

britanniacentre.org



Programs & Services
Summer 2014



Registration Information

THREE WAYS TO REGISTER FOR PROGRAMS:

1) Register Online at britanniacentre.org

Registration starts at 9:00am on Tuesday, June 10, 2014.

- You must have a current membership card to register for all Britannia programs (current card is lime green).
- The membership year goes from September 1, 2013 to August 31, 2014.

2) Register In Person

A) Britannia Info Centre at 1661 Napier Street

B) Pool Cashier Office

Registration starts at 9:00am on Tuesday, June 10, 2014.

Pay using Cheque, Visa, Mastercard or Debit Card (NO CASH AT INFO CENTRE).

Information Centre Hours for Program Registration:

Monday to Thursday	9:00am to 7:00pm
Friday	9:00am to 6:00pm
Saturday	9:30am to 4:00pm
Sunday	10:30am to 3:00pm

Swimming Pool Cashier

Swimming pool cashier hours now start at 6:30am. Registration starts at 9:00am

3) Register by Phone at 604.718.5800 - ext 2

Registration starts at 1:00pm on Tuesday, June 10, 2014.

You must have a current Britannia membership card and a valid Visa or Mastercard. Please have your card handy when phoning. A copy of your registration, a cash register receipt and membership card will be sent to you in the mail.

Course 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. We cancel courses one week prior to start date. Programs may be cancelled during the session due to unforeseen circumstances and instructors may change during the program session.

Front Cover Credit: Robert Lee,
Out of School Care Worker.

Membership Information

To participate in recreation programs you must be a member of Britannia Centre.

Membership is valid from September, 2013 to August 31, 2014.

Family	\$5
Adult	\$3
Child, Youth, Senior	\$1

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 28, 2014
- Eligibility to run for the Board of Management if you are 16 years of age or older
- Mail outs about centre programs and events
- Access to special membership programs
- Tuesday & Friday, free access to the Fitness Centre, 10:00am to 12 noon
- You must have a current Britannia membership to register for programs

NEW 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 admin 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.

Information Centre
1661 Napier Street,
Vancouver BC V5L 4X4

T 604 718 5800

F 604 718 5858

britanniacentre.org

Licensed Childcare

Childcare Mission Statement

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

About Our Child Care Programs

Each of our programs is a unique reflection of its history, the community it serves, its staff members and its families, past and present. All of our programs are committed to and share the philosophies, policies and procedures.

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

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

Eagles in the Sky Summer Program

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, (Eagles In the Sky) Summer Day Camp offers a perfect program of summer time fun and exploration.

For children ages 5-12yrs

Fees per week: \$150
\$120-stat week) or \$550/month

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.

Jul 2-4
Jul 7-11
Jul 14-18
Jul 21-25
Jul 28-31
Aug 5-8
Aug 11-15
Aug 18-22
Aug 25-29

Movement Week
Underwater Week
Ecology Week
Monkeying Around
Exploring our Coast
Misty Mountain
Now We Dance
Art All Around Us
Summer Wrap up

Lord Nelson Summer Program

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 per week: \$150

Weekly and/or monthly bookings available.

Monday-Friday 7:30 am – 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.

Jul 2-4
Jul 7-11
Jul 14-18
Jul 21-25
Jul 28-31
Aug 4-8
Aug 11- 15
Aug 18-22
Aug 25-28

Community Camp
Jedi Camp Part 1
Jedi Camp Part 2
Elements of Hip Hop Camp
Film Camp
Circus Camp
Medieval Camp Part 1
Medieval Camp Part 2
Water Camp

Grandview Terrace Summer Program

Let the fun begin on this action packed summer adventure. We look forward to many exciting outings; exploring the sights and scenery our great city has to offer. From paddle boating at Burnaby Lake to Hiking at Rocky Point. A new adventure will be sure to please all the children. Long walks in Queens Park along with animal exploration at the petting zoo. Relaxing picnics at the beach or at the many water parks throughout the lower mainland. Come on out and explore the community parks and activities that surround us. Join us as we make new friends and explore our community.

Open to ages: 5-12yrs.

Fees per week: \$150.00

Fees per month: \$555.00

July & August

Monday to Friday 7:30am - 6:00pm

Last Drop off no later than 10:30am.

To register please contact: Alejandra Uribe at 604-718-5846

Email: grandviewcc@shawbiz.ca

Music

Music Together® (0-5yrs)

A Music Together® class is rainbow colored falling leaves, cows sitting in the old oak tree, t-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 (\$76 if in the same class.) Tuition includes two CD's, a Songbook, a Parent Guide DVD and a Parent Education evening open to all adults in the family.

Tue/Thu
11004.301BR 9:30-10:15am Jul 8 - Jul 31
11004.302BR 10:30-11:15am
11004.303BR 11:30am-12:15pm
 Rk Mezz M. Beyene \$131/8 sess

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

Private lessons for beginner to senior levels - Learn an instrument and enjoy a lifetime of music. These weekly private lessons take into consideration individual development and goals. Conservatory exam preparation is available. Clarinet students must provide their own instrument. 45 and 60 minute classes are also available for intermediate and senior level students upon instructor's recommendation. New students must consult with the instructor 604-736-8382 for times etc. before registering and may start mid-session as cost will be prorated.

21000.300BR
Fri 3:00-7:00pm Jul 4-Aug 1
Mus Rm Janine Oye \$110/5 sess
21000.301BR
Sat 9:00am-4:30pm Jul 5-Aug 2
Mus Rm Janine Oye \$110/5 sess



Gymnastics Summer Camp

Children aged 6-12 will be jumping for joy after a week of jammed packed gymnastics fun. Our exciting camps will keep your children busy and active while introducing them to all four Olympic events. Gymnastics camp will be instructed by head coach Cameron Stevenson and his fantastic team Barb and Taranee. Children should bring a snack, lunch, water, sunscreen, and a hat. Drop your children off at Gym B at 9:30am and pick up at 4:30pm sharp. Parents and caregivers are invited to join us every Friday at 4:00 for "Camp fire" where each group of gymnasts will display all of the amazing skills they have learned during the week. Registration begins Tue Jun 10 online and in person. Cameron and the team look forward to seeing your little gymnast this summer. Register early as spaces in each week are limited.

23003.301BR	Week #1	Jul 7 - 11	9:30-4:30pm
23003.302BR	Week #2	Jul 14 - 8	9:30-4:30pm
23003.303BR	Week #3	Jul 21 - 25	9:30-4:30pm
23003.304BR	Week #4	Jul 28 - Aug 1	9:30-4:30pm
23003.305BR	Week #5	Aug 5 - 8	9:30-4:30pm
23003.306BR	Week #6	Aug 11 - 15	9:30-4:30pm
23003.307BR	Week #7	Aug 18 - 22	9:30-4:30pm
Gym C Mon - Fri	C. Stevenson		\$210/5 sess

Micro Footie Summer Camp (4-13yrs)

Jason Kyle, founder of Britannia Micro Footie and full time FIFA "B" license coach is bringing his highly involved coaching style to these unique 1 week long summer soccer camps. Players will learn, have fun and meet friends. It will be a fantastic week at Garden Park for all participants!

July 7-11

23002.301BR	Intro to Footie	4-5yrs	11:00am-12:30pm	Garden Pk	\$89
23002.302BR	Intermediate 1	6-7yrs	11:00am-12:30pm	Robson Pk	\$89
23002.303BR	Intermediate 1	6-7yrs	11:00am-12:30pm	Garden Pk	\$89
23002.304BR	Intermediate 2	8-10yrs	9:00am-11:00am	Garden Pk	\$125
23002.305BR	Advanced	11-13yrs	9:00am-11:00am	Garden Pk	\$125

July 14-18

23002.306BR	Intro to Footie	4-5yrs	11:00am-12:30pm	Robson Pk	\$89
23002.307BR	Intermediate 1	6-7yrs	11:00am-12:30pm	Robson Pk	\$89
23002.308BR	Inter 2 Girls	8-10yrs	9:00am-11:00am	Garden Pk	\$125
23002.309BR	Advanced Girls	11-13yrs	9:00am-11:00am	Garden Pk	\$125

Pedal Foundation Bike Camps (8-13yrs)

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 (not nuts please) and water bottle. Wear weather appropriate clothing. No bike, no problem - loaner bikes are available upon request.

23040.301BR	Camp 1	Jul 14-18	8:30am-3:30pm	\$250
23040.302BR	Camp 2	Jul 21- 25	8:30am-3:30pm	\$250
23040.303BR	Camp 3	Jul 28-Aug 1	8:30am-3:30pm	\$250
23040.304BR	Camp 4	Aug 18-22	8:30am-3:30pm	\$250
23040.305BR	Camp 5	Aug 25-29	8:30am-3:30pm	\$250

Earn a Bike

The *Earn-A-Bike program gives youth without bikes the opportunity to build their own while they gain the knowledge to maintain their bikes in the future. This program is mechanics based and teaches participants the function of each component of their bicycles. By the end of five eight hour sessions, participants will have refurbished a bicycle to use for transportation and fun. No mechanical experience required.

