

britanniacentre.org

Two young children are standing on an ice rink, wearing blue and white hockey jerseys and black helmets. The child on the left is smiling, while the child on the right has a neutral expression. Both jerseys have the NHL logo on the chest. The background shows the rink's boards and a yellow safety line.

Britannia
Community
Centre

Britannia
Community
Centre

Programs & Services Winter 2014





President's Message

The start of a new year is upon us. On behalf of the Board, I would like to extend appreciation to all Staff, Volunteers, Managers, as well as our on-site City & Community partners, for the tremendous amount of work, and innovative effort they have contributed to the growth and continued vibrancy of Britannia Community Centre throughout the year.

Here at Britannia we are always looking for new ways to support the communities we serve. Toward the end of 2013 we were able to complete the work necessary to secure the interim use of the Astorino's building at Venables & Commercial Dr. Although future plans include the re-development of that corner, we saw an opportunity to put that building to use. Currently Kickstand (a community not for profit bicycle repair shop, operating out of the lower floor), and Safe Amp (a community not for profit mentoring organization for youth interested in music, using the ballroom), are two of the community groups partnering with Britannia.

2013 has seen some major discussions and consultations between residents and the city in the forming of a new area plan for Grandview-Woodland. Britannia Board and community members have been participants in that process and we have communicated to the city our commitment to ensuring that the consultations are thorough and that the priorities for community facilities, parks and public spaces not be overlooked. We will continue, as community members participate, and as a Board communicate, during the extended consultation period.

Britannia has accepted the use of the OneCard for programs and services. We are hopeful that the easier accessibility with the use of the OneCard will encourage greater participation in the wide ranging programs and services Britannia has to offer..... speaking of which!...There is no time like the present to get involved, get active, learn a new skill, meet new people and be connected to your community. Please look through our brochure online or pick up a copy, and discover what is available for seniors, adults, youth & children at Britannia.

Gwen Giesbrecht

Board of Management

Britannia Board meetings are held on the 2nd Wednesday of the month. They are cancelled during the summer months. For more information, or if you are interested in running for our Board of Management, call Cynthia Low, Executive Director at 604-718-5815

PRESIDENT: Gwen Giesbrecht

VICE PRESIDENT: Eva Sharell

TREASURER: John Flipse

EXECUTIVE MEMBERS:

Ray Gallagher

Oliver Conway

DIRECTORS:

Brendan Boylan, Susanne Dahlin, Cleo Tracey, Meseret Taye, Margaret Vis, Ingrid Kolsteren, Morna McLeod, Edward Stringer, Stefan Grahovac, Kathy Whittam (staff rep)

AGENCY REPS:

VSB: Geoff Taylor

VPB:

VPL: Erie Maestro

EXECUTIVE DIRECTOR: Cynthia Low

MANAGER OF ADMINISTRATIVE SERVICES:

Natalie Bailey

CHILD CARE MANAGER:

Sabine Tanasiuk

PHOTOGRAPHY CREDITS:

Many individuals have volunteered their services and time to take photographs and submit them for use in our publications. We wish to thank Dolphin Kasper, Tom Higashio, Paul Fremes, Barry Skillin,, Giles Chin, Trevor Jansen, Wendy Whitaker, Lori Moretto, Sandra Vander Schaaf, Amie Smith

Membership Information

To participate in recreation programs you must be a member of Britannia Centre. Membership is valid from Sep.1st, 2013 to Aug. 31st, 2014

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 membership give me?

- Voting privileges at the Annual General Meeting of the Society May 28rd, 2014
- Eligibility to run for the Board of Management
- Mail outs about Centre programs and events
- Access to special membership programs
- You must have a current Britannia membership to register for programs
- FREE access to Fitness Centre Tuesday & Friday, 10:00am to 12:00pm

Information Centre
1661 Napier Street,
Vancouver BC V5L 4X4

T 604 718 5800

F 604 718 5858

www.britanniacentre.org

Program Cancellation Policy	4	Self-Care	15	Ball Hockey	22
Program Refund Policy	4	WAWAW Aboriginal Youth Leadership	15	Badmintoni	22
YOUR LEGACY	5	LEADers in Action	15	Basketball	22
18mo-3yrs Toddler Program	6	“Play it Fair” Afternoon	15	Indoor Soccer	23
3-5yrs Child Care Programs	6	YOUunique	15	Volleyball	23
Provincial Child Care Subsidy Available.	6	Saturday Unlimited	16	Sun Run Clinic	23
Britannia Preschool (3-5 yrs)	6	Anti Graffiti Project	16	Yoga for Moms (NEW)	23
Out-of-School Programs	6	First Friends	16	Yogaflex	23
Grandview Terrace	7	Eastside GAB	16	Pilates	24
Special Holiday Events	8	Preteen Dance	16	Manning Park Weekend	24
Cedar Weaving Basics	8	Splash!! Youth FREE Swim	16	Foundations of Mindfulness Beg.	24
The Heart of Journaling	8	Feast of Flavors	16	Yoga Programs	24
Valentine’s Card-Making Workshop	8	Latin Cooking	16	Drawing Caricatures	25
Britannia Art Gallery Exhibitions	8	East Van Feast Fam	16	Adult Art Programs	25
Metal Sculpture Image	8	Intro to Fencing (14-18yrs)	17	Pottery	25
Beyond The Blue Box	8	Indoor Soccer Drop-in	17	Adult Art & Culture	26
Baby Sign Language (0-24mo)	9	Night Hoops	17	Salsa Cubana & Rueda De Casino	26
Parent & Tot Yoga (3-5yrs)	9	Game Ready Fitness	17	African Drumming Level 1	26
Developmental Play with Babies	9	Game Ready FAST! (13-18yrs)	17	Guitar - Level I & II	27
Toddler Art (18m-3yrs)	9	Game Ready Strength! (13-18yrs)	17	Carnival Band Workshops	27
Music Together® (0-5yrs)	9	Red Fox Youth Fitness	17	The Drive Street Band	27
Creative Dance	9	Red Fox	17	The Food Connection	27
Ballet	9	Three Great Escape Outdoors (GEO)	18	AML 55+ Programs	28-31
Contemporary Dance	9	Blackcomb/Whistler Ski & Snowboard	18	Vietnamese Woman’s Support Group	30
Hip Hop Program	9	Lunch Time at the Teen Centre	18	Swim Programs, Lessons, Schedules	32
Sportball Parent and Tot (2-3yrs)	9	Big Screen Movie Night	18	Fitness Centre Programs	35
Sportball Multisport (3½-5years)	9	Big Screen Video Games	18	Strength Training for Seniors (55+ yrs)	35
Spanish Parent Child Mother Goose Program	9	Pop Up Bike Shop with Kickstand	18	Rink Programs	36-39
(0-3 yrs) Mama Ganso	10	Canucks Game Night	18	Skate Lessons	37
Kindergym (1-5yrs)	10	Sun Run Team	18	Eastside Family Place	40
Traditional Kung Fu 6 yrs	10	CHILL	18	Family Services of Greater Vancouver	40
Beginners	10	Dragonboat	18	Grandview Woodland Community Policing Centre	40
Intermediate	10	Latin American Youth Program (LAYP)	19	Canucks Family Education	41
Advanced	10	Programas de Jovenes Latino Americanos	19	GET READY 2 READ (GR2R)	41
Big Kids Music Together® (5-7yrs)	10	Latin American Youth Council (13-18yrs)	19	Hastings Education Centre	41
Intro to Soccer (4-6yrs)	10	Girls Empowerment Group/Grupo de Chicas (13-18yrs)	19	Grandview Woodland Area Council (GWAC)	41
TLA Youth Soccer Academy	10	Volunteer Work/ Trabajo Voluntario (13-18yrs)	19	Legal Advice Program (LSLAP)	41
Shadow Warriors-TaeKwonDo (6-12 yrs)	10	Friends First Buddy Program/ Grupo de Amigos (11-18 yrs)	19	Britannia Library Programs	42
Fencing - Introduction (8-14 yrs)	10	Cocina Latina/Cooking Program	19	ESL Learning Centre in the Library:	42
Fencing - Intermediate (8-14 yrs)	10	Big Screen Movie Night/ Peliculas en pantalla grande	19	Britannia Alumni New Year’s Eve	43
Funseekers Winter Break Daycamp	11	Co-ed Indoor Soccer/ Futbol de Salon (13-18 yrs)	19		
Funseekers Spring Break Daycamp	11	Dragon Boating	19		
Spanish School	11	Corre TC / Run TC (12-18años)	19		
Violin & Fiddle Private Lessons	11	Escuelita de Español/Spanish School for Children (7-10 años)	19		
Piano (6+yrs) Clarinet (10+yrs)	11	Sun Run	19		
How to make Beats	11	VOLUNTEER OPPORTUNITIES	20		
Clay for Children (6-12yrs)	11	Board Games (NEW)	20		
Dynamic Duo	13	Spanish Clubs	20		
Tiny Tumblers/Gym Kids/Adv. Gym Kids	13	Le’TC Café Evento	20		
Britannia Gymnastics Club Cartwheels & Candy Canes Holiday Show	13	Evento gratis de Nadar/FREE Youth swim	20		
Britannia to Host BC Gymnaestrada 2014	13	YOUunique	20		
Beginner Marimba (7-9yrs)	13	Afro Brazillian Dance (NEW)	21		
Intermediate Marimba (9+ yrs)	13	Belly-Fit	21		
Tambai Marimba (12+ yrs)	13	Body Conditioning	21		
Preteen Family Movie Night	14	Dance Aerobics	21		
Preteen Basketball Open Gym	14	Body Re-Boot (NEW)	21		
Fencing -Introduction (8-14yrs)	14	Osteofit (Mon)	21		
Fencing- Intermediate (8-14yrs)	14	Salsa Fit	21		
Shadow Warriors-TaeKwonDo (9-12yrs)	14	ZUMBA® Fitness	21		
UNYA Drug and Alcohol Counselor	14	Do Your Doo-Doo Duty!	21		
Game Ready Fitness	14	Ki-Aikido	22		
Game Ready Fit! (6-9yrs)	14	Tai Chi	22		
Game Ready Play! (10-12yrs)	14	Intro to Fencing - Adult	22		
Britannia Youth Committee	15				
Duke of Edinburgh Award	15				
Youth Leadership	15				
Drug Ed – SACY Program	15				
Media – Condomania	15				



Planet Bingo

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

Registration Information

Three Ways to Register for Programs

1) Register Online at britanniacentre.org

- Registration starts at 9:00am on Tuesday December 10, 2013.
- You must have a current membership card to register for all Britannia programs, The membership year runs from September 1, 2013 to August 31, 2014.

2) Register in Person

- Registration starts at 9:00am on Tuesday December 10, 2013
- 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 | 9:00am-9:00pm |
| • Saturday | 9:30am-7:00pm |
| • Sunday | 10:30am-7:00pm |

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

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

3) Register by Phone at 604.718.5800 ext. 2

- Registration starts at 1:00pm on Tuesday December 10, 2013
- You must have a current Britannia membership card and a valid Visa or MasterCard.
- A copy of your program registration, your credit card slip and membership card will be mailed to you upon request if you have an e-mail address.

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 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 on the Leisure Access Program

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 on the Leisure Access Program

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 Not Part of the Leisure Access Program

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.

Other Information



Your universal access to recreation in Vancouver is now available at all Park Board facilities. With the OneCard you can access the entire network of Park Board pools, rinks and fitness centres across the city – no matter where you live, no matter what your income level. The OneCard is your passport to staying active and having fun!

Get your OneCard today



For more information: vancouver.ca/parks or phone 3-1-1

*Drop-in for Park Board operated rinks, pools and fitness facilities



Banners by: Penny Lim

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.



Quality Licensed Child Care In Your Community

Five Child Care Centres For Your Convenience "Spaces available, apply today"

Child Care Mission Statement

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

About our Child Care programs

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

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

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

Intellectual - Language and self-expression, problem solving, critical thinking, kindergarten readiness skills.

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

Creative - Self expression and concept development.

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

About our Staff

Our staffing component is made up of a Child Care Manager who is responsible for all the programs plus Senior Supervisors for each of the Child Care centres. The number of additional staff for each program is dependent upon the type of program and is always in accordance with child/staff ratios set by Child Care licensing regulations.

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

18mo-3yrs Toddler Program

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, Special Needs Educators and have Child Safe First Aid Training. Snacks, hot lunch and outdoor play are a part of the daily routine.

3-5yrs Child Care Programs

Eagle in the Sky, Grandview Terrace and Mount Pleasant Child Care are the centres that offer child care programs for 2½ 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 and Special Needs 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.

[Provincial Child Care Subsidy Available.](#)

Britannia Preschool (3-5 yrs)

Know You Can! The Little Preschool That Could

Highly experienced, qualified Special Needs Educators and Licensed Early Childhood Educators develop a rich and meaningful child-centered environment in which children learn and grow in all areas of development. Our program includes the exploration of Art Throughout History, from which children will gain an understanding of art and the importance of creativity. Through hands-on experimentation and exploration of a variety of materials, techniques, ideas and information, we will experience the journey of art through the ages. We will also highlight multiculturalism and diversity, celebrations, dance and languages from around the world. We offer a part time, or full time program from September to June. Registration is on-going throughout the school year dependent on availability of spaces.

Out-of-School Programs

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

Contacts:

Childcare Manager:

Sabine Tanasiuk 604.718.5816

Britannia Out of School Care/Preschool

Randi Gurholt-Seary 604.718.5843

Grandview Terrace Child Care

Alejandra Uribe 604.718.5846

Mount Pleasant Child Care

Wade Forbes 604.718.5844

Lord Nelson Child Care

Latisha Buksh 604.713.5863

Eagles in the Sky Child Care

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, where 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 Canucks Family Education Centre and Open Doors to Learning Windows of Opportunity.



Grandview Terrace Child Care

2075 Woodland Drive
Alejandra Uribe: 604.718.5846

Britannia Child Care

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 (Th, Fri)		\$175.00
3 days per week (Mon, Wed, Wed)		\$247.00
5 days per week		\$422.00

Britannia Out of School Care 5-12yrs

September to June Hours:
Mon-Fri 7:30am-9:00am
3:00pm-6:00pm
School Breaks 7:30am-6:00pm
FEE: Full Time \$345 per month
3 Days \$224 per month
2 Days \$203 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 5-12yrs

September to June Hours:
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

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.

Mount Pleasant Child Care

960 East 7th Avenue
Wade Forbes: 604.718.5844

Toddler Program 18mo-3yrs

Hours: Mon-Fri 7:30am-6:00pm
FEE: \$1010 per month snacks provided
Lunch program \$45 per month

Daycare 3-5yrs

Hours: 7:30am-6:00pm
FEE: \$785 per month, snacks provided
Lunch program \$45 per month.



Eagles In The Sky Child Care 3-5yrs

485 Semlin Drive
Susan Nelson 604.718.5856

Daycare 3-5yrs

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

Out of School Care 5-12 yrs

September to June Hours:
Mon-Fri 7:30am-9:00am
3:00pm-6:00pm
School Breaks 7:30am-6:00pm
FEE: \$355/MacDonald Elem/with snacks
\$375/Hastings/Lord Nelson and
Britannia Elementary School

July & August Hours:
Mon to Fri 7:30am-6:00pm
FEE: \$550/month



Special Events

Holiday Decorations Pop-Up Workshop

Drop-in for a free workshop. All materials are supplied and there will be instruction from 4 artists.

Sun Dec 15 12:00-4:00pm
AML FREE

Winter Solstice Coffee House & Community Celebration

Come and join in a community celebration with local live music and refreshments. Celebrate the holiday season with a community spirit.

