

britanniacentre.org



**Programs & Services
Fall 2013**



Presidents Message

The summer is drawing to a close, and what a great summer it's been! Once again Britannia has been a busy site all summer. Starting with the Spring programs, including the very popular Micro Footie, Gymnastics, Swimming, Skating, Yoga, Food, Funseekers, and the programs offered at the Library, the Teen Centre, the Seniors Centre and all around the site, we really do have something for everyone!

Staff and volunteers have worked hard to host special events throughout the summer. Stone Soup, Canada Day, Art in the Park to mention a few. As we move toward the Fall, parents, (if not students!) are thinking of possibilities for engagement and fun through the winter months. Please look carefully through the brochure to find the programs that suit your child. Britannia Secondary and Britannia Elementary Schools are located right here on site. We have the unique advantage of combining really good educators and programs at the schools with wide ranging choices for extracurricular enrichment and recreational activity all at one site! Also right on site is our excellent Before and After School Child Care program, Summer Orca program and the Pre-School program.

The Board resumes their work in September, after a summer break. As returning President of the Board I would like to extend a warm welcome to our new members, and a welcome back to our returning members. Your Board here at Britannia is made up of volunteer community members that have been elected to serve. They represent a broad spectrum of the community and work to help make Britannia the special place that it is. So...hat's off! To members of the Board, all the volunteers, management & staff, our partner representatives from the Parks Board, the Vancouver School Board, the Vancouver Public Library, and the City of Vancouver.

I hope all the community members we serve have had a wonderful summer, and I look forward to a great Fall season here at Britannia

On behalf of the Board of Management,

Gwen Giesbrecht



Board of Management

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

PRESIDENT: Gwen Giesbrecht

VICE PRESIDENT: Eva Sharell

TREASURER: John Flipse

EXECUTIVE MEMBERS:

Ray Gallagher

Oliver Conway

DIRECTORS:

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

AGENCY REPS:

VSB: Geoff Taylor

VPB: Susy Bando (Acting)

VPL:

EXECUTIVE DIRECTOR: Cynthia Low

MANAGER OF ADMINISTRATIVE SERVICES:

Natalie Bailey

CHILD CARE MANAGER:

Sabine Tanasiuk

PHOTOGRAPHY CREDITS:

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

Membership Information

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

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

Membership may be obtained when you register for a program or any time during the year at the pool cashier's office or the information centre.

What does membership give me?

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

Information Centre
1661 Napier Street,
Vancouver BC V5L 4X4

T 604 718 5800
F 604 718 5858

www.britanniacentre.org

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Registration Information

Three Ways to Register for Programs

1) Register Online at britanniacentre.org

- Registration starts at 9:00am on Tuesday August 20, 2013.
- You must have a current membership card to register for all Britannia programs, The membership year runs from September 1, 2013 to August 31, 2014.

2) Register in Person

- Registration starts at 9:00am on Tuesday August 20, 2013
- At the **Information Centre**, (No Cash payments please) or
- At the **Pool Cashier's Office** (Pay by Cheque, Visa, Mastercard, Debit or Cash)

Registration Hours at the Pool Cashier are:

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

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

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

3) Register by Phone at 604.718.5800 ext. 2

- Registration starts at 1:00pm on Tuesday August 20, 2013
- You must have a current Britannia membership card and a valid Visa or MasterCard.
- A copy of your program registration, your credit card slip and membership card will be mailed to you upon request if you have an e-mail address..

Refund Policy

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

Cancellation Policy

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

Announcing the new City of Vancouver website!

Vancouver makes online sign-up for recreation classes easier on the new website. Stop by www.vancouver.ca to search for and sign up for programs.

Subsidy Policy

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

Residents of Vancouver on the Leisure Access Program

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

Residents of Grandview Woodland Strathcona on the Leisure Access Program

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

Grandview Woodland Strathcona Residents No Part of the Leisure Access Program

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

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

Other Information

Transition from HST to GST/PST

From the Federal Government website (for more information go to <http://www.cra-arc.gc.ca/E/pub/gi/notice270/notice270-e.html>): Effective April 1, 2013, the 12% HST would no longer apply on services made in British Columbia or to personal property. Instead, as of that date, the 5% GST would apply to such taxable goods and services.

See more details on page 38



Banners by: Penny Lim

Bequests and Charitable Giving

YOUR LEGACY

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

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

OneCard is here!

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


Get your OneCard today

Sign up before September 30 and receive three free admissions*



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

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



Quality Licensed Child Care In Your Community

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

Child Care Mission Statement

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

About our Child Care programs

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

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

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

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

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

Creative - Self expression and concept development.

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

About our Staff

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

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

18mo-3yrs Toddler Program

Mount Pleasant Child care is our only licensed toddler program and provides 12 spaces for children 18 months to 3 years. Children will develop socially, physically and emotionally at their own pace in a safe, caring and secure environment with time to explore new relationships with friends and to interact with adults. This program provides age-appropriate materials. All staff are qualified Early Childhood Educators, Special Needs Educators and have Child Safe First Aid Training. Snacks, hot lunch and outdoor play are a part of the daily routine.

3-5yrs Child Care Programs

Eagle in the Sky, Grandview Terrace and Mount Pleasant Child Care are the centres that offer child care programs for 2½ to 5 year olds. The programs offer a caring, safe and nurturing environment that allows children the freedom and support to develop to their full potential. We offer multi-cultural programs that respect a variety of traditions, lifestyles, languages and cultural heritages. In our inclusive play-based programs, qualified Early Childhood Educators and Special Needs Educators provide activities based on children's interests and developmental needs, offering opportunities for children to explore their environment through music, movement, blocks construction toys, co-operative games, stories and outdoor play. Through play, children are able to develop social skills and learn more about their world.

[Provincial Child Care Subsidy Available.](#)

Britannia Preschool (3-5 yrs)

Know You Can! The Little Preschool That Could

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

Out-of-School Programs

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

Contacts:

Childcare Manager:

Sabine Tanasiuk 604.718.5816

Britannia Out of School Care/Preschool

Randi Gurholt-Seary 604.718.5843

Grandview Terrace Child Care

Alejandra Uribe 604.718.5846

Mount Pleasant Child Care

Wade Forbes 604.718.5844

Lord Nelson Child Care

Latisha Buksh 604.713.5863

Eagles in the Sky Child Care

Susan Nelson 604.718.5856

Licensed Child Care Information

Grandview Terrace Family Resource Centre

2075/2065 Woodland Drive Contact: Alejandra at 604.718.5846

We offer a variety of parenting and parent/child activities, where families can meet new people, support one another, access resources and referrals. The Family Resource Centre is a fun and safe place to come and enjoy being a parent. For additional information call 604.718.5846. Grandview Terrace Family Resource Centre is made possible by a partnership with Canucks Family Education Centre and open doors to Learning Windows of Opportunity.



Grandview Terrace Child Care

2075 Woodland Drive

Alejandra Uribe:

604.718.5846

Daycare 3-5yrs

Mon-Fri 7:30am-6:00pm

FEE: \$750 per month, snacks provided

Lunch program \$45 per month

Out of School Care 5-12yrs

September to June

Mon-Fri 7:30am-9:00am

3:00pm-6:00pm

School Breaks 7:30am-6:00pm

FEE: \$355 per month

Closed on statutory holidays

July & August Hours:

Mon to Fri

7:30am-6:00pm

FEE: \$550/month



Britannia Child Care

1661 Napier Street

Randi Gurholt-Seary:604.718.5843

Preschool 3-5yrs

Mornings 9:00-11:30am

Afternoons 12:30-3:00pm

FEES:

2 days per week (Th, Fri) \$175.00

3 days per week (Mon, Wed, Wed) \$247.00

5 days per week \$422.00

Britannia Out of School Care 5-12yrs

September to June Hours:

Mon-Fri 7:30am-9:00am

3:00pm-6:00pm

School Breaks 7:30am-6:00pm

FEE: Full Time \$345 per month

3 Days \$224 per month

2 Days \$203 per month

Closed on statutory holidays

July & August Hours:

Mon to Fri 7:30am-6:00pm

FEE: \$550/month

Lord Nelson Child Care

2235 Kitchener Street

Latisha Buksh 604.713.5863

Out of School Care 5-12yrs

September to June Hours:

Mon-Fri 7:30am-9:00am

3:00pm-6:00pm

School Breaks 7:30am-6:00pm

FEE: \$345 per month

Closed on statutory holidays

July & August Hours:

Mon to Fri 7:30am-6:00pm

FEE: \$550/month

Vancouver Native Health

We have an Aboriginal Early Childhood Family Support Worker who works out of Britannia Centre. Please call Barbara Nelson at 604.718.5841.

Mount Pleasant Child Care

960 East 7th Avenue

Wade Forbes:

604.718.5844

Toddler Program 18mo-3yrs

Hours: Mon-Fri 7:30am-6:00pm

FEE: \$1010 per month snacks provided

Lunch program \$45 per month

Daycare 3-5yrs

Hours: 7:30am-6:00pm

FEE: \$785 per month, snacks provided

Lunch program \$45 per month.



Eagles In The Sky Child Care 3-5yrs

485 Semlin Drive

Susan Nelson

604.718.5856

Daycare 3-5yrs

Hours: Mon-Fri 7:30am-6:00pm

FEE \$740 per month. Snacks are provided

Out of School Care 5-12 yrs

September to June Hours:

Mon-Fri 7:30am-9:00am

3:00pm-6:00pm

School Breaks 7:30am-6:00pm

FEE: \$355/MacDonald Elem/with snacks

\$375/Hastings/Lord Nelson and

Britannia Elementary School

July & August Hours:

Mon to Fri 7:30am-6:00pm

FEE: \$550/month

Special Events

Sustaining Our World

Britannia is keen to help our community achieve its green potential and we are hosting another Sustaining Our World event to engage members of the community on the next steps we can take together on the path to Zero Waste. Help us wrap up Waste Reduction Week by visiting our Sustainability Fair to celebrate all the amazing green things in and around our neighbourhood, and meet people from organizations working to green our neighbourhood and our world. You can also sign up for the 2nd Annual Britannia Race to Zero Waste and enjoy some family fun adventure! Contact kathy.whittam@vancouver.ca if you would like to be a part of this event, and watch the Britannia web site for more details coming soon. www.britanniacentre.org

Oct 27 12:00-5:00pm Gym D

Family Pumpkin Carving (New)

Celebrate Halloween by carving a pumpkin with your family. Cost is based on a family of four and will include 2 pumpkins. Additional pumpkins can be purchased for \$3.00 but must be done at the centre. Registration will close Oct 23. Hot chocolate and carving utensils will be provided. Please contact Ashley Beattie 604-718-5824 for financial assistance. Children under 12yrs must have a parent or guardian present.

65600.400BR

Fri 1:00-3:00pm Oct 25
CFEC H Spaxman \$6/1 sess

Children's Halloween Howl (1-8yrs)

Come to this free spooky community event! Entertainment, ghostly games, tricks and treats included.

Sat 1:00-3:00pm Oct 26
Gym D FREE

Holiday Skin Care Gifts

Shower fanatics will convert! In this hands-on class create all your stocking stuffer gifts! Make six different bath bombs in a variety of scents and shapes, two different bath salts, a vanilla cream milk bath, bath n' body oils and a vegan hand-milled soap. Plus, discussion on aromatherapy and essential oil applications and receive recipes on tub tea and body polish. Please bring a shoebox to class. Supplies included in course fee.

42001.401BR

Mon 6:30-9:00pm Nov 18
Rk Mezz C Scentimental \$48/1 sess

Holiday Wreaths (New)

Using professional floral techniques, participants will learn how to select and prepare the appropriate wreath frames, foliage, decor. Techniques for how to arrange, decorate and secure. Bow making lessons also included, a selection of ribbon will be provided though students may bring their own if desired. Students are asked to bring with them the following items: Sharp scissors, pruners (absolutely necessary will have some inexpensive ones for sale if required,) apron, gloves. Cost does not include extra decor pieces (on hand to purchase.)

Sun 2:00-4:00pm Dec 1
FAR L Wolff \$65/ 1sess

Decorations Pop-Up Workshop (New)

Celebrate the season by making your own decorations and art projects. Various local artists will be instructing in a variety of mediums. All supplies provided or bring donations of yarn, etc to the workshop. For more information email Katherine Polgrain courage@vcn.bc.ca

Sun 12:00-4:00pm Dec 15
AML All Ages Free Admission

Winter Solstice Coffee House & Community Celebration (New)

Come celebrate the return of the light with an evening of local live music and refreshments at Britannia.

Sat 7:00-10:00pm Dec 21
AML All Ages Free Admission

40th Annual Britannia Christmas Craft Fair

Britannia Secondary School - Gym A & B
1001 Cotton Drive

Fri Nov 15: 3pm to 8pm
Sat Nov 16: 10am to 5pm
Sun Nov 17: 10am to 5pm
Entrance Fee is \$2

Children 12 & Under is FREE
Email: britanniacraftfair@live.ca
Tel: 604-713-8273

Sponsored by: Britannia Community Education. Any interested vendors must apply by Friday October 4th. All proceeds raised will benefit inner-city youth programs

Gingerbread Houses (New)

Bring the family to build a graham cracker gingerbread-style house. Candies and frosting will be provided, feel free to bring along your own decorations. Additional registrants will be \$3.00 (must be done on-site) and will include all supplies. Must register by Dec 15. Children under 12yrs must have a parent or guardian present. For financial assistance please contact Ashley Beattie 604-718-5824

65600.401BR

Sun 1:00-3:00pm Dec 22
CFEC H Spaxman \$6/1 sess

Banner Workshop

"If you want to build a ship, don't drum up people together to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea" -- Antoine de Saint-Exupery.

Show our community your biggest and best Under the Sea image. Banners are large and hang in pairs and will be displayed on site and in the Library. This is a great workshop for all. Banners 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 of newspapers. Banners can be purchased for \$20/set after 6 mo to 1 year installation. Artists get first chance to buy their own banners.

42901.401BR

Sun Sat 10:00-4:00pm Oct 5-Oct 6
Cafe H Spaxman \$20/2 sess

Gymnastics Club

Cartwheels & Candy Canes Holiday Show

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

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

Board Games (New)

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

45920.401BR

Sun 6:00-8:00pm Sept 22, Oct 20,
Nov 17, Dec 15
AML Ages 13 and up Free

Preschool & Children's Programs

Music

Music Together® (0-5yrs)

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

Tue Sep 24-Nov 26
11004.401BR 9:30-10:15am
11004.402BR 10:30-11:15am
11004.403 BR 11:30-12:15pm
Rink Mezz M. Beyene \$150/10 sess

Wed Sep 25-Nov 27
11004.404BR 9:30-10:15am
11004.405BR 10:30-11:15am
11004.406BR 11:30-12:15pm
Rink Mezz M. Beyene \$150/10 sess

Thu Sep 26-Nov 28
11004.407BR 10:30-11:15am
11004.408BR 11:30-12:15pm
Rink Mezz M. Beyene \$150/10 sess

Big Kids Music Together® (5-7yrs)

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

11004.409BR
Wed Oct 2-Dec 4 3:30-4:30pm
Rink Mezz M. Beyene \$180/10 sess
(sibling \$125/10 sess)

Parent & Tot

Baby Sign Language

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

41901.401BR
Mon 10:50-11:35am Sep 16-Oct 21
Mat Rm S Kauhausen \$64/5 sess

Parent & Tot Yoga (3-5yrs) (New)

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

41901.402BR
Wed 10:00-10:45am Sep 25-Nov 13
CFEC Into Yoga \$72/8 sess

Sportball Parent & Tot (2-3yrs)

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

13002.401BR
Sat 11:30-12:15pm Sep 28- Dec 7
Gym C Sportball \$140/9 sess
No class Oct 12, Nov 9

Sportball Multisport (3½-5yrs)

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

13002.402BR
Sat 12:15-1:15pm Sep 28-Dec 7
Gym C Sportball \$140/9 sess
No class Oct 12, Nov 9

Dance

Parent participation is recommended for the 2-3yr old programs and will be welcome to attend the last day of class to watch their children.

