



This online brochure copy has active links to connect you with the programs you want to register for online. Simply click on any program activity number of interest and you will be taken to the Vancouver Recreation page you need to start signing up.

Programs & Services Winter 2019



Watch for our "Fun for All"
FREE programs!
See inside for details



President's Message

On behalf of Britannia Community Centre board of directors we want to extend congratulations to Gwen Geisbrecht for her election to Vancouver Parks Board! Gwen has a proven track record of working to build inclusive community centres and neighbourhoods and we wish her well as she elevates her work to the Vancouver Parks Board, well done and deserved Gwen. In addition we also want to recognize Britannia's director Juan Carlos Maldonado for running in this election, although not successful this time, we all appreciate the dedication and commitment all candidates put forth to help develop and support our neighbourhoods in Vancouver. Of course I would be remiss if we did not recognize VPB representative to Britannia Community Centre, Stuart McKinnon who got re-elected. We clearly have an abundance of dedicated folks around Britannia's board who are willing to step up and advocate for building stronger inclusive neighbourhoods.

In our recent election 3 community centres, Britannia, Ray Cam and Strathcona along with Grandview Woodlands Area Council, Kettle Society and Aboriginal Life In Vancouver Enhancement (ALIVE) combined our time and resources to host 4 events, titled "East Van Votes", to inform and engage our residents with candidates to mobilize our informed residents to ensure they vote. As the dust settles from the election, we will continue to outreach to newly elected politicians and seek their support as we move forward with Britannia Renewal and we prepare for the next phase of community resident engagement. We continue to advocate for more resident engaged processes and through our participation in the Our Place collective impact strategy we are seeking a new governance model, one in which the residents have more say in all aspects of community development. We are working now to develop a youth lens on governance and how we can improve active youth engagement in areas that impact their well being through the place based governance approach.

As normal at Britannia, we have a full slate of programs, services and events over the next few months and many folks are working behind the scenes to make it happen, particularly the large number volunteers from the community whom we could not do this work without. We are forever grateful to the time and efforts of our folks who continue to come out to support building our neighbourhood.

Scott Clark
Coast Salish
President, Britannia Board of Management

Board of Management

Britannia Board meetings are held on the 2nd Wednesday of the month (no meetings July and August). 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:	Scott Clark
VICE PRESIDENT:	Ingrid Kolsteren
TREASURER:	John Flipse
MEMBERS AT LARGE:	Annie Danilko Freya Kristensen
DIRECTORS:	Susanne Dahlin Pamela Dudas Levi Higgs Vera Jones Juan Carlos Maldonado Craig Ollenberger Andrew Phillips Naina Varshney
STAFF REPRESENTATIVE:	TBD
AGENCY REPRESENTATIVES:	VSB Alec MacInnes VPB Peter Odynsky VPL Megan Langley
EXECUTIVE DIRECTOR:	Cynthia Low
MANAGER OF ADMINISTRATIVE SERVICES:	Jeremy Shier
MANAGER OF CHILD CARE SERVICES:	Rachel Day

Membership Information

Participate in recreation programs you must be a member of Britannia Centre. Membership is valid from:

Sep 1, 2018 to Aug 31, 2019.

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 22, 2019
- 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 for programs
- Free access to Fitness Centre on Tuesdays & Fridays, 10:00am-12:00pm

Annual General Meeting

This year our AGM of the Society will be held on Wednesday, May 22, 2019. You must be a member in good standing 14 days prior to the meeting, having purchased your membership card by Wednesday, May 8 at 9:00pm.

If you are interested in being part of our community Board, call Cynthia Low at 604.718.5815 or email cynthia.low@vancouver.ca.

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 x^wməθk^wəyəm (Musqueam), s^kwxwú7mesh (Squamish) and selilwitulh (Tsleil-Waututh).

Cover photo: . Shoreline Cleanup at New Brighton Park by Britannia volunteers to celebrate the World Rivers Day in September 2018

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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 Marie at 604.718.5830 or email marie.beesley@vancouver.ca

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

Gym/Room Rentals: Contact Paul or Wally at 604.718.5812 or email paul.morton@vancouver.ca or wally.tarrant@vancouver.ca

Facility Rental Fee Policy:

Effective January 1, 2018, full rental fees will be collected at time of booking. We cannot hold a space until payment is received in full. Once you have rented space from us a minimum of 3 times within a 6 month period and are in good standing, you can apply to become a regular user at which time, rental fees can be collected on the day of your event/programming.

Cancellations/Refunds: 48hrs Notice: full refund Less Than 48hrs Notice: no refund

Note: If paying by cash, refunds over \$25.00 are issued by cheque only and can take up to two weeks for processing.

Winter 2019 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 18	Family Day	CLOSED

Pool & Fitness Centre

Dec 24	Christmas Eve	6:30am-5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-5:00pm
Dec 31	New Year's Eve	6:30am-5:00pm
Jan 1	New Year's Day	1:00-5:00pm
Feb 18	Family Day	1:00-5:00pm

Rink

Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-3:30pm
Jan 1	New Year's Day	1:00-3:30pm
Feb 18	Family Day	1:00-3:30pm

Registration Information

Register Online at britanniacentre.org

Registration starts at 9:00am on Tuesday, December 4, 2018.

You must have a current Britannia Society membership to register for all Britannia programs. The membership year runs from September 1, 2018 to August 31, 2019.

Membership fees will automatically be added to your online purchase.

See page 2 for membership information.

Register in Person

Registration starts at 9:00am on Tuesday, December 4, 2018.

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 Friday	9:00am-6:30pm
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 4, 2018.

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

Refund Policy

- 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 for which a refund is requested. 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 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 (One activity, per Person, Per Site, Per Season).

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 of up to 25% of course costs for certain programs by completing an application for subsidy.

Licensed Child Care Subsidy

[Provincial Child Care Subsidy](http://www.mcf.gov.bc.ca/childcare/application.htm) 1.888.338.6622 (<http://www.mcf.gov.bc.ca/childcare/application.htm>)

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 at our front desk about our other subsidies.

Community Resilience

EAST VAN RESILIENT

www.britanniacentre.org/community/resilience



Community Resilience is the ability of a community to respond to and recover from both chronic and emerging physical, economic, and social challenges. This ranges from traditional earthquake and emergency preparedness to tackling problems of inequality, isolation, and opportunity gaps. Community resilience is developed through community members coming together to address the challenges they identify in their neighbourhood, creating networks of connection and support, and developing strategies to create a better community for everyone.

The Grandview Woodland Community Resilience Project is guided by a steering committee of community volunteers. The project is supported through a partnership between Britannia Community Services Society and the City of Vancouver.

Our work involves:

- providing resources and support to existing neighbourhood groups and networks
- working with community members to create new opportunities for community development
- identifying the assets and challenges specific to our community
- working with the community to support and develop strategies to build local resilience

We are all East Van Resilient. We hope you will consider getting involved.

- Join the Grandview Woodland Resilience Steering Committee
- Find us online: www.britanniacentre.org/community/resilience
- Subscribe to our project newsletter
- Participate in one of our resilience activities with your family, friends, coworkers, or club (find activity packages on our webpage)
- Get in touch! Share your community resilience project or idea with us.

If you have questions, comments, or are interested in being involved please contact the project coordinator.

Lindsay Grant; Lindsay.grant@vancouver.ca, 604-718-5800 ext 1

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



Empty Homes Tax: Declare by February 4

Because a home should be lived in.

It's that time of year again! Every homeowner needs to make an Empty Homes Tax declaration, even if you live in your property.

Visit vancouver.ca/eh or phone **3-1-1**



Britannia Committees

Arena Committee

1st Tue/mo 6:30pm Jan 8, Feb 5, Mar 5
Contact: Susy Bando 604.718.5836

Board of Management

2nd Wed/mo 6:00pm Jan 9, Feb 13, Mar 13
Contact: Cynthia Low 604.718.5815

Arts & Culture Committee

1st Thu/mo 7:00 Jan 10, Feb 7, Mar 7
Contact: Ellen Paterson 604.718.5825
(Jan meeting only - 2nd Thu/mo)

Childcare Committee

Call of the chair
Contact: Rachel Day 604.718.5816

Planning & Development Committee

3rd Wed/mo 7:00pm Jan 16, Feb 20, Mar 20
Contact: Cynthia Low 604.718.5815

Pool & Fitness Committee

Bi-monthly 7:00pm Feb 26, Apr 24
Contact: Marie Beesly 604.718.5830

Seniors, Elders & Advocates (SEA) Committee

3rd Wed 3:30pm Jan 16, Feb 20, Mar 20
Contact: Anne Cowan 604.718.5837

Youth Committee

Call of the chair
Contact: Tom Higashio 604.718.5826

Reconciliation in Action Committee

Call of the chair
Contact: Cynthia Low 604.718.5815

Volunteer Committee

Last Wed/mo 4:00pm Jan 30, Feb 27, Mar 27
Contact: Yao Zhang 604.718.5860



The Britannia Renewal Project continues to move forward with support from the community and our partners at the Vancouver Park Board, Vancouver School Board, City of Vancouver, and Vancouver Public Library. Over the summer, the Britannia Renewal Master Plan was unanimously passed by Vancouver City Council with the recommendation that we continue to work together for a renewed Britannia Community Services Centre. Funding to continue on with the project was approved through a referendum on the most recent (Oct 2018) municipal election ballot.

Our next major step is to develop more detailed design plans to begin the rezoning process. The Britannia site will need to be rezoned to allow for new uses, building form, and height. Community consultation will be ongoing through this stage of the process and we hope you will consider becoming involved. Check our website (www.britanniarenewal.org) for project updates or sign up to receive notifications of upcoming events directly to your inbox. You will also find project reports and documents, including the Britannia Renewal Master Plan, and the Society's official response archived in our resource library.

The Planning and Development continues to meet to guide the Britannia Renewal process and our meetings are always open to the public. We meet regularly on the third Tuesday of the month in the Britannia Info Centre (1661 Napier). We hope you will get in touch! Email us at info@britanniarenewal.org

Upcoming meetings:

3rd Tue/mo 7:00-9:00pm Jan 15, Feb 19, Mar 19





Fun For All!

Britannia operates a wide range of programs. The Board of Management is committed to ensuring that people have access to programs and that fee structure is not a barrier to members of the Grandview Woodlands Strathcona Community. Our "Fun for All" programs are intended to be barrier free & inclusive. Many are free or run on a pay-what-you-can basis. Here is a quick summary of activities that you will find in this program guide and ask at the Information Centre about our other subsidies.

Special Events - Winter 2019 (Jan-Mar)

Art Gallery Opening Receptions	p.8	Wed	Dec 5, Jan 2, Feb 6, Mar 6	6:30-8:30pm	Britannia Art Gallery	Free
Artist Talk: Artifacts: Exploration of Memory	p.8	Wed	Feb 13	7-9pm	Britannia Art Gallery	Free
Holiday Decor Workshop	p.9	Sat	Dec 8	12-4pm	55+ Centre	Free
Winter Solstice Coffee House	p.9	Sun	Dec 16	7-9:30pm	55+ Centre	Free
Spring Equinox Coffee House	p.9	Sun	Mar 17	7-9:30pm	55+ Centre	Free
Heart Garland Workshop	p.9	Sat	Feb 9	1-4pm	55+ Centre	Free
Earthquake Preparedness Workshop	p.9	Tue	Feb 5	7-8:30pm	Conference Room	Free

Winter Programs & Workshops - Winter 2019 (Jan-Mar)

