



# Welcome to Britannia



## Programs & Services Winter 2017



## President's Message

This autumn we saw how the powerful voice of our community, following the strong leadership of advocates Mike Evans and Ron Suzuki, influenced decision making. Britannia Secondary was removed from the list of schools listed for potential closure. This is great news for all of the students, families, staff and community members who would have felt the negative impact of a closure. Congratulations to all who stood up and made their voices heard. Although the process was stressful, it provided some opportunity. Opportunity for reflection on how the partnership on the Britannia site provides for the whole community. Awareness, how we, as a whole community working together, has influence in the decision making processes on proposals that will have an effect on what we hold important.

This autumn we were proud to once again, with our partners and other community agencies, host a day long Reconciliation In Action event. For the many who attended, this is a day where Indigenous and settler communities come together, to learn more of each other, to celebrate diversity and understand how Truth and Reconciliation is a living endeavour. At the community level Britannia is proving a leader in taking action to further the purposes of awareness of Indigenous people, the barriers they face, the culture that endures, and the bridges that can be built between all of us.

This winter we will have some dark and dreary days before we return to the light. What better place to spend them than at Britannia? Check out the brochure for the many events, programs and activities to light up life as we wait for the longer days to arrive. The Carving Pavilion now has a roof, so watch for the activity there, rain or shine!

As always, with our city partners, PB, VSB, COV, VPL, with our multiple community partners, and supported by an army of dedicated volunteers, there is always so much going on. For everyone, from baby to senior there is something to enjoy. Check us out.

Just a reminder: Provincial election will be this May. Remember to be informed and plan to VOTE!

Best regards,  
Gwen Giesbrecht  
Board President

## Board of Management

Britannia Board meetings are held on the 2<sup>nd</sup> 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:	Ingrid Kolsteren
TREASURER:	John Flipse
MEMBERS AT LARGE:	Scott Clark Susanne Dahlin
DIRECTORS:	Brendan Boylan Ye Chu Aaron Giesbrecht Levi Higgs Freya Kristensen Madgen Liao Juan Carlos Maldonado Craig Ollenberger Tyrus Tracey
STAFF REPRESENTATIVE:	Sarah Ng
AGENCY REPRESENTATIVES:	VSB Andrew Schofield VPB Peter Odynsky (CRC) VPL Megan Langley
EXECUTIVE DIRECTOR:	Cynthia Low
MANAGER OF ADMINISTRATIVE SERVICES:	Jeremy Shier

### Our Mission

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

### Our Vision

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

## Membership Information

To participate in recreation programs you must be a member of Britannia Centre. Membership is valid from: Sep 1, 2016 to Aug 31, 2017

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

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

### What does membership give me?

- Voting privileges at the Annual General Meeting of the Society May 24, 2017
- Eligibility to run for the Board of Management
- Mail outs about Centre programs and events
- Access to special membership programs
- Britannia membership is required before registering into programs
- Free access to Fitness Centre on Tuesdays & Fridays, 10:00am-12:00pm



Photo credits: Robert Lee, Lung Liu, City of Vancouver, as well as many other staff & patrons that have contributed images over the years.

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## Winter 2017 Holiday Hours

### Information Centre

Dec 24		9:00am-5:00pm
Dec 25-27	Statutory Holidays	CLOSED
Jan 1	New Year's Day	CLOSED
Jan 2	Statutory Holiday	CLOSED
Feb 13	Family Day	CLOSED

### 55+ Centre

Dec 24		9:00am-5:00pm
Dec 25-27	Statutory Holidays	CLOSED
Jan 1	New Year's Day	CLOSED
Jan 2	Statutory Holiday	CLOSED
Feb 13	Family Day	CLOSED

### Pool & Fitness Centre

Jan 1	New Year's Day	1:00-5:00pm
Jan 2	Statutory Holiday	1:00-5:00pm
Feb 13	Family Day	1:00-5:00pm

### Rink

Dec 25-27	Statutory Holidays	CLOSED
Jan 1	New Year's Day	1:00-3:00pm
Feb 13	Family Day	1:00-3:00pm

### Teen Centre

Dec 25-27	Statutory Holidays	CLOSED
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## Facility Rentals

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

### Pool Rentals

Contact Mawi at 604.718.5830 or email [mawi.bagon@vancouver.ca](mailto:mawi.bagon@vancouver.ca)

### Rink Rentals

Go to [vancouver.ca/parks-recreation-culture/rink-rentals](http://vancouver.ca/parks-recreation-culture/rink-rentals) or contact Susy at 604.718.5836 or email [susy.bando@vancouver.ca](mailto:susy.bando@vancouver.ca)

### Gym/Room Rentals

Contact the Facility Support Clerks for rates and availability at 604.718.5812 or email [paul.morton@vancouver.ca](mailto:paul.morton@vancouver.ca) or [wally.tarrant@vancouver.ca](mailto:wally.tarrant@vancouver.ca)

### 1739 Venables – The Hall

We have been hosting programs in the space and renting the space out for community groups for three years. Our mission is to foster active community building, collaboration, co-creation, grass roots education and involvement to contribute to quality of life for individuals and neighbourhoods. We are confident that there will be great opportunities for our community over the next few years. Currently it is home to Kick Stand (page 42) and Axe Capoeira (page 26).

Contact Helen at 604.257.3087 or email [helen.spaxman@vancouver.ca](mailto:helen.spaxman@vancouver.ca)

# Registration Information

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

Registration starts at 9:00am on Tuesday December 6, 2016

You must have a current membership card to register for all Britannia programs. The membership year runs from September 1, 2016 to August 31, 2017.

**Membership fees will be automatically added to your online purchase. See page 2 for membership information.**

## Register in Person

Registration starts at 9:00am on Tuesday December 6, 2016

At the **Information Centre**, (No Cash payments please).

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

### Registration Hours at the Pool Cashier are:

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

### Registration Hours at the Information Centre are:

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

## Register by Phone at 604.718.5800 ext. 1

Registration starts at 1:00pm on Tuesday December 6, 2016.

A copy of your program registration, your credit card slip and membership card will be mailed to you upon request if you have an e-mail address.

## Refund Policy

- A full refund will be granted if 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.

### Swim / Skate Refunds

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

Exceptions: No refund on single session programs  
Transfers possible prior to second class

### Cancellation Policy

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

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

## Subsidy Policy

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

### Residents of Vancouver on the Leisure Access Program

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

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

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

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

### Licensed Child Care Subsidy

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

### Fun For All!

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

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



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

# Britannia

## RENEWAL

This past fall Urban Arts Architecture, led by Jennifer Marshall together with a team with Colette Parsons, David Ramslie, Jeff Cutler and Don Schmitt, were selected to support the Britannia Renewal. Most recently UA worked successfully with the local community, the municipality of New Westminister and community organizations to support the Queensborough Community Centre Expansion. UA has a proven record of using sustainable design principles to build multi-use community facilities such as the T'it'q'et Community Hall and Health Centre in Lillooet BC and the Metropolitan Central YMCA in Toronto.

Urban Arts has been hired by the City of Vancouver to work with Britannia's Planning & Development Committee and site partners to guide us through Phase 1 of our planning:

Public Outreach > Visioning > Development of a new Master Plan

We anticipate this Master Plan to be completed in the late fall of 2017.

To get involved and have your voice heard:

- Come to a meeting of the Planning & Development Committee on the 3rd Tuesday of every month (Jan 17, Feb 21, Mar 21), 7:00–9:00pm, in the Information Centre Conference Room.
- Watch for upcoming events to contribute your ideas to the planning process.
- Visit our website today, [www.britanniarenewal.org](http://www.britanniarenewal.org), to receive updates, get on our mailing list, or to find the about meetings, events, and other chances to get involved.

For more information contact Cynthia Low at 604.718.5815 or [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)



# Committees

At Britannia our Mission is to develop, coordinate and support a wide range of excellent programs and services for Grandview-Woodland and Strathcona by working with community members, partners and local agencies.

Committees are a core of our communication with our community. They are a key resource for our programming team to understand what the neighborhood desires for events, facilities and programming. Through the 40 years we have served the community, committees have been instrumental in our program development.

If you have program ideas or would like to be part of the 100's of volunteers that create the vision and direction for all the programs at Britannia, please join a committee and become part of Britannia's future. Call us at 604.718.5800 or go to [www.britanniacentre.org](http://www.britanniacentre.org) for more information.

## Our active Committees are:

- Arena (1st Tue/mo)
- Arts and Culture (1st Thu/mo)
- Board Development (Varies)
- Board of Management (2nd Wed/mo)
- Child Care and Children (4/yr)
- Community Education (3rd Mon/mo)
- Executive (4th Wed/mo)
- Finance (4th Wed/mo)
- Library Management (3/yr)
- Planning and Development (3rd Tue/mo)
- Pool and Fitness Centre (1st Wed/mo)
- Program (3rd Tue/mo)
- 55+/Seniors (3rd Thu/mo)
- Volunteer (Last Wed/mo)
- Youth (1st & 3rd Fri/mo)

# Volunteer in your Community



Anna Cooper has been a volunteer coach with the Britannia Micro Footie program since 2010. She likes this volunteer job because she gets to be with children outdoors, coaching a game that she started playing when her boys were pre-schoolers. She has lived and worked in the neighbourhood since she moved to BC in 2001.

“Volunteering with the fantastic Britannia Community Centre has been a great way to meet families and individuals, many who remain friends of mine today.”

Britannia Micro Footie coaches are Britannia's largest group of volunteers. They dedicate their Spring to once a week evening practice and once a week game on Saturdays. Intake is ongoing through March. For more information contact the Britannia Volunteer Coordinator or: <http://www.britanniasoccer.org/>

Why volunteer with us? Britannia is like NO other site in the Lower Mainland - a unique integration of education, recreation, library and social services for the Grandview-Woodland and Strathcona Community. Whether you are looking for a once a week steady assignment, intensive daycamp 5 days/week for the summer or the occasional call-out for special events,

Volunteers will have the opportunity to:

- Learn and implement new skills
- Share your skills with others
- Enhance personal growth & learning
- Be challenged
- Gain work experience
- Complete academic credits (build experience)
- Give back to the community
- Get involved in the community
- Be an agent of change
- Be celebrated by a giving volunteer community

For more information, please contact the volunteer coordinator at 604.718.5860 or visit our website [www.britanniacentre.org](http://www.britanniacentre.org).

## Art Gallery Exhibits & Programs

### January 4-27, 2017

**Opening Reception:** Wednesday January 4, 6:30-8:30 pm

**Artist Talk:** Wednesday, January 18, 7pm in the Britannia Art Gallery

Reductive Modernism, Gouged Non-objective Plywood Paintings by Edzy Edzed

No Struggle, No Growth, Acrylic Paintings by Laurel Swenson



### February 1-24, 2017

**Opening Reception:** Wednesday, February 1, 6:30-8:30 pm

Fish and Moose, mixed media works by Ken Gerberick



### March 1-31, 2017

**Opening Reception:** Wednesday, March 1, 6:30-8:30 pm

Impressions of the World, acrylic paintings on paper by Humberto Rivera

Art Expressing Duality, mixed media paintings by Andrea Des Mazes



### Learn Linocut: Intro to Block Printing (13yrs+)

Christina Wightman is a professional printmaker who received her main education in printmaking through Nova Scotia College of Art & Design.

Learn a basic method of relief printing by carving to produce & re-produce images for prints, cards, clothing and other crafts. Bring ideas/images or photos of what you would like to carve

Sun 1:00-4:00pm

Dec 4

Rink Mezz

\$10/1 sess

69683



### Japanese Bookbinding (16yrs+)

Suzan Lee is a professional bookbinder who has facilitated several workshops for Britannia Art Gallery, demonstrating different styles from ancient to modern techniques. Make up to 3 blank books using an ancient technique of stab binding. The elegant spine designs vary greatly from simple to complex. Bring a notebook and pen to take notes.

Sun 1:00-4:00pm

Dec 11

RAR

\$10/ 1 sess

69684



# Special Events



## Britannia Box of Light

We are delighted to announce that Ronnie Dean Harris aka Ostwelve and Kelty Jean McKerracher are the successful candidates for the Artist in Communities program.

Ronnie Dean Harris aka Ostwelve, is a Stō:lō/St'át'imc/Nlaka'pamux multimedia artist based in Vancouver, BC. Kelty Jean McKerracher is a multi-disciplinary community-engaged artist based in Vancouver, BC, Coast Salish Territories. Together they will be working on the project, Britannia's Box of Light.

Expect to see Ronnie and Kelty in the Britannia Community Services Centre interacting and creating relationships with the Britannia Community.

Britannia Box of Light is an arts-based exploration into the values and gifts held and shared by the Britannia community. This 'listening/research process' will springboard from the question: 'what do you love?' and will consist of ideation and art-making workshops with multiple community groups leading to collaborative artistic expressions. An exploration into the core of what Britannia loves and holds nearest to their hearts are the bits of light artists Kelty McKerracher and Ronnie Dean Harris are looking to understand.

<https://britanniaboxoflight.wordpress.com/>

## Holiday Swim



Come and join us for a Holiday Swim! Festive music, activities and refreshments. Make sure you bring your cameras, as Santa will be making a special appearance.

Sun 3:00-5:00pm Dec 4 Free

## Holiday Decor Workshop



Celebrate the season by making your own holiday decor items, gifts & art projects. Featuring various local artists instructing in a variety of media. All materials provided. For more information contact Coordinator Katherine Polgrain by email: [courage62@shaw.ca](mailto:courage62@shaw.ca)

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

## Gingerbread House

Bring the whole family, up to 4 members to build a graham cracker gingerbread-style house. Candies and frosting and crackers will be provided, feel free to bring along your own decorations. Additional kits for use within the family will be \$3, must be done on-site. Please register by Dec 7 so the correct number of kits will be available. All children under 12 yrs must have a parent or guardian present.

Sun 1:00-3:00pm Dec 11  
CFEC \$6/1 sess  
74253 H Spaxman



## Brit Chill Holiday Skate



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

Sun 1:45-3:15pm Dec 18 Free

## Boxing Day Skate

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

Mon 1:00-3:30pm Dec 26 Free



## 4th Annual Winter Solstice Coffee House 2016: Solstice/Equinox Coffee House Series

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

Sun 7:00-10:00pm Dec 18  
55+ Centre Free





# Special Events

## Free Youth Swim (11-18yrs)

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

**Fri 8:00-10:00pm** Jan 6, Feb 3, Mar 3  
**Britannia Pool** Free



## Britannia Preschool OPEN HOUSE

All families interested in the preschool program are invited!

Come visit our beautiful playroom and meet the teachers who provide an enriched learning environment!

**Fri 1:00-2:30pm** Feb 24  
 Free



## 2nd Annual Spring Equinox Coffee House 2017: Solstice/Equinox Coffee House Series

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

**Sun 7:00-10:00pm** Mar 19  
 55+ Centre Free



## Preteen Dance (10-13yrs)

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

**Fri 6:30-9:00pm** Feb 10  
 CFEC Free

## Hearts Workshop 2017

Express your inner heart utilizing collage, colour and sparkles in this hands-on workshop. Explore the depths of love with words, images and beyond. Gift your heart to your beloved, love-bomb your neighbourhood for all to feel the love, bring your heart home as an act of self-love. Any which way, we will fill the room with love because the world needs more love, right? Right! All materials supplied, drop-in for all ages. Facilitated by Paula Luther, East Van community artist and instigator of good things.

**Sat 1:00-4:00pm** Feb 11  
 55+ Centre Free



## Earthquake Preparedness Personal & Family

We all witnessed the earthquakes in New Zealand, Haiti and Chile and saw the devastation caused. December 29, 2015 Vancouver was rocked with a magnitude 4.8 earthquake serving as a wakeup call - we too could be faced with a massive earthquake - yet few of us take the steps to ensure we are prepared. This session covers what is required to develop your family emergency plan, how to conduct a "Home Hazard" Hunt and what to do when an earthquake strikes.

