



# Programs & Services Summer 2016

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



# Information

## THREE Ways to Register for Programs

1) Register Online at [recreation.vancouver.ca](http://recreation.vancouver.ca)

2) Register In Person

A) Britannia Info Centre at 1661 Napier Street

B) Pool Cashier Office

Registration starts at 9:00am on Tuesday, June 7, 2016.

Pay using Cheque, Visa, Mastercard, Debit Card or Cash.

Information Centre Hours for Program Registration:

Monday to Thursday	9:00am to 8:00pm
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. 1

Phone registration starts at 1:00pm on Tuesday, June 7, 2016

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.



### Why volunteer with us?

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

For more information, please contact Helen at 604.718.5860 or [helen.spaxman@vancouver.ca](mailto:helen.spaxman@vancouver.ca). Visit our website [www.britanniacentre.org](http://www.britanniacentre.org) and download a copy of our Volunteer Application Form to get started.

**Our Vision is changing - please send your thoughts to [info@britanniacentre.org](mailto:info@britanniacentre.org)**

### Vision Current

To be a recognized leader in building community, promoting partnerships, celebrating diversity and enhancing the life and well-being of everyone who lives, works and plays in our community.

### Vision

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

### Mission

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

## Membership Information

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

Membership is valid from September, 2016 to August 31, 2017

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
- Eligibility to run for the Board of Management
- Mail outs/e-mails about Centre events
- You must have a current Britannia membership to register for programs

## 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 (7 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 registration refunded. Refund requests must be made one week (7 days) prior to the start of the program. No refunds after this time.

## Swim/Skate Refunds

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.

## Information Centre

1661 Napier Street,  
Vancouver BC V5L 4X4

T 604 718 5800 ext. 1

F 604 718 5858

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

# Licensed Child Care Centres

## Child Care Mission Statement

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

## 18mo-3yrs Toddler Program/Daycare

### Eagles In The Sky Child Care

485 Semlin Drive  
Susan Nelson 604.718.5856

#### Daycare ages 3-5yrs

Hours: Mon-Fri 7:30am-5:45pm  
Fee: \$825 per month  
snacks provided

### Grandview Terrace Child Care

2075 Woodland Drive  
Alejandra Uribe 604.718.5846

#### Daycare ages 3-5yrs

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

### Mount Pleasant Child Care

960 East 7th Avenue  
Wade Forbes 604.718.5844

#### Toddler Program 18mo-3yrs

Hours: Monday to Friday 7:30am-6:00pm  
Fee: \$1,165 per month, snacks provided  
Lunch: \$45 per month

#### Daycare ages 3-5yrs

Hours: 7:30am-6:00pm  
Fee: \$865 per month, snacks provided  
Lunch: \$45 per month

## Licensed Child Care Summer Programs

These camps are for children 5-12yrs.

### Britannia Child Care: Summer Fun Program

O.R.C.A (Outdoor Recreation and Creative Arts)

1661 Napier Street

Lorraine Evans: 604.718.5843

Fee: \$150/week; \$550/month Mon-Fri 7:30am-5:45pm

Each week children will experience O.R.C.A at parks, outdoor trails, beaches, pools, and other fun-filled city venues. Children will hike, bike, run, jump, dance and play while also creating art projects, culinary activities, science projects and doing drama activities. Special guests will visit us each week providing cool activities and creative inspiration. Morning and Afternoon snacks are provided.

### Grandview Terrace Summer Program

2075 Woodland Drive  
Alejandra Uribe: 604.718.5846

Email: [grandviewcc@shaw.ca](mailto:grandviewcc@shaw.ca)

Fee per week: \$150 or \$120/4day/week

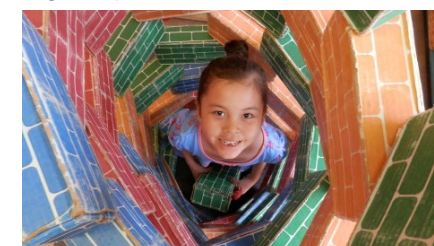
Per month: \$555

Mon-Fri: 7:30am-6:00pm

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 Queen Elizabeth park along with animal exploration at the petting zoo. Relaxing picnics at the beach or the many water parks throughout the Lower Mainland.

Come out and explore the community parks and activities that surround us. Join us as we make new friends and explore our community.

Jul 4-8	Community Adventure
Jul 11-15	Sports Challenge
Jul 18-22	Beach Discovery
Jul 25-29	Mad Science Camp
Aug 2-5	Summer Splash Fun
Aug 8-12	Nature Adventure
Aug 15-19	Waterworks and Exploration
Aug 22-26	Talent and Theatre Camp
Aug 29-Sep 1	Safari Adventure



### Lord Nelson Summer Program

2235 Kitchener Street  
Latisha Buksh: 604.713.5863

Fee per week: \$150 per 5 day week

\$120 per 4 day week

Mon-Fri: 7:30am-5:45pm

Jul 4-8	Welcome to Summer
Jul 11-15	Jedi Camp
Jul 18-22	Circus Camp
Jul 25-29	Splish Splash
Aug 2-5	ULTIMATE Camp
Aug 8-12	Art Attack Camp
Aug 15-19	Hollywood North
Aug 22-26	Nutty Professor
Aug 29-Sep 1	H2O Camp



### Eagles in the Sky Summer Program

#103B - 1950 E. Hastings Street  
Kinga Batko: 604.230.1885

Fee per week: \$150/per week or \$550/month  
Mon-Fri: 7:30am-5:45pm

Jul 4-8	Let's Get Acquainted
Jul 11-15	Creative Arts & Crafts
Jul 18-22	The Olympics Everyone's a Winner!
Jul 25-29	Water Fun
Aug 2-5	Outdoor Madness
Aug 8-12	Mad Scientist
Aug 15-19	Woodworking
Aug 22-26	Messy Olympics
Aug 29-Sep 1	Cooking Extravaganza

# Preschool and Children

## Dance Programs

### Ballet (2-3yrs)

In this class children learn the basics of ballet in a safe and fun learning environment. Set to Classical Music the children will work on dance technique as well as exploring their own creative expression. Parents are welcome to attend class. www.kirbysnelldance.com

Sat	Jul 9-30	\$50/4 sess
<del>60630</del>	<del>9:05-9:45 am</del>	
60630	9:50-10:30 am	
CFEC	ERD	



### Ballet/Jazz Dance (3-4yrs)

In this class children will learn ballet exercises from a syllabus, working on those exercises each week. They will also learn the basic fundamentals of jazz and developing their own creative expression. This is a closed class, however, in the final week of the session we invite parents to stay for a presentation of what we have been learning. www.kirbysnelldance.com

Sat	Jul 9-30	\$50/4 sess
60635	10:35-11:15am	
60634	11:45-12:25pm	
CFEC	ERD	

### Ballet (4-6yrs)

In this class children will be learning a full range of exercises from a ballet syllabus, as well as a routine that will be added to each week. This is a closed class, however, in the final week of the session we invite parents to stay for a presentation of what we have been learning. www.kirbysnelldance.com

Sat	Jul 9-30	\$50/4 sess
<del>60632</del>	<del>12:30-1:15pm</del>	
60631	1:15-2:00pm	
CFEC	ERD	

## Music

### Music Together® (0-5yrs)

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

Parent participation is required. Sibling rate; \$80 (sibling 7 month and older). Siblings 6 months of age and under attend free. Tuition includes two CD's, a Songbook, a Parent Guide DVD and a Parent Education evening. Full payment refundable PRIOR to first class. After first class \$60 fee is non-refundable. Registration closes after the 3rd class. 8 classes over 4 weeks, participants attends 2 classes a week for 4 weeks.

Tue/Thu	Jul 5-28	\$140/8sess
<del>60659</del>	<del>9:30-10:15am</del>	
60655	10:30-11:15am	
<del>60650</del>	<del>11:30am-12:15pm</del>	
R. Mezz	Felicia(Tue)& Katy(Thu)	



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

Learn an instrument and enjoy a lifetime of music! These lessons consider each student's development and goals. Conservatory exam preparation is available. Lessons are available for 30, 45 and 60 minutes per week at the discretion of the instructor. Prior to registering, new students must contact the instructor for a weekly lesson time at janine.oye@gmail.com. Clarinet students must provide their own instruments. Phone in or in person registration only, no online, call 604.718.5800 ext.1

Fri	3:30-8:00pm	July 8-Aug 5
60660		\$120/5 sess
Sat	9:00am-4:30pm	July 9-Aug 6
60661		\$120/5 sess
Music Room	J. Oye	

### World Marimba Summer Camp (9-18yrs)

Summer camp for ages 9+ that focuses on Marimba. Over the course of the week students will get a chance to play marimbas, drums, and learn about world music and culture. They will also get the chance to use their creativity to write a song as a group using the skills they learn through the week. Come join us and have fun this summer! robinlayne.ca

Mon-Fri	1:00-4:00pm	Jul 11-15
Rm 111		\$195/5 sess
60638	R.Layne	



## Britannia 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 our fantastic coaching staff. 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 3:30pm sharp. Parents and caregivers are invited to join us every Friday at 3:00 for "Camp fire" where each group of gymnasts will display all of the amazing skills they have learned during the week. We look forward to seeing your little gymnast this summer. Program will take place in Britannia's Gym B (High School Gym) Registration began Tue May 17 and is ongoing until the camps fill. Check www.britanniagymnastics.com for updates

will display all of the amazing skills they have learned during the week. We look forward to seeing your little gymnast this summer. Program will take place in Britannia's Gym B (High School Gym) Registration began Tue May 17 and is ongoing until the camps fill. Check www.britanniagymnastics.com for updates

Check out [www.britanniagymnastics.com](http://www.britanniagymnastics.com) for updates.