23040.306BR	Aug 11-15	8:30am-3:30pm	\$300
Rm. TBA			

Daycamps



Funseekers Daycamp - 6-12yrs

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. Special emphasis will be placed on the introduction 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. Please provide lunch, snack, and water daily. A hat, sunscreen, swim suit and towel are recommended for each day. Parents are required to complete weekly consent forms every Monday.

Mon-Fri	9:00am-3:00pm	Gym D - L
		\$95/5 sess
Mon Wed Thu Fri*		\$76 /4 sess
Tue-Fri**		\$76 /4 sess
26001.301BR* Jun 30-Jul 4	Playland	
26001.302BR Jul 7-11	Splashdown	
26001.303BR Jul 14-18	Watermania	
26001.304BR Jul 21-25	Spanish Banks Sandcastle Competition	
26001.305BR Jul 28-Aug 1	Buntzen Lake	
26001.306BR** Aug 5-8	Playland	
26001.307BR Aug 11-15	Coquitlam pool	
26001.308BR Aug 18-22	Splashdown	
26001.309BR Aug 25-29	Watermania	

Summer Daycamp Volunteers

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

Preteen Adventure Camp - 10-13yrs

Spend the week out and about, discovering what Vancouver and the surrounding area has to offer. Be prepared for an action packed week of out trips, activities, and FUN. Lunch and snack must be brought daily. Special emphasis will be placed on the introduction 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. Please provide lunch, snack, and water daily. A hat and sunscreen are recommended for each day. Parents are required to complete weekly consent forms every Monday.

Mon Tues Thur Fri:	11:00am - 5:00pm
Wed:	9:00am - 3:00pm
Teen Centre	\$125 /5 sess
26010.301BR	Jul 7-11
Main Outtrip: Playland, Second Beach Pool, Splashdown	
26010.302BR	Jul 14-18
Main Outtrip: Skimboarding, Kits Beach, Watermania	
26010.303BR	Jul 21-25
Main Outtrip: Indoor Rock Climbing, laser tag, Canoeing, Spanish Banks Sandcastle Competition	
26010.304BR	Jul 28-Aug 1
Main Outtrip: Indoor Rock Climbing, Playland, Buntzen Lake	
26010.305BR	Aug 11-15
Main Outtrip: Skimboarding, Coquitlam Pool, Laser Tag	
26010.306BR	Aug 18-22
Main Outtrip: Castle Fun Park, Splashdown, Killarney Pool	



Funseekers, Preteen Adventure Camp, Summer Unlimited, Recreation Unlimited Refund Policy:

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

Playland Tickets

Playland ride passes available for \$25. \$10 cheaper than at the gate. Available for purchase at the Britannia Info Centre or Teen Centre. Valid until Sep 21, 2014. Not valid during The Fair Aug 16-Sep 1.

Child/Youth

Adapted Access/ Special Needs

Summer Unlimited 13-18yrs

Summer Unlimited is a unique program which offers recreational opportunities to youth 13-19 years with developmental delays. 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. Registration and intake must all be approved by Summer Unlimited staff. Contact 604.718.5853 or su@vancouver.ca for more info.

Waiver and medical forms must be completed.

Mon	10:00am-1:00pm
Tue, Wed, Thu, Fri	10:00am-4:00pm
Learning Resource Centre	\$125 /5 sess
36601.301BR*	Jul 2-4
36601.302BR	Jul 7-11
36601.303BR	Jul 14-18
36601.304BR	Jul 21-25
36601.305BR	Jul 28-Aug 1
36601.306BR**	Aug 5-8

Recreation Unlimited

RU (Recreation Unlimited) is a unique inclusive program which offers young adults with developmental and or physical disabilities (19-28 years old) the opportunity to participate in an integrated, yet supported, social/recreational environment. As well as providing a 3:1 staff ratio, RU provides 1:1 peer volunteers. All interested participants should contact Dawn at Access Services, 604.718.5853 prior to registration.

Summer Unlimited refund policy:

A \$5 administration fee will be charged for each (camp) refund requested. Refund requests must be made a minimum of one week (seven days) prior to the start of the program. No refunds after this time. Waiver and medical forms must be completed.

36605.301BR	Aug 18-22
36605.302BR	Aug 25-29
Mon	9:00am-1:00pm
Tue, Fri	9:00am-3:00pm.
Learning Resource Centre	\$125 /5 sess

2014 - 2015 Board of Management

TO BE ANNOUNCED



ASTORINOS IS AVAILABLE FOR EVENTS OF ALL KINDS!

3000 square foot hall with:

- wooden dance floor
- PA soundboard
- 20 tables & 200 chairs

Now booking into December 2014

For more information contact:

Mattyfromlife@gmail.com or call 604.360.5177

Helen.Spaxman@vancouver.ca or call 604.718.5825

O.R.C.A. Summer Adventures 5-12yrs

- Outdoor Recreation and Creative Arts where kids can be kids.
- The answer for working families during the summer months.
- Registration: Ongoing until program is full. Call 604.718.5843.

Our O.R.C.A. summer adventure program is a continuation of our Out of School Care program. Our weeks will have children experiencing the outdoors at neighbourhood parks, local mountains, trails, beaches, pools and other City venues. We hike, bike, run, jump and scramble. They will be doing art projects, cooking activities and drama. All staff are qualified and trained in first-aid. We recognize the UN convention on the Rights of the Child and incorporate them into our programming as the 3R's Rights, Respect and Responsibility.

More information about the Summer Calendar will be available on the Website once the Summer program is set. Our summer program runs:

Monday to Friday	7:30am-5:45pm
Monthly Fee	\$550
Weekly Fee	\$150

Perfect for the working parent.

During the school year we provide a program for Britannia, Queen Victoria and L'ecole Anne Hebert students.

Monthly fee:	\$345 full time
	\$247 3 days
	\$203 2 days

limited number of part time spaces.

Preschool(3-5yrs)

Licensed early childhood educators develop a rich and meaningful child-centered environment. 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. Registration is on-going until spaces are filled. We offer morning and afternoon classes.

\$175 2 days
\$247 3 days
\$422 5 days

Teen Centre

Sound Out Loud:

Music Improvisation

Sound Out Loud workshops emphasize improvised sound creation as a means to build confidence within community. No prior musical experience is necessary, as our main objective is to facilitate discovery, creativity and collaboration. In the workshop, we will be focusing on activities such as small and large group improvisations, graphic score creation and performance, conduction and live improvised scoring of films. The week will culminate on Friday evening with an all-ages performance at Astorino's where participants from the workshop will share a bill with established Vancouver bands working with concepts related to improvisation. Participants are strongly encouraged to bring their own instruments.

31814.300BR

Mon-Fri 10:00am-2:00pm Jul 7-11
Astorino's R. Jacob \$125/5 sess

31814.301BR

Mon-Fri 10:00am-2:00pm Aug 11-15
Astorino's \$125/5 sess

Youth Marimba Camp (9+yrs)

Join percussionist and marimbist Robin Layne for a week-long camp of music and fun. You will get a chance to play marimbas, drums, and learn about world music and culture. You will also get the chance to use your creativity to write a song as a group using the skills you learn throughout the week. Marimbas are one of the most fun and accessible ways to get into music - even if you've never played before. So come join in the fun this summer! In partnership with the Britannia World Rhythms for Youth Society.

31818.300BR

Mon-Fri 1:00-4:00pm Jul 28-Aug 1
Rm 111 R. Layne \$180/5 sess

31818.301BR

Mon-Fri 1:00-4:00pm Aug 18-22
Rm 111 \$180/5 sess

Summer Out Trips

The Britannia Youth Project will be running a series of out trips in July and August. We have way too many activities to put them all in here! Some activities include Splashdown and Cultus Lake waterslides, mountain biking, canoeing, picnics at the beach, swimming, movies and much more. Don't miss out on these great activities, pick up our more detailed summer pamphlet at the Teen Centre now.

Pre registration is necessary and parents must sign consent forms. Space is limited and will be accepted on a first come first serve basis. Participants are encouraged to bring any thing they might need such as a hat, sunscreen, water, food or money for food, etc. **The cost of the outings should not prevent any youth from participating, so let staff know.**

Major Out Trips

Many more will be offered. Please see the Teen Centre for a full calendar of activities.

