



Programs & Services Winter 2018



President's Message

Winter is a time for many activities and programs to be enjoyed at Britannia Centre. We continue to look for ways to promote participation for everyone and offer subsidies for those who require them. Please check on-line, or at the Info Centre for full details.

Winter can also be a tough time for some residents, especially those with inadequate housing. If needed, we are committed to having a warm space to offer overnight refuge to those who are out in the cold. In the event of extreme weather, information will be posted.

The Britannia Renewal public consultation process completed its initial phase this fall, and the report may be viewed on the Britannia website. Please take the time to have a look. Community feedback on the report will help to inform the next steps in the planning process.

The Britannia Renewal is very important as it will set the direction and use of the site for many years to come. Since its creation more than forty years ago, Britannia was and is a unique model of integrated community space that is there for the purpose of providing a public place that all community residents may access. In partnership on-site with City of Vancouver, Vancouver Park Board, Vancouver Public Library, Vancouver School District and Britannia Community Services Centre Society the site has grown with oversight from BCSCS to include partnerships with a wide range of community based organizations. The member elected Board of Management directors have the privilege and responsibility to make decisions that directly impact how and what happens on the site in a way that reflects the desires of the community we volunteer to serve. We (the Board) take this responsibility very seriously. As we continue the renewal process, we need to continue to hear from you to ensure decisions are well informed.

Thank you, and all the best for 2018,
Gwen Geisbrecht

Board of Management

Britannia Board meetings are held on the 2nd Wednesday of the month (no meetings during the summer months). For more information, or if you are interested in running for our Board of Management, call Cynthia Low, Executive Director at 604.718.5815.

PRESIDENT:	Gwen Giesbrecht
VICE PRESIDENT:	Ingrid Kolsteren
TREASURER:	John Flipse
MEMBERS AT LARGE:	Scott Clark Freya Kristenen
DIRECTORS:	Susanne Dahlin Annie Danilko Pamela Dudas Levi Higgs Vera Jones Juan Carlos Maldonado Craig Ollenberger Andrew Phillips
STAFF REPRESENTATIVE:	Jaiden Simmons
AGENCY REPRESENTATIVES:	
VSB	Andrew Schofield
VPB	Peter Odynsky
VPL	Megan Langley
EXECUTIVE DIRECTOR:	Cynthia Low
MANAGER OF ADMINISTRATIVE SERVICES:	Jeremy Shier
MANAGER OF CHILD CARE SERVICES:	Rachel Day

Our Mission

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

Our Vision

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

We would like to acknowledge that we are on the unceded territories of the Coast Salish Nation, the Musqueam, Squamish and Tsleil-Waututh

Membership Information

To participate in recreation programs you must be a member of Britannia Centre. Membership is valid from: Sep 1, 2017 to Aug 31, 2018

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

Membership may be obtained when you register for a program or any time during the year at the pool cashier's office or the information centre. Membership fees will be automatically added to your online purchase.

What does membership give me?

- Voting privileges at the Annual General Meeting of the Society May 23, 2018
- Eligibility to run for the Board of Management
- Mail outs about Centre programs and events
- Access to special membership programs
- Britannia membership is required before registering into programs
- Free access to Fitness Centre on Tuesdays & Fridays, 10:00am-12:00pm

Fun For All!

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

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



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

Cover photo: Making a difference! Community Action Program for Children program staff Thu Dinh (left) and Lijuan Yu (right) are distributing fresh groceries for families in need.

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Winter 2018 Holiday Hours

Information Centre, 55+ Centre & Teen Centre

Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	CLOSED
Jan 1	New Year's Day	CLOSED
Feb 12	Family Day	CLOSED
Mar 30	Good Friday	CLOSED
Apr 2	Easter Monday	CLOSED

Pool & Fitness Centre

Dec 24	Christmas Eve	10:00am-5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-5:00pm
Dec 31	New Year's Eve	10:00am-5:00pm
Jan 1	New Year's Day	1:00-5:00pm
Feb 12	Family Day	1:00-5:00pm
Mar 30	Good Friday	1:00-5:00pm
Apr 2	Easter Monday	1:00-5:00pm

Rink

Dec 24	Christmas Eve	Closes at 5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-3:30pm
Jan 1	New Year's Day	1:00-3:30pm
Feb 12	Family Day	1:00-3:30pm
Mar 30	Good Friday	1:00-3:30pm
Apr 2	Easter Monday	1:00-3:30pm

Facility Rentals

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

Pool Rentals

Contact Mawi at 604.718.5830 or mawi.bagon@vancouver.ca

Rink Rentals

Go to vancouver.ca/parks-recreation-culture/rink-rentals or contact Susy at 604.718.5836 or susy.bando@vancouver.ca

Gym/Room Rentals

Contact the Facility Support Clerks for rates and availability Contact Paul or Wally at 604.718.5812 or email paul.morton@vancouver.ca or wally.tarrant@vancouver.ca

1739 Venables - The Hall

We have been hosting programs in the space and renting the space out for community groups for four years. Our mission is to foster active community building, collaboration, co-creation, grass roots education and involvement to contribute to quality of life for individuals and the neighbourhood. **Contact Helen at 604.257.3087 or email helen.spaxman@vancouver.ca**

Registration Information

Register Online at britanniacentre.org

Registration starts at 9:00am on Tuesday December 5, 2017

You must have a current Britannia Society membership to register for all Britannia programs. The membership year runs from September 1, 2017 to August 31, 2018.

Membership fees will be automatically added to your online purchase.

See page 2 for membership information.

Register in Person

Registration starts at 9:00am on Tuesday December 5, 2017

At the **Information Centre** (Pay by Cheque, Visa, Mastercard, Debit or Cash)

At the **Pool Cashier's Office** (Pay by Cheque, Visa, Mastercard, Debit or Cash)

Registration Hours at the Pool Cashier are:

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

Registration Hours at the Information Centre are:

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

Register by Phone at 604.718.5800 ext. 1

Phone registration starts at 1:00pm on Tuesday December 5, 2017.

A copy of your program registration will be emailed to you upon request if you have an e-mail address, or you can pick up a hard copy at your convenience.

Refund Policy

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

Swim / Skate Refunds

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

Cancellation Policy

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

Subsidy Policy

Britannia operates a wide range of recreation programs. It is Britannia's policy to make programs as accessible as possible. Britannia would like to assist those who are not able to afford the advertised cost of certain programs or activities. Note: maximum of 2 subsidies per season. Subsidy policy does not apply to Britannia Child Care programs or products that are resalable.

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

Residents of Vancouver on the Leisure Access Program

Residents of the City of Vancouver showing a current L.A.P. (Leisure Access Program) card may receive up to 50% off certain programs by presenting their L.A.P. card to a cashier at the time of registration.

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

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

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

Licensed Child Care Subsidy

[Provincial Child Care Subsidy](#)

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

Fun For All!

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

'Fun for All' Stamp

Britannia Planning and Development Committee

Winter 2018 Committee Meeting Dates

Tuesdays 7:00-9:00pm, Jan 16, Feb 20, Mar 20

The Planning and Development Committee has continued to work on behalf of Britannia Community Services Centre in the Britannia Renewal process. Our committee collaborates with our site partners and consultant team in the Britannia Renewal community consultation process—receiving and reviewing proposals from the community and working to guide discussions on big issues like housing. As the first phase of the community consultation draws to a close, the planning and development committee has reviewed the report back from our consultant team on their initial findings and will continue to participate in the process as our consultant team begins to develop options for a renewed Britannia. Reports back from all our community consultation activities and the Phase I summary findings are available to review in the Britannia Info Centre B-LAB or in the document library of our website at www.britanniarenewal.org.

We hope you will join us over the winter as we begin the important process of reviewing options for Britannia Renewal and working with the community to determine priorities and common goals for the future of the site. The Planning and Development Committee meets regularly on the third Tuesday of the month from 7-9pm in the Britannia Info Centre and our meetings are always open to the public. Previous meeting minutes and upcoming agendas for the Planning and Development Committee are posted to our website at www.britanniarenewal.org. Inquiries regarding Britannia Renewal or the work of the Planning and Development Committee can be addressed to info@britanniarenewal.org or made by phone at 604.718.5800 ext.1.

Britannia

RENEWAL



Register Online Today



Create an online account and register for unique and exciting programs across 24 community centres. Your online account allows you to keep track of your schedules, rental agreements, payment receipts and look up your current pass status.

Skip the line and buy your pass online All our passes are now available online. Get your 10-usage pass to indoor cycling classes or visit a fitness centre, pool or rink with the click of a button. Monthly Flexipasses are great for getting active and staying active, giving you access to 21 fitness centres, 9 indoor pools, 5 outdoor pools, and 8 ice rinks! vancouver.ca/passes

Drop-in activities

If you're looking for something to do last minute or make a long term commitment, we offer a wide range of drop-in activities to fit anyone's schedule. Check out what's available today on our drop-in calendar.

Event space

Planning a sporting event, social gathering or wedding? Submit your request for use of community centre rooms, outdoor parks or fields, ice rinks and more!

Follow us on Facebook and Twitter for up to date information on programs and registration.



recreation.vancouver.ca



Britannia

RENEWAL

The City of Vancouver and Partners—Vancouver School Board, Vancouver Public Library, Vancouver Park Board, Britannia Community Services Centre—are working together on a project to renew and revitalize Britannia Community Services Centre and the larger Britannia site. This community-guided project will result in a plan for the evolution of the site and its facilities for the next 30 years. When completed in February 2018, the Britannia Renewal will include:

- A community vision guiding Britannia Renewal;
- Facilities space needs identifying the different spaces for indoor and outdoor recreation, social development, arts & culture, and lifelong learning required to meet future needs at Britannia;
- A master plan with phasing, outlining which components and features will be developed first and where over the multi-year development.

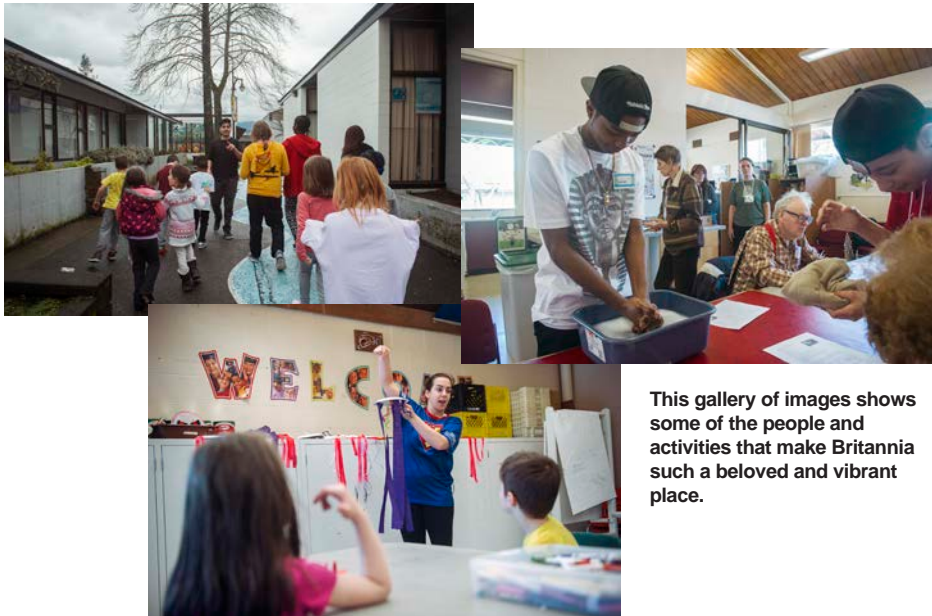
WHAT WE'VE DONE SO FAR

From March to July we talked to over 2,500 community members about their vision for the future of Britannia and the programs and facilities that they would like to see at a renewed centre. We've compiled this into a draft Community Vision for a renewed Britannia Community Services Centre, and now we want to hear your feedback on the vision. Does it reflect your ideas and input? Does it align with your vision for a renewed Britannia? Stay engaged! There are many ways to provide input and shape the future of Britannia. Keep an eye out for upcoming events this fall, or drop by the B-LAB!

B-LAB! (BRITANNIA RENEWAL LAB)

Drop by our community living room in the Britannia Info Centre to learn about the project and provide your input and ideas on the emerging directions for Britannia's renewal.

Find more information online at <http://vancouver.ca/parks-recreation-culture/britannia-renewal-project.aspx>



This gallery of images shows some of the people and activities that make Britannia such a beloved and vibrant place.



Art Gallery

Exhibitions

Jan 3 – Feb 2

Opening Reception:

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

Flowers Unlimited, paintings and clay works by Amy Lee, and Echoes in the Midst, a mixed media collection by Donna Lynn Ross



Flowers Unlimited by Amy Tan



Mystic Tree by Donna Lynn Ross

Feb 7 – Mar 2

Opening Reception:

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

Adrift, multi-media exhibition by Jenny Hawkinson



Floathouse by Jenny Hawkinson

Artist Talk

Artist Talk with Jenny Hawkinson in the gallery

Wed 7:00pm

Feb 21

Mar 7 – Mar 28

Opening Reception:

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

Demented Confessions, mixed media paintings and wall sculptures by John Clinock, and British Columbia as a fairytale land, oil on canvas paintings and clay sculptures by Irina Azrenkova



Invocation by John Clinock



Last Leaf by Irina Azrenkova

Apr 4 – Apr 27,

Opening Reception:

Wed, Apr 4, 6:30-8:30pm

Shifting, acrylic on canvas by Ellen Bang, and Pliable raw metal forms, metal clay (copper, bronze, steel, white bronze) by Beata Kacy



Won't Give Up by Ellen Bang

Workshops

Japanese Ornamental Boxes

Medium: fabric and pressboard

All materials and tools are provided. No prior experience is necessary. Bring note taking materials and old newspapers or magazines for protecting table and artwork from glue. All materials and tools are provided. No prior experience is necessary.

Sun 1:00-5:00pm

RAR

125284 S.Lee

Dec 10

\$10/1 sess



An Introduction to Contemporary Rug Hooking

Learn to hook wide (1/4") strips of wool through an open-weave foundation cloth, thus creating a rug pile. Topics include how to obtain and prepare fabric and how to plan and finish rugs. Participants do not need to bring anything with them. All supplies and tools belong to the instructor.

Sun 1:00-4:00pm

RAR

139297

Feb 4

\$10/1 sess

Metal Clay Basics with Beata Kacy

In the 3 hour course you will learn the basic techniques in making metal clay pendants. You will learn how to texture surfaces with various methods. Students will have the choice of using copper or bronze. After the class your pieces will be fired in the kiln and deliver back to the Britannia Museum for a pick up. Please bring notebook and pen.

Sun 1:00-4:00pm

RAR

139270

Apr 15

\$10/1 sess



Necklace by Beata Kacy

Special Events

Seasonal Decorations & Holiday Art Workshop



Celebrate the season by making your own holiday decorations, gifts and art projects. Featuring 5 local artists instructing in a variety of media. All materials provided.

