

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



**Winter 2015,  
Programs & Services**



# PRESIDENT'S MESSAGE



It has been a busy fall. As well as the ongoing programs and services always on offer at Britannia, we have been engaging our members in the civic elections. Britannia Community Services Centre Society partnered with Grandview Woodland Area Council in hosting forums for candidates for election 2014. Community engagement is a big part of what we do here at Britannia, and we were glad to give members the opportunity to meet the candidates.

Especially of interest for Britannia members in this election was a vote on the City of Vancouver's Capital Plan. Britannia is included in the City's budget plans for spending on community facilities over the next four years. This Capital Plan was approved by voters, which means the Britannia Community Services Society has some serious planning and community engagement to do.

The approved expenditure in this Capital Plan (2014-18) is just the first phase of a proposed facility renewal for Britannia that will span the next two to three capital plans. With the initial expenditure of \$25 million dollars approved, we can hope that a total of \$75-100 million will be directed toward much needed improvement of the facilities over the next few years.

This is exciting news indeed! We need to start now with plans for the first phase, while taking into consideration what the whole site could look like if future funds are approved.

We will be holding many public meetings to consult with you, our members. We will also be meeting with our partners on the site – the Vancouver School Board, the Vancouver Public Library, the Vancouver Park Board and the City of Vancouver – as well as with many community partner organizations. We want to draw in as many people with as many ideas as possible during this consultation. Britannia Community Services Society Planning and Development Committee will continue to lead the consultation and planning for the site renewal. They have been working toward this opportunity to be included on the city's Capital Plan for fourteen years. Join them now in the conversation to determine the best ways to improve Britannia facilities for the whole community.

Meanwhile we will continue to provide programs and services to our members. Supported by our staff and volunteers, Britannia is a leader in creating new initiatives, working with our many partners, and building a stronger community.

Best wishes to all for a healthy and rewarding 2015!

Gwen Giesbrecht, President

## 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: Ray Gallagher

TREASURER: John Flipse

EXECUTIVE MEMBERS:  
Meseret Taye  
Oliver Conway

DIRECTORS:  
Susanne Dahlin, Ingrid Kolsteren, Morna McLeod, Edward Stringer, Scott Clark, Oles Andrienko, Mary Arakelyan, Craig Ollenberger, David Parent, Alex McKechnie (staff rep.)

AGENCY REPS:  
VSB: Geoff Taylor  
VPB: Peter Odynsky  
VPL: Darcy Stainton

EXECUTIVE DIRECTOR: Cynthia Low

MANAGER OF ADMINISTRATIVE SERVICES:  
Natalie Bailey

CHILD CARE MANAGER: Sabine Tanasiuk

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

## Membership Information

To participate in recreation programs you must be a member of Britannia Centre. Membership is valid from Sep.1st, 2014 to Aug. 31st, 2015

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 27th, 2015

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 the Fitness Centre Tuesday & Friday, 10:00am to 12:00pm

### 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, Barry Skillin., Giles Chin, Trevor Jansen, Wendy Whitaker, Lori Moretto, Sandra Vander Schaaf, Amie Smith

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# Registration Information

## Three Ways to Register for Programs

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

- Registration starts at 9:00am on Tuesday Dec 9, 2014.
- You must have a current membership card to register for all Britannia programs, The membership year runs from September 1, 2014 to August 31, 2015.

### 2) Register in Person

- Registration starts at 9:00am on **Tuesday Dec 9, 2014**
- 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 Dec 9, 2014**
- 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.

#### Refunds 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.

#### Announcing the new City of Vancouver website!

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

#### 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.

#### Swim/Skate Refunds

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

## 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.

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

#### 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.

## 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.

## Britannia Preschool (3-5 yrs)

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.

For more information about preschool, or to register your child, call the Senior Supervisor at 604.718.5843



## Bequests and Charitable Giving

### YOUR LEGACY

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

Britannia Community Centre will accept gifts, bequests and other forms of charitable giving. People can continue to support the work of the Centre by making a charitable gift through a bequest in a will. If you are considering a bequest or other form of charitable giving, please consider Britannia Society. Contact the Manager, Natalie Bailey, at 604.718.5810.

# Licensed Child Care Information

## Five 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.

### Childcare Contacts:

Childcare Manager:

Sabine Tanasiuk **604.718.5816**

Britannia Out of School Care/Preschool

Lorraine Evans(Acting)**604.718.5843**

Grandview Terrace

Alejandra Uribe **604.718.5846**

Mount Pleasant

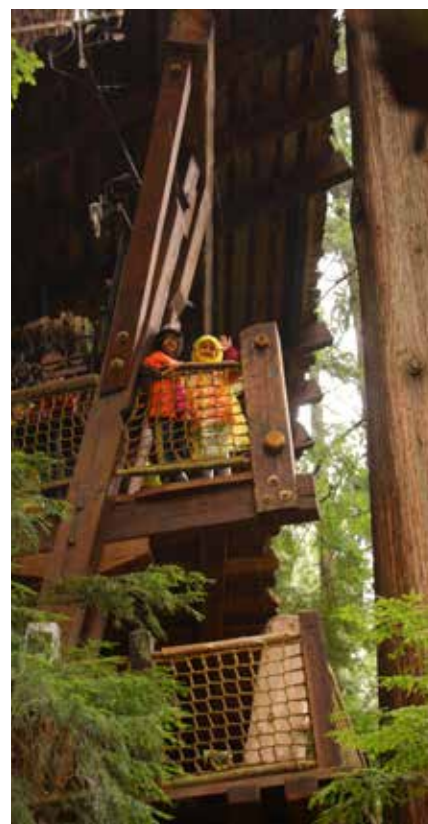
Wade Forbes **604.718.5844**

Lord Nelson

Latisha Buksh **604.713.5863**

Eagles in the Sky

Susan Nelson **604.718.5856**



#### 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.

#### 2½-5yrs 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.](#)

# 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.



*All childcare fees effective until December 31, 2014. Increases will come into effect in January*

## Britannia OSC & Preschool

1661 Napier Street  
Lorraine Evans (Acting) :604.718.5843

### Preschool 3-5yrs

Mornings	9:00-11:30am	
Afternoons	12:30-3:00pm	
<b>FEES:</b>		
2 days per week (Th, Fri)		\$175.00
3 days per week (Mon, Wed, Fri)		\$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

## Mount Pleasant Child Care

960 East 7th Avenue  
Wade Forbes: 604.718.5844

### Toddler Program 18mo-2yrs

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

### Daycare 2½-5yrs

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 2½-5yrs

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

## Grandview Terrace Child Care

2075 Woodland Drive  
Alejandra Uribe: 604.718.5846

### Daycare 2½-5yrs

Mon-Fri 7:30am-6:00pm  
FEE: \$750 per month, snacks provided  
Lunch program \$45 per month

### Out of School Care 5-12yrs

September to June  
Mon-Fri 7:30am-9:00am  
3:00pm-6:00pm

School Breaks 7:30am-6:00pm  
FEE: \$355 per month  
Closed on statutory holidays

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



# Special Events

## Britannia Art Gallery

### Exhibitions

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

**Dec 3, 2014 - Jan 2, 2015**

**Opening Reception:**

**Wed. Dec 3, 6:30 - 8:30 pm**

Increasing the Divide in a mixed medium by artists, Karin Vengshoel and Danielle Bobier.



### Seasonal Decorations Pop-Up Workshops 2014

Celebrate the season by making your own personal décor and art projects. Various local artists will be instructing in a variety of media. All materials provided or bring some of your fave papers, yarns, etc Attend one or both. Different projects featured each day. For more detailed info, email Katherine Polgrain [courage@vcn.bc.ca](mailto:courage@vcn.bc.ca)

**62801.401BR**

**Sat 1:00-4:00pm Dec 6**  
**AML All Ages FREE Drop-In**

**62801.402BR**

**Sat 1:00-4:00pm Dec 13**  
**AML All Ages FREE Drop-In**

### Marimba! Britannia World Rhythms for Youth Society Concert

Join the World Rhythms for Youth Society at our seasonal concert, celebrating marimbas and world music. It will be a high energy evening of music for the whole family at the Hall at 1739 Venables. All of our marimba classes will perform, including a set by youth marimba group Tambai! [www.robinlayne.ca](http://www.robinlayne.ca)

**Sun 7:00-9:00pm Dec 7**  
**The 1739 Hall All Ages by donation**



### 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.

All proceeds supporting our fundraising efforts for members of the Club who will be attending the World Gymnaestrada in Finland July 2015!

**Sun 1:00-3:00pm Dec 14**

**Britannia High School Gym A/B**

**Admission is \$2 per person**

**(6 and under free)**

### Gingerbread Houses

Bring the whole family (up to 4 members) to build a graham cracker gingerbread-style house. Candies and frosting and crackers will be provided, feel free to bring along your own decorations. Additional registrants will be \$3.00 (must be done on-site) and will include all supplies. Please register by Dec 17 so the correct number of kits will be available. All children under 12yrs must have a parent or guardian present.

**65600.401BR**

**Sun 1:00-3:00pm Dec 21**  
**CFEC S Phillips \$6 /1 sess**



### 2<sup>nd</sup> Annual Winter Solstice Coffee House

Come celebrate the return of the light with a cozy evening of local live music, poetry and refreshments at Britannia.

**45801.401BR**

**Sun 7:00-10:00pm Dec 21**  
**AML All Ages FREE**



### Family Day - February 9

This year on Family Day, we will be celebrating the Lunar New Year.

**Free Family Skate 1:00-3:30pm**

**Free Family Swim 1:00-5:00pm**

**Lion dance, lanterns and treats**



### LOVE Bombing Workshop

Inspired by LOVE: random acts of kindness and community. This workshop will focus on the distribution of hand crafted messages of LOVE throughout the neighbourhood. Imagine messages of LOVE scattered, simple messages of LOVE posted, a tree filled with yarn-bombed hearts, ephemeral messages of love, made from natural and biodegradable materials. All materials supplied. 12:00-2:30pm Art Making and discussion on how to LOVE bomb respectfully 2:30-4:00pm Love Bombing walkabout in the neighbourhood.

**62301.101BR**

**Sat 12:00-4:00pm Feb 14**  
**AML P Luther FREE/1 sess**





# Preschool & Children's Programs

## Art & Culture

### Toddler Art (18mo-3yrs)

Art is a wonderful sensory experience in which you and your child can collaborate. Emphasis is placed on the creative process and exploration of materials. Be on time for an inspirational story. Dress for mess! This is a high-demand class, new classes are started from the waitlist

**12302.100BR**

**Wed 9:45-10:30am Jan 14-Mar 4**  
**RAR H. Spaxman \$55/8 sess**

## 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 10-Mar 7**  
**Gym C Sportball \$120/8 sess**  
**No class Feb 7**

### Sportball Multisport (3½-5yrs)

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

**13002.102BR**

**Sat 12:15-1:15pm Jan 10-Mar 7**  
**Gym C Sportball \$120/8 sess**  
**No class Feb 7**

### Kindergym (1-5yrs)

Run, jump and roll in a gym full of mats and indoor playground equipment. Parent supervision required. You must pay your \$2.50 drop-in fee at the pool and bring your receipt or buy a strip of 10 tickets for \$20.00 and give 1 ticket to Belinda or Olivia. Parents, please assist Belinda and Olivia at the end of the program by helping put the large equipment away. Note: We are now offering the program 4X/week Sat, Tue, Wed, Thu. All programs take place in Gym D.

**Sat 10:00am-12noon Jan 10-Mar 7**  
**Tue/Wed/Thu 11:00-12:30pm Jan 6-Mar 5**  
**No class Elem school Pro D days**

### Baby Sign Language(0-24mon)

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 February 9.

**41901.101BR**

**Mon 9:45-10:30am Jan 19-Feb 23**  
**Mat Rm S. Kauhausen \$64 /5 sess**

### Spanish Parent & Child Mother Goose Program (0 - 2½yrs)

Enjoy one hour of rhymes, songs, games and stories in Spanish with your little ones. Healthy snack provided. All groups are at Britannia Ice Rink's rooms.

Disfrute de una hora de rimas, canciones, juegos y cuentos en Español con sus pequeños. Se ofrece una merienda saludable. Todos los grupos se realizan en los salones d el Pista de Hielo de Britannia.

**Jan 5th - Mar 2nd**

**Various hours and dates.**

**FREE / 8 sessions**

**Registration required Call 604-215 8289**

## Dance

### Dance (2-6yrs)

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 Canuck's Family Education Centre, 1655 William Street (by Grandview Park).

**Sat Jan 10-Mar 28**

**CFEC J Carr \$88/11sess**

**No class Feb 7**

**11602.101BR**

**Creative Dance 2-3yrs 9:05-9:45am**

**11602.102BR**

**Creative Dance 3-4yrs 9:50-10:30am**

**11602.103BR**

**Creative Dance 3-4yrs 10:35-11:15am**

**11602.104BR**

**Ballet 2-3yrs 11:45-12:25am**

**11602.105BR**

**Ballet 3-4yrs 12:30-1:10pm**

**11602.106BR**

**Creative/Ballet 4-6yrs 1:15-2:00pm**

## Music

### Music Together® (0-5yrs)

A Music Together® class is rainbow coloured falling leaves, cows sitting in the old oak tree, tyrannosaurus rex, shining shakers, rhythm sticks, kitchen instruments, scarves, giant sheets to hide under and instruments galore! All this with a developmentally appropriate, research based curriculum taught by a registered Music Together® teacher. Parent participation required. Siblings 6 months of age and under attend FREE. Siblings over 6 months, please pay the reduced 'sibling' fee (\$100). 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 13-Mar 31**

**11004.101BR 9:30-10:15am**

**11004.102BR 10:30-11:15am**

**11004.103 BR 11:30-12:15pm**

**Rink Mezz Mimi \$155/10 sess**

**No class Mar 10,17**

**Wed Jan 14-Apr 1**

**11004.104BR 9:30-10:15am**

**11004.105BR 10:30-11:15am**

**11004.106BR 11:30-12:15pm**

**Rink Mezz Noa \$155/10 sess**

**No class Mar 11,18**

**Thu Jan 15-Apr 2**

**11004.107BR 9:30-10:15am**

**11004.108BR 10:30-11:15am**

**11004.109BR 11:30-12:15pm**

**Rink Mezz Noa \$155/10 sess**

**No class Mar 12,19**

**Sat Jan 10-Mar 28**

**11004.110BR 9:30-10:15am**

**11004.111BR 10:30-11:15am**

**Rink Mezz K Weston \$155/10 sess**

**No class Mar 14, 21**

### Big Kids Music Together® (5-7yrs)

Ensembles and solos in singing and instrument play, folk dances, harmony singing, and vocal development. 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).

**11004.112BR**

**Tue Jan 13-Mar 31 3:30-4:30pm**

**Rink Mezz M Beyene \$180/10 sess**

**(sibling fee \$125/10 sess)**

**No class Mar 10,17**

# Children's Programs

## Music

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

Learn an instrument and enjoy a lifetime of music! These lessons consider student's development and goals. Conservatory exam preparation is available. An on-going program from September to June, students are ensured placement for the duration of their studies. Payment should be made in advance of each set. Lessons costs shown below are for 30 minutes, but 45 and 60 minutes per week are available to more advanced students at the discretion of the instructor. New students must contact instructor for a weekly lesson time before registering. For any new students starting mid-session, the cost will be prorated. Clarinet students must provide their own instruments and contact instructor if there are any questions about this: 604 736 8382 or [janine.oye@gmail.com](mailto:janine.oye@gmail.com) in this program. No class Mar 19, 20, 21

#### Set 1

#### 21000.100BR

Thu 4:00-8:30pm Jan 8-Feb 12  
Music Rm J Oye \$192/6 sess

#### 21000.101BR

Fri 3:30-7:30pm Jan 9-Feb 13  
Music Rm J Oye \$192/6 sess

#### 21000.102BR

Sat 9:00am-4:30pm Jan 10-Feb 14  
Music Rm J Oye \$192/6 sess

#### Set 2

#### 21000.103BR

Thu 4:00-8:30pm Feb 19-Mar 26  
Music Rm J. Oye \$192/5 sess

#### 21000.104BR

Fri 3:30-7:30pm Feb 20-Mar 27  
Music Rm J Oye \$192/5 sess

#### 21000.105BR

Sat 9:00am-4:30pm Feb 21-Mar 28  
Music Rm J Oye \$192/5 sess



### 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](mailto:fiddlelessons@shaw.ca) to arrange lesson time PRIOR to registering. No class February 7.