Sat Dec 21 7:00-10:00pm
AML

The Heart of Journaling – Writing our way Home

This FREE writing workshop, with Sita-Rani MacMillan, M.Ed., is based on the traditional teachings of the Medicine Wheel (emotional, physical, spiritual, intellectual). This workshop will explore our stories and words in a gentle way, using guided meditation, medicine wheel teachings and creative journaling. Participants will be encouraged to feel grounded as they begin a loving writing practice. They will leave with safe writing techniques to explore their stories, and are provided with numerous writing starts to assist when they feel a writing block. This workshop is open to anyone 16 years and up.

42920.112BR
Sun 12:00-3:00pm Feb 9
CFEC S MacMillan FREE

Cedar Weaving Basics

Come learn beginner skills in Cedar Weaving with Indigenous artist and weaver Jolene Andrew. Take home a small basket! Please register early for this FREE workshop!

42920.111BR
Sat 1:00-4:00pm April 5
EAR J Andrews FREE

Not Your Ordinary Valentine's Card-Making Workshop

Busting FREE of cliché greeting card sentiments, participants will be given FREE rein to explore and express love in their own unique fashion. This hands-on, LOVE inspired, card-making workshop will have participants making cards to express their love. Love for friends, self, neighbours, family, your favourite barista, your neighbourhood, etc. We all need a little love. All supplies provided, drawing inspiration from everything from anatomical to vintage and beyond. Instructor Paula Luther is an East Van mixed-media artist who is inspired by love, in all its shapes and sizes. She is the lead instigator of the Love is Always the Answer Project. loveisalwaystheanswerproject.blogspot.com

Sat Feb 8 1:00-4:00pm
AML Workshop FREE



Britannia Art Gallery Exhibitions

Openings are generally the first Wednesday of each month from 6:30-8:30pm

January 7-31, 2014
Form and Place metal sculptures and Paintings by Lori Sokoluk and Veronica Aimone.

Metal Sculpture Image

by Veronica Aimone
The following exhibitions' artists have not been scheduled at time of printing. Please visit the Britannia Art Gallery website for up to date information.

http://www.britanniacentre.org/services/arts_and_culture.php

Feb 5-28, 2014

Mar 5-28, 2014



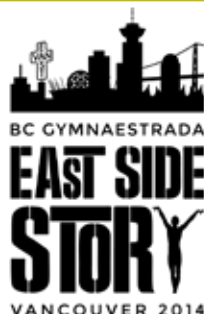
Beyond The Blue Box

3rd Saturday of the month, in the Britannia parking lot, behind the ice rink. There is a small fee for the service.

Britannia Gymnastics Club Cartwheels & CandyCanes Holiday Show

Family and friends are welcome to watch our young gymnasts show off what they have learned in the fall session. Admission: Bring a small toy or non-perishable food item for needy kids in the community!

Sun Dec 15, 2013 1:00-3:00pm
Britannia High School Gym A/B



Britannia to Host BC Gymnaestrada 2014

Britannia Gymnastics along with Gymnastics BC are excited to announce Britannia will be hosting the BC Gymnaestrada, a province-wide event, on **May 17, 18, 2014**. We are expecting over 400 athletes and their families to converge onto our site to take part in gymnastics related workshops and performances throughout the weekend.

Preschool & Children's Programs

Baby Sign Language (0-24mo)

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.

No class Feb 10

41901.101BR

Mon 10:50-11:35am Jan 20-Feb 24
Mat Rm S Kauhausen \$64/5 sess

Parent & Tot Yoga (3-5yrs)

Fun engaging classes for both parent and child that will help improve your child's health, concentration, confidence, and awareness through playful and simple yoga postures. Research shows that practicing yoga from a young age is very effective in developing proper posture, healthy body, and a calm and focused mind.

41901.102BR

Wed 10:00-10:45am Jan 22-Mar 12
CFEC S Kauhausen \$72/8 sess

Developmental Play with Babies

Learn ways to enhance your baby's emotional, cognitive and physical development through singing, dancing and playing, in this engaging researched based workshop. We will talk about brain development at this stage; and have a take-home point each week. This class is a great opportunity to meet other parents and their babies. Come prepared to move with your baby and have fun! 8 weeks to pre/crawling/crawling. No session Feb 10

42006.101BR

Mon 9:15-10:00am Jan 13-Mar 24
CFEC B Davis \$105/10 sess

Toddler Art (18m-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 Selena for 8 fun-filled sessions. Dress for mess! **This is a high demand class, another class may be added from the waitlist.**

12302.100BR

Wed 9:45-10:30am Jan 22-Mar 12
RAR S Phillips \$55/8 sess

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, pay the '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 7-Mar 11

11004.101BR 9:30-10:15am
11004.102BR 10:30-11:15am
11004.103 BR 11:30-12:15pm
Rk Mezz M. Beyene \$150/10 sess

Wed Jan 8 - Mar 12

11004.104BR 9:30-10:15am
11004.105BR 10:30-11:15am
11004.106BR 11:30-12:15pm
Rk Mezz M. Beyene \$150/10 sess

Thu Jan 9-Mar 13

11004.107BR 10:30-11:15am
11004.108BR 11:30-12:15pm
Rk Mezz M. Beyene \$150/10 sess

Sat Jan 11-Mar 15

11004.110BR 9:30-10:15am
11004.111BR 10:30-11:15am
Rk Mezz Carolyn \$150/10 sess

Dance

Children will learn the fundamentals of dance techniques in a safe, welcoming and encouraging environment while expressing their joy for dance. Parent participation is recommended for the 2-3yr old programs. Parents will be welcome to attend the last day of class to watch their children. All classes will take place in the CFEC 1655 William Street (by Grandview Park)

Creative Dance

Sat Jan 11- Mar 15

11602.101BR 2-3yrs 9:05-9:45am
11602.102BR 3-4yrs 9:50-10:30am
11602.103BR 3-4yrs 10:35-11:15am
CFEC B. Poole \$72/9sess
No class Feb 8

Ballet

Sat Jan 11- Mar 15

11602.104BR 2-3yrs 11:45-12:25pm
11602.105BR 3-4yrs 12:30-1:10pm
CFEC B. Poole \$72/9sess
No class Feb 8

Contemporary Dance

Sat Jan 11- Mar 15

11602.106BR 4-6yrs 1:15-2:00pm
CFEC B. Poole \$72/9sess
No class Feb 8

Hip Hop Program

Wed Jan 15-Mar 12

21602.101BR 7-9yrs 3:30-5:00pm
21602.102BR 10-15yrs 5:00-6:30pm
Rm 111 H.Henney \$72/9sess

About the Instructor:

Hannah Henney is currently dancing with Two Four Seven Company, who just returned from Las Vegas where they represented Canada and placed 10th in the 2013 Hip Hop International World Championships! They were also recently named 2013 Artist Emerge Champions. Hannah can be seen dancing in Much Music videos such as Marianas Trench's "Stutter." She has over a decade of experience performing and has been recognized for her dance ability as well as her positive and enthusiastic attitude. She is a well-rounded performer strong in many different styles from Hip Hop to Tap to Jazz and Salsa and has received scholarships to a myriad of dance events.

Sports

Sportball Parent and 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 children 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 11 - Mar 8
Gym C Sportball \$124/8 sess
No class Feb 8

Sportball Multisport (3½-5years)

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 11 - Mar 8
Gym C Sportball \$124/8sess
No class Feb 8

Children's Programs

Intro to Soccer (4-6yrs)

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

13001.101BR **Beginner**
Sun 10:00-11:00am **Jan 12 - Mar 9**
13001.102BR **Experienced**
11:00-12noon
Gym D R. Duivestein **\$64/8sess**
No class Feb 9

TLA Youth Soccer Academy

Get ready for Micro Footie season and register now! Jason Kyle, founder of Brit Micro Footie and full time FIFA coach brings his innovative brand of coaching to the TLA Youth Soccer Academy. Unique drills, technical instruction, combined with practical fitness. Fun, dynamic sessions catered to East Van soccer players who want to raise their game to a new level.

23036.101BR 6-7yrs
Sun 12:15-1:15pm **Jan 12 - Mar 9**
23036.102BR 8-9yrs
1:15-2:15pm
23036.103BR 10-12yrs
2:15-3:15pm
Gym D J.Kyle **\$120/8**
No class Feb 9

Spanish Parent Child Mother Goose Program (0-3 yrs) Mama Ganso

Enjoy rhymes, songs, games and stories in Spanish. Healthy snack provided. All groups are at Ice Rink's rooms. Disfrute de una hora de rimas, canciones, juegos y cuentos en Espanol con sus pequenos. Se ofrece una merienda saludable. Todos los grupos se realizan en los salones de la Pista de Hielo de Britannia.

Mon **Jan 6-Mar 10**
Fri **Jan 10-Mar 14**
Sat **Jan 11-Mar 15**
FREE/10 sess

Registration required Call 604.215.8289

Kindergym (1-5yrs)

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. Parents, please assist Belinda and Olivia at the end of the program by helping put the large equipment away. Note: We are now offering the program 4X/week Sat, Tue, Wed, Thu, in an attempt to increase numbers we have reduced the price to \$2.50 drop in.

Sat 10:00am-12noon **Jan 11-Mar 15**
Tue/Wed/Thu 11:00-12:30pm **Jan 14-Mar 13**
No class Jan 15 or Elem school Pro D days

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 5 - Mar 30
23403.101BR (6-8yrs) **10:00-11:00am**
23403.102BR (9-12yrs) **11:00-12:00pm**
Mat Rm V.McCorkle **\$84/12 sess**
No class Feb 9

Fencing - Introduction (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 new Fencing Studio on the Drive at 2155 Commercial Drive. Register at Britannia, program takes place offsite.

23402.101BR
Sat 10:00-11:30am **Jan 11 - Mar 29**
LaSalle M Burke **\$77/11sess**
No class Feb 8



Fencing - Intermediate (8-14 yrs)

For fencers who have completed the Intro to Fencing, or have at least 20 hours of experience in a comparable beginner course. We will learn more advanced fencing techniques, including electric foil fencing, epee and sabre fencing, and competitive bouting. 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.

23402.102BR
Mon 6:00-7:30pm **Jan 6 - Mar 31**
LaSalle M Burke **\$108/12 sess**
No class Feb 10

Traditional Kung Fu 6 yrs

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. No class Jan 31 & Feb 10.

Beginners

Friday class is 5-6:15pm in Gym D

63508.101BR
Mon Fri 4:30-5:45pm **Jan 6-Mar 14**
CFEC M Lung **\$147/18 sess**

Intermediate

Friday class is 5-6:30pm in Gym D

63508.102BR
Mon Fri 4:30-6:15pm **Jan 6-Mar 14**
CFEC M Lung **\$165/18 sess**

Advanced

Friday class is 5-7pm in Gym D.

63508.103BR
Mon Fri 4:30-6:30pm **Jan 6-Mar 14**
CFEC M Lung **\$174/18 se**



Big Kids Music Together® (5-7yrs)

Music Together 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. Course includes 2 CDs, an activity Songbook, solfege tonal cards, and weekly home play pages. Parent participation is required at the first and last class (no siblings please) and in the last 10 minutes of each class in between (siblings welcome).

11004.409BR
Wed 3:30-4:30pm **Jan 8-Mar 12**
Rk Mezz M. Beyene **\$180/10 sess**
(sibling fee \$125/10 sess)

Children (2-12 yrs)

Funseekers Winter Break (2013) Daycamp - 6-12yrs

Come learn new skills, meet new friends, or simply 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. Please provide lunch, snack, and water daily. A hat and sunscreen are recommended for each day. Parents are required to complete consent forms. **Funseekers Cancellation Policy:** A \$5 administration fee will be charged for each camp a refund is requested. Refund requests must be made one week (seven days) prior to the start of the program. No refunds after this time.

26001.401BR	Mon	9:00-3:00pm	Dec 23
26001.402BR	Tue	9:00-3:00pm	Dec 24
26001.404BR	Thu	9:00-3:00pm	Dec 26
26001.405BR	Fri	9:00-3:00pm	Dec 27
26001.406BR	Mon	9:00-3:00pm	Dec 30
26001.407BR	Tue	9:00-3:00pm	Dec 31
26001.409BR	Thu	9:00-3:00pm	Jan 2
26001.410BR	Fri	9:00-3:00pm	Jan 3
All Camps are located in Gym D			\$20/1 sess/all camps

Funseekers Spring Break Daycamp - 6-12yrs

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. Please provide lunch, snack, and water daily. A hat and sunscreen are recommended for each day. Parents are required to complete consent forms. **Funseekers Cancellation Policy:** a \$5 administration fee will be charged for each camp a refund is requested for. Refund requests must be made one week (seven days) prior to the start of the program. No refunds after this time. A current Britannia membership is required to enroll in this program. A membership can be purchased in person, or by contacting the centre at 604.718.5800.

26001.101BR	Mon Tue Wed Thu Fri	9:00-3:00pm	Mar 17-Mar 21
Gym D			\$95/5 sess
26001.102BR	Mon Tue Wed Thu Fri	9:00-3:00pm	Mar 24-Mar 28
Gym D			\$95/5 sess

Languages

Spanish School

Children will learn the basics of the Spanish language along with games, songs, stories, and how to write and speak. It is recommended that someone at home speak the language. Please pack a lunch.

Escuelita de Español (5-12 años) Programa para niños de 5-12 años para que aprendan español. Los niños aprenderán juegos, canciones, cuentos, alear, 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.

25001.101BR		
Sat	10:00-12:00pm	Jan 11-Mar 15
Rm 206		\$75/9 sess
25001.102BR		
Fri	5:00-7:00pm	Jan 10-Mar 14
Rm 206		\$75/9 sess
No session Feb 7/8.		

Music

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. Cost is for 7 sessions.

21002.102BR		
Sat	9:00-2:30pm	Jan 18-Mar 15
FAR	S Saunders	\$168/7 sess
No class Feb 8 and 15		



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

Clarinet students must provide their own instrument. Although divided into two sets, this is an on-going program from Sep 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 consult instructor 604.736.8382 for times etc. before registering and may start mid-session as cost will be prorated. Payment must be received before start of sets. All lessons are in the Music Room with Janine Oye,

Set One

21000.110BR		
Thu	4:00-8:30pm	Jan 9-Feb 6
		\$110/5 sess

21000.111BR		
Fri	3:30-7:30pm	Jan 10-Feb 7
		\$110/5 sess

21000.112BR		
Sat	9:00-4:30pm	Jan 11-Feb 8
		\$110/5 sess

Set Two

21000.113BR		
Thu	4:00-8:30pm	Feb 13-Mar 20
		\$132/6 sess

21000.114BR		
Fri	3:30-7:30pm	Feb 14-Mar 21
		\$132/6 sess

21000.115BR		
Sat	9:00-4:30pm	Feb 15-Mar 22
		\$132/6 sess

How to make Beats

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. This program accepts drop-ins, space permitting, \$5 per session.

21112.103BR		
Sun	2:00-4:00pm	Jan 26-Mar 23
TC	H Jaimes Rose	\$45/8 sess
No class on Feb 9		

Pottery

Clay for Children (6-12yrs)

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

22202.100BR		
Thu	4:00-5:15pm	Jan 23-Mar 13
Rm 208	H Spaxman	\$95/8 sess

Children



BRITANNIA MICRO FOOTIE



www.britanniasoccer.org

Britannia has been offering this popular recreational spring soccer league for over 20 years! Come join in on the fun as we celebrate the 2014 FIFA World Cup in Brazil, the Micro Footie way in East Van! Registration includes playing soccer in the sunshine 2X/week, a World Cup country t-shirt, team photo and other great surprises!

