



Open Daily from March 4th

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

## Programs & Services Spring 2017



## President's Message

Welcome to Spring, and welcome to the Britannia Spring Brochure! Once again we have a wide range of programs and activities on offer for you to add to your schedule. Please look carefully through the brochure and find the ones that will add to your recreational, educational, and community centred pursuits. The staff, partners and volunteers at Britannia work hard to create unique opportunities for everyone to enrich their lives and we invite you to take part!

We have had a long cold winter. Britannia Community Centre Society is grateful to the City of Vancouver in providing funds that enabled us to open a warming centre. During the darkest, coldest days of December and January we were able to open our doors to homeless and vulnerable folks in the community and provide a warm overnight refuge, hot drinks and some extra clothes and blankets.

A big shout out to the staff who were prepared and committed to re-arranging their life and work schedules and made it possible to open the shelters on short notice. Caring community members arrived with donations, and hundreds of our community members were, briefly, not out in the cold. The experience of hosting these guests has added fuel to our on-going concerns for the vulnerability of our neighbours forced to live on our streets, across the city and all over the province.

Moving toward Spring many will have the Provincial Election on their minds. This May voters will have their opportunity to elect a Provincial Government. It is a time to reflect on the performance of the current government, and hear from all that are seeking office. The Britannia Community Centre catchment falls within the electoral areas of Vancouver Mount Pleasant, and Vancouver Hastings-Sunrise. We encourage you to attend town hall meetings and debates, be informed and prepared to cast your ballot on election day, May 9, 2017.

On behalf of the Britannia Board of Management,

Gwen Giesbrecht  
Board President

## 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:	Ingrid Kolsteren
TREASURER:	John Flipse
MEMBERS AT LARGE:	Scott Clark Susanne Dahlin
DIRECTORS:	Brendan Boylan Ye Chu Aaron Giesbrecht Levi Higgs Freya Kristensen Madgen Liao Juan Carlos Maldonado Craig Ollenberger Tyrus Tracey
STAFF REPRESENTATIVE:	Sarah Ng
AGENCY REPRESENTATIVES:	VSB Andrew Schofield VPB Peter Odynsky VPL Megan Langley
EXECUTIVE DIRECTOR:	Cynthia Low
MANAGER OF ADMINISTRATIVE SERVICES:	Jeremy Shier

## Membership Information

To participate in recreation programs you must be a member of Britannia Centre. Membership is valid from: Sep 1, 2016 to Aug 31, 2017

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 24, 2017
- 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

## Annual General Meeting of The Society

This year our AGM will be held on Wednesday, May 24, 2017. You must be a member in good standing 14 days prior to the meeting, having purchased your membership card by Wednesday, May 10 at 9:00pm.

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

### Our Mission

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

### Our Vision

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

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## Spring 2017 Holiday Hours

### Information Centre

Apr 14	Good Friday	CLOSED
Apr 17	Easter Monday	CLOSED
May 22	Victoria Day	CLOSED

### 55+ Centre

Apr 14	Good Friday	CLOSED
Apr 17	Easter Monday	CLOSED
May 22	Victoria Day	CLOSED

### Pool & Fitness Centre

Apr 14	Good Friday	1:00-5:00pm
Apr 17	Easter Monday	1:00-5:00pm
May 22	Victoria Day	1:00-5:00pm

### Rink

Apr 14	Good Friday	1:00-3:30pm
Apr 17	Easter Monday	1:00-3:30pm
May 22	Victoria Day	CLOSED

### Teen Centre

Apr 14	Good Friday	CLOSED
Apr 17	Easter Monday	CLOSED
May 22	Victoria Day	CLOSED

## Facility Rentals

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

### Pool Rentals

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

### Rink Rentals

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

### Gym/Room Rentals

Contact the Facility Support Clerks for rates and availability  
Contact Paul or Wally at 604.718.5812  
or email [paul.morton@vancouver.ca](mailto:paul.morton@vancouver.ca) or [wally.tarrant@vancouver.ca](mailto:wally.tarrant@vancouver.ca)

### 1739 Venables – The Hall

We have been hosting programs in the space and renting the space out for community groups for four years. Our mission is to foster active community building, collaboration, co-creation, grass roots education and involvement to contribute to quality of life for individuals and the neighbourhood. We are confident that there will be great opportunities for our community over the next few years. Currently it is home to Kick Stand (page 42) and Axe Capoeira (page 25).

Contact Helen at 604.257.3087 or email [helen.spaxman@vancouver.ca](mailto:helen.spaxman@vancouver.ca)

# Registration Information

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

Registration starts at 9:00am on Tuesday March 7, 2017

You must have a current membership card to register for all Britannia programs. The membership year runs from September 1, 2016 to August 31, 2017.

**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 7, 2017

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:

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 7, 2017.

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

### Cancellation Policy

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

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

## Subsidy Policy

Britannia operates a wide range of recreation programs. It is Britannia's policy to make programs as accessible as possible. Britannia would like to assist those who are not able to afford the advertised cost of certain programs or activities. Note: maximum of 2 subsidies season. 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 50% off certain programs by presenting their L.A.P. card to a cashier at the time of registration.

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

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

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

### Licensed Child Care Subsidy

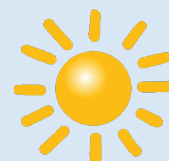
#### [Provincial Child Care Subsidy](#)

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

### Fun For All!

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

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



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

'Fun for All' Stamp



# Britannia

## RENEWAL

Britannia Community Services Centre Society and Partners – City of Vancouver, Vancouver School Board, Vancouver Public Library, Vancouver Park Board – are working on a project to renew and revitalize Britannia Community Services Centre and the 18 acre Britannia site.

This community-driven project will result in a plan for the future evolution of the site and its facilities for the next 30 years. When completed in March 2018 the Renewal Plan will include:

- A shared vision for a renewed Britannia Community Services Centre
- A space plan for the future facility (the types, location and organization of spaces and places)
- A phasing plan outlining which components and features will be developed when over the Renewal Plan's 30-year planning horizon

Join us on **Saturday March 4th from 11:00am to 3:00pm** for our launch party. We are looking for your input! Tell us what you LOVE about Britannia. Tell us what you ENVISION for Britannia in the future. There will be activities in the Gym, at the Library, Rink, Pool and Fitness Centre and our B-LAB, our new Britannia LAB and community info centre that will be running throughout the project.

## B-Lab Open!

Join us for Activities, Food & Games  
Information Centre  
Saturday March 4  
12:00am-4:00pm



Vancouver Public Library

### Britannia Planning and Development Committee

Members of the Committee are active contributors to the City of Vancouver working group on the Britannia Renewal. The Committee advises the Britannia Board on matters related to the Renewal. Monthly meetings are open to the community and everyone is welcome. They meet on the third Tuesday of the month at the Information Centre at 7:00.

**March 21, 2017 7:00pm**  
**April 18, 2017 7:00pm**  
**May 16, 2017 7:00pm**

For more information please contact [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca), call 604-718-5815 or drop by the Info Centre [britanniarenewal.org](http://britanniarenewal.org)



# Committees

At Britannia our Mission is to develop, coordinate and support a wide range of excellent programs and services for Grandview-Woodland and Strathcona by working with community members, partners and local agencies.

Committees are a core of our communication with our community. They are a key resource for our programming team to understand what the neighborhood desires for events, facilities and programming. Through the 40 years we have served the community, committees have been instrumental in our program development.

If you have program ideas or would like to be part of the 100's of volunteers that create the vision and direction for all the programs at Britannia, please join a committee and become part of Britannia's future. Call us at 604.718.5800 ext.1 or go to [www.britanniacentre.org](http://www.britanniacentre.org) for more information.

## Our active Committees are:

- Arena (1st Tue/mo, 6:00pm)
- Arts and Culture (1st Thu/mo, 7:00pm)
- Board Development (Varies)
- Board of Management (2nd Wed/mo, 6:00pm)
- Child Care and Children (4/yr)
- Community Education (3rd Mon/mo, 2:30pm)
- Executive (4th Wed/mo, 7:00pm)
- Finance (4th Wed/mo, 6:00pm)
- Library Management (3/yr)
- Planning and Development (3rd Tue/mo, 7:00pm)
- Pool and Fitness Centre (1st Wed/Bi-mo, 7:00pm)
- Program (3rd Tue/mo, 6:00pm)
- 55+/Seniors (3rd Thu/mo, 3:00pm)
- Volunteer (Last Mon/mo, 4:30pm)
- Youth (1st & 3rd Fri/mo)

# Volunteer in your Community

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. Whether you are looking for a once a week steady assignment, intensive daycamp 5 days/week for the summer or the occasional call-out for special events,

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 the volunteer coordinator at 604.718.5860 or visit our website [www.britanniacentre.org](http://www.britanniacentre.org).

**We are delighted to introduce Sonia Massaro, a wonderful addition and asset to our programs and volunteer community.**



Hi, my name is Sonia, and I grew up in the Commercial Drive neighbourhood. Britannia figures prominently in my childhood and teen memories – I've skated at the ice rink, swam in the pool, hung out at the Teen Centre, read books in the library and spent time at Grandview park climbing trees (I don't do that anymore :)).

There are so many things to love about the Community Centre: many of the people who work here, and who frequent the facilities here are people who also grew up in the neighbourhood, and who I've known for many years. It feels like home to me. I've been volunteering at

the Al Mattison Lounge (55+ Centre) since early last summer. One of the reasons I decided to spend time here is because Britannia, to me, is what a community hub should be. It's a pleasure to volunteer here because I get to socialize with diverse community members. Together, they make up my community.

## Art Gallery

**April 5 - 28, 2017**

**Opening Reception:**  
Wed April 5, 6:30-8:30pm

Traces Diary, Shirley Wiebe, solo exhibition

Medium: Photography & mixed media with an installation in the display case.

**Artist Talk:** Wed Apr 12, 7pm

In the Gallery



**May 3- June 2, 2017**

**Opening Reception:**

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

Britannia Youth Art Exhibition

TBA



**June 7 – June 29, 2017**

**Opening Reception:**

Wed, Jun 7, 6:30-8:30pm

In accordance to Aboriginal Month, we will be having an Aboriginal artist exhibit to be announced in April 2017.



## Earthquake Preparedness Personal & Family

We all witnessed the earthquakes in New Zealand, Haiti and Chile and saw the devastation caused. December 29, 2015 Vancouver was rocked with a magnitude 4.8 earthquake serving as a wakeup call - we too could be faced with a massive earthquake - yet few of us take the steps to ensure we are prepared. This session covers what is required to develop your family emergency plan, how to conduct a "Home Hazard" Hunt and what to do when an earthquake strikes.

<b>Mon</b>	<b>7:00-8:30pm</b>	<b>Mar 6</b>
<b>LRC</b>		<b>Free</b>
<b>92479</b>	<b>NEPP</b>	
<b>Tue</b>	<b>7:00-8:30pm</b>	<b>Jun 6</b>
<b>LRC</b>		<b>Free</b>
<b>108210</b>		

## 2nd Annual Spring Equinox Coffee House

Come celebrate the end of Winter and the new beginnings of Spring with a community event featuring local live music, poetry, art, refreshments, spring decor by Vancouver Haiku and more!



<b>2017: Solstice/Equinox Coffee House Series</b>		
<b>Sun</b>	<b>7:00-10:00pm</b>	<b>Mar 19</b>
<b>55+ Centre</b>		<b>Free</b>

## The Britannia Artist Grant Program 2017

To assist community artists in any aspect of their artistic goals. Applicants must live/work in the Grandview-Woodland or Strathcona neighbourhoods. The boundaries are Broadway to Burrard Inlet and Main St to Nanaimo St.

For more information you can pick up an Information Sheet at the Info Centre/check out [www.britanniacentre.org](http://www.britanniacentre.org) Services/ Arts & Culture/Special Events & Projects or email Coordinator Katherine Polgrain: [courage62@shaw.ca](mailto:courage62@shaw.ca)



## Banner Workshop

Theme: "Stay Tuned" How do you remain in touch, keep focused, avoid digression, concentrate on the job in hand, finish what you start, watch for further developments, without changing the channel?

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

<b>Sat/Sun</b>	<b>10:00am-4:00pm</b>	<b>Apr 8 &amp; 9, 2017</b>
<b>Cafe</b>		<b>\$20/2 sess</b>
<b>97870</b>	<b>H.Spaxman</b>	



Artists: Anna & Lisa Chou

## Easter Eggstravaganza Swim

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

<b>Sun</b>	<b>2:30-5:00pm</b>	<b>Apr 26</b>
<b>Britannia Pool</b>		<b>Free</b>

## Annual Vintage Bicycle Swap Meet

Making the old new again: The Vancouver Wheelmen in partnership with Britannia Community Centre invite you to their 7th 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](http://vancouverwheelmen.com)

<b>Sun</b>	<b>10:00am-3:00pm</b>	<b>Apr 30</b>
<b>Brit Courtyard</b>		<b>Free Admission</b>



# Special Events

## Youth Swim (11-18yrs)



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

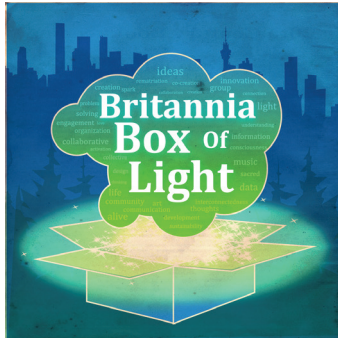
Fri 8:00-10:00pm Mar 3, Apr 7, May 5  
Britannia Pool Free

## Britannia Box of Light



Ronnie Dean Harris aka Ostwelve, is a Stō:lō/St'át'imc/Nlaka'pamux multimedia artist based in Vancouver, BC. Kelty Jean McKerracher is a multi-disciplinary community-engaged artist based in Vancouver, BC, Coast Salish Territories. Together they will be working on the project, Britannia's Box of Light.

<https://britanniaboxoflight.wordpress.com/>



## Box of Light Gathering Event

Final showcase in the Carving Pavilion  
Wed 1:00-3:00pm Jun 7

## Vancouver Bird Week

This Annual celebration is inspired by World Migratory Bird Day, a United Nations-sponsored initiative that recognizes the importance of birds as key indicators of our environment's health and consists of events that celebrate Vancouver's birds. The 2017 theme is Birds at the Shore, and activities will include bird-related workshops, walks, talk, & lectures, including art activities at community centres across Vancouver leading to the selection of the City Bird. All events are free.

[vancouverbirdweek.ca](http://vancouverbirdweek.ca) May 6-13



## 22nd 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 \$35.00 Vendors supply their own 10 by 10ft market tent or umbrella table. Table & chairs are provided. Space is limited. Local Artists: Artworks are themed to the festival and coordinated by Katherine Polgrain. Artist Fee is \$35.00 For more information email Katherine Polgrain; [courage62@shaw.ca](mailto:courage62@shaw.ca)

Sat 12:00-5:00pm May 13  
Britannia Site  
& Napier Greenway Free



Photo Credit: Heather Kingsbury

## International Yarn Bombing Day: Year of the Tassel

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



Sat 12:00-4:00pm Jun 10  
Napier Greenway Free Drop-in

## Italian Day 2017



Britannia Community Centre celebrates Italian Day with this years theme Amore! Project and more information TBA

Sun 12:00-3:00pm June 11

## 2nd Annual Summer Solstice Coffee House



Come celebrate the beginning of summer with a community event featuring local live music, poetry, the arts, refreshments and more!  
2017: Solstice/Equinox Coffee House Series



Sun 7:00-10:00pm Jun 25  
55+ Centre Free

# CANADA 150

Britannia's Canada Day 150+ Celebration  
July 1, 2017 12:30-3:00pm Grandview Park

## On Stage Entertainment:

Indigenous Dancers & Drumming  
The Evaporators  
Owl Empire  
150+ Guitars  
Bushucker and more!