Creative Dance

Sat Sep 21-Dec 7
11602.401BR 2-3yrs 9:05-9:45am
11602.402BR 3-4yrs 9:50-10:30am
11602.403BR 3-4yrs 10:35-11:15am
CFEC B. Poole \$80/10sess
No class Oct 12, Nov 9

Ballet

Sat Sep 21-Dec 7
11602.404BR 2-3yrs 11:45-12:25am
11602.405BR 3-4yrs 12:30-1:10pm
CFEC B. Poole \$80/10sess
No class Oct 12, Nov 9

Contemporary Dance

Sat Sep 21-Dec 7
11602.406BR 4-6yrs 1:15-2:00pm
CFEC B. Poole \$80/10sess
No class Oct 12, Nov 9

Hip Hop Program

Wed Sep 25-Nov 27
21602.401BR 7-9yrs 3:30-5:00pm
21602.402BR 10-15yrs 5:00-6:30pm
Rm 111 H.Henney \$80/10sess



Britannia Preschool (3-5yrs.)

Know You Can! – The Little Preschool That Could

Building skills in all areas of development by providing a rich, fun, and educational curriculum with a focus on creativity, multiculturalism and diversity.

Monday to Friday (full or part time availability). Please call 604.718.5843 for more information or visit our web site at

britanniacentre.org

Children's Programs

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. In attempt to increase numbers we have reduced the price to \$2.50 drop in.

Sat 10:00am-12noon Sep 28-Dec 7
Tue/Wed/Thu 11:00-12:30pm Oct 1-Dec 12
No class Sat Oct 19, 26, Elem school Pro D days



Intro to Soccer (4-6yrs)

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

13001.401BR **Beginners**
Sun 10:00-11:00am Sep 22-Dec 8
13001.402BR **Experienced players**
Sun 11:00-12noon Sep 22-Dec 8
Gym D R. Duivestain \$68/9sess
(No class Oct 20,27, Nov 10)

TLA Youth Soccer Academy

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

Sun Sep 22-Dec 8
23035.401BR 6-7yrs 12:15-1:15pm
23035.402BR 8-9yrs 1:15-2:15pm
23035.403BR 10-12yrs 2:15-3:15pm
Gym D J.Kyle \$150/10sess
No class Oct 20,27

Piano (6+yrs)

Clarinet (10+yrs)

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

Set 1

21000.410BR
Thu 4:00-8:30pm Sep 5-Oct 24
21000.411BR
Fri 3:30-7:30pm Sep 6-Oct 25
21000.412BR
Sat 9:00-4:30pm Sep 7-Oct 26
EMR J Oye \$176/8 sess

Set 2

21000.413BR
Thu 4:00-8:30pm Oct 31-Dec 19
21000.414BR
Fri 3:30-7:30pm Nov 1-Dec 20
21000.415BR
Sat 9:00-4:30pm Nov 2-Dec 21
EMR J Oye \$176/8 sess

Toddler Art (18m-3yrs)

Art is a wonderful sensory experience in which you and your child can collaborate. Emphasis is placed on the creative process and exploration of materials. Be on time for an inspirational story. Join Selena for 8 fun-filled sessions. Dress for mess! This is a high-demand class; new classes are started from the waitlist.

12302.400BR
Wed 9:45-10:30am Sep 18-Nov 6
RAR S Phillips \$55/8 sess

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. No class October 31.

22202.400BR
Thu 4:00-5:15pm Sep 19-Nov 14
Rm 208 H Spaxman \$90/8 sess

Violin & Fiddle Private Lessons (6yrs+)

These are 30 minute private violin lessons for adults and children aged 6 & up. The teaching method follows the Suzuki Method and covers classical and fiddle. You can start anytime cost will be prorated. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at fiddlelessons@shaw.ca to arrange lesson time prior to registering. No class Oct 12 and Nov 9. Cost is for 12 sessions.

21002.402BR
Sat 9:00-2:30pm Sep 14-Dec 14
FAR S Saunders \$288/12 sess

Beginner Marimba (7-9yrs)

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

31818.400BR
Thu 4:00-5:00pm Sep 19-Dec 5
Rm 111 R Layne \$144/12 sess

Intermediate Marimba (9+ yrs)

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

31818.401BR
Thu 5:00-6:00pm Sep 19-Dec 5
Rm 111 R Layne \$144/12 sess

How to make Beats (10-18yrs)

Instructor Harley Rose teaches the basics of making electro, hip hop and dance music with computers. This class will help students better understand the digital tools available to musicians as well as help express themselves through music. This is an especially good course for students who are classically trained and looking to expand their music experience. Participants will be encouraged to create and record new sounds with instruments they already play or ambient noises. This program accepts drop-ins, space permitting, \$5 per session. No class on Oct 13 and Nov10.

21112.403BR
Sun 2:00-4:00pm Sep 29-Dec 1
TC H Jaimes Rose \$45/8 sess

Children (2-12 yrs)



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

There are many activities and out-trips planned for the Winter Break Funseekers program! Come learn new skills, meet new friends, or simply have FUN! Swim, skate, learn arts and crafts, play group games, go on out-trips and more! Register early to avoid disappointment. Waiver Forms must be completed. Please provide lunch, snack, and water daily. A hat and sunscreen are recommended for each day. Parents are required to complete consent forms. **Funseekers Cancellation Policy:** A \$5 administration fee will be charged for each camp a refund is requested. Refund requests must be made one week (seven days) prior to the start of the program. No refunds after this time.

All Camps are located in Gym D - Large
\$20/1 sess/all camps

26001.401BR		
Mon	9:00-3:00pm	Dec 23
26001.402BR		
Tue	9:00-3:00pm	Dec 24
26001.404BR		
Thu	9:00-3:00pm	Dec 26
26001.405BR		
Fri	9:00-3:00pm	Dec 27
26001.406BR		
Mon	9:00-3:00pm	Dec 30
26001.407BR		
Tue	9:00-3:00pm	Dec 31
26001.409BR		
Thu	9:00-3:00pm	Jan 2
26001.410BR		
Fri	9:00-3:00pm	Jan 3

Atomic Volleyball (9-12yrs)

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

23005.401BR
Tue Sep 24-Nov 26 6:30-7:45pm
Gym A Volleyball BC \$70/10sess



Abstract Volleyball Skills Camp (12-17yrs)

Get ready for the fall school volleyball season by attending these professionally coached volleyball skills camps. Abstract Volleyball Camps are designed to give every level of athlete an opportunity to seek professional coaching, develop their skills and strive to achieve their personal potential. Camp Director Jesse Knight's extensive coaching background includes Head Coach of a professional team in the Swedish Elite League and Head Coach at the University of Calgary. Registration is taking place now. Spaces are limited.

23005.406BR
Camp #1 (12-14yrs)
Sat Sep 14 12:30-2:30pm
Sun Sep 15 10:00am-1:00pm
Gym A/B \$85/2 sess

23005.407BR
Camp #2 (15-17yrs)
Sat Sep 14 2:45-4:45pm
Sun Sep 15 2:00-5:00pm
Gym A/B \$85/2 sess

Martial Arts

Shadow Warriors-TaeKwonDo (6-12 yrs)

The Shadow Warrior's program introduces a modern martial art. ITF style Taekwon-Do is complimented by dynamic exercises and movements enhancing coordination and body awareness. Children learn blocks and strikes while developing physical fitness and a responsible attitude. Contact Vincent McCorkle at 604.861.2232. Uniforms and equipment are available for purchase, but are not required.

23403.201BR (6-8yrs)
Sun Sep 8-Dec 8 10:00-11:00am
23403.202BR (9-12yrs)
Sun Sep 8-Dec 8 11:00-12:00pm
Rm 111 V.McCorkle \$84/12 sess
No class Oct 13, Nov 10

Fencing-Introduction(8-14yrs)

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

23402.401BR
Sat 10:00-11:30am Sep 14-Dec 14
LaSalle M Burke \$84/12 sess
No class Sat Oct 12, Nov 9

Fencing-Intermediate (8-14yrs)

For fencers who have completed the Intro to Fencing, or have at least 20 hours of experience in a comparable beginner course. We will learn more advanced fencing techniques, including electric foil fencing, epee and sabre fencing, and competitive bouting. All equipment is provided. Wear track pants and court shoes. Program will be located at LaSalle's Fencing Studio on the Drive at 2155 Commercial Drive. Register at Britannia, program takes place offsite.

23402.402BR
Mon 6:00-7:30pm Sept 16-Dec 16
LaSalle M Burke \$108/12 sess
No class Mon Oct 14, Nov 11

Beginner Spanish School for Children (5+yrs)

Children will learn the basics of the Spanish language along with games, songs, stories, alphabet, numbers, colors, shapes and to form sentences. Pack a snack. No session Oct. 12

Sat Sep 14-Dec. 12 10:00am-12:00pm
Teen Centre \$100 (12 sess)

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

Mama Ganso

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

Disfrute de una hora de rimas, canciones, juegos y cuentos en Espanol con sus pequenos. Se ofrece una merienda saludable. Todos los grupos se realizan en los salones de la Pista de Hielo de Britannia. Various hours and dates

Tue Sep 10th-Nov 30th Free/10 sess
Registration required Call 604 -215 8289

Children (4-16 yrs)



BRITANNIA MICRO FOOTIE

Spring 2014



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

Program Dates: Saturdays, April 26 to June 28, 2014

Program Fees: \$95.00 per player.

How to Register: Saturday, January 11, 2014 at 9:00am

-On line (britanniasoccer.org - follow instructions)

-In person at Britannia Info. Centre, 1661 Napier Street, Vancouver

Registration in ongoing until Divisions fill. Divisions will sell out on the first day so be prepared.

TENTATIVE Program Game/Practise Schedules:

Robson Park Location

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

Garden Park Location

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

Britannia Oval Location

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

CALL FOR SOCCER COACHES

A large part of Footie's success is due to the ongoing commitment of the over 100 coaches - many of them parents who volunteer their time and energy to the program. Please consider coaching your child's team by contacting Victoria at 604.356.0060 or email britfootieinfo@gmail.com. A criminal record check will be required before you begin coaching.

COACHES ORIENTATION CLINICS

At these "MUST ATTEND" clinics the Footie Staff Team will go over the Coaches Manual, and coaches will pick up their team roster, team contact information, team t-shirts and soccer balls. This season the Orientation Clinic will take place on Sat April 5, 2014. Please keep this date open - all coaches are required to attend! More detailed info to follow.

Referees

If you are interested in refereeing Footie 2014 email: britfootieref@gmail.com now. In your email please list your certifications and experience. We will host referee training session prior to Footie. Boys and girls 12 years and older are welcome.

Sponsorship

Join other community minded businesses to encourage Britannia's children and youth to keep active by sponsoring the 2014 Micro Footie Program. Benefits include sponsor logo on t-shirt sleeve, web site and brochure, framed team photo and tax receipt. If you would like to sponsor a Britannia Micro Footie team, please email: lori.moretto@vancouver.ca



Children (6-12yrs)

Britannia Gymnastics (18mo-15yrs)

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

Saturday Program Sep 21-Dec 14

13004.404BR	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$88/11sess
13004.405BR	Gym Kids	4-5yrs	2:00-2:45pm	\$88/11sess
13004.406BR	Gym Kids	4-5yrs	3:00-3:45pm	\$88/11sess
23003.401BR	Performance	6-9yrs	4:00-5:00pm	\$100/11sess

Sunday Program Sep 22-Dec 15

13004.401BR	Dynamic Duo	18mo-3	10:00-10:45am	\$88/11sess
13004.402BR	Dynamic Duo	18mo-3	11:00-11:45am	\$88/11sess
23003.405BR	Performance	6-9yrs	11:30-12:30pm	\$100/11sess
13004.403BR	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$88/11sess
13004.407BR	Advanced Gym Kids	5-6yrs	12:45-1:45pm	\$100/11sess
23003.403BR	Performance Plus	9-15yrs	1:30-3:00pm	\$140/11sess
23003.402BR	Performance	6-9yrs	3:15-4:30pm	\$120/11sess
23003.406BR	Demo Team	9-15yrs	3:15-4:45pm	\$140/11sess

No class Sat Oct 12, Nov 16, Sun Oct 13, Nov 17

Dynamic Duo

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



Tiny Tumblers and Gym Kids/ Advanced Gym Kids

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

Performance

Performance (formerly called Pre-Acrobat) 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

(formerly called Acrobats) This program is intended for recreational/advanced recreational athletes. Athletes may have the opportunity to participate in friendly Interclub meets to showcase their personal ability. They will perform routines and are scored and awarded gold, silver or bronze on each apparatus: beam, floor, vault and bars.

Demo Team

Athletes will learn tumbling, stunting, dancing and circus arts. Previous gymnastics or dance experience required. Registration requires you to be committed to program from Sep 2013-Jun 2014. Team members will be required to do demonstrations and participate at BC Gymnaestrada in May 2014. Contact lori.moretto@vancouver.ca or 604.718.5824.

About the Coaches

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

Gymnastics Sampler

Register for these sampler gymnastics classes courtesy of the Britannia Gymnastics Club. Coach Cameron will introduce your children to the sport of gymnastics! All classes take place in Gym C and you need to register to attend. Limited spaces available so register early!

Wed Sept 4

13004.410BR	3-4yrs	5:30-6:15pm
13004.411BR	5-6yrs	6:15-7:00pm
Gym C	C Stevenson	\$8/1sess

Thu Sept 5

13004.412BR	4-5yrs	5:30-6:15pm
13004.413BR	6-8yrs	6:15-7:00pm
Gym C	C Stevenson	\$8/1sess

Gymnastics Cartwheels & Candy Canes Holiday Show

Family and friends are welcome to watch our young gymnasts show off what they have learned in the fall session.

Admission: Bring a small toy or non-perishable food item for needy kids in the community!

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

Traditional Kung Fu 6+yrs Beginners

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. No Class Oct 14, Nov 11, Oct 18. 25 classes will be held in the Mat room.