**Mon 7:00-8:30pm** Mar 6  
 LRC Free  
 92479 NEPP



## Save the Date - April 2017 Banner Workshop

Spring 2017 theme: Tune-In

Banners are large and hang in pairs and will be displayed outdoors on site and in the Library. This is a great workshop for friends and family. They are completed on site in the secondary school cafeteria. Children under 12 must be accompanied by an adult. Wear old clothes and bring a lunch, a colour sketch of your idea and your blue bag full. Banners can be purchased after exhibition for \$20/set. Artists get first chance to buy their own banners.

**Sat/Sun 10:00am-4:00pm** Apr 8 & 9, 2017  
 Cafe \$20/2 sess  
 H.Spaxman



Artists: Anna & Lisa Chou

# Licensed Child Care

## Five Child Care Centres Spaces available, apply today

### Child Care Mission Statement

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

### About our Child Care programs

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

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

### About our Staff

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

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

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

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

### Mount Pleasant Child Care

960 East 7<sup>th</sup> Avenue      Wade Forbes 604.718.5844  
Hours: Mon-Fri      7:30am-6:00pm  
FEES: \$1210/mo  
Program provide am/pm snack & lunch.



Arts & Crafts at Britannia Preschool

### Preschool Program (3-5yrs)

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

### Britannia Preschool

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



### Britannia Preschool OPEN HOUSE

Friday February 24, 2017

1:00-2:30pm

1661 Napier St (building #20 on map, see back cover)

All families interested in the preschool program are invited!  
Come visit our beautiful playroom and meet the teachers who provide an enriched learning environment!

# Licensed Child Care

## Daycare Programs (3-5yrs)

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

## Mount Pleasant Child Care

960 East 7th Avenue Wade Forbes 604.718.5844  
Hours: Mon-Fri 7:30am-6:00pm  
FEES: \$910/mo  
Program provide am/pm snack & lunch.

## Grandview Terrace Child Care

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

## Eaglets Daycare

485 Semlin Drive Suzy Liguori 604.718.5856  
Hours: Mon-Fri 7:30am-6:00pm  
FEES: \$914/mo Snacks provided



Reading time at Britannia Out of School Care

## Family Support Program

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

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

## Community Action Program for Children (CAPC)

Beatrice Feza 604.718.5821

## Provincial Child Care Subsidy

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

## Out-of-School Programs (5-12yrs)

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

All programs CLOSED on statutory holidays

## Britannia Out of School Care

1661 Napier Street Lorraine Evans 604.718.5843  
Pick up from: Britannia Elementary  
Queen Victoria Annex  
Sep-Jun Hours: Mon-Fri 7:30-9:00am (Brit Only)  
3:00-5:45pm (Brit/QV)  
7:30am-5:45pm  
School Breaks/Jul & Aug 7:30am-5:45pm  
FEES: Full Time \$355/mo  
3 Days \$230/mo  
2 Days \$210/mo  
Jul & Aug \$550/mo  
\$150/wk  
Breakfast & pm snack provided

## Lord Nelson Child Care

2235 Kitchener Street Latisha Buksh 604.713.5863  
Pick up from: Lord Nelson Elementary  
Sep-Jun Hours: Mon-Fri 7:30-9:00am  
3:00-5:45pm  
School Breaks/Jul & Aug 7:30am-5:45pm  
FEES: \$355/mo  
Jul & Aug \$150/wk

## Eagles In The Sky Child Care

103B-1950 E. Hastings Kinga Batko 604.230.1885  
Pick up from: MacDonald Elementary  
Hastings Elementary  
Lord Nelson Elementary  
Ecole Anne Hebert  
Sep-Jun Hours: Mon-Fri 7:30am-9:00am  
3:00pm-5:45pm  
School Breaks/Jul & Aug 7:30am-5:45pm  
FEES: MacDonald Elementary \$381/mo  
Hastings/Lord Nelson/Anne Hebert \$401/mo  
Jul & Aug \$550/mo  
Snack provided

## Grandview Terrace Child Care

2075 Woodland Drive Alejandra Uribe 604.718.5846  
Pick up from: Grandview Elementary  
Lord Nelson Elementary  
Queen Victoria Annex  
Ecole Anne Hebert  
Sep-Jun Hours: Mon-Fri 7:30am-9:00am  
3:00pm-6:00pm  
No AM care for Lord Nelson  
School Breaks/Jul & Aug 7:30am-6:00pm  
FEES: \$371/mo  
Jul & Aug \$555/mo  
Breakfast & pm snack provided

# Preschool

## Arts

### Baby Sign Language (0-2yrs)

Did you know that babies understand and can communicate long before they are able to speak? Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Increase understanding of your child's needs and wants, alleviating much unneeded frustration. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby to class. Sleeping babies welcome. Babies 0- 24 months. No drop-in.

**Tue 9:45-10:30am Feb 21-Mar 21**  
**Mat Rm \$64/5 sess**  
**82127 Into Yoga**

### Creative Nature Dance (3-4yrs)

Come to dance with the rhythms of nature, let your child imagination explore elemental embodiment, of fire, wind, water and earth. Children will be encouraged to feel the sounds of nature and dance the shapes and feelings of animals. Playful imaginative lessons from the animal world will give children a greater foundation in the harmony and co-operation of animals through dance movement and play.

**Wed 11:20am-12:00pm Jan 18-Mar 8**  
**1739 Venables \$80/8 sess**  
**86067 N.Pluzak**

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

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

**WED 9:45-10:30am Jan 18-Mar 8**  
**RAR \$63/8 sess**  
**86102 H.Spaxman**



## Children's Dance, with Endorphin Rush Dance

### My First Dance Class (2-4yrs)

An introduction to creative dance. Aspiring little dancers will use songs, movement explorations and games to explore coordination, rhythm, spatial awareness and cooperation. This class for the youngest of dancers to experience a playful class with the support of their parents being present. More info at kirbysnelldance.com. No Class Feb 11.

**86086 Sat 9:30-10:10am Jan 14-Mar 11 \$80/8 sess**  
**86087 Sat 10:15-10:55am Jan 14-Mar 11 \$80/8 sess**

### Ballet /Jazz (3-4 yrs)

Jump, skip and twirl! In this class children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. This is a closed class, however, in the final week of the session we invite parents to stay for a presentation of what we have been learning. www.kirbysnelldance.com. No Class Feb 11.

**86056 Sat 11:00-11:40am Jan 14-Mar 11 \$80/8 sess**  
**86055 Sat 11:45am-12:25pm Jan 14-Mar 11 \$80/8 sess**

### Creative Ballet (4-6 yrs)

An introduction to the foundations of ballet through creative dance. Aspiring little dancers will explore coordination, rhythm, spatial awareness, and cooperation. Classes will include songs, movement explorations, basic ballet steps, games, and a variety of fun music. Dancers must be able to attend unaccompanied by a parent, but we'll have a performance on the last day where you can cheer on your little dancer with gusto. No Class Feb 11.

**86065 Sat 12:30-1:10pm Jan 14-Mar 11 \$80/8 sess**  
**86064 Sat 1:15-2:00pm Jan 14-Mar 11 \$80/8 sess**



## Jump Into Music (6mo-4yrs)

This one-of-a-kind music and movement program engages, educates, and entertains parent and child while on a musical journey through different styles and cultures. Curriculum is designed to stimulate the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. A family fun environment exploring culture and world music. Try a free class anytime, 25% sibling discount, drop-ins welcome \$15. Check out our video and visit [www.jumpintomusic.ca](http://www.jumpintomusic.ca) for more info.

### Free Trial Class

**Wed** 11:15am-12:00pm **Jan 4**  
**MAT** Free  
**86072 M.Lee**

**Wed** 11:15am-12:00pm **Jan 11-Mar 8**  
**MAT** \$108/9sess  
**86073 M.Lee**

## Music Together® (0-5yrs)

A Music Together® class is rainbow coloured falling leaves, tyrannosaurus rex's, rockets to the moon and trains to the beach. Come dance, sing songs and play with bells of all sorts, triangles, shakers, and instruments galore! All this with a developmentally appropriate, research based curriculum taught by a registered Music Together teacher. Parent participation is required. Sibling rate; \$105 (sibling 7 month and older). Siblings 7 months of age and under attend free. Tuition includes two CD's, a Songbook, a Parent Guide DVD and a Parent Education evening. Full payment refundable PRIOR to first class. After first class \$60 fee is non-refundable. Registration closes after the 3rd class. No class Spring Break March 13-24

**Tue** **Jan 10-Mar 28**  
**86085 9:30-10:15am**  
**86082 10:30-11:15am**  
**Rink Mezz Katy \$165/10 sess**

**Wed** **Jan 11-Mar 29**  
**86084 9:30-10:15am**  
**86083 10:30-11:15am**  
**86080 11:30am-12:15pm**  
**Rink Mezz Noa \$165/10 sess**

**Thu** **Jan 12-Mar 30**  
**86081 9:30-10:15am**  
**86079 10:30-11:15am**  
**Rink Mezz Johanna \$165/10 sess**

**Sat** **Jan 7-Mar 11**  
**86078 9:30-10:15am**  
**86077 10:30-11:15am**  
**86076 11:30am-12:15pm**  
**Rink Mezz Katy \$165/10 sess**

## Physical Activity

### Britannia Gymnastics (18mo-15yrs)



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

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

### Tiny Tumblers and Gym Kids/ Adv Gym Kids (3-6yrs)

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.

\*\*See page 16 for full program and registration details or go to [britanniagymnastics.com](http://britanniagymnastics.com)

### 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. No class Sat Feb 11, Elem school Pro D days.

**Sat** **10:00am-12noon** **Jan 7-Mar 11**  
**82128 \$2.50 Drop-in**  
**\$20/10 tickets**

**Tue/Wed/Thu** **11:00-12:30pm** **Jan 12-Mar 9**  
**82132 \$2.50 Drop-in**  
**\$20/10 tickets**

### Toddler and Me Dance (2-3yrs)

A dynamic, high energy class that can be repeated over and over again! Dancing alongside your child, you'll get to experience the sheer joy of watching them dance and learn all the new yoga moves, from gallops and jumps, to floating and falling, to dancing like a bear searching the river for fish!

**Wed** **10:25-11:10am** **Jan 18-Mar 8**  
**1739 Venables \$80/8 sess**  
**86101 N.Pluzak**

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

Multi-sport classes teach children important introductory physical skills and help children develop confidence in their abilities through 8 different ball sports. Parents must participate. No class Feb 11.

**Sat** **11:30-12:15pm** **Jan 14-Mar 11**  
**Gym C \$120/8 sess**  
**82133 Sportball Staff**

### Sportball Multisport (3.5-5yrs)

Programs help pre-schoolers refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. No class Feb 11.

**Sat** **12:15-1:15pm** **Jan 14- Mar 11**  
**Gym C \$120/8 sess**  
**82134 Sportball Staff**



### Knitting Social - All Ages

Come learn to knit or crochet, OR just come & knit and socialize. All ages. Knit something for yourself or a friend or for someone in need.

**Wed** **1:00-3:30pm** **Jan 4-Mar 29**  
**Rink Mezz Free**  
**91433**

# Children

## Arts

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

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

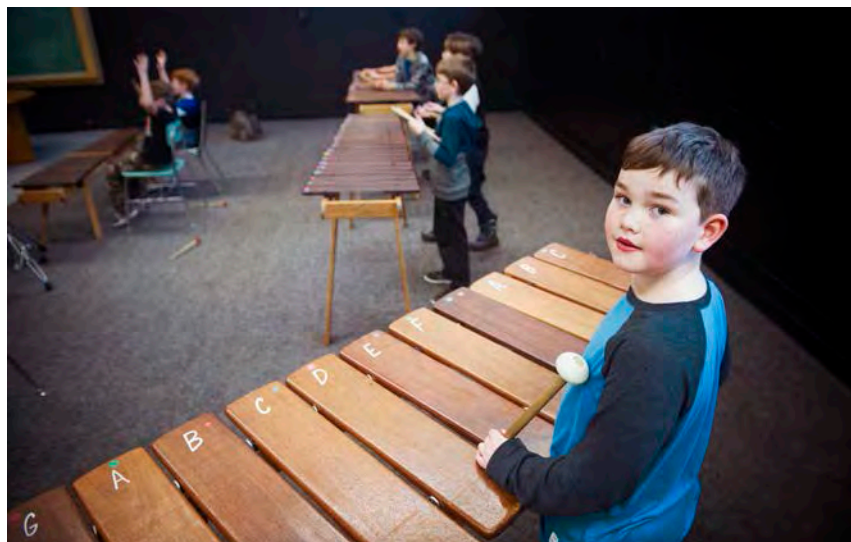
Thu 4:00-5:15pm Jan 19-Mar 9  
Rm 208 \$100/8 sess  
86061 H.Spaxman



### Beginner Marimba (8-18yrs)

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

Thu 4:00-5:00pm Jan 5-Mar 9  
Rm 111 \$120/10 sess  
86058 R.Layne



### Intermediate Marimba (10-18yrs)

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

Thu 5:00-6:00pm Jan 5-Mar 9  
Rm 111 \$120/10 sess  
86071 R.Layne

### Youth Marimba Performance Group (11-18yrs)

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

Thu 6:00-7:00pm Jan 5-Mar 9  
Rm 111 \$120/10 sess  
86107 R.Layne

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

Learn an instrument and enjoy a lifetime of music! These lessons consider each student's development and goals. Conservatory exam preparation is available. An on-going program for Sept-June, students are ensured placement for the duration of their studies. Payment is made in advance of each set. Lessons are available for 30, 45 and 60 minutes per week at the discretion of the instructor. Prior to registering, new students must contact the instructor for a weekly lesson time at [janine.oye@gmail.com](mailto:janine.oye@gmail.com). Clarinet students must provide their own instruments. Phone in or in person registration only, no online. Please call 604.718.5800 ext 1.

#### Set 1

Thu 4:00-8:30pm	Jan 5-Feb 9
Music Rm 86088	\$144/6 sess
Fri 3:30-8:00pm	Jan 6-Feb 10
Music Room 86089	\$144/6 sess
Sat 9:00am-4:30pm	Jan 7-Feb 11
Music Rm 86090	\$144/6 sess
J.Oye	

#### Set 2

Thu 4:00-8:30pm	Feb 16-Mar 16
Music Rm 86091	\$120/5 sess
Fri 3:30-8:00pm	Feb 17-Mar 17
Music Rm 86092	\$120/5 sess
Sat 9:00am-4:30pm	Feb 18-Mar 18
Music Rm 86093	\$120/5 sess
J.Oye	

### Violin & Fiddle Private Lessons

These are 30 minute private violin lessons for adults and children aged 6 & up. The teaching method follows the Suzuki Method and covers classical and fiddle. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at [fiddlelessons@shaw.ca](mailto:fiddlelessons@shaw.ca) to arrange lesson time PRIOR to registering. No class Feb 13

Mon 3:30-8:45pm Jan 9-Mar 6  
Music Rm \$192/8 sess  
86103 S.Saunders

## Physical Activity

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

We offer ongoing classes for children and youth. Classes cover all aspects of Capoeira: martial arts, dance, music acrobatics, culture, language. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Registration includes unlimited participation in training as well as dance and music classes. Youth can attend adult classes as well. Drop in \$20 (go to the Pool Cashier at Britannia to pay and bring the receipt to the Instructor). Classes are located at 1739 Venables. For further information check out page 26 for the Axe schedule or [www.axevancouver.com](http://www.axevancouver.com).

<b>Wed</b>	<b>3-6yrs</b>	<b>6-6:45pm</b>	<b>Jan/Feb</b>
<b>84220</b>			
<b>Wed</b>	<b>3-6yrs</b>	<b>6-6:45pm</b>	<b>Mar/Apr</b>
<b>84221</b>			
<b>Mon-Thu</b>	<b>7-18yrs</b>	<b>5-6:00pm</b>	<b>Jan/Feb</b>
<b>82258</b>			<b>\$150</b>
<b>Mon-Thu</b>	<b>7-18yrs</b>	<b>5-6:00pm</b>	<b>Mar/Apr</b>
<b>82259</b>			<b>\$150</b>

### Fencing - Children (8-14yrs)

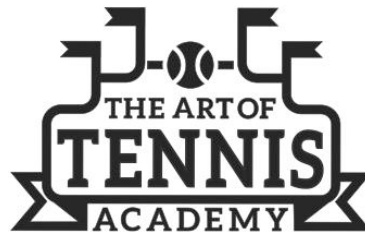
Learn the ancient art of sword play for fitness, sport and just plain fun! We will practice the art of fencing with foils in a safe, fun environment. All ages and skill levels are welcome. All equipment is provided. Wear track pants and court shoes. Program will be located at LaSalle's Fencing Studio on the Drive at 2155 Commercial Drive. Register at Britannia, program takes place offsite. No class Sat Feb 11.

