

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



Programs & Services  
Winter, 2013





## Board of Management

Britannia Board meetings are held on the 2nd Wednesday of the month, except 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:** Gwen Giesbrecht

**VICE PRESIDENT:** Eva Sharell

**TREASURER:** Ray Gallagher

**EXECUTIVE MEMBERS:**

Brendan Boylan,

Oliver Conway

**DIRECTORS:**

Pat Davitt, Dan Fass, John Flipse, Jim Ion,

Paul Kjekstad, Ingrid Kolsteren, Trevor

Mah, Tammyanne Matthew, Meseret Taye,

Margaret Vis

**AGENCY REPS:**

**VSB:** Geoff Taylor

**VPB:** Susy Bando, Acting

**VPL:** Barbara Kelly

**EXECUTIVE DIRECTOR:**

Cynthia Low

**MANAGER OF ADMINISTRATIVE**

**SERVICES:**

Natalie Bailey

**CHILD CARE MANAGER:**

Leah Drayton

1661 Napier Street,  
Vancouver BC V5L 4X4

**T** 604 718 5800

**F** 604 718 5858

Info Centre:

**T** 604 718 5800

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

## Message From The President

On behalf of the Board of Management, best wishes for the coming New Year! The staff, management, volunteers and partners have all been working hard this fall, once again providing excellent services and programs to community members. As we move into the new year there are once again a wide variety of programs and activities to choose from in this brochure. Take advantage of what we have to offer at Britannia to help get you started on your New Year plans! The Britannia brochure is a huge undertaking to produce, and staff at Britannia does a fantastic job of putting it all together. Last fall we made some changes to the appearance and distribution of the brochure, and welcome any feedback you have to give on the changes.

There will be some new faces around Britannia in the spring. Bob Harris announced his retirement and is no longer in the position of Community Recreation Coordinator. That position will be filled early in the new year. Bob has made great contributions to Britannia in his time here. He will be missed and we wish him all the best for his retirement. Thank you & good luck Bob! Barbara Kelly, Head Librarian at the Britannia Library will be moving to a new position with the VPL. Good luck Barbara, thank you for your energy and commitment to Britannia during your time here!

This Spring there will be a provincial election. With its on-going commitment to fostering community engagement, Britannia will again be providing a forum for discussion by hosting all-candidate meetings during the campaign. Please watch for notices and plan to attend. It is with great pleasure that I invite you to look through the brochure, find the programs that suit your needs, and plan to participate in one or more of the opportunities available to get involved at Britannia! Thank you, the community, for all your support by participating in programs that are offered at Britannia, this is what makes our mission complete.

**Gwen Giesbrecht, President**

## Membership Information

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

Membership is valid from September 2012 to August 31, 2013

**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.

### What does the Britannia Membership give me?

Voting privileges at the Annual General Meeting of the Society on May 22, 2013.

Eligibility to run for the Board of Management.

Mail-outs about Centre programs and events.

You must have a current Britannia membership to register for programs.

Free access to the Fitness Centre. Tuesdays & Fridays from 10:00am to 12 noon



## PHOTOGRAPHY CREDITS

Many thanks to the individuals who have volunteered their services and time to take photographs and submit them to use in our publication.



## Britannia Secondary

Britannia Secondary's goals are for all students to achieve academic, social and vocational success, and to continue to provide opportunities, both within and beyond the classroom, designed to foster socially responsible behavior for all. Britannia Secondary recognizes the diversity of the neighbourhood offering a community-based teaching approach, and unique classes. Due to our size, teachers are able to get to know the students on a one-on-one basis. In addition, Britannia Secondary is proud to offer numerous alternative programs which allow students to focus their learning towards specific individualistic programs. Our International Baccalaureate program is consistently ranked among the best in the world.

## Britannia Elementary

Our school enrolls approximately 190 students from Kindergarten to grade seven. As a designated Inner City school, the school has extra teachers and support staff to meet the varied needs of our students. The school follows the Ministry of Education's program for each grade. The school offers two distinct and successful direct instruction programs in the areas of reading and writing. At Britannia, all students participate in Reading Mastery, a direct instruction reading program, which occurs on a daily basis between recess and lunch and involves all school staff. In the area of writing, all grade four to seven students are involved in a direct instruction program for writing which are very successful for our students. The school receives regular positive feedback from our local secondary school commending our former students' work habits, reading ability and writing skills.

Current school goals focus on improving literacy skills and student attendance rates. Current School Plan may be reviewed on the Vancouver School Board website at [vsb.bc.ca](http://vsb.bc.ca).

### School Staff

Britannia currently has 15 teachers, ten School Support Workers, an Area Counsellor, a Youth and Family Worker and three support staff to meet the needs of our students. The staff are very proactive and take immense pride in their professions both which reflect in the positive feedback from students and parents.

### Parent Advisory Committee (PAC)

All parents and guardians are considered members of the PAC. The PAC serves as an advisory body that holds formal monthly meetings at the school to discuss PAC and school business. The PAC supports the school through fund raising, programming and special events. Parents and guardians looking for volunteer opportunities within the school must speak to the Principal.

### School Sports

Britannia students have ample opportunity to participate in school sports such as cross country running, soccer, volleyball, basketball, track and field and an annual kid's triathlon. The school also has tennis lessons with Tennis BC.

### Fine Arts

In the area of music, grade six and seven students are introduced to music with a school band program. The school band often performs at assemblies and special events. Grade four and five students often have an opportunity to learn the recorder and read sheet music. The school often has an Artist in Residence program during the year and is in the early stages of developing a relationship with the St. James Music Academy.

### Meals Program

As an Inner City school, Britannia has a daily hot lunch and breakfast program. We are often able to provide daily healthy snacks through the Ministry of education's Healthy fruit and Vegetable Snack Program, also supplemented by donations from local merchants.

### Community Connections

Situated in the heart of the Britannia Community Centre Services site, Britannia Elementary students have access to a multitude of community services such as a public library, ice rink, swimming pool, family education programs, social services and community centre programming.



## Britannia Elementary Community School

1110 Cotton Drive  
Vancouver, BC Canada  
V5L-3T5

Phone: 604.713.4497  
Fax: 604.713.8265

**Principal:** Ian Cannon

**OAA/Office:** Cecilia Mason

**District Contact:** Denise Johnson

**Trustee:** Rob Wynen

**PAC Chair:** Nadine Wilson



# Translations

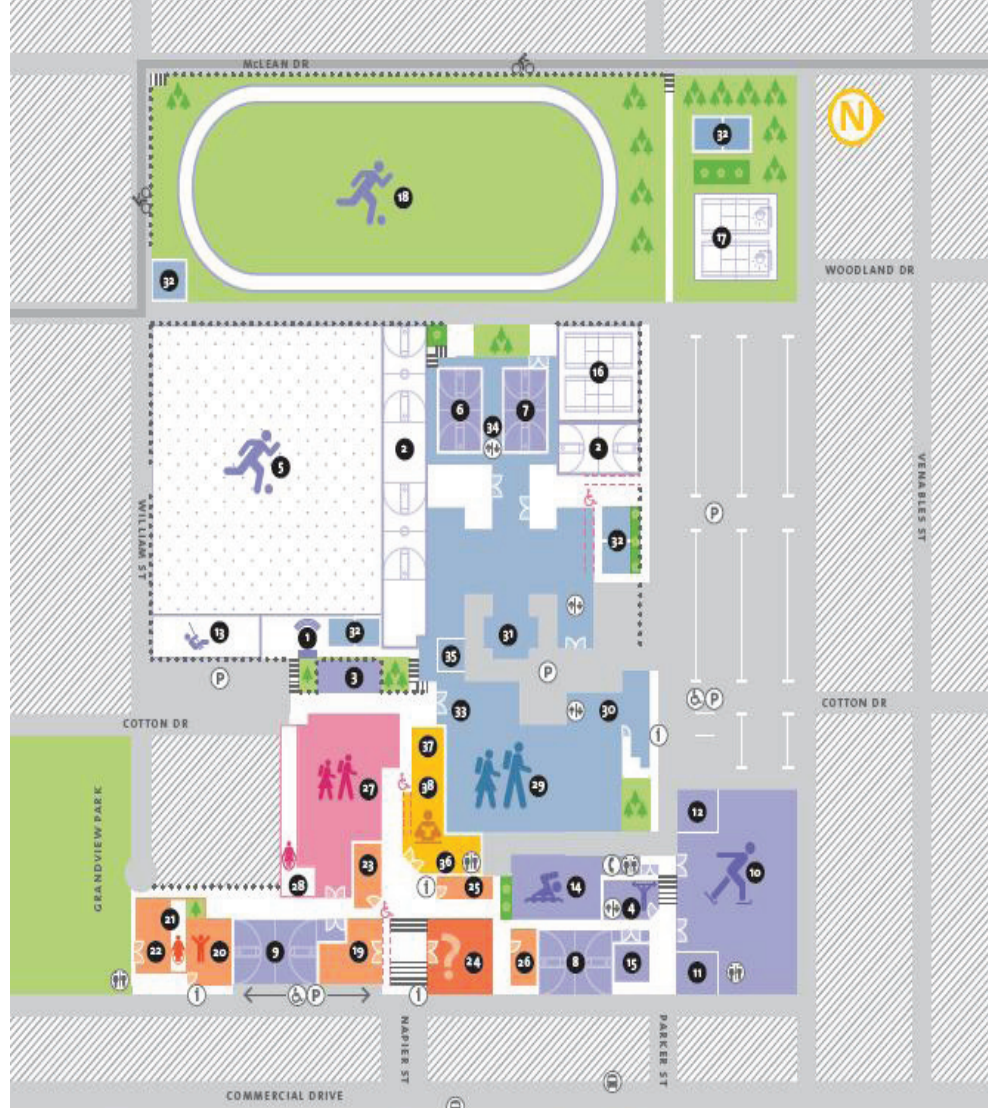
This brochure describes the activities at Britannia Community Centre, including pool, ice rink and fitness centre schedules. For information please call 604 718 5800.

La présente brochure décrit les activités qui se déroulent au Centre communautaire Britannia, y compris les horaires de la piscine, de la patinoire et du centre de conditionnement physique. Pour obtenir de l'information, veuillez appeler le 604-718-5800.

Este Folleto describe las actividades que se realizan en el cenro de su comunidad, piscinas, pistas de hielo y centros de gimnasia. tel. 604-718-5829.

Tài liệu này ghi các sinh hoạt tại Trung Tâm Cộng Đồng Britannia, gồm lịch trình của hồ bơi, sân trượt băng và trung tâm thể dục. Muốn biết chi tiết, xin gọi số 604 718 5800.

這本小冊子介紹不列顛尼亞社區中心 (Britannia Community Centre) 的活動，包括游泳池、溜冰場及健身中心的時間表。詳情請電604 718 5800。



# Contact

T 604 718 5800 F 604 718 5858  
1661 Napier Street Vancouver BC  
V5L 4X4  
[britanniacentre.org](http://britanniacentre.org)

## 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 Racquetball Court + Mat Room
- 16 Tennis Courts
- 17 Tennis Courts (lighted)
- 18 Track + Sports Field

## resources + services

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

## elementary school

- 27 Britannia Elementary
- 28 Outdoor Play Area

## secondary school

- 29 Britannia Secondary
- 30 Main Office
- 31 Auditorium
- 32 Portables
- 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 Hastings Education Centre (top flr)

***** Fence	① Wayfinding	⬆ Elevator	▨ Residential + Commercial
▬ Streets + Vehicle Access	♿ Wheelchair Access	⌂ Entrance	⬜ Gravel
🚲 Bicycle Route	🪜 Stairs	🌿 Fields + Green Space	🌳 School Garden



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# Registration Information

## Three Ways to Register for Programs

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

- Registration starts at 9:00 am on Tuesday December 11, 2012
- You must have a current membership card to register for all Britannia programs. (Current card is blue).
- The membership year runs from September 1, 2012 to August 31, 2013.

### 2) Register in Person

- Registration starts at 9:00 am on Tuesday December 11, 2012 at the Information Centre. (No Cash payments please). or
- At the Pool Cashier's Office (Pay by Cheque, Visa, Mastercard, Debit or Cash)

#### Registration Hours at the Pool Cashier are:

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

#### Registration Hours at the Information Centre are: (No Cash Please)

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

### 3) Register by Phone at 604.718.5800 ext. 2

- Registration starts at 1:00 pm on Tuesday December 11, 2012
- You must have a current Britannia membership card and a valid Visa or MasterCard at hand.
- A copy of your program registration, your credit card slip and membership card will be mailed to you upon request.

### Refund Policy

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

### 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.

### Announcing the new City of Vancouver website!

Vancouver makes online sign-up for recreation classes easier on the new website. Stop by [www.vancouver.ca](http://www.vancouver.ca) to search for and sign up for programs.

## Subsidy Policy

Britannia operates a wide range of recreation programs. It is Britannia's policy to make programs as accessible as possible to people who cannot afford to pay the full fee. Britannia would like to assist those who are not able to afford the advertised cost of certain programs or activities. At the same time, our operation needs to be financially viable. The Board of Management has approved the following for Recreation programs operated by Britannia. A person may apply for a maximum of 2 subsidies per program season. This subsidy policy does not apply to Britannia Child Care programs or products that are resalable.

### Residents of Vancouver with a Leisure Access Card

Residents of the City of Vancouver showing a current L.A.C. (Leisure Access Card) may receive up to a maximum of 50% off certain programs by completing an application form and presenting it and your L.A.C. card to a cashier at the time of registration.

### Residents of Grandview Woodland Strathcona with a Leisure Access Card

Residents of Grandview Woodland Strathcona showing a current L.A.C. card may, with the approval of a programmer, receive a further discount if needed.

### Grandview Woodland Strathcona Residents without a Leisure Access Card

Participants living in the Grandview Woodland Strathcona area who do not have a L.A.C. card and are in need of financial assistance may request a subsidy for certain programs up to 25% of course costs by completing an application for subsidy. For subsidies greater than 25% Grandview Woodland Strathcona residents need an appointment with a programmer and need to bring their **Notice of Assessment** (tax form) from the previous year from Canada Customs and Excise. Residents of the City of Vancouver outside the Grandview Woodland Strathcona area, without a Leisure Access card are not eligible for subsidy.

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

See Back Cover for a copy of the new Britannia site map

# Volunteering & Bequests



Britannia's Volunteer Program is home to over 300 active volunteers, contributing in various ways to the Centre. Opportunities to volunteer include assistance in childcare centers, in youth and seniors' recreational programs, special events, or at the board and committee level. If you'd like to contribute your skills and experience to Britannia, contact us to find out more and to get involved!

Over the next few months, we'll be recruiting volunteers for the following opportunities:

## Special Events Assistants

Assist with festival operations, set-up, take-down, and interactions with the community. Check out our website for updated positions!

**Fri Dec 21: Winter Solstice Lantern Festival**



## Saturday Unlimited Day Camp Leaders

Socialize with youth 13-19 years of age with disabilities in recreational activities. Volunteers ensure a fun and safe environment is available and provide positive interaction and opportunities for campers. \*Criminal record checks and 2 references are required.

**Sat 9:45am-3:15pm Jan-Mar**

## Micro Footie Soccer Coaches

Mentor and engage children ages 4 through 16, through sport and fair play. This program has over 100 volunteer coaches and we recruit early! No previous coaching experience required. \*Criminal record checks and 2 references are required.



**Apr- Jun: 1 hour on a week night PLUS  
1 hour on a Sat morning for games**

## Child-minding Activity Leaders

Use your special skills in knitting or pottery-making and lead a group of children in activities!

Volunteering is vital in our community. If you value the importance of giving, sharing and helping to nurture your community, consider volunteering with us.



## Some benefits of volunteering at Britannia include:

- Fun and meaningful experiences
- Respectful engagement
- Opportunities to build work skills
- Invitations to workshops or events
- Use of facilities (some conditions apply)
- Statement of Hours/Reference

For more information, contact the Volunteer Program Coordinator at 604-718-5860 or [charlene.wee@vancouver.ca](mailto:charlene.wee@vancouver.ca)

More opportunities and application forms are located on our website at [www.britanniacentre.org](http://www.britanniacentre.org)

## Bequests and Charitable Giving

### YOUR LEGACY

Everyone leaves their own unique footprint over a lifetime. A person can be remembered for service to the community, strength of character, accomplishments, generosity, kindness and compassion. Planning today to make a future gift to Britannia Society is one of the ways you can create a lasting legacy at the Centre. Your gift will help to ensure that Britannia will continue to provide greatly needed programs and services to community members.

Britannia Community Centre will accept gifts, bequests and other forms of charitable giving. People can continue to support the work of the Centre by making a charitable gift through a bequest in a will. If you are considering a bequest or other form of charitable giving, please consider Britannia Society. Contact the Manager, Natalie Bailey, at 604-718-5810.

# Licensed Child Care Information

## Five Childcare Centres For Your Convenience

### Childcare Mission Statement

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

#### About our childcare programs

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

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

**Social** - Communication and friendship skills, conflict resolution, sharing and co-operation.

**Intellectual** - Language and self-expression, problem solving, critical thinking.

**Physical** - Large muscle and fine motor skills, safety and self-care skills (health, hygiene, etc.).

**Creative** - Self expression and concept development.

**Emotional** - Development of healthy self-esteem, self-confidence, self-awareness and abilities to deal appropriately with emotions.

#### About our Staff

Our staffing component is made up of a Childcare Manager who is responsible for all the programs plus Senior Supervisors for each of the Childcare 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 childcare licensing regulations.

All staff, substitutes, students and volunteers are required to have a clear Criminal Record Search in accordance with Childcare Licensing Childcare Regulations.

## Preschool 3-5 yrs

### Kindergarten Readiness

#### Where learning adventures begin!

Highly experienced, diverse, qualified and licenced Early Childhood Educators plan and implement fun, challenging activities that will prepare children for Kindergarten entry. In order to provide a rich, caring and meaningful learning environment, Britannia Preschool teachers develop a curriculum based on individual children interests, needs and level of development. We offer morning and afternoon classes, 2-5 days per week – from September to June.

## Out-of-School Programs

Britannia, Eagles in the Sky, Grandview Terrace and Lord Nelson Child Care are our licensed childcare programs that provide care for children from ages 5 to 12 years. Our programs offer the opportunity to create, explore and socialize in an inclusive, fun, safe and nurturing environment. Our 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 our 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.



## 18mos-3yrs Toddler Program – Child Care

Mount Pleasant Child care is our only 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. All staff are qualified early childhood educators and have First Aid Training. Snacks, hot lunch and outdoor play are a part of the daily routine.

## 3 to 5 Programs – Child Care

Eagle in the Sky, Grandview Terrace and Mount Pleasant Child Care are the centres that offer child care programs for 3 to 5 year olds. The programs offer a caring, safe and nurturing environment that allows children the freedom and support to develop to their full potential. We offer multi-cultural programs that respect a variety of traditions, lifestyles, languages and cultural heritages. In our inclusive play-based programs, qualified Early Childhood Educators 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.

Programs offer a consistent yet flexible schedule providing a balance of free play and organized activities for building skills and positive self-concepts.