Beginners

Fri class is 5:00-6:15pm in Gym D

63508.401BR

Mon Fri	4:30-5:45pm	Sep 9-Dec 13
CFEC	M. Lung	\$199/26 sess

Intermediate

Fri class is 5:00-6:30pm in Gym D

63508.402BR

Mon Fri	4:30-6:15pm	Sep 9-Dec 13
CFEC	M. Lung	\$225/24 sess

Advanced

Fri class is 5-7pm in Gym D

63508.403BR

Mon/Fri	4:30-6:30pm	Sep 9-Dec 13
CFEC	M. Lung	\$238/26 sess

Preteen (10-13 yrs)

Social Recreation

Girls Night Out

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

25802.401BR

Tue 6:15-8:00pm **Sep 17-Nov 19**
Pre-teen Centre **Free**

Guys Night Out

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

25803.401BR

Thu 6:15-8:00pm **Sep 19-Nov 21**
Pre-teen Centre **Free**

Preteen Movie Night

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

Sun 4:00-8:00pm **Sep 15-Dec 15**
Teen Centre **Free**

Photography

Photography

Explore the Britannia neighborhood and learn about photography! This program is open to all pre-teens who want to develop new skills and make new friends. Classes will focus on various core concepts of photography and offer an introduction in to digital photo editing.

22815.401BR

Mon 4:00-6:00pm **Sep 16-Nov 4**
AML Computer Lab **\$29/7 sess**

Preteen Leadership

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

25810.401BR

Wed 4:00-5:30pm **Sep 25-Nov 13**
FAR **\$40/8 sess**

Sports

Basketball

Learn the game and develop skills. This program is open to boys and girls, of all skill levels. No session Oct 13.

23011.401BR

Sun 12:00-1:45pm **Sep 22-Nov 17**
Gym C **\$28/8 sess**

Ball Hockey Drop-in

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

Wed 5:30-7:00pm **Sep 11-Dec 18**
Gym D **Free**

Preteen Open Gym

For 10-13 year old players only.

Fri 3:30-4:30pm **Sep 13-Dec 20**
Gym D **Free**

Hip Hop Program

Wed Sep 25-Nov 27
21602.401BR 7-9yrs 3:30-5:00pm
21602.402BR 10-15yrs 5:00-6:30pm
Rm 111 H.Henney \$80/10sess

Special Events

Preteen Dance

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

Fri 6:30-9:00pm **Oct 25, Dec 13**
CFEC **\$1/1 sess**

Splash!! Youth Free Swim

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

Fri 8:00-10:00pm **Sep 6/Oct 4/Nov 1/**
Pool **Dec 6**
Free

Roving Leader Program

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

UNYA Drug and Alcohol Counselor

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

The group counseling sessions will include:

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

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

Social Recreation

Youth Leadership

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

35810.401BR

Thu 4:00-5:30pm Sep 26-Nov 14
Rink Mezz \$40/8 sess

Duke of Edinburgh Award

This prestigious and internationally recognized award is sponsored by Prince Phillip of England. It involves volunteering, physical activity, learning a hobby and completing an expedition. We are also currently recruiting new participants. Call Barry at 604-718-5828 for more information.

WAWAW Aboriginal Youth Leadership

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

Mon 5:00-7:30pm Sep 9-Dec 30
RAR Free

Britannia Youth Committee

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



"Play it Fair" Afternoon

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

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



Diversity Camp

Spend four days doing activities and having discussions about diversity, human and children's rights, anti-discrimination, respect, inclusion, fairness and peacefully conflict resolution. Youth must be willing to participate, discuss and share in all activities. We will be using activities from the "Play it Fair" and "Speaking Rights" toolkit which promotes the values of children's rights, followed by a discussion of what they felt, thought and learned. Every child has the right to know their rights. Camp will be held at Manning Park resort. Mandatory workshop held on Tuesday, October 8, from 6:00-8:00pm to introduce the group to each other and to provide an overview of trip expectations. To register, please contact the Britannia teen Centre at 604.718.5828

33611.401BR

Sun Mon Fri Sat 9:00-6:00pm Oct 11-Oct 14
Teen Centre \$60/trip

Game Ready Fitness

Game Ready Fitness Youth Development Program aims to provide positive leadership to youth in the community. Game Ready Fitness provides positive-role modeling to youth on a continuous basis. Youth learn how to be productive, positive, well-balanced, and physically-fit, they learn they can accomplish whatever they put their minds to. Coming soon!! For more information, contact 604.718.5826

Saturday Unlimited

Saturday Unlimited is a unique program which offers recreational opportunities to youth 13-19 years with special needs. Participants take part in a wide range of activities in and around the city, meeting new friends and acquiring new skills. Knowledgeable staff, in-program transportation and one to one volunteers are provided to maximize the youth's participation and enjoyment of the program. Different activities take place each week and include at least one evening event each session in place of the day outing to enhance age appropriate activities. Call 604.718.5873 for more info. Registration and intake must all be approved by Sat unlimited staff.

36601.401BR

Sat 10:00-3:00pm Sep 21-Nov 16
LRC TBA - BR \$125/8 sess

Anti Graffiti Project

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

First Friends

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

Sat 1:30-5:30pm Free

Eastside GAB

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

Thu 4:00-6:00pm Sep 5-Dec 19
FAR Free

Youth (13-18yrs)

Special Events

Youth Extravaganza

Kick off the new year with a blast!! DJ party, BBQ, contests, temporary tattoos, lots of games and activities, and lots of cool prizes!! Look for more details at your school in Sep, or come by the Teen Centre for more info!

35601.401BR
Fri 7:00-10:00pm Sep 27
Gym C \$5/1 sess

Splash!! Youth Free Swim

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

Fri 8-10:00pm Sep 6/Oct 4/Nov 1/Dec 6
Pool Free

Cooking

Feast of Flavors

This is a hands-on cooking program. Tuesdays (except the last Tuesday of the month) 4:00-6:00pm in the AML Seniors Lounge. Learn to create healthy, cheap and easy to cook meals. Youth are involved in planning, cooking and preparing the meals. A current Britannia membership is required to enroll in this program. A membership can be purchased in person, or by contacting the centre at 604.718.5800.

Tue 4:00-6:00pm Sep 10-Dec 17
AML Free

Latin Cooking

Learn to cook food from various Latin countries. Quieres aprender a cocinar comida de varios paises Latinos. Participants will also learn how to make healthier food choices and to shop on a low budget. Ven y aprende como escoger productos que sean saludables y aprende a gastar menos. A current Britannia membership is required to enroll in this program. A membership can be purchased in person, or by contacting the centre at 604.718.5800.

Thu 4:30-6:30pm Sep 12-Dec 19
AML Free

Sports

Indoor Soccer Drop-in

For 11-18 year old players only.

Tue 5:30-8:00pm Sep 3-Dec 17
Gym D Free

Ball Hockey Drop-in

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

Wed 5:30-7:00pm Sep 11-Dec 18
Gym D Free

Basketball Open Gym

For 11-18 year old players only.

Fri 5:00-6:50pm Sep 6-Dec 27
Gym C Free

Dodge Ball

Loved dodgeball as a kid? Come play in organised games. National rules will be followed. All equipment provided. For 11-18 year old players only. No Session Oct 18, Oct 25

Fri 7:00-8:30pm Sep 6-Dec 13
Gym D TBA Free

Intro to Fencing (14-19yrs)

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

33007.401BR
Wed 3:45-5:45pm Sep 18-Dec 11
LSF M Burke \$87.10/13sess



Abstract Volleyball Skills Camp (12-17yrs)

Get ready for the fall school volleyball season by attending these professionally coached volleyball skills camps. Abstract Volleyball Camps are designed to give every level of athlete an opportunity to seek professional coaching, develop their skills and strive to achieve their personal potential. Camp Director Jesse Knight's extensive coaching background includes Head Coach of a professional team in the Swedish Elite League and Head Coach at the University of Calgary. Registration is taking place now. Spaces are limited.

23005.406BR
Camp #1 (12-14yrs)
Sat Sep 14 12:30-2:30pm
Sun Sep 15 10:00am-1:00pm
Gym A/B \$85/2 sess

23005.407BR
Camp #2 (15-17yrs)
Sat Sep 14 2:45-4:45pm
Sun Sep 15 2:00-5:00pm
Gym A/B \$85/2 sess



Greenest City Initiative

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



Outdoors Programs

The Great Escape Outdoors (GEO)

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

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



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

Blackcomb/Whistler Ski & Snowboard

Cost includes transportation, lift, rental and lesson. Youth will be required to ski/snowboard with a certified Whistler Mountain Staff at all times. Bring money or lunch and dress for cold and wet weather. Consent forms will be available one month prior to the trip. Limited spots available and will be filled on a first come basis with consent form and fees. Must register at Britannia Teen Centre. Cost: \$60 Ski/Snowboard rental \$50 No rental Cash/cheque payment only.

Sat 6:00am-6:00pm Dec 14



TEEN CENTRE PROGRAMS (13-18yrs)

Teen Centre Hours:

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

Britannia Teen Centre

A place in the community dedicated to youth. All youth from 13-18 years are welcome. Pool, foosball, ping pong, video games, and a public access computer are all available for use. Youth, volunteers and youth workers together plan and run programs and activities for the Teen Centre. Please pick up your copy of the monthly activities calendar. If you do not see what you are looking for then join in, get involved and make it happen! Register for all Teen Centre programs at the Teen Centre. For more info call 604.718.5828:

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

The Teen Centre is a place to:

- meet people
- get information or support
- share your ideas and interests
- have fun
- join our Youth Committee to set direction

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



Lunch Time at the Teen Centre

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

Big Screen Movie Night

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

Mon 7:00-9:00pm Teen Centre

Big Screen Video Games

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

Wed 7:00-9:00pm Teen Centre

Pop Up Bike Shop with Kickstand

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

Mon 4:00-6:00pm Teen Centre

Canucks Game Night

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

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

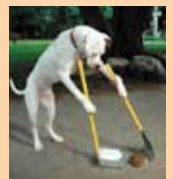
Run TC

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

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

Please Do Your Doo-Doo Duty!

This 17 acre site includes a running track, swimming pool, ice rink, an elementary school, a secondary school a Childcare facility as well as a public library and numerous buildings used for recreational purposes.



The community uses these facilities on a daily basis for family activities as well as exercising their family pets. Please be considerate of others when walking your dogs and be diligent in cleaning up any feces as a result of their exercise and play time. This keeps a clean and safe environment for all the community to enjoy.

Thank You.....Britannia Recreation Dept.

Volunteer Program



VOLUNTEER OPPORTUNITIES

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

Opportunities to volunteer include assistance in childcare centers, in youth and seniors' recreational programs, special events, or at the board and committee level. If you'd like to contribute your skills and experience to Britannia, contact us to find out more and to get involved!

We're also interested in developing new community development opportunities, so do share your ideas with us!

Some benefits of volunteering at Britannia include:

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

For more information, contact the Volunteer Program Coordinator at 604-718-5860. More opportunities and application forms are located on our website at www.britanniacentre.org



Upcoming Slow Fall Events with Strathcona's Field House Ensemble

BOW WOW SATURDAYS & DEBRAELLA

October 26 & November 23 1pm - 3pm
Bow Wow Saturday is an outdoor dog portrait service for dogs by Cindy Mochizuki and Janice Wu. Portraits are available on a first-come-first-serve basis and by trade.

Debraella is a hair cut service by Debra Zhou. Those who are interested in leaving behind their woes and stresses of the day can come in and enjoy a 45 minute hair cut with Debra. Contact Field House Ensemble Facebook page for bookings.

Tastes and Comforts Before the Winter Arrives

November 30 1 pm - 3 pm
Blanket making with guest artist Lois Klassen (Comforter Quilt Action Sewing Circle) and sweets & tea pairings with Cindy Mochizuki. Please RSVP.

Field House Ensemble creates interdisciplinary forms of meaningful engagement through the green spaces of Strathcona Park as a site of 'slow movements.'

www.fieldhouseensemble@tumblr.com

Contact Information:

Strathcona Field House 857 Malkin Avenue
Email: fieldhouseensemble@gmail.com

Twitter @StrathconaFHE

Facebook: Field House Ensemble



Board Games (NEW)

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

45920.401BR

Sun 6:00-8:00pm Sept 22, Oct 20,

Nov 17, Dec 15

AML Ages 13 and up Free



Latin American Youth Programs

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

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

Latin American Youth Council (13-18yrs)

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

Thu/Jueves 5:00-6:30pm
Sep 5, Oct 3, Nov 7, Dec 5

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

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

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

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

Tue 5:00pm-7:00pm
CFEC Free/Gratis

Volunteer Work/ Trabajo Voluntario (13-18yrs)

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

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

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

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

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

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

Sat/Sabados 1:00-5:00pm

Cocina Latina/Cooking Program

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

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

Evento gratis de Nadar/Free Youth swim

Sep 6, Oct 4, Nov 1, Dec 6 8:00-10:00pm
Gratis/

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

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

Corre TC / Run TC (12-18años)

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

Wed/Miércoles 4:00-5:00pm
Teen Centre



Escuelita de Español (5+años)

Programa para niños de 5 años para riba para que aprendan, practiquen, y ampliar sus conocimientos del español. Los niños aprenderán juegos, canciones, cuentos, alear, escribir, y a conversar en español. Niños deben de tener conocimiento sobre el lenguaje para participar o tener alguien en casa para practicar. No sesión el 11 de Oct.

Viernes Sep 13-Dec. 11 5:00pm-7:00pm
Rm: TBA \$100 (12 ses)

Beginner Spanish School for Children (5+yrs)

Spanish School for elementary age children. Children will learn the basics of the Spanish language along with games, songs, stories, alphabet, numbers, colors, shapes and to forms sentences. Please pack a snack. No session Oct. 12

Sat Sep 14-Dec. 12 10:00am-12:00pm
Teen Centre \$100 (12 sess)

Spanish Clubs

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

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

Spanish Clubs are a place to meet the Latin students in your school, a place where you have fun, learn more about Latin American culture, and know what activities and programs are going on in your community. We provide games, music, workshops, and guest speakers. If you are interested in having a Spanish Club at your school contact Anntuaneth at 604.718.5829.

Adult Health & Fitness

Bellyfit (New)

Bellyfit International is the world's fastest-growing holistic fitness system for women - not in competition with Zumba, but as a complementary cardio and toning class. Bellyfit is like Zumba in that there is a specific certification and syllabus, but whereas Zumba is latin-inspired and party-rocking, Bellyfit is inspired by middle-Eastern movement, and has a graduated flow to class structure with six key components.

<https://www.youtube.com/watch?v=0cTmj88Z5RQ>

43905.400BR

FREE TRIAL CLASS SUN Sep 15

43905.401BR

Sun 9:00-10:00am Sep 22-Dec 15

Gym C I Kay \$88/11sess

43905.403BR

FREE TRIAL CLASS MON Sep 16

43905.402BR

Mon 8:00-9:00pm Sep 23-Dec 16

Gym C I Kay \$88/11sess

Afro-Pop Dance Fit (New)

African pop dance is inspired by the dances you see by locals in Southern and North Western Africa. African Pop is more than a dance fitness, it is fused in with different dance style techniques/movements that are all about free expression. Students learn to dance in pairs as well as in groups, they tackle different parts of the body and how to freely move them in an African Pop Style!

41701.401BR

FREE TRIAL CLASS- WED Sep 18

41701.402BR

Wed 7:30-8:30pm Sep 25-Dec 4

Gym C T Olsen \$68.75sess

Body Conditioning-All levels

A class designed to challenge every muscle group with the use of weights, bands, and tubes including a cardio component. Increase strength, balance and flexibility. Great class for seniors or those new to fitness. Purchase drop-in tickets at pool office. \$39.40/10 tickets. Nov 5, 12, 19, Feb 11, regular instructor away, substitute instead.

