr 3-Jun 26**  
**Gym C \$30/12 sess**  
**53160 P. Tsao \$3 Drop-in**

### Intermediate class

**Sun 10:00am-12:00pm Apr 3-Jun 26**  
**Gym C \$30/12 sess**  
**43999 P. Tsao \$3 Drop-in**

## Fencing – Adult (16+ yrs)

Learn the ancient art of swordplay in a fun and safe environment. Learn skills of attack and defence, and participate in bouts with your classmates. All equipment provided. Wear track pants and court shoes. Program takes place at LaSalle Fencing Studio, 2155 Commercial Drive/5<sup>th</sup> Avenue. Register at Britannia, program takes place offsite.

**Tu 7:30 - 9:00pm Apr 5-Jun 21**  
**La Salle Studio \$96/12 sess**  
**43984 LaSalle Fencing**



## Boxing – Trojan Horse Amateur Boxing (10 yrs – Adult)

Learn classic boxing techniques from Head Coach William Kennedy. Full size ring, punch/speed bags, circuit training, mitts and gloves. Great way to improve your fitness. During the group sessions, your training will be personalized to your specific skill and ability. Waiver forms and a \$75 one time annual insurance cheque payable to Combsport will be collected by the Coach prior to starting. Classes unlimited — come train as many times as you like! Boxing room is located beside Gym C. Drop in \$20 payable at the Pool Cashier. No class Mar 25, 28, May 22.

Everyone welcome:

**Sat 10:00am-12:00pm**  
**Mon-Fri 5:00-7:00pm**

Women's Program:

**Tue/Thu 4:00-6:00pm**

**29978 Mar \$75/month**  
**43967 Apr \$75/month**  
**43968 May \$75/month**  
**43969 Jun \$75/month**



# Adult Fitness

Join in on the fun and GET FIT at BRIT! We offer a variety of classes to keep you active: Zumba, Salsafit, Body Conditioning and a new Stretch & Roll class. Try a Yogaflex class or come tryout our new Sunday morning Pickleball program. Play volleyball, basketball, ball hockey, soccer and more!

| Mon                                  | Tue  | Wed  | Thu   | Fri  | Sat  | Sun  |
|--------------------------------------|--|--|---|--|--|--|
| <b>Zumba</b><br>6:00-7:15pm<br>Gym C | <b>Body Conditioning</b><br>6:00-7:00pm<br>Gym C | <b>Stretch &amp; Roll</b><br>10:30-11:30am<br>CFEC | <b>Dance Aerobics</b><br>6:00-7:00pm<br>Gym C   | <b>Volleyball</b><br>7:00-10:00pm<br>Gym A/B | <b>Salsafit*</b><br>10:00-11:00am<br>Gym C | <b>YogaFlex</b><br>10:15-11:15am<br>CFEC       |
|                                      | <b>Volleyball</b><br>8:00-10:00pm<br>Gym A/B     | <b>Zumba</b><br>6:00-7:15pm<br>Gym C               | <b>Soccer - Women's</b><br>6:00-7:30pm<br>Gym D | <b>Badminton</b><br>Gym C                    | <b>Badminton</b><br>Gym C                  | <b>Pickleball - NEW</b><br>10:00-noon<br>Gym C |

\*Buy a strip of 10 tickets and use at Tuesday Body Conditioning, Thursday Dance Aerobics and Saturday Salsafit programs.

## 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, flexibility. Purchase drop-in tickets at pool office for \$4.75/sess OR \$39.40/10 tickets. No online registration.

**Tue** 6:00-7:00pm **Apr 5-Jun 21**  
**Gym C**  
**43966 A. Riley**

### Dance Aerobics

A great way to get your cardio in while having fun. This class is designed to get fit with simple Latin Funk and Reggae moves all fused together! Purchase drop-in tickets at pool office for \$4.75/sess OR \$39.40/10 tickets. No online registration.

**Thu** 6:00-7:00pm **Apr 7-Jun 23**  
**Gym C**  
**43983 A. Riley**

### Yogaflex

This flowing yogaflex class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Please visit [www.clstevensfitness.com](http://www.clstevensfitness.com) for more information. Please bring your own mats to this class. \$12/drop-in. No class May 22.

**Sun** 10:15-11:15am **Apr 3-Jun 12**  
**CFEC** **\$80/10 sess**  
**44028 CLS Fitness**

### Stretch & Roll Class NEW

Foam rolling is a way of massaging away muscle soreness, boosting recovery and preparing your muscles for deeper stretching. Using the foam roller to loosen the tension in your muscles provides an excellent way of obtaining benefits of self-myofascial release. It can improve posture, flexibility, increase blood flow and overall well-being. For more information, check out: [www.zumbavancouver.ca](http://www.zumbavancouver.ca).

**Wed** 10:00-11:00am  
**Apr 13-May 18**

**CFEC** **\$60/6 sess**  
**44014 Denise**

### Salsa Fit

An invigorating and energizing cardio combining Hi/Lo impact aerobics with a salsa flare — great music, fun. Includes muscular strength component and stretching. Purchase drop-in tickets at pool office \$39.40/10 tickets. No class Jun 4, 11.

**Sat** 10:00-11:00am **Apr 2-Jun 25**  
**Gym C** **Drop-in \$4.75**  
**44000 Denise**



### Zumba

This fitness class fuses Latin and International rhythms with easy to follow moves to create a dynamic workout system that will blow you away. Zumba® is a feel happy workout that is great for anyone at any fitness level. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, Samba, Reggaeton, Flamenco and more. Drop-in \$11. [www.zumbavancouver.ca](http://www.zumbavancouver.ca).

### Free Trial session – Mon

Please register for these trial sessions even though they are free so we know to expect you!

**Mon** 6:00-7:15pm **Apr 11**  
**Gym C** **Free**  
**44031**

### Regular session begins:

**Mon** 6:00-7:15pm **Apr 18-May 16**  
**44029** **No class May 23**  
**\$40/5 sess**

**Mon** 6:00-7:15pm **May 30-Jun 27**  
**49308** **\$40/5 sess**  
**Gym C K. Ann**

### Free Trial session – Wed

**Wed** 6:00-7:15pm **May 18**  
**Gym C** **Free**  
**44032 Denise**

### Regular session begins:

**Wed** 6:00-7:15pm **Apr 13-May 11**  
**44030** **\$40/5 sess**  
**Gym C Denise**

**Wed** 6:00-7:15pm **May 25-Jun 29**  
**49309** **\$48/6 sess**  
**Gym C Denise**

## Axe Capoeira (3-6 yrs, 7-18 yrs)

Anyone can join! We offer ongoing classes for children and youth. Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility. Includes unlimited participation in training, dance, music classes. Youth can attend adult classes as well. Child/Youth drop in \$15, adult drop in \$20 (go to the Britannia Pool Cashier, pay, bring receipt to instructor). Classes take place 1739 Venables.

### Child (3-6 yrs, Mon/Wed)

|       |             |         |                |
|-------|-------------|---------|----------------|
| 29970 | 5:00-6:00pm | Mar/Apr | \$150/2 months |
| 43952 | 5:00-6:00pm | May/Jun | \$150/2 months |

### Child/Youth (7-18 yrs Tue/Thu)

|       |             |         |                |
|-------|-------------|---------|----------------|
| 29974 | 5:00-6:00pm | Mar/Apr | \$150/2 months |
| 43954 | 5:00-6:00pm | May/Jun | \$150/2 months |

## Axe Capoeira-Introductory (13+ yrs)

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

| Mon/Thu |  | 6:00-7:00pm | Mar         | Axe Capoeira – Adult           |
|---------|--|-------------|-------------|--------------------------------|
| 43956   |  |             | \$60/9 sess | Daily (Sun-Sat) 11:00am-2:00pm |
| 43957   |  |             | \$60/8 sess | 29966 Mar/Apr \$230/2 months   |
|         |  |             |             | 43950 May/Jun \$230/2 months   |

## Ki Aikido – General

All levels welcome. A non-competitive and positive practice that develops calmness, stability and confidence to reduce stress of everyday life. Develop mind, body coordination, centered under pressure, extend minds and flow lightly in dynamic movement. Beginners can take one free session before deciding to register. [www.canadiankifederation.com](http://www.canadiankifederation.com). Drop in \$8.

|          |             |               |
|----------|-------------|---------------|
| Tue      | 6:00-7:15pm | Apr 12-Jun 28 |
| Mat Room |             | \$60/12 sess  |
| 43994    | W. Nagata   |               |

## Ki Aikido – Higher Grade

1st Kyu or more advanced students. Drop in \$6. No class May 23.

|          |             |              |
|----------|-------------|--------------|
| Mon      | 7:30-9:30pm | Apr 4-Jun 20 |
| Mat Room |             | \$55/11 sess |
| 43995    | W. Nagata   |              |

## Ki Aikido – Intermediate

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

|          |             |              |
|----------|-------------|--------------|
| Wed      | 7:30-9:30pm | Apr 6-Jun 29 |
| Mat Room |             | \$78/13 sess |
| 43996    | W. Nagata   |              |

## Iyengar Yoga

Physically energizing, deeply relaxing and emotionally uplifting, this program offers instruction in classical yoga with an emphasis on self-awareness and development of strength, stamina, flexibility, balance, body awareness, postural alignment and relaxation. It accommodates all levels of fitness and ability and is taught with clarity, creativity, attention to detail and sensitivity to individual needs in an atmosphere of respect, compassion and humor. Safety, back and joint care will be addressed. For more information, contact Britannia at 604.718.5800 (1) or contact the instructor Claudia MacDonald at [claudiamacyoga@gmail.com](mailto:claudiamacyoga@gmail.com). All classes take place in the Canucks Family Education Centre.

|         |              |               |
|---------|--------------|---------------|
| Level 1 |              |               |
| Tue     | 6:30-8:00pm  | Apr 5-Jun 21  |
| 43989   | C. MacDonald | \$180/12 sess |

|                     |              |               |
|---------------------|--------------|---------------|
| Level1/Gentle Level |              |               |
| Thu                 | 7:00-8:30pm  | Apr 7-Jun 23  |
| 43992               | C. MacDonald | \$180/12 sess |

|             |              |               |
|-------------|--------------|---------------|
| Level 1 & 2 |              |               |
| Tue         | 9:30-11:00am | Apr 5-Jun 21  |
| 43991       | C. MacDonald | \$180/12 sess |

|       |              |               |
|-------|--------------|---------------|
| Tue   | 7:00-8:30pm  | Apr 5-Jun 21  |
| 43990 | C. MacDonald | \$180/12 sess |

|           |               |               |
|-----------|---------------|---------------|
| Level 2/3 |               |               |
| Thu       | 5:30 - 7:00pm | Apr 7-Jun 23  |
| 43993     | C. MacDonald  | \$180/12 sess |

| Mon  | Tue                                     | Wed                                    | Thu  | Sat                                      | Sun   |
|--|---|--|--|--|---|
| Kids Capoeira (3-6 yrs)<br>5:00-6:00pm     | Kids Capoeira (7-12 yrs)<br>5:00-6:00pm | Kids Capoeira (3-6 yrs)<br>5:00-6:00pm | Kids Capoeira (7-12 yrs)<br>5:00-6:00pm    | Afro-Brazilian Dance<br>10:00-11:00am    | Advanced Dance<br>11:00am-12:00pm                                     |
| Beginners Intro to Capoeira<br>6:00-7:00pm | Music<br>6:00-7:00pm                    | Afro-Brazilian Dance<br>6:00-7:00pm    | Beginners Intro to Capoeira<br>6:00-7:00pm | Adults Capoeira<br>11:00am-12:00pm       | Advanced Kids & All-Levels Adult Capoeira<br>12:00-1:00pm             |
| Adults Capoeira 7:00-9:00pm                |   |  |  | Kids All-Levels Capoeira<br>12:00-1:00pm | RODA Open to all students including both kids & adults<br>1:00-2:00pm |

## Traditional Kung Fu (6 yrs – Adult)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1/month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Classes run Monday and Friday in the Canuck Family Education Centre.

| Beginner             |                  | Advanced             |               |
|----------------------|------------------|----------------------|---------------|
| Mon, Fri 4:30-5:45pm | Apr 1-Jun 27     | Mon, Fri 4:30-6:30pm | Apr 1-Jun 27  |
| 44022                | \$215.50/20 sess | 44021                | \$253/20 sess |
| Intermediate         |                  | CFEC                 | M. Lung       |
| Mon, Fri 4:30-6:15pm | Apr 1-Jun 27     |                      |               |
| 44023                | \$240.50/20 sess |                      |               |



# Special Events

## Banner Workshop

"Cities have the capability of providing something for everybody, only because, and only when, they are created by everybody." — Jane Jacobs. 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 must be completed on-site. Wear old clothes, bring a lunch, and a colour sketch of your idea. Children under 12 must be accompanied by an adult.