SATURDAYS APRIL 26- JUNE 28, 2014

\$99/player

Registration will start Saturday January 11, 2014 at 9:00am online and in person. If you are registering online go to www.britanniasoccer.org and follow instructions. If you are registering in person, go to Britannia Info Centre, 1661 Napier Street, Vancouver. Registration is ongoing until divisions fill. Some divisions will sell out on the first day so be prepared. Once registered you will receive a call from your coach in early April. If you do not receive a call by Wed Apr 9, contact Victoria at britfootieinfo@gmail.com

TENTATIVE Program Game and Practise Schedules (subject to change)

Robson Park Location (Kingsway/Fraser)

DIVISION	AGE	SATURDAY GAME	WEEKDAY PRACTISE
Beginner C Coed	4-5yrs	9:30-10:30am	Wed 5:45-6:30pm
Intermediate 1 Coed	6-7yrs	10:45-11:45am	Wed 6:30-7:30pm
Intermediate 2 Coed	8-9yrs	12noon-1:00pm	Mon 5:45-6:45pm
Advanced Coed	10-12yrs	1:15-2:15pm	Mon 6:45-7:45pm

Garden Park Location (Garden/2nd Avenue)

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 6:30-7:30pm

Britannia Oval Location (Britannia Secondary School Field)

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
16-19 Co-ed	16+yrs	6:00-7:00pm	Thu Games Only

CALL FOR SOCCER COACHES

A large part of Footie's success is due to the ongoing commitment of the 150 coaches - many of them parents 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. 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. This season the Orientation Clinic will take place on Saturday April 5, 2014. Please keep this date open - all coaches are required to attend! More detailed info to follow.

REFEREES

We are excited to announce our NEW Referee Development Program! If you are interested in refereeing Footie 2014, download our Referee Application at www.britanniasoccer.org and submit NO LATER than January 11, 2014. Further details on the website. Questions? email Victoria at britfootieref@gmail.com.

Mandatory Referee Training Sessions (tentative):

February 4th - March 6th
Tuesdays 6:30-7:45 pm
Sundays 1:00-3:00pm

Sponsorship & Donations

Join other community minded businesses to encourage Britannia's children and youth to keep active by sponsoring the 2014 Micro Footie program. Benefits include sponsor logo on tee sleeve, website and Britannia's Spring brochure, framed team photo and tax receipt. If you would like to sponsor a Britannia Micro Footie team, please email: lori.moretto@vancouver.ca.



Children (6-12yrs)

Britannia Gymnastics (18mon-15yrs)

This popular community program will promote your child's self-esteem and develop strength, flexibility, agility and coordination through the fundamentals of gymnastics. Children can wear a bodysuit, shorts, t-shirts. Note: You can only register for your own child please. All programs take place in Gym B.

Saturday Program Jan 11 – Mar 29 10 sessions

13004.104BR	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$80/10 sess
13004.105BR	Gym Kids	4-5yrs	2:00-2:45pm	\$80/10 sess
13004.106BR	Gym Kids	4-5yrs	3:00-3:45pm	\$80/10 sess
23003.101BR	Performance	6-9yrs	4:00-5:00pm	\$90/10 sess

Sunday Program Jan 12 – Mar 30

13004.101BR	Dynamic Duo	18mo-3	10:00-10:45am	\$80/10 sess
13004.102BR	Dynamic Duo	18mo-3	11:00-11:45am	\$80/10 sess
23003.105BR	Performance	6-9yrs	11:30-12:30pm	\$90/10 sess
13004.103BR	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$80/10 sess
13004.107BR	Advanced Gym Kids	5-6yrs	12:45-1:45pm	\$90/10 sess
23003.102BR	Performance	6-9yrs	3:15-4:30pm	\$110/10 sess

No class Jan 18, 19, Feb 15, 16

Class Descriptions

Dynamic Duo

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

Tiny Tumblers and Gym Kids/Advanced Gym Kids

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

Performance

Training opportunities encourage gymnasts to perform routines on beam, floor, vault and bars to the best of their ability and are involved creating their own routines. Athletes are given positive feedback on each event.

Meet the Coaches

Head Coach, Cameron Stevenson has passionately provided quality gymnastics training to the Britannia community for over 6 years. His unique approach to teaching has allowed Britannia Gymnastics to grow into the popular family oriented program it is today. Cameron brings over 16 years of competitive and recreational coaching experience as well as certifications in a variety of preschool and competitive training. Other fantastic Britannia coaches include Barb Fong, Jen Kosovic and Taranee Penjani.



Music and Singing

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.

31818.100BR

Thu 4:00-5:00pm Jan 9-Mar 13
Rm 111 R Layne \$144/10 sess

Intermediate Marimba (9+ yrs)

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.

31818.101BR

Thu 5:00-6:00pm Jan 9-Mar 13
Rm 111 R Layne \$144/10 sess

Tambai Marimba (12+ yrs)

Recipient of a City of Vancouver Youth Program Award, the BWMP provides children and youth with instruction in African-based percussion music. Instruments are provided. The program trains young musicians from beginner to performance levels in an ensemble setting. Classes are capped at 12. This is a performance group by audition only.

31818.102BR

Thu 6:00-7:30pm Jan 9-Mar 13
Rm 111 R Layne \$216/10 sess

SPECIAL EVENTS

Britannia Gymnastics Club Cartwheels & Candy Canes Holiday Show

Family and friends are welcome to watch our young gymnasts show off what they have learned in the fall session. Admission: Bring a small toy or non-perishable food item for needy kids in the community!

Sun Dec 15 1:00-3:00pm
Britannia High School Gym A/B



Britannia to Host BC Gymnaestrada 2014

Britannia Gymnastics along with Gymnastics BC are excited to announce Britannia will be hosting the BC Gymnaestrada, a province-wide event, on **May 17, 18, 2014**. We are expecting over 400 athletes and their families to converge onto our site to take part in gymnastics related workshops and performances throughout the weekend.

Preteen (10-13 yrs)

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. First and third Sunday of the month.

Sun 4:00-8:00pm Jan 5-Mar 16
Teen Centre FREE!

Sports

Preteen Basketball Open Gym

Sun 12:00-1:30pm Jan 5-Mar 30
Gym C FREE!

Fencing-Introduction (8-14yrs)

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 equipment is provided. Wear track pants and court shoes. Program will be located at LaSalle's new Fencing Studio on the Drive at 2155 Commercial Drive. Register at Britannia, program takes place offsite. No class Feb 8

23402.101BR
Sat 10:00-11:30am Jan 11-Mar 29
LaSalle M LaSalle Fencing\$77/11 sess

Fencing-Intermediate (8-14yrs)

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 equipment is provided. Wear track pants and court shoes. Program will be located at LaSalle's new Fencing Studio on the Drive at 2155 Commercial Drive. Register at Britannia, program takes place offsite. No class Mon Feb 10

23402.102BR
Mon 6:00-7:30pm Jan 6-Mar 31
LaSalle M LaSalle Fencing\$108/12 sess

Shadow Warriors- TaekwonDo (9-12yrs)

The Shadow Warriors' program introduces a modern martial art. ITF style Taekwon-Do is complemented by dynamic exercises and movements enhancing co-ordination and body-awareness. Kids learn blocks and strikes while developing physical fitness and a responsible attitude: healthy minds and bodies. Contact Vincent McCorkle at 604-861-2232. Uniforms and equipment are available for purchase, but are not required. Please register at Britannia. 23403.102BR

Sun 11:00-12:00pm Jan 5-Mar 30
Mat Rm V McCorkle \$84/12 sess
No class Feb 9



UNYA Drug and Alcohol Counselor

For Native youth ages 13-21 who are thinking about and/or being pressured by others to try alcohol or drugs, youth who are using alcohol or drugs, sometimes or a lot, and for parents and caregivers who want to learn how to help their youth stop alcohol or drug use, before or after it happens. We offer a safe space for Native youth to share their experiences, and talk about their problems or concerns, help youth stay away from alcohol or drugs and find healthier things to do, one-to-one and group counseling, workshops and support for both youth and caregivers, cultural teachings, and help youth find programs and resources that they need.

The group counseling sessions will include:

- Alcohol and drug awareness
- Workshops facilitators
- Life skills
- Communications skills
- Resource information and referrals
- Cultural enrichment
- Other information that youth think is important to help them to reduce or stop using alcohol and/or drugs

Funded by the Vancouver Coastal Health Authority. Contact 604.254.7732 for more information. Funded by the Vancouver Coastal Health Authority. Contact 604.254.7732 for more information.

Game Ready Fitness

The Game Ready program has proven to provide, safe positive mentorship for youth through strength & conditioning. Professional and high level athletes will guide and mentor participants in fitness and positive lifestyle choices. Current & former pro and Olympic athletes as well as professional coaches lead workouts that challenge each youth to achieve their dreams while building self-confidence and building the life benefits of being healthy and active. Youth pursuing athletic dreams or others simply wanting an intense challenging workout will benefit from this program. Athletes are constantly evaluated and encouraged to work through our performance levels, from basic fundamental movements to elite functional multi-movements. Game Ready Fitness Youth Development Program aims to provide positive leadership to youth in the community. Game Ready Fitness provides positive-role modeling to youth on a continuous basis. Youth learn how to be productive, positive, well-balanced, and physically-fit, they learn they can accomplish whatever they put their minds to. For more information, contact 604.718.5826

GAMERREADY

Game Ready Fit! (6-9yrs)

A base level of fitness and fundamental movement is developed as the athletes appreciate exercise as a lifestyle. Basic movements, balance and coordination are developed as coaches use games, relays and drills with a focus on high energy and fun.

23030.101BR
Wed Fri 5:00-6:00pm Jan 8-Mar 28
Gym D/C \$169/23 sess
Game Ready Fit! Fri Only (6-9yrs)
23030.103BR
Fri 5:00-6:00pm Jan 10-Mar 28
Gym D/C \$99/12 sess
Game Ready Fit! Wed Only (6-9yrs)
23030.102BR
Wed 5:00-6:00pm Jan 8-Mar 26
Gym D/C \$99/12 sess

Game Ready Play! (10-12yrs)

Prepare for sports participation as coaches take full advantage of the first "speed zone", the age that the body develops some of the neurological muscle memory related to speed. Running form and proper running mechanics will be emphasized. The goal is to provide physical and mental confidence to play and participate in all sports and activities.

23030.104BR
Wed Fri 5:00-6:00pm Jan 8-Mar 28
Gym D/C \$219/24 sess

Leadership

Britannia Youth Committee

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

Workshops

Drug Ed – SACY Program

by Julie MacLeod
 Thur. Jan 16 4:30-5:30pm FREE
 Teen Centre

Media – Condomania

Thurs Feb 27 4:30-5:30pm FREE
 Teen Centre

Self-Care

by Dr. Eva Moore From Childrens Hospital
 Thurs Mar 13 4:30-5:30pm FREE
 Teen Centre

Duke of Edinburgh Award

This prestigious and internationally recognized award is sponsored by Prince Phillip of England. It involves volunteering, physical activity, learning a hobby and completing an expedition. We are also currently recruiting new participants. Call Barry at 604.718.5828 for more information.



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 23-Mar 13
 FAR \$40/9 sess

LEADers in Action

Designed for youth that are interested in learning new skills, build confidence, help your community, and be the best role model you can be! The LEADers in Action program combines leadership training, inclusion games, understanding of human rights, respect for diversity, and peaceful conflict resolution. Participants will be trained under the Play it Fair and Speaking Rights programs and later lead after school activities in the community: sports, arts and crafts, and homework clubs. A certificate of completion will be provided. Please note that this program considers a high level of commitment. Training will take place the end of January 2014, dates TBA. For more information please contact Anntuaneth at 604-718-5828.

Dates: TBA FREE

WAWAW Aboriginal Youth Leadership

The WAWAW Sacred Footprints Aboriginal Youth Group is a group that meets weekly to learn about Aboriginal Youth Leadership. The youth get together, share in food, song, at times smudging and to learn about current world events and the impacts on Indigenous peoples of Canada. They have done workshops and training on Colonization, residential school and the effects, learned about oppression and have taken training to facilitate to other youth about the impacts of sexualised violence and other forms of oppression. Our aim is to educate and engage Aboriginal youth to the current events and issues in the world, with a focus on their immediate environment while engaging youth in culture to deepen their ties to community and strengthen their futures. Our belief is that through this process youth will:

- Connect deeper to Aboriginal culture
- Know more about the world they live in
- Have a better understanding about the oppression Aboriginal peoples face in Canada
- Be more inclined to attend post-secondary school
- Be productive leaders for other Aboriginal youth
- Learn life skills that they may not otherwise have access to
- Learn about mental/physical/emotional/spiritual health practices

Mon 5:00-7:30pm Jan 6-Mar 31
 RAR FREE



“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.

Fri 4:00-5:00pm
 Teen Centre FREE



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 15



Youth (13-18 yrs)

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 and include at least one evening event each session in place of the day outing to enhance age appropriate activities. Call 604-718-5873 for more info. Registration and intake must all be approved by Saturday unlimited staff.

36601.101BR

Sat 10:00-3:00pm Jan 18-Mar 15
LRC Alex/Carrie \$125/8 sess



Anti Graffiti Project

Need volunteer hours? Interested in art? Don't like seeing the tagging left in the alleys in your community? Want to paint art in community spaces? Then get involved in our anti graffiti project. We'll be both painting over tagging in our neighborhood and planning community art projects. In partnership with the City of Vancouver. Call Tom at 604.718.5826 for more info.

First Friends

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

Sat 1:30-5:30pm FREE



Eastside GAB

QMUNITY Gab Youth's East Side Drop-In is a safe place for female-identified, trans*-identified, gender-fluid, and /or intersex youth ages 14 to 25 years. Gab provides information, support, and referrals to queer youth. It is a place where youth can kick back and talk with friends, meet people who have similar questions about sexual orientation and gender identity, and take part in fun and intentional activities and workshops. You can find out about our drop-in events at www.qmunity.ca/youth or on Facebook at "QMUNITY Gab Youth".

Thu 4:00-6:00pm Jan 2-Mar 27
FAR 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 21
CFEC \$1/1 sess

Splash!! Youth FREE Swim

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

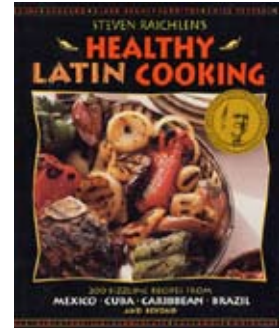
Fri 8:00-10:00pm Jan 3, Feb 7, Mar 7
Pool FREE

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 7-Mar 18
AML FREE!



Latin Cooking

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

Thu 4:30-6:30pm Jan 9-Mar 27
AML FREE

East Van Feast Family

All over the world, community is built around food. The youth community at the Teen Centre is no different. Three evenings a week the youth at the teen centre send a shopping crew to Santa Barbara grocery market, where we choose a delicious spread of fresh produce, bread, deli meats, and cheese. We are like a family, and we like to feast! Contact Trevor White for more information 604-718-5828.

Mon, Wed, Fri 6:30-9:30pm
Teen Centre FREE



Sports

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.

33007.101BR

Wed 3:45-5:45pm Jan 15-Mar 12
LaSalle M Burke \$60.30/9 sess

Indoor Soccer Drop-in

For 11-18 year old players only.

Tue 5:30-9:00pm Jan 7-Mar 25
Gym D FREE

Night Hoops

A late night recreation opportunity for youth in Vancouver. Certified coaches lead both our junior and senior basketball teams. 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

Fri 8:00-10:00pm Jan 3-Mar 28
Gym D FREE

Jr Girls - 13-15yrs

Fri Practice time TBA Jan 3-Mar 28
Gym C FREE



Sports Skill

Game Ready Fitness

The Game Ready program has proven to provide, safe positive mentorship for youth through strength & conditioning. Professional and high level athletes will guide and mentor participants in fitness and positive lifestyle choices. Current & former pro and Olympic athletes as well as professional coaches lead workouts that challenge each youth to achieve their dreams while building self-confidence and building the life benefits of being healthy and active. Youth pursuing athletic dreams or others simply wanting an intense challenging workout will benefit from this program. Athletes are constantly evaluated and encouraged to work through our performance levels, from basic fundamental movements to elite functional multi-movements. For more information, contact 604.718.5826



Game Ready FAST! (13-18yrs)

Fitness! Agility! Speed! Toughness! Working on multiple elements and bringing them together as we mimic sport specific movements. Coaches will focus on speed and essential skills in the change of direction. These athletes will be well conditioned and prepared for competitions and challenges.

