



BC GYMNAESTRADA

EAST SIDE

STORY

VANCOUVER 2014



britanniacentre.org

Programs & Services
Spring 2014



President's Message

Happy Spring! Once again the buds are opening, the blossoms are blooming, and Britannia is gearing up for another Spring & Summer season. Micro Footie is filled to capacity and the oval will be filled with players representing the world, Ian Marcuse from the Grandview-Woodland Food Connection is working with students around the site, tilling the soil and preparing the gardens. Our wonderful staff and volunteers are preparing to host multiple community events over the next months. Programmers are offering a wide range of opportunities to get out in your community, and of course, our Childcare Centres, our Community Education partners, our Vancouver Public Library partners & our Park Board partners are working to provide exciting and engaging activities for children & youth. Vancouver truly shines in the Spring & Summer and Britannia shines brightest of all!

Here at Britannia we are very fortunate in the working partnerships we have with the Vancouver School Board, Park Board & Public Library. Through those partnerships we are looking at some new initiatives unfolding at Britannia over the summer. Work should begin soon on the proposed new Carving Pavilion. The Carving Pavilion, adjacent to the secondary school & the pool, will be a beautifully designed building that will host a carver in residence and be available for use by community members. Another proposal underway is an expansion of the Adult Education program. Britannia is already home to the Hastings Adult Education Centre & Canuck Family Education Centre. This proposal would expand the Adult Education courses offered by the Vancouver School Board.

On behalf of the Board, thank-you, to the staff, volunteers, community members, our partners & managers who work every day to provide the best of activity, education, culture & fun here at Britannia!

Gwen Giesbrecht, President
Britannia Board of Management



Board of Management

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

PRESIDENT: Gwen Giesbrecht

VICE PRESIDENT: Eva Sharell

TREASURER: John Flipse

EXECUTIVE MEMBERS:
Ray Gallagher
Oliver Conway

DIRECTORS:
Brendan Boylan, Susanne Dahlin, Cleo Tracey, Meseret Taye, Margaret Vis, Ingrid Kolsteren, Morna McLeod, Edward Stringer, Stefan Grahovac, Kathy Whittam (staff rep)

.AGENCY REPS:
VSB: Geoff Taylor
VPB: Peter Odynsky
VPL: Erie Maestro

EXECUTIVE DIRECTOR:
Cynthia Low

MANAGER OF ADMINISTRATIVE SERVICES:
Natalie Bailey

CHILD CARE MANAGER:
Sabine Tanasiuk

Information Centre
1661 Napier Street,
Vancouver BC V5L 4X4

T 604 718 5800
F 604 718 5858

www.britanniacentre.org

Membership Information

To participate in recreation programs you must be a member of Britannia Centre. Membership is valid from Sep.1st, 2013 to Aug. 31st, 2014

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

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

What does membership give me?

Voting privileges at the Annual General Meeting of the Society May 28rd, 2014

Eligibility to run for the Board of Management

Mail outs about Centre programs and events

Access to special membership programs

You must have a current Britannia membership to register for programs

FREE access to Fitness Centre Tuesday & Friday, 10:00am to 12:00pm

PHOTOGRAPHY CREDITS:

Many individuals have volunteered their services and time to take photographs and submit them for use in our publications. We wish to thank Dolphin Kasper, Tom Higashio, Paul Fremes, Barry Skillin., Giles Chin, Trevor Jansen, Wendy Whitaker, Lori Moretto, Sandra Vander Schaaf, Amie Smith

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• Run TC		• 55+ Bus Tours			
• Girls Empowerment Day					
• Workshops					

Registration Information

Three Ways to Register for Programs

1) Register Online at britanniacentre.org

- Registration starts at 9:00am on Tuesday March 11, 2014.
- You must have a current membership card to register for all Britannia programs, The membership year runs from September 1, 2013 to August 31, 2014.

2) Register in Person

- Registration starts at 9:00am on Tuesday March 11, 2014
- At the Information Centre, (No Cash payments please) or
- At the Pool Cashier's Office (Pay by Cheque, Visa, Mastercard, Debit or Cash)

Registration Hours at the Pool Cashier are:

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

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

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

3) Register by Phone at 604.718.5800 ext. 2

- Registration starts at 1:00pm on Tuesday March 11, 2014
- You must have a current Britannia membership card and a valid Visa or MasterCard.
- A copy of your program registration, your credit card slip and membership card will be mailed to you upon request if you have an e-mail address.

Refund Policy

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

Cancellation Policy

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

Announcing the new City of Vancouver website!

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

Subsidy Policy

Britannia operates a wide range of recreation programs. It is Britannia's policy to make programs as accessible as possible to people who cannot afford to pay the full fee. Britannia would like to assist those who are not able to afford the advertised cost of certain programs or activities. At the same time, our operation needs to be financially viable.

The Board of Management has approved the following for Recreation programs operated by Britannia.

A person may apply for a maximum of 2 subsidies per program season.

This subsidy policy does not apply to Britannia Child Care programs or products that are resalable.

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

Residents of Vancouver on the Leisure Access Program

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

Residents of Grandview Woodland Strathcona on the Leisure Access Program

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

AGM Information

Britannia Community Services Centre Annual General Meeting Of The Society

Wednesday, May 28th, 2014
6:00pm in Gym D

Light dinner provided.

Childcare can be arranged by calling 604.718.5800

Britannia is governed by a 17 member board of volunteer citizens plus one staff person. Three members are representatives of the on-site partners, Vancouver Public Library, Vancouver School Board and Vancouver Park Board and 14 members are from the Grandview Woodland and Strathcona neighbourhood as well as four members can be from outside the community. If you are 16 years of age or older and interested in being part of Britannia Centre, you could be part of this process. A commitment of a few hours a month and a sense of community as well as a current membership which must be purchased by 9:00pm, May 14th, 2014th.

If you are interested in being part of the Board of Management or any other committee at Britannia, call Cynthia Low at 604.718.5815 or send her an e-mail, cynthia.low@vancouver.ca



Bequests and Charitable Giving

YOUR LEGACY

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

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



Licensed Child Care Summer Information

Britannia ORCA Summer Fun

Out of School Care

O.R.C.A - (Outdoor Recreation & Creative Arts)

Program runs from 7:30 am to 5:45 pm
Monday through Friday for children 5 to 12 years old.
Monthly Fee: \$550. Weekly Fee: \$150

Providing fun summer activities since 1976! Register for the full summer months or by the week. The day starts in our beautiful playrooms that have age appropriate games and toys to play with, reading area for quiet time, art centre for creativity, garden outside play area and gymnasium for large group games.

- Weekly themes are designed by qualified staff for adventure and fun.
- Out trips to neighborhood parks, local mountain trails, beaches, pools and other venues.
- Sports activities, drama, art, cooking are programmed throughout the summer.
- Morning and afternoon snacks are provided by our cook
- Some trips are subject to change depending on booking ability, age group and weather.

For registration information call Randi Gurholt-Seary at 604-718-5843



Located at: Britannia Community Services Centre
1661 Napier Street, Vancouver, B.C. 604.718.5800
britanniacentre.org

Britannia Preschool (3-5 yrs)

Know You Can! The Little Preschool That Could

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

Out-of-School Programs

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

Childcare Contacts:

Childcare Manager:

Sabine Tanasiuk 604.718.5816

Britannia Out of School Care/Preschool

Randi Gurholt-Seary 604.718.5843

Grandview Terrace

Alejandra Uribe 604.718.5846

Mount Pleasant

Wade Forbes 604.718.5844

Lord Nelson

Latisha Buksh 604.713.5863

Eagles in the Sky

Susan Nelson 604.718.5856

Licensed Child Care Summer Information

Eagles in the Sky Summer Day Camp

Jul 2-4*	Movement Week
Jul 7-11	Underwater Week
Jul 14-18	Ecology Week
Jul 21-25	Monkeying Around
Jul 28-31	Exploring our Coast
Aug 5-8*	Misty Mountain - en Francais aussi
Aug 11-15	Now we Dance - en Francais aussi
Aug 18-22	There is Art All Around Us
Aug 25-29	Summer Wrap up

SUMMER Fun This program offers a number of outdoor trips where children are invited to explore the sites and scenes of our beautiful city. From relaxing beach and water park days to adventurous hikes at Lynn Canyon Park, to exploring the arts and culture scene of our community, (Eagle In the Sky) Summer Day Camp offers a perfect program of summer time fun and exploration.

(*stat weeks)

- For children ages 5 - 12
- Fees: \$150/week (*\$120-stat week) or \$550/ month
- Program runs July & August
- Monday-Friday: 7:30 am-5:45 pm

To register please contact Kinga at 604.230.1885 or call our staff line at 604.253.0122



Eaglets Daycare

LICENSED CHILD CARE PROGRAM (3-5 year olds)
Licensed day care that provides fun, stimulating and challenging programming for children aged 3-5 years old.

Monday-Friday: 7:30am-5:45pm
Fees: \$750 month. Snacks are provided
Located at MacDonald Elementary School
485 SemIn Drive

Lord Nelson Summer Highlights

Jul 2-4	Community Camp
Jul 7-11	Jedi Camp Part 1
Jul 14-18	Jedi Camp Part 2
Jul 21-25	Elements of Hip Hop Camp
Jul 28-Jul 31	Film Camp
Aug 4-8	Circus Camp
Aug11-15	Medieval Camp Part 1
Aug 18-22	Medieval Camp Part 2
Aug 25-28	Water Camp

Please note we are always attending local parks and activities at our partner centres and venues within our local community. Some trips are subject to change based on booking availability and weather. We always have something for everyone!

- Fees: \$150/week Some activities are age specific and based on venue
- Weekly and/or monthly bookings available
- Monday-Friday 7:30am-5:45pm.
- Last drop-off is 10:00am.
- Maximum of 25 children can register

To register please contact Latisha Buksh at 604.713.5863 to reserve your spot



Located at: Lord Nelson Elementary School
2235 Kitchener Street,
britanniacentre.org/services/licensed_childcare/lord_nelson.php

Special Events

Banner Workshop

"Butterflies are self propelled flowers." ~R.H. Heinlein Let's fill the community with colourful images for the spring, summer and fall exhibition of banners. 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. Cost is \$20 for two banners. They are completed on site in the secondary school cafeteria. Children under 12 must be accompanied by an adult. Wear old clothes and bring a lunch, a colour sketch of your idea and your blue bag full of newspapers. Banners can be purchased after exhibition for \$20/set. Artists get first chance to buy their own banners

42901.201BR

Sun/Sat Apr 12-Apr 13 10:00am-4:00pm
Cafeteria H Spaxman \$20/2 sess

Easter Egg Hunt (0-12 yrs)

Come and join us for an Easter Egg hunt at Britannia Community Centre. Face painting, crafts and candy all included. \$3.50 per child. Children must be accompanied by an adult. Art activities will take place in the Canucks Family Education Centre and weather permitting Easter Egg Hunt will take place at Grandview Park. If raining, the Easter Egg hunt will take place in GYM D. Arrive anytime between 10:15am-noon.

25601.101BR

Sat Apr 19 10:15am-12:00pm
CFEC \$3.50/per child

4th Annual Vintage Bike Swap

Making the old new again: The Vancouver Wheelmen in partnership with Britannia Community Centre invite you to their 4th Annual Bicycle Swap meet. You will find one-of-a-kind bikes and bike parts for sale or trade. A great event for all ages. More Info: vancouverwheelmen.com

Sun 10:00am-4:00pm Apr 27
Britannia Courtyard FREE

19th 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, a food market, free soup and more! Food Vendor Applications are available at the Britannia Information Centre starting Feb 1st. Vendor Fee is \$35.00 Vendors supply their own 10 by 10 ft market tent/or umbrella table.

Tables and chairs are provided. Space is limited. For more information contact Katherine Polgrain: courage@vcn.bc.ca or leave a message at 604.718.5800. Artists: Artworks are themed to the festival and coordinated by Katherine Polgrain Artist Fee is \$35.00 Email: courage@vcn.bc.ca for more information

Sat 12:00-5:00pm May 10
Britannia Site - Napier Greenway

BC Gymnaestrada 2014

We are excited to announce Britannia will be hosting the largest recreational gymnastics event in BC. on May 17 & 18.



Awaken the Dreamer- Be The Change Symposium

Explore your relationship with the planet and how you can affect real and lasting change with a sustainable world view. This thought-provoking, challenging, and deeply moving presentation leads participants through a facilitated group process enriched with dynamic multi-media presentations by international luminaries.



www.BeTheChangeEarthAlliance.org

65800.201BR

Sat 1:00-3:00pm
LRC

13+yrs

May 10

By Donation

East FEAST Vancouver

The FEAST is grassroots microfunding at it's best, relying on community engagement to be successful. East FEAST is a community meal that raises funds through ticket sales to the event which in turn directly funds an artist or artist group. Attendees will enjoy a meal prepared by a local chef, entertainment and an opportunity to meet and listen to three artists who will each make a 5-7 minute presentation. Participants will then vote on which artist will receive the funding. If you are an artist looking to apply or looking for more information, please email us at eastfeastvancouver@gmail.com "For up-to-date information refer to the blog at: eastfeastvancouver.wordpress.com"

45624.202BR

Sun 2:00-4:00pm
CFEC

Jun 1

\$20 per person

International Yarn Bombing Day: A Yarn Appreciation Event

Sat 12:00-4:00pm Jun 7

Napier Greenway

Come and celebrate this International Event with this year's project: Year Of The Pom-Pom. All materials supplied or please bring your yarn donations. Free Drop-In Workshop

Italian Day: Button Making Workshop

Join local artists and make an original button to celebrate "Made in Italy". Free workshop and all materials supplied.

Sun 12:00-3:00pm Jun 8

Britannia Plaza Vancouver Draw Down:

Community Centres all over Vancouver. The Vancouver Draw Down is an annual city-wide event promoting the creative pleasure of making your mark at FREE drawing workshops and events around the city. All ages drawing activities, no experience required. For more information on all events visit www.vancouverdrawdown.com. This year, Britannia Community Centre is coordinating Flash Mob Sketchers. Join the sketching party and celebration. Bring easels, sketch pads and pencils or we will supply. Help sketch the local neighbourhood and join in the community fun. Weather permitting.

Flash Mob Sketchers

This year, Britannia Community Centre is coordinating Flash Mob Sketchers. Join the sketching party and celebration with James Melcherm Tim Sars and the Carnival Band! Bring easels, sketch pads and pencils or we will supply. Help sketch the local neighbourhood and join in the community fun. Weather permitting.

Sat 1:00-2:00pm Jun 14
Grandview Park

East Vancouver Garden Tour

This year's will focus on some splendid gardens in the Strathcona area. Two or three weeks before the tour, purchase your tickets at Figaro's Garden, 1896 Victoria Drive, or through Britannia Centre. On the day of the tour, pick up your tour map at Figaro's Garden and you're on your way. For more information on the tour, visit the Garden Tour website: eastsidegardentour.blogspot.ca/

Sun 10:00am-4:00pm Jun 15

Preschool & Children's Programs

Music

Music Together® (0-5yrs)

A Music Together® class is rainbow coloured falling leaves, cows sitting in the old oak tree, tyrannosaurus rex, shining shakers, rhythm sticks, kitchen instruments, scarves, giant sheets to hide under and instruments galore! All this with a developmentally appropriate, research based curriculum taught by a registered Music Together® teacher. Parent participation required. Siblings 6 months of age and under attend free!. Siblings over 6 months, please pay the reduced 'sibling' fee (\$95). Tuition includes two CD's, a Songbook, a Parent Guide DVD and a Parent Education evening open to all adults in the family.

Tue	Apr 8-Jun 10	
11004.201BR		9:30-10:15am
11004.202BR		10:30-11:15am
11004.203 BR		11:30-12:15pm
Rink M. Beyene		\$150/10 sess
Wed	Apr 9-Jun 11	
11004.204BR		9:30-10:15am
11004.205BR		10:30-11:15am
11004.206BR		11:30-12:15pm
Rink M. Beyene		\$150/10 sess
Thu	Apr 1-Jun 12	
11004.207BR		10:30-11:15am
11004.208BR		11:30-12:15pm
Rink M. Beyene		\$150/10 sess
Sat	Apr 12-Jun 21	
11004.210BR		9:30-10:15am
11004.211BR		10:30-11:15am
Rink Carolyn		\$150/10 sess
No class May 17		



Big Kids Music Together® (5-7yrs)

Music Together for children ages 5, 6, and 7, provides a developmentally appropriate curriculum that includes solfege, ensembles and solos in singing and instrument play, folk dances, harmony singing, and vocal development. The Big Kids Music Together classroom is a safe, familiar, fun environment where your child can experiment with new musical activities like conducting, and improvisation, story songs, "silly operas" and game songs. Course includes 2 CDs, an activity Songbook, solfege tonal cards, and weekly home play pages. Parent participation is required at the first and last class (no siblings please) and in the last 10 minutes of each class in between (siblings welcome).