Sat, Sun 10:00am-4:00pm Apr 9 & 10  
Cafeteria \$20/2 sess  
44583 H. Spaxman



## 21st Annual Stone Soup Festival

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

Food vendor applications are available at the Britannia Information Centre. Vendor Fee is \$35. Vendors supply their own 10 by 10 ft market tent or umbrella table. Table and chairs are provided. Space is limited.

Local Artists: Artworks are themed to the festival and coordinated by Katherine Polgrain. Artist Fee is \$35. For more information email Katherine Polgrain; courage62@shaw.ca.

Sat 12:00-5:00pm May 7  
Britannia Site & Napier Greenway



## International Yarn Bombing Day: Year Of Felting

Come celebrate this international event with local artist Helen Spaxman. This years project will involve participants making felted ball garlands to hang in the cherry tree at the entrance to Napier Greenway. All materials supplied.

Sat 12:00-4:00pm Jun 11  
Napier Greenway Free

## 6th Annual Vintage Bicycle Swap Meet

Making the old new again: The Vancouver Wheelmen in partnership with Britannia Community Centre invite you to their 6th 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 10:00am-3:00pm Apr 24  
Britannia Courtyard Free

## Carving 101 Squamish Style Workshop

Learn how to carve with Squamish Artist, James Harry. Tools and materials supplied by artist.

Sun 1:00-4:00pm Jun 12  
Carving Pavilion Free  
46307 J. Harry

## Italian Day 2016

Britannia Community Centre celebrates Italian Day with this years theme Mangiano! Let's Eat! Project and more information TBA

Sun 12:00-3:00pm Jun 12  
Location: TBA

## The Solstice / Equinox Coffee House Series: 1st Annual Summer Solstice Coffee House

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



Sun 7:00-10:00pm Jun 19  
AML Free

## Launch!

An accessible open mic for queer youth, seniors, and allies

Launch! Offers inclusive and accessible space for new and seasoned writers, poets, dancers, performers and everyone in between. Though its focus is on showcasing the voices of queer youth, elders, and allies, anyone is welcome to come read, sing, dance, drag, lip synch, or otherwise entertain us.

Launch! Offers an accessible alternative to the bar scene (well lit, no steps, attentive & kind audience, support for first time readers, youth and elder friendly), and a space for new/experienced work.

Please see p. 36 for full details

Mar 29, May 27, Jun 24  
7:00-9:00pm

## The 2016 East Vancouver Garden Tour

On Sunday, June 19th, Father's Day, is your chance to visit a dozen or so delightful East Vancouver private gardens. This year's self-guided tour will be in the area just to the east of Figaro's Garden Centre (1896 Victoria Drive at 3rd Avenue). Once you make your way to the first garden on the tour, you will likely be able to walk the entire route. Tickets are now \$15 per person.



We recommend that you register early, as the tour is very popular and tickets are limited. Starting in May, you can purchase tickets in advance at Figaro's Garden or through Britannia Centre. We will also be setting up online ticket sales through EventBrite. Please visit our Garden Tour website at eastsidegardentour.blogspot.ca/ for more info.

Any time after 10:00am. on the day of the tour, you go to Figaro's Garden Centre to pick up your map showing the locations and descriptions of the gardens on the tour. Once you get to the first garden shown on your tour map, the other gardens are all within reasonable walking distance.

The tour is jointly sponsored by Britannia Neighbours, Britannia Centre, and Figaro's.

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



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](http://www.gwfoodconnection.wordpress.com) or call 604.718.5895



## Grandview Woodland Food Connection Volunteers Wanted

We are currently seeking community members interested in helping us with our graphic design, Advisory Committee, gardeners and school garden educators, food workshop instructors, and fundraising event organization. This is a great opportunity to get involved in community food programming. Call Ian if interested @ 604.718.5895.

## Canning Kits to Lend

The Grandview Woodland Food Connection has canning kits available to lend to community members wanting to can at home. Kits include 21 quart canner, canning rack, jar lifter, funnel and lid lifter. For more information, call 604.718.5895.

## GWFC Community Kitchen

Community kitchen participants come together every few weeks to cook and eat nutritious meals together. They provide a fun and supportive environment to meet new people and try new foods, while also saving money on groceries. Our kitchens are diabetic friendly. Child-minding provided. Free and designed for households who are struggling financially. Info: 604.718.5895.

## GWFC Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? You can save over 40% on your food bill. \$14 gets you 8-9 varieties of fruits and veggies. Pick up your box at Britannia Community Centre. To sign up, call 604.718.5895.

## Greenest City Initiative

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



## Nutrition Counseling Service

Nutrition counseling services by a certified holistic nutritionist will be available for under-served residents and open to all community members on a sliding scale basis. This service is aimed at helping you navigate the food choices available in our area and choose the foods that are best suited for your health, taking into consideration any health issues or goals you may have. Improved eating habits can help boost your physical and mental health.

Bonnie Chung is a registered holistic nutritionist with many years of experience working in the natural foods industry. She is also working with Choices Markets. She's eager to share her nutrition knowledge with the community with a friendly approach. Contact Bonnie Chung at 778-995-7299 or [gorealnutrition@gmail.com](mailto:gorealnutrition@gmail.com) to book an appointment. More info: <http://www.gorealnutrition.com>. Apts at Britannia Community Centre.

## Warm Plates Community Kitchen

Warm Plates provides a drop in community kitchen focusing on food recovery (edible but cosmetically inferior produce) and healthy eating at Britannia Community Centre. Warm Plates has partnered with Britannia seniors and community members are invited into this sociable community kitchen. Warm Plates runs once a month and is free. Info: 604.718.5895.

## Dairy Kefir – Easy to make and great for you!

What's all the fuss about fermented foods? Kefir? Probiotics? These buzz words are often used, but what are they exactly, and why are they good for us? Come find out how easy it is to make your own Kefir, and why it is so vital to a healthy immune system and mental health! We will use kefir as a base for smoothies. Bring a small plastic or glass container to bring home your own Kefir grains to begin making it at home! Smoothies are a great way to incorporate kefir in your daily life.

Wed 6:00-8:00pm  
44512  
Pre Teen Centre

May 18  
\$15/sess

## Canning for Beginners

This hands-on workshop is intended for all canning enthusiasts who want to learn the most current methods for safe, enjoyable home canning. The workshop includes a complete demonstration of the boiling-water-bath method of canning, as well as a discussion of pressure canning. Participant will take home a jar of canned product, canning recipes and canning brochures.

Wed 6:00-8:00pm  
44513

May 25  
\$12/sess

Pre Teen Centre



## Sauerkraut Fermentation

Learn how to make great tasting sauerkraut. This easy to learn method is important in providing good health. Raw sauerkraut is packed with B vitamins, more nutrients and probiotics that are required for good digestion and a strong immune system. Come learn how to make this easy and affordable health food using resources you have around the house. Participants will bring their own cabbage and take away a bucket of kraut.

Wed 6:00-8:00pm  
44540

Jun 8  
\$12/sess

Pre Teen Centre

## Dim Sum Basics

In this special Chinese brunch, dishes come in petit-fours on bamboo trays with just enough portions to share. Join us for this fun, hands-on class where we will recreate the classic dim sum spread in your own home kitchen. We will make steam buns, jewelled dumplings, and a surprise dish! All levels welcome. Lucia Wong is a personal chef and an everyday Chinese cook.

Wed 6:00-8:00pm  
Pre Teen Centre  
53609

Jun 1  
\$18/sess

# Adult Arts & Culture

## Britannia Art Gallery Exhibitions

### Gallery Programs Apr – Jun 2016

Opening Receptions every first Wednesday of the month 6:30-8:30pm, with Artist talk and refreshments.

**APRIL 1-30, 2016**



Lori Sokoluk's drawings and paintings exhibition, "Industrial Dreamscape"

AND

Margo Ronson's jewellery titled Margo Ronson: Metal\_+ Art

**MAY 1-31, 2016**



Britannia Youth will be featured for the month of May. Exhibition

**JUNE 1-30, 2016**



James Harry Poetry of Language in yellow and red cedar.

### Carnival Band

Looking for an excuse to dust off that horn (accordion, glockenspiel...) in the back of your closet, dress up and play on the streets? 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 23.

**Mon 7:30-10:00pm** **Apr 4-Jun 27**  
**AML** **Free**  
**44529 T. Sars**

### 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 information, contact [femmecitychoir.com](http://femmecitychoir.com).

**Thu 7:15-9:15pm** **Apr 7-Jun 30**  
**AML** **Free**  
**44536 K. Parnell**

### 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. \$2-\$5 donation at rehearsals. No class June 19.

**Sun 3:00-5:00pm** **Apr 3-Jun 26**  
**AML** **Free**  
**44571**

**FREE with Britannia Membership**



# Adult Arts & Culture

## Reckless Painting

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

**Tue 7:00-8:00pm Apr 19-May 17**  
**Room 210 \$70/5 sess**  
**44565 J. Orsini**



## Watercolour Painting

Study watercolour painting techniques by exploring the medium's full potential. Learn to use water, paper, colour and brushes to create an endless variety of tones and atmosphere in your painting. 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. For more information, visit [www.atashzad.com](http://www.atashzad.com). Supplies not included.

**Wed 7:00-9:00pm Apr 13-Jun 22**  
**Room 210 \$145/10 sess**  
**44577 M. Atashzay No class May 25**

## Intuitive Abstract Painting

This workshop will ignite your inner creativity through a relaxing, fun and friendly process. Working with paint, collage, paper, ink, pastels and other mediums, you will enjoy creating a unique piece of abstract art of your own design. After every session, you will be taking home with a completed piece. All art supplies included.