#### 21002.102BR

Sat 9:00am-2:30pm Jan 17-Mar 7  
FAR S Saunders \$312/7 sess

### Beginner Marimba (8yrs+)

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

#### 31818.100BR

Mon-Thu 4:00-5:00pm Jan 15-Mar 5  
Rm 111 R Layne \$144/15 sess

### Intermediate Marimba (10yrs+)

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

#### 31818.101BR

Thu 5:00-6:00pm Jan 15-Mar 5  
Rm 111 R Layne \$144/8 sess

### Tambai Marimba

Tambai is a closed group of performers that meet and perform together. A new group open to the public is being developed 'Youth Marimba Performance Group'.

#### 31818.103BR

Thu 7:00-8:30pm Jan 15-Mar 5  
Rm 111 R Layne \$216/8 sess

### Youth Marimba Performance Group (11yrs+)

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

#### 31818.102BR

Thu 6:00-7:00pm Jan 15-Mar 5  
Rm 111 R Layne \$144/8 sess

## The Art of Tennis Academy

### Tennis - Mini (6-9yrs old)

This class is an introduction to tennis for children. Students are introduced to basic forehand and backhand skills while developing hand-eye coordination through a variety of fun games and activities. Bring your tennis racket, runners. No class Feb 7

#### 23009.101BR

Sat Jan 17- Mar 21 1:30-2:30pm  
Gym D Juan Carlos \$90/9sess

### Tennis - Junior (10-14yrs)

This class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drill and games to enhance their skills and be given the opportunity for game play. Bring your own racket, runners. No class Feb 7

#### 23009.102BR

Sat Jan 17- Mar 21 2:30-3:30pm  
Gym D Juan Carlos \$90/9sess

### Tennis - Future Stars (8-14yrs)

This class develops more advanced tennis skills through drills and rally's preparing participants for significant game play. This class focuses on the fundamentals of competitive tennis. Bring your own racket, runners. No class Feb 7

#### 23009.103BR

Sat Jan 17- Mar 21 3:30-4:30pm  
Gym Juan Carlos \$90/9sess

# Children (6-12 yrs)

## Martial Arts

### Traditional Kung Fu (6+yrs) Intermediate

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 February 9.

**63508.102BR**  
**Mon Fri 4:30-6:15pm Jan 5-Mar 13**  
**CFEC M Lung \$174 /19 sess**

### Traditional Kung Fu (6+yrs)

#### Advanced

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 February 9.

**63508.103BR**  
**Mon Fri 4:30-6:30pm Jan 5-Mar 13**  
**CFEC M Lung \$183 /19 sess**

### Traditional Kung Fu (6+yrs)

#### Beginners

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 February 9.

**63508.101BR**  
**Mon Fri 4:30-5:45pm Jan 5-Mar 13**  
**CFEC M Lung \$155 /19 sess**

### Abstract Volleyball New Year's Girls Skills Camp (12-18yrs)

Abstract Volleyball is excited to offer the Vancouver New Year's Skills Camp at Britannia. This camp will be focused on skill development and positional training. All sessions will be led by professional coaches including Jesse Knight (Former European Professional League Head Coach, Team Canada, CIS/NCAA experience) and Gina Schmidt (Head Coach SFU Women's Volleyball). Athletes will participate in both 1 morning session and 1 afternoon session each on Jan 2, 3, and one position specific training session on the Jan 4<sup>th</sup>. Specific times will be announced on Abstract website. All skill levels welcome!

**Fri Jan 2 - Sun Jan 4**  
**Gym A/B Abstract Volleyball**  
**\$150 (register [www.abstractvolleyball.com](http://www.abstractvolleyball.com))**

### Funseekers Daycamp - 6-12yrs

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

Please provide lunch, snack, water and swim attire daily. Appropriate attire is 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 a minimum of one week (seven days) prior to the start of the program. No refunds after this time

#### Winter Break - 2014

<b>26001.401BR</b>	<b>Mo Tu We Fr</b>	<b>9:00am-3:00pm</b>	<b>Dec 22-24, Dec 26</b>
<b>Gym D - L</b>			<b>\$76 /4 sess</b>
<b>26001.402BR</b>	<b>Mo Tu We Fr</b>	<b>9:00am-3:00pm</b>	<b>Dec 29-31, Jan 2</b>
<b>Gym D - L</b>			<b>\$76 /4 sess</b>

#### Spring Break - 2015

<b>26001.101BR</b>	<b>Mo-Fr</b>	<b>9:00am-3:00pm</b>	<b>Mar 16-20</b>
<b>Gym D - L</b>			<b>\$95 /5 sess</b>
<b>26001.102BR</b>	<b>Mo-Fr</b>	<b>9:00am-3:00pm</b>	<b>Mar 23-27</b>
<b>Gym D - L</b>			<b>\$95 /5 sess</b>

## Fitness and sport

### 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 10-Mar 28**  
**LaSalle M Burke \$77/11 sess**  
**No class Feb 7**

### 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 bouts. 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 12-Mar 30**  
**LaSalle M Burke \$99/11 sess**  
**No class Feb 9**

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

Girls and boys come and learn the basics of soccer in a fun, cooperative atmosphere! Wear your shorts or sweats and runners!

**13001.101BR Beginner players**  
**Sun Jan 11-Mar 8 10:00-11:00am**

**13001.102BR Experienced players**  
**Sun Jan 11-Mar 8 11:00-12noon**  
**Gym D J Kyle \$56/8 sess**  
**No class Feb 8**

### Micro Footie Soccer Academy

Jason Kyle, founder of Brit Micro Footie and full time FIFA coach brings his innovative brand of coaching to the Development Micro Footie Academy. Each session starts off with fast feet and skills, progressing to practical speed fitness, unique team drills & technical instruction. These dynamic soccer sessions cater to East Van players who want to raise their game to a new level.

**Sun Jan 11-Mar 8**  
**23001.101BR 7-8yrs 12:15-1:15pm**  
**23001.102BR 9-11yrs 1:15-2:15pm**  
**\*23001.103BR 11-14yrs 2:15-3:15pm**

\*Note: 2:15pm session is high performance for advanced players with gold skill level or above.

**Gym D J Kyle \$120/8sess**  
**No class Feb 8**

### 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 15-Mar 5**  
**Rm 208 H Spaxman \$95/8 sess**

# Micro Footie

## Britannia Micro Footie 2014

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

Britannia has been offering this popular recreational spring soccer league for over 20 years! Come join in on the fun and celebrate the arrival of the FIFA Women's World Cup to Canada 2015! Registration includes playing soccer in the sunshine 2X/week, a World Cup country t-shirt, team photo and other great surprises! Check out our website at [www.britanniasoccer.org](http://www.britanniasoccer.org) for updated information.

**Program Dates:** SATURDAYS APRIL 18- JUNE 20, 2015 NO CLASS May 16, 18

**Program Cost:** \$99/player

**How to Register:** Saturday January 10, 2015 at 9:00am

- Online ([www.britanniasoccer.org](http://www.britanniasoccer.org) – follow instructions)
- In person at 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.

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

#### Robson Park Location

Division	Age	Sat. 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 Boys	8-9 yrs	12:00-1:00pm	Mon 5:45-6:45pm

#### Garden Park Location

*Mini Micros	3yrs	8:30-9:15am	None
Beginner A Coed	4-5yrs	9:30-10:30am	Wed 5:45-6:30pm
Beginner B Coed	4-5yrs	10:45-11:45am	Wed 6:30-7:15pm
Intermediate 1 Boys	6-7yrs	12:00-1:00pm	Mon 5:45-6:30pm
Intermediate 1 Girls	6-7yrs	1:15-2:15pm	Mon 6:30-7:15pm

#### Britannia Oval Location

Intermediate 2 Boys	8-9yrs	9:00-10:00am	Wed 6:00-7:00pm
Intermediate 2 Girls	8-9yrs	10:15-11:15am	Wed 7:00-8:00pm
*Advanced Boys	10-11yrs	11:30-12:30pm	Mon 6:00-7:00pm
Advanced Girls	10-12yrs	12:45-1:45pm	Mon 7:00-8:00pm
Super Adv. Girls	13-15yrs	2:00-3:00pm	Tue 6:00-7:00pm
Super Adv. Boys	12-13yrs	3:15-4:15pm	Tue 7:00-8:00pm
*Sr Super Adv Boys	14-15yrs	4:30-5:30pm	Thu 6:00-7:00pm
*16+ Coed	16-18yrs	None	Thu 7:00-8:00pm

\*New Programs

### Mini Micros (3yr olds) \*NEW PROGRAMS!

This new program will be offered once a week to super keen 3 yr olds interested in their first soccer experience! Parent participation will be required. An informal warmup will be followed by an informal game every Saturday morning at Garden Park (everything is informal at this age)! World Cup country t-shirt, and other great surprises included just like the big kids!

Sat Apr 18-Jun 20 Garden Park  
(no sess. May 16) \$60/9 sess

### Boys Program at Brit Oval: Adv., Super Adv., Sr Super Adv. Boys

In response to community demand we are offering 3 separate programs for the boys divisions at the Brit Oval and have tightened the age divisions. This change will allow more participation in the program.

### Footie Swap Meet

Bring your child's gently worn soccer cleats (and equipment) and pick up another pair at the 2<sup>nd</sup> Annual Footie Swap Meet. All gear will need to be cleared out at end of the day so only "gently used equipment" please. We may have a small number of cleats available for purchase at a low cost as well.

Sat Mar 28 2:00-4:00pm Gym D

## CALL FOR SOCCER COACHES

A large part of Footie's success is due to the ongoing commitment of the 170 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](mailto:britfootieinfo@gmail.com) now! 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. Please keep this date open - all coaches are required to attend.

Sat Mar 28, 2014 Gym D  
10:00-11:15am New Coaches  
11:15-12:15pm Beginner/Inter 1 Coaches  
12:30-1:45pm Inter 2/Advanced/  
Super Adv/Senior SA Coaches

### Practical Coaches Training Sessions

As well as the mandatory orientation clinics, Jason will be offering practical sessions where he will go over valuable practice drills and coaching tips. Dress to play soccer and bring your enthusiasm!

6:00-7:45pm Brit Sec. School Gym A/B  
Tue Feb 10, 17, 24, Mar 3

### REFEREES

If you are interested in refereeing Footie email: [britfootieref@gmail.com](mailto:britfootieref@gmail.com) prior to Jan 10 2015. In your email list your certifications and experience. Boys and girls 12 years and older welcome. We will host mandatory referee training sessions Mondays evenings in February and March.

### SPONSORSHIP DONATIONS

Join other community minded businesses to encourage Britannia's children and youth to keep active by sponsoring the 2015 Micro Footie program. Benefits include sponsor logo on tee sleeve, Footie website and Britannia Spring 2015 Brochure, framed team photo and tax receipt. If you would like to donate to a Britannia Micro Footie team, please email: [lori.moretto@vancouver.ca](mailto:lori.moretto@vancouver.ca).

### Play It Forward with Micro Footie

Join Power in Sport and Micro Footie on Sun Jun 28, to host a record setting event for the most number of people playing soccer on a single day. Let's raise awareness and funds to reduce violence to girls and women. The Women's World Cup is going on in Canada. For more information go to [thepowerinsport.com](http://thepowerinsport.com)

# Gymnastics (3-15yrs)

## BRITANNIA GYMNASTICS CLUB

www.britanniagymnastics.com

Check out our new [britanniagymnastics.com](http://britanniagymnastics.com) website for all you need to know about the Britannia Gymnastics Club! Registration dates, costs, club information and much more will be posted on the site!

### Britannia Gymnastics Winter Program (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. All programs take place in Britannia Secondary School's Gym B, 1001 Cotton Drive, Vancouver.

#### Saturday Program

Jan 24-Mar 28

13004.104BR	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$72/9 sess
13004.105BR	Gym Kids	4-5yrs	2:00-2:45pm	\$72/9 sess
13004.106BR	Gym Kids	4-5yrs	3:00-3:45pm	\$72/9 sess
23003.101BR	Performance	6-9yrs	4:00-5:00pm	\$81/9 sess

No class Feb 14

#### Sunday Program

Jan 25-Mar 29

13004.101BR	Dynamic Duo	18mo-3	10:00-10:45am	\$72/9 sess
13004.102BR	Dynamic Duo	18mo-3	11:00-11:45am	\$72/9 sess
23003.105BR	Performance	6-9yrs	11:30-12:30pm	\$72/9 sess
13004.103BR	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$72/9 sess
13004.107BR	Adv. Gym Kids	5-6yrs	12:45-1:45pm	\$81/9 sess
23003.102BR	Performance	6-9yrs	3:15-4:30pm	\$99/9 sess

No class Feb 15

### 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/Adv Gym Kids

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

#### Performance

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

#### Performance Plus and Provincial Team

Registration for this program is now closed as this is a 9 month commitment from Sept 2014-May 2015. We plan to attend friendly meets at Bowen Island, Vancouver Phoenix and Victoria.

#### Demo Team (Junior and Senior Teams)

Registration for this program is now closed as this is a 9 month commitment from Sept 2014-May 2015. Team members may be called upon to participate in various demonstrations and will be attending the BC Gymnaestrada in May 30-31, 2015.

#### Cameron Stevenson Named Gymnastics BC Coach of the Year

Congratulations to Britannia Head Coach Cameron as he was awarded with Gymnastics BC's Coach of the Year honors. Way to go Cam-you are the best!

#### Meet the Coaches

Head Coach, Cameron Stevenson is a competitive Gymnastics Level 2 coach with 13 years of coaching experience. Cam is proud to say that over the last 6 years, he has developed the Britannia Gymnastics Club into a very popular, unique, family oriented program. His "fun with a purpose" approach to the program has been key to the success of the club. Other fantastic Brit Coaches include: Taranee Ponjani, Barb Vadicovicia-Fong, Kasha Konaka, Sydney Sawa, Jenny Ivany.

#### 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: \$2 per person (6 and under free) with all proceeds supporting fundraising efforts for some of our club members to attend the World Gymnaestrada in Finland July 2015!

Sun Dec 14  
1:00-3:00pm Brit Sec School Gym A/B

#### Athletes to Attend 2015 World Gymnaestrada

Some athletes from our club will be attending the World Gymnaestrada in Helsinki, Finland in July 2015! We are hoping the entire club and community will rally behind the girls and participate and give generously to our fundraising efforts! Thank you!

#### Britannia Gymnastics Spring Break Camp (6-12yrs)

Register early for this week long camp to avoid disappointment. Bring a snack, water, lunch and your enthusiasm!

23003.110BR  
Mon Mar 16-20 9:30-4:00pm  
Gym A/B \$150/5 days

#### Gymnastics Birthday Parties (2-10yrs) **NEW!**

Celebrate with your friends at your very own gymnastics birthday party led by a qualified gymnastics coach. The 45min-1hr will be dedicated to gymnastics, followed by parent led ½ party time (limited area and supplies for party – if you wish pizza can be ordered in from local businesses), followed by ½ hour more of gymnastics (and parent led clean up of party area). Caregiver participation required for children under 3 years old. Maximum 14 children per party. No refunds if party is cancelled within one week of party date. Register now as this will be a very popular birthday party option.

Sat	5:30-7:30pm
23005.101	Jan 24
23005.102	Jan 31
23005.103	Feb 7
23005.104	Feb 14
23005.105	Feb 21
23005.106	Feb 28
23005.107	Mar 7
23005.108	Mar 14
23005.109	Mar 21
23005.110	Mar 28

# Preteen

## Education

### Coding for Kids (9-12yrs)

Fun and interactive activities to learn about computer science and programming. Hands-on group exercises are combined with programming in a video game like environment. After completing the program, students receive a certificate and have the foundation they need to further explore computer science. No session Feb 8.

27101.101BR

Sun 10:30-12:00pm Jan 18-Mar 15  
AML \$40 / 8 sess

### 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 13-Mar 24  
AML Free

### Latin Cooking

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

Thu 4:30-6:30pm Jan 8-Mar 26  
AML Free

### Skill Builders

Foodsafe, First Aid, coaching and more. 2 workshops per month. \$10 for all six workshops offered. Call Tom for more info, 604.718.5826..

### Game Ready Fit and Play! (6-12yrs)

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.

23031.101BR

Wed Fri 5:30-6:30pm Jan 21-Mar 27  
Gym D \$169 /20 sess

For Boxing or Capoeira see page 19.