## Contacts

### Childcare Manager:

Leah Drayton 604-718-5816

### Britannia Out of School Care/Preschool

Randi Gurholt-Seary 604-718-5843

### Grandview Terrace Childcare

Alejandra Uribe 604-718-5846

### Mount Pleasant Childcare

Wade Forbes 604-718-5844

### Lord Nelson Childcare

Latisha Buksh 604-713-5863

### Eagles in the Sky Childcare

Susan Nelson 604-718-5856



# Licensed Child Care Information

## Grandview Terrace Family Resource Centre

2075/2065 Woodland Drive Contact: Alejandra at 604-718-5846

We offer a variety of parenting and parent/child activities in order that families can meet new people, support one another, access resources and referrals. The Family Resource Centre is a fun and safe place to come and enjoy being a parent. For additional information call 604-718-5846. Grandview Terrace Family Resource Centre is made possible by a partnership with Grandview School.



## Britannia Childcare

1661 Napier Street  
Randi Gurholt-Seary: 604-718-5843

## Preschool 3-5yrs

Mornings 9:00-11:30am  
Afternoons 12:30-3:00pm  
FEES:  
2 days per week \$175.00  
3 days per week \$247.00  
4 days per week \$350.00  
5 days per week \$422.00

## Britannia Out of School Care 5-12 yrs

September to June  
Mon-Fri 7:30am-9:00am  
3:00pm-6:00pm  
School Breaks 7:30am-6:00pm  
FEE: \$345 per month  
Closed on statutory holidays  
July & August  
Hours Mon to Fri 7:30am-6:00pm  
FEE: \$550/month

## Lord Nelson Child Care

2235 Kitchener Street  
Latisha Buksh 604-713.5863

## Out of School Care 5-12 yrs

September to June  
Mon-Fri 3:00pm-6:00pm  
FEE: \$355 per month, snacks provided  
July & August 7:30am-6:00pm  
FEE: \$550 per month  
snacks provided

## Mount Pleasant Childcare

960 East 7th Avenue  
Wade Forbes: 604-718-5844

## Toddler Program 18mos-3yrs

Hours: Mon-Fri 7:30am-6:00pm  
FEE: \$975 per month snacks provided  
Lunch program \$45 per month

## Daycare 3-5yrs

Hours: 7:30am-6:00pm  
FEE: \$755 per month, snacks provided  
Lunch program \$45 per month.

## Grandview Terrace Child Care

2075 Woodland Drive  
Alejandra Uribe: 604-718-5846

## Daycare 3-5 yrs

Mon-Fri 7:30am-6:00pm  
FEE: \$755 per month, snacks provided  
Lunch program \$45 per month

## Out of School Care 5-12 yrs

September to June  
Mon-Fri 3:00 pm - 6:00pm  
FEE: \$355 per month, snacks provided

July & August  
Mon to Fri 7:30am-6:00pm  
FEE: \$550 per month, snacks provided



## Vancouver Native Health

We have an Aboriginal Early Childhood Family Support Worker who works out of Britannia Centre. Please call Barbara Nelson at 604-718-5841.



## Eagles In The Sky Childcare 3-5yrs

485 Semlin Drive  
Susan Nelson 604-718-5856

## Daycare 3-5 yrs

Hours: Mon-Fri 7:30am-6:00pm  
FEE \$740 per month. Snacks are provided

## Out of School Care 5-12 yrs

Sept to June only (at MacDonald Elementary)  
Mon-Fri 3:00pm-6:00pm  
FEE: \$355/MacDonald Elem/with snacks  
\$375/Hastings/Lord Nelson and any other requiring transportation

## Check out the new Britannia Site Map!

Visit our website to view a PDF copy or stop by any of the Britannia facilities to pick up a tear-off colour copy!

# Special Events

## Britannia Outdoor Adventure

### Manning Park Weekend

The sound of crunching snow, the blackness of the evening sky broken by the needle points of thousands of stars. Travelling across the expanse of a frozen lake. The soothing sound of running water over rocks and under snow. The deep silence of a forest clad in a winter blanket. This is Manning, one of our most anticipated annual trips. We stay in one of the comfortable three room chalets at Manning Park Resort equipped with a kitchen and linen. The Saturday activity is left up to each person (Nordic/Alpine skiing or snowshoeing). Evening activities can include - ice skating, soaking in the indoor hot-tub, a short night-time snowshoe and a potluck dinner for our final night. Questions can be answered at the pre-trip meeting Mon. Feb. 18th 7:00 pm in the Info Centre or e-mail/call Barry. Trip meets at 5:30 pm outside the Teen Centre. Cost includes trip leaders, transportation, snowshoes, and accommodations – ski tickets, ski rental and food is extra. Limited to 12 participants. [barry.skillin@vancouver.ca](mailto:barry.skillin@vancouver.ca) or phone 604.718.5828 and leave a message.

45701.104BR

Fri Feb. 22 to Sun. Feb. 24

5:30pm

\$237



## 19th Annual Winter Solstice Lantern Festival

Fri, Dec 21, 2012

6:00-11:00pm

### Britannia Courtyard and Gym D

Produced by the Secret Lantern Society in partnership with Britannia Community Centre and the In the House Festival.

The dance of sun and earth has inspired celebrations of the human spirit, expressed through art and music throughout the ages. Our annual Winter Solstice lantern Festival is celebrated in multiple Vancouver neighbourhoods and illuminates the longest, darkest night of the year with a multicultural array of lanterns, fire, singing, music and storytelling.

Celebrate winter solstice in your very own neighbourhood as Britannia hosts a FREE community evening featuring fantastic performers and a beautiful 700-candle Labyrinth of Light. In addition, the wonderful In the House Festival offers a series of concerts scattered throughout the community in the warm and intimate setting of generous Eastside homes. Lantern processions from these homes create a gentle constellation of light as they make their way to the free festivities at Britannia.

Detailed Winter Solstice Lantern Festival flyers will be available early December at participating community centres. For updates check:

[www.secretlantern.org](http://www.secretlantern.org) [www.inthehousefestival.com](http://www.inthehousefestival.com) [www.britanniacentre.org](http://www.britanniacentre.org)



Participation in a program marked with this symbol and help Vancouver become the greenest city in the world by 2020.

Learn more about Vancouver's Greenest City 2020 Action Plan at [Vancouver.ca/greenestcity](http://Vancouver.ca/greenestcity)



### Please Do Your Doo-Doo Duty!

This 17 acre site includes a swimming pool, ice rink, an elementary school, a secondary school, a childcare facility as well as a public library and numerous buildings used for recreational purposes. The community uses these facilities on a daily basis for family activities as well as exercising their family pets. Please be considerate of others when walking your dogs and be diligent in cleaning up any feces as a result of their exercise and play time. This keeps a clean and safe environment for all the community to enjoy.



Thank You.....Britannia Recreation Dept.



# Adult One Day Workshops

## Cleanse Diets

Cleanse diets have become very popular, and the word 'cleanse' is used to refer to a wide variety of dietary practices. This talk goes through some of these different dietary practices. We go through what might be some of the benefits and potential harms of doing a cleanse, and how to investigate a claim you might see on the internet or in the health food store.

**42009.103BR**  
Sat 10:00-11:00am Feb 23  
Rm 210 Med L UBC FREE

## Detox Science Sales or Pitch?

Detoxification in an alternative medicine approach claims to remove alleged, but undefined, toxins from the body. This presentation will focus on the scientific evidence and potential risks or benefits of four common alternative detox therapies: nasal irrigation, intestinal cleansing, detox diets, and foot detox.

**42009.102BR**  
Sat 10:00-11:00am Feb 16  
Rm 210 Med L UBC FREE

## Vaccine Risks, Rewards and Controversy

Vaccines are a widely used public health tool but have recently been controversial. Concerns over autoimmune disease, autism, and adverse reactions, along with reduced rates of infectious disease, have called into question the necessity of immunization. This talk will address all of the above.

**42009.101BR**  
Sat 10:00-11:00pm Feb 2  
Rm 210 Med L UBC FREE

## Making Change..Why is it so hard?

Have you been trying to change an unwanted habit or behaviour or trying to change directions in your life but find yourself stuck? This workshop will address the common barriers we face in making changes. and give you tools to work with those bar**42007.101BR**

Tue 6:00-8:00pm Jan 29  
R Mezz C Steel \$10/1 sess

## Mindfulness - in one minute

The class teaches numerous simple and life enhancing mindfulness techniques that can be practiced just in 1 minute. For more info, visit [LearnMindfulness.org](http://LearnMindfulness.org).

**45419.101BR**  
Sat 9:30-11:30am Feb 16  
Rm 204 S Yang \$15/1 sess

## Mindful Eating

Do you eat to fight boredom, stress, loneliness or negative mood? Do you eat without knowing the taste? Discover the pleasure of eating and how to eat less. Also learn how to nourish your body and mind. Bring your own food (a snack or meal) to learn and practice mindful eating. For more info, visit [LearnMindfulness.org](http://LearnMindfulness.org).

**45419.102BR**  
Sat 12:00-1:30pm Feb 16  
Rm 204 S Yang FREE

## Mindfulness Troubleshooting

Have you encountered an unexpected obstacle or difficulty while deepening your practice? For example, too many thoughts or restless mind. This class will help you overcome obstacles and difficulties in your mindfulness practice. For more info, visit [LearnMindfulness.org](http://LearnMindfulness.org)

**45419.103BR**  
Sat 2:00-4:00pm Feb 16  
Rm 204 S Yang \$15/1 sess

## Self Togetherness in Intimate Relationships

For lesbian, Gay, Bi, Trans, 2 spirit, & Queer Women. We all need time with our partners and time apart, but sometimes what I want to do isn't what she wants. In this workshop you'll learn about boundaries, how to communicate them, and how to negotiate time together and apart. This workshop is presented by the Safe Choices Program of the Ending Violence Association of BC.

**42008.101BR**  
Sat 1:00-4:30pm Jan 26  
LD S Choices FREE

## Keeping Relationships Alive While Parenting

For all lesbian, gay, bi, gender-variant, Trans, Two Spirit and Queer parents. How do we nurture our relationships and find time for 'us' when we're parenting our kids? Come celebrate the joys of parenting in queer families, and support each other by learning new ways to talk about and problem solve around stressors and challenges. This workshop is presented by Safe Choices, a program of the Ending Violence Association of BC.

**42008.102BR**  
Sat 1:00-4:30pm Mar 23  
LD S Choices FREE

## Baby Sign Language

Did you know that babies understand and can communicate long before they are able to speak? Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Increase understanding of your child's needs and wants, alleviating much unneeded frustration. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby to class. Sleeping babies welcome. Babies 0- 24 months.

**41901.101BR**  
Tue 12:45-1:30pm Feb 26-Mar 26  
Mat Rm S Kauhausen \$64/5 sess

## Do You Understand Your Toddler?

Come learn how to understand your toddler's behaviour and help them with overwhelming emotions. Join us as we discover the new science of how our toddler's brains are wired and how they mature. This talk will cover effective strategies on how to approach difficult situations such as tantrums, so you can enjoy the toddler years and have a calm, happy child. Register as a couple and pay \$40, must be done at the pool office.

**42006.103BR**  
Tue 7:00-9:30pm Feb 12  
Rm 210 B Davis \$25/1 sess

## Is Your Baby Sleeping Though the Night?

Come learn about the biology of sleep in babies, why babies wake up at night, and what you can do to create healthy sleep habits that will last a lifetime. Babies who are not yet mobile are welcome. Register as couple and pay \$40 at the pool office.

**42006.101BR**  
Tue 7:00-9:30pm Jan 29  
Rm 210 B Davis \$25/1 sess

## What's Going on Inside that New Borns Brain?

Come join us as we learn about how to create an optimal environment for your baby's brain development. You will learn about the newborn brain and nervous system, how it develops and what babies need in the first year of life to flourish. Babies who are not yet mobile are welcome. register as a couple and pay \$40, must be done at the pool office.

**42006.102BR**  
Tue 7:00-9:30pm Feb 5  
Rm 210 B Davis \$25/1 sess

# Preschool (0-5 yrs)

## Music

### Music Together® (0-5yrs)

A Music Together® class is rainbow coloured falling leaves, cows sitting in the old oak tree, tyrannosaurus rex, shining shakers, rhythm sticks, kitchen instruments, scarves, giant sheets to hide under and instruments galore! All this with a developmentally appropriate, research based curriculum taught by a registered Music Together® teacher. Parent participation required. Siblings 6 months of age and under attend FREE. Siblings over 6 months, please pay the reduced 'sibling' fee (\$95). Tuition includes two CD's, a Songbook, a Parent Guide DVD and a Parent Education evening open to all adults in the family.

**Tue Jan 8 – Mar 12**  
**11004.101BR** 9:30-10:15am  
**11004.102BR** 10:30-11:15am  
**RinkMezz M. Beyene** \$145/10 sess

**Wed Jan 9 – Mar 13**  
**11004.103BR** 9:30-10:15am  
**11004.104BR** 10:30-11:15am  
**RinkMezz M. Beyene** \$145/10 sess

**Thu Jan 10 – Mar 14**  
**11004.105BR** 10:30-11:15am  
**11004.106BR** 11:30-12:15am  
**RinkMezz M. Beyene** \$145/10 sess

### Big Kids Music Together® (5-7yrs)

Music Together for children ages 5, 6, and 7, provides a developmentally appropriate curriculum that includes solfege, ensembles and solos in singing and instrument play, folk dances, harmony singing, and vocal development. The Big Kids Music Together classroom is a safe, familiar, fun environment where your child can experiment with new musical activities like conducting, and improvisation, story songs, "silly operas" and game songs. Parent participation is required at the first and last class (no siblings please) and is optional in the last 10 minutes of each class in between (siblings welcome). Course includes 2 CDs, an activity Songbook, solfege tonal cards, and weekly home play pages.

**Wed Jan 9 – Mar 13**  
**11004.107BR** 3:30-4:30pm  
**RinkMezz M. Beyene** \$180/10 sess  
**(sibling fee \$130/10 sess)**

### 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 and give 1 ticket to Belinda. Parents, please assist Belinda at the end of the program by helping her put the large equipment away. Note: We are now offering the program 4X/week. In attempt to increase numbers we have reduced the price to \$2.50 drop in.

**Sat 10:00am-12noon Jan 12-Mar 16**  
**Tue/Wed/Thu 11:00-12:30pm Jan 8-Mar 13**  
**No class Elem school Pro D days**

### Intro to Soccer (4-6yrs)

Get ready for Micro Footie season! Girls and boys come and learn the basics of soccer in a fun, cooperative atmosphere! Wear your shorts or sweats and runners!

**Sun Jan 13-Mar 3**  
**13001.101BR**  
**10:00-11:00am** **Beginner players**  
**13001.102BR**  
**11:00-12noon** **Experienced**  
**Gym D** **\$56/8sess**

### Sportball Parent & Tot (2-3yrs)

Parents can have a direct hand in a child's development through 7 different ball sports. Multi-sport classes teach children important introductory physical skills and help develop confidence in their abilities. The programs also help parents understand techniques that can be applied outside of Sportball classes. Parents must participate.

**13002.101BR**  
**Sat 11:30-12:15pm Jan 12-Mar 9**  
**Gym C Sportball** **\$124/8 sess**  
**No class Feb 9**

### Sportball Multisport (3½-5yrs)

This program introduces preschool children to the concepts and skills involved in the eight core sports of the Sportball methodology using developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life.

**13002.102BR**  
**Sat 12:15-1:15pm Jan 12-Mar 9**  
**Gym C Sportball** **\$124/8 sess**  
**No class Feb 9**

### 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. Join Helen for 8 fun-filled sessions. Dress for mess! **12302.101BR**

**Wed 9:30-10:15am Jan 23-Mar 13**  
**RAR H Spaxman \$55/8 sess**

### Preschool Art (3-5 yrs)

Experience a variety of art-making materials with emphasis placed on the creative process. Be on time for an inspirational story. Join Helen for 8 fabulous sessions. Dress for mess! Parents may be required to stay.

**12309.101BR**  
**Wed 10:30-11:30am Jan 23-Mar 13**  
**RAR H Spaxman \$69/8 sess**

### Britannia Preschool (3-5yrs)

#### Kindergarten Readiness

Building skills in all areas of development in a fun, safe, nurturing environment. Mon to Fri (full or part time available).

Please call 604.718.5843 for more information.



## Birthday Parties

### Swimming Pool Birthday Parties:

**Sat 2:30-3:25pm or**  
**Sun 4:00-4:55pm**  
**Call 604.718.5830 \$46.15**

### Rent a Room Bookings:

Call the Activity Coordinator at 604.718.5812



# Children (0-16 yrs)

## Dance

After evaluation of the fall dance program, Drive Dance & Britannia have decided to discontinue their partnership. Dance classes at Britannia will continue to offer community dance programs for children 2-15yrs. Children will learn the fundamentals of dance techniques in a safe, welcoming and encouraging environment while expressing their joy for dance. Miss Bevin will be back to teach the Saturday classes. Parents will be welcome to attend the last day of class to watch their children. Parent participation is recommended for the 2-3yr old programs.

All classes will take place in the Canuck Family Education Centre, 1655 William Street (by Grandview Park).

## Creative Dance Programs

11602.108BR 2-3yrs  
Sat 9:05-9:45am Jan19-Mar 16  
CFEC Bevin P \$72/9sess

11602.109BR 3-4yrs  
Sat 9:50-10:30am Jan19-Mar 16  
CFEC Bevin P \$72/9sess

11602.110BR 3-4yrs  
Sat 10:35-11:15am Jan19-Mar 16  
CFEC Bevin P \$72/9sess

## Ballet Programs

11602.104BR 2-3yrs  
Sat 11:45-12:25am Jan19-Mar 16  
CFEC Bevin P \$72/9sess

11602.105BR 3-4yrs  
Sat 12:30-1:10pm Jan19-Mar 16  
CFEC Bevin P \$72/9sess

## Contemporary Dance For Advanced Children

11602.106BR 4-6yrs  
Sat 1:15-2:00pm Jan19-Mar 16  
CFEC Bevin P \$75/9sess

## Hip Hop Program

21602.101BR 7-9yrs  
Tue 5:30-7:00pm Jan 15-Mar 12  
Rm 111 H.Henney \$80/9sess

21602.101BR 10-15yrs  
Tue 3:45-5:15pm Jan 15-Mar 12  
CFEC H.Henney \$80/9sess

## Britannia Gymnastics (18mo-13yrs)

This popular community program will promote your child's self-esteem and develop strength, flexibility, agility and coordination through the fundamentals of gymnastics.

You can only register for your own child please.

Saturday Program		Jan 19-Mar 23				
13004.104BR	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$72		
13004.105BR	Gym Kids	4-5yrs	2:00-2:45pm	\$72		
13004.106BR	Gym Kids	4-5yrs	3:00-3:45pm	\$72		
23003.101BR	Advanced Gym Kids	6-9yrs	4:00-5:00pm	\$88		

Sunday Program		Jan 20-Mar 24				
13004.101BR	Dynamic Duo	18mo-3	10:00-10:45am	\$72		
13004.102BR	Dynamic Duo	18mo-3	11:00-11:45am	\$72		
13004.103BR	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$72		
23003.103BR	Acrobats	9-13yrs	1:30-3:00pm	\$120		
23003.102BR	Pre-Acrobats	6-9yrs	3:15-4:30pm	\$99		

No class Sat Feb 16, Sun Feb 17

## Class Descriptions

### Dynamic Duo (18mo-3yrs)

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



### Tiny Tumblers and Gym Kids

Develop your child's self concept and self esteem in a highly energetic and positive gymnastics environment.