Rosina Santillana is a Mixed Media Artist and Expressive Art Therapist.

**Sat 11:00am-1:00pm May 14-Jun 4**  
**Cafe \$135/4 sess**  
**44517 R. Santillana**



## 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. For more information, visit [www.atashzad.com](http://www.atashzad.com). Supplies are not included.

**Wed 5:00-7:00pm Apr 13-Jun 22**  
**Room 210 \$145/10 sess**  
**44537 M. Atashzay No class May 25**

## Writing Meditation

Gain a sense of well-being through creative journaling. You will use active imagination, evocative visual imagery and mindfulness techniques to acquaint your inner writer, awaken your imagination and gain new perspectives on life. For more information, visit: [www.spacestobe.org](http://www.spacestobe.org).

Carine is a writer and Expressive Art Therapist.

**Free Trial**  
**Mon 7:30-9:00pm Apr 4**  
**44579 FAR**  
**Mon 7:30-9:00pm Apr 11-May 9**  
**FAR \$75/5 sess**  
**44578 C. De Kock**

## Bargaining 101



Do you know you can spend less on almost everything? In an engaging half-day course find out what retailer's don't tell you. Pay less for food, clothing, appliances, travel, and more. You will learn the best bargaining skills and strategies, when and where to find bargains, simple tips and tricks to pay less and how to easily maximize your savings. Workbook and reference materials included.

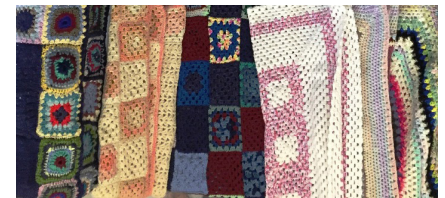
**Sat 1:00-4:00pm May 14**  
**LRC \$35/1 sess**  
**44526 K. Walker**

Prices do not include taxes.

## Introductions to Knitting Series

Helen will divulge tips and techniques for beginner knitters of any skill level to make your knitting experience more efficient and more pleasurable. Small class size ensures she can help you with any of the basic methods: knit, purl, cast-on, cast-off, increases, decreases. Bring your own needles to take your project home. Needles also available to borrow during class.

**Sun 2:00-4:00pm Apr 24**  
**44545 \$25/5 sess**  
**44543 2:00-4:00pm May 15**  
**44544 2:00-4:00pm Jun 5**  
**RAR H. Spaxman \$25/sess**



## Pottery – Introduction

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

**Tue 7:00-9:00pm Apr 19-Jun 7**  
**Room 208 \$175/8 sess**  
**44564 H. Spaxman**

## Pottery – Continuing

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

**Wed 6:30-9:00pm Apr 20-Jun 8**  
**Room 208 \$200/8 sess**  
**44563 H. Spaxman**



# Adult Arts & Culture

## 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 information, visit [www.drumming.ca](http://www.drumming.ca).

**Wed 6:30-8:00pm Apr 13-Jun 1**  
**Cafe \$120/8 sess**  
**44514 R. Shumsky**

## African Drumming – Level 2

Play traditional West African rhythms on hand drums (djembés) and bass drums (dununs). These classes are fun and concentrated. 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 information, visit [www.drumming.ca](http://www.drumming.ca).

**Wed 8:10-9:40pm Apr 13-Jun 1**  
**Cafe \$120/8 sess**  
**44515 R. Shumsky**



Are you interested in helping shape the future of arts and culture at Britannia Community Services Centre? Please join the Arts and Culture Committee. We meet every 1<sup>st</sup> Thursday of the month at 7:00pm. Contact Ellen Dacamara at 604.718.5825 or email: [ellen.dacamara@vancouver.ca](mailto:ellen.dacamara@vancouver.ca)

## Salsa Cubana & Rueda De Casino – Beginner

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!

**Tue 7:30-9:00pm Apr 26-Jun 14**  
**Gym C \$120/8 sess**  
**44566 C. Pena**

## Salsa Cubana & Rueda De Casino – Intermediate 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!

**Wed 7:30-9:00pm Apr 27-Jun 15**  
**R. Mezz \$120/8 sess**  
**44567 C. Pena**

## Salsa Cubana & Rueda De Casino – Intermediate 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!

**Thu 7:30-9:00pm Apr 28-Jun 16**  
**Gym C \$120/8 sess**  
**44568 C. Pena**

## Burlesque NEW

Awaken your inner feminine vixen! Learn sexy, tease-worthy dance steps in a comfortable and welcoming environment. Feel sexy and sassy through every step. Embrace your inner goddess in this fun and playful class (no nudity, although a cardigan is recommended for optional removal). No dance experience necessary. For more information, visit [www.kirbysnelldance.com](http://www.kirbysnelldance.com).

**Free Trial**  
**Wed 7:00-8:00pm Apr 6**  
**44534 CFEC**  
**Wed 7:00-8:00pm Apr 13-Jun 8**  
**CFEC \$90/9 sess**  
**44533 ERD**

## Greenhorn Community Music Project for 12-17 yrs

The Greenhorn Community Music Project aspires to join the creative forces of youth, professional musicians, and community members to compose, practice and perform a variety of musical styles in service of orchestrating social change, you can dance to. Membership required, \$1.00 fee.

**Mon 3:30-5:00pm Apr 4-Jun 27**  
**Room 111 Free**  
**44539 B. Koch No class May 23**

## Book Binding NEW

Bookbinding Series. Join us for 4 Sundays of bookbinding fun. Whether you are new to bookbinding or experienced, this series will show you how to complete 4 distinctly different blank books. You will learn coptic, long stitch, tacking and medieval style binding. All materials and tools will be provided.

**Sun 1:30-4:30pm Apr 3-Apr 24**  
**LRC \$100/4 sess**  
**44584 S. Lee**

## Book Binding Workshop – Mother's Day

Portfolio Making for Mother's Day. Moms love to showcase and save our artworks, essays and awards. How about making her a portfolio so she can protect those treasures forever? You will learn to make a hardcover portfolio with a stretch band that is an art piece unto itself. All materials and tools will be provided.

**Sun 1:30-4:30pm May 1**  
**LRC \$45/1 sess**  
**44585 S. Lee**

## Book Binding Workshop – Father's Day

Box Making for Father's Day. Dads have knickknacks, too. Whether it's to carefully store baseball cards or old momentos, a well-made beautiful box will protect his beloved items free from dust. You will learn the ancient Japanese technique for box making with a bone clasp enclosure. All materials and tools will be provided.

**Sun 1:30-4:30pm Jun 12**  
**LRC \$45/1 sess**  
**44586 S. Lee**



Prices do not include taxes.



# AML - 55+ Active Older Adults

## Welcome to the 55+ Centre

Anne Cowan – [anne.jackson@vancouver.ca](mailto:anne.jackson@vancouver.ca)

Regular Hours: Mon-Fri 9:30am-5:30pm

604.718.5837

55+ Centre Drop-In Hours:

|         |                    |
|---------|--------------------|
| Mon-Fri | 10:00am-4:00pm     |
| Tue     | Vietnamese Drop-In |
| Sat     | 1:30-4:30pm        |
| Sun     | 10:00am-2:00pm     |

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

\*Some date changes may occur for Special Events & Stat Holidays  
55+ Active Adults Britannia Membership is \$1/year

## Britannia Seniors Committee

### New Members Welcome

#### Committee Mandate:

- To facilitate excellent services, programs and resources for adults (55+).
- To ensure a safe, clean, respectful, positive, supportive 55+ Centre.
- To be an open forum on adults issues and be representatives of elders in our community to the Britannia Board and Society at large.

Committee meets on the last Thursday of every month at 1:30pm.

Thu 1:30pm Apr 28, May 25, Jun 30

## Computer Lab & Classes

### Computer & Internet Beginners

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

Mon 10:00am-12:00pm Apr 11-May 16  
AML – Computer Lab \$50/6 sess  
41650 M. Ziebart

### Computer & Internet Intermediate

Do you have some computer skills but still need help? This is the class for you. Small classes and friendly instruction makes this a must do. Walk through the steps needed to learn basic skills, important foundations and some simple tools to make your Internet experience easy and fun!

Mon 10:00am-12:00pm May 30-Jun 4  
AML – Computer Lab \$50/6 sess  
41651 Instructor TBA

### Digital Photography & Computer

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

Mon 1:00-3:00pm Apr 11-May 16  
AML – Computer Lab \$50/6 sess  
41652 M. Ziebart

### Social Media

Learn what's in a phone. Benefits and possible pitfalls of Facebook, Twitter, today's phones and computers. No class Mar 28.

Mon 1:00-3:00pm May 30-Jul 4  
AML – Computer Lab \$50/6 sess  
41677 M. Ziebart

### Internet Lab Hours

Wed 12:30-4:00pm  
\*closed 3<sup>rd</sup> Wed of month  
Thu 10:00am-4:00pm  
Fri 10:00am-4:00pm  
Sat 1:45pm-3:00pm  
Sun 2:00-3:00pm  
\*Please note closed for special events  
Sat May 7 Stone Soup  
Sat/Sun Jun 18 & 19  
41662 Free Please Register  
AML – Computer Lab

Prices do not include taxes.

## Join a Group

### Quirk-e

In it's 10th year Quirk-e's LGTB elders continue to thrive through creativity and community. Quirk-e will also be hosting **Open Mic nights for LGTB Youth and Seniors 1739 Venables: Fridays Feb 26, Mar 29, May 27, Jun 24.**

Wed 10:00am-12:00pm Apr 6-Jun 15  
AML C. Robson & K. Blaire

### Square Dancing

Square Dancing, Challenge level (C2), experience required, new members welcome. To join or register, drop in on Wednesday night class and ask Dana Cromie.

Wed 7:00-9:00pm Apr 6-Jun 29  
Cafeteria

### Urban Aboriginal Elders

Urban Aboriginal Elders- Elders Arts Alive Elders work with Mike, a Nisga's Tsimshian Tlingit Artist and Carver and leader of the Git Hayetsk Dancers to make art that explores West Coast Indigenous culture. \*Group will exhibit their works along with other Elder groups at the Round House during Seniors Week June 4.

(Program is currently at capacity but please contact Anne at Britannia to apply for next session if you're interested)

Thu 2:00-4:00pm Mar 31-Jun 2  
CFEC M. Dangeli

### Vancouver Morris Men Dance

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

Tue 7:30-9:30pm Apr 5-Jun 28  
AML [www.vancouvermorrismen.org](http://www.vancouvermorrismen.org)





# AML - 55+ Programs

## Arts & Culture

### Line Dancing

This class is a fun and easy way to exercise. No experience needed, just a willingness to have fun and spend an afternoon with others enjoying the steps and the music.

**Tue 1:00-3:00pm Apr 5-Jun 27**  
41668 \$20/15 sess  
CFEC

### Social Ballroom Dance

Social Ballroom Dance Come practise your moves. Instructors: Agnis & Andrea

**Fri 2:00-4:00pm Apr 8-Jun 17**  
CFEC Free with Registration  
41676

## Social

### 55+ AML Book Club

Cozy afternoon discussion on 3rd Wednesday of each month. Pick up your book at Britannia Library Please Register 604-718-5800

**Wed 2:45-4:45pm Apr 20-Jun 15**  
AML – Computer Lab Free  
41635

### Italian Cards

Traditional Italian Cards – Drop-in.