Free Youth Swim	p.17	Fri	Dec 7, Jan 4, Feb 1, Mar 1	8-10pm	Brit Pool	Free
Preteen Girls Club (10-13 yrs)	p.17	Thu	Jan 10-Mar 14	6:15-8pm	Preteen Centre	Free
Preteen Guys Night (10-13 yrs)	p.17	Wed	Jan 15-Mar 12	6:15-8pm	Preteen Centre	Free
Indoor Soccer (11-18yrs)	p.17	Tue	Jan 8-Mar 26	5:30-8pm	Gym D	Free
Drop-in Open Gym (11-18yrs)	p.17	Fri	Jan 5-Mar 29	4:30-6:45pm	Gym C	Free
Feast of Flavours (13-18 yrs)	p.18	Tue	Jan 8-Mar 26	4-6:30pm	55+ Centre	Free
Latin Cooking (11-18yrs)	p.18	Thu	Jan 3-Mar 28	4:30-6:30pm	55+ Centre	Free
BC Wheelchair Basketball (16+yrs)	p.19	Fri	Jan 4-Mar 29	6:45-9pm	Gym D	Free
Basketball Drop-in (16-24 yrs)	p.19	Sun	Jan 6-Mar 31	12-1:50pm	Gym C	Free
Big Screen Movie Night (13-18yrs)	p.19	Wed	Ongoing	7-9pm	Teen Centre	Free
Canucks Game Night	p.19	Fri	Various	7-9:30pm	Teen Centre	Free
EastVan's HipHop Drop-in	p.19	Wed	Ongoing	5:30-9:30pm		Free
First Friends (11-19yrs)	p.21	Sat	Ongoing	12-4pm	Teen Centre	Free
Greenhorn Music Project (12-17yrs)	p.23	Mon	Jan 7-Mar 11	3:30-5pm	Rink Mezz	Free
Solidarity Notes Labour Choir	p.23	Sun	Jan 6-Mar 31	10:30am-12:30pm	LRC	Free
Stretch Therapy Free Trial Class	p.24	Wed	Jan 2	9:15-10:30am	CFEC	Free
Zumba Free Trial Classes	p.26	M/W	Jan 7,9	6-7:15pm	Gym C	Free
Indigenous Men's Drum Group	p.31	Tue	Ongoing	5-7pm	FAR/ sxqelewan	Free
Indigenous Elders and Others	p.31	Wed	Ongoing	12:30-4pm	55+ Centre	Free
Elders Craft Collective	p.31	Thu	Ongoing	1-4pm	55+ Centre	Free
Social Saturday Potluck	p.31	Sat	Jan 26, Feb 23, Mar 30	2-5pm	55+ Centre	Free
Friday Wellness (55+)	p.31	Fri	Ongoing	10am-4pm	55+	Free
55+ Book Club	p.31	Wed	Jan 16, Feb 20, Mar 20	2:45-4:45pm	Library	Free
Elders Indigenous Book Club	p.31	Fri	Jan 4, Feb 1, Mar 1	2-3:30pm	Library	Free
Classic Chinese Dance (55+)	p.32	Sun	Jan 6-Mar 24	10am-12pm	CFEC	Free
Community Dance Art Group	p.32	Wed	Jan 9-Mar 27	2-4pm	CFEC	Free
So You Want to Dance (55+)	p.32	W/Th	Jan 9-Mar 28	10:30am-12:30pm	CFEC/Mat Rm	Free
Social Ballroom Dance (55+)	p.32	Fri	Jan 11-Mar 29	2-4pm	CFEC	Free
Computer & Internet	p.32	Mon	Jan 14-Mar 4	10am-3pm	55+ Centre	Free
Sunday Night Movie Series	p.32	Sun	Jan 6-Mar 24	6-9pm	55+ Centre	Free
Vietnamese Program (55+)	p.33	Tue	Ongoing	9am-3pm	55+ Centre	Free

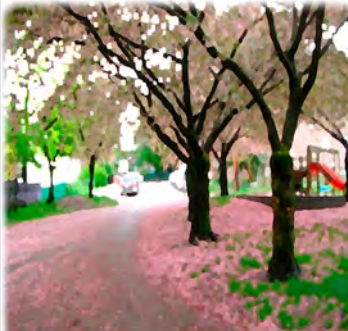
Recreation Facilities

Free for Britannia Members	p.34	Tu/Fr	Ongoing	10am-12pm	Fitness Centre
Free Public Swim (All Ages)	p.36	Tu/Th	Ongoing	3-4:55pm	Britannia Pool
Free Skates - various	p.39	Th/Fr	Sep-Dec	Various	Britannia Arena
Holiday Free Skate Events	p.40	Dec 26, Jan 1, Feb 18		1-3:30pm	Britannia Arena

Art Gallery

Exhibitions

Jan 2-Feb 1



Adanac Park Inkjet print



The Highrise That Ate Vancouver II
Oil on Board

The Seasons of Vancouver, a photo essay by **John Wang**
The Highrises That Ate Vancouver, oil paintings on board by **Deanna Fogstrom**

Feb 2-Mar 1



Verena Fox, assemblage/collage

Artifacts: Exploration of Memory, Assemblage/Collage by **Bernadine Fox**

Artist Talks



Artifacts: Exploration of Memory by Bernadine Fox

Wed 7:00pm Feb 13
Art Gallery

March 6-29



Together, mixed media painting,
Mixed media painting



Toast Living on Air
Mixed media assemblage

Restoration, mixed media paintings by **Joanne Probyn**
Stories, mixed media Artists Books and Acrylic Paintings by **Alexis Greenwood**

Workshops

Memory Box Workshop

This workshop will explore the use of objects as depositories of memory. Participants will be guided through the process of making their own Memory Boxes. There will be discussion that will lead into the process of prompting the recall of familiar details that pertain to their object and then making their own personal memory boxes.

Materials to bring: Shadow box frame, Ikea sells 10x10 but any frame will do. Bring an item or two that triggers a memory, any paint colour that is important to them, coloured paper, text cut out from magazines or magazines. All items must be nontoxic. Participants must bring their own frames.
Materials Provided: Various types of glue, paint, magazines, yarn, paper, stencils. All items will be nontoxic.

Sun 1:00-4:00pm Feb 17
RAR \$10/1 sess
193489 B.Fox



Japanese Box Making for Beginners

Learn to make a small box ideal for storing trinkets, treasures or as a one-of-a-kind gift box. Participants will use an historical Japanese technique to construct a sturdy box that's too beautiful to put away. No prior experience is necessary. Please bring materials for note taking. All supplies and tools will be provided. Suzan Lee is a professional artisan, known for her handmade books and her work as an excellent workshop facilitator teaching a variety of book binding techniques.

Sun 12:30-4:30pm Mar 3
RAR \$10/1 sess
193495 S.Lee

Special Events

Holiday Décor Workshop 2018



Celebrate the season by making your own holiday décor items, gifts and art projects. Local artists Rebecca Graham, Paula Luther, Helen Spaxman and Diane Wood will be instructing in a variety of media. All materials provided. All ages.

Sat 12:00-4:00pm Dec 8
55+ Centre Free

Gingerbread House

Bring up to 4 members of your family, to build a graham cracker gingerbread-style house. Candies, dried fruit, royal icing 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. All children under 12yrs, must remain accompanied by a parent or guardian.

Sun 1:00pm-3:00pm Dec 16
CFEC \$6/1 sess
184076 H.Spaxman



The Solstice Equinox Coffee House Series



A hidden gem of entertainment that happens 4 times a year on or close to the 2 Equinoxes and 2 Solstices.

6th Annual Winter Solstice Coffee House 2018:

Come celebrate the return of the light with a cozy evening of live music featuring The Carnival Band Small Ensembles, City Opera Vancouver, Sudanda, refreshments and more! A great night to unwind during the hectic holiday season.

Sun 7:00-9:30pm Dec 16
55+Centre Free



4th Annual Spring Equinox Coffee House 2019:

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 17
55+ Centre Free



Earthquake Preparedness Personal & Family FREE



We all witnessed the earthquakes in Mexico City, New Zealand and Italy and saw the devastation caused. 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. Although this program is FREE, please register so we know you are attending.

Tue 7:00-8:30pm Feb 5
Brit Conf Room City of Van NEPP 197502 Free

Heart Garland Workshop 2019



An annual favourite returns, this year with heart garlands. We will create garlands of love, with a myriad of collage, colour, text and sparkle options in this hands-on workshop. String your love for all to see, keep as a sweet offering to self, or somewhere in between. Expect creativity, laughter and the cultivation of love. All ages are welcome. All materials supplied. Facilitated by Paula Luther, East Van community artist and instigator of good things.

Sat 1:00-4:00pm Feb 9
55+ Centre Free

Grandview Garden Club

Grandview Garden Club meets at 7:00pm on the second Thursday of each month in the Brit Learning Resources Centre (under the library). 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.

<https://grandviewgardenclub.blogspot.ca>

Beyond the Blue Box: Plastics Recycling at Britannia

Every third Saturday of the month, Britannia Centre sponsors a plastics recycling depot located in the back parking lot at Britannia, where recyclers can dispose of the plastic items the City of Vancouver can't take. Pacific Mobile Depots (PMD), based in Victoria, collects plastics and other materials, then sells them to small BC factories to repurpose: <http://pmdrecycling.com/>.



For a small price, you can get rid of plastic bags in your cupboards, broken plastic toys in the basement, and a host of other items such as styrofoam, foil-lined materials, and metal objects. So bring your plastics/metals/solid foam, and they will get a new purpose in life. What's not to like? Proceeds go to PMD and Britannia Centre.

Sat 9:00am-12:00pm Jan 19, Feb 16, Mar 16
\$1.00 small bag/ \$1.75 half garbage bag

Britannia Parking Lot
\$3.50 full garbage bag

Special Event Volunteers Needed

We are currently looking for special event volunteers to help us with the execution of these community events. Special event volunteers assist on the event day for set-up, guest assistance, registration, greeting, waste recycling and event take down. Volunteers who would like to participate in event planning can contact the Volunteer Coordinator directly. If you are interested, please contact Yao at 604.718.5860 or by email at yao.zhang@vancouver.ca

Licensed Child Care

Five Child Care Centres – Spaces available, apply today

*All programs CLOSED on statutory holidays

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 and abilities to deal appropriately with emotions.

About our Staff

All of our staff are qualified as Early Childhood Educators, Special Needs Educators, Child and Youth Care Counsellors, or are Responsible Adult certified. Our staff is made up of a child care manager who is responsible for all 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 and 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 part of the daily routine.

Mount Pleasant Child Care

960 East 7th Avenue Wade Forbes 604.718.5844
Email: mountpleasantchildcare@shawbiz.ca
Hours: Mon-Fri 7:30am-6:00pm
FEES: \$904/mo
Lunch & am/pm snacks provided



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



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 allow children the freedom and support to develop 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
 Email: mountpleasantchildcare@shawbiz.ca
 Hours: Mon-Fri 7:30am-6:00pm
 FEES: \$854/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: \$965/mo
 Snacks provided

Aboriginal Family Support Program

The Family Support Worker offers community-based services that assist and support parents in their role as caregivers. The family support worker aims to promote parental competency and strengthen child and family life, leading to healthy child and family development and independence. We offer support for meetings with schools, healthcare professionals, and family court. The family support worker assists in connecting parents and families with community stakeholders and making referrals to other relevant programs and agencies. The family support worker also runs parenting education groups throughout the year, such as, Nobody's Perfect and My Tween and Me.

Aboriginal Child & Family Support Services
 Co-location: Britannia Community Services Centre
 Lead Agency: Vancouver Native Health Society
 Contact:
 Monica Howard: 604.873.6625 or email monica.acfss@vnhs.net

Community Action Program for Children (CAPC)

The Community Action Program for Children (CAPC) is a community-based children's program that promotes the healthy development of young children (0-6 years).

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 Centres 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 \$355/mo
 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: Xpey/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: Xpey/Macdonald Elementary \$402/mo
 Hastings/Lord Nelson/Anne Hebert \$427/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)

Preschool

Arts

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! No class Feb 18

Mon 9:45-10:30am **Jan 21-Mar 11**
RAR \$65/7 sess
 193530 H.Spaxman

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 toys. No drop-ins - registration only.

Tue 9:45-10:30am **Feb 26-Mar 26**
Mat Room \$64/5 classes
 196499 Into Yoga

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 16

Sat **Jan 12-Mar 16**
CFEC \$105/9 sess
 193481 9:30-10:10am Age 2-4yrs
 193482 10:15-10:55am Age 2-4yrs
 193484 11:00-11:40am Age 3-4yrs
 193483 11:45am-12:25pm Age 3-4yrs
 193480 12:30-1:10pm Age 4-6yrs
 193479 1:15-2:00pm Age 4-6yrs

Kindergym (1-5yrs)

Run, jump and roll in a gym full of mats and indoor playground equipment. Parent supervision required. You must pay your \$2.50 drop-in fee at the pool and bring your receipt or buy a strip of 10 tickets for \$20.00 and give 1 ticket to Belinda or Olivia. Parents, please assist Belinda and Olivia at the end of the program by helping put the large equipment away. Note: We are now offering the program 4xweek Sat, Tue, Wed, Thu. All programs take place in Gym D. No class Jan 16, 19.

Sat 10:00am-12pm **Jan 12-Mar 16**
Tue-Thu 11:00-12:30pm **Jan 15-Mar 14**

Music

Music Together® - (0-5yrs)

Experience Music Together® learn how to share the joys of music-making and the powerful benefits of having music in your young child's life! Find out how important - and how much fun - your role can be! Our 9 award-winning music collections and research-based curriculum supports parents at home and keeps the music making alive all week! In our mixed age class, each child participates at his or her own level and their natural musicality is nurtured through singing, dancing, listening, watching, and exploring the musical instruments. The whole family is welcome - parents, grandparents, caregivers - for this important family music experience. 45 minutes of pure fun each week! (Parent participation is required. Siblings attend at a reduced tuition rate and children 6 months and under attend free with a registered sibling. \$60 Music Together Licensing fee is non-refundable after the first class.)

Tue **Jan 8-Mar 12** \$170/10 sess
 193509 9:30-10:15am
 193508 10:30-11:15am
 Rink Mezz **Katy**

Thu **Jan 10-Mar 14** \$170/10 sess
 193507 9:30-10:15am
 193506 10:30-11:15am
 Rink Mezz **Patrice**

Sat **Jan 12-Mar 16** \$170/10 sess
 193505 9:30-10:15am
 193504 10:30-11:15am
 193503 11:30am-12:15pm
 Rink Mezz **Monica**



Jump Into Music (6mo-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 **Jan 9-Mar 13**
 Rink Mezz \$130/10 sess
 193496 M.Lee

Wed 11:00-11:50am **Jan 9-Mar 13**
 Rink Mezz \$130/10 sess
 193497 M.Lee

Wed 1:00-1:50pm **Jan 9-Mar 13**
 Rink Mezz \$130/10 sess
 200561 M.Lee

Sports

Sportball Parent and 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 16.