43901.402BR

Tue 6:00-7:00pm Sep 10-Dec 17

Gym C A Riley \$4.75/drop-in

Cardio Dance Fusion

This class is designed to increase your cardio levels and get fit with simple Latin, Funk and Reggae moves all fused together. \$4.75/drop-in at the pool. \$39.40/10 tickets. Nov 7, 14, 21, Feb 13 a substitute.

43902.401BR

Thu 6:00-7:00pm Sep 12-Dec 19

Gym C A Riley \$4.75/drop-in

Osteofit

Join BC Women's Hospital & Health Centre's Osteofit, a gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This unique and fun program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. It is taught by specially trained Osteofit fitness instructor. No session Oct 14 & Nov 11

43806.401BR

Mon 11:00-12:00pm Sep 16-Dec 16

CFEC B Bahrami \$39.60/12 sess

Salsa Fit

An invigorating and energizing cardio combining High/Low impact aerobics with a salsa flare - great music, lots of fun. Includes a muscular strength component and stretching. Please purchase drop-in tickets at pool office 39.40/10 tickets. No class Oct 12

43901.401BR

Sat 10:00-11:00am Sep 7-Dec 21

Gym C Zumba Van. \$4.75/drop-in

ZUMBA® Fitness

Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Zumba uses a variety of styles including cumbia, meringue, salsa, reggaeton, mambo, rumba, flamenco, and calypso. Zumba is a "feel-happy" workout that is great for both the body and the mind. Limited supply of mats, bring your own if possible. More info at zumbavancouver.ca

No session Sep 11, Oct 14. & Nov 11. Drop-ins welcome \$10.30 each.

43906.400BR

FREE TRIAL CLASS MONDAY Sep 9

43906.401BR

ZUMBA® Fitness (Mon) - Sess 1

Mon 6:00-7:15pm Sep 16-Oct 28

Gym C D Galay \$48/6 sess

43906.404BR

ZUMBA® Fitness (Mon) - Sess 2

Mon 6:00-7:15pm Nov 4-Dec 16

Gym C D Galay \$48/6 sess

43906.402BR

FREE TRIAL CLASS WEDNESDAY Sep 11

43906.403BR

Wed 6:00-7:15pm Sep 18-Oct 30

Gym C D Galay \$56/7 sess

43906.405BR

FREE TRIAL CLASS WEDNESDAY NOV 6

43906.406BR

Wed 6:00-7:15pm Nov 13-Dec 18

Gym C D Galay \$48/6 sess

Running

5km Santa Shuffle Run-(New)

Participants will learn how to run 5km. Tristan is an experienced runner who will lead the group and train you to safely complete a 5km. Participants who register in this program will have an automatic entry into the Santa Shuffle. Please bring water and appropriate attire. Participants must register by the second session. No session Oct 14 & Nov 11

43810.401BR

Mon 6:30-8:00pm Sep 30-Dec 2

Café. T Speed \$85/10 sess

Sports

Volleyball - Adv Fri

An understanding of more advanced play (ie 6-2). A total of 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$4.70/drop-in. No session Oct 11, & Nov 15.

43413.403BR

Fri 7:00-10:00pm Sep 13-Dec 13

Gym A/B R LeBlanc \$53.40/12 sess

Volleyball - Adv Sun

An understanding of more advanced play (ie 6-2). A total of 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$4.70/drop-in space permitting. No sessions Oct 13 & Nov 17

43413.404BR

Sun 7:00-10:00pm Sep 15-Dec 15

Gym A/B R LeBlanc \$53.40/12 sess

Volleyball - Beg Thu

Beginners - Basics are emphasized. Register for this program to guarantee a spot to play every week. A total of 42 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$4.00/drop-in space permitting.

43413.401BR

Thu 7:00-9:45pm Sep 12-Dec 12

Gym A/B R LeBlanc \$48.75/13 sess

Volleyball-Int Tue

We work on Specialized game play. If you have the basics please join us. Register for this program to guarantee a spot to play every week. A total of 30 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$4.00/drop-in space permitting

43413.402BR

Tue 7:45-10:00pm Sep 10-Dec 10

Gym A/B R LeBlanc \$52.50/14 sess

Adult Martial Arts & Sports

Martial Arts

Health Qigong Program

Health Qigong consists of slow gentle movements. These movements will help to relieve shoulder, neck and back and joint issues. It is a wonderful fitness and wellness sport, recommended by International Olympic Cmmt. No class Oct 14 & Nov 11.

43501.406BR

Mon 9:30-10:30am Oct 7-Dec 9
CFEC A Li \$12.80/8 sess

Ki Aikido

A non-competitive and positive practice that develops calmness, stability and confidence to reduce the stresses of daily life and eliminate the fear of living. We work with partners to learn how to develop mind/body coordination, stay relaxed & centered under pressure, extend our minds and flow lightly in dynamic circular movements. Take one free class any time. www.canadiankifederation.com Take one free class any time. www.canadiankifederation.com

General

All levels including beginners
\$10/drop-in. No sess Oct 13 & Nov10

43501.401BR

Sun 4:00-6:00pm Sep 8-Dec 15
Mat Rm L Louis \$78/13 sess

Int

6th Kyu or more advanced. New students should have attended General or Women's class for at least 3 months. \$10/drop-in.

43501.402BR

Wed 7:30-9:30pm Sep 4-Dec 18
Mat Rm W Nagata \$96/16 sess

Higher Grade

1 Kyu or more advanced students. No session Oct 14 & Nov 11. \$5/drop-in.

43501.403BR

Mon 7:30-9:30pm Sep 9-Dec 16
Mat Rm W Nagata \$39/13 sess

Tai Chi - 24 Form Beg

A study of natural movement and structural alignment to optimize the flow of energy, or Qi, in the body. Balancing Yin and Yang energies, it has been shown to confer both mental and physical health benefits. We slow down to examine our movement and posture, heighten awareness, and cultivate internal power. All fitness levels. \$14.05/drop-in. No classes Sep 23, Oct 14, and Nov 11.

43505.403BR

Mon 8:00-9:00pm Sep 9-Dec 16
Gym D K Maclean \$150/12 sess

Tai Chi: Chen Style 56 Form Part 2

Chen Style is the oldest style of Taiji, emphasizing spiraling energy and expressing explosive power. In this course, we will be studying the second part of the standardized competition routine known as the 56 Form. Part One is prerequisite. No classes Sep 23, Oct 14, and Nov 11.

43505.402BR

Mon 7:00-8:00pm Sep 9-Dec 2
Gym D K Maclean \$150/10 sess

Tai Chi-48 Form Part Two

The 48 Form combines Yang, Chen, Sun, and Wu styles of Tai Chi. This is a nicely balanced form, with many movements performed on both the left and right sides. In this course, we will study the second part of the 48 Form. Part One is prerequisite. No classes Sep. 23, Oct 14, & Nov. 11. \$14.05/drop-in (must be approved by instructor).

43505.401BR

Mon 6:00-7:00pm Sep 9-Dec 2
Gym D K Maclean \$125/10 sess

Traditional Kung Fu 6 yrs + Beginners

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. No Class Oct 14 & Nov 11. Oct 18 & 25 classes will be held in the Mat room.

Beg

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

63508.401BR

Mon Fri 4:30-5:45pm Sep 9-Dec 13
CFEC M Lung \$199/26 sess

Int

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

63508.402BR

Mon Fri 4:30-6:15pm Sep 9-Dec 13
CFEC M Lung \$225/24 sess

Ad

Fri class is 5-7pm in Gym D

63508.403BR

Mon/Fri 4:30-6:30pm Sep 9-Dec 13
CFEC M.Lung \$238/26 sess

Fencing

Intro to Fencing - Adult

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

43407.401BR

Tue 7:30-9:00pm Sep 10-Dec 10
LaSalle M Burke \$105/14 sess

Ball Hockey

Men (35+yrs)

This is a non-body contact program. No league players. Drop-in \$6.10. No session Oct 13, 27 & Nov 11

43403.402BR

Sun 6:45-8:45pm Sep 8-Dec 15
Gym D B Woo \$68.60/14 sess

Wed Co-Ed

Come on out for a fun, recreational game of ball hockey with no body checking - all skill levels welcome. Protective gear optional, but recommended. Plastic sticks provided, no wooden sticks allowed. Great practice for goalies! Drop-ins \$6.10 space permitting only, so register early! No class Oct 23

43403.403BR

Wed 7:15-8:45pm Sep 11-Dec 11
Gym D T Wells \$55.25/13 sess

Recreational Womens Only

The focus is on fitness and fun. We are a fun and friendly group to play with. Teams are divided accordingly to skill level at the beginning of the game. Please bring a black and white t-shirt to split the teams. If registered players do not show by 4:15pm, their reserved spot will be forfeited to a drop-in player. \$4.20/drop-in space permitting. No session Oct 20 & 27

43403.401BR

Sun 4:15-6:00pm Sep 8-Dec 15
Gym D M Yeung \$55.25/13 sess

Iyengar Yoga

Physically energizing, deeply relaxing and emotionally uplifting. This program offers instruction in classical yoga with an emphasis on self awareness and development of strength, stamina, flexibility, balance, breath, and body awareness, postural alignment and relaxation. It will accommodate all levels of fitness and ability and is taught with clarity, creativity, attention to detail and sensitivity to individual needs. Safety, back and joint care, personal limits will be addressed. **\$16.65/drop-in**

Instructor *Claudia MacDonald has taught at Britannia for over 30 years and holds an internationally recognized Iyengar Yoga teachers' certificate. She has developed a thriving and highly respected Yoga program in the Grandview-Woodland and Yaletown areas.*

Level 1

Introductory/Ongoing Beg

44103.402BR
Tue 5:30-7:00pm Sep 10-Nov 26
CFEC C MacDonald \$180/12 sess

44103.403BR
Thu 7:00-8:30pm Sep 12-Nov 28
CFEC C MacDonald \$180/12 sess

Level 1/2

Beg/Inter(Mixed Level)

44103.401BR
Tue 9:30-11:00am Sep 10-Nov 26
CFEC C MacDonald \$180/12 sess

Level 2

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

44103.405BR
Tue 7:00-8:30pm Sep 10-Nov 26
CFEC C MacDonald \$180/12 sess

44103.406BR
Thu 5:30-7:00pm Sep 12-Nov 28
CFEC C MacDonald \$180/12 sess

Level 3

Advanced - With Instructor's permission. No class Sep 18

44103.408BR
Wed 5:30-7:15pm Sep 11-Dec 4
CFEC C MacDonald \$180/12 sess

Restorative / Gentle Yoga

For those who prefer a slower pace or with physical restrictions requiring more individual attention. Where applicable, contact your physician and/or instructor re suitability. No session Sep 18

44103.404BR
Wed 7:15-8:30pm Sep 11-Dec 4
CFEC C MacDonald \$180/12 sess

Winter Urban Yoga Retreat With Cladia MacDonald (New)

Come and celebrate the light and lightness of Yoga in the dark of winter. Deepen your understanding and practice of Asana (yogic postures) and Pranayama (yogic breathing) during this three evening Urban Yoga Retreat. Light refreshments served

44103.409BR
Tue/Wed/Thu 5:30-8:30pm Dec 10-Dec 12
CFEC C MacDonald \$95/3 sess

Kundalini Yoga

Feel rejuvenated through Kundalini Yoga - a technique that increases mindful body and breath awareness while providing an overall sense of well-being. The class will focus on balancing the heart and mind, aligning the spine, strengthening the immune system, lymphatic cleansing, and meditation. All levels welcome. Please bring a blanket. \$11.25/drop-in. No session Oct 14, Nov 11

44105.401BR
Mon 7:30-8:45pm Sep 9-Dec 9
CFEC B Lohrenz \$101.75/12 sess

Pilates

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

44001.402BR
FREE TRIAL CLASS THURSDAY Sep 19

44001.403BR
Thu 9:15-10:15am Sep 26-Nov 28
CFEC Andrea C \$78.75/10 sess

Yogaflex

This 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. Please bring your own mat. \$10/drop-in No class Oct 13 & Nov 10.

44100.400BR
FREE TRIAL CLASS SUNDAY Sep 15

44100.401BR
Sun 10:15-11:15am Sep 22-Dec 15
Gym C C Stevens \$93/11 sess

Badminton

Badminton - Fri

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

43412.402BR
Fri 7:00-9:45pm Sep 6-Dec 13
Gym C A Leung \$66.50/14 ses

Badminton - Sat

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

43412.403BR
Sat 1:30-5:00pm Sep 7-Dec 14
Gym C A Leung \$71.25/15 ses

Badminton-Mon

Total of 36 spaces (registered & drop-ins) Drop-ins space permitting \$4.75/drop-in. No session Oct 14 & Nov 11

43412.401BR
Mon 7:30-9:30pm Sep 9-Dec 9
Gym A/B B Wong \$54/12 sess

Basketball

Basketball - 2pm

No drop-ins. No session Oct 13 & Nov 10.

43405.401BR
Sun 2:00-4:00pm Sep 8-Dec 15
Gym C S Yan \$48.75/13 ses

Basketball - 4pm

No drop-ins. No session Oct 13 & Nov 10.

43405.402BR
Sun 4:00-6:00pm Sep 8-Dec 15
Gym C S Anderson \$48.75/13 ses



Are RSP's Right for you?

Understanding how different investments are taxed is crucial to a long term financial plan. We will uncover a variety of financial myths including how an RSP is a tax minimization strategy first and an investment vehicle second. You will also learn the advantages and disadvantages of investing in different environments, including a couple of tax saving strategies used to help take advantage of the Canadian tax system. The workshop will conclude with estate planning discussions on ways to protect your most important asset, can you guess what this might be?

45412.402BR
Thu 7:00-9:00pm Oct 10
Rm 306 FREE

Keeping Relationships Alive While Parenting

How can we nurture one another in relationship while parenting our kids? Particular attention paid to challenges in a relationship as you transition from without children to having children and relationship issues for blended queer families. This workshop is open to all queer parents, soon-to-bes & wannabes.

42008.403BR
Sat 1:00-4:30pm Oct 19
LD S Choices FREE

Sexuality, Intimacy and Desire for LGBTSQ

Let's talk about our sexuality and how it is different from the main stream. This workshop is about how to communicate, core differences and setting boundaries. Through discussions and small group exercises this workshop will explore the place of sexuality, intimacy and desire in our lives. All adults are welcomed.

42008.402BR
Sat 1:00-4:30pm Sep 21
LD S Choices FREE

Talking about Relationship Concerns with Others

Do you have trouble talking to family (chosen or otherwise), friends and professionals about your relationship concerns? It can be challenging. This workshop is all about how we can talk to each other and keep confidentiality and when is it the right time to share our concerns about safety. Access to support, perspective and feedback is important for building healthy, lasting relationships and community. Single or in relationship ... Everyone is welcome...

42008.404BR
Sat 1:00-4:30pm Nov 23
LD S Choices FREE

Call for Nominations of REMARKABLE WOMEN



Constance Barnes and Tracy Williams

Honouring Women in the Year of Reconciliation*

Tell us about the Remarkable Women in your community who have helped build understanding and empathy between people. Please participate by providing a photograph and description of the woman you are nominating. Tell us in 150 words or less why you value her role in the community and why you would like to acknowledge her contributions.