Cultus	Jul 4	9:00am-5pm	\$10	Stand Up Paddle Boat	Jul 31	10am-5pm	\$10
Castle Fun	Aug 8	10am-5pm	\$5	Splashdown	Aug 26	10am-5pm	\$10

Britannia Teen Centre

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

The Teen Centre is a place to:

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

A signed parent consent form is required for many of our programs. If you have any questions or concerns please call us. Register for all Teen Centre programs at the Teen Centre. For more info call 604.718.5828:

Barry, Brittany, Chiho, Georgia, Jade, Jamie, Kakada, Mark, Nati, Ricky, Susie Tom

Centre Summer Hours

Wed	5:30-9:30pm
Thu	5:30-9:30pm
Fri	6:00-10:00pm
Sat	6:00-10:00pm

Splash!! Youth Free Swim

Contests, prizes, games and crazy staff!! Britannia youth only swim time. First Friday of every month. Be ready to go in the water by 8pm. 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	Jul 4, Aug 1
Pool		Free!

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. Contact 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 Manuel at 604.718.5829 for more info.

Sat 12:00-4:00pm Free!

Playland Tickets

Playland ride passes available for \$25. \$10 cheaper than at the gate. Available for purchase at the Britannia Info Centre or Teen Centre. Valid until Sep 21, 2014. Not valid during The Fair Aug 16-Sep 1.

Youth BBQ's

Every Friday in the summer, the Teen Centre will host a free BBQ, 6:30-8:30pm. Hot dogs, chips, juice snacks. Stop by, grab some food and play some pool, foosball and video games.

Big Screen Movie Night

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

Wed 7:00-9:00pm Teen Centre

Big Screen Video Games

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

Thu 7:00-9:00pm Teen Centre

Youth

Outdoor Programs

Intro to Skimboarding

This is an introduction to the sport of skimboarding. Our Instructors will teach you the proper technique of "Throwing" the board and skimming across the sand, and can even be introduced to basic manoeuvres such as "180's" and "Shuvit". The possibilities are endless and are only limited to a riders imagination and creativity. Cost includes transportation, and 2 hour lesson and rental. Additional time after will be spent hanging out at Jericho Beach. Bring lunch, snack, water, sunscreen and swim clothes. Completed waiver forms required.

33501.301BR

Mon 11:00-5:00pm Jul 14
\$40/sess

33501.302BR

Mon 11:00-5:00pm Aug 11
\$40/sess

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.

Duke of Edinburgh Award – Qualifying Journey

We are seeking youth who are looking to fulfill their Qualifying Journey portion of their Award. While this date spans four days, a Gold level length, this expedition is also open to youth who are working on their Bronze or Silver Awards (the extra night can cover the practice journey requirements if necessary). Participating on this expedition involves attending planning meetings and at least two canoe day trips (see below). Cost includes two guides (one trained in Advanced Wilderness First Aid), all camping related equipment, transportation, and food. The final cost will be dependent on the final number of participants and the mode of travel chosen - usually around \$300. Register your interest and to get on our email list ASAP for this expedition by contacting Barry at barry.skillin@vancouver.ca with your name, age, telephone number, and current award level. If you are currently not registered with the Duke of Edinburgh's Award but are curious about in this international recognized programme visit www.dukeofed.org or speak with Barry at 604.718.5828

Mon. Aug. 18- Thurs. Aug. 21 \$300

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.



Diversity Camp

Spend three days doing activities and having discussion about diversity, human and children's rights, anti-discrimination, respect, inclusion, fairness, and peaceful conflict resolution. Youth must be willing to participate, discuss, and share in all activities. We will be using activities from the "Play it Fair" and "Speaking Rights" toolkit which promotes the values of children's rights, followed by a discussion of what they felt, thought and learnt. Every child has the right to know their rights. *Mandatory Workshop Wed, Jul 16.

Date: *contact teen centre for more info

Fri-Sun Jul 25-27 \$60/Trip

Surfing Trip

This camp is the chance to build confidence in a safe, fun and supportive environment – while learning to surf! We will be heading to Tofino where we will be camping and participating in different leadership activities.

Fri-Sun Aug 22 – 24 \$60/trip

Introduction To Skatefulness **NEW!**

A 2.5 hour workshop designed to introduce youth to skills in safe skateboarding & mindfulness. Youth will be given a skateboarding safety lesson, demonstrations to spark their interest, an opportunity to try skateboarding, and some basic teachings about mindfulness.

33701.201BR

Thu 5:30-8:00pm Jun 19
Gym D Free!

Hiking Day Trips

Weather appropriate footwear and clothing, lunch, snack, water, and sun screen required for each trip. Completed consent forms required. Register for the following at the Britannia Teen Centre, 604.718.5828.

Man vs Wild Camping Trip

Ever gone off the grid? Come with us on this weekend long, (guys only!!) camping trip. We'll be participating in team building activities and wilderness challenges. Join us for 3 days of experiencing nature up close, while getting to know some new guys. #OffTheGrid

Fri-Sun Jul 18-20 10:00am-5:00pm
\$35/trip

Stawamus Chief Day Hike

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

Fri Aug 29 10:00am - 5:00pm
\$5

Eagle Bluffs Hike

Located on the rocky slopes above Eagle Harbor in West Vancouver lies a spectacular view from Eagle Bluffs. The hike begins from Cypress Mountain, passes Black Mountain and Cabin Lake before arriving at a spectacular view.

Wed Jul 16 10:00am-5:00pm
\$5
Thu Jul 31 1:00 pm - 4:00pm
\$5

Diez Vistas Day Hike

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

Thu Aug 14 9:00 am-4:00pm
\$5

33701.301BR

Sat 10:00am-1:00pm Jul 12
Gym D Free!

Youth

Canoeing Day Trips

Weather appropriate footwear and clothing, lunch, snack, water, and sun screen required for each trip. PFD's are required and will be provided. Completed consent forms required. Register for the following at the Britannia Teen Centre, 604.718.5828

Buntzen Lake Canoe Daytrip

Join us for another fantastic paddle trip as we explore the beautiful wilderness areas along Buntzen Lake in Belcarra. Buntzen Lake is a reservoir created by a BC Hydro dam. The park features beautiful mountain views, a clean lake and plenty of great views.

Wed 10:00-5:00pm Jul 23
TC \$5/sess

Indian Arm Canoe Daytrip

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

Wed 10:00-5:00pm Jul 30
TC \$5/sess

Widgeon Creek Overnight Canoe Trip

Starting at Grant Narrows Park, we'll paddle our canoes across the Pitt River to Widgeon Slough past a former Katzie village and First Nations cultural site. From there we'll head up Widgeon Creek. Be sure to keep an eye out for wildlife along the way; the area supports an abundance of different species! We'll stop for lunch at the trail head to Widgeon Creek before making our way back. If time permits, we may hike part of the trail.

Wed 10:00-5:00pm Aug 6-7
TC \$5/sess

Cooking

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.

Th 4:30-6:30pm Jul 3-Aug 28
AML Free!

Youth Sports

Indoor Soccer Drop-in

For 11-18 year old players only
Tue 5:30-9:00pm Jul 8-Aug 26
Gym D Free!

Ball Hockey Drop-in

Ball hockey drop-in for youth ages 11-15. All skill levels welcome. Some equipment can be provided. Use of goggles required and can be provided.

Wed 5:30-7:00pm Jul 2-Aug 27
Gym D Free!

Basketball Open Gym (13-18yrs)

For 13-18 year old players only.

Fri 5:00-6:50pm Jul 4-Aug 29
Gym C 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.

- 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

Children

Traditional Kung Fu 6+ yrs Beg.

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 session August 4.

63508.301BR
Mon Fri 4:30-5:45pm Jul 4-Aug 11
CFEC M Lung \$90/11 sess

Traditional Kung Fu 6+ yrs Inter.

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 session August 4.

63508.302BR
Mon Fri 4:30-6:15pm Jul 4-Aug 11
CFEC M Lung \$101/11 sess

Traditional Kung Fu 6+ yrs Adv.

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 session August 4.

63508.303BR
Mon Fri 4:30-6:30pm Jul 4-Aug 11
CFEC M Lung \$106.50/11 sess



Latin American Youth

Programa de Jovenes 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 Manuel, the Acting Latin American Youth Worker at 604.718.5829.

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

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 mas información llama a Manuel al 604.718.5829.

Th/Jueves 5:00-7:15pm AML

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

Beach Soccer Blast

Come and try your soccer skill in the sand. Ages 16-18 FREE

Futbol de Playa

ven y tos prueba habilidades en playa mismo Juese diferente manerade Jugar. edad 16-18 gratis

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

Meet youth your age and learn at the same time. The Friends First Buddy program provides you with social, recreational, and educational skills. We meet every Saturday and we participate in various activities from 1:30-5:30pm. To register and more information please contact Anntuaneth at 604.718.5829.

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

-Fundraising/Recoger Fondos y planiar eventos Ven a conocer jóvenes de tu edad y de varios países. El programa de Friends First te enseña nuevas habilidades en que puedes participar todos los sabados. Nos reunimos en diferentes lugares, para mas información por favor llame a Manuel 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.

Th/Jueves 4:30-7:15pm 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!