Sat 12:00-4:00pm Dec 9
55+ Centre Free
All Ages



Artist Rebecca Graham will be at the Seasonal Decorations & Holiday Art Workshop



Artist Diane Wood will be at the Seasonal Decorations & Holiday Art Workshop

5th Annual Winter Solstice Coffee House 2017



Come celebrate the return of the light with a cozy evening of local live music, storytelling, refreshments and more! A great night to unwind during the hectic holiday season. The Solstice/Equinox Coffee House series happens 4 times a year, 2 Equinoxes & 2 Solstices.

Sun 7:00-9:30pm Dec 17
55+ Centre Free



Brit Chill Holiday Skate



Kick off the holiday season with a festive FREE session at the Brit Chill Holiday skate. There will be crafts, treats and a visit from Santa Claus, Frosty and Rudolf.

Sun 1:45-3:15pm Dec 17
Free

Holiday Free Skates!



Come by the rink on Boxing Day and New Year's Day, lace up your skates and burn off some turkey dinner calories.



Dec 26 Boxing Day 1:00-3:30pm
Jan 1 New Year's Day 1:00-3:30pm
Feb 12 Family Day 1:00-3:30pm

Gingerbread House

Bring the whole family, up to 4 members to build a graham cracker gingerbread-style house. Candies and frosting and crackers will be provided, feel free to bring along your own decorations. Additional kits for use within the family will be \$3, must be done on-site. Please register by Dec 17 so the correct number of kits will be available. All children under 12 yrs must have a parent or guardian present.

Sun 1:00-3:00pm Dec 17
CFEC \$6/1 sess
125279



Special Events

Community Science Celebration Summary



The Community Science Celebration (CSC) - Discover the Science all Around You. A family science event. Activities include demonstrations, displays and activities. The focus is on the positive impact that science, technology and innovation has on the local community. Celebrations encourage students to see value in science studies. The Celebration includes the entire community and encourages people of all ages to participate.

Sat 10:00am-4:00pm Jan 27
Gym D Free

Hearts Workshop 2018



Hearts Abound!

Express your love with a myriad of collage, colour and sparkle options in this hands-on workshop. Explore the depths of your heart and practice the art of giving and receiving love. Gift your heart to your beloved, love-bomb your neighbourhood for all to feel the love, extend an offering of love to a stranger. So many possibilities! We will fill the room with love and create a shift in ourselves & our world, one love sparkle at a time. All materials supplied, drop-in for all ages. Facilitated by Paula Luther.



Sat 1:00-4:00pm Feb 10
55+ Centre Free

3rd Annual Spring Equinox Coffee House 2018



Come celebrate the end of Winter and the beginning of Spring with a community event featuring local live music, poetry, refreshments and more!

Sun 7:00-9:30pm Mar 18
55+ Centre Free



Easter Eggstravaganza



Come join us at this free community event. There will be games, crafts, treats, entertainment and maybe even a visit from the Easter Bunny! Ages 1-8yrs welcome.

Sat 12:00-2:00pm Mar 24
Gym D Free



Free Youth Swim (11-18yrs)



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

Fri 8:00-10:00pm Dec 1, Jan 5,
Feb 2, Mar 2
Free

Workshop

Earthquake Preparedness – Personal & Family



We all witnessed the earthquakes in Mexico City, New Zealand and Italy and saw the devastation caused. In February 2017 Vancouver was rocked with a magnitude 4.8 earthquake serving as a wakeup call - we too could be faced with a massive earthquake - yet few of us take the steps to ensure we are prepared. This session covers what is required to develop your family emergency plan, how to conduct a "Home Hazard" Hunt and what to do when an earthquake strikes.

Tue 7:00-8:30pm Feb 6
Conference Room Free
140891 NEPP- Personal and Family Preparedness

Volunteer Program

Do you know that there are over 300 active volunteers at Britannia? Many of our programs are run by volunteers or enhanced with volunteer support. Volunteers play an important role in our community. Do you see yourself here?

We are looking for a few committed volunteers for our Arts and Culture programs and Special Events. If you would like to get more information regarding volunteering at Britannia, please contact our Volunteer Coordinator Yao Zhang by email or phone at yao.zhang@vancouver.ca or 604.718.5860.

Thank you to our amazing team of volunteers who helped make Britannia's 2017 Halloween Howl a success!



Licensed Child Care

Five Child Care Centres Spaces available, apply today

Child Care Mission Statement

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

About our Child Care programs

Each of our programs is a unique reflection of its history, the community it serves, its staff members and its families, past and present. We believe that children learn about themselves, others and the world around them through play and creative expression. This allows children to learn naturally and practice important skills in the following areas:

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

About our Staff

All of our staff are qualified as an Early Childhood Educators, Special Need Educators, Child and Youth Care Counselors or Responsible Adult certified. Our staffing is made up of a Child Care Manager who is responsible for all the programs plus Senior Supervisors for each of the Child Care centres. The number of additional staff for each program is dependent upon the type of program and is always in accordance with child/staff ratios set by Child Care licensing regulations.

All staff, substitutes, students and volunteers are required to have a clear Criminal Record Search in accordance with Child Care Licensing Regulations. Go to britanniacentre.org for more information & program details.

Toddler Program (18mo-3yrs)

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

Mount Pleasant Child Care

960 East 7th Avenue Wade Forbes 604.718.5844
Hours: Mon-Fri 7:30am-6:00pm
FEES: \$1232/mo
Lunch & am/pm snacks provided



New playground at Britannia Child Care

Preschool Program (3-5yrs)

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

Britannia Preschool

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



Licensed Child Care

Daycare Programs

(3-5yrs)

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

Mount Pleasant Child Care

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

Grandview Terrace Child Care

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

Eaglets Daycare

485 Semlin Drive Suzy Liguori 604.718.5856
Hours: Mon-Fri 7:30am-5:45pm
FEES: \$935/mo
Snacks provided



Family Support Program

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

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

Community Action Program for Children (CAPC)

Beatrice Feza 604.718.5821

Provincial Child Care Subsidy

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

Out-of-School Programs

(5-12yrs)

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

Britannia Out of School Care

1661 Napier Street Lorraine Evans 604.718.5843
Pick up from: Britannia Elementary

Queen Victoria Annex (QV)
Sep-Jun Hours: Mon-Fri 7:30-9:00am (Brit Only)
3:00-5:45pm (Brit/QV)
7:30am-5:45pm

School Breaks/Jul & Aug
FEES: Full Time \$355/mo
(Breakfast & 3 Days \$230/mo
pm snack provided) 2 Days \$210/mo
Jul & Aug \$550/mo
\$150/wk

Lord Nelson Child Care

2235 Kitchener Street Latisha Buksh 604.713.5863
Pick up from: Lord Nelson Elementary

Sep-Jun Hours: Mon-Fri 7:30-9:00am
3:00-5:45pm
School Breaks/Jul & Aug 7:30am-5:45pm
FEES: \$355/mo
Jul & Aug \$150/wk

Eagles In The Sky OSC

103B-1950 E. Hastings Kinga Batko 604.230.1885
Pick up from: MacDonald Elementary
Hastings Elementary
Lord Nelson Elementary
Ecole Anne Hebert

Sep-Jun Hours: Mon-Fri 7:30am-9:00am
3:00pm-5:45pm
School Breaks/Jul & Aug 7:30am-5:45pm

FEES: MacDonald Elementary \$390/mo
Hastings/Lord Nelson/Anne Hebert \$410/mo
(Breakfast & Jul & Aug \$56/d, \$155/wk, \$550/mo
pm snack provided)

Grandview Terrace OSC

2075 Woodland Drive Alejandra Uribe 604.718.5846
Pick up from: Grandview Elementary
Lord Nelson Elementary
Queen Victoria Annex
Ecole Anne Hebert

Sep-Jun Hours: Mon-Fri 7:30am-9:00am
3:00pm-6:00pm
No AM care for Lord Nelson

School Breaks/Jul & Aug 7:30am-6:00pm
FEES \$375/mo
(Breakfast & Jul & Aug \$555/mo or \$150/week
pm snack provided)

All programs CLOSED on statutory holidays

Preschool

Music Together® - (0-5yrs)

A Music Together® class is rainbow coloured falling leaves, tyrannosaurus rex's, rockets to the moon and trains to the beach. Come dance, sing songs and play with bells of all sorts, triangles, shakers, and instruments galore! All this with a developmentally appropriate, research based curriculum taught by a registered Music Together teacher. Parent participation is required. Sibling rate; \$105 (sibling 7 month and older). Siblings 7 months of age and under attend free. Tuition includes two CD's, a Songbook, a Parent Guide DVD and a Parent Education evening. Full payment refundable PRIOR to first class. After first class \$60 fee is non-refundable. Registration closes after the 3rd class.

Tue Jan 9-Mar 13 Rink Mezz Katy \$165/10 sess
 139287 9:30-10:15am
 139282 10:30-11:15am
 139283 11:30am-12:15pm

Thu Jan 11-Mar 15 Rink Mezz Patrice \$165/10 sess
 139281 9:30-10:15am
 139280 10:30-11:15am

Sat Jan 13-Mar 17 Rink Mezz Monica \$165/10 sess
 139279 9:30-10:15am
 139278 10:30-11:15am
 139277 11:30am-12:15pm


To try a free class, contact Teresa@WestsideMusicTogether.ca



Jump Into Music (6 mo-4yrs)

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

Wed 10:00-10:50am Rink Mezz
 139271 M.Lee
Wed 10:00-10:50am Rink Mezz
 139273 M.Lee
Wed 11:00-11:50am Rink Mezz
 139274 M.Lee

Jan 10 
 Free trial class

Jan 17-Mar 14
 \$110/9 sess

Jan 17-Mar 14
 \$110/9 sess



Toddler Art (18mo-3yrs)

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

Wed 9:45-10:30am RAR
 139306 H. Spaxman
Jan 24-Mar 14
 \$65/8 sess



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

Jump, skip and twirl! In this class children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. This is a closed class, however, in the final week of the session we invite parents to stay for a presentation of what we have been learning. Parent participation required for 2-4 year old classes. www.kirbysnelldance.com. No class Feb 10.

Sat	Jan 13-Mar17	\$100/9 sess
CFEC		
139256	9:30-10:10am	Age 2-4yrs
139259	10:15-10:55am	Age 2-4yrs
139261	11:00-11:40am	Age 3-4yrs
139260	11:45am-12:25pm	Age 3-4yrs
139258	12:30-1:10pm	Age 4-6yrs
139257	1:15-2:00pm	Age 4-6yrs



Baby Sign Language (0-24mo)

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. No drop-in.

Tue	9:45-10:30am	Feb 27-Mar 27
Mat Rm		\$64/5 classes
137312	Into Yoga	



Kindergym (1-5yrs)

Run, jump and roll in a gym full of mats and indoor playground equipment. Parent supervision required. Pay \$2.50 drop-in and bring receipt/buy a strip of 10 tickets for \$20 and give 1 ticket to supervisor. Parents, please help put the equipment away at end of program. No class Jan 17, 27, Feb 10, Pro D days.

Sat	10:00am-12:00pm	Jan 6-Mar 10
Gym D		\$2.50 Drop-in
Tue/Wed/Thu		
	11:00am-12:30pm	Jan 16-Mar 8
Gym D		\$2.50 Drop-in

Sportball Parent & Tot (2-3yrs)

Multi-sport classes teach children important introductory physical skills and help children develop confidence in their abilities through 8 different ball sports. Parents must participate. No class Feb 10.

Sat	11:30am-12:15pm	Jan 13-Mar 10
Gym C		\$120/8 sess
137313	Sportball Staff	

Sportball Multisport (3.5-5yrs)

Preschoolers refine their motor skills, such as balance and coordination, develop their social skills such as confidence, following instructions, turn-taking. Coaches introduce a different sport each class using developmentally appropriate games & activities. No class Feb 10.

Sat	12:15-1:15pm	Jan 13-Mar 10
Gym C		\$120/8 sess
137314	Sportball Staff	

NEW Class Day & Time

Wed	10:15-11:15am	Jan 31-Mar 14
Gym C		\$105/7 sess
140759	Sportball Staff	

NEW

Children

Arts

Clay for Children (6-12yrs)

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

Thu 4:00-5:15pm Jan 25-Mar 15
Rm 208 \$105/8 sess
139265 H.Spaxman



Music

Violin & Fiddle Private Lessons (6yrs+)

These are 30 minute private violin lessons for adults and children aged 6 & up. The teaching method follows the Suzuki Method and covers classical and fiddle. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at fiddlelessons@shaw.ca to arrange lesson time PRIOR to registering. No class Jan 22, Feb 12.

Mon 3:30-8:15pm Jan 8-Mar 19
Music Rm \$216/9 sess
139307 S.Saunders



Beginner Marimba (8-18yrs)

This class is open to anyone and is a great way to get started in music. You will learn traditional music from Zimbabwe, Latin America and original compositions for marimba. The class also includes fun rhythm games, movement, and is all about having a good time playing music on the marimbas. There is an informal performance at the end of every term at a local cafe.

Thu 4:00-5:00pm Jan 11-Mar 15
Rm 111 \$120/10 sess
139263 R.Layne

Intermediate Marimba (10-18yrs)

This class requires you to have some experience with marimba or piano and you will learn traditional music from Zimbabwe, Latin America and original compositions for marimba. The class focuses on developing material to perform, writing your own composition, and having a good time playing music on the marimbas. There is an informal performance at the end of every term at a local cafe.

Thu 5:00-6:00pm Jan 11-Mar 15
Rm 111 \$120/10 sess
139269 R.Layne



Youth Marimba Performance Group (11-18yrs)

This class is a year-long commitment to be part of a new performance group. We are looking for dedicated, enthusiastic and focused students. The World Rhythms Society has had a long standing tradition of encouraging and mentoring youth to perform and share their work, with bands such as Kutapira, Kunaka, and Tambai coming through the program. We will work on learning traditional and original music for marimba and aim to perform several times throughout the year at community events as well as at the end of term concerts. - Come to the first class free audition

Thu 6:00-7:30pm Jan 11-Mar 15
Rm 111 \$150/10 sess
139310 R.Layne

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

Continue your music studies or begin an instrument and enjoy a lifetime of making music! These lessons consider student's development and goals. Conservatory exam preparation is available. Lesson costs shown below are for 30 minutes, but 45 and 60 minutes per week are available to more advanced students at the discretion of the instructor. Private lessons are for beginner to senior levels.

New students must contact instructor before registering for lesson times, etc., at janine.oye@gmail.com. Clarinet players, please bring an instrument and reeds. Phone in or in person registration only, no online. Please call 604.718.5800 ext 1.