### Adv Gym Kids, Pre/Acrobats

Innovative coaching styles and progressive training will teach basic to advanced skills in all gymnastics events. Beginners and those who have already take gym are welcome.

### Meet the Coaches

Cameron Stevenson is a competitive Gymnastics Level 2 coach with 11 years of coaching experience. Cam is proud to say that over the last 5 years, he has developed the Britannia Gymnastics Club into a very popular, unique, family oriented program.

Coaching staff, Jen Kosovic, Barb Fong, Taranee Ponjani

## Funseekers Spring Break Daycamp 6-12yrs

There are many activities and out-trips planned for the Spring Break Funseekers program! Come on to learn new skills, meet new friends, or simply to have FUN! Swim, skate, learn arts and crafts, play group games, go on out-trips and more! Register early to avoid disappointment. Waiver Forms must be completed the morning of the program at 9:00am. Register early to avoid disappointment.

Please provide lunch, snack, and water daily. A hat and sunscreen are recommended for each day. Parents are required to complete weekly consent forms every Monday.

**Funseekers Cancellation Policy: Minimum 1 week notice required to for a refund.**

26001.101BR  
Mon Tue Wed Thu Fri 9:00-3:00pm Mar 18-Mar 22  
Gym D - L \$90/5 sess

26001.102BR  
Mon Tue Wed Thu Fri 9:00-3:00pm Mar 25-Mar 29  
Gym D - L \$90/5 sess

# Children (4-16+ yrs)



# BRITANNIA MICRO FOOTIE

britanniasoccer.org



**Celebrating 20 years of recreational spring soccer in the  
Britannia Community!**

## REGISTRATION: SAT, JAN 12, 2013 9:00AM

- Register in person at Britannia Information Centre, 1661 Napier Street
- Register online: Go to [britanniacentre.org](http://britanniacentre.org)
- Chose Register online
- Chose Location Britannia CC
- Chose Category FIT Soccer
- Chose Micro Footie
- Chose Add to My Cart
- Insert Email and Password, Pay with Visa or M/C

No phone in registration.

Registration is ongoing until all divisions fill. We will NOT be adding any additional divisions this year. Divisions will sell out on the first day so be prepared.

## SATURDAYS APRIL 20-JUNE 22, 2013

\$95/player includes playing soccer in the sunshine 2X/week, World Cup t-shirt, team photo, and other surprises!

## Program Game and Practise Schedules (subject to change)

### Garden Park Location

DIVISION	AGE	SATURDAY GAME	WEEKDAY PRACTISE
Beginner A Coed	4-5yrs	9:15-10:15am	Wed 5:45-6:30pm
Beginner B Coed	4-5yrs	10:30-11:30am	Wed 6:30-7:15pm
Intermediate 1A Coed	6yrs	11:45-12:45pm	Mon 5:45-6:30pm
Intermediate B Coed	7yrs	1:00-2:00pm	Mon 6:30-7:15pm

### Britannia Oval Location

Intermediate 2 Boys	8-9yrs	9:00-10:00am	Wed 6:00-7:00pm
Intermediate 2 Girls	8-9yrs	10:15-11:15am	Wed 7:00-8:00pm
Advanced Boys	10-12yrs	11:30-12:30pm	Mon 6:00-7:00pm
Advanced Girls	10-12yrs	12:45-1:45pm	Mon 7:00-8:00pm
Super Advanced Girls	13-15yrs	2:00-3:00pm	Tue 6:00-7:00pm
Super Advanced Boys	13-15yrs	3:15-4:15pm	Tue 7:00-8:00pm
16+ Coed	16+yrs	Thu Games Only	6:00-7:00pm

## Sponsorship

If you would like to sponsor a Britannia Micro Footie team, please email:

[lori.moretto@vancouver.ca](mailto:lori.moretto@vancouver.ca) or [mmallett15@hotmail.com](mailto:mmallett15@hotmail.com)

## CALL FOR SOCCER COACHES

A large part of Footie's success is due to the ongoing commitment of the over 100 coaches - many of them moms and dads who volunteer their time and energy to the program. Please consider coaching your child's team by contacting Victoria at 604-356-0060 or email [britfootieinfo@gmail.com](mailto:britfootieinfo@gmail.com). A criminal record check will be required before you begin coaching.

## COACHES ORIENTATION CLINICS

At these "MUST ATTEND" clinics the Footie Staff Team will go over the Coaches Manual, and coaches will pick up their team roster, team contact information, team t-shirts and soccer balls. You only need to attend 1 clinic.

## Clinic for New Footie Coaches:

Fri Apr 5 7:00-8:00pm  
Gym D

## Returning Footie Coaches:

Sat Apr 6 Gym D  
Beginner & Inter I 10:00-11:15am  
Inter 2/Advanced/Super Advanced 11:15-12:30pm



## Referees

If you are interested in refereeing Footie email: [britfootieinfo@gmail.com](mailto:britfootieinfo@gmail.com) now. In your email please list your certifications and experience. We will host referee training session prior to Footie. Boys and girls welcome.



# Children (6-12 yrs)

## Martial Arts

### Shadow Warriors-TaeKwonDo (6-12 yrs)

The Shadow Warrior's program introduces a modern martial art. ITF style Taekwon-Do is complimented by dynamic exercises and movements enhancing coordination and body awareness. Children learn blocks and strikes while developing physical fitness and a responsible attitude. Contact Vincent McCorkle at 604-861-2232. Uniforms and equipment are available for purchase, but are not required.

Sun Jan 6-Mar 24

23403.101BR (6-8yrs)	10:00-11:00am
23403.102BR (9-12yrs)	11:00-12:00pm
CFEC V.McCorkle	\$84/12 sess

### Intro to Fencing (8-14 yrs)

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

23402.101BR

Sat 10:00-11:30am	Jan 19 – Mar 23
LaSalle M Burke	\$70/10 sess

### Atomic Volleyball (9-12yrs)

This program is for boys and girls interested in developing their volleyball skills. Sessions include skill progression for passing, setting, serving, hitting and blocking. Intersquad games will also be part of each session.

23005.101BR

Tue Feb 12-Mar 26	6:30-7:45pm
Gym B Volleyball BC	\$56/7 sess



## Music

### How to make Beats (10-18 yrs)

Instructor Harley Rose teaches the basics of making electro, hip hop and dance music with computers. This class will help students better understand the digital tools available to musicians as well as help express themselves through music. This is an especially good course for students who are classically trained and looking to expand their music experience. Participants will be encouraged to create and record new sounds with instruments they already play or ambient noises. This program accepts drop ins, space permitting, \$5 per session.

21112.102BR

Sun 2:00-4:00pm	Jan 20-Mar 10
TC H J Rose	\$45/8 sess

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

Private lessons for beginner to senior. Learn an instrument and enjoy a lifetime of music. These weekly private lessons take into consideration individual development and goals. Conservatory exam preparation is available. Clarinet students must provide their own instrument. Although divided into two sets, this is an on-going program from Sept to June. Once registered, students are ensured placement. 45 and 60 minute classes are available for intermediate and senior level students upon instructor's recommendation. New students must consult with the instructor 604-736-8382 for times etc. before registering and may start mid-session, cost will be prorated. Payment must be received before start of sets.

Set 1

21000.101BR	Thu 4:00-8:30pm	Jan 10-Feb 7
21000.102BR	Fri 3:30-7:30pm	Jan 11-Feb 8
21000.103BR	Sat 9:00-4:30pm	Jan 12-Feb 9

EMR J Oye	\$110/5 sess
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Set 2

21000.104BR	Thu 4:00-8:30pm	Feb 14-Mar 21
21000.105BR	Fri 3:30-8:30pm	Feb 15-Mar 22
21000.106BR	Sat 9:00-4:30pm	Feb 16-Mar 23

EMR J Oye	\$132/6 sess
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## 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. You can start anytime cost will be prorated. 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 on January 19 or February 9.

21002.101BR

Sat 9:00-2:30pm	Jan 5-Mar 9
EAR S Saunders	\$192/8 sess

## Britannia World Music

### Beginner Marimba (7-9yrs)

Have fun learning contemporary and traditional aspects of marimba playing in this engaging and interactive course. We will cover rhythms and music from around the globe and learn how to work together to make music. This class is geared to students who are new to music.

31818.105BR

Thu 4:00-5:00pm	Jan 10-Mar 14
Rm 111 R Layne	\$100/10 sess

### Intermediate Marimba

Have fun learning contemporary and traditional aspects of marimba playing in this engaging and interactive course. We will cover rhythms and music from around the globe and learn how to work together to make music. This class is geared to students who have some experience with music and or marimbas. In order to audition, you must attend the placement class at the beginning of the term, or have taken it last year.

31818.106BR

Thu 5:00-6:00pm	Jan 10-Mar 14
Rm 111 R Layne	\$100/10 sess

## Art

### Clay for Children (6-12yrs)

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

22202.101BR

Thu 4:00-5:15pm	Jan 17-Mar 7
Rm 208 H Spaxman	\$85/8 sess

# Preteen (10-13 yrs)

## Leadership

### Girls Empowerment

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

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

Ven a participar con otras chicas de tu edad! Habrá comida, deportes & ejercicios, talleres, y charlas interesantes!

Invita a todas tus amigas del colegio!

**25401.101BR**

**Fri 4:00-6:00pm Jan 11-Mar 15**  
**Canuck Family Ed. Ctr**

### Preteen Leadership

Designed to develop personal empowerment, community development, and values awareness. Youth involved will help determine topics to be discussed. Diversity, human and children's rights, anti-discrimination, respect, inclusion, fairness and peaceful conflict resolution will be included topics. There will also be a volunteering component to the class.

**25810.101BR**

**Wed 4:00-5:30pm Jan 16-Mar 13**  
**Family Activity \$40/9 sess**

### Roving Leader Program

A flexible, community-based initiative that connects and engages preteens in the Grandview-Woodlands. We focus on connecting with the children and youth where they are, building a relationship and helping them to integrate into neighbourhood programs, services, education opportunities. They involve children in positive activities, breaking down barriers they may face in accessing programs or services in their community and developing their strengths, talents and interests. Our aim is to ensure positive results, including engagement in recreation and cultural programs, connection to community and positive links to school and home life. Developed in response to the growing numbers of young children not accessing traditional programs in our community, the Vancouver Roving Leaders Program emphasizes prevention, relationship-building and youth engagement. Alejandro is our new Roving Leader and he will be connecting with preteens in the community and getting them involved in positive activities they are interested in. If you would like your child involved or want to find out more information, contact him at 604.718.5828



## Sports

### Basketball

Learn the game and develop skills. This program is open to boys and girls, of all skill levels.

**23011.101BR**

**Sun 12:00-1:45pm Jan 20-Mar 10**  
**Gym C \$28/8 sess**

### Ball Hockey Drop-in

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

**Wed 5:30-7:00pm Jan 2-Mar 27**  
**Gym D - W \$Free!**  
**Sat 6:30-8:30pm Jan 5-Mar 30**  
**Gym D - W \$Free!**



## 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 6-7 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**  
**Canuck Family Ed. Cent \$1**

### Splash!! Youth Free Swim

Contests, prizes, games and crazy staff!! Britannia youth (10-16yrs) only swim time. First Friday of every month. Be ready to go in the water by 8pm. Free!! No swimsuit required... it's not what you're thinking... swimsuits, or clean, recently washed clothing can be worn. No shoes allowed.

**Fri 8:00-10:00pm Jan 4, Feb 1, Mar 1**

## Social Programs

### Girls Night Out

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.

**25802.101BR**

**Tue 6:15-8:00pm Jan 15-Mar 12**  
**Pre-teen Centre Free!**

### Guys Night Out

Come out and join us at the pre-teen centre for a fun filled night. Learn new sports, outdoor, play games, make sundaes, movie nights, listen to music and plan other interesting and awesome activities with your peers. Please pre-register.

**25803.101BR**

**Thu 6:15-8:00pm Jan 17-Mar 14**  
**Pre-teen Centre Free!**

### Preteen Family Movie Night

An opportunity for preteens and their families to hang out in the Teen Centre, play pool, foosballs and video games, Movie will start at 6pm. Pizza and snacks provided.

**Sun 4:00-8:00pm Jan 13-Mar 17**  
**Teen Centre Free!**

# Youth (13-18 yrs)

## Social Awareness

### Youth Leadership

YOUTH LEADERS who want to learn about global issues, gain valuable leadership skills and experience, and work and have FUN in a team environment. A program designed to develop personal empowerment, community development, and values awareness. Youth involved will help determine topics but will include diversity, human and children's rights, anti-discrimination, respect, inclusion, fairness and peaceful conflict resolution. There will also be a volunteering component to the class. A certificate of completion will be provided.

35810.101BR

Thu 4:00-5:30pm

Jan 17-Mar 14

Family Activity

\$40/9 sess

### Girls Empowerment

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

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

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

25401.101BR

Fri 4:00-6:00pm

Jan 11-Mar 15

Canuck Family Ed. Cent



### "Play it Fair" Afternoon

Respect, diversity, inclusion, fairness, anti-discrimination interest you? Join the Teen Centre staff in participating in activities which focus on Children's and Human Rights awareness. There will be daily games, and depending on what the youth want to do, they can create community projects, art or just hang out and talk. Snacks provided weekly. For youth 10-18 years.

Wed 4:00-5:00pm

TC

\$Free!



## Diversity Leadership Camp

### Britannia Youth Play it Fair!!

Designed for both preteens and youth. Spend four 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" toolkits which promote 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 Mar 16-18. For more info, contact Annty or Tom at the Teen Centre, 604.718.5828.

### YOUnique

A youth conference focused on bullying prevention, self esteem and relationship development. A variety of speakers will engage young people in interactive workshops. Human Rights values will be taught through Play it Fair and Speaking Rights projects.

Sat 9:00am-5:00pm

Feb 2

## Trans Youth

A safe place for trans youth to discuss issues and meet for a social, fun evening. Meet every Friday, except the last Friday of the Month.

52200.400BR

Fri 6:30-8:30pm

Jan 4-Mar 22

AML

FREE

## Eastside GAB

Eastside Gab is a safe place for lesbian, gay, bisexual, transgender, two-spirit, intersex, queer, questioning (queer) youth 18 years of age and under and their allies. Drop-in is a cool place where youth can kick back and talk with friends, a great place to meet people that have similar questions about sexual orientation or gender identity. Different activities will also be planned weekly. Gab drop-ins are casual, so you can choose to stop by at any time. Gab staff can provide information, support and referrals to queer youth as well as resources for family, friends, and professionals.

Thu 4:00-6:00pm

Jan 3-Mar 28

RinkMezz GAB Staff

Free





# Youth 13-18 Years

## Health and Wellness

### Youth Health Info Night

Join us for a meal, a health workshop and a consult with our youth Doctor. Youth help to prepare the meal. The workshop is designed for youth but parents are welcome. The doctor offers one-to-one consultation on a first come first serve basis. The event is free and all youth are welcome to bring friends, siblings and family members. Join us early to help us with cooking and setting up. Health nights are planned for the last Tue of every month (pending holidays) Dec 18, Jan 29, Feb 26, Mar 26. For more information please contact Alejandro at 604.718.5828.

<b>Cooking time:</b>	<b>4:00-5.30pm</b>
<b>Supper:</b>	<b>5.30-6.30pm</b>
<b>Workshop:</b>	<b>6.30-7.15pm</b>
<b>Dr. Drop-in:</b>	<b>7.15-8.30pm</b>
<b>Tue</b>	<b>6:30-7:30pm</b>
<b>AML Lounge</b>	<b>4:00-8:30pm</b>

## Exercise classes

### Youth Zumba

Come try this FUN, energetic, effective, and easy-to-follow Latin music inspired aerobic class. No need to know how to dance just follow the instructors steps and the sound of the music. Bring all your friends its going to be a party in the Zumba class guaranteed. Ven a divertirse y trae toda tu energía para combinar el baile y ejercicio con esta clase de aeróbico. No es necesario saber bailar solo sigue los paso de la instructora y el sonido de la música! Invita a todos tus amigos seguro que se hace fiesta!

<b>34105.101BR</b>		
<b>Fri</b>	<b>4:30-5:30pm</b>	<b>Jan 18-Mar 15</b>
<b>Canuck Family Ed. Cent</b>		<b>\$40/8 sess</b>

### Sun Run Team

Join the Britannia Youth Sun Run Team. Cost includes entry in the Vancouver Sun Run on Sun Apr 21st and transportation. Please enquire with Brittany about a running club or training tips. Register by Jan 31.

<b>34005.101BR</b>		
<b>Sun</b>	<b>7:00am-12:00pm</b>	<b>Apr 21</b>
		<b>\$15/1 sess</b>

## Sports

### Basketball Open Gym

For 10-18 year old players only.

<b>Fri</b>	<b>5:30-6:50pm</b>	<b>Jan 11-Mar 29</b>
<b>Gym C</b>	<b>\$Free!</b>	
<b>Sat</b>	<b>8:30-10:00pm</b>	<b>Jan 12-Mar 30</b>
<b>Gym C</b>	<b>\$Free!</b>	

### Indoor Soccer Drop-in

For 11-18 year old players only.

<b>Tue</b>	<b>5:30-8:00pm</b>	<b>Jan 8-Mar 26</b>
<b>Gym D - W</b>	<b>\$Free!</b>	

For 16-20 year old players.

<b>Tue</b>	<b>8:00-9:45pm</b>	<b>Jan 8-Mar 26</b>
<b>Gym D - W</b>		<b>\$2/drop-in</b>

### Night Hoops

Night Hoops is a late night recreation opportunity for youth in Vancouver. Certified coaches lead both our junior and senior basketball teams. Players of all skill levels are encouraged to attend. Junior and Senior teams are co-ed. Players are required to attend the practices in order to play in the games. Games will be on Saturday evenings between 6:00-10:00pm. For more information, call 604.718.5828.

#### Jr - 13-15yrs

<b>Fri</b>	<b>8:00-10:00pm</b>	<b>Jan 4-Mar 29</b>
<b>Gym D - W</b>		<b>\$Free!</b>
<b>Jr Girls - 13-15yrs</b>		
<b>Fri</b>	<b>5:30-6:50pm</b>	<b>Jan 4-Mar 29</b>
<b>Gym C</b>		<b>\$Free!</b>

### Intro to Fencing (14-18yrs)

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

<b>33007.101BR</b>		
<b>Wed</b>	<b>3:45-5:45pm</b>	<b>Jan 16-Mar 20</b>
<b>LaSalle Fencing Studio</b>		
<b>M Burke</b>		<b>\$71.50/10 ses</b>



# Youth 13-18 Years

## Social Recreation

### Britannia Youth Committee

Britannia Youth Programs are looking for youth who want to be involved! Give back to the community, initiate and follow through on community programs and projects. Contact Tom at 604.718.5826 for more info.

### Saturday Unlimited

Saturday Unlimited is a unique program which offers recreational opportunities to youth 13-19 years with special needs. Participants take part in a wide range of activities in and around the city, meeting new friends and acquiring new skills. Knowledgeable staff, in-program transportation and one to one volunteers are provided to maximize the youth's participation and enjoyment of the program. Different activities take place each week. Call 604-718-5873 for more info. Registration and intake must all be approved by Saturday unlimited staff.