<b>Sat</b>	<b>10:00-11:30am</b>	<b>Jan 14-Mar 18</b>
<b>LaSalle Studio</b>		<b>\$63/9 sess</b>
<b>82253</b>		

### Fencing - Youth (12-18yrs)

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. No class Feb 13.

<b>Mon</b>	<b>6:00-8:00pm</b>	<b>Jan 9-Mar 27</b>
<b>LaSalle Studio</b>		<b>\$88/11 sess</b>
<b>82217</b>		
<b>Wed</b>	<b>4:00-6:00pm</b>	<b>Jan 11-Mar 29</b>
<b>LaSalle Studio</b>		<b>\$96/12 sess</b>
<b>82218</b>		



### Mini (6-9yrs)

This class is an introduction to tennis for children. Students are introduced to basic forehand and backhand skills while developing hand-eye coordination through a variety of fun games and activities. Bring your racket, runners. No class Feb 11.

<b>Sat</b>	<b>1:30-2:30pm</b>	<b>Jan 14-Mar 18</b>
<b>Gym D</b>		<b>\$81/9 sess</b>
<b>82219</b>	<b>JC. Maldonado</b>	

### Future Stars (8-14yrs)

This class develops more advanced tennis skills through drills and rallies preparing participants for significant game play. This class focuses on the fundamentals of competitive tennis. Bring your own racket, runners. No class Feb 11.

<b>Sat</b>	<b>3:30-4:30pm</b>	<b>Jan 14-Mar 18</b>
<b>Gym D</b>		<b>\$81/9 sess</b>
<b>82225</b>	<b>JC. Maldonado</b>	

### Junior (10-14yrs)

This class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills and be given the opportunity for game play. Bring your own racket, runners. No class Feb 11.

<b>Sat</b>	<b>2:30-3:30pm</b>	<b>Jan 14-Mar 18</b>
<b>Gym D</b>		<b>\$81/9 sess</b>
<b>82220</b>	<b>JC. Maldonado</b>	

### Volleyball - Apex Volleyball Club House League (10-13yrs)

Britannia has teamed up with Apex Volleyball Club to offer a House League for those who want to play volleyball throughout the winter and spring season. Coaches will refine skills and game play will be emphasized. Any athlete who was born between 2003 – 2005 (12U to 14U) is eligible. Registration will be limited to 32 so sign up early. Registration will start Tue Dec 6 at 9am online ([www.vancouver.ca](http://www.vancouver.ca)) OR in person at Britannia Community Centre, 1661 Napier Street, Vancouver. You may also phone in to register starting at 1:00pm on Dec 6. No class Feb 13, Mar 20, Apr 17

<b>Mon</b>	<b>7:00-8:30pm</b>	<b>Feb 6-Apr 24</b>
<b>Gym A/B</b>		<b>\$135/9 sess</b>
<b>87727</b>		

### Traditional Kung Fu (6yrs+)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association. is included in the fee. No class Jan 27, Feb 13.

#### Beginner

<b>Mon Fri</b>	<b>4:30-5:45pm</b>	<b>Jan 9-Mar 10</b>
<b>CFEC</b>		<b>\$139</b>
<b>82579</b>	<b>M. Lung</b>	

#### Intermediate

<b>Mon Fri</b>	<b>4:30-6:15pm</b>	<b>Jan 9-Mar 10</b>
<b>CFEC</b>		<b>\$155</b>
<b>82580</b>	<b>M. Lung</b>	

#### Advanced

<b>Mon Fri</b>	<b>4:30-6:30pm</b>	<b>Jan 9-Mar 10</b>
<b>CFEC</b>		<b>\$163</b>
<b>82582</b>	<b>M. Lung</b>	

## Daycamps

### Funseekers Daycamp (6-12yrs)

There are many activities and out-trips planned for the Funseekers program! Come on to learn new skills, meet new friends, or simply to have FUN! Swim, skate, learn arts and crafts, play group games, go on out-trips and more! Register early to avoid disappointment. Please provide lunch, snack, and water daily. Parents are required to complete consent forms.

Funseekers Cancellation Policy: A \$5 administration fee will be charged for each camp a refund is requested for. Refund requests must be made a minimum of one week (seven days) prior to the start of the program. No refunds after this time.

### Winter Break

<b>Mon-Fri</b>	<b>9:00am-3:00pm</b>	<b>Dec 19-23</b>
<b>71083</b>		
<b>Mon-Fri</b>	<b>9:00am-3:00pm</b>	<b>Dec 26-30</b>
<b>71087</b>		
<b>Gym D</b>		<b>\$95/5 sess</b>

### Spring Break

<b>Mon-Fri</b>	<b>9:00am-3:00pm</b>	<b>Mar 13-17</b>
<b>83328</b>		
<b>Mon-Fri</b>	<b>9:00am-3:00pm</b>	<b>Mar 20-24</b>
<b>83329</b>		
<b>Gym D</b>		<b>\$95/5 sess</b>

## Britannia Gymnastics(18mo-15yrs)

www.britanniagymnastics.com

This popular community program will promote your child's self-esteem and develop strength, flexibility, agility and coordination through the fundamentals of gymnastics. Children can wear a bodysuit, shorts, t-shirts. All programs take place in Britannia Secondary School, 1001 Cotton Drive, Gym B. No class Feb 25, Feb 26.

Sat	Jan 21 – Mar 18			
82910	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$64/8 sess
82911	Gym Kids	4-5yrs	2:00-2:45pm	\$64/8 sess
82912	Gym Kids	4-5yrs	3:00-3:45pm	\$64/8 sess
82913	Performance	6-9yrs	4:00-5:00pm	\$82/8 sess

Sun	Jan 22 – Mar 19			
82914	Dynamic Duo	18m-3	10:00-10:45am	\$64/8 sess
82915	Dynamic Duo	18m-3	11:00-11:45am	\$64/8 sess
82916	Performance	6-9yrs	11:30-12:30pm	\$82/8 sess
82917	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$64/8 sess
82921	Adv Gym Kids	5-6yrs	12:45-1:45pm	\$82/8 sess
82918	Performance	6-9yrs	3:15-4:30pm	\$88/8 sess

### Britannia Gymnastics Spring Break Camp 2017

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

Mon-Fri Mar 20-24 9:30-3:30pm \$225 Gym B Gym Coaches 82260

### Micro Footie Development (4-12yrs)

MF Development is a unique coaching experience for youth players. Rupert Postma, identified this year as one of the top youth players in North America by Celtic FC is a consistent player in the MF Development Curriculum. Players in MF Development learn Celtic turns, combination play, taking players on one on one, skills, out the box activities, and movement. The MF Development sessions are specifically for players who want to raise their game. Please note: Select high potential players from Micro Footie Development have an opportunity to take part in a North American ID Camp in 2017.

Taught by Jason Kyle: FIFA B Licence, MF Founder, KLM Technical Director, 2016 BC Summer Games Coach, MF mentor to coaches Jorge Porter, Soccer For life and Anthony Cristante, B Licence Prep. No class Feb 12.

Sun	Jan 8-Feb 26			
82135	Beginner players	4-5yrs	9:30-10:30am	\$63/7sess
82136	Experienced players	4-5yrs	10:30-11:30am	\$63/7 sess

Sun	Jan 8-Feb 26			
82203	6-7yrs		11:30-12:45pm	\$105/7 sess
82205	8-10yrs		1:00-2:15pm	\$105/7 sess

### Dynamic Duo

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

### Tiny Tumblers and Gym Kids/Adv Gym Kids

Develop your child's self-concept and self-esteem in a highly energetic and positive gymnastics environment. Innovative coaching styles and progressive training will teach basic to advanced skills in all gymnastics events. Beginners and those who have already 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 Demo Team (9-15yrs)

These programs progress from Sept 2015 to May 2016 and are presently full.

### Britannia Coaches

Our fantastic, enthusiastic team of Coach Kasha, Brenna, Caelan, Aaron and all our Coaches in Training are all looking forward to another great gym session!

### Soccer Spring Break Camp (4-15yrs)

Register for these week long dynamic soccer camps led by FIFA Jason Kyle. Camps will take place at Empire Bowl (Hastings Park).

Mon-Fri		Mar 13-17	
84567	4-5yrs	9:30-11:00am	\$89
84570	6-15yrs	9:30-12:00pm	\$125





## Britannia Micro Footie Spring League 2017

www.britanniasoccer.org

Britannia has been offering this popular recreational spring soccer league for over 24 years! This year we are very excited to continue Saturday game days at Vancouver's Empire Bowl. Practices will continue to take place in our local fields. 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 for updated information. No classes May 20, 22 2017.

Program Dates: Saturdays April 22-June 24, 2017

Program Cost: \$99/player

Registration: Tuesday January 10, 2017 at 9:00am

- Online (www.britanniasoccer.org – follow instructions).
- In person at Britannia Info Centre, 1661 Napier Street, Vancouver.
- We will close program registration Wed Jan 11 to assess, then re-open registration again on Thursday Jan 12 until divisions fill.
- Due to the challenging task of placing players on teams, refunds will be issued up to Mar 26. No refunds will be issued after this date.

If you have any questions regarding the 2017 Britannia Micro Footie season, please note the NEW contact email britfootie2017@gmail.com and NEW contact phone number at 604.718.5862.

### Micro Footie Game & Practice Schedule (subject to change)

	DIVISION	AGE	SAT GAME TIME	GAME LOCATION	WEEKDAY PRACTICE TIME/LOCATION
89816	Mini Micros (60)	3yrs	9:00-10:00am	Empire Bowl, South	Not applicable
92012	Beginner A Coed (80)	4-5yrs	10:15-11:15am	Empire Bowl, South	Mon 5:45-6:45pm Garden Park
92021	Beginner B Coed (80)	4-5yrs	11:30-12:30pm	Empire Bowl, South	Wed 5:45-6:45pm Garden Park
92022	Inter 1 Girls (80)	6-7yrs	12:45-1:45pm	Empire Bowl, South	Mon 6:45-7:45pm Garden Park
92026	Inter 1A Boys (80)	6-7yrs	2:00-3:00pm	Empire Bowl, South	Wed 6:45-7:45pm Garden PK
92346	Inter 1B Boys (40)	6-7yrs	3:15-4:15pm	Empire Bowl, South	Thu 6:00-7:00pm Brit Oval
92345	Inter 2 B Boys (40)	8-9yrs	3:15-4:15pm	Empire Bowl, South	Thu 6:00-7:00pm Brit Oval
92029	Inter 2A Boys (80)	8-9yrs	9:00-10:00am	Empire Bowl, North	Wed 7:00-8:00pm Brit Oval
92031	Inter 2 Girls (80)	8-9yrs	10:15-11:15am	Empire Bowl, North	Wed 6:00-7:00pm Brit Oval
92032	Advanced Boys (80)	10-11yrs	11:30-12:30pm	Empire Bowl, North	Mon 7:00-8:00pm Brit Oval
92041	Advanced Girls (80)	10-12yrs	12:45-1:45pm	Empire Bowl, North	Mon 6:00-7:00pm Brit Oval
92044	Super Adv Boys (80)	12-13yrs	2:00-3:00pm	Empire Bowl, North	Tue 7:00-8:00pm Brit Oval
92046	Super Adv Girls (44)	13-15yrs	3:15-4:15pm	Empire Bowl, North	Tue 6:00-7:00pm Brit Oval
92047	Sr Super Adv Boys (44)	14-15yrs	3:15-4:15pm	Empire Bowl, North	Tue 6:00-7:00pm Brit Oval
<b>ROBSON PARK LOCATION</b>					
92050	Beginner C Coed (80)	4-5yrs	9:30-10:30am	Robson Park	Mon 5:45-6:45pm Robson Park
92052	Inter 1C Coed (80)	6-7yrs	10:45-11:45am	Robson Park	Mon 6:45-7:45pm Robson Park
92057	Inter 2C Boys (80)	8-9yrs	12:00-1:00pm	Robson Park	Wed 6:00-7:00pm Robson Park

### Micro Footie Coach's Mandatory Orientation Clinic

New and Returning Footie Coaches - Sat Apr 1

10:00-11:30am – New Coaches to Micro Footie

11:30-12:45pm – Beginner/Intermediate 1 Coaches

12:45-1:45pm – Inter 2/Advanced/Super Adv/Sr SA Coaches

These orientations are for new coaches and returning coaches.

Keep this day free – its mandatory to attend!!

### Practical Training Sessions with Jason

As well as the mandatory coach's orientation clinics, Jason will be offering practical sessions where he will go over valuable practice drills and coaching tips. Detailed schedule TBA.

Tue 6:30-7:45pm March 28, April 4, 11, 18  
Gym A/B

### Referees

If you are interested in refereeing Footie 2017, you must email: britfootieref@gmail.com prior to Jan 11, 2017. In your email please list your certifications and experience. We will host referee training sessions various TBD dates in Jan/Feb/March. Boys and girls 12 years and older welcome.

### Thank You

Victoria Haenel has moved on to her full time position at Britannia's front office so will no longer be our MF Coordinator. We thank her so much for her hard work and dedication to the program over the years, first as a Micro Footie Volunteer Coach, then as the Micro Footie Coordinator. Victoria will be deeply missed!

### Sponsorship Donations

Join other community minded businesses to encourage Britannia's children and youth to keep active by sponsoring the 2017 Micro Footie program. Benefits include sponsor logo on tee sleeve, Footie website and Britannia Spring 2017 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.

# Preteen

## Social

### Preteen Girls Club (10-13yrs)



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

<b>Thu</b>	<b>6:15-8:00pm</b>	<b>Jan 12-Mar 9</b>
<b>Preteen Centre</b>		<b>Free</b>
<b>83346</b>	<b>Celine</b>	

### Preteen Friday Night Live (10-13yrs)

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

<b>Fri</b>	<b>6:00-8:30pm</b>	<b>Jan-Mar</b>
<b>Watermania</b>		<b>Jan \$5/1 sess</b>
<b>92962</b>		
<b>Indoor Rock Climbing</b>	<b>Feb</b>	<b>\$15/1 sess</b>
<b>92963</b>		
<b>Mini Golf</b>	<b>Mar</b>	<b>\$5/1 sess</b>
<b>92964</b>		

### Greenhorn Community Music Project (12-17yrs)



The Greenhorn Community Music Project aspires to join the creative forces of youth, professional musicians, and community members, to compose, practice, and perform a variety of musical styles in service of orchestrating social change you can dance to. Membership required \$1.00. No class Feb 13, March 13 & 20

<b>Mon</b>	<b>3:30-5:00pm</b>	<b>Jan 9- Mar 27</b>
<b>Rm 111</b>		<b>Free</b>
<b>86069</b>		

### Youth Marimba Performance Group (11-18yrs)

This class is a year-long commitment to be part of a new performance group. We are looking for dedicated, enthusiastic and focused students. - Come to the first class free audition. Please see p.14 for full details

<b>Thu</b>	<b>6:00-7:00pm</b>	<b>Jan 5-Mar 9</b>
<b>Rm 111</b>		<b>\$120/10 sess</b>
<b>86107</b>	<b>R.Layne</b>	

## Special Events

### Preteen Dance (10-13yrs)



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

<b>Fri</b>	<b>6:30-9:00 pm</b>	<b>Feb 10</b>
<b>C FEC</b>		<b>Free</b>

### Free Youth Swim (11-18yrs)



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

<b>Fri</b>	<b>8:00-10:00pm</b>	<b>Jan 6, Feb 3, Mar 3</b>
<b>Britannia Pool</b>		<b>Free</b>

## Physical Activity

### Sole Girls Running Club (8-12yrs)



Let's make running FUN! Using creative running games, Sole Girls empowers girls ages 8 through 12 with tools to develop healthy ideas about body image, media, healthy living, peers and self-esteem. Meet outside Preteen Centre. Please pre-register.