We/Miercoles 7:00-9:00pm TC Free/Gratis

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

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

Tu/Martes 6:00-8:15pm
Gym D/Gimnasio D Free/Gratis



Spanish Clubs

During the school year, the Latin American Youth Project offers Spanish Clubs at the following schools:

Tupper, Killarney and John Oliver

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

Evento gratis de Nadar/ Free Youth swim

CadaPrimer Viernes del mes Gratis/Free
8:00pm-10:00pm
Every First Friday of the month

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

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

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

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

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

Fr/Viernes 4:00pm-6:30pm Room TBA

Greenest City Initiative

Participate in a program marked with this symbol and help Vancouver become the greenest city in the world by

2020. Learn more about Vancouver's Greenest City 2020 Action Plan at vancouver.ca/greenestcity



Special Events

International Yarn Bombing Day:

A Yarn Appreciation Event

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

Sat Jun 7 12:00-4:00pm
Napier Greenway

Italian Day Button Making 2014: Made In Italy

Join local artists from Britannia Community Centre and make an original button to celebrate Italian Day. FREE Drop-in Workshop and all materials supplied.

Sun Jun 8, 2014 12:00-5:00pm
Napier Greenway

Vancouver Draw Down: Flash Mob Sketchers

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

Sat Jun 14
at Community Centres all over Vancouver

Britannia event: Flash Mob Sketchers

Join this choreographed sketch party with Tim Sars, the Carnival Band & guest artist James Melcher. Bring easels, sketch pads and pencils or we will supply. No rehearsal necessary, drop-in! <https://www.facebook.com/#!/events/1394871864110614/>

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



World Music Workshop with Audience Participation.

World Music has become one of the main influences of popular music and culture today. In this interactive workshop you will see a wide variety of instruments, whole group participation, choreography and cooperative and active learning. We will play traditional instruments from Brazil along with ensemble dynamics & melodic rhythm patterns. The participants will join the facilitators playing the instruments used in Brazilian Carnival and will also be taught basic dance movements and choreography. We will experience enjoyment, exploration, diversity: self-expression, culture, musical styles, music dynamics and a fun filled time. Drum Syndicate is a world percussion group that presents a dynamic and interactive workshop and brings tropical heat to anywhere they present! Please register early and join us at the fabulous Astorino's Hall.

41103.300BR
Sat Jul 26 11:00am-12:30pm
Astorino T. DiTomaso \$20/1 sess

Please 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 Department



East Vancouver Garden Tour Sun Jun 15th



Visit a dozen or so private gardens as well as several public spaces that have been 'greened' by East Vancouver residents. This year's self-guided tour will take you into some of the most creative gardens in the Strathcona neighbourhood of East Vancouver. Once you arrive at the starting place for the tour, you will likely be able to walk the entire route. Tickets are \$12 per person. Register early, as the tour is very popular and tickets are limited. Purchase tickets in advance at Figaro's Garden or register in advance after May 6th at Britannia Centre, 1661 Napier Street, or on-line britanniacentre.org or by phone to 604-718-5800(2). On the day of the tour, pick up your map at Figaro's Garden, 1896 Victoria Drive. The tour is jointly sponsored by Britannia Neighbours, Britannia Centre, and Figaro's Garden Centre. Note that most gardens are not wheelchair-accessible, children must be 12 years or older or babes in arms, and pets are not allowed. For more information, visit the Garden Tour website at eastsidegardentour.blogspot.ca/

65610.303BR
Sun Jun 15 10am-4:00pm
Offsite Britannia Neighbours \$12/1 sess

Artful Sundays

An outdoor, mixed media, visual arts market in Napier Square (Napier at Commercial Drive) for 4 Sundays August 10 to 31, 12-5pm, featuring the work of local artists, live music, artist workshops and demonstrations and more! Some of the Special Events at Artful Sundays will include:

Sun Aug 10
Vancouver Cooperative Radio:
Books and Records Fundraiser
Sun Aug 17
Pompom Workshop:
Helen Spaxman
Sun Aug 24
Stitching With Purpose Workshop:
Laura Bucci

Artist application forms are available at the Britannia Info. Centre. Tents, tables and chairs are provided. For more information contact Coordinator Katherine Polgrain at: courage@vcn.bc.ca or call Britannia Centre at 604-718-5800

65611.300BR
Sun Aug 10-31 12:00-5:00pm
GreenwayK. Polgrain \$35/table

Adult Arts

Britannia Art Gallery

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

Exhibitions

July 2-August 1

Opening Reception

Wed 6:30-8:30pm Jul 2
"Beyond Bucolic" photography by Jo Ann Kronquist
"Tactile Wave" photography by Kristin Delbaere
Aug 6-29,

Opening Reception

Wed 6:30-8:30pm Aug 6
"Urban Abstracts" mixed media by Carole Sinclair
"Media, Mediated" mixed media by Jorma Kujala

Artist Talk

Wed 7:00pm Aug 20
Carole Sinclair

Drawing Caricatures Workshop

From stickman to art. Adult art program to draw faces, caricatures and comics. Expressive art to draw a face, facing the face of friend, enemy, boss, family. Using pencil, charcoal photographs, coloured paper and paint to express any emotion only one knows. Experience emotional encounter with that picture. Everyone welcome. Materials included. You can bring your own photograph.

42101.300BR

Wed 7:00-9:30pm Jul 23
Rink Mezz L.Nasilowski \$35/1 sess

Reckless Painting Workshop

Think you can't paint? Then set aside one-day this summer to get yourself creating with easy, fun & guided exercises. Reckless Painting is painting without worry, without fear and sometimes, without even looking. All materials included - even blindfolds! Further information at www.recklesspainting.ca

42203.300BR

Sat 9:30am-3:00pm Jul 12
A/C Rm A. Orsini \$50/1 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, 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.

Beginner

41615.310BR
Tue 7:30-9:00pm Jul 8-Aug 26
CFEC C. Reyes Pena \$120/8 sess

Intermediate Level 1

41615.311BR
Wed 7:30-9:00pm Jul 9-Aug 27
CFEC Carlos Reyes Pena \$120/8 sess

Intermediate Level 2

41615.312BR
Thu 7:30-9:00pm Jul 10-Aug 28
CFEC Carlos Reyes Pena \$120/8 sess

Advanced

41615.313BR
Fri 7:00-8:30pm Jul 11-Aug 29
CFEC Carlos Reyes Pena \$120/8 sess

Adult Music

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. Alternate venue on August 4 and Sept 1. Please purchase a membership with Britannia Community Services Society in person or by contacting the centre at 604.718.5800(2).

Mon 7:30-10:00pm Jul 7-Aug 25
AML various \$5 drop-in

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). Please purchase a membership with Britannia Community Services Society in person or by contacting the centre at 604.718.5800(2).

Sun 3:00-5:00pm Jul 6-27
AML various \$5 drop-in

The Vancouver B Movie Factory

Where movie-making dreams come true! This group is for all those who always wanted to be a part of the world of film but were never given the chance. We are open to all ages and all cultural backgrounds. We engage community residents in all aspects of 'movie' making including: planning, scripting, casting, acting, filming. For more information contact: TheVancouverBMovieFactory@Shaw.ca \$5 donation at the planning meeting.

Wed 6:30-9:00pm Jul 2-Aug 27
LRC J. Stewart \$5 drop-in

Downtown Eastside Womens' Art Collective

Wed are an arts based organization that serves women of Vancouver's Eastside. Our goal is to connect and inspire women and help build a stronger community through art. With the help of different facilitators, We create a broad range of unique craft projects while encouraging women to express themselves freely. Projects will vary depending on facilitators such as handmade tote bags, terrarium necklaces, candles, dream catchers, soaps, and more. To see our full schedule and upcoming projects, find us online at: <http://eastsideartscollective.wordpress.com/>. All classes and materials are provided free of charge, as well as light provisions. Classes are intended for women only.

42921.300BR

Sun 5:00-8:00pm Jul 13-Aug 24
Alternating Sundays.
Rk Mezz K. Tselnik FREE/4 sess

Adult Arts

Art Therapy

Awakening the Dream through Art Making

Dreams and art both tap into the healing dimension of the unconscious. Through art making we can come into relationship with the images in the dream and work with it as a living process rather than a static image to be interpreted. This workshop is framed within a Jungian perspective drawing on the archetypes for guidance. The dream we have is different than the dream we remember, which is different than the dream we tell another, and is a different dream yet again when written or painted. The dream is a living entity that moves through us, changing as it changes us.

42318.302BR

Sun 1:00pm-5:30pm 27-Jul
EAR S. Ruebsaat \$70/1 sess



Draw and Discover

Exploration of the Creative Process Through the Use of the Art Material. Visual art is a powerful means and unique way to develop and explore the creative forces we all have. In this unique method of self-expression, with the use of art materials, you will increase your ability to communicate visually, and change the way you see the world. This one day workshop will allow the participants to discover and tap their creative potential, by developing their lateral thinking abilities. It will also explain the importance of defining a problem accurately and the use of a positive outlook to creativity. The workshop is open to people interested in self-discovery, increasing confidence and searching their unexplored potential. You don't have to be an artist to participate.