11004.209BR		
Tue	3:30-4:30pm	Apr 8-Jun 10
Rink Mezz M. Beyene		\$180/10 sess
(sibling fee)		\$125/10 sess

Sportball Parent & Tot (2-3yrs)

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

13002.201BR		
Sat	11:30-12:15pm	Apr 5 – Jun 14
Gym C Sportball		\$124/8 sess
No class Apr 19, May 17, Jun 7		

Sportball Multisport (3½-5yrs)

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

13002.202BR		
Sat	12:15-1:15pm	Apr 5 – Jun 14
Gym C Sportball		\$124/8sess
No class Apr 19, May 17, Jun 7		

Kindergym (1-5yrs)

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 4 X week Sat, Tue, Wed, Thu. In attempt to increase numbers we have reduced price to \$2.50 drop in.

Sat	10:00am-12noon	Mar 22, 29,
		Apr 12, 26
Tue/Wed/Thu	11:00-12:30pm	Apr 1-May 8
		(no class Apr 5,19)

Baby Sign Language (0-2yrs)

Baby Sign Language Did you know that babies understand and can communicate long before they are able to speak? Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Increase understanding of your child's needs and wants, alleviating much unneeded frustration. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby to class. Sleeping babies welcome. Babies 0-24 months. No class May 19

41901.201BR		
Mon	10:50-11:35am	Apr 28-May 26
Mat Rm S Kauhausen		\$51.20/4 sess

Dance

Children will learn the fundamentals of dance techniques in a safe, welcoming and encouraging environment while expressing their joy for dance. Parent participation is recommended for the 2-3yr old programs. Parents will be welcome to attend the last day of class to watch their children. All classes will take place in the Canuck Family Education Centre, 1655 William Street (by Grandview Park).

Creative Dance

Sat	Apr 5-Jun 14	
11602.201BR	2-3yrs	9:05-9:45am
11602.202BR	3-4yrs	9:50-10:30am
11602.203BR	3-4yrs	10:35-11:15am
CFEC	B. Poole	\$72/9sess
No class Apr 19, May 17		

Ballet

Sat	Apr 5-Jun 14	
11602.204BR	2-3yrs	11:45-12:25pm
11602.205BR	3-4yrs	12:30-1:10pm
CFEC	B. Poole	\$72/9sess

No class Apr 19, May 17

Creative Ballet

Sat	Apr 5-Jun 14	
11602.206BR	4-6yrs	1:15-2:00pm
CFEC	B. Poole	\$72/9sess
No class Apr 19, May 17		

Hip Hop Program

Wed	Apr 9-Jun 4	
21602.201BR	7-15yrs	3:30-4:45pm
Mat Rm	H.Henney	\$72/9sess

About the Instructor: Hannah Henney is currently dancing with Two Four Seven Company, who just returned from Las Vegas where they represented Canada and placed 10th in the 2013 Hip Hop International World Championships! They were also recently named 2013 Artist Emerge Champions. Hannah can be seen dancing in Much Music videos such as Marianas Trench's "Stutter." She has over a decade of experience performing and has been recognized for her dance ability as well as her positive and enthusiastic attitude. She is a well-rounded performer strong in many different styles from Hip Hop to Tap to Jazz and Salsa and has received scholarships to a myriad of dance events.

Children's Programs

Martial Arts

Traditional Kung Fu (6 yrs+)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. No class Apr 11, 18, 21, May 19 & Jun 13

Beginners

63508.201BR

Mon/Fri 4:30-5:45pm Apr 4-Jun 30

CFEC M Lung \$171/21 sess

Intermediate

63508.202BR

Mon/Fri 4:30-6:15pm Apr 4-Jun 30

CFEC M.Lung \$192/21 sess

Advanced

63508.203BR

Mon/Fri 4:30-6:30pm Apr 4-Jun 30

CFEC M Lung \$202.50/21 sess

Shadow Warriors- TaeKwonDo (6-12 yrs)

The Shadow Warrior's program introduces a modern martial art. ITF style Taekwon-Do is complimented by dynamic exercises and movements enhancing coordination and body awareness. Children learn blocks and strikes while developing physical fitness and a responsible attitude. . Uniforms and equipment are available for purchase, but are not required. Contact Vincent McCorkle at 604-861-2232

23403.201BR 6-8yrs

Sun 10:00-11:00am Apr 6-Jun 29

23403.202BR 9-12yrs

Sun 11:00-12:00pm

Mat Rm V.McCorkle \$77/11 sess

No class Apr 20, May 18

Fencing - Introduction (8-14 yrs)

Learn the ancient art of sword play for fitness, sport and just plain fun! We will practice the art of fencing with foils in a safe, fun environment. All ages and skill levels are welcome. All equipment is provided. Wear track pants and court shoes. Program will be located at LaSalle's new Fencing Studio on the Drive at 2155 Commercial Drive. Register at Britannia, program takes place offsite. No class Apr 19, May 17

23402.201BR

Sat 10:00-11:30am Apr 5-Jun 28

LaSalle M Burke \$77/11sess

Fencing - Intermediate (8-14 yrs)

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

23402.202BR

Mon 6:00-7:30pm Apr 7-Jun 23

LaSalle M Burke \$90/10 sess

No class Apr 21, May 19

Intro to Fencing (14-18yrs)

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

33007.201BR

Wed 3:45-5:45pm Apr 2-Jun 18

LaSalle M Burke \$80.40/12 sess



Children's Art

Clay for Children (6-12yrs)

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

22202.200BR

Thu 4:00-5:15pm Apr 24-Jun 12

Rm 208 H Spaxman \$95/8 sess

Toddler Art (18mo-3yrs)

Art is a wonderful sensory experience in which you and your child can collaborate. Be on time for an inspirational story. Join Selena for 8 fun-filled sessions. Dress for mess! This is a high-demand class, new classes are started from the waitlist.

12302.200BR

Wed 9:45-10:30am Apr 23-Jun 11

Rink S Phillips \$55/8 sess



Pedal Foundation's OCBC Spring Bike Camps (8-13yrs)

Come have fun and make new friends while riding your bike with OCBC (Our Community Bike Club) during Spring Break. Participants will learn the skills needed to ride safely with two qualified staff in a bike safety rodeo before graduating to cycling on the street. We will go on cycling adventures around the city using bike routes and stopping in local parks for snacks and games. Bring your bike, helmet, snack, healthy lunch (no nuts please) and water bottle. Wear weather appropriate clothing. No bike, no problem – loaner bikes are available upon request.

Camp #1

23040.201BR Mar 17-21 8:30-3:30pm

FAR Pedal Foundation \$250/5 sess

Pedal After Camp Care Camp #1

23040.203BR 3:30-5:30pm \$40/5 sess

Camp #2

23040.202BR Mar 24-28 8:30-3:30pm

FAR Pedal Foundation \$250/5 sess

Pedal After Camp Care Camp #2

23040.204BR 3:30-5:30pm \$40/5 sess

Children (2-12 yrs)

Children's Music

How to make Beats

Instructor Harley Rose teaches the basics of making electro, hip hop and dance music with computers. This class will help students better understand the digital tools available to musicians as well as help express themselves through music. This is an especially good course for students who are classically trained and looking to expand their music experience. Participants will be encouraged to create and record new sounds with instruments they already play or ambient noises. This program accepts drop-ins, space permitting, \$5 per session. No class on May 18 A current Britannia membership is required for registration in this program. Memberships can be purchased in person at the Info Centre, 1661 Napier Street or by phone 604-718-5800.

21112.203BR

Sun 2:00-4:00pm Apr 27-Jun 22
TC H Jaimes Rose \$45/8 sess

Tambai Marimba (12+ yrs)

Recipient of a City of Vancouver Youth Program Award, the BWMP provides children and youth with instruction in African-based percussion music. Instruments are provided. The program trains young musicians from beginner to performance levels in an ensemble setting. Classes are capped at 12. This is a performance group by audition only. no classes May 8, 15 and 22

31818.202BR

Thu 6:00-7:30pm Apr 3-Jun 26
Rm 111 R Layne \$216/10 sess

Beginner Marimba (7-9yrs)

Have fun learning contemporary and traditional aspects of marimba playing in this engaging and interactive course. We will cover rhythms and music from around the globe and learn how to work together to make music. This class is geared to students who are new to music. no classes May 8, 15 and 22 A current Britannia membership is required to enroll in this program. A membership can be purchased in person, or by contacting the centre at 604-718-5800.

31818.200BR

Thu 4:00-5:00pm Apr 3-Jun 26
Rm 111 R Layne \$144/10 sess

Intermediate Marimba (9+ yrs)

Have fun learning contemporary and traditional aspects of marimba playing in this engaging and interactive course. We will cover rhythms and music from around the globe and learn how to work together to make music. This class is geared to students who have some experience with music and or marimbas. no classes May 8, 15 and 22 A current Britannia membership is required to enroll in this program. A membership can be purchased in person, or by contacting the centre at 604-718-5800.

31818.201BR

Thu 5:00-6:00pm Apr 3-Jun 26
Rm 111 R Layne \$144/10 sess

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

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

Set 1

21000.210BR
Thu 4:00-8:30pm Apr 3-May 15
Mus Rm J Oye \$154/7 sess

21000.211BR
Fri 3:30-7:30pm Apr 4-May 16
Mus Rm J Oye \$132/6 sess

21000.212BR
Sat 9:00-4:30pm Apr 5-May 17
ES - Music Room J Oye
\$132/6 sess

Set 2
21000.213BR
Thu 4:00-8:30pm May 22-Jun 26
Mus Rm J Oye \$132/6 sess

21000.214BR
Fri 3:30-7:30pm May 23-Jun 27
Mus Rm J Oye \$132/6 sess

21000.215BR
Sat 9:00-4:30pm May 24-Jun 28
Mus Rm J Oye \$132/6 sess

Violin & Fiddle Private Lessons

These are 30 minute private violin lessons for adults and children aged 6 & up. The teaching method follows the Suzuki Method and covers classical and fiddle. You can start anytime cost will be prorated. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at fiddlelessons@shaw.ca to arrange lesson time PRIOR to registering. No class April 19, May 3, May 17 and May 24 Cost is for 9 sessions

21002.202BR

Sat 9:00-2:30pm Apr 5-Jun 28
FAR S Saunders \$216/9 sess

Game Ready Fitness

Game Ready Fitness Youth Development Program aims to provide positive leadership to youth in the community. Game Ready Fitness provides positive-role modeling to youth on a continuous basis. Youth learn how to be productive, positive, well-balanced, and physically-fit, they learn they can accomplish whatever they put their minds to. Professional and high level athletes will guide and mentor participants in fitness and positive lifestyle choices. For more information, contact 604.718.5826



Game Ready Fit and play! (6-12yrs)

A base level of fitness and fundamental movement is developed as the athletes appreciate exercise as a lifestyle. Basic movements, balance and coordination are developed as coaches use games, relays and drills.

Play

Prepare for sports participation as coaches take full advantage of the first "speed zone", the age that the body develops some of the neurological muscle memory related to speed. Running form and proper running mechanics will be emphasized. The goal is to provide physical and mental confidence and participate in all sports and activities.

23031.201BR

Wed Fri 5:30-6:30pm Apr 2-Jun 20
Gym D \$169/23 sess

Children



BRITANNIA MICRO FOOTIE

www.britanniasoccer.org

Britannia has been offering this popular recreational spring soccer league for over 20 years! Come join in on the fun as we celebrate the 2014 FIFA World Cup in Brazil, the Micro Footie way in East Van! Registration includes playing soccer in the sunshine 2X/week, a World Cup country t-shirt, team photo and other great surprises!

Registration started in January and continues until all divisions fill. See table below for programs available at time of print. Register online at www.britanniasoccer.org, in person at the Britannia Info Centre, 1661 Napier Street, Vancouver or over the phone at 604 718 5800(2). Once registered you will receive a call from your coach in early April. If you do not receive a call by Wed Apr 9, contact Victoria at britfootieinfo@gmail.com.

SATURDAYS APRIL 26-JUNE 28, 2014 \$99/player

ROBSON PARK LOCATION (Kingsway/Fraser)

Division	Age	Saturday Game	Weekday Practise
Beginner C Coed	FULL 4-5yrs	9:30-10:30am	Wed 5:45-6:30pm
Intermediate 1 Coed	FULL 6-7yrs	10:45-11:45am	Wed 6:30-7:30pm
Intermediate 2 Coed	8-9yrs	12noon-1:00pm	Mon 5:45-6:45pm
Advanced Coed	10-12yrs	1:15-2:15pm	Mon 6:45-7:45pm

GARDEN PARK LOCATION (Garden/2nd Ave)

Division	Age	Saturday Game	Weekday Practise
Beginner A Coed	FULL 4-5yrs	9:15-10:15am	Wed 5:45-6:30pm
Beginner B Coed	FULL 4-5yrs	10:30-11:30am	Wed 6:30-7:15pm
Intermediate 1A Coed	FULL 6yrs	11:45-12:45pm	Mon 5:45-6:30pm
Intermediate B Coed	FULL 7yrs	1:00-2:00pm	Mon 6:30-7:30pm

BRITANNIA OVAL LOCATION (Britannia Secondary School Field)

Division	Age	Saturday Game	Weekday Practise
Intermediate 2 Boys	FULL 8-9yrs	9:00-10:00am	Wed 6:00-7:00pm
Intermediate 2 Girls	8-9yrs	10:15-11:15am	Wed 7:00-8:00pm
Advanced Boys	FULL 10-12yrs	11:30-12:30pm	Mon 6:00-7:00pm
Advanced Girls	FULL 10-12yrs	12:45-1:45pm	Mon 7:00-8:00pm
Super Advanced Girls	13-15yrs	2:00-3:00pm	Tue 6:00-7:00pm
Super Advanced Boys	13-15yrs	3:15-4:15pm	Tue 7:00-8:00pm
16+ Coed	16+yrs	6:00-7:00pm	Thu Games Only

*Program schedule subject to change without notice

CALL FOR SOCCER COACHES

We are still looking for coaches for our Robson Park program. Please consider coaching your child's team by contacting Victoria at 604-356-0060 or email britfootieinfo@gmail.com. A criminal record check will be required before you begin coaching.



JASON'S COACHES TRAINING

Tue	Mar 4 Beg
Tue	Mar 11 Inter 1
Tue	Apr 1 Inter 2
Tue	Apr 8 Adv/SA
Tue	Apr 15 All

COACHES ORIENTATION

ALL COACHES "MUST ATTEND" THIS ORIENTATION where Footie Staff will go over the Coaches Manual, team rosters, contact information, t-shirts and soccer balls. This season the Orientation Clinic will take place on Saturday April 5, 2014 in Gym D.

11:00am-12:00pm	New coaches
12:30pm-1:30pm	Beg/Inter 1
1:30pm-2:30pm	Inter 2/Adv/Super Adv

REFEREES

We are excited to announce our NEW Referee Development Program! Referees have been training since February. Please check the website for more information.

Sponsorship Donations

Join other community minded businesses to encourage Britannia's children and youth to keep active by sponsoring the 2014 Micro Footie program. Benefits include sponsor logo on tee sleeve, website and Britannia's Spring brochure, framed team photo and tax receipt. If you would like to sponsor a Britannia Micro Footie team, please email: lori.moretto@vancouver.ca.