<b>Wed</b>	<b>3:30-5:00pm</b>	<b>Jan 11-Mar 8</b>
<b>Preteen Centre</b>		<b>Free</b>

### Axe Capoeira-Introductory (13yrs+)

Take advantage of this one time offer to try Capoeira in this introductory program in Jan, Feb, Mar, Apr Mon/Thu 6:00- 7:00pm!

Please see p.26 for full details.

### Basketball Skills (9-12yrs)

Brush up on your basketball skills just in time for school basketball season! These extra sessions will improve your passing, dribbling and shooting skills. Bring your friends!

<b>Tue</b>	<b>6:30-7:45pm</b>	<b>Jan 10-Feb 21</b>
<b>Gym A/B</b>		<b>\$35/7 sess</b>
<b>93142</b>	<b>K.Li</b>	

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

This class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills and be given the opportunity for game play. Bring your own racket, runners. No class Feb 11.

<b>Sat</b>	<b>2:30-3:30pm</b>	<b>Jan 14-Mar 18</b>
<b>Gym D</b>		<b>\$81/9 sess</b>
<b>82220</b>	<b>JC.Maldonado</b>	

### Volleyball - Apex Volleyball Club House League (10-13yrs)

Britannia has teamed up with Apex Volleyball Club to offer a House League for those who want to play volleyball throughout the winter and spring season. Coaches will refine skills and game play will be emphasized. Any athlete who was born between 2003 – 2005 (12U to 14U) is eligible. Registration will be limited to 32 so sign up early.

Registration will start Tue Dec 6 at 9am online ([www.vancouver.ca](http://www.vancouver.ca)) OR in person at Britannia Community Centre, 1661 Napier Street, Vancouver. You may also phone in to register starting at 1:00pm on Dec 6. No class Feb 13, Mar 20, Apr 17

<b>Mon</b>	<b>7:00-8:30pm</b>	<b>Feb 6-Apr 24</b>
<b>Gym A/B</b>		<b>\$135/9 sess</b>
<b>87727</b>		

## Drop-In Sports

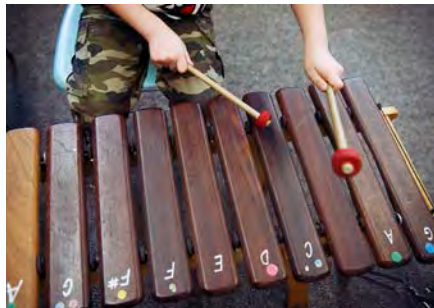


### Drop-in Open Gym (11-18yrs)

<b>Wed</b>	<b>5:30-7:00pm</b>	<b>Jan 4-Mar 29</b>
<b>Gym D</b>		<b>Free</b>

### Basketball Drop-in (11-18yrs)

<b>Fri</b>	<b>5:30 pm-6:50 pm</b>	<b>Jan 6-Mar 31</b>
<b>Gym C</b>		<b>Free</b>
<b>Sun</b>	<b>12:00-1:45pm</b>	<b>Jan 8-Mar 19</b>
<b>Gym C</b>		<b>Free</b>



## Welcome to the Teen Centre

### Hours

Mon-Thu 3:00-9:30pm

Fri 3:00-10:00pm

Sat 6:00-10:00pm

Register for all Teen Centre programs at the Teen Centre. For more information, call 604.718.5828. \*Please note: a signed parent consent form is required for many of our programs. If you have any questions or concerns please call us.

### Britannia Teen Centre

A place in the community dedicated to youth. All youth from 13-18 years are welcome. Pool, foosball, ping pong, video games, and a public access computer are all available for use. Youth, volunteers and youth workers 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



### Staff

#### Youth Programmer:

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

#### Teen Centre Programmer:

Emma Carrigan, emma.carrigan@vancouver.ca, 604.718.5828

#### Latin American Youth Programmer:

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

#### Teen Centre Support Staff:

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

## Leadership

### Britannia Youth Committee

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

### YOUUnique Youth Conference

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

A variety of workshops will be offered to youth to help further their knowledge in certain areas. Community booths will be present during lunch time to encourage the youth to reach out and meet different organizations. It's a time for them to learn, network with other agencies and peers.

Pre-registration is required.

Sat 11:00am-6:00pm Feb 25  
Auditorium Free

## Social

### Big Screen Movie Night (13-18yrs)

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

Wed 7:00-9:00pm Jan 4-Mar 29  
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

### Feast of Flavors (13-18yrs)

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

Tue 4:00-6:00pm Jan 10-Mar 28  
55+ Centre Free

## Gateway to Employment (17-19yrs)

For students with diverse abilities in the VSB additional year of high school who are attending the Gateway to Employment Program. The program will feature a wide range of social recreation activities both at Britannia and other community centres and in the community to give students opportunities to try different activities. Activities include sports, fitness, culture, music and social programs.

Thur 12:00-3:00pm Jan 12-Mar 9  
Teen Centre \$108/9 sess  
83331 Jessie

## Free Youth Swim (11-18yrs)

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

Fri 8:00-10:00pm Jan 6, Feb 3, Mar 3  
Britannia Pool Free

## Girls Club (13-18yrs)



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.

**Tue 6:15-8:00pm** Jan 17-Mar 7  
**Preteen Centre** Free

## Guys Night (13-18yrs)



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

**Mon 6:00-8:00pm** Jan 16-Mar 6  
**Teen Centre** Free

## First Friends Buddy Program (11-18yrs)



Meet other youth & learn at the same time.  
**See p.21 for full program details & dates.**

## Latin Cooking (11-18yrs)



Learn to cook food from various Latin countries. Quieres aprender a cocinar comida de varios países Latinos.

**Thu 4:30-6:30pm** Jan 5-Mar 30  
**55+ Centre** Free

## Britannia Youth Sun Run Team (10-18yrs)

Join the Britannia Youth and staff for the 33rd annual Vancouver Sun Run, the largest 10k event in Canada and the 3rd largest in the world. Includes t-shirt, admission and transportation to/from the run. Inquire about joining a Teen Centre running group. Register at the Teen Centre by Jan 31.

**Sun 7:00am-12:00pm** Apr 23  
**Teen Centre** \$10/1 sess

## Saturday Unlimited (13-19yrs)

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.

**Sat 10:00am-3:00pm** Jan 21-Mar 11  
**LRC** \$125/8 sess  
**83351 TBA Instructor**

## Outdoor Programs

### The Great Escape Outdoors (GEO)

We offer a variety of outdoor activities for youth 13-18yrs and suitable for almost any level of fitness. It is a great way to explore our incredible surroundings, learn new things and meet lots of great people. The Centre provides all necessary equipment, food, transportation, and guides/instructor, unless otherwise stated. Any overnight trip has co-ed leaders and at least one trained staff in Wilderness First Aid. The cost of the outings should not prevent any youth from participating, so let staff know. If you have any questions or would like to register please call 604.718.5828.

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

All registration done at the Teen Centre.

### Blackcomb/Whistler Ski & Snowboard

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

**\$75 ski/snowboard rental, \$60 no rental required. Must register a minimum of 2 weeks in advance. Registration accepted at Britannia Teen Centre only.**

**Sat Dec 10, Sat Jan 21, Sun Feb 12**  
**Sun Mar 5, Sat Apr 1**  
**6:00am-6:00pm**

### Diversity Camp (13-18yrs)

Partnering with Trout Lake & Thunderbird CC youth programs, spend three days doing activities & having discussions about diversity, human & children's rights, anti-discrimination, respect, inclusion, fairness and peaceful conflict resolution. Must be willing to participate, discuss & share in all activities. We will be using activities from the "Play it Fair" and "Speaking Rights" toolkit which promotes the values of children's rights, followed by a discussion of what they felt, thought and learned. Every child has the right to know their rights. Mandatory workshop held on Wed Mar 8, 5-8:00pm to introduce the group to each other and provide an overview of trip expectations. To register, please contact the Britannia Teen Centre at 604.718.5828

**Fri-Sun 9:00am-5:00pm** Mar 17-19  
**Camp Capilano** \$75/trip

## CHILL(10-18yrs)



CHILL provides opportunities for under-served 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 who have never had the opportunity to snowboarded before. Participants are provided with everything they need to learn to ride: lift tickets, lessons, transportation, and the use of head-to-toe gear free of charge. Participants are required to commit to all six weeks of the program.

**Youth are required to meet at Britannia Teen Centre at 3:15pm & will return to the Teen Centre at approx 9:00pm.**

**Limited spots available., register by Dec 15**  
**Free**

## Dragonboat

Britannia Teen Centre's dragon boat team is looking for committed paddlers to be part of this year's team. We will be meeting every week to talk about the upcoming year, paddling techniques, dry-land training, nutrition and twice a week on-the-water practices. The team will participate at the 2017 Vancer Dragon Boat Festival, June 24th & 25th. 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.

## Physical Activity

### Drop-in Open Gym (11-18yrs)

**Wed 5:30-7:00pm** Jan 4-Mar 29  
**Gym D** Free

### Basketball Drop-in (11-18yrs)

**Fri 5:30-6:50pm** Jan 6-Mar 31  
**Gym C** Free  
**Sun 12:00-1:45pm** Jan 8-Mar 19  
**Gym C** Free

### Fencing - Youth (12-18yrs)

For fencers who have completed the Intro to Fencing, or have at least 20 hours of experience in a comparable beginner course.

**See page 15 for full details & dates.**

## Programa de Jóvenes Latino Americanos

The Latin American youth program offers different activities and projects that introduce youth to Latin American culture! Our focused is on Latin American art, music, literature, dance and culinary arts. This program is open to all youth interested in learning about Latin American culture, connecting with the community or simply making friends and learning new skills. For further information please contact Stephanie, the Latin American Youth Worker at 604.718.5829. [stephanie.angel-garay@vancouver.ca](mailto:stephanie.angel-garay@vancouver.ca)

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

## Cocina Latina/Cooking Program



Learn to cook food from various Latin countries. Quiéres 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 vez como escoger productos que sean saludables y gastar menos.

**Thu/Jueves** 4:30-7:30pm  
55 + Centre 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

## Evento gratis de Nadar Free Youth swim



**1st Fri/mo** 8:00-10:00pm Jan 6, Feb 3, Mar 3  
Free/Gratis



## 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 2:00-6:00pm. To register and more information please contact Stephanie at 604.718.5829.

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

Ven a conocer jóvenes de tu edad y de varios países. El programa de Friends First te enseña nuevas habilidades en que puedes participar todos los sábados. Nos reunimos en diferentes lugares, para más información por favor llame a Stephanie para registrarse al 604.718.5829. Subsidios disponibles para todas las actividades. **Sat/Sabados 2:00-6:00pm**

## 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
- Career Planning
- Fun Activities and outings

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

**Fri/Viernes 6:00-8:00pm**  
llame a Stephanie 604.718.5829

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

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

**Miércoles de cada mes de 5:00-6:30pm**

## Spanish Clubs



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

**Tupper: Tue at lunch 11:40am Rm 311**  
**Vantec Thu at lunch 11:40am Rm TBD**  
**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 Stephanie at 604.718.5829 or email [stephanie.angel-garay@vancouver.ca](mailto:stephanie.angel-garay@vancouver.ca)

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

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

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

# Adults

## Arts

### Adult Marimba

This class is open to anyone and is a great way to get started in playing African music. You will learn traditional music from Zimbabwe, and original compositions for marimba. There is an informal performance at the end of every term at a local cafe. Students of this class will become part of a marimba ensemble that will develop and explore diverse percussive rhythms with Zimbabwean marimba tradition in a new and exciting way. The development of the music will be mentored by Pasi Gunguwo.

Born and raised in Zimbabwe, Pasi's extraordinary music artistic ability was discovered at the age of 6. He has since played marimba professionally around the world, and has directed marimba bands in Zimbabwe, Canada, and the United States and Israel. Pasi is a master-player of marimba, mbira, hosho, and drumming.

**Tue 6:00-7:30pm Jan 10- Mar 7**  
**Rm 111 \$115/9 sess**  
**86050 P.Gunguwo**



### African Drumming Level 1

Play traditional West African rhythms on hand drums (djembés) and bass drums (dununs). These classes are fun and concentrated. Level 1 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 [www.drumming.ca](http://www.drumming.ca)

**Wed 6:30-8:00pm Jan 18-Mar 8**  
**Cafeteria \$120/8 sess**  
**86051 R.Shumsky**

### African Drumming Level 2

Enrolling in level two requires taking level one or permission from the instructor.

**Wed 8:10-9:40pm Jan 18-Mar 8**  
**Cafeteria \$120/8 sess**  
**86052 R.Shumsky**

### Collage Journeys

In these 4 sessions of collage art making, you will embark on a journey of creativity, memories and storytelling. Embracing imperfection and transforming the mundane into the extraordinary, creating art journals, soul searching cards and visualization boards. No experience necessary. Please bring 8oz matte Mod Podge, colorful papers, photos and other materials you would like to work with. Rosina Santillana Mixed Media Artist and Expressive Art Therapist

**Sat 11:00am-1:00pm Feb 18-Mar 11**  
**Cafeteria \$135/4 sess**  
**86063 R.Santillana**

### Caterpillar Notebook Workshop

A complex stitch technique that looks just like a caterpillar binds the pages to a softcover. Design your stitches to be wild or tame, serene or creepy. It's up to you! All supplies and tools provided.

**Sun 1:30-4:30pm Feb 12**  
**LRC \$55/1 sess**  
**86075 S. Lee**

### How to Draw Like an Architect

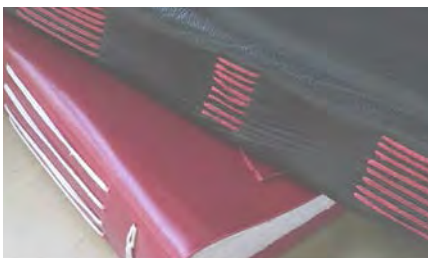
This program is for enthusiastic students who want to learn correct drawing techniques for architectural subjects and explore tone, texture, line, perspective, proportion, shading, lighting, and colour in their artwork. Bring HB, 2B, 6B pencils and white paper to the first class. Visit: [www.atashzad.com](http://www.atashzad.com) Supplies are not included, supply list available upon registration.

**Wed 5:00-7:00pm Jan 11-Mar 8**  
**Rm 210 \$165/9 sess**  
**86070 M.Atashzad**

### Leather Notebook Workshop

A simple book is transformed into an elegant one when covered in beautiful supple leather. Pamphlet stitch will be used to bind the pages to the leather cover. All supplies and tools provided.

**Sat 1:30-4:30pm Jan 14**  
**LRC \$55/1 sess**  
**86068 S. Lee**



### Pottery - Introduction

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

**Tue 7:00-9:00pm Jan 17-Mar 7**  
**Rm 208 \$175/8 sess**  
**86095 H.Spaxman**

### Pottery - Continuing

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

**Wed 6:30-9:00pm Jan 18-Mar 8**  
**Rm 208 \$200/8 sess**  
**86094 H.Spaxman**

### Potter's Wheel Intensive

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

**Sat 10:00am-3:00pm Feb 18**  
**Rm 208 \$100/1 sess**  
**87943 H.Spaxman**

### 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).

**Tue 7:00-9:00pm Jan 17, 24,**  
**Feb 7, 14, & 21**  
**Rm 210 \$70/5 sess**  
**86096 A.Orsini**

## Salsa Cubana & Rueda De Casino

This unique fun dance is growing quickly in popularity in Vancouver. It is done as a group with followers being passed in a circle in time with salsa music. The rueda moves can also be danced with a partner. Singles and partners welcome!

### Beginner

Mon 7:30-9:00pm Jan 23-Mar 6  
CFEC \$115/7 sess  
92500 C.Pena

### Beginner/Intermediate

Tue 7:30-9:00pm Jan 24-Mar 7  
Gym C \$115/7 sess  
86097 C.Pena

### Intermediate

Wed 7:30-9:00pm Jan 25-Mar 8  
CFEC \$115/7 sess  
86098 C.Pena

### Advanced

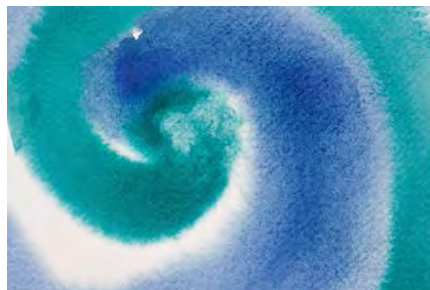
Thu 7:30-9:00pm Jan 26-Mar 9  
Gym C \$115/7 sess  
86099 C.Pena



## 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. 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. Supplies are not included, supply list available upon registration. Visit [www.atashzad.com](http://www.atashzad.com).