42318.300BR

Sun 9:00am-3:30pm 20-Jul
EAR C. Cohen \$70/1 sess

42318.301BR

Sun 9:00am-3:30pm 10-Aug
EAR C. Cohen \$70/1 sess



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

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. Contact Nikoo Boroumand at info@healinggardenswellness.com to book an appointment. For more information, visit www.healinggardenswellness.com

Britannia Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? 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 Community Centre. Call to sign up: 604.718.5895

Canning Kits to Lend

It's canning season and the Grandview Woodland Food Connection has available canning kits available to lend to community members wanting to can at home. Kits include 21 quart canner, canning rack, jar lifter, funnel and lid lifter. Contact for info: 604.718.5895



Growing out of Toxicity: Building Healthy Soil for Healthy Vegetables

Bioremediation is the science, art, and magic of allying with living systems and biological beings such as bacteria, mushrooms and plants to regenerate toxic land.

44813.300BR

Sun Jul 12 12:00-4:00pm
Britannia School Garden \$10/1 sess



Workshops

Healthy Eating Workshops

These workshops will be taught by Nikoo Boroumand who is a certified Nutritional Practitioner (holistic nutritionist), a Chartered Herbalist and a Certified Herbal Consultant. Contact for info: 604.718.5895.

44813.301BR

Date
PT Rm Nikoo Boroumand \$15/1 sess

Homemade Yogurt and Kefir Making

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



44813.302BR

Sun Aug 24 2:00-4:00pm
PT Rm Nikoo Boroumand \$15/1 sess

Sauerkraut and Vegetable Fermentation

Fermented vegetables are packed with probiotics that are required for good digestion, a strong immune system, and all around great health. Fermenting vegetables allows for the nutrients contained in the vegetables to become more available for our bodies to absorb. The micro-organisms that take part in the fermentation process add more nutrients, notably B vitamins. Bring a jar to take away your own sauerkraut.



44813.303BR

Sun Aug 31 2:00-4:00pm
PT Rm Nikoo Boroumand \$15/1 sess

Grow Your Own Sprouts and Grass

Sprouting is one of the most effective ways to obtain delicious, nutrient-dense food. Learn how to grow your own sprouts at home using resources you have around the house. Recipes will be shared. This service also aims to help connect residents to affordable, accessible, healthy food programs and options.



44813.301BR

Sun Jul 27 2:00-4:00pm

Adult Fitness

Body Conditioning

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

43901.302BR

Tue	6:00-7:00pm	Jul 8-Aug 12
GymA/B	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. \$39.40/10 tickets.

43902.301BR

Thu	6:00-7:00pm	Jul 3-Aug 14
GymA/B	A Riley	\$4.75/drop-in

Salsa Fit

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

43901.301BR

Sat	10:00-11:00am	Jul 5-Jul 26
Gym C	D Galay	\$4.75/drop-in

ZUMBA® Fitness (Mon)

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>.

43906.301BR

Mon	6:00-7:15pm	Jul 7-Jul 28
GymA/B	D Galay	\$32/4 sess

ZUMBA® Fitness (Wed)

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>.

43906.305BR

Wed	6:00-7:15pm	Jul 2-Jul 30
GymA/B	D Galay	\$40/5 sess

Pilates

This class will build your abdominal strength, expand range of motion, flexibility and breath, 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. Please bring your own mat. \$9.40/drop-in.

44001.303BR

Thu	10:00-11:00am	Jul 3-Aug 28
CFEC	A Clark	\$72/9 sess

Power Pilates

NEW!

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

44005.301BR

Wed	10:00-11:00am	Jun 18-Jul 23
CFEC	A Clark	\$60/6 sess

Yogaflex

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

44100.301BR

Sun	10:15-11:15am	Jul 6-Jul 27
CFEC	C Stevens	\$34/4 sess

44100.302BR

Sun	10:15-11:15am	Aug 10-Aug 31
CFEC	C Stevens	\$34/4 sess

Yoga: Back to Basics **NEW!**

A great 'all levels' hatha flow class focussed on building you a safe and strong yoga foundation. This class will begin with breaking down the basic yoga postures so that you will understand exactly where you are meant to be in a pose, what part of the body you are using and then working to discover your breath. \$12/drop-in, space permitting.

44301.301BR

Wed	9:00-10:00am	Jun 18-Jul 23
CFEC	A Clark	\$60/6 sess

Iyengar Yoga – Level 1/2/3

Sample Iyengar yoga classes during a mini summer session. Regular yoga teacher Claudia MacDonald has invited guest instructors to conduct these classes while she is on vacation and will resume teaching in September. Teachers are subject to change. Drop-in \$16.65.

44103.301BR

Tue	9:30-11:00am	Jul 8-Aug 12
CFEC	TBA	\$90/6 sess

44103.302BR

Tue	6:00-7:30pm	Jul 8-Aug 5
CFEC	TBA	\$75/5 sess

West Coast Boot Camp **NEW!**

Shed pounds fast! Tone your abs, sculpt lean arms and tighten your butt. By integrating balance, full body strength, core strength, stability, agility, aerobic and anaerobic conditioning, flexibility and more, you will increase your fitness level, lose weight, meet your athletic goals, and develop a tight toned body. This program will get you into the best shape of your life! Our Boot Camp classes (non-choreographed) place an emphasis on community and positive reinforcement. Not only will you lose weight, get in top shape and get the results you deserve, you'll have fun doing it! Classes will take place at Grandview Park's Sport Court. \$15/drop-in, space permitting.

44002.301BR

Wed	6:00-6:55am	Jul 2
GPark	West Coast	FREE

pre-registration required

44003.301BR

Fri	6:00-6:55am	Jul 4
GPark	West Coast	FREE

pre-registration required

Mon	6:00-6:55am	Jul 7-Jul 28
GPark	West Coast	\$44/4sess

Mon	6:00-6:55am	Aug 11-Aug 25
GPark	West Coast	\$33/3sess

Wed	6:00-6:55am	Jul 9-Jul 30
GPark	West Coast	\$44/4sess

Wed	6:00-6:55am	Aug 6-Aug 27
GPark	West Coast	\$44/4sess

Fri	6:00-6:55am	Jul 11-Jul 25
GPark	West Coast	\$33/3sess

Fri	6:00-6:55am	Aug 1-Aug 29
GPark	West Coast	\$55/5sess

Adult Sports & Wellness

Intro to Fencing (12-18yrs)

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

33007.301BR

Thu 6:00-8:00pm Jul 3-Aug 28
LaSalle M Burke \$61/9 sess

Badminton - Fri

Total of 30 spaces (registered & drop-ins)
Drop-ins space permitting. \$5.00/drop-in.

43412.302BR

Fri 7:00-9:45pm Jul 4-Aug 22
Gym C A Leung \$36/8 sess

Badminton - Sat

Total of 30 spaces (registered & drop-ins)
Drop-ins space permitting \$5.00/drop-in.

43412.303BR

Sat 1:30-5:00pm Jul 5-Aug 23
Gym C A Leung \$36/8 sess

Basketball - 2 pm

No drop-ins. No session August 3.

43405.301BR

Sun 1:00-3:00pm Jul 6-Aug 24
Gym C S Yan \$28/7 sess

Basketball - 4 pm

No drop-ins. No session August 3.

43405.302BR

Sun 3:00-5:00pm Jul 6-Aug 24
Gym C S Anderson \$28/7 sess

Volleyball - Adv Fri

An understanding of more advanced play (ie 6-2). A total of 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$5/drop-in, space permitting. No session August 1.

43413.303BR

Fri 7:00-10:00pm Jul 4-Aug 15
Gym A/B R LeBlanc \$25.50/6 sess

Volleyball-Adv Sun

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). \$5/drop-in, space permitting. No session August 3.

43413.304BR

Sun 7:00-10:00pm Jul 6-Aug 17
Gym A/B R LeBlanc \$25.50/6 sess

Volleyball-Beg Thu

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

43413.301BR

Thu 7:00-9:45pm Jul 3-Aug 14
Gym A/B R LeBlanc \$29.75/7 sess

Volleyball-Int Tue

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

43413.302BR

Tue 7:45-10:00pm Jul 8-Aug 12
Gym A/B R LeBlanc \$25.50/6 sess

Mindfulness in 16 Breaths: The Path to Freedom

If you would like to learn or practice mindfulness with the simplest yet effective method, try this original technique of mindfulness of breathing (a.k.a anapanasati). Since the ancient time, it is known as the simplest, direct and effective method to train mind to develop mindfulness and gain the freedom. This profound technique can be practiced in just 16 breaths. All levels are welcome. Info: LearnMindfulness.org

45401.301BR

Sat 9:30am-4:30pm Aug 2
CFEC S Yang \$22/sess

Mindful Eating: A Healthy and Joyful Relationship with Food

Learn mindful eating skills. Mindful eating heightens the pleasure of eating while helps eat less. Also helps overcome habitual or emotional eating and struggling with food. Mindful eating is among the easiest and most enjoyable mindfulness practices. Mindfulness practice in general improves inner peace, health, happiness and quality of life while reducing stress and other negative qualities. Try it, your eating will never be the same! Practice-oriented class. Bring a meal. Info: LearnMindfulness.org

45402.301BR

Tue 6:30-8:30pm Aug 12
CFEC S Yang \$17/sess

Hardcourt Bike Polo Tournament at Grandview Park

Play consists of two teams of three players each equipped with bicycles and mallets trying to gain possession of a street hockey ball and score on the opposing team's net. Players must maintain balance on their bicycles during play. Designated East Van Bike Polo members will referee games according to the North American Hardcourt ruleset with some exceptions as this tournament is not part of the official NAH tour. As per Section 2 of that ruleset, helmets are mandatory and bikes and mallets will be inspected for safety prior to the tournament. East Van Bike Polo has been holding tournaments since 2007, including larger tournaments of up to 48 teams, with no major injuries. First aid personnel and supplies will be present in case of injury. Please note that the maximum number of teams is 16.