Game Ready Strength! (13-18yrs)

Participants focus on strength training and muscular development, as athletic movements are refined. Proper progression through a workout is emphasized to maximize strength development, flexibility and range of motion.

33030.101BR

Wed Fri 7:15-8:15pm Jan 8-Mar 28
Mat Room \$249/24 sess

Red Fox Youth Fitness

Join Red Fox youth leaders for an engaging workout with a certified personal trainer. Learn more about health and fitness, get your body moving, and create a personal wellness plan! Fitness activities take place at Britannia Fitness Centre, and include special fitness outings. Dates and times tbd. Call Alyshia for more info: 778.847.0392. FREE!



Red Fox

Red Fox delivers recreation, cultural, and food security programs for children, youth and families in East Vancouver, and beyond! Connect with us on site at any of our programs, or find us online! redfoxsociety.org

Got Skillz?!

Join Red Fox Youth Workers Joe, Amber and Verdann to learn how to juggle! We've got Pogo Sticks, Diablos, Devil Sticks, Hula Hoops, Juggling Balls and Stilts for you to master! Brush up on the basics or learn some fresh new skills. All abilities welcome.

Wed 6:00-8:00pm
Teen Centre FREE

Centre of Attention

Being a young person can be rocky, and Red Fox offers a weekly solution. Join our certified Instructor for Yoga and our resident youth expert for Mindfulness Training. Yoga and Meditation are offered on alternating weeks, and no experience is necessary. Please check our online calendar to confirm whether the weekly session is yoga, or meditation. Yoga mats are provided. Please wear comfortable clothes for light indoor activity. Meet in front of the Info Centre at 5:45 pm.

Thu 6:00-8:00pm
LRC FREE

Red Fox

Red Fox delivers recreation, cultural, and food security programs for children, youth and families in East Vancouver, and beyond! Connect with us on site at any of our programs, or find us online! redfoxsociety.org

Active Play

Join kids who want to have fun! The Red Fox Youth Leadership Team offers non-competitive physical activities in the gym every Friday that school is in session. Hop on a pogo stick, learn how to walk on stilts, scoot around on a wiggly car, or try out a Shark Board! Youth leaders organize group games and teach circus skills too! Come get active and learn something new in a friendly atmosphere where everyone wins!

Fri 3:00-5:00pm Jan 10-Mar 14
Gym D FREE

Youth (13-18yrs)

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.

Thee 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. Registration packages available at the Teen Centre. Limited spots available and will be filled on a first come basis with consent form and fees. Must register a minimum of 2 weeks in advance. Registration accepted at Britannia Teen Centre only.

Cost: \$60 Ski/Snowboard rental \$50 No rental Cash/cheque payment only.

Sun Dec 8, Sun Jan 12, Fri Jan 31, Sun Feb 23,
Sat Mar 15 5:45am-6:00pm

TEEN CENTRE PROGRAMS (13-18yrs)

Hours:

Mon-Thu 3:00-9:30pm
Fri 3:00-10:00pm
Sat 6:00-10:00pm

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

A place in the community dedicated to youth. Pool, foosball, 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. 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: britanniacentre.org

Lunch Time at the Teen Centre

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

Big Screen Movie Night

Head over to the Teen Centre and watch movies with your friends. FREE!

Wed 7:00-9:00pm Teen Centre

Big Screen Video Games

Big Screen Video Games Head over to the Teen Centre and play the Wii on the projector screen!! FREE!

Thurs 7:00-9:00pm 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

Canucks Game Night

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

Various 7:00-9:30pm
Teen Centre FREE

Run TC

Every Wednesday after school we will be running 5km. Join us to get fit, healthy and have fun! You would be surprised what you can accomplish. Prepartation for the Vancouver Sun Run 2014.

Wed 4:00pm-5:00pm Teen Centre
FREE

Sun Run Team

Join the Britannia Youth Sun Run Team. Cost includes entry in the Vancouver Sun Run, on Sun Apr 21st and transportation. Register by Feb 12.

34005.101BR
Sun 7:00am-12:00pm Apr 27
\$15/1 sess

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 10-18years of age who have never had the opportunity to snowboarded 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.

Dates: TBD

Cost: FREE

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 2014 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.

Latin American Youth



Latin American Youth Program (LAYP)

Programas de Jovenes Latino Americanos

The Latin American Youth Project offers a number of opportunities to Latino youth 11 to 18 years of age and ranges from organized recreational programs to advocacy and referral services. For further information please contact 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 al 604.718.5829

Latin American Youth Council (13-18yrs)

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

Thu/Jueves 5:00-6:30pm
AML

30 de Enero, 27 de Febrero, 27 de Marzo, 24 de Abril

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!

Wed/Miercoles 4:30pm-6:30pm
Room TBA

Volunteer Work/ Trabajo Voluntario (13-18yrs)

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

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

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 1:00-5:00pm. To register and more information please contact 604.718.5829.

- Outings/Salidas
- Team Building Games/Juegos
- Workshops/Tallers
- Fundraising/Recoger Fondos y planiar eventos

Ven a conocer jóvenes de tu edad y de varios países. El programa de Friends First te enseña nuevas habilidades en que puedes participar todos los sabados. Nos reunimos en diferentes lugares, para mas información y para registrarse por favor llame al 604.718.5829. Subsidios disponibles para todas las actividades.

Sat/Sabados 1:00-5:00pm

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 a cocinar y a la ves como escoger productos que sean saludables y gastar menos.

Thu/Jueves 4:30-6:30pm
AML FREE/Gratis

Big Screen Movie Night/ Peliculas en pantalla grande

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 peliculas en pantalla grande con palomitas!

Wed/Miercoles 7:00-9:00pm
TC FREE/Gratis

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 6:00-8:00pm
Gym D/Gimnasio D FREE/Gratis

Dragon Boating

Quieres aprender un nuevo deporte? Ven a participar en el equipo de Dragon Boating, se necesitan 20 personas que remen para competir en varias carreras! Entrenos son entre la semana. Para más información y para registrarte llama al 604.718.5829 o el Teen Centre y pregunta por Jade 604.718.5828.

Corre TC / Run TC (12-18años)

Corre con nosotros 5km todos los Miércoles des pues de la escuela. Ponte en forma y saludable, ven y inténtalo te vas a sorprender que si puedes! Every Wednesday after school we will be running 5km. Join us to get fit, healthy and have fun! You would be surprised what you can accomplish.

Wed/Miércoles 3:30-4:30pm
Teen Centre

Escuelita de Español/ Spanish School for Children (7-10 años)

Programa para niños de 7-10 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.

Spanish School for elementary age children. Children will learn the basics of the Spanish language along with games, songs, stories, and how to write and speak. It is recommended that someone at home speak the language. Please pack lunch. No sesión Feb. 8

Sat/Sábados Jan 11-Mar 8 10am-12:00pm
Sec. School \$75/9 sess

Sun Run

Ven y acompañanos a una Carrera de 10km por todo alrededor de downtown. Registros comienzan en Enero, No te lo pierdas!

Domingo/Sun 27 de Abril 7:00 am-12:00 pm
\$15/1 sess



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.

Spanish Clubs

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

Tupper: Tue 11:40am Rm 311

Killarney: Wed 11:40am Rm A234

David Thompson: Thu 11:40am Rm 314

Van Tech: Fri 11:40am Rm. TBA

Eventos/Events

Le'TC Café Evento

Ven con todos tus amigos aprovechar esta noche de juegos, bebidas calientes, y musica. Come out with all of your friends and enjoy a night of playing games, enjoying hot beverages, and music. *zero tolerancia de alcohol y drogas

30 de Enero 10:00-11:45pm

Evento gratis de Nadar/ FREE Youth swim

Jan/Enero 3, Feb/Fev 7, Mar 7 Gratis/FREE
8:00pm-10:00pm

YOUnique

Conferencia para jovenes que esta enfocado en la prevencion de agreccion y acoso, auto-estima y el desarrollo personal. Varios presentadores con talleres interactivos estarán presente. Los valores de los derechos humanos serán enseñados usando las técnica de Play it Fair & Speaking Rights.

Sabado/Sat 9:00am-5:00pm Feb 15

Sec. School FREE



VOLUNTEER OPPORTUNITIES

Britannia's Volunteer Program is home to hundreds of active volunteers each year, contributing in various ways to the centre. Volunteering is vital in our community! If you value the importance of giving, sharing and helping to nurture your community, consider volunteering with us.

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!

We're also interested in creating new community development opportunities, so do share your ideas 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. More opportunities and application forms are located on our website at www.britanniacentre.org



Board Games (NEW)

Come join the fun with game loving folks from our neighbourhood! A variety of board games to choose from in a relaxed environment and all you need is to show up ready to get your game on! Donations appreciated to cover snacks for gaming energy for all. Third Sunday of each month.

45920.101BR

Sun	6:00-8:00pm	Dec 15, Jan 19, Feb 16, Mar 16, Apr 20
AML	Ages 13 and up	FREE

Adult Health & Fitness

Afro Brazillian Dance (NEW)

This style of dance is a great opportunity for participants to relieve tensions through exerting energy by making spontaneous, FREE movements! In Brazil, dance is something really spontaneous which can happen at almost any time, and the atmosphere and vibe of the class reflects this relaxed FREEstyle movement, without needing to fear making mistakes. All levels welcome!

FREE TRIAL CLASS

43907.100BR

Wed 10:45-11:45am Jan 8-Jan 9
CFEC A.Monterio FREE

43907.101BR

Wed 10:45-11:45am Jan 22-Mar 26
CFEC A.Monterio \$68.75/10 ses

Belly-Fit

Bellyfit International is the world's fastest-growing holistic fitness system for women - not in competition with Zumba, but as a complementary cardio and toning class. Bellyfit is like Zumba in that there is a specific certification and syllabus, but whereas Zumba is latin-inspired and party-rocking, Bellyfit is inspired by middle-Eastern movement, and has a graduated flow to class structure with six key components. <https://www.youtube.com/watch?v=0cTmj8Z5RQ>. No class Feb 10.

FREE TRIAL CLASS

43905.100BR

Mon 7:30-8:30pm Jan 13
Gym C I Kay FREE

43905.101BR

Mon 7:30-8:30pm Jan 20-Feb 24
Gym C I Kay \$40/5 sess

43905.102BR

Mon 7:30-8:30pm Mar 3-Mar 31
Gym C I Kay \$40/5 sess

Body Conditioning

A class designed to challenge every muscle group with the use of weights, bands, and tubes including a cardio component. Increase strength, balance and flexibility. Purchase drop-in tickets at pool office. \$39.40/10 tickets. No session Feb 11.

43901.102BR

Tue 6:00-7:00pm Jan 7-Mar 25
Gym C A Riley \$4.75/drop-in

Total Body Conditioning Class



Dance Aerobics

A great way to get your cardio in while having fun! This class is designed to increase your cardio levels and get fit with simple Latin, Funk and Reggae moves all fused together. \$4.75/drop-in at the pool. \$39.40/10 tickets. No session Feb 13.

43902.101BR

Thu 6:00-7:00pm Jan 9-Mar 27
Gym C A Riley \$4.75/drop-in

Body Re-Boot (NEW)

Using Martial Arts and Dance as inspiration, sending class into different intervals, enhancing principle of 'work hard and short or no rest', pushing your limits with always something new - working with body weight only or adding weights, benders, and gliders for your full challenge. No session Feb 9.

FREE TRIAL CLASS

44001.105BR

Sun 10:30-11:30am Jan 12
Gym C V Petrovic FREE

44001.106BR

Sun 10:30-11:30am Jan 19-Feb 23
Gym C V Petrovic \$40/5 sess

44001.107BR

Sun 10:30-11:30am Mar 2-Mar 30
Gym C V Petrovic \$40/5 sess

Osteofit

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 10

43806.101BR

Mon 11:00-12:00pm Jan 13-Mar 17
CFEC B Bahrami \$48/9 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 39.40/10 tickets.

43901.101BR

Sat 10:00-11:00am Jan 4-Mar 29
Gym C Z Vancouver \$4.75/13 sess

ZUMBA® Fitness

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. Limited supply of mats, bring your own if possible. More info at www.zumbavancouver.ca. *See below for TRIAL CLASSES*. No session Feb 10. \$10.30/drop-in.

Thur, Jan 9
FREE by Donation
For Queen Victoria
PAC.

43906.100BR

Mon 6:00-7:15pm Jan 6
Gym C D Galay FREE

Sess 1

43906.101BR

Mon 6:00-7:15pm Jan 13-Feb 17
Gym C D Galay \$40/5 sess

43906.102BR

Mon 6:00-7:15pm Feb 24
Gym C D Galay FREE

Sess 2

43906.103BR

Mon 6:00-7:15pm Mar 3-Mar 31
Gym C D Galay \$40/5 sess

43906.104BR

Wed 6:00-7:15pm Jan 8
Gym C D Galay FREE

Sess 1

43906.105BR

Wed 6:00-7:15pm Jan 15-Feb 12
Gym C D Galay \$40/5 sess

43906.106BR

Wed 6:00-7:15pm Feb 19
Gym C D Galay FREE

Sess 2

43906.107BR

Wed 6:00-7:15pm Feb 26-Mar 26
Gym C D Galay \$40/5 sess

Do Your Doo-Doo Duty!

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 Martial Arts & Sports

Ki-Aikido

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 develop mind/body coordination, stay relaxed & centered under pressure, extend our minds and flow lightly in dynamic circular movements. Take one FREE class any time. www.canadiankifederation.com Take one FREE class any time. www.canadiankifederation.com All levels including beginners. \$10/drop-in. No session Feb 9 & Feb 10

Ki Aikido - General

43501.101BR

Sun 4:00-6:00pm Jan 12-Mar 30
Mat Rm L Louis \$66/11 sess

Ki Aikido - Higher Grade

1st Kyu or more advanced students. \$10/drop-in.

43501.103BR

Mon 7:30-9:30pm Jan 6-Mar 31
Mat Rm W Nagata \$36/12 sess

Ki Aikido - Intermediate

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

43501.102BR

Wed 7:30-9:30pm Jan 8-Mar 26
Mat Rm W Nagata \$72/12 sess

Tai Chi: Chen Style 56 Form Part 2

Chen Style is the oldest style of Tai Chi. This form was created for competition in the 1990's, and is based on both of the two traditional Chen Style forms. In this course we will finish the form. Part One is prerequisite. No classes Feb 10, Mar 17 & 24.

43505.103BR

Mon 7:00-8:00pm Jan 20-Mar 31
Gym D K Maclean \$124/8 sess

Tai Chi-48 Form Part Two

The 48 Form combines movements from the 4 most important traditional styles of Tai Chi: Yang, Chen, Wu, and Sun. In this course, we will study the second half of the 48 Form. Part One is prerequisite. No classes Feb 10, Mar 17 & 24. \$14.05/drop-in (must be approved by instructor).

43505.102BR

Mon 6:00-7:00pm Jan 20-Mar 31
Gym D K Maclean \$100/8 sess

Fencing

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 14-Mar 11
LaSalle M Burke \$67.50/9 sess

Ball Hockey

Ball Hockey - Men (35+yrs)

This is a non-body contact program. No league players. Drop-in \$6.10. No session Feb 9.