Children's Area  
Teen Centre Concession  
Community Booths  
Cake Cutting Ceremony

Don't miss out on this fantastic event in your neighborhood!

# Licensed Child Care

## Five Child Care Centres 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:

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

### About our Staff

All of our staff is qualified as an Early Childhood Educators, Special Need Educators, Child and Youth Care Counselors or Responsible Adult certified. Our staffing 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. Go to [britanniacentre.org](http://britanniacentre.org) for more information & program details.

### Toddler Program (18mo-3yrs)

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

### Mount Pleasant Child Care

960 East 7<sup>th</sup> Avenue      Wade Forbes 604.718.5844  
Hours: Mon-Fri      7:30am-6:00pm  
FEES: \$1232/mo  
Program provide am/pm snack & lunch.



Arts & Crafts at Britannia Preschool

### Preschool Program (3-5yrs)

Our Preschool program is a rich and meaningful child-centered environment in which children learn and grow in all areas of development. Our program includes the exploration of Art Throughout History, from which children will gain an understanding of art and the importance of creativity. Through hands-on experimentation and exploration of a variety of materials, techniques, ideas and information, we will experience the journey of art through the ages. We will also highlight multiculturalism and diversity, celebrations, dance and languages from around the world.

### Britannia Preschool

1661 Napier Street      Lorraine Evans 604.718.5843  
Hours: Mornings 9:00-11:30am  
Afternoons 12:30-3:00pm  
FEES: 2 days/wk (Thu, Fri) \$180.00  
3 days/wk (Mon, Wed, Fri) \$255.00  
5 days/wk (Mon-Fri) \$435.00



# Licensed Child Care

## Daycare Programs (3-5yrs)

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

### Mount Pleasant Child Care

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

### Grandview Terrace Child Care

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

### Eaglets Daycare

485 Semlin Drive      Suzy Liguori      604.718.5856  
 Hours: Mon-Fri      7:30am-6:00pm  
 FEES:      \$935/mo      Snacks provided



Fresh air at Britannia Out of School Care

## Family Support Program

The Family Support Program services are community-based services that assist and support parents in their role as caregivers, with the goal of promoting parental competency and strengthening child and family life, leading to healthy child and family development and independence. We offer support for meetings with the schools, healthcare professionals, family court.

Aboriginal Child & Family Support Services  
 Co-Location: Britannia Community Services Society  
 Lead Agency: Vancouver Native Health Society  
 Barbara Nelson 604.718.5841

## Community Action Program for Children (CAPC)

Beatrice Feza      604.718.5821

## Provincial Child Care Subsidy

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

## Out-of-School Programs (5-12yrs)

Britannia, Eagles in the Sky, Grandview Terrace and Lord Nelson Child Care 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.

All programs CLOSED on statutory holidays

### Britannia Out of School Care

1661 Napier Street      Lorraine Evans 604.718.5843  
 Pick up from:      Britannia Elementary  
                                  Queen Victoria Annex  
 Sep-Jun Hours:      Mon-Fri      7:30-9:00am (Brit Only)  
                                       3:00-5:45pm (Brit/QV)  
 School Breaks/Jul & Aug      7:30am-5:45pm  
 FEES:      Full Time      \$355/mo  
                                  3 Days      \$230/mo  
                                  2 Days      \$210/mo  
                                  Jul & Aug      \$550/mo  
                                       \$150/wk  
 Breakfast & pm snack provided

### Lord Nelson Child Care

2235 Kitchener Street      Latisha Buksh 604.713.5863  
 Pick up from:      Lord Nelson Elementary  
 Sep-Jun Hours:      Mon-Fri      7:30-9:00am  
                                       3:00-5:45pm  
 School Breaks/Jul & Aug      7:30am-5:45pm  
 FEES:      \$355/mo  
                                  Jul & Aug      \$150/wk

### Eagles In The Sky Child Care

103B-1950 E. Hastings      Kinga Batko 604.230.1885  
 Pick up from:      MacDonald Elementary  
                                  Hastings Elementary  
                                  Lord Nelson Elementary  
                                  Ecole Anne Hebert  
 Sep-Jun Hours:      Mon-Fri      7:30am-9:00am  
                                       3:00pm-5:45pm  
 School Breaks/Jul & Aug      7:30am-5:45pm  
 FEES:      MacDonald Elementary      \$390/mo  
                                  Hastings/Lord Nelson/Anne Hebert      \$415/mo  
                                  Jul & Aug      \$550/mo  
                                  Snack provided

### Grandview Terrace Child Care

2075 Woodland Drive      Alejandra Uribe 604.718.5846  
 Pick up from:      Grandview Elementary  
                                  Lord Nelson Elementary  
                                  Queen Victoria Annex  
                                  Ecole Anne Hebert  
 Sep-Jun Hours:      Mon-Fri      7:30am-9:00am  
                                       3:00pm-6:00pm  
                                  No AM care for Lord Nelson  
 School Breaks/Jul & Aug      7:30am-6:00pm  
 FEES      \$371/mo  
                                  Jul & Aug      \$555/mo or \$150/week  
                                  Breakfast & pm snack provided



## Arts

### Art Makers (3-5yrs)

**NEW**

Let's have fun making art and being creative! We will be making art that encourages exploration and imagination. We will learn how to make art from recyclable items, create mixed media projects and printmaking. Parent participation is welcomed! No class on Apr 17 & May 22

**Free Trial Class-Must Register**  
**Mon 9:15-10:00am Apr 3**  
**CFEC Free**  
**106204 J.Lu**

**Mon 9:15-10:00am Apr 10-Jun 12**  
**CFEC \$70/8 sess**  
**106194 J.Lu**



### Baby Sign Language (0-2yrs)

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

**Tue 9:45-10:30am May 16-Jun 13**  
**Mat Rm \$64/5 sess**  
**89858 Into Yoga**

### Toddler Art (18mo-3yrs)

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

**WED 9:45-10:30am Apr 19-Jun 7**  
**RAR \$63/8 sess**  
**97676 H.Spaxman**

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

Jump, skip and twirl! In this class children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. This is a closed class, however, in the final week of the session we invite parents to stay for a presentation of what we have been learning. [www.kirbysnellndance.com](http://www.kirbysnellndance.com). Parent participation required for 2-4year olds.

<b>Sat \$100/10 sess</b>	<b>Apr 1-Jun 17 (No Class Apr 15 &amp; May 20)</b>
<b>97659 9:30-10:10am</b>	<b>Ballet/Jazz (Age 2-4) CFEC</b>
<b>97660 10:15-10:55am</b>	<b>Ballet/Jazz (Age 2-4) CFEC</b>
<b>97634 11:00-11:40am</b>	<b>Ballet/Jazz (Age 3-4) CFEC</b>
<b>97633 11:45am-12:25pm</b>	<b>Ballet/Jazz (Age 3-4) CFEC</b>
<b>97642 12:30-1:10pm</b>	<b>Ballet/Jazz (Age 4-6) CFEC</b>
<b>97641 1:15-2:00pm</b>	<b>Ballet/Jazz (Age 4-6) CFEC</b>



### Music Together® (0-5yrs)

A Music Together® class is rainbow coloured falling leaves, tyrannosaurus rex's, rockets to the moon and trains to the beach. Come dance, sing songs and play with bells of all sorts, triangles, shakers, and instruments galore! All this with a developmentally appropriate, research based curriculum taught by a registered Music Together teacher. Parent participation is required.

Sibling rate; \$105 (sibling 7 month and older). Siblings 7 months of age and under attend free. Tuition includes two CD's, a Songbook, a Parent Guide DVD and a Parent Education evening. Full payment refundable PRIOR to first class.

After first class \$60 fee is non-refundable. Registration closes after the 3rd class. No class Apr 15, 19.

<b>Tue Apr 11-Jun 13</b>	<b>Thu Apr 13-Jun 15</b>
<b>97658 9:30-10:15am \$165/10 sess</b>	<b>97653 9:30-10:15am \$165/10 sess</b>
<b>97654 10:30-11:15am \$165/10 sess</b>	<b>97652 10:30-11:15am \$165/10 sess</b>
<b>Rink Mezz Katy</b>	<b>Rink Mezz Johanna</b>

<b>Wed Apr 12-Jun 21</b>	<b>Sat Apr 8-Jun 17</b>
<b>97657 9:30-10:15am \$165/10 sess</b>	<b>97651 9:30-10:15am \$165/10 sess</b>
<b>97655 10:30-11:15am \$165/10 sess</b>	<b>97650 10:30-11:15am \$165/10 sess</b>
<b>97656 11:30am-12:15pm \$165/10 sess</b>	<b>97649 11:30am-12:15pm \$165/10 sess</b>
<b>Rink Mezz Noa</b>	<b>Rink Mezz Katy</b>



# Preschool

## Physical Activity

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

We offer ongoing classes for children and youth. Classes cover all aspects of Capoeira: martial arts, dance, music acrobatics, culture, language. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility.

Please see page 26 for full details

### Britannia Gymnastics

#### Dynamic Duo (18mo-3yrs)

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

**\*\*See page 16 for full program and registration details or go to [britanniagymnastics.com](http://britanniagymnastics.com)**

### Britannia Gymnastics

#### Tiny Tumblers and Gym Kids/ Adv Gym Kids (3-6yrs)

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.

**\*\*See page 16 for full program and registration details or go to [britanniagymnastics.com](http://britanniagymnastics.com)**

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

Multi-sport classes teach children important introductory physical skills and help children develop confidence in their abilities through 8 different ball sports. Parents must participate. No class Apr 15, May 20.

Sat 11:30-12:15pm Apr 1-Jun 3  
Gym C \$120/8 sess  
89861 Sportball Staff

### Sportball Multisport (3.5-5yrs)

Programs help pre-schoolers refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. No class Apr 15, May 20.

Sat 12:15-1:15pm Apr 1-Jun 3  
Gym C \$120/8sess  
89864 Sportball Staff

### Kindergym (1-5yrs)

Run, jump and roll in a gym full of mats and indoor playground equipment. Parent supervision required. You must pay your \$2.50 drop-in fee at the pool and bring your receipt or buy a strip of 10 tickets for \$20.00 and give 1 ticket to Belinda or Olivia. Parents, please assist Belinda and Olivia at the end of the program by helping put the large equipment away. Note: We are now offering the program 4X/week Sat, Tue, Wed, Thu. All programs take place in Gym D. No class Sat, Apr 15 & Elem school Pro D days.

Sat 10:00am-12noon Apr 8-Apr 29  
89841 \$2.50 Drop-in  
\$20/10 tickets  
Tue/Wed/Thu 11:00-12:30pm Mar 28-May 11  
89848 \$2.50 Drop-in  
\$20/10 tickets



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

This one-of-a-kind music and movement program engages, educates, and entertains parent and child while on a musical journey through different styles and cultures. Curriculum is designed to stimulate the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. A family fun environment exploring culture and world music. Try a free class anytime, 25% sibling discount, drop-ins welcome \$15. Check out our video and visit [www.jumpintomusic.ca](http://www.jumpintomusic.ca) for more info.

Wed 10:15-11:00am Apr 5-Jun 7  
Mat Rm \$120/10 sess  
97646 M.Lee  
Wed 11:15am-12 noon Apr 5-Jun 7  
MatT Rm \$120/10sess  
97647 M.Lee





## Arts

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

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

**Thu 4:00-5:15pm Apr 20-Jun 8**  
**Rm 208 \$100/8 sess**  
**97638 H.Spaxman**



### Marimba Beginner (8-18yrs)

This class is open to anyone and is a great way to get started in music. You will learn traditional music from Zimbabwe, Latin America and original compositions for marimba. The class also includes fun rhythm games, movement, and is all about having a good time playing music on the marimbas. There is an informal performance at the end of every term at a local cafe. Please note no classes during Apr 28-May 19 due to school exams.

**Thu 4:00-5:00pm Mar 30-Apr 27**  
**Rm 111 \$70/5 sess**  
**97636 R.Layne**

**Thu 4:00-5:00pm May 25-Jun 29**  
**Rm 111 \$84/6 sess**  
**99550 R.Layne**

### Marimba Intermediate (10-18yrs)

This class requires you to have some experience with marimba or piano and you will learn traditional music from Zimbabwe, Latin America and original compositions for marimba. The class focuses on developing material to perform, writing your own composition, and having a good time playing music on the marimbas. There is an informal performance at the end of every term at a local cafe. Please note no classes during Apr 28-May 19 due to school exams.

**Thu 5:00-6:00pm Mar 30-Apr 27**  
**Rm 111 \$70/5 sess**  
**97645 R.Layne**

**Thu 5:00-6:00pm May 25-Jun 29**  
**Rm 111 \$84/6 sess**  
**99551 R.Layne**

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

This class is a year-long commitment to be part of a new performance 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. - Come to the first class free audition Please note no classes during Apr 28-May 19 due to school exams.

**Thu 6:00-7:00pm Mar 30-Apr 27**  
**Rm 111 \$70/5 sess**  
**97680 R.Layne**

**Thu 6:00-7:00pm May 25-Jun 29**  
**Rm 111 \$84/6 sess**  
**99552 R.Layne**



### Piano (6yrs+)

### Clarinet (10yrs+)

Learn an instrument and enjoy a lifetime of music! These lessons consider each student's development and goals. Conservatory exam preparation is available. An on-going program for Sept-June, students are ensured placement for the duration of their studies. Payment is made in advance of each set. Lessons 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. Clarinet students must provide their own instruments. Phone in or in person registration only, no online. Please call 604.718.5800 ext 1.

#### Set 1

**Thu 4:00-8:30pm Mar 30-May 11**  
**Music Rm \$144/6 sess**  
**97661**  
**Fri 3:30-8:00pm Mar 31-May 12**  
**Music Rm \$144/6 sess**  
**97662**  
**Sat 9:00am-4:30pm Apr 1-May 13**  
**Music Rm \$144/6 sess**  
**97663 J.Oye**

#### Set 2

**Thu 4:00-8:30pm May 18-Jun 22**  
**Music Rm \$144/6 sess**  
**97664**  
**Fri 3:30-8:00pm May 19-Jun 23**  
**Music Rm \$144/6 sess**  
**97665**  
**Sat 9:00am-4:30pm May 20-Jun 24**  
**Music Rm \$144/6 sess**  
**97666 J.Oye**

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

These are 30 minute private violin lessons for adults and children. The teaching method follows the Suzuki Method and covers classical and fiddle. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at fiddlelessons@shaw.ca to arrange lesson time PRIOR to registering. No Class Apr 17, May 22

**Mon 3:30-8:45pm Mar 27-Jun 19**  
**Music Rm \$264/11 sess**  
**97677 S.Saunders**

# Children

## Physical Activity

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

Classes cover all aspects of Capoeira: martial arts, dance, music acrobatics, culture, language. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Registration includes unlimited participation in training as well as dance and music classes. Youth can attend adult classes as well. Drop-in \$20 (go to the Pool Cashier at Britannia to pay and bring the receipt to the Instructor). Classes are located at 1739 Venables. See page 26 for full details or [www.axevancouver.com](http://www.axevancouver.com).