A representative selection of the nominated women will be highlighted in a poster series, on the website, and at the International Women's Day celebration on March 8, 2014 at the Roundhouse Community Centre. Send your nominations to arts.info@vancouver.ca by December 1, 2013. View all the past Remarkable Women posters here: <http://vancouver.ca/people-programs/remarkable-women.aspx>

*reconciliation: definition from Reconciliation Canada. Reconciliation is an opportunity for all Canadians to renew relationships, based on a shared understanding of our histories and our cultures and walk a path together for a shared tomorrow. To 'reconcile' is to weave a stronger and more vibrant social fabric, supported by the unique and diverse strengths of Canadians and their communities.

The City of Vancouver is embracing reconciliation through a year-long effort that seeks to heal from the past and build new relationships between Aboriginal peoples and all Vancouverites

Spirituality/ Meditation

Intense Mindfulness Practice Guide

This class is designed for serious practitioners who wish to intensify mindfulness practice in order to advance their practice and deepen understanding. This provides a practical guide on intense mindfulness practice. More info: LearnMindfulness.org

45419.403BR
Sat 10:00-4:00pm Sep 14
Rm 204 S Yang \$17/1 sess

Mindfulness Level 1

Learn essential and easy mindfulness skills. Our lives are mostly spent thinking about the past or future. So we often miss what is happening in the present moment. Diminished awareness of the present moment severely limits our ability to live to the fullest. Mindfulness is about living consciously rather than living on autopilot. Learn mindfulness and enhance your life at home and at work. More info: LearnMindfulness.org

45419.402BR
Tue 6:30-8:30pm Oct 22-Nov 19
Rm 204 S Yang \$49/5 sess

Mindfulness Retreat

Learn essential and easy mindfulness skills. Our lives are mostly spent thinking about the past or future. So we often miss what is happening in the present moment. Diminished awareness of the present moment severely limits our ability to live to the fullest. Mindfulness is about living consciously rather than living on autopilot. Learn mindfulness and enhance your life at home and at work. More info: LearnMindfulness.org

45419.401BR
Sat 10:00-3:30pm Nov 30
Rm 204 S Yang \$20/1 sess

Vipassana Meditation- Beg

Mindfulness Meditation aims to free the mind from negativity and confusion. Seeing life as a constantly changing process, we gradually accept both pleasurable and painful aspects of life with balance. This leads to wisdom and compassion, changing the way we relate to life. Participants are asked to commit to all 5 classes. Please register before the first class.

41905.401BR
Wed 7:30-9:30pm Sep 25-Oct 23
LRC J Witheford \$75/5 sess

Adult Arts & Culture

Britannia Art Gallery

Free admission to all events presented by the gallery

Exhibitions

Sep 4 -11

20th Anniversary Exhibition: Then and Now An anonymous exhibition with over 60 pieces. This is also a 50/50 fundraiser for the gallery and contributing artists. All works are for sale at \$93 each. The gallery began in 1993.

Then and Now Preview

Sep. 4-11 during library hours

Purchasing is only by debit card or credit card the night of the gala closing. See below.

Gala Closing & fundraiser sale of work

Sep 11, 6:00 - 9 pm

Meet the artists, help support the Britannia Art Gallery and celebrate our 20 year partnership with the Britannia Library

Sep 15 - 28

Latin American Youth & Britannia Teen Centre Youth A first time exhibiting in the gallery. The gallery is pleased to present the work of local youths.

October 2 - Nov 2

Opening Reception

Wed 6:30-8:30 pm Oct 2

Commercial Drive, an installation of painting and drawing on translucent material by Tony Yin Tak Chu. Paintings and Drawings of Ron Hilliard.

Artist Presentations

Panel: Curating Community with panelists: Hank Bull, Sylvia Oates, Mary Bennett and Famous Empty Sky representing Avenue for/des Arts Collective. This panel offers the public insight into the differences and commonalities between artist-run centres, artist collectives, arts councils and community based public galleries like the Britannia Art Gallery. No registration required.

Wed 7:00-9:00pm Sep 18
CFEC Free

Ron Hilliard artist talk in the gallery (which is located in the library). His exhibition runs Oct 2-Nov 2

Wed 7:00-9:00pm Oct 16

Workshops

Painting on Translucent Materials

Join Tony Yin Tak Chu in an exploration of paint on translucent materials. Please register. His exhibition runs Oct 2 - Nov 2 in the Britannia Art Gallery.

62013.400BR

Sat 1:00- 4:00 pm Oct 19
Rk Mezz T Chu Free (register)

How to Draw Like an Architect

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

42002.400BR

Wed 7:00-9:00pm Sep 25-Nov 13
Rm 210 M Reza Atashzay \$90/8 sess

Reckless Painting

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

42203.400BR

Tue 7:00-9:00pm Sep 24-Oct 22
Rm 210 A Orsini \$70/5 sess

Drawing Caricatures

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

42101.400BR

Tue 7:00-9:00pm Sep 24-Nov 12
Rm 205 L Nasilowski \$55/8 sess

Pottery

Introduction

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

42201.403BR

Tue 7:00-9:00pm Sep 24-Nov 12
Rm 208 H Spaxman \$165/8 sess

Pottery - Continuing

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

42201.404BR

Wed 6:30-9:00pm Sep 25-Nov 13
Rm 208 H Spaxman \$190/8 sess

Pottery - Wheel Intensive

Improve your throwing and turning techniques with this wheel workshop. The maximum of 5 students will give you plenty of time with the instructor. Intended as extra practice for those in a pottery class or for those that can complete projects elsewhere. Clay included. Keep calm and throw something. No subsidies available for this course.

42201.406BR

Sat 10:00-4:00pm Oct 19
Rm 208 H Spaxman \$80/1 sess

Beadmaking Workshop

In this hands-on class, you will get an introduction to making glass beads on a small torch. Students will melt beautiful coloured glass rods in a flame to create one-of-a-kind, wearable treasures. Learn how to apply different patterns to your glass beads using traditional glass making techniques. No experience necessary. All materials are included. Students must return the following week to pick up their finished pieces. This is a partnership with Terminal City Glass Co-op and class takes place at their studio:1191 Parker Street. www.terminalcityglass.com.

42113.400BR

Sat 10:00-1:00pm Oct 26
Terminal City Glass Studio \$100/1 sess

Art Therapy

Healing Images in the Midst of a Turbulent Unconscious

Images that act as guides in the creative/destructive polarities of the unconscious can be embodied through the process of art making. Group work offers a particular capacity through the "collective dream" of participants to invite images that allow for the encounter of the destructive/creative nature of Psyche to bring about healing. Activities will be guided by the facilitator, a registered and experienced art therapist to ensure the safety of this depth inquiry through art. No experience required.

42315.400BR

Tue 6:30-9:30pm Sep 24-Nov 12
ACR S Ruebsaat \$170/8 sess

Creative Process and Personal Aesthetic: The Link

Explore the nature of your personal aesthetic and the role it plays in your own creative process. Your aesthetic determines the shape, colour, dimension, and tone of experience and determines the form the creative process will take: what colour a certain shape will become, what quality of line will hold a particular movement, what gesture will contain a certain sentiment, what word will best explain a thought, and what decision will evolve out of a certain set of circumstances. Through art making and discussion, you will learn to observe the visual and thematic patterns that emerge in your work and from that, the nature and order of your personal aesthetic. No experience required.

42313.401BR

Sun 1:00-5:30pm Sep 29
ACR S Ruebsaat \$55/1 sess

Symbol Maker, Story Teller: Psyche Tells the Tale

The nature of the Psyche is image. As an image-making organism, the psyche spontaneously produces images from the unconscious. These images then move quite naturally towards making some sort of sense or meaning on behalf of the personality. Art making can make evident this natural symbolic function of the psyche to make meaning towards a sense of self that is authentic and resonant with the natural tendencies of the individual. Letting the art tell a story, or letting a story make the art, creates a safe container for associated emotions to express themselves. No experience required.

42313.402BR

Sun 1:00-5:30pm Oct 20
ACR S Ruebsaat \$55/1 sess

Awakening the Dream through Art Making

Dreams and art both tap into the healing dimension of the unconscious. Through art making we can come into relationship with the images in the dream and work with it as a living process rather than a static image to be interpreted. This workshop is framed within a Jungian perspective. No experience required.

42313.403BR

Sun 1:00-5:30pm Nov 17
ACR S Ruebsaat \$55/1 sess

Exploring Images and Stories of the Child Self

Awakening the creativity of the child within: past narratives, future dreams-this course explores images and stories of the child still present in the psyche of the adult. Through a variety of simple art making activities, aspects of the self that hold important links to creativity and healing are activated and explored in a non-judgmental atmosphere. No previous art experience necessary.

42313.404BR

Sun 1:00-5:30pm Dec 15
ACR S Ruebsaat \$55/1 sess

Adult Dance

Salsa Cubana & Rueda De Casino

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

41615.401BR - Beginners

Tue 7:30-9:00pm Sep 24-Nov 12
Gym C C Reyes Pena \$120/8 sess

41615.402BR - Intermediate 1

Wed 7:30-9:00pm Sep 25-Nov 13
Rk Mezz C Reyes Pena \$120/8 sess

41615.403BR - Intermediate 2

Thu 7:30-9:00pm Sep 26-Nov 14
Gym C C Reyes Pena \$120/8 sess

41615.406BR - Advanced

Fri 7:00-8:30pm Sep 27-Nov 15
CFEC C Reyes Pena \$120/8 sess
(Oct 25 in Cafeteria)

Adult Music

African Drumming

Play traditional West African rhythms on hand drums (djembés) and bass drums (dununs). These classes are fun and concentrated. The level one course is an introduction; no previous experience is needed. Enrolling in level two requires taking level one or permission from the instructor. Use your own drum or rent one. Drum rental can be arranged with the instructor at the first class, for a "one time payment" of \$20 for all 8 classes. For more info visit drumming.ca or call the instructor at 604.253.2114.

41101.401BR

Level 1

Wed 6:30-8:00pm Sep 25-Nov 13
Cafe R Shumsky \$120/8 sess

41101.402

Level 2

Wed 8:10-9:40pm Sep 25-Nov 13
Cafe R Shumsky \$120/8 sess

Celtic Session

Popular melodic Irish and Scottish tunes, typically played at a "ceilidh" or session will be taught at the rate of two tunes each class. Students will play in an ensemble, develop ear training and music reading skills. Students should have some familiarity with their instrument (violin, banjo, guitar, flute, etc) and bring their instrument, note paper, and pencil to class. Andrew is a member of the BC college of Teachers and plays Celtic guitar, violin and piano.

41103.400BR

Thu 7:00-8:30pm Oct 3-Oct 31
Rm 311 A Beddoes \$90/5 sess

Guitar

You'll learn basic music theory, major scales and scale tone chords to play pop, country, rock, folk songs and blues. You'll also learn how to transpose, tune your guitar, and change strings. By the end of level two you will be playing favourite songs from such artists as Johnny Cash, Neil Young, Tom Waits and many more. Bring your acoustic guitar. No class Oct 14 or Nov 11.

41100.402BR

Level 1

Mon 6:30-8:00pm Sep 23-Nov 25
FAR G Kristjanson \$96/8 sess

Level 2

41100.403BR
Mon 8:00-9:30pm Sep 23-Nov 25
FAR G Kristjanson \$96/8 sess

Putting Words to Music

Have you ever dreamed of writing a song? Come out and explore your creativity in a fun and encouraging environment! Putting Words to Music is a simple and easy approach to songwriting. No musical knowledge required.

41102.400BR

Tue 7:00-9:00pm **Sep 24-Oct 15**
Rm 311 C Taylor **\$65/4 sess**
41102.401BR
Tue 7:00-9:00pm **Oct 22-Nov 12**
Rm 311 C Taylor **\$65/4 sess**

Carnival Band Workshops

Looking for an excuse to dust off that horn (accordion, glockenspiel...) in the back of your closet, dress up and play in the street? Looking for a way to bring a little music and colour to your community? The Open Air Orchestra Society invites you to our street band workshops, led by the incomparable Ross Barrett, Tim Sars, and various guest instructors. All levels/ages welcome; stop by just to listen and dance if you like! Suggested donation is one hour's wage per month. \$5/pay-what-you-can drop-in. No practice Oct 14 and Nov 11.

61901.400BR

Mon 7:30-10:00pm **Sep 9-Dec 16**
AML D Vital **Free/13 sess**

The Drive Street Band

This is a community music band that anyone can be in. We play songs ranging from marches, old timey songs, Latin, traditional jazz to original compositions. We welcome anyone interested in joining this band, regardless of age, background, or musical experience. Some music reading ability is helpful, (high school level is sufficient). The only stipulations are that you need a good attitude and an instrument that you can take out to the streets, parks and special events. Stop by anytime and come listen. For information contact:

drivestreetband@gmail.com

www.drivestreetband.com \$2-\$5 donation at the AML (55+Centre). No practice Oct 13 and Nov 10

61122.400BR

Sun 3:00-5:00pm **Sep 8-Dec 8**
AML Drive Street Band **Free/13 sess**

See page 17 for information on the meaning of this emblem.



Grandview Woodland Food Connection (GWFC) in partnership with Britannia Community Services Centre is pleased to offer the following food programs. Please call the GWFC for more information @ 604.718.5895

Nutrition Counseling Service

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

Canning Kits to Lend

The Grandview Woodland Food Connection has available two canning kits to lend to community members interested in home canning. These are boiling bath canners including 21 quart canner, canning rack, jar lifter, funnel, and lid lifter. Free, but donations for use are accepted. Call the GWFC for more information: 604-718-5895



Britannia Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? You can save over 30% on your food bill. \$13 gets you 7- 8 varieties of fruits and veggies. Pick up your box at Britannia Community Centre. Call to sign up: 604.718.5895

Mindfulness Tea: How to Eat Your Way Out of Stress

If our bodies are stuck in high stress we cannot eat and digest properly, we also may eat poorly and eat too much! Along with information on the physiology of the brain and body during the stress response, there will be a guided mindfulness experience of every bite of a variety of delicious food by Ayira Heart a Registered Professional Counsellor who specializes in Stress and Trauma. You get to enjoy letting go of stress!

44813.301BR

Sun 7:00-9:00pm **Oct 20**
LRC A Heart **\$12/1 sess**

Food Workshops

Eating Well: Seasonal Vegetable Menus

Learn how to create recipes for healthy indulgence! This class focuses on food that is seasonally fresh, often raw, full of flavor and loaded with nutrition. A selection of recipes are offered that are creative yet affordable and quick to prepare. This mix of vegetable and protein based foods will inspire you with the experience and methods to prepare a variety of seasonal vegetables in future cooking explorations. Chashma Heinze's culinary forays include culinary school in France, working worldwide as a chef, owning a small foods business.



44813.400BR

Tue 6:00-9:00pm **Sep 17**
PtC C Heinze **\$15/1 sess**

Sauerkraut and Vegetable Fermentation

Fermented vegetables are packed with probiotics that are required for good digestion, a strong immune system, and all around great health. Fermenting vegetables allows the nutrients in the vegetables to become more available for our bodies to absorb. The micro-organisms that take part in the fermentation process also increase nutrients, notably B vitamins. Come learn how to make this easy and affordable health food using resources you have around the house. Bring a jar to take away some sauerkraut and/or other fermented vegetables that we'll be making at the workshop. \$10 suggested donation.