43301.301BR

Sat Sun 9:00am-8:00pm Jul 26-Jul 27
GPark East Van Bike Polo \$60/team



Martial Arts

Capoeira - Beg

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. No class August 4.

43401.302BR

Mon 7:30-8:30pm Jul 14-Aug 18
Gym C Axe Capoeira \$60/6 sess

Capoeira-Beg-FREE Trial Class

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.

43401.301BR

Mon 7:30-8:30pm Jul 7
Gym C Axe Capoeira FREE

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. \$10/drop-in. No session August 3 and August 10.

43501.301BR

Sun 3:00-5:00pm Jul 6-Aug 24
Mat Rm W Nagata \$36/6 sess

Ki Aikido - Higher Grade

1st Kyu or more advanced students. \$5/drop-in. No session August 4 and August 11.

43501.303BR

Mon 7:30-9:30pm Jul 7-Aug 25
Mat Rm W Nagata \$18/6 sess

Ki Aikido - Inter

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

43501.302BR

Wed 7:30-9:30pm Jul 2-Aug 20
Mat Rm W Nagata \$48/8 sess

Tai Chi Instructor Bio.

Kelly Maclean has been teaching Tai Chi, Qigong, and other internal Chinese arts since 1989. She has studied with many great masters, 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. Since then, she has devoted her time to teaching, and further study.

Tai Chi – 48 Form Review

This course is for those who have learned the 48 Form, and would like to polish it up. We will spend more time on the latter part of the sequence, filling in the blanks, and sorting through difficult passages. \$16/drop-in. No session August 4.

43505.303BR

Mon 7:00-8:00pm Jul 7-Aug 25
Gym D K Maclean \$105/7 sess

Tai Chi - Sun Style Part Two

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. Sun Style is sometimes called "active stepping" Tai Chi because of its intricate footwork, or sometimes "open-close" Tai Chi because of its emphasis on this principle. In this course, we will study the last part of the form. Part One is pre-requisite. \$16/drop-in. No sess. August 4.

43505.302BR

Mon 6:00-7:00pm Jul 7-Aug 25
Gym D K Maclean \$105/7 sess

Tai Chi - 24 Form (Beg)

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. \$14/drop-in. No sess. Aug 4..

43505.304BR

Mon 8:00-9:00pm Jul 7-Aug 25
Gym D K Maclean \$105/7 sess

Traditional Kung Fu Beginners

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 session August 4.

63508.301BR

Mon Fri 4:30-5:45pm Jul 4-Aug 11
CFEC M Lung \$90/11 sess



Traditional Kung Fu Advanced

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 session August 4.

63508.303BR

Mon Fri 4:30-6:30pm Jul 4-Aug 11
CFEC M Lung \$106.50/11 sess



55+ Adults

Social Programs

Billiards - Drop-in

Resumes in the Fall - Teen Centre

Exploring the Arts

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

Tue	1:00-4:00pm
Astorino's	FREE

Latin American Seniors Social

Together with REACH family place we offer a social, educational and fun afternoon for Latin American Seniors to come together for food, entertainment and fun.

Fri	12:30-3:30pm	Jul 4 – Aug 29
Astorino's		FREE

Cards Whist / Cribbage / Bridge & Poker

Whist/Cribbage/Bridge Welcome for fun and friendly games No Cards on Stat Holidays

52204.300BR	
Mon	1:00-4:00pm
AML	Drop-in
	Jul 8-Aug 26
	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. Please Register - summer session without Volunteer Instructor. She returns in the Fall.

52201.300BR	
Wed	1:00-3:00pm
	Jul 3-Aug 28
	FREE

55+ AML Book Club

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

52202.300BR	
Wed	2:45-4:45pm
Librarian	Jul 16, Aug20AML
	FREE

Seniors Programs & Drop-in Centre

Anne Cowan-Jackson anne.jackson@vancouver.ca
604.718.5837

Office Hours: Mon-Fri 9:00am-5:00pm
Drop-in and programs times: 7 days a week

Mon	10:00am-4:00pm
Wed	12:00noon-4:00pm
Thur	10:00am-4:00pm
Fri	9:00am- 5:00pm
Sat	10:00am-3:00pm
Sun	12:00noon-2:30pm

Senior's Joint Committee

Meets at Britannia on the 3rd Thu of each month. We plan events and programs for older adults in our community. New ideas and members welcome! July 17th Aug 21st, 3pm in the Britannia Conference Room

Vietnamese Seniors Program

Luong Ho 604.718.5818
Tue Drop-in 55+ Centre

10am-4:00pm
Fri Drop-in CFEC
10am-1:00pm
Office Hours: Mon-Fri 9:00am-5:00pm

Welcome to Britannia 55+ Centre

and to a range of programs and services. Our 55+ Centre is home to education, social and special interest activities with easy accessibility. We welcome you to drop in for coffee, chat with staff meet our wonderful volunteers, join us for lunch and or any of our programs. The Computer Lab is open to seniors so come try it out. Local senior groups are welcome to use the space, when available, and we welcome your ideas and input.. *Please Remember to register for FREE programs too, thanks. www.vancouverparks.ca or britanniacentre.org

Physical Activities

Carpet Bowling

A fun slightly competitive game for all ages. It's good exercise, social and just the right amount of physical activity to get your day going. Please join us at our new location Astorino's at Venables and Commercial, every Tuesday morning.

Tue	10:00am-12:00pm	Jul 8 – Aug 26
Astorino's		FREE

Badminton 55+ Sat

Volunteer Wally Lee and all our regulars will make you welcome.

52103.301BR	
Sat	2:00-4:00pm
Gym A	W. Lee
	\$16/season
*floor resurfacing August 18 onward	

Badminton 55+ Mon/Tue

Lots of fun!

52100.302BR	
Mon/Tue	11:45-1:30pm
Gym C	Jul 2-Aug 20
	\$16/season

Badminton 55+ Wed/Thurs

52102.302BR	
Wed/Thu	11:20-12:35pm
Gym C	Jul 4-Aug 22
	\$16/ season

Gentle Yoga 55+ Monday

Classes are adaptable from a series of restorative asanas (poses) to Vinyass flow (regular Hatha) stretch and a good workout. Remember to dress comfortably. \$10/drop-in.

54101.301BR	
Mon	2:00-3:15pm
CFEC	G Quon
*no class Aug 4	
54101.303BR	
Wed	2:00-3:15pm
CFEC	G Quon
	\$54/6 sess
54101.302BR	
Wed	2:00-3:15pm
CFEC	G Quon
	Aug13 – Aug27
	\$27/3sess

Finding Your Balance

This mindful approach emphasizes the safe and effective acquisition of whole body strength, balance and suppleness. Chair, floor and wall exercises improve muscle imbalances throughout your body and will facilitate confident movement.

52222.301BR	
Tue	3:00-4:00pm
CFEC	C Wenzel
	\$45/6sess
No classes Jul 15, 29	

55+ Adults

Computer Lab Summer Hours

Mon	10:00am-4:00pm
Wed	12:00pm-4:00pm
Thu	10:00am-4:00pm
Fri	10:00am-4:00pm
Sat/Sun	12:00pm-3:00pm

*Computer classes resume in September

ESL

Resumes in the Fall.

Vietnamese Woman's Support Group

Together with Reach Family Services this group meet at the 55+ Centre to cook, do a little yoga, socialize and meet with guest speakers.

Mon	10:00-12:00pm	Dates TBA
AML		FREE

Queer Women On The Drive

An evening social with different activities each month for LGTB women of all ages in partnership with Q-munity. Meet on the last Friday of the month in the AML. New participants always welcome. Please register.

52220.300BR		
Fri	6:30-9:00pm	Jul 25 & Aug 29
AML		FREE

Tuesday Lunch

Light summer lunch and social.