<b>Wed</b>	<b>6:00-6:45pm</b>	<b>Mar/Apr</b>
<b>3-6yrs</b>		<b>\$120</b>
<b>84221</b>		
<b>Wed</b>	<b>6:00-6:45pm</b>	<b>May/Jun</b>
<b>3-6yrs</b>		<b>\$120</b>
<b>99005</b>		

<b>Mon-Thu</b>	<b>5:00-6:00pm</b>	<b>Mar/Apr</b>
<b>7-18yrs</b>		<b>\$150</b>
<b>82259</b>		
<b>Mon-Thu</b>	<b>5:00-6:00pm</b>	<b>May/Jun</b>
<b>7-18yrs</b>		<b>\$150</b>
<b>96195</b>		

### Fencing (8-14yrs)

Learn the ancient art of sword play for fitness, sport and just plain fun! We will practice the art of fencing with foils in a safe, fun environment. All ages and skill levels are welcome. All equipment is provided. Wear track pants and court shoes. Program is located at LaSalle's Fencing Studio on the Drive at 2155 Commercial Dr. No class Apr 15, May 20.

<b>Sat</b>	<b>10:00-11:30am</b>	<b>Apr 1-June 17</b>
<b>LaSalle Studio</b>		<b>\$70/10 sess</b>
<b>95829</b>		

### Fencing (12-18yrs)

The ancient art of sword duelling has grown into the fast and exciting Olympic sport of Fencing. We will learn to fence in a fun and safe environment, develop skills of attack and defence, and compete in tournament-style bouts. Both novices and experienced fencers are welcome! All equipment is provided. Court running shoes and track pants recommended. Classes will be held at the LaSalle Studio: 2155 Commercial Drive.. No class Apr 17, May 22.

<b>Mon</b>	<b>6:00-8:00pm</b>	<b>Apr 3-June 19</b>
<b>LaSalle Studio</b>		<b>\$80/10 sess</b>
<b>95830</b>		
<b>Wed</b>	<b>4:00-6:00pm</b>	<b>Apr 5-June 21</b>
<b>LaSalle Studio</b>		<b>\$96/12 sess</b>
<b>95831</b>		

## Britannia Gymnastics Club

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

This popular community program will promote your child's self-esteem and develop strength, flexibility, agility and coordination through the fundamentals of gymnastics. Children can wear a bodysuit, shorts, t-shirts. All programs take place in Britannia Secondary School, 1001 Cotton Drive, Gym B. No class Apr 15, 16.

<b>Sat</b>	<b>Apr 1 – May 27</b>			
<b>96127</b>	<b>Tiny Tumblers</b>	<b>3-4yrs</b>	<b>1:00-1:45pm</b>	<b>\$72/8 sess</b>
<b>96128</b>	<b>Gym Kids</b>	<b>4-5yrs</b>	<b>2:00-2:45pm</b>	<b>\$72/8 sess</b>
<b>96129</b>	<b>Gym Kids</b>	<b>4-5yrs</b>	<b>3:00-3:45pm</b>	<b>\$72/8 sess</b>
<b>96130</b>	<b>Performance</b>	<b>6-9yrs</b>	<b>4:00-5:00pm</b>	<b>\$82/8 sess</b>
<b>Sun</b>	<b>Apr 2 – May 28</b>			
<b>96132</b>	<b>Dynamic Duo</b>	<b>18mo-3</b>	<b>10:00-10:45am</b>	<b>\$72/8 sess</b>
<b>96133</b>	<b>Dynamic Duo</b>	<b>18m-3</b>	<b>11:00-11:45am</b>	<b>\$72/8 sess</b>
<b>96134</b>	<b>Performance</b>	<b>6-9yrs</b>	<b>11:30-12:30pm</b>	<b>\$82/8 sess</b>
<b>96135</b>	<b>Tiny Tumblers</b>	<b>3-4yrs</b>	<b>12:00-12:45pm</b>	<b>\$72/8 sess</b>
<b>96136</b>	<b>Adv Gym Kids</b>	<b>5-6yrs</b>	<b>12:45-1:45pm</b>	<b>\$82/8 sess</b>
<b>96137</b>	<b>Performance</b>	<b>6-9yrs</b>	<b>3:15-4:30pm</b>	<b>\$90/8 sess</b>

### Dynamic Duo

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

### Tiny Tumblers & 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 Coach Kasha, Brenna, Caelan, Aaron and all our Coaches in Training are all looking forward to another great gym session!

### Traditional Kung Fu (6yrs +)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Please check program updates at: [www.northernshaolin.com](http://www.northernshaolin.com). No class Apr 14, 17, 21, May 22, June 9. Instructors: Sifu Marquis Lung & Vicky Ma

### Beginner

<b>Mon Fri</b>	<b>4:30-5:45pm</b>	<b>Apr 3-Jun 26</b>
<b>CFEC</b>		<b>\$173</b>
<b>98881</b>		

### Intermediate

<b>Mon Fri</b>	<b>4:30-6:15pm</b>	<b>Apr 3-Jun 26</b>
<b>CFEC</b>		<b>\$193</b>
<b>98882</b>		

### Performance

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

### Performance Plus

**Sat Apr 22 Bowen Island Meet**  
**Sat May 13 Phoenix Gymnastics Meet**

### Demo Team

**BC Gymnaestrada May 27-28 2017, Kamloops**



### Advanced

<b>Mon Fri</b>	<b>4:30-6:30pm</b>	<b>Apr 3-Jun 26</b>
<b>CFEC</b>		<b>\$203</b>
<b>98886</b>		



## Britannia Micro Footie Spring League 2017



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

Registration has already taken place for this popular Britannia program that takes place Saturdays Apr 22-Jun 24 (see schedule below for reference). Please register or place your name on the waitlist. Due to the challenging task of placing players on teams, refunds will be issued up to Mar 26. No refunds will be issued after this date – no exceptions. Coaches will call parents by Wed Apr 5. If you do not get a call by this date email [britfootie2017@gmail.com](mailto:britfootie2017@gmail.com). Please check out [www.britanniasoccer.org](http://www.britanniasoccer.org) for program updates.

### Micro Footie Game & Practice Schedule (subject to change)

DIVISION	AGE	SAT GAME TIME	GAME LOCATION	WEEKDAY PRACTICE TIME/LOCATION
89816 Mini Micros (60)	3yrs	9:00-10:00am	Empire Bowl, South	Not applicable
92012 Beginner A Coed (80)	4-5yrs	10:15-11:15am	Empire Bowl, South	Mon 5:45-6:45pm Garden Park
92021 Beginner B Coed (80)	4-5yrs	11:30-12:30pm	Empire Bowl, South	Wed 5:45-6:45pm Garden Park
92022 Inter 1 Girls (80)	6-7yrs	12:45-1:45pm	Empire Bowl, South	Mon 6:45-7:45pm Garden Park
92026 Inter 1A Boys (80)	6-7yrs	2:00-3:00pm	Empire Bowl, South	Wed 6:45-7:45pm Garden Park
92346 Inter 1B Boys (40)	6-7yrs	3:15-4:15pm	Empire Bowl, South	Thu 6:00-7:00pm Brit Oval
92345 Inter 2 B Boys (40)	8-9yrs	3:15-4:15pm	Empire Bowl, South	Thu 6:00-7:00pm Brit Oval
92029 Inter 2A Boys (80)	8-9yrs	9:00-10:00am	Empire Bowl, North	Wed 7:00-8:00pm Brit Oval
92031 Inter 2 Girls (80)	8-9yrs	10:15-11:15am	Empire Bowl, North	Wed 6:00-7:00pm Brit Oval
92032 Advanced Boys (80)	10-11yrs	11:30-12:30pm	Empire Bowl, North	Mon 7:00-8:00pm Brit Oval
92041 Advanced Girls (80)	10-12yrs	12:45-1:45pm	Empire Bowl, North	Mon 6:00-7:00pm Brit Oval
92044 Super Adv Boys (80)	12-13yrs	2:00-3:00pm	Empire Bowl, North	Tue 7:00-8:00pm Brit Oval
92046 Super Adv Girls (44)	13-15yrs	3:15-4:15pm	Empire Bowl, North	Tue 6:00-7:00pm Brit Oval
92047 Sr Super Adv Boys (44)	14-15yrs	3:15-4:15pm	Empire Bowl, North	Tue 6:00-7:00pm Brit Oval
<b>ROBSON PARK LOCATION</b>				
92050 Beginner C Coed (80)	4-5yrs	9:30-10:30am	Robson Park	Mon 5:45-6:45pm Robson Park
92052 Inter 1C Coed (80)	6-7yrs	10:45-11:45am	Robson Park	Mon 6:45-7:45pm Robson Park
92057 Inter 2C Boys (80)	8-9yrs	12:00-1:00pm	Robson Park	Wed 6:00-7:00pm Robson Park

### Micro Footie Coach's Mandatory Orientation Clinic

New and Returning Footie Coaches - Sat Apr 1  
 10:00-11:30am – New Coaches to Micro Footie  
 11:30-12:45pm – Beginner/Intermediate 1 Coaches  
 12:45-1:45pm – Inter 2/Advanced/Super Adv/Sr SA Coaches  
 These orientations are for new coaches and returning coaches.

### Practical Coaching Sessions with Jason

Jason will be offering these coaching session to go over valuable MF philosophy, drills & coaching tips. Coaches, please register in your appropriate division. All sessions take place in Britannia Secondary Gym A/B

108375	Tue	Apr 4	6:30-8:30pm	Mini/Beginner A,B,C
108376	Tue	Apr 4	8:30-10:00pm	Adv/SA/SrSA
108377	Thu	Apr 6	7:00-8:30pm	Inter 1
108380	Thu	Apr 6	8:30-10:00pm	Inter 2

### Thank You 2017 Micro Footie Sponsor Donors:



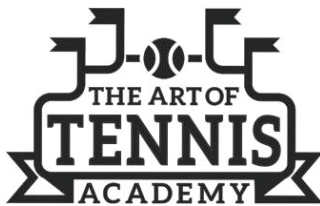




## Soccer Spring Break Camp (4-15yrs)

Week long dynamic soccer camps led by FIFA Jason Kyle. Camps will take place at Empire Bowl (Hastings Park).

<b>Mon-Fri</b>		<b>Mar 13-17</b>
<b>4-5yrs</b>	<b>9:30-11:30am</b>	<b>\$89/5 sess</b>
<b>84567</b>		
<b>6-15yrs</b>	<b>9:30am-12:30pm</b>	<b>\$125/5 sess</b>
<b>84570</b>		



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

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 20, May 6.

<b>Sat</b>	<b>1:30-2:30pm</b>	<b>Apr 22-June 24</b>
<b>Gym D</b>		<b>\$80/8 sess</b>
<b>95832</b>	<b>JC.Maldonado</b>	

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

Continues to develop skills for those students who have already learned basic tennis. Participate in a variety of fun drills and games to enhance skills & be given the opportunity for game play. Bring your own racket, runners. No class May 20, 6.

<b>Sat</b>	<b>2:30-3:30pm</b>	<b>Apr 22-June 24</b>
<b>Gym D</b>		<b>\$80/8 sess</b>
<b>95833</b>	<b>JC.Maldonado</b>	

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

Develop more advanced tennis skills through drills and rallies preparing participants for significant game play. Focus on the fundamentals of competitive tennis. Bring your own racket, runners. No class May 20, 6.

<b>Sat</b>	<b>3:30-4:30pm</b>	<b>Apr 22-Jun 24</b>
<b>Gym D</b>		<b>\$80/8 sess</b>
<b>95834</b>	<b>JC.Maldonado</b>	

# Funseekers Daycamps

## Funseekers Daycamp Spring (6-12yrs)

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

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

## Spring Break

<b>Mon-Fri</b>	<b>9:00am-3:00pm</b>	<b>Mar 13-Mar 17</b>	<b>Mon-Fri</b>	<b>9:00am-3:00pm</b>	<b>Mar 20-Mar 24</b>
<b>Gym D</b>		<b>\$95/5 sess</b>	<b>Gym D</b>		<b>\$95/5 sess</b>
<b>83328</b>			<b>83329</b>		

## Summer 2017 (6-12yrs)

Registration will commence at **10:00am on Sat Apr 22, 2017** at the Info Centre.

A brochure will be delivered to local schools approximately one week before registration. Join us for a summer of excitement and adventure. Our fun and enthusiastic leaders have planned an enjoyable schedule filled with out trips, games, crafts, sports, cooking, music, drama and special events.

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

## Summer Daycamp Volunteers

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

## Summer Leaders Training

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 17</b>	<b>Gym C</b>	<b>\$30/1 sess</b>	<b>99065</b>
<b>Tue</b>	<b>6:00-10:00pm</b>	<b>Jun 27</b>	<b>Gym C</b>	<b>\$30/1 sess</b>	<b>99062</b>

## "Play it Fair"



Play it

Fair!



## Social

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



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

**Thu 6:15-8:00pm** **Apr 6-Jun 15**  
**Preteen Centre** **Free**  
**98659 Celine**

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

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

**Fri 6:00-8:30pm** **Apr-Jun**  
**Bowling** **Apr 28** **\$5/1 sess**  
**98661**  
**Hillcrest Pool** **May 12** **\$5/1 sess**  
**98662**  
**Beach BBQ** **Jun 16** **\$5/1 sess**  
**98663**



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

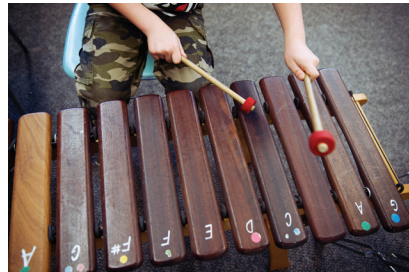


The Greenhorn Community Music Project aspires to join the creative forces of youth, professional musicians, and community members, to compose, practice, and perform a variety of musical styles in service of orchestrating social change you can dance to. Membership required \$1.00. No class Apr 17 & May 22. May 1, 8 & 15 sessions will be in the Rink Mezz.

**Mon 3:30-5:00pm** **Apr 3-Jun 26**  
**Rm 111** **Free**  
**97643 B.Koch**

### Marimba Beginner (8-18yrs)

This class is open to anyone and is a great way to get started in music. You will learn traditional music from Zimbabwe, Latin America and original compositions for marimba. Please see page 14 for full details.



### Marimba Intermediate (10-18yrs)

This class requires you to have some experience with marimba or piano and you will learn traditional music from Zimbabwe, Latin America and original compositions for marimba. The class focuses on developing material to perform, writing your own composition, and having a good time playing music on the marimbas. Please see page 13 for full details.