## Fitness & Sport

### Preteen Basketball Open Gym

Sun 12:00-1:45pm Jan 11-Mar 29  
Gym C Free

### Ball Hockey Drop-in

Ball hockey drop-in for youth ages 10-15. All skill levels welcome. Some equipment can be provided. Use of goggles required and can be provided.

Wed 5:30-7:00pm Jan 9-Mar 27  
Gym D Free

Fri 5:00-7:00pm Jan 9-Mar 27  
Gym D Free

### Abstract Volleyball New Year's Girls Skills Camp (12-18yrs)

Abstract Volleyball is excited to offer the Vancouver New Year's Skills Camp at Britannia. This camp will be focused on skill development and positional training. All sessions will be led by professional coaches including *Jesse Knight (Former European Professional League Head Coach, Team Canada, CIS/NCAA experience)* and *Gina Schmidt (Head Coach SFU Women's Volleyball)*. Athletes will participate in both 1 morning session and 1 afternoon session each on Jan 2, 3, and one position specific training session on the Jan 4<sup>th</sup>. Specific times will be announced on Abstract website. All skill levels welcome! Register now at [www.abstractvolleyball.com](http://www.abstractvolleyball.com)

Fri Jan 2 - Sun Jan 4  
Gym A/B \$150  
(register [www.abstractvolleyball.com](http://www.abstractvolleyball.com))

### Micro Footie Spring Break Camp (4-11yrs)

Prepare for the micro footie season in style with Jason Kyle, Jonathan Friedman & Jorge Porter. Mon-Fri Mar 16-20

23001.104BR  
4-6yrs 11:00-12:15pm \$125  
23001.105BR  
7-11yrs 9:00-11:00pm \$89

### Micro Footie -Intro to season(4-15yrs)

Prepare for the micro footie season in style with Jason Kyle, Jonathan Friedman, Jorge Porter, Jacob Lensky, Mohsen Hatamian. Players will be broken into age/skill appropriate groups.

Sun Mar 22-April 12  
23001.106BR  
4-8yrs 9:30-10:45am  
23001.107BR  
9-15yrs 11:00-12:30pm  
Brit Oval: \$45  
No class Apr 5

### 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. Note: Free swim in Oct.

Fri 8:00-10:00pm Jan 9, Feb 6, Mar 6  
Pool Free!

## Social Recreation

### Preteen Family Movie Night

An opportunity for preteens and their families to hang out in the Teen Centre, play pool, foosball 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 18-Mar 15  
Teen Centre Free

### Preteen Outings

Don't climb the walls at home! Climb the walls with us instead!! Join us every month for rick climbing, swimming, bowling, laser tag and a bunch of other cool activities! Pick up a monthly calendar of activities at the Teen Centre. Consent forms must be completed prior to participation.

### Preteen Girls Club (Gr 5-7)

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

25802.101BR  
Thu 6:15-8:00pm Jan 15-Mar 12  
Pre-teen Centre 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, 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.

Fr 6:30-9:00pm Feb 20  
CFEC

# Youth (13-18 yrs)

## ISS My Circle Leadership Program

The My Circle Program is a fun and innovative leadership program that works with immigrant and refugee youth ages of 14 to 24 who are facing challenges adapting into Canadian society break their isolation, learn practical skills, make new friends and gather information about the services and resources in their communities. Our goal is to increase the active participation and positive integration of young newcomers by providing them with a safe, supportive and comfortable place where they can gain validation and understanding around the complex issues of integration and adjustment.

It is a FREE training for newcomer youth to become Peer Support Group Facilitators and Young Community Leaders. During the training, we provide free lunch and free bus tickets to all participants. At the end of the training, a certificate of completion and a letter for 80 hours of volunteer work are given to the youth. These hours may be counted as CAPP or community service hours.

Contact Sherry at 604.684.7498 for more info and to register.  
Feb 28-Mar 28

## Fitness & Sport

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

The ancient art of sword duelling has grown into the fast and exciting Olympic sport of Fencing. We will learn to fence in a fun and safe environment, develop skills of attack and defence, and compete in tournament-style bouts. Both novices and experienced fencers are welcome! All equipment is provided. Court running shoes and track pants recommended. 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 4:00-6:00pm Jan 7-Mar 25  
LaSalle M. Burke \$81 /12 sess

### Ball Hockey Drop-in

Ball hockey drop-in for youth ages 10-15. All skill levels welcome. Some equipment can be provided. Use of goggles required and can be provided.

Wed 5:30-7:00pm Jan 7-Mar 25  
Gym D Free

Fri 5:00-7:00pm Jan 9-Mar 27  
Gym D Free

### Indoor Soccer Drop-in

For 11-18 year old players only.

Tue 5:30-8:00pm Jan 6-Mar 31  
Gym D - W Free

### Sun Run Team

Join the Britannia Youth Sun Run Team. Cost includes entry in the Vancouver Sun Run on Sun Apr 19th and transportation. Register by Feb 6.

**34005.101BR**  
Sun 7:00 am-12:00 pm Apr 19  
\$15/1 sess

### Night Hoops- Junior Girls

Night Hoops is a late night recreation opportunity for youth in Vancouver. Certified coaches lead both our junior and senior basketball teams. Players of all skill levels are encouraged to attend. 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 Girls: 13-15yrs  
Practice time: Fri 5:30-6:45pm  
Jan 9-Apr 17 Gym C Free!

## Social Recreation

### 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. No Session Feb 8

**36601.101BR**  
Sat 10:00am-3:00pm Jan 17-Mar 14  
LRC \$125 /8 sess

### First Friends

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

Sat 12:00-4:00pm Free

### YoMamma – Britannia **NEW!**

### Young Mothers Group

Connect with other pregnant and new moms in the Britannia community and share your own stories and tips. Bring any questions you have about being a mom and learn more about the programs and services we have to support you. Food and bus tickets available.

Tue 4:00-6:00pm  
TC Free

### Girls Empowerment Group (13-18yrs)

Come and hang out with other girls your age! Meet new people, chat, have snacks, take part in fitness, wellness, and interesting workshops.

Fri 6:00-8:00pm

### Guys Night 13-18 years **NEW!**

Come and hang with the guys! Meet new people, have snacks, play games, participate in workshops and have fun!

Thu 6:00-8:00pm  
TC Free



# Youth (13-18 yrs)

## 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.

### 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.

### Speaking Rights Ministry of Justice Project

Youth will take part in workshops that focus on positive values (inclusion, respect, fairness, acceptance). Workshop activities will use a participatory approach to build knowledge of rights and responsibilities, self-esteem, a sense of belonging, and strongly promote alternatives to violence. A project will be created at the end of the workshops. For more information about these workshops and becoming involved, please call 604-718-5828.

Thu 4:00-7:00pm  
AML FREE



### 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 16-Mar 5  
Rink Mezz \$40/8 sess



## Special Events

### 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 Jan2, Feb 6, Mar 6  
Pool 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. For more information please call 604-718-5828.

Sat January 24  
Britannia Secondary Free!

### YOUth Dance Party! (15-18 yrs)

Join our DJ for a night of dancing, games, prizes, and hanging out with your friends while listening to some tunes. There will be no in and outs.

Fri 7:00-10:00 Feb 6  
CFEC Free

### Dodgeball Tourney

Join us for our youth only dodgeball tournament in GYM C. Invite your friends, create a team or just show up to play! Prizes will be available. For more information call 604-718-5828.

Fri 7:00-10:00pm Feb 27  
GYM C

**FREE Youth Conference**  
**YOUunique**

**When:**  
Saturday, January 24th, 2015.

**Where:**  
Britannia Community Centre  
1661 Napier Street, Vancouver  
In the Secondary School Auditorium  
1001 Cotton Drive

**Lunch Provided!**

**For more information please call**  
604-718-5828



# Teen Centre Programs (13-18yrs)

## TEEN CENTRE PROGRAMS (13-18yrs)

### Teen Centre Hours:

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

Register for all Teen Centre programs at the Teen Centre. For more info call 604.718.5828: Barry, Brittany, Chiho, Crystal, Georgia, Jamie, Kakada, Manuel, Mark, Tom

### Britannia Teen Centre

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

### 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.

### BIG SCREEN MOVIE NIGHT

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

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

### Canucks Game Night

Need a place to watch the Canucks on the Big Screen? Come watch the Canuck's games in our Canucks zone! 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. Preparation for the Vancouver Sun Run 2015

Wed 4:00pm-5:00pm TC Free

### Image Makers **NEW!**

This program is your chance to be creative and learn lots of mad skills! Learn to use photo editing, image creation, video editing, and other creative tools. We have access to GIMP, Adobe Photoshop, Illustrator, Premier Pro, InDesign. Drop-in available.

Mon/Thu 4:30-6:30pm AML Free

## OUTDOORS PROGRAMS

### The Great Escape Outdoors (GEO)

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

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

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

All registration done at the Teen Centre.



### Blackcomb/Whistler Ski & Snowboard

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

**\$60 ski/snowboard rental, \$50 no rental required. Must register a minimum of 2 weeks in advance. Registration accepted at Britannia Teen Centre only.**

Dates: Sun Dec 14, Sat Jan 17, Sat Feb 7, Thu Feb 19, Sat Mar 7 6:00am-6:00pm

### CHILL

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

This program is intended for youth 10-18 years of age who have never had the opportunity to snowboard before. Participants are provided with everything they need to learn to ride: lift tickets, lessons, transportation, and the use of head-to-toe gear free of charge. Participants are required to commit to all six weeks of the program. Youth are required to meet at Britannia Teen Centre at 3:15pm and will return to the Teen Centre at approx 9:00pm. Contact Tom, 604.718.5826 for more information.

Cost: Free!

Dates: TBD

### 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 2015 Rio Tinto Alcan Dragon Boat Festival, June 20th and 22nd. Come out and prepare for the quest for excellence. No experience necessary. For more info, contact Tom at 604.718.5826. Practice dates to be determined.

# Latin American Youth

## Programa de Jóvenes 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 Manuel, the Acting Latin American Youth Worker at 604.718.5829.

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

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

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

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

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

Come and hang out with other girls your age! Meet new people, chit chat, have snacks, take part in fitness, wellness, and interesting workshops.

Bring all your friends! Some topics we will be looking at:

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

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

Fri/Viernes 6:00pm-8:00pm  
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 a cabo 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 12:00-4:00pm. To register and more information please contact Manuel at 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 por favor llame a Anntuaneth para registrarse al 604.718.5829. Subsidios disponibles para todas las actividades.

Sat/Sabados 12:00-4:00pm

## 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 4:30-7:30pm  
AML 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

## Spanish Clubs

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

**Tupper:** Tue at lunch 11:40am Rm 311  
**Van Tech:** Wed at lunch 11:40am Rm 224  
**Killarney:** Thurs at lunch 11:40am Rm A234  
**Britannia:** Friday at lunch 11:40am Rm TBD



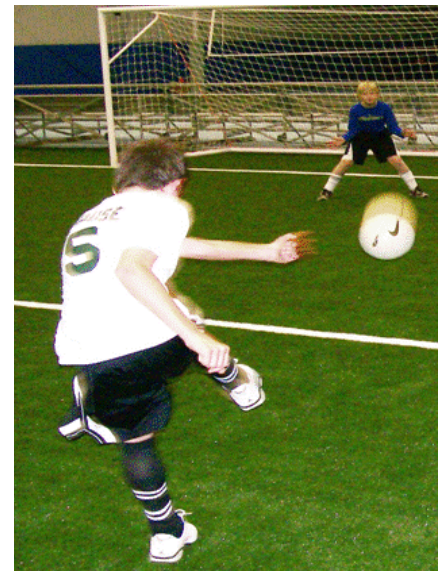
## What are Spanish Clubs?

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 Manuel at 604.718.5829.

## Eventos/Events

Evento gratis de Nadar/Free Youth swim  
Jan 9, Feb 6, Mar 6 8:00pm-10:00pm  
Gratis/Free



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/greencity](http://vancouver.ca/greencity).



# Adult Fitness & Sport

## Axe Capoeira

Britannia has partnered with Axe Capoeira Vancouver to provide a unique and exciting program to the Britannia Community. Capoeira is an Afro-Brazilian martial art developed in the 1500s by African and Indigenous slaves in Brazil as a form of self-defence from their oppressors. It is marked by its agile and tricky movements that may be executed anywhere from an upside-down position, to a gravity defying kick. It has a strong acrobatic component in some styles and is always played with music. Sign up monthly and receive access to these classes.

Monthly Fees - Adult \$120 Child \$80  
 43401.101BR - Jan 43401.102BR - Feb 43401.103BR - Mar

AXE CAPOEIRA SCHEDULE							
TIME	MON	TUES	WED	THR	FRI	SAT	SUN
10am-11am				Cafe	Gym D	Dance	Dance
11am-12pm						Cap	Cap
12pm-1pm						Kids Cap Music	Music
1pm-2pm							
2pm-3pm							
3pm-4pm							
4pm-5pm							
5pm-6pm	Kids cap	Kids cap	Kids Cap	Open Training			
6pm -7pm	Intro	Music	Music	Open Training			
	Dance		Intro				
7pm-9pm	Int/Adv Cap	Beg/Int Cap	Adv cap	Open Training	Roda		

## Trojan Horse Amateur Boxing

Britannia has partnered with Trojan Horse Amateur Boxing in providing a program unlike any other. Learn the sweet science of boxing by training with head coach William Kennedy. Learn classic boxing technique while having access to a unique training facility including a full size ring, punching/speed bags, circuit training and training mitts and gloves.

		Youth	
43302.101BR	Tue Thu 5:00-7:00pm Gym C Trojan Horse	Jan 3-Jan 31 \$75 /month	43302.104BR Tue Thu 3:30-5:00pm Jan 3-Jan 31 Gym C Trojan Horse \$75 /month
43302.102BR	Tue Thu 5:00-7:00pm Gym C Trojan Horse	Feb 3-Feb 28 \$75 /month	43302.105BR Tue Thu 3:30-5:00pm Feb 3-Feb 28 Gym C Trojan Horse \$75/month
43302.103BR	Tue Thu 5:00-7:00pm Gym C Trojan Horse	Mar 3-Mar 28 \$75/month	43302.106BR Tue Thu 3:30-5:00pm Mar 3-Mar 31 Gym C Trojan Horse \$75/month

TROJAN HORSE SCHEDULE						
Time	Mon	Tues	Wed	Thr	Fri	Sat
10am-11am						Open To All Ages
11am-12pm						Open To All Ages
3pm-4pm		Youth 10-17		Youth 10-17		
4pm-5pm		Youth 10-17		Youth 10-17		
5pm-6pm	Comp. Adult	Rec. Adult	Comp. Adult	Rec. Adult	Comp. Adult	
6pm -7pm	Comp. Adult	Rec. Adult	Comp. Adult	Rec. Adult	Comp. Adult	

## Badminton

Total of 30 spaces (registered & drop-ins)  
 Drop-ins space permitting. \$5.00/drop-in.  
 No Session February 27.

43412.102BR	Fri 7:00-9:45pm	Jan 9-Mar 27
Gym C A. Leung		\$53 /11 sess
43412.103BR	Sat 1:30-5:00pm	Jan 10-Mar 28
Gym C A. Leung		\$58 /12 sess

## Basketball

No drop-ins.

43405.101BR	Sun 2:00-4:00pm	Jan 11-Mar 29
Gym C S. Yan		\$54 /12 sess
43405.102BR	Sun 4:00-6:00pm	Jan 11-Mar 29
Gym C S. Anderson		\$54 /12 sess

## Ball Hockey - Men (35+yrs)

This is a non-body contact program, rough play will not be tolerated. No league players. \$7/drop-in, space permitting. No session Feb 8.

43403.102BR	Sun 6:45-8:45pm	Jan 11-May 10
Gym D B. Woo		\$85 /17 sess

## Ball Hockey - Wed Co-Ed

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

43403.103BR	Wed 7:15-8:45pm	Jan 7-Mar 25
Gym D T. Wells		\$60 /12 sess

## Ball Hockey - Women

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. \$5/drop-in space permitting.

43403.101BR	Sun 4:15-6:00pm	Jan 11-Mar 29
Gym D C. Eneas		\$48 /12 sess

# Adult Fitness & Sports

## 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. \$5/drop-in space permitting.

### 43409.101BR

Thu 6:00-7:30pm Jan 8-Mar 26  
Gym D T. Harley \$54 /12 sess

## Intro to Fencing - Adult

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

### 43407.101BR

Tue 7:30-9:00pm Jan 6-Mar 31  
LaSalle M. Burke \$98 /13 sess

## Sun Run InTraining

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](mailto:britanniasunrun@gmail.com). The Instructor will inform participants on where class will be held on Feb. 9 and Apr. 6.