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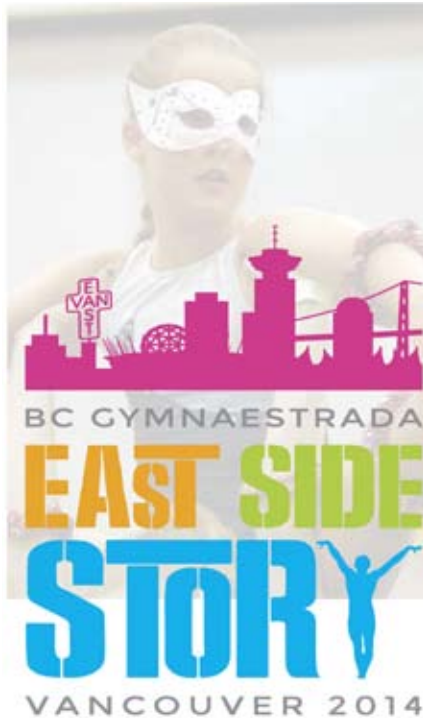
FETS
WHISKY KITCHEN



AON



Children (6-12yrs)



Britannia Gymnastics Club & Gymnastics BC Proudly Presents: BC Gymnaestrada 2014 May 17-18

Britannia will be hosting the largest recreational gymnastics event in the province on the May long weekend. Over 500 athletes will converge onto the Britannia site on the Saturday for gymnastics related workshops. On Sunday the theme will be "Musicals-An Eastside Story" as athletes perform their mass routines in front of family and friends.

Sponsorship Opportunities

If you would like to sponsor this event, please contact Lori at lori.motetto@vancouver.ca

Volunteer Opportunities

If you would like to volunteer at this event please contact Mawi at mawi.bagon@vancouver.ca



Britannia Gymnastics (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. Note: You can only register for your own child please. All programs take place in Gym B.

Saturday Program Apr 5-May 31

13004.204BR	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$56/7 sess
13004.205BR	Gym Kids	4-5yrs	2:00-2:45pm	\$56/7 sess
13004.206BR	Gym Kids	4-5yrs	3:00-3:45pm	\$56/7 sess
23003.201BR	Performance	6-9yrs	4:00-5:00pm	\$63/7 sess

Sunday Program Apr 6-May 25

13004.201BR	Dynamic Duo	18mo-3	10:00-10:45am	\$48/6 sess
13004.202BR	Dynamic Duo	18mo-3	11:00-11:45am	\$48/6 sess
23003.205BR	Performance	6-9yrs	11:30-12:30pm	\$54/6 sess
13004.203BR	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$48/6 sess
13004.207BR	Advanced Gym Kids	5-6yrs	12:45-1:45pm	\$54/6 sess
23003.202BR	Performance	6-9yrs	3:15-4:30pm	\$66/6 sess

No class Apr 26, 27, 2014

Meet the Coaches

We are fortunate to have Cameron Stevenson onboard as our Head Coach. Cam is a competitive Gymnastics Level 2 coach with 12 years of coaching experience. Cam is proud to say that over the last 6 years, he has developed the Britannia Gymnastics Club into a very popular, unique, family oriented program. We also recognize our other fabulous coaches: Barb Fong, Jen Kosovic, Taranee Ponjani.



Children/Preteen (6-13 yrs)

Funseekers Spring Daycamp (6-12yrs)

Swim, skate, learn arts and crafts, play group games, go on out-trips and more! Register early to avoid disappointment. Waiver Forms must be completed. Please provide lunch, snack, and water daily. A hat and sunscreen are recommended for each day. Parents are required to complete consent forms. Funseekers Cancellation Policy: a \$5 administration fee will be charged for each camp a refund is requested for. Refund requests must be made one week (seven days) prior to the start of the program. No refunds after this time. A current Britannia membership is required to enroll in this program. A membership can be purchased in person, or by contacting the centre at 604.718.5800.

26001.101BR Gym D	Mon Tue Wed Thu Fri	9:00-3:00pm	Mar 17-Mar 21 \$95/5 sess
26001.102BR Gym D	Mon Tue Wed Thu Fri	9:00-3:00pm	Mar 24-Mar 28 \$95/5 sess

Funseekers Cancellation Policy:

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.

Summer 2014 Daycamp Registration Sat, Apr 27 10:00am

Registration is in 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.

Daycamp Volunteers

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

Special Events

Preteen Dance

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

Fri	6:30-9:00pm	Apr 11, Jun 13
CFEC		\$1/1 sess

Splash!! Youth FREE Swim

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

Fri	8:00-10:00pm	Apr 4, May 2, Jun 6
Pool		FREE

Social

Preteen Family Movie Night

An opportunity for preteens and their families to hang out in the Teen Centre, play pool, foosballs and video games. Movie will start at 6pm. Pizza and snacks provided. First and third Sunday of the month.

Sun	4:00-8:00pm	Apr 6-Jun 15
Teen Centre		FREE

Preteen Girls Club

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

Thu	6:15-8:00pm	Apr 3-Jun 5
Pre-teen		FREE

Saturday Unlimited

Saturday Unlimited does not operate during the Spring session, but are busy planning an incredible FUN summer.

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 Alex or Carrie, 604.718.5873 for more info.

Photography

Explore the Britannia neighborhood and learn about photography! This program is open to all pre-teens who want to develop new skills and make new friends. Classes will focus on various core concepts of photography like: the History of Photography, Light and Contrast, Composition, and Texture, with an out-trip to a processing studio. Students will create a portfolio of their work and display their best photo at Britannia Community Centre. No session May 20.

22815.201BR		
Mon	4:00-6:00pm	Apr 28-Jun 23
FAR		\$32/8 sess



Preteen Basketball Open Gym

Britannia membership required to enroll in this program.

Sun	12:00-1:45pm	Apr 6-Jun 29
Gym C		FREE

Youth (13-18 yrs)

Leadership

Britannia Youth Committee

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



Duke of Edinburgh Award

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

Youth Leadership

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

35810.201BR

Thu 4:00-5:30pm Apr 17-Jun 5
Rink Mezz \$40/8 sess

Workshops

Safe Party Planning

Thu 5:30-6:30pm Apr 24
TC Priscilla FREE
UNYA A & D Councillor

Nutrition & Fitness

Thu 5:30-6:30pm May 22
TC FREE



"Play it Fair" Afternoon (10-18yrs)

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

Wed 4:00-5:00pm Apr 2-Jun 4
Teen Centre FREE



Summer Leaders Training "Play it Fair"

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

65510.201BR

Sat 9:30-1:30pm Jun 14
Gym D \$30/1 sess

65510.202BR

Tue 6:00-10:00pm Jun 24
Gym C \$30/1 sess

Red Fox

Red Fox delivers recreation, cultural, and food security programs for children, youth and families in East Vancouver, and beyond! Connect with us on site at any of our programs, or find us online! redfoxsociety.org

Active Play

Join kids who want to have fun! The Red Fox Youth Leadership Team offers non-competitive physical activities in the gym every Friday that school is in session. Hop on a pogo stick, learn how to walk on stilts, scoot around on a wiggly car, or try out a Shark Board! Youth leaders organize group games and teach circus skills too! Come get active and learn something new in a friendly atmosphere where everyone wins!

Fri 3:00-5:00pm Apr 4-Jun 20
Gym D FREE

Got Skillz?

Join Red Fox Youth Workers Joe, Amber and Verdann to learn how to juggle! We've got Pogo Sticks, Diablos, Devil Sticks, Hula Hoops, Juggling Balls and Stilts for you to master! Brush up on the basics or learn some fresh new skills. All abilities welcome.

Wed 6:00-8:00pm
Teen Centre FREE

Centre of Attention

Feeling stressed or out of balance? Being a young person can be rocky, and Red Fox offers a weekly solution. Join our certified Instructor for Yoga and our resident youth expert for Mindfulness Training. Yoga and Meditation are offered on alternating weeks, and no experience is necessary. Please check our online calendar to confirm whether the weekly session is yoga, or meditation. Yoga mats are provided. Please wear comfortable clothes for light indoor activity. Meet in front of the Info Centre at 5:45 pm.

Thu 6:00-8:00pm
LRC FREE

Intro to Fencing (14-18yrs)

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

33007.201BR

Wed 3:45-5:45pm Apr 2-Jun 18
LaSalle M Burke \$80.40/12 sess

Youth (13-18 yrs)

Cooking

Feast of Flavors

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

Tue 4:00-6:00pm **Apr 1-Jun 17**
AML **FREE**

Latin Cooking

Learn to cook food from various Latin countries. Quieres aprender a cocinar comida de varios países Latinos. Participants will also learn how to make healthier food choices and to shop on a low budget. Ven y aprende como escoger productos que sean saludables y aprende a gastar menos. A current Britannia membership is required to enroll in this program. A membership can be purchased in person, or by contacting the centre at 604-718-5800.

Thu 4:30-6:30pm **Apr 3-Jun 26**
AML **FREE**

Social

Anti Graffiti Project

Need volunteer hours? Interested in art? Don't like seeing the tagging left in the alleys in your community? Want to paint art in community spaces? Then get involved in our anti graffiti project. We'll be both painting over tagging in our neighborhood and planning community art projects. In partnership with the City of Vancouver. Call Tom at 604.718.5826 for more info.

First Friends

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

Sat 1:00-5:00pm **Apr 5-Jun 21**
Off Site **See above**

Eastside GAB

QMUNITY Gab Youth's East Side Drop-In is a safe place for female-identified, trans*-identified, gender-fluid, and /or intersex youth ages 14 to 25 years. Gab provides information, support, and referrals to queer youth. It is a place where youth can kick back and talk with friends, meet people who have similar questions about sexual orientation and gender identity, and take part in fun and intentional activities and workshops. You can find out about our drop-in events at www.qmunity.ca/youth or on Facebook at "QMUNITY Gab Youth".

Thu 4:00-6:00pm **Apr 3-Jun 26**
FAR **FREE**

WAWAW Aboriginal Youth Leadership

The WAWAW Sacred Footprints Aboriginal Youth Group is a group that meets weekly to learn about Aboriginal Youth Leadership. The youth get together, share in food, song, at times smudging and to learn about current world events and the impacts on Indigenous peoples of Canada. They have done workshops and training on Colonization, residential school and the effects, learned about oppression and have taken training to facilitate to other youth about the impacts of sexualised violence and other forms of oppression. Our aim is to educate and engage Aboriginal youth to the current events and issues in the world, with a focus on their immediate environment while engaging youth in culture to deepen their ties to community and strengthen their futures. Our belief is that through this process youth will:

- Connect deeper to Aboriginal culture
- Know more about the world they live in
- Be more inclined to attend post-secondary school
- Be productive leaders for other Aboriginal youth
- Learn life skills that they may not otherwise have access to
- Learn about mental/physical/emotional/spiritual health practices

Thu 5:00-7:30pm **Apr 3-Jun 26**
Rink **FREE**

UNYA Drug and Alcohol Counselor

For Native youth ages 13-21 who are thinking about and/or being pressured by others to try alcohol or drugs, youth who are using alcohol or drugs, sometimes or a lot, and for parents and caregivers who want to learn how to help their youth stop alcohol or drug use, before or after it happens. We offer a safe space for Native youth to share their experiences, and talk about their problems or concerns, help youth stay away from alcohol or drugs and find healthier things to do, One-to-one and group counseling, workshops and support for both youth and caregivers, cultural teachings, and help youth find programs and resources that they need. The group counseling sessions will include: UNYA Drug and Alcohol Counselor- Priscilla, 604.785.7011

- The group counseling sessions will include:
- Alcohol and drug awareness
- Workshops facilitators
- Life skills
- Communications skills
- Resource information and referrals
- Cultural enrichment
- Other information that youth think is important to help them to reduce or stop using alcohol and/or drugs
- Funded by the Vancouver Coastal Health Authority.



Outdoors Programs

The Great Escape Outdoors (GEO)

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

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

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

All registration done at the Teen Centre.



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. Registration packages available at the Teen Centre. Limited spots available and will be filled on a first come basis with consent form and fees. Must register a minimum of 2 weeks in advance. Registration accepted at Britannia Teen Centre only.

Cost: \$60 Ski/Snowboard rental \$50 No rental Cash/cheque payment only.
Sat 5:45am-6:00pm Mar 15

Celebrate Vancouver's Youth Week:

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

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

- youth week supports and implements Vancouver's Civic Youth Strategy by:
- ensuring youth have a place in the community
- ensuring a strong youth voice in decision making
- promoting youth as a resource for the city
- strengthening the support base for youth in the city

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

For more info check out www.VancouverYouthWeek.ca



Saturday, May 3rd, 2014

South East False Creek, near Main Street/ Science World Skytrain Station. We will be using Creekside Community Centre, Science World and the Union Street Skate Plaza, to celebrate youth in our communities. From performances, an amazing race and dragon boating, to demos and games you can get involved in; this will be an event you won't want to miss. To find out more information visit www.VancouverYouthWeek.ca or www.facebook.com/VancouverYouthWeek

Splash!! Youth FREE Swim

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

Fri 8:00-10:00pm May 2, 2014
Pool FREE



Youth 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 2014 Rio Tinto Alcan Dragon Boat Festival, June 15th and 16th. Come out and prepare for the quest for excellence. No experience necessary. For more info, contact Jade at the Teen Centre, 604.718.5828. Practice dates to be determined.

Mon 3:30-6:30pm Apr 2-Jun 23
Offsite Jade/Jamie

Sports

Indoor Soccer Drop-in

For under 18 years of age only. A current Britannia membership is required to enroll in this program. A membership can be purchased in person, or by contacting the centre at 604-718-5800.

Tue 5:30-8:00pm Apr 1-Jun 24
Gym D FREE

Youth (13-18yrs)

TEEN CENTRE PROGRAMS (13-18yrs)

Teen Centre Hours:

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

Register for all Teen Centre programs at the Teen Centre. For more info call 604.718.5828: Annty, Barry, Chiho, Georgia, Jade, Jamie, Kakada, Mark, Nati, Ricky, Tom

Britannia Teen Centre

A place in the community dedicated to youth. All youth from 13-18 years are welcome. Pool, foosball, ping pong, video games, and a public access computer are all available for use. Youth, volunteers and youth workers 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!



Latin American Youth Program (LAYP)

Programa de Jóvenes Latino Americano

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

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

The Teen Centre is a place to:

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

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

Lunch Time at the Teen Centre

Mon 11:40-12:25pm Teen Centre

Big Screen Movie Night

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

Fri 7:00-9:00pm Ongoing
Teen Centre FREE

Big Screen Video Games

Big Screen Video Games Head over to the Teen Centre and play the Wii on the projector screen!

Thu 7:00-9:00pm
Teen Centre FREE

Pop Up Bike Shop with Kickstand

Learn about bike mechanics with a qualified staff the first Monday of every month!

Mon 4:00-6:00pm
Teen Centre

Canucks Game Night

Need a place to watch the Canucks on the Big Screen? Come watch the Canuck's games in our Canucks zone! Every Canucks game on a Fri includes a B-B-Q!

Teen Ctr. 7:00-9:30pm FREE

Run TC

Every Wednesday after school we will be running 5km to start. Join us to get fit, healthy and have fun! You would be surprised what you can accomplish. Preparation for the Vancouver Sun Run 2014.



Wed 4:00-5:00pm Apr 2-Jun 18
Teen Centre FREE



Events

Girls Empowerment Day

Get all your girls together and head down to a day full of interactive workshops, activities, and food! A hard workout is scheduled so dress for sweat! For more information please contact the Teen Centre at 604-718-5828.

Workshops

- Zumba
- Emo Plates
- Nutrition
- Safe Party Planning
- Beauty Tips

Sat 10:00am- 5:00pm April 19, 2014
Astorinos FREE

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 necesitas de parte de graduación. Para más información llama a Anntuaneth al 604.718.5829.

Thur/Jueves 5:00-6:30pm
AML 24 de Abril, 29 de Mayo, 26 de Junio



Latin American Youth

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
- Healthy Relationships
- Career Planning

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

Viernes/Fri 4:30-6:30pm
Room TBA

Gratis/FREE

Baile Latino/Latin Dance (12-18yrs)

Keep fit and learn various Latin dances. We'll be dancing to salsa, cumbia, reggaeton, bachata, and lots more. Diviértete con nosotros bailando a los ritmos de salsa, cumbia, merengue, reggaeton, y bachata. Todos los viernes.

Sat 4:30-5:45pm **April 12 – June 14**
\$40/9sess

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

This program provides you with social, recreational, and educational skills. We meet every Saturday and participate in various activities from 1:00-5:00pm. To register and more information please contact Anntuaneth at 604.718.5829.

- Outings/Salidas
- Team Building Games/Juegos
- Workshops/Tallers
- Sports/Deportes

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 mas información por favor llame a Anntuaneth para registrarse al 604.718.5829. Subsidios disponibles para todas las actividades.