### Axe Capoeira (7-18yrs)

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

Please see page 25 for full details

## Special Events

### Preteen Dance (10-13yrs)



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

**Fri 6:30-9:00pm** **Apr 21, Jun 9**  
**CFEC** **Free**

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



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

**Fri 8:00-10:00pm** **Apr 7, May 5, Jun 2**  
**Britannia Pool** **Free**

## Drop-In Sports



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

**Fri 5:30-6:50pm** **Apr 7-Jun 30**  
**Gym C** **Free**



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

**Wed 5:30-7:00pm** **Apr 5-Jun 28**  
**Gym D** **Free**

### Indoor Soccer (11-18yrs)

For 11-18 year old players only  
**Tue 5:30-8:00pm** **Apr 4-Jun 20**  
**Gym D** **Free**

# Youth

## Welcome to the Teen Centre

### Hours

Mon-Thu 3:00-9:30pm

Fri 3:00-10:00pm

Sat 6:00-10:00pm

Register for all Teen Centre programs at the Teen Centre. For more information, call 604.718.5828. \*Please note: a signed parent consent form is required for many of our programs. If you have any questions or concerns please call us.

### Britannia Teen Centre

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

The Teen Centre is a place to:

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



### Staff

#### Youth Programmer:

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

#### Teen Centre Programmer:

Emma Carrigan, emma.carrigan@vancouver.ca, 604.718.5828

#### Latin American Youth Programmer:

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

#### Teen Centre Support Staff:

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

## Leadership



### Britannia Youth Committee

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

### YOUUnique Youth Conference

A youth conference focused on bullying prevention, self-esteem and relationship development. A variety of speakers will engage young people in interactive workshops. Human Rights values will be taught through Play it Fair and Speaking Rights projects.

A variety of workshops will be offered to youth to help further their knowledge in certain areas. Community booths will be present during lunch time to encourage the youth to reach out and meet different organizations. It's a time for them to learn, network with other agencies and peers.

**Pre-registration is required.**

<b>Sat</b>	<b>11:00am-6:00pm</b>	<b>Apr 29</b>
<b>Auditorium</b>		<b>Free</b>

### Citywide Youth Committee

Interested in working on youth issues and initiatives in your community and throughout the City? The Citywide Youth Committee meets the second Wednesday every month at Vancouver City Hall and gives 2 youth representatives from each community an opportunity to develop their leadership skills. Please contact Tom at 604.718.5826 or tom.higashio@vancouver.ca to express your interest or find out more.

### Gateway to Employment (17-19yrs)

For students with diverse abilities in the VSB additional year of high school who are attending the Gateway to Employment Program. The program will feature a wide range of social recreation activities both at Britannia and other community centres and in the community to give students opportunities to try different activities. Activities include sports, fitness, culture, music and social programs.

<b>Thur</b>	<b>12:00-3:00pm</b>	<b>Apr 13-Jun 8</b>
<b>Teen Centre</b>		<b>\$108/9 sess</b>
<b>103928</b>	<b>Jesse</b>	

## Social



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

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

<b>Wed</b>	<b>7:00-9:00pm</b>	<b>Apr 5-Jun 28</b>
<b>Teen Centre</b>		<b>Free</b>
<b>98652</b>		

### Canucks Game Night

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

<b>Various</b>	<b>7:00-9:30pm</b>	<b>Free</b>
<b>Teen Centre</b>		

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

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

<b>Tue</b>	<b>4:00-6:30pm</b>	<b>Apr 4-Jun 27</b>
<b>55+ Centre</b>		<b>Free</b>

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



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

**Fri** 8:00-10:00pm **Apr 7, May 5, Jun 2**  
**Britannia Pool** **Free**

## 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.

**Tue** 6:15-8:00pm **Apr 4-Jun 27**  
**Preteen Centre** **Free**

## Guys Night (13-18yrs)



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

**Mon** 6:00-8:00pm **Apr 3-Jun 26**  
**Teen Centre** **Free**

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



Meet other youth & learn at the same time. See p.21 for full program details & dates.

## Latin Cooking (11-18yrs)



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

**Thu** 4:30-6:30pm **Jan 5-Mar 30**  
**55+ Centre** **Free**



## Axe Capoeira-Introduction (13yrs+)

Take advantage of this one time offer to try Capoeira in this introductory program! . Classes take place 1739 Venables.

See page 25 for full details



# Youth Week

Celebrate City of Vancouver's Youth Week with the following events:

- Dance Event** • Friday, May 5 - 7 to 10pm (Trout Lake CC)
- Basketball Tournie** • Saturday, May 6 - 1 to 4pm (Hillcrest CC)
- Skateboard Event** • Saturday, May 6 - 1 to 4pm (Skate Plaza)

Visit [www.fb.me/vanyouthweek](http://www.fb.me/vanyouthweek) for more info!

YOUTH WEEK is an internationally celebrated event to promote awareness of youth, 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.

**Community Small Grants** are available for you to 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!

The City of Vancouver, Vancouver Board of Parks & Recreation and contributing Community Centre Associations are proud to support Youth Week events.

Youth Week is celebrating the great things youth & youth organizations do all year round! Envision it like New Year's for everything to do with youth, a chance to celebrate this past year and to set goals and plans for this year!

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

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

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

## Summer Daycamp Volunteers

Britannia Funseekers are looking for motivated youth 16+yrs to get involved in volunteering with children 6-12yrs in a fun and supported setting. It's a great leadership opportunity, and way to give back to the community. Spend the weeks swimming, doing arts and crafts, playing games, learning about Children's Rights, going on out trips and many other FUN activities! Minimum 3 week commitment required and must complete a police record check. Reference available upon completion. Call 604.718.5826

## Summer Leaders Training - "Play it Fair" (see p.16)

Sat	10:00am-2:00pm	Jun 17	Gym C	\$30/1 sess	99065
Tue	6:00-10:00pm	Jun 27	Gym C	\$30/1 sess	99062



# Youth

## Saturday Unlimited (13-19yrs)

Saturday Unlimited is a unique program which offers recreational opportunities to youth 13-19 years with special needs. Participants take part in a wide range of activities in and around the city, meeting new friends and acquiring new skills. Knowledgeable staff, in-program transportation and one to one volunteers are provided to maximize the youth's participation and enjoyment of the program. Different activities take place each week and include at least one evening event each session in place of the day outing to enhance age appropriate activities. Call 604.718.5873 for more info. Registration and intake must all be approved by Saturday unlimited staff. No session May 20

Sat 10:00am-3:00pm Apr 15-Jun 10  
LRC \$125/8 sess  
96355

## Drop-In Sports

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

Fri 5:30-6:50pm Apr 7-Jun 30  
Gym C Free

### Basketball Drop-in (16-20yrs)

Sun 12:00-1:45pm Apr 2-Jun 25  
Gym C Free

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

Wed 5:30-7:00pm Apr 5-Jun 28  
Gym D Free

### Indoor Soccer (11-18yrs)

For 11-18 year old players only  
Tue 5:30pm-8:00pm Apr 4-Jun 20  
Gym D Free

## Outdoor Programs

### 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 6:00am-6:00pm Mar 5, Sat Apr 1

## Diversity Camp (13-18yrs)

Partnering with Trout Lake & Thunderbird CC youth programs, spend three days doing activities & having discussions about diversity, human & children's rights, anti-discrimination, respect, inclusion, fairness and peaceful conflict resolution. Must be willing to participate, discuss & 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. Mandatory workshop held on Wed Mar 8, 5-8:00pm to introduce the group to each other and provide an overview of trip expectations. To register, please contact the Britannia Teen Centre at 604.718.5828

Fri-Sun 9:00am-5:00pm Mar 17-19  
Camp Capilano \$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 2017 Vincer Dragon Boat Festival, June 24th & 25th. Come out and prepare for the quest for excellence. No experience necessary. For more info, contact Tom at 604.718.5826. Practice dates to be determined.



## The Great Escape Outdoors (GEO)

We offer a variety of outdoor activities for youth 13-18yrs and suitable for almost any level of fitness. It is a great way to explore our incredible surroundings, learn new things and meet lots of great people. The Centre provides all necessary equipment, food, transportation, and guides/instructor, unless otherwise stated. Any overnight trip has co-ed leaders and at least one trained staff in Wilderness First Aid. The cost of the outings should not prevent any youth from participating, so let staff know. If you have any questions or would like to register please call 604.718.5828.

A variety of monthly winter activities which may include; indoor rock climbing, snowshoeing, and snow tubing. Pick up a monthly calendar to get a complete listing. All registration done at the Teen Centre.

## Latin American Youth Program

### Beginner Guitar Lessons (11-18yrs)

Clases de guitarra para principiantes Para jóvenes de 11-18 años Jueves 5:00-6:30pm, clases inician el 9 de febrero 2017. En el senior center de britannia. Para más información por favor llamar a: 604.718.5829

Thu 5:00-6:00pm Feb 9  
55+ Centre  
For more information please contact  
604.718.5829



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

Free drop-in soccer for youth with Go Card! New players welcome, must be under 18yrs. Fútbol 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

### Evento gratis de Nadar Free Youth swim

1st Fri/mo 8:00-10:00pm Apr 7, May 5, Jun 2  
Free/Gratis



## Programa de Jóvenes Latino Americanos

The Latin American youth program offers different activities and projects that introduce youth to Latin American culture! Our focus is on Latin American art, music, literature, dance and culinary arts. This program is open to all youth interested in learning about Latin American culture, connecting with the community or simply making friends and learning new skills. For further information please contact Stephanie, the Latin American Youth Worker at 604.718.5829. [stephanie.angel-garay@vancouver.ca](mailto:stephanie.angel-garay@vancouver.ca)

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

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



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

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

- Self-esteem/respect
- Career Planning
- Fun Activities and outings

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

**Fri/Viernes 6:00-8:00pm**

**llame a Stephanie 604.718.5829**



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

Meet youth your age and learn at the same time. The Friends First Buddy program provides you with social, recreational, and educational skills. We meet every Saturday and we participate in various activities from 2:00-6:00pm. To register and more information please contact Stephanie at 604.718.5829.

- Outings/Salidas
- Team Building Games/Juegos
- Workshops/Talleres
- 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 sábados. Nos reunimos en diferentes lugares, para más información por favor llame a Stephanie para registrarse al 604.718.5829.

Subsidios disponibles para todas las actividades. **Sat/Sabados 2:00-6:00pm**

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



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

**Miércoles de cada mes de 5:00-6:30pm**

## Spanish Clubs



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

**Tupper: Tue at lunch 11:40am Rm 311**

**Vantec Thu at lunch 11:40am Rm TBD**

**Britannia: Friday at lunch 11:40am Rm TBD**

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

If you are interested in having a Spanish Club at your school contact Stephanie at 604.718.5829 or email [stephanie.angel-garay@vancouver.ca](mailto:stephanie.angel-garay@vancouver.ca)

## AQUI SE HABLA ESPAÑOL

Talleres de español para niños de 4-9 años. Spanish learning workshops for kids 4-9 years old

Objetivos Principales: Mantener el español. Dar a conocer los países en los que se habla español y su cultura.

Nos reunimos en el /We Meet in the Teen Centre at Britannia/ once per month/ una vez por mes de/ Time 9:00am-1:00pm

**Fechas/ dates: Feb 18, Mar 4, Apr 29, May 27, Jun 24**

**Instructora/ Instructor: Yajaira Moran**

To register and more information please contact Stephanie at 604.718.5829.

Organizado con la ayuda de: VLACC (Vancouver Latin American Cultural Centre) & VCSBC (Venezuelan Canadian Society of BC)

## Portuguese Choir- All Ages

Come sing with the Vancouver Latin American Cultural Centre Choir! Our choir will meet once a week to learn and practice songs that reflect the immense diversity of musical genres from all over Latin America. Songs will be sung mostly in Spanish and Portuguese. Sergio Pires, the choral conductor, is an educator and music researcher who holds a Doctoral of Musical Arts degree in choral conducting from Boston University and Masters and Licentiate degrees in music from Brazilian institutions. Participants will be briefly interviewed/ auditioned by the conductor who is going to assess the voice range and basic musical perception of the candidate. Everybody is welcome to participate.

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

**Feb 22-Jun 7**

**Registe at [www.vlacc.ca](http://www.vlacc.ca)**

**\$60/term**

**Registration includes VLACC membership**



# Adults

## Arts

### 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. Drums are provided during class; or bring your own drum. For more information visit [www.drumming.ca](http://www.drumming.ca)

**Wed 6:30-8:00pm Apr 12-May 31**  
**Cafeteria \$130/8 sess**  
**97631 R.Shumsky**

### African Drumming Level 2

Enrolling in level two requires taking level one or permission from the instructor. Drums are provided during class; or bring your own drum. For more information visit [www.drumming.ca](http://www.drumming.ca)

**Wed 8:10-9:40pm Apr 12- May 31**  
**Cafeteria \$130/8 sess**  
**97632 R.Shumsky**



### Carnival Band

Looking for an excuse to dust off that horn (accordion, glockenspiel...) in the back of your closet, dress up and play in the street? Looking for a way to bring a little music and colour to your community? The Open Air Orchestra Society invites you to our street band workshops, led by the incomparable Ross Barrett, Tim Sars, and various guest instructors. All levels/ages welcome; stop by just to listen and dance if you like! Suggested donation is one hour's wage per month or \$5/pay-what-you-can drop-in. No class Apr 17 & May 22.

**Mon 7:30-10:00pm Apr 3-Jun 26**  
**55+ Centre Free**  
**97637 T.Sars**

### 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. Members will be required to have good High School music reading skills or able to play well by ear. Members are also required to have a good sense rhythm. You need to bring an instrument that you can take out to play on the streets. Led by Cory Sweet and Mike T. Allen. Stop by anytime and come listen. Britannia Membership required. \$5 donation at rehearsals. No class April 16.

**Information: [drivestreetband@gmail.com](mailto:drivestreetband@gmail.com)**  
**[www.drivestreetband.com](http://www.drivestreetband.com)**  
**Sun 3:00-5:00pm Apr 2-Jun 18**  
**55+ Centre Free**  
**97675 C.Sweet**



### Grandview Garden Club

Garden Club meets at 7:00 p.m. each second Thursday of the month in the LRC. Knowledgeable speakers tackle subjects such as pruning, vegetable growing, attracting bees and butterflies, and garden design. Novice gardeners and experienced green thumbs welcome. Annual membership \$20/ Drop-in \$4.

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



The Greenhorn Community Music Project aspires to join the creative forces of youth, professional musicians, and community members, to compose, practice, and perform a variety of musical styles in service of orchestrating social change you can dance to. Membership required \$1.00. No class Apr 17 & May 22. May 1, 8 & 15 sessions will be in the Rink Mezz.

**Mon 3:30-5:00pm Apr 3-Jun 12**  
**Rm 111 Free**  
**97643 B.Koch**

### How to Draw Like an Architect

This program is for enthusiastic students who want to learn correct drawing techniques for architectural subjects and explore tone, texture, line, perspective, proportion, shading, lighting, and colour in their artwork. Bring HB, 2B, 6B pencils and white paper to the first class. Visit: [www.atashzad.com](http://www.atashzad.com) Supplies are not included, supply list available upon registration. No class May 24. Drop in: \$25

**Wed 5:00-7:00pm Apr 12-Jun 14**  
**Rm 210 \$175/9sess**  
**97644 M.Atashzad**



### 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 18-Jun 6**  
**Rm 208 \$175/8 sess**  
**97669 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 19-Jun 7**  
**Rm 208 \$200/8 sess**  
**97668 H.Spaxman**

### Potter's Wheel Intensive

For current pottery students wanting extra instruction with Helen, this one day workshop will cover forms such as cup, plate, and lids as well as further practice with centering for larger bowls, vases. Work can be completed during regular 8 week courses. Max 5 students.