### 44001.101BR

Mon 6:00-7:30pm Jan 19-Apr 13  
Rm 111 K. Hamilton 49.10 /11 sess

## 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 Feb 6, Mar 20.

### 43413.103BR

Fri 7:00-10:00pm Jan 23-Mar 27  
Gym A/B R. LeBlanc \$36 /8 sess

## 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). \$5/drop-in, space permitting. No sessions Jan 15, Feb 5, Mar 20.

### 43413.101BR

Thu 7:00-9:45pm Jan 8-Mar 26  
Gym A/B R. LeBlanc \$41 /9 sess

## Volleyball - Int Tue

We work on Specialized game play. If you have 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). \$5/drop-in, space permitting. No session Feb 3, Mar 17

### 43413.102BR

Tue 7:45-10:00pm Jan 6-Mar 31  
Gym A/B R. LeBlanc \$50 /11 sess

## ZUMBA® Fitness

This fitness class fuses Latin and International rhythms with easy to follow moves to create a dynamic workout system. ZUMBA® utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, Samba, Reggaeton, Flamenco and more. Zumba® is a 'feel happy' workout that is great for both the body and the mind. [www.zumbavancouver.ca](http://www.zumbavancouver.ca)

### Free Trial

#### 43906.100BR

Mon 6:00-7:15pm Jan 5  
Gym C D. Galay FREE

#### Session 1

##### 43906.101BR

Mon 6:00-7:15pm Jan 12-Feb 23  
Gym C D. Galay \$48 /6 sess

#### Session 2

##### 43906.103BR

Mon 6:00-7:15pm Mar 2-30  
Gym C D. Galay \$40 /5 sess

### Free Trial

#### 43906.104BR

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

#### Session 1

##### 43906.105BR

Wed 6:00-7:15pm Jan 14-Feb 18  
Gym C D. Galay \$48 /6 sess

#### Session 2

##### 43906.107BR

Wed 6:00-7:15pm Feb 25-Mar 25  
Gym C D. Galay \$40 /5 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 3-Mar 28  
Gym C D Galay \$4.75 /drop-in

# Adult Health & Fitness

## Burlesque Blast

Burlesque Blast is a fun, invigorating, sultry dance-fitness program, which combines all the sass of burlesque with the sculpting and fitness elements of dance conditioning. A combination of dance drills, conditioning and choreography - this class is bound to make you sweat and feel sexy. (No nudity in class, but you're welcome to bring a cardigan for potential removal). \$13/drop-in, space permitting.

### Free Trial

#### 44006.103BR

Wed 7:30-8:30pm Jan 7  
Gym C Endorphin Rush Dance & Fitness FREE

### Session 1

#### 44006.101BR

Wed 7:30-8:30pm Jan 14-Feb 11  
Gym C Endorphin Rush Dance & Fitness \$55/5 sess

### Session 2

#### 44006.102BR

Wed 7:30-8:30pm Feb 18-Mar 25  
Gym C Endorphin Rush Dance & Fitness \$66/6 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.

### 43901.102BR

Tue 6:00-7:00pm Jan 6-Mar 31  
Gym C A. Riley \$4.75 /drop-in

# Adult Health & Fitness

## 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.

### 43902.101BR

Thu 6:00-7:00pm Jan 8-Mar 26  
Gym C A Riley \$4.75 /drop-in

## 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 class February 9.. Drop-in \$6, space permitting.

### 43806.101BR

Mon 11:00am-12:00pm Jan 5-Mar 30  
CFEC B. Bahrami \$67 /12 sess

## Early Morning Programs

### Boot Camp

Get fit! Have fun! See results! An early morning workout to leave you energized for the rest of the day. Suitable for all levels. \$15/drop-in.

#### Jan/Feb

### 44004.101BR

Mon 6:30-7:30am Jan 5-Feb 16  
Gym C Groundwork Athletics \$72 /6 sess

### 44002.102BR

Wed 6:30-7:30am Jan 7-Feb 11  
Gym C Groundwork Athletics \$72 /6 sess

### 44003.102BR

Fri 6:30-7:30am Jan 9-Feb 13  
Gym C Groundwork Athletics \$72 /6 sess

#### Feb/Mar

### 44004.102BR

Mon 6:30-7:30am Feb 23-Mar 30  
Gym C Groundwork Athletics \$72 /6 sess

### 44002.103BR

Wed 6:30-7:30am Feb 18-Mar 25  
Gym C Groundwork Athletics \$72 /6 sess

### 44003.103BR

Fri 6:30-7:30am Feb 20-Mar 27  
Gym C Groundwork Athletics \$72 /6 sess

## Dance Flow

Morning dance a beautiful way to awaken the senses. Warm-up, floor work, improvisation will be part of each flow. Come express and rejuvenate. This class is open to all levels. \$11/drop-in, space permitting.

### Session 1

#### 44020.101BR

Tue 7:30-8:30am Jan 6-Feb 10  
CFEC E S. Mauricio \$51 /6 sess

### Session 2

#### 44020.102BR

Tue 7:20-8:20am Feb 17-Mar 24  
CFEC E S. Mauricio \$51 /6 sess

## Hatha Flow

Hatha flow brings movement and fun to a more traditional hatha practice. This all levels class will focus on connecting movement to breath while strengthening the body and relaxing the mind. Connecting traditional yoga postures in an easy to follow flow helps to improve balance, strength and focus. Modifications are given for all poses to ensure safety and accessibility for all levels during practice. Class will close with relaxing deep tissue stretching designed leave students feeling calm, relaxed and open. \$15/drop-in, space permitting.

### Session 1

#### 44304.101BR

Thu 6:30-7:30am Jan 22-Feb 19  
CFEC Into Yoga \$64 /5 sess

### Session 2

#### 44304.102BR

Thu 6:30-7:30am Feb 26-Mar 26  
CFEC Into Yoga \$64 /5 sess

## Pilates With Spice

This class focuses mainly on Pilates with a touch of Yoga, giving a full body workout to gain benefits from both techniques. Pilates exercises will help to connect with the core, greatly strengthen it and to mobilize and strengthen all the major joints in the body. Adding a touch of flow Yoga to spice it up, alternated with more Pilates abdominal work, and pranayama will increase the body's overall strength and flexibility and the mind's ability to find concentration and relaxation. What a better way to start your day? \$15/drop-in, space permitting. No class February 9.

### Session 1

#### 44201.101BR

Mon 6:30-7:30am Jan 19-Feb 23  
CFEC Into Yoga \$64 /5 sess

### Session 2

#### 44201.102BR

Mon 6:30-7:30am Mar 2-30  
CFEC Into Yoga \$64 /5 sess

## Power Yoga

Power Yoga is the perfect class for anyone looking to challenge themselves physically and mentally. Using breath and your own body weight you will flow through sequential poses, pausing in each pose. This style of yoga will leave you rejuvenated and energized, while creating a calm, clear, and peaceful state of mind. Great for keeping the body toned, strong and flexible while improving balance and burning calories for weight loss. Open to all levels of experience. \$15/drop-in, space permitting.

### Session 1

#### 44305.101BR

Wed 6:30-7:30am Jan 21-Feb 18  
CFEC Into Yoga \$64 /5 sess

### Session 2

#### 44305.102BR

Wed 6:30-7:30am Feb 25-Mar 25  
CFEC Into Yoga \$64 /5 sess

## Yoga Flow

A wonderful morning flow to energize and centre. Attention to breath, alignment, core stability, meditation and relaxation. Come strengthen, pacify, beautify. This class is open to all levels. \$11/drop-in, space permitting.

### Session 1

#### 44303.101BR

Tue 6:30-7:15am Jan 6-Feb 10  
CFEC E S Mauricio \$51 /6 sess

### Session 2

#### 44303.102BR

Tue 6:30-7:15am Feb 17-Mar 24  
CFEC E S. Mauricio \$51 /6 sess

## Yogaflex

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

### 44100.103BR

Fri 7:15-8:00am Jan 9-Mar 27  
CFEC CLS Fitness \$101 /12 sess



# Adult Martial Arts & Sports

## Aikikai Aikido

Based on traditional Japanese hombu style, aikikai aikido is a powerful, dynamic martial art that uses an attacker's momentum and energy and redirects it through fluid techniques that may involve joint locks, throws and pins. This class will include both basic and higher level techniques suitable for both beginners and advanced students. \$10/ drop-in, space permitting.

### 43402.101BR

Sun 10:30am-12:00pm Jan 11-Mar 29  
Mat Rm T Hind \$104 /12 sess

## Aikikai Aikido – Level 2

Based on traditional Japanese hombu style, aikikai aikido is a powerful, dynamic martial art that uses an attacker's momentum and energy and redirects it through fluid techniques that may involve joint locks, throws and pins. \$10/ drop-in, space permitting. Prerequisite: Must be enrolled in Aikikai Aikido 43402.101BR to register for full season, otherwise, must pay drop-in rate of \$10.

### 43402.102BR

Tue 7:30-9:00pm Jan 13-Mar 31  
Mat Rm T Hind \$32 /12 sess

## Ki Aikido - General

All levels welcome, including beginners. 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 and body coordination, stay relaxed and centered under pressure, extend our minds and flow lightly in dynamic movements. Beginners can take one free session before deciding whether to register. [www.canadiankifederation.com](http://www.canadiankifederation.com) . Drop-in \$10. No session February 8.

### 43501.101BR

Sun 4:00-6:00pm Jan 11-Mar 29  
Mat Rm W Nagata \$66 /11 sess

## Ki Aikido - Higher Grade

1st Kyu or more advanced students. \$5/ drop-in. No session February 9.

### 43501.103BR

Mon 7:30-9:30pm Jan 5-Mar 30  
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 7-Mar 25  
Mat Rm W Nagata \$72 /12 sess

## Ki-Aikido for Women

In the Art of Ki-Aikido there is no aggression, tension or competition. The purpose of the practice is to learn to co-ordinate our mind and body, through enjoyable exercise, and this will then enhance the quality of our lives. We work with partners to learn how to stay relaxed and centered under pressure, flow lightly in dynamic movements and to develop calmness, stability and confidence. Classes are suitable for all levels of fitness. Beginners can take one free session before deciding whether to register. This class is trans-inclusive. Drop-in \$7, space permitting.

### 43404.101BR

Tue 6:00-7:15pm Jan 13-Mar 3  
Mat Rm E Aspinwall \$45 /8 sess

## Tai Chi - 24 Form (Beginners)

Tai Chi is a martial art, which uses the soft to defeat the hard. It is a study of natural movement and structural alignment to optimize the flow of energy, or Qi, in the body. Balancing Yin and Yang energies,. The slow and graceful movements of Tai Chi condition the muscles and joints, circulate energy through the channels and organs, and develop inner balance and tranquility. \$16/drop-in. No class February 9.

### 43505.103BR

Mon 7:00-8:00pm Jan 19-Mar 30  
Gym D K Maclean \$150 /10 sess

## Tai Chi - Qigong (Ch'i Kung) All Levels

In this course, we will study a series of Qigong movements to mobilize Qi and address blockages in various parts of the body, including the limbs and joints, muscles and tendons, blood vessels, internal organs, and meridians. The movements are easy and comfortable. Suitable for beginners. \$16/drop-in. No class February 9.

### 43505.104BR

Mon 8:00-9:00pm Jan 19-Mar 30  
Gym D K Maclean \$150 /10 sess

## Tai Chi - The Five Elements of Xing Yi (Hsing-I)

In this course, we will explore the 5 Elements of Xing Yi Quan, an internal martial art dating back to the 12th Century (Song Dynasty) China. The 5 Elements are applicable as a system of self defense, but also have a Qigong (Ch'i Kung) aspect. This course should be of special interest to those who have studied the Sun Style Tai Chi, as the 5 Elements express themselves in myriad ways in that form. \$16/drop-in. No class February 9.

### 43505.102BR

Mon 6:00-7:00pm Jan 19-Mar 30  
Gym D K Maclean \$150 /10 sess

## Salsa Cubana & Rueda De Casino - Beg

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! *No drop in's.*

### 41615.100BR

Tue 7:30-9:00pm Jan 27-Mar 17  
Gym C C Pena \$120/8 sess

## Salsa Cubana & Rueda De Casino - Int 1

### 41615.101BR

Wed 7:30-9:00pm Jan 28-Mar 18  
Rink Mezz C Pena \$120/8 sess

## Salsa Cubana & Rueda De Casino - Int 2

### 41615.102BR

Thu 7:30-9:00pm Jan 29-Mar 19  
Gym C C Pena \$120/8 sess

## Salsa Cubana & Rueda De Casino - Advanced

This 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. No drop in's.

### 41615.103BR

Fri 7:00-8:30pm Jan 30-Mar 6  
CFEC C Pena \$120/6 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.

## Yoga & Pilates

### Iyengar Yoga - Level 1

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 30 years and holds an internationally recognized Iyengar Yoga teachers' certificate. She has developed a thriving and highly respected Yoga program in the Grandview/Woodland and Yaletown areas. Introductory/Ongoing Beginners.

#### 44103.102BR

Tue 5:30-7:00pm Jan 6-Mar 24  
CFEC C MacDonald \$180 /12 sess

#### 44103.103BR

Thu 7:00-8:30pm Jan 8-Mar 26  
CFEC C MacDonald \$180 /12 sess

### Iyengar Yoga - Level 1/2

Beginner/Intermediate (Mixed Level).

#### 44103.101BR

Tue 9:30-11:00am Jan 6-Mar 24  
CFEC C MacDonald \$180 /12 sess

### Iyengar Yoga - Level 2

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

#### 44103.105BR

Tue 7:00-8:30pm Jan 6-Mar 24  
CFEC C MacDonald \$180 /12 sess

#### 44103.106BR

Thu 5:30-7:00pm Jan 8-Mar 26  
CFEC C MacDonald \$180 /12 sess

### Iyengar Yoga - Level 3

Advanced - With Instructor's permission.

#### 44103.108BR

Wed 5:30-7:15pm Jan 7-Mar 25  
CFEC C MacDonald \$180 /12 sess



### Iyengar Yoga - Restorative / Gentle Yoga

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

#### 44103.104BR

Wed 7:15-8:30pm Jan 7-Mar 25  
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 class February 9.

#### 44105.101BR

Mon 7:30-8:45pm Jan 5-Mar 30  
CFEC B Starceвич \$102 /12 sess

### Power Pilates

Power Pilates uses the resistance of one's own body weight combined with conscious fluid movement, to learn the foundation Pilates series. You will build strength from the inside out, while increasing your range of motion and rebalancing your body. Power Pilates will stretch, strengthen, tone, and align, while eliminating excess tension and strain on the spine and joints. All levels welcome. \$12/drop-in, space permitting.

#### 44005.101BR

Wed 10:00-11:00am Jan 14-Mar 25  
CFEC A Clark \$110 /11 sess

### Yoga: Back to Basics

A great 'all levels' hatha flow class focussed on building you a safe and strong yoga foundation. This class will begin with breaking down the basic yoga postures so that you will understand exactly where you are meant to be in a pose, what part of the body you are using and then working to discover your breath. Drop-in \$12, space permitting.

#### 44301.101BR

Wed 9:00-10:00am Jan 14-Mar 25  
CFEC A Clark \$110 /11 sess

### Yoga: Whole-Hearted Hatha

How would it feel to love yourself, just as you are? Whether this may be the easiest or most difficult thing imaginable, loving yourself takes practice. Embark on an inner journey where you will be guided through a mindful practice that cultivates self-love, self-acceptance and self-forgiveness. We begin and end with a slow and quiet practice; the middle of class is full of silliness, fun music and lots of movement. Suitable for beginner and intermediate students. For more information, visit [tessayoga.ca](http://tessayoga.ca). \$9/drop-in, space permitting.

#### 44302.101BR

Sun 12:00-1:15pm Jan 11-Mar 29  
CFEC T Vikander \$84 /12 sess

### Yogaflex

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

#### 44100.102BR

Sun 10:15-11:15am Jan 11-Mar 29  
CFEC CLS Fitness \$101 /12 sess



# Adult Arts & Culture



## All Women's Self Care Workshop

Expressive Arts Therapists Ms Jamie Hume and Rachel Rathbun would like to invite you to an all womens self care workshop: you will learn how self-care is empowering and how you can take better charge of your own life by providing yourself with tools taught throughout this workshop. When we take care of ourselves, we show (everyone) an example of positive esteem and healthy behaviours. Reflective, exhilarating, and playful, workshops.