60241	Week #1	July 4-8	9:30-3:30pm	\$225
60245	Week #2	July 11-15	9:30-3:30pm	\$225
60247	Week #3	July 18-22	9:30-3:30pm	\$225
60248	Week #4	July 25-29	9:30-3:30pm	\$225

Gymnastics registration for the Fall 2016 program will take place Tue Aug 23, 9:00am online and in person at Britannia.

# Daycamps & Sports

## Celtic Soccer Academy 2016 International Partnership



Learn to play the Celtic Way – Scotland's Celtic Football Club are delighted to be back for their second summer working in partnership with Britannia Micro Footie to provide the opportunity for boys and girls of all abilities to attend soccer camp. Each day will follow specific soccer related themes designed by Celtic Soccer Academy Coaches which allow each player to develop their technique through individual and group practices. Space for this camp is limited. Registration for this program begins Tue May 17 at 9:00am, online and in person and will be ongoing until camp is full.

### Week 1:

Mon-Thu	Jul 4-7	Van Tech
65537	4-5yrs 9:00-11:00am	\$109
65540	6-12yrs 9:00am-12:00pm	\$159
65541	13-16yrs 9:00am-12:00pm	\$159

### Week 2:

Mon-Fri	July 11-15	Empire Bowl
<del>65543</del>	<del>4-5yrs 9:00-10:30am</del>	<del>\$140</del>
65542	6-12yrs 9:00am-2:00pm	\$289
66193	13-16yrs 9:00am-2:00pm	\$289

### Celtic FC Mom & Dads Camp

Back by popular demand and inspired by the World Cup, we are going to have a professional soccer experience for Moms & Dads. Of course, Moms will be separate from Dads. Players will get coached by the real deal. This package includes Professional Celtic coaches with thick Scottish accents. The opportunity to play-score-dribble-shoot-laugh at yourself and if you also happen to be a coach, learn.

Fri/Sat	Jul 8-9	
65536	19yrs+ 6:00-8:00pm	\$69/ 2 sess
Van Tech		

## Britannia Micro Footie

Thanks to our community donors for another successful Footie season!



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

Anyone can join! We offer ongoing classes for children & youth. See p10 for full details!

Child 3-6yrs Mon/Wed  
64576 5:15-6:00pm Jul/Aug \$150/2 mo

Child/Youth 7-18yrs Tu/Th  
64578 5:00-6:00pm Jul/Aug \$150/2 mo

### Axe Summer Camp (7-12yrs)

Students will gain skills and confidence by learning the fundamental movements of Capoeira: footwork, attacks, escapes and acrobatics, gain rhythm by learning the fundamentals of African and Brazilian instruments. They will have fun in a safe, positive and highly active environment with other young aspiring Capoeiristas and our highly experienced and skilled instructors.

<del>64582</del>	<del>Jul 4-8</del>	<del>9:00-11:00am</del>	<del>\$80/week</del>
64584	Jul 11-15	9:00-11:00am	\$80/week
64586	Jul 18-22	9:00-11:00am	\$80/week

### Traditional Kung Fu (6yrs+)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. No class July 29.

Beginner  
Mon Fri 4:30-5:45pm July 4-Aug 12  
CFEC \$87/10 sess  
60257 M. Lung

Intermediate  
Mon Fri 4:30-6:15pm July 4-Aug 12  
CFEC \$97/10 sess  
60259 M. Lung

Advanced  
Mon Fri 4:30-6:30pm July 4-Aug 12  
CFEC \$102/10 sess  
60260 M. Lung

### Tennis & Arts Camp

Join an all-day children's camp filled with the essentials of creative art and self-motivating sport.

The combination of tennis and art will let your child explore their inner strength. The day is broken down into morning (tennis lessons) and afternoon events (creative arts), which allow the child to be part of an all-day activity program. Children should bring a snack, lunch, water. Participants will be based out of Room 111 in Britannia Secondary School. Call The Tennis Academy at 778 919 9364 for more information or check out [www.theartoftennis.ca](http://www.theartoftennis.ca).

Week #1	Jul 4-8	9:30-3:30pm
<del>60677</del>		<del>\$175</del>
Week #2	Jul 18-22	9:30-3:30pm
<del>64581</del>		<del>\$175</del>
Week #3	Jul 25-29	9:30-3:30pm
64532		\$175
Week #4	Aug 2-5	9:30-3:30pm
64533		\$140

### Beginner Lacrosse (5-11yrs)

Play Lacrosse welcomes kids ages 5-11 looking for a fun, new sport to learn fundamental movements that will help them be active for life. Our program is no-contact and all gear is provided. No session July 30.

5-6 yrs		
Sat	9:00-9:45am	Jul 2-Aug 27
Gym D		\$106/8 sess
65052	Play Lacrosse	
7-8 yrs		
Sat	10:00-10:45am	Jul 2-Aug 27
Gym D		\$106/8 sess
65053	Play Lacrosse	
9-11 yrs		
Sat	11:00-11:45am	Jul 2-Aug 27
Gym D		\$106/8 sess
65054	Play Lacrosse	

# Daycamps

## Funseekers Daycamp (6-12yrs)

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

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.

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

Mon-Fri 9:00am-3:00pm \$95/5 sess  
\*Tue-Fri 9:00am-3:00pm \$76/4 sess  
GymD

59801	Jul 4-Jul 8	Playland
59802	Jul 11-Jul 15	Splashdown
59803	Jul 18-Jul 22	Coquitlam Pool
59804	Jul 25-Jul 29	Buntzen Lake
59805	Aug 2-Aug 5*	Playland
59806	Aug 8-Aug 12	Coquitlam Pool
59807	Aug 15-Aug 19	Buntzen Lake
59808	Aug 22-Aug 26	Splashdown
59809	Aug 29-Sep 2	Watermania

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



## Summer Unlimited (13-18yrs)

Saturday Unlimited is a unique program which offers recreational opportunities to youth 13-19 years with special needs. Participants take part in a wide range of activities in and around the city, meeting new friends and acquiring new skills. Knowledgeable staff, in-program transportation and one to one volunteers are provided to maximize the youth's participation and enjoyment of the program. Different activities take place each week and include at least one evening event each session in place of the day outing to enhance age appropriate activities. Call 604.718.5873 for more info. Registration and intake must all be approved by Saturday unlimited staff.

Mon-Fri 10:00am-4:00pm  
LRC \$125/5 sess

60851	Jul 4-Jul 8
60852	Jul 11-Jul 15
60853	Jul 18-Jul 22
60854	Jul 25-Jul 29
60857	Aug 2-Aug 5
60859	Aug 8-Aug 12
60860	Aug 15-Aug 19
60861	Aug 22-Aug 26

## Preteen Adventure Camp (10-13yrs)

Spend the week out & about, discovering what Vancouver & the surrounding area has to offer. Be prepared for an action packed week of out trips, activities, and FUN. 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.

**Adventure Camp Cancellation Policy:** Minimum 1 week notice required to for a refund. A \$5 admin fee will be charged per class.

Mon-Fri 11:00am-5:00pm  
TC \$125/5 sess

59811	Jul 4- 8	Indoor Rock Climbing, Second Beach Pool, Playland
59812	Jul 11-15	Splashdown, Kits Beach, bowling
59813	Jul 18-22	Coquitlam Pool, Canoeing, Skimboarding
59814	Jul 25-29	Buntzen Lake, Hillcrest Pool, Playland
59815	Aug 8-12	Coquitlam Pool, Aquarium, Indoor Rock Climbing
59816	Aug 15-19	Skimboarding, Buntzen Lake, Go Karting, The Rox
59817	Aug 22-26	Splashdown, PNE (admission only), New Brighton Pool

## Game Ready Fitness and Leadership Camp (13-18yrs)

The ultimate development camp for youth combining leadership, fitness and life-long learning. Our pro coaches and special guests will challenge each youth to maximize their potential and dream big!!

The goal of the program is to help students build their personal self-confidence and self-worth as tools for their future, post-secondary, university, career. The first hour of the program will be dedicated to a workout with one of our staff. We will then work through the life ready program course booklet with the students to help them set goals and build their life skills. Students will be provided with healthy snacks each day, to encourage health and wellness, and to expose them to different foods. Speakers will include local professionals, and professional athletes. We want the students to be provided with empowering stories of positive people in our community that are making a difference.

Mon-Fri 1:00-4:00pm \$200/5 sess  
Gym C  
63650 Aug 15-19

## Summer at the HUB - Tech n' Rec Focus Camps

For more information, please call 604.713.8273.

Each camp has 3 or 4 hours of instruction in the chosen area. The other periods are reserved for quality recreational periods where students can enjoy minor games in the gym, arts and crafts and theatre sports. A short half hour lunch is scheduled. Bring a Bag Lunch and Water Bottle. For detailed blurbs on each Tech n' Rec focus camp, please pick up registration form at Britannia Info Centre.

Drop-off and pick-up in Gym A. ALL programs are 9:00am-3:30pm. Register online, in-person or phone 604.718.5800.

### Ages 7-9yrs on July 1st

Mon-Fri	9:00am-3:30pm	\$75
*Tue-Fri	9:00am-3:30pm	\$60
63258	Jul 4-7	Claystation
63259	Jul 11-15	Fibre Arts
63260	Jul 18-22	Dance Fusion
63263	Jul 25-29	Big Painting
63265	*Aug 2-5	Science & Nature
63266	Aug 8-12	Robotics

### Ages 10-13yrs on July 1st

Mon-Fri	9:00am-3:30pm	\$75
*Tue-Fri	9:00am-3:30pm	\$60
63267	Jul 4-7	Robotics Part I
63268	Jul 11-15	Clay Critters
63269	Jul 18-22	Test Pilots
63271	Jul 25-29	Robotics Part II
63272	*Aug 2-5	Nature Explorer
63273	Aug 8-12	Big Painting

# Teen Centre

## Special Events

### Splash! Youth Free Swim

For youth ages 11-18 years old. Contests, prizes, games and crazy staff! Britannia youth only swim time. First Friday of every month. Be ready to go in the water by 8:00pm. 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 8, Aug 5, Sep 2  
Free



## Teen Centre Summer Drop-In Hours

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

A place in the community dedicated to youth. All youth from 13-18 years old are welcome. Youth, volunteers and staff work together to plan the activities and Programs in and around the Teen Centre. Feel free to pick up your copy of our summer activities calendar at the Teen Centre. If you do not see something you are interested in doing in our brochure don't hesitate to get involved- join in and make it happen! The Teen Centre is a place to Meet people. Get information or support Share your ideas Have fun Experience new things. Join in our youth committee to set direction for our youth programs. \*Please note: a signed parent consent form is required for many of our programs. If you have any questions or concerns please call us at 604.718.5828.

