

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



## Programs & Services Summer 2015



# Registration Information

## Three Ways to Register for Programs

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

#### Registration starts at 9:00am on Tuesday, June 9, 2015

- You must have a current membership card to register for all Britannia programs.
- The membership year goes from Sep 1, 2014 to Aug 31, 2015

### 2) Register In Person

#### A) Britannia Info Centre at 1661 Napier Street

#### B) Pool Cashier Office

Registration starts at 9:00am on Tuesday, June 9, 2015. Pay using Cheque, Visa, Mastercard or Debit Card (NO CASH AT INFO. CENTRE)

Information Centre Hours for Program Registration:

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

#### Registration starts at 1:00pm on Tuesday, June 9, 2015

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.

## Membership Information

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

**Membership is valid from  
September, 2014 to August 31, 2015**

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

#### NEW REFUND POLICY

A full refund will be granted if the refund is requested up to 48 hours prior to the second class. No refunds after this time.

For workshops and outings, a full refund will be granted if the refund is requested one week (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

### 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: \$1,135 per month, snacks provided.  
Lunch: \$45 per month

#### Daycare ages 3-5yrs

Hours: 7:30am-6:00pm  
Fee: \$855 per month, snacks provided.  
Lunch: \$45 per month

### 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

### 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.

## Licensed Child Care Summer Programs

These camps are for children 5-12yrs old.

### Britannia Childcare: 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.

### Eagles in the Sky Summer Program

#103B - 1950 E. Hastings St  
Kinga Batko: 604-230-1885

Fee per week: \$150/per week  
or \$550/month

Monday-Friday: 7:30am-5:45pm

Jun 29-Jul 3  
Jul 6-10  
Jul 13-17  
Jul 20-24  
Jul 27-31  
Aug 17-21  
Aug 10-14  
Aug 17-21  
Aug 24-28  
Aug 31-Sep 3

Exploring Canadian identity/diversity  
I scream for ice cream! Cool Science  
Crazy, wacky days!  
Orienteering and map making  
An exploration of time travel  
Chill out! Frozen science  
Sculpting imaginary landscapes  
Wet and wild waterpark and pool adventures  
Reflecting on summer  
The year ahead through art and song

### 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

Monday-Friday: 7:30am-5:45pm

Jun 29-Jul 3  
Jul 6-10  
Jul 13-17  
Jul 20-24  
Jul 27-Jul 31  
Aug 4-7  
Aug 10-14  
Aug 17-21  
Aug 24-28  
Aug 31-Sep 4

Celebrate our Nation  
Splish Splash  
Jedi Camp  
Animate Yourself  
Hollywood North  
Imagination Camp  
Circus Camp  
Back to the Future  
Big Bang  
H<sub>2</sub>O

### Grandview Terrace Summer Program

2075 Woodland Drive  
Alejandra Uribe: 604-718-5846

Fee per week: \$150 per 5 day week  
or \$555/month

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

Jun 29-Jul 3  
Jul 6-10  
Jul 13-17  
Jul 20-24  
Jul 27-Jul 31  
Aug 4-7  
Aug 10-14  
Aug 17-21  
Aug 24-28  
Aug 31-Sep 4

Community Exploration & Safety  
Team Spirit Camp  
Beach Discovery Adventure  
Science Exploration Camp  
Summer Splash Fun Activities  
Nature Explorer Camp  
Waterworks and Exploration  
Talent & Theatre Camp  
Team Sports Camp  
Safari Adventure



# Preschool and Children

## 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, rhythm sticks, kitchen instruments, scarves, giant sheets 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 6 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 \$55 fee is non-refundable.

<b>Tue/Thu</b>		<b>Jul 7-30</b>
<b>11004.301BR</b>	<b>9:30-10:15am</b>	
<b>11004.302BR</b>	<b>10:30-11:15am</b>	
<b>11004.303BR</b>	<b>11:30am-12:15pm</b>	
<b>Rink Mezz</b>	<b>Mimi</b>	<b>\$131/8 sess</b>

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

Private 30 min. lessons for beginner to senior levels.

Learn an instrument and enjoy a lifetime of music. These weekly private lessons take into consideration individual development and goals. Conservatory exam preparation is available. Clarinet students must provide their own instrument. 45 and 60 minute classes are also available for intermediate and senior level students upon instructor's recommendation. New students: please consult with the instructor at janine.oye@gmail.com for times etc. before registering.

<b>21000.301BR</b>		
<b>Fri</b>	<b>3:00pm-7:00pm</b>	<b>Jul 3-31</b>
<b>Mus Rm J. Oye</b>		<b>\$120/5 sess</b>
<b>21000.302BR</b>		
<b>Sat</b>	<b>9:00am-2:00pm</b>	<b>Jul 4-Aug 1</b>
<b>Mus Rm J. Oye</b>		<b>\$120/5 sess</b>

### Theatre Day Camps (8-12yrs)

Experience the magic of theatre! This camp consists of drama games, improvisation, character expression through movement, voice and storytelling techniques. Explore your imagination and develop your teamwork and performance skills.

<b>22204.306BR</b>		
<b>Mon-Fri</b>	<b>9:00am-3:00pm</b>	<b>Jul 20-24</b>
<b>Aud</b>	<b>A. Caicco</b>	<b>\$125</b>
<b>22204.307BR</b>		
<b>Mon-Fri</b>	<b>9:00am-3:00pm</b>	<b>Jul 27-31</b>
<b>Aud</b>	<b>A. Caicco</b>	<b>\$125</b>

## Britannia Gymnastics Summer Camp



Children aged 6-12 will be jumping for joy after a week of jammed packed gymnastics fun. Gymnastics camp will be instructed by head coach Cameron Stevenson and his fantastic coaching staff. Children should bring a snack, lunch, water, sunscreen, and a hat. Drop your children off at Gym C at 9:30am and pick up at 4:00pm sharp. Parents and caregivers are invited to join us every Friday at 3:30pm for "Camp fire" where each group of gymnasts will display all of the amazing skills they have learned during the week. **Program will take place in Britannia's Gym C (by the Pool).**

Registration begins Tuesday, May 12 and is ongoing until the camps fill. Check out [www.britanniagymnastics.com](http://www.britanniagymnastics.com) for updates.

<b>23003.301BR</b>	<b>Week #1</b>	<b>Jul 6-Jul 10</b>	<b>9:30am-4:00pm</b>	<b>\$225/5 sess</b>
<b>23003.302BR</b>	<b>Week #2</b>	<b>Jul 13-Jul 17</b>	<b>9:30am-4:00pm</b>	<b>\$225/5 sess</b>
<b>23003.303BR</b>	<b>Week #3</b>	<b>Jul 20-Jul 24</b>	<b>9:30am-4:00pm</b>	<b>\$225/5 sess</b>
<b>23003.307BR</b>	<b>Week #4</b>	<b>Jul 27-Jul 31</b>	<b>9:30am-4:00pm</b>	<b>\$225/5 sess</b>
<b>23003.304BR</b>	<b>Week #5</b>	<b>Aug 4-Aug 7</b>	<b>9:30am-4:00pm</b>	<b>\$180/4 sess</b>
<b>23003.305BR</b>	<b>Week #6</b>	<b>Aug 10-Aug 14</b>	<b>9:30am-4:00pm</b>	<b>\$225/5 sess</b>
<b>23003.306BR</b>	<b>Week #7</b>	<b>Aug 17-Aug 21</b>	<b>9:30am-4:00pm</b>	<b>\$225/5 sess</b>

### 2015 World Gymnaestrada, Helsinki Finland

Dreams will come true for some of our Britannia gymnasts who will be representing Canada as a part of the Bowen Island Gymnastics Club at the 2015 World Gymnaestrada in Finland Jul 12-18, 2015. The event will feature teams from over 50 countries and over 25,000 athletes. Thank you to everyone who supported the Britannia athletes in their fundraising efforts. Good luck to Coach Cameron and the girls!

West Coast Reduction Ltd.

## Dance Programs

### Dance (2-6yrs)

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

<b>Sat</b>		<b>Jul 4-25</b>
<b>11602.301BR</b>		
<b>Creative Dance</b>	<b>2-3yrs</b>	<b>9:05-9:45am</b>
<b>11602.302BR</b>		
<b>Creative Dance</b>	<b>3-4yrs</b>	<b>9:50-10:30am</b>
<b>11602.303BR</b>		
<b>Creative Dance</b>	<b>3-4yrs</b>	<b>10:35am-1:15pm</b>
<b>11602.304BR</b>		
<b>Creative Dance</b>	<b>2-3 yrs</b>	<b>11:45am-2:25pm</b>
<b>11602.305BR</b>		
<b>Ballet</b>	<b>3-4yrs</b>	<b>12:30-1:10pm</b>
<b>11602.306BR</b>		
<b>Creative Ballet</b>	<b>4-6yrs</b>	<b>1:15-2:00pm</b>
<b>CFEC J. Ames</b>		<b>\$35/4 sess</b>

## Yoga Dance Programs

Children will learn a variety of dance and yoga techniques with instructor Lisa Sars. Be creative, dance, and enjoy dancing with your child and having fun at the same time.