Sat/Sabados 1:00-5:00pm

Cocina Latina/ Cooking Program

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

Thu/Jueves 4:30-6:30pm **Ongoing**
AML **FREE/Gratis**

Big Screen Movie Night/ Peliculas en pantalla grande

Nothing on TV? Head over to the teen centre and watch movies with your friends.

Nada que ver en la tele? Ven al teen centre con tus amigos a ver nuevas peliculas en pantalla grande con palomitas!

Viernes/Fri 7:00-9:00pm **Ongoing**
TC **FREE/Gratis**

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

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

Tue/Martes 6:00-8:00pm **Ongoing**
Gym D/Gimnasio D **FREE/Gratis**

Dragon Boating

Quieres aprender un nuevo deporte? Ven a participar en el equipo de Dragon Boating, se necesitan 20 personas que remen para competir en varias carreras! Entrenos son entre la semana. Para más información y para registrarte llama a Anntuaneth al 604-718-5828

Lunes/Mon 3:30-6:30pm **Apr 2-Jun 23**
Offsite **Jade/Jamie**

Sports Day

Every last Saturday of the month come and try a new sport and show us your skills. Invite all your friends its FREE!

Cada ultimo sabado del mes ven y prueba un nuevo deporte o ven y enseñanos tus Habilidades y como funciona el juego. Gratis

Sat 12:30-4:30pm **Apr 26, May 31**
Jun 28

Gym D

Corre TC / Run TC (12-18yrs)

Corre con nosotros 5km todos los Miércoles des pues de la escuela. Ponte en forma y saludable, ven y inténtalo te vas a sorprender que si puedes! Every Wednesday after school we will be running 5km. Join us to get fit, healthy and have fun! You would be surprised what you can accomplish.

Wed/Miércoles 4:00-5:00pm **Apr 9-Jun 18**
Teen Centre **FREE**

Escuelita de Español/Spanish School for Children (7-12yrs)

Programa para niños de 7-10 años para que aprendan español. Los niños aprenderán juegos, canciones, cuentos, a leer, escribir, y conversar en español. Por favor manden almuerzo cada sesión. Niños deben de tener conocimiento sobre el lenguaje para participar o tener alguien en casa para practicar.

Spanish School for elementary age children. Children will learn the basics of the Spanish language along with games, songs, stories, and how to write and speak. It is recommended that someone at home speak the language. Please pack lunch.

Sat/Sábados 10:00am-1:00pm **Apr 12-Jun 14**
Rm: Teen Centre **Cost: \$75/9 sess**
No class April 19th

Free Youth Swim/Natacion

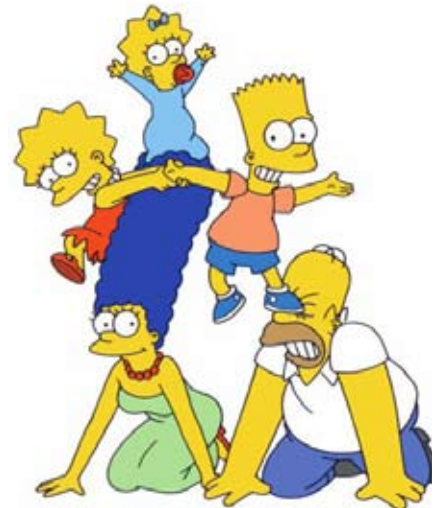
Fri 8:00-10:00pm **Mar 7, Apr 4,**
May 2, Jun 6

Family Day

Every first Saturday of the month come out with your family and make new memories going to new places and enjoying new sights cost will be determend on outing chosen to do. For more information please contact 604-718-5829.

Cada primer sabado del mes ven con tu familia y hagan nuevas memorias hiendo a nuevos lugares y viendo cosas nuevas. El costo dependera de la salida escogida. Regístrate temprano hay un máximo de puestos disponibles. Para mas informacion llame al 604-718-5829.

Sat 12:00-4:00pm **April 5, May 3,**
June 7





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

Tupper: Tue lunch 11:40am Rm 311

Killarney: Wed lunch 11:40am Rm A234

John Oliver: Thur lunch-11:40am Rm 314

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 Anntuaneth at 604.718.5829.



Volunteer Work/ Trabajo Voluntario (13-18yrs)

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

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



Britannia Volunteer Program

“THANK YOU to the hundreds of volunteers that support our Volunteer Program each year! Please remember that your contributions have a significant impact on the lives of our community members.”

Britannia Community Services Centre aims to build a diverse and creative volunteer community that provides positive learning opportunities and values the contributions of all individuals. Volunteering is a rewarding way to give back to your community:



Give back and get involved in the community

- Share your skills with others
- Meet new people who share your interests
- Gain experience or learn new skills you can use in a job or other areas of your life
- Enhance personal growth and learning
- We offer a diverse range of volunteer opportunities to fit your interests, goals, skills, and schedule.

How to Get Started:

- Download a Volunteer Application Form from our website, www.britanniacentre.org, or pick one up from the Britannia Information Centre, 1661 Napier Street
- Complete the form and submit to the Britannia Information Centre, 1661 Napier Street, by email to mawibagon@vancouver.ca, or by fax to 604.718.5858

For more information on our Volunteer Program and Opportunities, please contact the Volunteer Program Coordinator, Mawi Bagon, at 604.718.5860.



Did you know that many of our programs are led by Volunteers?

Do you have a skill or talent that you would like to share with our Community?

Let us know if you would like to volunteer to lead a program or workshop. We would love to hear of new program ideas for our Community!

Adult Health & Fitness

Aerobics

Body Conditioning

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

43901.202BR

Tue 6:00-7:00pm Apr 1-Jun 17
Gym C A Riley \$4.75/drop-in

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.

43902.201BR

Thu 6:00-7:00pm Apr 3-Jun 26
Gym C A Riley \$39.40/10 tickets
\$4.75/drop-in

Body Re-Boot

Using Martial Arts and Dance as inspiration, sending class into different intervals, enhancing principle of 'work hard and short or no rest', pushing your limits with always something new - working with body weight only or adding weights, benders, and gliders for your full challenge. No session Apr 20

FREE TRIAL CLASS

44001.205BR

Sun 10:30-11:30am Apr 6
Gym C V Petrovic FREE

44001.206BR

Sun 10:30-11:30am Apr 13-May 11
Gym C V Petrovic \$32/4 sess

44001.207BR

Sun 10:30-11:30am May 25-Jun 29
Gym C V Petrovic \$40/5 sess

Osteofit

Join BC Women's Hospital & Health Centre's Osteofit, a gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This unique and fun program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. It is taught by specially trained Osteofit fitness instructor. No session April 21 & May 19

43806.201BR

Mon 11:00-12:00pm Apr 14-Jun 23
CFEC B Bahrami \$48.15/9 sess

ZUMBA® Fitness

Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Zumba uses a variety of styles including cumbia, meringue, salsa, reggaeton, mambo, rumba, flamenco, and calypso. Zumba is a "feel-happy" workout that is great for both the body and the mind. Limited supply of mats, bring your own if possible. \$10.30/drop-in More info at www.zumbavancouver.ca. No session Apr 21 & May 19.

43906.200BR

Mon 6:00-7:15pm Apr 7
Gym C D Galay FREE

(Mon) - Sess 1

No session Apr 21 & May 19.

43906.201BR

Mon 6:00-7:15pm Apr 14-May 26
Gym C D Galay \$40/5 sess

(Mon) - Sess 2

43906.203BR

Mon 6:00-7:15pm Jun 2-Jun 30
Gym C D Galay \$40/5 sess

43906.204BR

Wed 6:00-7:15pm Apr 9
Gym C D Galay FREE

(Wed) - Sess 1

43906.205BR

Wed 6:00-7:15pm Apr 16-May 14
Gym C D Galay \$40/5 sess

43906.206BR

Wed 6:00-7:15pm May 21
Gym C D Galay FREE

(Wed) - Sess 2

43906.207BR

Wed 6:00-7:15pm May 28-Jun 25
Gym C D Galay \$40/5 sess

Spirituality

Mindfulness Practice: Living Healthier and Happier

Practice mindfulness to FREE yourself from stress, anxiety, worries, anger, unhappiness and other negativities. Discover joy, happiness, inner peace, insight and other positive qualities within yourself. Mindfulness practice improves health, concentration and memory. In addition, it changes brain and slows aging. This is a practice-oriented class. All levels are welcome. More info: LearnMindfulness.org

45419.202BR

Tue 6:30-8:30pm Apr 8-May 6
Rm 204 S Yang \$49/5 sess

Salsa Fit

An invigorating and energizing cardio combining High/Low impact aerobics with a salsa flare - great music, lots of fun. Includes a muscular strength component and stretching. Please purchase drop-in tickets at pool office 39.40/10 tickets. No session Apr 19, May 17, Jun 7 & Jun 21

43901.201BR

Sat 10:00-11:00am Apr 5-Jun 28
Gym C Z Vancouver \$4.75/ sess



Adult Martial Arts & Sports

Tai Chi

About The Instructor

Kelly Maclean has been teaching Tai Chi, Qigong, and other internal Chinese arts since 1989. She has studied with many great masters, including Grand Master Chen Xiao Wang, Grand Master Yang Zhen Duo, Madame Wang Ju Rong, Master He Weiqi, Dr. Yang Jwing Ming, Master Sam Masich, and her own teacher, Grand Master Liang Shouyu. Kelly distinguished herself during her competition career in the 1990's, twice earning a place on the Canadian National Wushu Team, competing at the world level in Malaysia and Hong Kong. She won several Grand Champion titles in U.S. national tournaments, and garnered many medals at various competitions in other countries such as the U.S.A., China, Argentina, and Canada. Since then, she has devoted her time to teaching, and further study.

Sun Style Tai Chi Part 1

Sun style is one of the 5 traditional styles of Tai Chi officially recognized in China. Named after Sun Lu Tang, who was also a master of Bagua Zhang and Xing Yi Quan, this style of Tai Chi is very much influenced by these other internal arts. No classes Apr 21 & May 19

43505.202BR

Mon 6:00-7:00pm Apr 7-Jun 30
Gym D K Maclean \$165/11 sess

Chen Style Tai Chi Pao Chui Part 1

Chen style is the oldest style of Tai Chi. The two oldest forms are the Lao Jia Yi Lü and Er Lü, also known respectively as the Chang Quan (Long Fist), and the Pao Chui (Cannon Fist). The Lao Jia Yi Lü emphasizes "silk reeling" and spiraling energy, and is more commonly taught. The Pao Chui emphasizes explosive power and is rarely taught. In this course, we will begin work on the Cannon Fist. Experience with the Lao Jia Yi Lü, the Chen 56, or at the very least, the 48 Form, is recommended. No classes Apr 21 & May 19

43505.203BR

Mon 7:00-8:00pm Apr 7-Jun 30
Gym D K Maclean \$165/11 sess

Tai Chi Form (Beginners)

Tai Chi is a martial art and moving meditation which uses the soft to defeat the hard. It is a study of natural movement and structural alignment to optimize the flow of energy (Qi) in the body. Balancing Yin and Yang energies, it has been shown to confer both mental and physical health benefits. In training, we slow down our movement in order to examine more closely our alignment and posture, to heighten our awareness, and to cultivate our intrinsic, power and improve our balance. Suitable for all fitness levels. No classes Apr 21 & May 19

43505.204BR

Mon 8:00-9:00pm Apr 7-Jun 30
Gym D K Maclean \$137.50/13 se

Traditional Kung Fu (6+yrs)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. No class Apr 11, 18, 21, May 19 & Jun 13.

Beginners

63508.201BR

Mon/Fri 4:30-5:45pm Apr 4-Jun 30
CFEC M Lung \$171/21 sess

Intermediate

63508.202BR

Mon/Fri 4:30-6:15pm Apr 4-Jun 30
CFEC M.Lung

\$192/21 sess

Advanced

63508.203BR

Mon/Fri 4:30-6:30pm Apr 4-Jun 30
CFEC M Lung \$202.50/21 sess

Ki Aikido - General

All levels welcome, including beginners. A non-competitive and positive practice that develops calmness, stability and confidence to reduce the stresses of daily life and eliminate the fear of living. We work with partners to learn how to develop mind and body coordination, stay relaxed and centered under pressure, extend our minds and flow lightly in dynamic movements. Beginners can take one FREE session before deciding whether to register. www.canadiankifederation.com. No session Apr 20 & May 18

43501.201BR

Sun 4:00-6:00pm Apr 6-Jun 29
Mat Rm L. Liew \$66/11 sess

Ki Aikido Higher Grade

1st Kyu is for more advanced students. \$5/drop-in. No session Apr 21, May 19.

43501.203BR

Mon 7:30-9:30pm Apr 7-Jun 30
Mat Rm L. Liew \$33/11 sess

Ki Aikido Intermediate

6th Kyu or more advanced students.

43501.202BR

Wed 7:30-9:30pm Apr 2-Jun 25
Mat Rm L. Liew \$72/13 sess
\$10/drop-in.

Fencing

Intro to Fencing

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

The LaSalle Studio: 2155 Commercial Drive.

33007.201BR

Tue 7:30-9:00pm Apr 1-Jun 17
LSF M. Burke \$90/12 sess



Greenest City Initiative

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



Adult Sports



Volleyball

Advanced

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

43413.203BR

Fri 7:00-10:00pm Apr 4-May 30
Gym A/B R LeBlanc \$32.55/7 sess

Advanced

An understanding of more advanced play (ie 6-2). A total of 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$4.75/drop-in space permitting. No session Apr 20 & May 18

43413.204BR

Sun 7:00-10:00pm Apr 6-May 25
Gym A/B R LeBlanc \$27.90/6 sess

Beginners

Beginners - Basics are emphasized. Register for this program to guarantee a spot to play every week. A total of 42 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$4.25/drop-in space permitting.

43413.201BR

Thu 7:00-9:45pm Apr 3-May 29
Gym A/B R LeBlanc \$30.40/9 sess

Intermediate

We work on Specialized game play. If you have the basics please join us. Register for this program to guarantee a spot to play every week. A total of 30 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$4.25/drop-in space permitting

43413.202BR

Tue 7:45-10:00pm Apr 1-May 27
Gym A/B R LeBlanc \$30.40/9 sess

Soccer

Indoor Soccer - Women

This is a recreational program. All types of fitness and skill levels currently participate, so expect it to be low-key, limited body contact, clean, fun play. (Registered players please arrive by 6:15pm to hold your spot). A total of 15 spaces allotted. \$4.75/drop-in space permitting.

43409.201BR

Thu 6:00-7:30pm Apr 3-Jun 19
Gym D T Harley \$48/12 sess

Ball Hockey

Co-Ed

Come on out for a fun, recreational game of ball hockey with no body checking - all skill levels welcome. Protective gear optional, but recommended. Plastic sticks provided, no wooden sticks allowed. Great practice for goalies! Drop-ins \$6.10 space permitting only, so register early! No sess May 14-28

43403.203BR

Wed 7:15-8:45pm Apr 9-Jun 18
Gym D T Wells \$38.25/9 sess

Womens

The focus is on fitness and fun. Skill levels vary from beginners to advanced. We are a fun and friendly group to play with, and beginners are very much welcome! Teams are divided accordingly to skill level at the beginning of the game. Please bring a black and white t-shirt to split the teams. Sticks are provided at the community centre, but you may also bring your own stick (plastic, wood, composite are ok). Shin pads and gloves are optional but recommended. \$4.20/drop-in space permitting. No session May 18

43403.201BR

Sun 4:15-6:00pm Apr 13-Jun 29
Gym D M Yeung \$46.75/11 ses

Badminton

Friday

Total of 30 spaces (registered & drop-ins) Drop-ins space permitting No session Apr 18, May 16 & Jun 6..\$5.00/drop-in.

43412.202BR

Fri 7:00-9:45pm Apr 4-Jun 27
Gym C A Leung \$47.50/10 ses

Saturday

Total of 30 spaces (registered & drop-ins) Drop-ins space permitting \$5.00/drop-in. No session May 17, Jun 7 & Jun 21

43412.203BR

Sat 1:30-5:00pm Apr 5-Jun 28
Gym C A Leung \$47.50/10 ses

Basketball

No drop-ins. No session Apr 20, May 18 & Jun 8

43405.201BR

Sun 2:00-4:00pm Apr 6-Jun 29
Gym C S Yan \$40.05/10 ses

43405.202BR

Sun 4:00-6:00pm Apr 6-Jun 29
Gym C S Anderson \$40.05/10 ses

Do Your Doo-Doo Duty!