Pick up a calendar of activities at the Teen Centre.  
Find us on Facebook @ Britannia Teen Centre

## Youth Leadership Daycamp (13-17yrs)

Great out trips, cool activities, community oriented projects and FUN staff!! Get out of your comfort zone and challenge yourself this summer.

Special emphasis will be placed on community engagement projects using the Equitas program, "Speaking Rights" and "Play it Fair" which are designed to promote human rights, inclusion, antidiscrimination, respect for diversity, and the peaceful conflict resolution among children.

A hat and sunscreen are recommended for each day. Parents are required to complete weekly consent forms every Monday.

60301	Mon-Fri	Aug 8-Aug 12	11:00am-5:00pm	\$150/5sess
60302	Mon-Fri	Aug 15-Aug 19	11:00am-5:00pm	\$150/5 sess
60303	Mon-Fri	Aug 22-Aug 26	1:00am-5:00pm	\$150/5 sess
Room 111				

## Summer Out Trips

The Britannia Youth Program will be running a series of out trips in Jul and Aug. We have way too many activities to put them all in here! Some activities include Splashdown and Cultus Lake waterslides, 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 for these trips is necessary and parents must sign consent forms. Space is limited and youth will be accepted on a first come first serve basis. Participants are encouraged to plan ahead and bring any things that they think they might need for the trip they're going on. Some examples would be: a hat, sunscreen, water, food or money for food, etc. All registration handled at the Teen Centre. The cost of the outings should not prevent any youth from participating, so let staff know.

## Major Day Trips at a Glance:

Splashdown	Mon	Jul 4	10:00am-5:00pm	\$10
Latin American Festival	Sat	Jul 9	1:00-6:00pm	Free
Playland	Tue	Jul 12	11:00am-5:30pm	\$10
Watermania	Thu	Jul 14	1:00-6:00pm	\$2
Outdoor Movie	Tue	Jul 19	6:00-11:00pm	Free
Biking the Seawall	Thu	Jul 21	1:00-5:00pm	\$7
Movie	Wed	Jul 27	5:00-9:30pm	\$2
Go Karting	Fri	Aug 5	2:00-5:00pm	\$10
Stand Up Paddle Boarding	Tue	Aug 9	1:00-6:00pm	\$10
Playland	Thu	Aug 11	11:00am-5:30pm	\$10
Cultus Lake Waterslides	Sat	Aug 13	9:00am-6:00pm	\$10
Deer Lake Paddleboating	Sat	Aug 20	1:00-5:00pm	\$5
PNE (admission only)	Tue	Aug 23	11:00am-5:00pm	\$5
Movie	Wed	Aug 31	5:00-9:30pm	\$2

Out trips subject to change or cancellation

## Social

### 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 Stephanie at 604.718.5829 for more info.

Sat 1:30-5:30pm Free

### Britannia Youth Committee

We 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.

### Youth BBQ's

Every Thursday 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.

### Beach BBQ's

Join us this summer for our Beach BBQ Days. We will be hitting up the local beaches to play some sports, have a BBQ, and just hang out. Spanish Banks, Jericho, and English Bay are some of the places we will go. Completed consent form required.

Jul 7, Jul 23, Aug 3, Aug 25 12:00-5:00pm  
Free

# Youth Outdoor Sports

## Hiking Day Trips

Weather appropriate footwear and clothing, lunch, snacks, water, and sun screen required for each trip. Completed consent forms required. Register for the following at the Britannia Teen Centre, 604.718.5828. Hikes subject to change or cancellation

### Quarry Rock Hike

Located in Deep Cove, this easy hike will take you through densely wooded areas of Douglas Fir and Hemlock trees, and small creeks with the smell of fresh forest air. Have lunch at the top while enjoying the tiny boats below and scenic surroundings.

**Mon 1:00-5:00pm Jul 11 \$5**

### Stawamus Chief

This popular hike in Squamish offers scenic views of Howe Sound and several mountains in Garibaldi Provincial Park. This is an intermediate hike covering 11km and gaining 600m elevation.

**Mon 10:00am-5:00pm Jul 25 \$5**

### Seymour Mountain Day Hike

One of the local Vancouver ski hills in the winter, the summer hike wanders up the mountain, passing over a couple of peaks before reaching a panoramic view of the city and the Coastal Mountain Range.

**Fri 10:00am-5:00pm Aug 19 \$5**

## Camping Trips

### Manning Park

Join Trout Lake and Thunderbird youth on this camp trip to Manning Park. Enjoy the outdoors, go hiking and hang out in a great wilderness setting.

**Mon-Wed Aug 22-24 \$60**

## Duke of Edinburgh's Award at Britannia

The Duke of Edinburgh's Award is a globally recognized program for the development of people ages 14-24, equipping them with life skills that will make a difference to themselves, their community and the world. The Duke of Ed. challenges young people to step outside their comfort zone and grow through the four sections (Skills, Service, Physical Fitness and Adventurous Journey) of The Award which encourages; personal discovery and growth, self-reliance, perseverance and responsibility.

We are seeking youth who are at least 14 years of age and looking to fulfill their Bronze level Adventurous Journey section of their Award with a two day camping trip this summer. We provide two leaders (one trained in Advanced Wilderness First Aid), all camping related equipment, transportation, and food.

To find out more about the Duke of Ed. Award visit their website (<http://dukeofed.org/about-duke-of-edinburgh>) or speak with Barry at the Teen Centre, or email [barry.skillin@vancouver.ca](mailto:barry.skillin@vancouver.ca) or call him at 604.718.5828.

## Canoeing Day Trips

### Buntzen Lake Canoe Day Trip

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

**Thu 10:00am-5:00pm Jul 28 \$5**

### Indian Arm Canoe Day Trip

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

**Thu 10:00am-5:00pm Aug 18 \$5**



## Youth Sports

### Introduction 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 rider's imagination and creativity. Cost includes transportation, and a 2 hour lesson and rental. Additional time after will be spent hanging out at Jericho Beach. Bring a lunch, snack, water, sunscreen, and swim clothes. Completed waiver forms required.

**Fri Jul 22 11:00am-5:00pm 63572 \$40/sess**  
**Thu Aug 18 11:00am-5:00pm 63573 \$40/sess**

### Indoor Soccer

For 11-18 year old players only

**Tue 5:30-8:00pm Jul 5-Aug 30 Gym D Free**

### Dodge Ball

Loved dodgeball as a kid? Come play in organised games. National rules will be followed. All equipment provided.

**Wed 5:30-7:00pm Jul 6-Aug 31 Gym D Free**

### Basketball Open Gym

For 13-18 yrs players only.

**Fri 5:00-6:50pm Jul 8-Sep 2**  
**Sun 12:00-1:50pm Jul 3-Sep 4 Gym C Free**

# Latin American Youth

## Latin American Youth Program (LAYP)

### 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 Stephanie, the Latin American Youth Worker at 604.718.5829.

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

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

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

**Wed/Miercoles 5:00-6:30pm Jun 1, Jul 6, Aug 3**

## 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!

**Fri/Viernes 6:00-8:00pm CFEC Free/Gratis**

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

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

Necesitas trabajo voluntario par poder graduarte? El proyecto de jóvenes ofrece muchas oportunidades en las que puedes practicar las cosas que a ti te gustan y a la vez hacer tus horas de voluntariado. Par mas información llame al 604.718.5829.

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

Meet youth your age and learn at the same time. The Friends First Buddy program provides you with social, recreational, and educational skills. We meet every Saturday and we participate in various activities from 12:00-5:30pm. To register and more information please contact Stephanie at 604.718.5829.

- Outings/Salidas
- Team Building Games/Juegos
- Arts and Crafts/Arte y artesanía

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. Por Favor llame a Stephanie para registrarse al 604.718.5829. Subsidios disponibles.

**Sat/Sabados 12:00-5:30pm**

## Cocina Latina/Cooking Program (11-18yrs)

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.

**Thur 4:30-6:30pm Free AML**



## Evento gratis de Nadar/ Free Youth Swim

**Fri/Viernes 8:00-10:00pm Jul 8, Aug 5 Free/Gratis**



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

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

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



## Beach Soccer Team (U16)

For all you soccer lovers! If you are under 16yrs old and would like to play for our coed beach soccer team please contact 604.718.5829. The tournament takes place at Spanish Banks beach the weekend of Aug 10th and 11th and cost is \$15 per player.

Practice days are still to be announced but will be held at the Locarno beach. Buscamos nuevos jugadores para nuestro equipo de fútbol para el torneo de la playa. El torneo de playa se llevar a cabo los días 10 y 11 de Agosto en la playa de Spanish Banks la inscripción por cada jugador es de \$15. Los días de entreno se les comunicara mas adelante pero serán en la playa de Lacarno. Para mas información llame al 604.718.5829.

# Adults Fitness

## Salsa Fit

An invigorating and energizing cardio combining High/Low impact aerobics with a salsa flare - great music, lots of fun. Includes a muscular strength component and stretching. Please purchase drop-in tickets at pool office 39.40/10 tickets.