<b>Fri</b>		<b>Aug 7-28</b>
<b>11602.307BR</b>		
<b>Toddler &amp; Me Dance</b>	<b>2-3yrs</b>	<b>9:45-10:30am</b>
<b>11602.309BR</b>		
<b>Fairy Dance</b>	<b>3-5yrs</b>	<b>10:45-11:30am</b>
<b>11602.308BR</b>		
<b>Yoga Dance</b>	<b>3-4yrs</b>	<b>11:45am-12:30pm</b>
<b>11602.310BR</b>		
<b>Yoga Stories</b>	<b>5-6yrs</b>	<b>12:45-1:45pm</b>
<b>CFEC L. Sars</b>		<b>\$36/4 sess</b>





## Celtic Soccer Academy 2015 International Partnership

Learn to play the Celtic Way – Celtic Football Club are delighted to be working in partnership with Britannia Micro Footie to provide the opportunity for boys and girls of all abilities to attend this summer 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. All sessions take place at Vancouver Technical School Turf Fields, 2600 East Broadway, Vancouver. Spaces for this camp is limited. Registration for this program begins Monday, May 11 at 9:00am, online and in-person and will be ongoing until camp is full.

### Mon-Fri Jul 13-18

23035.301BR	4-5yrs	9:00am-11:00am	\$119	Van Tech Celtic FC
23035.302BR	6-16yrs	9:00am-3:00pm	\$289	Van Tech Celtic FC

## Pedal Summer Bike Camps (8-13yrs)

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

Register for this program starting Tuesday, May 26 at 9:00am.

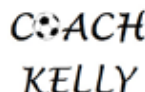
23040.301BR	Camp 1	Jul 6-10	8:30am-3:30pm	\$200
23040.302BR	Camp 2	Jul 13-17	8:30am-3:30pm	\$200
23040.303BR	Camp 3	Jul 20-24	8:30am-3:30pm	\$200
23040.304BR	Camp 4	Jul 27-31	8:30am-3:30pm	\$200
23040.305BR	Camp 5	Aug 4-7	8:30am-3:30pm	\$160

Britannia Elementary School Music Room



## Britannia Micro Footie

Thanks to our community donors for another successful Footie season!



liquids+solids

### MICRO FOOTIE PLAY IT FORWARD WITH POWER IN SPORT

Come and participate in a soccer game for 20 minutes and 15 seconds and help our community raise awareness and funds to reduce violence, especially to girls and women! It's an opportunity to set a soccer record! See [www.britanniasoccer.org](http://www.britanniasoccer.org) and [www.thepowersinsport.com](http://www.thepowersinsport.com) for more details on how and when to register for this special event.

Sun	Jun 28	12:00-4:00pm	Britannia Oval
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## Other Summer Soccer Camps (6-15yrs)

### Jul 5-26

23035.205BR	6-15yrs	4:00-6:00pm
Van Tech Turf		\$109

## Sports

### 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 \$3 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee.

#### Beginner

63508.301BR

Mon-Fri	4:30-5:45pm	Jul 3-Aug 14
CFEC	M. Lung	\$104/12 sess

#### Intermediate

63508.302BR

Mon-Fri	4:30-6:15pm	Jul 3-Aug 14
CFEC	M. Lung	\$126/12 sess

#### Advanced

63508.303BR

Mon-Fri	4:30-6:30pm	Jul 3-Aug 14
CFEC	M. Lung	\$122/12 sess

## Tennis Camp

### Monday-Friday

Jul 13-17	Aug 17-21
Jul 20-24	Aug 24-28

### Junior Tennis (6-9yrs)

Students are introduced to basic forehand and backhand skills, while learning hand eye coordination through a variety of fun games.

9:30am-11:00am	\$75
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### Youth Tennis (10-14yrs)

This class develops more advanced tennis skills through drills and rally's preparing participants for significant game play. Students of a similar age may vary quite significantly in ability levels thus classes will be created based on each individual's ability helping to ensure active participation.

11:00am-12:30pm	\$75
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# Daycamps

## Funseekers Daycamp (6-12yrs)

\*Registration is currently ongoing. If interested, you can register immediately. Join us for a summer of excitement and adventure. Our fun and enthusiastic leaders have planned an enjoyable schedule filled with out-trips, games, crafts, sports, cooking, music, drama and special events.

Special emphasis will be placed on the use of the Equitas program, "Play it Fair" which is designed to promote human rights, inclusion, anti-discrimination, respect for diversity, and the peaceful conflict resolution among children. 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.

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 (7 days) prior to the start of the program. No refunds after this time.

Mon-Fri 9:00-3:00pm \$90/week  
 \*Mon-Tue/Thu-Fri 9:00-3:00pm \$72/week  
 \*\*Tue-Fri 9:00-3:00pm \$72/week

Gym D  
 26001.301BR\* Mon/Tue/Thu/Fri  
 Jun 29-30/Jul 2-3  
 Major Out-trip: Playland  
 26001.302BR Mon-Fri Jul 6-10  
 Major Out-trip: Splashdown  
 26001.303BR Mon-Fri Jul 13-17  
 Major Out-trip: Watermania  
 26001.304BR Mon-Fri Jul 20-24  
 Major Out-trip: Spanish Banks Sandcastle Competition  
 26001.305BR Mon-Fri Jul 27-31  
 Major Out-trip: Buntzen Lake  
 26001.306BR\*\* Tue-Fri Aug 4-7  
 Major Out-trip: Playland  
 26001.307BR Mon-Fri Aug 10-14  
 Major Out-trip: Coquitlam Pool  
 26001.308BR Mon-Fri Aug 17-21  
 Major Out-trip: Great Escapes  
 26001.309BR Mon-Fri Aug 24-28  
 Major Out-trip: Splashdown  
 26001.310BR Mon-Fri Aug 31-Sep 4  
 Major Out-trip: Watermania



## Playland Tickets

Playland ride passes available for \$25. \$10 cheaper than at the gate. Available for purchase at the Britannia Info Centre or Teen Centre. Valid until Sep 20, 2015. Not valid during The Fair, Aug 22-Sep 7.

## Preteen Adventure Camp (10-13yrs)

Spend the week out and about, discovering what Vancouver and the surrounding area has to offer. Be prepared for an action packed week of out trips, activities, and FUN. Lunch and snack must be brought daily. Special emphasis will be placed on the introduction of the Equitas program, "Play it Fair" which is designed to promote human rights, inclusion, anti-discrimination, respect for diversity, and the peaceful conflict resolution among children. Please provide lunch, snack, and water daily. A hat and sunscreen are recommended for each day. Parents are required to complete weekly consent forms every Monday.

Adventure Camp 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 (7 days) prior to the start of the program. No refunds after this time.

Mon/Tue/Thu/Fri 11:00am-5:00pm  
 Wed 9:00am-3:00pm  
 Teen Centre \$125/week

26010.301BR Jul 6-10  
 Major Out-trips: Indoor Rock Climbing, Second Beach Pool, Splashdown  
 26010.302BR Jul 13-17  
 Major Out-trips: Skimboarding, Bowling, Kits Beach, Watermania  
 26010.303BR Jul 20-24  
 Major Out-trips: Playland, Canoeing, Spanish Banks Sandcastle Competition  
 Note: Fri Jul 26 will also be 9:00am-3:00pm  
 26010.304BR Jul 27-31  
 Major Out-trips: Playland, Hillcrest Pool, Buntzen Lake  
 26010.305BR Aug 10-14  
 Major Out-trips: Skimboarding, Aquarium, Coquitlam Pool  
 26010.306BR Aug 17-21  
 Major Out-trips: Indoor Rock Climbing, Great Escapes, Killarney Pool  
 26010.307BR Aug 24-28  
 Major Out-trips: Splashdown, PNE (admission only), Second Beach Pool

## Summer Marimba Intensive with Robin Layne (10yrs+)

This camp is for students who are looking to further their repertoire and improve their skills. Students will learn new techniques, play songs as a group, develop their own compositions and perform for their friends and family.

Registration is open to students who have been enrolled at the Britannia Marimba program during the year, or students who have previous experience playing the marimba.

31818.301BR  
 Mon-Thu 11:00am-3:00pm Aug 17-20  
 Rm 111 \$192/4 sess

## Youth Leadership Camp (13-15yrs)



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, anti-discrimination, respect for diversity, and the peaceful conflict resolution among children.

Youth Leadership Camp 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 (7 days) prior to the start of the program. No refunds after this time.