Set 1

Thu 4:00-8:30pm Jan 11-Feb 8
Music Rm \$120/5 sess
139288
Fri 3:30-8:00pm Jan 12-Feb 9
Music Rm \$120/5 sess
139289
Sat 9:00am-4:30pm Jan 13-Feb 10
Music Rm \$120/5 sess
139290 J.Oye

Set 2

Thu 4:00-8:30pm Feb 15-Mar 22
Music Rm \$144/6 sess
139291
Fri 3:30-8:00pm Feb 16-Mar 23
Music Rm \$144/6 sess
139292
Sat 9:00am-4:30pm Feb 17-Mar 24
Music Rm \$144/6 sess
139293 J.Oye



Physical Activity



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

We offer ongoing classes for children and youth. Classes cover all aspects of Capoeira: martial arts, dance, music acrobatics, culture, language. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Registration includes unlimited participation in training as well as dance and music classes. Youth can attend adult classes as well. Drop in \$20 (go to the Pool Cashier at Britannia to pay and bring the receipt to the Instructor). Classes are located at 1739 Venables. For further information check out page 27 for the Axe schedule or www.axevancouver.com. Program fees cannot be prorated.

Wed	6:00-6:45pm	Jan/Feb
3-6yrs		\$120
137336		
Wed	6:00-6:45pm	Mar/Apr
3-6yrs		\$120
137337		
Mon-Thu	5:00-6:00pm	Jan/Feb
7-18yrs		\$160
137338		
Mon-Thu	5:00-6:00pm	Mar/Apr
7-18yrs		\$160
137339		

Britannia Gymnastics Club

www.britanniagymnastics.com (18mo-15yrs)

This popular community program will promote your child's self-esteem and develop strength, flexibility, agility and coordination through the fundamentals of gymnastics. Children can wear a bodysuit or shorts and t-shirts. All programs take place in Britannia Secondary School, 1001 Cotton Drive, Gym B. No class Jan 20, 21, Feb 17, 18, 24, 25

Sat	Jan 13, 27, Feb 3,10, Mar 3,10,17,24		
138078	Tiny Tumblers	3-4yrs	1:00-1:45pm
			\$72/8 sess
138079	Gym Kids	4-5yrs	2:00-2:45pm
			\$72/8 sess
138080	Gym Kids	4-5yrs	3:00-3:45pm
			\$72/8 sess
138081	Performance	6-9yrs	4:00-5:00pm
			\$88/8 sess
Sun	Jan 14, 28, Feb 4,11, Mar 4,11,18,25		
138082	Dynamic Duo	18mo-3	10:00-10:45am
			\$72/8 sess
138083	Dynamic Duo	18mo-3	11:00-11:45am
			\$72/8 sess
138084	Performance	6-9yrs	11:30-12:30pm
			\$88/8 sess
138087	Tiny Tumblers	3-4yrs	12:00-12:45pm
			\$72/8 sess
138378	Adv Gym Kids	5-6yrs	12:45-1:45pm
			\$72/8 sess
138379	Performance	6-9yrs	3:15-4:30pm
			\$92/8 sess

Dynamic Duo

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

Tiny Tumblers and Gym Kids/Adv Gym Kids

Develop your child's self-concept and self-esteem in a highly energetic and positive gymnastics environment. Innovative coaching styles and progressive training will teach basic to advanced skills in all gymnastics events. Beginners and those who have already taken gym are welcome.

Performance

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

Britannia Coaches

Our fantastic, enthusiastic team of Coach Kasha, Brenna, Caelan, Aaron, Kara and Shadan are looking forward to another great gymnastics season!



Britannia Gymnastics Spring Break Camp 2018

Children aged 6-12 will be jumping for joy after a week of jammed packed gymnastics fun. Children should bring a snack, lunch, water. Drop your children off at Gym B at 9:30am and pick up at 3:30pm sharp. We look forward to seeing your little gymnast this spring break. Program will take place in Britannia's Gym A/B (High School Gym).

Registration begins Tue Dec 5 and is ongoing until the camp fills. Check www.britanniagymnastics.com for updates.

Mon-Thu	9:30am-3:30pm	Mar 26-29
Gym A/B		\$200/4 sess
140778		

Children



Britannia Micro Footie 2018

www.britanniasoccer.org

Britannia has been offering this popular recreational spring soccer league for 25 years! Saturday game days will be held at Empire Bowl and Robson Park. Practices will continue to take place in our local fields Garden & Robson Parks, Brit Oval. Registration includes playing soccer in the sunshine 2X/week. Don't forget to check out the many events and surprises we will be planning to celebrate 25 years of Micro Footie at www.britanniasoccer.org. No classes May 19, 21 2018.

Important Announcement:

In the 2018 season, Jason Kyle, founder of the Britannia Micro Footie program will be transitioning into taking on the administrative responsibilities of the program. Historically, Britannia Community Centre Recreation Staff have administered, coordinated and delivered the program. In the past, Jason has acted as a visionary, trainer of the coaches, field supervisor and advisor. In Jason's new agreement, he will be much more involved in the day to day operation of the program, making up teams, game schedules, updating the website, implementing staff, coaches and referee training, responding to day to day emails, questions and issues.

NEW CONTACT INFO: For all questions, contact Jason at info@microfootie.com or 604.336.0091

Registration Date: Tue Jan 9, 2018, 9:00am

Program Dates: Saturdays April 21-June 23, 2018

Program Cost: \$115/player

- Online www.britanniasoccer.org –follow directions OR go directly to www.vancouver.ca and in the subject line type in Micro Footie
- In person at Britannia Info Centre, 1661 Napier Street, Vancouver
- Refunds - due to the challenging task of placing players on teams, refunds will be issued up to Mar 11, 2018. No refunds will be issued after this date

MICRO FOOTIE GAME AND PRACTICE SCHEDULE, Saturdays (subject to change)

DIVISION	AGE	GAME TIME	GAME LOCATION	WEEKDAY	PRACTICE TIME/LOCATION
137356 Beginner A Coed (80)	4-5yrs	9:00-10:00am	Empire North	Mon	5:45-6:45pm Garden Park
137362 Beginner B Coed (80)	4-5yrs	9:00-10:00am	Empire South	Wed	5:45-6:45pm Garden Park
137363 Inter 1 Girls (80)	6-7yrs	10:15-11:15am	Empire North	Mon	6:45-7:45pm Garden Park
142520 Inter 1 Boys (80)	6-7yrs	10:15-11:15am	Empire South	Wed	6:45-7:45pm Garden Park
137376 Inter 2 Girls (80)	8-9yrs	11:30-12:30pm	Empire North	Wed	6:00-7:00pm Brit Oval
137374 Inter 2 Boys (80)	8-9yrs	11:30-12:30pm	Empire South	Wed	7:00-8:00pm Brit Oval
137378 Advanced Girls (80)	10-12yrs	12:45-1:45pm	Empire North	Mon	6:00-7:00pm Brit Oval
137377 Advanced Boys (80)	10-11yrs	12:45-1:45pm	Empire South	Mon	7:00-8:00pm Brit Oval
142532 Super Adv Girls (44)	13-15yrs	2:00-3:00pm	Empire North	Thu	6:00-7:00pm Brit Oval
138067 Super Adv Boys (80)	12-13yrs	2:00-3:00pm	Empire South	Tue	6:00-7:00pm Brit Oval
138072 Sr Super Adv Boys (60)	14-15yrs	3:15-4:15pm	Empire South	Tue	7:00-8:00pm Brit Oval

MINI MICROS SATURDAY MORNINGS AT GARDEN PARK

137354 Mini Micros (80)	3yrs	9:00-10:00am	Garden Park	Not applicable
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ROBSON PARK LOCATION

138073 Beginner C Coed (80)	4-5yrs	9:30-10:30am	Robson Park	Mon	5:45-6:45pm	Robson Park
138074 Inter 1 Coed (80)	6-7yrs	10:45-11:45am	Robson Park	Wed	6:00-7:00pm	Robson Park
138076 Inter 2 Boys (80)	8-9yrs	12:00-1:00pm	Robson Park	Mon	6:45-7:45pm	Robson Park

Coach's Mandatory Orientation Clinics

These orientations are for new coaches and returning coaches. We will review the upcoming season, and it is MANDATORY for ALL to attend!

Sat Apr 7

New Coaches to Micro Footie:

10:00-11:30am

Beginner/Intermediate 1 Coaches:

11:30-12:45pm

Inter 2/Adv/SuperAdv/Sr SA Adv Coaches:

12:45-1:45pm

Referees

If you're interested in refereeing, list your certifications and experience and send to: info@microfootie.com by Jan 11, 2018. Boys and girls 12yrs and older welcome.

Sponsorship Donations

Thanks to the following donors for helping community kids play spring soccer.



Fencing (8-18yrs)

Learn the ancient art of sword play for fitness, sport and just plain fun! We will practice the art of fencing with foils in a safe, fun environment. All ages and skill levels are welcome. All equipment is provided. Wear track pants and court shoes. Program will be located at LaSalle's Fencing Studio on the Drive at 2155 Commercial Drive. Register at Britannia, program takes place offsite. No class Sat Feb 10, Mon Feb 12.

Children (8-14yrs)

Sat 10:00-11:30am Jan 13-Mar 24
LaSalle Studio \$70/10 sess
137327 LaSalle

Youth (12-18 years)

Wed 4:00-6:00pm Jan 10-Mar 28
LaSalle Studio \$96/12 sess
137329

Traditional Kung Fu (6yrs+)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. No class Feb 12, 16. Program fees cannot be prorated.

Beginner

Mon-Fri 4:30-5:45pm Jan 8-Mar 12
CFEC \$156
138381 M.Lung/V.Ma

Intermediate

Mon-Fri 4:30-6:15pm Jan 8-Mar 12
CFEC \$173
138382 M.Lung/V.Ma

Advanced

Mon-Fri 4:30-6:30pm Jan 8-Mar 12
CFEC \$190
138383 M.Lung/V.Ma



Micro Footie Development (4-12yrs)

MF Development is a unique coaching experience for youth players. Rupert Postma, identified this year as one of the top youth players in North America by Celtic FC is a consistent player in the MF Development Curriculum. Players in MF Development learn Celtic turns, combination play, taking players on one on one, skills, out of the box activities, and movement. The MF Development sessions are specifically for players who want to raise their game. Please note: Select high potential players from Micro Footie Development have an opportunity to take part in a North American ID Camp in 2018. Taught by Jason Kyle: FIFA B Licence, MF Founder, 2016 BC Summer Games Coach, MF mentor to coaches Jorge Porter, Soccer For Life. No class Feb 11.

Sun Jan 14-Feb 25

Beginner Players

4-5yrs 9:30-10:30am
137315 \$75/6 sess

Experienced Players

4-5yrs 10:30-11:30am
137317 \$75/6 sess

Sun Jan 14-Feb 25

137319 6-7yrs 11:30-12:45pm
137324 8-10yrs 1:00-2:15pm
137325 11-12yrs 2:30-3:45pm
\$120/6 sess

Volleyball - Apex Volleyball Club Train and Play (11-13yrs)

Britannia has teamed up with Apex Volleyball Club to offer a Train and Play! Coaches will refine skills and game play will be emphasized. Registration will be limited to 16 so sign up early.

Thu 6:00-7:15pm Jan 11-Mar 15
Gym C \$150/10 sess
137335 Apex Volleyball

Daycamps

Funseekers Daycamp (6-12yrs)

There are many activities and out-trips planned for the Winter and Spring Break Funseekers program! Come to learn new skills, meet new friends, or simply to have FUN! Swim, skate, learn arts and crafts, play group games, go on out-trips and more! Register early to avoid disappointment. Please provide lunch, snack, and water daily. Parents are required to complete consent forms. Funseekers Cancellation Policy: A \$5 administration fee will be charged for each camp a refund is requested for. Refund requests must be made a minimum of one week (seven days) prior to the start of the program. No refunds after this time.

Winter Break:

Tue-Fri 9:00am-3:00pm Dec 26-Dec29
Gym D \$76/4 sess
122921

Tue-Fri 9:00am-3:00pm Jan 2-Jan5
Gym D \$76/4 sess
122922

Tennis Academy - Mini (6-9yrs)

This class is an introduction to tennis for children. Students are introduced to basic forehand and backhand skills while developing hand-eye coordination through a variety of fun games and activities. Bring your tennis racket, runners. No class Jan 27.

Sat 1:30-2:30pm Jan 13-Mar 17
Gym D \$72/8 sess
137332 JC.Maldonado

Tennis Academy - Junior (10-14yrs)

This class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills and be given the opportunity for game play. Bring your own racket & runners. No class Jan 27.

Sat 2:30-3:30pm Jan 13-Mar 17
Gym D \$72/8 sess
137333 JC.Maldonado

Tennis Academy - Future Stars (8-14yrs)

This class develops more advanced tennis skills through drills and rallies preparing participants for significant game play. This class focuses on the fundamentals of competitive tennis. Bring your own racket & runners. No class Jan 27.

Sat 3:30-4:30pm Jan 13-Mar 17
Gym D \$72/8 sess
137334 JC.Maldonado



Music

Portuguese Choir (11+yrs)

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

Wed 7:00-9:00pm Jan 17-Mar 14
55+ Centre \$60

Social

Preteen Girls Club (10-13yrs)



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

Thu 6:15-8:00pm Jan 11-Mar 15
Gym D Free
136520 Nancy

Preteen Friday Night Live (10-13yrs)

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

Fri 6:00-8:30pm Dec 15
Watermania \$5/1 sess
125956
Fri 6:00-8:30pm Jan 19
Rock Climbing \$10/1 sess
145829
Fri 6:00-8:30pm Feb 23
Bowling \$5/1 sess
145830
Fri 6:00-8:30pm Mar 9
Movie \$5/1 sess
145831

Sports

Axe Capoeira - Introductory (13yrs+)

Take advantage of this one time offer to try Capoeira in this introductory program in Jan, Feb, Mar, Apr Mon/Thu 6:00-7:00pm! Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility. Classes take place at 1739 Venables. Program fees cannot be prorated. For further information check out page 26 for the Axe schedule or www.axevancouver.com.

137340 Jan Mon/Thu 6:00-7:00pm \$60/mo
137343 Feb Mon/Thu 6:00-7:00pm \$60/mo
137344 Mar Mon/Thu 6:00-7:00pm \$60/mo

Fencing - Youth (12-18yrs)

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

Wed 4:00-6:00pm Jan 10-Mar 28
LaSalle Studio \$96/12 sess
137329

Volleyball - Apex Volleyball Club Train and Play (11-13yrs)

Britannia has teamed up with Apex Volleyball Club to offer a Train and Play! Coaches will refine skills and game play will be emphasized. Registration will be limited to 16 so sign up early.

Thu 6:00-7:15pm Jan 11-Mar 15
Gym C \$150/10sess
137335 Apex Volleyball



Special Events

Preteen Dance (10-13yrs)

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

Fri 6:30-9:00pm Dec 8, Feb 16
CFEC \$1 at Door



Free Youth Swim (11-18yrs)



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

Fri 8:00-10:00pm Dec 1, Jan 5,
Feb 2, Mar 2
Britannia Pool Free

Drop-In Sports



Indoor Soccer (11-18yrs)

For 11-18 year old players only.

Tue 5:30-8:00pm Jan 2-Mar 27
Gym D Free

Open Gym (11-18yrs)

Wed 5:30-7:00pm Jan 3-Mar 28
Gym D Free

Welcome to the Teen Centre

Hours

Mon-Thu 3:00-9:30pm

Fri 3:00-10:00pm

Sat 6:00-10:00pm

Register for all Teen Centre programs at the Teen Centre. For more information, call 604.718.5828.