Sat 10:00-11:00am Jul 2-30  
Gym C \$4.75 /1 sess  
60268 D. Galay

## ZUMBA® Fitness

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

Mon 6:00-7:15pm Jul 4-25  
Gym C \$32/4 sess  
63657 Kathy Ann  
Wed 6:00-7:15pm July 6-Aug 3  
Gym C \$40/5 sess  
63658 D. Galay

## Yogaflex

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

Sun 10:15-11:15am Jul 10 - 31  
CFEC \$32/4 sess  
63662 CLS Fitness

## Iyengar Yoga Level 1/2/3

Sample Iyengar Yoga classes during a mini summer session. Regular yoga teacher Claudia MacDonald has invited guest instructor Franklyn Schryver to conduct these classes. Claudia will resume teaching in September.

Tue 9:30-11:00am Jul 5- Aug 9  
CFEC \$90/6 sess  
64525  
Thu 6:00-7:30pm Jul 7-Aug 11  
CFEC \$90/6 sess  
64528

## Core & Hard Core Express

Join us for this short, intensely fun and exhilarating interval training session!

See p. 22 for full details

# Adult Martial Arts

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

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

Axe Capoeira - Adult  
64529 See chart for schedule Jul/Aug \$230/2 mon

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

## Ki Aikido

This non-competitive and positive practice develops calmness, stability and confidence to reduce the stresses of daily life. We work with partners and learn to develop mind-and-body coordination, stay relaxed and centered, extend our minds and keep a light posture in dynamic movement. Beginners can take one free class before deciding to register. www.canadiankifederation.com

## General -Tuesdays

All levels, including Beginners. \$8/drop-in.  
Tue 6:00-7:15pm Jul 5 - Aug 23  
Mat Room \$40/8 sess  
64589 F. Etanchaud/L. Liew

## High Grade Class and Practice

1st Kyu or more advanced students. \$6/drop-in. No class Aug 1.

Mon 7:30-9:30pm Jul 4 - Aug 15  
Mat Room \$30/6 sess  
64591 W. Nagata



## General - Wednesdays

All levels, including Beginners. \$10/drop-in.  
Wed 7:30-9:30pm Jul 6 - Aug 17  
Mat Room \$42/7 sess  
64590 W. Nagata

## Volleyball – Tue – Inter/Advanced

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 18 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$5/drop-in, space permitting.

Tue 7:15-9:45pm Jul 5–Aug 16  
Gym A \$32/7 sess  
63663 R. LeBlanc

## Volleyball - Beg Thu

Beginners - Basics are emphasized. Register for this program to guarantee a spot to play every week. A total of 18 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$5/drop-in, space permitting.

Thu 7:15-9:45pm Jul 7-Aug 18  
Gym A \$32/7 sess  
63664 R. LeBlanc

## Basketball

Adult recreational basketball program. No drop-ins. No class July 31.

Sun 2:00-4:00pm July 10 – Aug 21  
Gym A \$30/6 sess  
63665 S. Yan



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

Learn classic boxing techniques from Head Coach William Kennedy. Full size ring, punch/speed bags, circuit training, mitts and gloves. Great way to improve your fitness. During the group sessions, your training will be personalized to your specific skill and ability. Waiver forms and a \$75 one time annual insurance cheque payable to Combsport will be collected by the Coach prior to starting. Classes unlimited – come train as many times as you like! Boxing room is located beside Gym C.

Drop in \$20 payable at the Pool Cashier.

Mon-Fri 5:00-7:00pm  
Tue/Thu Women's Program 4:00-6:00pm  
Sat 10:00am-noon  
64534 Jul \$75/mon  
64535 Aug \$75/mon

## Pickleball

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

Note: At the time of brochure being printed we are working on getting pickleball lines painted in the tennis courts by the community garden.

## Beginner Lessons

Sun 9:00-10:00am Jul 3-Aug 28  
Gym C \$32/7 sess or \$5 drop in  
63671 P. Tsao

## Intermediate

Sun 10:00-noon July 3-Aug 28  
Gym C \$3/drop in  
63672 P. Tsao



## Badminton

Fri 7:00-9:45pm Jul 8-Aug 26  
Gym C A. Leung \$35/7 sess  
Total of 30 spaces (registered & drop-ins)  
\$5.00 drop-ins if space permits.  
63673 No class Jul 29

Sat 1:30-5:00pm July 9-Aug 27  
Gym C J. Leung \$35/7 sess  
Total of 30 spaces (registered & drop-ins)  
\$5.00 drop-ins if space permits.  
63675 No class Jul 30

## Intro to Fencing - Adult

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

Tue 7:30-9:00pm Jul 5-Aug 23  
LaSalle \$64/8 sess  
64530 M. Burke



# Adult Sports

## Tennis Academy – Adult Lessons

The beginner classes provide a way for adults to learn the basic skills of the game in a welcoming non-competitive environment. Players who have completed the beginner course and feel ready for more advanced coaching can move into the Intermediate & Advanced Programs. Call The Tennis Academy at 778.919.9364 for more information or check out www.theartoftennis.ca.

## Beginners

A basic introduction of all strokes (serve, volley, and groundstroke's) will be taught, focusing on impact point and proper court positioning. By the conclusion of the session, participants will know how to start and play points using the serve and return.

Tue & Thu 6:00-7:00pm  
~~64592 Jul 5-20 \$90/8 sess~~  
64593 Aug 2-25 \$96/8 sess

## Intermediate/ Advanced

This course is designed for students who want to further refine the fundamental skills of tennis. This class focuses more of development of basic technique with footwork and long rally game lessons.

Tue & Thu 7:00- 8:00pm  
~~64594 Jul 5-20 \$96/8 sess~~  
64595 Aug 2-25 \$96/8 sess



## Hall For Rent

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

## Booking Times:

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

Now booking into December 2016.

For rates, openings and more information contact:

Helen Spaxman  
helen.spaxman@vancouver.ca  
604.257.3087

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

# Special Events

## The 2016 East Vancouver Garden Tour

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

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

On the day of the tour, you go to Figaro's Garden Centre any time after 10:00 a.m. to pick up your map showing the locations and descriptions of the gardens on the tour. The tour is jointly sponsored by Britannia Neighbours, Britannia Centre, and Figaro's.

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

<b>Sun</b>	<b>10am-4pm</b>	<b>Jun 19</b>
<b>61416 Offsite</b>	<b>\$15/1 sess</b>	

## Cultural Be-In on Unceded Coast Salish Territories

Featuring:

- Britannia Secondary Music Students
- The Red Cedar Bark (Dancers and Singers of the Kwakwaka'wakw Nation)
- Churchill Secondary Music Students
- Free food all day - fresh fruit 3-6pm and a Community Dinner provided by Off the Grill
- Come hear community speakers and connect with the resources and people in your community

<b>Thu</b>	<b>3:00-7:00pm</b>	<b>Jun 2</b>
		<b>Free</b>



## Britannia's 40th birthday

Britannia has its origin in cooperative community action in the 1970s. Local citizens and various civic agencies created the organization in 1974 to coordinate and integrate a wide range of human services to meet the interests and needs of residents. Britannia Community Centre officially opened Saturday, June 5, 1976.

Come by as we celebrate 40 years serving the Grandview Woodlands and Strathcona Communities.

<b>Sun</b>	<b>Jun 5</b>	<b>12:00-3:00pm</b>
<b>Button Making</b>		<b>12:00-3:00pm</b>
<b>Skating</b>		<b>1:45-3:15pm,</b>
<b>Fitness Orientations, &amp; Tours</b>		<b>2:00-4:00pm,</b>
<b>Swimming</b>		<b>2:30-4:55pm.</b>
		<b>Free</b>

And of course what would a birthday be without cake, balloons, and popcorn.

## International Yarn Bombing Day: Year Of Felting

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



<b>Sat</b>	<b>12-4pm</b>	<b>Jun 11</b>
<b>Napier Greenway</b>		<b>Free</b>

## The Solstice/Equinox Coffee House Series:



### 1st Annual Summer Solstice Coffee House

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

<b>Sun</b>	<b>7-10pm</b>	<b>Jun 19</b>
<b>AML</b>		<b>Free</b>

### 1st Annual Fall Equinox Coffee House

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

<b>Sun</b>	<b>7-10pm</b>	<b>Sept 25</b>
<b>AML</b>		<b>Free</b>

## Italian Day 2016

Mangiamo! Let's Eat! Celebrate the spirit of Italian festivity and culture with a hands-on crafting workshop in the Napier Square piazza. Local artist, Paula Luther, will lead this workshop making pasta inspired jewellery. All ages.



<b>Sun</b>	<b>12-4pm</b>	<b>Jun 12</b>
<b>Napier Greenway</b>		<b>Free</b>

## Canada Day Celebration

Fun and entertainment for all ages!