44813.401BR

Sat 1:30-3:30pm **Sep 11**
PtC I Marcuse **\$10/1 sess**

Eightfold Eats: Gluten & Sugar-Free Baking

This workshop includes a baking demo on how to bake gluten, sugar free & diabetic safe; a discussion on macrobiotics and the truth about alternative sweeteners; and a section on body cleanses and supplements. You will also get great tips on cooking, handouts, FOOD, exclusive recipes and of course a chance to ask questions. Mike Robinson (Registered Holistic Nutritionist) is the owner and head baker at Eightfold Eats Inc. www.eightfoldeats.com Please purchase a Britannia Membership to register for this program. Call 604-718-5800 X 2 for further information.

44813.402BR

Wed 6:30-9:00pm **Oct 16**
PtC M Robinson **\$15/1 sess**

AML - 55+ Programs

Welcome to our 2 Centres

**AML 55+ Centre Britannia 1661 Napier St. 604.718.5837 and
LD Lions Den 770 Commercial Drive 604.718.5848**

Anne Cowan-Jackson anne.jackson@vancouver.ca
Office Hours: Mon/Thu 10:00am-6:00pm
AML Wed 10:00am-2:00pm
Drop-in and Programs 7 days a week 10:00am-4:00pm
LD Tue & Fri 604.718.5848

Vietnamese Seniors - 604.718.5818

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

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

Seniors Joint Committee Meetings

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

Fall 2013 Sep 19, Oct 17, Nov 21



Languages and ESL Classes-AML

Cantonese/Mandarin

Computers and Internet

Free One-on-One tutorial class, tailor made for your needs. Make your internet experience easy and fun!

(In partnership with Light and Love Home. Might need to bring your own lap-top.)

52001.401BR

Sat 2:15 - 3:45 pm Sep 28, Oct 5, 19, 26
Sat 2:15-3:45pm Sep 28/Oct 5,19,25

AML Computer Lab FREE 4 sess
(MUST register)

ESL Class 55+ Cantonese/ Mandarin

Tutor

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

55000.402BR

Sat 2:15-3:45pm Sep 28/Oct 5,19,26
AML - MUST Register FREE 4Classes

Computer and Technology

Computers and Internet Level I

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

52000.400BR

Mon 10:00-12:00pm Sep 16-Oct 28
(no class Oct 14)

AML M Ziebart \$50/6 sess

Internet Club and Lab Hours

55+ Britannia (AML). These times are with the exception of Special Events/Classes

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

55406.401BR

Sep 4-Dec 18 AML Computer Lab \$7/season
Please show receipt to activity coordinator for access on weekends. Please note, Lab not open on Stat Holidays and may be closed for Special Events.

Digital Photography

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

52000.401BR

Mon 1:00-3:00pm Sep 16 - Oct 28
AML M Ziebart \$50/6 sess



AML - 55+ Programs

Sports

Badminton 55+ Tue

Every Tuesday, lots of fun! 5 courts. (registration only no drop-in)

52100.403BR

Tue 11:45-1:30pm Sep 3-Dec17
Gym C \$16/season

*May be some cancellations due to school events for all Badminton Classes.

Badminton 55+ Thu

Every Thursday, lots of fun! 5 courts. (registration only, no drop-in)

52102.402BR

Thu 11:45-1:30pm Sep 5-Dec19
Gym C \$16/season

Badminton 55+ Sat

Volunteer Wally Lee and all our regulars will make you welcome. (no drop-in) Gym A (high school)

52103.402BR

Sat 2:00-4:00pm Sep 7-Dec 28
Gym A \$16/season

Physical Activities

Introduction to "Finding Your Balance" (NEW)

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

52222.400BR

Tue 1:00-3:00pm Sep 24
LD Carol Wenzel \$5/1 sess

10 week course begins in Oct.

Finding Your Balance (NEW)

A 10 week course. This mindful approach emphasizes the safe and effective acquisition of whole body strength, balance, and suppleness. You will practice standing balance exercises that can help prevent falling. Chair, floor, and wall exercises improve muscle imbalances throughout your body, and will facilitate graceful movement.

52222.401BR

Wed 7:30- 8:30pm Oct2-Dec4
AML Carol Wenzel \$50/10 sess

Dru Yoga (Seated & Adapted)

Dru Yoga is a gentle, yet dynamic and effective, flowing yoga, which is suitable for all ages, physical abilities, and fitness levels. A class usually includes an Activation (warm-up),* Energy Block Release (*unique to Dru, an EBR is a series of movements that may help gently release blocked energy often held within the joints, muscles, and even organs), Postures (like the Tree), Sequences (like the Sun Salutation), Pranayama (breathing techniques), and ending in Savasana (a conscious relaxation). Join these Seated Dru Yoga sessions with certified Dru Yoga instructor Lara Hutter, for a program further designed to be accessible to those who may find even gentle on the mat yoga classes unsuitable for various reasons (i.e. health, mobility, or balance issues). It's amazing how much yoga can be enjoyed safely and effectively while practiced seated in a chair!

54100.401BR

Thu 10:45-11:45am Aug 29-Oct 3
\$45/ 6 sess

54100.402BR

Thu 10:45-11:45am Oct 10-Nov 14
\$45/ 6 sess

Gentle Yoga 55+ Mon/Wed

Classes are adaptable - everything from a series of restorative asanas (poses) to vinyasa flow (regular Hatha). The practice will provide many benefits including increased focus and wellbeing, less stress, better sleep, greater flexibility and strength, longer breath, along with rejuvenated energy and improved health. Hatha classes are a sequence of poses, (Vinyassa Flow), which provides the student with increased flexibility, strength and mindful body awareness. Hatha practise will warm up the muscles, instead of resting the muscles, increase muscular elasticity and strengthen skeletal alignment. A good stretch and a good workout! Remember to dress comfortably. \$12/drop-in.

54101.401BR

Mon 2:00-3:15pm Sep 9-Oct 21
CFEC G Smythe \$54/6 sess

Mon 2:00-3:15pm Oct 28 -Dec 9
CFEC G Smythe \$54/6 sess

No class Nov 11

54101.403BR

Wed 2:00-3:15pm Sep 11- Oct 16
CFEC G Smythe \$54/6 sess

54101.404BR

Wed 2:00-3:15pm Oct 23-Nov 27
CFEC G Smythe \$54/6 sess

Tai Chi for Arthritis & Health (New)

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

SEPT 13 FREE INTRODUCTION CLASS

54300.400BR

Fri 10:00-11:00am Sept 13-Nov 22
LD \$50/ 10 sess

Social

Knitting

*NEW DAY - WED-

Everyone is welcome to join this multiage group! (Newborn to 90's). Beginners to Advanced. It's a great way to spend the afternoon. Our fantastic Irene (Volunteer) will teach you everything you need to know.

52201.400BR Please register

Wed 1:00-3:00pm Sep 11-Dec18
AML Free

Italian Cards

This year we're in the new beautiful Teen Centre

52240.300BR *Please Register

Mon 1:00-4:00pm Sep 9-Dec 30
AML

Wed /Thu 1:00-3:00pm Sep11-Dec20
T C Free

Whist/Cribbage/Bridge Drop-In

Easy going fun cards where everyone is welcome. Come join us.

52204.400BR

Mon 12-4:00pm Sep 9-Dec30
AML Please Register



AML - 55+ Programs

Drop in Lunch at the 55+ Centre

Join us every Thursday at Noon. See the menu on our Bulletin Board. Everyone Welcome

Thu 12:00-1:00pm Sep12-Dec 19
AML \$4



Pot Luck Lunches 55+

Come feast with us. The last Thursday of the month everyone brings a dish to share and a feast appears! Loads of fun! Last Thursday of the Month

52205.400BR
 Thu 12:00-1:00pm Sep26,Oct31,Nov28,
 Dec 12 (Christmas Party)
AML Free

Queer Women On The Drive

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

52220.400BR
 Fri 6:30-9:00pm Sep 27, Oct 25,
 Nov 29, Dec 20, Jun 28
AML Free



55+ AML Book Club

3rd Wednesday of each Month Read, have fun, and make friends. Hosted by the 55+ Centre and lead by the Britannia Public Library. New members welcome!

52202.400BR
 Wed 2:00-3:00pm Sep 18, Oct16,
 Nov20, Dec18
AML (please register) Free

All-U-Can-Eat Crab Feast Cruise

All aboard for Enjoy's 4th Annual All-u-can-Eat Dungeness Crab Feast Cruise aboard one of Accent Cruises spacious Yachts. This 3 hour narrated sightseeing tour departs from Granville Island, sails through English Bay, Stanley Park and Ambleside towards Point Atkinson. Take in the narration highlighting the many expansive homes on the West Vancouver shoreline owned by the likes of Oprah Winfrey, Barbra Streisand and Wayne Gretzky. The All-u-can-Eat Dungeness Crab Feast is served aboard the Yacht and includes fresh Dungeness Crab, two kinds of salad, chicken pasta, roll and dessert with hot and cold beverages. After the cruise take an hour of free time to explore Granville Island's shops, galleries, live performing artists and public market.

54500.400BR
 Wed 9:15am-4:30pm Sep 4 \$139/1 sess



Bus Tours

Fall Foliage Tour

You don't have to venture beyond British Columbia to witness the trees and shrubbery turning brilliant shades of yellow, orange and red. Take a sightseeing tour to see splendid fall foliage between Hope and Manning Provincial Park located in the heart of the Cascade Mountains. The afternoon at Manning Park includes a buffet lunch at the Pinewood Restaurant, picture taking opportunities between the West Gate and Sumallo Grove, a "20 Minute Lake" nature walk and time at the Country Store.

54500.401BR
 Mon 9:00am-4:30pm Oct 14 \$89/1 sess

Christmas in the Country

Catch the Christmas spirit on a fun filled day in the Langley Countryside at Potters, Krause Berry Farms and The Little White House. Begin at Potters The Christmas Store, Western Canada's largest Christmas store with over 28,000 square feet of everything Christmas including Santa's workshop. Our next stop is Krause Berry Farms where a delicious lunch is served in farm's new bistro and Christmas is accentuated with music, decorations, trees and time to browse the popular Market for unique gifts and Christmas baking. Finish the day in Fort Langley at the charming Little White House for a special historical overview including a sweet scone with clotted cream, tea or coffee set in the Old Heritage Coach House. Once upon a time there was a Little White House dressed up for Christmas in white gold and silver glitter.

54500.402BR
 Thurs 9:00am-4:30pm Dec 5 \$79

AML - 55+ Programs

Special Programs

Quirk-e LGBTB 55+ Arts Group

Memory Project

Wed. 10:00-12:00pm Sep-June
AML

Vancouver Morrismen Dance

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

52900.401BR
Tue 7:30-9:30pm Sep 3-Dec 24
AML

Monday Haircuts for Seniors

Monday monthly haircut. We have three volunteer hairdressers and it's free to seniors. (In partnership with Light and Love Home).

54000.400BR
Mon 10:00-11:30am Oct 21-Dec 16
AML Free

Memoir Writing (New)

Do you have stories to tell? Maybe it's family history, a celebration of personal achievement or pure self-expression? Join our facilitator Richard in a relaxed friendly atmosphere where we'll workshop our narratives.

52900.400BR
Wed 1:00-3:00pm Sep 11,18,25 Oct 2
LD \$10/4sess

Christmas Luncheon

Turkey with all the trimmings and a visit from the man in red!

52222.401BR
Fri 2:00-4:00pm Dec 13
AML \$5/1 sess

For more information call Britannia at 604 718 5800 or visit the web site at britanniacentre.org



Beginners Line Dancing 55+

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

52901.400BR
Tues 1:00-2:00pm Sep 5- Oct 31
CFEC Anita \$20/10sess
52901.401BR
Tues 1:00-2:00pm Nov 7-Dec 19
CFEC Anita \$14/7sess

Advanced Line Dancing 55+

52901.403BR
Tues 2:15-3:30 Sep 5-Oct 31
CFEC Kimen Rogers \$20/10sess
52901.404BR
Tues 2:15-3:30 Nov 7-Dec 19
CFEC Kimen Rogers \$14/7sess



Seniors Public Graffiti Project (New)

Seniors Public Graffiti Art Workshops
"Paste-Up" street art

52100.400BR
Mon & Thu 2:00pm- 4:00pm
Oct 7, Oct 10, Oct 17, Oct 21, Oct 24, Oct 28
AML \$10/6sess

Special Events/ Workshops

Walk for Reconciliation

The Walk for Reconciliation is free to register and you can even join a team, start a team, or join as an individual. Register today: <https://www.gifttool.com/athon/SignUpMode?ID=2108&AID=2366>

Nam-Wiyut - We are all one

Sun 10:00am-1:30pm Sep 22



Walk for Reconciliation

All ages, the Walk for Reconciliation brings people from all of Canada's many cultures together in a mass walk, in demonstration of a shared commitment to reconciliation. It's time to get past apologies and politics and money. It's time to move forward. Together.

Creekside Community Centre

- Live entertainment, storytelling, song and dance before, after and along the walk route
- Multicultural food options at the post-walk celebration
- Come by yourself, bring friends/family, or create a Team
- Fundraise if you like, to support Reconciliation Canada's work
- Registering allows you to set up a personal web page to help you invite others to join or support you
- 2 KM walk available for those challenged by 4 KM
- Call 311 for more information



WALK FOR
reconciliation

Adanac Towers Tenants & East Vancouver Lion's Programs

Adult Day Centre "Encourage"

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

Mon, Wed, Thurs 9:00am-2:00pm
Ongoing

LD 604.251.9024
(Vancouver Coastal Health Program)

Tuesday Programs

Carpet Bowling

A fun and skillful game played inside - similar to Bocce. Ongoing - instruction available.

Cost 50¢ for Refreshments

Tue 10:00-12:00pm Ongoing
LD FREE

Traditional Italian Cards

Drop in especially on rainy days!

Tue 1:00 pm-5:00pm LD

Lunch Program

Full cooked meal. Come early on Tue for 10am Carpet Bowling

Tue 12:00 -1:30pm
LD \$6.00/meal

Languages-LD

Spanish Conversation for Beg.

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

55500.401BR
Tues/Fri 1:00-2:00pm Sep 17-Nov 8
Apr 16-Jun 7
LD I Nunez \$60/16/sess

Spanish Conversation-Int.

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

55500.403
Tue/Fri 2:15-3:15pm Sep17-Nov8
LD I Nunez \$60/16 sess

Friday Programs

Drop-In Pool/Billiards

The pool table is open; *Fri from 1:00-2:30pm is reserved for women only.

Tues 12:00-5:00pm
Fri 9:00am-5:00pm Apr 2-Jun 28
LD FREE

Meals and Wellness

Enjoy full meals and social. Fri Wellness Programs included. Nurses Corner 1:00pm
Fri 12:00n-2:00pm

LD \$6.00 /meal

Blood Pressure Clinic

1st Fri of the month. A great way to monitor your health. We also have a medical scale if you wish to keep track.