**Sat 10:00am-3:00pm May 6**  
**Rm 208 \$100/1 sess**  
**97667 H.Spaxman**

### Portfolio Making Workshop

Students will use bookbinding techniques to construct a portfolio to hold drawings and sketches practically and beautifully. All supplies and tools provided.

**Sun 12:30-4:30pm May 7**  
**CFEC \$55/1 sess**  
**97648 S.Lee**



## Reckless Painting

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

**Tue 7:00-9:00pm Apr 18-May 16**  
**Rm 210 \$70/5 sess**  
**97670 A.Orsini**

## Vision Board Creations

Vision Boards are a creative, fun and artistic way to visualizing your goals and intentions mixing imaginary with words, it helps to prioritize goals, values, and intentions. Please, bring pictures magazines, photos, glue, and scissors. Some art supplies will be provided. Rosina Santillana is Mixed Media Artist and Expressive Art Therapist.

**Sat 11:00am-1:00pm May 6-May 27**  
**Cafeteria \$80/4 sess**  
**97640 R.Santillana**

## 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. Supplies are not included, supply list available upon registration. Visit [www.atashzad.com](http://www.atashzad.com). No class May 24. Drop in: \$25

**Wed 7:00-9:00pm Apr 12-Jun 14**  
**Rm 210 \$175/9 sess**  
**97679 M.Atashzad**



## Salsa Cubana & Rueda De Casino

This unique fun dance is growing quickly in popularity in Vancouver. It is done as a group with followers being passed in a circle in time with salsa music. The rueda moves can also be danced with a partner. Singles and partners welcome! No class on May 22

### Beginner

**Mon 7:30-9:00pm Apr 24-Jun 19**  
**CFEC \$120/8 sess**  
**97672 C.Pena**

### Beg/Intermediate

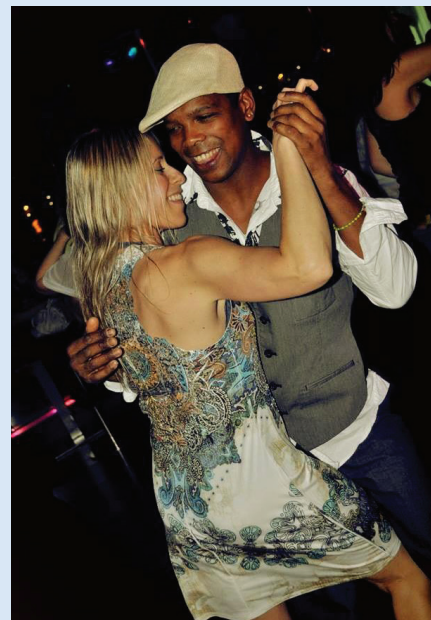
**Tue 7:30-9:00pm Apr 25-Jun 13**  
**Gym C \$120/8sess**  
**97674 C.Pena**

### Intermediate 1

**Wed 7:30-9:00pm Apr 26-Jun 14**  
**CFEC \$120/8sess**  
**97673 C.Pena**

### Advanced

**Thu 7:30-9:00pm Apr 27-Jun 15**  
**Gym C \$120/8sess**  
**97671 C.Pena**



## Adult Marimba

This class is open to anyone and is a great way to get started in playing African music. You will learn traditional music from Zimbabwe, and original compositions for marimba. There is an informal performance at the end of every term at a local cafe. Students of this class will become part of musical ensemble that will learn marimba ensemble that will develop and explore diverse percussive rhythms with Zimbabwean marimba tradition in a new and exciting way. The development of the music will be mentored by Pasi Gunguwo.

Born and raised in Zimbabwe, Pasi's extraordinary music artistic ability was discovered in the age of 6. He has since played marimba professionally around the world, and has directed marimba bands in Zimbabwe, Canada, and the United States and Israel. Pasi is a master-player of marimba, mbira, hosho, and drumming.

**Tue 6:00-7:30pm Mar 28-Apr 25**  
**Rm 111 \$75/5 sess**  
**97630 P.Gunguwo**

**Tue 6:00-7:30pm May 23-Jun 27**  
**Rm 111 \$85/6 sess**  
**98696 P.Gunguwo**

## Volunteering

We are looking for a few committed volunteers for various art programs and special events. Please send e-mail to [yao.zhang@vancouver.ca](mailto:yao.zhang@vancouver.ca)

# Adults

## Physical Activity

### Spring into Fitness at Brit

Get off to a great start in 2017 by getting FIT at BRIT! We will be offering, Zumba, Aerobics, Salsafit and Body Conditioning and a Stretch & Roll class! Try a Yogaflex Pilates class, play volleyball, basketball, ball hockey, soccer and more! Keep active – don't be shy – anyone can join in on the fun!!

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Zumba</b> 6:00-7:15pm Gym C	<b>Body Conditioning*</b> 6:00-7:00pm Gym C	<b>Stretch &amp; Roll</b> 10:30-11:30am CFEC	<b>Dance Aerobics*</b> 6:00-7:00pm Gym C	<b>Volleyball</b> 7:00-10:00pm Gym A/B	<b>Salsafit*</b> 10:00-11:00am Gym C	<b>YogaFlex</b> 10:15-11:15am CFEC
	<b>Volleyball</b> 8:00-10:00pm Gym A/B	<b>Zumba</b> 6:00-7:15pm Gym C	<b>Volleyball</b> 7:00-10:00pm Gym A/B	<b>Badminton</b> Gym C	<b>Badminton</b> Gym C	<b>Basketball (x2)</b> Gym D <b>Ball Hockey</b> Gym C

\*Buy a strip of 10 tickets and use at Tue Body Conditioning, Thu Dance Aerobics and Sat Salsafit programs.

### Dance Aerobics

A great way to get your cardio in while having fun! This class is designed to increase your cardio levels and get fit with simple Latin, Funk and Reggae moves all fused together. Purchase \$4.75/drop-in tickets at pool office or \$39.40/10 tickets. No class Apr 27

**Thu 6:00-7:00pm** Apr 6-Jun 22  
Gym C \$4.75/drop in  
96222 A.Riley



### Salsa Fit

An invigorating and energizing cardio combining High/Low impact aerobics with a salsa flare - great music, lots of fun. Includes a muscular strength component and stretching. Please purchase drop-in tickets at pool office 39.40/10 tickets. No class Apr 15, May 20, Jun 17.

**Sat 10:00-11:00am** Apr 1-Jun 24  
Gym C \$4.75 /sess  
\$39.40/10 tickets

96215 DNA Wellness

## Subsidy Information

Britannia operates a wide range of recreation programs. It is our policy to make programs as accessible as possible. Britannia would like to assist those who are not able to afford the advertised cost of certain programs or activities.

Note: maximum of 2 subsidies season.

Please see p.4 for full details plus information on the Leisure Access Program.

### Stretch & Roll Class

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 the benefits of self-myofascial release. It can improve posture, flexibility, increase blood flow and overall well-being.



### Free Trial Sessions

96216 Tue 5:45-6:45pm Apr 4  
96217 Wed 10:00-11:00am Apr 5

### Regular Sessions

96218 Tue 5:30-6:45pm Apr 11-May 16  
98909 Tue 5:30-6:45pm May 23-Jun 27  
CFEC \$60/6 sess

96220 Wed 9:45-11:00am Apr 12-May 17  
98918 Wed 9:45-11:00am May 24-Jun 28  
CFEC \$60/6 sess

### Total Body Conditioning

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

**Tue 6:00-7:00pm** Apr 4-Jun 20  
Gym C \$4.75/drop in  
96221 A.Riley

### Yogaflex Pilates

This flowing yogaflex class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Please visit [www.clstevensfitness.com](http://www.clstevensfitness.com) for more information. Please bring your own mats to this class. \$12/drop-in. No class Apr 16, May 21

**Sun 10:15-11:15am** Apr 2-Jun 11  
CFEC \$72/9sess  
96223 CLS Fitness

### ZUMBA® Fitness

This fitness class fuses Latin and International rhythms with easy to follow moves to create a dynamic workout system that will blow you away. ZUMBA® utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, Samba, Reggaeton, Flamenco and more. Zumba® is a 'feel happy' workout that is great for both the body and the mind. Drop-ins welcome space permitting \$11. [www.zumbavancouver.ca](http://www.zumbavancouver.ca). No class Apr 17.

### Free Trial session

96210 Wed 6:00-7:15pm Apr 5



96211 Mon 6:00-7:15pm Apr 3-May 15  
Gym C Kathy-Ann \$48/6 sess  
96212 Mon 6:00-7:15pm May 29-Jun 26  
Gym C Kathy-Ann \$40/5 sess

96213 Wed 6:00-7:15pm Apr 12-May 17  
96214 Wed 6:00-7:15pm May 24-Jun 28  
Gym C Denise \$48/6 sess



## Axe Capoeira Schedule

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

## Axe Capoeira (7-18yrs)

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

## Adult (19+)

82342	Mar/Apr	\$230
96194	May/Jun	\$230

## Preschool/Child/Youth (3-18yrs)

Youth have unlimited participation in adult scheduled classes as well.

84221	Wed	3-6yrs	Mar/Apr	6:00-6:45pm	\$120
99005	Wed	3-6yrs	May/Jun	6:00-6:45pm	\$120
82259	Mon-Thu	7-18yrs	Mar/Apr	5:00-6:00pm	\$150
96195	Mon-Thu	7-18yrs	May/Jun	5:00-6:00pm	\$150

## Axe Capoeira-Introduction (13yrs+)

Take advantage of this one time offer to try Capoeira in this introductory program in Apr, May, Jun 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.

96196	Mon/Thu	6:00-7:00pm	Apr	\$60/mo
96197	Mon/Thu	6:00-7:00pm	May	\$60/mo
96198	Mon/Thu	6:00-7:00pm	Jun	\$60/mo

## Badminton

Total of 30 spaces (registered & drop-ins) \$5.00 drop-ins if space available. No class Apr 14, 15, May 5, 20, Jun 16, 17.

Fri	7:00-9:45pm	Apr 7-Jun 30
Gym C		\$40/10 sess
96141	A.Leung	
Sat	1:30-5:00pm	Apr 1-Jun 24
Gym C		\$40/10 sess
96183	J.Leung	

## Basketball

Adult recreational basketball program. No drop-ins. No class Apr 16, May 21

Sun	2:00-4:00pm	Apr 2-Jun 25
Gym C		\$55/11 sess
96186	S. Yan	
Sun	4:00-6:00pm	Apr 2-Jun 25
Gym C		\$55/11 sess
96187	S. Anderson	

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

Learn classic boxing techniques from Head Coach Bill Kennedy. Full size ring, punch/speed bags, circuit training, mitts and gloves. Great way to improve your fitness. During the group sessions, your training will be personalized to your specific skill and ability. Recreational athletes will be required to fill out Park Board Waiver forms prior to participating. Competitive athletes must fill out a Combsport waiver forms and pay a \$75 annual insurance fee (cheque payable to Combsport will be collected by the Bill prior to starting). Classes unlimited – come train as many times as you like! Boxing room is located beside Gym C. No class Apr 14, 17, May 22.

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

Mon-Fri	4:00-7:00pm	
Sat	2:00-4:00pm	
96138	Apr	\$75/month
96139	May	\$75/month
96140	Jun	\$75/month





# Adults

## Ball Hockey - Coed

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

Wed 7:15-8:45pm Apr 5-May 17  
Gym D \$35/7 sess  
96188 T.Wells

## Ball Hockey - Men(40+)

Registration for this class took place in the winter. Class is full. No class Apr 16.

Sun 6:45-8:45pm Jan 8-May 7  
Gym D \$85/16 sess  
82266

## Ball Hockey - Women

The focus is on fitness and fun – experienced players only. Teams divided according to skill level at beginning of game. Bring a black and white t-shirt to split into teams. Sticks provided, or bring your own plastic wood, composite. Shin pads, gloves recommended. \$6/drop in space permitting. No class Apr 16, May 21.

Sun 4:15-6:00pm Apr 2-Jun 25  
Gym D \$55/11 sess  
96189 C.Eneas



## Fencing – Adult (16+)

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

Tue 7:30-9:00pm Apr 4-Jun 20  
LaSalle Studio \$96/12 sess  
96204

## Ki Aikido

A non-competitive and positive practice that develops calmness, stability and confidence to reduce the stresses of daily life. Learn how to develop mind and body coordination, stay relaxed and centered under pressure, extend our minds and flow lightly in dynamic movements. Beginners can take one free session before deciding whether to register. [www.canadiankifederation.org](http://www.canadiankifederation.org)

## Ki Aikido - General

(all levels welcome, including Beginners)  
Tue 6:00-7:15pm Apr 4-Jun 27  
Mat Rm \$65/13 sess  
96199 \$8/drop-in.  
Wed 7:30-9:30pm Apr 5-Jun 28  
Mat Room \$78/13 sess  
96200 W. Nagata \$10/drop in



## Ki Aikido - High Grade

1st Kyu or more advanced students. No sess Apr 17, May 22.

Mon 7:30-9:30pm Apr 3-Jun 26  
Mat Room \$55/11 sess  
96201 W. Nagata \$6/drop-in

## Iyengar Yoga

Certified Iyengar Yoga instructor, Claudia MacDonald has taught at Britannia since the early 1980's and has developed a highly respected Yoga program in the Grandview-Woodland and Yaletown areas. Physically energizing, deeply relaxing and emotionally uplifting, this program offers instruction in classical yoga with an emphasis on self-awareness and development of strength, stamina, flexibility, balance, body awareness, postural alignment and relaxation. It accommodates all levels of fitness and ability and is taught with clarity, creativity, attention to detail and sensitivity to individual needs, in an atmosphere of respect, compassion and humour. Safety, back and joint care will be addressed. For further information contact Britannia at 604. 718.5800 ext 1 or [claudiamacyoga@gmail.com](mailto:claudiamacyoga@gmail.com).



## Level 1 & Gentle Level 1

Thu 7:00-8:30pm Apr 13-Jun 29  
CFEC \$190/12 sess  
96205 Drop-In \$17.50

Tue 9:30-11:00am Apr 11-Jun 27  
CFEC \$190/12 sess  
96206 Drop-In \$17.50

Tue 7:00-8:30pm Apr 11-Jun 27  
CFEC \$190/12 sess  
96207 Drop-In \$17.50

## Level 2 & 3

Thu 5:30-7:00pm Apr 13-Jun 29  
CFEC \$190/12 sess  
96208 Drop-In \$17.50

## Pickleball

Come join in on the fun in this rapidly growing sport! Bring your own paddles and ball – and bring all your friends!