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

Britannia Teen Centre

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

The Teen Centre is a place to:

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



Staff

Youth Programmer:

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

Community Youth Worker:

Diana Guenther, diana.guenther@vancouver.ca, 604.257.8600

Latin American Youth Programmer:

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

Teen Centre Staff:

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

Leadership

Britannia Youth Committee

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

YOUnique Youth Conference



A youth conference focused on bullying prevention, self-esteem and relationship development. A variety of speakers will engage young people in interactive workshops. Human Rights values will be taught through Play it Fair and Speaking Rights projects. A variety of workshops will be offered to youth to help further their knowledge in certain areas. Community booths will be present during lunch time to encourage the youth to reach out and meet different organizations. It's a time for them to learn, network with other agencies and peers. Pre-registration is required.

Sat 11:00am-6:00pm Feb 24
Auditorium Free

Diversity Camp (13-18yrs)

Partnering with Trout Lake and Thunderbird Community Centre youth programs, spend three days doing activities and having discussions about diversity, human and children's rights, anti-discrimination, respect, inclusion, fairness and peaceful conflict resolution. Youth must be willing to participate, discuss and share in all activities. We will be using activities from the "Play it Fair" and "Speaking Rights" toolkit which promotes the values of children's rights, followed by a discussion of what they felt, thought and learned. Every child has the right to know their rights. Camp will be held at Camp Capilano.

Mandatory workshop held on Wednesday, Mar 7, from 5:00-8:00pm to introduce the group to each other and to provide an overview of trip expectations. To register, please contact the Britannia Teen Centre or call 604.718.5826

Workshop:

Wed 5:00-8:00pm Mar 7

Camp:

Fri-Sun 9:00am-5:00pm Mar 23-Mar 25
Camp Capilano \$75/trip

Cooking



Feast of Flavors (13-18yrs)

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

Tues 4:00-6:30pm Jan 9-Mar 13
55+ Centre Free

Latin Cooking (11-18yrs)

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

Thu 4:30-6:30pm Jan 4-Mar 29
55+ Centre Free

Social

Saturday Unlimited (13-18yrs)

Saturday Unlimited is a unique program that offers recreational opportunities to youth with special needs. Youth take part in a range of activities in and around the city, meet new friends and acquire new skills. Knowledgeable staff, in-program transportation and one to one volunteers are provided to maximize the youths' participation and enjoyment. Different activities each week, with at least one evening event each session to enhance age appropriate activities. Call 604.718.5873 for more info. Registration and intake must be approved by Saturday Unlimited staff. No session Feb 10

Sat 10:00am-3:00pm Jan 20-Mar 17
LRC \$125/8 sess
141864 TBA Instructor

First Friends Buddy Program (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 Saturdays to participate in various activities. Contact Stephanie for details and to register at 604.718.5829. Completed consent forms required.

Grupo de Amigos.

* Outings/Salidas

* Team Building Games/Juegos

* Workshops/Tallers

Ven a conocer jóvenes de tu edad y de varios países. El programa de Friends First te enseña nuevas actividades en las que puedes participar todos los sábados. Para más información por favor llame a Stephanie para registrarse al 604.718.5829. Subsidios disponibles para todas las actividades. Sat/Sabados.

Teen Centre

Big Screen Movie Night (13-18yrs)

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

Wed 7:00-9:00pm Dec-Mar
Teen Centre Free

Canucks Game Night

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

Various 7:00-9:30pm Dec-Mar
Teen Centre Free

Fencing - Youth (12-18yrs)

Learn the ancient art of sword play for fitness, sport and just plain fun! We will practice the art of fencing with foils in a safe, fun environment. All ages and skill levels are welcome. All equipment is provided. Wear track pants and court shoes. Program will be located at LaSalle's Fencing Studio on the Drive at 2155 Commercial Drive. Register at Britannia, program takes place offsite.

Wed 4:00-6:00pm Jan 10-Mar 28
LaSalle Studio \$96/12 sess
137329

Drop-In Sports

Basketball (11-18yrs)

Sun 12:00-1:50pm Jan 7-Mar 25
Gym C Free

BC Wheelchair Basketball (16+yrs)

Fri 5:30-9:30pm Jan 5-Mar 30
Gym D Free

Open Gym (11-18yrs)

Wed 5:30-7:00pm Jan 3-Mar 28
Gym D Free

Indoor Soccer (11-18yrs)

For 11-18 year old players only.

Tue 5:30-8:00pm Jan 2-Mar 27
Gym D Free



Music

Greenhorn Community Music Project (12-17yrs)

The Greenhorn Community Music Project aspires to join the creative forces of youth, professional musicians, and community members, to compose, practice, and perform a variety of musical styles in service of orchestrating social change you can dance to. Membership required \$1.00. No class Feb 12

Mon 3:30-5:00pm Jan 8-Mar 12
Rm 111 9 sess
139267 B.Koch

Special Events

Free Youth Swim (11-18yrs)

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

Fri 8:00-10:00pm Dec 1, Jan 5, Feb 2, Mar 2
Britannia Pool Free

Volunteer

Are you a youth looking to gain some experience and get volunteer hours? Are you an adult looking to get involved in youth activities? If so, we are looking for volunteers to assist with a variety of our programs such as Teen Centre, Latin American Youth Program, Daycamps, and Sports programs. Speak with our Volunteer Coordinator at 604.718.5860.

Outdoor Programs

The Great Escape Outdoors (GEO)

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

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

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

All registration done at the Teen Centre.

Blackcomb/Whistler Ski & Snowboard

Cost includes transportation, lift, rental and lesson. Youth will be required to ski/snowboard with a certified Whistler Mountain Staff at all times. Bring money or lunch and dress for cold and wet weather. Consent forms will be available one month prior to the trip. Limited spots available and will be filled on a first come basis with consent form and fees.

\$80 ski/snowboard rental, \$65 no rental required. Must register a minimum of 2 weeks in advance. Registration accepted at Britannia Teen Centre only.

6:00am-6:00pm	Dates:	Sat	Dec 9
		Sun	Jan 21
	Cost:	Sat	Feb 3
		Sun	Mar 4
		Sat	Mar 17
		\$80 with Rentals	
\$65 without Rentals			



CHILL

CHILL provides opportunities for underserved youth to build self-esteem and life skills through board sports. Snowboarding is used as a tool to motivate youth to accomplish goals they never thought they could, while teaching them important life lessons. Focusing on youth development, we give youth the opportunity to make turns that forever change lives. The weekly theme, patience, persistence, courage, responsibility, respect and pride, provides an opportunity for kids to relate their on-snow experiences to different aspects or challenges they encounter in their everyday lives.

This program is intended for youth 10-18 years of age who have never had the opportunity to snowboard before. Participants are provided with everything they need to learn to ride: lift tickets, lessons, transportation, and the use of head-to-toe gear free of charge. Participants are required to commit to all six weeks of the program. Youth are required to meet at Britannia Teen Centre at 3:15pm and will return to the Teen Centre at approx 9:00pm. For more info, contact Teen Centre at 604.718.5828. Dates to be determined.



Dragonboat

Britannia Teen Centre's dragon boat team is looking for committed paddlers to be part of this year's team. We will be meeting every week to talk about the upcoming year, paddling techniques, dry-land training, nutrition and twice a week on-the-water practices. The team will participate at the 2018 Concord Vancouver Dragon Boat Festival, June 23rd and 24th. Come out and prepare for the quest for excellence. No experience necessary. For more info, contact Tom at 604.718.5826. Practice dates to be determined.

Youth Latin American Youth Program (LAYP)

Programa de Jovenes Latino Americanos

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

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

Co-ed Indoor Soccer/ Futbol de Salon (11-18 yrs)



Free drop-in soccer for youth (with high school ID) New players welcome, must be under 18yrs. Futbol de salón gratis con el carnet de la escuela, solo para menores de 18 años de edad.

Tue/Martes 5:30-8:00pm
Gym D/Gimnasio D Free/Gratis



First Friends Buddy Program (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. To register and more details please contact Stephanie at 604.718.5829. Completed consent forms required.

Grupo de Amigos.

* Outings/Salidas

* Team Building Games/Juegos

* Workshops/Tallers

Ven a conocer jóvenes de tu edad y de varios países. El programa de Friends First te enseña nuevas actividades en las que puedes participar todos los sábados. Para más información por favor llame a Stephanie para registrarse al 604.718.5829. Subsidios disponibles para todas las actividades. Sat/Sabados.

Teen Centre

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



Come and hang out with other girls! Meet new people, 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
- Fitness
- Career Planning

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

Fri/Viernes dos veces por mes / twice a month 4:00pm-6:00pm, contact Stephanie 604.718.5829.

Latin American Youth Council (13-18yrs)



Buscamos a jóvenes que estén interesados en iniciar nuevos programas y actividades para nuestra comunidad Latina. Dar reconocimiento a los asuntos Latinos, apoyar nuestra comunidad, recoger fondos, iniciar nuevos proyectos y eventos, y hacer trabajo voluntario para las horas requeridas para la graduación. Para más información llama a Stephanie al 604.718.5829. Nos reunimos el primer miércoles de cada mes de 4:00-6:30pm

Spanish Clubs



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

Tupper: Tue at lunch 11:30am Counselling Suite

**Van Tech: Thu at lunch 11:30am Rm 224
David Thompson: TBA**

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

Cocina Latina/Cooking Program



Learn to cook food from various Latin countries! Participants will also learn how to make healthier food choices and to shop on a budget.

Quieres aprender a cocinar comida de varios países Latinos. Ven y aprende a cocinar y a la vez como escoger productos que sean saludables y económicos

Thu/Jueves 5:30-7:30pm familias con jóvenes y niños son bienvenidas! Families with youth and children are welcome!
55+ Centre Free/Gratis

Volunteer Work/ Trabajo Voluntario (13-18yrs)



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

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

VLACC Choir (Spanish and Portuguese Choir)

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

Wed 7:00-9:00pm Jan 17-Mar 14
55+ Centre \$60/9 sess

Arts

Acrylic Painting

NEW

Enjoying and relaxing with acrylic painting as an expressive and vibrant medium. You will learn how to use the brushes to achieve a variety of techniques including blending, glazing, lifting, wet on wet and over dry to create different textures and brush strokes on your artwork. We will focus on beautiful landscapes, flowers and figures. Visit: www.atashzad.com Supplies are not included, supply list available upon registration. \$25 drop in

Wed 5:00-7:00pm Jan 10-Mar 14
Rm 210 \$195/10sess
139268 M.Atashzad



Reckless Painting 1A

NEW

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

Tue 7:00-9:00pm Jan 9-Feb 6
Rm 210 \$60/5 sess
139296 A.Orsini

Reckless Painting 1B

NEW

Still think you can't paint? Or else wanting to carry on with more detailed exercises on acrylic and canvas? In an extension of Reckless Painting 1A, this is a friendly, fun painting experience for new or seasoned artists. Come set aside two hours on Tuesday to make painting your priority. Reckless Painting 1A is NOT required to attend this class. All materials included! More info: www.recklesspainting.ca. or e-mail: arthur@recklesspainting.ca

Tue 7:00-9:00pm Feb 13-Mar 13
Rm 210 \$75/5 sess
145504 A.Orsini

Pottery - Introduction

Experience the joy of creating your own dishes from a lump of clay! This course introduces a range of basic methods of hand-building, for using the wheel, and for surface decoration. NO EXPERIENCE NECESSARY! Clay and glazes are included.

Tue 7:00-9:00pm Jan 23-Mar 13
Rm 208 \$185/8 sess
139295 H.Spaxman

Pottery - Continuing

Further develop your pottery skills in hand-building and on the wheel. Attention is given to the sculptural as well as the functional aspects of pottery; students are self-directed with more one-on-one instruction. Pre-req: Intro to Pottery or permission of the instructor. Clay and glazes are included.

Wed 6:30-9:00pm Jan 24-Mar 14
Rm 208 \$215/8 sess
139294 H.Spaxman



Potter's Wheel Intensive

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

Sat 10:00am-3:00pm Feb 3
Rm 208 \$100/1 sess
140872 H.Spaxman

Watercolour Painting

Study watercolour painting techniques by exploring the medium's full potential. Learn to use water, paper, colour and brushes to create an endless variety of tones and atmosphere in your painting. Supplies are not included, supply list available upon registration. Visit www.atashzad.com. \$25 drop in

Wed 7:00-9:00pm Jan 10-Mar 14
Rm 210 \$195/10sess
139309 M.Atashzad

Dance

Salsa Cubana & Rueda De Casino - Beg and Beg/Int

No experience necessary. Singles and couples welcome. This will be your introduction to Cuban Salsa. We will start with the basic steps, at first in a line but soon you will be using what you have learned in the circle-formation known as a Rueda. We will quickly progress to passing followers from one leader to the next, to turns and to moves such as Vacilala, Casate, Sombrero, etc. Upon completion of the program, the instructor will assess the student's level and determine if s/he can move up to the next level. No class Feb 12

Beg/Int

Mon 7:30-9:00pm Jan 22-Mar 19
Rink Mezz \$140/8 sess
139301 K.Reyes

Beg

Tue 7:30-9:00pm Jan 23-Mar 13
Gym C \$140/8 sess
139299 K.Reyes

Salsa Cubana & Rueda De Casino - Int 1

Singles and couples welcome. We will continue where we left it in the Beginner Class and will add more moves. We will review the moves learnt in the Beginner class and learn new moves such as La Ye Simple, La Ye, Sombrero Complicado, Tornillo, Pelota, Setenta, etc. The basics of Merengue, Bachata and other Latin steps are taught during warm-up. Upon completion of the program, the instructor will assess the student's level and determine if s/he can move up to the next level.

Wed 7:30-9:00pm Jan 24-Mar 14
CFEC \$140/8 sess
139300 K. Reyes

Salsa Cubana & Rueda De Casino - Advanced

Singles and couples welcome. You will learn some complex variations of moves, such as Caramelo, Malanga, Camina, A lo Cubano, Setenta y Virate, Despeinala, El Salao, Bombero, etc. as well as moves involving 2 couples. Pre-requisite: Previous experience, successfully completed Intermediate Salsa Cubana Rueda class, and consultation with the instructor before beginning the course.

Thu 7:30-9:00pm Jan 25-Mar 15
Gym C \$140/8 sess
139298 K. Reyes

Adults

Music

African Drumming

Play traditional West African rhythms on hand drums (djembés) and bass drums (dununs). These classes are fun and concentrated. Drums are supplied during classes at no extra charge. The instructor has 31 years of teaching experience. For more info visit www.drumming.ca

Level 1

The level one course is an introduction; no previous experience is needed.