54400.300BR
Fri 11am-12:00pm Sep 6, Oct4,
LD Nov1, Dec6

Exercise with Fern & Friends

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

Fri 11:00am-12:00pm Ongoing
LD FREE

Latin American Seniors Social

Every Fri this group meets for games, food, and social activities.

52211.200BR
Fri 1:30-4:30pm Apr5-Jun28
LD

Foot Doctor

Dr. Eng has an office on Commercial Drive and one important component of his practice is community outreach. It is vital that seniors take care of their feet, especially if they experience Diabetes. \$10 office fee applies for those who are on a fixed income. Others are \$33. Please phone ahead for an appointment 604.251.9024 This is for those seniors with mobility issues.

Mon 9:00-11.30am Oct 21/Dec 16
LD Dr Eng \$10/ sess

East Side Caregivers Evening Out

This group meets on the 3rd Thurs of each month at the Lions Den. All family caregivers, of any age, are welcome. There are many groups across the City sponsored by the Vancouver Coastal Health. The group is in response to the need to share with others in similar situations and enjoy a night out.

Thu 6:00-8:00pm Sep 19, Oct 17,
LD Nov 21

Potluck

The Adanac Towers Residence host a Potluck on the 2nd Thu of the Month. Lions Den recreation 55+ seniors welcome.

LD Thur 5:00-6:00pm

Exploring the Arts

This group of motivated older adults gets together weekly to explore the Creative Arts in a stimulating and socially engaging atmosphere.

548202.403BR
Tue 1:30-4:00pm
LD (please register)



Aquatic Highlights

General Information

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

Pool Office 604.718.5831

Recreation Programmer 604.718.5830

Pool office closes 30 minutes before the pool.

Pool Closure

The pool will close for annual maintenance on Monday, September 9 and will re-open on Monday, October 7.

Admission Policy for Children

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

Cleaning Schedule

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

Men's: 5:15pm-5:45pm

Women's: 5:30pm-6:00pm

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



Swim Descriptions

Adult Swim (19+ yrs)

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

Aquafit

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

Lengths Swim

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

Parent and Tot

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

Public Swim

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

Range of Motion (ROM)

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

Swim Club (8-16 yrs)

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

29701.401

Tue 6:30-7:45pm Oct 15-Dec 17

29701.402

Thu 6:30-7:45pm Oct 17-Dec 19

29701.403

Sat 7:45-9:00am Oct 12-Dec 14

One day/week \$50/season

Two days/week \$75/season

Three days/week \$85/season

Statutory Holiday Hours

Sep 2 Labour Day 1:00-5:00pm

Oct 14 Thanksgiving Day 1:00-5:00pm

Nov 11 Remembrance Day 1:00-5:00pm

Dec 24 Christmas Eve 6:30am-5:00pm

Dec 25 Christmas Day Closed

Dec 26 Boxing Day 1:00-5:00pm

Dec 31 New Year's Eve 6:30am-5:00pm

Special Events & Activities

Youth Swim Night (13-18 yrs)

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

Fri 8:00-10:00pm Sep 6, Oct 11, Nov 1, Dec 6
FREE

Happy Holidays Free Swim

Join us for an activity filled swim with holiday treats and cheer.

Sat 2:30-4:30pm Dec 14
Free

Birthday Parties

Book the tot pool for your birthday party! Maximum 30 people per party. Call 604.718.5831 You may also arrange to rent a party room through the community centre Activity Coordinator at 604.718.5812.

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

Aquatic Schedule

September 1 – December 31, 2012 (pool closed Sep 9-Oct 6). During some public swim sessions only part of the pool is available. The pool may be shared with aquafit, lessons, schools or swim club. Schedule is subject to change without notice.

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

Pool and Fitness Centre Fees:

	Single Admission	Tickets (10)	1 Month Flexipass	3 Month Flexipass	4 Month Flexipass	6 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$5.65	\$46.80	\$45.95	\$120.00	\$157.90	\$207.20	\$375.00	\$3.00
Youth (13-18)	\$4.00	\$32.80	\$31.90	\$84.40	\$105.95	\$145.30	\$262.50	\$1.00
Child (6-12)	\$2.80	\$23.40	\$23.45	\$60.00	\$75.95	\$104.05	\$187.50	\$1.00
Senior (55+)	\$4.00	\$32.80	\$31.90	\$84.40	\$105.95	\$145.30	\$262.50	\$1.00
Family	Minimum \$5.60 admission 1 to 2 adults of the same household and their children under 19 years of age.							
By purchasing a \$3.00 membership (valid Sep to Aug) you can work out FREE in the Fitness Centre every Tue & Fri from 10:00am to 12:00pm. Show your membership card to the cashier at the pool office at time of entrance.								
Leisure Access Card (LAC) Fitness Centre Admission Rate is 50% off adult admission and flexipasses.								

Aquatic Lessons & Registration

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

Swim Assessments

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

Refunds & Cancellations

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

Red Cross Parent & Tot (4-36mo)

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

Red Cross Preschool (3-5yrs)

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

Children (5-12yrs)

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

Red Cross Swim Basics for Teens and Adults (13+yrs)

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

Private and Semi-Private Lessons (all ages)

Register online or in person for 30 minute children's private lessons. For adults, semi-private lessons or any further information, contact a Swim Instructor Attendant at 604.718.5831.

Seniors Lessons (55+yrs)

These lessons offer a challenge for swimmers of all levels and focus on skill development. Lessons are already subsidized. No further subsidy offered.

59011.401BR
Mon 9:30-10:00am Oct 21-Dec 16
\$38/8 sess

Bronze Medallion (13+yrs)

Learn lifesaving rescues, CPR and first aid skills plus stroke efficiency and endurance swim. No age pre-requisite if candidate has Bronze Star; if not, must be 13 years by the last day of the course. **Additional manual charge \$34.**

39501.401
Sun 10:00am-2:00pm Oct 13-Nov 10
\$138/5 sess

Bronze Cross (15+yrs)

Develop proficiency at patient assessments and water rescues, aquatic spinal injuries, CPR and first aid skills plus fitness training. Bronze Cross is one of the pre-requisite awards for all advanced lifesaving and lifeguarding certification courses. Bronze Cross is also worth 2 Grade 11 high school credits. Pre-requisite: Completion of Bronze Medallion. **Additional manual charge \$34.**

39502.401
Sun 10:00am-2:00pm Nov 17-Dec 15
\$138/5 sess

Parent & Tot, Children & Youth Lessons							
Set	Dates	# of lessons	Star Fish, Duck, Turtle, (30 min parented)	Otter, Salamander (30min) Sunfish, Crocodile, Whale	Swim Kids Levels 1-3 (30min)	Swim Kids Level 4-10 (40min)	Youth (30 min)
Mon & Wed 3:30-5:20pm / Mon Only 9:00-9:30am / Wed Only 9:00-10:00am (No lesson Nov 11)							
1	Oct 16-Nov 13	8(M&W)	\$49.00	\$49.00	\$43.40	\$49.00	\$43.40
2	Nov 18-Dec 18	10(M&W)	\$60.50	\$60.50	\$53.50	\$60.50	\$53.50
1	Oct 21-Dec 16	8(M)	\$49.00	\$49.00			
1	Oct 16-Dec 18	10(W)	\$60.50	\$60.50			
Saturday 8:30am-12:00pm							
1	Oct 12-Dec 14	10	\$60.50	\$60.50	\$53.50	\$60.50	\$53.50
Sunday 11:00am-2:30pm							
1	Oct 13-Dec 15	10	\$60.50	\$60.50	\$53.50	\$60.50	\$53.50
Adult Lessons (19+yrs)							
1	Oct 15-Dec 17	8		Swim Basics 1	Tue 8:00-8:45pm		\$75.60
1	Oct 17-Dec 19	8		Swim Basics 2	Thu 8:00-8:45pm		\$75.60
1	Oct 21-Dec 2	6		Front Crawl	Mon 8:00-8:45pm		\$56.70
1	Oct 16-Nov 20	6		Breast Stroke	Wed 8:00-8:45pm		\$56.70

Fitness Centre

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

Statutory Holiday Hours

Sep 2	Labour Day	1:00-5:00pm
Oct 14	Thanksgiving Day	1:00-5:00pm
Nov 11	Remembrance Day	1:00-5:00pm
Dec 24	Christmas Eve	6:30am-5:00pm
Dec 25	Christmas Day	Closed
Dec 26	Boxing Day	1:00-5:00pm
Dec 31	New Year's Eve	6:30am-5:00pm

Facility Orientations

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

Flexipass Membership

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

Weight Training for Women - Beginner Level

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

44010.401BR		
Sat	10:00am-12:00pm V. Henderson	Sep 21-Oct 12 \$32/4 sess

Weight Training for Women - Intermediate Level

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

44011.401BR		
Sat	10:00am-12:00pm V. Henderson	Oct 19-Nov 9 \$32/4 sess



FREE Fitness Centre Tour

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

Fri	Sep 27	9:00-10:00am
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Intro to Strength Training for Seniors (55+yrs)

Learn how to use our cardio and weight training equipment for a safe and enjoyable workout that you will feel confident to continue on your own. Please pre-register by Oct 28 so that confidential health screening can be done.

44009.401BR		
Fri	9:00-10:00am J. Stanier	Nov 1-Dec 6 \$30/6 sess

Personal Training (Includes GST)		Personal Training for 2 (includes GST)
1 session	\$48.75	\$73.10
5 sessions	\$219.40	\$341.25
10 sessions	\$390.00	\$633.75

Strength Training for Seniors-Intermediate (55+ yrs)

Build on skills learned in the Intro class, or expand your exercise repertoire. Please pre-register by Sept 30 so that confidential health screening can be done.

44008.401BR		
Fri	9:00-10:00am J Stanier	Oct 4-25 \$20/4 sess

Personal Training

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

Outside Trainers

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

OneCard is here!

Your universal access to recreation in Vancouver is now available at all Park Board facilities. With the OneCard you can access the entire network of Park Board pools, rinks and

fitness centres across the city - no matter where you live, no matter what your income level. The OneCard is your passport to staying active and having fun!

Get your OneCard today

Sign up before September 30 and receive three free admissions!

For more information: vancouver.ca/parks or phone 343-3433
*One Card for Park Board recreational rinks, pools and fitness facilities.

Ice Arena



\$99 Winter Ice Sale!

Plan a holiday party between Dec 21-Jan 3 for \$99/hour plus GST. Staff charges are not included. Booking for the Winter Ice sale starts Oct 1.

SPECIAL EVENTS

Britannia Arena Open House

Slip out of your sandals and into some skates at Britannia Arena's Annual Open House and FREE SKATE on Sat, Sep 10, 1:30-3:00pm. Learn about Britannia Rink programs and the Vancouver Minor Hockey Association (VMHA) or find good used equipment at the VMHA's Equipment swap.

Sat 1:30-3:00pm Sep 7

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 22
FREE

Boxing Day Skate

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

Thu 1:00-3:30pm Dec 26
FREE

Winter Holiday Schedule

Check out the Winter Holiday schedule, out in the first week of December to find out about public skating sessions and events that take place over the Winter Break.

Dec 24	Christmas Eve	Closes at 5:00pm
Dec 25	Christmas Day	Rink Closed
Dec 26	FREE skate	1:00-3:30pm
Jan 1	New Year's Day	Rink Closed

ARENA PROGRAMS

Vancouver Adult Co-ed Hockey League, (VACHL) 2013/2014

VACHL is an adult recreational hockey league co-sponsored the Britannia Community Services Centre and the Vancouver Park Board. For more information go to www.vachl.ca.

Adult Evening Hockey

Full hockey equipment is mandatory for these supervised non-contact hockey sessions for adults 19 years and older. Space is limited to 26 players and 2 goalies. Up to 20 spaces are available for monthly participants (see the program supervisor for more information), the remaining spots are available on a first-come, first serve basis. Sign-up for Thursday sessions starts at 9:30pm. On Sundays, there are limited drop-in spaces (5-7). Please sign-in and pay the program supervisor in the rink starting at 7:45 pm.

Thu 11:15pm-12:45am	Sep 5-Dec 19
All Levels	\$10.00 /drop-in*
Sun 9:30-11:00pm	Sep 1-Dec 29
Intermediate	No sess Nov 11.
	\$15/drop-in
	\$50/month*

*Strip tickets not valid during these sessions

Women's Hockey Program

Set 1	
48080.101BR	
Sun 10:45am-12:00pm	Sep 8-Oct 27
Set 2	
48080.102BR	
Sun 10:45am-12:00pm	Nov 3-Dec 22
	\$40/8 sess
	\$5.65/drop-in

Adult Drop-in Hockey Adult

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

Wed 3:15-4:45pm	Sep 4-Dec 18
	\$5.65/drop-in
	\$46.80/10 pass

Adult Stick and Puck

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

Fri 12:00-1:30pm	Sep 6-Dec 20
\$5.65/drop-in or	\$46.80/10 pass

Women's Introduction to Hockey

This instructional program is perfect for female hockey players looking to improve through on-ice skills and drills. Each session will end with a scrimmage Full hockey equipment is mandatory. Pay at the pool starting at 2:30pm. No program Oct 14, Nov 11.

Mon 3:15pm-4:45pm	Sep 9-Dec 16
	\$5.65/drop-in
	\$46.80/10 pass

Get involved, JOIN THE ARENA COMMITTEE!

The Arena Committee meets the 1st Tuesday of the month at 7:30pm in the Rink Activity Room.

Skate Lessons

Skating Lessons at Britannia:

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

Sun, Aug 18, 10:00am-1:00pm - Information Centre.

If you are unsure of which level to register in, come in person on Aug 18 to speak to an instructor or have an on-ice evaluation completed during any public skating session at Britannia. In-person registration at the pool cashier and online registration will take place starting Mon, Aug 19 and will continue until classes are full. Please note that students will not be transferred into another level if they are not registered in the appropriate level. If the lesson you want to register in is full, please put your name on the waiting list. Additional classes are scheduled whenever possible. Please note that skate lessons fill up quickly, so register early.

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

Learn to Skate Lessons

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

Preschool Program Levels (3-5yrs)

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

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

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

Level 4 - can scull forwards and stop without assistance

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

Children, Youth and Adult Program Levels

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

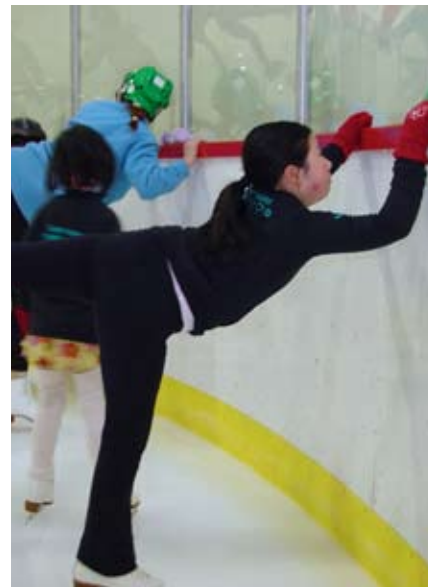
Level 2 - skate across the width of the rink without assistance

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

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

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

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



Private Skate Lessons

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

Figure Skating Lessons

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

Power Skating Lessons

Improve your hockey skating skills with our power skating lessons offered on Sat and Sun afternoons. Learn proper skating posture and the importance making the most out of your edges. Work on skating skills that will strengthen your game. The Saturday program offers lessons from 12:15-1:15pm that take place on 1/3 of the ice surface. The two Sunday programs are 45 minutes, each using the whole ice surface. The beginner program is aimed at skaters who have never taken a power skating class before, can do crossovers at least one way and can skate backwards comfortably. The intermediate class is for skaters who have taken power skating lessons before and want to improve on the skills they already have.