Sat 11:30am-12:15pm **Jan 12-Mar 9**
Gym C \$120/8 sess
 196502 Sportball Staff

Sportball Multisport (3.5-5yrs)

Programs help preschoolers refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. No class Feb 16.

Sat 12:15-1:15pm **Jan 12- Mar 9**
Gym C \$120/8 sess
 196504 Sportball Staff



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 24-Mar 14
Rm 208 \$110/8 sess
193487 H.Spaxman

Music

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. No class March 2, 22 & 23.

Set 1

Thu 6:00-8:30pm Jan 10-Feb 7
Preteen Centre \$120/5 sess
193511
Fri 6:00-8:00pm Jan 11-Feb 8
Preteen Centre \$120/5 sess
193512
Sat 9:00am-4:30pm Jan 12-Feb 9
Preteen Centre \$120/5 sess
193513 J.Oye

Set 2

Thu 6:00-8:30pm Feb 14-Mar 14
Preteen Centre \$120/5 sess
193514
Fri 6:00-8:00pm Feb 15-Mar 29
Preteen Centre \$144/6 sess
193515
Sat 9:00am-4:30pm Feb 16-Mar 16
Preteen Centre \$120/5 sess
193516 J.Oye

Violin & Fiddle Private Lessons

These are 30 minute private violin lessons for adults and children aged 6 & up. The teaching method follows the Suzuki Method and covers classical and fiddle. 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 21 & Feb 18

Mon 3:30-8:30pm Jan 7-Mar 11
RAR \$192/8 sess
193531 S.Saunders



Sports

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). For further information check out page 28 for the Axe schedule or www.axevancouver.com. You may also contact Lori Maciel at 778.938.0469 for more information.

197578 3-6yrs	Mon/Wed	6:00-6:45pm	Jan/Feb	1 class/ wk \$120
197580 3-6yrs	Mon/Wed	6:00-6:45pm	Jan/Feb	2 classes/wk \$160
197581 3-6yrs	Mon/Wed	6:00-6:45pm	Mar/Apr	1 class/wk \$120
197584 3-6yrs	Mon/Wed	6:00-6:45pm	Mar/Apr	2 classes/wk \$160
197585 7-18yrs	Mon-Thu	5:00-6:00pm	Jan/Feb	\$170
197586 7-18yrs	Mon-Thu	5:00-6:00pm	Mar/Apr	\$170

Axe Capoeira-Introductory (13yrs+)

Try Capoeira in this introductory program in Jan, Feb, Mar, Apr, Tue/Thu 6:00-7:00pm. Classes cover all aspects of Capoeira: martial arts, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility.

202936 Jan	Tue/Thu	6:00-7:00pm	\$70/mo
202937 Feb	Tue/Thu	6:00-7:00pm	\$70/mo
202938 Mar	Tue/Thu	6:00-7:00pm	\$70/mo
202939 Apr	Tue/Thu	6:00-7:00pm	\$70/mo

All Axe Capoeira classes held at 1739 Venables, except Wed classes held in CFEC or Gym C.

Mon	Tue	Wed	Thu	Sat	Sun
7-12yrs 5:00-6:00pm	7-12 yrs 5:00-6:00pm	7-12yrs 5:00-6:00pm CFEC	7-12 yrs 5:00-6:00pm		
3-6yrs 6:00-6:45pm Beginners Intro 6:00-7:00pm	Intro 13yrs+ 6:00-7:00pm	3-6yrs 6:00-6:45pm CFEC	Intro 13yrs+ 6:00-7:00pm	Adults 11:00am- 12:00pm	Advanced Kids, All-Levels Adult 12:00-1:00pm
Adults 7:00-9:00pm Mon, Tue, Thu - 1739 Venables Wed - Gym C				7-18yrs 12:00-1:00pm	RODA Open to all students. Kids & adults

Children



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, shorts, t-shirts. All programs take place in Britannia Secondary School, 1001 Cotton Drive, Gym B. No class Jan 19, 20, Feb 16, 17.

Sat	Jan 12-Mar 23 (No class Jan 19, Feb 16)			
196523	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$81/9 sess
196524	Gym Kids	4-5yrs	2:00-2:45pm	\$81/9 sess
196527	Gym Kids	4-5yrs	3:00-3:45pm	\$81/9 sess
196528	Performance	6-9yrs	4:00-5:00pm	\$94/9 sess
Sun	Jan 13-Mar 24 (No class Jan 20, Feb 17)			
196538	Dynamic Duo	18mo-3	10:00-10:45am	\$81/9 sess
196540	Dynamic Duo	18m-3	11:00-11:45am	\$81/9 sess
196543	Performance	6-9yrs	11:30-12:30pm	\$94/9 sess
196544	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$81/9 sess
196546	Adv Gym Kids	5-6yrs	12:45-1:45pm	\$94/9 sess
196548	Performance	6-9yrs	3:15-4:30pm	\$99/9 sess
*196549	Performance Plus	9-15yrs	1:45-3:15pm	\$122/9 sess (Full)
*196550	Demo Team	9-15yrs	3:30-5:00pm	\$122/9 sess (Full)



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 children 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.

*Performance Plus and Demo Team

These programs progress from Sept 2018 to May 2019 and are presently full.

Britannia Coaches

Our fantastic, enthusiastic team of Coaches: Kasha, Shadan, Henry, Sharie, Alia are looking forward to another great gymnastics season!



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 (One activity, per Person, Per Site, Per Season). 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 of up to 25% of course costs for certain programs by completing an application for subsidy.



Britannia Micro Footie 2019

www.britanniasoccer.org

This year will be our 26th year of offering Micro Footie to the Britannia Community! We will continue Saturday game days at Vancouver's Empire Bowl while practices will continue to take place in our local fields. Registration includes playing soccer in the sunshine 2X/week, a World Cup country kit, a team photo (yes, it's back) and other fantastic surprises! Meet & greet your coach the week of April 8-11th. Check out our website at www.britanniasoccer.org for updated information or email britfootie2019@gmail.com.

Program Dates: Saturdays April 13-June 22, 2019 (no sessions April 20, 22, May 18, 20)

Program Cost: \$129/player

Registration: Jan 8, 2019 at 9:00am

- Online (www.britanniasoccer.org – follow instructions)
- In person at Britannia Info Centre, 1661 Napier Street, Vancouver

• Due to the challenging task of placing players on teams, refunds will be issued up to Feb 15, 2019. No refunds will be issued after this date.

**For more information, contact
britfootie2019@gmail.com**

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

DIVISION	AGE	GAME TIME	GAME LOCATION	WEEKDAY	PRACTICE TIME/LOCATION
200446 Beginner A Coed (80)	4-5yrs	9:00-10:00am	Empire North	Mon	5:45-6:45pm Garden Park
200447 Beginner B Coed (80)	4-5yrs	9:00-10:00am	Empire South	Wed	5:45-6:45pm Garden Park
200448 Inter 1 Girls (80)	6-7yrs	10:15-11:15am	Empire North	Mon	6:45-7:45pm Garden Park
200449 Inter 1 Boys (80)	6-7yrs	10:15-11:15am	Empire South	Wed	6:45-7:45pm Garden Park
200450 Inter 2 Girls (80)	8-9yrs	11:30-12:30pm	Empire North	Wed	6:00-7:00pm Brit Oval
200451 Inter 2 Boys (80)	8-9yrs	11:30-12:30pm	Empire South	Wed	7:00-8:00pm Brit Oval
200452 Advanced Girls (80)	10-12yrs	12:45-1:45pm	Empire North	Mon	6:00-7:00pm Brit Oval
200453 Advanced Boys (80)	10-11yrs	12:45-1:45pm	Empire South	Mon	7:00-8:00pm Brit Oval
200454 Super Adv Girls (40)	13-15yrs	2:00-3:00pm	Empire North	Tue	7:00-8:00pm Brit Oval
200455 Super Adv Boys (80)	12-13yrs	2:00-3:00pm	Empire South	Tue	6:00-7:00pm Brit Oval
200456 Sr Super Adv Boys (40)	14-15yrs	3:15-4:15pm	Empire South	Tue	7:00-8:00pm Brit Oval
200457 MF Women's Program (80)	18yrs+	2:00-3:00pm	Empire North	Thu	7:00-8:00pm Brit Oval

MINI MICROS SATURDAY MORNINGS AT GARDEN PARK

200458 Mini Micros (80)	3yrs	9:00-10:00am	Garden Park	Not applicable
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ROBSON PARK LOCATION

200459 Beginner C Coed (80)	4-5yrs	9:30-10:30am	Brit Oval	Mon	5:45-6:45pm	Robson Park
200460 Inter 1 Coed (80)	6-7yrs	10:45-11:45pm	Brit Oval	Wed	6:00-7:00pm	Robson Park
200461 Inter 2 Boys (80)	8-9yrs	12:00-1:00pm	Brit Oval	Mon	6:45-7:45pm	Robson Park

Advanced Boys, SA Boys, Sr. SA Boys! Mandatory "Team Builder" Session



In a proactive approach to balance out 2019 teams, ALL Advanced Boys, Super Advanced Boys, Sr Super Advanced Boys who have registered into the program, will need to attend a "Team Builder" session at the Britannia Oval, rain or shine.

Sun Mar 3 Britannia Oval

9:30-11:00am MF registered Advanced Boys

11:15-12:45pm MF registered Super Advanced Boys

1:00-2:00pm MF registered Sr. Super Advanced Boys

Player and Coach Meet and Greet Week Week of April 8-April 11th

This is an opportunity for the players to meet their Coach and have an informal practice. Your meet and greet will take place during your weekday practice time during the week of April 8-11th at all practice fields.

Referees

If you are interested in refereeing Footie 2018, you must email: britfootieref@gmail.com prior to Jan 10, 2019. In your email please list your certifications and experience. We will host referee training sessions various TBD dates in Feb/Mar. Boys and girls 12 years and older are welcome.

Coaches Orientation Meeting and Clinic

Coaches

These mandatory coach's sessions will be lecture format followed by a practical session in the gym or the Brit Oval. Dress to play soccer!

Sun March 31 Gym A/B and Brit Oval

9:00-11:30am Mini/Beg/Inter 1 Coaches

12:00-2:30pm Inter 2/Advanced Coaches

3:00-5:00pm Super Advanced/Sr Super Advanced

Additional Coaching Clinics (Tentative)

Coaches, you asked for more sessions so here they are! Please mark these dates in your calendar.

Session #1: Tue April 2, Gym A/B (tentative), Time TBA

Session #2: Thu Apr 4, 7:00—10:00pm, Gym A/B

Session #3: Sat April 6 OR Sun April 7, Time, location TBA

Session #4: Sun May 5, Time, location TBA

Sponsorship Donations

Join other community minded businesses to encourage Britannia's children and youth to keep active by sponsoring the 2019 Micro Footie program. If you would like to sponsor a team country, please contact: britfootie2019@gmail.com or call 604.718.5824

Children



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 19.

Sat 1:30-2:30pm Jan 12-Mar 16
Gym D \$81/9 sess
196508 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 19.

Sat 2:30-3:30pm Jan 12-Mar 16
Gym D \$81/9 sess
196510 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 No class Jan 19.

Sat 3:30-4:30pm Jan 12-Mar 16
Gym D \$81/9 sess
196513 JC.Maldonado



Traditional Kung Fu 6 yrs +

Sifu Marquis Lung and Instructor Vicky Ma will teach you Northern Shaolin traditional forms, weapon forms, sparring and self-defence. 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. Note: Class meets twice a week on Monday and Friday. No class Fri Feb 8, Mon Feb 18.

Beginner

Mon/Fri 4:30-5:45pm Jan 7- Mar 15
CFEC M. Lung/V. Ma \$165/18 sess
196557

Intermediate

Mon/Fri 4:30-6:15pm Jan 7-Mar 15
CFEC M. Lung/V. Ma \$183/18 sess
196973

Advanced

Mon/Fri 4:30-6:30pm Jan 7-Mar 15
CFEC M. Lung/V. Ma \$201/18 sess
196974

Micro Footie Sunday Indoor Development Program

MF Development is a unique coaching experience for youth players & our very own Micro Footie Academy Players who participate in the BCASL during the Fall Season. Players in MF Development learn turns, passing, taking players on one on one, skills and always small sided Futsal games. Specifically for players who want to raise their game Sessions coached by FIFA National Coach Jason Kyle. No class Feb 17.

Sun Jan 13 – Feb 24
4-5yrs 9:30-10:30am Beginners \$72/6 sess 196515
6-7yrs 10:30-11:45am \$108/6 sess 196517

Micro Footie Sunday Indoor Academy Players & Prospects

All Academy players and prospects will receive a training shirt.
Sun Jan 13-Feb 24 \$129/6 sess Gym D

Ages 9 & under who play/want to be a prospect for MF Academy team
196518 U10 11:45-1:00pm

Ages 12 & under who play/want to be a prospect for MF Academy team
196519 U13 1:00- 2:15pm

Ages 15-17 who play or want to be a prospect for MF Academy team
196520 U18 2:15-3:30pm

Daycamps

Funseekers Daycamp (6-12yrs)

There are many activities and out-trips planned for the Winter and Spring Break Funseekers programs! Come 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. All sessions will be meet in Gym D.