The community uses these facilities on a daily basis for family activities as well as exercising their family pets. Please be considerate of others

when walking your dogs and be diligent in cleaning up any feces as a result of their exercise and play time. This keeps a clean and safe environment for all the community to enjoy.

Thank You.....

Britannia Recreation Dept.

Iyengar Yoga

About The Instructor:

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

Level 1

44103.202BR

Tue 5:30-7:00pm Apr 8-Jun 24
CFEC C MacDonald \$180/12 sess

44103.203BR

Thu 7:00-8:30pm Apr 10-Jun 26
CFEC C MacDonald \$180/12 sess

Level 1 & 2

Beginner/Intermediate (Mixed Level)

44103.201BR

Tue 9:30-11:00am Apr 8-Jun 24
CFEC C MacDonald \$180/12 sess

Level 2

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

44103.205BR

Tue 7:00-8:30pm Apr 8-Jun 24
CFEC C MacDonald \$180/12 sess

44103.206BR

Thu 5:30-7:00pm Apr 10-Jun 26
CFEC C MacDonald \$180/12 sess

Level 3

Advanced - With Instructor's permission.

44103.208BR

Wed 5:30-7:15pm Apr 9-Jun 25
CFEC C MacDonald \$180/12 sess

Restorative/Gentle Yoga

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

44103.204BR

Wed 7:15-8:30pm Apr 9-Jun 25
CFEC C MacDonald \$180/12 sess

Kundalini Yoga

Feel rejuvenated through Kundalini Yoga - a technology that increases mindful body and breath awareness while providing an overall sense of well-being. The class will focus on balancing the heart and mind, aligning the spine, strengthening the immune system, lymphatic cleansing, and meditation. All levels of students welcome. Please bring a blanket to class. \$11.25/drop-in. No session Apr 21 & May 19

44105.201BR

Mon 7:30-8:45pm Apr 7-Jun 23
CFEC B Lohrenz \$85/10 sess

Yoga for Mind, Body and Spirit

This traditional Hatha Yoga class is suitable for all levels and includes Postures, Breathing Practices, Meditation, and Deep Relaxation. The class is slow-paced and gentle: a safe space for you to just let go, be present, and find peace. Please bring your own blanket. No class Apr 18

41901.203BR

Fri 10:30-11:45am Apr 11-Jun 20
Mat Rm L Martin \$60/10 sess

Yogaflex

This flowing yogaflex class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Bring your own mats to this class. \$12/drop-in. No session Apr 20, May 18 & Jun 1 You can visit clstevensfitness.com for more information.

44100.201BR

Sun 10:15-11:15am Apr 6-Jun 29
CFEC C Stevens \$85/10 sess

Pilates

This class will build your abdominal strength, expand range of motion, flexibility and breathe, while eliminating excess tension and strain on the spine and joints. You will learn the essential Pilates flow building strength from the inside out for greater confidence, underlying strength and core support. All levels welcome. \$9.40/drop-in. No session Apr 24, May 1, & May 8

Thu 10:00-11:00am Apr 10-Jun 26

CFEC A. Clarke \$72.00/9 sess



Art Gallery

FREE events in Britannia Art Gallery (located in the library)

Exhibitions:

April 2-May 4

Opening Reception:

Wed 6:30-8:30pm April 2,
"Geese" etchings on paper with acrylic colour
by Pat Beaton
"Encaustic Prints" by Veronica Foster

May 7-30

Opening Reception:

Wed 6:30-8:30pm May 7
"Tapestry for the 21st Century" textile based
work by Emily McIntyre

June 4-27

Opening Reception:

Wed 6:30-8:30pm Jun 4
"Woven Artwork" by Haida artist Todd DeVries

Workshops & Artist Talks:

Wed 7:00pm May 21

Artist Talk with Emily McIntyre

Wed 7:00pm Jun 18

Artist Talk with Todd DeVries

Workshop TBA

62013.201BR

Sat 1:00-4:00pm April 5
TBA TBA FREE

DIY Cedar Bark

Bracelet Workshop

Come learn to make fashionable bracelets that you can wear or give as a gift. With this workshop Todd DeVries, a Haida Weaver, will be teaching you how to make a cedar bark bracelets using two weaving techniques, coiling (wrapping) and plaiting (checkboard pattern). Some experience needed: Beginner. Ages 9+ (under 12 years old accompanied by a guardian) Registration required. All materials and equipment supplied. Todd's show runs June 4-27 in the Britannia Art Gallery

62013.200BR

Sat 1:00-4:00pm Jun 14
Rink T DeVries FREE

Adult Arts & Culture

Drawing Caricatures

This term, Lucien will take you through the book "The Artist's Way" by Julia Cameron. With his vast experience you will become more creative and expressive.

42101.200BR

Tue 7:00-9:00pm Apr 22-Jun 10
Rm 205 L Nasilowski \$55/8 sess

Reckless Painting

Take a couple of hours each week to get yourself painting through guided exercises without anxiety. All materials included - even blindfolds! More info: recklesspainting.ca. or e-mail: info@recklesspainting.ca.

42203.200BR

Tue 7:00-9:00pm Apr 22-May 20
Rm 210 A Orsini \$70/5 sess

A Teaser of Modern Art

Modern Art is weird, that's what's exciting about it. Starting with an overview of Modern Art, Pollock, Klee, Matisse and Mondrian will serve as our main inspiration; we get creative to make them proud - no experience necessary. Bring materials on hand (no oils please but oil pastels ok), watercolor, brushes, paper as well as glue stick, scissor, ribbons for collage.

42220.200BR

Sun 1:00-5:30pm Apr 27
Rink Mezz H Keese \$55/1 sess

Painting with Feeling - The Chakric Body

Back after 20 years - Starting with a short grounding exercise we'll explore through a variety of approaches what each chakra artistically represents. Expect lots of fun exercises. Bring materials on hand (no oils please but oil pastels ok), watercolor, brushes, paper, as well as glue stick, scissor and ribbons for collage.

42220.201BR

Sun 1:00-5:30m Jun 8
Rk Mezz H Keese \$55/1 sess

Banner Workshop

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

42901.201BR

Sun Sat 10:00-4:00pm Apr 12-Apr 13
Cafe. H Spaxman \$20/2 sess

Art Therapy

Seeing Yourself as a Way of Seeing

The image of yourself as a mirror is of symbolic value. Seeing your life as a mirror is the methodology of myth-making, soul-making. It is the imagination both mirroring back and seeing (interpreting) the experiences it has been presented with. The image in the mirror is not you. It is the reverse image of you, from which you can perceive significant reflections of the soul-image, and embark upon a mythopoetic journey. Embodying this journey through art making opens up a depth dialogue with the unconscious. No experience required. Opening activities will be offered by facilitator.

42313.200BR

Sun 1:00-5:30pm Apr 6
A/C Rm S Ruebsaat \$70/1 sess

Exploring Your Visual Language

Through a process-oriented approach to making art, participants will explore the development of their own visual language. Using simple art materials and warm-up activities encourages participants to recognize and 'read' the unique visual language their artworks create. No previous experience or skill is required as this approach draws upon each person's natural ability to choose the shapes, colours and quality of line that are best suited for their own expression. Each session includes art making and discussion. Discussion is between each participant and the facilitator, exploring the art itself and the process of making it. No experience required

42315.200BR

Tue 6:30-9:30pm Apr 15-Jun 3
A/C Rm S Ruebsaat \$192/8 sess

Personal Mythology & Image Making

Discover the deeper creative, mythic Self. Get to know yourself beyond your present self-image through tapping the inherent healing capacities of the unconscious. Connect to the rich resources of the collective unconscious: a dimension of experience illustrated in the mythologies of every culture. Develop more than a positive self-image by reaching beyond that image into a wider field of experience of Self. No experience required. Opening activities will be offered by facilitator.

42313.201BR

Sun 1:00-5:30pm May 4
A/C Rm S Ruebsaat \$70/1 sess

Adult Pottery

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. This term will have an optional Raku event on Wednesday May 14 from 9am-3pm.

42201.200BR

Tue 7:00-9:00pm Apr 22-Jun 10
Rm 208 H Spaxman \$165/8 sess

Pottery - Continuing

Further develop your pottery skills in hand-building and on the wheel. Attention is given to the sculptural as well as the functional aspects of pottery; students are self-directed with more one-on-one instruction. Pre-req: Intro to Pottery or permission of the instructor. Clay and glazes are included. This term will have an optional Raku event on Wednesday May 14 from 9am-3pm.

42201.201BR

Wed 6:30-9:00pm Apr 23-Jun 11
Rm 208 H Spaxman \$190/8 sess



Astorino's Available For Events of All Kinds

3000 square foot hall with wooden dance floor. Includes sound system with sound board, 20 tables and 200 chairs. Now booking for 2014.

Matty Harris - mattyharris@gmail.com
604.360.5177

Helen Spaxman -
helen.spaxman@vancouver.ca

Adult Arts & Culture

Expressive Arts Therapy

Freeing Your Voice through Movement, Art and Play

Do you struggle to be heard? Have trouble with healthy boundaries? Or are you looking for a creative way to express your feelings? This workshop in Expressive Arts is an exploration in freeing ourselves from inside, allowing ourselves to speak from a place of truth and power. Through free movement, breathwork and visual art, each participant looks at ways to own their place in the world. Liza is a registered, professional expressive art therapist. Dress for movement and please bring a yoga mat.

42316.200BR

Sun 12:00-4:00pm Apr 13
Rink L D'Aguiar \$60/1 sess

Get out of the Rut and into the Groove

Accessing contentment and joy in your life. This 8 week program incorporates movement, voice, play and visual art to explore how to move from a stagnant existence into vibrant living. Through the Expressive Arts Process, participants work gently through issues that may be keeping them in self-defeating patterns and destructive core beliefs. By reigniting their creativity, each participant will explore hidden strengths, new ways of being in the world and the gift of positivity. Liza is a registered, professional expressive art therapist. Dress for movement and please bring a yoga mat

42317.200BR

Tue 6:30-8:30pm Apr 22-Jun 10
Rink L D'Aguiar \$175/8 sess

The Hero's Path - Innate Wisdom and Resilience

By engaging with our inner child and elder, each participant will explore ways to enhance their present life. Forgiveness, releasing shame and guilt, and grounding in the present moment are challenges that we will explore within the therapeutic framework of Expressive Arts. Participants discover the possibility of finding balance in chaotic times, allowing for freedom from victimhood. Liza is a registered, professional expressive art therapist. Dress for movement and please bring a yoga mat.

42316.201BR

Sun 12:00-4:00pm May 25
Rink L D'Aguiar \$60/1 sess

Let Go of the Drama and Step into Your Power

Using the Expressive Arts, participants are invited to engage in an interdisciplinary exploration of how to release stress and chaos and embrace life's challenges with grace and groundedness. This workshop challenges the participant to free themselves from the victim mentality and move into a new positive self image. Liza is a registered, professional expressive art therapist. Dress for movement and please bring a yoga mat.

42316.202BR

Sun 12:00-4:00pm Jun 15
Rink L D'Aguiar \$60/1 sess

Adult Dance

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! The advanced class is for those who have completed the Intermediate and are already familiar with Rueda moves like Vacilala, Casate, Sombrero, Setenta, La Ye, Pelota, La Prima, La Rosa etc. In this class, you will learn some complex variations of these moves, such as Casate y Complicate, Sombrero Complicado, Setenta Complicado, etc. as well as moves involving 2 couples. Last advanced class June 13 in Cafeteria

41615.200BR

Beginners
Tue 7:30-9:00pm Apr 22-Jun 10
Gym C C Reyes Pena \$120/8 sess

41615.201BR

Intermediate 1
Wed 7:30-9:00pm Apr 23-Jun 11
Rink C Reyes Pena \$120/8 sess

41615.202BR

Intermediate 2
Thu 7:30-9:00pm Apr 24-Jun 12
Gym C C Reyes Pena \$120/8 sess

41615.203BR

Advanced
Fri 7:00-8:30pm Apr 25-Jun 13
CFEC C Reyes Pena \$120/8 sess

Adult Music

African Drumming Level 1 and 2

Play traditional West African rhythms on djembes (hand drums) and (dununs) bass drums. The level one course is an introduction; no previous experience is needed. Enrolling in Level 2 requires taking level one or permission from the instructor. Use your own drum or rent one. Drum rentals can be arranged with the instructor at the first class, for a "one time payment" of \$20 for all 8 classes. For more info visit drumming.ca or call the instructor at 604.253.2114

41101.200BR

level 1
Wed 6:30-8:00pm Apr 16-Jun 4
Cafe R Shumsky \$120/8 sess

41101.201BR

level 2
Wed 8:10-9:40pm Apr 16-Jun 4
Cafe R Shumsky \$120/8 sess

African Drumming Drop-in

41102.200

Sun 11:30am-1:00pm Apr 6
FAR R Shumsky \$20/1 sess

41102.201

Sun 11:30am-1:00pm May 4
FAR R Shumsky \$20/1 sess

41102.202

Sun 11:30am-1:00pm Jun 1
FAR \$20/1 sess



Capoeira - Beginners

Beginner Capoeira classes are focused on teaching all of the movements of Capoeira; from the various escapes, to the attacks, to the basic acrobatics, all while maintaining constant movement. While learning all of these movements, you will develop core strength, lose weight, and tone muscles. \$12/ drop-in.

43401.201BR

Wed 7:30-8:30pm Apr 2
Gym C Axe Capoeira FREE
Sess 1

43401.202BR

Wed 7:30-8:30pm Apr 9-May 7
Gym C Axe Capoeira \$50/5 sess
Sess 2

43401.203BR

Wed 7:30-8:30pm May 21-Jun 18
Gym C Axe Capoeira \$50/5 sess

Guitar - Level 1 and 2

You'll learn basic music theory, major scales and scale tone chords to play pop, country, rock, folk songs and blues. You'll also learn how to transpose, tune your guitar, and change strings. By the end of level two you will be playing favourite songs from such artists as Johnny Cash, Neil Young, Tom Waits and many more. Bring your acoustic guitar. No class May 19

41100.202BR level 1
Mon 6:30-8:00pm Apr 28-Jun 23
FAR G Kristjanson \$96/8 sess

41100.203BR level 2
Mon 8:00-9:30pm Apr 28-Jun 23
FAR G Kristjanson \$96/8 sess

Carnival Band Workshops

Looking for an excuse to dust off that horn (accordion, glockenspiel...) in the back of your closet, dress up and play in the street? Looking for a way to bring a little music and colour to your community? The Open Air Orchestra Society invites you to our street band workshops, led by the incomparable Ross Barrett, Tim Sars, and various guest instructors. All levels/ages welcome; stop by just to listen and dance if you like! Suggested donation is one hour's wage per month. \$5/pay-what-you-can drop-in. No practice April 21 and May 19

Mon 7:30-10:00pm Apr 7-Jun 30
AML D Vital

The Drive Street Band

This is a community music band that anyone can be in. We play songs ranging from marches, old timey songs to original compositions. We welcome anyone interested in joining this band, regardless of age, background, or musical experience. Some music reading ability is helpful, (high school level is sufficient). The only stipulations are that you need a good attitude and an instrument that you can take out to the streets, parks and special events. We have four musical co-directors. Stop by anytime and come listen. For more information contact: drivestreetband@gmail.com www.drivestreetband.com \$2-\$5 donation at the AML (55+Centre). No practice Apr 20 and May 18

Sun 3:00-5:00pm Apr 6-Jun 29
AML TBA \$2-5 Donation

Grandview Woodland Food Connection (GWFC) is dedicated to supporting a healthy food for all philosophy. In partnership with Britannia Community Centre. For more information on the GWFC visit www.gwfoodconnection.wordpress.com or call 604.718.5895

Grandview Woodland Food Connection Advisory Members Wanted

This advisory meets approximately every two months and helps set the strategic directions for the GWFC. This is a great opportunity to get involved in community food security. Call the GWFC: 604.718.5895

Nutrition Counseling Service

Nutrition counseling services by a certified holistic nutritionist and herbalist will be available for under-served residents and open to all community members on a sliding scale basis. This service is aimed at helping you navigate the food choices available in our area and choose the foods that are best suited for your health, taking into consideration any health issues or goals you may have. Improved eating habits can help boost your physical and mental health. This service also aims to help connect residents to food programs and options. Service available Tue 6-9pm. Contact Nikoo Boroumand at info@healinggardenswellness.com to book an appointment.