Ice Arena Learn to Skate

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

1. Register in-person on **Sun Aug 18, 10:00am-1:00pm** at the Information Centre.
2. Register online at britanniacentre.org starting Mon Aug 19.
- 3 Register in person at the pool cashier from Mon Aug 19, with your current lesson report card (Winter/Spring/Summer '13).

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

Lessons Set 1

Registration:

Sun, Aug 18 10:00am-1:00pm

Learn to Skate

Tue	6:00-8:00pm	Sep 10-Oct 22
Sat	9:00am-1:15pm	Sep 14-Oct 26
		\$42/7 sess

Power Skating Beginner

Sun	4:30-5:15pm	Sep 15-Oct 27
		\$52/7 sess

Power Skating Intermediate

Sun	5:30-6:30pm	Sep 15-Oct 27
		\$70/7 sess

Figure Skating

Sun	3:30-4:15pm	Sep 16-Oct 28
		\$52/7 sess

Lessons Set II

Registration:

Sun, Oct 27 10:00am-1:00pm

In-person registration will take place at the Information Centre. Online registration and continued in-person registration at the pool cashier begins **Mon, Oct 28**

Learn to Skate

Tue	6:00-8:00pm	Oct 29-Dec 17
Sat	9:00am-1:15pm	Nov 2-Dec 21
		\$48/8 sess

Power Skating Beginner

Sun	4:30-5:15pm	Nov 3-Dec 15
		\$60/8 sess

Power Skating Intermediate

Sun	5:30-6:30pm	Nov 3-Dec 15
		\$80/8 sess

Figure Skating

Sun	3:30-4:15pm	Nov 3-Dec 15
		\$60/8 sess



Parent & Tot Skate

Introduce your child to skating in a fun and non-intimidating 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	Sep 19-Dec 19
		FREE

Family Cosom Hockey (3-12yrs with Adults)

This program is perfect for families who want to play casual hockey together. Whether you want to just pass around the puck or get involved in a friendly shinny, this family activity is sure to be a hit with the kids. Helmets are mandatory for all participants and available free of charge at the rink.

Sun	12:15-1:30pm	Sep 1 -Dec 15
		Regular admission rates apply
		No session Sep 8

Ice Rink Schedule

Britannia Ice Rink Public Skating Schedule

Saturday Sept 14-Dec 20, 2013

Schedule subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Adult Open Dance 12:15-1:45pm	Parent & Tot FREE Skate 11:00-11:45am	Adult Stick & Puck 12:00-1:30pm	Public Skate 1:30-3:00pm	Family Fun Hockey 12:15-1:30pm
Women's Learn to Play 3:30-4:45pm	Adult/Senior FREE Skate 3:15-4:30pm	Adult Co-ed Drop-in Hockey 3:15-4:45pm	Youth FREE Skate 3:15-4:30pm	Child FREE Skate 3:15-4:30pm		Public Skate 1:45-3:15pm
	Adult Skate 8:15-9:30pm		*Adult Co-ed Hockey 11:15pm-12:45am	Public Skate 7:45-9:15pm		*Adult Co-ed Hockey 9:30-11:00pm

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

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

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

- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Board operated rinks (excl Hillcrest). Prices are subject to change without notice.
- Adult Drop-in Hockey and Stick&Puck sessions are at the Adult rate.
- A 20% discount on admission is given to groups of 10 or more.
- Children under 8 years old MUST be accompanied ON-ICE with an individual 16+ yrs.
- Flexipasses may be used for public skating sessions. For 2013 Flexipass rates, go to page 33
- * Family rate is 1-2 Adults of the same household and their children under 19yrs, all present at time of admission. \$3.00 per person.



Other Agencies & Programs

Eastside Family Place

1655 William Street
eastsidefamilyplace.org
604 255 9841



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

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

Family Drop-In Hours:

Mon/Wed/Fri 9:00am-12:00pm
Tue/Thur 9:00am-2:30pm
(closed 12pm-1:00pm)

Licensed Occasional Childcare

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

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

Nobody's Perfect Parenting Program

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

Tuesday 6:30pm-8:30pm September 10-October 15

Collective of Parents Empowered: (COPE)

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

Fridays 1:00pm-3:00pm September 27-November 29

Workshops and Information Sessions

A variety of topics of interest to parents and caregivers are offered

Call for details, dates and to register or drop by ESFP during Drop-In hours to pick up a monthly calendar.

Toddler Rhythm and Rhyme

This fun program promotes early literacy through songs and stories. 18 months to 3 years Parent Participation. No Childminding Available

Saturday 10:00am-11:30am October 5-26 & November 2-23

Eastside Family Place will be CLOSED for Labour Day September 2 and for staff Professional Development September 9.

Cops & Kids

Sep 15, 2013
12:00pm to 3:00pm at
Grandview Park
1977 Commercial Drive
Tel. 604.717.2932
Fax. 604.717.2923



A free back to school safety event for pre-school and elementary school children, their families and the people who help keep their community safe.

Come join the fun! Climb into emergency vehicles from Vancouver Police, Vancouver Fire & Rescue Services, BC Ambulance Paramedics and learn from first responders how they work. Includes visits from the VPD Motorcycle Squad, Marine Squad and Transit Police Dogs.

An interactive E-Comm/9-1-1 display teaches how and when to call for help along with presentations on car seat safety, internet safety, pedestrian and traffic safety. Learn about finger printing to create an, "All About Me," Child ID booklet or join in a road safety course and mini Police Officers Physical Abilities Test. Dress in vintage uniforms from the Vancouver Police Museum and learn to prepare for an emergency from the City of Vancouver's Neighbourhood Emergency Preparedness Plan (NEPP.)

Entertainment includes a magic show, face painting, and live music from The Drive Street Band with a free hot dog lunch for all children attending!



Planet Bingo

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

Other Agencies & Programs

CANUCKS FAMILY EDUCATION CENTRE (CFEC)

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



ALL PROGRAMS START THE WEEK OF SEPTEMBER 9TH BRITANNIA PARTNERS IN EDUCATION (PIE)

English Foundations 6/7, English Communications 11/12

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

Beginner English for Speakers of Other Languages

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

Foundations In Math

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

Accounting 11

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

English Foundations 1-5

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

Computer Basics

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

EDMONDS PIE PLUS

English Foundations: 3-7

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

English Foundations: 1-2

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

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

GET READY 2 READ (GR2R)

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

Location: Edmonds Community School –
Community Room

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

Hastings Education Centre

On the Second Floor, above
the Library!



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

We offer courses in:

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

Classes range from beginner levels to Grade 12 and are available in the morning, afternoon and evening! Study in a structured class, self-paced or on-line. To learn more and to find out how to get started, phone 604-713-5735 or check us out on the web at <http://ae.vsb.bc.ca> or simply come by and visit our centre.

Grandview Woodland Area Council (GWAC)

www.vcn.ca/gwac

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

The Law Students Legal Advice Program (LSLAP) www.islap.bc.ca

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

Tue evenings
Call 604.822.5791 to book an appointment



Britannia Library



Britannia Library Fall Hours:

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

Holiday Closures

Labour Day	Mon Sep 2, 2013
Thanksgiving Day	Mon Oct 14, 2013
Remembrance Day	Mon Nov 11, 2013
Christmas Day	Wed Dec 25, 2013
Boxing Day	Thur Dec 26, 2013
New Years Day	Wed Jan 1, 2014

Kids' Programs

Babytimes

Wed 11:15 am Sep 11-Dec 11
Rhymes, songs, bounces, fingerplays and stories for babies, their parents and caregivers. Recommended ages: newborns to approximately 18 months old. Drop in.

Family Storytimes

Wed 10:15am Sep 11-Dec 11
Stories, songs, fingerplays and rhymes for the whole family. Program will include stories for older children to share with their younger siblings. Recommended ages: 2 to 5 yrs old. Drop in.

Toddler Time

Mon 10:15am Sep 9-Dec 9
Rhymes, songs, fingerplays and simple stories for toddlers, their parents and caregivers. Drop-in

Adults' Programs

Pandora's Collective presents: Word Whips

Fourth Tues of month 6:30–8:30pm
Sep 25, Oct 23, Nov 27
Take the challenge! Pandora's Collective provides the writing prompts and the opportunity for sharing. Ten to fifteen minutes for each prompt. See what you can whip up. Drop in.

Pandora's Collective presents: Book Talks

Second Wed of month 6:30–8:30pm
Sep 11, Oct 9, Nov 13, Dec 11
Led by Pandora's Collective members, a pre-selected book will be discussed each month.

For more info (and book titles) contact booktalks@pandorascollective.com

55UP Book Club

Third Wed of month 2:00–4:00 pm
Sep 18, Oct 16, Nov 20, Dec 18
Informal chats about a book chosen by the group. Books are provided. Refreshments are served. Hosted by a friendly librarian at the Al Mattison Lounge.

Register, or drop in and try it.
To register, call 604.718.5837

One To One Computer Training

Contact the Library for dates and times. Library staff will spend 15 minutes to an hour helping with computer questions.

Internet access at the Library

Use your Library Card to get one hour of internet access or word processing time on one of Britannia Library's 14 computers.

ESL Learning Centre -in the Library

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

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

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

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

For more info about the ESL Learning Centre at Britannia Branch, phone 604.718.5813



Britannia Open House



GET, GIVE, SHARE

Thu, Nov 28th, 2013

8:30am-4:30pm

**Arts, Education, Recreation,
Culture, Environment, Society and
Community**

- Give your feedback on our programs, facilities and services and GIVE of yourself
- Get active and stimulate your passions
- Share the history of our successes

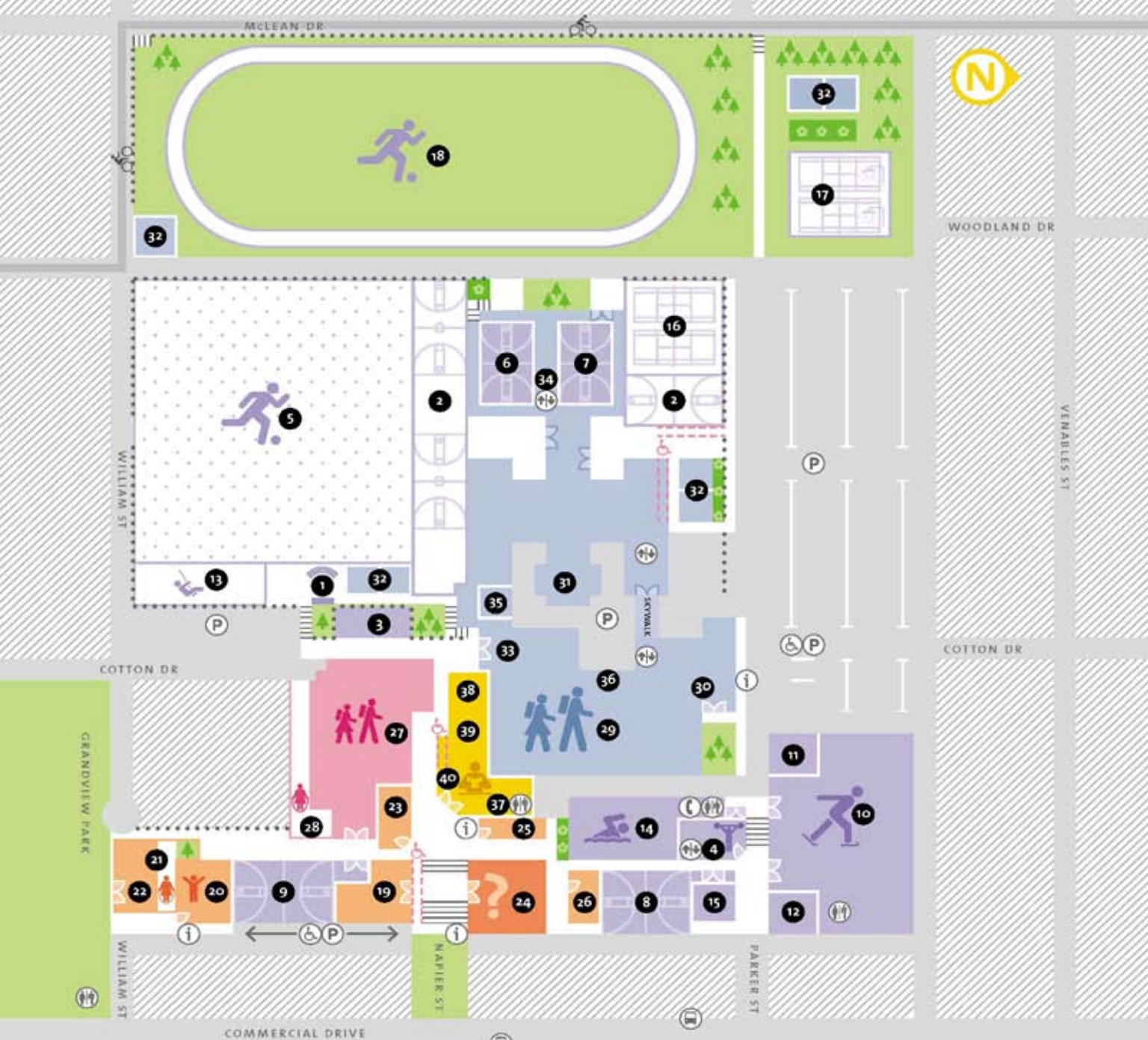
Workshops, performances, prizes, food, displays, games and activities for all ages.

Featuring:

- Britannia Secondary School
- Britannia Elementary School
- Vancouver Public Library Britannia Branch
- Al Mattison Lounge for Adults 55+
- Teen Center
- Ice Sports
- Aquatic Services
- Early Childhood Development
- Family Literacy

For more information, call the Information Centre Reception at 604.718.5800





recreation

- 1 Amphitheatre
- 2 Basketball Courts
- 3 Covered Play Area
- 4 Fitness Centre
- 5 Gravel Sports Field
- 6 Gym A
- 7 Gym B
- 8 Gym C
- 9 Gym D
- 10 Ice Rink
- 11 Ice Rink Activity Room (top flr)
- 12 Ice Rink Mezzanine (top flr)
- 13 Playground
- 14 Pool
- 15 Racquetball Court + Mat Room
- 16 Tennis Courts
- 17 Tennis Courts (lighted)
- 18 Track + Sports Field

resources + services

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

elementary school

- 27 Britannia Elementary
- 28 Outdoor Play Area

secondary school

- 29 Britannia Secondary
- 30 Main Office/Entrance
- 31 Auditorium
- 32 Portables
- 33 South Entrance
- 34 Cafeteria
- 35 Canucks Family Education Centre (room 110)
- 36 Community Education

library + learning

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

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



T 604 718 5800 F 604 718 5856
 1881 Napier Street Vancouver BC V5L 4X4
 britanniacentre.org