Winter Break

Mon, Wed-Fri Dec 24, 26-28 9:00am-
3:00pm \$80/4 sess
182241

Mon, Wed-Fri Dec 31, Jan 2-4
9:00am-3:00pm \$80/4 sess
182242

Spring Break

Mon-Fri Mar 18-Mar 22
9:00am-3:00pm \$99/5 sess
195083

Mon-Fri Mar 25-Mar 29
9:00am-3:00pm \$99/5 sess
195084

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 10-Mar 14
Preteen Centre Free
190415 Alicia

Preteen Guys Night (10-13yrs)

Guys social night to hang out with your friends and meet new friends. A self directed program with a mixture of laughter and leadership. Please pre-register.

Wed 6:15-8:00pm Jan 15-Mar 12
Preteen Centre Free
190416 Kakada

Preteen Friday Night Live

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. Meet at Preteen Centre.

Fri 6:00-8:30pm Jan 18
Bouldering at the Hive \$5/1 sess
200005

Fri 6:00-8:30pm Feb 22
Movie \$5/1 sess
200006

Fri 6:00-8:30pm Mar 15
Swim a Hillcrest Pool \$5/1 sess
200007



Special Events

Preteen Dance

DJ 2 Scoops plays the music. You and your friends have a blast. Concession will be open for sale of glow sticks, glow necklaces and snacks and pizza. Gr 5-7 only. Parental Consent Form must be completed and are available 1 week before the dance. Pay \$1 at the door

Fri 6:30-9:00pm Feb 8
CFEC \$1

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 8:00-9:55pm Jan 5, Feb 1, Mar 1
Britannia Pool Free



Drop-In Sports

Indoor Soccer (11-18yrs)

For 11-18 year old players only

Tue 5:30-8:00pm Jan 8-Mar 26
Gym D Free

Drop-in Open Gym (11-18yrs)

Fri 4:30-6:45pm Jan 5-Mar 29
Gym C Free



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 - 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 Bill prior to starting). Classes unlimited - come train as many times as you like! Boxing room is located beside Gym C.

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
196975 Jan \$75/month
(no class Jan 1)
196976 Feb \$75/month
(no class Feb 18)
196977 Mar \$75/month



Youth

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: 604.718.5828

Alicia, Barry, Celine, Chiho, Diana, Kakada, Luke, Manuel, Mark, Rebecca, Stephanie, Tom

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.

Cooking

Feast of Flavors (13-18yrs)

This is a hands on cooking program. Tuesdays 4:00-6:00pm in the 55+ Centre. Learn to create healthy, cheap and easy to cook meals. Youth are involved in planning, cooking and preparing the meals.

Tue 4:00-6:30pm Jan 8-Mar 26
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 3-Mar 28
55+ Centre Free

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.



First Friends Buddy Program (11-19yrs)

Meet youth your age and learn at the same time. The Friends First Buddy program provides you with social, recreational, and educational skills. We meet every Saturday and we participate in various activities from 2:00-6:00pm. To register and more information please contact Stephanie at 604.718.5829.

Grupo de Amigos.

- * Outings/Salidas
- * Team Building Games/Juegos
- * Workshops/Talleres
- * Fundraising/Recoger

Fondos y planiar eventos Ven a conocer jóvenes de tu edad y de varios países. El programa de Friends First te enseña nuevas habilidades en que puedes participar todos los sabados. Nos reunimos en diferentes lugares, para mas información por favor llame a Stephanie para registrarse al 604.718.5829. Subsidios disponibles para todas las actividades. Sat/Sabados 12:00-4:00pm

Sat 12:00-4:00pm Jan 5-Mar 30
TC

Drop-in Sports

Indoor Soccer (11-18yrs)

For 11-18 year old players only
Tue 5:30-8:00pm **Jan 8-Mar 26**
 Gym D Free

BC Wheelchair Basketball (16+yrs)

Fri 6:45-9:00pm **Jan 4-Mar 29**
 Gym D Free

Basketball Drop-in (16-24 yrs)

Sun 12:00-1:50pm **Jan 6-Mar 31**
 Gym C Free



Social

Big Screen Movie Night (13-19yrs)

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

Tue 7:00-9:00pm
 TC Free

Canucks Game Night

Need a place to watch the Canucks on the Big Screen? Come watch the Canuck's games in our Canucks zone! FREE BBQ at every Canucks game that lands on a Fri.!

Various 7:00-9:30pm
 TC Free



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 8:00-9:55pm **Jan 5, Feb 1, Mar 1**
 Free

Ki Aikido – Women and Trans Introductory Class (14yrs+)

Come give the "Art of Peace" a try in a supportive learning environment! Ages 14+

Thu 6:00-7:15pm **Jan 17-Feb 14**
 Mat Rm \$30/5 sess
 197621 E. Aspinwall \$8/drop-in

East Van Hip Hop Drop (12-18yrs)

Currently Based at the Britannia Caferia, for location update please go to our facebook page East Van Hip Hop Drop. All elements welcome: MCs, DJs, Breakers, Graff writers, etc.. Come freestyle, dance, make art, or just chill out with the crew!

Wed 5.30-9.30pm Free



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/instructor, unless otherwise stated. Any overnight trip has co-ed leaders and at least one trained staff in Wilderness First Aid. The cost of the outings should not prevent any youth from participating, so let staff know. 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.

Must register a min of 2 weeks in advance, registration accepted at Britannia Teen Centre only.

Sat	6:00am-6:00pm	Dec 8
Sun	6:00am-6:00pm	Jan 20
Sat	6:00am-6:00pm	Feb 2
Sun	6:00am-6:00pm	Mar 3
Sat	6:00am-6:00pm	Mar 18

\$80 ski/snowboard rental, \$65 no rental req.



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.

Cost: Free!

Dates: TBD

Bike Club Youth Drop-In (12-19yrs)

Bike Club is a free drop-in bicycle mechanics program for youth aged 12-19 that runs weekly on Tuesdays at Kickstand Community Bike Shop. The goal of Bike Club is to remove barriers to youth accessing bikes so that more youth can get riding! This fall we'll also be starting group riding and road skills workshops so keep your eyes open for our monthly workshop schedule at Britannia. **Questions? contact us at bikeclub@pedalpower.org**

- Participate in Earn a Bike
- Volunteer on shop projects
- Get support servicing their bicycles
- Hang out, eat snacks, and check out the Kickstand space

Tue 3:30-6:00pm Free
Kickstand Community Bike Shop
1739 Venables (Main Entrance at back)

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 22nd and 23rd. 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.



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. To register, please contact the Tom at 604.718.5826

Fri-Sun 9:00am-5:00pm Mar 22-24
Camp Capilano \$75.00/trip

Programa de Jovenes Latino Americanos

The Latin American Youth Project offers a number of opportunities to Latino youth 13 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 (13-18yrs) ☀️

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 5:00-8:00pm
Gym D/Gimnasio D **Free/Gratis**

Cocina Latina/Cooking Program (13-18yrs) ☀️

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 4:30-6:30pm
Familias con jovenes y niños son bienvenidas!
Families with youth and children are welcome!
55+ Centre **Free/Gratis**

First Friends Buddy Program/Grupo de Amigos (13-18yrs) ☀️

Meet youth your age and learn at the same time. The Friends First Buddy program provides you with social, recreational, and educational skills. We meet every Saturday and we participate in various activities from 1:00-5:00pm. To register and more details please contact Stephanie at 604.718.5829. Completed consent forms required.

- * 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 1:00-5:00pm
Teen Centre

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

Come and hang out with other girls! Meet new people, chit chat, have snacks, take part in fitness, wellness, and interesting workshops. Bring all your friends! Some topics we will be looking at:

- Self-esteem/Respect
- 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
4:00-6:00pm, 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:

David Thompson: Fri at lunch 11:30am Rm tba
Tupper: Tue at lunch 11:30am Counsel. Suite
Van Tech: Thu at lunch 11:30am Rm 224

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

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 acabo y a la vez hacer tus horas de voluntariado. Para más información llame al 604.718.5829.



Vancouver Latin American Cultural Choir (7+yrs)

Come sing with the Vancouver Latin American Cultural Centre Choir! Our choir meets once a week to learn and practice songs that reflect the immense diversity of musical genres from all over Latin America. Songs are 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. Everybody is welcome to participate. Join this fun community activity, sing, and make friends! Register by email to info@vlacc.ca. Registration doesn't include VLACC membership

Wed 7:00-9:00pm
55+ Centre
Songs sung in Spanish and Portuguese.

Adults

Arts

Acrylic Painting

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. All levels welcome.

Wed 5:00-7:00pm Jan 9-Mar 13
Rm 210 \$195/10 sess
193474 M.Atashzad

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. All levels welcome.

Wed 7:00-9:00pm Jan 9-Mar 13
Rm 210 \$195/10 sess
193533 M.Atashzad



Drawing Learning to See

Drawing is the foundation of all art forms (including digital and sculpture). With just a pencil and a piece of paper, drawing can transform a flat surface into a 3D work of art. To do that, one just needs a few simple techniques. This class will introduce (or re-introduce) a variety of drawing exercises designed to improve your skills while providing an analysis of what is being seen and how that is interpreted on paper. Bernadine works to help participants train their brains to draw exactly what they are seeing and produce a dramatic improvement in their drawing ability within a short period of time. No Experience Necessary. Material list available when registered.

Wed 7:00-9:00pm Jan 9-Feb 6
FAR \$115/5 sess
193490 B.Fox

Drawing Learning to See II

Building off of Drawing: Learning To See, participants will be walked through several more drawing exercises like 1- and 2-point perspective, shading techniques, and volume and tone. Using these exercises, participants will continue on their examination of learning to see. Bernadine will also give each participant a set time within the class (30 min) to get personal feedback on their work. No Experience Necessary. Material list available when registered.

Wed 7:00-9:00pm Feb 20-Mar 27
FAR \$125/6 sess
193491 B.Fox

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 22-Mar 12
Rm 208 \$190/8 sess
193518 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 23-Mar 13
Rm 208 \$220/8 sess
193517 H.Spaxman



Music

African Drumming Level 1

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

Wed 6:30-8:00pm Jan 16-Mar 6
Rm 111 \$120/8 sess
193475 R.Shumsky

African Drumming Level 2

Play traditional West African rhythms on hand drums (djembés) and bass drums (dununs). These classes are fun and concentrated. Enrolling in level two requires taking level one or permission from the instructor, who can be contacted through his website: www.drumming.ca. Drums are supplied during classes at no extra charge.

Wed 8:10-9:40pm Jan 16-Mar 6
Rm 111 \$120/8 sess
193476 R.Shumsky

African Drumming Level 3

Play traditional West African rhythms on hand drums (djembés) and bass drums (dununs). These classes are fun and concentrated. Enrolling in level three requires permission from the instructor, or having taken level 3 previously. The instructor can be reached through his website: www.drumming.ca. Drums are supplied during class at no extra charge.

Thu 6:30-8:00pm Jan 17-Mar 7
Cafeteria \$120/8 sess
193477 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 18.

Mon 7:30-10:00pm Jan 7-Mar 25
55+ Centre 11 sess
193486 T.Sars

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 18

Mon 3:30-5:00pm Jan 7-Mar 11
Rink Mezz 9 sess
 193492 B.Koch

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.

Sun 3:00-5:00pm Jan 6-Mar 10
55+ Centre 10 sess
 193529 C.Sweet

Solidarity Notes Labour Choir

Solidarity Notes Labour Choir is a group of activists who know that music is more than pleasurable sound. It's a powerful language to educate and connect us and remind us of our strength and history. Throughout history, struggles for labour and human rights have produced music that inspires and reconnects us to hope and possibility. We are a non-audition choir and welcome all people of different ages, cultures and backgrounds. For more information please contact Marion at 604. 685.5995. No Session: Jan 27, Feb 17 & Mar 17

Sun 10:30am-12:30pm Jan 6-Mar 31
LRC 10 sess
 193523

Violin & Fiddle Private Lessons

These are 30 minute private violin lessons for adults and children aged 6 & up. The teaching method follows the Suzuki Method and covers classical and fiddle. 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 21 & Feb 18

Mon 3:30-8:30pm Jan 7-Mar 11
RAR \$192/8 sess
 193531 S.Saunders

Dance

Salsa Cubana & Rueda De Casino Intermediate

Singles and couples welcome. We will continue where we left it in the Beginner/Intermediate Class and will add more moves. We will review the moves learnt in the Beginner/Intermediate 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. No class Feb 18

Mon 7:30-9:00pm Jan 28-Mar 25 Rink Mezz \$140/8 sess
 193522 K.Reyes

Salsa Cubana & Rueda De Casino- Beginner

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. 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.

Tu 7:30-9:00pm Jan 29-Mar 19 Gym C \$140/8 sess
 193520 K. Reyes

Salsa Cubana & Rueda De Casino – Beginning/Intermediate

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 30-Mar 20 CFEC \$140/8 sess
 193521 K.Reyes

Salsa Cubana & Rueda De Casino - Advanced

Advanced Salsa Cubana & Rueda De Casino Singles and couples welcome. In this class, 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 31-Mar 21 Gym C \$140/8 sess
 193519 K. Reyes

So You Want To Dance

Have you always wanted to be a dancer? Whether it be ballet, jazz, or maybe it was those "Radio City Rockets" you loved, here's your opportunity to fulfill that dream! Join us on Thursdays. No experience needed, maybe even preferred. Fun, easy and social!