<b>Fri</b>	<b>12:30-2:30pm</b>	<b>Jul 1</b>
<b>Victoria Park</b>		<b>Free</b>



## 16th Annual Artful Sundays

Britannia Community Centre will host an outdoor, visual arts market in Napier Greenway (Napier St @ Commercial Drive) for 5 Sundays this summer. The market features the work of local artists, live music, artist workshops and demonstrations and more! Artist applications are in the Britannia Information Centre or email Coordinator Katherine Polgrain for more information: [courage62@shaw.ca](mailto:courage62@shaw.ca)

<b>5 Sundays</b>	<b>12-5pm</b>	<b>Aug 7-Sept 4</b>
<b>Napier Greenway</b>		<b>Free</b>

## Artistic Wood Burning Imagery

No experience needed - Simple drawing techniques, sketch out a rough draft onto wood & then use hot tools to burn the design into the surface. All tools and materials to be supplied. Registration required. Brought to you by the Britannia Art Gallery

<b>Sun</b>	<b>1:00-4:00 pm</b>	<b>Aug 14</b>
<b>Rink Mezz</b>		<b>Free</b>
<b>60643</b>	<b>J Van Oyen</b>	

# Food Programs



Grandview Woodland Food Connection (GWFC) is dedicated to supporting a healthy food for all philosophy. In partnership with Britannia Community Centre, the GWFC is pleased to offer the following community food programs. For more information on the GWFC, visit [www.gwfoodconnection.wordpress.com](http://www.gwfoodconnection.wordpress.com) or call **604.718.5895**



## Grandview Woodlands Food Connection Volunteers Wanted

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

## GWFC Community Kitchen

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

## Warm Plates Community Kitchen

Join the Britannia elders in a new drop-in community kitchen project with a focus on "food recovery" - cooking nutritious, sugar free meals with cosmetically inferior food that might otherwise go to waste. All are welcome in this free, fun, and tasty program. Bring containers to take food home. We will be cooking at the Britannia Seniors Centre. For information, drop-in dates and times, please call 604.718.5895



## GWFC Bulk Buy Food Club

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

## Heal Your Body! : Indian food made vegan, raw, easy and fun!

A twist on a classic! Join holistic chef and nutritionist Abby Sandhar, in an exploration and reinvention of traditional cuisine of Northern India. Yes, Indian food can be prepared in way that is free of excessive oily fats, excess salt and refined carbs-made raw, vegan and working with whole fresh ingredients, this cuisine can be detoxifying, healing and energizing! You will leave with a belly full of warm goodness, tips for healthier meal planning and some unlocked recipes from the kitchen of The Flying Abneet !! Let's love our bodies up with good nourishment!

<b>Wed</b>	<b>6-9pm</b>	<b>Aug 10</b>
<b>Pre-teen Centre</b>		<b>\$25/1 sess</b>
<b>60665</b>		

## Sauerkraut Fermentation

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

<b>Wed</b>	<b>Aug 17</b>	<b>6-8pm</b>
<b>Pre-teen Centre</b>		<b>\$12/1sess</b>
<b>60644</b>		

## 12th Annual Corn Festival

Enjoy a taste of Latin America in East Van. Join the Latin American community's annual corn harvest fiesta. Celebrate the importance of corn to the peoples of Latin America and their efforts to protect the biodiversity of traditional corns. Try delicious Latin American food, enjoy music and dancing. All free family fun. Presented by the Canada El Salvador Action Network. Info: 604.718.5895.

<b>Sun</b>	<b>12:00-5:00pm</b>	<b>Sept 4</b>
<b>Gym D</b>		

## Canning Kits to Lend

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

# Food & Gardening



## Canning for Beginners

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

<b>Wed</b>	<b>6-8pm</b>	<b>Aug 3</b>
<b>Pre-teen Centre</b>		<b>\$12/1 sess</b>
<b>60641</b>		

## Nutrition Counseling Service

Nutrition counseling services by a certified holistic nutritionist will be available for under-served residents and open to all community members on a sliding scale basis.

This service is aimed at helping you navigate the food choices available in our area and choose the foods that are best suited for your health, taking into consideration any health issues or goals you may have. Improved eating habits can help boost your physical and mental health.

Bonnie Chung is a registered holistic nutritionist. Contact Bonnie Chung at 778-995-7299 or [gorealnutrition@gmail.com](mailto:gorealnutrition@gmail.com) to book an appointment. More info: <http://www.gorealnutrition.com/>

Appointments at Britannia Community Centre

## Grandview Garden Club

The Garden Club meets on the second Thursday of every month in the LRC (under the library), 7:00 p.m.

Knowledgeable speakers tackle subjects such as garden design, pruning, vegetable growing, and attracting bees and butterflies.

Novice gardeners and experienced green thumbs are welcome. Annual membership \$20/ Drop-in \$4, at the door.

For more information, please check <http://grandviewgardenclub.blogspot.ca>.

# Adult Arts & Culture

## The Britannia Artist Grant Program 2016

**NEW**

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

For more information you can pick up an Information Sheet at the Info Centre/check out [www.britanniacentre.org/Services/Arts & Culture/Special Events & Projects](http://www.britanniacentre.org/Services/Arts%20&%20Culture/Special%20Events%20&%20Projects) or email Coordinator Katherine Polgrain: [courage62@shaw.ca](mailto:courage62@shaw.ca)



## 2 Books That's World's Apart

Learn two distinct techniques in book binding. Japan & Egypt approached making books in very different ways. Experience the difference! No prior experience necessary. All materials are provided.

Sun 1:30-4:30pm Jul 10,17  
LRC \$60/2 sess  
60639 S.Lee

## Custom Make Photo Album or Scrapbook

Bring photos and memories to design just the right size album or scrapbook. Perfect for capturing important moments such as wedding, graduation and anniversaries. No prior experience necessary. All materials provided.

Sun 1:30-4:30pm Jul 24 & 31  
LRC \$60/2 sess  
60640 S.Lee

## Bargaining 101

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

Sat 1:00-4:00 Aug 13  
LRC \$35/1 sess  
60637 K.Walker

## Carnival Band

Looking for an excuse to dust off that horn (accordion, glockenspiel...) in the back of your closet, dress up and play in the street? Looking for a way to bring a little music and colour to your community? The Open Air Orchestra Society invites you to our street band workshops, led by the incomparable Ross Barrett, Tim Sars, and various guest instructors. All levels/ages welcome; stop by just to listen and dance if you like! Suggested donation is one hour's wage per month or \$5/pay-what-you-can drop-in. Britannia Membership required. No class Aug 1.

Mon 7:30-10:00pm Jul 4-Aug 29  
AML 8 sess  
60642 T.Sars

## The Drive Street Band

We are a community music band who play songs ranging from Swing, Jazz, Latin, Old time songs to original compositions. We welcome anyone interested in joining this band, regardless of age or musical experience. Some music reading ability is helpful. The only stipulations are that you need a good attitude and an instrument that you can take out to the streets. Led by Cory Sweet and Trevor Whitridge. \$2-5 donation at rehearsals. Britannia membership required.

Sun 3:00-5:00pm Jul 3-Aug 28  
AML 9 sess  
60666 T.Whitridge

## African Drumming Level 1

Play traditional West African rhythms on hand drums (djembés) and bass drums (dununs). These classes are fun and concentrated. The level one course is an introduction; no previous experience is needed. Enrolling in level two requires taking level one or permission from the instructor. Rental drums are available during class times. Drum rentals are to be arranged with the instructor at the first class. [www.drumming.ca](http://www.drumming.ca) No class July 20.

Wed 6:30-8:00pm Jul 6-Aug 17  
Cafeteria \$90/6 sess  
63674 R.Shumsky

## African Drumming Level 2

Play traditional West African rhythms on hand drums (djembés) and bass drums (dununs). Enrolling in level two requires taking level one or permission from the instructor. Rental drums are available during class times. Drum rentals are to be arranged with the instructor at the first class. [www.drumming.ca](http://www.drumming.ca) No class July 20

Wed 8:10-9:40pm Jul 6-Aug 17  
Cafeteria \$90/6 sess  
63676 R.Shumsky

## Freehand Perspective Drawing

This course is for students who are interested in progressing their 2D design ideas into 3D designs using freehand perspective. They will learn how to draw landscapes, buildings, streets, interior designs, figures, etc. In every session they will finish an amazing artwork. Mohammad Atashzad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. Visit: [www.atashzad.com](http://www.atashzad.com). Supplies are not included. List available upon registration.

Wed 5:00-7:00pm Jul 6-Aug 10  
Rm 210 \$90/6 sess  
60647 M.Atashzay

## Watercolour Painting

Study watercolour painting techniques by exploring the medium's full potential. Learn to use water, paper, colour and brushes to create an endless variety of tones and atmosphere in your painting. Mohammad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. Visit [www.atashzad.com](http://www.atashzad.com). Supplies not included. List available upon registration.

Wed 7:00-9:00pm Jul 6-Aug 10  
Room 210 \$90/6 sess  
60667 M.Atashzay



## Salsa Cubana & Rueda De Casino - Beg

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

Tue 7:30-9:00pm Jul 5-Aug 23  
Gym C \$120/8 sess  
60662 C.Pena

## Salsa Cubana & Rueda De Casino - Int 1

Wed 7:30-9:00pm Jul 6-Aug 24  
CFEC \$120/8 sess  
60663 C.Pena

## Salsa Cubana & Rueda De Casino - Int 2

Thu 7:30-9:00pm Jul 7-Aug 25  
Gym C \$120/8 sess  
60664 C.Pena

# Adult Arts & Culture

# 55+ Adults

## Britannia Art Gallery Exhibitions

### July 6 – 29

Opening Reception Wed July 6, 6:30 – 8:30 pm  
Kyla Bourgh and Dianna Burns



Can You Hear Me?  
by Dianna Burns



Beauty Spots  
by Kyla Bourgh

### August 3 – September 2

Opening Reception: Wed August 3, 6:30 – 8:30 pm  
Julie Van Oyen



“Burned Alive” By Julie Van Oyen

Botanical, geological and human anatomies as art forms. MEDIUMS: Woodburned illustrations on basswood, bamboo, olive and reclaimed woods

## Welcome to the 55+ Centre

Anne Cowan – [anne.jackson@vancouver.ca](mailto:anne.jackson@vancouver.ca)  
Regular Hours: Mon-Fri 9:30am-5:30pm  
604.718.5837

### 55+ Centre Drop-In Hours:

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

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



## Vietnamese Programs

Lung Ho - [lung.ho@vancouver.ca](mailto:lung.ho@vancouver.ca)  
Regular Hours: Mon-Fri 8:30am-4:30pm  
604.718.5818

### Vietnamese Drop-In

Tue 9:00am-3:00pm AML Jun 14 Tiệc Father's Day  
Fri 10:00am-12:00pm CFEC Jul 5 Du Ngoạn  
Aug 9 Du Ngoạn