Astorinos	12-1:00pm	\$5
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Thursday/Friday Lunches

Lunch in the 55+ Centre

See our fabulous menu on our Bulletin Board. Everyone Welcome

Thu	12:00noon	Jul 3-Aug 29
AML Lounge		\$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 the Month

Thu	12:00-1:00pm	Jul 31, Aug 28
AML		

Bus Tours

(*Pick-up outside the pool)

Salt Spring Island's Best

Sightsee and taste the best Salt Spring has to offer with mix of nature, creativity and fresh food on the island's best of the best! With 34 Salt Spring studios to discover year-round we picked 3 of the best including Sacred Mountain Lavender, Salt Spring Island Cheese Co and the Salt Spring Island Bread Co. including Tony's Tarts across the street. Browse the funky shops in Fulford Village where lunch is available for purchase at Salt Spring Island Mercantile, Morning Side Bakery or Rock Salt Cafe. Note: BC Gold Card required for discounted ferry travel.

54500.300BR	7:30am - 7:00pm	Jul 17	\$89
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Secret Cove / Half Moon Bay

Explore the Sunshine Coast and see why BC is called "Best Place on Earth". Visit Smuggler Cove located between Secret Cove and Half Moon Bay for an escorted walk to soak up this picturesque marine park's scenic vistas. Dine on the water at the highly rated Secret Cove Marina, enjoy afternoon refreshments at Porpoise Bay and stop at Wine garden Waterfront Park. Take afternoon free time to shop and stroll in Gibsons Landing where CBC filmed the internationally televised series The Beachcombers for nearly two decades. This tour includes escorted walk at Smuggler Cove, lunch at Secret Cove Marina and afternoon refreshments at Porpoise Bay. Note: BC Gold Card required for discounted ferry travel.

54500.301BR	8:15am - 4:45pm	Aug 20	\$109
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Health and Wellness

Morning Wellness

Blood pressure and blood sugar screening. Weight monitoring and management.

Up to date health information to assist in healthy aging, prevention and management of chronic disease to help maintain independence.

Fri	11:00am-12:00pm	Jul
AML		FREE

Exercise with Friends

This senior driven group meet every Friday, easy going weekly exercise.

Fri	11:00am-12:00pm	Jul 4 - Aug 29
AML		FREE
*lunch afterwards		

Foot Care

Foot assessment, therapeutic foot bath, toenail trimming and cleaning, reduction of thickened nails, treatment for corns and calluses, diabetic care, fungal nail treatment, relief for painful pressure areas. Finish with a mini foot massage. Teaching also provided to ensure healthy feet. Advanced Foot Care Nurse

Fri	12:30-3:30	Jul
AML	Monica R RN	\$35
30-60min per client *call 604-228-0261		

Languages

Spanish Conversation Beginners/Intermediate

Participants will learn everyday language to enable them to converse while on that trip to beautiful Latin American Country. No experience necessary.

55500.301BR		
Thu/Fri	1:00-2:00pm	Jul 3-Aug 8
AML		I Nunez
\$60/12sess		

Spanish Conversation Advanced

Participants who have mastered the basic phrases and wish to practice more advanced conversation.

55500.303BR		
Thu/Fri	2:15-3:15pm	Jul 3-Aug 8
AML	I Nunez	\$60/12sess

ESL 55+

(Cantonese/Mandarin speaking tutors)

One-on-One tutorial class to meet individual needs. Make learning English easy and fun.

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 9:00-10:00am 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

Jul 1	Canada Day	1:00-5:00pm
Aug 4	BC Day	1:00-5:00pm
Sept 1	Labour 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

Enjoy flexible and affordable recreation with our no contract all access pass. Purchase a monthly Flexipass at any Park Board fitness centre and receive access to our 21 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. Britannia membership and pre-registration required.

44010.301BR
Sat 10:00am-12:00pm Jul 5-26
FC 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. Britannia membership and pre-registration required.

44011.301BR
Sat 10:00am-12:00pm Aug 9-30
FC V. Henderson \$32/4 sess

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.

Stretching for Seniors (55+)

This one hour workshop will explain the benefits of regular stretching. We will also take our mats out and go through a variety of movements, stretching all the major muscle groups. Participants will have a stretch sheet to take home.

44018.301
Fri 9:00-10:00am Jul 4
FC J. Stainier \$5/sess

Core Strength for Seniors (55+)

This one hour workshop will focus on developing core strength through a variety of exercises. Adaptations for individuals with osteoporosis or other health issues can be discussed.

44019.301
Fri 9:00-10:00am Jul 11
FC J. Stainier \$5/sess



Pool and Fitness Centre Fees 2014 (including GST)								
	Drop-in	10 Visit	1 Month	3 Month	4 Month	6 Month	12 Month	Brit 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 = 1 to 2 adults of the same household and their children under 19 years of age. Minimum \$6.00 admission. By purchasing a \$3 membership (valid Sep to Aug) you can work out FREE in the Fitness Centre every Tuesday & Friday from 10:00am to 12:00pm. Show your membership card to the cashier before time of entrance. Leisure Access Card (LAC) 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.

49031.301BR	Swim Basics 1
Tue 8:00-8:45pm	Jul 8-Aug 26
	\$73.84/8 sess
49032.301BR	Swim Basics 2
Thu 8:00-8:45pm	Jul 10-Aug 28
	\$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 Aug 4.

49033.301BR	Front Crawl
Mon 8:00-8:45pm	Jul 7-Aug 18.
	\$55.38/6 sess
49034.301BR	Breast Stroke
Wed 8:00-8:45pm	Jul 9-Aug 13
	\$55.38/6 sess

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!

29701.301BR	Tue 6:30-7:45pm	Jul 8-Aug 26
29701.302BR	Thu 6:30-7:45pm	Jul 10-Aug 28
29701.303BR	Sat 9:00-10:15am	Jul 5-Aug 23
One day/week		\$50/8 sess
Two days/week		\$75/16 sess
Three days/week		\$85/24 sess

Bronze Cross (15+ yrs)

Develop proficiency at patient assessments and water rescues, aquatic spinal injuries, CPR and first aid skills plus fitness training. Bronze Cross is one of the pre-requisite awards for all advanced lifesaving and lifeguarding certification courses. Bronze Cross is also worth 2 Grade 11 high school credits. Pre-requisite: Completion of Bronze Medallion. Additional manual charge \$34.

39502.301BR	Sun 10:00am-2:00pm	Jul 6-Aug 3
		\$131/5 sess

Parent & Tot and Children's Summer Swim Lesson Sets

Mon – Starfish/Duck	9:00-9:30am	Jul 7-Aug 18 (no less Aug 4)	6 lessons
Wed – Salamander	9:00-9:30am	Jul 9-Aug 27	8 lessons
Fri – Sea Otter	9:00-9:30am	Jul 11-Aug 29	8 lessons
Mon & Wed	3:00-5:30pm	Jul 2-28	8 lessons
Mon & Wed	3:00-5:30pm	Jul 30-Aug 27 (no less Aug 4)	8 lessons
Mon-Thu	8:30-11:30am	Jul 7-17, Jul 21-31, Aug 11-21	8 lessons
Sat	9:00am-1:00pm	Jul 5-Aug 23	8 lessons
Sun	11:00am-2:30pm	Jul 6-Aug 24	8 lessons

Swim Lesson Fees	6 lessons	8 lessons
Parent & Tot (30 min. parented)	\$37.86	\$49.48
Preschool (30 minutes)	n/a	\$49.48
Swim Kids 1-3 (30 min)	n/a	\$43.80
Swim Kids 4-10 (40 min)	n/a	\$49.48



Aquatic Schedule

Contact Information

Pool Office* 604.718.5831
 Recreation Programmer 604.718.5830
 *Office closes 30 minutes before the pool.

Pool Closure

The pool will be closed for annual maintenance on Monday, September 8 and will re-open on Monday, October 6.

Birthday Parties

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

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

Statutory Holiday Hours

Jul 1 Canada Day 1:00-5:00pm
 Aug 4 BC Day 1:00-5:00pm
 Sept 1 Labour 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.