43403.102BR

Sun 6:45-8:45pm Jan 5-May 11
Gym D B W. \$88.20/18 ses

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! \$6.10/drop-in space permitting only, so register early. No class Feb 10.

43403.103BR

Wed 7:15-8:45pm Jan 15-Mar 26
Gym D T Wells \$46.75/11 ses

43403.104BR

Mon 8:15-9:30pm Jan 13-Mar 31
Gym D T Wells \$46.75/11 ses

Ball Hockey- Recreational Womens Only

The focus is on fitness and fun. Skill levels vary from beginners to advanced. We are a fun and friendly group to play with, and beginners are very much welcome! 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. Sticks are provided at the community centre, but you may also bring your own stick (plastic, wood, composite are ok). Shin pads and gloves are optional but recommended. \$4.20/drop-in space permitting.

43403.101BR

Sun 4:15-6:00pm Jan 5-Mar 30
Gym D M Yeung \$55.25/13 ses

Badminton

Badminton - Fri

Total of 30 spaces (registered & drop-ins)
Drop-ins space permitting. \$5.00/drop-in.

43412.102BR

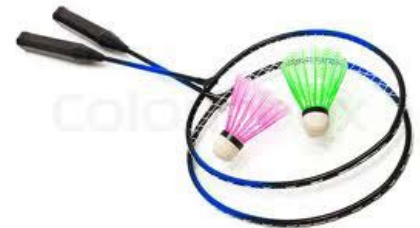
Fri 7:00-9:45pm Jan 3-Mar 28
Gym C A Leung \$61.75/13 ses

Badminton - Sat

Total of 30 spaces (registered & drop-ins)
Drop-ins space permitting \$5.00/drop-in.

43412.103BR

Sat 1:30-5:00pm Jan 4-Mar 29
Gym C A Leung \$61.75/13 ses



Basketball

Basketball - 2 pm

No drop-ins. No session Feb 9.

43405.101BR

Sun 2:00-4:00pm Jan 5-Mar 30
Gym C S Yan \$45/12 sess

Basketball - 4 pm

No drop-ins. No session Feb 9

43405.102BR

Sun 4:00-6:00pm Jan 5-Mar 30
Gym C S Anderson \$48.75/12 ses



Soccer

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 6:15pm to hold your spot). A total of 15 spaces allotted. \$4.75/drop-in space permitting.

43409.101BR
Thu 6:00-7:30pm Jan 9-Mar 13
Gym D T Harley \$40/10 sess

Indoor soccer Co-Ed (NEW)

Whether you are an experienced player or new to the sport, join us for a fun, casual little kickabout of 5 on 5 soccer where everyone takes a turn in net. This low impact recreational game of futsal is a great intro to soccer, or you can improve your ball handling skills, and just have an awesome workout! Only 15 players max, so register early as drop-ins will be space permitting only. \$4.75/drop-in space permitting. No session Feb 8.

43409.102BR
Sat 12:00-1:15pm Jan 18-Mar 15
Gym D T Wells \$38.75/9 sess



Volleyball

Volleyball - Adv Fri

An understanding of more advanced play (ie 6-2). A total of 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$4.75/drop-in. No session Jan 10, 17 & Feb 7.

43413.103BR
Fri 7:00-10:00pm Jan 3-Mar 28
Gym A/B R LeBlanc \$46.50/10 ses

Volleyball - Adv Sun

An understanding of more advanced play (ie 6-2). A total of 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$4.75/drop-in space permitting. No session Feb 9.

43413.104BR
Sun 7:00-10:00pm Jan 5-Mar 30
Gym A/B R LeBlanc \$55.80/12 ses

Volleyball - Beg Thu

Beginners - Basics are emphasized. Register for this program to guarantee a spot to play every week. A total of 42 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$4.25/drop-in space permitting. No session Jan 16 & Feb 6.

43413.101BR
Thu 7:00-9:45pm Jan 2-Mar 27
Gym A/B R LeBlanc \$41.80/11 ses

Volleyball-Inter Tue

We work on Specialized game play. If you achieve the basics please join us. register for this program to guarantee a spot to play every week. A total of 30 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$4.25/drop-in space permitting. No session Feb 4

43413.102BR
Tue 7:45-10:00pm Jan 7-Mar 25
Gym A/B R LeBlanc \$41.80/11 ses

Sun Run Clinic

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 (with more walking than running) and build up gradually until you are safely and comfortably able to either walk/run 10K, or run 10K, depending on how you choose to progress. For more info e-mail the instructor at britanniasunrun@gmail.com. Instructor will notify students of where session will be held on Feb 10 and April 21

Mon 6:00-8:00pm Jan 27-Apr 21 Café K.Hamilton \$145.95/13/sess



Yoga for Moms (NEW)

Take care of you, body & soul! This class is suitable for all levels and includes Slow Hatha Flow, Breathing Practices, Meditation, and Deep Relaxation - all designed to relax and renew you so that you can be the best parent that you are. (Moms only; not for pregnant women or children.)

FREE trial class.

41901.104BR

Sun 9:00-10:00am Jan 12
CFEC L Martin FREE

41901.103BR

Sun 9:00-10:00am Jan 19-Mar 16
CFEC L Martin \$55/8 sess

No class Feb 9.

Yogaflex

This flowing yogaflex class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Please visit www.clstevensfitness.com for more information. Please bring your own mats to this class. \$12/drop-in. No class Feb 9.

44100.101BR

Sun 10:15-11:15am Jan 12-Mar 30
CFEC CLS Stevens \$93/12 sess



Lunch Time Drop-in Hatha Yoga-All levels (NEW)

Move your body and mind while inquiring their relationship with the breath. All levels welcome-options for postures will be given so you can align your body and mind to the moment. A focus on alignment principles will also be explored.\$7/drop-in.

FREE Trial Class

44106.100BR

Thu 12:05-12:55pm Jan 9

CFEC H Eschuk FREE

44106.101BR

Thu 12:05-12:55pm Jan 16-Mar 20

CFEC H Eschuk \$7/drop-in

Iyengar Yoga

Physically energizing, deeply relaxing and emotionally uplifting. This program offers instruction in classical yoga with an emphasis on self awareness and development of strength, stamina, flexibility, balance, breath, and body awareness, postural alignment and relaxation. It will accommodate all levels of fitness and ability and is taught with clarity, creativity, attention to detail and sensitivity to individual needs. Safety, back and joint care, personal limits will be addressed. Instructor Claudia MacDonald has taught at Britannia for over 30years and holds an internationally recognized Iyengar Yoga teachers' certificate. She has developed a thriving and highly respected Yoga program in the Grandview-Woodlands and Yaletown areas.

Level 1

Introductory/Ongoing Beginners. One class in Mar to be cancelled. Date TBA

44103.102BR

Tue 5:30-7:00pm Jan 7-Apr 1

CFEC C MacDonald \$180/12 sess

44103.103BR

Thu 7:00-8:30pm Jan 9-Apr 3

CFEC C MacDonald \$180/12 sess

Level 1/2

Beginner/Intermediate (Mixed Level) One class in Mar to be cancelled. Date TBA

44103.101BR

Tue 9:30-11:00am Jan 7-Apr 1

CFEC C MacDonald \$180/12 sess

Level 2

Intermediate - Minimum of two full terms of Level 1 Iyengar Yoga classes or with instructor's permission. One class in Mar to be cancelled. Date TBA

44103.105BR

Tue 7:00-8:30pm Jan 7-Apr 1

CFEC C MacDonald \$180/12 sess

44103.106BR

Thu 5:30-7:00pm Jan 9-Apr 3

CFEC C MacDonald \$180/13 sess

Level 3

Advanced - With Instructor's permission. One class in Mar to be cancelled. Date TBA

44103.108BR

Wed 5:30-7:15pm Jan 8-Apr 2

CFEC C MacDonald \$180/13 sess

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 8-Apr 2

CFEC C MacDonald \$180/12 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. \$11.25/drop-in. No session Feb 10

44105.101BR

Mon 7:30-8:45pm Jan 13-Mar 31

CFEC B Lohrenz \$93.50/11 sess



Pilates

This class will build your abdominal strength, expand range of motion, flexibility and breath, while eliminating excess tension and strain on the spine and joints. You will learn the essential Pilates flow building strength from the inside out for underlying strength and core support. All levels welcome.\$9.40/drop-in

FREE Trial Class

44001.102BR

Thu 10:00-11:00am Jan 9

CFEC A Clark FREE

44001.103BR

Thu 10:00-11:00am Jan 16-Mar 20

CFEC A Clark \$80/10 sess

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. 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. 17th 7:00 pm in the Info Centre or e-mail/call Barry (above). 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. Please register by Feb 1.

45701.104BR

Fri/Sat/Sun 5:30-7:00pm Feb 21-Feb 23

TC B Skillin \$237/3 sess

Meditation

Foundations of Mindfulness Beg.

Learn essential and basic mindfulness skills in a step-by-step process. Mindfulness practice increases happiness, calmness and other positive qualities while reducing stress, worries, depression, anxiety, unhappiness and other negative qualities. It also enhances concentration, memory, health and quality of life. In addition, it changes brain and slows aging. This class will also benefit those who experience difficulty calming mind or never attended any mindfulness class. Info: LearnMindfulness.org

45419.102BR

Tue 6:30-8:30pm

Feb 25-Mar 25

Rm 204 S Yang

\$49/5 sess



Adult Arts & Culture

Craft, Draw, Paint

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 animal and human 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.

42101.100BR

Tue 7:00-9:00pm Jan 21-Mar 11
Rm 205 L Nasilowski \$55/8 sess

How to Draw Like an Architect

This program is for enthusiastic students who want to learn correct drawing techniques from architectural subjects and use tone, texture, line, perspective, proportion, shadowing, lighting, and colour in their artwork. Bring HB, 2B, 6B pencils and white paper to first class. Supplies are not included. Supply list available upon registration. Mohammad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has published in colour more than 500 water colour paintings such as greeting cards, posters, albums, and books. Visit www.atashzad.com.

42002.100BR

Wed 5:00-7:00pm Jan 22-Mar 12
Rm 210 M Reza Atashzay \$90/8 sess

Watercolour Painting

Study watercolour painting techniques by exploring the medium's full potential. Learn to use water, paper, colour and brushes to create an endless variety of tones and atmosphere in your painting. Supplies not included. Mohammad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has published in colour more than 500 water colour paintings such as greeting cards, posters, albums, and books. Visit www.atashzad.com.

42002.101BR

Wed 7:00-9:00pm Jan 22-Mar 12
Rm 210 M Reza Atashzay \$90/8 sess

Reckless Painting

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

42203.100BR

Tue 7:00-9:00pm Jan 28-Feb 25
Rm 210 A Orsini \$70/5 sess

Re-experience POP-ART

Would you like to know what made Andy Warhol tick, or Roy Lichtenstein or David Hockney? Remember the LOVE poster? That was pop-art. Please bring all materials on hand except oil paint; oil crayons are fine, watercolor, brushes, paper. Let's have fun.

42220.100BR

Tue 6:00-8:00pm Feb 18-Mar 25
Rk Mezz H Keese \$90/6 sess

Arduino Microcontroller Introduction

Hands-on introduction to the Arduino board. A \$35 mini-computer highly regarded by artists and do-it-yourselfers, this course uses instructional videos and Arduino kits on loan from UBC Engineering Physics. Participants must bring their own laptop and have full administrative rights to be able to install programs. 2 evenings, all ages, parent and child welcome. This class will be repeated at a later date in case of high demand. www.arduino.cc Please purchase a Britannia membership before registering in this program. Call 604-718-5800 X 2 for further info.

42001.100BR

Thu 7:00-9:00pm Feb 6-Feb 13
AML B Zender FREE/2 sess

Pottery

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.

42201.100BR

Tue 7:00-9:00pm Jan 21-Mar 11
Rm 208 H Spaxman \$165/8 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 with more one-on-one instruction. Pre-req: Intro to Pottery or permission of the instructor. Clay and glazes are included

42201.101BR

Wed 6:30-9:00pm Jan 22-Mar 12
Rm 208 H Spaxman \$190/8 sess



Astorino's Available For Events of All Kinds

3000 square foot hall with wooden dance floor. Includes sound system with sound board, 20 tables and 200 chairs. Now booking into the new year.

Matty Harris - mattyharris@gmail.com
604.390.6177

Helen Spaxman - helen.spaxman@vancouver.ca

Adult Arts & Culture

Art Therapy

Structure/Process; Goals/Dreams; Safety/FREEd

Exploring the Polarities of Structure/Process; Goals/Dreams; Safety/freedom as they inform Our Deeper Intent in Life: Processes generate structures. Structures generate processes. Alternatively: process alone can sometimes create confusion being overwhelmed, becoming lost, losing energy. Structure alone can result in rigidity, lifelessness, fixed meaning, non-discovery, deadness. Structure however can offer a sense of comfort, safety, predictability, protection and guidance and direction (working with what is known). Process can lead to undiscovered elements, new relationships, exploration, expansion (moving into the unknown). As polarities, process and structure create the bookends of freedom and safety, being actually 2 sides of the same coin (archetype). We need both and are always somewhere on the spectrum between these 2. Come and explore these dynamics of your own experience through simple art making activities. No experience required. Please purchase a Britannia membership before registering in

42313.101BR

Sun 1:00-5:30pm Jan 12
EACR S Ruebsaat \$55/1 sess

Inviting the Body to Heal Our Wounded Narrative

This course offers the opportunity to explore how the body is the healer. Through its inherent creativity, the body takes on the shock and residue of trauma and attempts to metabolize these fractured parts of our story. By inviting the body to express, release and bring insight into the traumatized myth we are presently living, we allow our full capacity of creativity to meet destructive forces that otherwise might overwhelm and take over the psyche. Through a body-to-body approach - our own physicality and the body of the art materials - we can transform unconscious experiences manifested through the body, to embodied expression in the art. No experience required. Please purchase a Britannia membership before registering in this program. Call 604.718.5800 for further info.

42315.100BR

Tue 6:30-9:30pm Jan 21-Mar 11
EACR S Ruebsaat \$170/8 sess



Awakening the Dream Through Art Making

Dreams and art both tap into the healing dimension of the unconscious. Through art making we can come into relationship with the images in the dream and work with it as a living process rather than a static image to be interpreted. This workshop is framed within a Jungian perspective drawing on the archetypes for guidance. The dream we have is different than the dream we remember, which is different than the dream we tell another, and is a different dream yet again when written or painted. The dream is a living entity that moves through us, changing as it changes us. No experience required. Please purchase a Britannia membership before registering in this program. Call 604.718.5800 for further info.

42313.102BR

Sun 1:00-5:30pm Feb 16
EACR S Ruebsaat \$55/1 sess

Inner Inquiry Through Art Making

Explore the inner landscape and the inner figures that roam there influencing moods, energy, choices and often determine the direction we take in life. Easy art making activities will be offered as guidance as we journey into the psyche. No experience required. This course draws on CG Jung's "active imagination" and Bosnak's "embodied imagination." No experience required. Please purchase a Britannia membership before registering in this program. Call 604.718.5800 for further info.

42313.103BR

Sun 1:00-5:30pm Mar 9
EACR S Ruebsaat \$55/1 sess

Adult 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. Singles and partners welcome! The 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.

41615.100BR

Tue 7:30-9:00pm Beg
Gym C C Reyes Pena Jan 21-Mar 11
\$120/8 sess

41615.101BR

Wed 7:30-9:00pm Inter. 1
Rk Mezz C Reyes Pena Jan 22-Mar 12
\$120/8 sess

41615.102BR

Thu 7:30-9:00pm Inter. 2
Gym C C Reyes Pena Jan 23-Mar 13
\$120/8 sess

41615.103BR

Fri 7:00-8:30pm Adv.
CFEC C Reyes Pena Jan 24-Mar 14
\$120/8 sess

Music

African Drumming Level 1

Play traditional West African rhythms on hand drums (djembés) and bass drums (dununs). These classes are fun and concentrated. The level one course is an introduction; no previous experience is needed. Enrolling in level two requires taking level one or permission from the instructor. Use your own drum or rent one. Drum rental 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> or call the instructor at 604.253.2114.