\*Mọi chi tiết cho các chương trình trên xin vui lòng liên lạc Lương: 604.718.5818

## Bus Tours

### Salt Spring Island's Best

Sightsee and taste the best Salt Spring has to offer with a 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 handpicked 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. Please Note: Additional \$16 ferry fee applies to those under the age of 65 and to non BC residents. Enjoy Tours

Thu 7:30am-7:30pm Jul 14  
59966 \$109

Activity Level: Easy

### Sea to Sky Gondola + Britannia Mine Museum Tour

Visit the newly renovated Britannia Mine Museum featuring the Underground Adventure Tour and ride the new \$25-million dollar Sea to Sky Gondola! Start this tour at the Britannia Mine Museum to ride the underground train, see new exhibits, galleries, and visit the Historic Mill Building, gold panning pavilion. Enjoy lunch on the Squamish River at the popular Watershed Grill featuring grilled salmon, chicken or prawns. Finish the day between Shannon Falls and Stawamus Chief on a Sea to Sky Gondola's fully enclosed, eight passenger cabin travelling 2,700-feet above Howe Sound on a 10 minute ride. At the top of the gondola take afternoon free time to visit the viewing platforms, explore two featured interpretive loop trails, a suspension bridge or relax with a beverage at the new lodge's restaurant. Enjoy Tours

Tue 8:30am-6:00pm Aug 16  
59967 \$109

Activity Level: Moderate

Note: Pick-up outside the 55+ Centre



# 55+ Adults

## 55+ Older Adult Committee

Summer Meetings include a wee bite to eat so we'll be meeting on the last Tuesday of the month at 4:00pm. We'll still be discussing what matters and what are the needs of seniors in our community and work toward implementing needed and valued services and program for those 55 and older in our Community. New members are welcome.

**Tue 4:00-7:00pm Jul 26, Aug 30**  
CFEC



## Garden Tour and Tea

Tour the lovely herb garden of one of our friends and neighbour then settle in for afternoon tea in the garden. Transportation available if registered.

\*Part of our Healthy Choices program and open to others.

**Thu 1:00-3:00pm Jul 21**  
AML Free (with registration)  
62222

## Healthy Choices - for Seniors

Weekly social workshops. In Kitchen-Delicious nutritious meals. Garden - inspiring easy to grow ingredients and cultural arts. Join us each week as we cook delicious and nutritious meals together, based on favourite recipes and fresh seasonal ingredients. Learn tips for growing food at home, whether it's the backyard, balcony or windowsill!

**Thu 1:00-3:00 PM Jul 7-Aug 25**  
AML Free (with registration)  
59980

## So You Want To Dance NEW

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

**Thu 10:30am-12:00pm Jul 7-Aug 25**  
AML Free (with registration)  
59994 Hilary

## Movie Night

**Sun 6:00-9:00pm Jul 3-Aug 28**  
AML Free

## Vancouver Morris Men Dance

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

**Tue 7:30-9:30pm**  
AML [www.vancouvermorrismen.org](http://www.vancouvermorrismen.org)

## Social

### 55+ AML Book Club

Cozy afternoon discussion on the 3rd Wednesday of each month. Pick up your book at Britannia Library Please Register 604.718.5800

**Wed 2:45-4:45pm Jul 20, Aug 17**  
AML - Computer Lab Free  
59955

### Cards- Light hearted Bridge and Italian Cards

Drop-in Cards Mon afternoons after Lunch

**Mon 1:00-3:00pm Jul 4-Aug 29**  
59969 Please register  
AML

### Knitting Social

Knitting and Crochet social for all ages

**Wed 1:00-3:30pm Jul 6-Aug 31**  
AML Free (with registration)  
59983



## Latin American Men's Groups

Latin American Men's Social with Pedro

**Sat 10:00am-1:00pm Jul 2-Aug 27**  
AML Free (with registration)  
59984

Self Management class

**Fri 5:00-8:00pm Jul 8-Aug 26**  
AML 60001 Sponsored by: REACH

## Latin American Women's Group

Latin American Women's Social sponsored by REACH Family Place

**Wed 4:00-6:00pm Jul 6-Aug 31**  
59985 AML - Computer Lab  
AML

## Food and Lunch Lunch Drop-In

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

**Mon/Fri 12:00-1:00pm**  
AML

### Pot Luck Lunch

Last Thursday every month. Bring a little something to share.

**Thur 12:00pm Jul 28, Aug 25**  
AML

## Fitness & Health

### Badminton - 55+

Badminton 55+ Mon/Wed fun easy play for seniors

**Mon/Wed 11:20am-12:35 pm Jul 4-Aug 31**  
Gym C \$16/17 sess  
59959

**Tue/Thu 11:20am-12:35 pm Jul 5-Aug 30**  
Gym C \$16/17 sess  
59960

**Sat 2:00-4:00 pm Jul 2- Aug 27**  
Gym C \$16/9 sess  
59961

### Carpet Bowling

Easy going, fun and social, run by volunteers. No class Jul 26.

**Tue 10:00am-12:15 pm Jul 5-Aug 30**  
1739 Venables Free (with registration)  
59970

### Line Dancing

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

**Tue 1:00-3:00pm Jul 5-Aug 30**  
CFEC \$20  
59986 Volunteer: Anita

## Chinese Folk Dance NEW

Traditional Chinese Folk Dancing Lessons.

Everyone Welcome

**Thu 10:00am-12:00pm Jul 7- Aug 25**  
AML Free (with registration)  
61670

## Social Ballroom Dance

Social Ballroom Dance Come practise your moves

**Fri 2:00-4:00 pm Jul 8-Aug 26**  
CFEC Free

## Introduction to Fitness NEW

Eight week strength and balance program for ultra beginners. This is an entry-level fitness opportunity for seniors who are unfit, with health issues, and not ready to participate in existing fitness programs. The first and last weeks will be held in the AML for baseline testing with our registered nurse.

We'll talk about goals and barriers, pair you with a workout buddy, and prepare you for eight weeks of strength and balance training. If you have been shy about joining the gym or fitness classes, this is the program for you!

**Fri 11:00am-12:00pm Jul 8-Aug 26**  
Free

60466 M.Ziebart  
Must complete medical screening prior to start of program.

## Ballroom Fit

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

**Wed 11:15am-12:30pm Jul 6-Aug 10**  
CFEC \$60/6 sess  
59962 G.Quon

## Adaptive Yoga

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

**Wed 12:45-1:45pm Jul 6-Aug 10**  
CFEC \$60/6 sess  
59956 G.Quon

## Gentle Yoga 55+

Yoga practice for older adults. Warm up muscles, increase muscular elasticity and strengthen skeletal alignment. No class Aug 1.

**Mon 2:00-3:15pm Jul 11-Aug 15**  
59975 \$50/5 sess  
**Wed 2:00-3:15pm Jul 16-Aug 10**  
59979 \$60/6 sess  
CFEC G.Quon

## Osteofit

A gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. Drop-in \$10 space permitting.

**Mon 11:00am-12:00pm Jul 11-Aug 29**  
CFEC \$56/7sess  
59989

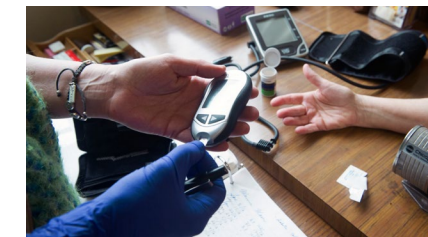
Some date changes may occur for Special Events & Stat Holidays  
55+ Active Adults Britannia Membership is \$1/year

We offer a variety of FREE programs, for these programs to run, registration is required.

## Friday Wellness

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

**Fri 10:00am-1:30pm Jul 8-Aug 26**  
AML 59995 M.Rinard Free



## Foot Care

Foot assesment, complete therapeutic, toenail trimming and cleaning, diabetic and fungal care. Call Monica, RN. For appointments 604.228.0262

**Fri 12:00-3:00pm Free upon Service**  
AML \$40.

## Exercise with Friends

Senior led video exercise with light and easy movement

**Fri 10:00-11:00am Jul 8-Aug 26**  
AML Free (with registration)  
59973



## Carving Workshops (All Ages)

Come participate in a series of wood carving workshops, where all materials and training are provided. A series of FREE workshops with easily carved wood, or specific tools will be provided for you to learn the craft.

Humans have carved things from time immemorial. Beautiful and useful wooden tools been created by many cultures, each with unique designs based on locally available materials, aesthetics, and tradition.

Weekly social workshops. Contact Britannia 604-718-5800 for workshop dates

**Sat 1:30-5:30pm Jun 25, Jul 9, Aug 13, Sep 9**  
AML Free (with registration)  
68107

# 55+ Adults

## Language

### Spanish - Beginners

Learn every day language to enable you to converse Spanish

Instructor: I.Nunez

**Tue / Fri 1:00-2:00pm Jul 5-Aug 12**  
Rink Mess \$60/12 sess  
59997 I.Nunez

### Spanish - Intermediate

Learn every day language to enable you to converse Spanish

Instructor: I.Nunez

**Tue/ Fri 2:15-3:15pm Jul 5-Aug 12**  
Rink Mess \$60/12 sess  
59999 I.Nunuz

## Computer Class and Lab NEW

### Computer & Internet Beginners

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

**Mon 10:00am-12:00pm Jul 18-Aug 29**  
AML Free/ 6 sess

59971 M.Ziebart  
Look for other New Computer Classes coming this Fall

### Summer Internet lab hours

**Mon 10:00am-5:00pm**  
**Tues Lab Closed**  
**Wed 10:00am-4:00pm \*closed on the 3rd**  
**Wed of month**  
**Thu 10:00am-5:00pm**  
**Fri 10:00am-4:00pm**  
**Sat 1:45pm-3:00pm**  
**Sun 1:00-3:00pm**

\*Please note closed for special events and Statutory Holidays  
AML-Computer Lab Free (with registration)  
59981

# Aquatics Info & Schedule

## General Information

The 25 metre main pool features a 1m diving board, slide & rope swing. Relax in the on-deck whirlpool, steam room, or in the sauna in the change room. For those with young children, we also have a warm, shallow Leisure Pool which is equipped with a variety of spray pool features.