Mon-Fri 11:00am-5:00pm  
 Teen Centre \$150/week  
 36010.301BR Jul 6-10  
 Major Out-trips: Playland, Eagle Bluffs hike, archery tag, bouldering  
 36010.302BR Jul 13-17  
 Major Out-trips: Skimboarding, canoeing, go karting  
 36010.303BR Jul 20-24  
 Major Out-trips: Splashdown, Mt Seymour hike, indoor rock climbing, dragonboat

## Summer Unlimited

Summer Unlimited is a unique program which offers recreational opportunities to youth 13-19 years old with developmental delays. Participants take part in a wide range of activities in and around the city, meeting new friends and acquiring new skills. Knowledgeable staff, in-program transportation and one to one volunteers are provided to maximize the youth's participation and enjoyment of the program. Registration and intake must all be approved by Summer Unlimited staff. Contact 604.718.5853 or su@vancouver.ca for more info. Waiver and medical forms must be completed.

Learning Resource Centre  
 \$125/5 sess \*\$100/4 sess  
 36601.301BR\*  
 M/Tu/Th/F 10:00am-4:00pm Jun 29-Jul 3  
 36601.302BR  
 Mon-Fri 10:00am-4:00pm Jul 6-10  
 36601.303BR  
 Mon-Fri 10:00am-4:00pm Jul 13-17  
 36601.304BR  
 Mon-Fri 10:00am-4:00pm Jul 20-24  
 36601.305BR  
 Mon-Fri 10:00am-4:00pm Jul 27-31  
 36601.306BR\*  
 Tue-Fri 10:00am-4:00pm Aug 4-7  
 36601.307BR  
 Mon-Fri 10:00am-4:00pm Aug 10-14  
 36601.308BR  
 Mon-Fri 10:00am-4:00pm Aug 17-21



# Teen Centre

## 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

## Theatre Day Camps (15-18yrs)

### Script Writing & Performance for Teens (1 week)

Experience the fun of script writing and the magic of theatre! Participants will explore the art of script writing while writing their own one act plays and will rehearse their scripts leading up to a live performance of their work. The course consists of drama activities, improvisation, character work, and expression through movement, voice work and storytelling techniques.

22204.308BR

Mon-Fri	9:00am-3:00pm	Jul 13-17
Aud	A. Caicco	\$125

### Script Writing & Performance for Teens (2 weeks)

Experience the fun of script writing and the magic of theatre! During the first week participants will explore the art of scripting while writing their own plays. During the second week participants will rehearse their plays leading up to a live performance of their work on the last day of class. The course consists of drama activities, improvisation, character work, and expression through movement, voice work and storytelling techniques.

22204.307BR

Mon-Fri	9:00am-3:00pm	Aug 10-21
Aud	A. Caicco	\$200



## 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:

<b>Archery Tag - 6 Pack Indoor Beach</b>		
Jul 17	11:00am-5:00pm	\$10
<b>Paddle Boarding</b>		
Jul 23	11:00am-5:00pm	\$10
<b>Go Karting</b>		
Jul 24	11:00am-5:00pm	\$10
<b>Playland</b>		
Aug 21	11:00am-5:00pm	\$10
<b>Biking the Seawall</b>		
Aug 27	11:00am-5:00pm	\$10
<b>Pedal Boating</b>		
Aug 28	11:00am-5:00pm	\$10
<b>Cultus Lake</b>		
TBA	9:00am-5:00pm	\$10
<b>Splashdown</b>		
TBA	10:00am-5:00pm	\$10*bus
<b>Vancouver Zoo</b>		
TBA	10:00am-5:00pm	\$10*bus
<b>Castle Fun Park</b>		
TBA	10:00am-5:00pm	\$10*bus

See calendar for confirmed dates.

Find us on Facebook @ Britannia Teen Centre

## 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.

## First Friends

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

Sat	1:30pm-5:30pm	Free
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## 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	8:00pm-10:00pm	Jul 3, Aug 7
		Free



### 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 8, Jul 22, Aug 5	12:00-5:00pm
	Free

# Youth Camp Trips

## 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.

### Lighthouse Park Day Hike

Lighthouse Park is one of Greater Vancouver's most beautiful parks located along the shores of West Vancouver. The park boasts some of the largest Douglas Fir trees in Greater Vancouver as well as breathtaking views of the water.

Jul 16 10:00am-2:00pm

### Mount Strachan Day Hike

Mount Strachan is one of three mountains that make up the Cypress Ski Resort area in West Vancouver. The challenging terrain on the hike to Mount Strachan is rewarded on a clear day with views of Howe Sound and backcountry mountains as far north as Garibaldi Provincial Park.

Jul 31 10:00am-5:00pm

### Burnaby Mountain Day Hike

Located east of downtown Vancouver and home to Simon Fraser University, Burnaby Mountain has several popular trails.

Aug 12 10:00am-2:00pm

### 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.

Aug 26 10:00am-5:00pm

## 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.

Jul 12 10:00am-5:00pm \$5  
 Aug 14 10:00am-5:00pm \$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.

Aug 9 10:00am-5:00pm \$5



# Youth Sports

## Basketball Open Gym

For 13-18 year old players only.

Fri 5:00pm-6:45pm Jul 3-Sep 4  
 Sun 12:00pm-2:00pm Jul 5-Sep 6  
 Gym C Free

## Ball Hockey Drop-In

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

Wed 5:30pm-7:00pm Jul 8-Sep 2  
 Gym D Free

## Indoor Soccer Drop-In

For 11-18 year old players only.

Tue 5:30pm-8:00pm Jul 7-Aug 25  
 Gym D Free

# Outdoor 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.

33501.301BR  
 Jul 16 10:00am-5:00pm \$40/sess  
 33501.302BR  
 Aug 14 10:00am-5:00pm \$40/sess

## Duke of Edinburgh Award

This prestigious and internationally recognized award is sponsored by Prince Phillip of England. It involves volunteering, physical activity, learning a hobby and completing an expedition. We are also currently recruiting new participants.

### Duke of Edinburgh Award Qualifying Journey

We are seeking youth who are looking to fulfill their Qualifying Journey portion of their Award. We are offering both a Bronze and Silver/Gold canoe-based qualifying journeys (dates below). Participating in our journeys involves attending planning meetings and at least two canoe day trips to gain paddling and safety skills. Costs include two guides (one trained in Advanced Wilderness First Aid), all camping and canoe equipment, transportation from Britannia, and food.

For registration and to get on our email list please email [barry.skillin@vancouver.ca](mailto:barry.skillin@vancouver.ca) with your name, age, telephone number and current Award level. If you are not currently registered with the Duke of Edinburgh Award office visit their website at [www.dukeofed.org/bc](http://www.dukeofed.org/bc). Information meeting on Monday, Jun 29 @ 7:00pm at the Teen Centre.

Bronze Qualifying/Gold Practice Journey  
 Jul 29-Jul 30 \$180

Silver Practice & Qualifying/Gold Qualifying Journey  
 Aug 17-Aug 20 \$350



# 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 11-18yrs of age and ranges from organized recreational programs to advocacy and referral services. For further information please contact Manuel, the Acting Latin American Youth Worker at 604.718.5829.

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

**Thu/Jueves 5:00-6:30pm**  
7 de Marzo, 4 de Abril, 2 de Mayo, 7 de Junio

## 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!

**Tue/Martes 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 Manuel 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 Manuel para registrarse al 604.718.5829. Subsidios disponibles.

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

## Cocina Latina/ Cooking Program

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

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



## Evento gratis de Nadar/ Free Youth Swim

**Fri/Viernes 8:00-10:00pm**  
**Jul 3, Aug 7 Free/Gratis**



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

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



# Special Events



## International Yarn Bombing Day: Year of the Crochet Button Flower

Come and celebrate this international event with local fibre artist Helen Spaxman. All materials supplied or bring your favourite buttons and yarn.

Sat 12:00-4:00pm Jun 6  
Napier Greenway Free

## Italian Day 2015:

Britannia Community Centre celebrates the theme of Italian Day: Italian Art with a special interactive photo/art project with Michelle Beckett from Sandy Cove Photography.

Sun 12:00-3:00pm Jun 14  
Britannia Plaza



## Canada Day Celebration

Fun and entertainment for all ages!

Jul 1 12:30-2:30pm  
Victoria Park

## Vancouver Draw Down:

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

Sat Jun 20 at Community Centres all over Vancouver



## Draw Down Britannia Events: 1-Neighbourhood Sketch

### Walkabout

Join local artist Sylvia Oates for a sketch session. Meet at 1:00pm in front of the Britannia Information Centre. No sketching experience necessary. Bring your own materials or we will supply.

Sat 1:00-3:00pm Jun 20  
Britannia Site & Surrounding Neighbourhood Free

## 2-Mural Drawing with David Gowman

Help David decorate a huge mural in Grandview Park, all ages and materials supplied.