**42316.100BR**  
**Sat 1:00-4:00pm 28-Feb**  
**RAR J Hume \$55/1 sess**

## Art for the Inner I - The Poetry of Visual Language

You will be guided in the use of circular and spiraling art practices to express and explore your life journey in your own unique way. Materials are provided to inspire and enrich you on your creative path. For all skill levels. Rose is a Registered Clinical Counsellor and Professional Art Therapist. [roseclarke.com](http://roseclarke.com) for more information.

**42318.102BR**  
**Sun 1:30-5:00pm Feb 15**  
**A/Rm R Clarke \$55/1 sess**

## Freehand Perspective Drawing **NEW!**

This course is for students who are interested in progressing their 2D design ideas into 3D designs using freehand perspective. They will learn how to draw landscapes, buildings, streets, interior designs, figures, etc. In every session they will finish an amazing artwork. Mohammad Atashzad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has published more than 500 watercolour paintings in colour such as greeting cards, posters, albums and books. Visit [atashzad.com](http://atashzad.com). Supplies are not included.

**42002.103BR**  
**Wed 5:00-7:00pm Jan 14-Mar 18**  
**Rm 210 M Atashzay \$130/10 sess**

## Art for the inner I The soul's journey

In the safe and supportive vessel of a small group, become adept at exploring the tracks of your unique art expressions in your choice of media. You will be guided through exercises adapted from therapeutic art, designed to awaken and inspire the imagery of your creative self, the part of you for whom words are not enough. All materials provided. Rose is a Registered Clinical Counsellor and Professional Art Therapist. See [www.roseclarke.com](http://www.roseclarke.com) for more information.

**42315.100BR**  
**Thu 6:30-9:00pm Mar 5-26**  
**AC/Rm R Clarke \$110/4 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](http://www.recklesspainting.ca). or e-mail: [info@recklesspainting.ca](mailto:info@recklesspainting.ca).

**42203.100BR**  
**Tue 7:00-9:00pm Jan 27-Feb 24**  
**Rm 210 A Orsini \$70/5 sess**



## Up-Cycle: Fabulous Fashion Out of Old Sweaters

Bring some old sweaters or other outdated items from your closet and transform them into something new and fabulous. Bring pictures of clothing you like, a needle, any thread for hand stitching, pins and scissors. The instructor will show you some ideas and patterns and help you use an overlock sewing machine. Expect to surprise yourself!

**42801.100BR**  
**Mon 6:30-9:30pm Jan 26-Feb 16**  
**A/C Rm I Gereb \$99/4 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 [atashzad.com](http://atashzad.com).

**42002.101BR**  
**Wed 7:00-9:00pm Jan 14-Mar 18**  
**Rm 210 M Atashzay \$130/10 sess**

## Finding Stories

Do you want to write but think you can't? Connect with your imagination through playful exercises and mindfulness. Discover stories that live within you, that were passed down to you or that are hiding in images around you. Learn how to grab the end of a tale and pull it out.

**42400.101BR**  
**Sat 1:00-3:00pm 7-Mar**  
**Rink MezzC DeKock \$20/1 sess**





# Adult Arts & Culture

## Photo Transfer

In this workshop you will learn how to transfer a photo to a wooden panel using acrylic medium. What to bring: Please bring 1 to 3 photo copies (not original photos). They must be printed on a laser printer, on plain paper stock. If you have lettering or people in the photo, you will want to ask the printer to flip or mirror the image(s) for you. If you have your own wooden panels, bring them along, otherwise some small (3' x 4') panels will be available at cost. Some generic laser copies will also be available for your use. Please bring a couple of cotton rags if you can.

**62013.100BR**

**Sat 2:30-5:30pm Jan 24**  
**Rk Mezz S Oates \$50/1sess**

## Mainstream Square Dancing

This program will teach the mainstream level of Modern Western Square Dancing. Squares Across the Border with renowned caller, Anne Uebelacker, will teach the basic moves in a gender neutral environment. The music is contemporary, the dress is casual, basic level is a prerequisite and the fun is infectious. For more information see the website [SquaresAcrossTheBorder.org](http://SquaresAcrossTheBorder.org)

**61600.100BR**

**Tue 7:00-9:00pm Jan 6-Mar 31**  
**Café. The Border Squares Across \$170/13 sess**

## Carnival Band Workshops

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 class February 9, 2015. Please purchase a membership.

**61901.100BR**

**Mon 7:30-10:00pm Jan 5-Mar 30**  
**AML D Vital FREE/12sess**

## Femme City Choir

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

**61002.100BR**

**Thu 7:15-9:15pm Jan 8-Mar 26**  
**AML K Parnell FREE/12 sess**



## The Drive Street Band

We are a community music band and we play songs ranging from Swing, Jazz, Latin, Old time songs to original compositions. We welcome anyone interested in joining this band, regardless of age 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. Led by Cory Sweet, Kenan Sungur and Trevor Whitridge. Stop by anytime and come listen. For more information contact: [drivestreetband@gmail.com](mailto:drivestreetband@gmail.com) [www.drivestreetband.com](http://www.drivestreetband.com) \$2-\$5 donation at the AML (55+Centre) at rehearsals

**61122.100BR**

**Sun 3:00-5:00pm Jan 4-Mar 22**  
**AML TBA FREE/12 sess**



## The 1739 Hall is Available For Events of All Kinds

3000 square feet with wooden dance floor, Includes sound system with sound board, 20 tables and 200 chairs. Now booking for 2015.

**Matty Harris - [mattyfromlife@gmail.com](mailto:mattyfromlife@gmail.com)**  
**or**  
**Helen Spaxman - [helen.spaxman@vancouver.ca](mailto:helen.spaxman@vancouver.ca)**  
**604.257.3087**

<http://www.britanniacentre.org/facilities/rentals/articles/684.php>

## How to Write and Publish Your eBook in 21 days

Writing Coach and author, Kathrin Lake, teaches you the facts about publishing books in the electronic age. Kathrin has six books published and three books on writing including Writing with Cold Feet and The A to Zen of Writing, with more on the way. This two hour workshop, is an invaluable learning session for new writers, speakers, entrepreneurs and, people who want to establish themselves or, tell a personal story (memoir). You can get all your questions of publishing online answered, and get a great start. For more information contact [kathrinlake.com](http://kathrinlake.com).

**42900.101BR**

**Tue 7:00-9:00pm Mar 24**  
**LRC K Lake \$15/1 sess**

## Writing from the Body

Through gentle movement explorations, playful exercises and active imagination, you will break through writing blocks and connect with you inner storyteller. Approaching writing viscerally rather than rationally will release your creative potential, add depth and vibrancy to your stories and breathe more life into your characters. Suitable to both beginner and writers working on a project, either fiction or memoir. No flexibility or fitness required. Carine is an expressive arts therapist, writer and yoga teacher.

**42400.100BR**

**Sat 1:00-3:00pm Feb 7**  
**Rk Mezz C DeKock \$20/1 sess**

## Writing With Cold Feet

Is it possible to both love to write, and approach it with reluctance? All the time! That's what author, Kathrin Lake, calls Writing with Cold Feet, the name of her highly successful, recently published, sixth book. This workshop will give you the answers of how to know when you should rekindle a project that you left sitting in a drawer, and how to rethink your writing life in a way that makes writing an easier art. For more information [kathrinlake.com](http://kathrinlake.com)

**42900.100BR**

**Tue 7:00-9:00pm Mar 31**  
**LRC K Lake \$15/1 sess**

# Adult Arts & Culture

## African Drumming Level 1

d. 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. Rental drums are available during class times. Drum rentals are to be arranged with the instructor at the first class. For more info visit [drumming.ca](http://drumming.ca) or call the instructor at 604.253.2114.

### 41101.100BR

Wed 6:30-8:00pm Jan 21-Mar 11  
Café. R Shumsky \$120/8 sess

## African Drumming Level 2

### 41101.101BR

Wed 8:10-9:40pm Jan 21-Mar 11  
Café. R Shumsky \$120/8 sess

## African Drumming: Drop-in Dunun classes

These drop in classes offer a chance to play the bass drums that accompany African djembé playing. There are many places in Vancouver to learn to play the djembé drum. There are very few places to learn traditional dunun playing. Dunun drums will be supplied, or you are welcome to bring your own. More information at [www.drumming.ca](http://www.drumming.ca)

### 41102.101BR

Sun 12:00-1:30pm Feb 1  
Café. R Shumsky \$15/1 sess

### 41102.102BR

Sun 12:00-1:30pm Mar 1  
Café. R Shumsky \$15/1 sess

## Brazilian Drumming Workshop

In this interactive workshop you will see a wide variety of instruments, whole group participation, choreography and cooperative and active learning. We will play traditional instruments from Brazil along with ensemble dynamics & melodic rhythm patterns. We will experience enjoyment, exploration, diversity: self-expression, culture, musical styles, music dynamics and a fun filled time. Depending on enrolment, David will also invite his group: Drum Syndicate, a world percussion group that presents a dynamic and interactive workshop and brings tropical heat to anywhere they present. More information: [musicdps@yahoo.com](mailto:musicdps@yahoo.com)

### 41103.100BR

Sat 2:30-4:00pm Feb 7  
CFEC D DiTomaso \$15/1 sess

## WA CHESA Community Marimba Ensemble

WA CHESA means 'It's hot' in the Southern Sotho language of South Africa. Classes will also incorporate singing, dance and percussion where relevant. The class may occasionally be taught by guest artists and include original compositions. The group will aim to perform at least once at the end of the term in a public event. No class February 9. Come to the first class FREE for the audition.

### 41818.101BR

Mon 7:00-9:30pm Jan 12-Mar 2  
Rink Mezz R Layne \$90/7 sess



## Pottery - Introduction

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 13-Mar 3  
Rm 208 H Spaxman \$165/8 sess

## Pottery - Continuing

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 14-Mar 4  
Rm 208 H Spaxman \$190/8 sess



# Special Interest Workshops

## Sound Healing

Through the practice of toning, breathwork, simple chanting and using vowels to sound the chakras, participants will experience the powerful effects sound vibrations have on our bodies, minds and spirits. No experience is necessary. You do not have to be a singer, but you will find your own personal way to produce sound that makes a difference in your life. No drop-ins. No class February 22.

### 44801.101BR

Sun 4:00-5:00pm Jan 11-Mar 22  
CFEC H Denney \$100 /10 sess

## Wild, Edible and Medicinal Plant Walk

Join First Nations herbalist Lori Snyder on a walkabout to discover the 'Wonders of plants'. Learn how to identify edibles and how you would incorporate wild foods and medicines into your diet and lifestyle. Lori will share natural ways to make skincare products and more.



### 45401.101BR

Sat 3:30-5:00pm Mar 28  
LRC L Snyder \$30 /1

## Foundations of Mindfulness 1

The foundations of mindfulness is the origin of all mindfulness teachings and is still the most trusted mindfulness practice guide. Mindfulness practice in general reduces stress, depression, anxiety and other negative qualities while improving concentration, inner peace, health and quality of life. Info: [LearnMindfulness.org](http://LearnMindfulness.org)

### 45419.102BR

Tue 6:30-8:30pm Feb 17-Mar 17  
FAR S Yang \$49 /5 sess

## Melt Method – Hand and Foot Introduction

Learn simple techniques done with small rubber balls that will make your whole body feel better. This therapeutic self-treatment can provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel syndrome. Just by treating the hands and feet 10 minutes a day, 3 times a week, you can begin to see a difference in the way your body feels and functions. Equipment provided for in class use.

### 44802.101BR

Sun 1:45-3:45pm Mar 8  
CFEC D Galay \$35/workshop

## How to Thrive as a Highly Sensitive Person

You have a keen sense of intuition, vivid dreams and feel moved by the Arts. Chaos and noisiness of life overwhelms you; enjoy deep conversations and require more solitary time than average people. Not a disorder, HSP is an innate trait manifesting in about 20% of the population. Learn to 'thrive' as an HSP, rather than feel overwhelmed and how to utilize your gifts to live a happy, abundant life.

**44901.101BR**

Thu 7:00-9:00pm Feb 12  
LRC A. Martin-Ko \$30/workshop

## Parenting the Highly Sensitive Child

Your child is highly imaginative, detail oriented and artistic; affected by scratchy clothes, loud noises, bright lights and strange foods. Scary movies upset him/her and is cautious in new situations. Prone to hurt feelings, affected by criticism and struggles with perfectionism. Your child may be a Highly Sensitive Person or HSP, a genetic trait that appears in 15-20% of the population. Come learn strategies to help your child be the conscientious, creative and empathic being they were meant to, instead of being overwhelmed by their sensitive nature.

**44901.101BR**

Thu 7:00-9:00pm Feb 19  
LRC A. Martin-Ko \$30/workshop

## The Vancouver B Movie Factory

Where movie-making dreams come true! This group is for all those who always wanted to be a part of the world of film but were never given the chance. We are open to all ages and all cultural backgrounds. We engage community residents in all aspects of "movie" making including: planning, scripting, casting, acting, filming. For more information contact: TheVancouverBMovieFactory@Shaw.ca \$5 donation at the planning meeting.

**61133.100BR**

Wed 6:30-9:30pm Jan 7-Mar 25  
LRC J Stewart \$5/donation

## Grandview Garden Club

Grandview Garden Club meets at 7:00pm every second Thursday of the month in the hall at 1739 Venables Street. Knowledgeable speakers tackle subjects such as pruning, vegetable growing, attracting bees and butterflies, and garden design. Novice gardeners and experienced green thumbs welcome. Annual membership \$20/ Drop-in \$4. More information at [www.grandviewgardenclub.blogspot.com](http://www.grandviewgardenclub.blogspot.com)



Grandview Woodland Food Connection

(GWFC) is dedicated to supporting a healthy food for all philosophy. In partnership with Britannia Community Centre, the GWFC is pleased to offer the following community food programs. For more information on the GWFC visit [www.gwfoodconnection.wordpress.com](http://www.gwfoodconnection.wordpress.com) or call **604.718.5895**

## Eat it forward Community Food Market – Grandview Park

The Grandview Woodland Food Connection and Britannia are pleased to co-sponsor the Eat it Forward Community Food Market in Grandview Park. This market is designed to address the goal of "improving access to healthy, affordable, culturally diverse food for all residents". This market is providing affordable organic produce at 30% and 80% discounts for financially strapped community members who have limited access to fresh produce. The general public can purchase these foods at just below a regular retail price, for every dollar made on these foods, will be given away in the discount program. Please help support this initiative and healthy food access for all.

Every Sunday year round 11:00am-4:00pm Grandview Park



## Britannia Community Kitchen

Community Kitchen participants come together every few weeks to cook and eat nutritious meals together. They provide a fun and supportive environment to meet new people and try new foods, while also saving money on groceries. Our kitchens are diabetic friendly. We also provide child-minding. These are fully subsidized community kitchens and designed for households who are struggling financially. New kitchen starting in January, 2015. Contact for info: 604.718.5895



## Nutrition Counseling Service

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

## How to Make Kimchi

Come join us and learn to make wonderfully tasting and healthy Korean kimchi. Kimchi's healthy probiotic bacteria (lactobacilli) are good for both your gastrointestinal and immune systems - and adds a tasty kick to a variety of meals. This hands-on workshop will teach you how to make your own napa cabbage kimchi to ferment at home. Led by Sarah Kim who learned how to make kimchi from her Korean mother, you'll take home a jar of kimchi.