**Pool Cashier Office\*** 604.718.5831  
**Recreation Programmer** 604.718.5830  
 \*Pool office closes 30 min before the pool.

## Statutory Holiday Hours

**July 1 Canada Day** 1:00-5:00pm  
**Aug 1 BC 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.

## Swim Assessments

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

## 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's Facility Support Clerk at 604.718.5812.

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

## 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.

## Pool and Fitness Centre Committee

New members welcome! This is an advisory committee which provides recommendations to the Britannia Board of Management in the area of Pool and Fitness Centre programming and facilities. Meetings take place on the first Wednesday evening of every other month.. Please contact the Recreation Programmer at 604.718.5830.

**Wed Jul 6, Sep 7 7:00pm**



July 2-August 31, 2016 - 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-1:00pm	Lengths 10:00-10:55am Parent & Tot 10:00-10:55am
Public Swim 8:30-11:25am						
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 Swim 11:30am-12:55pm					Lengths 1:00-2:25pm	Lessons & Lengths (1 lane) 11:00am-2:25pm
Public Swim 1:00pm-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 3:00pm-4:55pm	Lessons & Lengths 3:00-5:25pm	Public Swim 2:30-4:55pm	
Lengths 5:30-6:25	Lengths 5:00-6:25	Lengths 5:30-6:25	Lengths 5:00-6:25	Lengths 5:30-6:25	Lengths 5:30-6:25pm	
Public Swim 6:30-7:55pm *(No lane available on Tuesdays and Thursdays)					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 subject to change.	
Adult Lessons 8:00-8:45pm	Adult Lessons 8:00-8:45pm	Adult Lessons 8:00-8:45pm	Adult Lessons 8:00-8:45pm	YOUTH ONLY 13-18yrs First Friday of month Jul 3, Aug 7 (no lanes, whirlpool, or steam room available)		
Aquafit 8:00-9:00pm	Aquafit - Deep Water 8:00-9:00pm	Aquafit 8:00-9:00pm	Aquafit - Deep Water 8:00-9:00pm			

# Aquatic Lessons

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

Swimmers learn front and back float, front and back glide with kick, front swim for 10 metres, shallow water entries and exits, and deep-water activities (assisted). Prerequisite: No previous swimming experience required. No class August 1.

**Mon 8:00-8:40pm Jul 4-Aug 29 60502 \$76.62/8 lessons**

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

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

**Wed 8:00-8:40pm Jul 6-Aug 24 60593 \$76.62/8 lessons**

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

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

**Tue 8:00-8:40pm Jul 5-Aug 23 60590 \$76.62/8 lessons**

## Teen or Adult Fitness (13+yrs)

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

**Thu 8:00-8:40pm Jul 7-Aug 25 60587 \$76.62/8 lessons**

## Britannia Swim Club (8-18yrs)

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

**Tue 6:30-7:45pm Jul 5-Aug 23 60588**

**Thu 6:30-7:45pm Jul 7-Aug 25 60585**

**One day/week \$35/season**  
**Two days/week \$55/season**

## Britannia Lifeguard Club (8-12 yrs)

A fun club designed for Britannia area youth who would like to improve their swimming, develop lifesaving skills and learn basic first aid. The course is designed as a starting point for youth who would like to develop

their swimming abilities and learn about safety in and around the water. Please apply at the pool.

**Sat 5:00-6:00pm Jul 2-Aug 20 60530 \$35/season**

## Britannia Rec Stars (13-18yrs)

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

**Fri Advanced swimming 3:30-4:15pm Apr 1-June 17**

**Fri Advanced lifesaving 4:15-5:00pm Apr 1-June 17**

**60489 \$40/season**

## Canadian Swim Patrol (8-12yrs)

The Canadian Swim Patrol (Rookie, Ranger and Star) program provides training for those who are ready to go beyond learn-to-swim and want to learn basic lifesaving skills. Each level of the Canadian Swim Patrol program has three modules: Water proficiency, First Aid, and Recognition & Rescue. Candidates earn recognition for success in content modules (stickers) and for overall achievement (badges). Prerequisite: Ability to swim in deep water, swim 25 metres and tread water for 1 minute.

**Sun 2:30-3:30pm Jul 3-Aug 21 60564 \$49/8 sess**

Swim Lesson Fees 2016	4 lessons	8 lessons
Parent & Tot (30 min. parented)	\$28.52	\$53.50
Preschool (30 minutes)	n/a	\$53.50
Swim Kids 1-4 (30 minutes)	n/a	\$47.50
Swim Kids 5-10 (40 minutes)	n/a	\$53.50

## Parent & Tot and Children's Summer Swim Lesson Sets

<b>Mon – Starfish/Duck (4-36mnths)</b>	<b>9:00-9:30am</b>	<b>Jul 6-25, Aug 10-31</b>	<b>4 lessons, 4 lessons</b>
<b>Tue – Sea Otter (3-5yrs)</b>	<b>9:00-9:30am</b>	<b>Jul 5-Aug 23</b>	<b>8 lessons</b>
<b>Wed – Starfish/Duck (4-36mnths)</b>	<b>9:00-9:30am</b>	<b>Jul 6-27, Aug 3-24</b>	<b>4 lessons, 4 lessons</b>
<b>Thu – Salamander (3-5yrs)</b>	<b>9:00-9:30am</b>	<b>Jul 7-Aug 25</b>	<b>8 lessons</b>
<b>Fri – Sea Otter (3-5yrs)</b>	<b>9:00-9:30am</b>	<b>Jul 8-Aug 26</b>	<b>8 lessons</b>
<b>Mon &amp; Wed – Set 1</b>	<b>3:00-5:30pm</b>	<b>Jul 4-27</b>	<b>8 lessons</b>
<b>Mon &amp; Wed – Set 2</b>	<b>3:00-5:30pm</b>	<b>Aug 3-27</b>	<b>8 lessons</b>
<b>Fri</b>	<b>3:00-5:30pm</b>	<b>Jul 8-Aug 26</b>	<b>8 lessons</b>
<b>Sat</b>	<b>9:00am-1:00pm</b>	<b>Jul 9-Aug 27</b>	<b>8 lessons</b>
<b>Sun</b>	<b>11:00am-2:30pm</b>	<b>Jul 10-Aug 28</b>	<b>8 lessons</b>

## Bronze Medallion (13+yrs)

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

**Sun 10:00am-2:00pm Jul 17-Aug 14 60563 \$158.08/5 sess**

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

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

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

# Arena Programs and Schedule

## Rink Rentals

You can rent Britannia ice rink for your team, group, or school. View Britannia ice availability and request an ice booking online at <http://vancouver.ca/parks-recreation-culture/rink-rentals.aspx>.

## 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 \$147.71/hr, (plus staff costs if you require skate rentals). A party room is included when you rent the ice rink. OR: If you are interested in arranging your birthday party at 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, view the rink rental page at <http://vancouver.ca/parks-recreation-culture/rink-rentals.aspx>. To book the Rink Activity Room, please call 604.718.5812.

## Get involved and join a Committee!

The Arena Committee meets the 1<sup>st</sup> Tuesday of every month at 6:00pm in the Rink Activity Room. There are no meetings in Jul and Aug.

# UPCOMING FALL PROGRAMS

## VACHL

The 14th season of VACHL has come to an end and we would like to thank the players who continue to support the league and the staff who are dedicated to making this one of the most popular programs in the City. We welcome your feedback and any comments can be sent to [vachl@vancouver.ca](mailto:vachl@vancouver.ca). Vancouver Adult Co-ed Hockey League will begin in early-September. Registration has begun for the 16/17 VACHL season. To find out more about VACHL and how to register, go to [www.vachl.ca](http://www.vachl.ca)

## 2016 Fall Learn to Skate Lessons

Fall skating lessons will begin on Sept 17. Fall registration for Learn to Skate starts in-person and online on Tuesday August 9th

# SUMMER PROGRAMS

## Learn to Skate Lessons

Registration for summer skating lessons will begin on Tuesday June 14. If you are unsure of which level to register in, have an on-ice evaluation completed during any Vancouver public skating session. 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.

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

Sat Jul 9-Aug20 10:30am-12:30pm \$45.50/7 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

## Private Skate Lessons

One to one lessons with a Britannia skating instructor. 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 during Learn to Skate lessons and public skate times.



# Arena Programs

# HOCKEY PROGRAMS

## Power Skating for Children & Youth

Improve your overall hockey game by focussing on specific skating skills. This program is designed to give skaters a good skating foundation and work towards developing hockey skating skills. Participants for power skating must be able to perform forward crossovers, backward circle thrusts, backward stops, can use outside edges to enroll. Skate rentals are included in the cost of lessons.

Sun 3:30-4:30pm Jul 10-Aug 21  
66028 \$70/7 sess

## Adult Hockey Conditioning

Off-season 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 intensity in every shift you play. Each session will focus on power skating using drills with and without the puck.

Sun 4:45-6:15pm Jul 10-Aug 12  
66029 \$110/7 sess

## Adult Evening Hockey

Full gear is mandatory for this supervised non-contact hockey for adults 19 years and older. 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, there are limited drop-in spaces (5-7). Please register and pay the program supervisor in the rink starting at 7:45 pm.

Thu 11:15pm-12:45am Jul 7-Aug 25  
All Levels \$10/drop-in\*  
Sun 9:30-11:00pm Jul 3-Aug 28  
Intermediate players \$15/drop-in or \$50/month\*

\*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 6-Aug 31  
\$5.86/drop-in

## 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 \$5.86/drop-in. Drop-in participants must pay at the pool

cashier starting at 5:30pm on the day of the session. All participants must sign a waiver each week at the pool before going on to the ice.