36601.101BR

Sat 10:00am-3:00pm Jan 19-Mar 16  
LRC \$125/8 sess

### First Friends

Youth new to Canada and interested in helping others settle into Vancouver. The program will provide social and recreational opportunities as well as deal with current issues, provide job skill training, and certifications. May be some minor fees for out trips and special workshops. Contact Annty at 604.718.5829 for more info.

Sat 1:30-5:30pm Free

## Cooking

### Feast of Flavors

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

Tue 4:00-6:00pm Jan 8-Mar 12  
AML Kitchen/Eating Are \$Free!

### Latin Cooking

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

Thu 4:30-6:30pm Jan 10-Mar 28  
AML Kitchen/Eating Are \$Free!

## TEEN CENTRE PROGRAMS (13-18 yrs)

### Teen Centre Hours:

Monday-Thursday 3:10-9:30pm  
Friday 3:10-10:00pm  
Saturday 6:00-10:00pm

### Britannia Teen Centre

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

Register for all Teen Centre programs at the Teen Centre. For more info call 604.718.5828:

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

### 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
- \*Please note: a signed parent consent form is required for many of our programs. If you have any questions or concerns please call us 604.718.5828.

### Big Screen Movie Night

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

Mon 7:00-9:00pm Jan 7-Mar 25  
Teen Centre

### Big Screen Video Games

Head over to the Teen Centre and play the Wii on the projector screen!! FREE!

Wed 7:00-9:00pm Jan 9-Mar 27  
Teen Centre



### Pop Up Bike Shop with Kickstand

Learn about bike mechanics with a qualified staff the first Monday of every month!

Mon 4:00-6:00pm Teen Centre

### Lunch Time at the Teen Centre

Mon/Tue 11:40-12:25pm Teen Centre





# Youth 13-18 Years

## The Great Escape Outdoors (GEO)

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

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

A variety of monthly winter activities which may include; indoor rock climbing, snowshoeing, and snow tubing. Pick up a monthly calendar to get a complete listing. All registration done at the Teen Centre.



## 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 at Britannia Teen Centre. Cash/cheque payment only.

**Cost: \$60 Ski/Snowboard rental \$50 No rental**  
**Dates: Sat Jan 19, Sat Feb 9, Sun Mar 10, Wed Mar 20**



## 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: TBA**

## 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 2013 Rio Tinto Alcan Dragon Boat Festival, June 15th and 16th. Come out and prepare for the quest for excellence. No experience necessary. For more info, contact Jade at the Teen Centre, 604.718.5828. Practice dates to be determined.

## Programa de Jovenes Latino Americano

The Latin American Youth Project offers a number of opportunities to Latino youth 11 to 18 years of age and ranges from organized recreational programs to advocacy and referral services. For further information please contact Anntuaneth, the Latin American Youth Worker at 604.718.5829. El proyecto de jóvenes, Latino Americano le ofrece a la comunidad una variedad de actividades, proyectos, y eventos. Los siguientes programas son para jóvenes latinos de 11 a 18 años y son gratuitos en su mayoría. Para más información y para registrarse llame a Anntuaneth al 604.718.5829 o por correo electrónico a [anntuaneth.figuroa@vancouver.ca](mailto:anntuaneth.figuroa@vancouver.ca)

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

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

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

## Mother & Daughter Zumba/ Zumba para Mama y Hija

Come try this FUN, energetic, effective and east-to-follow Latin music inspired aerobics class. No need to know how to dance just follow the instructor's steps and the sound of the music and the rest will flow. Have a great time together in this fun bonding experience it's going to be a party in the Zumba class, guaranteed! Childminding available please register spaces go quick. Ven y diviértete y trae toda tu energía para combinar el baile y ejercicio con esta clase de aeróbico. No es necesario saber bailar solo sigues los pasos de la instructora y el sonido de la música te moverá! Pasa un buen tiempo juntas en esta actividad que garantiza buenas memorias para las dos. Guarda de niños disponible por favor regístrate los puestos se van rápido.

**TBA \$5/sesion**



# Latin American Youth Programs

## Cocina Latina/Cooking Program

Learn to cook food from various Latin countries. Quieres aprender a cocinar comida de varios países Latinos. Participants will also learn how to make healthier food choices and to shop on a low budget.

Ven y aprende como escoger productos que sean saludables y aprende a gastar menos.

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

## Big Screen Movie Night/ Películas en pantalla grande

Nothing on TV? Head over to the teen centre and watch movies with your friends.

Nada que ver en la tele? Ven al teen centre con tus amigos a ver nuevas películas en pantalla grande.

**Mon 7:00-9:00pm**  
**TC Free/Gratis**

## Actividades de Liderazgo/Play it Fair Activities

Ven todos los Miércoles a participar en actividades de liderazgo con tus amigos. Usamos actividades de un modelo que se llama "Play it Fair" y consiste de juegos inclusivos. Si te gustaría trabajar con niños o jóvenes en el futuro este programa es para ti. Te enseñara como ser facilitador/a y darte confianza en manejar grupos. Para mas información llama a Anntuaneth 604-718-5829.

**Wed/Miercoles 4:00-5:00pm**  
**TC Gratis**

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

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

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

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

**Fri/Viernes 4:00pm-6:00pm**  
**CFEC Free/Gratis**



## Escuelita de Español (5-10 años)

Programa para niños de 5-10 años para que aprendan español. Los niños aprenderán juegos, canciones, cuentos, a leer, escribir, y conversar en español. Por favor manden almuerzo cada sesión. Niños deben de tener conocimiento sobre el lenguaje para participar o tener alguien en casa para practicar.

**Sábados 10:00am-1:00pm Jan. 19-Apr. 13**  
**12 sesi/\$100**

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

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

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

Ven a conocer jóvenes de tu edad y de varios países. El programa de Friends First te enseña nuevas habilidades en que puedes participa. Por Favor llame a Anntuaneth para registrare al 604.718.5829. Subsidios disponibles.

**Sat/Sabados 1:30-5:30pm**

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

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

**Fri/Viernes 4:00-5:30pm**  
**Jan. 4th, Feb. 8th, Mar. 22, Apr. 12**

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

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

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

## Spanish Clubs

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

**Tupper:**  
**Tue at lunch 11:40am Rm 311**  
**David Thompson:**  
**Wed at lunch 11:40am Rm 314**  
**Gladstone:**  
**Thu at lunch 11:40am Rm B102**  
**Killarney:**  
**Fri at lunch 11:40am Rm A234**

## 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 Anntuaneth at 604.718.5829.



# Adult Health & Fitness

## Body Conditioning

A class designed to challenge every muscle group with the use of weights, bands and tubes including a cardio component. Increase strength, balance and flexibility. Great class for seniors or those new to fitness. Purchase drop-in tickets at pool office \$42/10 tickets..

**43901.102BR**

Tue 6:00-7:00pm Jan 8-Mar 26  
Gym C Allyson R \$4.75/Drop-in

## Cardio Dance Fusion - (NEW)

A great way to get your cardio in while having fun! This class is designed to increase your cardio levels and get fit with simple Latin, Funk and Reggae moves all fused together. \$5/Drop-in at the pool office

**43902.100BR**

FREE TRIAL CLASS - Jan 10

**43902.101BR**

Thu 6:00-7:00pm Jan 17-Mar 21  
Gym C Allyson R. \$44/10 sess

## Cardio Kick Boxing

One of the most intense aerobic classes you can take! This class is a mix of martial arts and hi/lo aerobic steps. Participants will receive an excellent workout for the entire body.. All levels welcome, movements can be adapted to match all levels of fitness. \$5/Drop-in.No session Feb 11.

**43901.100BR**

FREE TRIAL CLASS- Jan 7

**43901.101BR**

Mon 7:30-8:30pm Jan 14-Mar 25  
Gym C TBA \$44/10 sess

## Latin Funk

Latin Funk Dance (R) is high energy, original dance class with a fusion of 8 latin styles (Salsa, Merengue, Mambo, Cumbia, Cha-Cha-Cha, Reggaeton, Rumba & Bachata) cool mix of Funky Hip-Hop and Jazz! This is a Dance class focusing on proper latin dance technique, styling, dance frame and cool dance choreography.. \$12/drop-in. No session Feb 11.

**43803.100BR**

FREE TRIAL CLASS- Jan 14

**43803.101BR**

Mon 6:35-7:20pm Jan 21-Mar 25  
CFEC H.Lee \$81/9 sess

## Osteofit (Mon)

Join BC Women's Hospital & Health Centre's Osteofit, a gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This unique and fun program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. It is taught by specially trained Osteofit fitness instructor. No session Feb 11.

**43806.101BR**

Mon 11:00am-12:00pm Jan 14-Mar 18  
CFEC B Bahrami \$31.50/9 sess

## 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 \$42/10 tickets. No session Feb 9

**43901.103BR**

Sat 10:00-11:00am Jan 5-Mar 30  
Gym C V Zumba \$4.75/drop-in

## ZUMBA® Fitness

Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Zumba uses a variety of styles including cumbia, meringue, salsa, reggaeton, mambo, rumba, flamenco, and calypso. Zumba is a "feel-happy" workout that is great for both the body and the mind. Limited supply of mat. Bring your own mat if possible. \$11/drop-in, no session Feb 11. More info at [www.zumbavancouver.ca](http://www.zumbavancouver.ca).

**43905.101BR**

Free (Mon) Trial Class Jan 7

**43905.102BR (Mon)Sess- 1**

Mon 6:00-7:15pm Jan 14-Feb 18  
Gym C D Galay \$42.50/5 sess

**43905.103BR (Mon) Sess 2**

Mon 6:00-7:15pm Feb 25-Mar 25  
Gym C D Galay \$42.50/5 sess

**43905.104BR**

Free Trial (Wed) Class Jan 9

**43905.105BR (Wed) - Sess 1**

Wed 6:00-7:15pm Jan 16-Feb 13  
Gym C D Galay \$42.50/5 sess

**43905.106BR**

Free Trial(Wed) Class- Feb 20

**43905.107BR (Wed) - Sess 2**

Wed 6:00-7:15pm Feb 27-Mar 27  
Gym C D Galay \$42.50/5 sess

## Sun Run InTraining

### LearnTo Run

The training program is a 13-week tried and proven program. The focus is to have clinic participants training gradually in order to avoid injury and 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 on two additional days interspersed throughout the week. The time allocated to each training session varies and will increase as the program progresses. This program will start out slowly (more walking than running) and build up until you are safely and comfortably able to either walk/run 10K, or run 10K, depending on how you choose to progress. Session on Feb 11 to be determined by instructor.

**44007.101BR**

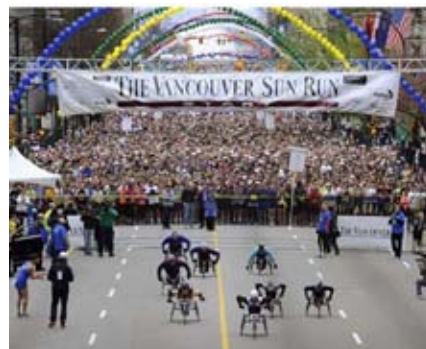
Mon 6:00-7:30pm Jan 21-Apr 15  
Rm 111 K Hamilton \$155.68/13 sess

## Sun Run In Training - Nordic Pole Walking Clinic

The Vancouver Sun Run is proud to be the first Canadian road race to include Nordic Walking. The growing popularity of this activity can be attributed to the incredible workout that it provides. A fantastic cardiovascular activity that involves the entire body; Nordic Walking originated in Finland as a summer cross-training activity for skiers. Participants will receive coaching from trained leaders and the motivation of training with other Nordic Walkers. Participants will be required to purchase their own poles. Poles will be allowed in the 2013 Sun Run. For safety reasons, poles will not be allowed in non-Nordic walking clinics. Poles can be purchased at any Alliance Athletic Store or through the SportMedBC website ([www.sportmedbc.com](http://www.sportmedbc.com)). Session on Feb 11 to be determined by instructor.

**41907.102BR**

Mon 6:00-7:30pm Jan 21-Apr 15  
Rm 111 K Hamilton \$155.68/13 sess



# Martial Arts

## Traditional Kung Fu 6 yrs + (NEW)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee.

### Beginners

Fri 5:00-6:15pm

63508.101BR

Mon 4:30-5:45pm Jan 7-Mar 15

Fri 5:00-6:15pm

CFEC M Lung \$145.50/19 sess

### Intermediate

Fri 5:00-6:30pm.

63508.102BR

Mon 4:30-6:15pm Jan 11-Mar 15

Fri 5:00-6:30pm

CFEC M Lung \$164.50/19 sess

### Advanced

Fri 5:00-7:00pm.

63508.103BR

Mon 4:30-6:30pm Jan 7-Mar 15

Fri 5:00-7:00pm

CFEC M Lung \$174/19 sess



## Ki Aikido - General

A non-competitive defensive art developing calmness, stability and confidence to reduce the stresses of daily life and eliminate the fear of living. Dress in loose, sturdy clothes or a white judo gi, and please remove jewelry before class. All levels including beginners. \$10/drop-in. No session Feb 10

43501.101BR

Sun 4:00-6:00pm Jan 13-Mar 24

Mat Rm L Liew \$60/10 sess

## Ki Aikido - Intermediate

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

43501.102BR

Wed 7:30-9:30pm Jan 9-Mar 27

Mat Rm W Nagata \$72/12 sess

## Ki Aikido - Higher Grade

1st Kyu or more advanced students welcome. \$5/drop-in. No session Feb 11

43501.103BR

Mon 7:30-9:30pm Jan 7-Mar 25

Mat Rm W Nagata \$33/11 sess

## Ki Aikido - Womens only

Ki-Aikido is a non-competitive and positive practice that develops calmness, stability and confidence to reduce the stresses of daily life and eliminate the fear of living. We work with partners to learn how to extend our minds, develop mind/body coordination, stay relaxed & centred under pressure, and flow lightly in dynamic circular movements. Take one free class any time. This class is trans-inclusive. \$7.50/drop-in

[www.canadiankifederation.com](http://www.canadiankifederation.com)

43501.104BR

Wed 6:00-7:15pm Jan 9-Feb 13

Mat Rm E Aspinwall \$30/6 sess

43502.104BR

Wed 6:00-7:15pm Feb 20-Mar 27

Mat Rm E Aspinwall \$30/6 sess

## Tai Chi - Yang Style 24 Form Review

This course is for those who have studied the 24 Form, and would like to fill in the gaps, refine the movements, work on the difficult bits and the last part of the form. Not suitable for beginners. See Tai Chi - Yang Style 24 Form. No session Feb 11.

43505.101BR

Mon 6:00-7:00pm Jan 14-Mar 25

Gym D K Maclean \$130/10 sess

## Tai Chi -Yang Style 24 Form - Beginners

Tai chi a moving meditation is an internal martial art and gentle form of exercise which improves balance, coordination, and concentration. It promotes good alignment and the flow of "qi" in the body. Suitable for all fitness levels. No session Feb 11.

43505.103BR

Mon 8:00-9:00pm Jan 14-Mar 25

Gym D K Maclean \$130/10 sess

## Tai Chi: Traditional Yang Style Sword

This course is a continuation of our study of the Yang Style Sword that began in the fall. Part One is pre-requisite. No session Feb 11.

43505.102BR

Mon 7:00-8:00pm Jan 14-Mar 25

Gym D K Maclean \$145/10 sess



## Japanese Jui Jit Sui (NEW)

Get fit, skilled and confident. Learn practical self-defence with control and discipline safely against attackers & weapons. Traditional art of strikes, locks, throws, groundwork, break-falling. Any size, strength, gender. Get fit, skilled and confident. It is a physical martial art. Imagine non-competitive judo. \$10/Drop-in. Couples can register on-site for \$189 (10 percent discount).

43508.100BR

FREE TRIAL CLASS- Jan 10

43508.101BR

Tue/Thu 6:30-8:30pm Jan 15-Mar 28

Mat Rm A Fairweather \$110/22 sess





# Adult Sports

## Badminton - Fri

\$5.25/drop-in space permitting. 30 spaces allotted.

43412.102BR

Fri 7:00-9:45pm Jan 11-Mar 29  
Gym C A Leung \$57/12 sess

## Badminton - Sat

\$5.75/drop-in, space permitting. 30 spaces allotted.

43412.103BR

Sat 1:30-5:00pm Jan 12-Mar 23  
Gym C A Leung \$57.75/11 sess

## Basketball - 2 pm

No drop-ins. No session Feb 10.

43405.101BR

Sun 2:00-4:00pm Jan 13-Mar 24  
Gym C S Yan \$40/10 sess

## Basketball - 4 pm

No drop-ins. No session Feb 10.

43405.102BR

Sun 4:00-6:00pm Jan 13-Mar 24  
Gym C S Anderson \$40/10 sess

## Intro to Fencing - Adult

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

43407.101BR

Tue 7:30-9:00pm Jan 15-Mar 19  
LaSalle M Burke \$80/10 sess

## Ball Hockey - Men (35+yrs)

This is a non-body contact program. No league players. \$6.50/drop-in. No session Feb 10.

43403.102BR

Sun 6:45-8:45pm Jan 6-May 12  
Gym D B Woo \$90/18 sess

## Ball Hockey - Wed Co-Ed

Come on out for a fun, recreational game of ball hockey with no body checking - all skill levels welcome. Protective gear optional, but recommended. Plastic sticks provided, no wooden sticks allowed. Great practice for goalies! Drop-ins \$6.50 space permitting only, so register early! No session Feb 6.

43403.103BR

Wed 7:15-8:45pm Jan 9-Mar 20  
Gym D T Wells \$45/10 sess



## Ball Hockey- Recreational Womens Only

We welcome all skill levels including women who have never played before. The focus is on fitness and fun. We are a fun and friendly group to play with. Teams are divided accordingly to skill level at the beginning of the game. Please bring a black and white t-shirt to split the teams. \$4.50/drop-ins. If registered players do not show by 4:15pm, their reserved spot will be forfeited to a drop-in player. No session Feb 10

43403.101BR

Sun 4:15-6:00pm Jan 6-Mar 24  
Gym D M Yeung \$46.75/11 sess

## Volleyball - Adv Fri

An understanding of more advanced play (ie 6-2). \$5/drop-in space permitting. 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). No session Feb 1 & 8

43413.103BR

Fri 7:00-10:00pm Jan 18-Mar 29  
Gym A/B R LeBlanc \$42.75/9 sess

## Volleyball - Adv Sun

An understanding of more advanced play (ie 6-2). \$5/drop-in, space permitting, 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). No session Feb 10 & 17.

43413.104BR

Sun 7:00-10:00pm Jan 13-Mar 31  
Gym A/B R LeBlanc \$47.50/10 sess



## Volleyball - Beg Thu

Beginners-Basics are emphasized. Register for this program to guarantee a spot to play every week. \$4.25/drop-in, space permitting, 42 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). No session Feb 7

43413.101BR

Thu 7:00-9:45pm Jan 17-Mar 28  
Gym A/B R LeBlanc \$40/10 sess

## Volleyball-Intermediate Tue

We work on specialized game play. If you have the basics please join us. \$4.25/drop-in space permitting. 30 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). No session Feb 5, Mar 26.

43413.102BR

Tue 7:45-10:00pm Jan 15-Apr 2  
Gym A/B R LeBlanc \$40/10 sess



## Indoor Soccer - Women

This is a recreational program. All types of fitness and skill levels currently participate, so expect it to be low-key, limited body contact, clean, fun play. (Registered players please arrive by 6:15 to reserve spot). \$4.25/drop-in, space permitting 15 spaces allotted.