**42603.101BR**

Wed 6:00-9:00pm Mar 4 Pre-teen Rm S Kim \$15/1 sess



## Sauerkraut Fermentation

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

**42602.101BR**

Wed 6:00-9:00pm Feb 4 Pre-teen Rm TBA \$12/1 sess



## Canning for Beginners

This hands-on workshop is intended for all canning enthusiasts who want to learn the most current methods for safe, enjoyable home canning. The workshop includes a complete demonstration of the boiling-water-bath method of canning, as well as a discussion of pressure canning. Participant will take home a jar of canned product, canning recipes and canning brochures. Presented by Darlene Tanaka, Home Economist

**42613.101BR**

Wed 6:00-9:00pm Feb 18 Pre-teen Rm D Tanaka \$12/1 sess



# AML - 55+ Programs

## Welcome to:

AML 55+ Centre Britannia 1661 Napier St. 604.718.5837

Anne Cowan                      anne.jackson@vancouver.ca  
Office Hours:                      AML - Mon-Fri 9:30am-5:30pm  
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

## Seniors Committee Meetings

This committee meets on the third Thursday of each month at 1:30pm to discuss older adult priorities, programs and services in the community. All are welcome!  
Jan 29, Feb 26, Mar 26

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.**

## Computer Classes

### Beginner Computers & Internet

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                      10:00am-12:00pm                      Jan 12-Feb 23  
AML                      M Ziebart                      \$50 /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 12-Feb 23  
AML                      M Ziebart                      \$50 /6 sess

### Intermediate Computer Classes

Now you've got the basics, you need more. This more advanced class is for those who already know the basics, but are looking for more.

**52000.403BR**  
Mon                      10:00am-12:00pm                      Mar 2 – Mar 31  
AML                      M Ziebart                      \$50 /5 sess

### Social Media - What's it all about?

Facebook, Twitter, YouTube, etc. 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 wonderful possibilities. No experience necessary just come along with or without your gadgets! You do not need to have an account with any social media services. It'll be fun!

**52000.102BR**  
Mon                      1:00-3:00pm                      Mar 2-31  
AML                      M Ziebart                      \$50 /5 sess

## Drop-in Lab Hours 55+

Wed,Thu, Fri                      12:30-4:00pm  
Sat                      11:45am -1:45pm  
Sun                      10:00am – 2:00pm

Please show your receipt to the Activity Coordinator for access on weekends. Lab not open on Stat Holidays and may be closed for special events.

**55406.101BR**  
Wed-Sun                      Jan 10-Mar 28  
AML Computer Lab                      \$7/per season

## Language

### Spanish Conversation Beginners

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

**55500.100BR**  
Tue/ Fri                      1:00-2:00pm                      Jan 13-Feb 20  
Rk Mezz I Nunez                      \$60 /12 sess

**55500.101BR**  
Tue/ Fri                      1:00-2:00pm                      Feb 24-Apr 7  
Rk Mezz I. Nunez                      \$60 /12 sess

### Spanish Conversation Intermediate

Participants will learn everyday language to enable them to converse while on that special trip to Latin America.

**55500.103BR**  
Tue/ Fri                      2:15-3:15pm                      Jan 13-Feb 20  
Rk Mezz I. Nunez                      \$60 /12 sess

**55500.104BR**  
Tue/ Fri                      2:15-3:15pm                      Feb 24-Apr 7  
Rk Mezz I. Nunez                      \$60 /12 sess

## Join A Group

### 55+ AML Book Club

3rd Wednesday of each Month. Read, have fun, and make friends. Always enjoyable and hosted by the 55+ Centre, lead by the Britannia Public Library staff. New members are always welcome! \*Please register for FREE programs

**52202.100BR**  
Wed                      2:45-4:45pm                      Jan 21-Mar 18  
AML                      Computer Lab                      Free

### Square Dancing

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

Wed                      7:00-9:00pm                      Jan 7-Mar 25  
55+ Centre

### Vancouver Morrismen Dance

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

Tue                      7:30-9:30pm                      Jan 6-Mar 31  
55+ Centre

# AML - 55+ Programs

## Art & Culture

### Sunday Night Series-The Great Movies

Join us for our seasonal series. Drama, Comedy, Adventure, Musical, Suspense, Sci-Fi, or Documentary. We've got everything. Join Tom and Joyn for evenings of watching and discussing the great movies of all time. Friendly and inclusive; ALL AGES WELCOME. Unlimited Popcorn. Free but please register if you're joining us for a movie or two or three.

54580.100BR

Sun 6:00-9:00pm Jan 11-Mar 29  
AML John and Tom Free

### 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. Taking waiting list for new members

Wed 10:00am-12:00pm Jan 7-Mar 25  
AML (application's accepted)

### Urban Aboriginal Elders AHS Project

Arts and Health Project for Urban Aboriginal Elders who will work with Mike Dangeli, a Nisga'a Tsimshian Tlingit Artist and Carver, and Leader of the Git Hayetsk Dancers, to make art together that explores West Coast Indigenous culture. Applications for waiting list available. To Apply please contact: Anne Cowan (Britannia) 604-718-5837 or Margaret Naylor (Moberly Arts) 604-718-5857

Thurs 2:00-4:00pm Jan 8-Mar 27  
CFEC (application's accepted)

## Health & Fitness

### 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 class February 9.. Drop-in \$6, space permitting.

43806.101BR

Mon 11:00am-12:00pm Jan 5-Mar 30  
CFEC B. Bahrami \$67 /12 sess

## Fitness & Sport

### Badminton 55+ Mon/Tuesday

55+ Badminton Every Monday & Tuesday, lots of fun! 5 courts. Volunteers and all our regulars will make you welcome. \$16/season \*No badminton on STAT Holidays Feb 9

52100.102BR

Mon Tues 11:20am-12:35pm Jan 12-Mar 31  
Gym C \$16 /season

### Badminton 55+ Wed/Thurs

Every Wed & Thursday, lots of fun! 5 courts

52102.102BR

Wed Thurs 11:20am-12:35pm Jan 7-Mar 26  
Gym C \$16 /season

### Badminton 55+ Sat

Badminton Volunteer and all our regulars will make you welcome

52103.102BR

Sat 2:00-4:00pm Jan 3-Mar 28  
Gym A \$16 /season

### Carpet Bowling

A fun and slightly competitive game for all ages. It's good exercise, social and just the right amount of physical activity to get your day going. Please join us at our new location. 1739 Venables and Commercial. Every Tuesday. \*Please register

52001.100BR

Tue 10:00am-12:00pm Jan 6-Mar 31  
1739 Hall Free

### Tai Chi for Arthritis & Health

Based on the Sun Style of Tai Chi this a scientifically researched program that was developed by Doctor Paul Lam MD specifically for people who have arthritis. Also suitable for people with conditions like high blood pressure, diabetes, back pain, fibromyalgia, and osteoporosis. Free introductory class on Friday, January 9th

54300.100BR

Fri 10:00-11:00am Jan 16-Mar 27  
1739 Hall M Vles \$50 /11 sess

### Intermediate Class

54300.101BR

Fri 11:15-12:15pm Jan 16-Mar 27  
1739 Hall M Vles \$50 /11 sess

### Line Dancing 55+ Beginners

This fun and relaxing beginners class that will keep you fit and smiling. Anita is our Volunteer Instructor

52901.100BR

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

### Gentle Yoga 55+ Monday

For Older Adults Classes are adaptable - everything from a series of restorative asanas (poses) to Vinyass flow (regular Hatha). The practise will provide better sleep, greater flexibility and strength, longer breath, along with rejuvenated energy and improved health. Hatha practise will warm up the muscles, instead of resting the muscles, increase muscular elasticity and strengthen skeletal alignment. A good stretch and a good workout! Remember to dress comfortably. \$12/drop-in.

### Free Intro. Class

Wed 2:00-3:00pm Jan 7

### Gentle Yoga 55+ Monday

54101.101BR

Mon 2:00-3:15pm Jan 12-Feb 23  
CFEC G Quon \$54 /6 sess

54101.102BR

Mon 2:00-3:15pm Mar 2-Apr 13  
CFEC G Quon \$54 /6 sess

### Gentle Yoga 55+ Wednesday

54101.103BR

Wed 2:00-3:15pm Jan 14-Feb 18  
CFEC G Quon \$54 /6 sess

54101.104BR

Wed 2:00-3:15pm Feb 25-Apr 1  
CFEC G Quon \$54 /6 sess

### Exercise with Friends

This senior led video exercise group meets every Friday for easy-going weekly exercise. Lunch afterwards in the 55+ Centre if you'd like to join us.

Fri 11:00am-12:00pm Jan 9-Mar 27  
AML Free

### 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.

52222.103BR

Thu 10:45am-11:45pm Jan 8-Feb 19  
CFEC C Wenzel \$50 /6 sess

No class Feb 12

52222.104BR

Thu 11:15am-12:15pm Feb 26-Apr 2  
CFEC C Wenzel \$50 /6 sess

# AML - 55+ Programs



## Health & Wellness

### Exercise with Friends

This senior led video exercise group meets every Friday for easy-going weekly exercise. Lunch afterwards in the 55+ Centre if you'd like to join us.

**Fri** 11:00am-12:00pm Jan 9-Mar 27  
**AML** Free

### Morning Wellness Program

Morning Wellness includes, blood pressure, blood sugar and weight screening. Up to date information pertinent to aging and health. RN Monica will also be available for Foot Care in the afternoons (604-228-0261)

#### 51900.100BR

**Fri** 11:00am-12:00pm Jan 9-Mar 27  
**AML** M Renard Free

### Foot Care

Foot assessment, therapeutic foot bath, toenail trimming and cleaning, reduction of thickened nails, treatment for corns and calluses, diabetic care, fungal nail treatment, relief for painful pressure areas. Finish with a mini foot massage. Teaching also provided to ensure healthy feet. Advanced foot care nurse. 30-60 minute per client. Call 604-228-0261 Monica R RN

#### 51902.100BR

**Fri/Mon** 12:30-3:30pm Ongoing  
**AML** M Rinard \$40

### Friday Lunch

Friday Lunch in the 55+ Centre at noon. Fridays are your favourite warm hearty meals. See the menu on our Bulletin Board. Everyone welcome.. \*Pot Luck on the last Thursday of every month

**Fri** 12:00-1:00pm Jan 8-Mar 20  
**AML** \$5.00

### Moodsmart Workshop

"In this interactive workshop, designed specifically with seniors in mind, you will learn some simple techniques to improve your mood and general outlook. You will also learn how small lifestyle changes can make you more emotionally resilient in tough times. Your presenter is looking forward to helping you **"increase your mental health awareness and fitness!"**

#### 51903.100

**Fri** 1:00-3:00pm Jan 16  
**55+ Centre** FREE



MOOD DISORDERS ASSOCIATION  
 OF BRITISH COLUMBIA

\*Meet outside the 55+Centre

### Bus Tour - Yaletown Afternoon Tea & Heritage Church

Yaletown Afternoon Tea + Heritage Church Tour Enjoy a special afternoon tea at the celebrated Provence Marinaside on the waterfront in Yaletown and tour two of Vancouver's best heritage churches. Chef's le Grand featured Smoked Salmon and cucumber, Sundried Tomato and Spinach Quiche, Lemon Tartelette, Deux Scones, Cre'am Fraiche and Preserves and many more with choice of tea or coffee. Begin at Vancouver's iconic heritage Church, Christ Church Cathedral with a guided tour of the stained glass windows and amazing architecture. Finish at historic Holy Rosary Cathedral for a tour with Pastor Glenn Dion to learn about the history and current operations of this landmark church.

#### 54571.100BR

**Mon** 9:30am-4:30pm Jan 26 \$89

### Bus Tour - Snowshoeing

Seniors Snowshoeing If you can walk, you can snowshoe. Beginners are welcome on this winter wonderland adventure at Cypress Mountain! The Hollyburn Meadows Tour is a 2 hour snowshoe walk led by an experienced trail guide who will share the rich cultural and natural history of Hollyburn Ridge as you explore the snowy mountain forest. We will make a one hour stop at the rustic Hollyburn Lodge to enjoy lunch and a warm drink. Take an hour of afternoon free time to sit on a peaceful bench and feed the Whiskey Jacks nuts and crumbs at First Lake or continue snowshoeing until you are escorted down the 20 Minute trail back to the Nordic Area for departure. Package includes snowshoe trail ticket, snowshoe rental, assisted snowshoe rental fitting, expert Cypress Mountain Guide. Enjoy Tour host on mountain walk, lunch and warm drink at the Hollyburn Lodge.

#### 54571.101BR

**Tues** 8:30am-5:00pm Feb 17 \$89

### Bus Tour - West Coast Express + Teahouse Restaurant

The West Coast Express is a scenic commuter train departing from Vancouver's Waterfront Station at 3:50pm, travels along the waterfront on Burrard Inlet to Port Moody and ends in Mission City at 5:05pm Enjoy the freshest West Coast lunch at well appointed Teahouse Restaurant in Stanley Park with west-facing views of the water and North Shore mountains, set in a historical officer's garrison. Prior to boarding take an hour of free time to explore charming Gastown featuring shopping and browsing favourites, UniquesCollectables with Imagination and Dress Sew Supply Arts & Crafts Store. This escorted tour includes lunch, train ticket, a stop at Prospect Point and a warm bus waiting in Mission.

#### 54571.103BR

**Tues** 10:45am-7:00pm Mar 17 \$89

# AML - 55+ Programs

## Social

### Billiards and Ping Pong - 55+

Drop-in Billiards and Ping Pong every Friday morning before Lunch Program. Easy, relaxing and social. Please register

**54590.101BR**

Tue, Fri 10:00am-12:00pm Jan 9-Mar 27  
Teen Centre Free

### Cards Whist / Cribbage / Bridge & Majong

Whist/Cribbage/Bridge/Majong Welcome for fun and friendly games. Please Register No Cards Feb 9th Family Day Stat

**52204.100BR**

Mon 1:00-4:00pm Jan 5-Mar 30  
AML Free

### Italian Cards

Italian Cards Mondays, Wednesday, Thursday in the Teen Centre

**52240.100BR**

Mon Wed Thurs 1:00-3:00pm Jan 5-Mar 30  
Teen Centre Free

### Knitting Social

Everyone is welcome to join this multi-age group! (Newborn to 90's). Beginners to Advanced. It's a great way to spend the afternoon. Volunteers to help out social knitting rather than lessons. Please remember to register

**52201.100BR**

Wed 1:00-3:00pm Jan 7-Mar 25  
AML

### Latin American Seniors Social

Friendly, happy group meet for bingo, music, snacks and much more every Friday at 12:30.

Fri 12:30-3:00pm Feb 6 - Mar 27  
1739 Venables Hall

### Senior's Ballroom

Cha Cha Rhumba, East Coast Swing and the Hustle.

**52903.100BR**

Tue 1:00-3:00pm Jan 13-Mar 17  
1739 Venables Hall \$60/10 sess.

### Income Tax Clinics beginning Mid-March

For Seniors and Low Income Only  
Drop-In Dates Late March, 2015. Contact Luong Ho at 604.718.5818

## Swim & Fitness Centre

### 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 2, Mar 20

### Strength Training for Seniors - Beginner (55+ yrs)

This six week course will show you how to use the cardio and weight equipment for a safe and effective workout. By the end of the course, you will have a written and personalized program that you will be able to continue to use on your own. Please pre-register by October 17 so that a confidential health screening can be done.

**44009.101BR**

Fri 9:00-10:00am Jan 9-Feb 13  
Fit Cntr J. Stanier \$30/6 sess

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

This four week course will build on the introductory strength training for seniors program and is also appropriate for individuals who have been training for a number of years. We will explore ways to intensify your cardio training and expand on your repertoire of exercises. Please pre-register by September 5 so that a confidential health screening can be done. No class April 3.

**44008.101BR**

Fri 9:00-10:00am Mar 27-Apr 24  
Fit Cntr J. Stanier \$20/4 sess

## Swimming Sessions

### Range of Motion (ROM)

Mon, Wed, Fri 9:45-10:30am

### Aqua Fit

Tue, Thu 9:45-10:30am  
Lessons Available, Please call the pool at 604.718.5831. See page 33 for full aquatic schedule

## Lunches - Drop-in

### Monday Lunch

55+ Lunch Drop-In \* New Day (previously Tuesdays) ...*one last move*. It's a Hot Pot day, Linda's delicious meals. Everyone welcome

Mon 2:00-1:00pm Jan 6-Mar 31  
AML \$5.00

### Thursday, Friday Lunch

Thursday and Friday Lunch in the 55+ Centre at noon. Thursday you'll be surprised by our rotating Chefs and Fridays are your favourite warm hearty meals. See the menu on our Bulletin Board. Everyone welcome \$5. \*Pot Luck on the last Thursday of every month

Thu, Fri 12:00-1:00pm Jan 8-Mar 20  
AML

### 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! Senior's Committee to follow at 1:30pm

**55805.102BR**

Thu 12:00-1:00pm Jan 29, Feb 26,  
AML Mar 26



## Special Events

### Family Day - February 9

This year on Family Day, we will be celebrating the Lunar New Year.