Sat 1:00-3:00pm Jun 20  
Grandview Park Free

## Letter Writing Club NEW

The Letter Writing Club is resurrecting the fine art of letter writing. A fun and creative way for community to gather around pen & paper, typewriters, postage stamps, storytelling. Write love letters, thank you notes, letters to grandmas, friends far & close. New to letter writing? Need some help writing? The Club will help! Open to all ages. Supplies provided.

54800.300BR  
Sat 2:00-4:00pm Jun 13, Jul 11, Sep 12, Oct 10  
AML 55+ Centre  
Sun 12:00-5:00pm Aug 9  
Artful Sundays - Napier Greenway

Facilitator: Paula Luther, an East Van mixed media artist, and lifelong letter writer [www.facebook.com/letterwritingclubofeastvan](http://www.facebook.com/letterwritingclubofeastvan)  
Vancouver Foundation // Neighbourhood Small Grant for funding

## East FEAST Vancouver

The FEAST is grassroots microfunding at its best, relying on community engagement to be successful. East FEAST is a community meal that raises funds through ticket sales (\$20/ticket) to the event which in turn directly funds an artist or artist group. Attendees will enjoy a meal prepared by a local chef, entertainment and an opportunity to meet and listen to three artists who will each make a 5-7 minute presentation. Participants will then vote on which artist will receive the funding.

To Purchase Tickets: In Person at the Britannia Information Centre or Pool Cashier, online at [Britanniacentre.org/programs](http://Britanniacentre.org/programs) or by phone at 604.718.5800, press 1. For more information, contact [www.eastfeastvancouver.wordpress.com](http://www.eastfeastvancouver.wordpress.com)

45624.200BR

Sun 2:00-4:00pm Jun 28  
Gym D \$20/person



## Artful Sundays

Britannia Community Centre will host an outdoor, mixed media, visual arts market in Napier Greenway (Napier St @ Commercial Drive) for 4 Sundays this summer (Aug 9-30), 12:00-5:00pm. The market features the work of local artists, live music, artist workshops and demonstrations and more! Artist Applications are available in the Britannia Information Centre or email Coordinator Katherine Polgrain for more information. Email: [courage@vcn.bc.ca](mailto:courage@vcn.bc.ca)

## 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. Free family fun. Presented by the Canada El Salvador Action Network. Info: 604.718.5895

Sep 5 12:00-5:00pm  
Britannia Community Centre



## Hardcourt Bike Polo Tournament at Grandview Park

Held on the Grandview Park sport court, this tournament consists of up to twenty teams, of three players, each competing in round robin games on Saturday, Jul 25 and, elimination games, on Sunday, Jul 26. Play consists of teams equipped with bicycles and mallets trying to gain possession of a street hockey ball and score on the opposing team's net. Players must maintain balance on their bicycles during play. Spectators are welcome. Participants must provide their own equipment and have knowledge of the North American Hardcourt ruleset. As per Section 2 of that ruleset, helmets are mandatory, and bikes and mallets will be inspected for safety, prior to the tournament. The maximum number of teams is 20.

**43301.301BR**

Sat, Sun 9:00am-9:00pm Jul 25-Jul 26  
East Van Bike Polo \$45/team



## Please Do Your Doo-Doo Duty!

This 17 acre site includes a running track, swimming pool, ice rink, an elementary school, a secondary school a Childcare facility as well as a public library and numerous buildings used for recreational purposes.



The community uses these facilities on a daily basis for family activities as well as exercising their family pets. Please be considerate of others when walking your dogs and be diligent in cleaning up any feces as a result of their exercise and play time. This keeps a clean and safe environment for all the community to enjoy. Thank You.

Britannia Recreation Dept.

## Music

### Carnival Band

Looking for an excuse to dust off that horn, drum (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. A current Britannia membership is required to enroll in this program. No class Aug 3.

**61901.301BR**

Mon 7:30-10:00pm Jul 6-Aug 31  
AML T. Sars 8 sess

### The Drive Street Band

This is a community music band that anyone can be in. We play songs ranging from marches, old timey songs to original compositions. We welcome anyone interested in joining this band, regardless of age, background, or musical experience. Some music reading ability is helpful, (high school level is sufficient). The only stipulations are that you need a good attitude and an instrument that you can take out to the streets, parks and special events. We have four musical co-directors. Stop by anytime and come listen. For more information contact: drivestreetband@gmail.com www.drivestreetband.com \$2-\$5 donation at the AML (55+Centre). A current Britannia membership is required to enroll in this program. No class Aug 9.

**61122.301BR**

Sun 3:00-5:00pm Jul 5-Sep 6  
AML Drive Street Band

### Femme City Choir

Femme City Choir is an all-genders, queer and trans\* centred femme-fabulous singing extravaganza! We practice weekly on unceded Coast Salish Territories, celebrating and elevating self-identified femme-ness in every form through song and creative community. For more info, please contact: femmecitychoir.com

**61002.301BR**

Thu 7:15-9:15pm Jul 9-Aug 27  
AML K. Parnell 8 sess

## Dance

### Salsa Cubana & Rueda De Casino

This unique fun dance is growing quickly in popularity in Vancouver. It is done as a group with followers being passed in a circle in time with salsa music. The rueda moves can also be danced with a partner. The advanced class class is for those who have completed the Intermediate and are already familiar with Rueda moves like Vacilala, Casate, Sombrero, Setenta, La Ye, Pelota, La Prima, La Rosa etc. In this class, you will learn some complex variations of these moves, such as Casate y Complicate, Sombrero Complicado, Setenta Complicado, etc. as well as moves involving 2 couples. Singles and partners welcome!

**41615.301BR**

Beginners  
Tue 7:30-9:00pm Aug 4-Sep 1  
CFEC C. Reyes Pena \$75/5 sess

**41615.302BR**

Intermediate 1  
Wed 7:30-9:00pm Aug 5-Sep 2  
CFEC C. Reyes Pena \$75/5 sess

**41615.303BR**

Intermediate 2  
Thu 7:30-9:00pm Aug 6-Sep 3  
R. Mezz C. Reyes Pena \$75/5 sess



## Greenest City Initiative

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

Vancouver.ca/greenestcity





# Adult Arts & Culture



## 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 August 2015.

For rates, openings and more information contact:

Helen Spaxman  
helen.spaxman@vancouver.ca  
604.257.3087

and

Matty Harris  
mattyfromlife@gmail.com

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

## Britannia Art Gallery

### Exhibitions

July 8-31

#### Three Echoes – Harmony Through Art

Artist: Sidi Schaffer, Sorour Abdollahi and Devora paintings, drawings and collage.  
Opening Reception: Wednesday, Jul 8, 6:30-8:30pm.

August 5-28

#### Different Faces of Feminity

Mixed media works by Anyuta Gusakova.

#### Natural Selection – Big Ones and Little Ones

Mixed media paintings by Sonja Kobrehel.  
Opening Reception Wednesday, Aug 5, 6:30-8:30pm.

### Artist Talks:

Having Russian background and being classically trained Gusakova is greatly influenced by European/Western culture in general and Russian culture in particular. Her artistic focus is creative transformation of reality beyond representation.

Wed 7:00pm Aug 19  
Anyuta Gusakova



### Mixed Media Paintings

Left: by Devora

Middle: by Sidi Schaffer

Right: Sourer Abdollahi



### Why volunteer with us?

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

### Volunteers will have the opportunity to:

- Learn and implement new skills
- Share your skills with others
- Enhance personal growth & learning
- Be challenged
- Gain work experience

- Complete academic credits (build experience)
- Give back to the community
- Get involved in the community
- Be an agent of change
- Be celebrated by a giving volunteer community

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

# Food Programs



Grandview Woodland Food Connection (GWFC) in partnership with Britannia Community Centre is pleased to offer the following food programs. Please call the GWFC for more information @ 604.718.5895

## Nutrition Counseling Service

Nutrition counseling services by a certified holistic nutritionist and herbalist will be available for under-served residents and open to all community members on a sliding scale basis. This service is aimed at helping you navigate the food choices available in our area and choose the foods that are best suited for your health, taking into consideration any health issues or goals you may have. Improved eating habits can help boost your physical and mental health. This service also aims to help connect residents to affordable, accessible, healthy food programs and options. Contact Nikoo Boroumand at [info@healinggardenswellness.com](mailto:info@healinggardenswellness.com) to book an appointment. For more information, visit [www.healinggardenswellness.com](http://www.healinggardenswellness.com).

## 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. We also provide child-minding. These are full subsidized community kitchens and designed for households who are struggling financially. New kitchen starting in January. Info: 604.718.5895.