Wed 6:30-8:00pm Jan 24-Mar 14
Cafeteria \$120/8 sess
139253 R.Shumsky

Level 2

Enrolling in level 2 requires taking level 1 or permission from the instructor, who can be contacted through his website: www.drumming.ca

Wed 8:10-9:40pm Jan 24-Mar 14
Cafeteria \$120/8 sess
139254 R.Shumsky



Level 3

Enrolling in level 3 requires permission from the instructor, or having taken level 3 previously. The instructor can be reached through his website: www.drumming.ca

Thu 6:30-8:00pm Jan 25-Mar 15
Cafeteria \$120/8 sess
145502 R.Shumsky



African Drumming Drop-In

These classes teach rhythms and techniques for the West African djembé drum. They are for beginners or for drummers with experience who want to work on the basics. It's about having fun and learning to drum in a small class setting. These classes are intended for adults. Drums are supplied at no extra charge. Please pay for the class at the Britannia swimming pool. For more info visit www.drumming.ca

Sat 12:00-1:30pm Jan 27, Feb 10
& Feb 24, Mar 10
Cafeteria \$15 per drop in
139255 R.Shumsky

Carnival Band

Looking for an excuse to dust off that horn (accordion, glockenspiel...) in the back of your closet, dress up and play in the street? Looking for a way to bring a little music and colour to your community? The Open Air Orchestra Society invites you to our street band workshops, led by the incomparable Ross Barrett, Tim Sars, and various guest instructors. All levels/ages welcome; stop by just to listen and dance if you like! Suggested donation is one hour's wage per month or \$5/pay-what-you-can drop-in. No class Feb 12

Mon 7:30-10:00pm Jan 8-Mar 26
55+ Centre 11 sess
139264 T.Sars



The Drive Street Band

Do you like playing music? Do you wish you played more music? Come join the Drive Street Band, a fun casual band that performs at events about town. Some High School music reading ability is helpful, or play well by ear. We play songs ranging from Swing, Jazz, Latin, Old time songs and more! The only stipulations are that you need a good attitude and an instrument that you can take out to the streets. \$5 donation at rehearsals. No session March 18

Sun 3:00-5:00pm Jan 7-Mar 11
55+ Centre 10 sess
139305 C.Sweet

Greenhorn Community Music Project (12-17yrs)

The Greenhorn Community Music Project aspires to join the creative forces of youth, professional musicians, and community members, to compose, practice, and perform a variety of musical styles in service of orchestrating social change you can dance to. Membership required \$1.00. No class Feb 12

Mon 3:30-5:00pm Jan 8-Mar 12
Rm 111 9 sess
139267 B.Koch

Wellness

Grandview Garden Club

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



Stretch Therapy



Beginners Stretch Therapy (without injury) uses multiple assisted and solo PNF stretching techniques to improve range of motion, activate muscles and improve posture. Stretch Therapy is the safest and most efficient bodywork method available if you want to experience ease in daily life, whether you are an office worker or athlete. Please visit www.stretchtherapyvancouver.com for more information. No class Feb 12. Drop in \$25.00

Mon 7:00-8:15pm Jan 8
CFEC Free trial class
139302 R.Cole

Mon 7:00-8:15pm Jan 15-Mar 12
CFEC \$160/8 sess
139303 R.Cole



Volunteer

We are looking for a few committed volunteers for our Arts and Culture programs and Special Events. Please contact our Volunteer Coordinator by email or phone at yao.zhang@vancouver.ca or 604.718.5860.

Foods



Jun: The Champagne of Kombucha

If you have made kombucha, a fermented tea made with sugar, you might want to try your hand at brewing Jun which is fermented green tea and honey. Jun is known as the “champagne of kombucha” and is relatively unknown on health food stores’ shelves. Join Jennifer as she demonstrates how to brew Jun and have the opportunity to sample this amazing fermented tea.

Wed 6:00-8:00pm Feb 28
Preteen Centre \$20
145046

Canning 101

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

Wed 6:00-8:00pm Mar 14
Preteen Centre \$15
145043 T.Glick

Canning Kits to Lend

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



Syrian Cooking Class

Maybe you have tried some amazing Syrian food...but you haven’t yet learned how to cook a traditional Syrian meal. From the oldest inhabited Capital city in the world “Damascus”, comes Hayat and her daughter Carmen - who have recently started their own Syrian catering business. They are offering a Syrian cooking class and introducing you to an ancient and healthy grain that is new to Canada - called freekeh. You will learn how to cook it, and then eat it, along with Hayat’s famous hummus.

Wed 6:00-8:30pm Apr 15
Preteen Centre \$25
145048

Adults

Physical Activity

2018 New Year's Resolution: Get Fit at Brit!

Get off to a great start in 2018 by getting FIT at BRIT! We will be offering a Sun Run Clinic, Zumba, Aerobics, Salsa Fit and Body Conditioning and a Stretch & Roll class! Try a Yogaflex class, play volleyball, basketball, ball hockey, soccer and more! Keep active – don't be shy – anyone can join in on the fun!!

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Zumba 6:00-7:15pm Gym C	Total Body Conditioning 6:00-7:00pm Gym C	Stretch & Roll 10:30-11:30am CFEC	Women's Soccer 6:00-7:30pm Gym C	Volleyball 7:00-10:00pm Gym A/B	Salsa Fit 10:00-11:00am Gym C	YogaFlex 10:15-11:15am CFEC
Sun Run Clinic Rm 111 6:00-7:30pm	Volleyball 8:00-10:00pm Gym A/B	Zumba 6:00-7:15pm Gym C	Volleyball 7:00-10:00pm Gym A/B	Badminton Gym C	Badminton Gym C	Basketball 2:00pm Basketball 4:00pm Ball Hockey 4:15pm

Salsa Fit

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

Sat 10:00-11:00am Jan 6-Mar 17
Gym C \$4.75 /1 sess or
138469 DNA Wellness \$39.40/10 tickets

Stretch and Foam Rolling

Foam rolling is a way of massaging away muscle soreness, boosting recovery and preparing your muscles for deeper stretching. Using the foam roller to loosen the tension in your muscles provides an excellent way of obtaining the benefits of self-myofascial release. It can improve posture, flexibility, increase blood flow and overall well-being.



Free Trial Sessions

Wed Jan 10 10:00-11:00am
CFEC
138470

Regular Sessions

Wed 10:00-11:00am Jan 17-Mar 7
CFEC \$80/8 sess
138471

Iyengar Yoga

Certified Iyengar Yoga instructor, Claudia MacDonald has taught at Britannia since the early 1980's and has developed a highly respected Yoga program in the Grandview-Woodlands and Yaletown areas. Physically energizing, deeply relaxing and emotionally uplifting, this program offers instruction in classical yoga with an emphasis on self-awareness and development of strength, stamina, flexibility, balance, body awareness, postural alignment and relaxation. It accommodates all levels of fitness and ability and is taught with clarity, creativity, attention to detail and sensitivity to individual needs, in an atmosphere of respect, compassion and humour. Safety, back and joint care will be addressed. For further information, call at 604 718 5800(1) or claudiamacynoga@gmail.com. \$19/drop-in.

Level 1 & Gentle Level 1

Thu 7:00-8:30pm Jan 11-Mar 29
CFEC \$190/12 sess
138455

Level 1 & 2

Tue 9:30-11:00am Jan 9-Mar 27
CFEC \$190/12 sess
138456

Tue 7:00-8:30pm Jan 9-Mar 27
CFEC \$190/12 sess
138457

Level 2 & 3

Thu 5:30-7:00pm Jan 11-Mar 29
CFEC \$190/12 sess
138458



Sun Run InTraining Clinic

This training program is a 13 week walk/jog/run program focused on gradual progression to avoid injury and to give the body time to adapt to the stress of running or walking. Participants meet once a week with their group and will be expected to train two additional days throughout the week to prepare for the Vancouver Sun Run on Sun April 22, 2018. Time allocated to each training session varies and will increase as the program progresses. The programs starts slowly (with more walking than running), and will build up gradually until you are safely and comfortably able to either walk/run 10K. For more information email britanniasunrunclinic@gmail.com. No registrations will be accepted after Feb 5, 2018. Program will not be prorated. No refunds will be issued after Fri Feb 2, 2018. The Instructor will inform participants on where class will be held on Feb 12 (Family Day Monday) and Apr 2 (Easter Monday).

Mon 6:00-7:30pm Jan 22- Apr 16
Rm 111 \$157.50
138459

Total Body Conditioning

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

Tue 6:00-7:00pm Jan 16-Mar 27
Gym C \$4.75/drop in
140901 A. Riley



Yogaflex

This flowing yogaflex class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Please visit www.clstevensfitness.com for more information. Please bring your own mats to this class. \$12/drop-in. No class Feb 11.

Sun 10:15-11:15am Jan 14-Mar 11
CFEC \$64/8 sess
138474 CLS Fitness

ZUMBA® Fitness

Zumba® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning and total body toning. It combines Salsa, Cumbia, Merengue and more, giving you a feel happy workout that is great for both the body and the mind. Drop in \$11, space permitting. No class Feb 12. Check out: www.zumbavancouver.ca.

Free Trial sessions:

Mon 6:00-7:15pm Jan 8
138460
Wed 6:00-7:15pm Jan 10
138461



Regular Sessions

Mon 6:00-7:15pm Jan 15-Feb 19
138462 \$40/5 sess
Gym C
Mon 6:00-7:15pm Feb 26-Mar 26
138463 \$40/5 sess
Gym C
Wed 6:00-7:15pm Jan 17-Feb 21
138466 \$48/6 sess
Gym C Denise
Wed 6:00-7:15pm Feb 28-Mar 28
138468 \$40/5 sess
Gym C Denise

Fencing - Adult (18+)

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/5th Ave.

Tue 7:30-9:00pm Jan 9-Mar 27
LaSalle Studio \$96/12 sess
138454 LaSalle

Martial Arts

Axe Capoeira

Mon	Tue	Wed	Thu	Sat	Sun
Kids Capoeira (7-12 yrs) 5:00-6:00pm	Kids Capoeira (7-12 yrs) 5:00-6:00pm	Kids Capoeira (7-12 yrs) 5:00-6:00pm	Kids Capoeira (7-12 yrs) 5:00-6:00pm	Afro-Brazilian Dance 10:00-11:00am	Advanced Music 11:00am-12:00pm
Beginners Intro to Capoeira 6:00-7:00pm	Music 6:00-7:00pm	Mini Kids 3-6yrs 6:00-6:45pm	Beginners Intro to Capoeira; Afro-Brazilian Dance 6:00-7:00pm	Adults Capoeira 11:00am-12:00pm	Advanced Kids & All-Levels Adult Capoeira 12:00-1:00pm
Adults Capoeira 7:00-9:00pm				Kids All-Levels Capoeira 12:00-1:00pm	RODA Open to all students. Kids & adults 1:00-2:00pm

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

Adult (19+)

138442 Jan/Feb \$240
138443 Mar/Apr \$240

Preschool/Children/Youth (3-18yrs)

Wed 6:00-6:45pm Jan/Feb
3-6yrs \$120
137336
Wed 6:00-6:45pm Mar/Apr
3-6yrs \$120
137337
Mon-Thu 5:00-6:00pm Jan/Feb
7-18yrs \$160
137338
Mon-Thu 5:00-6:00pm Mar/Apr
7-18yrs \$160
137339

Axe Capoeira - Introductory (13yrs+)

Take advantage of this one time offer to try Capoeira in this introductory program in Jan, Feb, Mar, Apr Mon/Thu 6:00-7:00pm! Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility. Classes take place 1739 Venables.

Mon/Thu 6:00-7:00pm Jan
137340 \$60/mo
137343 Feb Mon/Thu
6:00-7:00pm \$60/mo
137344 Mar Mon/Thu
6:00-7:00pm \$60/mo

Ki Aikido

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

Ki Aikido - General

Wed 7:30-9:30pm Jan 3-Mar 28
Mat Room \$78/13 sess
138451 W. Nagata \$10 drop in

Ki Aikido - Higher Grade

1st Kyu or more advanced students. No session Feb 12.

Mon 7:30-9:30pm Jan 8-Mar 26
Mat Room \$55/11 sess
138452 W. Nagata \$6/drop-in

Adults

Sports

Badminton

Total of 30 spaces (registered & drop-ins) \$5.00 drop-ins if space available. No class Feb 23.

Fri	7:00-9:45pm	Jan 12-Mar 23
Gym C		\$40/10 sess
138388	A. Leung	
Sat	1:30-5:00pm	Jan 13-Mar 31
Gym C		\$48/12 sess
138389	J. Leung	

Ball Hockey - Men (40+)

This is a non-body contact program. Rough play will not be tolerated. No league players. No class Feb 11, Apr 1.

Sun	6:45-8:45pm	Jan 7-May 6
Gym D		\$85/16 sess
138434	TBA	

Ball Hockey - Coed

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

Wed	7:15-8:45pm	Jan 10-Mar 28
Gym D		\$60/12 sess
138435	N.Misura	

Ball Hockey - Women

The focus is on fitness and fun – all skill levels welcome. Teams divided according to skill level at beginning of game. Bring a black and white t-shirt to split into teams. Sticks provided, or bring your own plastic wood, composite. Shin pads, gloves recommended. \$6/drop in space permitting. No class Feb 11.

Sun	4:15-6:00	Jan 7-Mar 25
Gym D		\$55/11 sess
138436	C.Westwood	

Basketball

Adult recreational basketball program. No drop-ins. No class Feb 11.

Sun	2:00-4:00pm	Jan 7-Mar 25
Gym C		\$55/11 sess
138432	S. Yan	
Sun	4:00-6:00pm	Jan 7-Mar 25
Gym C		\$55/11 sess
138433	S. Anderson	

Pickleball

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

Sun	9:00am-12:00pm	Jan 7-Mar 25
Gym C		\$48/12 sess
138390	P.Tsao	

Soccer - Women

A recreational program - all types of fitness and skill levels welcome. Expect low-key, limited body contact, clean fun play. Registered players arrive by 6:15pm to hold your spot. 15 spaces area allotted per night. \$5/drop in, space permitting.

Thu	6:00-7:30pm	Jan 11-Mar 29
Gym D		\$60/12 sess
138437	T. Harley	

Volleyball - Beginner/Intermediate

Register for this program to guarantee a spot to play every week. A total of 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$6/drop-in, space permitting. No class Jan 18, Feb 22.

Thu	7:00-10:00pm	Jan 11-Mar 22
Gym A/B		\$45/9 sess
138439	R. LeBlanc	

Volleyball - Intermediate

If you have the basics and are willing to play specialized positioning, join us! Register for this program to guarantee a spot to play every week. A total of 30 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$6/drop-in, space permitting.

Tue	8:00-10:00pm	Jan 9-Mar 20
Gym A/B		\$55/11 sess
138438	R. LeBlanc	

Volleyball - Advanced

We use specialized game play and advanced systems. Register for this program to guarantee a spot to play every week. A total of 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$6/drop-in, space permitting. No class Jan 19, Feb 23

Fri	7:00-10:00pm	Jan 12-Mar 23
Gym A/B		\$45/9 sess
138440	R. LeBlanc	

Note New Procedures:

After 4 sessions of volleyball have passed, registration will close. After this time we will only accept drop-ins (if available). If a registered patron anticipates being late, they will need to phone in to the Pool Cashier (604.718.5831) at least 15minutes prior to the program start time to hold their spot. If they fail to do this, their 'registered' spot will become open to drop-ins. If you are a drop-in you will be asked to pay and sign in at the Pool Cashier's office and submit the receipt to the Instructor in the gym.