**Mon/Thu 1:00-3:00pm Apr 4-Jun 30**  
41663 Free Please register  
AML

### Light Hearted Bridge

Light Hearted Bridge – Drop-in. New players always welcome.

**Mon 1:00-3:00pm Apr 4-Jun 27**  
AML 41647 Free



### Knitting Social for All Ages

Knitting and Crochet social for all ages. Everyone is welcome to join this multi-age group (Newborn to 90's)! Beginners to Advanced. Our fantastic volunteers are there to help. Please register.

**Wed 1:00-3:30pm Apr 6-Jun 29**  
AML 41665 Free

### Latin American Men's Group

Latin American Men's Social sponsored by REACH Family Place.

**Sat 10:00am-1:00pm Apr 2-Jun 25**  
AML Free

### Latin American Women's Group

Latin American Women's Social sponsored by REACH Family Place.

**Wed 4:00-6:00pm Apr 6-Jun 29**  
AML Free

### Elders – Senior's Committee

Meets on the last Thursday of each month to discuss and implement programming for those 55 and older in our Community.

**Apr 28, May 26, Jun 23**  
**Thu 1:30-3:00pm**  
CFEC

### Elders Dialogue

Monthly Youth and Elder engagement.

Current affairs, what matters? Topics open and chosen by group.

**Thu 1:00-2:00pm Apr 28-May 26**  
41649 Free. Please register  
AML

### So You Want To Dance

Have you always wanted to be a dancer whether Ballet, Jazz, Tap or maybe it was those "Radio City Rockets" you loved ..... here's your opportunity to fulfill that dream. Join us on Thursdays, no experience needed. Fun and Easy, social as well. Please register, space is limited.

**Thu 10:00am-12:00pm Apr 7-Jun 23**  
46245 Free  
AML

### Exercise with Friends

Senior led video exercise with light and easy movement

**Fri 10:00-11:00am Apr 1-Jun 24**  
41653 Free  
AML

### Billiards & Ping Pong

Drop-in Table Tennis & Billiards for 55+.

**Fri 10:00am-12:00pm Apr 1-Jun 24**  
41643 Free  
Teen Centre

### Free Tax Clinic

Revenue Canada Volunteer Program Begins in March

### Carpet Bowling

Easy going, fun and social. A few rounds of bowling with refreshment break in the middle. Drop in anytime.

**Tue 10:00am-12:15pm Apr 5-Jun 28**  
1739 Venables Free  
41648



## Lunches

### Lunch Drop-In

Noon Lunch drop-in Mondays and Fridays. No need to register ahead, friendly easy going social. \$5 Full Meal.

**Mon/Fri 12:00-1:00pm Apr 4-Jun 27**  
41669  
AML

### Pot Luck Lunch

Last Thursday of every month. Bring a little something to share and simply drop in to enjoy a wonderful meal.

**Apr 28, May 26, Jun 30**  
**Thu 12:00-1:00pm**  
AML Free  
41673

## Spanish Conversation Classes

### Spanish – Beginners

Learn every day language to enable you to converse Spanish.

**Tue/Fri 1:00-2:00pm Apr 5-May 13**  
50368 \$60/12 sess)  
Rink Mezz (April 22 room change TBA)  
**Tue/Fri 1:00-2:00pm May 17-Jun 24**  
41678 \$60/12 sess  
Rink Mezz

### Spanish – Intermediate

Learn every day language to enable you to converse Spanish.

**Tue/Fri 2:15-3:15pm Apr 5-May 13**  
R. Mezz \$60/12 sess  
41679 I. Nunez  
**Tue/Fri 2:15-3:15pm May 17-Jun 24**  
R. Mezz \$60/12 sess  
41680 I. Nunez

# AML - 55+ Programs

## Fitness & Health

### Free Introductory Classes

Wednesday, April 6

### Ballroom Fit

Fun Fitness while learning the Cha-Cha, Rumba, East Coast Swing and the Hustle.

CFEC 11:15am-12:30pm

### Adaptive Yoga

This class is designed for you to be comfortable without feeling like "you have to keep up".

CFEC 12:45-1:45pm

### Gentle Yoga 55+

Yoga practice for older adults. Warm up muscles, increase muscular elasticity and strengthen skeletal alignment.

2:00-3:15pm

CFEC G. Quon

### Aging Gracefully

AML- Workshop Apr 6, 7:00-8:00pm

### Adaptive Yoga

Designed for you to be comfortable without feeling like "you have to keep up". Promotes the use of chairs if wanted with the intention that everyone is comfortable breathing and moving at their own pace.

Wed 12:45-1:45pm Apr 13-May 18  
CFEC \$60/6 sess

41636 G. Quon  
Wed 12:45-1:45pm May 25-Jun  
29CFEC \$60/6 sess

41637 G. Quon

### Gentle Yoga 55+

Adaptable yoga practice for older adults. Warm up muscles, increase muscular elasticity & strengthen skeletal alignment. Sequenced to gently open, stretch and massage tired, overworked, or stressed muscles and deep connective tissues. The benefits include increased focus and well being, less stress, better sleep, greater flexibility and strength, longer breath, along with rejuvenated energy and improved health. No class Feb 8.

Mon 2:00-3:15pm Apr 11-May 16

41657

Mon 2:00-3:15pm May 30-Jul 4

41658

Wed 2:00-3:15pm Apr 13-May 18

41660

Wed 2:00-3:15pm May 25-Jun 29

41659

CFEC \$60/6 sess

### Ballroom Fit

Fun fitness while learning the Cha-Cha, Rumba, East Coast Swing and the Hustle. All for fun.

Wed 11:15am-12:30pm Apr 13-May 18  
CFEC \$60/6 sess

41641 G. Quon

Wed 11:15am-12:30pm May 25-Jun 29  
CFEC \$60/6 sess

41642 G. Quon

### Finding Your Balance

This mindful approach emphasizes the safe and effective acquisition of whole body strength, balance and suppleness.

Thu 10:45-11:45am Apr 7-May 12  
CFEC \$60/6 sess

41654 C. Wenzel

Thu 10:45-11:45am May 19-Jun 23  
CFEC \$60/6 sess

41655 C. Wenzel

### Osteofit

A gentle strength, balance, and coordination program designed to improve fitness and promote healthy bones. This program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. It is taught by a specially trained Osteofit fitness instructor. \$10/drop-in, space permitting.

Mon 11:00am-12:00pm Apr 11-May 16  
CFEC \$48/6 sess

41671

Mon 11:00am-12:00pm May 30-Jul 4  
CFEC \$48/6 sess

41672

### Aging Gracefully – Stretch Therapy Approach

Stretch Therapy is a safe, efficient approach that has been developing for over 30 years to improve grace and ease in daily life. Techniques will help prevent or overcome common age-related issues such as neck, back, knee and hip pain, kyphosis (hunching of the back), as well as loss of balance.

Free Intro. Workshop Apr 6 7-8:00pm

Wed 7:00-8:00pm Apr 13-May 18  
53057 \$60/6 sess

AML

Wed 7:00-8:00pm May 25-Jun 29  
53058 \$60/6 sess

AML

### All Around Active (55+ yrs)

Please see p.36 for full details on this program.

Fri 9:15-10:45am Apr 29-May 20  
FC & Pool \$20/4 sess

45605

### Strength Training for Seniors – Beginner (55+ yrs)

Please see p.36 for full program details.

Fri 9:00-10:00am May 27-Jun 17  
FC \$20/4 sess  
52176

### Strength Training for Adults 55+ – Intermediate (55+ yrs)

Please see p.36 for full program details.

Fri 9:00-10:00am Apr 1-22  
FC J. Stanier \$20/4 sess  
52176

## Health & Wellness

### Healthy Choices – For Elders

Bi-weekly social workshops. In Kitchen – delicious nutritious meals. Garden – inspiring easy to grow ingredients and ideas.

Thu 2:00-4:00pm Apr 7-Jun 16  
41661 Free  
AML

### Spanish Diabetes Self Management

Spanish – Self Management class sponsored by REACH Family Place.

Fri 5:00-8:00pm Apr 1-Jul 8  
AML Free

### Friday Morning Wellness

Exercise with Friends – 10:00am  
Blood Pressure and Sugars – 11:00am

Fri 10:00am-12:00pm Apr 1-Jun 24  
AML Free  
41670 RN Monica

### Foot Care

Foot assessment, complete therapeutic, toenail trimming and cleaning, diabetic and fungal care. RN Monica: available for Foot Care (all day call 604.228.0261 for appointments).

Fri 12:00-3:00pm Fee upon Service  
AML \$40

### Badminton – 55+

Badminton 55+ fun easy play for seniors

Mon/Wed 11:20am-12:35pm Apr 20-Jun 29  
Gym C \$16/32 sess

41638

Tue/Thu 11:20am-12:35pm Apr 5-Jun 30  
Gym C \$16/26 sess

41639

Sat 2:00-4:00pm Apr 9-Jun 25  
Gym A \$13/12 sess

41640

# Bus Tours

# AML - 55+ Programs

## Tulips of the Valley

Tip toe through the tulip fields at Tulips of the Valley in Agassiz where colours of the season cover over 40 acres of land and the Abbotsford Tulip Festival with 10 acres of Tulip Fields! In addition to the 40+ tulip varieties planted, the Abbotsford Tulip Festival has an on-site flower market, photo cut out boards and U-Pick Tulip Field! This tour includes admission fees to Agassiz and Abbotsford Tulip Fields, a stop at Honeyview Farms and lunch at Bow & Stern Restaurant in Abbotsford.

**Fri 7:45am-6:45pm Apr 8**  
**41646 \$99**

**Meet in front of 55+ Centre**

**Activity Level: Easy**

**Instructor: Enjoy Tour And Travel**

### PACKAGE INCLUDES:

- Tulips of the Valley Agassiz admission
- Abbotsford Tulip Festival admission
- Bow & Stern Restaurant lunch (included)
- Honeyview Farms
- Relief driver



## Surrey Heritage Train + White Rock Thrift

Ride the restored 1910 Interurban Surrey Heritage Train on the original BC Electric Railway and experience the thrill of thrift hunting at White Rock's best Thrift Stores! Start at the replica 1910 Cloverdale Station recreated from the original station's blueprints located within feet of the original building. The 50 minute round trip from Cloverdale to Sullivan Station is complete with descriptions of historic points along the line. Continue to White Rock for lunch at Washington Avenue Grill on Marine Drive's waterfront and take ample browsing time at WorldServe Thrift Store and Salvation Army Thrift Shop. Spend afternoon free time strolling the White Rock Pier and Promenade with a visit to the "White Rock" to hear the history of this legendary rock.

**Sat 7:30am-4:45pm Jun 4**  
**41688 \$99**

**Meet in front of 55+ Centre**

**Activity Level: Easy (please note: stairs with railing at restaurant)**

**Instructor: Enjoy Tour And Travel**

### PACKAGE INCLUDES:

- Surrey Heritage Train ticket
- White Rock Thrift Store door to door service
- Lunch Washington Avenue Grill
- White Rock Pier free time

## Hell's Gate + Bridal Falls + Othello Tunnels

The Fraser Canyon is filled with natural scenic beauty highlighted by Hell's 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 Hells 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 the 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.