## Canning Kits to Lend

The Grandview Woodland Food Connection has two canning kits available to lend to community members interested in home canning. These are boiling bath canners including 21 quart canner, canning rack, jar lifter, funnel, and lid lifter. Free, but donations for use are accepted. For more information, contact the GWFC, 604.718.5895.



# Food & Gardening

## GWFC Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? You can save over 40% on your food bill. \$13 gets you 8-9 varieties of fruits and veggies. Pick up your box at Britannia Community Centre. Call to sign up: 604.718.5895.

## 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 including a complete demonstration of the boiling-water-bath method of canning, a discussion of pressure canning. Participants will take home a jar of canned product, canning recipes and canning brochures.

**42613.301BR**  
**Jul 14 6:00-8:00pm \$12**  
**Britannia Pre-Teen Centre**

## Sauerkraut Fermentation

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

**42602.301BR**  
**Jul 28 6:00-8:00pm \$12**  
**Britannia Pre-teen Centre**

## Urban Foraging of Wild, Edible and Medicinal Plants

Come out and discover urban foraging and the art of medicine making through an interactive workshop identifying wild, edible and medicinal plants growing beneath your feet. We will touch on how to incorporate wild foods into your lifestyle, when best to harvest and how best to receive the most of these plants. This earth wisdom is taught by First Nations Metis Herbalist Lori Snyder. In the walk-a-bout you will be gifted Lori's artwork 'mind-map', a reference guide and learning tool to help integrate these teaching.

**42602.302BR**  
**Tue 7:30-9:00pm Jul 7 \$25**  
**42602.303BR**  
**Thu 7:30-9:00pm Sep 3 \$25**  
**Meet at Info Centre**



## 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.

**Sat 12:00-5:00pm Sep 5**  
**Britannia Community Centre**

## East Vancouver Garden Tour

On Sunday, Jun 15, visit a dozen or so private gardens as well as several public spaces that have been 'greened' by East Vancouver residents. This year's self-guided tour will take you into some of the most creative gardens in the Strathcona neighbourhood of East Vancouver. Once you arrive at the starting place for the tour, you will likely be able to walk the entire route. Tickets are \$12/person. Register early, as the tour is very popular and tickets are limited. Purchase tickets in advance at Figaro's Garden or register in advance after May 6th at Britannia Centre, 1661 Napier Street, or on-line [britanniacentre.org](http://britanniacentre.org) or by phone to 604-718-5800 (ext. 1). On the day of the tour, pick up your map at Figaro's Garden, 1896 Victoria Drive. The tour is jointly sponsored by Britannia Neighbours, Britannia Centre, and Figaro's Garden Centre. Note that most gardens are not wheelchair-accessible, children must be 12 years or older or babes in arms, and pets are not allowed. For more information, visit the Garden Tour website at [eastsidegardentour.blogspot.ca/](http://eastsidegardentour.blogspot.ca/)

**65610.303BR**  
**Sun 10:00am-4:00pm Jun 14**  
**Britannia Neighbours \$12/1 sess**

## Grandview Garden Club

Grandview Garden Club meets at 7:00pm every second Thursday of the month in the hall at 1739 Venables Street. Knowledgeable speakers tackle subjects such as pruning, vegetable growing, attracting bees and butterflies, and garden design. Novice gardeners and experienced green thumbs welcome.

Annual membership \$20/drop-in \$4.  
More information at [grandviewgardenclub.blogspot.com](http://grandviewgardenclub.blogspot.com)

# Adults Fitness

## Axé Capoeira Vancouver - 2015 Schedule

axevancouver.com



	MON	TUES	WED	THR	FRI	SAT	SUN
	1739 VENABLES				GYM D	1739 VENABLES	
10AM-11AM						DANCE	
11AM-12PM						ADULTS CAPOEIRA	ADVANCED MUSIC
12PM-1PM						KIDS CAPOEIRA	ALL-LEVELS CAPOEIRA CLASS & RODA
1PM-2PM							
5PM-6PM	KIDS CAPOEIRA	KIDS CAPOEIRA	KIDS CAPOEIRA				
6PM -7PM	DANCE	MUSIC	DANCE				
7PM-9PM	ADULTS CAPOEIRA	ADULTS CAPOEIRA	ADULTS CAPOEIRA		ADULTS CAPOEIRA		

### Axe Capoeira

We offer ongoing classes that anyone can join, no previous experience necessary. Classes cover all aspects of Capoeira; martial-arts, dance, music, acrobatics, culture, language and more. The classes focus on developing the students' rhythm, reflexes, balance, coordination and increasing strength and flexibility as they learn Registration includes unlimited participation in Capoeira training, as well as the dance and music classes. Adult drop-in: \$20, Child/Youth drop-in: \$15 (you must go to the Pool Cashier at Britannia to pay and bring the receipt to your Instructor). Classes are located at 1739 Venables with Friday class at Britannia's Gym D.

Adult \$120

43401.301BR

Jul

43401.302BR

Aug

Child 4 yrs +/Youth \$80

33401.301BR

Jul

33401.302BR

Aug

### Tai Chi – 108 Traditional Yang Style Part Two

This course is for those who have studied the first part of the traditional long form. No class Aug 3. Drop-in \$16

43505.301BR 6:00-7:00pm Jul 6-Aug 24

Gym D

K. Maclean

\$105/7 sess

### Tai Chi – 24 Form Review

This course is suitable for those who have learned the 24 Form before but may be missing some pieces. We will focus on the second half of the form, especially the last part, and the more difficult movements of the form. No class Aug 3. Drop-in \$16

43505.302BR 7:00-8:00pm Jul 6-Aug 24

Gym D

K. Maclean

\$105/7 sess

### Tai Chi - Qigong

No class Aug 3. Drop-in \$16

43505.303BR 8:00-9:00pm Jul 6-Aug 24

Gym D

K. Maclean

\$105/7 sess

### Ki Aikido - General

All levels welcome to this non-competitive and positive practice that develops calmness, stability and confidence to reduce the stresses of daily life. We work with partners to learn how to develop mind and body coordination, stay relaxed and centered under pressure. Beginners can take one free session before deciding whether to register. www.canadiankifederation.com. Drop-in \$10.

43501.301BR

Sun 4:00-6:00pm

Jul 5-Aug 30

Mat Room L. Liew

\$48/8 sess

No class Aug 2

### Ki Aikido – Higher Grade

1st Kyu or more advanced students. Drop-in \$5. No session Aug 3.

43501.303BR

Mon 7:30-9:30pm

Jul 6 - Aug 24

Mat Room W. Nagata

\$21/7 sess

### Ki Aikido – Intermediate

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

43501.302BR

Wed 7:30-9:30pm

Jul 8-Aug 26

Mat Room W. Nagata

\$48/8 sess

### Intro to Fencing (12-18yrs)

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

33007.301BR

Mon 6:00-7:30pm

Jul 6-Aug 24

LaSalle M. Burke

\$48/7 sess

No Class Aug 3

### 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.

43407.301BR

Tue 7:30-9:00pm

Jul 7-Aug 25

LaSalle M. Burke

\$60/8 sess

No class Aug 3



# Adult Sports

## Body Conditioning

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

**43901.302BR**  
**Tue** 6:00-7:00pm **Jul 21-Aug 11**  
**Gym B** A. Riley

## Dance Aerobics

A great way to get your cardio in while having fun! This class is designed to increase your cardio levels and get fit with simple Latin, Funk and Reggae moves all fused together. \$4.75/drop-in at the pool office. \$39.40/10 tickets.

**43902.301BR**  
**Thu** 6:00-7:00pm **Jul 23-Aug 13**  
**Gym B** A. Riley

## Salsa Fit

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

**43901.301BR**  
**Sat** 10:00-11:00am **Jul 4-25**  
**Gym B** D. Galay **\$4.75 /1 sess**

## Iyengar Yoga Level 1/2/3

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

**44103.301BR**  
**Tue** 9:30-11:00am **Jul 7-Aug 11**  
**CFEC** F. Schryver **\$90/6 sess**  
**44103.302BR**  
**Thu** 6:00-7:30pm **Jul 9-Aug 13**  
**CFEC** F. Schryver **\$90/6 sess**

## 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.

**43906.301BR**  
**Mon** 6:00-7:15pm **Jul 6-27**  
**Gym B** Kathy Ann **\$32/4 sess**

**43906.305BR**  
**Wed** 6:00-7:15pm **Jul 8-Aug 5**  
**Gym B** D. Galay **\$40/5 sess**

## Badminton

**43412.302BR**  
**Fri** 7:00-9:45pm **Jul 3-Aug 21**  
**Gym A/B** A. Leung **\$40/8 sess**  
 30 spaces total (registered & drop-ins). \$5/drop-in if space available. No class Jul 31.

**43412.303BR**  
**Sat** 11:30am-2:00pm **Jul 4-Aug 22**  
**Gym A/B** A. Leung **\$35/7 sess**  
 30 spaces total (registered & drop-ins). \$5/drop-in if space available. No class Aug 1.