43409.101BR

Thu 6:00-7:30pm Jan 10-Mar 21  
Gym D T Harley \$46.75/11 sess

# Yoga & Pilates

## Hatha Yoga - All levels

This class is suitable for all levels of experience. Work on balance, strength, flexibility and relaxation as you build your self awareness. A more profound connection with the body is developed, releasing tension and anxiety. \$12/drop-in. Please bring a mat to class.

### 44106.101BR

Thu 9:30-10:30am Jan 24-Feb 21  
CFEC S Kauhausen \$45/5 sess

### 44106.102BR

Thu 9:30-10:30am Feb 28-Mar 28  
CFEC S Kauhausen \$45/5 sess

## Iyengar Yoga - Level 1

Introductory/Ongoing Beginners - For all students new to yoga and/or iyengar yoga as well as ongoing beginner students.

### 44103.102BR

Tue 5:30-7:00pm Jan 8-Mar 26  
CFEC C MacDonald \$177/12 sess

### 44103.103BR

Thu 7:00-8:30pm Jan 10-Mar 28  
CFEC C MacDonald \$177/12 sess

## Iyengar Yoga - Level 1/2

Beginner/Intermediate (Mixed Level) - New students welcome.

### 44103.101BR

Tue 9:30-11:00am Jan 8-Mar 26  
CFEC C MacDonald \$177/12 sess

## Iyengar Yoga - Level 2

Intermediate - Minimum of two full terms of Level 1 Iyengar Yoga classes or with instructor's permission.

### 44103.105BR

Tue 7:00-8:30pm Jan 8-Mar 26  
CFEC C MacDonald \$177/12 sess

### 44103.106BR

Thu 5:30-7:00pm Jan 10-Mar 28  
CFEC C MacDonald \$177/12 sess

## Iyengar Yoga - Level 3

Advanced - With Instructor's permission.

### 44103.108BR

Wed 5:30-7:15pm Jan 9-Mar 27  
CFEC C MacDonald \$177/12 sess

## Iyengar Yoga - Restorative / Gentle Yoga

For those who prefer a slower pace or with physical restrictions requiring more individual attention. Where applicable, contact your physician and/or instructor re suitability.

### 44103.104BR

Wed 7:15-8:30pm Jan 9-Mar 27  
CFEC C MacDonald \$177/12 sess

## Kundalini Yoga

Feel rejuvenated through Kundalini Yoga - a technology that increases mindful body and breath awareness while providing an overall sense of well being. The class will focus on balancing the heart and mind, aligning the spine, strengthening the immune system, lymphatic cleansing, and meditation. All levels of students welcome. Please bring a blanket to class. \$12/drop-in. No session Feb 11

### 44105.101BR

Mon 7:30-8:45pm Jan 21-Mar 18  
CFEC B Lohrenz \$68/8 sess

## Mixed Level Yoga- (NEW)

This class explores your sense of play as, postures are explored in creative sequences with music and breath awareness. Variations on sequences are offered to suit students whether, they are just beginning or more advanced. This class also, focuses on finding your own practice within a group practice. For more info on Heather visit [www.heathereschuk.com](http://www.heathereschuk.com). \$11/drop-in. No session Feb 13

### 44107.100BR

FREE TRIAL CLASS - Jan 9

### 44107.101BR

Wed 10:15-11:15am Jan 16-Mar 13  
CFEC H Eschuk \$74/8 sess

## Pilates

All levels welcome! Strengthen, tone and elongate muscles. Its a great workout whether you are trying to tighten muscles or loose inches. Its only \$6/per class to register. Drop-ins \$10.00 at the pool office. Please bring your own mat. For more information visit [www.clsfitness.com](http://www.clsfitness.com).

### 44001.100BR

FREE TRIAL CLASS- Jan 9

### 44001.101BR

Wed 9:00-10:00am Jan 16-Mar 27  
CFEC C Stevens \$74/11 sess

## 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](http://www.clstevensfitness.com) for more info. Bring your own mats to this class. Its only \$6/per class to register. \$10/drop-in at the pool office. No class Feb 10

### 44100.100BR

FREE TRIAL CLASS-Jan 6

### 44100.101BR

Sun 10:15-11:15am Jan 13-Mar 24  
Gym C C Stevens \$68/10 sess



# Adults Arts & Culture

## Britannia Art Gallery

The year 2013 marks the 20th Anniversary of the Britannia Art Gallery. Together with our partner, the Britannia Public Library, we have celebrated art in the community through the exhibition of work by a diverse range of local artists, school outreach, talks, presentations, demonstrations and workshops. Stay tuned for our 20th Anniversary Celebrations including an exhibition "Now and Then". For information on the Art Gallery or our 20th Anniversary events: [britanniacentre.org](http://britanniacentre.org) or call us at 604-718-5800 (2).

### Drawing Caricatures

Did you ever want to draw those crazy caricatures but didn't know where to begin? Instructor, Lucien, will teach you to draw faces and bodies with expression! Be prepared for a fun a lively class. You will develop your own caricature and make a short action story.

**42101.101BR**  
Tue 7:00-9:00pm Jan 22-Mar 12  
Rm 205 L Nasilowski \$55/8 sess

### Lifedrawing Advanced

You may have the basics, now it's time to practice new genres of drawing! With exciting, artistic poses that are sure to captivate and create stunning works of art, we'll have a variety of models sharing their own unique vision and edge, as well as dramatic lighting, props, techniques and materials. Step out of your shell and use dramatic elements to further your work. Beginning students are welcome but please contact the Arts Programmer before registering.

604-718-5800 (2).  
**42004.101BR**  
Wed 7:00-9:00pm Jan 23-Mar 13  
FAR S Anttila (Aili) \$90/8 sess

### 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. Pre-req: Intro to Pottery or permission of the instructor. Clay and glazes are included.

**42201.102BR**  
Wed 6:30-9:00pm Jan 23-Mar 13  
Rm 208 H Spaxman \$170/8 sess

### 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.

**42201.101BR**  
Tue 7:00-9:00pm Jan 22-Mar 12  
Rm 208 H Spaxman \$145/8 sess

### Reckless Painting

Think you can't paint? Then take a couple of hours each week to get yourself making art with easy, fun & guided exercises that reduce worry. All materials included - even bandannas to paint blindfolded. For further information: [www.recklesspainting.ca](http://www.recklesspainting.ca).

**42203.102BR**  
Wed 7:00-9:00pm Jan 30-Feb 27  
Rm 210 A Orsini \$55/5 sess

### Writing for Life

Do you always mean to write, but life gets in the way? Learn how to find creativity all around you and build it into your life so that inspiration follows you, no matter what you're doing. Instructor, Michele Fogal is an award winning writer. She has been published in Prairie Fire magazine and is currently at work on her 4th novel. [www.michelefogal.com](http://www.michelefogal.com)

**42400.101BR**  
Thu 7:30-9:30pm Jan 31-Mar 21  
FAR M Fogal \$80/8 sess

## Art Therapy

### Exploring your Personality Type through Art Making

Using C.G. Jung's work in psychological types as a framework, this course explores the thinking, feeling, sensation and intuition functions of the personality and the roles of these functions towards self-actualization. Through the natural activation of the four functions in the decision making processes of art making, a more direct experience of each occurs, offering a more immediate understanding of their integration. Further insight is facilitated through exploration of each student's art making process through discussion. [www.inner-image.ca](http://www.inner-image.ca)

**42315.101BR**  
Sun 1:00-5:30pm Feb 24  
EAR S Ruebsaat \$45/1 sess

### Exploring your Visual Language

Through a process-oriented approach to making art, participants will explore the development of their own visual language. Using simple art materials and warm-up activities encourages participants to recognize and 'read' the unique visual language their artworks create. No previous experience or skill is required as this approach draws upon each person's natural ability to choose the shapes, colours and quality of line that are best suited for their own expression. Each session includes art making and discussion. Discussion is between each participant and the facilitator, exploring the art itself and the process of making it. [www.inner-image.ca](http://www.inner-image.ca)

**42314.101BR**  
Sun 1:00-5:30pm Jan 27  
EAR S Ruebsaat \$45/1 sess

### Picturing your Goals through Art Making

Discover how and when your goals are being sabotaged by underlying blocks hidden in the unconscious mind. Explore how the inherent creative energy of the unconscious can, instead, hold the key to actualising your goals and dreams. Through a variety of art making activities and in-depth discussion of artwork, skill in recognizing and working with the symbols of the unconscious is developed. No previous experience is required as this course does not emphasize artistic talent or technique, but rather the skill of seeing in the art the information offered by one's unconscious. [www.inner-image.ca](http://www.inner-image.ca)

**42316.101BR**  
Sun 1:00-5:30pm Mar 24  
EAR S Ruebsaat \$45/1 sess

### Re-telling the Tale; Re-Imaging the Journey

The future cannot be changed because it has not yet happened. But the past can be changed to what it is meant to be. The ability to move beyond one's present myth and all its assumptions and prescriptions, and into one's living myth, the myth that is unfolding in this very moment, through the authentic self. This process requires deep action, complex action, dialectic action, receptive action, action that affirms polarity and brings polarities into relationship. Through art making activities and discussion we will engage this deep, archetypal activism. No experience required. [www.inner-image.ca](http://www.inner-image.ca)

**42313.101BR**  
Tue 6:30-9:30pm Jan 22-Mar 12  
EAR S Ruebsaat \$160/8 sess



# Adult Arts & Culture

## Dance

### Salsa Cubana & Rueda De Casino

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

#### Beginners - 41605.101BR

Tue 7:30-9:00pm Jan 22-Mar 12  
Gym C K Reyes \$120/8 sess

#### Intermediate1 - 41605.102BR

Wed 7:30-9:00pm Jan 23-Mar 13  
Rink Mezz K Reyes \$120/8 sess

#### Intermediate 2 - 41605.103BR

Thu 7:30-9:00pm Jan 24-Mar 14  
Gym C K Reyes \$120/8 sess

#### Advanced - 41605.106BR

Fri 7:00-8:30pm Jan 25-Mar 22  
CFEC K Reyes \$120/8 sess

## Latin Dance

Learn to dance simple steps in Rumba, Cha-Cha, and Merengue. By learning dances of different rhythms, you will be able to dance to a variety of music, enabling you to join in on the dance floor more often. Rumba is a slow, sensual, romantic dance, while Cha-Cha and Merengue are fast dances suitable for today's party music. This sampler will show you how fun and easy it will be to start dancing! Second Hour is Practice only instructor will not be present. You don't have to have a partner to join!

#### 41601.101BR

Sat 2:30-4:30pm Jan 12-Mar 23  
CFEC E. Carson \$87.50/11sess

## Latin Funk

Is high energy, original dance class with a fusion of 8 latin styles (Salsa, Merengue, Mambo, Cumbia, Cha-Cha-Cha, Reaggeton, Rumba & Bachata) cool mix of Funky Hip-Hop and Jazz! This is a Dance class focusing on proper latin dance technique, styling, dance frame and cool dance choreography.. \$12/drop-in. No session Feb 11.

#### 43803.100BR

FREE TRIAL CLASS- Jan 14

#### 43803.101BR

Mon 6:35-7:20pm Jan 21-Mar 25  
CFEC H.Lee \$81/9 sess

## Music

### African Drumming

Play traditional West African rhythms on djembes (hand drums) and (dununs) bass drums. The classes are fun and concentrated. The level one course is an introduction; no previous experience is needed. Enrolling in Level two requires taking level one or permission from the instructor. Use your own drum or rent one. Drum rentals can be arranged with the instructor at the first class, for a "one time payment" of \$20 for all 8 classes. For more info visit [www.drumming.ca](http://www.drumming.ca) or call the instructor at 604-253-2114.

#### Level 1

##### 41101.101BR

Wed 6:30-8:00pm Jan 23-Mar 13

#### Level 2

##### 41101.103BR

Wed 8:10-9:40pm Jan 23-Mar 13  
CAF R Shumsky \$120/8 sess

### Bluegrass Jam Beginners

Learn Bluegrass Jamming with Sue Malcolm in a friendly, social atmosphere that makes learning easy and fun. This class is great for beginner/intermediate players of all acoustic instruments. Must be able to play basic chords or melody at least a little bit, speed is not necessary. This class is about learning how to JAM using Sue's Slow Pitch Jam method. Everything is done by ear, no music reading necessary. [www.slowpitchjam.com](http://www.slowpitchjam.com). Instruction book/cd can be purchased from instructor. (Slow Pitch Jam Vol. 1 \$20) No class October 25.

#### 41003.101BR

Thu 7:15-9:15pm Jan 17-Mar 7  
AML S Malcolm \$100/8 sess

### Community Marimba Band

Join a community marimba band led by renowned percussionist and marimbist Robin Layne. We will learn both traditional and original material for marimba ensemble and work towards developing a show to perform at community events. All levels welcome as there is a part for everyone.

#### 41818.102BR

Sat 11:00-12:30pm Jan 12-Mar 16  
Rm 111 R Layne \$150/10 sess

### Songwriting Workshop

Join a songwriting workshop and explore your inner storyteller! We'll practice our creative writing through exercises and group projects, share in music appreciation and deconstruct popular songs to learn formula, rhyme and rhythm. Bring ideas and turn them to lyrical form in this workshop for aspiring songwriters. Instruments optional, but encouraged!

#### 41112.101BR

Tue 7:00-8:30pm Feb 5-Feb 26 LRC S Anttila (Aili) \$45/4 sess

## Carnival Band Workshops

Looking for an excuse to dust off that horn (accordion, glockenspiel) in the back of your closet, dress up and play in the street? Looking for a way to bring a little music and colour to your community? The Open Air Orchestra Society invites you to our street band workshops, led by Ross Barrett, Tim Sars, and various guest instructors. All levels/ages welcome. Suggested donation is one hour's wage per month. No practice February 11.

#### 61901.102BR

Mon 7:30-10:00pm Jan 7-Mar 25  
AML \$2-\$5/drop-in or pay what you can

## The Drive Street Band

This is a community music band that anyone can be in. We play songs ranging from marches, old timey songs and original compositions. We welcome anyone interested in joining this band, regardless of age, background, or musical experience. Some music reading ability is helpful, (high school level is sufficient). The only stipulations are that you need a good attitude and an instrument that you can take out to the streets, parks and special events. Our musical directors are Cory Sweet and Kenan Sungur. For more information contact: [drivestreetband@gmail.com](mailto:drivestreetband@gmail.com) [www.drivestreetband.com](http://www.drivestreetband.com)

#### 61122.102BR

Sun 3:00-5:00pm Jan 6-Mar 31  
AML \$2-\$5/drop-in or Pay what you can

## Guitar

You'll learn basic music theory, major scales and scale tone chords to play pop, country, rock, folk songs and blues. You'll also learn how to transpose, tune your guitar, and change strings. By the end of level two you will be playing favourite songs from such artists as Johnny Cash, Neil Young, Tom Waits and many more. Bring your acoustic guitar.

#### Level I

##### 41100.101BR

Mon 6:30-8:00pm Jan 21-Mar 18

#### Level II

##### 41100.102BR

Mon 8:00-9:30pm Jan 21-Mar 18  
FAR G Kristjanson \$96/8 sess

# Adult Arts & Culture

# Food Workshops

## Languages

### Spanish for Travelers

Planning on travelling to a spanish-speaking country? Learn some basic Spanish before your trip. Danilo will teach you how to make easy sentences to interact with people at local travel agencies, hotels, airports, stores, restaurants, banks, etc. Make your trip a unique and unforgettable experience. All course materials will be supplied in class and available at dagoudag.blogspot.com.

45001.101BR

Sat 10:30-1:00pm Jan 26-Mar 16  
FAR D Gomez \$150/8 sess



(Temporarily at Pandora Fieldhouse at Pandora & Garden Street)

The members of Field House Ensemble will be creating interdisciplinary forms of meaningful engagement through the green spaces of Strathcona Park as a site of 'slow movements.' The artists will consider the park's readily available resources: it's community garden and surrounding walkways as a site for special projects including cooking sustainable food, the contemplative pace of walking and listening-based projects, and other collaborative endeavors.

We hope that these exchanges will be conscious of the present environment and its histories, the people that pass through the park, or the rare animal and insect habitats that we may go unobserved in our busy everyday lives.

#### Contact:

@StrathconaFHE  
Email: fieldhouseensemble@gmail.com  
www.fieldhouseensemble.tumblr.com

Field House Ensemble is Asa Mori, Janice Wu, Cindy Mochizuki, Debra Zhou, Makiko Hara, Randy Gledhill and Dylan McHugh.



See page 8 for information on the meaning of this emblem.



### Grandview Woodland Seed Library

Grandview Woodland Food Connection and Village Vancouver have teamed up to establish a new seed library. A seed library is something as simple as a box or cabinet where you can donate surplus seeds, borrow seeds to plant, and even return seeds that you've saved yourself! Seeds are perfect for sharing among neighbours. For more information on how you can help establish the Seed Library contact Ian Marcuse at gwfcnetwork@gmail.com or Jordanjordan@villagevancouver.ca

### Britannia Community Kitchen

Community Kitchen participants come together every few weeks to cook and eat nutritious meals together and to take meals home to their families. Community Kitchens provide a fund and supportive environment to meet new people and try new things and they can also save money on groceries. This project features diabetic friendly cooking. Call Ian - 604 718-5895

### Britannia Bulk Buying Group

Interested in healthy and affordable fruits and vegetables? We purchase food at wholesale prices saving on average 30% as compared to the cheapest Commercial Drive food stores. The group purchase once monthly. Cost is \$13 for about 8 or 9 varieties of fruits and veggies or two bags full of food. Pick up is at Britannia. Call Ian at 604 718-5895

### Eightfold Eats: Vegan, Gluten & Sugar-Free Baking

Join Mike Robinson, Owner of Eightfold Eats Gluten Free Bakery, Registered Holistic Nutritionist, Holistic Chef and Baker for this informative, fun, and affordable workshop. Mike is passionate and dedicated to providing participants with the tools and education to be accountable for their own health and well-being through baking and its counterparts. This workshop includes an un-baking demo with discussions on how to bake gluten and sugar-free treats. Included also are tips and discussions on dozens of alternative sweeteners; superfoods, Dairy along with necessary info about various types of cleanses. Patrons receive handouts, valuable information, FOOD, exclusive recipes and of course a chance to ask questions.

42602.101BR

Wed 6:30-9:30pm Jan 30  
PTC M Robinson \$25/1 sess

### Foodwisdom

Foodwisdom is a family run social enterprise that promotes food literacy and traditional food skills. Certified Red Seal Chef, Antonietta Gesualdi, along with sous-chefs, Maria and Francesca, run educational programs at the elementary school level. They have delivered programs under the Healthy Living Program with Vancouver Coastal Health as well as other initiatives.

### Creamy Homemade Yogurt

Fresh home-made yogurt is one of the nicest things you can do for a digestive system that is overwhelmed by the excesses of the western diet. It is also good for your pocketbook and our oceans, which are unable to digest the tons of plastic that disappear into them every year. Come learn why we don't do skimmed or low fat milk.