**Fri 7:15am-7:30pm May 20**  
**41645 \$109**

**Meet in front of 55+ Centre**

**Activity Level: Moderate**

**Instructor: Enjoy Tour And Travel**

### PACKAGE INCLUDES:

- Hell's Gate Tram Ride
- Lunch Hell's Gate
- Guided walk Othello Tunnels
- Picnic dessert refreshments
- Guided walk Bridal Falls
- Relief driver



## Vietnamese Seniors Program

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

**Tue 9:00am-3:00pm**  
**Luong Ho 604.718.5818**

## Chương Trình Cao Niên Việt Nam

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

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

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

## Vietnamese Drop-In Line Dance

**Fri 10:00am-12:00pm Apr 1-Jul 15**

**41686**

**CFEC Partnership with REACH**



# 55+ Special Events

## Seniors Week June 1st – 4th 2016

### Wednesday June 1st

FREE CLASSES – Drop in and try any of our 55+ classes

### Thursday June 2nd

Healthy Choices – Community Garden

### Friday June 3rd

Britannia Seniors Member's Luncheon

### Saturday June 4th

Lives Sharing Showcase,

Elders Performances at Roundhouse

Includes Lunch (Britannia's Quirk-e and Urban Aboriginal Elders will be showcasing)

10am-3pm \$12



photo courtesy of Vincent L Chan

# Launch!

An **accessible** open mic for  
**queer** youth, seniors, and allies

Launch! Offers inclusive and accessible space for new and seasoned writers, poets, dancers, performers and everyone in between. Though its focus is on showcasing the voices of queer youth, elders, and allies, anyone is welcome to come read, sing, dance, drag, lip synch, or otherwise entertain us. Launch! Offers an accessible alternative to the bar scene (well lit, no steps, attentive & kind audience, support for first time readers, youth and elder friendly), and a space for new/experienced work.

**Free to those not working. Sliding scale to everyone else (\$3-\$10).**

Fri 7:00-9:00pm Mar 29, May 27, Jun 24

- Sign up at 6:30pm (no advance/phone sign up necessary)
- All performers have 5 minutes including set up (strictly observed)
- Venables Hall (formerly known as Astorinos) NW Corner of Commercial Drive & Venables

### The Fine Print

**Censorship:** None. BUT ... no hate speech & please respect the fact that this is a safe space for youth 14 + .

**Sound system:** Our sound system is a Fender Passport conference. You can hook up a MP3, laptop, or CD player, but must bring your own. We have one mic and four available channels. For further info, please google the system.

**Accessibility:** There is one gradient step up to the door of the venue. It is 2.5" at the lowest point and 6" at the highest. A removable ramp is available.

There are two toilet stalls with grab bars, one in each washroom; the doors to these stalls are 30" and the stalls are 42" wide. The venue space itself is fully accessible to mobility devices. If you need ASL interpretation, please contact us well in advance. We'll do our best to find volunteer interpreters. Please note, however, that we have no budget for this.

Launch! is made possible by the generous support of Britannia Services Centre & the City of Vancouver. We are SO grateful for their support!

### Warm Plates & Healthy Choices Community Kitchen

Our new community kitchen, called Warm Plates, is an innovative and fun collaboration between the Grandview Woodland Food Connection and the Britannia Seniors Healthy Choices Program and focuses on preparing healthy meals made from "rescued" or reclaimed cosmetically damaged food collected from our grocer partners Choices on the Drive and Eternal Abundance.

Food is picked up on the day of so not knowing what we are getting challenges us to be creative, planning a meal on the fly with whatever ingredients we have on hand. It forces us to learn how to make the most of our food without waste.

For more information contact Ian 604.718.5895 or Anne 604.718.5837.

Thu Apr 14, May 12, Jun 9 1:30pm  
AML ALL ages welcome



# Aquatics

## General Information

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

**Pool Office\*** 604.718.5831

**Recreation Programmer** 604.718.5830

\*Pool Office closes 30 min before the pool.

## Statutory Holiday Hours

Mar 25 Good Friday 1:00-5:00pm

Mar 28 Easter Monday 1:00-5:00pm

May 23 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

### Easter Eggstravaganza Swim

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

**Sat 2:00-5:00pm Mar 26**

### Birthday Parties

Book the parent & 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 \$66.75 (includes lifeguard fee)**



## Pool and Fitness Centre Committee

New members welcome! This is an advisory committee which provides recommendations to the Britannia Board of Management in the area of pool and fitness centre programming and facilities. Meetings take place on the 1<sup>st</sup> Wednesday evening of every other month. Please contact the Recreation Programmer at 604.718.5830 if you are interested in attending.

**Wed Mar 2, May 4 7:00pm**  
Conference Room

## Pool, Rink and Fitness Centre Fees 2016 (pre-GST)

|                      | Drop-In       | 10 Visit Pass  | 1 Month Flexipass | 3 Months Flexipass | 12 Month Flexipass |
|----------------------|---------------|----------------|-------------------|--------------------|--------------------|
| <b>Adult (19-54)</b> | <b>\$5.86</b> | <b>\$49.86</b> | <b>\$45.28</b>    | <b>\$120.05</b>    | <b>\$382.67</b>    |
| <b>Youth (13-18)</b> | <b>\$4.19</b> | <b>\$33.52</b> | <b>\$31.70</b>    | <b>\$84.05</b>     | <b>\$267.86</b>    |
| <b>Child (6-12)</b>  | <b>\$2.95</b> | <b>\$23.62</b> | <b>\$22.64</b>    | <b>\$60.05</b>     | <b>\$191.33</b>    |
| <b>Senior (55+)</b>  | <b>\$4.19</b> | <b>\$33.52</b> | <b>\$31.70</b>    | <b>\$84.05</b>     | <b>\$267.86</b>    |

Family = 1 to 2 adults of the same household and their children under 19 years of age. Minimum \$5.86 admission.

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

# Aquatic Schedule

April 1 – June 30, 2016: During some public swim sessions only part of the pool is available. The pool may be shared with Aquafit, lessons, school groups or swim club. The parent and tot pool is not open to the public during lessons or lengths.

**Statutory holiday hours are 1:00-5:00pm (Public Swim).**

**Schedule is subject to change without notice.**

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

## Lengths

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

## Parent & 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 are invited to join in the activities. Two lanes are usually set aside for length swimmers. The leisure pool is open during this time for soon to be mothers and parents with young children.

## Aquafit

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

## Range of Motion (ROM)

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

## Youth Swim (11-18 yrs)

The 1<sup>st</sup> Friday night of every month from 8:00-10:00pm is reserved for youth to swim and play with their friends. No public use of steam room or whirlpool. Free admission Apr 1, May 6, Jun 3.



# Aquatic Lessons & Registration

## Lesson Registration

Online and in-person registration for swimming lessons and programs at all pools, for all age groups starts Monday February 15 at 9:00am.

## Vancouver Park Board Online Registration and Reservation System:

**Never registered online before?**

**Go to [recreation.vancouver.ca](http://recreation.vancouver.ca):**

Click "Sign In" or "Create an Account" to set up your profile and password before registration opens for winter programs.

**To reset your password, go to**

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

Click "Sign In", select "Forget your password?" and follow the steps to get your new password.

Login with your email address and confirm your account information is correct.

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

## 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 1 or 2-day programs are non-refundable.

## 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.

## Red Cross Parent & Tot, Preschool and Children's Lessons

### 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: From introductory classes focusing on confidence in the water and skills, to intermediate strokes and distances.

### Red Cross Children (5-12 yrs)

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



### Private & Semi-Private Lessons (All Ages)

Work one-on-one with a swimming instructor for a set of private swim lessons to improve specific swimming skills. Instruction from the same instructor for every session is not guaranteed. Instructors may vary from week to week.

**Child Private \$27.95 / Semi-Private \$16.00**  
**Adult Private \$31.95 / Semi-Private \$18.00**

### Parent & Tot, Children's Spring Swim Lesson Sets (No lessons May 21,22,23)

|                       |                |                               |                        |
|-----------------------|----------------|-------------------------------|------------------------|
| Mon – Starfish / Duck | 9:00-9:30am    | Apr 4-May 2<br>May 9-June 13  | 5 lessons<br>5 lessons |
| Tue – Sea Otter       | 9:00-9:30am    | Apr 5-June 14                 | 11 lessons             |
| Wed – Starfish / Duck | 9:00-9:30am    | Apr 6-May 4<br>May 11-June 15 | 5 lessons<br>6 lessons |
| Thu – Salamander      | 9:00-9:30am    | Apr 7-June 16                 | 11 lessons             |
| Fri – Sea Otter       | 9:00-9:30am    | Apr 1-June 17                 | 12 lessons             |
| Mon & Wed – Set 1     | 3:00-5:30pm    | Mar 30-Apr 25                 | 8 lessons              |
| Mon & Wed – Set 2     | 3:00-5:30pm    | Apr 27-May 25                 | 8 lessons              |
| Mon & Wed - Set 3     | 3:00-5:30pm    | May 30-June 22                | 8 lessons              |
| Fri                   | 3:00-5:30pm    | Apr 1-June 17                 | 12 lessons             |
| Sat                   | 9:00am-1:00pm  | Apr 2-June 18                 | 11 lessons             |
| Sun                   | 11:00am-2:30pm | Apr 3-June 19                 | 11 lessons             |

| Swim Lesson Fees 2016           | 5 lessons | 6 lessons | 8 lessons | 11 lessons | 12 lessons |
|---------------------------------|-----------|-----------|-----------|------------|------------|
| Parent & Tot (30 min. parented) | \$34.75   | \$41.00   | \$53.50   | \$72.25    | \$78.50    |
| Preschool (30 minutes)          | n/a       | n/a       | \$53.50   | \$72.25    | \$78.50    |
| Swim Kids 1-4 (30 minutes)      | n/a       | n/a       | \$47.50   | \$64.00    | \$69.50    |
| Swim Kids 5-10 (40 minutes)     | n/a       | n/a       | \$59.75   | \$72.25    | \$78.50    |

# Aquatic Programs

## Red Cross Teen / Adult Lessons

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

Swimmers learn front and back float, front and back glide with kick, front swim for 10 metres, shallow water entries and exits, and deep-water activities (assisted). Prerequisite: No previous swimming experience required. No lesson May 23.

|              |                    |                          |
|--------------|--------------------|--------------------------|
| <b>Mon</b>   | <b>8:00-8:40pm</b> | <b>Apr 4-May 2</b>       |
| <b>45578</b> |                    | <b>\$49.20/5 lessons</b> |
| <b>Mon</b>   | <b>8:00-8:40pm</b> | <b>May 9-Jun 13</b>      |
| <b>45579</b> |                    | <b>\$49.20/5 lessons</b> |

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

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

|              |                    |                          |
|--------------|--------------------|--------------------------|
| <b>Wed</b>   | <b>8:00-8:40pm</b> | <b>Mar 30-May 4</b>      |
| <b>45580</b> |                    | <b>\$58.34/6 lessons</b> |
| <b>Wed</b>   | <b>8:00-8:40pm</b> | <b>May 11-Jun 15</b>     |
| <b>45581</b> |                    | <b>\$58.34/6 lessons</b> |