Sun 9:00am-12:00pm Apr 2-May 14  
 Gym C \$28/7 sess  
 96185 P.Tsao Drop-in \$4

## Traditional Kung Fu (6yrs +)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Please check program updates at: [www.northernshaolin.com](http://www.northernshaolin.com). No class Apr 14, 17,21,May 22, June 9. Instructors: Sifu Marquis Lung & Vicky Ma

**Beginner**  
 Mon Fri 4:30-5:45pm Apr 3-Jun 26  
 CFEC \$173  
 98881

**Intermediate**  
 Mon Fri 4:30-6:15pm Apr 3-Jun 26  
 CFEC \$193  
 98882

**Advanced**  
 Mon Fri 4:30-6:30pm Apr 3-Jun 26  
 CFEC \$203  
 98886



## Volleyball - Beginners

Volleyball basics are emphasized in this fun, inclusive program. Register for this program to guarantee a spot to play every week. A total of 42 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$6/drop-in, space permitting.

Thu 7:00-10:00pm Apr 13-Jun 1  
 Gym A/B \$40/8 sess  
 96192 R. LeBlanc

## Volleyball – Intermediate

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

Tue 8:00-10:00pm Apr 11-May 30 Gym A/B \$40/8 sess  
 96191 R. LeBlanc

## Volleyball –Advanced

We use specialized game play and advanced systems. Register for this program to guarantee a spot to play every week. A total of 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$6/drop-in, space permitting. No class Apr 14.

Fri 7:00-10:00pm Apr 7-Jun 2  
 Gym A/B \$40/8 sess  
 96193 R. LeBlanc

## 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 min 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.



## Get involved – Volunteer at Britannia

Do you know that there are over 300 active volunteers at Britannia? Many of our programs are run by volunteers or enhanced with volunteer support. Volunteers play an important role in our community. You see them in 15 committees, such as Planning and Development committee that is working hard to reshape the future of Britannia; You see them on soccer fields teaching kids about active lifestyle; You see them in our cozy 55+ Centre cooking and serving heart-warming food, in our awesome daycare... Do you see yourself in the picture? Speak with our Volunteer Coordinator at 604 718 5860

## 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 area allotted per night. \$5/drop in, space permitting.

Thu 6:00-7:30pm Apr 6-May 11  
 Gym D \$30/6 sess  
 96190 T. Harley

# Adults

## Foods

### A Taste of Latin America - Pupusas

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

**Wed 6:00-9:00pm May 24**  
**Pre-teen Centre \$35/sess**  
**104001**



### A Taste of Latin America - Tamales

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

**Wed 6:00-9:00pm May 31**  
**Pre-teen Centre \$35/sess**  
**104029**



### Canning 101

Food preservation is a skill as old as eating. In this workshop we'll discuss how people kept food from antiquity to today. Learn about safe canning techniques while preparing seasonal food for water bath canning. Then follow in the footsteps of your ancestors and take home a jar of canned food. Toni Glick learned canning by picking cherries on her grandparent's farm and watching her grandma make them into jam. She loves to try new recipes.

**Wed 6:00-8:00pm Jun 14**  
**Pre-teen Centre \$15/sess**  
**104041**



### Homebrewing 101: Grand Brews in Grandview

Brewing beer at home is as easy as making oatmeal and making soup. It smells great and it'll feed your friends. Aspiring brewers will see the brewing process from start to finish with a full explanation in simple terms. Start a hobby, start a career - brewing is fun and productive. Craig Ollenberger is an experienced homebrewer and a founder of the VanBrewers."

**Sat 1:00-4:00pm Jun 10**  
**Pre-teen Centre \$15/sess**  
**104053**



### Fats & Oils - Making It Good For You

Learn to cook "Omega Oishi" Japanese inspired rice-bowl dish + learn about healthy oils. Want to lose weight and become healthier? There is a lot of misinformation about fats and oils these days. Why are some bad and some healthy? What about cholesterol? What oils should I use for cooking? Find out the benefits of this dish! Fabian uses a balanced approach to dispel the nutrition myths and explain the science in a way that is simple to understand.

**Wed 6:00-8:00pm Jun 28**  
**Pre-teen Centre \$15.sess**  
**105058**

### 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. Bonnie Chung is a registered holistic nutritionist with many years of experience working in the natural foods industry.

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/>



# 55+ Older Active Adults

## Welcome to the 55+ Centre

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

### 55+ Programmer

Anne Cowan – anne.jackson@vancouver.ca  
604.718.5837  
Regular Hours: Mon-Fri 10:00am-6:00pm

### Vietnamese Programmer

Luong Ho - luong.ho@vancouver.ca  
604.718.5818  
Regular Hours: Mon-Fri 8:30am-4:30pm

### 55+ Centre Drop-in Hours

Mon 10am-6pm  
Tue 9am-3pm (Vietnamese 55+ Day)  
Wed 9am-12pm (Quirk-e)  
Wed 12pm-4pm  
Thu 10am-4pm  
Fri 10am-4pm  
Sat 1:30-3pm  
Sun 1:30-3pm

### 55+ Older Adult Committee

We meet to discuss what matters and what are the needs of seniors in our community. We work together to bring valued services and programs for seniors and our community. New members are welcome.


### Seniors Advocacy 55+ Centre

On Mondays you can drop-in and meet with our Advocate(s). We can help with filling out forms, accessing information for Seniors Services. Or if you're interested in becoming an advocate for seniors come meet with us.

Mon 11:30am-12:30pm  
55+ Centre Sonia & Anne P

\*No programming or classes Apr 14, 17 or May 22

\*Registration for all FREE program begins Tue Mar 7 at 2:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Badminton 11:20am	Vietnamese Drop-In 9am-3pm 55+ Centre	Quirk-e 10am  Osteofit 11am	Chinese Folk Dance 10am-12pm	Easy Exercise 10am	Paso a Paso 10am-1pm	
Osteofit 11am-12pm	Carpet Bowling 10am-12:15pm (1739 Venables)	Ballroom Fit 11:15am	Computer Lab 10am-5pm	Computer Lab 10am-4pm	New: Sat/Sun 55+ Centre Drop-in Hours 1:30-3:00pm	
Lunch Drop-in 12pm	Badminton 11:20am	Badminton 11:20am	So You Want To Dance 10:30am-12pm	Intro to Fitness 10am Friday Wellness 11am-12pm	Badminton 2pm Gym A	
Computer classes 1-3pm	Spanish Classes 1pm & 2:15pm	Elders Circle 12:15pm-3:30pm	Badminton 11:20am	Vietnamese Line Dance 11am		
Light-Hearted Bridge 1-3pm	Line Dancing 1pm	Adaptive Yoga 12:45pm Knitting Social 1-3pm	Potluck 12:00pm *Last Thu/mo	Lunch Drop-in 12pm Footcare 12:30-4pm		
Italian Cards 1-3pm		Gentle Yoga 2pm Book Club 2:45pm 3rd Wed	Elders Arts & Health 1:30-4pm	Ballroom Dance 2pm		
Gentle Yoga 2-3pm		Computer Lab 3-5pm (*closed 3rd Wed/ month)	Workshops p.32 for details	Latin Men DSM 5pm		
Computer Lab 3-5pm		Mujeres en Accion 4-6pm		Tertulias 5pm	Note: We offer many free programs, registration and membership are required to participate.	

# 55+ Older Active Adults

## Arts



### Quirk-e

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

Wed 10:00am-12:00pm  
55+ Centre C.Robson

### Elders Arts & Health Project



Weekly social workshops working with a local Artist. Enrollment is limited but call Anne or Kya for an application (604-718-5800)

Thu 1:30-4:00pm Mar 30-Jun 1  
CFEC

## Food & 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  
55+ Centre \$5/Full Meal

### Pot Luck Lunch



Last Thursday every month. Bring a little something to share. Healthy Choices and Dialogue following Potluck

Thu 12:00pm May 25-Jun 29  
55+ Centre



## Language

### Spanish - Beginners

Learn every day language to enable you to converse Spanish No class Apr 14

Fri 1:00 -2:00pm Apr 7-Jun 16  
Rink Mezz \$60/10sess  
105082

### Spanish - Intermediate

Learn every day language to enable you to converse Spanish. No class Apr 14

Instructor: I Nunez  
Tue 2:15-3:15pm Apr 7-Jun 16  
Rink Mezz \$60/10 sess  
105094

## Social



### Elders Healing Circle

Weekly Circle for Residential School survivors & other Elders. Enjoy Peer-Support, Sharing, Outtings, Ceremonies, Skill-building and youth mentorship. (Journey Around the Circle Society & Britannia CSC)

Wed 12:15 - 3:30 PM Apr-Jun  
55+ Centre Free Drop-in  
105100

### 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-Jun  
55+ AML Computer Lab Free  
105102

### Light hearted Bridge & Italian Cards



Drop in Cards every Monday afternoon after Lunch

Mon 1:00-3:00pm Apr-Jun  
55+ Centre Free  
105104



### Knitting Social



Knitting and Crochet social for all ages

Wed 1:00-3:30pm Apr-Jun  
55+ Centre Free  
105106

### Billiard and Ping- Pong



Free drop-in time Friday Mornings.

Fri 10:00am-12:00pm  
Teen Centre Free  
105111

### Sunday Night Movie Schedule

The Great Movies at Britannia starts a new season with an updated, contemporary focus. Grab a movie you might have missed. Come alone, bring a friend, share your thoughts. Free popcorn included.

Sun 6:00-9:00pm Apr-Jun  
55+ Centre Free  
105112

## Health & Fitness

### Free Introduction Classes Wednesday April 5th

#### Ballroom Fit

Wed 11:15am-12:15pm  
105126

#### Adaptive Yoga

Wed 12:45- 1:45pm  
105128

#### Gentle Yoga 55+

Wed 2:00- 3:00pm  
CFEC  
105131

### Badminton - 55+

Fun easy play for seniors

Mon/Wed 11:20am-12:35pm Apr 3-Jun 28  
105115 \$16

Gym C  
Tu/Th 11:20am-12:35pm Apr 4-Jun 29  
105117 \$16

Gym C  
Sat 2:00-4:00pm Apr 1-Jun 24  
105119 \$16  
Gym A

### Ballroom Dance Social



Room to practice your moves.

Fri 2:00-4:00pm Apr 21-Jun 9  
CFEC Free  
105113 Must be registered

### Ballroom Fit

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

Wed 11:15am-12:30pm Apr 12-May 17  
CFEC \$60/6sess  
105235 G.Quon Drop in \$12

CFEC  
Wed 11:15am-12:30pm May 24-Jun 28  
CFEC \$60/6sess  
105299 G.Quon Drop in \$12

### Carpet Bowling

Easy going, fun and social, run by volunteers



Tue 10:00am-12:15pm Apr 4-Jun 27  
1739 Venables Free  
106049\*

**Registration required for all Free programs**

\*Registration for all FREE programs begins Tue Mar 7 at 2:00pm

# 55+ Older Active Adults

## Chinese Folk Dance



Social Ballroom Dance Come practice your moves. No class Apr 14

**Fri 2:00-4:00 pm Apr 7-Jun 30**  
**CFEC Free**  
**106050 (\*No Drop-in Must register)**

## Exercise with Friends



Senior led video exercise with light and easy movement

**Fri 10:00-11:00am Apr 7-Jun 30**  
**55+ Centre Free**



## Friday Wellness



Blood Pressure and Sugars, Video Exercise RN Monica; also available for Foot Care

**Fri 11:15-12:15pm Apr-Jun**  
**55+ Centre Free**  
**M.Rinard**

## Healthy Choices



Weekly social workshops in partnership with Evergreen. Join us for gardening cooking and much more.

**Thur 1:00pm-3pm May 4-Jun 29**  
**106226 Free**

## Introduction to Fitness



A fitness program for ultra beginners. This program will provide an entry-level fitness opportunity for seniors who are unfit, with health issues, and are not ready to participate in existing fitness programs.

**Fri 10:00-11:30am Apr 7-Jun 30**  
**Rink Mezz Free**  
**106230**

## Line Dancing

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

**Tue 1:00-3:00pm Apr 4- Jun 27**  
**CFEC \$20**  
**106231 Anita**

## Social Ballroom Dance



Come practise your moves, must be registered.

**Fri 2:00-4:00 pm Apr 7-Jun30**  
**CFEC Free**  
**106232**

## Osteofit

A gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. It is taught by specially trained Osteofit fitness instructor. Drop-in \$12 space permitting. No class Apr 17.

**Mon 11:00am-12:00pm Apr 10-May 29**  
**CFEC \$60/6sess**  
**106233**

**Mon 11:00am-12:00pm Jun 5-Jun 26**  
**CFEC \$40/4sess**  
**106243**

## So You Want To Dance



Have you always wanted to be a dancer whether Ballet, Jazz 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.

**Thu 10:30am-12:00pm Apr 6-Jun 22**  
**55+ Centre Free**  
**106244 Hilary**

## Adaptive Yoga

This Class is 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 12-May 17**  
**CFEC \$60/6sess**  
**106584 G.Quon Drop in \$12**  
**Wed 12:45-1:45pm May 24-Jun 28**  
**CFEC \$60/6sess**  
**106585 G.Quon Drop in \$12**

## Gentle Yoga 55+

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

**Mon 2:00-3:15pm Apr 3-May 15**  
**CFEC \$50/5sess**  
**106587 G.Quon Drop in \$12**  
**Mon 2:00-3:15pm May 29-Jun 26**  
**CFEC \$50/5sess**  
**106590 G.Quon Drop in \$12**  
**Wed 2:00-3:15pm Apr 12-May 17**  
**CFEC \$60/6sess**  
**106592 G.Quon Drop in \$12**  
**Wed 2:00-3:15pm May 24-Jun 28**  
**CFEC \$60/6sess**  
**106593 G.Quon Drop in \$12**

## REACH Partnerships Latin American Seniors Programs



### Diabetes Self-Management program

A support group, in Spanish, for Latin American community members with Diabetes, or who are at high risk of developing diabetes. Uses a Community Kitchen model to promote healthy food preparation, physical activity, information on health issues, and social support. Individual follow up to monitor lifestyle changes and treatment goals is provided. Contact German Blanco at 604.254.6468 or gblanco@reachcentre.bc.ca to arrange an interview.

**Fri 55+ Centre**

### Tertulias

First 3 Fridays of each month. Opportunity for Latin American professional/technical men to meet and work together to eliminate barriers to their successful adaptation to Canadian society. Location: Britannia 55+ Lounge Facilitator: German Blanco

**Fri 55+ Centre**

### Latin American Men's Group (Paso a Paso)

A weekly support group in Spanish for men from the Latin American Community, who wish to network with other community members to work on issues concerning addiction. Contact Pedro Ramirez at 604.254.6468 or pramirez@reachcentre.bc.ca to arrange an interview.

**Sat 10:00am-1:00pm 55+ Centre**  
**(Except during holidays and Special Events)**

### Latin American Women's Group (Mujeres en Accion):

Opportunity to network with other women in a friendly, informal setting; discussion of integration and health issues in Spanish, emphasis on self care and stress reduction. Contact and registration: Stella Castillo c/o pdabiri@reachcentre.bc.ca

**Wed 4:00-6:00pm 55+ Centre**





# 55+ Older Active Adults

## Spring Bus Tours

### Circle Farm + Tulip Tour

Experience the best of the Fraser Valley on a Circle Farm Tour featuring the Abbotsford Tulip Festival with 10 acres of Tulip Fields! The Abbotsford Tulip Festival has an on-site flower market, photo cut out boards and U-Pick Tulip Field! Includes a visit Campbell's Gold Honey Farm & Meadery for a Gold Floral Blend honey tasting, ice cream at Birchwood Dairy Farms, lunch at Bow & Stern Restaurant in Abbotsford.