Free Family Skate 1:00-3:30pm

Free Family Swim 1:00-5:00pm

Lion Dance, Lantern and treats

### Multicultural Luncheon 55+

Social, Food and Entertainment for all.

Come Celebrate our lives, our unique history and our community.

**55800.100BR**

Tues 1:00-4:00pm Mar 17  
AML \$5

# Aquatic Highlights

## General Information

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

Pool Cashier Office\* 604.718.5831

Recreation Programmer 604.718.5830

\*Pool office closes 30 minutes before the pool.

## Statutory Holiday Hours

Dec 24	Christmas Eve	6:30am-5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-5:00pm
Dec 31	New Year's Eve	6:30am-5:00pm
Jan 1	New Year's Day	1:00-5:00pm
Feb 9	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.

## Pool Closure

The pool will be closed for annual maintenance on Monday, January 5 to Sunday, February 1 and will re-open on Monday, February 2.

## Special Events & Activities

### 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 Activity Coordinator at 604.718.5812.

Sat 1:00-2:00pm \$49.00



## 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 exercise without stressing their joints and lower back. Shallow and deep water classes are offered.

### Lengths Swim

The pool is divided into 25 metre 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 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. Free admission. Jan 2, Feb 6 and Mar 6.



# Aquatic Schedule

Feb 2 - Mar 30, 2015. During some public swim sessions only part of the pool is available. The pool may be shared with Aquafit, lessons, school groups or swim club. Schedule is subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths Swim 6:30 - 8:25am					Lessons & Lengths (1 lane only) 9:00am – 11:55am	Lengths 10:00 – 10:55am
Public Swim 8:30 - 11:25am *School lessons 8:45am-9:45am and 10:30-11:30am (as scheduled)*						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	Special Olympics 12:00 – 12:55pm (main pool closed)	Lessons & Lengths (1 lane) 11:00am– 2:25pm
Lengths Swim 11:30am – 12:55pm					Lengths 1:00-2:25pm	
Public Swim 1:00 - 2:55pm *School lessons 1:00-3:00pm (as scheduled)*					Public Swim 2:30 – 4:55pm	Public Swim 2:30 – 4:55pm
Lessons & Lengths (1 lane only) 3:00 – 5:25pm	FREE Public Swim 3:00 – 4:55pm	Lessons & Lengths (1 lane only) 3:00 – 5:25pm	FREE Public Swim 3:00 – 4:55pm	Lessons & Lengths (1 lane only) 3:00 – 5:25pm		
Lengths 5:30 – 6:25pm	Lengths 5:00 – 6:25pm	Lengths 5:30 – 6:25pm	Lengths 5:00 – 6:25pm	Lengths 5:30 – 6:25pm	Lengths 5:00 – 6:25pm	
Public Swim 6:30 – 7:55pm *No length lanes available on Tuesdays and Thursdays*					Public Swim 6:30 – 7:55pm	
Adult Swim 8:00 – 9:55pm	Adult Swim 8:00 – 9:55pm	Adult Swim 8:00 – 9:55pm	Adult Swim 8:00 – 9:55pm	Adult Swim 8:00 – 9:55pm	<b>Schedule is subject to change without notice.</b>	
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 1st Friday of month 8:00 – 9:55pm (no lanes, whirlpool or steam room available)		
Aquafit 8:00 – 9:00pm	Aquafit - Deep Water 8:00 – 9:00pm	Aquafit 8:00 – 9:00pm	Aquafit - Deep Water 8:00 – 9:00pm			

## Pool and Fitness Centre Fees (including GST)

	Drop-in	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	4 Month Flexipass	6 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$6.05	\$48.40	\$47.54	\$123.60	\$156.45	\$217.65	\$393.90	\$3.00
Youth (13-18)	\$4.30	\$34.40	\$33.28	\$86.55	\$109.55	\$152.35	\$275.75	\$1.00
Child (6-12)	\$3.05	\$24.40	\$23.77	\$61.80	\$78.25	\$108.80	\$196.95	\$1.00
Senior (55+)	\$4.30	\$34.40	\$33.28	\$86.55	\$109.55	\$152.35	\$275.75	\$1.00

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

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

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

# Aquatic Lessons & Registration

## Lesson 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.

## Private/SemiPrivate (all ages)

Register over the phone.

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

## Red Cross Swim Basics for Adults (13+ yrs)

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

### Swim Basics 1

An introduction to swimming with a focus on front swim and back kick. No class Feb 9.

#### 49031.101BR

Mon 8:00-8:45pm Feb 2-Mar 30  
 \$73.84/8 sess

### Swim Basics 2

Focuses on developing front and back crawl, establishing comfort in deep water, and increasing the swimming distance.

#### 49032.101BR

Tue 8:00-8:45pm Feb 3-Mar 24  
 \$73.84/8 sess

## Red Cross Strokes for Adults (13+ yrs)

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

#### 49033.101BR

Wed 8:00-8:45pm Feb 4-Mar 11  
 \$55.38/6 less

## Red Cross Fitness for Adults (13+yrs)

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

#### 49034.101BR

Thu 8:00-8:45pm Feb 5-Mar 12  
 \$55.38/6 less

## Swim Club (8-16 yrs)

Stroke development, starts and turns. 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 Feb 3-Mar 24

#### 29701.102

Thu 6:30-7:45pm Feb 5-Mar 26

#### 29701.103

Sat 8:30-9:45am Feb 7-Mar 28

One day/week \$55/season

Two days/week \$80/season

Three days/week \$90/season

## Bronze Medallion (13+ yrs)

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

#### 39501.101BR

Sun 10:00am-3:00pm Feb 8-Mar 1  
 \$134/4 sess

## Bronze Cross (15+ yrs)

Bronze Cross is one of the pre-requisite awards for all advanced lifesaving and lifeguarding certification courses. Bronze Cross is also worth 2 Grade 11 high school credits. Pre-requisite: Completion of Bronze Medallion. Additional manual charge \$35.

#### 39502.101BR

Sun 10:00am-3:00pm Mar 8-29  
 \$134/4 sess



Parent & Tot and Children's Fall Swim Lesson Sets (No lessons Feb 9)				Lesson Fees
Mon – Starfish/Duck	9:00-9:30am	Feb 2-23 Mar 2-23	4 less 4 less	Parent/Tot/parented \$27.22/30min/4 lessons
Tue – Sea Otter	9:00-9:30am	Feb 3-Mar 24	8 less	
Wed – Sea Turtle	9:00-9:30am	Feb 4-25 Mar 4-25	4 less 4 less	Preschool (30min) \$50.94/8 lessons
Thu – Salamander	9:00-9:30am	Feb 5-Mar 26	8 less	
Fri – Sunfish	9:00-9:30am	Feb 6-Mar 27	8 less	Swim Kids 1-4 (30min) \$45.10/8 lessons
Mon & Wed – Set 1	3:00-5:30pm	Feb 2-Mar 2	8 less	
Mon & Wed – Set 2	3:00-5:30pm	Mar 4-30	8 less	
Fri	3:00-5:00pm	Feb 6-Mar 27	8 less	Swim Kids 5-10 (40min) \$50.94/8 lessons
Sat	8:30am-12:00pm	Feb 7-Mar 28	8 less	
Sun	11:00am-2:30pm	Feb 8-Mar 29	8 less	

# Fitness Centre

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

## Statutory Holiday Hours

Dec 24	Christmas Eve	6:30am-5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-5:00pm
Dec 31	New Year's Eve	6:30am-5:00pm
Jan 1	New Year's Day	1:00-5:00pm
Feb 9	Family Day	1:00-5:00pm

## Facility Orientations

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

## Flexipass Membership

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



## 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 10-31  
Fit Ctr. V. Henderson \$35/4 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 7-28  
V. Henderson \$35/4 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 2, Mar 20

## Strength Training for Seniors - Beginner (55+ yrs)

This six week course will show you how to use the cardio and weight equipment for a safe and effective workout. By the end of the course, you will have a written and personalized program that you will be able to continue to use on your own. Please pre-register by October 17 so that a confidential health screening can be done.

44009.101BR

Fri 9:00-10:00am Jan 9-Feb 13  
Fit Ctr J Stanier \$30/6 sess



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

This four week course will build on the introductory strength training for seniors program and is also appropriate for individuals who have been training for a number of years. We will explore ways to intensify your cardio training and expand on your repertoire of exercises. Please pre-register by September 5 so that a confidential health screening can be done. No class April 3.

44008.101BR

Fri 9:00-10:00am Mar 27-Apr 24  
Fit Ctr J Stanier \$20/4 sess

## Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists and physiotherapists. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$6.05 per client also applies.

## SUPPORTING A PARTICIPANT?

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

# Ice Arena



## ADULT HOCKEY PROGRAMS

### Women's Hockey Program

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

#### Set 1

48080.101BR

Sun 10:45am-12:00pm Jan 4-Feb 15

#### Set 2

48080.102BR

Sun 10:45am-12:00pm Feb 22-Apr 5  
\$34/6wks or  
\$6.05/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 8-Apr 3

\*All Levels \$10 /drop-in

Sun 9:30-11:00pm Jan 4-Apr 5

\*Intermediate \$15/drop-in or  
\$50/mo\*

\*Strip tickets are not valid during these sessions

### Adult Drop-in Hockey Adult

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

Wed 3:15-4:45pm

Jan 7-Apr 1

\$6.05/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 2 - Mar27

\$6.05/drop-in

### Britannia Co-ed Hockey League

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

Registration begins Mar 3

### Britannia Women Only Hockey League

Britannia's popular Women's Hockey league will begin on May 19, with an on-ice evaluation. Games are on Tuesday evenings, May 26-Jul 28. The games are non-contact, non-aggressive and fun! Full hockey equipment is mandatory. Registration begins Mar 3



## LEARN TO SKATE PROGRAM

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

**Registration for Set 1 Winter skating lessons will take place on December 22**

For Britannia Learn to Skate lessons, skate rentals are included in the cost of lessons.

All skating lesson participants must wear a CSA-certified hockey helmet or a snowboarding helmet. A limited number of hockey helmets are available to use free of charge for lesson registrants.

### TRUE SPORT:

The Vancouver Park Board Learn to Skate Lessons follow the True Sport Principles.

- **GO FOR IT** - Always strive for excellence and rise to the challenge, but never at the expense of others. Discover how good you can be.
- **PLAY FAIR** - Play honestly and obey the rules, in letter and spirit. Winning is only meaningful when competition is fair.
- **RESPECT OTHERS** - Show respect for everyone involved in creating a sporting experience, both on the field and off. Win with dignity and lose with grace.
- **KEEP IT FUN** - Find the joy of sport and have a good time.
- **STAY HEALTHY** - Place physical and mental health above all other considerations and avoid unsafe activities.
- **INCLUDE EVERYONE** - Share sport with others, regardless of creed, ethnicity, gender, sexual orientation or ability.
- **GIVE BACK** - Find ways to show your appreciation and help others get the most out of sport.

### Preschool Program Levels\* (3-5yrs) – Students must be able to:

**Level 1** - This is an entry level skating class for students 3-5 years old.

**Level 2** – Fall down and get up, unassisted, take 6 steps without falling and backward stepping for 6 steps

**Level 3** – Glide on two feet for ½ m, Intro to stopping, scraping and double sculling

**Level 4** - Skate forward alternating feet, forward double sculling, snowplow stop, skate backwards across the rink

**Level 5+** - "V" pushes (left & right), glide on one foot for ½ m (both feet), glide on two feet on a curve, half snowplow stop

### Children, Youth and Adult Program Levels\* – Students must be able to:

**Level 1** - This is an entry level skating class for students

**Level 2** - Fall down and get up unassisted, skate across the rink, 2 foot glide for 2 m

**Level 3** - Skate forward, alternating feet, glide on one foot for 1 m, forward glide on two feet on a curve, forward snowplow stop

**Level 4** - Skate forward using "V" pushes, glide on one foot for 3 m, half snowplow, forward single sculling, backward double sculling

**Level 5** - Forward circle thrust, side and/or hockey stop, backward skating using "C" pushes, backward glide on two feet for 2 m, backward snowplow stop

**Level 6** - Forward crossover, backward glide on two feet on a curve, backward half snowplow, backward circle thrust.

## 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 6-Apr2  
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 4-Apr 5  
Regular public admission rates apply



# Ice Arena Learn to Skate

## There are 2 ways to register into Britannia Skating lessons (Set 1):

1. Register in-person starting **Mon Dec 22** at the Information Centre or Pool Cashier.
2. Register online at [britanniacentre.org](http://britanniacentre.org) starting **Mon Dec 22**.

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

### Lessons Set 1- Learn to Skate

Tue	6:00-8:00pm	Jan 6-Feb 10 \$39.00/6sess
Sat	9:30am-1:15pm	Jan 3-Feb 14 \$45.50/7sess

### Figure Skating

Sun	3:30-4:15pm	Jan 4-Feb 15 \$52.50/7sess
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### Beginner Power Skating

Sun	4:30-5:15pm	Jan 4-Feb 15 \$52.50/7sess
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### Senior Power Skating (13yrs-Adult)

Sun	5:30-6:30pm	Jan 4-Feb 15 \$70/7sess
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### Lessons Set II

Registration begins Mon Feb 16. Class schedule for Set II will be available online starting Tue Feb 3.

### Learn to Skate

Tue	6:00-8:00pm	Feb 17-Mar 31 \$45.50/7sess
Sat	9:30am-1:15pm	Feb 21-Apr 4 \$45.50/7sess

### Figure Skating

Sat	12:45-1:15pm	Feb 22-Apr 5 \$52.50/7sess
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### Junior Power Skating (8-12yrs)

Sun	4:30-5:15pm	Feb 22-Apr 5 \$52.50/7sess
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### Senior Power Skating (13yrs – Adult)

Sun	5:30-6:30pm	Feb 22-Apr 5 \$70/7 sess
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### 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 Rink Schedule



## BRITANNIA ICE RINK SCHEDULE

**SATURDAY JANUARY 3 - MARCH 31, 2015**

*SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>Adult Open Dance</b> 12:00-1:30pm	<b>Parent &amp; Tot</b> FREE skate 11:00-11:45am	<b>Adult Stick &amp; Puck</b> 12:00-1:30pm	<b>Public Skate</b> 1:30-3:00pm	<b>Family Fun Hockey</b> 12:15-1:30pm
				<b>Adult FREE Skate</b> 1:45-3:00pm		
		<b>Adult Co-ed</b> <b>Drop-in Hockey</b> 3:30-5:00pm	<b>Youth FREE Skate</b> 3:15-4:30pm	<b>Child FREE Skate</b> 3:15-4:30pm		<b>Public Skate</b> 1:45-3:15pm
	<b>Adult Skate</b> 8:15-9:30pm		<b>Adult Co-ed Hockey</b> 11:15pm-1:00am	<b>Public Skate</b> 7:45-9:15pm		<b>Adult Co-ed Hockey</b> 8:30-11:00pm

- HELMETS ARE STRONGLY RECOMMENDED FOR ALL PUBLIC SESSIONS. HELMETS ARE MANDATORY FOR ALL PARTICIPANTS OF FAMILY FUN HOCKEY
- ADULT HOCKEY PROGRAMS REQUIRE FULL EQUIPMENT. PARTICIPANTS MUST SIGN A WAIVER AT THE BEGINNING OF EACH SESSION.
- SIGN UP FOR THESE SESSIONS OCCURS AT THE ICE RINK 1½ HOURS BEFORE THE START OF THE SESSION. PASSES ARE NOT VALID DURING THESE TIMES. THERE ARE NO GOALIE DROP-IN SPACES AVAILABLE.
- BRITANNIA ICE RINK 10 VISIT CARDS ARE VALID AT ALL VANCOUVER PARK BOARD OPERATED RINKS. PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.
- ADULT DROP-IN HOCKEY AND STICK & PUCK SESSIONS ARE AT THE ADULT RATE.
- A 20% DISCOUNT ON ADMISSION IS GIVEN TO GROUPS OF 10 OR MORE.
- CHILDREN UNDER 8 YEARS OLD MUST BE ACCOMPANIED ON-ICE WITH AN INDIVIDUAL 16+ YEARS.
- FLEXIPASSES MAY BE USED FOR PUBLIC SKATING SESSIONS. FOR 2015 RATES, GO TO PAGE 33.
- FAMILY RATE IS 1-2 ADULTS OF THE SAME HOUSEHOLD AND THEIR CHILDREN UNDER 19 YEARS, ALL PRESENT AT TIME OF ADMISSION, \$3.05 PER PERSON.