41101.100BR

Wed 6:30-8:00pm Jan 22-Mar 12
Cafe. R Shumsky \$120/8 sess

African Drumming Level 2

41101.101BR

Wed 8:10-9:40pm Jan 15-Mar 5
Cafe. R Shumsky \$120/8 sess

Music

Guitar - Level I & II

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. No class February 10.

Level I

41100.102BR

Mon 6:30-8:00pm Jan 20-Mar 31

FAR G Kristjanson \$96/10 sess

Level II

41100.103BR

Mon 8:00-9:30pm Jan 20-Mar 31

FAR G Kristjanson \$96/10 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 the incomparable Ross Barrett, Tim Sars, and various guest instructors. All levels/ages welcome; stop by just to listen and dance if you like! Suggested donation is one hour's wage per month. \$5/pay-what-you-can drop-in. No practice February 10. A current Britannia membership is required to enroll in this program. A membership can be purchased in person, or by contacting the centre at 604.718.5800.

61901.100BR

Mon 7:30-10:00pm Jan 6-Mar 31

AML D Vital \$0/12 sess

The Drive Street Band

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

61122.100BR

Sun 3:00-5:00pm Jan 5-Mar 30

AML T TBA - BR



GRANDVIEW WOODLAND
FOOD CONNECTION

Community Centre, the GWFC is pleased to offer the following community food programs. For more information on the GWFC visit www.gwfoodconnection.wordpress.com or call 604.718.5895

GWFC Advisory Members Wanted.

Are you interested in creating community food programs? - Would you like to join the Grandview Woodland Food Connection Advisory Committee? This committee meets approximately every two months and helps set the strategic directions for the GWFC. This is a great opportunity to get involved in community food security. Call the GWFC: 604.718.5895



Nutrition Counseling Service

Nutrition counseling services by a certified holistic nutritionist and herbalist will be available for underserved residents and open to all community members on a sliding scale basis. This service is aimed at helping you navigate the food choices available in our area and choose the foods that are best suited for your health, taking into consideration any health issues or goals you may have. Improved eating habits can help boost your physical and mental health. This service also aims to help connect residents to affordable, accessible, healthy food programs and options. Service available Tuesdays 6-9pm. Contact Nikoo Boroumand at info@healinggardenswellness.com to book an appointment. For more information, visit www.healinggardenswellness.com



Food for All Community Potluck

Everyone welcome, all ages! Bring some food to share or just come and eat delicious food with wonderful neighbours. Following the meal we will be screening local community short films and learn about what is going on in our community. Info: 604.718.5895



Sun Jan 26

AML

5:00-8:00pm
FREE

Sauerkraut and Vegetable Fermentation

Fermented vegetables are packed with probiotics that are required for good digestion, a strong immune system, and all around great health. Fermenting vegetables allows the nutrients in the vegetables to become more available for our bodies to absorb. The micro-organisms that take part in the fermentation process also increase nutrients, notably B vitamins. Come learn how to make this easy and affordable health food using resources you have around the house. Bring a jar to take away some sauerkraut and/or other fermented vegetables that we'll be making at the workshop.



Sat Feb 8
Pre-teen Centre

1:30 to 3:30pm
\$12/1 sess



Britannia Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? You can save over 40% on your food bill. \$13 gets you 7-8 varieties of fruits and veggies. Pick up your box at Britannia Community Centre. Call to sign up: 604.718.5895



Greenest City Initiative

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



AML - 55+ Programs

Welcome to our 2 Centres

AML 55+ Centre Britannia 1661 Napier St. 604.718.5837

LD Lions Den 770 Commercial Drive 604.718.5848

Anne Cowan-Jackson anne.jackson@vancouver.ca
 Office Hours: Mon/Thu 10:00am-6:00pm
 AML Wed 10:00am-2:00pm
 L.D. Tue/Fri 9:00am-5:00pm
 55+ Programs 604.718.5837

Luong Ho 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)
 Vietnamese Seniors - 604.718.5818

Welcome to a range of programs and services for those who are enjoying retirement or who like the pace of Adult+ activities. We offer education, social and special interest activities at low cost with easy accessibility. Local groups are welcome to use the space, when available, and we welcome your ideas and input. Join a committee, take classes, drop-in or take some training. *Remember to register for FREE programs.

Seniors Joint Committee Meetings

This committee meets on the third Thursday of each month at 3pm to discuss older adult priorities, programs and services in the community. All are welcome!

Winter Jan 16, Feb 20, Mar 20



Languages

ESL 55+

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

55000.102BR
 Sat 2:45-3:45pm Feb 15 - Mar 15
 AML FREE

Spanish Conversation for Beginner Speakers

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

55500.101BR
 Tue / Fri 1:00-2:00pm Jan 14-Feb 21
 LD I Nunez \$60/12 sess
 55500.102BR
 Tue / Fri 1:00-2:00pm Feb 25-Apr 4
 LD I Nunez \$60/12 sess

Spanish Conversation for Intermediate Speakers

For those who have mastered the basic phrases and wish to practice more advanced conversation. A small class tailored to your specific needs - let us know what you need to learn!

55500.103BR
 Tue / Fri 2:15-3:15pm Jan 14-Feb 21
 LD I Nunez \$60/12 sess
 55500.104BR
 Tue / Fri 2:15-3:15pm Feb 25-Apr 4
 LD I Nunez \$60/12 sess

Income Tax Clinics

Community Volunteer Income Tax Program (CVITP)CRS
 Seniors and low income (\$22,000 or lower) can use this service. Please register by calling 604-718-5800
 MUST HAVE AN APPOINTMENT
 Mar 10 - Apr 28

Computer and Technology

Computers and Internet Level I

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

52000.100BR
 Mon 10:00-12:00pm Jan 13-Feb 17
 AML M Ziebart \$50/5 sess

Computers and Internet Level II

This next level gets you beyond the basics. Time to explore further and learn more. Michelle's an excellent teacher and our small classes will give you the attention you need.

52000.103BR
 Mon 10:00-12:00pm Feb 24-Mar 31
 AML M Ziebart \$50/6 sess

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.

52001.101BR
 Sat 2:15-3:45pm Feb 15-Mar 15
 AML Volunteer Instructors FREE/ 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.

52000.101BR
 Mon 1:00-3:00pm Jan 13-Feb 17
 AML M Ziebart \$50/6 sess

Social Media - What's it all about

Facebook, Twitter, I-phone's. Join this small class and learn what it's all about. Know the benefits as well as the pitfalls. It's a new world with wondrous possibilities. No experience necessary just come along with or without your gadgets! It'll be fun.

52000.102BR
 Mon 1:00-3:00pm Feb 24-Mar 31
 AML M Ziebart \$50/6 sess



AML - 55+ Programs

Music and Singing

Ukulele Choir- Seniors (NEW)

In partnership with the Sarah McLachlan School of Music. Learn to play the Ukulele, it's easy and fun. You'll learn to sign and strum your favorite songs - folk, old time rock'n'roll and pop. Weekly lessons with Music Director Heather Stubbs are FREE of charge and all instruments provided by Sarah McLachlan Foundation. We began this wonderful Choir last October, for more information and an application call Britannia at 604.718.5800.

52124.100BR

Thu 12:30-3:00pm Jan 9-Mar 27
Offsite

Dance

Line Dancing

Join this fun relaxing dance group for an afternoon of exercise and smiles

52901.100BR

Tues 1:00-3:00pm Jan 7 - Mar 25
CFEC Anita \$20/12sess

Square Dancing

New members always welcome. Call for more information 604-718-5837

Wed 7:00-9:00pm Jan8-Mar26
AML

Vancouver Morris Men 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 7-Mar 25
AML



See swim and skate schedules on pages 33, 39

Exercise and Wellness

Badminton 55+ Sat

Saturday 55+ Badminton Volunteer and all our regulars will make you welcome. \$16/season

52103.102BR

Sat 2:00-4:00pm Jan 4-Mar 29
Gym A \$16/11 sess

Note: New days and times for the following:

Badminton 55+ Mon & Tue

Every Mon/Tue, lots of fun! 5 courts. Volunteers and all our regulars will make you welcome.

52100.103BR

Mon/Tue 11:20-12:35pm Jan 6-Mar 25
Gym C \$16/12 sess

Badminton 55+ Wed & Thu

Lots of fun! 5 courts \$16/season

52102.102BR

Wed/Thu 11:15-12:45pm Jan 2-Mar 27
Gym C \$16/10 sess

Tai Chi for Arthritis & Health

Based on the Sun Style of Tai Chi this scientifically researched program that was developed by Doctor Paul Lam MD specifically for people who have arthritis. Like other Tai Chi forms it is also suitable for anyone wanting to improve their overall health, fitness and sense of wellbeing. Also suitable for people with conditions like, high blood pressure, diabetes, back pain, fibromyalgia, and osteoporosis. For many its most potent attribute is that it is enjoyable to do! 55+ Welcome FREE Intro Class Friday January 10th

54300.100BR

Fri 9:30-10:30am Jan 24-Mar 28
LD M Vles \$50/10 sess

Finding Your Balance

This mindful approach emphasizes the safe and effective acquisition of whole body strength, balance and suppleness. You will practice standing balance exercises that can help prevent falling. Chair, floor and wall exercises improve muscle imbalances throughout your body and will facilitate graceful movement.

52222.101BR

Tue 3:00-4:00pm Jan 14-Mar 18
LD C Wenzel \$50/10 sess

Gentle Yoga 55+ Monday

Classes are adaptable - everything from a series of restorative asanas (poses) to vinyasa flow (regular Hatha). Restorative yoga is sequenced to gently open, stretch and massage tired, overworked, or stressed muscles and deep connective tissues. The practice will provide benefits including increased 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 practice will 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 6 - Feb 17
C F E C G Smythe \$54/6 sess

54101.102BR

Mon 2:00-3:15pm Feb 24-Mar 31
C F E C G Smythe \$54/6 sess

54101.103BR

Wed 2:00-3:15pm Jan 8 - Feb 12
C F E C G Smythe \$54/6 sess

54101.104BR

Wed 2:00-3:15pm Feb 19 - Mar 26
C F E C G Smythe \$54/6 sess

Social Programs

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 the Britannia Public Library. New members are always welcome! *Please register for FREE programs

52202.100BR

Wed 2:45-4:45pm Jan15, Feb19, Mar19
AML FREE

Lunch at the 55+ Centre

Every Thursday at 11:30am. See the menu on our Bulletin Board. Everyone Welcome.

55807.100BR

Thu 12:00-1:00pm Jan 9-Apr 3
AML \$4

Pot Luck Lunches 55+

Come feast with us. The last Thursday of the month everyone brings a dish to share and a feast appears! Loads of fun! Last Thursday of the month. *New time 11:30am

55805.102BR

Thu 11:30-12:30pm Jan 30/Feb 27 Mar 27
AML FREE

AML - 55+ Programs

Cards Whist / Cribbage / Bridge & Poker

Everyone welcome for fun and friendly games

Please Register. No Cards on Stat Holidays

52204.100BR

Mon 1:00-4:00pm Jan 6-Mar 31
AML FREE

Knitting Social

Everyone is welcome to join this multi-age group! (Newborn to 90's). Beginners to Advance. It's a great way to spend the afternoon. Our fantastic Irene (Volunteer). **Yarn donations gratefully received.**

52201.100BR

Wed 1:00-2:30pm Jan 8-Mar 26
AML Irene FREE

Vietnamese Woman's Support Group

With Reach Family Services

Mon 10:00am-12:00pm Jan 20, Feb 17, Mar 17
AML FREE

Italian Cards

52240.100BR

Mon 1:00-3:00pm Jan 6-Mar 31
AML

52240.101BR

Wed Thu 11:45-2:45pm Jan 8-Mar 27
Teen Centre FREE

Queer Women On The Drive

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

52220.103BR

Fri 6:30-9:00pm Jan 31-Mar 28
AML FREE

Hair Cuts for Seniors

Three Volunteer Hair Dresser's (LLH)

Donate their talents at 55+ Centre.

54000.101BR

Mon 10-11:30am Feb 17
AML Must Register FREE



Bus Tours

Mystery Tour

This fun and entertaining magical mystery tour takes you to unknown destinations' filled with clues, prizes, props! A must see attraction, a great lunch in Vancouver and afternoon mystery stops included. Use the clues correctly and win a variety of prizes including a FREE Enjoy Tours Day Trip!

54500.100BR

Tue 9:15-4:30pm Feb 11 Offsite \$89/1 sess

Migratory Snow Geese

Every year the Lesser Snow Geese population visit the Reifel Migratory Bird Sanctuary in Delta from Wrangel Island in the Arctic Ocean, north of Siberia. The January 2012 mid-winter count was 70,000 up from the previous year's count of 65,000. Visit the sanctuary for an educational guided tour as the Lesser Snow Geese prepare to depart in April for their northward migration back to Wrangel Island. This trip includes lunch at the well-appointed Charhouse Restaurant in Steveston complete with harbour views and an afternoon guided tour of Britannia Heritage Shipyard.

54500.101BR

Tue 9:00-4:30pm Mar 25 Offsite \$79/1 sess

Arts

Quirk-e

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

54820.103BR

Wed 10:00-12:00pm Jan 8-Mar 26
AML

Exploring the Arts

Motivated older adults get together to explore the Creative Arts in a stimulating and socially engaging atmosphere. includes local Arts Programs.

Lions Den 770 Commercial Drive

53200.100BR

Tue 2:00-4:00pm Jan 7-Mar 25
LD FREE

Complimentary Community Hearing Screenings

Drop in for your FREE screening. Everyone welcome. . It takes approximately 10-15 minutes to conduct each hearing screening. After the hearing screening, the hearing professional will review the audiogram and answer any hearing health questions. Did you know that 1 in 10 people have some level of hearing loss? Hearing loss negatively impacts one's quality of life. Aside from misunderstanding conversations, a hearing loss can cause anxiety, heighten stress and strain on personal relationships and lead to withdrawal from social activities.

AML 55+ Centre

55400.100BR Thur 2-4:00pm

Thurs Jan.23rd - Mar.20th - May.22nd

Jul.24th - Sept.18th - Nov.20th

Connect Hearing

1089 West Broadway, Vancouver, BC V6H 1E6

Phone: 604.737.7810 Fax: 604.737.7840

LIONS DEN - TUESDAY

Carpet Bowling

A fun and skillful game played indoors.

Similar to bocci. **FREE**

Lunch Program

12noon - 1:00pm

Big Pot Day **\$4.00**

Italian Cards

1:00-5:00pm **FREE**

Exploring the Arts

1:30pm-4:00pm **FREE**

Finding Your Balance Class

52222.101BR

3:00pm - 4:00pm **\$50/10sess**

Billiards

Drop-in for any who wish a game of pool.

Jan 7-Mar 25 **9:00-2:00pm**
LD **FREE**

Wellness & Foot Spa

Jan 7-Mar 25 **11:00am-2pm**

LIONS DEN - FRIDAY

Tai Chi for Arthritis and Health

Suitable for people with arthritis or conditions like, high blood pressure, diabetes, back pain, fibromyalgia and osteoporosis. For many it's most potent attribute is that it's enjoyable too!

54300.100BR

9:30am-10:30am **\$10/sess**

Exercise with Friends

Come join us for a friendly video exercise class. senior friendly.

11:00am - 12noon **FREE**

Lunch Program

Fridays lunch is a full meal/dinner. Drop in and enjoy the company.