**Fri 8:15am-5:45pm Apr 7**  
**Activity Level: Easy \$99**  
**106163**



### Pemberton Strawberry Tour

It's that special time of the year again... strawberry picking time in the Pemberton Valley! The local strawberry picking season generally lasts less than a month so visit Camel's Back Harvest for their lush strawberry fields and North Arm Farms 60 acre organic family owned farm and bakery. This tour includes a take home bag of fresh strawberries, a guided tour and strawberry field picnic lunch at North Arm Farms and sightseeing throughout the scenic Pemberton Valley.

**Wed 8:00am-6:30pm Jun 7**  
**Activity Level: Easy \$109**  
**106164**



### Galiano Island

Experience the magic of BC's Wild West Coast on the Gulf Island closest to Vancouver. Beautiful white shelled beaches, stunning views, marine park trails and local artisans await you on Galiano Island. Includes an escorted ocean side walk on Gray Peninsula, local artisans Glassworks Studio, Pottery Studio, lunch at the at the Hummingbird Inn, afternoon dessert at the Galiano Oceanfront Inn and Spa. Additional. \$20 ferry fee applies to those under the age of 65 and to non BC residents.

**Thu 8:15am-6:45pm May 18**  
**Activity Level: Easy \$149**  
**106165**

## Technology

### 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! No class on Stat holidays.

**Mon 1:00-3:00pm Apr 3-May 29**  
**55+ Centre Free**  
**106217 M.Ziebart**

### Computer & Internet Intermediate



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

**Instructor: M Ziebart**  
**Mon 1:00-3:00pm Jun 5-Jun 26**  
**55+ Centre Free**  
**106223 M.Ziebart**

### Internet Lab Hours

**Mon 10am-12:30pm & 3-4pm**  
**Tue Lab Closed**  
**Wed 3:00-5:00pm**  
**\*closed on the 3rd Wed/mo for Book Club**  
**Thu 10:00am-4:00pm**  
**Fri 10:00am-4:00pm**  
**Sat 1:30pm-3:00pm**  
**Sun 1:30pm-3:00pm**  
**\*Please note closed for special events and Statutory Holidays-**



## Volunteer

Senior programs NEED volunteers We are looking for a few committed volunteers for various or our senior programs and special events. Please contact our Volunteer Coordinator phone: 604.718.5860 email: yao.zhang@vancouver.ca

## Vietnamese Programs



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.

### Chương Trình Cao Niên Việt Nam

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

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

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

### Khai Thuế

Mar-Apr

Chương trình khai thuế miễn phí dành cho các cao niên và gia đình có thu nhập thấp. Liên lạc Luong Ho 604.718.5818

### Du Ngoạn

Jun 20

Chương trình du ngoạn cho cao niên sẽ được tổ chức đi về trong ngày. Để biết thêm chi tiết, xin liên lạc Luong Ho 604.718.5818

## Workshops



### Weekend Income Tax Clinics for Seniors & Low Income Families

Mar 4-Apr 29

Make an appointment by calling Britannia at 604.718.5800 ext 1

Registration required for all Free programs



## Hours of Operation

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

## Free with Britannia Membership

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

Apr 14	Good Friday	1:00-5:00pm
Apr 17	Easter Monday	1:00-5:00pm
May 22	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 to 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 the PB no-contract all-access pass. Purchase a monthly Flexipass at any Park Board fitness centre and receive unlimited access to 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 \$6.30 per client also applies.

## Supporting a participant? Attendants get free access.

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

## Strength Training for Adults 55+ - Beginner

This four week course will show you how to use the cardio and weight equipment for a safe and effective workout. By the end of the course, you will have a written and personalized program that you will be able to continue to use on your own. Please pre-register by Mar 31 so a confidential health screening can be done. No class April 14.

Fri	9:00-10:00am	Apr 7-May 5
FC		\$20/4 sess
92299	J.Stanier	

## Strength Training for Adults 55+ – Intermediate

This four week course will build on the introductory strength training for adult 55+ program and is also appropriate for individuals who have been training for a number of years. We will explore ways to intensify your cardio training and expand on your repertoire of exercises. Please pre-register by May 5 so a confidential health screening can be done.

Fri	9:00-10:00am	May 12-Jun 2
FC		\$20/4 sess
92300	J.Stanier	

## Weight Training for Women - Beginner

Learn the safe and effective components of a weight training workout, and develop a fitness program suited to your personal needs and goals. Britannia membership and pre-registration required. No class April 15.

Sat	10:00-11:30am	Apr 1-May 6
FC		\$43.75/5 sess
92301	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. No class May 20.

Sat	10:00-11:30am	May 13-Jun 17
FC		\$43.75/5 sess
92302	V.Henderson	

## 30 Minute HIIT

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

Wed	12:15-12:45pm	Mar 29-Jun 28
FC	B.Wong	Drop in fee

# Aquatics

## General Information

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

Pool Cashier Office\* 604.718.5831  
Pool & Fitness Centre Programmer 604.718.5830

\*Pool office closes 30 minutes before the pool.

## Statutory Holiday Hours

Apr 14 Good Friday 1:00-5:00pm  
Apr 17 Easter Monday 1:00-5:00pm  
May 22 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.



## Birthday Parties

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

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

## Pool and Fitness Centre Committee

New members welcome! This is an advisory committee which provides recommendations to the Britannia Board of Management in the area of Pool and Fitness Centre programming and facilities. Meetings take place on the first Wednesday evening of every other month. Please contact the Pool & Fitness Centre Programmer, Mawi Bagon at 604.718.5830 or mawi.bagon@vancouver.ca.



Wed 7:00pm Mar 1, May 3  
Conference Room

Pool and Fitness Centre Fees 2017						Please Note: Prices are subject to change, without notice
	Drop-In	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$5.98	\$47.79	\$46.18	\$122.45	\$390.32	\$3.00
Youth (13-18)	\$4.27	\$34.19	\$32.33	\$85.73	\$273.21	\$1.00
Child (6-12)	\$3.01	\$24.09	\$23.09	\$61.65	\$195.16	\$1.00
Senior (65+)	\$4.27	\$34.19	\$32.33	\$85.73	\$273.21	\$1.00
Britannia-Only Senior (55+)	\$4.27	\$34.19	\$32.33	\$85.73	\$273.21	\$1.00
Family Drop-in Rate = 1 to 2 adults of the same household and their children under 19 years of age. Minimum \$6.20 admission.						
Leisure Access Fitness Centre Admission Rate is 50% off adult admission and flexipass.						



# Aquatics

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

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

## Aquafit

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

## Aqua Zumba

Aqua Zumba is a high energy, calorie burning, easy to follow exercise moves performed in shallow water to Latin music. Classes are led by certified Aqua Zumba instructors.

## Lengths

The pool is divided into 25 metre length lanes (slow, medium and fast). Enjoy the

whirlpool, steam room or sauna as well. Anyone 16 years and older who is capable of swimming the length of the pool is welcome. Note: patrons under 16 must speak to one of the lifeguards prior to attending these sessions.

## Parent and Tot

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.

## Range of Motion (ROM)

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

## Youth Swim (11-18yrs)

The first Friday night of every month from 8:00-10:00pm is reserved for youth to swim and play with their friends. No public use of steam room or whirlpool. Free admission. Apr 7, May 5, Jun 2.



# Aquatics

## Lesson Registration

Online and in-person registration for swimming lessons and programs at all pools, for all age groups starts **Wed Mar 15th 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.

## Swim Refunds

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

Exceptions: No refund on single session programs.

Transfers possible prior to second class.

## 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.

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

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

Child Private \$28.29/Semi-Private \$16.64

Adult Private \$34.89/Semi-Private \$19.66

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

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

## Red Cross Preschool (3-5yrs)

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



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

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



### Parent & Tot, Children's Winter 2017 Swim Lesson Sets

Day	Time	Duration	Lessons
Mon	9:00-9:30am	Mar 27-Jun 19	11 lessons
Tue	9:00-9:30am	Mar 28-Jun 13	12 lessons
Wed	9:00-9:30am	Mar 29-Jun 14	12 lessons
Thu	9:00-9:30am	Mar 30-Jun 15	12 lessons
Fri	9:00-9:30am	Mar 31-Jun 16	11 lessons
Mon & Wed	3:45-7:00pm	Mar 27-Apr 24	8 lessons
Mon & Wed	3:45-7:00pm	Apr 26-May 24	8 lessons
Mon & Wed	3:45-7:00pm	May 29-Jun 21	8 lessons
Fri	3:45-7:00pm	Mar 31-Jun 16	11 lessons
Sat	9:00am-1:00pm	Apr 1-Jun 17	11 lessons
Sun	11:00am-2:30pm	Apr 2-Jun 18	11 lessons

Swim Lesson Fees 2017	8 lessons	11 lessons	12 lessons
Parent & Tot (30 min. parented)	\$55.64	\$75.14	\$81.64
Preschool (30 min)	\$55.64	\$75.14	\$81.64
Swim Kids 1-4 (30 min)	\$49.40	\$66.56	\$72.28
Swim Kids 5-10 (40 min)	\$55.64	\$75.14	\$81.64

## Aqua Zumba



For those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine, join the pool party on Thu nights! \$10 drop-in.

Thu	8:00-9:00pm	Mar 30
103673	Free with registration	
Thu	8:00-9:00pm	Apr 6-Jun 22
1036726		\$84/12 sess

## Britannia Masters Swim Club



A competitive swimming-style workout for lap swimmers, triathletes, masters and open water swimmers, who want to take their swimming to the next level. Your coach knows a lot about swimming! Susie grew up as an age group swimmer, was a nationally ranked senior, swam at the varsity level and competed at Canadian Nationals, CIAU Nationals and Canadian Olympic Trials. Registration is required as the program is limited to 15 swimmers.

Fri	6:30-7:30am	Mar 31-Jun 16
106714		\$55/season

## Easter Eggstravaganza Swim



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

Sun	2:30-5:00pm	Apr 26
Britannia Pool		Free

## Britannia Swim Club Programs

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

Join our non-competitive swim club team. We focus on stroke development, endurance and drills. We also practice dives and flip turns to encourage a full swim club experience. Prerequisite: Swimmers must be at Swim Kids Level 5 or higher. Stroke evaluation is available. Register for one or both days. 1 day/wk - \$55/season, 2 days/wk - \$85/season

Tue	6:30-7:45pm	Mar 28-Jun 13	103688
Thu	6:30-7:45pm	Mar 30-Jun 15	103687

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

A fun club designed for Britannia area youth who would like to improve their swimming, develop lifesaving skills and learn basic first aid. The course is designed as a starting point for youth who would like to develop their swimming abilities and learn about safety in and around the water. Please apply at the pool. No class April 15.

Sat	5:00-6:00pm	Apr 1-Jun 17	103685	\$50/season
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### Britannia Rec Stars (13-18yrs)

This program is intended to help Britannia area youth who are interested in swimming to further their skills and abilities through advanced swimming and advanced lifesaving courses. Please apply at the pool. No class April 14.

Fri	Advanced Swimming	3:30-4:15pm	Mar 31-Jun 16
Fri	Advanced Lifesaving	4:15-5:00pm	Mar 31-Jun 16
103686		\$60/season	

## Lifesaving Programs

Lifesaving programs focus on drowning prevention messages in addition to educating participants on how to recognize when someone is in trouble and how to safely perform water rescues in every day environments. For full details on each program and prerequisites, ask at our front desk or go to [www.lifesaving.bc.ca](http://www.lifesaving.bc.ca)

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

Sun	2:30-3:30pm	Apr 2-Jun 18
103690		\$66/11 sess

### Bronze Medallion (13yrs+)

Sun	10:00am-2:00pm	Apr 2-May 7
103689		\$171/5 sess
The Canadian Lifesaving Manual is required. It can be purchased at the front desk for \$36.		

### Bronze Cross (15yrs+)

Sun	10:00am-2:00pm	May 14-Jun 11
103799		\$171/5 sess
The Canadian Lifesaving Manual is required. It can be purchased at the front desk for \$36.		

## Red Cross Teen & Adult Lessons

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

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.

Mon	6:30-7:10pm	Mar 27-Jun 19
103793		\$113.42/11 sess
Mon	8:00-8:40pm	Mar 27-Jun 19
103792		\$113.42/11 sess

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

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.

Wed	6:30-7:10pm	Mar 29-Jun 14
103795		\$123.40/12 sess
Wed	8:00-8:40	Mar 29-Jun 14
103794		\$123.40/12 sess

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

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.

Tue	8:00-8:40pm	Mar 28-Jun 13
103797		\$123.40/12 sess

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

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.





Thu	8:00-8:40pm	Mar 30-Jun 15
13796		\$123.40/12 sess

# Ice Rink

## Britannia Ice Rink Public Skating Schedule

April 1 - June 30, 2017

Schedule subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Stick & Puck 11:15am-12:30pm No sess Apr 17 & May 22		Adult Open Dance 12:15-1:45pm Last sess May 31	Parent & Tot FREE Skate  11:00-11:45am	Adult Stick & Puck 12:00-1:30pm No sess Apr 14	Learn to Skate Lessons 10:00am-1:15pm	Women's Hockey 4:45-6pm May 7-Jun 25
				Adult FREE Skate  1:45-3:00pm No sess Apr 14	Public Skate 1:30-3:00pm No sess Apr 1,22,29	Family Fun Hockey 12-1:30pm, No sess Apr 2,23,30
			Youth FREE Skate  3:15-4:30pm	Child FREE Skate  3:15-4:30pm No sess Apr 14		Public Skate 1:45-3:15pm No sess Apr 2,23,30
	Adult Skate 8:15-9:30pm Last sess Apr 11	Adult Skate 8:45-10:15pm May 3-Jun 28th	*Adult Co-ed Hockey 11:15pm-12:45am			*Adult Co-ed Hockey 9:30-11:00pm No sess Apr 2

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



2017 Rink Admissions: Admissions subject to change without notice.

Adult (19-54yrs)	Youth (13-18yrs)	Senior (55yrs+)	Child (6-12yrs)	Family	Skate Rentals	Skate Sharpening
\$5.98/Drop-in \$50.18/10 visits	\$4.27/Drop-in \$33.52/10 visits	\$4.27/Drop-in \$33.52/10 visits	\$3.01/Drop-in \$23.62/10 visits	*at child rate (Family minimum \$5.98)	\$2.98	\$5.69

- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Board operated rinks. Prices are subject to change without notice.
- Adult Drop-in Hockey and Stick & Puck sessions are at the Adult rate.
- A 20% discount on admission is given to groups of 10 or more.
- Children under 8 years old MUST be accompanied ON-ICE with an individual 16yrs+.
- Flexipasses may be used for public skating sessions. For 2017 Flexipass rates, go to page 34.
- Family rate is 1-2 adults of the same household and their children under 19yrs, all present at time of admission. \$3.15 per person.