199146 Wed 11:15am-12:30pm Jan 9-Mar 27 CFEC Free with registration
199147 Thu 10:30am-12:20pm Jan 10-Mar 28 Mat Rm Free with registration

Brit Community Dance Art Group

Come and have some fun in this playful and creative class of dance-making. This class is for adults of all ages including 55+, different levels, abilities and experience who like to dance and perform. This is an opportunity to join in the creative process of dance-making, in combination with other art forms such as poetry and music. Simple warm-up followed by easy and fun games designed to generate creative movement ideas. The end result will be a presentation of dances. Our class Instructor has over 20 years of experience teaching in ballet and modern/expressive dance. Emphasis on a safe, supportive and friendly environment to encourage the creative expression of all participants. Come and have some playful and creative fun, meet some wonderful people and find your expressive voice!

198909 Wed 12:30-1:30pm Jan 9-Mar 27 CFEC Free with Registration

Adults

Wellness

Stretch Therapy

Learn the contract and relax technique of PNF Stretching plus other partner assisted techniques to release fascia, tight muscles and unlock your joints so you can move with ease. These techniques are so effective, only one or two classes a week are recommended. Release your hamstrings, hips, back and shoulders to improve posture, mobility and range of motion. For more information, please visit <http://www.stretchtherapyvancouver.com/community-centres>. Drop in \$25.00.

Free Class - Wed 9:30-10:30am Jan 2 CFEC 193526 R.Cole

Set 1

Mon 7:00-8:15pm Jan 7-Feb 11
CFEC \$120/6 sess
193493 R.Cole
Wed 9:15-10:30am Jan 9-Feb 13
CFEC \$120/6 sess
193527 R.Cole

Set 2

Mon 7:00-8:15pm Feb 25-Mar 25
CFEC \$100/5 sess
193494 R.Cole
Wed 9:15-10:30am Feb 20-Mar 27
CFEC \$120/6 sess
193528 R.Cole



Workshops

Wild crafting Skin Care

Come and learn about the value of wild flowers and why wild is best! Find out how these are the best anti-aging products around and how to mix them into your daily skin care routines. You will discover how amazingly easy it is to eliminate unnecessary chemicals in skin care. Everyone will take home some freshly made skin care for themselves; scrub/bath soak/infusions

Sun 1:00-4:00pm Jan 15
RAR \$60/1 sess
198596 V.Buffalo Robe

Wild crafting Skin Care

Come and learn about the value of wild flowers and why wild is best! Find out how these are the best anti-aging products around and how to mix them into your daily skin care routines. You will discover how amazingly easy it is to eliminate unnecessary chemicals in skin care. Everyone will take home some freshly made skin care for themselves; scrub/bath soak/infusions

Sun 1:00-4:00pm Feb 5
RAR \$60/1 sess
198597 V.Buffalo Robe

Language

Spanish Beginners

Learn everyday language to enable you to converse in Spanish

Thu 3:00-4:00pm Feb 7-Mar 14
Rink Mezz \$70/6 sess
193524 C.Bermudez

Spanish Intermediate

This is for students who have taken Beginners I Spanish before and can converse in Spanish.

Thu 4:15-5:00pm Feb 7-Mar 14
Rink Mezz \$70/6 sess
193525 C.Bermudez



Volunteer Program

Britannia Community Centre is like no other facility in the Lower Mainland. Britannia's unique integration of education, recreation, library and social services supports and services the vibrant mix of cultures, age and income demographics in the Grandview Woodland and Strathcona communities.

This gives rise to a large variety of volunteer opportunities in cultural, educational, entertainment and sport activities at varied levels of commitment. The ultimate reward is the personal satisfaction achieved through participating in helping to build community in your neighbourhood. As well, throughout the year, the essential contribution of volunteers to the success of Britannia programs are recognized through special social events, appreciation parties, educational field trips and training opportunities.

Interested in volunteering with us? You can complete an application and view volunteer opportunities here by following this link: <https://britanniacentre.org/volunteer>

Tax clinic Volunteers Needed

Britannia is holding tax clinics in March and April 2019 to help low-income individuals fill out their tax returns. Our clients include families and seniors who reside in the community and new immigrants to Canada. We are looking for volunteers to prepare tax returns online. Volunteers will need to register with CRA's CVITP program, complete required training and a criminal record check. Apply before Jan 11, 2019 by completing an application form at: britanniacentre.org/volunteer

Santa's Helper at the Salvation Army (19+)

Each Christmas season, the Salvation Army provides toys to thousands of children in need. Come and join this meaningful and rewarding group volunteering experience. We will help sort toy donations and assemble family gift packs for children and family in need. Volunteers need to be fit for tasks that require standing, lifting and bending. Transportation and light snack will be provided. We meet at 11:45am at the Info Centre.

Mon 12:00-4:00pm Dec 10 Free 183452

Britannia Warming Centre – Call for volunteers

This holiday season, consider volunteering at Britannia Warming Centre, where volunteers distribute food & hot beverage to members of the public taking refuge when it gets cold outside. New volunteer applications will be accepted between Nov. 15, 2018 and Dec. 15, 2018, training will be provided, and volunteers will need to complete either a Police Record Check or an online Criminal Record Check. Please complete an online application form by following this link: <https://britanniacentre.org/volunteer>.

Info Session:

Wed	1:00-5:00pm	Nov 28	Free	183454
Thu	10:00-11:00am	Dec 6	Free	183455



Our volunteers are active in many areas! These photos are from a small sample of 2018 volunteer activities. Clockwise from left to right; Lynn doing prep work at a volunteer social, Shorline clean-up at Barnet Marine Park, serving food at a Britannia event, working on a playground mural project.

Volunteer with us by completing an online application today; <https://britanniacentre.org/volunteer>

Adults

Physical Activity

Happy New Year – Let's get Fit at Brit!

We offer Zumba, Aerobics, Dance, Salsafit and Body Conditioning! Try a Yogaflex class, play volleyball, basketball, ball hockey, soccer, Slimnastics and more! Keep active - anyone can join in on the fun!!

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Zumba 6:00-7:15pm Gym C	Volleyball 8:00-10:00pm Gym A/B	Zumba 6:00-7:15pm Gym C	Dance Aerobics* 6:00-7:00pm 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 In Training Clinic 6:00-7:30pm	Slimnastics 5:15-6:45pm CFEC		Volleyball 7:00-10:00pm Gym A/B	Badminton Gym C	Badminton Gym C	Basketball X 2 Ball Hockey

Dance Aerobics

*Buy a strip of 10 tickets and use at Thu Dance Aerobics and Sat Salsafit programs

Dance Aerobics is a great way to get your cardio in while having fun. This class is designed to get fit with easy to learn Latin, Jazz, Caribbean and Hip Hop moves! About the Instructor: Allyson is a certified Fitness Instructor and Dancer. She has performed with the Royal Winnipeg Ballet Professional Programme, the Ottawa Ballet, Les Grands Ballet Canadiens, and in the 2010 Winter Olympics in Vancouver.

Thu 6:00-7:00pm Jan 10-Mar 28
Gym C A.Riley \$4.75/drop in

Salsa Fit

An invigorating and energizing cardio combining High/Low impact aerobics with a salsa flare - great music, lots of fun. Includes a muscular strength component and stretching. Please purchase drop-in tickets at pool office \$39.40/10 tickets. No class Feb 16

Sat 10:00-11:00am Jan 5-Mar 30
Gym C \$4.75 /1 sess or
DNA Wellness \$39.40/10 tickets

Slimnastics with Gale Honey

This women's fitness class is based on speeding up the metabolism. The classes are progressive and work every part of the body. The music is tailored to each of the specific movements. Gale is a certified Metabolic Therapist with years of experience and loves to incorporate humor into her class! No drop-ins

Tue 5:15-6:45pm Jan 29-Mar 12
CFEC G.Honey \$99/7 sess
197618

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 8-Mar 26
Gym C \$4.75/drop in
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 17, Mar 3.

Sun 10:15-11:15am Jan 13-Mar 10 CFEC \$56/7 sess 197034 CLS Fitness

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 humor. Safety, back and joint care will be addressed. For further information contact Britannia at 604.718.5800(1) or claudiamacyoga@gmail.com. Drop in \$19.

Level 1 & 2

Tue 9:30-11:00am Jan 8-Mar 26
CFEC \$190/12 sess
197008
Tue 7:00-8:30pm Jan 8-Mar 26
CFEC \$190/12 sess
197009

Level 2 & 3

Thu 5:30-7:00pm Jan 10-Mar 28
CFEC \$190/12 sess
197010

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. We also integrate weights and abdominals into the end of the program. Drop in \$11, space permitting. Check out: www.zumbavancouver.ca. No class Feb 18.

Free Trial sessions:

197011 Mon Jan 7 6:00-7:15pm Gym C
197012 Wed Jan 9 6:00-7:15pm Gym C

Set I

Mon 6:00-7:15pm Jan 14-Feb 11
Gym C \$40/5 sess
197013 L.Maranhao
Wed 6:00-7:15pm Jan 16-Feb 20
Gym C \$48/6 sess
197022 D.Galay

Set II

Mon 6:00-7:15pm Feb 25-Mar 25
Gym C \$40/5 sess
197021 L.Maranhao
Wed 6:00-7:15pm Feb 27 - Mar 27
Gym C \$40/5 sess
197023 D.Galay

Sports

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 - 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 form and pay a \$75 annual insurance fee (cheque payable to Combsport will be collected by Bill prior to starting). Classes unlimited – come train as many times as you like! Boxing room is located beside Gym C.



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
196975 Jan \$75/month (no class Jan 1)
196976 Feb \$75/month (no class Feb 18)
196977 Mar \$75/month



Badminton

Total of 30 spaces (registered & drop-ins) \$5.00 drop-ins if space available. No class Feb 16 & 22.

Fri 7:00-9:45pm Jan 4-Mar 29
Gym C \$48/12 sess
196978 A.Leung
Sat 1:30-5:00pm Jan 5-Mar 30
Gym C \$48/12 sess
196979 J.Leung

Ball Hockey – Women

The focus is on fitness and fun for players of all levels. 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 17.

Sun 4:15-6:00pm Jan 6-Mar 31
Gym D \$60/12 sess
196985 B.Chu

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 9-Mar 27
Gym D \$65/12sess
196984 T. Wells

Ball Hockey – Men (40+)

This is a non-body contact program. Rough play will not be tolerated. No league players. 16 spots in total, no drop-ins. No class Feb 17, Apr 21.

Sun 6:45-8:45pm Jan 6-May 5
Gym D \$80/16 sess
196983 T.Gill

Basketball

Adult recreational basketball program. No drop-ins. No class Feb 17.

Sun 2:00-4:00pm Jan 6-Mar 31
Gym C \$60/12 sess
196981 S.Yan
Sun 4:00-6:00pm Jan 6-Mar 31
Gym C \$60/12 sess
196982 J.Luong

Pickleball

Come join in on the fun in this rapidly growing sport! Bring your own paddles and ball – and bring all your friends! Drop in \$4.00

Sun 9:00am–12:00pm Jan 6- Mar 31
Gym C \$52/13 sess
196980 P.Tsao



Soccer – Women

All types of fitness and skill levels welcome in this recreational program. 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 10-Mar 28
Gym D \$60/12 sess
196986 T.Harley

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. No class Jan 17, Jan 18.

Tue 8:00-10:00pm Jan 8-Mar 19
Gym A/B \$55/11 sess
196987 R.LeBlanc
Thu 7:00-10:00pm Jan 10-Mar 21
Gym A/B \$50/10 sess
196989 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.

Fri 7:00-10:00pm Jan 11-Mar 29
Gym A/B \$55/11 sess
196990

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 15 minutes 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.

Adults

Martial Arts

Axe Capoeira



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 and music classes (Youth have unlimited participation in adult scheduled classes as well). Child/Youth drop in \$20 (you must go to the Pool Cashier at Britannia to pay and bring the receipt to the Instructor). See page 13 for Children's Axe programs or www.axevancouver.com. You may also contact Lori Maciel at 778.938.0469 for more information.

Adult (19+)

197594	Jan/Feb	\$240
197596	Mar/Apr	\$240

Axe Capoeira-Introductory (13yrs+)

Take advantage of this one time offer to try Capoeira in this introductory program in Jan, Feb, Mar, Apr, Tue/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.

202936	Jan	Tue/Thu	6:00-7:00pm	\$70/mo
202937	Feb	Tue/Thu	6:00-7:00pm	\$70/mo
202938	Mar	Tue/Thu	6:00-7:00pm	\$70/mo
202939	Apr	Tue/Thu	6:00-7:00pm	\$70/mo

All Axe Capoeira classes held at 1739 Venables, except Wed classes held in CFEC or Gym C.