Boxing - Trojan Horse Amateur Boxing (10yrs-adult)

Learn classic boxing techniques from Head Coach Bill Kennedy. Full size ring, punch/speed bags, circuit training, mitts and gloves. Great way to improve your fitness. During the group sessions, your training will be personalized to your specific skill and ability. Recreational athletes will be required to fill out Park Board Waiver forms prior to participating. Competitive athletes must fill out a Combsport waiver forms and pay a \$75 annual insurance fee (cheque payable to Combsport will be collected by the Bill prior to starting). Classes unlimited – come train as many times as you like! Boxing room is located beside Gym C. No class Feb 12, Mar 30.

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

Mon-Fri	5:00-7:00pm
Sat	2:00-4:00pm

138384	Jan	\$75/month
138385	Feb	\$75/month
138386	Mar	\$75/month

55+ Older Active Adults

Welcome to the 55+ Centre

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

55+ Programmer

Anne Cowan - anne.cowan@vancouver.ca
604.718.5837

Vietnamese Programmer

Luong Ho - luong.ho@vancouver.ca
604.718.5818

55+ Centre Drop-in Hours

Mon 10:00am-5:00pm
Tue 9:00am-3:00pm (Vietnamese 55+ Day)
Wed 10:00am-12:00pm (Quirk-e)
Wed 12:00-5:00pm
Thu 10:00am-5:00pm
Fri 10:00am-5:00pm
Sat 1:30-3:00pm
Sun 1:30-3pm



SEA - Seniors, Elders and Advocates Committee (SEA)

Meets on the 3rd Wednesday of every month. We'll discuss what matters to seniors and the older adult(s) in our community so we can offer relevant, needed and valued programs and services. New members are welcome and encouraged.

Wed Jan 17, Feb 21, Mar 21 3:30-5:00pm
55+ Centre
140385

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Osteofit 11:00am-12:00pm Badminton 11:20am-12:35pm	Vietnamese Drop-in 9:00am-3:00pm Chinese Folk Dance 10:00am-12:00pm Carpet Bowling 10:00am-12:15pm (1739 Venables) Badminton 11:20am-12:35pm	Quirk-e 10:00am-12:00pm Badminton 11:20am-12:35pm	Grandparents Coffee Break 9:30-11:00am SOCIALS 10:00am-1:00pm So You Want To Dance 10:30am-12:00pm Badminton 11:20am-12:35pm	Billards & Ping Pong 10:00am-12:00pm (Teen Centre) FRIDAY WELLNESS: Easy Exercise 10:00-11:00am Intro to Fitness 10:00-11:30am Blood Pressure & Sugars 11:00am-12:00pm Footcare 12:30-4:00pm	<p>*No programs or classes on Statutory Holidays.</p> <p>*Registration is required for all FREE programs and begins Wed Dec 6 at 9:00am.</p> <p>Many of Britannia's 'Fun For All!' programs are FREE or run on a pay what you can basis. Please look for the 'Fun for All' stamp.</p>	
Lunch Drop-in 12:00-1:00pm			Potluck Lunch Mar 29, 12:00pm	Lunch Drop-in 12:00-1:00pm		
Computer Classes 1:00-3:00pm Gentle Yoga 2:00-3:15pm	Spanish - Beg. 1:00-2:00pm Vietnamese Line Dancing 1:00-3:00pm (CFEC) Spanish - Int. 3:15-4:15pm	Elders Circle 12:30-4:00pm Chair Yoga 12:45-1:45pm Knitting Social 1:00-3:30pm Gentle Yoga 2:00-3:15pm Book Club 2:45-4:45pm 3rd Wed	Elders Arts & Health 1:30-4:00pm Craft Collective 1:30-4:00pm	Drop-in Crafts 1:00-4:00pm Ballroom Dance 2:00-4:00pm	Sat Drop-in 1:30-3:00pm Badminton 2:00-4:00pm (Gym A)	Sun Drop-in 1:30-3:00pm
	Elders Time 6:45-8:45pm					Movie Night 6:00-9:00pm

55+ Older Active Adults

Arts

Arts and Health Project: Hat Weaving

Together with Haida artist Giihlgiiigaa Todd DeVries, Elders and others gather weekly in a supportive environment of community engagement and cultural learning. This project is supported by the VPB, VCH and BCSCS. Applications are available at Britannia Info Centre. Next workshops begin Feb 14 and run for 15 weeks.

Thu 1:30- 4:00pm Feb 14-May 31
CFEC T.DeVries

Quirk-e

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

Wed 10:00am-12:00 pm Jan 3-Mar 28
55+ Centre Free

Food & Lunches

Grandparents Coffee Break

If you're a grandparent in the neighbourhood, join other grandparents for a few hours a week for coffee and relaxation in our 55+ Centre. Ongoing.

Thu 9:30-11:00am Jan 4-Mar 29
55+ Centre Free
140182



Lunch Drop-In

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

Mon/Fri 12:00-1:00pm Jan 5-Mar 26
55+ Centre \$5/drop-in

Pot Luck Lunch

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

Thur 12:00pm Mar 29
55+ Centre Free
139437

Social

55+ Britannia Book Club

Cozy afternoon discussion on 3rd Wednesday of each month. Pick up your book at Britannia Library Please register 604.718.5800 (1).

Wed 2:45-4:45pm Jan 17, Feb 14, Mar 21
Free
Brit Library 139382

Billiards and Ping-Pong

Free drop-in time Friday Mornings.

Fri 10:00am-12:00pm Jan 5-Mar 23
Teen Centre Free
139389

Carpet Bowling

Easy going, fun and social.

Tue 10:00am-12:15pm Jan 2-Mar 27
1739 Venables - Main Floor
139349 Free

Chinese Folk Dance

Social Ballroom Dance Come practice your moves. No Drop-in, must register.

Tue 10:00am-12:00pm Jan 2-Mar 27
CFEC Free
145962

Elders Sharing Circle

Weekly Circle of Elders and Seniors. Enjoy cultural crafting, peer support and sharing. (JAC, REACH, Britannia CSC)

Wed 12:30-4:00pm Jan 4-Mar 21
55+ Centre Free (with registration)
140382

Elders Time

Ceremony, Wellness and Cultural sharing.

Tue 6:45-8:45pm Jan 2-Mar 27
55+ Centre Free
140181



Knitting Social

Knitting and Crochet social for all ages.

Wed 1:00-3:30pm Jan 3-Mar 28
55+ Centre Free
139383

Line Dancing

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

Tue 1:00-3:00pm Jan 2-Mar 27
CFEC \$13
139351

Volunteer Instructor: Anita

Social Ballroom Dance

Come practice your moves, must be registered. No class Feb 16.

Fri 2:00-4:00pm Jan 5-Mar 23
CFEC Free
139362

Volunteer Instructor

So You Want To Dance

Have you always wanted to dance? Join us for a mix of balletic and contemporary style movement in a friendly and fun atmosphere. An opportunity to fulfill that dream. No experience needed.

Wed 11:15am-12:30pm Jan 10-Mar 28
CFEC Free
139359

Thu 10:30am-12:00pm Jan 11-Mar 29
Mezz Free
139361 Hilary

Vancouver Morris Men Dance

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

Tue 7:30-9:30pm Jan 9-Mar 27
139368
Rink Mezz

Program changes to Note:

*Bus Tours – Resume in the Spring

*All Latin American programs have moved to REACH Multicultural Centre:

Latin American Women's Group (Mujeres en Accion), contact Stella Castillo c/o pdabiri@reachcentre.bc.ca

Latin American Men's Groups (Paso a Paso With Pedro, Tertulias) and Latin American Diabetes Self-Management, contact German Blanco at 604.254.6468 or gblanco@reachcentre.bc.ca

Registration required for all Free programs

*Registration for all FREE programs begins Wed Dec 6 at 9:00am

55+ Older Active Adults



Sunday Night Movie Series

The Britannia Great Movies Series happens every Sunday Evening 6:00-9:00pm in the 55+ Centre and welcomes all ages. Check our line-up at britanniacentre.org

Sun	6:00-9:00pm	55+ Centre	Free	140384
Jan 7		Comedy Night		The Big Sick (2017)
Jan 14		Foreign Film (Spanish)		Volver (2006)
Jan 21		Current Release		Maudie (2016)
Jan 28		Recent Release		Jackie (2016)
Feb 4		Classic Comedy		GroundHog Day (1993)
Feb 11		B&W Classic, Noir		Dial M for Murder (1954)
Feb 18		Documentary		Man on Wire (2008)
Feb 25		Current Release		A Ghost Story (2017)
Mar 4		Foreign Film (Russian)		Leviathan (2014)
Mar 11		Classic Movie		Sideways (2004)
Mar 18		No movie, Equinox Café		
Mar 25		Epic (200 min, w/intermission)		Doctor Zhivago (1965)
Apr 1		No Movie, Easter Sunday		

Yoga

Chair Yoga

This Class is designed for you to be comfortable without feeling like "you have to keep up". Promotes the use of chairs if wanted with the intention that everyone is comfortable breathing and moving at their own pace. Drop-in \$13.

Wed	12:45-1:45pm	Jan 10-Feb 14
CFEC		\$60
139369		\$13/Drop-in
Wed	12:45-1:45pm	Feb 21-Mar 28
CFEC		\$60
139370		\$13/Drop-in
Instructor: P.Syme		

Gentle Yoga 55+

Yoga Practice for older adults. Warm up muscles, increase muscular elasticity and strengthen skeletal alignment. Drop-in \$13. No class Feb 12.

Mon	2:00-3:15pm	Jan 8-Feb 19
CFEC		\$60
139371		\$13/Drop-in
Mon	2:00-3:15pm	Feb 2-Apr 2
CFEC		\$60
139372		\$13/Drop-in
Instructor: Joan		

Gentle Yoga 55+

Adaptable yoga practice for older adults. Warm up muscles, increase muscular elasticity and strengthen skeletal alignment. Drop-in \$13.

Wed	2:00-3:15pm	Jan 10-Feb 14
CFEC		\$60
139373		
Wed	2:00-3:15pm	Feb 21-Mar 28
CFEC		\$60
139374		
Instructor: Joan		

Health & Fitness

Strength Training for Seniors - Beginner (55+yrs)

This four week course will show you how to use the cardio and weight equipment for a safe and effective workout. By the end of the course, you will have a written and personalized program that you will be able to continue to use on your own. Please pre-register by Fri Feb 9 so that a confidential health screening can be done.

Fri	9:00-10:00am	Feb 16-Mar 9
FC		\$20/4 sess
138725	J.Stanier	

Strength Training for Seniors - Intermediate (55+yrs)

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

Fri	9:00-10:00am	Jan 12-Feb 2
FC		\$20/4 sess
138729	J.Stanier	



Badminton 55+

Fun easy play for seniors.

Mon/Wed	11:20am-12:35pm	Jan 8-Mar 28
Gym C		\$16
139150	(No class Jan 17, Mar 21)	
Tues/Thu	11:20am-12:35 pm	Jan 9-Mar29
Gym C		\$16
139151	(No class Jan 18, Mar 20, 22)	
Sat	2:00-4:00 pm	Jan 13-Mar 24
Gym A		\$16
139348	(No class Jan 20, Feb 17, Feb 24)	



Osteofit

A gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. It is taught by specially trained Osteofit fitness instructor. Drop-in \$13 space permitting. No class Feb 12.

Mon	11:00am-12:00pm	Jan 8-Feb 19
CFEC		\$60/6 sess
139375		\$13/Drop-in
Mon	11:00am-12:00pm	Feb 26-Apr 2
CFEC		\$60/6 sess
139377		\$13/Drop-in

For additional information about Physical Activity programs, Pool, Fitness Centre and Rink facilities, see pages 33, 35 and 38.

55+ Older Active Adults

Language

Spanish - Beginners

Learn every day language to enable you to converse Spanish

Tue	1:00-2:00pm	Jan 16-Feb 20
Rink Mezz		\$60/6 sess
140173	Clemencia	
Tue	1:00-2:00pm	Feb 27-Apr 3
Rink Mezz		\$60/6 sess
140174	Clemencia	

Spanish - Intermediate

Now you know every day language, this class will help you to be confident and comfortable when covering in Spanish.

Tue	3:15-4:15pm	Jan 16-Feb 20
Rink Mezz		\$60/6 sess
140176		
Tue	3:15-4:15pm	Feb 27-Apr 3
Rink Mezz		\$60/6 sess
140177	Clemencia	

Vietnamese Programs

The program provides settlement services, educational and informative workshops about federal and provincial programs for Vietnamese seniors. It also raises the awareness of issues impacting seniors as well as providing advocacy, information about legal, safety, and support resources available to seniors.

Chương Trình Cao Niên Việt Nam

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

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

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

Dec 1	Tiệc Giáng Sinh
Feb 13	Tiệc Mừng Xuân Mậu Tuất
Mar 1	Chương trình khai thuế miễn phí

Technology

Computer and Internet Beginners

A quick and easy way to get comfortable on the computer. Small classes and friendly instruction makes this a must do. Walk through the steps needed to learn basic skills, important foundations and some simple tools to make your internet experience easy and fun! Due to high demand, participants may register for no more than two sessions per two seasons. No class Feb 12.

Mon	1:00-3:00pm	Jan 8-Feb 19
55+ Computer Lab		Free
139147	M.Ziebart	

Computer and Internet Intermediate

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

Mon	1:00-3:00pm	Feb 26-Apr 23
55+ Computer Lab		Free
139148	M.Ziebart	

Internet lab hours:

Closed on the 3rd Wed of month. Also closed for special events and Statutory Holidays.

Mon	10:00am-2:00pm	
Tue	3:00-5:00pm	
Wed	12:30-5:00pm	
Thu	10:00am-4:00pm	
Fri	10:00am-4:00pm	
Sat	1:30pm-3:00pm	
Sun	1:30pm-3:00pm	
55+ Computer Lab		Free
130149		



Wellness

Friday Wellness:

Exercise with Friends

Senior led video exercise with light and easy movement

Fri	10:00-11:00am	Jan 15-Mar 23
139378		

Blood Pressure & Sugars

With RN Monica.

Fri	11:00-12:00pm	Jan 15-Mar 23
139378		Free
55+ Centre		

Foot Care

With RN Monica. Available by appointment: 604.228.0261.

Fri	12:30-4:00pm, by appointment
55+ Centre	

Guided Hypnosis Workshops

Experience guided hypnosis with a professional Hypnotherapist. Sessions will focus on: Sleep, Reducing anxiety/stress, Motivational work and goal setting. Individualize what you learn and experience deep relaxation and sense of well-being. Learn how to maintain this sense of centered calmness and unleash your full potential.