Wed 7:00-9:00pm Jan 11-Mar 8  
Rm 210 \$165/9 sess  
86105 M.Atashzad



## Writing Meditation

Open doors to your imagination, release your writing voice and gain a sense of wellbeing. In this embodied writing class you will use mindfulness, evocative visual prompts and guided imagination to engage in a dialogue with the unconscious, transform old patterns that limit your self-expression and rediscover your potential for playfulness and creativity. Carine is a writer, expressive arts therapist and yoga and meditation teacher. For further info see: [spacestobe.org](http://spacestobe.org) No class Feb 13

Mon 7:30-9:00pm Jan 16-Mar 6  
FAR \$105/7 sess  
86106 C DeKock

## Foods

### Healthy Homemade Crackers

Learn to create a variety of healthy homemade crackers using spices like chili, cumin, nutmeg and cinnamon. As well as herbs such as basil, oregano, and chives. And whole foods such as dates, raisins, chia and flax seeds. Create savory or sweet crackers to pair with homemade dips, recipes provided. Alicia Meek is a nutritionist with a flare for fine raw vegan cuisine.

Wed 6:00-8:00pm Mar 15  
Pre-teen Centre \$20/1 sess  
93120

## Healthy Homemade Desserts

Learn to create delicious and healthy homemade desserts with whole ingredients such as raisins, walnuts, and almonds. Topped with healthy sweet icing made with fresh lemon, coconut cream and dates. With hands on creation, make these recipes your own using ingredients such as peanut butter, cacao, carob, chia seeds and much more. With recipes guaranteed to please and made in under 30 minutes.

Wed 6:00-8:00pm Mar 22  
Pre-teen Centre \$20/1 sess  
93127 A. Meek

## Kombucha 101: Fermenting Tasty Teas

Join Jennifer Lee in a hands-on workshop where you will learn to make Kombucha! (fizzy fermented black, green or olong tea). Our workshop will show you how to make the drink and the opportunity to taste Kombucha including guava, grape or lemon flavored. Bring a jar to take home your own piece of SCOBY! and start making your own Kombucha at home. Jennifer has been brewing Kombucha in her kitchen for the past year. She makes her own Ginger Beer, Water Kefir and sourdough!

Wed 6:00-8:00pm Feb 22  
Pre-teen Centre \$15/1 sess  
93114

## 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.

Wed 6:00-8:00pm Feb 15  
Pre-teen Centre \$12/1 sess  
93121



# Adults

## Social



### Greenhorn Community Music Project (12-17yrs)

The Greenhorn Community Music Project aspires to join the creative forces of youth, professional musicians, and community members, to compose, practice, and perform a variety of musical styles in service of orchestrating social change you can dance to. Membership required \$1.00. No class Feb 13, March 13 & 20

Mon 3:30-5:00pm Jan 9- Mar 27  
Rm 111 Free  
86069



### Carnival Band

Looking for an excuse to dust off that horn (accordion, glockenspiel...) in the back of your closet, dress up and play in the street? Looking for a way to bring a little music and colour to your community? The Open Air Orchestra Society invites you to our street band workshops, led by the incomparable Ross Barrett, Tim Sars, and various guest instructors. All levels/ages welcome; stop by just to listen and dance if you like! Suggested donation is one hour's wage per month or \$5/pay-what-you-can drop-in. No class Feb 13, March 13 & 20

Mon 7:30-10:00pm Jan 9- Mar 27  
55+ Centre Free  
86060 T. Sars



### 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. Members will be required to have good High School music reading skills or able to play well by ear. Members are also required to have a good sense rhythm. You need to bring an instrument that you can take out to play on the streets. Led by Cory Sweet and Mike T. Allen. Stop by anytime and come listen. Britannia Membership required. \$5 donation at rehearsals. No class Mar 19

For more information contact:  
drivestreetband@gmail.com www.drivestreetband.com

Sun 3:00-5:00pm Jan 8- Mar 26  
55+ Centre Free  
86100 C.Sweet

### Grandview Garden Club

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



## Cultivating Courage & Compassion in the Teen Years

Has conflict been on the rise in your house? Get the support you need to support your teenager! As a teenager struggles to create his or her own self in the world, parents often feel frustrated at choices made, sad at the loss of the young child they understood so well, afraid of painful outcomes for the teenager, and at a loss as to how to help. Supporting a teenager through this intense period requires a whole new set of skills!

Through this 2 hour workshop for parents, learn and practice new skills in order to:

- Understand normal teenage brain development and behavior
- Understand your reactions to your teen; gain skills to respond in a way which cultivates courage and compassion for everyone
- Understand your role as a parent in the relationship with your emerging young adult

Tue 7:00-9:00pm Jan 17 LRC Free - registration required  
87718 <http://breatheintobetter.com>.

## Positive Parenting Support Group

This group is parent led, with participants bringing ideas and needs to the table. We focus on peer support, problem solving and gaining skills to build mastery in the role of parenting. Build a network of peer support while gaining more mindfulness and mastery in your day to day actions. Through increasing your own skills and presence, you can step into the role of the parent with more ease and confidence. Possible topics may include:

- Recognize problem behavior and build skillful developmental appropriate behavior
- Move from coercion and criticism to supporting and guiding
- Understanding and focusing social and physical risk taking
- Risk Management: navigating substance abuse, eating issues, acting out
- How digital/social media affect development - help your teen navigate these tools successfully

For more information visit: <http://breatheintobetter.com>.

Tue 7:00-8:30pm Jan 31-Feb 28 LRC Free - registration required  
87722 L.Burke

Laura Burke, RCC, has spent 7 years working with youth and their families in various mental health settings. She has extensive experience with cognitive behavioral and mindfulness skill building for mental health and increased functioning in life.

## Reiki - Level 1 (16yrs+) NEW

Reiki is an effective technique for promoting well-being and deep relaxation. It works on all levels: physical, mental, emotional, and spiritual. Reiki energies can be utilized for healing, vitality, pain-relief, faster recovery, spiritual growth, transformation, protection, cleansing, and empowerment. Reiki Level 1 training introduces you to the vibration of Reiki, and teaches how to utilize this universal life force energy for various purposes. This class includes Reiki First Degree Attunement, certificate of completion, and manual. Certificate is approved by the Canadian Reiki Association.

Sat 9:30-4:30pm Jan 28  
LRC \$150/1 sess  
88605 S.Riahi

Setareh Riahi is a certified Reiki Master Teacher, and yoga instructor. She has been teaching sessions and workshops for more than 13 years. Setareh is a member of Canadian Reiki Association and Yoga Alliance. For more information visit her website at [www.setarehyoga.com](http://www.setarehyoga.com)





## Physical Activity

### 2017 New Year's Resolution: Get Fit at Brit!

Get off to a great start in 2017 by getting FIT at BRIT! We will be offering a Sun Run Clinic, Zumba, Aerobics, Salsafit and Body Conditioning and a Stretch & Roll class! Try a Yogaflex Pilates class, play volleyball, basketball, ball hockey, soccer and more! Keep active – don't be shy - anyone can join in on the fun!!

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Zumba</b> 6:00-7:15pm Gym C	<b>Aerobics - Body Conditioning*</b> 6:00-7:00pm Gym C	<b>Stretch &amp; Roll</b> 10:30-11:30am CFEC	<b>Dance Aerobics*</b> 6:00-7:00pm Gym C	<b>Volleyball</b> 7:00-10:00pm Gym A/B	<b>Salsafit*</b> 10:00-11:00am Gym C	<b>YogaFlex</b> 10:15-11:15am CFEC
<b>Sun Run Clinic</b> 6:00-7:30pm Rm 111	<b>Volleyball</b> 8:00-10:00pm Gym A/B	<b>Zumba</b> 6:00-7:15pm Gym C	<b>Volleyball</b> 7:00-10:00pm Gym A/B	<b>Badminton</b> Gym C	<b>Badminton</b> Gym C	<b>Basketball (x2)</b> Gym D <b>Ball Hockey</b> Gym C

\*Buy a strip of 10 tickets and use at Tue Body Conditioning, Thu Dance Aerobics and Sat Salsafit programs.

### 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. Purchase \$4.75/drop-in tickets at pool office or \$39.40/10 tickets.

**Thu 6:00-7:00pm** Jan 19-Mar 30  
**Gym C** \$4.75/drop in  
**82318 A.Riley**



### Salsa Fit

An invigorating and energizing cardio combining High/Low impact aerobics with a salsa flare - great music, lots of fun. Includes a muscular strength component and stretching. Please purchase drop-in tickets at pool office 39.40/10 tickets. No class Feb 11.

**Sat 10:00-11:00am** Jan 7-Mar 25  
**Gym C** \$4.75 /1 sess  
\$39.40/10 tickets

**82397 DNA Wellness**

## Subsidy Information

Britannia operates a wide range of recreation programs. It is our policy to make programs as accessible as possible. Britannia would like to assist those who are not able to afford the advertised cost of certain programs or activities. Note: maximum of 2 subsidies season.

Please see p.4 for full details plus information on the Leisure Access Program.

### Stretch & Roll Class

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

### Free Trial Sessions

**82407 Tue 5:45-6:45pm** Jan 10  
**82410 Wed 10:00-11:00am** Jan 11

### Regular Sessions

**82413 Tue 5:45-6:45pm** Jan 17-Feb14  
**82414 Tue 5:45-6:45pm** Feb 21-Mar 28  
**CFEC** \$60/6 sess

**82415 Wed 10:00-11:00am** Jan 18-Feb 15  
**82416 Wed 10:00-11:00am** Feb 22-Mar 29  
**CFEC** \$60/6 sess

### Aerobics - Total Body Conditioning

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

**Tue 6:00-7:00pm** Jan 17-Mar 28  
**Gym C** \$4.75/drop in  
**82319 A.Riley**

### Yogaflex

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

**Sun 10:15-11:15am** Jan 8-Mar 19  
**CFEC** \$80/10sess  
**82316 CLS Fitness**

### ZUMBA® Fitness

This fitness class fuses Latin and International rhythms with easy to follow moves to create a dynamic workout system that will blow you away. 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. Drop-ins welcome space permitting \$11. [www.zumbavancouver.ca](http://www.zumbavancouver.ca). No class Feb 13.

### Free Trial sessions:

**82369 Mon 6:00-7:15pm** Jan 9  
**82371 Wed 6:00-7:15pm** Jan 11

**82372 Mon 6:00-7:15pm** Jan 16-Feb 20  
**82585 Mon 6:00-7:15pm** Feb 27-Mar 27  
**Gym C Kathy-Ann** \$40/5 sess

**82586 Wed 6:00-7:15pm** Jan 18-Feb 15  
**82587 Wed 6:00-7:15pm** Feb 22-Mar 29  
**Gym C Denise** \$48/6 sess

# Adults

## Axe Capoeira Schedule

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

## Axe Capoeira (7-18yrs)

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

## Adult (19+)

82321	Jan/Feb	\$230
82342	Mar/Apr	\$230

## Preschool/Child/Youth (3-18yrs)

Youth have unlimited participation in adult scheduled classes as well.

84220	Wed	3-6yrs	Jan/Feb	6:00-6:45pm	\$120
84221	Wed	3-6yrs	Mar/Apr	6:00-6:45pm	\$120
82258	Mon-Thu	7-18yrs	Jan/Feb	5:00-6:00pm	\$150
82259	Mon-Thu	7-18yrs	Mar/Apr	5:00-6:00pm	\$150

## Axe Capoeira-Introductory (13yrs+)

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

82254	Mon/Thu	6:00-7:00pm	Jan	\$60/mo
82255	Mon/Thu	6:00-7:00pm	Feb	\$60/mo
82256	Mon/Thu	6:00-7:00pm	Mar	\$60/mo

## Boxing - Trojan Horse Amateur Boxing (10yrs+)

Learn classic boxing techniques from Head Coach Bill Kennedy. Full size ring, punch/speed bags, circuit training, mitts and gloves. Great way to improve your fitness. During the group sessions, your training will be personalized to your specific skill and ability. Recreational athletes will be required to fill out Park Board Waiver forms prior to participating. Competitive athletes must fill out a Combsport waiver form and pay a \$75 annual insurance fee (cheque payable to Combsport will be collected by the Bill prior to starting). Classes unlimited – come train as many times as you like! Boxing room is located beside Gym C. No class Feb 13.

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

Mon-Fri	2:00-4:00pm, 5:00-7:00pm, Sat 10:00am-noon
82236 - Jan	\$75/month
82242 - Feb	\$75/month
82245 - Mar	\$75/month

## Badminton

Total of 30 spaces (registered & drop-ins) \$6.00 drop-ins if space available. No class Feb 24.

Fri	7:00-9:45pm	Jan 6-Mar 31
Gym C		\$48/12 sess
82261	A.Leung	
Sat	1:30-5:00pm	Jan 7-Mar 25
Gym C	J.Leung	\$48/12 sess
		82262

## Basketball

Adult recreational basketball program. No drop-ins. No class Feb 12.

Sun	2:00-4:00pm	Jan 8-Mar 26
Gym C		\$55/11 sess
82264	S. Yan	
Sun	4:00-6:00pm	Jan 8-Mar 26
Gym C		\$55/11 sess
82265	S. Anderson	

## Ball Hockey - Coed

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

Wed	7:15-8:45pm	Jan 4-Mar 29
Gym D		\$65/13 sess
82267	T.Wells	

## Ball Hockey - Men(40+)

This is a non-body contact program. Rough play will not be tolerated. No league players. No Drop ins. No class Feb 12, Apr 16.

Sun	6:45-8:45pm	Jan 8-May 7
Gym D		\$85/16 sess
82266	TBA	

## Ball Hockey - Women

The focus is on fitness and fun – all skill levels welcome. Teams divided according to skill level at beginning of game. Bring a black and white t-shirt to split into teams. Sticks provided, or bring your own plastic wood, composite. Shin pads, gloves recommended. \$6/drop in space permitting. No class Feb 12.

Sun	4:15-6:00pm	Jan 8-Mar 26
Gym D		\$55/11 sess
82268	C.Eneas	

## Fencing – Adult (16+)

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.

**Tue 7:30-9:00pm Jan 10-Mar 28**  
**LaSalle Studio \$96/12 sess**  
**82352**



## Iyengar Yoga

Certified Iyengar Yoga instructor, Claudia MacDonald has taught at Britannia since the early 1980's and has developed a highly respected Yoga program in the Grandview-Woodland and Yaletown areas. Physically energizing, deeply relaxing and emotionally uplifting, this program offers instruction in classical yoga with an emphasis on self-awareness and development of strength, stamina, flexibility, balance, body awareness, postural alignment and relaxation. It accommodates all levels of fitness and ability and is taught with clarity, creativity, attention to detail and sensitivity to individual needs, in an atmosphere of respect, compassion and humour. Safety, back and joint care will be addressed. For further information contact Britannia at 604.718.5800 ext 1 or claudiamacyoga@gmail.com. No class Mar 23.

### Level 1 & Gentle Level 1

**Thu 7:00-8:30pm Jan 5-Mar 30**  
**82353 \$190/12 sess**

### Level 1 & 2

**Tue 9:30-11:00am Jan 10-Mar 28**  
**82355 \$190/12 sess**  
**Tue 7:00-8:30pm Jan 10-Mar 28**  
**82358 \$190/12 sess**

### Level 2 & 3

**Thu 5:30-7:00pm Jan 12-Mar 30**  
**82361 \$190/12 sess**

## Ki Aikido - General

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

### Ki Aikido - General

**Tue 6:00-7:15pm Jan 10-Mar 28**  
**Mat Rm \$60/12 sess**  
**82343 \$8/drop-in.**  
**Wed 7:30-9:30pm Jan 4-Mar 29**  
**Mat Room \$91/13 sess**  
**82346 W. Nagata \$10/drop in**

### Ki Aikido - High Grade

1st Kyu or more advanced students. No sess Feb 13.