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

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

|              |                    |                          |
|--------------|--------------------|--------------------------|
| <b>Tue</b>   | <b>8:00-8:40pm</b> | <b>Mar 29-May 3</b>      |
| <b>45582</b> |                    | <b>\$58.34/6 lessons</b> |
| <b>Tue</b>   | <b>8:00-8:40pm</b> | <b>May 10-Jun 14</b>     |
| <b>45584</b> |                    | <b>\$58.34/6 lessons</b> |

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

This 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.

|              |                    |                          |
|--------------|--------------------|--------------------------|
| <b>Thu</b>   | <b>8:00-8:40pm</b> | <b>Mar 31-May 5</b>      |
| <b>45585</b> |                    | <b>\$58.34/6 lessons</b> |
| <b>Thu</b>   | <b>8:00-8:40pm</b> | <b>May 12-Jun 16</b>     |
| <b>45586</b> |                    | <b>\$58.34/6 lessons</b> |



## Britannia Swim Club Programs

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

Join our non-competitive swim club team. We focus on stroke development, endurance and drills. We also practice dives and flip turns to encourage a full swim club experience. Prerequisite: Swimmers must be at Swim Kids Level 5 or higher. Stroke evaluation is available. Register for one or both days.

|                      |                    |                      |
|----------------------|--------------------|----------------------|
| <b>Tue</b>           | <b>6:30-7:45pm</b> | <b>Mar 29-Jun 14</b> |
| <b>45587</b>         |                    |                      |
| <b>Thu</b>           | <b>6:30-7:45pm</b> | <b>Mar 31-Jun 16</b> |
| <b>45588</b>         |                    |                      |
| <b>One day/week</b>  |                    | <b>\$55/season</b>   |
| <b>Two days/week</b> |                    | <b>\$85/season</b>   |

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

A fun club designed for Britannia area youth who would like to improve their swimming, develop lifesaving skills and learn basic first aid. The course is designed as a starting point for youth who would like to develop their swimming abilities and learn about safety in and around the water. Please apply at the pool. No session May 21

|              |                    |                      |
|--------------|--------------------|----------------------|
| <b>Sat</b>   | <b>2:00-3:00pm</b> | <b>Apr 2-June 18</b> |
| <b>45590</b> |                    | <b>\$50/season</b>   |

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

This program is intended to help Britannia area youth who are interested in swimming to further their skills and abilities through advanced swimming and advanced lifesaving courses. Please apply at the pool.

|              |                    |                     |
|--------------|--------------------|---------------------|
| <b>Fri</b>   | <b>3:30-5:00pm</b> | <b>Apr 1-Jun 17</b> |
| <b>45591</b> |                    | <b>\$60/season</b>  |

### Introduction to Whitewater Kayaking: Basic Skills on Flatwater (19+ yrs)

Want to have fun, adventure, experience the outdoors and meet outgoing people? Learn to kayak whitewater! Vancouver Kayak Club instructors will get you started in a nice warm pool where you can learn basic skills and how to roll your kayak. Small group lessons with the focus on fun. All equipment provided. No session Mar 26. Registration includes Vancouver Kayak Club membership.

|              |                    |                     |
|--------------|--------------------|---------------------|
| <b>Sat</b>   | <b>8:00-9:00pm</b> | <b>Mar 5-Apr 9</b>  |
| <b>52184</b> |                    | <b>\$150/5 sess</b> |

## Lifesaving Programs

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

The Canadian Swim Patrol (Rookie, Ranger and Star) program provides training for those who are ready to go beyond learn-to-swim and want to learn basic lifesaving skills. Each level of the Canadian Swim Patrol program has three modules: Water proficiency, First Aid, and Recognition & Rescue. Candidates earn recognition for success in content modules (stickers) and for overall achievement (badges). Prerequisite: Ability to swim in deep water, swim 25 metres and tread water for 1 minute. No session May 22

|              |                    |                        |
|--------------|--------------------|------------------------|
| <b>Sun</b>   | <b>2:30-3:30pm</b> | <b>Apr 3-Jun 19</b>    |
| <b>45592</b> |                    | <b>\$66.37/11 sess</b> |

### Bronze Medallion (13+ yrs)

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

|              |                       |                        |
|--------------|-----------------------|------------------------|
| <b>Sun</b>   | <b>10:00am-2:00pm</b> | <b>Apr 3-May 1</b>     |
| <b>45593</b> |                       | <b>\$163.40/5 sess</b> |

### Bronze Cross (15+ yrs)

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard (NL) and Instructor certifications. Swimmers develop proficiency at performing patient assessments, managing aquatic spinal injuries and preventing loss of life in a variety of aquatic emergencies while developing stroke endurance and fitness training skills. Includes a 600 metre swim and CPR-C. It is also worth two Grade 11 high school credits. Prerequisite: Bronze Medallion. Ability to swim 600m in 18 minutes or less. No session May 22

|              |                       |                        |
|--------------|-----------------------|------------------------|
| <b>Sun</b>   | <b>10:00am-2:00pm</b> | <b>May 8-Jun 12</b>    |
| <b>45594</b> |                       | <b>\$163.40/5 sess</b> |

Prices do not include taxes.

# Fitness Centre

## Hours of Operation

|                      |                 |
|----------------------|-----------------|
| Monday to Friday     | 6:30am-9:55pm   |
| *ADULTS 55+ ONLY Fri | 9:00-10:00am*   |
| Saturday             | 12:00-7:55pm    |
| *WOMEN ONLY Sat      | 9:00am-12:00pm* |
| Sunday               | 10:00am-7:55pm  |

## Free with Britannia Membership

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

## Statutory Holiday Hours

|        |               |             |
|--------|---------------|-------------|
| Mar 25 | Good Friday   | 1:00-5:00pm |
| Mar 28 | Easter Monday | 1:00-5:00pm |
| May 23 | Victoria Day  | 1:00-5:00pm |

## Facility Orientations

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

## Flexipass Membership

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

## Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists and physiotherapists. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$6.15 per client also applies.

## Supporting a participant? Attendants get free access.

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

## Youth Access

Youth 13-15 years of age may use the Fitness Centre after receiving an orientation session (by appointment) with a Fitness Attendant. For more info, leave a msg for the Fitness Attendant at 604.718-5842.

## 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.

|       |              |             |
|-------|--------------|-------------|
| Sat   | 9:30-11:00am | Apr 2-23    |
| FC    |              | \$35/4 sess |
| 45598 | V. Henderson |             |

## Weight Training for Women - Intermediate

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

|       |              |             |
|-------|--------------|-------------|
| Sat   | 9:30-11:00am | May 7-28    |
| FC    | V. Henderson | \$35/4 sess |
| 45600 |              |             |

## Core/Hard Core Express

Join us for this short, intensely fun and exhilarating interval training session. These programs are designed specifically to focus on balanced core strength and conditioning for improved tone, posture and stamina. No registration required. Regular drop in fees apply. Sign in at the pool cash desk starting at 10:00am on Wednesday. In person only, maximum of 5 participants per session. First come, first serve.

|                   |               |               |
|-------------------|---------------|---------------|
| Wed               | 10:30-11:00am | Apr 6-June 15 |
| Hard Core Express |               |               |
| Wed               | 11:00-11:30am | Apr 6-June 15 |
| FC                | Y. Zhang      | Drop in fee   |

## Strength Training for Adults 55+ – 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 Mar 25 so that a confidential health screening can be reviewed

|       |              |             |
|-------|--------------|-------------|
| Fri   | 9:00-10:00am | Apr 1-22    |
| FC    | J. Stanier   | \$20/4 sess |
| 52176 |              |             |

## All Around Active (55+ yrs) NEW

This program is designed for older adults who are interested in both land and water training, and is suitable even for participants who have been extremely sedentary. The first portion, in the fitness centre, is an invigorating and low impact circuit type workout. A variety of equipment will be used, including machines and resistance bands, and balance exercises will be gradually introduced. The second portion of the class will join the Range of Motion program in the pool. This class aims to be fun and accessible to anyone! Please pre-register by Apr 25 so that confidential health screening can be done

|           |              |               |
|-----------|--------------|---------------|
| Fri       | 9:15-10:45am | Apr 29-May 20 |
| FC & Pool |              | \$20/4 sess   |
| 45606     |              |               |

## Strength Training for Adults 55+ - Beginner (55+ yrs)

This 4 week course will show you how to use the cardio & 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 20 so that a confidential health screening can be reviewed.

|       |              |                |
|-------|--------------|----------------|
| Fri   | 9:00-10:00am | May 27-June 17 |
| FC    | J. Stanier   | \$20/4 sess    |
| 45605 |              |                |







## 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.

|              |   |                       |
|--------------|---|-----------------------|
| <b>Set 1</b> |   |                       |
| <b>Sun</b>   | <b>6:45-8:00pm</b>                      | <b>Apr 10-May 15</b>  |
| <b>Set 2</b> |   |                       |
| <b>Sun</b>   | <b>6:45-8:00pm</b>                      | <b>May 22--Jun 26</b> |
|              | <b>\$30.48/6 sess or \$5.86/drop-in</b> |                       |

### 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.

|                     |                        |                           |
|---------------------|------------------------|---------------------------|
| <b>Thu</b>          | <b>11:15pm-12:45am</b> | <b>Apr 7-Jun 30</b>       |
| <b>All Levels</b>   |                        | <b>\$9.52/drop-in*</b>    |
| <b>Sun</b>          | <b>9:30-11:00pm</b>    | <b>Apr 3-Jun 26</b>       |
| <b>Intermediate</b> |                        | <b>\$14.29/drop-in or</b> |
|                     |                        | <b>\$47.62/month*</b>     |

\*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.

|            |                    |                       |
|------------|--------------------|-----------------------|
| <b>Wed</b> | <b>3:15-4:45pm</b> | <b>Apr 6-Jun 29</b>   |
|            |                    | <b>\$5.86/drop-in</b> |

### 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.

|            |                        |                       |
|------------|------------------------|-----------------------|
| <b>Mon</b> | <b>11:15am-12:30pm</b> | <b>Apr 4-Jun 27</b>   |
| <b>Fri</b> | <b>12:00-1:30pm</b>    | <b>Apr 1-Jun 24</b>   |
|            |                        | <b>\$5.86/drop-in</b> |

### 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 14-Aug 27, with evaluations taking place on Sat May 7. 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

|              |                                   |                     |
|--------------|-----------------------------------|---------------------|
| <b>Sat</b>   | <b>4:30pm-10:15pm</b>             | <b>May 7-Aug 27</b> |
| <b>44259</b> | <b>Players: \$250.00/16 games</b> |                     |
| <b>44261</b> | <b>Goalies: \$66.67/16 games</b>  |                     |

### Britannia Women Only Hockey League

Britannia's popular Women's Hockey league will begin on Tue May 3, with an on-ice evaluation. Games will be played between May 10-Jul 26. 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 3 and placed onto teams by the league coordinator.

|              |                    |                          |
|--------------|--------------------|--------------------------|
| <b>Tue</b>   | <b>6:15-9:00pm</b> | <b>May 3-Jul 26</b>      |
| <b>44267</b> |                    | <b>\$166.67/12 games</b> |

### VACHL

The 14th 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 [susy.bando@vancouver.ca](mailto:susy.bando@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 3. To find out more about VACHL and how to register, go to [www.vachl.ca](http://www.vachl.ca).