Sun	11:00am-12:30pm	Jan 14-Feb 18
Rink Mezz		\$60/6 sess
145963		

SOCIALS

S O C I A L S (Survivors Offering Comradery In Active Living Support) Weekly social where stroke survivors and others meet for fun, food and exercise and stay connected to the community. This program is driven and run by stroke survivors and peer support.

Thu	10:00am-1:00pm	Jan 4-Mar 29
55+ Centre		Free

Volunteer

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

Registration required for all Free programs

*Registration for all FREE programs begins Wed Dec 6 at 9:00am

Hours of Operation

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

Free with Britannia Membership

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

Dec 24	Christmas Eve	10:00am-5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-5:00pm
Dec 31	New Year's Eve	10:00am-5:00pm
Jan 1	New Year's Day	1:00-5:00pm
Feb 12	Family Day	1:00-5:00pm
Mar 30	Good Friday	1:00-5:00pm
Apr 2	Easter Monday	1:00-5:00pm

Facility Orientations

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

Flexipass Membership

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

Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists, and physiotherapists. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$6.30 per client also applies.

Supporting a participant? Attendants get free access.

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

Strength Training for Seniors - Beginner (55+yrs)

This four week course will show you how to use the cardio and weight equipment for a safe and effective workout. By the end of the course, you will have a written and personalized program that you will be able to continue to use on your own. Please pre-register by Fri Feb 9 so that a confidential health screening can be done.

Fri	9:00-10:00am	Feb 16-Mar 9
FC		\$20/4 sess
138725	J.Stanier	

Strength Training for Seniors - Intermediate (55+yrs)

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

Fri	9:00-10:00am	Jan 12-Feb 2
FC		\$20/4 sess
138729	J.Stanier	

Weight Training for Women - Beginner

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

Sat	10:00-11:30am	Jan 13-Feb 3
FC		\$35/4 sess
138726	V. Henderson	

Weight Training for Women - Intermediate

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

Sat	10:00-11:30am	Feb 17-Mar 10
FC		\$35/4 sess
138730	V. Henderson	

30 Minute HIIT

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

Wed	12:15-12:45pm	Jan 10-Mar 28
FC	M. Roma	Drop in fee



Aquatics

General Information

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

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

Holiday Hours

Dec 24 Christmas Eve 10:00am-5:00pm
 Dec 25 Christmas Day CLOSED
 Dec 26 Boxing Day 1:00-5:00pm
 Dec 31 New Year's Eve 10:00am-5:00pm
 Jan 1 New Year's Day 1:00-5:00pm
 Feb 12 Family Day 1:00-5:00pm
 Mar 30 Good Friday 1:00-5:00pm
 Apr 2 Easter Monday 1:00-5:00pm

*Please note that there will be no lessons on the above dates.

Admission Policy for Children

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



Birthday Parties

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

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

Pool and Fitness Centre Committee

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

Wed 7:00pm Jan 3, Mar 7
 Conference Room



Pool and Fitness Centre Fees 2018 (GST not included)						Please Note: Prices are subject to change, without notice
	Drop-In	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$5.98	\$47.79	\$46.18	\$122.45	\$390.32	\$3.00
Youth (13-18)	\$4.27	\$34.19	\$32.33	\$85.73	\$273.21	\$1.00
Child (6-12)	\$3.01	\$24.09	\$23.09	\$61.65	\$195.16	\$1.00
Senior (65+)	\$4.27	\$34.19	\$32.33	\$85.73	\$273.21	\$1.00
Britannia-Only Senior (55+)	\$4.27	\$34.19	\$32.33	\$85.73	\$273.21	\$1.00

Family Drop-in Rate = 1 to 2 adults of the same household and their children under 19 years of age. Minimum \$5.98 admission (GST not incl.).
 Leisure Access Fitness Centre Admission Rate is 50% off adult admission and flexipass.



Aquatics

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

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

Aquafit

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

Aqua Zumba

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

Lengths

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

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

Parent and Tot

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

Public Swim

Swim, dive, splash, have fun! All are invited to join in the activities. Two lanes are usually set aside for length swimmers. The leisure pool is open during this time

for soon to be mothers and parents with young children.

Range of Motion (ROM)

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

Youth Swim (11-18yrs)

The first Friday night of every month from 8:00-10:00pm is reserved for youth to swim and play with their friends. No public use of steam room or whirlpool. Free admission. Dec 1, Jan 5, Feb 2, Mar 2.



Aquatics

Lesson Registration

Online and in-person registration for swimming lessons and programs at all pools, for all age groups starts **Tue Dec 12 at 9:00am**.

Vancouver Park Board Online Registration and Reservation System:

- Never registered online before? Go to recreation.vancouver.ca: Click "Sign In" or "Create an Account" to set up your profile and password before registration opens for winter programs.
- To reset your password, go to recreation.vancouver.ca: Click "Sign In", select "Forget your password?" and follow the steps to get your new password.
- Login with your email address and confirm your account information is correct.

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

Swim Refunds

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

Exceptions: No refund on single session programs.

Transfers possible prior to second class.

Swim Assessments

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

Private/Semi-Private Lessons (all ages)

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

Child Private \$28.29/Semi-Private \$16.64
Adult Private \$34.89/Semi-Private \$19.66

Parent & Tot, Children's Winter 2018 Swim Lesson Sets			
Mon - Starfish/Duck	9:00-9:30am	Jan 8-Mar 12 (no class Feb 12)	9 lessons
Tue - Sea Otter	9:00-9:30am	Jan 9-Mar 13	10 lessons
Wed - Starfish/Duck	9:00-9:30am	Jan 10-Mar 14	10 lessons
Thu - Salamander	9:00-9:30am	Jan 11-Mar 15	10 lessons
Fri - Sea Otter	9:00-9:30am	Jan 12-Mar 16	10 lessons
Mon & Wed - Set 1	3:45-7:00pm	Jan 8-Feb 7	10 lessons
Mon & Wed - Set 2	3:45-7:00pm	Feb 14-Mar 14	9 lessons
Fri	3:45-7:00pm	Jan 12-Mar 16	10 lessons
Sat	9:00am-1:00pm	Jan 13-Mar 17	10 lessons
Sun	11:00am-2:30pm	Jan 14-Mar 18	10 lessons

Swim Lesson Fees 2018	9 lessons	10 lessons
Parent & Tot (30 min. parented)	\$55.64	\$68.64
Preschool (30 min)	\$55.64	\$68.64
Swim Kids 1-4 (30 min)	\$49.40	\$60.84
Swim Kids 5-10 (40 min)	\$55.64	\$68.64

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

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

Red Cross Preschool (3-5yrs)

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

Red Cross Swim Kids (5-12yrs)

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



Red Cross Teen & Adult Lessons

Teen or Adult Basics 1 (13+yrs)

Learn front and back float, front and back glide with kick, front swim for 10 metres, shallow water entries and exits, and deep-water activities (assisted). No previous swimming experience required. No class Feb 12.

Mon	6:30-7:10pm	Jan 8-Mar 12
138679		\$93.46/9 sess
Mon	8:00-8:40pm	Jan 8-Mar 12
138678		\$93.46/9 sess

Teen or Adult Basics 2 (13+yrs)

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

Wed	6:30-7:10pm	Jan 10-Mar 14
138681		\$103.44/10 sess
Wed	8:00-8:40pm	Jan 10-Mar 14
138680		\$103.44/10 sess

Teen or Adult Strokes 3 (13+yrs)

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

Tue	8:00-8:40pm	Jan 9-Mar 13
138683		\$103.44/10 sess

Teen or Adult Fitness (13+yrs)


Improve conditioning and training, using adaptable swim workouts to train participants. Participants must be comfortable swimming 50 metres continuously.

Thu	8:00-8:40pm	Jan 11-Mar 15
138682		\$103.44/10 sess

Fitness

Aqua Zumba

For those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine, join the pool party on Thursday nights! Free trial session Jan 4. \$10 drop-in.

Thu	8:00-9:00pm	Jan 4	
138553		Free	
Thu	8:00-9:00pm	Jan 11-Mar 15	
138552		\$70/10 sess	

Lifesaving Programs

Canadian Swim Patrol (8-12yrs)

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

Sun	2:30-3:30pm	Jan 14-Mar 18
138572		\$60/10 sess

Bronze Medallion (13+yrs)

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

Sun	10:00am-2:00pm	Jan 14-Feb 11
138571		\$171/5 sess

Bronze Cross (15+yrs)

Designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. It is a prerequisite for all advanced training programs including National Lifeguard (NL) and Instructor certifications. Develop proficiency at performing patient assessments, managing aquatic spinal injuries and preventing loss of life in a variety of aquatic emergencies while developing stroke endurance and fitness training skills. Includes a 600 metre swim and CPR C. It is also worth two Grade 11 high school credits. Prerequisite: Bronze Medallion. Ability to swim 600m in 18 minutes or less. The Canadian Lifesaving Manual is required. It can be purchased at the front desk for \$36.

Sun	10:00am-2:00pm	Feb 18-Mar 18
138684		\$171/5 sess

Britannia Swim Club Programs

Britannia Masters Swim Club

A competitive swimming-style workout for lap swimmers, triathletes, masters and open water swimmers, who want to take their swimming to the next level. Your coach knows a lot about swimming! Susie grew up as an age group swimmer, was a nationally ranked senior, swam at the varsity level and competed at Canadian Nationals, CIAU Nationals and Canadian Olympic Trials. Registration is required as the program is limited to 15 swimmers max. (not proratable).

Fri	6:30-7:30am	Jan 12-Mar 16
138566		\$55/season

Britannia Swim Club (8-18yrs)

Join our non-competitive swim club team. We focus on stroke development, endurance and drills. We also practice dives and flip turns to encourage a full swim club experience. Prerequisite: Swimmers must be at Swim Kids Level 5 or higher. Stroke evaluation is available. Register for one or both days (not proratable).

Tue	6:30-7:45pm	Jan 9-Mar 13
138570		
Thu	6:30-7:45pm	Jan 11-Mar 15
138569		
One day/week		\$55/season
Two days/week		\$85/season

Britannia Lifeguard Club (8-12yrs)

A fun club designed for Britannia area youth who would like to improve their swimming, develop lifesaving skills and learn basic first aid. The course is designed as a starting point for youth who would like to develop their swimming abilities and learn about safety in and around the water. Please apply at the pool (not proratable).

Sat	5:00-6:00pm	Jan 13-Mar 17
138567		\$50/season

Britannia Rec Stars (13-18yrs)

This program is intended to help Britannia area youth who are interested in swimming to further their skills and abilities through advanced swimming and advanced lifesaving courses. Please apply at the pool (not proratable).

Fri	Advanced swimming	Jan 12-Mar 16
		3:30-4:15pm
Fri	Advanced lifesaving	Jan 12-Mar 16
		4:15-5:00pm
138568		\$60/season

Ice Rink

Britannia Ice Rink Public Skating Schedule

January 1 - March 31, 2018

Schedule subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Adult Open Dance 12:15-1:45pm	Parent & Tot FREE Skate ☀️ 11:00-11:45am	Adult Stick & Puck 12:00-1:30pm	Learn to Skate Lessons 10:00am-1:15pm	Women's Hockey 10:30-11:45am
				Adult FREE Skate ☀️ 1:45-3:00pm No sess Mar 30	Public Skate 1:30-3:00pm	Family Fun Hockey 12- 1:30pm
		Adult Stick & Puck 3:15-4:45pm	Youth FREE Skate ☀️ 3:15-4:30pm	Child FREE Skate ☀️ 3:15-4:30pm No sess Mar 30		Public Skate 1:45-3:15pm
	Adult Skate 8:15-9:30pm		*Adult Co-ed Hockey 11:15pm-12:45am	Public Skate 7:45-9:15pm No sess Mar 30		*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.

2018 Rink Admissions: Admissions subject to change without notice. (GST not included)

Adult (19-54yrs)	Youth (13-18yrs)	Senior (55yrs+)	Child (6-12yrs)	Family	Skate Rentals	Skate Sharpening
\$5.98/Drop-in \$47.79/10 visits	\$4.27/Drop-in \$34.19/10 visits	\$4.27/Drop-in \$34.19/10 visits	\$3.01/Drop-in \$24.09/10 visits	*at Child rate (Family minimum \$5.98)	\$2.98	\$5.69

- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Board operated rinks. Prices are subject to change without notice.
- Adult Drop-in Hockey and Stick & Puck sessions are at the Adult rate.
- A 20% discount on admission is given to groups of 10 or more.
- Children under 8 years old MUST be accompanied ON-ICE with an individual 16yrs+.
- Flexipasses may be used for public skating sessions. For 2018 Flexipass rates, go to page 34.
- Family rate is 1-2 adults from the same household and their children under 19yrs, all present at time of admission. \$3.01 per person (GST not included).

Stat Holiday Free Skating!

Free skating sessions will be offered on the following stat holidays at the rink.

Dec 26	Boxing Day	1:00-3:30pm
Jan 1	New Year's Day	1:00-3:30pm
Feb 13	Family Day	1:00-3:30pm

Winter Holiday Schedule

Dec 24	Christmas Eve	Closes at 5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-3:30pm
Jan 1	New Year's Day	1:00-3:30pm

Ice Skating Birthday Parties

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

Skate Lesson Refunds

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



Rink Programs

Adult Evening Hockey

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

All Levels

Thu 11:00pm-12:30am Jan 4-Mar 29
\$10/drop-in*

Intermediate

Sun 9:30-11:00pm Jan 7-Mar 25
\$15/drop-in
or \$50/mo*

*Strip tickets are not valid during these sessions

Women's Ice Hockey

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

Set 1

Sun 10:45am-12:00pm Jan 7-Feb 11
145929 \$29/6 sess or
\$6.15/drop-in

Set 2

Sun 10:45am-12:00pm Feb 18-Apr 1
145930 \$29/6 sess or
\$6.15/drop-in

*No class Mar 25.

Adult Stick and Puck

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

Wed 3:15-4:45pm Jan 3-Mar 28
Fri 12:00-1:30pm Jan 5-Mar 23
\$6.15 drop-in or \$50.18/10 visit pass

Parent & Tot Skate

Introduce your child to skating in a fun and non-intimidating environment. Some ice cleats are available for adults who are not comfortable wearing skates. Take your kids on a spin on the popular on-ice scooters. Sorry, no hockey allowed during this session.

Thu 11:00-11:45am Jan 11- Mar 29
Free

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

This program is perfect for families who want to play casual hockey together. Whether you want to pass around the puck or get involved in a friendly game of shinny, this session is great fun for all. Helmets are mandatory for all participants and available free of charge at the ice rink.

Sun 12:15-1:30pm Jan 7-Mar 25
Regular admission rates apply

League Programs

Vancouver Adult Co-ed Hockey League, (VACHL) 2017/18

VACHL is an adult recreational hockey league co-sponsored the Britannia Community Services Centre and the Vancouver Park Board. For more information go to www.vachl.ca.

Britannia Co-ed Hockey League

This program is aimed towards novice to intermediate hockey players looking to play in a non-contact recreational hockey league in the "off-season". Full equipment is mandatory and all players must wear at least a half shield on their helmet. The league plays on Saturday afternoon/evenings from May 12. All players will be assessed and placed onto teams by the league coordinators. Registration begins Mar 7.