**Mon 7:30-9:30pm Jan 9-Mar 27**  
**Mat Room \$55/11 sess**  
**82349 W. Nagata \$6/drop-in**

## Pickleball

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

**Sun 9:00am-12:00pm Jan 8-Mar 26**  
**Gym C \$48/12 sess**  
**82263 P.Tsao**

## Sun Run In Training Clinic

This training program is a 13 week walk/jog/run program focused on gradual progression to avoid injury and to give the body time to adapt to the stress of running or walking. Participants meet once a week with their group and will be expected to train two additional days throughout the week to prepare for the Vancouver Sun Run on Sun Apr 23, 2017. Time allocated to each training session varies and will increase as the program progresses.

The program starts slowly (with more walking than running), and will build up gradually until you are safely and comfortably able to either walk/or run 10K. For more information email britanniasunrunclinic@gmail.com. No registrations will be accepted after Feb 6, 2017. Program will not be prorated. No refunds will be issued after Jan 30, 2017. The Instructor will inform participants on where class will be held on Feb 13 (Family Day Monday) and Apr 17 (Easter Monday).

**Mon 6:00-7:30pm Jan 23-Apr 17**  
**Room 111 \$151.20**  
**82280**

## Soccer - Women's Indoor

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

**Thu 6:00-7:30pm Jan 5- Mar 30**  
**Gym D \$65/13 sess**  
**82269 T. Harley**

## Volleyball - Beginners

Volleyball basics are emphasized in this fun, inclusive program. 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). \$6/drop-in, space permitting. No class Feb 23, Mar 23.

**Thu 7:00-10:00pm Jan 19-Mar 30**  
**Gym A/B \$45/9 sess**  
**82283 R. LeBlanc**

## Volleyball – Intermediate

If you have the basics and are willing to play specialized positioning, join us! Register for this program to guarantee a spot to play every week. A total of 30 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$6/drop-in, space permitting. No class Mar 21.

**Tue 8:00-10:00pm Jan 10-Mar 28**  
**Gym A/B \$55/11 sess**  
**82284 R. LeBlanc**

## Volleyball –Advanced

We use specialized game play and advanced systems. Register for this program to guarantee a spot to play every week. A total of 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$6/drop-in, space permitting. No class Feb 24, Mar 24.

**Fri 7:00-10:00pm Jan 20-Mar 31**  
**Gym A/B \$45/9 sess**  
**82575 R. LeBlanc**

## Note New Procedures:

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

# 55+ Older Active Adults

## Welcome to the 55+ Centre

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

### 55+ Programmer

Anne Cowan – anne.jackson@vancouver.ca  
604.718.5837  
Regular Hours: Mon-Fri 9:30am-5:30pm

### Vietnamese Programmer

Luong Ho - luong.ho@vancouver.ca  
604.718.5818  
Regular Hours: Mon-Fri 8:30am-4:30pm


### 55+ Centre Drop-in Hours

**Mon** 9am-5pm  
**Tue** 9am-3pm (Vietnamese 55+ Day)  
**Wed** 9am-12pm (Quirk-e)  
**Wed** 12pm-4pm  
**Thu** 9am-4pm  
**Fri** 9am-4pm  
**Sat** 1:30-3pm  
**Sun** 1:30-3pm

### 55+ Older Adult Committee

We will be meeting on the the last Thursday of the month at 1:30pm to discuss what matters and what are the needs of seniors in our community. We work together to bring valued services and programs for seniors and our community. New members are welcome.

**Thu** 1:30pm  
**55+ Centre** Jan 26, Feb 23, Mar 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Badminton 11:20am	Vietnamese Drop-In 9am-3pm 55+ Centre	Quirk-e 10am  Osteofit 11am	Chinese Folk Dance 10am-12pm	Easy Exercise 10am	Paso a Paso 10am-1pm	
Osteofit 11am-12pm	Carpet Bowling 10am-12:15pm (1739 Venables)	Ballroom Fit 11:15am	Computer Lab 10am-5pm	Computer Lab 10am-4pm	<b>New:</b> Sat/Sun 55+ Centre Drop-in Hours 1:30-3:00pm	
Lunch Drop-in 12pm	Badminton 11:20am	Badminton 11:20am	So You Want To Dance 10:30am-12pm	Intro to Fitness 10am Friday Wellness 11am-12pm	Badminton 2pm Gym A	
Computer classes 1-3pm	Spanish Classes 1pm & 2:15pm	Elders Circle 12:15pm-3:30pm	Badminton 11:20am	Vietnamese Line Dance 11am		
Light-Hearted Bridge 1-3pm	Line Dancing 1pm	Adaptive Yoga 12:45pm Knitting Social 1-3pm	Potluck 12pm *Last Thursday of the month	Lunch Drop-in 12pm Footcare 12:30-4pm		
Italian Cards 1-3pm		Gentle Yoga 2pm  Book Club 2:45pm 3rd Wed	Elders Arts & Health 1:30-4pm	Ballroom Dance 2pm		
Gentle Yoga 2-3pm		Computer Lab 3-5pm (*closed 3rd Wed/ month)	Workshops p.32 for details	Latin Men DSM 5pm		Movie Night 6pm
Computer Lab 3-5pm		Mujeres en Accion 4-6pm		Tertulias 5pm	<b>Note:</b> We offer many free programs, registration is required to participate.	

# 55+ Older Active Adults

## Arts



### Elders Arts & Health Project

Weekly social workshops working with a local Artist. Enrollment is limited, please call Anne or Kya for an application at 604.718.5800.

Thu 1:30-4:00pm  
CFEC



### Healing Circle



Weekly Circle for Residential School survivors & others. Enjoy Sharing, Outtings, Ceremonies, Skill-building. (JACS, Britannia, REACH)

Wed 12:15-3:30pm Jan 4-Mar 29  
55+ Centre Free Drop-in  
90909

### Quirk-e

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

Wed 10:00am-12:00pm Jan 4-Mar 29  
55+ Centre  
90885 C.Robson

## Social



### 55+ AML Book Club

Cozy afternoon discussion on 3rd Wed of each month. Pick up your book at Britannia Library

Wed 2:45-4:45pm Jan 18, Feb 15,  
55+ Centre Mar 15  
87911

### Billiard and Ping-Pong



Free drop-in time Friday Mornings.

Fri 10:00am-12:00pm Jan 6-Mar 31  
Teen Centre Free  
90733

### Knitting Social



Come learn to knit or crochet, OR just come & knit and socialize. All ages. Knit something for yourself or a friend or for someone in need.

Wed 1:00-3:30pm Jan 4-Mar 29  
Rink Mezz Free  
91433

### Light hearted Bridge & Italian Cards



Drop in Cards every Monday afternoon after Lunch

Mon 1:00-3:00pm Jan 9-Mar 27  
55+ Centre Free  
91429

### Sunday Movie Night Line-up



The Great Movies at Britannia starts a new season with an updated, contemporary focus. Grab a movie you might have missed. Come alone, bring a friend, share your thoughts. And the popcorn is still free

Sun 6:00-9:00pm Jan 8-Mar 26  
55+ Centre Free  
90888

## Food & Lunches

### Lunch Drop-In

Noon Lunch drop-in Mondays and Fridays. No need to register ahead, friendly easy going social.

Mon/Fri 12:00 -1:00pm  
55+ Centre \$5 Full Meal

### Pot Luck Lunch



Last Thursday every month. Bring a little something to share. Healthy Choices and Dialogue following Potluck

Thu 12:00pm Jan 26, Feb 23,  
55+ Centre Mar 30

## Language

### Spanish - Beginners

Learn every day language to enable you to converse Spanish

Tue 1:00-2:00pm Jan 17-Mar 21  
Rink Mezz \$60/10 sess  
91674

### Spanish - Intermediate

Tue 2:15-3:15pm Jan 17-Mar 21  
Rink Mezz \$60/10 sess  
91675

### REACH Partnerships

### Latin American Seniors Programs

### Diabetes Self-Management program

A support group, in Spanish, for Latin American community members with Diabetes, or who are at high risk of developing diabetes. Uses a Community Kitchen model to promote healthy food preparation, physical activity, information on health issues, and social support. Individual follow up to monitor lifestyle changes and treatment goals is provided. Contact German Blanco at 604-254-6468 or gblanco@reachcentre.bc.ca to arrange an interview.

Fri Jan 27, Feb 24,  
55+ Centre Mar 24

### Tertulias

First 3 Fridays of each month. Opportunity for Latin American professional/technical men to meet and work together to eliminate barriers to their successful adaptation to Canadian society.

Fri Jan 6,13,20  
55+ Centre Feb 3,10,17  
G.Blanco Mar 3,10,17

### Latin American Men's Group (Paso a Paso)

A weekly support group in Spanish for men from the Latin American Community, who wish to network with other community members to work on issues concerning addiction. Contact Pedro Ramirez at 604-254-6468 or pramirez@reachcentre.bc.ca to arrange an interview.

Sat 10:00am-1:00pm Jan 7-Mar 28  
55+ Centre  
(Except during holidays and Special Events)

### Latin American Women's Group (Mujeres en Accion)

Opportunity to network with other women in a friendly, informal setting; discussion of integration and health issues in Spanish, emphasis on self care and stress reduction. Contact and registration: Stella Castillo c/o pdabiri@reachcentre.bc.ca

Wed 4:00-6:00pm Jan 4-Mar 29  
55+ Centre

Registration required for all Free programs

# 55+ Older Active Adults

## Health & Fitness

### Free Introduction Classes Wednesday January 4th

#### Ballroom Fit

Wed 11:15am-12:15pm Jan 4  
26477 Free - Registration required

#### Adaptive Yoga

Wed 12:45-1:45pm Jan 4  
91476 Free - Registration required  
CFEC

#### Gentle Yoga 55+

Wed 2:00- 3:00pm Jan 4  
91481 Free - Registration required

#### Badminton

Fun easy play for seniors. No Sat classes on Jan 14, Feb 25, Mar 25.

Mon/Wed 11:20am-12:35 pm Jan 9-Mar 29  
Gym C \$16  
89871

Tue/Thu 11:20am-12:35 pm Jan 10-Mar 30  
89875 \$16  
Gym C

Sat 2:00-4:00 pm Jan 7-Mar 25  
89876 \$16  
Gym A

#### Ballroom Fit

Fun Fitness while learning the Cha-Cha, Rumba, East Coast Swing and the Hustle. fun and easy.

Wed 11:15am-12:30pm Jan 11-Feb 15  
CFEC \$60/6 sess  
90943

Wed 11:15am-12:30pm Feb 22-Mar 29  
CFEC \$60/6 sess  
90944 G.Quon

#### Carpet Bowling

Easy going, fun and social, run by volunteers.

Tue 10:00am-12:15pm Jan 3-Mar 28  
1739 Venables Free  
90921

#### Social Ballroom Dance

Come practise your moves, must be registered.

Fri 2:00-4:00pm Jan 6-Mar 31  
CFEC Free  
91406

#### Chinese Folk Dance

Social Ballroom Dance Come practise your moves. \*No Drop-in Must register

Thu 2:00-4:00pm Jan 5-Mar 30  
91379 Free  
CFEC

#### Line Dancing

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

Tue 1:00-3:00pm Jan 3-Mar 28  
CFEC \$20  
90940 Anita

#### Exercise with Friends

Senior led video exercise with light and easy movement

Fri 10:00-11:00am Jan 6-Mar 31  
55+ Centre Free  
91425

#### Friday Wellness

Blood Pressure and Sugars, Video Exercise RN Monica; also available for Foot Care

Fri 11:00am-12:15pm Jan 6-Mar 31  
91422 M.Renard Free

#### Foot Care

"Foot assessment, complete therapeutic, nail trimming, thinning, diabetic and fungal care. Call Foot Nurse for appointments 604.228.0261. Fee upon Service \$45

Fri 12:30-4:00 Jan 6-Mar 31  
55+ Centre

#### Introduction to Fitness

A fitness program for ultra beginners. This program will provide an entry-level fitness opportunity for seniors who are unfit, with health issues, and are not ready to participate in existing fitness programs.

Fri 10:00-11:30am Jan 13-Mar 31  
92294 Free



#### Osteofit

A gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. It is taught by specially trained Osteofit fitness instructor. Drop-in \$10 space permitting. No class Feb 13.

Mon 11:00am-12:00pm Jan 9-Feb 20  
CFEC \$56/6 sess  
91351

Mon 11:00am-12:00pm Feb 27-Apr 3  
CFEC \$56/6 sess  
91354

#### Adaptive Yoga

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

Wed 12:45-1:45pm Jan 11-Feb 15  
CFEC \$60/6 sess  
91008 Drop in \$12

Wed 12:45-1:45pm Feb 22-Mar 29  
CFEC \$60/6 sess  
91012 G.Quon Drop in \$12

#### Gentle Yoga 55+

Yoga practice for older adults. Warm up muscles, increase muscular elasticity and strengthen skeletal alignment. No class Feb 13.

Mon 2:00-3:15pm Jan 9-Feb 6  
CFEC \$50/5 sess  
91018 Drop in \$12

Mon 2:00-3:15pm Feb 20-Mar 27  
CFEC \$60/6 sess  
91025 G.Quon Drop in \$12

Wed 2:00-3:15pm Jan 11-Feb 15  
CFEC \$60/6 sess  
91032 Drop in \$12

Wed 2:00-3:15pm Feb 22-Mar 29  
CFEC \$60/6 sess  
91034 G.Quon Drop in \$12

#### So You Want To Dance

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

Thu 10:30am-12:00pm Jan 5-Mar 30  
55+ Centre Free  
91388 Hilary

# 55+ Older Active Adults

## Technology

### Computer & Internet Beginners

A quick and easy way to get comfortable on the computer. Small classes and friendly instruction makes this a must do. Walk through the steps needed to learn basic skills, important foundations and some simple tools to make your Internet experience easy and fun! No class Feb 13

Mon 1:00-3:00pm Jan 9-Feb 20  
55+ Centre 86869 M.Ziebart Free

### Computer & Internet Intermediate

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

Mon 1:00-3:00pm Feb 27-Apr 3  
55+ Centre 89878 M Ziebart Free

### Internet Lab Hours

Mon 3:00-5:00pm  
Tue Lab Closed  
Wed 3:00-5:00pm  
\*closed on the 3rd Wed of month  
Thu 10:00am-5:00pm  
Fri 10:00am-4:00pm  
\*Please note closed for special events and Statutory Holidays  
55+ Centre Computer lab

### “Getting Active Kickstart” BCRPA

Instructor M.Zeibart



## Workshops

### Service Canada Programs and Benefits

We'll have a Service Canada representative here to learn about Financial Programs like OAS and CPP, Spousal and Survivor Allowances, Low Income Seniors GIS as well as New Horizons for Seniors, Immigrant Seniors Social Security Agreements, the online Retirement Income Calculator and protecting yourself from Fraud. Everyone Welcome

Fri 1:30-2:30pm Feb 17  
55+ Centre

### Canadian Centre for Elder Law (CCEL)

Identifying barriers to the well being of Older Women...

...Older women face many challenges and they have the power to work together and change those circumstances. This workshop provides a place to discover and share common issues. It teaches methods to identify how the "bigger picture" is impacting individual lives and what kind of actions can be taken to affect positive change in your community and improve quality of life.

Fri 1:30-3:00pm Mar 10  
55+ Centre

## Vietnamese Programs

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



### Chương Trình Cao Niên Việt Nam

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

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

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

Jan 24  
Mar 01-April 30

Tiệc Tết Đình Dậu  
Khai Thuế 2016

Registration required for all Free programs

# Programming Principles

In early 2016 the Britannia Programming team realized a long standing ambition to identify and agree on the core principles that make Britannia Programming unique. They discussed and embraced the common virtues that made the work they do rewarding and of greatest importance to them both as individuals and as members of the community and presented their conclusions to the Britannia Board. Over the next couple weeks, the Britannia Community was able to agree that the following programming principles guide and direct the unique work (past, present and future), that Britannia Community Services Centre does for the Grandview-Woodland and Strathcona Communities.