Mon	Tue	Wed	Thu	Sat	Sun
7-12yrs 5:00-6:00pm	7-12yrs 5:00-6:00pm	7-12yrs 5:00-6:00pm CFEC	Kids (7-12 yrs) 5:00-6:00pm		
3-6yrs 6:00-6:45pm Beginners Intro 6:00-7:00pm	Intro 13yrs+ 6:00-7:00pm	3-6yrs 6:00-6:45pm CFEC	Intro 13yrs+ 6:00-7:00pm	Adults 11:00am- 12:00pm	Advanced Kids, All-Levels Adult 12:00-1:00pm
Adults 7:00-9:00pm Mon, Tue, Thu - 1739 Venables Wed - Gym C				7-18yrs 12:00-1:00pm	RODA Open to all students. Kids & adults 1:00-2:00pm

Ki Aikido - General

Looking for an embodied practice that helps you deal with the stress of your daily life? Try Ki Aikido, a non-competitive practice that promotes positive well-being and helps develop calmness, stability and confidence. Improve your mind-body connection, stay relaxed and centered under pressure, and work with connection and energy to flow in dynamic movements with partners. Suitable for all ages and levels of physical ability. Try one free session anytime. For more information check out www.canadiankifederation.org. Email: info@canadiankifederation.org.

Wed	7:30-9:30pm	Jan 9-Mar 27
Mat Rm		\$72/12 sess
197004	W.Nagata	\$10 drop in

Ki Aikido - Higher Grade

1st Kyu or more advanced students. No class Feb 18.

Mon	7:30-9:30pm	Jan 7-Mar 25
Mat R		\$55/11 sess
197005	W. Nagata	\$6/drop in

Ki Aikido – Women and Trans Introductory Class

NEW

Come give the "Art of Peace" a try in a supportive learning environment! Ages 14+

Thu	6:00-7:15pm	Jan 17-Feb 14
Mat Rm		\$30/5 sess
197621	E. Aspinwall	\$8/drop-in



Older Adults Sport & Fitness

Badminton – Seniors 55+

Join those 55 years and older, for an easy relaxing way to have fun and stay fit.

Mon/Wed 11:20am-12:35pm Jan 7-Mar 27
Gym C \$22/22 sess
 197525 (No class Jan 16, Feb 18)

Tues/Thu 11:20am-12:35pm Jan 8-Mar 21
Gym C \$23/23 sess
 197532 (No class Jan 17)

Sat 2:00-4:00pm Jan 12-Mar 30
197533 Gym A \$20/10 sess
 (No class Sat Jan 19, Sat Feb 16)

Gentle Yoga 55+



Join these all-levels yoga classes for every body and ability. Yoga can improve your flexibility, mobility, and balance, as well as increase bone density and overall strength. In addition to physical health benefits, Yoga has a calming effect on the mind and nervous system. Some students report a decrease in joint pain at the end of class! Drop in \$13.

Set I

Mon 2:00-3:15pm Jan 7-Feb 11
CFEC \$60/6 sess
 197038 Joan
Wed 2:00-3:15pm Jan 9-Feb 13
CFEC \$60/6 sess
 197040 Sarah

Set II

Mon 2:00-3:15pm Feb 25-Mar 25
CFEC \$50/5 sess
 197039 Joan
Wed 2:00-3:15pm Feb 20-Mar 27
CFEC \$60/6 sess
 197041 Sarah



Sun Run In-Training 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 14, 2019. 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 1, 2019. Program will not be prorated. No refunds will be issued after Jan 25, 2019. The Instructor will inform participants on where class will be held on Feb 18 (Family Day Monday).

Mon 6:00-7:30pm Jan 14-Apr 8 LRC \$151(+GST) 198595

Foods

Kombucha 101: Fermenting Tasty Teas

Join Jennifer Lee in a hands-on workshop where you will learn to make Kombucha ! (fizzy fermented black, green or olong tea). Make your own healthy fermented tea this summer. It's like iced tea but with health benefits. Quenches your thirst too without breaking the bank! An easy way to try Kombucha and to learn how to make it yourself! She makes her own Ginger Beer, Water Kefir and sourdough!

Wed 6:00-8:00pm Feb 20
Pre-teen Centre \$15
 198411

Paella: One Pan Meal

A traditional Spanish "one pan meal". Nourishing, vibrant paella has held a place of honor and practicality in Spanish homes for centuries. Although paella is widely known for being cooked outdoors, there are creative ways for the modern chef to be enjoy this hearty dish indoors. In this class, our students will have the opportunity to participate in making a delectable seafood and veggie medley for our vegan and vegetarian cooks. Both versions will be developed. This class is a must for the entertaining chefs or families alike. It will be a feast to remember!

Wed 6:00-8:00pm Mar 6
Pre-teen Centre \$35
 198412

Sauerkraut Fermentation

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

Wed 6:00-8:00pm Mar 20
Pre-teen Centre \$12
 198409



GRANDVIEW WOODLAND
 FOOD CONNECTION

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+ Programming

Anne Cowan
Kya Prince
604.718.5837

Vietnamese Programmer

Luong Ho
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/Sun 10:00am-3:00pm

Free Programs

Registration

In-person/online

Starts Wednesday, Dec 5th at 9:00am

By Phone

Starts Wednesday, Dec 5th at 1:00pm

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. Inclusion, representation and participation of seniors and Elders. New members are welcome and encouraged.

Wed 3:30-5:00pm Jan 16, Feb 20, Mar 20
55+ Centre



Mon	Tue	Wed	Thu	Fri	Sat	Sun
Osteofit 11:00am-12:00pm Badminton 11:20am-12:35pm	Vietnamese Drop-in 9:00am-3:00pm Badminton 11:20am-12:35pm	Quirk-e 10:00am-12:00pm So You Want To Dance 11:150am-12:30pm Badminton 11:20am-12:35pm	Chinese Folk Dance 10:00am-12:00pm So You Want To Dance 10:30am-12:00pm Badminton 11:20am-12:35pm	FRIDAY WELLNESS: Easy Exercise 10:00-11:00am Blood Pressure & Sugars 11:15am-12:15pm	*No programs or classes on Statutory Holidays. *Registration is required for FREE programs and begins Wed Dec 5th at 9:00am. 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.	
Lunch Drop-in 12:00-1:00pm	Vietnamese Seniors Tuesdays Drop-in	Elders and Others Drop-in 12:00pm	Craft Collective Drop-in	Lunch Drop-in 12:00-1:00pm		
Computer Classes 1:00-3:00pm Gentle Yoga 2:00-3:15pm	Line Dancing 1:00-3:00pm (CFEC) Men's Drum Group 5:00-7:00pm	Wellness Wed. 12:30-4:00pm Gentle Yoga 2:00-3:15pm Book Club 2:45-4:45pm 3rd Wed	Elders Craft Collective 1:30-4:00pm HATTA Hat Weaving 1:30-4:00pm	FRIDAY WELLNESS: Footcare 1:00-4:00pm Indigenous Book Club 2:00-3:30pm 3rd Fri Social Ballroom Dance 2:00-4:00pm	Sat Drop-in 1:30-3:00pm Badminton 2:00-4:00pm (Gym A) NEW Potluck 3:00pm Jan 26 Feb 23 Mar 30	Sun Drop-in 10:00am- 3:00pm Classical Chinese Dance 2:00-3:00pm
	Vancouver Morris Men Dance 7:30-9:30pm					Movie Night 6:00-9:00pm

Arts & Health

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. Applications are available at the 55+ Centre from Kya or Anne.

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



Friday Wellness 55+ Centre

Exercise with Friends

Senior led video exercise with light and easy movement.

Fri 10:00-11:00am Ongoing
198990 Free

Blood Pressure and Sugars

RN Monica will chart pressures. Drop-in and see her to keep track of your health.

Fri 11:15am-12:00pm Ongoing
199215 Free



Advanced Foot Care

Available by appointment: Fri 1:00-4:00pm
RN M.Rinard 604.228.0261

Dance

Chinese Folk Dance

Traditional Chinese Folk Dancing lessons. Everyone welcome Free with registration.

Thu 10:00am-12:00pm Jan 3-Mar 28
CFEC Free with Registration
198912

So You Want To Dance

Have you always wanted to be a dancer? Whether it be ballet, jazz, or maybe it was those "Radio City Rockets" you loved, here's your opportunity to fulfill that dream! Join us on Thursdays. No experience needed, maybe even preferred. Fun, easy and social!

Wed 11:15am-12:30pm Jan 9-Mar 27
CFEC Free with Registration
199146
Thu 10:30am-12:20pm Jan 10-Mar 28
Mat Rm Free with Registration
199147 Hilary



Brit Community Dance Art Group

NEW

Come and have some fun in this playful and creative class of dance-making. This class is for adults of all ages including 55+, different levels, abilities and experience who like to dance and perform. This is an opportunity to join in the creative process of dance-making, in combination with other art forms such as poetry and music. Simple warm-up followed by easy and fun games designed to generate creative movement ideas. The end result will be a presentation of dances. Our class Instructor has over 20 years of experience teaching in ballet and modern/expressive dance. Emphasis on a safe, supportive and friendly environment to encourage the creative expression of all participants. Come and have some playful and creative fun, meet some wonderful people and find your expressive voice!

Wed 12:30-1:30pm Jan 9-Mar 27
CFEC Free with Registration
198909 Hilary

Social Ballroom Dance

This lyrical contemporary dance class is for men and women 55+ years and is for beginners and those with some previous dance experience. Our Instructor has 20+ years of experience teaching ballet and contemporary dance. Emphasis is placed on correct body alignment and muscle use. The exercises you learn are gentle, safe and progressive. Meet some wonderful people and have an enjoyable time in an expressive and artistic way.

Fri 2:00-4:00pm Jan 11-Mar 29
CFEC Free with Registration
199160

Line Dancing

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

Tue 1:00-3:00pm Jan 8-Mar 26
CFEC \$20/12 sess
199037

Classical Chinese Dance

Classical Chinese dance uses body language to express different feelings. The dances include many graceful movements with beautiful music. It is a great way to enjoy music, exercise your body and learn Chinese culture with group. (No drop-ins)

Sun 2:00-4:00pm Jan 6-Mar 24
CFEC \$20/12 sess
198915 V.Ng

Vancouver Morris Men's Dance

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

Tue 7:30-9:30pm Ongoing
Rink Mezz

Internet Lab Hours

Mon 11:00am-5:00pm
Tue 1:00pm-5:00pm
Thu 11:00am-1:00pm
Fri 11:00am-5:00pm

Income Tax Clinics at Britannia

CRA Volunteer Program

Free beginning March 1st

Make an appointment by calling 604.718.5800

55+ Older Active Adults

Social Programs



Lunch Drop-In

Noon lunch drop-in Mondays and Fridays. No need to register ahead, friendly easygoing and social. Drop-in for some social time and a full meal. (No lunch on Feb 18) .
\$5/Drop-in

Social Saturday Potluck

NEW

Once a month spend an afternoon with others. Share food, play boardgames, watch a film, do some crafts. It's up to you and everyone's welcome.

Sat 2:00-5:00pm Jan 26, Feb 23, & Mar 30

55+ Centre
199227 Free with Registration



55+ Book Club

Cozy afternoon discussion on 3rd Wednesday of each month. Pick up your book at the Britannia Library and please register at 604.718.5800 ext.1.

Wed 2:45-4:45pm Jan 16, Feb 20, & Mar 20

Britannia Library
198906

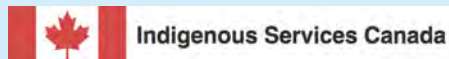
Elders Indigenous Book Club

Interested in reading indigenous stories and authors? Join us on the first Friday of the month for Elders Book Club, where we discuss great indigenous literature with other like-minded readers. Pick up book(s) at Britannia Library and register at Britannia Centre. Everyone welcome (all ages)

Fri 2:00-3:30pm Jan 4, Feb 1, Mar 1

Britannia Library
198908

Weaving Our Community Together



UPIP Urban Programming for Indigenous Peoples

The Weaving Our Community Together (WOCT) Program offers Indigenous community members opportunities for culturally based activities which promote wellbeing and belonging through connecting with cultural teachers, elders, ceremonies, traditional practices and histories.

Indigenous Men's Drum Group

Welcome Indigenous men aged 16 & up to drop-in for a weekly Drum-Circle. Including smudging and cultural teachings.

Tues 5:00-7:00pm Ongoing Family Activity Room/"sxqelewan" Free

Indigenous Elders and Others

Weekly gathering and Cultural activities; crafting, healing, ceremony and food. Enjoy peer-support, sharing, outings, skill-building and youth mentorship. Everyone welcome.

Wed 12:30-4:00pm Ongoing 55+ Centre Free

Elders Craft Collective

Inspired by the Grandma Harris Crafting group we meet every Thursday to learn new skills, brush up on our bead and leather work as Elders and others share and guide, enjoy social time and refreshments while working and playing together. Come and join us.

Thu 1:00-4:00pm Ongoing 55+ Centre Free

Connections

Elders, youth, everyone welcome! ~ Sharing Food & Cultures ~

Enjoy fun and interactive activities which foster creativity, learning, and community connectedness, in respectful, welcoming and engaging ways. Learn more about your community members, share food, stories and laughter through fun and interesting activities, cultural sharing, and Indigenous wisdom. Optional: Bring a food dish from your nation/ culture/ family to share.