## Basketball

No drop-ins. No class Aug 2.

**43405.301BR**  
**Sun** 2:00-4:00pm **Jul 5-Aug 23**  
**Gym A** S. Yan **\$32/7 sess**

**43405.302BR**  
**Sun** 4:00-6:00pm **Jul 5-Aug 23**  
**Gym A** S. Anderson **\$32/7 sess**

## Volleyball – Beginner

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

**43413.301BR**  
**Thu** 7:15-9:45pm **Jul 9-Aug 20**  
**Gym A/B** R. LeBlanc **\$32/7 sess**

## Volleyball – Inter/Advanced

We work on specialized game play. If you have the basics please join us. A total of 30 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$5/drop-in, space permitting.

**43413.302BR**  
**Tue** 7:15-9:45pm **Jul 7-Aug 18**  
**Gym A/B** R. LeBlanc **\$32/7 sess**

## Yogaflex

This flowing yogaflex class will focus on core strength. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. Please visit [www.clstevensfitness.com](http://www.clstevensfitness.com) for more information. Please bring your own mats to this class. \$12/drop-in.

**44100.302BR**  
**Sun** 10:15-11:15am **Jul 5-26**  
**CFEC** CLS Fitness **\$34/4 sess**

**44100.303BR**  
**Sun** 10:15-11:15am **Aug 9-30**  
**CFEC** CLS Fitness **\$34/4 sess**

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

Time	Mon	Tue	Wed	Thu	Fri	Sat
10:00am-12:00pm						All Ages
3:30-5:00pm	Youth Only 10-17yrs			Youth Only 10-17yrs		
5:00-7:00pm	All Ages	All Ages	All Ages	All Ages	All Ages	

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

With head coach William Kennedy learn classic boxing technique and have access to a unique training facility, including a full size ring, punching/speed bags, circuit training and training mitts and gloves. During the group sessions, your training will be personalized to your specific skills and abilities. It's also a great way to improve your fitness. No prorating for this program. Please note if you are interested in competitive boxing classes you must contact the instructor first. Cost for competitive boxing is \$100/month, \$20/drop-in.

**43302.301BR** July \$75/month

**43302.302BR** August \$75/month

**43302.303BR** Competitive \$100



## Canada Day Celebration

Fun and entertainment for all ages!

Jul 1 12:30pm-2:30pm  
Victoria Park

## Letter Writing Club **NEW**

The Letter Writing Club is resurrecting the fine art of letter writing. A fun and creative way for community to gather around pen & paper, typewriters, postage stamps, storytelling. New to letter writing? Need some help writing? The Club will help! Open to all ages. Supplies provided.

54800.300BR

Sat 2:00-4:00pm Jun 13, Jul 11, Sep 12, Oct 10  
AML 55+ Centre

Sun 12:00-5:00pm Aug 9  
Artful Sundays - Napier Greenway

**Facilitator:** Paula Luther, an East Van mixed media artist, and lifelong letter writer [www.facebook.com/letterwritingclubofeastvan](http://www.facebook.com/letterwritingclubofeastvan)  
Vancouver Foundation // Neighbourhood Small Grant for funding

## Annual Seniors Picnic

Meet us at the Trout Lake covered picnic area for a fun afternoon. Bocci Ball, Lawn Darts, food, and entertainment.

Tue 11:00am-2:00pm Aug 25  
TL \$15

## Healthy Choices for Seniors **NEW**

Community Kitchen and Food Growing Workshops.

Join with other seniors each week to share your cooking and gardening skills. Cook delicious and nutritious meals together, based on favourite recipes and fresh seasonal ingredients. Learn tips for growing food at home, whether its the backyard, balcony or windows! Please register, space limited.

52500.300BR

Thu 2:00-4:00pm Jul 9-Aug 27  
CFEC Free

## Programs & 55+ Drop-in Centre

Programmer: Anne Cowan Jackson 604.718.5837

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

## Seniors Committee

We meet on the last Thu of the month at 1:30pm in the AML 55+ Centre. We plan events and programs for older adults in our community. New ideas and members welcome! Summer 2015 - Jul 30, Aug 27

## Computer Classes

All our classes resume in September. \*look for Social Media, Digital Photography

## Physical Activities

### Line Dancing 55+

This fun and relaxing beginners class will keep you fit and smiling.

52901.300BR

Tue 1:00-3:00pm Jul 7-Aug 29  
CFEC Anita \$20

### Vancouver Morrismen Dance

This intergenerational group meets at Britannia every Tuesday evening and new members are always welcome. Drop in to register in person. Enjoy the various styles of English traditional 'Morris Dance' and music. \*see performance at Victoria Park on Canada Day.

Tue 7:30-9:30pm Jul 7-Aug 25  
AML

### Ballroom Dance Fit **NEW**

Fun fitness in the afternoon. Learn the Cha-cha, Rumba, East Coast Swing and the Hustle. Fun and easy.

52903.300BR

Wed 11:15am-12:30pm Jul 8-Aug 12  
CFEC \$50/6sess

### Badminton 55+

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

52103.301BR

Sat 2:00-4:00pm Jul 4-Aug 22  
Gym A W. Lee \$16/season

### Gentle Yoga 55+

Enjoy a series of restorative asanas (poses) to Vinyass flow (regular Hatha). Restorative yoga is sequenced to gently open, stretch and massage tired, overworked, or stressed muscles and deep connective tissues. Hatha classes are a sequence of poses, (Vinyassa Flow), which provides the student with increased flexibility, strength and mindful body awareness. Hatha practise

will warm up the muscles, instead of resting the muscles, increase muscular elasticity and strengthen skeletal alignment. A good stretch and a good workout! Remember to dress comfortably. \$12/drop-in.

54101.301BR

Mon 2:00-3:15pm Jul 6-Aug 17  
CFEC G. Quon \$54/6 sess

54101.304BR

Wed 2:00-3:15pm Jul 8-Aug 12  
CFEC G. Quon \$54/6 sess

## Adapted and Chair Yoga

Feeling stressed in yoga classes lately? Then this class is designed for you to be comfortable without feeling "you have to keep up".

This class a gentle hatha yoga that will have a warm up, asanas, stretching and cool down with many options to help get the most out of your practice. This class will promote the use of chairs, walls and other adaptive aids like blocks to aid with your limitations. The intention for everyone is to be in a class where you are comfortable breathing, moving the body around at your own pace and doing what you can in a relaxed environment.

54101.310BR

Wed 2:45-3:15pm Jul 8-Aug 12  
CFEC G. Quon \$54/6sess

## Social Programs

### Cards Whist/Cribbage/ Bridge & Poker

Welcome for fun and friendly games. No Cards on Aug 3.

52204.300BR

Mon 1:00-4:00pm Jul 6-Aug 31

## Knitting

Everyone is welcome to join this multi-age group! (Newborn to 90's). Beginners to Advanced. It's a great way to spend the afternoon. Drop-in will continue all summer although Irene won't be back until the Fall.

52201.300BR

Wed 1:00-3:00pm Jul 8-Aug 26  
AML Free

## Latin American Seniors Social

Fri 1:00-3:30pm Returns in Fall  
1739 Venables

## 55+ AML Book Club with VPL

New members are always welcome! Please register.

52202.300BR

Wed 2:45-4:45pm Jul 15, Aug 19  
VPL Librarian Free

## Lunches

Drop-in Lunch in the 55+ Centre everyone welcome.

Mon/Thu/Fri 12:00pm Jul 3-Aug 28  
AML \$5

## Pot Luck Lunches 55+

Everyone brings a dish to share and a feast appears!

Thu 12:00-1:00pm Jul 30, Aug 27  
AML Free

## Carpet Bowling

A fun and skillful game played inside - similar to Bocce.

Tue 10:00am-12:00pm Jul 7-Aug 25  
1749 Venables Free

## Traditional Italian Cards

Seniors Traditional Italian Cards drop-in especially on rainy days.

Mon 1:00-4:00pm  
AML Free

## Friday Wellness Program

### Fitness Centre

Fri 9:00-10:00am Seniors Only

Pool (see pool schedule on page 20)

## Exercise with Friends

Drop-in to join this senior lead video exercise class.

Fri 11:00am-12:00pm Free

## Blood Pressure and Sugars

Help monitor your health.

Fri 11:00am-12:00pm Free

## Foot Care

Fri 12:30-3:30pm Jun-Jul

## Bus Tours

(meet outside of 55+ Centre)



## Cultus Lake Country Tour

Spring into Summer at Cultus Lake for an afternoon of sightseeing and good fun at the lake's Main Beach Gazebo and Chilliwack Circle Farm Tour stops. Walk along the boardwalk, take part in the bocce game or kite flying (optional) and relax in our reserved day use lake front picnic area. This tour includes lunch at Hofstede's Country Barn, afternoon desserts and refreshments served under Cultus Lake's Main Beach Gazebo and stops at the Circle Farm tour favourites Chilliwack River Valley Natural Honey and Smits & Co.w Farm Cheese for the freshest gouda cheese!