12noon-1:00pm **\$6.00**

Italian Cards

1:00pm-4:00pm

Latin American Seniors Social

Meet every Friday for games, food music and social.

1:15-4:00pm **Feb 7- Mar 28**

Lunch Programs

Tuesday is Big Pot Day. Delicious Soup & Bun, dessert With Tea & Coffee \$4

Friday is the full meal deal for \$6

Tue/Fri 12:00noon

Exploring the Arts

This small group of motivated seniors get together to explore the creative arts in a light and fun atmosphere.

1:30-4:00pm

Finding Your Balance

This mindful approach emphasizes the safe and effective acquisition of whole body strength, balance and suppleness. You will practice standing balance exercises that can help prevent falling. Chair, floor and wall exercises improve muscle imbalances throughout your body and will facilitate graceful movement.

52222.101BR

Tue **3:00-4:00pm** **Jan12-Mar18**
LD **C Wenzel** **\$50/10sess**

Complimentary Community Hearing Screenings

Drop in for your FREE screening. Everyone welcome. .

Lion's Den Recreation Centre

55400.101BR

Tue **2:00-4:00pm** **Jan.21st**
Mar.18th
Jul.22nd
Sept.16th
Nov.18th

Foot Doctor

Dr. Eng has been a practicing Podiatrist in our community for many years. One important component of his practice is community outreach. In order to reach seniors who might not otherwise be able to have the benefits of good foot care he offers clinics at the Lions Den. You must have your Gold Card and birth date in order to have your \$15 visit. Cost without Gold Card (non Senior) is \$38. Dates to be announced. Please call Anne at the Lions Den 604-718-5848 in January to make an appointment. Clinics will be held on a Friday morning.

Wellness

Blood Pressure and Weight with health prevention dialogues throughout the season.

Tue **11:00am-12:00pm** **FREE**
Monica Renard RN

Foot Spa

Includes 10 minute herbal foot bath, nail reduction and trimming, corn and fungal removal and finish with pressure relief and mini foot massage

Tue **1:00-2:00pm** **\$35**
Monica Renard RN

Spanish Conversation for Beginner Speakers

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

55500.101BR

Tue / Fri **1:00-2:00pm** **Jan 14-Feb 21**
LD **I Nunez** **\$60/12 sess**

55500.102BR

Tue / Fri **1:00-2:00pm** **Feb 25-Apr 4**
LD **I Nunez** **\$60/12 sess**

Spanish Conversation for Intermediate Speakers

For those who have mastered the basic phrases and wish to practice more advanced conversation. A small class tailored to your specific needs - let us know what you need to learn!

55500.103BR

Tue / Fri **2:15-3:15pm** **Jan 14-Feb 21**
LD **I Nunez** **\$60/12 sess**

55500.104BR

Tue / Fri **2:15-3:15pm** **Feb 25-Apr 4**
LD **I Nunez** **\$60/12 sess**



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.

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

Statutory Holiday Hours

Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-5:00pm
Jan 1	New Year's Day	1:00-5:00pm
Feb 10	Family Day	1:00-5:00pm

Admission Policy for Children

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

Cleaning Schedule

The change rooms are closed for cleaning every day at the following times:

Men's:	5:15pm-5:45pm
Women's:	5:30pm-6:00pm

The family change room can be used during these times for your convenience.

Birthday Parties

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

Sat 1:00-2:00pm \$46.15

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 classes available.

Lengths Swim

The pool is divided into 25m length 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 leisure pool is open for soon to be mothers and parents with young children five years and under. The leisure pool is also open during all public swims.

Public Swim

Swim, dive, splash, have fun! All ages are invited to come join in the activities. Three small lanes are usually set aside for length swimmers. The leisure pool is open during this time for soon to be mothers and parents with young children.

Range of Motion (ROM)

We perform fun exercises that are gentle on the joints in chest-deep water. The class is designed to maintain and increase joint function, improve general health, build endurance and slow down the effects of aging. Join a friendly and supportive environment which is appropriate for all, especially those with arthritis or those recovering from joint injuries. No swim skills required and all ages welcome.

Youth Swim (13-18 yrs)

The first Friday night of every month from 8:00-10:00pm is reserved for youth to swim and play with their friends. No public use of steam room or whirlpool.

Jan 3, Feb 7, Mar 7.

FREE admission.

Introduction to Whitewater Kayaking: Basic Skills on Flatwater (19+ yrs)

Have you ever thought 'I'd like to try kayaking'? Join the exciting world of paddle sports with this introductory course led by experienced instructors from the Vancouver Kayak Club. This course will focus on introducing you to the basics of kayaking – equipment, paddling strokes, kayak safety, maneuvering, control of your kayak and learning to Eskimo roll. This is a total beginner course so no previous experience is required. Our instructors will take advantage of the small class size and warm safe pool environment to communicate technique and skills to each student at his/her own pace. Progress will be achieved through games and activities and we will provide all the information you need to continue your kayaking career after the course! No lesson Feb 8.

49040.101

Sat 8:00-9:00pm Jan 11-Feb 15

49040.102

Sat 8:00-9:00pm Feb 22-Mar 22



Vancouver Kayak Club \$150/5 sess

Vancouver Kayak Club \$150/5 sess

Aquatic Schedule

Jan 1-Mar 31, 2013. During some public swim sessions only part of the pool is available. The pool may be shared with aquafit, lessons, schools or swim club. Schedule is subject to change without notice.

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

Pool and Fitness Centre Fees 2014 (including GST where applicable)

	Single Admission	Tickets (10)	1 Month Flexipass	3 Month Flexipass	4 Month Flexipass	6 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$5.95	\$47.54	\$47.54	\$121.20	\$153.39	\$209.26	\$378.75	\$3.00
Youth (13-18)	\$4.20	\$33.60	\$33.28	\$84.84	\$107.38	\$146.48	\$265.13	\$1.00
Child (6-12)	\$3.00	\$24.02	\$23.77	\$60.60	\$76.70	\$104.63	\$189.38	\$1.00
Senior (55+)	\$4.20	\$33.60	\$33.28	\$84.84	\$107.38	\$146.48	\$265.13	\$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 12:00pm. 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 admission and flexipasses.

Aquatic Lessons & Registration

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

Swim Assessments

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

Refunds & Cancellations

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

Red Cross Parent & Tot (4-36 mo)

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

Red Cross Preschool (3-5 yrs)

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

Red Cross 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.

Red Cross Swim Basics for Adults (19+ yrs)

A two-level learn-to-swim program for adults. These courses are designed to develop or increase swimmers' comfort in the water through basic flotation, movement, and breathing skills and to foster the basic knowledge, skills, and attitudes needed to stay safe in, on, and around the water.

Red Cross Swim Strokes for Adults (19+ yrs)

A stand-alone stroke development program for adults who are looking for additional help developing a stroke.

Private & Semi-Private Lessons (all ages)

Register over the phone or in person for 30 minute private or semi-private lessons.

Statutory Holiday Hours

Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-5:00pm
Jan 1	New Year's Day	1:00-5:00pm
Feb 10	Family Day	1:00-5:00pm

Swim Club (8-16 yrs)

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

29701.101	Tue 6:30-7:45pm	Jan 7-Mar 11
29701.102	Thu 6:30-7:45pm	Jan 9-Mar 13
	Sat 7:45-9:00am	Jan 11-Mar 15
29701.103	One day/week	\$50/season
	Two days/week	\$75/20 season
	Three days/week	\$85/30 season



Parent & Tot, Children						
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)
Mon & Wed 3:00-5:25pm / Mon Only 9:00-10:00am / Wed Only 9:00-10:00am (No lesson Feb 10)						
1	Jan 6-Mar 10	9 (M)	\$55.29	\$55.29	n/a	n/a
1	Jan 8-Mar 12	10(W)	\$61.10	\$61.10	n/a	n/a
1	Jan 6-29	8(M&W)	\$49.48	\$49.48	\$43.80	\$49.48
2	Feb 3-26	7(M&W)	\$43.67	\$43.67	\$38.70	\$43.67
3	Mar 3-26	8(M&W)	\$49.48	\$49.48	\$43.80	\$49.48
Saturday 8:30am-12:00pm (no lesson Feb 8)						
1	Jan 11-Mar 15	9	\$55.29	\$55.29	\$48.90	\$55.29
Sunday 11:00am-2:30pm (no lesson Feb 9)						
1	Jan 12-Mar 16	9	\$55.29	\$55.29	\$48.90	\$55.29
Adult Lessons (19+ yrs) (No lesson Feb 10)						
1	Jan 7-Feb 25	8		Swim Basics 1	Tue 8:00-8:45pm	\$73.84
1	Jan 9-Feb 27	8		Swim Basics 2	Thu 8:00-8:45pm	\$73.84
1	Jan 6-Feb 17	6		Front Crawl	Mon 8:00-8:45pm	\$55.38
1	Jan 8-Feb 12	6		Breast Stroke	Wed 8:00-8:45pm	\$55.38

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-10:00am Seniors Only 10:00am-12:00pm FREE with membership	9:00am-12:00pm Women Only 12:00-7:55pm	10:00am-7:55pm

Facility Orientations

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

Flexipass Membership

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

Outside Trainers

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

Weight Training for Women - Beginner

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

44010.101BR
Sat 10:00am-12:00pm Jan 4-25
V. Henderson \$32/4 sess

Weight Training for Women - Intermediate

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

44011.101BR
Sat 10:00am-12:00pm Feb 1-22
V. Henderson \$32/4 sess

FREE Fitness Centre Tour

Are you a senior 55+ who would like to be more fit? Know anyone else who would? Come join us! Our senior's instructor will be on hand to answer your questions and show you how easy and fun it is to get started on your journey to a healthier, energized, more active life!

Fri 9:00-10:00am Jan 3
J. Stanier FREE

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. Please pre-register by Jan 6 so that confidential health screening can be done.

44009.101BR
Fri 9:00-10:00am Jan 10-Feb 14
J. Stanier \$30/6 sess

Fitness Workshops

Get Fit in the New Year!

Register for any of these short, one day workshops and learn something new or refine a technique. Registration fee includes drop in admission. Enjoy a workout after the workshop! **\$5.95/session**.

Shifting to Running

From choosing the right shoes to improving your running style, our in-house elite runner is here to help you challenge yourself and progress without injury.

44012.101BR
Sun 5:00-6:00pm Jan 5
K. Anand

Squat And Bench Press

Learn the proper technique behind two of the most functionally important exercises. Minimize your risk of injury and increase your results!

44013.101BR
Thu 10:15-11:15am Jan 23
C. Evans

Mindful Stretching

Learn to stretch the muscles you've been working in the gym! We will use a slow and thorough approach to flexibility and stress release.

44014.101BR
Mon 6:00-7:00pm Feb 3
J. Stanier

Medicine Ball Exercises for Beginners

This class will enable you to improve your range of motion, core strength, coordination, and flexibility. By using the medicine balls with a series of exercises you will be able to increase your stability and movement for your abdominals, lower back, hips, and spine. These exercises will allow you to improve many functional movements that you do in everyday life.

44015.101BR
Sat 3:00-3:45pm Feb 22
T. Simpson

Buns and Thighs

Whether you're new to working out, or want to change your routine, find out the best way to target these areas. Women only fitness time.

44016.101
Sat 11:00am-12:00pm Mar 1
V. Henderson

Strong Abs

Why do we need them? How do we get them? For the answers to these questions – and more – come join us. We'll cover the basics, along with progressions to keep you motivated.

44017.101BR
Thu 4:30-5:00pm Mar 20
J. Coyle

Ice Arena



ADULT HOCKEY PROGRAMS

Women's Hockey

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

Set 1

48080.101BR

Sun 10:45am-12:00pm Jan 5-Feb 9

Set 2

48080.102BR

Sun 10:45am-12:00pm Feb 16-Mar 30
\$30/6wks or \$5.95/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 2-Mar 27

All Levels \$10.00 /drop-in*

Sun 9:30-11:00pm Jan 5-Mar 30

Intermediate

\$15.00/drop-in or \$50/month*

*Strip tickets are not valid during these sess

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 8-Mar 26
\$5.95/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 6-Mar 28
\$5.95/drop-in

OTHER ARENA HIGHLIGHTS

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 5-Mar 30
FREE

Family Fun 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 12:15-1:30pm Jan 5-Mar 30
Regular public admission rates apply

ARENA HIGHLIGHTS

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.

UPCOMING ARENA PROGRAMS

Britannia Co-ed Hockey League

This program is aimed towards novice to intermediate hockey players looking to play in a non-contact recreational hockey league in the "off-season". Full equipment is mandatory and all players must wear at least a half shield on their helmet. The league plays on Saturday afternoon/evenings from May 10-Aug 23. All players will be assessed and placed onto teams by the league coordinators. Registration begins Feb 25.

Britannia Women's Hockey League

Britannia's popular Women's Hockey league will begin on April 29, with an on-ice evaluation. Games are on Tuesday evenings, May 6-Jul 29. No games on July 1. The games are non-contact, non-aggressive and fun! Full hockey equipment is mandatory. Registration begins Feb 25.



SKATING LESSONS

In-person registration for fall skating lessons will take place on

Sun, Dec 15, 10:00am-1:00pm at the Information Centre.

If you are unsure of which level to register in, come in person on Dec 15 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 16 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 a snowboarding helmet. In accordance with new safety measures, cycling helmets are no longer permitted. A limited number of hockey helmets are available to use **FREE** of charge for lesson registrants.

Learn to Skate Lessons

These popular lessons focus on skating skill acquisition through 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



Private Skate Lessons

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

Figure Skating Lessons

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

Power Skating Lessons

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.

Ice Arena Learn to Skate

There are 3 ways to register into Britannia Skating Lessons: Set I

1. Register in-person on **Sun Dec 15, 10:00am-1:00pm** at the Information Centre.
2. Register online at britanniacentre.org starting **Mon Dec 16**.
3. Register in person at the pool cashier from **Mon Dec 16**, with your current lesson report card.

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

Lessons Set 1

Learn to Skate

Tue	6:00-8:00pm	Jan 7-Feb 25 \$48/8 sess
Sat	10:00am-1:15pm	Jan 11-Mar 1 \$48/8 sess

Figure Skating

Sat	12:45-1:15pm	Jan 11-Mar 1 \$48/8 sess
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Junior Power Skating (8-12yrs)

Sun	4:30-5:15pm	Jan 12-Mar 2 \$65/8 sess
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Senior Power Skating (13yrs-Adult)

Sun	5:30-6:30pm	Jan 12-Mar 2 \$85/5 sess
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Lessons Set II

Online registration and continued in-person registration at the pool cashier begins Mon, Mar 3. Class schedule for Set II will be available online starting Fri Feb 21.