### 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, 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.

# Learn to Skate Lessons



## Skating Lessons at Britannia:

Registration for spring skating lessons will take place on Monday May 2. Please note that students will not be transferred into another level if they are not registered in the appropriate level. If the lesson you want to register in is full, please put your name on the waiting list. Additional classes are scheduled whenever possible.

Please note that skate lessons fill up quickly, so register early.

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

## Learn to Skate Lessons

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

|     |              |              |             |
|-----|--------------|--------------|-------------|
| Sat | 12:30-2:30pm | May 7-Jun 25 | \$50/8 sess |
| Sun | 3:30-5:30pm  | May 8-Jun 26 | \$50/8 sess |

## Preschool Program Levels (3-5yrs)

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

## Children, Youth and Adult Program Levels

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

## 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 (8 yrs- Adult):

Improve your hockey skating skills 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.

|     |             |              |                |
|-----|-------------|--------------|----------------|
| Sun | 5:45-6:30pm | May 8-Jun 26 | \$53.33/8 sess |
|-----|-------------|--------------|----------------|

# Ice Arena

## Britannia Ice Rink Public Skating Schedule

**Tuesday March 29-June 26, 2016**

*Schedule subject to change without notice.*

| Monday                                | Tuesday  | Wednesday  | Thursday                                    | Friday  | Saturday                                     | Sunday  |
|---------------------------------------|--|--|---|---|--|---|
| Adult Stick & Puck<br>11:15am-12:45pm |  | Adult Open Dance<br>12:15-1:45pm<br>Last lesson May 25 | Parent & Tot<br>FREE Skate<br>11:00-11:45am | Adult Stick & Puck<br>12:00-1:30pm                  | Public Skate<br>1:30-3:00pm<br>No Sess Apr 2 | Family Fun<br>Hockey<br>12:15-1:30pm<br>No Sess Apr 3     |
|                                       |  |  |   | Adult FREE Skate<br>1:45-3:00pm<br>Last Sess May 27 |  | Women's Hockey<br>Drop-in<br>6:45-8:00pm<br>Apr 10-Jun 26 |
|                                       |  | Adult Co-ed Drop-In<br>Hockey<br>3:30-5:00pm           | Youth FREE<br>Skate<br>3:15-4:30pm          | Child FREE Skate<br>3:15-4:30pm                     |  | Public Skate<br>1:45-3:15pm<br>No Sess Apr 3              |
|                                       | Adult Skate<br>8:15-9:30pm<br>Last Sess Apr 19 | Adult Skate<br>8:45-10:15am<br>May 4-Jun 29            | *Adult Co-ed<br>Hockey<br>11:15pm-12:45am   |   |  | *Adult Co-ed<br>Hockey<br>9:30-11:00pm                    |

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



**2016 Rink Admissions:** *Admissions subject to change without notice.*

| Adult<br>(19-54 yrs)                | Youth<br>(13-18 yrs)                | Senior<br>(55+ yrs)                 | Child<br>(6-12 yrs)                 | Family             | Skate<br>Rentals | Skate<br>Sharpening |
|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|--------------------|------------------|---------------------|
| \$6.15/drop-in<br>\$49.20/10 visits | \$4.40/drop-in<br>\$35.20/10 visits | \$4.40/drop-in<br>\$35.20/10 visits | \$3.10/drop-in<br>\$24.80/10 visits | *\$6.20<br>Minimum | \$3.00           | \$6.10              |

- Britannia Ice Rink 10 visit tickets 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 8 years old MUST be accompanied ON-ICE with an individual 16+ years.
- Flexipasses may be used for public skating sessions. For 2016 Flexipass rates, go to page 34.
- 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



## FAMILY PLACE

1655 William Street 604.255.9841  
info@eastsidefamilyplace.org

View our new website: [www.eastsidefamilyplace.org](http://www.eastsidefamilyplace.org)

Follow us on Facebook and Twitter for up to the minute news and announcements.

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 along-side support and referral services. At our **Family Drop-In Centre**, adults can visit with each other while engaging with their children in a warm, supportive, fun environment. Children have opportunities to socialize, learn through play and participate in developmentally stimulating children's activities that foster school-readiness. There is a healthy snack provided each morning, and food is available in the kitchen throughout the day. There is also a food cupboard. **Drop-in costs \$3 per visit per family.** Note that Paid Caregivers pay a bit more, based on the number of families they are working for. Please contact us for details. Maximum 4 children per paid caregiver please.

**An annual membership fee of \$20 is required to attend. Workshops & adult programs are offered at no cost to members, childminding & snacks provided.**

### Family Drop-In Hours:

Mon/Wed/Fri 9:00am-12:00pm  
Tue/Thu 9:00am-2:30pm  
(closed 12:00-1:00pm)

### Licensed Occasional Childcare

For parents who are in need of short-term respite childcare. Children ages 18 months to early 6 years – fee on a sliding scale of \$5.00 to \$6.50 per hour. Spaces are limited and must be booked in advance by calling 604.251.1018. **Childcare hours are: Monday to Friday 9:00-11:45am.**

### Closures:

ESFP will be closed Feb 8, Mar 25 & 28. Reduced Spring Break Hours: Mar 14-18, 9:00am-12:00pm (with no Licensed Occasional Childcare).

## Parenting Support Programs

ESFP offers a wide variety of programs throughout the year:

**Nobody's Perfect Parenting Program (6 weeks, Feb 2-Mar8, 6:00-8:00pm) and**

**C.O.P.E. (10 weeks, April 8-June 10, 1:00-3:00pm)**

Find ideas and support to help you manage today's challenges and your child's needs, as well as your own needs. Discover your strengths as a parent, and build new ones. Though similar in scope, NPP is short-term at 6 weeks, while COPE is longer at 10 weeks, & is offered 3 times a year—so COPE participants can attend up to 30 weeks! Many parents start with NPP and continue on to COPE, for a full year of support! Our professional facilitators are highly skilled, knowledgeable and compassionate. Childminding (18 months +) and snacks provided. Pre-registration is required.

### One-on-One Parent Coaching

(able to cover ages 0-12 yrs)

In partnership with Information Children, a parent education project of SFU. Parent Coach will meet privately with you for 30 minutes to discuss your issues, eg: bedtime struggles, behaviour, whining, new baby/sibling rivalry, feeding, etc. They will offer support and resources. Check our calendar online (<http://eastsidefamilyplace.org/calendar/> for the next session). Email us to be added to the wait list.

## Food Skills Programs

### Parents in the Kitchen

On a regular basis, volunteer parents cook a special dish for the snack time, sharing their culture and recipes with the rest of the participants. They receive a small honorarium for this. Contact us for more info.

### Kids in the Kitchen

Children ages 3-5 join us in the kitchen to cook a yummy snack together. Check back for spring dates.

## Workshops & Information Sessions

A variety of topics of interest to parents/caregivers are offered throughout the year. Check our calendar (<http://eastsidefamilyplace.org/calendar/>) for updates.

### Birthday Parties at Eastside Family Place

We offer an affordable, enjoyable and convenient way to celebrate your child's birthday. We specialize in birthday parties for young children ages 1-6 years of age. Email [info@eastsidefamilyplace.org](mailto:info@eastsidefamilyplace.org) or call 604.255.9841 for details.

### Mandala Making Workshop

Monday Feb 15, 1:00-3:00 for parents. Childminding for 18+ months. Must pre-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.

# 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](mailto:jean.cfec@gmail.com).



### Britannia Partners in Education (PIE)

#### English Foundations: 6/7, English Communications 11/12

CFEC Room 110, Britannia Secondary  
**Mon 9:30am-3:00pm**  
Thomas Emanouilidis, Main @ Gladstone  
*English Teacher*

#### English for Speakers of Other Languages

CFEC Room 110, Britannia Secondary  
**Tue 10:00am-2:30pm**  
Marinette Sedin, CFEC - Partners in Education (PIE)  
*Lead English Instructor*

#### Foundations in Math 1-7

CFEC Room 110, Britannia Secondary  
**Thu 9:30am-3:00pm**  
Quinn Harris, Main @ Gladstone  
*Math Teacher*

#### English Foundations: 1-5

CFEC Room 110, Britannia Secondary  
**Fri 9:30am-3:00pm**  
Richard Georg, Main @ Gladstone  
*English Teacher*

#### Edmond PIE Plus

**English Foundations: 1-3**  
**Mon/Thu 12:30-2:30pm**

**English Foundations: 4-7**  
**Tue/Fri 12:30-2:30pm**

**English Foundations 6-11**  
**Tue/Thu 10:00am-12:00pm**  
**Location:** Edmonds Community School  
Room 107  
7651 18<sup>th</sup> Avenue, Burnaby, BC  
**Contact:** Lina Arias, [lina.cfec@gmail.com](mailto:lina.cfec@gmail.com)

### Grandview Get Ready 2 Read (GR2R)

**Location:** Grandview Terrace Child Care Centre  
2075 Woodland Drive, Vancouver, BC  
**Wed 9:30am-12:30pm**  
**Contact:** Lina Arias, [lina.cfec@gmail.com](mailto:lina.cfec@gmail.com)

### Advanced English Conversation

CFEC Room 109, Britannia Secondary  
**Thu 10:00am-1:00pm**  
**Facilitator:** Jane Harris

### ECE Assitant Program (October 7, 2015 – June 2016)

CFEC Room 110, Britannia Secondary  
**Wed 12:30-3:30pm**  
**Contact:** Jean Rasmussen, 778.321.3487

### Grandview Woodland Area Council (GWAC)

[www.vcn.ca/gwac](http://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 Jan 4, Feb 1, Mar 7, Apr 4**

## Community Policing Centre



1977 Commercial Drive  
Phone: 604-717-2932  
Fax: 604-717-2923  
[info@gwcpc.ca](mailto:info@gwcpc.ca) [www.gwcpc.ca](http://www.gwcpc.ca)

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

### Community Cleanup

The community cleanup happens the 1st and 3rd Saturday of every month except MAY. On the 1st Saturday the cleanup starts at 10:00 am and lasts until 12:00pm. The 3rd Saturday it goes from 9:00 am to 12:00 pm.

### May is;

KEEP VANCOUVER SPECTACULAR and there is a special cleanup that lasts from 10:00 am to 12:00 pm and includes lunch at the Community Policing Office. Meet at the CPC.



**Keep Vancouver Spectacular Cleanup in 2015.**  
97 bags of garbage were collected and 43 people participated.

### Graffiti Paint Out

Held the last Saturday of every month and goes from 10:00 am to 12:pm. Meet at the Community Policing Center.