54571.203BR

Fri 8:00am-5:00pm Jun 26  
\$59/sess

## Night Market Tour

Night Market shopping is so much more than unique items and frugal finds. The open air on a summer night is filled with aroma of top shelf food vendors, exciting global merchandise and main stage entertainment! The Surrey Night Market is located within the Cloverdale Exhibition Grounds with 70 vendors and 3,000 people each event night and The Richmond Night Market has nearly 350 food and retail vendors with attendance of 10,000 per event night. Check out the colourful and lively Summer Night Markets!

54500.302BR

Fri 4:30-11:00pm Jul 3  
\$59/sess

## Sunshine Coast Tour

Explore the Sunshine Coast and see why BC is called "Best Place on Earth". Visit Smuggler Cove located between Secret Cove and Half Moon Bay for an escorted walk to soak up this picturesque marine park's board walks and storied past. Enjoy a field to table lunch at Fellwater Farm and Gardens in a breathtaking outdoor setting overlooking beautiful Sechelt Inlet and the Coastal Mountain Range. Take afternoon free time to shop and stroll in Gibsons Landing where CBC filmed the internationally televised series The Beachcombers or relax at the picturesque Winegarden Waterfront Park. This tour includes escorted walk at Smuggler Cove, lunch at Fellwater Farm and Garden and afternoon free time in Gibsons Landing. Please Note: Additional \$8 ferry fee applies to those under the age of 65 and to non BC residents.

54500.300BR

Tue 8:00am-6:30pm Aug 25  
\$109/sess

## Vietnamese Seniors Program

Programmer: Luong Ho 604.718.5818

Office Hours: Mon-Fri 8:30am-3:00pm

## Tuesday Drop-In

Social interaction, Guest Speakers, cards and refreshments.

Tue 9:00am-3:00pm Free  
AML

## Vietnamese Line Dancing

Join this happy group. In partnership with REACH Family Centre.

Tue 1:00-3:00pm  
AML

## Speaker – BC Housing

Tue 10:00am-12:00pm Jul 14  
AML

## Bus Trips

Whistler

Tue 8:00am-5:00pm Jul 21  
\$25

## Annual Seniors Picnic

Tue 11:00am-2:00pm Aug 25  
\$15



# Aquatics Lessons & Registration

## Lesson Registration

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

## 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.

## Refunds & Cancellations

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

## Red Cross Parent & Tot (4-36mo)

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

## Red Cross Preschool (3-5yrs)

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

## Red Cross Children (5-12yrs)

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

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

Classes are designed based on participant ability and requests. Register over the phone or in person for 30 minute private or semi-private lessons.

Child Private \$27.95 / Semi-Private \$15.70  
Adult Private \$32.90 / Semi-Private \$18.55

## Red Cross Swim Basics for Adults (16yrs+)

Swim Basics is a two-level learn-to-swim program for adults and teens. These courses are designed to develop or increase swimmers' comfort in the water through basic floatation, movement and breathing skills and to foster the basic knowledge, skills and attitudes need to stay safe in, on, and around the water. No class Aug 3.

**49031.301BR**  
Mon 8:00-8:45pm Jul 6-Aug 31  
Swim Basics 1 \$75.20/8 sess  
**49032.301BR**  
Wed 8:00-8:45pm Jul 8-Aug 26  
Swim Basics 2 \$75.20/8 sess

## Red Cross Swim Strokes for Adults (16yrs+)

Continuing from Adult Swim Basics 2, Adult Strokes participants must be able to swim 50 metres continuously. Introduction to whip kick is taught as well as work on stroke mechanics of front and back crawl over a 25 metre distance.

**49033.301BR**  
Tue 8:00-8:45pm Jul 7-Aug 25  
\$75.20/8 less



## Red Cross Fitness for Adults (16yrs+)

Adult Fitness 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.

**49034.301BR**  
Thu 8:00-8:45pm Jul 9-Aug 27  
\$75.20/8 less

## Swim Club (8-18yrs)

This program emphasizes stroke development, starts and turns, and is a chance to make new friends. Swimmers must be at Skim Kids level five or higher. Register for the day or days you plan on attending. The more days you register, the better the deal!

**29701.301BR**  
Tue 6:30-7:45pm Jul 7-Aug 25  
**29701.302BR**  
Thu 6:30-7:45pm Jul 9-Aug 27  
One day/week \$55/season  
Two days/week \$80/season



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

Day	Time	Dates	Lessons
Mon – Starfish/Duck	9:00-9:30am	Jul 6-27, Aug 10-31	4 lessons, 4 lessons
Tue – Sea Otter	9:00-9:30am	Jul 7-Aug 25	8 lessons
Wed – Starfish/Duck	9:00-9:30am	Jul 8-29, Aug 5-26	4 lessons, 4 lessons
Thu – Salamander	9:00-9:30am	Jul 9-Aug 27	8 lessons
Fri – Sea Otter	9:00-9:30am	Jul 10-Aug 28	8 lessons
Mon & Wed – Set 1	3:00-5:30pm	Jul 6-29	8 lessons
Mon & Wed – Set 2	3:00-5:30pm	Aug 5-31	8 lessons
Fri	3:00-5:30pm	Jul 10-Aug 28	8 lessons
Sat	9:00am-1:00pm	Jul 11-Aug 29	8 lessons
Sun	11:00am-2:30pm	Jul 12-Aug 30	8 lessons

Swim Lesson Fees 2015	4 lessons	8 lessons
Parent & Tot (30 min. parented)	\$26.52	\$50.94
Preschool (30 minutes)	n/a	\$50.94
Swim Kids 1-4 (30 minutes)	n/a	\$45.10
Swim Kids 5-10 (40 minutes)	n/a	\$50.94

# Aquatic Schedule

## Bronze Medallion (13yrs+)

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

### 39501.301BR

Sun 10:00am-3:00pm Jul 5-26  
\$134/4 sess

## Bronze Cross (15yrs+)

Develop proficiency at patient assessments and water rescues, aquatic spinal injuries, CPR and first aid skills plus fitness training. Bronze Cross is one of the pre-requisite awards for all advanced lifesaving and lifeguarding certification courses. Bronze Cross is also worth 2 Grade 11 high school credits. Pre-requisite: Completion of Bronze Medallion. Additional manual charge \$35.

### 39502.301BR

Sun 10:00am-3:00pm Aug 9-30  
\$134/4 sess

## Contact Information

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

## 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

## 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 16yrs or older and be within arm's reach.

## Birthday Parties

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

Sat 1:00-2:00pm \$49



**July 6-August 31, 2015 - 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 5:30-6:25	
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 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			

# Arena Programs and Schedule

## Rink Rentals

To view ice availability, please go to the Rinks area at [www.vancouverparks.ca](http://www.vancouverparks.ca). For more information or to book ice times call 604.718.5836 or email [susy.bando@vancouver.ca](mailto:susy.bando@vancouver.ca).

## Birthday Parties

There are two options for having your skating party at Britannia this summer. If you are interested in renting the ice for a children's birthday party, the cost is \$150.60/hr, (plus staff costs). A party room is included when you rent the ice rink. OR: If you are interested in arranging your birthday party at to the rink during a public skating session, the Rink Activity Room is available to rent for \$18/hr. For more information, or to book an ice time, call 604.718.5836. To book the Rink Activity Room, contact the Activity Coordinator at 604.718.5812.

## Get involved and join a Committee!

The Arena Committee meets the 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 13<sup>th</sup> 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). The 14<sup>th</sup> season of the Vancouver Adult Co-ed Hockey League will begin in early-September. Registration has begun for the 15/16 VACHL season. To find out more about VACHL and how to register, go to [www.vachl.ca](http://www.vachl.ca).

### 2015 Fall Learn to Skate Lessons

Fall skating lessons will begin on Sep 15. Fall registration for Learn to Skate starts in-person on Sunday August 16 from 10:00am-1:00pm at the Information Centre. Online registration for skating lesson will begin Monday, Aug 17.

## SUMMER PROGRAMS

### Learn to Skate Lessons

**Registration for summer skating lessons will begin on Monday, Jun 15.** 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 as additional classes are scheduled whenever possible.

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. In accordance with new safety measures, cycling helmets are no longer permitted. A limited number of hockey helmets are available to use free of charge for lesson registrants.