## Enhance Community Connectivity

We offer fun, inclusive, innovative programs, spaces, and services that foster passion, enthusiasm, positive community involvement, and a sense of belonging and identity. We provide a space for social action, a place where people living in Grandview Woodland and Strathcona meet to discuss local area and neighborhood matters and work together to solve them.

## Promote Health and Wellness

We operate from a holistic approach and offer members a broad range of programs and services that engage different abilities and interests across the life span. Our approach is grounded in recreation, sport, fitness, arts, culture, education, learning, social interaction, nutrition, and social development. We promote the improved mental, emotional, physical, and spiritual health of our community, recognizing that health is impacted by personal, social, economic, and environmental factors.

## Foster Social Justice and Equity

We seek to create programs that encourage meaningful participation in our communities that may lead to social change. We strive to address social and historical inequities by advocating and acting in collaboration with vulnerable community members, and commit to Reconciliation.

## Embrace Accessibility

We offer welcoming, safe, barrier-free programs, services and environments. We pro-actively seek ways to respect and accommodate the unique needs of populations within the community. We do this through social interaction, cultural awareness, physical space design, equipment, economic, and environmental means.

## Facilitate Cultural Interaction

We promote sharing, learning, and understanding through programs and services that celebrate diversity and encourage cross-cultural interactions. Cultural practices and the sharing of food is an important aspect of these celebrations.

## Activate Networks

We build bridges with individuals, networks, and agencies to benefit from each other's expertise and resources to achieve our mission, vision, and objectives as a Society. We facilitate access to resources for individuals, networks, and agencies.

## Pursue Sustainability

We use resources responsibly to sustain and ensure longevity of programs and services. We are stewards of the built and natural environment. We maximize utilization through sharing of resources and revenues.

## Integrate Innovation

We integrate current trends and are responsive to the emerging needs of the communities we serve, developing programs and services that are flexible, original, and relevant to our unique community.

## Ensure Accountability

We inform, involve, and include our community, participants, partners, members, and funders in our work. This encompasses the design and evaluation of programs and services. Programs and services are shown to be relevant through evidence of participation and need in the community.





## Hours of Operation

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

## Free with Britannia Membership

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

Jan 1	New Year's Day	1:00-5:00pm
Jan 2	Statutory Holiday	1:00-5:00pm
Feb 13	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 the PB no contract all access pass. Purchase a monthly Flexipass at any Park Board fitness centre and receive unlimited access to 15 fitness centres, 9 indoor pools, 4 outdoor pools and 8 ice rinks. For more information and locations visit [vancouverparks.ca](http://vancouverparks.ca).

## Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists and physiotherapists. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$6.15 per client also applies.

## Supporting a participant? Attendants get free access.

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

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

This four week course will show you how to use the cardio and weight equipment for a safe and effective workout. By the end of the course, you will have a written and personalized program that you will be able to continue to use on your own. Please pre-register Dec 15 so that a confidential health screening can be done.

Fri	9:00-10:00am	Jan 6-Feb 3
FC		\$25/5 sess
92299	J.Stanier	

## Strength Training for Adults 55+ – Intermediate (55+yrs)

This four week course will build on the introductory strength training for adults 55+ 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 Nov 10 so that a confidential health screening can be done.

Fri	9:00-10:00am	Feb 10-Mar 10
FC		\$25/5 sess
92300	J.Stanier	

## Weight Training for Women - Beginner

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

Sat	10:00-11:00am	Jan 7-Feb 4
FC		\$43.75/5 sess
92301	V.Henderson	

## Weight Training for Women - Intermediate

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

Sat	10:00-11:00am	Feb 11-Mar 11
FC		\$43.75/5 sess
92302	V.Henderson	

## 30 Minute HIIT

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

Tue	12:15-12:45pm	Jan 5-Mar 29
FC	B. Wong	Drop in fee

# Aquatics

## General Information

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

Pool Cashier Office\* 604.718.5831

Pool & Fitness Centre Programmer 604.718.5830

\*Pool office closes 30 minutes before the pool.

## Statutory Holiday Hours

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

Jan 2 Statutory Holiday 1:00-5:00pm

Feb 13 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.



## Birthday Parties

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

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

## Pool and Fitness Centre Committee

New members welcome! This is an advisory committee which provides recommendations to the Britannia Board of Management in the area of Pool and Fitness Centre programming and facilities. Meetings take place on the first Wednesday evening of every other month. Please contact the Pool & Fitness Centre Programmer, Mawi Bagon at 604.718.5830 or mawi.bagon@vancouver.ca.

Wed 7:00pm Jan 4, Mar 1

Conference Room

Pool and Fitness Centre Fees 2017 (Including GST)						Please Note: Prices are subject to change, without notice
	Drop-In	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
<b>Adult (19-54)</b>	\$6.15	\$49.20	\$47.54	\$126.05	\$401.80	\$3.00
<b>Youth (13-18)</b>	\$4.40	\$35.20	\$33.29	\$88.25	\$281.25	\$1.00
<b>Child (6-12)</b>	\$2.95	\$24.80	\$23.77	\$63.05	\$200.90	\$1.00
<b>Senior (55+)</b>	\$4.40	\$35.20	\$33.29	\$88.25	\$281.25	\$1.00
Family = 1 to 2 adults of the same household and their children under 19 years of age. Minimum \$6.20 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 Fitness Centre Admission Rate is 50% off adult admission and flexipass.						



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

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

## Lengths

The pool is divided into 25 metre length lanes (slow, medium and fast). Enjoy the whirlpool, steam room or sauna as well. Anyone 16 years and older who is capable of swimming the length of the pool is welcome. Note: patrons under 16 must speak to one of the lifeguards prior to attending these sessions.

## Parent and Tot

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 are invited to join in the activities. Two lanes are usually set aside for length swimmers. The leisure pool is open during this time for soon to be mothers and parents with young children.

## Youth Swim (11-18yrs)

The first Friday night of every month from 8:00-10:00pm is reserved for youth to swim and play with their friends. No public use of steam room or whirlpool. Free admission. Nov 4, Dec 2.

## Aquafit

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

## Range of Motion (ROM)

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

# Aquatics

## Lesson Registration

Online and in-person registration for swimming lessons and programs at all pools, for all age groups starts **Wednesday, October 26 at 9:00am.**

## Vancouver Park Board Online Registration and Reservation System:

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

If you are already participating in a class, you are encouraged to wait until you receive a report card on the last day of class to register for the next set. It's important to register in the correct level.

Those who have registered in the wrong class may be asked to withdraw from the class. Please bring the most recent report card to the first day of lessons. All lessons must meet minimum space requirements to run.

## Swim Refunds

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

Exceptions: No refund on single session programs.

Transfers possible prior to second class.



## Swim Assessments

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

## Private/Semi-Private Lessons (all ages)

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

Child Private \$27.95 / Semi-Private \$16.00

Adult Private \$31.95 / Semi-Private \$18.00

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

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

## Red Cross Preschool (3-5yrs)

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

## Red Cross Swim Kids (5-12yrs)

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

Parent & Tot, Children's Winter 2017 Swim Lesson Sets			
Mon-Starfish/Duck	9:00-9:30am	Jan 9-Mar 6	8 lessons
Tue-Sea Otter	9:00-9:30am	Jan 10-Mar 7	9 lessons
Wed-Starfish/Duck	9:00-9:30am	Jan 11-Mar 8	9 lessons
Thu-Salamander	9:00-9:30am	Jan 12-Mar 9	9 lessons
Fri - Sea Otter	9:00-9:30am	Jan 13-Mar 10	9 lessons
Mon & Wed - Set 1	3:00-5:30pm	Jan 9-Feb 1	8 lessons
Mon & Wed - Set 2	3:00-5:30pm	Feb 6-Mar 8	9 lessons
Fri	3:00-5:30pm	Jan 13-Mar 10	9 lessons
Sat	9:00am-1:00pm	Jan 7-Mar 11	10 lessons
Sun	11:00am-2:30pm	Jan 8-Mar 12	10 lessons

Swim Lesson Fees 2017	8 lessons	9 lessons	10 lessons
Parent & Tot (30 min. parented)	\$34.75	n/a	n/a
Preschool (30 min)	n/a	\$59.75	\$66.00
Swim Kids 1-4 (30 min)	n/a	\$53.00	\$58.50
Swim Kids 5-10 (40 min)	n/a	\$59.75	\$66.00

## Red Cross Teen & Adult Lessons



### Teen or Adult Basics 1 (13yrs+)

Swimmers learn front and back float, front and back glide with kick, front swim for 10 metres, shallow water entries and exits, and deep-water activities (assisted). Prerequisite: No previous swimming experience required.

<b>Mon</b>	<b>6:30-7:10pm</b>	<b>Jan 9-Mar 6</b>
<b>91499</b>		<b>\$76.80/8 sess</b>
<b>Mon</b>	<b>8:00-8:40pm</b>	<b>Jan 9-Mar 6</b>
<b>86535</b>		<b>\$76.80/8 sess</b>

### Teen or Adult Basics 2 (13yrs+)

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

<b>Wed</b>	<b>6:30-7:10pm</b>	<b>Jan 11-Mar 7</b>
<b>92282</b>		<b>\$86.40/9 sess</b>
<b>Wed</b>	<b>8:00-8:40</b>	<b>Jan 11-Mar 7</b>
<b>86536</b>		<b>\$86.40/9 sess</b>

### Teen or Adult Strokes 3 (13yrs+)

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

<b>Tue</b>	<b>8:00-8:40pm</b>	<b>Jan 10-Mar 7</b>
<b>86538</b>		<b>\$86.40/9 sess</b>

### Teen or Adult Fitness (13yrs+)

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

<b>Thu</b>	<b>8:00-8:40pm</b>	<b>Jan 12-Mar 9</b>
<b>86537</b>		<b>\$86.40/9 sess</b>

## Britannia Swim Club Programs

### Britannia Swim Club (8-18yrs)

Join our non-competitive swim club team. We focus on stroke development, endurance and drills. We also practice dives and flip turns to encourage a full swim club experience. Prerequisite: Swimmers must be at Swim Kids Level 5 or higher. Stroke evaluation is available. Register for one or both days.

<b>Tue</b>	<b>6:30-7:45pm</b>	<b>Jan 10-Mar 7</b>
<b>86428</b>	<b>One day/wk</b>	<b>\$55</b>
	<b>Two days/wk</b>	<b>\$85</b>
<b>Thu</b>	<b>6:30-7:45pm</b>	<b>Jan 12-Mar 9</b>
<b>86427</b>	<b>One day/wk</b>	<b>\$55</b>
	<b>Two days/wk</b>	<b>\$85</b>

### Britannia Lifeguard Club (8-12yrs)

A fun club designed for Britannia area youth who would like to improve their swimming, develop lifesaving skills and learn basic first aid. The course is designed as a starting point for youth who would like to develop their swimming abilities and learn about safety in and around the water. Please apply at the pool.

<b>Sat</b>	<b>2:00-3:00pm</b>	<b>Jan 7-Mar 11</b>
<b>92297</b>		<b>\$50</b>

### Britannia Rec Stars (13-18yrs)

This program is intended to help Britannia area youth who are interested in swimming to further their skills and abilities through advanced swimming and advanced lifesaving courses. Please apply at the pool. No class Nov 11.

<b>Fri</b>	<b>Advanced swimming</b>	<b>3:30-4:15pm</b>
		<b>Jan 13-Mar 10</b>
<b>Fri</b>	<b>Advanced lifesaving</b>	<b>4:15-5:00pm</b>
		<b>Jan 13-Mar 10</b>
<b>86426</b>		<b>\$60</b>

## Lifesaving Programs

### Canadian Swim Patrol (8-12yrs)

Provides training for those who are ready to go beyond learn-to-swim & want to learn basic lifesaving skills. Prerequisite: Ability to swim in deep water, swim 25 metres and tread water for 1 minute.

<b>Sun</b>	<b>5:00-6:00pm</b>	<b>Jan 8-Mar 12</b>
<b>86430</b>		<b>\$60.70/10 sess</b>

### Bronze Medallion (13yrs+)

Rescuers learn lifesaving techniques, self-rescue and tows and carries for challenging rescues of increased risk involving conscious and unconscious victims in varying water depths. Includes CPR-A. Prerequisite: 13yrs & up or have completed Bronze Star; ability to swim 100 metres in deep water and ability to swim 500m in 15 minutes or less. The Canadian Lifesaving Manual is required. It can be purchased at the front desk for \$36.

<b>Sun</b>	<b>10:00am-2:00pm</b>	<b>Jan 8-Feb 5</b>
<b>86429</b>		<b>\$163.40/5 sess</b>

### Bronze Cross (15yrs+)

Advanced training and an intro to safety supervision. It is a prerequisite for all advanced training programs including National Lifeguard (NL) and Instructor certifications. Includes a 600 metre swim and CPR C. It is also worth two Grade 11 high school credits. Prerequisite: Bronze Medallion. Ability to swim 600m in 18 minutes or less. The Canadian Lifesaving Manual is required. It can be purchased at the front desk for \$36.

<b>Sun</b>	<b>10:00am-2:00pm</b>	<b>Feb 12-Mar 12</b>
<b>86558</b>		<b>\$163.40/5 sess</b>

## Other Programs

### Aqua Zumba NEW

For those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine, join the pool party on Thursday nights! Free trial class October 13 - you must register for this free trial class. \$10 drop-in.

<b>Thu</b>	<b>8:00-9:00pm</b>	<b>Jan 12</b>
<b>86414</b>	<b>Free with registration</b>	
<b>Thu</b>	<b>8:00-9:00pm</b>	<b>Jan 19-Mar 9</b>
<b>86413</b>		<b>\$56/8 sess</b>

# Ice Rink

## Britannia Ice Rink Public Skating Schedule

January 3 – March 31, 2017

Schedule subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Adult Open Dance 12:15-1:45pm	Parent & Tot FREE Skate 11:00-11:45am	Adult Stick & Puck 12:00-1:30pm	Learn to Skate Lessons 10:00am-1:15pm	Women's Hockey 10:30-11:45am
				Adult FREE Skate 1:45-3:00pm	Public Skate 1:30-3:00pm	Family Fun Hockey 12:15-1:30pm
	Learn to Skate Lessons 6:00-8:00pm	Adult Stick & Puck 3:15-4:45pm	Youth FREE Skate 3:15-4:30pm	Child FREE Skate 3:15-4:30pm		Public Skate 1:45-3:15pm
	Adult Skate 8:15-9:30pm		*Adult Co-ed Hockey 11:15pm-12:45am	Public Skate 7:45-9:15pm		*Adult Co-ed Hockey 9:30-11:00pm

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



**2017 Rink Admissions:** Admissions subject to change without notice.

Adult (19-54yrs)	Youth (13-18yrs)	Senior (55yrs+)	Child (6-12yrs)	Family	Skate Rentals	Skate Sharpening
\$5.85/Drop-in \$49.86/10 visits	\$4.19/Drop-in \$33.52/10 visits	\$4.19/Drop-in \$33.52/10 visits	\$2.95/Drop-in \$23.62/10 visits	*at child rate (Family minimum \$5.86)	\$3.00	\$6.10

- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Board operated rinks. Prices are subject to change without notice.
- Adult Drop-in Hockey and Stick & Puck sessions are at the Adult rate.
- A 20% discount on admission is given to groups of 10 or more.
- Children under 8 years old MUST be accompanied ON-ICE with an individual 16yrs+.
- Flexipasses may be used for public skating sessions. For 2017 Flexipass rates, go to page 34.
- Family rate is 1-2 adults of the same household and their children under 19yrs, all present at time of admission. \$3.05 per person.

## \$99 Winter Ice Sale!

Plan a holiday party between Dec 17- Jan 2 for \$99/hour plus GST. Staff charges are not included.