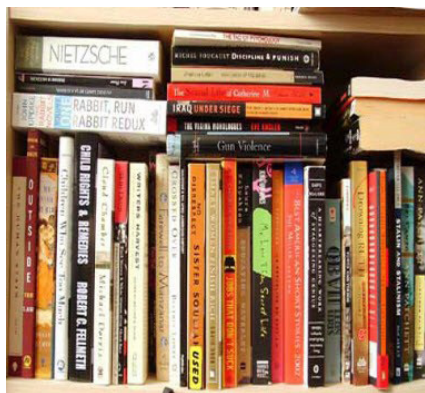
For all activities meet at the COMMUNITY POLICING CENTER, 1977 Commercial Drive. For further information call or e-mail Cathy ([cathy@gwcpc.ca](mailto:cathy@gwcpc.ca)) or Samantha ([volunteercoordinator@gwcpc.ca](mailto:volunteercoordinator@gwcpc.ca)), 604 717-2932. **ALL ARE WELCOME.**

# Britannia Library



## Library Fall Hours

|           |               |
|-----------|---------------|
| Mon       | 9:00am-6:00pm |
| Tue / Wed | 9:00am-9:00pm |
| Thu / Fri | 9:00am-6:00pm |
| Sat       | 9:00am-6:00pm |
| Sun       | 1:00pm-5:00pm |



## Holiday Closures

|        |               |
|--------|---------------|
| Mar 25 | Good Friday   |
| Mar 28 | Easter Monday |
| May 23 | Victoria Day  |
| July 1 | Canada Day    |

## 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.

|     |              |               |
|-----|--------------|---------------|
| Tue | Mar 29-Jun 7 | 10:30-11:00am |
| Wed | Mar 30-Jun 8 | 11:30-12:00pm |

### Family Storytimes

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

|     |              |               |
|-----|--------------|---------------|
| Tue | Mar 9-Jun 7  | 11:30-12:00am |
| Wed | Mar 30-Jun 8 | 10:30-11:00am |

### 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 | TBA | 3:30-4:30pm |
|-----|-----|-------------|

## Board Games in the Library

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

Tue/Wed Mar 29-Jun 15 3:30-6:30pm

## March Break Programs

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

## Adult Programs

### 55 and Up Book Club

Hosted by Britannia Library staff, this book club invites you to talk about favourite passages, points of interest and more about the monthly Book title! Books are provided by the Branch. 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 AML (the Seniors Centre).

3rd Wed of the month 2:45 pm – 4:00 pm  
Mar 16: *Thousand Farewells* by Nahlah Ayed  
Apr 20: *Blood and Beauty: The Borgias* by Sarah Durant  
May 18: *Unlikely Pilgrimage of Harold Fry* by Rachel Joyce  
Ju 15: *Three Day Road* by Joseph Boyden

### One-To-One Computer Training

Book a free one-hour session for computer help. Phone: 604-665-2222 to book an appointment.

Tue & most Wed 2:00 – 4:00pm

### Pandora's Collective Book Talks

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

4th Wed of the month 6:30-8:30pm  
Mar 23: *The Navigator of New York* by Wayne Johnston  
Apr 27: *Wild Swans: Three Daughters of China* by Jung Chang  
May 25: *The Book of Forgiving* by Desmond Tutu & Mpho Tutu  
Jun 22: *Medicine Walk* by Richard Wagamese

## SFU Philosophers' Café

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. **Britannia Library Art Gallery**

Last Tue of the month 7:00- 9:00pm  
Mar 29 only: *Is Napping UnHealthy?*

## SFU 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 SFU 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. Learning Resource Centre inside the library.

1st Tue of the month 4:00, 5:00 & 6:00pm  
Mar 1, Apr 5, May 3, Jun 7

## Word Whips Writing Series

Pandora's Collective Presents Word Whips Writing series: Take the Challenge. Writing prompts are provided with the opportunity for sharing: 10 -15 minutes for each prompt. See what you can whip up. Hosts: Bonnie Nish and Sita Carboni. [http://www.vpl.vancouver.bc.ca/branches/details/britannia\\_branch](http://www.vpl.vancouver.bc.ca/branches/details/britannia_branch).

Contact: [blnish@pandoracollective.com](mailto:blnish@pandoracollective.com)  
[www.pandoracollective.com](http://www.pandoracollective.com)

3rd Tue of the month 6:30- 8:30pm  
Mar 15, Apr 19, May 17, Jun 21

## World Poetry Reading Series

World Poetry Vancouver ([www.worldpoetry.ca](http://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.

2nd Sat of the month 1:00-3:00pm  
Mar 12, Apr 9, May 14, Jun 11

## 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.

1st Wed of the month 6:30- 8:30pm  
Mar 2, Apr 6, May 4, Jun 1

For more up-to-date information, please check the online Britannia Library Monthly Events page: [http://www.britanniacentre.org/community/events/events\\_calendar.php](http://www.britanniacentre.org/community/events/events_calendar.php)



## THE BRITANNIA RENEWAL PROJECT IS UNDERWAY!

The much-anticipated Britannia Renewal project is now well underway, and 2016 holds the promise of much activity and progress.

Now that the project has been officially sanctioned by the City of Vancouver and included in its multi-year capital program, planning work for the site's future has begun in earnest.

**Long before any discussion of “bricks and mortar”, or what the actual design of the Britannia site might look like, is a crucial first step — to embark on a broadly based community consultation program, to fully understand the evolving needs of our community, and to engage the best thinking possible about how to create a community services centre to meet our current and future needs.**

This community consultation process we are about to undertake is going to be key to our success,” notes Britannia Board Member Susanne Dahlin, Chair of Britannia’s Planning & Development Committee. “We want broad involvement in these upcoming consultations. We want to challenge ourselves and the community to think about the big picture for our centre and ensure we create state-of-the art facilities which will serve us well into the future.”

The consultation process is being designed to hear from all key stakeholders who care about the future of Britannia. This includes the Britannia Board of Management, its committees and staff, as well as present site partners — the City of Vancouver,

the Vancouver Park Board, the Vancouver Public Library, and the Vancouver School Board.

The process will also seek out visionaries and thinkers in such realms as arts, culture, recreation, sport, fitness, community education, wellness, housing, and transportation and other urban issues. From this initial stage of discussion, concepts will be articulated and taken out for further discussion and feedback into the community.

At this stage, active groups of Britannia users and community participants will be included in the discussion — our schools’ students, staff, and parents, library users, and community groups and individuals active in planning for the overall future of Grandview-Woodland.

This first stage of the consultation process is being described as “concept gathering”. It is anticipated to take about six to eight months. Following that stage, there will be a process of refining potential uses for our site, and finally, beginning the design process.

**“A key element of our vision for the future is that Britannia is much more than a typical recreation or community centre.”**

Not only are there key partnerships on the site with fitness and recreation facilities, community spaces, the schools and the library. There are also the many informal community groups and users who count on Britannia to be there for them, as they do their community work and associated activities.

**“Britannia is unique, and those planning for its future intend to keep it that way!”**

Watch for our Renewal web site, which will be up and running soon. It will keep you informed about the entire process, our milestones, and our hopes for the future.

As interest in our renewal planning grows, we expect increased participation from the City of Vancouver, one of our key partners in the redevelopment. Regular meetings with city staff are now taking place and from time to time we are meeting with interested members of Vancouver City Council and other elected and appointed bodies including the School Board, the Library Board, and the Park Board.

Recently, Planning & Development Committee members met with City of Vancouver Councillor Andrea Reimer who has expressed keen interest in the future of Britannia.

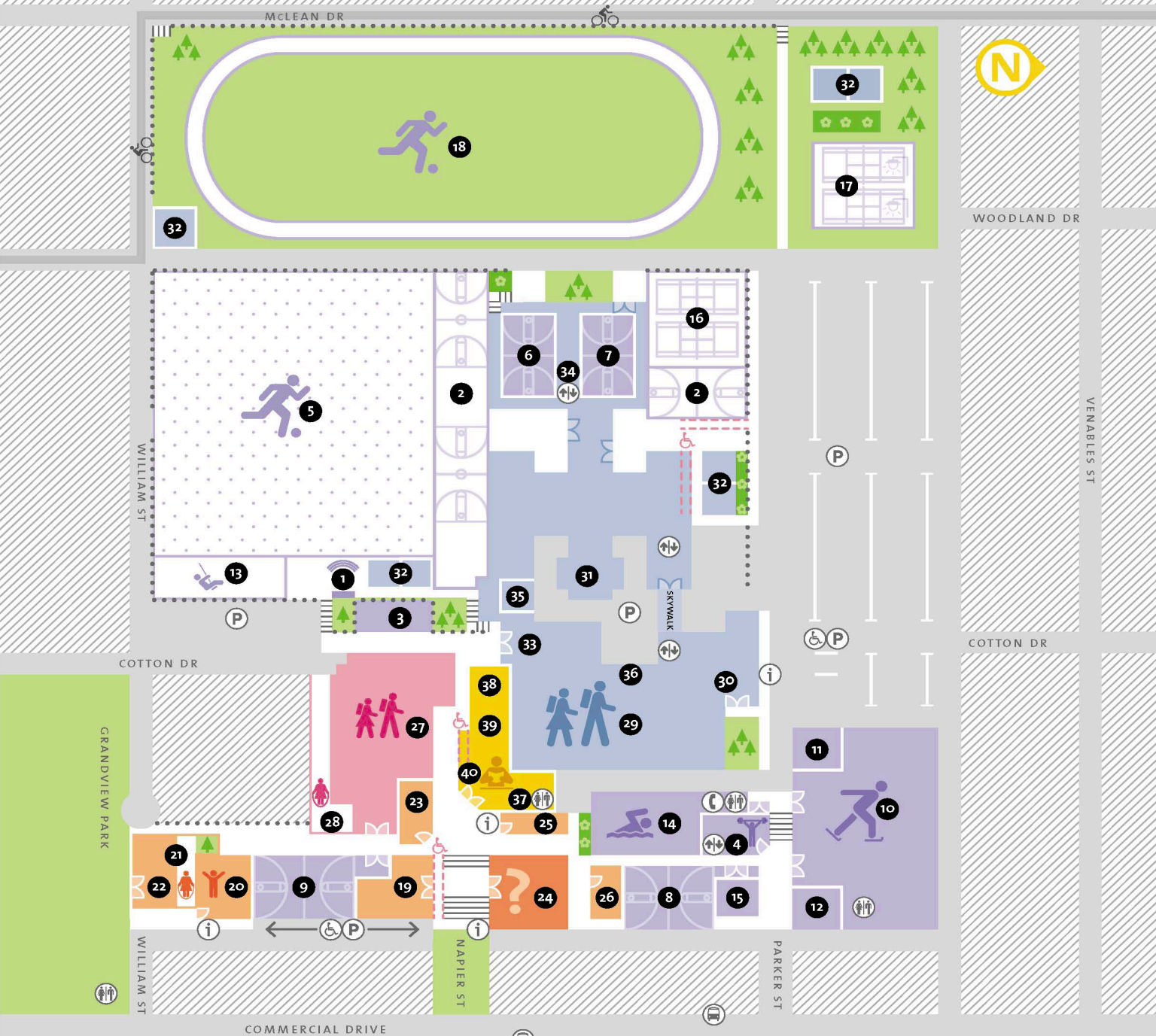
As 2016 gets underway, you are always welcome to join us in this exciting planning process. The Planning & Development Committee of Britannia meets monthly on the third Tuesday of each month and is open to community participation. For more information contact Britannia Executive Director Cynthia Low, [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca) or by calling 604.718.5815.

**Mar 15, Apr 19, May 17 7:00-9:00pm  
Conference Room**

# Britannia

**RENEWAL**





## 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 5858  
1661 Napier Street Vancouver BC V5L 4X4  
[britanniacentre.org](http://britanniacentre.org)