Britannia Bulk Buy Food Club

You can save over 40% on your food bill. \$13 gets you 7- 8 varieties of fruits and veggies. Half orders available. Pick up your box at Britannia. Call to sign up: 604.718.5895

Le Chou Intergenerational Garden Project

Le Chou is an intergenerational gardening program designed to bring youth and seniors together to learn, grow and share (and EAT!) in the Woodland Park Community Garden. Organized by the Grandview Woodland Food Connection and Evergreen Foundation. For more information on how you can get involved contact 604.718.5895

Balcony & Container Garden

In this course we will cover the techniques and challenges specific to gardening indoors and on balconies in containers. We'll look at soil, fertilizing organically, watering, types of containers, different sun orientations and of course, what to grow.

45501.200BR
Wed 7:00-9:00pm May 7
LRC G Watson \$25/1 sess

Eightfold Eats: Gluten, Sugar FREE and Vegan Baking



This workshop includes a baking demo on how to bake gluten, sugar FREE & diabetic safe; a discussion on macrobiotics and the truth about alternative sweeteners; and a section on body cleanses and supplements. You will also get great tips on cooking, FOOD, exclusive recipes and a chance to ask questions. Mike Robinson (Registered Holistic Nutritionist) is the owner and head baker at Eightfold Eats Inc. eightfoldeats.com

44813.200BR
Wed 6:30-9:00pm May 14
Pre-teen M Robinson \$20/1 sess

Canning Basics



Learn the basics of canning and preserving food. No experience necessary. You will learn all the basics including supplies and kitchen prep, how to prep fruits & veggies, safe canning methods, and other tips & strategies for canning at home! All participants will walk away with their own canned treat made during the evening.

44813.201BR
Tue 6:30-8:30pm May 20
Pre-teen I Marcuse \$10/1 sess

Mindfulness Tea: How To Eat Your Way Out Of Stress

If our bodies are stuck in high stress, we cannot eat and digest properly, we may also eat poorly and too much! Along with information on the physiology of the brain and body during the stress response, there will be a guided mindfulness experience of every bite of a variety of delicious food by Ayira Heart, a Registered Counsellor who specializes in Stress and Trauma.

44813.202BR
Sun 7:00-9:00pm Jun 15
LRC A Heart \$12/1 sess

Native Edibles



Learn about nutritious and delicious foods that are growing all around us that most are unaware of. We will discover both indigenous and introduced naturalized species that are all well adapted to our local growing conditions.

Tues 7:00-9:00pm Jun 17
LRC G Watson \$25/1 sess

AML - 55+ Programs

Welcome to our 2 Centres

AML 55+ Centre Britannia 1661 Napier St. 604.718.5837

LD Lions Den 770 Commercial Drive 604.718.5848

Anne Cowan-Jackson anne.jackson@vancouver.ca
Office Hours:
AML - Mon/Wed/Thu 9:00am-5:00pm 604.718.5837
L.D. Tue/Fri 9:00am-5:00pm 604.718.5848

Luong Ho luong.ho@vancouver.ca
Office Hours: Mon-Fri 9:00am-5:00pm
Drop-in Tue 10:00am-4:00pm (AML)
Drop-in Fri 10:00am-1:00pm (CFEC)
Vietnamese Seniors - 604.718.5818

Seniors Joint Committee Meetings

This committee meets on the third Thursday of each month at 3pm to discuss older adult priorities, programs and services in the community. All are welcome!

Spring - Apr 17, May 15, Jun 19

Welcome to a range of programs and services for those who are enjoying retirement or who like the pace of Adult+ activities. We offer education, social and special interest activities at low cost with easy accessibility. Local groups are welcome to use the space, when available, and we welcome your ideas and input. Join a committee, take classes, drop-in or take some training. *Remember to register for FREE programs.

Computer and Technology

Computers and Internet Level I

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!

52000.200BR
Mon 10:00-12:00pm Apr 7-May 26
AML M Ziebart \$50/6 sess

Computers and Internet Level II

This next level gets you beyond the basics. Time to explore further and learn more. Michelle's an excellent teacher and our small classes will give you the attention you need.

52000.203BR
Mon 10:00-12:00pm Jun 2-Jun 30
AML M Ziebart \$45/5 sess



Digital Photography

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

52000.201BR
Mon 1:00-3:00pm Apr 7-May 26
AML M Ziebart \$50/6 sess

Social Media - What's it all about

Facebook, Twitter, I-phone's. Join this small class and learn what it's all about. Know the benefits as well as the pitfalls. It's a new world with wondrous possibilities. No experience necessary just come along with or without your gadgets! It'll be fun.

52000.202BR
Mon 1:00-3:00pm Jun 2-Jun 30
AML M Ziebart \$45/5 sess

Cantonese/Mandarin Computers and Internet

(Cantonese / Mandarin speaking tutors) Free One-on-One tutorial class, tailor made for your needs. Make your internet experience easy and fun! *Bring own laptop if you have one.

52001.201BR *No class May 17
Sat 2:15-3:45pm Apr 24 - May 31
AML Volunteer Instructors FREE/6 sess

Languages

ESL 55+

(Cantonese / Mandarin speaking tutors) Free One-on-One tutorial class to meet individual needs. Make the learning English easy and fun.

55000.202BR
Sat 2:15-3:45pm Apr 24-May 31
AML FREE

Spanish Conversation for Beginner Speakers

Participants will learn everyday language to enable them to converse while on that special trip to Latin America. No experience necessary

55500.201BR
Tue / Fri 1:00-2:00pm May 13-Jun 20
LD I Nunez \$60/12 sess

Spanish Conversation for Intermediate Speakers

For those who have mastered the basic phrases and wish to practice more advanced conversation. A small class tailored to your specific needs - let us know what you need to learn!

55500.203BR
Tue, Fri 2:15-3:15pm May 13-Jun 20
LD I Nunez \$60/12 sess



Complimentary Community Hearing Screenings

Drop-in for your FREE screening. Everyone welcome. It takes approximately 10 to 15 minutes to conduct each screening. The hearing professional will review the audiogram and answer any hearing questions.

AML 55+ Centre
55400.200BR
Thu 2:00-4:00pm May 22
FREE

Free Haircuts for Seniors

Three volunteer hair dresser's from LLH donate their talents at the 55+ Centre. You must register to ensure a spot.

54000.201BR
Mon 10:00-11:30am May 5

AML - 55+ Programs

Exercise and Wellness

Badminton

Saturday 55+ Badminton Volunteer and all our regulars will make you welcome. \$16/season

52103.202BR

Sat 2:00-4:00pm Apr-June
Gym A N Instructor \$16/season

Badminton

Every Thursday, lots of fun! 5 courts

Thu 11:20-12:35pm Apr 2 – Jun 26
Gym C Volunteer Inst. \$16/season

Badminton

Every Tuesday, lots of fun! 5 courts. Volunteers and all our regulars will make you welcome.

52100.203BR No class on STAT Holidays

Tue 11:20-12:35pm Apr 7 – Jun 27
Gym C Volunteer Inst. \$16/season

Tai Chi for Arthritis & Health

Based on the Sun Style of Tai Chi this a scientifically researched program that was developed by Doctor Paul Lam MD specifically for people who have arthritis. Like other Tai Chi forms it is also suitable for anyone wanting to improve their overall health, fitness and sense of wellbeing. Also suitable for people with conditions like, high blood pressure, diabetes, back pain, fibromyalgia, and osteoporosis. For many its most potent attribute is that it is enjoyable to do! 55+ Welcome

54300.200BR

Fri 9:30-10:30am Dates
LD M Vles \$50/10 sess

Finding Your Balance

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

52222.201BR

Tue 3:00-4:00pm Apr 1 – Jun 3
LD C Wenzel \$50/10 sess

Gentle Yoga 55+ Mon/Wed

Classes are adaptable from a series of restorative asanas (poses) to Vinyass flow (regular Hatha), stretch and a good workout! Remember to dress comfortably.

Mon 2:00-3:15pm \$54/6 sess	Wed 2:00-3:15pm \$54/6 sess
54101.201BR Apr 7-May 26	54101.203BR Apr 2-May 7
54101.202BR Jun 2-July 7	54101.204BR May 14-Jun 18

NEW

Seated Qigong and Tai Chi

These gentle exercises benefit the whole body including joints, muscles, ligaments, tendons, internal organs, and strengthen the immune, nervous and circulatory system. As a result of doing a session participants feel relaxed yet energized. Many of the exercises are done to music to help deepen relaxation and enjoyment.

54301.200br

Fri 11:00-12:00pm Apr 4-May 16
(No class Apr 18) \$54/6sess

AML Michel Vles

54301.201BR

Fri 11:00-12:00pm May 23-Jun 27
AML \$54/6 sess

*Ukulele Choir- Seniors

In partnership with the Sarah McLachlan School of Music. - Taking a waiting list for Next Registration period September. Learn to play the Ukulele, it's easy and fun. Weekly lessons with Music Director Heather Stubbs are free of charge and all instruments and instruction provided by Sarah McLachlan Foundation.

52124.200BR

Thu 12:30-3:00pm Offsite

Dance

Line Dancing

Join this fun relaxing dance group for an afternoon of exercise and smiles

52901.200BR

Tues 1:00-3:00pm Apr 1 – Jun 24
CFEC Anita \$20/13sess

Square Dancing

New members always welcome. Call for more information 604-718-5837

Wed 7:00-9:00pm May 7-June 25
AML

Vancouver Morrismen Dance

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

Tue 7:30-9:30pm Apr 1 – Jun 24
AML

Social Programs

55+ AML Book Club

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

52202.200BR

Wed 2:45-4:45pm Apr 16 May 21
Jun18 AML Free

Lunch at the 55+ Centre

Thursday at 12:00noon. See the menu on our Bulletin Board. Everyone Welcome \$5 *last Thursday of the month potluck

Thu 12:00-1:00pm Apr 3 – Jun 19
AML \$5

Pot Luck Lunches 55+

Come feast with us. The last Thursday of the month everyone brings a dish to share and a feast appears! Loads of fun! Last Thursday of every month.

Thu 12:00-1:00pm Apr 24 May 29
Jun 26
AML FREE

Cards Whist / Cribbage / Bridge & Poker/Majong

Everyone welcome for fun and friendly games. Please Register. No Cards on Stat Holidays

52204.200BR

Mon 1:00-4:00pm Apr 7 – June30
AML FREE

Knitting Social

Everyone is welcome to join this multi-age group! (Newborn to 90's). Beginners to Advance. It's a great way to spend the afternoon. Our fantastic Irene (Volunteer)

52201.200BR

Wed 1:00-2:30pm Apr2 – June25
AML Irene FREE

Vietnamese Woman's Support Group

With Reach Family Services (note April, May dates are 2nd Monday)

Mon 10:00am-12:00pm Apr14 May19
Jun12 AML FREE

Italian Cards

52240.100BR

Mon 1:00-3:00pm Jan 6-Mar 31
AML

52240.101BR

Wed Thu 11:45-2:45pm Jan 8-Mar 27
Teen Centre FREE

AML - 55+ Programs



Bus Tours

Britannia Mine Museum Tour

Visit the newly renovated Britannia Mine Museum featuring the Underground Adventure Tour! This tour includes the Britannia Mine's underground train, new exhibits, galleries, a visit into the Historic Mill Building, gold panning pavilion and a delicious lunch on the Squamish River at the popular Watershed Grill. Finish the day at the Squamish Adventure Centre for the screening of the educational and entertaining 40 minute film "In the Shadow of the Chief". The charming 36 seat theater hosts a unique look at a part of climbing history and the spirit of the community surrounding the Stawamus Chief Mountain.

Tues 8:45am-4:45pm Apr 29 Offsite \$89/1 sess

Sea to Sky Gondola

The brand new \$25-million dollar Sea to Sky Gondola is now open and has already been named B.C.'s top new attraction for 2014. Set between Shannon Falls and Stawamus Chief in Squamish, the Sea to Sky Gondola's cabins are fully enclosed, hold eight passengers and take travelers 2,700-feet above Howe Sound on a 10 minute ride. At the top of the gondola take afternoon free time to visit the viewing platforms, explore two featured interpretive loop trails, a suspension bridge or relax with a beverage at the new lodge's restaurant. This tour includes an escorted morning walk or scenic bench stop at the Porteau Cove Marine Park, lunch on the Squamish River at the Watershed Grill in Brackendale and a Sea to Sky Gondola ticket.

Fri 9:45-4:45pm May 30 Offsite \$119/1 sess

Cultus Lake All-u-can-Eat Crab Feast -

Spring into Summer at Cultus Lake for an afternoon sightseeing, great seafood and good fun with a backdrop of beaches, boardwalks and mountain views. Walk along the boardwalk, take part in the bocce game (optional) and relax in our reserved day use lake front picnic area. The Dungeness Crab is steamed warm complete with crab cracker, crab bib, cracking lesson, clarified butter and freshly prepared seafood sauce served under Cultus Lake's Main Beach Gazebo. This feast is catered by award winning Emelle's Catering and includes wild mesculin greens with sliced apples, raisins & crumbled feta, roasted garlic & caramelized onion red nugget potato salad, baked artisan rolls and spinach & mushroom pasta in a sherry Dijon cream sauce with dessert – luscious lemon & blueberry tart.

Mon 9:15-4:30pm June 9 Offsite \$99/1 sess



Queer Women On The Drive

An evening social with different activities each month for LGTB women of all ages. Meet on the last Friday of the month in the 55+ Centre. New participants always welcome.

52220.203BR

Fri 6:30-9:00pm

Apr 25 May 30

Jun 27

AML

FREE

Quirk-e

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

54820.203BR

Wed 10:00am-12:00pm Apr - Jun

AML

Quirk-e Wellness Group

LGBT seniors can have unique issues and concerns that can further complicate their ability to achieve and maintain positive health outcomes. "Community" can be defined by shared identity as well as those defined by geography. This wellness group is a pilot project to help foster a safer, healthier climate for everyone, like health disparities, communities are not always confined by zip codes. (*National Coalition for LGTB Health)

Thu 2:00-4:00pm

Apr-Jun

CFEC



Special Events

Heart and Health Workshop

Participants have an opportunity to learn about the importance of heart health, and to empower our community to take their health into their own hands. Our focus is on education and providing residents with the tools to improve their quality of life and to take preventative measures against heart disease.

Topics include:

BLOOD PRESSURE

What is Blood Pressure?, What is High Blood pressure? Complications of High Blood Pressure, How to Decrease Your Risk, What is Low Blood Pressure?

DIABETES

What is glucose? What is high glucose?, how to determine your blood glucose level?, (Defining a glucometer, no treatment), Normal Blood Glucose Control, Type 1 and Type 2 Diabetes, Risk Factors, Complications, & Knowing the Signs of Diabetes. Stop Diabetes Before it Starts & Staying Healthy Low Blood Glucose, HIGH CHOLESTEROL Eating Right Increasing Fibre Intake decreasing Salt Intake Decreasing Fat Intake, Portion Sizes and Fibre, Salt, and Fat content in various foods.

EXERCISE

Why is your heart important to your health and how to keep it healthy What are the benefits of regular physical activity? What can regular physical activity reduce the risk of? Examples of Endurance, Strength and Balance, & Flexibility activities Getting Started and Example Route in Downtown Eastside What is a pulse and how do you take your pulse? What should your pulse be?

SMOKING CESSATION

Truths and Myths about Smoking, Why should you quit smoking? Tips for quitting smoking and Common Medications used Smoking Cessation Programs and Resources Ingredients in Cigarettes and The Smoker's Body.

54302.200BR

Sat 2:00-4:00pm Apr 12th
55+ Centre

Seniors' Week - June 1-7, 2014

Celebrates seniors and their many contributions, providing an opportunity to acknowledge and celebrate the integral part seniors play in communities across BC.

- Quirk-e Cabaret - Fri May 30
- Roundhouse Arts Display- Sat Jun 7
- Seniors Week Lunch Thu June 6
12noon
- Britannia 55+ Centre Entertainment and
Dancing

PROGRAM HIGHLIGHTS

Tuesdays 9:00-5:00pm

Carpet Bowling

10am-12noon

Lunch Program

12noon - 1:00pm (Pot Day - \$4.)