Tue	3:30-6:30pm	Jan 22	Saying "Hello" in other languages
Sat	3:30-6:30pm	Feb 23	Addressing Loneliness
Tue	3:30-6:30pm	Mar 12	Coast Salish Change of Seasons - A time of renewal
200807	Brit Centre		



Registration required for all Free programs

*Registration for all FREE programs begins Wed Dec 5 at 9:00am

55+ Older Active Adults

Health & Fitness

Badminton – Seniors 55+

Join those 55 years and older, for an easy relaxing way to have fun and stay fit.

Mon/Wed 11:20am-12:35pm Jan 7-Mar 27
Gym C \$22/22 sess
197525 (No class Jan 16, Feb 18)

Tues/Thu 11:20am-12:35 pm Jan 8-Mar 21
Gym C \$23/23 sess
197532 (No class Jan 17)

Sat 2:00-4:00 pm Jan 12-Mar 30
197533 Gym A \$20/10 sess
(No class Sat Jan 19, Sat Feb 16)



Gentle Yoga 55+

Join these all-levels yoga classes for every body and ability. Yoga can improve your flexibility, mobility, and balance, as well as increase bone density and overall strength. In addition to physical health benefits, Yoga has a calming effect on the mind and nervous system. Some students report a decrease in joint pain at the end of class! Drop in \$13. No class Feb 18.

Set I

Mon 2:00-3:15pm Jan 7-Feb 11
CFEC \$60/6 sess
197038 Joan

Wed 2:00-3:15pm Jan 9-Feb 13
CFEC \$60/6 sess
197040 Sarah

Set II

Mon 2:00-3:15pm Feb 25-Mar 25
CFEC \$50/5 sess
197039 Joan

Wed 2:00-3:15pm Feb 20-Mar 27
CFEC \$60/6 sess
197041 Sarah



Strength Training 55+yrs

Beginner

This five 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 so that a confidential health screening can be done.

Fri 9:00-10:00am Jan 11-Feb 1
FC Jane S. \$24/4 sess
200010

Strength Training 55+yrs Intermediate

This five 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 so that a confidential health screening can be done.

Fri 9:00-10:00am Feb 22-Mar 15
FC Jane S. \$24/4 sess
200013



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 a specially trained Osteofit fitness instructor. Drop-in \$12 space permitting.

Mon 11:00am-12:00pm Jan 7-Feb 11
CFEC \$50/6 sess
199164 B.Bahrami

Mon 11:00am-12:00pm Feb 25-Apr 1
CFEC \$50/6 sess
199165 B.Bahrami

Sunday Night Movie Series

The Britannia Great Movies Series happens 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 Jan 6-Mar 31
55+ Centre Free

Vietnamese Programs

This program provides settlement services, and 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.

Mừng Xuân Kỷ Hợi January 29, 2019
Khai Thuê 2018: March-April 2019
Chương trình khai thuê 2018 miễn phí dành cho các cao niên và gia đình có thu nhập thấp.

Registration required for all Free programs

*Registration for all FREE programs begins Wed Dec 5 at 9:00am

Fitness Centre

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
*TGD2S ONLY Sunday	8:00-10:00am

Free with Britannia Membership



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

Holiday Hours

Jan 1	New Year's Day	1:00-5:00pm
Feb 18	Family Day	1:00-5:00pm

Facility Orientations

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

Flexipass Membership

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

Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists and physiotherapists. Outside trainers will need to be registered with either the Park Board or Britannia. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$6.41 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. 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.

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	10:00am-11:30pm	Jan 12-Feb 2
Fitness Centre	Valentine H.	\$35/4 sessions
200366		

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. Successful completion of the beginner class required.

Sat	10:00am-11:30pm	Feb 23-Mar 16
Fitness Centre	Valentine H.	\$35/4 sessions
200367		

Strength Training for Adults 55+ yrs - Beginner

This five 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 December 28, 2018 so that a confidential health screening can be done.

Fri	9:00-10:00am	Jan 11-Feb 1
Fitness Centre	Jane S.	\$24/4 sessions
200010		

Strength Training for Adults 55+ yrs - Intermediate

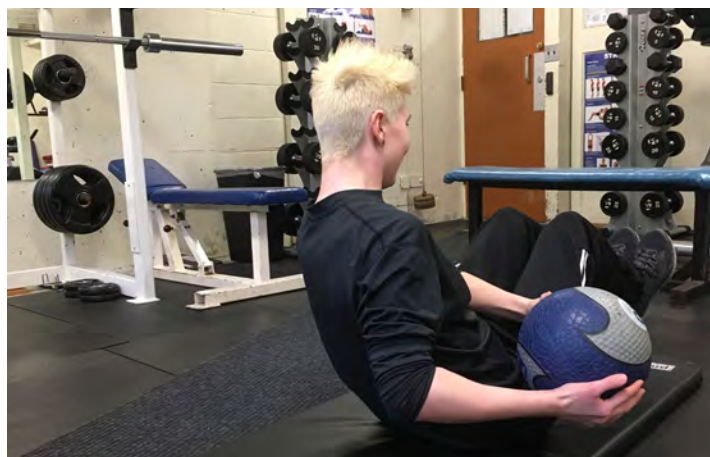
This five week course will build on the introductory strength training for seniors program and is also appropriate for individuals who have been training for a number of years. We will explore ways to intensify your cardio training and expand on your repertoire of exercises. Please pre-register by February 8, 2019 so that a confidential health screening can be done.

Fri	9:00-10:00am	Feb 22-Mar 15
FC	Jane S.	\$24/4 sessions
200013		

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. No class Feb 13

Wed	12:15-12:45pm	Jan 9-Mar 13
Fitness Centre	Manolo R.	Drop-in Fee



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

Jan 1 New Year's Day 1:00-5:00pm

Feb 18 Family Day 1:00-5:00pm

Admission Policy for Children

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

Special Events & Activities

Birthday Parties

Book the parent and tot pool for your birthday party! Maximum 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 last Tuesday evening of every other month. Please contact the recreation programmer at 604.718.5830.

Tue 6:00pm Feb 26, Apr 24

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)	\$6.10	\$48.80	\$46.18	\$125.00	\$399.00	\$3.00
Youth (13-18)	\$4.36	\$34.88	\$32.33	\$87.44	\$278.68	\$1.00
Child (6-12)	\$3.07	\$24.57	\$23.09	\$62.50	\$199.50	\$1.00
Senior (65+)	\$4.36	\$34.88	\$32.33	\$87.44	\$278.68	\$1.00
Britannia-Only Senior (55+)	\$4.36	\$34.88	\$32.33	\$87.44	\$278.68	\$1.00
Family Drop-in Rate = 1 to 2 adults of the same household and their children under 19 years of age. Minimum \$6.14 admission (GST not incl.).						
Leisure Access fitness centre admission rate is 50% off adult admission and flexipass.						



Aquatics

January 2-March 17 2019

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. Inflatable Fun Water inflatable obstacle course, portions of the pool are reserved Jan 5, Feb 2, Mar 2	
Aquafit 8:00-9:00pm	Aquafit Deep Water 8:00-9:00pm	Aquafit 8:00-9:00pm	Aquafit Deep Water 8:00-9:00pm	YOUTH ONLY 11-18yrs FREE Swim 1 st Friday of month 8:00-9:55pm Jan 4, Feb 1, Mar 1		
Adult Lessons 8:00-8:40pm	Adult Lessons 8:00-8:40pm	Adult Lessons 8:00-8:40pm	Adult Lessons 8:00-8:40pm	(no lanes, whirlpool, or steam room available)		
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			

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.

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. Jan 4, Feb 1, Mar 1



Lesson Registration

Online and in-person registration for swimming lessons and programs at all pools, for all age groups starts **Tue Dec 18 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 spring programs.
- To reset your password, go to recreation.vancouver.ca: Click "Sign In", select "Forgot 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 working days or more prior to the start of the program
- Partial refund within four working days of program start or before second class
- No refund after second class

Exceptions: No refund on one- or two-day programs.

Transfers possible prior to second class.

Private/Semi-Private Lessons (all ages)

1:1 or 2:1 with a swimming instructor for a set of lessons to improve specific swimming skills. Instructors may vary from week to week.

Private \$30/Semi-Private \$20

Parent & Tot, Children's Winter 2019 Swim Lesson Sets			
Mon - Starfish/Duck	9:00-9:30am	Jan 7-Mar 11	9 lessons
Tue - Sea Otter	9:00-9:30am	Jan 8-Mar 12	10 lessons
Wed - Starfish/Duck	9:00-9:30am	Jan 9-Mar 13	10 lessons
Thu - Salamander	9:00-9:30am	Jan 10-Mar 14	10 lessons
Fri - Sea Otter	9:00-9:30am	Jan 11-Mar 15	10 lessons
Mon & Wed - Set 1	3:45-7:00pm	Jan 7-Feb 6	10 lessons
Mon & Wed - Set 2	3:45-7:00pm	Feb 11-Mar 13	9 lessons
Fri	3:45-7:00pm	Jan 11-Mar 15	10 lessons
Sat	9:00am-1:00pm	Jan 12-Mar 16	10 lessons
Sun	11:00am-2:30pm	Jan 13-Mar 17	10 lessons

Swim Lesson Fees 2019	9 lessons	10 lessons
Parent & Tot (30 min. parented)	\$63.49	\$70.12
Preschool (30 min)	\$69.49	\$70.12
Swim Kids 1-4 (30 min)	\$56.29	\$62.12
Swim Kids 5-10 (40 min)	\$63.49	\$70.12
Adults (40 min)	\$95.44	\$105.62

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.



Swim Assessments

If you are unsure in which level to register, 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.

Aquatics

SAOIRSE SANKEY MEMORIAL AWARD for Lifeguard Training & Career Development

This award is presented to local, Britannia Youth to support their training and attaining certifications, to become employable as a Lifeguard/Swim Instructor.

Saoirse Sankey (May 3, 1992 - August 31, 2012) spent much of her short life in the waters of Britannia; from blowing bubbles as a "water baby" to years of dedicated service as a swim instructor and lifeguard. This award honours Saoirse and all those who supported her on this path. Please contact the Aquatics Programmer, at 604.718.5830, for more information, or to apply.



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). No class Feb 18.

Mon/Wed	6:30-7:30am	Jan 2-Mar 16
Sat	8:00-9:00am	
200270		\$195/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 8-Mar 12
Thu	6:30-7:45pm	Jan 10-Mar 14

One day/wk	\$60/season
Two days/wk	\$90/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 12-Mar 16
180251		\$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	Jan 11-Mar 15
Adv Swimming	3:30-4:15pm
Adv Lifesaving	4:15-5:00pm
	\$60/season

Lifesaving Programs

Canadian Swim Patrol (8-12yrs)

Training for those who are ready to go beyond learn-to-swim and learn basic lifesaving skills. Each level has three modules: Water Proficiency, First Aid, and Recognition & Rescue. 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 13-Mar 17
		\$48/10 sess

Bronze Medallion (13+yrs)

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 13-Feb 10
		\$196.44/5 sess

Bronze Cross (15+yrs)

Advanced training, incl 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 17-Mar 17
		\$196.44/5 sess

Red Cross Teen & Adult Lessons

Teen or Adult Basics 1 (13+yrs)

Learn front & back float, front & back glide with kick, front swim for 10 metres, shallow water entries & exits, deep-water activities (assisted). No previous experience required. No class Feb 18.

Mon	6:30-7:10pm	Jan 7-Mar 11
		\$99.44/9 sess
Mon	8:00-8:40pm	Jan 7-Mar 11
		\$99.44/9 sess

Teen or Adult Basics 2 (13+yrs)

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

Wed	6:30-7:10pm	Jan 9-Mar 13
		\$105.62/10 sess
Wed	8:00-8:40pm	Jan 9-Mar 13
		\$105.62/10 sess

Teen or Adult Strokes 3 (13+yrs)

Choose the stroke(s) you wish to focus on. Participation-based program, individual goals. Prerequisite: Able to swim front & back crawl 15 metres continuously and are comfortable swimming in deep water.

Tue	8:00-8:40pm	Jan 8-Mar 12
		\$105.62/10 sess

Teen or Adult Fitness (13+yrs)

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

Thu	8:00-8:40pm	Jan 10-Mar 14
		\$105.62/10 sess

Britannia Ice Rink Public Skating Schedule

Jan 8-Apr 1, 2019

Schedule subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Parent & Tot ☀️ FREE Skate 11:00-11:45am No sess Dec 27	Adult Stick & Puck 12:00-1:30pm	Learn to Skate Lessons 10:00am-1:15pm No sess Mar 16	Women's Hockey 10:45am- 12:00pm
				Adult FREE ☀️ Skate 1:45-3:00pm	Public Skate 1:30-3:00pm No sess Mar 16	Family Fun Hockey 12:15-1:30pm No sess Mar 17
		Adult Stick & Puck 3:15-4:45pm	Youth FREE ☀️ Skate 3:15-4:30pm No sess Dec 27	Child FREE ☀️ Skate 3:15-4:30pm		Public Skate 1:45-3:15pm No sess Mar 17
	Learn to Skate Lessons 6:00-8:00pm					Power Skating Lessons 3:30-4:30pm No sess Mar 17
	Adult Skate 8:15-9:30pm		*Adult Co-ed Hockey 11:15pm-12:45am	Public Skate 7:45-9:15pm No sess Jan 11		*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; please add PST to sharpening)

Adult (19-54yrs)	Youth (13-18yrs)	Senior (55yrs+)	Child (6-12yrs)	Family	Skate Rentals	Skate Sharpening
\$6.10/Drop-in \$48.80/10 visits	\$4.36/Drop-in \$34.19/10 visits	\$4.27/Drop-in \$34.88/10 visits	\$3.07/Drop-in \$24.57/10 visits	*at Child rate (Family minimum \$6.14)	\$3.02	\$5.81

- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Board operated rinks. Prices are subject to change without notice.
- 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 and Stick and Puck sessions. For 2018 Flexipass rates, go to page 35.
- Family rate is 1-2 adults from the same household and their children under 19yrs, all present at time of admission. \$3.07 per person (GST not included).