### Learn to Skate Lessons

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

**Sat 10:30am-12:30pm Jul 11-Aug 22 \$42/7 sess**

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

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

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

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

Level 4 - can scull forwards and stop without assistance

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

### Children, Youth and Adult Program Levels

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

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

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

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

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

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

### 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.

**39090.301BR**  
Sun 3:30-4:30pm Jul 7-Aug 19  
\$70/7 sess

### Adult Off-season C&D

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.

**49090.302BR**  
Sun 4:45-6:15pm Jul 7-Aug 19  
\$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, please register and pay the program supervisor in the rink starting at 7:45pm.

Thu 11:15pm-12:45am Jul 2-Aug 27  
All Levels \$10/drop-in\*  
Sun 9:30-11:00pm Jul 5-Aug 30  
Int. 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 8-Aug 26  
\$6.05/drop-in or \$48.40/10 visit pass  
No session on Jul 1

### 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 \$6.05/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.

**48080.301BR**  
Sun 6:30-7:45pm Jul 5-Jul 26  
\$20/4sess

**48080.302BR**  
Sun 6:30-7:45pm Aug 2-Aug 23  
\$20/4 sess

### Adult Stick and Puck

Come out during the noon hour and practice your hockey skills on the best ice in Vancouver. Sorry no scrimmage 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 10-Aug 28  
No session Jul 3 \$6.05 /drop-in

## Ice Rink Public Skating Schedule

July 1 - September 6, 2015

Schedule subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Adult Stick & Puck 12:00-1:30pm No session Jul 3	Public Skate 12:45-2:15pm No session Jul 4	Family Fun Hockey 12:15-1:30pm
		Adult Co-ed Drop-in Hockey 3:30-5:00pm No session Jul 1				Public Skate 1:45-3:15pm
		Adult Skate 8:45-10:15pm No session Jul 1	*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).

## 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.

## Weight Training for Women – Beginner

Learn the safe and effective components of a weight training workout and develop a fitness program suited to your personal needs and goals. Britannia membership and pre-registration required.

44010.301BR

Sat	9:30-11:30am	Jul 4-25
FC	V. Henderson	\$32/4 sess

## Weight Training for Women – Intermediate

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

44011.301BR

Sat	9:30-11:30am	Aug 8-29
FC	V. Henderson	\$32/4 sess

## Stretching for Seniors (55yrs+)

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

44018.301BR

Mon	6:00-7:00pm	Jul 27
FC	J. Stanier	\$5/sess

## Core Strength for Seniors (55yrs+)

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

44019.301BR

Mon	6:00-7:00pm	Aug 10
FC	J. Stanier	\$5/sess

## 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.

## Pool and Fitness Centre Fees 2015 (including GST)

	Drop-in	10 Visit Pass	1 Month	3 Months	12 Months	Brit Membership
Adult (19-54)	\$6.05	\$48.40	\$47.54	\$123.60	\$393.90	\$3.00
Youth (13-18)	\$4.30	\$34.40	\$33.28	\$86.55	\$275.75	\$1.00
Child (6-12)	\$3.05	\$24.40	\$23.77	\$61.80	\$196.95	\$1.00
Senior (55+)	\$4.30	\$34.40	\$33.28	\$86.55	\$275.75	\$1.00

Family = 1 to 2 adults of the same household and their children under 19 years of age. Minimum \$6.10 admission.

By purchasing a \$3.00 membership (valid Sep to Aug) you can work out FREE in the Fitness Centre every Tuesday & Friday from 10:00am to 12:00pm. Show your membership card to the cashier at the pool office before time of entrance.

Leisure Access Card (LAC) Fitness Centre Admission Rate is 50% off adult admission and flexipasses.

## Vision for the future of Britannia, In support of the Strategic Master Plan

### WHAT WE HAVE BEEN DOING?

In 2014 and early 2015, we continued to reach out to the community by attending local schools PAC meetings, special events such as community family dinners & Christmas Markets, consultations with partners such as the City of Vancouver & Vancouver Public Library.

March 2015 – members of the Planning & Development Committee visited a number of community centres around the lower mainland to talk staff & patrons about their sites; what they enjoy, what they would like to see improved, what they would do differently if they could. Read a summary of the trip – [www.britanniacentre.org](http://www.britanniacentre.org) – go to Britannia News and look through the Master Plan!

### A BIT OF HISTORY

The renewal of Britannia has been in process for a number of years with hundreds of volunteers working hard to get us to where we are today.

On September 30, 2014, City Council approved the 2014-2018 Capital Plan, which includes \$25 million for Phase 1 of the renewal of the Britannia Community Services Centre. Britannia's 2011 Strategic Master Plan proposed that Phase 1 be the renewal of the pool, fitness centre, gym and information centre. Over the next decade Britannia is slated to receive up to \$100 million. This is what we've been working toward for many years.

Visit the Master Plan page on our website for the entire history of the renewal, you will find videos, photos, meeting notes and tips on how you can take part.

### WHAT'S NEXT?

2015 will see more site visits, education through meetings & presentations to community groups and users, special events, researching trends & direction of recreation and aquatics.

### HOW CAN YOU GET INVOLVED?

Here are four great ways for you to take part in the Renewal of Britannia:

- Join the Planning & Development Committee's Monthly meetings
- Participate in Community Planning Events
- Complete surveys
- Inform your neighbours and friends

STAY INFORMED!



Get Master Plan details & updates [www.britanniacentre.org](http://www.britanniacentre.org)



Queensborough Community Centre - Favourite Site of the trip

## Britannia AGM

### 2015 - 2016 Board of Management

We wish to welcome our newly elected Board members as well as our current Board members.

**President:** Gwen Giesbrecht  
**Vice President:** Susanne Dahlin  
**Treasurer:** John Flipse  
**Member At Large:** Ingrid Kolsteren  
Ye Chu

**Directors:** Oles Andrienko, Mary Arakelyan, Brendan Boylan, Scott Clark, Aaron Giesbrecht, Heather Hay, Freya Kristensen, Craig Ollenberger, Tyrus Tracey.

**Staff Representative:** Alex McKechnie

VPL - Beth Davies, VSB - Geoff Taylor, VPB - Jenny Jung  
Board meetings are open to the public. The next meeting is on Wednesday June 10, 2015 at the Information Centre at 6:00pm. For more information, please call 604.718.5800.





## Summer Hours:

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

## Holiday Closures:

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

## 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 10:30-11:00am  
Jul 7-Aug 18

### 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 8-Aug 19

### Summer Reading Club Programs

Sign up and join us for weekly programs that include origami, life size Clue, button making, book dominoes, seed bombs, iPad lego movies and a wrap up party.

Please contact the library at 604.665.2222 for Summer Reading Club program schedule details.

Every Tue 2:00-3:00pm  
Jul 7-Aug 18

## Adults' Programs

### Pandora's Collective presents: 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).

2<sup>nd</sup> Wed of month 6:30-8:30pm  
Jul 8, Aug 12, Sep 9

### SFU Writer's Studio Consultations

Need an expert opinion of your writing? Get a free one-to-one, 45 minute consultation on seven to ten pages of your poetry or prose from the 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.

1<sup>st</sup> Tue of month 4:00pm, 5:00pm, 6:00pm  
Jul 7, Aug 4, Sep 1  
Learning Resource Centre

### 55 and Up Book Club

Hosted by Britannia Library staff, this book club invites all to talk about favourite passages, points of interest and more about the monthly book title! Books are provided by the Britannia Branch Library. To register, and become a member, phone: 604.718.5800 ext. 1. To get your book, call the library at 604.665.2222.

3<sup>rd</sup> Wed of month 2:45-4:00pm  
Jul 15, Aug 19, Sep 16  
Al Mattison Lounge (the Seniors Centre)

### Word Whips Writing Series

Presented by Pandora's Collective and Britannia Branch

We provide the writing prompts and the opportunity for sharing. Ten-fifteen minutes to write to each prompt. Open to writers of all levels and genres. Pre-registration not required.

3<sup>rd</sup> Tue of month 6:30-8:30pm  
Jul 21, Aug 18, Sep 15

### Philosopher's Café

Engage in stimulating dialogue and passionate exchange of ideas in informal community discussions moderated by Zahid Makhdoom. All are welcome, including students, non-philosophers, and seniors. Presented in partnership with Simon Fraser University. For information, contact the library at 604.665.2222.

Last Tue of month 7:00-9:00pm  
Jul 28, Aug 25, Sep 19 TBC  
Britannia Library Art Gallery

### One-To-One Computer Training

Book a free one-hour session for computer help, on Tuesdays and most, Wednesdays 2:00-4:00pm.

Phone: 604-665-2222 to book an appointment.



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 school-readiness. There is a snack provided each morning, and food is available in the kitchen throughout the day. There is also a food cupboard. **Drop-In costs \$3 per visit per family.**

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

### Family Drop-In Hours:

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

### Licensed Occasional Childcare

For parents who are in need of short-term respite childcare. Children 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 at Eastside Family Place

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