July 2-August 31, 2013 - During some public swim sessions only part of the pool is available. The pool may be shared with aquafit, lessons, day camps or swim club. Schedule is subject to change without notice. The parent and tot pool is not open to the public during lessons.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lengths Swim 6:30-8:25am					Lessons & Lengths (1 lane) 9:00am-12:55pm	10:00-10:55am
Public Swim 8:30-11:25am						Parent & Tot 10:00-10:55am
Range of Motion (ROM) 9:45-10:30am	Aquafit 9:45-10:30am	Range of Motion (ROM) 9:45-10:30am	Aquafit 9:45-10:30am	Range of Motion (ROM) 9:45-10:30am	Lengths 1:00-2:25pm	Lessons & Lengths (1 lane) 11:00am-2:25pm
Lengths Swim 11:30-12:55pm						
Public Swim 1:00-2:55pm						
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	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	Lengths 5:00-6:25pm
Public Swim 6:30-7:55pm (No length lanes available on Tuesdays & Thursdays due to Swim Club)					Public Swim 6:30-7:55pm	
Adult Swim 8:00-9:55pm	Adult Swim 8:00-9:55pm	Adult Swim 8:00-9:55pm	Adult Swim 8:00-9:55pm	Adult Swim 8:00-9:55pm	Schedule is subject to change without notice	
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 13-18yrs FREE Swim Jul 4, Aug 1 8:00-9:55pm (no lanes, whirl- pool or steamroom)		
Aquafit 8:00-9:00pm	Aquafit Deep Water 8:00-9:00pm	Aquafit 8:00-9:00pm	Aquafit Deep Water 8:00-9:00pm			

Arena Programs and Schedule

Rink Rentals

To view ice availability, please go to the Rinks area at www.vancouverparks.ca. For more information or to book ice times or email susy.bando@vancouver.ca.

Birthday Parties

There are two options for having your skating party at Britannia this summer. If you are interested in renting the ice for a children's birthday party, the cost is \$149.09/hr, (plus staff costs). The party room is included when you rent the ice rink. OR: If you are interested in arranging your birthday party at to the rink during a public skating session, the Rink Activity room is available to rent for \$18/hr. For more information, or to book an ice time, call 604.718.5836. To book the Rink Activity Room, contact the Activity Coordinator at 604.718.5812.

Get involved and join a Committee!

The Arena Committee meets the 1st Tuesday of every month at 6:30pm in the Rink Activity room. There are no meetings in July and August.



2014 Fall

Learn to Skate Lessons

Fall skating lessons will begin on September 13. Fall registration for Learn to Skate starts in-person on Sunday August 17 from 10:00am-1:00pm at the Information Centre. Online registration for skating lesson will begin Monday August 18.

SUMMER PROGRAMS

Learn to Skate Lessons

Registration for summer skating lessons will begin on Mon Jun 23. 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.

Level	Preschool	Child
1	10:30-11:00am	10:30-11:00am 11:00-11:30am
2	10:30-11:00am 10:30-11:00am	11:30-12:00am 10:30-11:00am
3	11:00-11:30am	11:30-12:00am 10:30-11:00am
4	11:00-11:30am	10:30-11:00am
5		11:00-11:30am
6/7	11:30-12:00pm	11:00-11:30am



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

Saturdays 10:30-12:00am Jul 12-Aug 23 \$42/ 7 sess

Preschool Program Levels (3-5yrs)

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

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

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

Level 4 - can scull forwards and stop without assistance

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

Children, Youth and Adult Program Levels

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

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

Level 3 - can glide on one foot, forward scull with both feet 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, can use outside edges

Hockey Schedule

Adult Hockey 101

Designed for beginner Adult hockey players, this program will teach you the fundamentals of the game. Participants will gain a hockey strong foundation by learning proper techniques including positional play, stick and puck handling, passing and shooting.

49090.301BR

Sun 8:15-9:15pm Jul 6-Jul 27
\$75/4 sess

Adult Pre season C&D

Preseason Conditioning and Development will get you ready to start your hockey season off with extra jump in your step. These sessions are designed to increase your endurance to maximize your intensity in every shift you play. Each session will focus on power skating using drills with and without the puck.

49090.302BR

Sun 8:15-9:15pm Aug 10-Aug 31
\$75/4 sess

Adult Evening Hockey

Full gear is mandatory for this supervised non-contact hockey for adults 19+ years. Space is limited to 26 players and 2 goalies. Up to 20 spaces are available for registered monthly participants; the remaining spots are available on a first-come, first-served basis. Sign-up for the Thursday session starts at 9:30pm at the rink. On Sundays please register and pay the program supervisor in the rink starting at 7:45 pm.

Thu 11:15pm-12:45am Jul 3-Aug 28
\$10.00/drop-in* All Level players
Sun 9:30-11:00pm Jul 6-Aug 31

\$15.00/drop-in or \$50/mo*

*Strip tickets are not valid during these sessions.

Adult Co-ed Drop-in Hockey

Drop-in hockey for those with hockey experience. Space is limited to 26 players and is available on a first-come, first-serve basis. Full hockey gear is mandatory. Register and pay at the pool starting at 2:30pm.

Wed 3:30-5:00pm Jul 9-Aug 27
\$5.95/drop-in or \$47.55/10 visit pass
No session on July 2

Women's Hockey

This pick up hockey program is perfect for women who want to improve their hockey skills in a safe and inclusive environment. Full hockey equipment is mandatory. Program participants must sign in each week with the pool cashier. Limited drop-in spaces may be available at \$5.95/drop-in. Drop-in participants must pay at the pool cashier starting at 6:00pm on the day of the session. All participants must sign a waiver each week at the pool before going on to the ice.

48080.301BR

Sun 6:45-8:00pm Jul 6-Jul 27

48080.302BR

Sun 6:45-8:00pm Aug 3-Aug 24
\$20/4 sess

Adult Stick and Puck

Come out during the noon hour and practice your hockey skills on the best ice in Vancouver. Sorry no scrimmage during this program. Helmets are mandatory during this session, full hockey gear is recommended. Pay at the pool cashier starting 30 minutes prior to the session.

Fri 12:00-1:30pm Jul 11-Aug 29
No session Jul 4 \$5.95 /drop-in

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



Public Skating Schedule

July 2 - August 1, 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Adult Stick & Puck 12:00-1:30pm No session Jul 4	Public Skate 12:15-1:15pm No session Jul 5	Family Fun Hockey 12:15-1:30pm
		Adult Co-ed Drop-in Hockey 3:30-5:00pm No session Jul 3				Public Skate 1:45-3:15pm
		Adult Skate 8:45-10:15pm	*Adult Co-ed Hockey 11:15pm-12:45am			*Adult Co-ed Hockey 9:30-11:00pm



Vancouver Public Library

Summer Hours:

(Starts June 30, 2014 until Aug 31, 2014)

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

Holiday Closures

Canada Day	July 1, 2014
BC Day	August 4, 2014
Labour Day	September 1, 2014

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 Jul 10-Aug 21 11:30am-12:00pm

Family Storytimes:

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

Tue Jul 8-Aug 19 10:30am-11:00am

Summer Reading Club

Hey, kids! Join the summer reading club, set your own reading goals and participate in weekly events, contests, and activities. Registration starts Friday, June 13. Contact the library for more information. 604-665-2222.



Adult Programs

The SFU Writer's Studio Consultations

Need an expert opinion of your writing? SFU's Writer's studio offers a free 45 minute consult on seven to ten pages of your poetry or prose. Registration and manuscripts must be submitted at least a week before consultation date. For more info or to register, call 604-331-3603

First Tue of the month 4pm, 5pm & 6pm
Aug 5, Sept 2 (no consultations in July)

One To One Computer Training:

Book a free one-hour session for computer help. Call 604-665-2222

55 and Up Bookclub:

You pick the books! Hosted by Britannia Library staff, this book club invites all to talk about favourite passages, points of interest and more! Books are provided by the Britannia Branch Library. Club meets at the Al Mattison Lounge (the Seniors Centre). To register, call 604-718-5837; to get your book, call the library at 604-665-2222.

Third Wed of the month 2:45-4:00pm
Jul 16, Aug 20, Sept 17

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.pandoracollective.com/what-we-do/events.

Second Wed of the month 6:30-8:30pm
July 9, August 13, Sept 10

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 Centre is located inside the Britannia Library. For more information, phone 604-718-5813. Sponsored by the Vancouver Community College, Vancouver Public Library, and the Britannia Community Services Centre.

Mon	CLOSED
Tue	1:00 pm – 8:30 pm
Wed	9:30 am – 8:30 pm
Thu	9:30 am – 5:00 pm
Fri	9:30 am – 3:00 pm
Sat	10:00 am – 2:00 pm



1655 William Street 604.255.9841
eastsidefamilyplace.org

ESFP offers many programs along with support and referral services. Drop-In costs \$3.00 per visit per family. An annual membership fee of \$20.00 is required to attend. Workshops and programs are offered at no-cost to members, with childminding and snacks provided.

Family Drop-In Hours

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

Licensed Occasional Childcare

Childminding hours are:
Mon to Fri 9:00-12:00

Nobody's Perfect Parenting Program

Now pre-registering for the Fall 2014 session. Call for more info. (6wks.)

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

Now pre-registering for the Fall 2014 session. (10wks.)

Workshops A variety of topics of interest to parents/caregivers are offered throughout the year.

Upcoming!

Do You Understand Your Toddler?

Monday June 9, 1:00-3:00, call to register.

Summer Gardening Program at Britannia School Garden

Weekly sessions, call for info.

Birthday Parties at Eastside Family Place

Email info@eastsidefamilyplace or call 604.255.9841 for details.

Closures: Closed Canada Day (July 1)
BC Day (Aug 4) &
Labour Day (Sept 1)