Ice Rink

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 18	Family 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.

Parent & Tot Skate

Introduce your child to skating in a fun 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 10-Mar 28
		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. No sess March 17

Sun	12:15-1:30pm	Jan 6-Mar 31
		Regular public admission rates apply

Arena Programs

Women's Hockey Program

This pick up hockey program is perfect for women who want to play hockey in a safe and inclusive environment. Encourage and be encouraged while continuing with your own hockey development. Full hockey equipment is mandatory. Limited drop-in spaces may be available. Program participants must sign in each week with the pool cashier. Drop-in participants must sign up in person with the pool cashier starting at 9:30am each Sunday. No sess Mar 17.

Set 1

Sun	10:45am-12:00pm	Jan 6-Feb 10	\$32.00/6 sess or \$6.15/drop-in
201214			

Set 2

Sun	10:45am-12:00pm	Feb 17-Mar 31	\$32.00/6 sess or \$6.15/drop-in
201215			

Adult Evening Hockey

Full hockey equipment is mandatory for these supervised non-contact hockey sessions for adults 19 years and older. Space is limited to 26 players and 2 goalies. Up to 20 spaces are available for monthly participants (see the program supervisor for more information), the remaining spots are available on a first-come, first serve basis. Sign-up for Thursday sessions starts at 9:30pm. On Sundays, there are limited drop-in spaces (5-7). Please sign-in and pay the program supervisor in the rink starting at 7:45 pm. *Strip tickets are not valid during these sessions

All Levels

Thu	11:00pm-12:30am	Jan 3-Mar 28	\$10.00 /drop-in*
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Intermediate

Sun	9:30-11:00pm	Jan 6-Mar 31	\$15.00/drop-in or \$50/month*
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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 9-Mar 27	\$6.15/drop-in
Fri	12:00-1:30pm	Jan 4-Mar 29	\$6.15/drop-in

Upcoming Arena Programs

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 11. All players will be assessed and placed onto teams by the league coordinators. Registration begins Mar 6.

Britannia Women's Only Hockey League

Britannia's popular Women's Hockey League will begin on May 7, with an on-ice evaluation. Games are on Tuesday evenings, May 14-July 30. The games are non-contact, non-aggressive and fun! Full hockey equipment is mandatory. Registration begins Mar 6.



Skating Lessons at Britannia

- Registration for Set 1 Winter skating lessons will begin Wednesday December 19.
- 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. A limited number of hockey helmets are available to use free of charge for lesson registrants.

Learn to Skate Lessons

The Vancouver Park Board Learn to Skate program focuses on skill acquisition through games and activities. To help you register on-line for the correct level refer to your most recent skating report card. Please refer to the specific level descriptions to determine which class best matches the skater's ability. If you are unsure of the level, have an on-ice evaluation completed at any Vancouver Park Board Rink during a public skate. Students will not be transferred if they are not registered in the appropriate level. A prorated refund would then be issued after the first class. If the lessons you want to register for are full please put your name on the waiting list. We schedule additional classes whenever possible. Please register in one (1) set of lessons only.

Preschool Program Levels (3-5yrs) - Students must be able to:

- Level 1 - no 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* - Students must be able to:

- 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.



Set 1

Learn to Skate

Tue	6:00-8:00pm	Jan 8- Feb 26
		\$48/8 sess
Sat	9:30am-1:15pm	Jan 5-Feb 23
		\$48/8 sess

Power Skating – Level 1

Sun	4:30-5:15pm	Jan 6-Feb 24
		\$57.14/8 sess

Power Skating – Level 2

Sun	5:15-6:00pm	Jan 6-Feb 24
		\$57.14/8 sess

Set II

Learn to Skate

Tue	6:00-8:00pm	Mar 5-Apr 23
		\$48/8 sess
Sat	9:30am-1:15pm	Mar 2-Apr 27
	No class Mar 16	\$48/8 sess

Power Skating – Level 1

Sun	4:30-5:15pm	Mar 3-Apr 28
	No class Mar 17	\$57.14/8 sess

Power Skating – Level 2

Sun	5:15-6:00pm	Mar 3-Apr 28
	No class Mar 17	\$57.14/8 sess

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

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.

There are 2 ways to register (Set 1):

1. Register in-person starting Wed Dec 19 at the Information Centre or Pool Cashier.
 2. Register online at britanniacentre.org starting Wed Dec 19 at 9:00am.
- Please note that skating lessons are very popular and fill-up quickly.

There are 2 ways to register (Set II):

1. Register in-person starting Wed Feb 27 at the Information Centre or Pool Cashier.
 2. Register online at britanniacentre.org starting Wed Feb 27 at 9:00am.
- Please note that skating lessons are very popular and fill-up quickly.

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 during the Learn to Skate lesson times.

Partners



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.

GWFC Volunteers Wanted

Are you interested in community food security? Would you like to help shape GWFC programming? We are seeking community members to join our Advisory Committee, which meets every 2 months. Other opportunities include cooking, school gardening, media, and communications. Call Ian if interested; 604.718.5895

GWFC FoodFit Program

FoodFit is a free 12-week program starting in January for low-income community members who experience barriers around healthy eating and physical activity but who are motivated to make lasting changes to their health. The program combines fun, hands-on cooking sessions and food-based activities with take-home recipes, easy-to-understand nutrition information, group exercise, shared meals, self-directed individual and group goal-setting, and reflection and feedback loops that monitor and reinforce individual and group progress. FoodFit respects the limits of people's circumstances, and aims to give participants simple, useful tools to navigate an increasingly complex food environment. Info: 604.718.5895.

Canning Kits to Lend

GWFC has canning kits to lend to community members wanting to can at home. Kits include 21 quart canner, canning rack, jar lifter, funnel and lid lifter.

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 12-14 varieties of fruits and veggies. Pick-up your box at Britannia Community Centre. Register: 604.718.5895.

Please call Ian at 604.718.5895 to register or for more information. Also check out our food workshops on Page 29.



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.

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 (Xpey/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 community 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

Teen Bike Club

FREE drop-in bicycle mechanics program for folks aged 12-19 years old where youth can either work on their own bikes with support or volunteer on shop projects. Contact bikeclub@pedalpower.org for more info!

Tue 3:30-6:00pm
1739 Venables. Basement entrance on Commercial Drive.
eastvankickstand.org

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

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, Britannia Secondary
Mon 9:30am-2:30pm

English for Speakers of Other Languages

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

Math Foundations 1-7

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

English Foundations 1-4

CFEC Rm 109, Britannia Secondary
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, Britannia Secondary
Tue 10:00am-12:00pm

ECE Assistant Program

CFEC Rm 110, Britannia Secondary
Winter/Spring 2019
Wed 11:00am-3:00pm



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 Fee: \$3 per visit per family.

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.

Note: that Tuesday afternoon drop-in session is for our new "Baby and Me" Drop-in for parents and infants to pre-walking.

Closed: Dec 24-Jan 4, Feb 18.

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

Education, Support & Resources

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

- **NEW! Baby & Me Drop-in:** for parents with infant's newborn to before-walking. Every Tues 1-2:30pm. Meet other new parents, enjoy a circle time of songs and rhymes, and listen to guest speakers on a variety of topics.
- **Parents in the Kitchen:** Parents volunteer to cook a special dish, sharing their culture and recipes with the rest of the participants. They receive a small honorarium for this. Call or email to find out more.
- **Birthday Parties at Eastside Family Place**
- **Kids' Clothing & More Sales!**

Drop by or check website calendar for dates and 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 10:15am & 11:15am Jan 8-Mar 12

Family Storytimes (18mo-5yrs)

Thu 10:15am & 11:15am Jan 10-Mar 14

Family Board Games

Tue/Wed 3:15-6:00pm Jan 8-Mar 13

Teen Advisory Group(13-18yrs)

3rd Tue/mo 3:30-4:30pm

Adult Programs:

55+ Book Club

3rd Wed/mo 2:45-4:00pm (in the library)

Elders' Book Club

3rd Fri/mo 2:00-3:30pm

One-To-One Computer Training

Tue/Wed 2:00-4:00pm, 30min blocks

Great Movies at

Britannia 55+ Centre

Sun 6:00-9:00pm Jan - Apr

SFU Philosopher's Café

Last Wed/mo 7:00-9:00pm

Pandora's Collective:

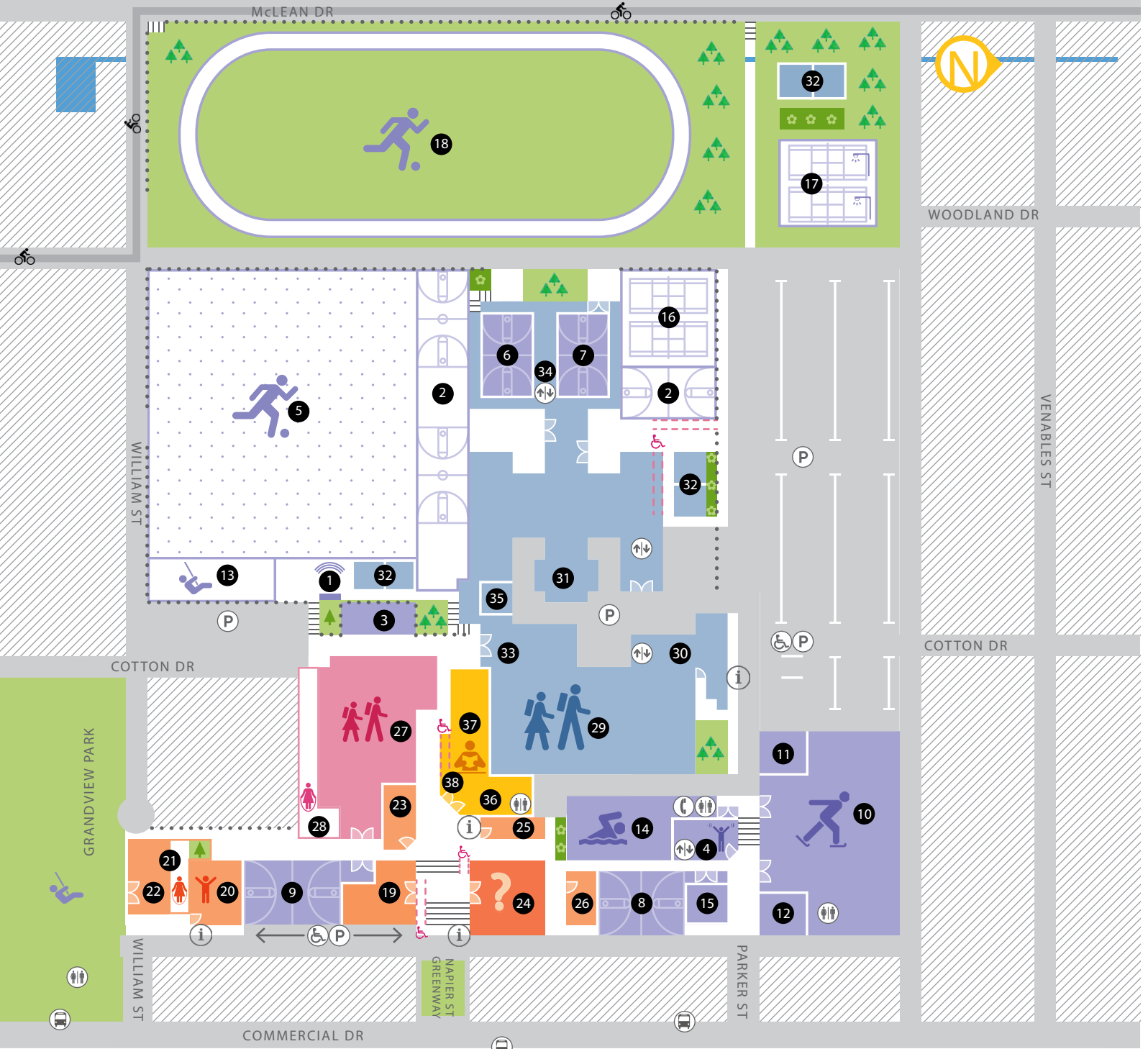
www.pandoracollective.com

Word Whips

3rd Tue/mo 6:30 – 8:30pm

Book Talks

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



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
- 27 Britannia Elementary
- 28 Outdoor Play Area

elementary school

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



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