47101.101BR

Sat 1:00-4:00pm Jan 19  
PTC Foodwisdom \$15/1 sess

### Energy Tonics -Beyond Kombucha

We can start with Kombucha, but move on to Bieler Broth, barley water, beet kvaas, potassium tea, Rejuvelac, Moroccan mint, and our own Foodwisdom nutrient dense hot cacao. Dr. Henry Beiler's recipe of veggies and herbs combats stress, back pain and ligament problems. Barley water cleans out the kidneys and the complexion, popular amongst British athletes and old world traditionalists. Beet Kvaas is a potent blood tonic and conveys numerous health benefits. Our hot cacao will fuel your winter afternoons. Sample bar and recipe overviews.



47101.102BR

Sat 1:00-4:00pm Feb 2  
PTC Foodwisdom \$15/1 sess

### Fresh Organic Whole Spelt Pasta

Turn the fine art of making fresh pasta by hand into child's play. As the parent of a child in one of our kids' workshops said, "my son Thomas...will not cease asking me to make fresh pasta at home. We use organic whole spelt from Anita's Mill. Bring a rolling pin. Adults accompanied by a youth under 16 yrs receive an Italian Espresso free.



47101.103BR

Sat 1:00-4:00pm Mar 2  
PTC Foodwisdom \$15/1 sess

# Adult 55+ Centre

## 55+ Centre (AML) at Britannia - 604.718.5837

Anne Cowan-Jackson [anne.jackson@vancouver.ca](mailto:anne.jackson@vancouver.ca)  
Office Hours: Mon/Thu 10:00am-6:00pm  
Wed 10:00am-2:00pm  
Drop-in and Programs 7 days a week 10:00am-4:00pm

## Vietnamese Seniors - 604.718.5818

Luong Ho [luong.ho@vancouver.ca](mailto:luong.ho@vancouver.ca)  
Office Hours: Mon-Fri 9:00am-5:00pm  
Drop-in: Tue 10:00am-4:00pm (AML)  
Drop-in: Fri 10:00am-1:00pm (CFEC)

## Senior's Joint Committee

Meets at Britannia on the 3rd Thu of each month

Jan 17, Feb 21, Mar 21  
3:00-5:00pm at Brit

Welcome to Britannia and to a range of programs and services for those who are enjoying retirement or who like the pace of Adult 55+ activities. For just \$1 a year Britannia offers education, social and special interest activities at low cost. Local groups are welcome to use the space when available and we welcome your ideas and input. Volunteer, join a committee, take classes, drop-in and see what your fit is.

## Computer and Technology

### Computers and Internet Level I

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

52000.100BR  
Mon 10:00-12:00pm Jan 14-Feb 18  
AML Lab M Ziebart \$48/6 sess

### Computers and Internet Level II

Now that you know the basics learn some of the tricks to make your computer time easier and fun. Small classes and friendly instruction makes this a must. Easy & fun!

52000.102BR  
Mon 10:00pm-12:00pm Feb 25 - Apr 1  
AML Lab M Ziebart \$48/6 sess

### Digital Photography

Learn how to use your digital camera---take great photos while exploring your camera capabilities. You will learn how to download and store photos on the computer. Basic photo editing will be introduced and we'll also learn how to produce a project in Windows Movie Maker. It's fun and no experience needed.

52000.101BR  
Mon 1:00-3:00pm Jan 14 - Feb 18  
AML Lab M Ziebart \$48/6 sess

### Digital Photography

Learn how to use your digital camera---take great photos while exploring your camera's capabilities. We will be learning how to download and store photos on the computer. Basic photo editing will be introduced and we'll also learn how to produce a project in Windows Movie Maker. It's fun and no experience needed.

52000.103BR  
Mon 1:00-3:00pm Feb 25 - Apr 1  
AML Lab M Ziebart \$48/6 sess

### Internet Club and Lab Hours

Please show receipt to activity coordinator for access on weekends Please Note \* Lab not Open on Stat Holidays and may be closed for Special Events AML & Lions Den users must pay \$7 per season. No printing at either location.

55406.102BR Jan 3-Mar 30  
Wed / Fri 12:30-4:00pm  
Thu 10:00-4:00pm  
Sat 10:00-1:30pm  
Sun 10:00-12:00pm  
AML Computer Lab \$7/season

## Social

### Italian Cards

This year we're in the new beautiful Teen Centre twice a week

Mon 1:00-3:00pm Jan 7-Mar 15 AML  
Wed 12:30-2:45pm Jan 2-Mar 27 TC  
Thu 11:45-2:45pm Jan 3-Mar 28 TC

## Card Games

Whist / Cribbage / Bridge & Poker Whist/ Cribbage/Bridge. All ages welcome for a fun and friendly games. Closed on Stat Holidays

52204.100BR  
Mon 1:00-4:00pm Jan 7-Mar 25  
AML N Instructor FREE

## Lunch at the 55+ Centre

Lunch in the 55+ Centre every Thursday at Noon. See the menu on our Bulletin Board. Everyone Welcome \$3.50

55806.102BR  
Thu 12:00-3:00pm Jan 3-Mar 21  
AML \$4/lunch

## Pot Luck Lunches 55+

Come the last Thursday of the month everyone brings a dish to share and a feast appears! Loads of fun! Drop in, everyone welcome.

Last Thursday of the Month  
Thu 12:00-1:00pm Jan 31, Feb 28, Mar 28  
AML

## Knitting Social

Join this multi-age group! (Newborn to 90's). Beginners to Advanced. It's a great way to spend the afternoon. Our fantastic Irene (Volunteer) is always there.

52201.100BR  
Thu 1:00-3:00pm Jan 3-Mar 28  
AML Irene FREE

## Special Events

### Dim Sum Making

Make Chinese Dim Sum together. Easy and fun. Yummy Yummy!!! Must register.

52222.100BR  
Mon 10:00-11:30am Feb 25  
AML Lounge FREE

### Chinese New Year

Chinese Dance, Tea and Authentic Sweets

52222.101BR  
Wed 1:00-3:00pm Jan 30

### Valentines Day

Valentine Craft, Tea and Cookies

52222.102BR  
Wed 1:00-3:00pm Feb 13

### St. Patrick's Day

Music, Tea and Treats

52222.103BR  
Wed 1:00-3:00pm Mar 13

Please register for all programs, including FREE classes and groups.



# Adults 55+ Centre

## 55+ AML Book Club

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

52202.100BR

Wed 2:00-3:00pm Jan 16, Feb 20, Mar 20  
AML Lounge FREE

## Monday Haircuts for Seniors

Monday monthly haircut. We have three volunteer hairdressers and it's free to senior's. Must register @ 604.788.1676

54000.100BR

Mon 10:00-11:30am Feb 18  
AML Lounge FREE



## Queer Women On The Drive

An evening social with different activities each month for LTB women of all ages. Meet on the last Friday of the month in the 55+ Centre. New participants always welcome.

Fri 6:30-9:00pm Jan 25, Feb 22, Mar 29  
AML FREE

## Arts

### Quirk-e AHS Project

Members of the Queer Imaging and Riting Kollektive for Elders (Quirk-e) have been working since 2006 to turn conventional wisdom on its head, shedding light on queer seniors' experiences through a variety of creative practices.

Wed 10:00am-12:00pm  
AML

### Vancouver Morrismen Dance

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

Tue 7:30-9:30pm Jan 8-Mar 26  
AML

## Educational

### ESL 55+ Cantonese/Mandarin Tutor

(Cantonese / Mandarin speaking tutors) Free One-on-One tutorial class to meet individual needs. Make the learning English easy and fun.

55000.100BR

Sat 2:15-3:45pm Jan 12-Feb 2

AML Lounge

55000.102BR

Sat 2:15-3:45pm Feb 16-Mar 9

AML Lounge

Free

### Cantonese/Mandarin Computers and Internet

(Cantonese / Mandarin speaking tutors). Free One-on-One tutorial class, tailor made for your needs. Make your internet experience easy and fun! \*Bring own laptop if you have one.

52001.100BR

Sat 2:15-3:45pm Jan 12-Feb 2

AML Lab

FREE

52001.101BR

Sat 2:15-3:45pm Feb 16-Mar 9

AML Lab

FREE

## Sports

### 55+Badminton

52103.402BR

Sat 2:00-4:00pm Jan 5-Mar 30  
Gym A \$16/season

52102.402BR

Thu 11:45-1:30pm Jan 3-Mar 28  
Gym C \$16/season

52100.402BR

Tue 11:45-1:30pm Jan 8-Mar 26  
Gym C \$16/season

### Table Tennis and Billiards 55+

Morning social in the Teen Centre. Drop-in for some good fun!

52204.202BR

Wed 10:30am-12:00pm Jan 2-Mar 26  
TC FREE

### 55+ Swimming and Weight Training

See pages 32-35

## Yoga

### Gentle Yoga 55+ Mon/Wed

Classes are adaptable - everything from a series of restorative asanas (poses) to Vinyass flow (regular Hatha). Restorative yoga is sequenced to gently open, stretch and massage tired, overworked, or stressed muscles and deep connective tissues. The practise will provide many benefits including increased focus and well being, less stress, better sleep, greater flexibility and strength, longer breath, along with rejuvenated energy and improved health. Hatha classes are a sequence of poses, (Vinyassa Flow), which provides the student with increased flexibility, strength and mindful body awareness. Hatha practise will warm up the muscles, instead of resting the muscles, increase muscular elasticity and strengthen skeletal alignment. A good stretch and a good workout! Remember to dress comfortably. \$10/drop-in.

54101.101BR

Mon 2:00-3:15pm Jan 7-Feb 11  
CFEC G Smythe \$48/6 sess

54101.102BR

Mon 2:00-3:15pm Feb 18-Mar 25  
CFEC G Smythe \$48/6 sess

54101.103BR

Wed 2:00-3:15pm Jan 9-Feb 13  
CFEC G Smythe \$56/6 sess

54101.104BR

Wed 2:00-3:15pm Feb 20-Mar 27  
CFEC

### Dru Yoga (Seated and adapted)

Dru Yoga is a gentle, flowing yoga, which in general, can be suitable for all physical abilities and fitness levels. Containing many of the classic yoga postures and sequences, which in Dru Yoga are practiced while keeping the joints "soft", and moving with an awareness of breath. Unique to Dru Yoga are the Energy Block Release Sequences (EBR's), designed to help gently release blocked energy we often hold in the joints and muscles. In these Seated Dru Yoga sessions, the program is further designed to be accessible to those who may find even gentle mat yoga classes not suitable due to physical abilities and or balance issues. It's amazing how much yoga can be enjoyed safely and effectively while practiced seated in a chair!

54100.100BR

Thu 10:30am-11:30am Jan 10-Feb 14  
CFEC L Hutter \$45/6 sess

54100.101BR

Thu 11:00am-12:00pm Feb 21-Mar 28  
CFEC L Hutter \$45/6 sess

# Adults 55+ Centre

## Bus Tours

### Behind the Scenes

Take part in this unique opportunity to tour a working television and radio facility and sports arena. The CBC studios are located in the heart of downtown Vancouver and provide a fascinating insight into breaking news, television and radio production - you may even bump into your favorite local news personality! Our next stop is designed to give you an intimate look at where your NHL favorite players and world class entertainers prepare for games and performances. The Rogers Arena tour includes a view from the luxurious hospitality suites and presentation in the comfortable seats of the Private Club section. Dine beach side at a true Vancouver landmark the Sylvia Hotel for a delicious three course lunch.

**54500.100BR**  
**Wed 8:45am-4:15pm Jan 23**  
**Offsite \$89/1 sess**

### Bus Tour Fraser Valley Art Studios

Now in it's fourth year, the annual Langley Art Studio Tour offered to the general public in late September, however by special invitation you have a unique opportunity to peek inside the best working art studios the Fraser Valley has to offer. Enjoy the scenic Langley countryside and see live demonstrations at 5 hand picked art studios including the Loafing Shed Glass Studio, Pit Ranch Pottery Studio, Stephanie Ann's Lampwork Artist /Jewelry Design, Vivian Harder's Thunderfoot Studio and Deborah Strong's Cat & Mouse Designs. This tour includes lunch and wine tasting at Neck of the Woods Winery.

**54500.101BR**  
**Tue 9:00am-5:00pm Feb 19**  
**Offsite \$99/1 sess**

### Bus Tour Fraser Valley Wine

Enjoy is pleased to present wine tours and tastings at three of the lower mainland's premier wineries and vineyards including the renowned Domaine de Chaberton Winery, Neck of the Woods Winery and The Fort Wine Co. These hand picked Wineries offer a true vineyard experience, comfortable tasting rooms and retail stores offering a range of products from wine accessories, jams/jellies and vinegars. This tour includes a delicious lunch at the Neck of the Woods Winery with tea, coffee, tax and gratuity included.

**54500.102BR**  
**Thu Fri 9:45-4:45pm Mar 28**  
**Offsite \$79/1 sess**

## Health and Wellness

### Minds in Motion (NEW)

It's about living well with dementia - involved, active and connected Minds in Motion™ is a fitness and social program for people experiencing early stage memory loss who may attend on their own or with a friend, family member or caregiver. A certified fitness instructor conducts the fitness portion of the program; for the second part, a facilitator ensures participants are welcomed and assists with social interaction and involvement in activities, guided by the needs and interests of the participants. Meets weekly for 1.75 to 2.0 hours. Offered on an ongoing basis in blocks of 6, 8 or 10 weeks depending on the Centre's schedule, 45 minutes of fitness is followed by a social/activity time, with light refreshments. Participants register as a couple, and may join at any time provided space is available (pro-rated). A person with dementia may attend alone if their symptoms allow them to manage during the program, and getting to and from the Centre, without assistance A maximum of 20 people.

**54200.100BR**  
**Thu 1:00-3:00pm Jan 10-Feb 28**  
**CFEC Alzheimer Soc. \$44/8 sess**  
**54200.102BR**  
**Thu 1:00-3:00pm Mar 7-Apr 11**  
**CFEC Alzheimer Soc. \$33/6 sess**

## Active for Life

### Recreation 6 pack Sampler (NEW)

Come Recreate! Join us for a variety of recreation programs full of fun and activity. Be active, be social, be healthy and be involved in your local Community Centre.

<b>54400.100BR</b>	<b>Gym A</b>
<b>BADMINTON</b>	<b>Jan 5th</b>
<b>Sat 2:00-4:00pm</b>	<b>Rink</b>
<b>ADULT/SENIOR SKATE</b>	<b>Jan 8th</b>
<b>Tue 3:15-4:30pm</b>	<b>AML</b>
<b>CHINESE PAINTING</b>	<b>Jan 9th</b>
<b>Wed 1:00-3:00pm</b>	<b>CFEC</b>
<b>DRU YOGA</b>	<b>Jan 10th</b>
<b>Thu 10:30-11:30am</b>	<b>Brit</b>
<b>FITNESS CENTRE</b>	<b>Jan 11th</b>
<b>Fri- 9:00-10:00am</b>	<b>L.D</b>
<b>FRENCH CLASS</b>	<b>Jan 18th</b>
<b>Fri 1:15-2:15pm</b>	<b>\$30/6wks</b>
<b>Brit</b>	

## Walk your Way into Sport and Physical Activity

Lace your runners up, dress in comfortable clothes and come join us for fun, safe, sport, fitness and physical activity. This program is designed for women only 55+. We will walk, pole walk, aqua fit, badminton, carpet bowl, indoor cycling, pickle ball, pilates, yoga, zumba, and weight training. We will visit 6 locations; Hillcrest, Roundhouse, Renfrew, Killarney, Britannia, Sunset, calendar of events will be attached on your receipt upon registration. Register at Hillcrest or on line at [www.vancouver.ca](http://www.vancouver.ca) for more information contact Cindy 604.257.8499. Par Q, Consent and Release forms need to be filled out prior to program start.

**Cost is FREE but MUST Register**  
**1st set - 53900.101HC Jan7-16**  
**2nd set -53900.102HC Feb18-Mar 29**

<b>Hillcrest: Jan 7-11</b>	<b>Feb 18-22</b>
<b>Mon Pickle Ball</b>	<b>11:30am-12:30pm</b>
<b>Wed Aquafit</b>	<b>2:15pm-2:45pm</b>
<b>Fri Indoor Cycling</b>	<b>5:15pm-5:45pm</b>

<b>Sunset: Jan 14-18</b>	<b>Feb 25- Mar 1</b>
<b>Mon Carpet bowling</b>	<b>1:00-3:00pm</b>
<b>Thur Badminton</b>	<b>1:00-2:45pm</b>
<b>Fri Pickle Ball 1</b>	<b>2:00-1:45pm</b>

<b>Renfrew: Jan 21-26</b>	<b>Mar 4-9</b>
<b>Mon Zumba</b>	<b>6:00pm-7:00pm</b>
<b>Tue Pickle Ball</b>	<b>2:30pm-3:30pm</b>
<b>Sat Aquafit</b>	<b>9:30-10:30am</b>

<b>Britannia: Jan 28-Feb 1</b>	<b>Mar 11-15</b>
<b>Tue Adult/Senior Skate</b>	<b>3:30pm-4:30pm</b>
<b>Thu Dru Yoga</b>	<b>10:30am-11:30am</b>
<b>Fri Weight Training</b>	<b>9:00am-10:00am</b>

<b>Roundhouse: Feb 4-6</b>	<b>Mar 18-20</b>
<b>Mon Gentle Fit</b>	<b>11:00am-11:45am</b>
<b>Tue Express your Voice</b>	<b>12:45pm-2:45pm</b>
<b>Wed Pilates</b>	<b>2:30pm-3:15pm</b>

<b>Killarney: Feb 11-15</b>	<b>Mar 25 - 29</b>
<b>Mon Aquafit</b>	<b>8:00am-9:99am</b>
<b>Wed Zumba</b>	<b>10:40am-11:40am</b>
<b>Fri Pole Walking</b>	<b>9:30am-10:30am</b>



# Lion's Den 55+

## Lions Den (LD)

770 Commercial Drive (Basement)

Office Hours:

Tues/Fri 9:00am-5:00pm

Thu 3:00-7:00pm

Carolyn Innes 604-718-5848 Fax 604-251-9503

e-mail carolyn.innes2@vancouver.ca

## Lion's Den Recreation Committee Meeting

This committee meets on the first Tuesday of each month to plan programs and services at the centre. All are welcome!

Jan 8, Feb 5 and March 21

## Education



## Computer Classes

### Community Mentoring - Computer Drop In

If you have taken a class at the 55+ Lounge, come and practice your skills at the Den! We do not teach but everyone will help you to get started. The computers are busy so come early. Skype is now available. (Please check times of classes for availability). Must have current Britannia membership. The computers are new to us from the AML.

Tue/Fri 2:00-5:00pm Jan 8 – March 29  
LD Free

## Games & Crafts

### Carpet Bowling

A fun and skillful game played inside - similar to Bocce. Ongoing - instruction available. Cost 50 cents for Refreshments

Tue 10:00am-12:00pm Jan 8 – Mar 26  
LD Free

### Drop-In Pool/Billiards

The pool table is open Tuesdays 12 - 5pm and Fridays from 9am - 5pm. Fridays from 1 - 2:30pm is reserved for women only.

Tue/Fri 9:00am-5:00pm Jan 4 – Mar 29  
LD

### Bingo

Join a small group of enthusiastic players in an informal game of Bingo every Thursday-Patricia and Bill to host

Thurs 6:00 – 8:30pm Jan 3- Mar 28

## Traditional Italian Cards

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

Tue 1:00pm-5:00pm LD  
Free

\*exceptions for Special Events

## Games/Craft Night at the Den

Join us for an evening of games and crafts. Help decorate the centre for special events or just come and watch- all welcome and stay for Bingo at 6.30pm.