Italian Cards

1:00pm-3:00pm

Billiards

Tue 9:00am-3:00pm

Exploring the Arts

1:30pm-4:00pm

Spanish Classes

Tue/Fri 1:00pm-3:15pm \$60/10sess

Finding Your Balance Class

3:00pm-4:00pm \$50/10sess

Morning Wellness

Monica R RN 11:00am-12noon

Foot Care

Tues 1:00pm-3:00pm

Monica R RN Cost \$35

30 minutes per client, call 604-228-0261 for Appointment.

Fridays 9:00-5:00pm

Tai Chi for Arthritis and Health

9:30am-10:30am \$50/10sess

Exercise with Friends

11:00am-12noon senior friendly

Lunch Program

12noon - 1:00pm (Full Deal \$6.)

Italian Cards

1:00pm-4:00pm

Latin American Seniors Social

1:30pm - 4:00pm

Spanish Classes

Tues/Fri 1:00pm-3:15pm (\$60/10sess)

Billiards

Fri 10:30am-1:00pm

Drop in any time for coffee, a game of cards or billiards.

Foot Care

10 minute herbal foot bath, nail reduction and trimming, corn and fungal removal and finish your session with pressure relief and a mini foot massage. Foot assessment and teaching also provided to ensure healthy feet!

Tues 1:00pm-3:00pm

Monica R RN Cost \$35

30 minutes per client, call 604-228-0261 for Appointment.

Morning Wellness

Blood Pressure, Blood Sugar and weight Screening. Up to date information pertinent to senior health.

Monica R RN 11:00am-12noon

Finding Your Balance

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

52222.201BR

Tue 3:00-4:00pm Apr 1-Jun 3

LD C Wenzel \$50/10 sess

Spanish Conversation for Beginner Speakers

Participants will learn everyday language to enable them to converse while on that special trip to Latin America. No experience necessary

55500.201BR

Tue / Fri 1:00-2:00pm May 13-Jun 20
LD I Nunez \$60/12 sess

Spanish Conversation for Intermediate Speakers

For those who have mastered the basic phrases and wish to practice more advanced conversation. A small class tailored to your specific needs - let us know what you need to learn!

55500.203BR

Tue, Fri 2:15-3:15pm May 13-Jun 20
LD I Nunez \$60/12 sess

Exploring the Arts

This group of motivated older adults gets together weekly to explore the Creative Arts in a stimulating and socially engaging atmosphere. Theatre, Ballet, Opera, Poetry and local Arts Programs.

Lions Den 770 Commercial Drive

53200.200BR

Tue 1:30-4:00pm Apr 1 - Jun 24
LD FREE

Aquatic Highlights

General Information

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

Pool Office* 604.718.5831

Rec. Programmer 604.718.5830

*cashier office closes 30 minutes before the pool.

Statutory Holiday Hours

April 18 Good Friday 1:00-5:00pm

April 21 Easter Monday 1:00-5:00pm

May 19 Victoria Day 1:00-5:00pm

Admission Policy for Children

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

Special Events & Activities

Birthday Parties

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

Sat 1:00-2:00pm \$46.15



Easter Eggstravaganza

Join us for these activity filled swims with Easter treats.

FREE Public Swim

Sat 2:30-4:30pm Apr 12

Parent and Tot Egg Hunt

Sun 10:00-11:00am Apr 13



Swim Descriptions

Adult Swim (19+ yrs)

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

Aquafit

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

Lengths Swim

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

Parent and Tot

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

Public Swim

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

Range of Motion (ROM)

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

Youth Swim (13-18 yrs)

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

Aquatic Schedule

Schedule in effect from April 1 to June 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths Swim 6:30 – 8:30am					*Lessons & Lengths (1 lane) 9:00 - 11:55am	Lengths Swim 10:00-10:55am Parent & Tot 10:00-10:55am
Public Swim 8:30-11:25am <i>School Lessons 8:45-9:45am & 10:30-1130am (as scheduled)</i>						
Range of Motion (ROM) 9:45-10:30am	AquaFit 9:45-10:30am	Range of Motion (ROM) 9:45-10:30am	AquaFit 9:45-10:30am	Range of Motion (ROM) 9:45-10:30am		
Noon Lengths Swim 11:30am-12:55pm					Lengths 1:00-2:25pm	*Lessons & Lengths (1 lane) 11:00am-2:25pm
Public Swim 1:00-2:55pm <i>School Lessons 1:00-3:00pm (as scheduled)</i>						
*Lessons & Lengths (1 lane) 3:00-5:25pm	FREE Public Swim 3:00-4:55pm	*Lessons & Lengths (1 lane) 3:00-5:25pm	FREE Public Swim 3:00-4:55pm	Public Swim 3:00-4:55pm	Public Swim 2:30-4:55pm	
Lengths 5:30-6:25pm	Lengths 5:00-6:25pm	Lengths 5:30-6:25pm	Lengths 5:00-6:25pm	Lengths 5:00-6:25pm	Lengths 5:00-6:25pm	
Public Swim 6:30-7:55pm					*No length lanes available on Tuesday & Thursday	
Adult Swim 8:00-9:55pm	Adult Swim 8:00-9:55pm	Adult Swim 8:00-9:55pm	Adult Swim 8:00-9:55pm	Adult Swim 8:00-9:55pm	<p align="center">Schedule subject to change without notice</p> <p align="center"><i>Apr 1-Jun 30, 2014.</i></p> <p align="center"><i>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.</i></p>	
Adult Lessons 8:00-8:45pm	Adult Lessons 8:00-8:45pm	Adult Lessons 8:00-8:45pm	Adult Lessons 8:00-8:45pm	Youth only (13-18yrs) FREE swim first Friday of month. Apr 4, May 2, Jun 6 8:00-9:55pm (no lanes, whirlpool or steam available)		
AquaFit 8:00-9:00pm	Deep Water AquaFit 8:00-9:00pm	AquaFit 8:00-9:00pm	Deep Water AquaFit 8:00-9:00pm			

*The Parent and Tot pool is not open to the public during lessons or lengths.

Pool and Fitness Centre Fees 2014 (including GST where applicable)								
	Single Admission	Tickets (10)	1 Month Flexipass	3 Month Flexipass	4 Month Flexipass	6 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$5.95	\$47.54	\$47.54	\$121.20	\$153.39	\$209.26	\$378.75	\$3.00
Youth (13-18)	\$4.20	\$33.60	\$33.28	\$84.84	\$107.38	\$146.48	\$265.13	\$1.00
Child (6-12)	\$3.00	\$24.02	\$23.77	\$60.60	\$76.70	\$104.63	\$189.38	\$1.00
Senior (55+)	\$4.20	\$33.60	\$33.28	\$84.84	\$107.38	\$146.48	\$265.13	\$1.00
Family	Minimum \$6.00 admission 1 to 2 adults of the same household and their children under 19 years of age.							
By purchasing a \$3.00 membership (valid Sep to Aug) you can work out FREE in the Fitness Centre every Tue & Fri from 10:00am to 12:00pm. Show your membership card to the cashier at the pool office at time of entrance.								
Leisure Access (LA) Fitness Centre Admission Rate is 50% off adult admission and flexipasses.								

Aquatic Lessons & Registration

Lesson Registration

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

Swim Assessments

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

Refunds & Cancellations

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

Red Cross Parent & Tot (4-36 mo)

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

Red Cross Preschool (3-5 yrs)

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

Red Cross Children (5-12 yrs)

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

Red Cross Swim Basics for Adults (19+ yrs)

A two-level learn-to-swim program for adults. These courses are designed to develop or increase swimmers' comfort in the water through basic flotation, movement, and breathing skills and to foster the basic knowledge, skills, and attitudes needed to stay safe in, on, and around the water.

49031.201
Tue 8:00-8:45pm Apr 1-May 20
Swim Basics 1 \$73.84/8 sess

49032.201
Thu 8:00-8:45pm Apr 3-May 22
Swim Basics 2 \$73.84/8 sess

Red Cross Swim Strokes for Adults (19+yrs)

A stand-alone stroke development program for adults who are looking for additional help developing a stroke. No lesson Feb 10.

49033.201
Mon 8:00-8:45pm Mar 31-May 12
Front Crawl \$55.38/6 lessons

49034.201
Wed 8:00-8:45pm Apr 2-May 7
Breast Stroke \$55.38/6 lessons

Private & Semi-Private Lessons (all ages)

Register over the phone or in person for 30 minute private or semi-private lessons.

Swim Club (8-16 yrs)

This program emphasizes stroke development, starts and turns, and is a chance to make new friends. Swimmers must be at Skim Kids level five or higher. Register for the day or days you plan on attending. The more days you register, the better the deal! No Swim Club on April 19 and May 17.

Tue 6:30-7:45pm Apr 1-Jun 10
29701.201

Thu 6:30-7:45pm Apr 3-Jun 12
29701.202

Sat 7:45-9:00am Apr 5-Jun 14
29701.203

One day/week \$50/10 sess

Two days/week \$75/20 sess

Three days/week \$85/30 sess

Bronze Medallion (13+yrs)

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

39501.201
Sun 10:00am-2:00pm May 25-Jun 22
\$131/5 sess



Parent & Tot and Children's Spring Swim Lesson Sets

Day	Time	Duration	Notes	Lessons
Mon	9:00-9:30am	Mar 31-Jun 2	no lesson Apr 21 & May 19	8 lessons
Wed	9:00-9:30am	Apr 2-Jun 4		10 lessons
Fri	9:00-9:30am	Apr 4-Jun 13	no lesson Apr 18, May 2	9 lessons
Mon & Wed	3:00-5:30pm	Mar 31-Apr 28	no lesson Apr 21	8 lessons
Mon & Wed	3:00-5:30pm	Apr 30-May 28	no lesson May 19	8 lessons
Mon & Wed	3:00-5:30pm	Jun 2-25		8 lessons
Sat	8:30am-12:00pm	Apr 5-Jun 14	no lesson Apr 19 & May 17	9 lessons
Sun	11:00am-2:30pm	Apr 6-Jun 15	no lesson Apr 20 & May 18	9 lessons

Swim Lesson Fees	8 lessons	9 lessons	10 lessons
Parent & Tot (30 min. parented)	\$49.48	\$55.29	\$61.10
Preschool (30 minutes)	\$49.48	\$55.29	\$61.10
Swim Kids 1-3 (30 minutes)	\$43.80	\$48.90	\$54.00
Swim Kids 4-10 (40 minutes)	\$49.48	\$55.29	\$61.10

Fitness Centre

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

Statutory Holiday Hours

April 18	Good Friday	1:00-5:00pm
April 21	Easter Monday	1:00-5:00pm
May 19	Victoria Day	1:00-5:00pm

Facility Orientations

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

Flexipass Membership

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

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.

44010.201BR

Sat 10:00am-12:00pm Apr 5-26
V. Henderson \$32/4 sess

Weight Training for Women - Intermediate

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

44011.201BR

Sat 10:00am-12:00pm May 3-24
V. Henderson \$32/4 sess

FREE Fitness Centre Tour

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

Fri May 2 9:00-10:00am

Strength Training for Seniors Beginner (55+ yrs)

Learn how to use our cardio and weight training equipment for a safe and enjoyable workout that you will feel confident to continue on your own. Please pre-register by Apr 7 so that confidential health screening can be done.

44009.201BR

Fri May 9-May 30 9:00-10:00am
J. Stanier \$20/4 sess

Strength Training for Seniors Intermediate (55+ yrs)

Build on skills learned in the Intro class, or expand your exercise repertoire. Please pre-register by the Friday prior so that confidential health screening can be done.

44008.201BR

Fri Mar 28-Apr 25 9:00-10:00am
J. Stanier \$20/4 sess
Fri Jun 6-27 9:00-10:00am
J. Stanier \$20/4 sess



Personal Training

Improve your health and wellness with support from our qualified and experienced personal trainers. Our trainers will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your busy schedule. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport-specific workouts, our trainers will motivate and support you in each 1 hour session.



(Includes GST)	Personal Training	Personal Training for 2
1 sess	\$48.75	\$73.10
5 sess	\$219.40	\$341.25
10 sess	\$390.00	\$633.75

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 \$6.00 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 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.

Ice Arena



ADULT HOCKEY PROGRAMS

Women's Hockey Program

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

48080.201BR

Sun 6:45-8:00pm May 4-June 22
\$40/8sess or
\$5.95/drop-in

Adult Evening Hockey

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

Thu 11:15pm-12:45am Apr 3-May 29
All Levels \$10.00 /drop-in*
Sun 9:30-11:00pm Apr 6-Jun 29
Intermediate \$15/drop-in/50/mo*
*Strip tickets are not valid during these sess.

Adult Drop-in Hockey Adult

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

Wed 3:15-4:45pm Apr 2-Jun 25
\$5.95/drop-in

Adult Stick and Puck

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

Mon 12:00-1:30pm May 27-Jun 24
Fri 12:00-1:30pm May 24-Jun 28
\$5.95/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 10-Aug 23, with evaluations taking place on Sat May 3. 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.

49090.201BR
Players: \$240/16 games
49090.202BR
Goalies: \$70/16 games
Sat 4:30-10:15pm May 10-Aug 23

Adult Hockey Skills

The Hockey Skills program was created to help develop fundamental skills to become a better overall player. These on-ice sessions will be led by NCCP certified instructor(s) and will focus on both puck and team skills. Work on stick handling, shooting, puck control and passing; learn the principles of attack, defense and 3 on 1.

49090.204BR
Tue 9:45-11:00pm May 26-Jun 23
\$75/5 sess

Women Only Hockey League

Britannia's popular Women's Hockey league will begin on Tue May 21, with an on-ice evaluation. Games will be played between May 6-Jul 29. 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 Apr 29 and placed onto teams by the league coordinator.

48090.203BR

Tue 6:15-9:00pm May 6-Jul 29
\$180/12 games



VACHL

The 12th 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 13th season of the Vancouver Adult Co-ed Hockey League will begin in early-September. Registration for the 13/14 VACHL season will begin on May 6. To find out more about VACHL and how to register, go to www.vachl.ca

Skate Lessons

Skating Lessons

Online registration for spring skating lessons will start on Sun, Apr 27. If you are unsure of which level to register in, come in person to speak to an instructor or have an on-ice evaluation completed during any Vancouver public skating session. In-person registration at the pool cashier and phone-in registration will begin starting Mon, Apr 28 and will continue until classes are full. Please note that students will not be transferred into another level if they are not registered in the appropriate level. If the lesson you want to register in is full, please put your name on the waiting list. Additional classes are scheduled whenever possible. Please note that skate lessons fill up quickly, so register early.

- 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 snow plow 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, outside edges



Ice Skating Birthday Parties

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

Get involved and join the Arena Committee

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



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

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

Ice Arena Learn to Skate

Britannia Skating lessons - There are 3 ways to register: (Set 1):

- 1. Register online at britanniacentre.org starting **Sun, Apr 27**
- 3 Register in person at the pool cashier from **Mon, Apr 28**, with your current lesson report card (Fall '13/Winter '14).

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

Sat	12:30-2:30pm	May 3-Jun 21 \$48/ 8 sess	Sun	3:30-5:30pm	May 4-Jun 22 \$48/ 8 sess
Level Presch	Child	Level Presch	Child	Level Presch	Child
1	12:30-1:00pm 1:00-1:30pm	12:30-1:00pm	1	3:30-4:00pm	3:30-4:00pm 4:00-4:30pm
2	12:30-1:00pm 1:00-1:30pm	12:30-1:00pm 1:00-1:30pm	2	3:30-4:00pm 4:00-4:30pm	3:30-4:00pm 4:00-4:30pm
3	1:00-1:30pm	1:00-1:30pm 1:30-2:00pm	3	4:00-4:30pm	4:00-4:30pm 4:30-5:00pm
4	1:30-2:00pm	1:30-2:00pm	4	4:30-5:00pm	4:30-5:00pm
5	1:30-2:00pm	1:30-2:00pm 2:00-2:30pm	5	4:30-5:00pm	4:30-5:00pm 5:00-5:30pm
6/7		2:00-2:30pm	6/7		5:00-5:30pm
			Figure Skating		5:00-5:30pm

Power Skating Lessons (8 yrs – Adult):

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

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Sun 5:45-6:30pm May 4-Jun 22 \$64/8 sess



Coming this Summer!