## 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 Facility Services Clerk at 604.718.5812.

## Skate Lesson Refunds

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



## Adult Evening Hockey

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

## All Levels

Thu 11:15pm-12:45am Apr 6-Jun 29  
\$9.52/drop-in\*

## Intermediate

Sun 9:30-11:00pm Apr 9-Jun 25  
\$14.29/drop-in  
or \$47.62/mo\*

\*Strip tickets not valid during these sessions

## Adult Stick and Puck

Come out during the noon hour and practice your hockey skills on the best ice in Vancouver. Please pay at the pool starting at 11:30am. Helmets are mandatory during this session, full hockey equipment is recommended and sorry, no scrimmage. No sess Apr 14, 26.

Mon 11:15am-12:30pm Apr 3-Jun 12  
\$5.98/drop-in  
Fri 12:00-1:30pm Apr 7-Jun 30  
\$5.98/drop-in

## Britannia Co-ed Hockey League

Take hockey back to the level it's meant to be played at; friendly & fun! The Britannia Co-ed League is perfect for novice to intermediate hockey players looking to play in a non-contact, recreational hockey league in the off-season. Full equipment is mandatory and all players must wear at least a half shield on their helmet. The league will run from Sat May 14-Aug 19, 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. Sat 4:30-10:15pm. Registration for this program begins Wed Mar 8.

Sat 4:30-10:15pm May 6-Aug 19  
99373 Players: \$200.00/14 games  
99374 Goalies: \$52.38/14 games

## Britannia Women Only Hockey League

Britannia's popular Women's Hockey league will begin on Tue May 2, with an on-ice evaluation. Games will be played between May 9-Jul 25. 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 2 and placed onto teams by the league coordinator. Registration for this program begins Wed Mar 8.

Tue 6:15-9:00pm May 2-Jul 25  
44267 \$171.42/12 games

## VACHL

The 15th 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. The 16th season of the Vancouver Adult Co-ed Hockey League will begin in early-September. Registration for the 16/17 VACHL season will begin on May 17. To find out more about VACHL and how to register, go to www.vachl.ca



## 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.

Set 1  
Sun 4:45-6:00pm May 7-May 28  
99103 \$20.33/4 sess or  
\$5.98/drop-in  
Set 2  
Sun 4:45-6:00pm Jun 4-Jun 25  
99107 \$20.33/4 sess or  
\$5.98/drop-in

## Get involved - Join the Rink Committee!!

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

# Ice Rink

## Skating Lessons at Britannia

Registration for spring skating lessons will take place on Wed April 19. If you are unsure of which level to register in, have an on-ice evaluation completed during any public skating session at Britannia. **Please note that students will not be transferred into another level if they are not registered in the appropriate level.** If the lesson you want to register in is full, please put your name on the waiting list. Additional classes are scheduled whenever possible. Please note that skate lessons fill up quickly, so register early.

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

### Learn to Skate Lessons

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

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

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

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

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

Level 4 - can scull forwards and stop without assistance

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

### Children, Youth and Adult Program Levels

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

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

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

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

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

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

### Private Skate Lessons

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

### Power Skating Lessons (8 yrs – Adult):

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

## Spring Lessons

There are 2 ways to register into Britannia Skating lessons:

1. In-person starting Wed April 19 at the Information Centre or Pool Cashier at 9:00am.
2. Online at [britanniacentre.org](http://britanniacentre.org) starting Wed April 19 at 9:00am.

### Learn to Skate

Sat 9:30am-1:15pm May 6-Jun 24  
\$48/8 sess

### Power Skating

Sun 3:30-4:30pm May 7-Jun 25  
\$53.33/8 sess

## Meet your Instructors...

Britannia's Learn to Skate instructors are enthusiastic and positive and are committed to creating a positive experience for their students.

Britannia's experienced instructors come from both hockey and figure skating backgrounds and have all undergone skate instructor training with the Vancouver Park Board.

They understand that learning in a fun and enjoyable atmosphere leads to better success for participants.



## Get involved – Volunteer at Britannia

Do you know that there are over 300 active volunteers at Britannia? Many of our programs are run by volunteers or enhanced with volunteer support. Volunteers play an important role in our community. You see them in 15 active committees such as the new Planning and Development committee that is working hard to reshape the future of Britannia; You see them on soccer fields teaching kids about active lifestyle; You see them in the kitchen cooking heart-warming food, in our awesome daycare... Do you see yourself here? Speak with our Volunteer Coordinator at Tel: 604 718 5860

### Volunteers needed at the rink Concession

Are you looking to gain some experience in retail, food preparation, customer service and cash transactions? Rink Concession stand is looking for a few committed volunteers. Must be able to commit 4 hours or more per week on a regular basis. To apply, please email your resume and cover letter to [yao.zhang@vancouver.ca](mailto:yao.zhang@vancouver.ca)





# Partners



Grandview-Woodland Food Connection (GWFC) is dedicated to supporting healthy food access for all. In partnership with Britannia Community Centre, the GWFC offers a range of community food programs. For more information visit [www.gwfoodconnection.wordpress.com](http://www.gwfoodconnection.wordpress.com) or call 604.718.5895

## Grandview-Woodland Food Connection Volunteers Wanted

Are you interested in community food security? Would you like to help shape GWFC programming? We are seeking community members interested in joining our Advisory Committee. We meet every two months and simply seek your advice and support. Other volunteer opportunities including cooking, school gardening, program evaluation, and communications.

## GWFC Community Kitchen

Community kitchen participants cook and eat nutritious meals together. They provide a fun and supportive environment to meet new people and try new foods, while saving money on groceries. Our kitchens are diabetic friendly. Childminding provided. Free for households who are struggling financially.

## GWFC Bulk Buy Food Club

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

## Wild Salmon Caravan

Are you interested in helping to protect wild salmon? We are looking for interested community members to help create interactive performance, props, costumes, banners, etc. for this year's 3rd Annual Wild Salmon Caravan. Info 604.718.5895

Please call Ian at 604.718.5895 to register or for more information. Also check out our food workshops on Page 28.



Grandview-Woodland Community Policing Centre

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

### Hours of Operation:

**Monday to Thursday 12:00pm to 8:00pm**  
**Friday 12:00pm to 6:00pm**  
**Saturday 10:00am to 4:00pm**  
**Sunday Closed**

## Neighbourhood Community Cleanups, Graffiti Paint Outs

Volunteers Welcome!

Cleanups are held the first and third Saturday of each month. Graffiti paint outs are held on the last Sat of the month. For more information on activities please visit the GWPC website at [www.gwcpc.ca](http://www.gwcpc.ca)

To sign up contact the volunteer coordinator at: [volunteercoordinator@gwcpc.ca](mailto:volunteercoordinator@gwcpc.ca) or phone 604 717-2932.

## Community Education Office

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

Community Schools Coordinator

Jennifer Scott [jscott@vsb.bc.ca](mailto:jscott@vsb.bc.ca)

Office Support – Mitra Tshan

[tshan@vsb.bc.ca](mailto:tshan@vsb.bc.ca) 604.713.8273

Programmers:

Erin de Sousa

Britannia Secondary, Seymour, Strathcona & Britannia Elementary schools

Karen Weihs [kweihs@vsb.bc.ca](mailto:kweihs@vsb.bc.ca)

(Macdonald school)

Dave Taylor [dtaylor@vsb.bc.ca](mailto:dtaylor@vsb.bc.ca)

(Grandview school)







Youth and Family Workers:

Carley Romas [cromas@vsb.bc.ca](mailto:cromas@vsb.bc.ca)

Greg Goodall [ggoodall@vsb.bc.ca](mailto:ggoodall@vsb.bc.ca)



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

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

## Shop Rates & Hours

Sliding scale from \$5-\$15

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

## Women, Gender Queer & Trans Night:

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



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

1739 Venables. Basement entrance on Commercial Drive.

## CAPC - Community Action Program for Children

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

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

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

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

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

**FREE. Registration required at 604-215 8289**  
**10:30am Toddlers**  
**12:00pm Infants**



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

## Britannia Partners in Education (PIE)

### English Foundations 5/6/7

CFEC Rm 110, Brit, Mon 9:30am-2:30pm

### English for Speakers of Other Languages

CFEC Rm 110, Brit, Tue 10:00am-2:30pm

### Math Foundations 1-7

CFEC Rm 110, Brit, Thu 9:30am-2:30pm

### English Foundations 1-4

CFEC Rm 110, Brit, Fri 9:30am-2:30pm

## Edmonds PIE PLUS

### English Foundations 1-3

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

### English Foundations 4-7

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

## Grandview Get Ready 2 Read (GR2R)

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

## Healthy Eating Active Living (HEAL)

CFEC Rm 109, Brit, Tue 10:00am-12pm

## ECE Assitant Program

CFEC Rm 110, Britannia Secondary  
Winter/Spring 2017  
Wed 12:30-3:30pm Jan 11



1655 William St, 604.255.9841

Email: [info@eastsidefamilyplace.org](mailto:info@eastsidefamilyplace.org)

[www.eastsidefamilyplace.org](http://www.eastsidefamilyplace.org) or Facebook.

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

## Family Drop-In Hours:

Mon/Wed/Fri 9:00-12:00pm

Tue/Thur 9:00-2:30pm (closed 12-1:00)

Fee: \$3 per visit per family.

Reduced hours Mar 13-17 (9-12 only)

Closed: Apr 14, 17, May 22

## Licensed Occasional Childcare

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

Mon- Fri 9:00-11:45am

## Education, Support & Resources

We offer a variety of relevant programs throughout the year: parenting, child health, creativity/ self-care, first aid, cooking, gardening, music & movement, etc. Coming this Spring: COPE (parenting), Kids in the Kitchen, One on One Parent Coaching, Sleep Issues, Healthy Sexuality, and more.

## Birthday Parties

We offer an affordable, enjoyable & convenient way to celebrate your child's birthday, aged 1-6. Details: [info@eastsidefamilyplace.org](mailto:info@eastsidefamilyplace.org)



Vancouver Public Library

## Library 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
(except holidays)	604.665.2222

## Babytime (0-18mo)

Tue 10:30 & 11:30am Mar 28-May 30

## Family Storytimes (18mo-5yrs)

Wed 10:00 & 11:00am Mar 29-May 31

## Man in the Moon (0-18mo)

Registration required.

Sat 3:30-4:30pm Apr 8-May 27

## Board Games in the Library

Tue/Wed 3:15-6:00pm Mar 28-May 31

## Teen Advisory Group (13-18yrs)

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

## Spring Break Programs

Please contact the library for more details

## 55+ Up Book Club

3rd Wed/mo 2:45-4pm (55+ Centre)

## 1-To-1 Computer Training

Tue/Wed 2-3 or 3-4 pm

## Pandora's Collective

### Book Talks

[booktalks@pandoracollective.com](mailto:booktalks@pandoracollective.com).

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

## SFU Writer's Studio Consultations

1st Tue/mo

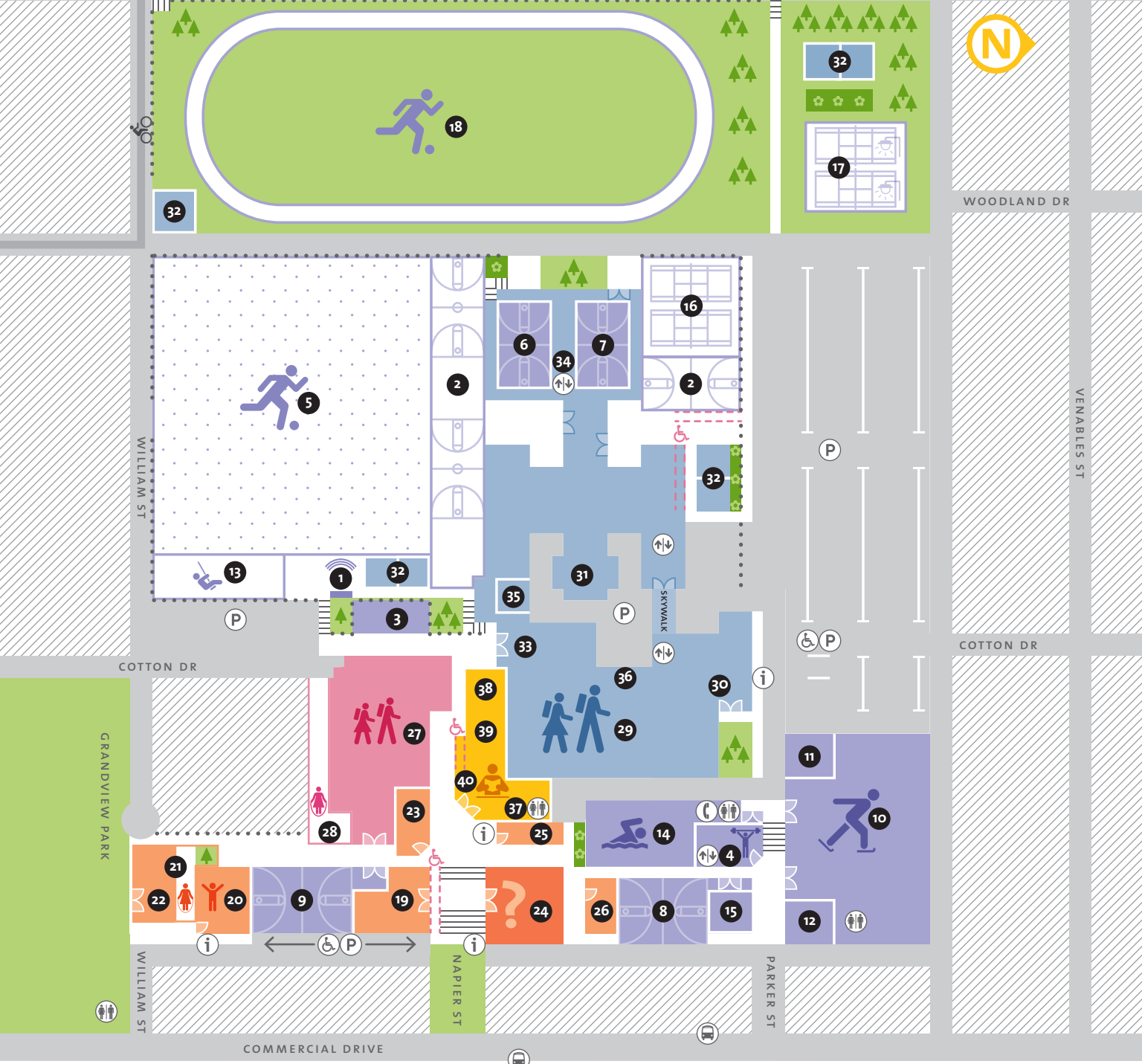
Register for 4:00, 5:00 or 6:00pm

Call Central at 604.331.3601

## Word Whips Writing Series

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

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



**recreation**

- 1 Amphitheatre
- 2 Basketball Courts
- 3 Covered Play Area
- 4 Fitness Centre
- 5 Gravel Sports Field
- 6 Gym A
- 7 Gym B
- 8 Gym C
- 9 Gym D
- 10 Ice Rink
- 11 Ice Rink Activity Room (top flr)
- 12 Ice Rink Mezzanine (top flr)
- 13 Playground
- 14 Pool
- 15 Mat Room
- 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
- 40 Art Gallery



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••• Fence	ⓘ Wayfinding	⬆ Elevator	/// Residential + Commercial
▬ Streets + Vehicle Access	♿ Wheelchair Access	⌂ Entrance	••• Gravel
🚲 Bicycle Route	≡ Stairs	🌿 Fields + Green Space	🌳 School Garden