4th Thu of each month 4.30pm-6.30pm  
LD Free

## Creative Arts

### Movie Night

Join us for Classic musicals ,old favourites and your choice on the big screen! Twice each month at the Lion's Den with Tom and Lorraine . All movies are pre-1950- all ages welcome

Thur Jan 10, Jan 24 6.30-8.30pm  
Free

Feb 14, Feb 28  
Mar 14, 28

LD Free  
unlimited popcorn and historical commentary



### Theatre Group (New)\*

A small group of motivated seniors wishes to get together to explore the creative arts in a light, fun atmosphere

Tue 2:00pm-4:00pm Jan 15-Mar 26  
Inst. Tom Durrie

## Spanish Conversation for Beginners

Participants will learn everyday language to enable them to converse while on that special trip to Mexico! No experience necessary.

55500.101BR

Tue/Fri 10:45-11:45am Jan 15-Mar 8  
LD M Nunez \$60/16 sess

## Spanish Conversation - Intermediate

For those who have mastered the basic phrases and wish to practice more advanced skills. The instructor will adapt the class to your needs.

55500.102BR

Tue/Fri 9:30-10:30am Jan 15-March 8  
LD M Nunez \$60/16 sess

## Spanish Conversation-Advanced

Challenge yourself to another level and bring your personal learning goals to this session

55500.104BR

Tue/Fri 12:00-1:00pm Jan 15-Mar 8  
LD M Nunez \$60/16 sess

## French Conversation for Beginners

Learn our second official language in a small, informal and fun setting

55500.103BR

Fri 12.15-1.15pm Jan 15-Apr 2  
LD Y Sache \$45/12 sess

## French Conversation - Intermediate

A more advanced class for those who have basic conversational skills

55500.105BR

Fri 1:15pm-2:15pm Jan 15-Apr 2  
LD Y Sache \$45/12 sess



## Health & Wellness

### Adult Day Centre "Encourage"

The Centre is Closed to the public at these times but volunteers are encouraged. Please phone Ian for information. We have many Italian- speaking seniors who would love you to practice your Italian! Referrals from Vancouver Coastal Health. Addressing the health- care needs of frail seniors

Mon/Wed/Thurs 9am-2:00pm Jan 2-Mar 28  
LD

### Blood Pressure Clinic

1st Friday of the month ONLY! This is a great way to monitor your physical health and to have some of your questions answered. We also have a medical scale if you wish to keep on track! Supported by the Britannia Board of Management for your continued good health.

Fri 11am-12:00 noon Jan 4, Feb 1 Mar 1  
LD Cris.Ticad R.N. Free

### Eastside Caregivers Evening Out

This group meets on the 3rd Thurs of each month at 6pm. All family caregivers of any age are welcome. There are many groups across the City sponsored by the Vancouver Coastal Health. Please contact Carolyn for the one nearest you. This group is in response to the need to let go for the night and have some fun! The group to determine the destination and the events

Thu 6:00-8:00pm Jan 17, Feb 21, Mar 21  
LD Free

### Exercise with Fern & Friends

A free class exercising to a variety of senior-friendly videos. Please check with your doctor before you join us.

Fri 11am-12:00pm Jan 4-Mar 29  
LD Free

### Foot Doctor

Dr. Eng has an office on Commercial Drive and one important component of his practice is community outreach. It is vital that seniors take care of their feet, especially if they experience Diabetes. \$10 office fee applies for those who are on a fixed income. Others are \$33. Please phone ahead for an appointment (Carolyn 604.718.5848). This is for those seniors with mobility issues

Mon 9:00-11.30am Feb 4, Ap 8  
LD Dr Eng \$10/ sess



### Nurses Corner

Join our LPN for a once a month discussion group on topics chosen by you!

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

### Light & Love Home Haircuts

Many thanks to all the wonderful volunteers for this great service to our community

Thu 6:00-8:00pm Jan 17, Mar 21  
Free

## Food

### Lion's Den Wheels to Meals

Full cooked meal on both days. Transportation is arranged at a cost of \$4.50 and the meals are \$6 each. Come early on Tuesdays at 10am for Carpet Bowling; Tuesdays and Fridays at 1pm is the Wellness Group. (no lunch Jan 1)

Tue/Fri 11:00am-2:00pm Jan 4-Mar 29  
LD \$6/meal

### Healthy Meals for Single Seniors

Join the seniors at the Den to prepare quick and easy meals to take home and freeze. Linda has worked in large kitchens and knows what seniors love to eat!

Tue 1.30-4.30pm Jan 15-Jan 22  
LD L Robertson \$25/plus food cost

### Lion's Den Pot Luck

Bring food to share and we will provide the entertainment/speakers. 2nd Thursday of each month.

Scottish food  
Thu 5:00-6.30pm Jan 10  
Valentine Theme  
Thu Feb 14,  
St Patricks  
Thu Mar 14  
LD Free

## Physical Recreation

### Hiking Club (NEW)

Join Barry and Carolyn for a monthly walk in the woods. Please call Carolyn to be on the list. Members of the youth group will lend a hand. All Hikes are on Saturday and the cost is \$15 per hike – bring lunch. We are taking a break for the winter – hikes will resume in the Spring. Please keep in touch as we may go snowshoeing during the Spring months.

### Ambassador's Saturday Social Club (NEW)

Join the volunteers and seniors in a new venture at the AML. We started in Nov and plan to meet biweekly to explore new ideas and ventures. We have already learned to use the basic functions of a cell phone and will attempt to keep up with modern technology and have some fun!

Sat 11:00am-1:00pm  
Jan 12, 20, Feb 9, 23, Mar 9, 23  
AML

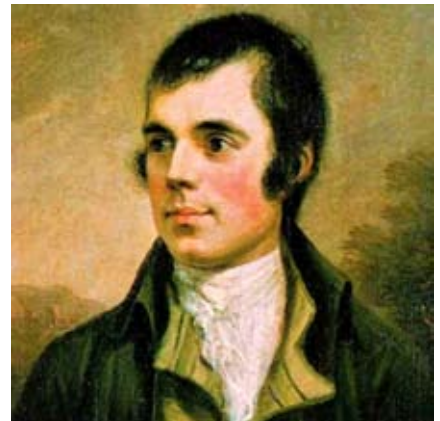
## Highlights & Special Events

### Robbie Burns Day

Enjoy a delicious lunch and local entertainment with prizes for the best costumes

55602.100BR  
Fri Jan 18 12noon-2:00pm  
Cost: \$10

Register at Britannia or at the Lion's Den



# Aquatic Highlights

## General Information

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

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

### Statutory Holiday Hours

Jan 1	1:00-5:00pm
Feb 11	1:00-5:00pm
Mar 29	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.

### Cleaning Schedule

Change rooms close daily for cleaning.  
Men's closed from 5:15-5:45pm.  
Women's closed from 5:30-6:00pm.

## Special Events & Activities

### Youth Swim Night (13-18 yrs)

The first Friday Night of every month is reserved for youth to swim and play with their friends. No public use of steam room or whirlpool.

<b>Fri</b>	<b>8:00-10:00pm</b>	<b>Jan 4, Feb 1, Mar 1</b>
		<b>FREE</b>

### Iceberg Swim

Join us for an activity filled FREE public swim with frozen treats and games!

<b>Sat</b>	<b>2:30-4:30pm</b>	<b>Feb 2</b>
		<b>FREE</b>

### Birthday Parties

Book the tot pool for your birthday party! Call 604.718.5830. You may also arrange to rent a party room through the community centre Activity Coordinator at 604.718.5812.

<b>Sat</b>	<b>1:00-2:00pm, 1:30-2:30pm, 5:00-6:00pm</b>
<b>Sun</b>	<b>5:00-6:00pm</b>
	<b>Fee: \$46.15</b>

## Swim Descriptions

### Adult Swim (19+ yrs)

This is a time to come and swim lengths, relax or let the kid in you come out and play. You can also register for lessons or drop in to an Aquafit class during this time.

### Aquafit

This is a safe and excellent fitness activity for all swimming levels and ideal for those adults who want to work out without stressing their joints and lower back. Shallow and deep water (Thursdays only) classes are offered.

### Lengths Swim

The pool is divided into four lanes (leisure, 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 full time or regular part time lifeguards prior to being allowed to attend these sessions.



### Parent and Tot

This session is for soon to be mothers and parents with young children five years and under.

### Public Swim

Swim, dive, splash, have fun! All ages are invited to come join in the activities. One small lane is usually set aside for length swimmers.

### Range of Motion (ROM)

This light, low-impact exercise class is aimed at increasing mobility, dexterity and fitness.



January 1 to March 31

During some public sessions only part of the pool is available.

# Aquatic Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths Swim 6:30 – 8:30am						
Vancouver School Board Lessons 8:30 – 9:30am					Lessons & Lengths (1 lane) 9:00 - 11:55am	Lengths Swim 10:00 – 10:55am  Parent & Tot 10:00-10:55am
Public Swim 8:30-11:30am						
Range of Motion (ROM) 9:45-10:30am	Aquafit 9:45-10:30am	Range of Motion (ROM) 9:45-10:30am	Aquafit 9:45-10:30am	Range of Motion (ROM) 9:45-10:30am		
Vancouver School Board Lessons 10:30-11:30am					Lengths 1:00-2:25pm	Lessons & Lengths (1 lane) 11:00am-2:25pm
Lengths Swim 11:30am-1:00pm						
Vancouver School Board Lessons 1:00-3:00pm						
Public Swim 1:00-3:00pm					Public Swim 2:30-4:55pm	
Lessons & Lengths (1 lane) 3:00-5:25pm	FREE Public Swim 3:00-4:55pm	Lessons & Lengths (1 lane) 3:00-5:25pm	FREE Public Swim 3:00-4:55pm	Public Swim 3:00-4:55pm		
Lengths 5:30-6:25pm	Lengths 5:00-6:25pm	Lengths 5:30-6:25pm	Lengths 5:00-6:25pm	Lengths 5:00-6:25pm		
Public Swim 6:30-7:55pm *No lane available on Tuesday & Thursday						
Adult Swim 8:00-9:55pm	Adult Swim 8:00-9:55pm  Adult Lessons 8:00-8:45pm	Adult Swim 8:00-9:55pm	Adult Swim 8:00-9:55pm  Adult Lessons 8:00-8:45pm	Adult Swim 8:00-9:55pm  Youth only 13-18yrs FREE swim 1st Friday of month.  Jan 4, Feb 1, Mar 2 8:00-9:55pm (no lanes, whirlpool or steam available)	<b>Schedule subject to change</b> <b>Effective: Jan 1 - Mar 31</b> Note: the change rooms are closed for cleaning every day at the following times: <b>Men's: 5:15-5:45pm</b> <b>Women's: 5:30-6:00pm</b> For your convenience the family change room is available for use during these times.	
Aquafit 8:00-9:00pm		Aquafit 8:00-9:00pm	Deep Water Aquafit 8:00-9:00pm			

## Pool and Fitness Centre Fees:

	Single Admission	Tickets (10)	1 Month Flexipass	3 Month Flexipass	4 Month Flexipass	6 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$6.00	\$49.90	\$49.00	\$128.00	\$162.00	\$221.00	\$400.00	\$3.00
Youth (13-18)	\$4.25	\$34.95	\$34.00	\$90.00	\$113.00	\$155.00	\$280.00	\$1.00
Child (6-12)	\$3.00	\$24.95	\$25.00	\$64.00	\$81.00	\$111.00	\$200.00	\$1.00
Senior (55+)	\$4.25	\$34.95	\$34.00	\$90.00	\$113.00	\$155.00	\$280.00	\$1.00

Family Minimum \$6.00 admission 1 to 2 adults of the same household and their children under 19 years of age.

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

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



# Aquatic Lessons & Registration

Registration for swim lessons is ongoing. You may register for any one set of lessons, but if you are already participating in a class, you must wait until the last day of that class to register for the next set. There is no lesson registration after the second class. You may register either online or in person with a report card. All lessons must meet minimum space requirements to run. 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.

## Swim Assessments

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

## Refunds & Cancellations

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

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

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

## Red Cross Preschool (3-5 yrs)

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

## Children (5-12 yrs)

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

## Private/Semi-Private (all ages)

To schedule a private or semi-private 30 minute lesson time, contact a Swim Instructor Attendant directly at 604.718.5831.

## Youth Lessons (12-18 yrs)

These lessons offer a challenge for swimmers of all levels and focus on skill development, water safety, self rescue skills and the rescue of others. Choose from Youth Basics or Youth Strokes.

## Adult Lessons (19+ yrs)

Level 1: Basic introduction to the water, front and back floats and basic propulsion.

Level 2: Introduction to front and back glides with basic propulsion as well as front crawl, 1-2- breathe and deep water activities.

Level 3: Introduction to whip kick. Work on stroke mechanics of front and back crawl over a 25m distance. To complete this level, participants must be able to swim 50m continuously.

Level 4: Work on stroke mechanics and develop endurance. Learn swim work outs and use training equipment. Introduction to breaststroke and side stroke as well.

## Seniors Lessons (55+ yrs)

These lessons offer a challenge for swimmers of all levels and focus on skill development.

## Swim Club (8-16 yrs)

Emphasizes stroke development, starts and turns, and is a chance to make new friends. Swimmers must be at Skim Kids level five or higher. LAC subsidy does not apply to this program. Register for the day or days you plan on attending. The more days you register, the better the deal!

<b>29701.101</b>	<b>Tue 6:30-7:45pm</b>	<b>Jan 8-Mar 12</b>
<b>29701.102</b>	<b>Thu 6:30-7:45pm</b>	<b>Jan 10-Mar 14</b>
<b>29701.103</b>	<b>Sat 7:45-9:00am</b>	<b>Jan 12-Mar 16</b>
<b>One day/week</b>		<b>\$50/season</b>
<b>Two days/week</b>		<b>\$75/season</b>
<b>Three days/week</b>		<b>\$85/season</b>

Parent & Tot, Children & Youth Lessons							
Set	Dates	# of lessons	Star Fish, Duck, Turtle, (30 min parented)	Otter, Salamander (30min) Sunfish, Crocodile, Whale	Swim Kids Levels 1-3 (30min)	Swim Kids Level 4-10 (40min)	Youth(30min) Lessons
Monday & Wednesday 3:30-5:20pm *No lesson Feb 11							
1	Jan 7-30	8	\$49.00	\$49.00	\$43.40	\$49.00	\$43.40
2	Feb 4-27	7	\$43.25	\$43.25	\$38.35	\$43.25	\$38.35
3	Mar 4-27	8	\$49.00	\$49.00	\$43.40	\$49.00	\$43.40
Saturday 8:30am-12:00pm							
1	Jan 12-Mar 16	10	\$60.50	\$60.50	\$53.50	\$60.50	\$53.50
Sunday 11:00am-2:30pm							
1	Jan 13-Mar 17	10	\$60.50	\$60.50	\$53.50	\$60.50	\$53.50
Adult Lessons (19+ yrs)							
Set	Dates	# of lessons	Fee (incl. HST)				
1	Advanced Level 3 & 4	5	Jan 8-Feb 5	\$48.75			
2	Tue 8:00-8:45pm	5	Feb 12-Mar 12	\$48.75			
1	Beginner Level 1 & 2	5	Jan 10-Feb 7	\$48.75			
2	Thu 8:00-8:45pm	5	Feb 14-Mar 14	\$48.75			
Seniors Lessons (55+ yrs) Lessons are already subsidized. No further subsidy offered. *No lesson Feb 11							
Set	Dates	# of lessons	Fee (incl. HST)				
1	Mon & Wed 9:30-10:00am	8	Jan 7-30	\$39.00			
2	Mon & Wed 9:30-10:00am	7	Feb 4-27	\$34.00			
3	Mon & Wed 9:30-10:00am	8	Mar 4-27	\$39.00			

# Fitness Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am-9:55pm	6:30am-9:55pm  10:00am-12:00pm FREE with membership	6:30am-9:55pm	6:30am-9:55pm	6:30am-9:55pm 9:00am-10:00m seniors only 10:00am-12:00pm FREE with membership	9:00am-7:55pm  9:00am-12:00pm Women Only	10:00am-7:55pm

## Statutory Holiday Hours

Jan 1 1:00-5:00pm  
Feb 11 1:00-5:00pm  
Mar 29 1:00-5:00pm

## Weight Training for Women Beginner Level

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

**44010.401BR**  
Sat 10:00am-12:00pm Jan 5-26  
V. Henderson \$32/4 sess

## Weight Training for Women - Intermediate Level

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, membership and pre-registration required.

**44011.401BR**  
Sat 10:00am-12:00pm Feb 2-23  
V. Henderson \$32/4 sess

## Strength Training for Seniors Intermediate (55+ yrs)

Build on skills learned in the Intro class, or expand your exercise repertoire. Britannia membership required. Please pre-register by Dec 28 so that confidential health screening can be done.

**4410.201BR**  
Fri 9:00-10:00am Jan 4-25  
J. Stanier \$20/4 sess

## Intro to Strength Training for Seniors (55+yrs)

Learn how to use our cardio and weight training equipment for a safe and enjoyable workout that you will feel confident to continue on your own. Britannia membership is required. Please pre-register by Feb 8 so that confidential health screening can be done. No class Mar 15.

**4409.201BR**  
Fri 9:00-10:00am Feb 15-Mar 29  
J. Stanier \$30/6 sess

## 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.



*Call the Fitness Centre at 604.718.5842 or see a Fitness Attendant next time you're in to sign up for these short, FREE, one day workshops!*

## Stretching for Seniors

We'll focus on developing and maintaining flexibility. Often times stretching is an afterthought or eliminated due to lack of time. This class is a reminder for some, and an introduction for others, to stretch for all the muscle groups. We will finish with a relaxation exercise.

Fri 9:00-10:00am Feb 8  
J. Stanier FREE

## More about the Core

You've heard about 'core training'. Come join us for a quick one-time session to learn more about the core. We'll explain what it is and the proper way to work it!

Thu 4:00-4:30pm Mar 7 or 21  
J. Coyle FREE

## Exercise on the Go

Learn how to use exercise balls and resistance tubing for a full body workout that can be done at home or at work. These cost efficient exercise tools make working out on the go easy!

Thu 11:00-11:45am Mar 14 or 28  
C. Evans FREE

## Personal Training

Improve your health and wellness with support from our qualified and experienced personal trainers. Our trainers will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your busy schedule. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport-specific workouts, our trainers will motivate and support you in each 1 hour session.

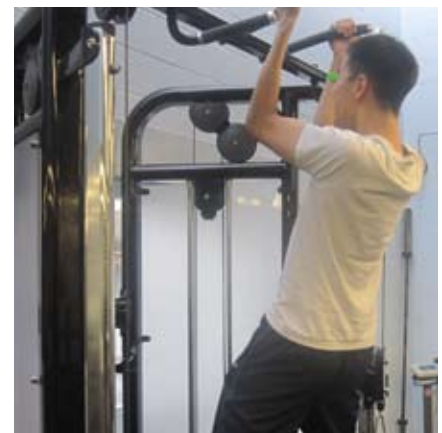
Personal Training (Incl. HST)	Personal Training for 2 (Incl. HST)	
1 sess	\$52.00	\$78.00
5 sess	\$234.00	\$364.00
10 sess	\$416.00	\$676.00

## Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists and physiotherapists. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$6.00 per client also applies.