Hockey Skills & Pre-season Training

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

Other Public Skating sessions this summer include:

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



Ice Rink Schedule

Britannia Ice Rink Public Skating Schedule

April 1 - June 27, 2014

Schedule subject to change without notice!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Adult Open Dance 12:15-1:45pm	Parent & Tot FREE Skate 11:00-11:45am	Adult Stick & Puck 12:00-1:30pm	Public Skate 12:45-4:15pm <i>No session Apr 4</i>	Family Fun Hockey 12:15-1:30pm <i>No session Apr 5</i>
	Adult/Senior FREE Skate 3:15-4:30pm <i>Ends May 27</i>	Adult Co-ed Drop-in Hockey 3:15-4:45pm	Youth FREE Skate 3:15-:30pm <i>Ends May 29</i>	Child FREE Skate 3:15-4:30pm <i>Ends May 30</i>		Public Skate 1:45-3:15pm <i>No session Apr 5</i>
		Adult Skate 8:45-10:15pm	*Adult Co-ed Hockey 11:15pm-12:45am	Public Skate 8:00-9:00pm		*Adult Co-ed Hockey 9:30-11:00pm

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

2014 Rink Admissions: *schedule subject to change without notice.*

Adult (19-54yr)	Youth (13-18yr)	Senior (55+yr)	Child (6-12yr)	Family	Skate Rentals	Shate Sharpening
\$5.95 Drop-in \$47.54/10 visits	\$4.20 Drop-in \$33.60/10 visits	\$4.20 Drop-in \$33.60/10 visits	\$3.00 Drop-in \$24.00/10 visits	*\$6.00 Minimum	\$2.94	\$6.06

- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Bord operated rinks. Prices are subject to change without notice.
- Adult Drop-in Hockey and Stick & Puck sessions are at the Adult rate.
- A 20% discount on admission is given to groups of 10 or more.
- Children under 10 years old must be accompanied on ice with an individual 16 years or older.
- Flexi passes may be used for public skating sessions.
- Family rate is 1-2 adults of the same household and their children under 19years, all present at time of admission. \$3.00 per person



Other Agencies & Programs

Eastside Family Place

1655 William Street eastsidefamilyplace.org 604 255 9841

Eastside Family Place is a support and resource centre for parents and caregivers and their young children aged infant to early 6 years old. ESFP offers many programs along with support and referral services. At our Family Drop-In Centre adults have opportunities to visit with each other while engaging with their children in a warm, supportive environment. Children have opportunities to socialize, learn through play and participate in developmentally stimulating children's activities that foster school-readiness.

Family Drop-In Hours:

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

Licensed Occasional Childcare

For parents who are in need of short-term respite childcare. For children aged 18 months to six years. Fee on a sliding scale of \$3.50 to \$6.00/hour. Spaces are limited and must be booked in advance. Call childcare phone number 604.251.1018

Childminding hours are:

Mon to Fri	9:00am-12:00pm
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REGULAR PROGRAMS

An annual family membership (\$20) is required to attend programs (except the drop-in).

Nobody's Perfect Parenting Program

Find ideas and support in this shorter-term program to help you manage today's challenges and your child's needs. Discover your strengths as a parent, and build new ones with the support and encouragement of other parents along with two skilled facilitators. For families with children under six. Childminding and snacks provided. Pre-registration required. 2, 6-week programs each year, (sometimes offered in the early evenings to accommodate working parents). Contact us for more information.

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

C.O.P.E. is a longer-term educational/experiential group that meets weekly to discuss topics relevant to parents. Each program is ten weeks long. Parents can be involved in the program for up to 30 weeks. Childminding and snacks provided. Pre-registration required. 3, 10-week programs each year, usually Friday afternoons. Contact us for more information.

Workshops and Information Sessions

A variety of topics of interest to parents and caregivers are offered on Monday afternoons.

Upcoming

Money Skills for Parents

In partnership with Family Services of Greater Vancouver. Access money management information to build a sense of confidence in making money decisions, including banking, budgeting, consumerism and credit. Four sessions. Childminding and snacks provided. Pre-registration required.

Mon	1:00pm-3:00pm	Apr 7-May 5
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Birthday Parties at Eastside Family Place

ESFP offers an enjoyable, convenient and relaxing way to celebrate your child's birthday. Specializing in birthday parties for young children aged one year to before grade 1. For more information please send an email to info@eastsidefamilyplace.org or call 604.255.9841.

Closures: Eastside Family Place will be open but with reduced hours the week of March 17-21. (Drop-in 9:00-12:00, Mon-Fri, no afternoons, no licensed occasional childcare). Closed: Good Friday April 18, Easter Monday April 21 and Victoria Day May 19th.

Grandview Woodland Community Policing Centre

1977 Commercial Drive, Vancouver BC V5L 3B8
604 717 2932

e-mail: info@gwccpc.ca

Coordinator: Adrian Archambault

Assistant Coordinator: Cathy O'Connor-Morris

Coordinator of Volunteers: Faith



Child Car Seat Safety Check

Book an appointment with the GWCCPC's certified Child Passenger Safety Educator for instruction on the proper use and installation of child restraint systems (car seats). \$20. suggested donation per car seat charitable tax receipts are provided for donations of \$20 or more. *Accommodation can be made for those not able to make a donation.

Community Clean-Ups

With grabbers, tongs and bags supplied through the City of Vancouver's Keep Vancouver Spectacular campaign, teams of volunteers target areas recorded or reported for ongoing littering. Clean ups are performed year round in all weather conditions with the reward of a shared meal afterward to collect statistics and exchange observations.

Cleanups are scheduled as a group activity on the first weekend of each month. Cleanups have a huge impact on our local neighbourhoods. Removing litter not only makes the neighbourhood cleaner, it also makes it safer. Research has shown that systematic removal of garbage can greatly reduce crime, vandalism and mischief.

Volunteers of all ages are welcome to participate. Meet at the CPC office a few minutes before 10am wearing comfortable clothing. GWCCPC will supply the rest of the equipment needed. Participants under the age of 18 will need their form signed by their parent, kids are welcome to join in as long as they are supervised by an adult.

GWCCPC 2014 COMMUNITY CLEAN-UP SCHEDULE

- Saturday, March 1st
- Saturday, April 5th
- Saturday, May 3rd
- Saturday, June 7th

If you would like to schedule a cleanup for your group or organization please contact the GWCCPC to arrange the date. Contact: cathy@gwccpc.ca or phone 604.717.2932.

Other Agencies & Programs

Canucks Family Education Centre (CFEC)

All programs are FREE of charge and offer our Get Ready 2 Read (GR2R) Early Learning program for pre-school aged children of participants. Registration is required for all programs. For more information and to register for the following programs please contact Jean Rasmussen, Executive Director at 778 321-3487 or jean.cfec@gmail.com

ALL PROGRAMS START THE WEEK OF JANUARY 6TH, 2014

Britannia Partners In Education (Pie)

English Foundations 6/7, English Communications 11/12
Location: CFEC Room 110, Britannia Secondary School
(Monday, 9:30am-3:30pm)
Instructor: Quinn Harris (Hastings Education Centre instructor)

Beginner English for Speakers of Other Languages

Location: CFEC Room 110, Britannia Secondary School
(Tuesday, 10:00am-2:30pm)
Instructor: Marinette Sedin (CFEC - Britannia Partners In Education (PIE)
Lead English Instructor)

Foundations In Math

Location: CFEC Room 110, Britannia Secondary School
(Thursday, 9:30am-3:30pm)
Instructor: Quinn Harris (Hastings Education Centre instructor)

Accounting 11

Location: Hastings Education Centre (Above Library - Britannia Community Centre)
(Thursday, 10:45am-4:00pm)
Instructor: Mike Vlasman (Hastings Education Centre instructor)

English Foundations 1-5

Location: CFEC Room 110, Britannia Secondary School
(Friday, 9:30am-3:30pm)
Instructor: Richard Georg (Hastings Education Centre instructor)



Computer Basics

Location: Hastings Education Centre (Above Library - Britannia Community Centre)
(Friday, 10:45am-4:00pm)
Instructor: Mike Vlasman (Hastings Education Centre instructor)

Edmonds Pie Plus

English Foundations: 3-7 (Tuesday and Friday, 12:20pm-2:50pm)
English Foundations: 1-2 (Monday, Wednesday & Thursday, 12:30pm-2:45pm)
Location: Edmonds Community School (Room 107) 7651 18th Avenue, Burnaby BC
Contact: Lina Arias 778 882-5462 or lina.cfec@gmail.com

Get Ready 2 Read (Gr2r)

Location: Grandview Terrace Childcare Centre 2075 Woodland Drive, Vancouver, BC (Wednesday, 9:30am -2:30pm)
Location: Edmonds Community School – Community Room 7651 18th Avenue, Burnaby BC (Tuesday, 1:00pm-2:30pm)
Contact: Lina Arias, 778 882-5462 or lina.cfec@gmail.com

NEW!

Canadian Studies

Location: CFEC Room 109, Britannia Secondary School
(Wednesday, 10:00am – 12:00pm)
Instructor: Katie Waugh

NEW!

Ece Assistant Pilot Program

Location: CFEC Room 110, Britannia Secondary School
(Wednesday, 12:30pm - 3:30pm)
Contact: Jean Rasmussen, 778 321-3487 or jean.cfec@gmail.com

NEW!

Cfec Book Club

Location: CFEC Room 109, Britannia Secondary School
(Thursday, 9:30am – 12:00pm)
Facilitator: Jane Harris

Hastings Education Centre

On the Second Floor, above the Library!



Come Learn with Us!

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

We offer courses in:

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

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

Grandview Woodland Area Council (GWAC)

www.vcn.ca/gwac

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

The Law Students

Legal Advice Program (LSLAP)

www.islap.bc.ca

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

Tue evenings

Call 604.822.5791 to book an appointment

Britannia Library



Britannia Library Hours:

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



Holiday Closures

Good Friday	Fri April 18
Easter Monday	Mon Apr 21
Victoria Day	Mon May 19

Children's Programs

Babytime

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

Thu 11:30am-12:00pm Apr 3-Jun 12

Family Storytimes

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

Tue 10:00-10:30am Apr 1-Jun 10
11:00-11:30am

Spring Break Programs

During spring break, from March 17 to 28, special school age programs will be held in the library from 2 to 4 pm on weekdays. These programs will be drop-in. Phone or visit us for details, 604-665-2222, or check under events at www.vpl.ca

Family Board Games

Come join us for games for family and friends. This is a self-serve drop-in program. The library and Britannia Teen Centre will provide the board games.

Mon/Thu 3:00 – 4:45 pm
Tue/Wed 3:00 – 6:00 pm

Adult Programs

One To One Computer Training

Book a free 1- hour session for computer help. Phone the library to book a time, call 604-665-2222

Thu 2:00-4:00pm
Sat 2:30-4:30pm

55 and Up Bookclub

Informal chats about books chosen by the group. Books are provided by the Britannia branch library. Refreshments are served. Hosted by the library staff at the Al Mattison Lounge aka the Seniors Centre. To register, call 604-718-5837. For further information, phone the library at 604-665-2222.

3rd Wed (of every month)
2:45pm-4:00pm
Mar 19, Apr 16, May 21, Jun 18

Pandora's Collective

Presents: Book Talks

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

2nd Wed (of every month)
6:30pm-8:30pm
Mar 12, Apr 9, May 14, Jun 11



VCC ESL Learning Centre In The Library

A FREE drop-in program for adults to help improve their English. This program is open to landed immigrants, Canadian citizens, refugees and others. The Learning Centre is located inside the Britannia Library. For more information, phone 604-718-5813.

Mon closed
Tue 1:00pm-8:30pm
Wed 9:30am-8:30pm
Thu 9:30am-5:00pm
Fri 9:30am-3:00pm
Sa 10:00am-2:00pm

Sponsored by the Vancouver Community College, Vancouver Public Library, and the Britannia Community Services Centre.



Giant Flea Market

Saturday, March 15 & Sunday, March 16
10:00am - 4:00pm

Tables:

\$25/per day
\$40/both days

Public Admission:

\$2.00 or FREE
with Britannia
membership.

Location:

Astorino's Hall
1739 Venables St.
at Commercial Dr.

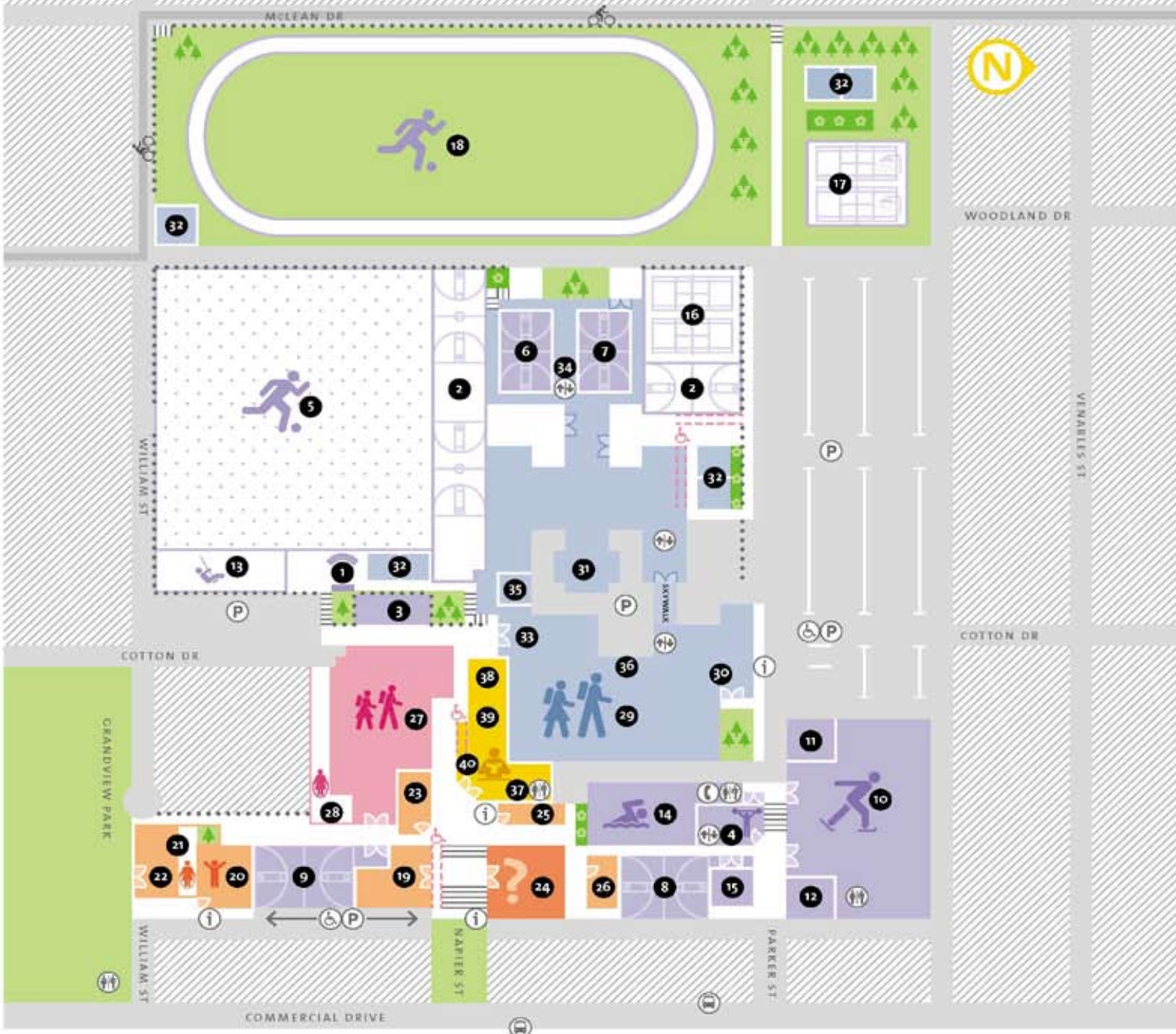
For more
information contact
Oliver Conway at
604.728.7284



Sponsored by:

Britannia Community Services Centre
and Glasshouse Capacity Services
Society





recreation

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

resources + services

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

elementary school

- 27 Britannia Elementary
- 28 Outdoor Play Area

secondary school

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

library + learning

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



T 604 716 5500 F 604 716 5555
 1881 Napier Street Vancouver BC V5L 4K4
 britanniacentre.org

•••• Fence	① Wayfinding	⊕ Elevator	//// Residential + Commercial
▬ Streets + Vehicle Access	♿ Wheelchair Access	⌂ Entrance	⋯ Gravel
🚲 Bicycle Route	≡ Stairs	🌿 Fields + Green Space	🌳 School Garden