## 2015 RINK ADMISSIONS:

*SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE*

ADULT (19-54YRS)	YOUTH (13-18YRS)	SENIORS (55+YRS)	CHILD (6-12YRS)	FAMILY	SKATE RENTALS	SKATE SHARPENING
\$6.05/Drop-in \$48.40/10 visits	\$4.30/Drop-in \$34.40/10 visits	\$4.30/Drop-in \$34.40/10 visits	\$3.05/Drop-in \$24.40/10 visits	*\$6.10 min.	\$3.00	\$6.10

# Other Agencies & Programs

## Eastside Family Place

1655 William Street 604.255.9841 info@eastsidefamilyplace.org

A support and resource centre for parents/caregivers and their young children aged infant to early 6 years. Many programs alongside support and referral services. At our **Family Drop-In Centre**, children have opportunities to socialize, learn through play and participate in developmentally stimulating activities that foster school-readiness, a snack is provided each morning. **Drop-In costs \$3.00 per visit per family.**

**An annual membership fee of \$20.00 is required to attend.**

Workshops and adult programs are offered at no-cost to members, with childminding and snacks provided.

### Family Drop-In Hours:

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

## Licensed Occasional Childcare

For parents who are in need of short-term respite childcare. Children aged 18 months to early six years – fee on a sliding scale of \$5.00 to \$6.50 per hour. Spaces are limited and must be booked in advance by calling 604.251.1018.

**Childcare hours are:**  
Monday to Friday 9:00-11:45

## Upcoming Programs:

### Baby Massage

3 Thursday afternoons, Nov 27, Dec 4, 11th. 1-2:30 for babies 3 months to pre-crawling. Learn how to give your new baby a loving massage from a Registered Massage Therapist. Baby massage has physical, social and emotional benefits for both infant and parent/caregiver. It increases your bond and helps develop early communication. Call or email to register.

### Nobody's Perfect Parenting Program- in Spanish!

Find ideas and support to help you manage today's challenges and your child's needs. Discover your strengths as a parent, and build new ones. Led by 2 highly skilled and experienced facilitators. Dates to be determined. Call/email for more info.



### Collective of Parents Empowered (C.O.P.E.)

10 Friday afternoons, 1:00-3:00pm, starting January 16.

C.O.P.E. is an educational and experiential group that discusses topics relevant to parents. Each program is offered 3 times a year. Parents can be involved for up to 30 weeks! This is a deeper continuation of the Nobody's Perfect groups. Now pre-registering for the winter 2015.

### Family Rhythm & Rhyme

4 Saturday mornings, 10-11:30, planned for late winter/early spring. Babies, toddlers, preschoolers, moms, dads, grandparents....! In this program you'll have fun singing songs, learning rhymes and enjoying stories. Nurture early literacy and language for your young child. Led by two trained facilitators. Now pre-registering for early Spring 2015.

### Announcing! Growing and Learning Fair:

Winter, dates TBA. Come and learn about the many programs/ services in Grandview-Woodland for parents/ caregivers of children to age six. Health, nutrition, dental, speech, library, education, preschool, sports, family arts and activities, and more! Watch for more information via our website.

### Birthday Parties at Eastside Family Place

We offer an affordable, enjoyable & convenient way to celebrate your child's birthday. We specialize in birthday parties for young children (age one- before grade 1). Email info@eastsidefamilyplace or call 604.255.9841 for details.

**Closures:** ESFP will be closed Dec 22-26, & Jan 1. Drop in hours on Dec 29, 30, 31 and Jan 2 are 9:00-12:00, with no childcare available those days. Also closed Family Day, Feb 9 2015..

## GRANDVIEW WOODLAND COMMUNITY POLICING CENTRE

1977 Commercial Drive,  
Vancouver BC V5L 3B8 604 717 2932  
e-mail: info@gwcpc.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.



# 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 6TH, 2014**

### Britannia Partners In Education (Pie)

English Foundations 6/7, English Communications 11/12

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

Instructor: Quinn Harris (Hastings Education Centre instructor)

### Beginner English for Speakers of Other Languages

Location: CFEC Room 110, Britannia Secondary School (Tuesday, 10:00am-2:30pm)

Instructor: Marinette Sedin (CFEC - Britannia Partners In Education (PIE) Lead English Instructor)

### Foundations In Math

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

Instructor: Quinn Harris (Hastings Education Centre instructor)

### Accounting 11

Location: Hastings Education Centre (Above Library - Britannia Community Centre)

(Thursday, 10:45am-4:00pm)

Instructor: Mike Vlasman (Hastings Education Centre instructor)

### English Foundations 1-5

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

Instructor: Richard Georg (Hastings Education Centre instructor)



### Computer Basics

Location: Hastings Education Centre (Above Library - Britannia Community Centre)

(Friday, 10:45am-4:00pm)

Instructor: Mike Vlasman (Hastings Education Centre instructor)

### Edmonds Pie Plus

English Foundations: 3-7 (Tuesday and Friday, 12:20pm-2:50pm)

English Foundations: 1-2 (Monday, Wednesday & Thursday, 12:30pm-2:45pm)

Location: 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 (Wednesday, 9:30am -2:30pm)

Location: Edmonds Community School - Community Room  
7651 18th Avenue, Burnaby BC (Tuesday, 1:00pm-2:30pm)  
Contact: Lina Arias, 778 882-5462 or lina.cfec@gmail.com

### Canadian Studies

Location: CFEC Room 109, Britannia Secondary School (Wednesday, 10:00am - 12:00pm)  
Instructor: Katie Waugh

### ECE Assistant Pilot Program

Location: CFEC Room 110, Britannia Secondary School (Wednesday, 12:30pm - 3:30pm)  
Contact: Jean Rasmussen, 778 321-3487 or jean.cfec@gmail.com

### CFEC Book Club

Location: CFEC Room 109, Britannia Secondary School (Thursday, 9:30am - 12:00pm)  
Facilitator: Jane Harris

### Hastings Education Centre

On the Second Floor, above the Library!

### Come Learn with Us!

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

### We offer courses in:

- English
- Math
- Computer Technology
- Sciences
- Humanities
- 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.

### Grandview Woodland Area Council (GWAC)

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

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

### The Law Students

Legal Advice Program (LSLAP)

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

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

Tue evenings

Call 604.822.5791 to book an appointment

# Britannia Library



**BRITANNIA BRANCH**  
1661 NAPIER STREET, VANCOUVER  
PHONE: 604.665.2222

## 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 Year's Day	Jan 1
Family Day	Feb 9
Good Friday	April 3
Easter Monday	April 6

## 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.

Every Wed Jan 7-Mar 4 11:00 am-11:30 am

### Family Storytimes

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

Tue Jan 6-Mar 3 10:15 am-10:45 am  
11:15 am-11:45 am

### March Break Programs

Please contact the library at 604-665-2222 for March Break program schedule.

### Board Games in the Library

Drop in and play some board games with family and friends. The library provides the games.

Tues/ Wed Jan 6-Mar 4 3:30 pm-6:30 pm

### Man in the Moon

A unique program for dads and other male caregivers with children, from birth to 18 months. To register, please contact the library at 604-665-2222.

Sat Jan 17-Mar 7 3:30 pm -4:30 pm

## ADULT PROGRAMS

### Writer's Studio Consultations

Need an expert opinion of your writing? Get a free one-to-one, 45- minute consult on seven to ten pages of your poetry or prose from the Writer's Studio. Registration and manuscripts must be submitted at *least a week* before consultation date. Program to be confirmed.

**First Tue of the month**  
4:00 pm, 5:00 pm & 6:00 pm  
Jan 6, Feb 3, Mar 3, Apr 7

### Pandora's Collective Book Talks

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

**Second Wed of the month 6:30 pm-8:30 pm**  
Jan 14, Feb 11, Mar 11, Apr 8

### 55 and Up Book Club

Hosted by Britannia Library staff, this book club invites all to talk about favourite passages, points of interest and more about the monthly book title! Books are provided by the Britannia Branch Library. To register, and become a member, phone: 604-718-5800. To get your book, call the library at 604-665-2222. Club meets at the Al Mattison Lounge (the Seniors Centre).

**Third Wed of the month 2:45 pm-4:00pm**  
Jan 21, Feb 18, Mar 18, Apr 15



### World Poetry Reading Series

World Poetry Vancouver ([www.worldpoetry.ca](http://www.worldpoetry.ca)) hosts and presents this monthly reading series featuring multicultural and multilingual poets, writers, and musicians for everyone's enjoyment, enlightenment and edification. Each monthly program has an open mic and a youth component.

**Second Sat of the month 1:00 pm-3:00 pm**  
Jan 10, Feb 14, Mar 14, Apr 11

### Great Movies!

Watch the screenings of great movies and talk about it with hosts and movie buffs Tom Durrie and John Roberts. All are welcome. Unlimited popcorn! Screenings at the AML (Senior's Centre). To register, and become a member, phone: 604-718-5800. Please call to confirm January 2015 start date & movie titles.

**Every Sun 6:00 pm-9:00 pm**

### Philosophers' Café

Join moderator Zahid Makhdoom in a stimulating dialogue and passionate exchange of ideas in these informal community discussions. All are welcome, including students, non-philosophers, and seniors. Presented in partnership with Simon Fraser University. For information, contact the library at 604-665-2222.

**Last Tuesday of the month 7:00pm-9:00pm**  
Jan 27, Feb 24, Mar 31, Apr 28

### One-To-One Computer Training in English and Chinese

Book a free one-hour session for computer help. For sessions in Mandarin and Cantonese, sessions will be done by the Computer Access Program intern on Mondays, Fridays and Saturdays 10:00 am – 5:00 pm. Please call 604-665-2222 to book an appointment.

**Every Mon, Fri and Sat 10:00am-5:00pm**

### Library Art Gallery Exhibits

Showcases new exhibits from local artists every month, with Gallery opening receptions. For more info, contact the curator at 604.718.5800. Free and all are welcome.

**First Wed of the month 6:30 pm-8:30 pm**  
Jan 7, Feb 4, Mar 4, Apr 1

# Community Information

## Election Results

### Mayor Gregor Robertson and Councillors:

George Affleck  
Elizabeth Ball  
Adriane Carr  
Melissa De Genova

Heather Deal  
Kerry Jang  
Raymond Louie  
Geoff Meggs

Andrea Reimer  
Tim Stevenson

### School Board Trustees:

Joy Alexander  
Patti Bacchus  
Fraser Ballantyne

Janet Fraser  
Mike Lombardi  
Penny Noble

Christopher Richardson  
Stacy Robertson  
Allan Wong

### Park Board Commissioners:

John Coupar  
Casey Crawford  
Catherine Evans

Sarah Kirby-Yung  
Stuart Mackinnon  
Erin Shum

Michael Wiebe

Britannia is a unique facility with over 2,500 members and over 4,000 daily visitors, we play an important role in the city. Our elected officials will encounter numerous and diverse opinions, perspectives and beliefs on the nature of Britannia, in particular now that the need for renewal of the facility has been prioritized. There are differing viewpoints on who we are, what we do, how the facility is run, why we are different and what we should do in the future. It is important for us all to appreciate and understand the nuances that come to play in this, the most diverse neighbourhood in Vancouver.

## Britannia Volunteer Program



"THANK YOU to the hundreds of volunteers that support our Volunteer Program each year! Please remember that your contributions have a significant impact on the lives of our community members".

Britannia Community Services Centre aims to build a diverse and creative volunteer community that provides positive learning opportunities and values the contributions of all individuals. Volunteering is a rewarding way to give back to your community.

## Give back and get involved in the community

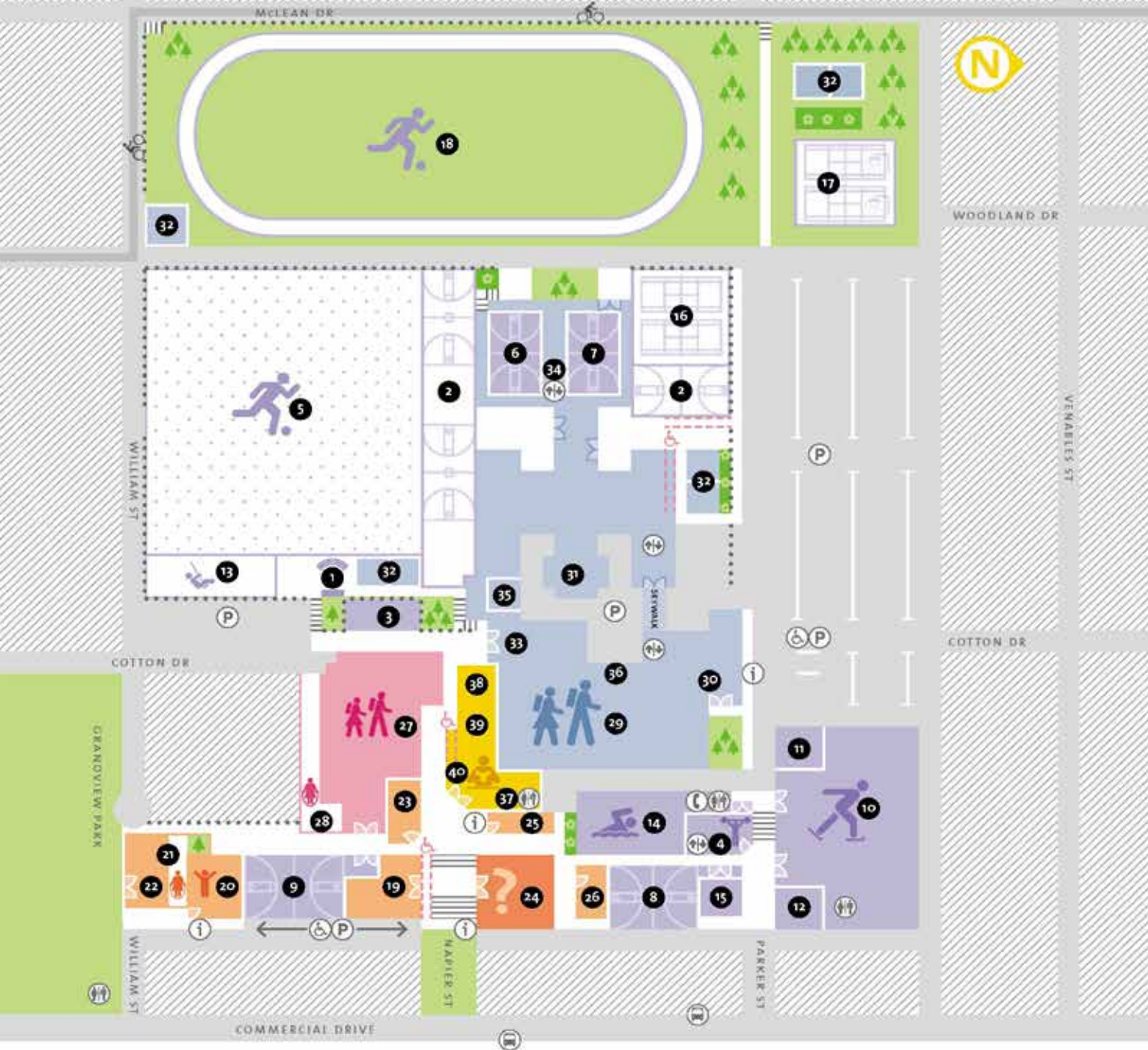
- Share your skills with others
- Meet new people who share your interests
- Gain experience or learn new skills you can use in a job or other areas of your life
- Enhance personal growth and learning
- We offer a diverse range of volunteer opportunities to fit your interests, goals, skills and schedule.

- **Did you know that many of our programs are led by Volunteers?**
- **Do you have a skill or talent that you would like to share with our Community?**
- **Let us know if you would like to volunteer to lead a program or workshop. We would love to hear of new program ideas for our Community!**

## How to Get Started:

- Download a volunteer application form from our website, [www.britanniacentre.org](http://www.britanniacentre.org), or pick one up from the Britannia Information Centre, 1661 Napier Street.
- Complete the form and submit to the Britannia Information Centre, 1661 Napier Street, by e-mail to [mawi.bagon@vancouver.ca](mailto:mawi.bagon@vancouver.ca), by fax to 604.718.5858 or use the **VOLUNTEER APPLICATION FORM**





### 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



T 604 718 5800 F 604 718 5858  
 1881 Napier Street Vancouver BC V5L 4X4  
[britanniacentre.org](http://britanniacentre.org)