Britannia Women Only Hockey League

Britannia's popular Women's Hockey league will begin on May 1, with an on-ice evaluation. Games are on Tuesday evenings, May 8-Jul 31. The games are non-contact, non-aggressive and fun! Full hockey equipment is mandatory. Registration begins Mar 7.

Ice Rink

Skating Lessons at Britannia

Registration for Set 1 Winter skating lessons will begin on Wed Dec 20. If you are unsure of which level to register in, have an on-ice evaluation completed during any public skating session at Britannia. **Please note that students will not be transferred into another level if they are not registered in the appropriate level.** A prorated refund would then be issued after the first class. If the lesson you want to register in is full, please put your name on the waiting list. Additional classes are scheduled whenever possible. Please register in one (1) set of lessons only. Please note that skate lessons fill up quickly, so register early.

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

Learn to Skate Lessons

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

Preschool Program Levels (3-5yrs)

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

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

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

Level 4 - can scull forwards and stop without assistance

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

Children, Youth and Adult Program Levels*

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

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

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

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

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

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

*For a full description of skate lesson descriptions see individual class descriptions online.

Private Skate Lessons

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

Figure Skating Lessons

Vancouver's only recreational figure skating lessons are offered to both children and adults. To enroll in this unique recreational program, you must be able to balance comfortably on one foot while skating both forwards and backwards, perform one and two foot turns and/or have completed level 6 in the Vancouver Learn to Skate program.

Power Skating Lessons (8 yrs-Adult):

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



Winter Lessons

There are 3 ways to register for Britannia Skating lessons:

1. In-person at the Information Centre or Pool Cashier.
2. Online at britanniacentre.org.
3. By phone by calling 604.718.5800 (press 1).

Lessons Set I

Learn to Skate

Tue	6:00-8:00pm	Jan 9-Feb 27	\$48/8 sess
Sat	9:30am-1:15pm	Jan 6-Feb 24	\$48/8 sess

Power Skating Beginner

Sun	4:30-5:15pm	Jan 7-Feb 25	\$57.14/8 sess
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Power Skating Intermediate

Sun	5:15-6:00pm	Jan 7-Feb 25	\$57.14/8 sess
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Registration Dates for Set I

1. In-person at the Information Centre or Pool Cashier; Wed Dec 20 at 9:00am.
2. Online at britanniacentre.org; Wed Dec 20 at 9:00am.
3. Register by phone starting at 1:00pm, Wed Dec 20 604.718.5800 (press 1)

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

Lessons Set II

Learn to Skate

Tue	6:00-8:00pm	Mar 6-Apr 24	\$48/8 sess
Sat	9:30am-1:15pm	Mar 3-Apr 28	\$48/8 sess

*No class Apr 7.

Power Skating Beginner

Sun	4:30-5:15pm	Mar 4-Apr 29	\$48/8 sess
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*No class Apr 8.

Power Skating Intermediate

Sun	5:15-6:00pm	Mar 4-Apr 29	\$48/8 sess
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*No class Apr 8.

Registration Dates for Set II

1. In-person at the Information Centre or Pool Cashier; Wed Feb 15 at 9:00am.
2. Online at britanniacentre.org; Wed Feb 15 at 9:00am.
3. Register by phone starting at 1:00pm, Wed Feb 15 604.718.5800 (press 1)

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

Get involved – Volunteer at Britannia

Do you know that there are over 300 active volunteers at Britannia? Many of our programs are run by volunteers or enhanced with volunteer support. Volunteers play an important role in our community. You see them in 15 active committees such as the Planning and Development committee that is working hard to reshape the future of Britannia; You see them on soccer fields teaching kids about active lifestyle; You see them in the kitchen cooking heart-warming food, in our awesome daycare ... Do you see yourself here? Speak with our Volunteer Coordinator Yao Zhang at 604.718.5860.

Volunteers needed at the Rink Concession

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

Partners



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

GWFC Volunteers Wanted

Are you interested in community food security? Would you like to help shape GWFC programming? We are seeking community members to offer support and advice by joining our Advisory Committee, which meets every 2 months. Other opportunities include cooking, school gardening, media, and communications.

GWFC Community Kitchen

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

GWFC Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? You can save over 40% on your food bill. \$14 gets you 13-15 varieties of fruits and veggies. Pick-up at Britannia Community Centre.

Nutrition Counseling Service

Nutrition counseling services available for under-served residents and open to all community members on a sliding scale basis. This service can help you navigate food choices in our area and choose foods that are best for your health, while considering your health issues or goals. Bonnie Chung is a certified holistic nutritionist with years of experience working in natural foods. Contact Bonnie at 778.995.7299 or gorealnutrition@gmail.com to book an appointment. More info: gorealnutrition.com/. Appointments at Britannia Community Centre

Please call Ian at 604.718.5895 to register or for more information. Also check out our food workshops on Page 25.



Grandview-Woodland Community Policing Centre

1977 Commercial Drive phone: 604.717.2932 e-mail: info@gwcpc.ca

The GWPC works with the local community, Vancouver Police Department, and other service providers to strengthen the safety and quality of life in the Grandview-Woodland neighbourhood, in accordance with the core principles of community policing:

- Communication and Collaboration
- Advocacy
- Patrol Support

The GWPC serves a dense community of over 30,000 residents with thousands of additional visitors each year. The GWPC serves a dense community of over 30,000 residents with thousands of additional visitors each year.

Hours of Operation:

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

Community Education Office

The Britannia Community Schools Team (CST) works out of the Community Education Office at Britannia Secondary. The mandate of the CST is to provide academic and social emotional support as well as connections to community resources for students in the Britannia hub of schools. This work is often done through student leadership opportunities and noon hour and after school programming. Inquiries, please call 604.713.8273

Community Schools Coordinator

Ron Scott

Office Support

Mitra Tshan

Programmers

- Erin de Sousa (Britannia Secondary, Seymour, Strathcona & Britannia Elementary schools)
- Frances Kaser (Macdonald)
- Emily Holzman (Grandview)

Youth and Family Workers

- Julie Hunter jhunter@vsb.bc.ca
- Greg Goodall ggoodall@vsb.bc.ca



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

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

Shop Rates & Hours:

Sliding scale from \$5-\$15

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

Women, Gender Queer & Trans Night:

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



Kickstand will be running a winter workshop series with courses for the public. Stay tuned for more info in January. Follow us on Facebook @Eastvan.Kickstand to hear updates or stop by the shop!

Eastvankickstand.org

1739 Venables. Basement entrance on Commercial Drive.

CAPC - Community Action Program for Children

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

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

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

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

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

Free. Registration required at 604.215.8289

Jan-Mar 2018

10:30am Toddlers

12:00pm Infants



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

Britannia Partners in Education (PIE)

English Foundations 5/6/7

CFEC Rm 109, Brit, Mon 9:30am-2:30pm

English for Speakers of Other Languages

CFEC Rm 109, Brit, Tue 10:00am-2:30pm

Math Foundations 1-7

CFEC Rm 109, Brit, Thu 9:30am-2:30pm

English Foundations 1-4

CFEC Rm 109, Brit, Fri 9:30am-2:30pm

Edmonds PIE PLUS:

English Foundations 1-4

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

English Foundations 5-7

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

Grandview Get Ready 2 Read (GR2R)

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

Advanced Conversation Class

CFEC Rm 110, Brit, Tue 10:00am-12:00pm

ECE Assistant Program

CFEC Rm 110, Britannia Secondary
Winter/Spring 2018
Wed 11:00am-3:00pm

CFEC is a school and community-based family education centre that celebrated it's 15 year anniversary in October 2017. We look forward to continuing to provide meaningful opportunities for children, youth and adults to learn together.



1655 William St, 604.255.9841
Email: info@eastsidefamilyplace.org
www.eastsidefamilyplace.org or Facebook.

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

Family Drop-In Hours:

Mon/Wed/Fri 9:00-12:00pm
Tue/Thu 9:00-2:30pm (closed 12-1:00)
Fee: \$3 per visit per family.
Closed Dec 25-Jan 1, Jan 2-4 open mornings only 9-12, closed Feb 12

Licensed Occasional Childcare

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

Mon- Fri 9:00-11:45am

Growing & Learning Fair

Representatives from child and family-serving agencies and programs will be on hand to showcase what they offer families with young children. Refreshments available, children's storyteller featured.

Fri Feb 9 9:00am-12:00pm Free

Education, Support & Resources

We offer a variety of relevant programs throughout the year: parenting, child health, creativity/ self-care, first aid, cooking, gardening, music & movement, etc. Examples:

- Nobody's Perfect Parenting Program (6wks, 6-8pm Feb start date)
- C.O.P.E. (Fri, 1-3pm Jan 12-Mar 16)
- Family Rhythm, Rhyme + MOVEMENT (10:00-11:30am Feb 3-Mar 10)
- FOOD SKILLS PROGRAMS:
Kids in the Kitchen
Parents in the Kitchen

(Check website calendar for dates & details)



Vancouver Public Library

Library Hours (except holidays)

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

Closed Holidays, Phone: 604.665.2222

Babytime (0-18mo)

Tue	10:30-11:00am	Jan 9-Mar 13
	11:30am-12:00pm	

Family Storytime (18mo-5yrs)

Fri	10:00-10:30am	Jan 12-Mar 16
	11:00-11:30am	

Board Games (all ages)

Tue/Wed	3:30-6:00pm	Jan 9-Mar 14
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Family Fort Night

Mon	4:45-5:45pm	Jan 22
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Britannia Teen Advisory Group

Tue	3:30-4:30pm	Dec 19, Jan 16 Feb 20, Mar 20
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Spring Break Programs

Please contact the library for details.

55 and Up Book Club

3rd Wed/mo 2:45-4:00pm (Library Rm)

1-To-1 Computer Training

Tue/Wed 2:00-3:00pm, 3:00-4:00pm

Pandora's Collective:

Book Talks

booktalks@pandoracollective.com
4th Wed/mo 6:30-8:30pm

Word Whips Writing Series

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

Poetic Pairings

Tue	6:30-8:30pm	Jan 23, Apr 24
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<http://www.pandorascollective.com/>

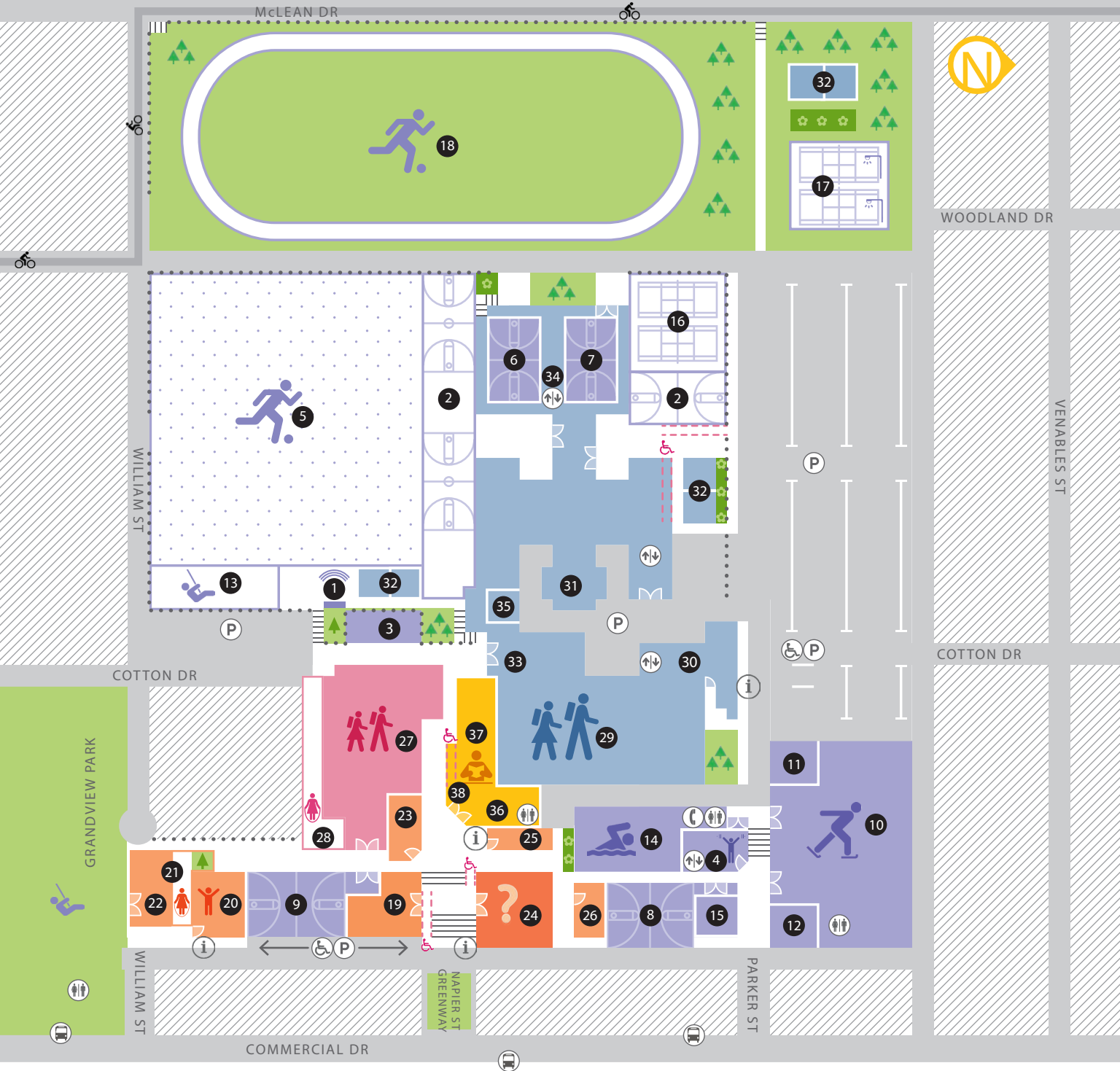
SFU Philosopher's Café

Wed	7:00-9:00pm	Jan 31, Feb 28 Mar 28
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SFU Writer's Studio

Consultations

1st Tue/mo/Call Central	4:00, 5:00, 6:00pm
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recreation

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

resources + services

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

elementary school

- 27 Britannia Elementary
- 28 Outdoor Play Area

secondary school

- 29 Britannia Secondary
- 30 Main Office
- 31 Auditorium
- 32 Portable
- 33 Main Entrance
- 34 Cafeteria
- 35 Canucks Family Education Centre (room 110)

library + learning

- 36 VPL Britannia Branch (main flr)
- 37 Learning Resource Centre (basement)
- 38 Art Gallery

•••• Fence	Wayfinding	Elevator	Residential + Commercial
Streets + Vehicle Access	Wheelchair Access	Entrance	Gravel
Bicycle Route	Stairs	Fields + Green Space	School Garden



T 604 718 5800 F 604 718 5858
 1661 Napier Street Vancouver BC V5L 4X4
britanniacentre.org