## Stat Holiday Free Skating



Free skating sessions will be offered on the following stat holidays at the rink from 1:00-3:30pm:

Sun	Jan 1	New Year's Day
Mon	Feb 13	Family Day

## 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.

## All Levels

Thu	11:15pm-12:45am	Jan 5-Mar 30 \$10/drop-in*
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## Intermediate

Sun	9:30-11:00pm	Jan 8-Mar 26 \$15/drop-in or \$50/mo*
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\*Strip tickets are not valid during these sessions



## Get involved - Join the Rink Committee!!

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

## Adult Stick and Puck

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

Wed	3:15-4:45pm	Jan 4-Mar 29 \$6.15/drop-in
Fri	12:00-1:30pm	Jan 6-Mar 31 \$6.15/drop-in

## Family Fun Hockey

(3-12yrs with Adults)

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 8-Mar 26
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Regular public admission rates apply

## Parent & Tot Skate



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

Thu	11:00-11:45am	Jan 5- Mar 30 Free
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## 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		
Sun	10:45am-12:00pm	Jan 8-Feb 12 \$32.00/6wks \$6.15/drop-in
91882		
Set 2		
Sun	10:45am-12:00pm	Feb 19-Mar 26 \$32.00/6wks \$6.15/drop-in
91885		

## UPCOMING ARENA PROGRAMS

### Britannia Co-ed Hockey League

This program is aimed towards novice to intermediate hockey players looking to play in a non-contact recreational hockey league in the "off-season". Full equipment is mandatory and all players must wear at least a half shield on their helmet. The league plays on Saturday afternoon/evenings from May 13. All players will be assessed and placed onto teams by the league coordinators.

Registration begins Mar 7.



### Britannia Women Only Hockey League

Britannia's popular Women's Hockey league will begin on May 2, with an on-ice evaluation. Games are on Tuesday evenings, May 9-July 25. The games are non-contact, non-aggressive and fun! Full hockey equipment is mandatory.

Registration begins Mar 7.

## Skate Refunds

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

Exceptions: No refund on single session programs, transfers possible prior to second class.

# Ice Rink

## Skating Lessons at Britannia

Registration for winter skating lessons will take place on Wed December 14.

- 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. A limited number of hockey helmets are available to use free of charge for lesson registrants.

### Learn to Skate Lessons

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

### 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 meter, Intro to stopping, scraping and double sculling

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

Level 5+ - "V" pushes (left&right), glide on one foot for ½ meter (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, glide on two feet for 2 meters

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

Level 4 - Skate forward using "V" pushes, glide on one for 3 meters, 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 meters, backward snowplow stop

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

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

### Private Skating 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 and during some public skating sessions.

### Figure Skating Lessons

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

### Power Skating Lessons

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





## Lessons Set 1

### Learn to Skate

Tue	6:00-8:00pm	Jan 3-Feb 14 \$43.75/7 sess
Sat	9:30am-1:15pm	Oct 1-Nov 5 \$43.75/7 sess

### Figure Skating

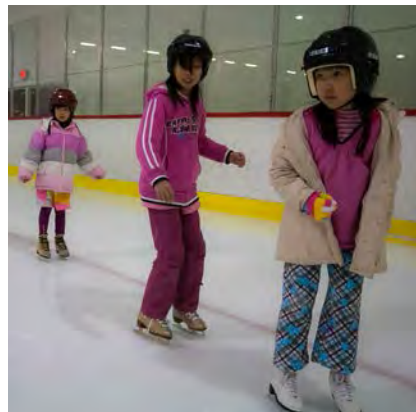
Tue	7:30-8:00pm	Jan 3-Feb 14 \$43.75/7 sess
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### Beginner Power Skating

Sun	4:30-5:15pm	Jan 4-Feb 15 \$46.66/7 sess
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### Intermediate Power Skating (13yrs-Adult)

Sun	5:30-6:30pm	Jan 4-Feb 15 \$53.33/7 sess
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## Lessons Set II

### Learn to Skate

Tue	6:00-8:00pm	Feb 21-Apr 11 \$50.00/8 sess
Sat	9:30am-1:15pm	Feb 25-Apr 15 \$50.00/8 sess
No session Apr 1		

### Figure Skating

Tue	7:30-8:00pm	Feb 26-Apr 16 \$50.00/8 sess
No session Apr 2		

### Beginner Power Skating

Sun	4:30-5:15pm	Feb 26-Apr 16 \$53.33/8 sess
No session Apr 2		

### Intermediate Power Skating

Sun	5:30-6:30pm	Feb 26-Apr 16 68.57/8 sess
No session Apr 2		

### Registration for Set 2;

1. Register in-person starting Wed Feb 15 at the Information Centre or Pool Cashier.
2. Register online at [britanniacentre.org](http://britanniacentre.org) starting Wed Feb 15 at 9:00am.

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

### Registration for Set 1

1. Register in-person starting Wed Dec 14 at the Information Centre or Pool Cashier.
2. Register online at [britanniacentre.org](http://britanniacentre.org) starting Wed Dec 14 at 9:00am.

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

## Meet your Instructors...

Britannia's Learn to Skate instructors are enthusiastic and positive and are committed to creating a positive experience for their students.

Britannia's experienced instructors come from both hockey and figure skating backgrounds and have all undergone skate instructor training with the Vancouver Park Board.

They understand that learning in a fun and enjoyable atmosphere leads to better success for participants.



# Partners



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

## Grandview-Woodland Food Connection Advisory Members and Volunteers Wanted

Are you interested in community food security? Would you like to help shape GWFC programming? We are seeking community members interested in joining our Advisory Committee. We meet every two months and simply seek your advice and support. Other volunteer opportunities including cooking, school gardening, program evaluation, and communications.

## GWFC Community Kitchen

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

## GWFC Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? You can save over 40% on your food bill. \$14 gets you 10-12 varieties of fruits and veggies. Pick-up at Britannia Community Centre.

## Wild Salmon Caravan

Are you interested in helping to protect wild salmon? We are looking for interested community members to help create interactive performance, props, costumes, banners, etc. for this year's 3rd Annual Wild Salmon Caravan. Info 604.718.5895

Please call Ian at 604.718.5895 to register or for more information. Also check out our food workshops on Page 23.



Grandview-Woodland Community Policing Centre

1977 Commercial Drive phone: 604.717.2932 e-mail: [info@gwcpc.ca](mailto:info@gwcpc.ca)

### Hours of Operation:

**Monday to Thursday 12:00pm to 8:00pm**  
**Friday 12:00pm to 6:00pm**  
**Saturday 10:00am to 4:00pm**  
**Sunday Closed**

## Neighbourhood Community Cleanups, Graffiti Paint Outs

Volunteers Welcome!

Cleanups are held the first and third Saturday of each month. Graffiti paint outs are held on the last Sat of the month. For more information on activities please visit the GWPC website at [www.gwcpc.ca](http://www.gwcpc.ca)

To sign up contact the volunteer coordinator at: [volunteercoordinator@gwcpc.ca](mailto:volunteercoordinator@gwcpc.ca) or phone 604 717-2932.

## Community Education Office

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

Community Schools Coordinator

Jennifer Scott [jscott@vsb.bc.ca](mailto:jscott@vsb.bc.ca)

Office Support – Mitra Tshan

[tshan@vsb.bc.ca](mailto:tshan@vsb.bc.ca) 604.713.8273

Programmers:

Celine McCaughran-Contreras

[ccontreras@vsb.bc.ca](mailto:ccontreras@vsb.bc.ca)

Britannia Secondary, Seymour, Strathcona & Britannia Elementary schools

Karen Weihs [kweihs@vsb.bc.ca](mailto:kweihs@vsb.bc.ca)

(Macdonald school)

Dave Taylor [dtaylor@vsb.bc.ca](mailto:dtaylor@vsb.bc.ca)

(Grandview school)







Youth and Family Workers:

Carley Romas [cromas@vsb.bc.ca](mailto:cromas@vsb.bc.ca)

Greg Goodall [ggoodall@vsb.bc.ca](mailto:ggoodall@vsb.bc.ca)



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

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

## Shop Rates & Hours

Sliding scale from \$5-\$15

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

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

1739 Venables. Basement entrance on Commercial Drive.

## Women, Gender Queer & Trans Night:

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



## CAPC - Community Action Program for Children

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

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

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

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

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

Free - Registration required at 604.215.8289/  
604.713.8273

Jan - Mar 2017

10:30am Toddlers  
12:00pm Infants



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

### Britannia Partners in Education (PIE)

#### English Foundations 5/6/7

CFEC Rm 110, Brit, Mon 9:30am-2:30pm

#### English for Speakers of Other Languages

CFEC Rm 110, Brit, Tue 10:00am-2:30pm

#### Math Foundations 1-7

CFEC Rm 110, Brit, Thu 9:30am – 2:30pm

#### English Foundations 1-4

CFEC Rm 110, Brit, Fri 9:30am – 2:30pm

### Edmonds PIE PLUS

#### English Foundations 1-3

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

#### English Foundations 4-7

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

### Grandview Get Ready 2 Read (GR2R)

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

### Healthy Eating Active Living (HEAL)

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

### ECE Assitant Program

CFEC Rm 110, Britannia Secondary  
Winter/Spring 2017  
Wed 12:30-3:30pm Start date TBA



1655 William St, 604.255.9841

Email: info@eastsidefamilyplace.org  
www.eastsidefamilyplace.org or Facebook.

Eastside Family Place is a support and resource centre for parents/caregivers and their young children aged infant to early 6 years. ESFP offers many programs alongside support and referral services. At our **Family Drop-In Centre**, adults can visit with each other while engaging with their children in a warm, supportive, educational environment.

Children have opportunities to socialize, learn through play and participate in developmentally stimulating children's activities that foster life-readiness. A healthy snack is provided daily, and food is available in the kitchen. There is also a food cupboard. **Drop-In costs \$3.00 per visit per family.** Note that Paid Caregivers pay a bit more, based on the number of families they are working for. Please contact us for details. Paid Caregivers may bring a max 4 children, coming twice a week only please.

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:

Mon/Wed/Fri 9:00am-12:00pm  
Tue/Thu 9:00-2:30 (closed 12:00-1:00)  
ESFP will be closed Dec 19-26, Dec 30, Jan 2, Feb 13. Open Dec 27, 27 29 - 9am-12:00pm

### Licensed Occasional Childcare

For parents who are in need of short-term respite child care. Children aged 18 months to early six years – fee on a sliding scale of \$5 to \$6.50 per hour. Spaces are limited & must be booked in advance by calling 604.251.1018.

Child care hours: Mon-Fri 9:00-11:45am

### Birthday Parties

We offer an affordable, enjoyable & convenient way to celebrate your child's birthday. We specialize in birthday parties for young children ages 1- 6. Email or call us for details.

### Education

We offer a wide variety of programs such as parenting support, food skills, early literacy, health etc. Drop by or check us out online!



Vancouver Public Library

### Library Hours

Mon	9:00am – 6:00pm
Tue, Wed	9:00am – 9:00pm
Thu, Fri	9:00am – 6:00pm
Sat	9:00am – 6:00pm
Sun	1:00pm – 5:00pm
(except holidays)	604.665.2222

### Babytime (0-18mo)

Tue 10:30 & 11:30am Jan 10-Mar 7

### Family Storytimes (18mo-5yrs)

Wed 10:00 & 11:00am Jan 11-Mar 8

### Man in the Moon (0-18mo)

Registration required.

Sat 3:30-4:30pm Jan 21-Mar 11

### Board Games in the Library

Tue/Wed 3:15-6:00pm Jan 10-Mar 8

### Teen Advisory Group (13-18yrs)

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

### Spring Break Programs

Please contact the library for more details

### 55+ Up Book Club

3rd Wed/mo 2:45-4pm (55+ Centre)

### 1-To-1 Computer Training

Tue/Wed 2-3 or 3-4 pm

### Pandora's Collective

#### Book Talks

booktalks@pandoracollective.com.

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

### SFU Philosophers' Café

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

### SFU Writer's Studio Consultations

1st Tue/mo

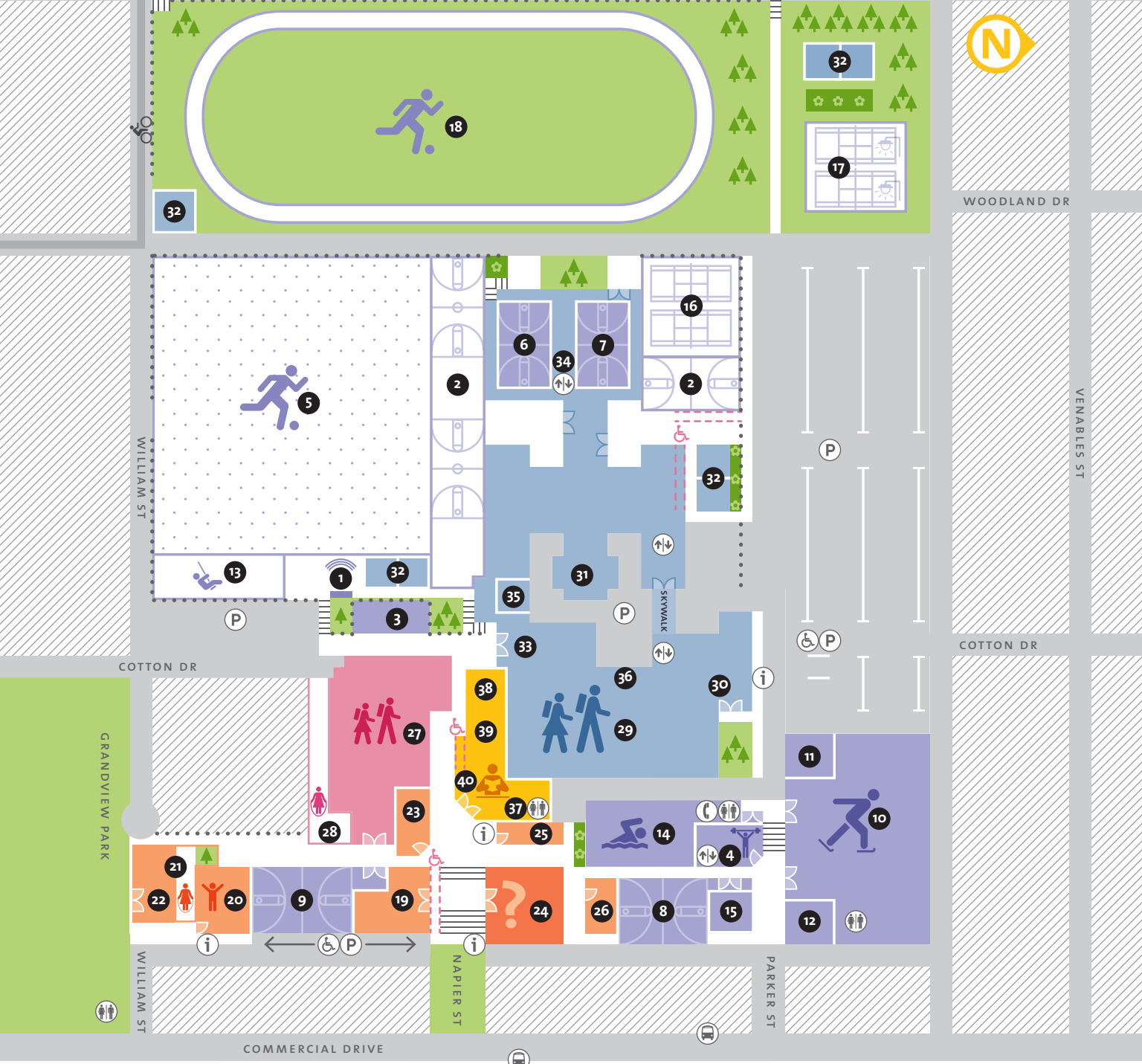
Register for 4:00, 5:00 or 6:00pm

Call Central at 604.331.3601

### Word Whips Writing Series

www.pandoracollective.com

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



**recreation**

- 1 Amphitheatre
- 2 Basketball Courts
- 3 Covered Play Area
- 4 Fitness Centre
- 5 Gravel Sports Field
- 6 Gym A
- 7 Gym B
- 8 Gym C
- 9 Gym D
- 10 Ice Rink
- 11 Ice Rink Activity Room (top flr)
- 12 Ice Rink Mezzanine (top flr)
- 13 Playground
- 14 Pool
- 15 Mat Room
- 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
- 40 Art Gallery



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

••• Fence	ⓘ Wayfinding	⬆ Elevator	//// Residential + Commercial
▬ Streets + Vehicle Access	♿ Wheelchair Access	⌂ Entrance	••• Gravel
🚲 Bicycle Route	≡ Stairs	🌿 Fields + Green Space	🌳 School Garden