## 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](http://vancouverparks.ca).



# Ice Arena

## ARENA HIGHLIGHTS

### \$99 Spring Ice Sale!

Plan a holiday party between March 18-31 for \$99/hour plus HST. Staff charges are not included. Booking for the Spring Ice sale starts Jan 8, 2013.

### Get involved, JOIN THE ARENA COMMITTEE!

The Arena Committee meets the 1st Tuesday of the month at 6:30 pm in the Rink Activity Room.

### 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 6-Apr 4  
FREE

### Family Cosom Hockey

(3 to 12 years with Adult/s)

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

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

## Arena Information

Britannia Arena will be shut down for a scheduled maintenance closure Apr 6-May 12. We are sorry for the disruption this causes to the public and private rental groups. Up to date information regarding closure will be posted [britanniacentre.org](http://britanniacentre.org).



## ADULT HOCKEY 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.

Set 1  
48080.101BR  
Sun 10:45am-12:00pm Jan 6-Feb 10  
Set 2  
48080.102BR  
Sun 10:45am-12:00pm Feb 17-Mar 24  
\$35/6weeks  
\$6/drop-in

### 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.

Thu 11:15pm-12:45am Jan 3-Apr 4  
All Levels \$10.00/drop-in\*

Sun 9:30-11:00pm Jan 6-Mar 31  
Inter \$15.00/drop-in  
or \$50/month\*

\*Strip tickets are not valid during these sessions

### Adult Drop-in Hockey Adult

Space is limited to 26 players and is available on a first-come, first-serve basis. Full hockey gear is mandatory. Please register and pay at the pool starting at 2:30pm.

Wed 3:15-4:45pm Jan 2-Apr 3  
\$6/drop-in

### 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.

Fri 12:00-1:30pm Jan 4-Mar 29  
\$6/drop-in

### 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 18-Aug 24**. All players will be assessed and placed onto teams by the league coordinators. Registration begins **Mar 12**.

### Britannia Women Only Hockey League

Britannia's popular Women's Hockey league will begin on May 1, with an on-ice evaluation. Games are on Tuesday evenings, **May 14-Jul 30**. The games are non-contact, non-aggressive and fun! Full hockey equipment is mandatory. Registration begins **Mar 12**.



# Skate Lessons

## Registration:

**In-person registration for Winter skating lessons will take place on Sun, Dec 16, 10:00am-1:00pm In the Information Centre.**

If you are unsure of which level to register in, come in person on Dec 16 to speak to an instructor or have an on-ice evaluation completed during any public skating session at Britannia. In-person registration at the pool cashier and online registration will take place starting Mon, Dec 17 and will continue until classes are full. Please note that students will not be transferred into another level if they are not registered in the appropriate level. If the lesson you want to register in is full, please put your name on the waiting list. Additional classes are scheduled whenever possible. Please note that skate lessons fill up quickly, so register early.

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

## Learn to Skate Lessons

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

## Preschool Program Levels (3-5yrs)

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

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

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

Level 4 - can scull forwards and stop without assistance

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

## Children, Youth and Adult Program Levels

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

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

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

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

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

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



## Useful information for the first day of lessons

- Arrive at the ice rink at least 15 minutes before the start of class.
- Ensure that you and/or your child wear warm clothes, gloves and long socks for comfort and safety.
- We recommend that preschoolers wear waterproof pants.
- Go to the skate shop for your free skate rentals and helmet.
- Go to the name tag board and pick up your coloured name tag.



# Ice Arena Learn to Skate

## Private Skate Lessons

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

## Figure Skating Lessons

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

## Power Skating Lessons

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 I recommended but helmet, gloves and stick are mandatory.

## 3 ways to register into Britannia Skating lessons (Set 1):

1. Register in-person on **Sun Dec 16, 10:00am-1:00pm** at the Information Centre.
2. Register online at [britanniacentre.org](http://britanniacentre.org) starting **Mon Dec 17**.
- 3 Register in person at the pool cashier from **Mon Dec 17**, with your current lesson report card (Winter/Spring/Summer '11).

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

## Lessons Set 1

### Learn to Skate

Tue 6:00-8:00pm Jan 8-Feb 12  
\$36/6 sess  
Sat 9:30am-1:15pm Jan 5-Feb 16  
\$42/7 sess

### Figure Skating

Sat 12:45-1:15pm Jan 5-Feb 16  
\$42/7 sess

### Junior Power Skating (8-12yrs)

Sun 3:30-4:15pm Jan 6-Feb 17  
\$51/7 sess

### Senior Power Skating (13yrs-Adult)

Sun 4:30-5:30pm Jan 6-Feb 17  
\$68/7 sess



## Lessons Set II

In-person registration will take place on Sun, Feb 17 from 10:00am-1:00pm at the Information Centre. Online registration and continued in-person registration at the pool cashier begins Mon, Feb 18. Class schedule for Set II will be available online starting Tue, Feb 5.

### Learn to Skate

Tue 6:00-8:00pm Feb 19-Apr 2  
\$42/7 sess  
Sat 9:30am-1:15pm Feb 23-Mar 30  
\$36/6 sess

### Figure Skating

Sun 12:45-1:15pm Feb 23-Mar 30  
\$36/6 sess

### Junior Power Skating (8-12yrs)

Sun 3:30-4:15pm Feb 24-Mar 31  
\$44/6 sess

### Senior Power Skating (13yrs-Adult)

Sun 4:30-5:30pm Feb 24-Mar 31  
\$58/6 sess

## Lesson Times Set 1

Tue 6:00-8:00pm Jan 8-Feb 12  
\$36/6 sess

Level	Presch	Child
1	6:00-6:30pm	6:00-6:30pm 6:30-7:00pm
2	6:00-6:30pm 6:30-7:00pm	6:00-6:30pm 6:30-7:00pm
3	6:30-7:00pm	6:30-7:00pm 7:00-7:30pm
4	7:00-7:30pm	7:00-7:30pm
5	7:00-7:30pm	7:00-7:30pm 7:30-8:00pm
6/7	Adult All-levels	7:30-8:00pm 7:30-8:00pm

Sat 9:30am-1:15pm Jan 5-Feb 16  
\$42/7 sess

Level	Preschool	Child
1	9:30-10:00am 11:15-11:45am	9:30-10:00am 10:30-11:00am 11:45-12:15pm
2	12:45-1:15pm	12:45-1:15pm 9:30-10:00am
3	10:30-11:00am 11:15-11:45am 12:15-12:45pm	10:00-10:30am 11:15-11:45am 12:15-12:45pm
4	10:00-10:30am	10:00-10:30am 10:30-11:00am 11:45-12:15pm
4/5	11:45-12:15pm	10:00-10:30am 12:15-12:45pm
5	10:30-11:00am 12:15-12:45pm	10:00-10:30am 12:15-12:45pm
6/7	Adult 1/2 Adult 3/4 Adult 5/6	10:30-11:00am 12:45-1:15pm 9:30-10:00am 10:00-10:30am 10:30-11:00am



# Britannia Ice Rink Public Skating Schedule

Saturday, January 5 to Friday, April 5, 2013

Schedule subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Adult Open Dance 12:15-1:45pm	Parent & Tot FREE Skate 11:00-11:45am	Adult Stick & Puck 12:00-1:30pm (No session Mar 29)	Public Skate 1:30-3:00pm	Family Fun Hockey 12:15-1:30pm
	Adult/Senior FREE 3:15-4:30pm	Adult Co-ed Drop-in Hockey 3:15-4:45pm	Youth FREE Skate 3:15-4:30pm	Child FREE Skate 3:15-4:30pm		Public Skate 1:45-3:15pm
	Adult Skate 8:15-9:30pm		Adult Co-ed Hockey* 11:15pm-12:45am	Public Skate 7:45-9:15pm (No sess Mar 29)		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 1½ hours before the start of the session. Passes are not valid during these times. Limited drop-in spots are available (no goalie drop-in spaces available).

## 2013 Rink Admissions

Adult 19-54 yrs	Youth 13-18 yrs	Seniors 55+ yrs	Children 6-12 yrs	Family	Skate Rentals	Skate Sharpening
\$6.00 Drop-in \$49.90/10 visit	\$4.25 Drop-in \$34.95/10 visit	\$4.25 Drop-in \$34.95/10 visit	\$3.00 Drop-in \$24.95/10 visit	*\$6.00 minimum	\$3.10	\$6.40 \$55/10 passes

- Britannia Ice Rink 10 visit pass is valid at all Vancouver Park Board operated rinks (except Hillcrest). Prices are subject to change without notice.
- Adult Drop-in Hockey and Stick & Puck sessions are at the Adult rate.
- A 20% discount on admission is given to groups of 10 or more.
- Children under eight years old must be accompanied on-ice with an individual 16 years or older.
- \*Family rate is 1 - 2 Adults of the same household and their children under 19 years, all present at the time of admission of \$3.00 per person
- Flexipasses may be used for public skating sessions. For 2013 flexipass rates go to page 33.

## Ice Rentals

Go to [www.vancouver.ca/parks](http://www.vancouver.ca/parks), click Rinks (left side)>Rink Rentals (tab)>View Rink Schedule (link) - times listed are BOOKED times. Ice rink rental requests for Britannia are taken by email at [britanniarink@vancouver.ca](mailto:britanniarink@vancouver.ca)





# Other Agencies & Programs

## Eastside Family Place

1655 Williams Street  
eastsidefamilyplace.org  
604 255 9841

Eastside Family Place is a support and resource centre for parents and caregivers and their young children aged infant to early 6 years old. ESFP offers many programs and support services.

A Family Drop-In Centre offers adults an opportunity to visit with each other in a warm, supportive environment and at the same time children have the opportunity to make friends, play and participate in developmentally stimulating children's activities.



### Family Drop-In Hours:

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

### Licensed Occasional Childcare

This program is for parents who are in need of short-term respite childcare. Children aged 18 months to six years – fee on a sliding scale of \$5.00 to \$6.50 per hour. Spaces are limited and must be booked in advance. Childcare phone number-604.251.1018 Licensed occasional childcare hours are:

Mon to Fri	9:00am-12:00pm
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### Nobody's Perfect Parenting Program

For parents with children under six, who would like support and resources in the areas of parenting skills and raising children. Childminding and snacks are provided. No cost. Pre-registration required.

TBA

### Collective of Parents Empowered: (COPE)

C.O.P.E. is an educational/experiential group that meets weekly to discuss topics relevant to parents. Each program is ten weeks long. Parents can be involved in the program for up to 30 weeks. Childminding and snacks provided. No Cost. Pre registration required.

Fri	Jan 11-Mar 15	1:00-3:00pm
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### Workshops and Information Sessions

A variety of topics of interest to parents and caregivers are offered. Call for details, dates and to register or drop by ESFP during Drop - In hours to pick up a monthly calendar.

Eastside Family Place will be CLOSED for winter vacation, December 24, 25, 26, 27,28,31, and January 1. The Drop-In will be open on January 2, 3, and 4 from 9 to Noon only. No licensed occasional childcare available on those dates.



## Grandview Woodland Community Policing Centre

1977 Commercial Drive  
Tel. 604.717.2932 Fax. 604.717.2923

### Hours of Operation:

Monday to Thursday	12:00-8:00pm
Friday	12:00-6:00pm
Saturday	10:00am-4:00pm

Come and volunteer with us! Four hours a month can make a difference in keeping our community safe. We operate a number of crime prevention programs - contact us to see which one would be the right fit for you.

CPC Coordinator: Adrian Archambault  
britcpo@shaw.ca

Volunteer Coordinator: Faith  
volunteercordinator@shaw.ca

Admin Assistant: Cathy  
britcpo@shaw.ca

Neighbourhood Police Officer:  
Constable Mike Lemon  
michaellemon@vpd.ca



## Planet Bingo

Britannia Community Services Centre receives funding from Planet Bingo which supports a wide range of recreation, child care and community education programs.

# Other Agencies & Programs



## Get Ready 2 Read

The Canucks Family Education Centre in collaboration with Grandview Terrace Childcare Centre and Britannia Community Centre Society will pilot an early learning family literacy program for parents and caregivers with children ages birth -5

Get Ready 2 Read will lay the foundation for learning by providing parents and significant caregivers with the tools and knowledge needed to foster literacy and a love of learning in their children's early years.

### This 12-week program will cover the following:

- Introduction to the learning process and learning styles.
- Learning readiness (the skills needed for success).
- Developing strong home-library-community partnerships.
- Age appropriate hands on activities that promote healthy physical, social/emotional and cognitive development in children.
- FREE on-site child-minding and healthy snacks.
- All participants will receive a comprehensive resource guide to take home.
- Where: Grandview Terrace Childcare Centre, 2075 Woodland Drive, Vancouver, BC
- When: Wednesdays and Fridays, 9:30am – 12:00pm

For more information contact the Canucks Family Education Centre @ 778 321-3487 or [jean.cfec@gmail.com](mailto:jean.cfec@gmail.com)

## Canucks Family Education Centre (Cfec)

All programs are free of charge and provide onsite Get Ready 2 Read (GR2R) Early Learning program for pre-school aged children of participants. Registration is required for all programs. For more information and to register for the following programs please contact Jean Rasmussen, Executive Director, at 778 321-3487 or [jean.cfec@gmail.com](mailto:jean.cfec@gmail.com)

ALL PROGRAMS START THE WEEK OF SEPTEMBER 10TH

### Partners In Education (PIE)

#### English Foundations 6, English 10 and Communications 11

Location: CFEC Room 110, Britannia Secondary School  
(Monday, 9:30-3:30pm)

#### Beginner English for Speakers of Other Languages

Location: CFEC Room 110, Britannia Secondary School  
(Tuesday, 10-2:30pm)

#### Foundations In Math

Location: CFEC Room 110, Britannia Secondary School  
(Thursday, 9:30-3:30pm)

#### Accounting 11

Location: Hastings Education Centre, Britannia Community Centre  
(Thursday, 10:15-3:30pm)

#### Parent Support Program

Location: Edmonds Elementary School, Community Resource Centre, Burnaby (Wednesday, 9-12noon)

#### GET READY 2 READ (GR2R) \*Starts October 3rd

Location: Grandview Terrace Childcare Centre  
2075 Woodland Drive, Vancouver, BC (Wednesday and Friday 9:30-12noon)

#### Youth In Transition (Yit)

Bryne Creek Secondary School, Burnaby (Dates and Time TBC)  
Burnaby North Secondary School, Burnaby (Dates and Time TBC)

## Hastings Education Centre

On the Second Floor, above the Library!

We offer tuition free courses to adults who want to complete high school, prepare for post secondary studies, or get ready for a career change. We are part of the Vancouver School Board, and courses are approved by the Ministry of Education.

### We offer courses in:

- English
- Sciences
- Math
- Computer Technology
- Humanities
- Art
- Business

Classes range from beginner levels to Grade 12 and are available in the mornings, afternoons, evenings and on Saturdays! Study in a structured class, self-paced or on-line. To learn more and to find out how to get started, phone 604-713-5735 or on the web at [www.hastingsed.vsb.bc.ca](http://www.hastingsed.vsb.bc.ca) or simply come by and visit our centre.

## GWAC

### Grandview Woodland Area Council

[www.vcn.ca/gwac](http://www.vcn.ca/gwac)

A residents association open to anyone living and/or working in Grandview Woodland area. GWAC focuses on local issues, advocates for positive change, informs the community about issues and problem solves around those issues. The Board of Directors and interested residents meet on the first Monday of each month at 7:00pm at Britannia Community Centre, 1661 Napier Street, just west of Commercial Drive. If the meeting date falls on a statutory holiday, the meeting will be held the following Monday.

## The Law Students

### Legal Advice Program (LSLAP)

[www.islap.bc.ca](http://www.islap.bc.ca)

Free legal advice for low-income earners throughout the Lower Mainland. UBC Law Students, working under the guidance of supervising lawyers, provide assistance with various aspects of law, including criminal matters, small claims, residential tenancy and much more.

Tuesday evenings

Call 604.822.5791 to book an appointment



# Britannia Library



Vancouver Public Library



## Britannia Branch Hours

Mon	8:30 am – 5:00 pm
Tue, Wed	8:30 am – 9:00 pm
Thu, Fri	8:30 am – 5:00 pm
Sat	9:30 am – 5:00 pm
Sun	1:00 pm – 5:00 pm

## Holiday Closures

New Years Day	Tue Jan 1
Good Friday	Fri Mar 29
Easter Monday	Mon Apr 1

## ESL Learning Centre

A free drop-in program for adults to help improve their English. This program is open to landed immigrants, Canadian citizens, refugees and others. The Learning Centre is located in the Britannia Library.

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

Adults who need tutoring can drop in for free help with speaking, listening, reading and writing English. Books, equipment, tapes and other materials for all levels of ability are provided.

Sponsored by: VCC, VPL, and Britannia Community Services Centre.

For more information about the ESL Learning Centre at Britannia Branch, phone 604-718-5813



## Free Wifi & Internet access at the Library

There are 14 computers with internet access, word processing, media playing. Use your Library Card for access.

## Library Online

www.vpl.ca where you can:

- read Digital Newspapers,
- download ebooks,
- download audiobooks and
- renew library books.
- check library events listings.

## Kids Programs

### Babytime

Wed 11:15 – 11:45 Jan 16-May 15  
Rhymes, songs, bounces, fingerplays and stories for babies, their parents and caregivers. Recommended ages: newborns to approximately 18 months old. Drop in.

### Toddler Storytime

Mon 10:15 – 10:45 Jan 14-May 13  
Rhymes, songs, fingerplays and simple stories for toddlers, their parents and caregivers. Drop in.

### Family Storytime

Wed 10:15-10:45 Jan 16-May 15  
Stories, songs, fingerplays, and rhymes for the whole family. Program will include stories for older children to share with their younger siblings. Drop in.

### Man in the Moon

Sat 3:00-4:00pm Jan 12-Mar 2  
A unique literacy and language play program for young children and dads, uncles, step dads, foster fads, granddads and all male caregivers. Register at the library.

## Adults Programs

### Pandora's Collective presents: Word Whips

4th Tue 6:30-8:30 pm Jan 22, Feb 26, Mar 26  
Take the challenge! Pandora's Collective provides the writing prompts and the opportunity for sharing. Ten to fifteen minutes for each prompt. See what you can whip up! Drop in.

### Book Talks-Book Club

2nd Wed 6:30-8:30pm  
Jan 9, Feb 13, Mar 13, Apr 10  
Book talks led by Pandora's Collective members, a pre-selected book will be discussed each month. Participants must bring their own copy of the book.

Jan 9 Fahrenheit 451 / Bradbury  
Feb 13 Books We Love: Recommendation night

Mar 13 The Measure of a Man:  
The Story of a Father, a Son, and a Suit/J.J. Lee

Apr 10 The Help/K. Stockett  
To register for these booktalks email  
booktalks@yahoo.ca

### 55UP Book Club

3rd Wed 2:00-3:00 pm  
Jan 16, Feb 20, Mar 20, Apr 17, May 15, Jun 19.  
Informal chats about a book chosen by the group. Books are provided. Refreshments are served. Hosted by a friendly librarian at the Al Mattison Lounge.

To register call 604-718-5837

### Tech Tutoring

Book an appointment for a free 50 minute computer tutoring session. Contact the library staff.