Learn to Skate

Tue	6:00-8:00pm	Mar 4-Apr 22 \$48/8 sess
Sat	10:00am-1:15pm	Mar 8-Apr 26 \$48/8 sess

Figure Skating

Sat	12:45-1:15pm	Mar 8-Apr 26 \$48/8 sess
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Junior Power Skating (8-12yrs)

Sun	4:30-5:15pm	Mar 9-Apr 27 \$57/7 sess
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No session Apr 6

Senior Power Skating (13yrs-Adult)

Sun	5:30-6:30pm	Mar 9-Apr 27 \$75/7 sess
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No session Apr 6



Lessons Set 1

Tue	6:00-8:00pm	Jan 7-Feb 25 \$48/8 sess
Level	Presch	Child
1	6:00-6:30pm	6:00-6:30pm 6:30-7:00pm
2	6:00-6:30pm	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 7:30-8:00pm
5	7:00-7:30pm	7:00-7:30pm 7:30-8:00pm
6/7		7:30-8:00pm

Adult All-levels 7:30-8:00pm

Sat	9:30am-1:15pm	Jan 11-Mar 1 \$48/8 sess
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Level	Presch	Child
1	10:00-10:30am 11:15-11:45am	10:00-10:30am 10:30-11:00am 11:45-12:15pm
2	12:45-1:15pm	12:45-1:15pm 10:30-11:00am
3	10:00-10:30am 11:15-11:45am 12:15-12:45pm	10:00-10:30am 10:30-11:00am 11:45-12:15pm
4	11:45-12:15pm	10:00-10:30am 12:15-12:45pm
4/5	10:30-11:00am 12:15-12:45pm	
5		10:00-10:30am 12:15-12:45pm
6/7		10:30-11:00am 12:45-1:15pm
Adult 1/2		
Adult 3/4		10:00-10:30am
Adult 5/6		10:30-11:00am



Ice Rink Schedule

Britannia Ice Rink Public Skating Schedule

Jan 6 - Mar 31, 2014

Schedule subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Adult Open Dance 12:15-1:30pm	Parent & Tot FREE Skate 11:00-11:45am	Adult Stick & Puck 12:00-1:30pm	Public Skate 1:30-3:00pm	Family Fun Hockey 12:15-1:30pm
	Adult/Senior FREE Skate 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		*Adult Co-ed Hockey 9:30-11:00pm

- Helmets are strongly recommended for all public sessions. Helmets are mandatory for all participants of Family Fun Hockey.
- Adult Hockey programs require full equipment. Participants must sign a waiver at the beginning of each session.
- * Sign up for these sessions occurs at the ice rink 1.5 hours before the start of the session. Passes are not valid during these times. There are no goalie drop-in spaces available. Limited drop-in spots are available.

2013 Rink Admissions: *Schedule subject to change without notice*

ADULT (19-54 yrs)	YOUTH (13-18 yrs)	SENIOR (55 yrs +)	CHILD (6-12 yrs)	FAMILY	SKATE RENTALS	SKATE SHARPENING
\$5.65/ Drop-in \$46.80/ 10 visits	\$4.00/ Drop-in \$32.80/ 10 visits	\$4.00/ Drop-in \$32.80/ 10 visits	\$2.80/ Drop-in \$23.40/ 10 visits	*\$5.60 Minimum	\$3.10	\$6.10

- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Board operated rinks (excl 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 8 years old MUST be accompanied ON-ICE with an individual 16+ yrs.
- Flexipasses may be used for public skating sessions. For 2014 Flexipass rates, go to page 33
- * Family rate is 1-2 Adults of the same household and their children under 19yrs, all present at time of admission. \$3.00 per person.



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:

Monday/Wednesday/Friday 9:00am-12:00pm
Tuesday/Thursday 9:00am-2:30pm
(closed 12:00-1:00)



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 \$3.50 to \$6.00 per hour. Spaces are limited and must be booked in advance. Childcare phone number-604 251 1018

Childminding hours are:

Monday to Friday 9:00am-12:00pm

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.

Tuesday 6:30pm-8:30pm January 28-March 4

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.

Fridays 1:00-3:00pm January 10-March 14

Money Skills for Parents- In partnership with Family Services of Greater Vancouver

Access money management information to build a sense of confidence in making money decisions-including banking, budgeting, consumerism and credit. Childminding and snacks provided. No Cost. Pre registration Required

Wednesday's 1:00-3:00pm January 15-February 5

Join ESFP for our Winter Celebration. Wednesday December 4th. Call 604 255 9841 for details.

Eastside Family Place will be CLOSED for Winter Break December 23-27 and January 1st. Drop-In open 9:00am-12:00pm December 30,31 and January 2 and 3. No licensed occasional childcare.

Birthday Parties at Eastside Family Place - Birthday Parties @ Eastside Family Place

ESFP offers an enjoyable, convenient and relaxing way to celebrate your child's birthday. Specializing in birthday parties for young children aged one – six years old. For more information please send an e-mail to info@eastsidefamilyplace.org or call (604) 255-9841

Grandview Woodland Community Policing Centre

1977 Commercial Drive
Vancouver BC V5L 3B8
604 717 2932

e-mail: info@gwpcpc.ca

Coordinator:

Adrian Archambault

Assistant Coordinator:

Cathy O'Connor-Morris

Coordinator of Volunteers: Faith



Child Car Seat Safety Check

Book an appointment with the GWPC's certified Child Passenger Safety Educator for instruction on the proper use and installation of child restraint systems (car seats). \$20. suggested donation per car seat charitable tax receipts are provided for donations of \$20 or more. *Accommodation can be made for those not able to make a donation.

Community Clean-Ups

With grabbers, tongs and bags supplied through the City of Vancouver's Keep Vancouver Spectacular campaign, teams of volunteers target areas recorded or reported for ongoing littering. Clean ups are performed year round in all weather conditions with the reward of a shared meal afterward to collect statistics and exchange observations.

Cleanups are scheduled as a group activity on the first weekend of each month. Cleanups have a huge impact on our local neighbourhoods. Removing litter not only makes the neighbourhood cleaner, it also makes it safer. Research has shown that systematic removal of garbage can greatly reduce crime, vandalism and mischief.

Volunteers of all ages are welcome to participate. Meet at the CPC office a few minutes before 10am wearing comfortable clothing. GWPC will supply the rest of the equipment needed. Participants under the age of 18 will need their form signed by their parent, kids are welcome to join in as long as they are supervised by an adult.

GWPC 2014 COMMUNITY CLEAN-UP SCHEDULE

- Saturday, January 4th
- Saturday, February 1st
- Saturday, March 1st
- Saturday, April 5th
- Saturday, May 3rd
- Saturday, June 7th

If you would like to schedule a cleanup for your group or organization please contact the GWPC to arrange the date. Contact: cathy@gwpcpc.ca or phone 604.717.2932.

Other Agencies & Programs

CANUCKS FAMILY EDUCATION CENTRE (CFEC)



All programs are FREE of charge and offer our 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

ALL PROGRAMS START THE WEEK OF JANUARY, 2014 BRITANNIA PARTNERS IN EDUCATION (PIE)

English Foundations 6/7, English Communications 11/12

Mon 9:30am - 3:30pm
CFEC Rm 110 Britannia Secondary

Beginner English for Speakers of Other Languages

Tue 10:00am - 2:30pm
CFEC Rm 110 Britannia Secondary

Foundations In Math

Thu 9:30am - 3:30pm
CFEC Rm 110 Britannia Secondary

Accounting 11

Hastings Education Centre (Above Library)
Britannia Community Centre)
Thu 10:45am - 4:00pm

English Foundations 1-5

CFEC Room 110 Britannia Secondary
Fri 9:30am - 3:30pm

Computer Basics

Hastings Education Centre (Above Library)
Britannia Community Centre
Fri 10:45am - 4:00pm

EDMONDS PIE PLUS

English Foundations: 3-7

Tue/Fri 12:20pm - 2:50pm

English Foundations: 1-2

Mon/Wed/Thu 12:30pm - 2:45pm
Edmonds Community
School (Room 107)

7651 18th Avenue, Burnaby BC
Contact: Lina Arias 778 882-5462 or
lina.cfec@gmail.com

GET READY 2 READ (GR2R)

Location: Grandview Terrace Childcare Centre
2075 Woodland Drive, Vancouver, BC
Wed 9:30am-2:30pm

Location: Edmonds Community School –
Community Room

7651 18th Avenue, Burnaby BC
Tue 1:00pm-2:30pm
Contact: Lina Arias 778 882-5462 or
lina.cfec@gmail.com

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. Selected courses are available to adults who have graduated and are hoping to upgrade their marks or to complete courses to meet entrance requirements. We are part of the Vancouver School Board, and courses are approved by the Ministry of Education.

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

Classes range from beginner levels to Grade 12 and are available in the mornings, afternoons and evenings! 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 check us out on the web at <http://ae.vsb.bc.ca>, or simply come by and visit our centre. You will find us upstairs from the Library.

Grandview Woodland Area Council (GWAC)

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

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.

Tue evenings
Call 604.822.5791 to book an appointment

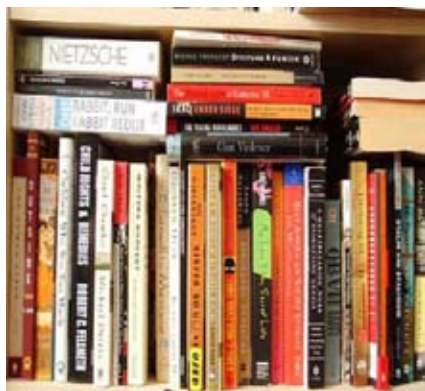


Britannia Library



Britannia Library Winter 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	Wed Jan 1, 2014
Family Day	Mon Feb 10, 2014
Good Friday	Fri April 18, 2014
Easter Monday	Mon April 21, 2014
Victoria Day	Mon May 19, 2014



CHILDREN'S PROGRAMS:

Babytime:

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

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

Family Storytime:

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

Mon Jan 6-Mar 10 10:30-11:00 am
(No program on Feb 10th for Family Day Holiday)

For March break special program phone the library for details, 604-665-2222

Man in the Moon:

Program for dads and other male caregivers with children newborn to 18 months. Program led by male library staff. To register, please call the library 604-665-2222.

Sat Jan 11-Mar 1 3:30-4:30 pm

ADULT PROGRAMS:

One To One Computer Training:

Book a FREE 1-hour session for computer help. Phone the library to book a time, call 604-665-2222.

Thu 2:00-4:00pm
Sat 2:30-4:30pm

55 and Up Bookclub:

Informal chats about books chosen by the group. Books are provided by the Britannia branch library. Refreshments are served. Hosted by the library staff at the Al Mattison Lounge. To register, call 604-718-5837 to register. Third Wednesday of every month.

2:45-4:00pm Jan 15, Feb 19, Mar 19

Pandora's Collective Presents: Book Talks:

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

2nd Wed (every month)
6:30-8:30 pm Jan 8, Feb 12, Mar 12

ESL Learning Centre in the Library:

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. For more information, phone 604-718-5813



Library Regular Open Hours:

Mon	closed
Tue	1:00 p – 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 – 2:00 pm

Sponsored by the Vancouver Community College, Vancouver Public Library and the Britannia Community Services Centre.



Announcing:

Calling All Britannia Alumni!



Don't miss out on the FIRST Britannia Alumni and Friends) New Year's Eve R&B Bash

Join old friends, catch up with past colleagues, enjoy great music, revive your best dance moves Support current students success with your ticket purchase and participation, while having a great time

8:00pm to 1:00am, December 31, 2013

LOCATION: Astorino's Hall (1739 Venables St. at Commercial Drive)

Purchase tickets in-person at Britannia Centre, or online at britanniacentre.org

Tickets: \$35 (includes snacks, prizes, noisemakers, and bubbly at midnight) Limited number of tickets - Don't be disappointed, purchase your tickets now! Sorry.....no minors admitted.

For more information you can call Jukka Vuorma at 604.817.0937 or 604.718.5864

NOTE: *Britannia Alumni include all who attended Britannia schools or worked with an organization located in the Britannia complex.*

Community in Action at Britannia!

Planning and Development Committee

Thursday December 5 at 6:00

Information Centre Board Room

For community members interested in discussing the renewal of the site.

Making Place Sharing Space

Monday December 9 at 6:00

Information Centre Board Room

For community members interested in creating an inclusive environment on the site.

There are also a number of committees that are responsible for advising the Board on programming at Britannia; Pool and Fitness Centre, Seniors, Library Management, Rink, Volunteer, Arts and Culture and much more.

For more information please contact;

Cynthia Low

Executive Director

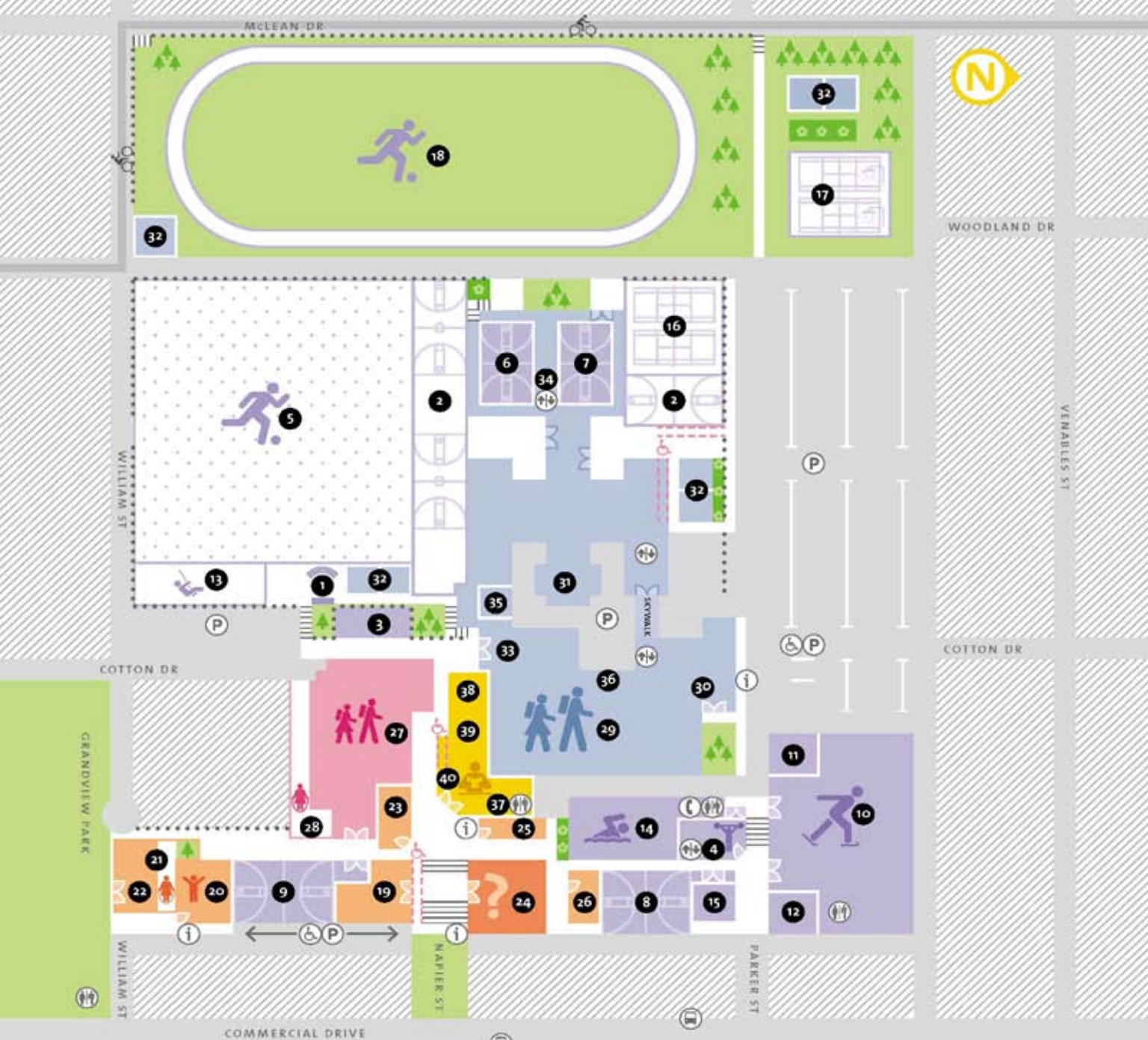
T: 604-718-5815

cynthia.low@vancouver.ca



"I know there is strength in the differences between us. I know there is comfort, where we overlap."

— Ani DiFranco



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/Entrance
- 31 Auditorium
- 32 Portables
- 33 South Entrance
- 34 Cafeteria
- 35 Canucks Family Education Centre (room 110)
- 36 Community Education

library + learning

- 37 VPL Britannia Branch (main flr)
- 38 Learning Resource Centre (basement)
- 39 Hastings Education Centre (top flr)
- 40 Art Gallery

•••• 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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