Sun 6:30-7:45pm Jul 3-Jul 24  
66026 \$19.05/4sess  
Sun 6:30-7:45pm Jul 31-Aug 21  
66027 \$19.05/4 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 and 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 8-Aug 26  
\$5.86/drop-in

## Family Cosom Hockey (3-12yrs with Adult/s)

This program is perfect for families who want to play casual hockey together. Whether you want to just pass around the puck or get involved in a friendly shinny, this family activity is sure to be a hit with the kids. Helmets are mandatory for all participants and available free of charge at the rink.

Sun 12:15-1:30pm Jul 3-Aug 28  
Regular public admission rates apply

# Ice Rink Public Skating Schedule

July 1 - August 28, 2016

Schedule subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Adult Stick & Puck 12:00-1:30pm (no sess Jul 1)	Public Skate 12:45-2:15pm	Family Fun Hockey
		Adult Co-ed Drop-in Hockey 3:30-5:00pm				Public Skate 1:45-3:15pm  Women's Drop-In Hockey 6:30-7:45pm
		Adult Skate 8:45-10:15pm	*Adult Co-ed Hockey 11:15pm- 12:45am			*Adult Co-ed Hockey 9:30-11:00pm

- Helmets are strongly recommended for all public sessions. Helmets are mandatory for all participants of Family Fun Hockey.
- Adult Hockey programs require full equipment. Participants must sign a waiver at the beginning of each session.
- \* Sign up for these sessions occurs at the ice rink 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.

# 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 3	BC Day	1:00-5:00pm
Sep 7	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 unlimited access to our 20 fitness centres, 9 indoor pools, 4 outdoor pools and 8 ice rinks. For more information and locations, visit [vancouverparks.ca](http://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.

Sat	9:30-11:30am	Jul 9-30
FC	V. Henderson	\$35/4 sess
	61322	

## Weight Training for Women – Intermediate

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

Sat	9:30-11:30am	Aug 6-27
FC	V. Henderson	\$35/4 sess
	61323	



## Core/Hard Core Express

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

<b>Core Express</b>		
Wed	10:30-11:00am	Jul 6-Aug 31
<b>Hard Core Express</b>		
Wed	11:00-11:30am	Jul 6-Aug 31
FC	Y. Zhang	Drop in fee

## 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.

## Outside Trainers

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

Pool, Rink and Fitness Centre Fees 2016 (pre-GST)					
	Drop-In	10 Visit Pass	1 Month Flexipass	3 Months Flexipass	12 Month Flexipass
Adult (19-54)	\$5.86	\$49.86	\$45.28	\$120.05	\$382.67
Youth (13-18)	\$4.19	\$33.52	\$31.70	\$84.05	\$267.86
Child (6-12)	\$2.95	\$23.62	\$22.64	\$60.05	\$191.33
Senior (55+)	\$4.19	\$33.52	\$31.70	\$84.05	\$267.86
Family = 1 to 2 adults of the same household and their children under 19 years of age. Minimum \$5.86 admission.					
Leisure Access Fitness Centre Admission Rate is 50% off admission and flexipasses.					

# Renewal

## The Britannia Renewal Project is Underway!

On September 30, 2014, after many years of hard work by volunteers, staff and advocates for Britannia, City Council approved \$25 million in the 2015-2018 Capital Budget for the renewal of the Britannia Community Services Centre. Up to \$100 million dollars has been allotted over the next 10 years for renewal of the full site. This motion was endorsed by the residents of the City in the Civic election in November 2014.

### Our Vision

The Britannia Community Services Centre:

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

Watch for our website, going live in May, [britanniarenewal.org](http://britanniarenewal.org). To join our email list and receive updates about the renewal, please send an email with the subject line "Subscribe" to: [info@britanniarenewal.org](mailto:info@britanniarenewal.org).

# Britannia

RENEWAL



1655 William Street 604.255.9841  
[info@eastsidefamilyplace.org](mailto:info@eastsidefamilyplace.org)  
[www.eastsidefamilyplace.org](http://www.eastsidefamilyplace.org)

Eastside Family Place is a support and resource centre for parents/caregivers and their young children aged infant to early 6 years. ESFP offers many programs alongside support and referral services. At our Family Drop-In Centre, adults have opportunities to visit with each other while engaging with their children in a warm, supportive environment. Children have opportunities to socialize, learn through play and participate in developmentally stimulating children's activities that foster life-readiness. A snack is provided each morning, and food is available in the kitchen throughout the day. There is also a food cupboard. **Drop-In \$3 per visit per family.**

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

### Family Drop-In Hours:

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

### Licensed Occasional Childcare

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

### Birthday Parties

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

### Closures:

Canada Day	Jul 1
BC Day	Aug 3
Labour Day	Sep 7

### PROGRAMS

#### Parents in the Kitchen

Volunteer parents cook a special dish, sharing their culture and recipes with participants. They receive a small honorarium for this. Contact us if you are interested in cooking for us.

#### Little Sprouts, ESFP Gardening Program at

#### Britannia School Community Garden

We will enjoy another summer of our popular weekly gardening program! Parents/caregivers and their preschool-aged children will dig in at our garden

plot, planting, growing, harvesting, as well as making garden-related crafts! \$3 per session. Meet at ESFP and walk to the garden together. Also includes regular outings in the neighbourhood, for example, to see bee keeping, backyard chickens, etc.

Every Tue 10:00-11:30am Jul, Aug

#### Kids in the Kitchen (3-6yrs)

Preschoolers join us in the kitchen to make a yummy snack together. This is an offshoot of Little Sprouts and when possible we will prepare the food we harvested in the garden in the morning session.

Every Tue 10:00-11:30am Jul, Aug

#### Summer Garden Program Fundraiser! July 7

Our Little Sprouts program is a partnership with the Grandview-Woodland Food Connection & Britannia Secondary, where our garden plot is. This year's fundraiser will be on Thu Jul 7 in the evening. It will be a garden party & picnic at Brit Secondary, featuring dinner, entertainment and children's activities. Please check with us for more details. This is an important fundraiser for our gardening program, and we hope you and your children will attend. Tickets will be available through Britannia Community Centre.

#### Summer Enhancement Program

Two university students work with us over the summer leading a variety of fun and educational activities for families. This includes outings and field trips and lots of outdoor play.

# Library



## Summer Hours:

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

## Holiday Closures:

Canada Day	Jul 1
BC Day	Aug 1
Labour Day	Sep 5

## Kids' Programs

### Family Storytimes

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

Every Tue	11:00-11:30am
Jul 5-Aug 23	

### Babytime

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

Every Wed	11:00-11:30am
Jul 6-Aug 24	

### Summer Reading Club

Book a Trip! Come join the Summer Reading Club. Receive your free reading record and collect stickers and earn a medal for reading over the summer. Add to the fun by attending free weekly programs at the library. Please contact the branch for confirmation and more details.

Every Wed	Jul 6-24	1:30-2:30pm
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Jul 6	Origami
Jul 13	Medieval Siege Builder Fest
Jul 20	Circuit Bugs
Jul 27	Life Size Star Wars Clue
Aug 3	Button Making
Aug 10	Lego Movie Making with iPad
Aug 17	Bremen Town Musicians Paper Minecraft
Aug 24	Wrap Up Party!!

## Adults' Programs

### 55 and Up Book Club

Hosted by Britannia Library staff, this book club invites you to talk about favourite passages, points of interest and more about the monthly Book title! Books are provided by the Branch. To register, and become a member, phone: 604.718.5800. To get your book, call the library at 604.665.2222. Club meets at the Al Mattison Lounge (the Seniors Centre).

3rd Wed/month 2:45- 4:00pm

Jul 20: **Light Between the Oceans**  
by M.L Stedman

Aug 17: **Lowland** by Jhumpa Lahiri

Sep 21: **People of the Book** by Geraldine Brooks

### One-To-One Computer Training

Book a free 1 hour session for computer help.

Tue and most Wed 2-4 pm  
Phone 604.665.2222 to book an appointment.

### Pandora's Collective Book Talks

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

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

Jul 27: **Under An Afghan Sky: A Memoir Of Captivity** By Mellisa Fung

Aug 24: **Book Recommendation Night**

Sep 28: **This Changes Everything: Capitalism Vs. the Climate** By Naomi Klein

### SFU Philosophers' Café

All are welcome, including students, non-philosophers, and seniors. Presented in partnership with Simon Fraser University. For information of the 50 Cafés for 50 Years series, contact the library at 604.665.2222.

Last Tue/month 7:00- 9:00pm

Jul 26: **Is ownership of private property justifiable?**

Aug 30: TBA

Sep 27: TBA

Venue: Britannia Library Art Gallery

### SFU Writer's Studio Consultations

Need an expert opinion of your writing? Get a free one-to-one, 45 minute consult on seven to ten pages of your poetry or prose from the SFU Writer's Studio. Registration and manuscripts must be submitted at least a week before consultation date. For info or to register, call 604.331.3603. Venue: Learning Resource Centre under the library.

1st Tue/month 4pm, 5pm & 6pm  
Jul 5, Aug 2, Sep 6

### Word Whips Writing Series

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

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

3rd Tue/month 6:30- 8:30pm  
Jul 19, Aug 16, Sep 20

### Library Art Gallery Exhibits

Library Art Gallery showcases new exhibits from local artists every month, with Gallery opening receptions. For more info, contact the curator at 604.718.5800 ext 1. Free and all are welcome.

1st Wed/month 6:30-8:30- pm  
Jul 6, Aug 3, Sep 7

Events page: [http://www.britanniacentre.org/community/events/events\\_calendar.php](http://www.britanniacentre.org/community/events/events_calendar.php)

