



britanniacentre.org

Programs & Services
Fall 2011





Britannia 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: Brendan Boylan

TREASURER: Ray Gallagher

EXECUTIVE MEMBERS:

Raphaella Weissgerber, Eva Sharell

DIRECTORS:

Ann Daskal, Buffie Irvine, Dan Fass, Kate Zhou, Margaret Vis, Meseret Taye, Oliver Conway, Paul Kjekstad, Tammyanne Mathew, Pat Davitt

AGENCY REPS:

VSB: Beverly Seed

VPB: Bob Harris, Acting

VPL: Noni Mildenberger

EXECUTIVE DIRECTOR: Cynthia Low

MANAGER OF ADMINISTRATIVE SERVICES:

Natalie Bailey

CHILD CARE MANAGER: Leah Drayton

Information Centre

1661 Napier Street,
Vancouver BC V5L 4X4

T 604 718 5800

F 604 718 5858

www.britanniacentre.org

President's Message

Although this year is my first term as President, I have been on the Britannia Board of Management for the past four years. My experience as a small business owner (of a hair and esthetic salon on the Drive), in combination with my work on the Vancouver District Parent Advisory Committee, and as the parent of a young citizen, give me a good foundation to understand our neighbourhood.

What I bring is a grass roots approach to help improve the quality of life for families and residents in Grandview-Woodland.

Britannia depends on collaborative and collegial working relationships with our partners on the site as well as community groups and individuals. Together, we create more than our parts. Britannia can play an important role in improving the connections and networks between, within, and among us, for the purpose of providing the best opportunities for our community members.

Our Board of Management looks forward to enhancing customer service, addressing accessibility on our site, facilitating repairs to our facilities, and providing better training and support for our staff. We also aim for better integration of operations such as WiFi, recycling, energy conservation, and program delivery.

Gwen Giesbrecht, President

Membership Information

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

Membership is valid from Sep. 1st, 2011 to Aug. 31st, 2012

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 23rd, 2012
- Eligibility to run for the Board of Management
- Mail outs about Centre programs and events
- Access to special membership programs
- Reduced costs for some sessions in the Fitness Centre
- You must have a current Britannia membership to register for programs
- Memberships contributes to subsidies for low income families and individuals

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 and Amie Smith

Registration Information

Three Ways to Register for Programs

Register Online at

www.britanniacentre.org

Registration starts at 9:00am on Tuesday, August 23rd

You must have a current membership card to register for all Britannia programs. (current card is yellow). Please read instructions for on-line below. Apply 2 days prior to registration. The membership year goes from September 1, 2010 to August 31, 2011.

You must have a customer ID and password which will be e-mailed to you within two business days of applying on line. Just follow the instructions. Activate your account by clicking on the (Register Online) icon. Once the account is set-up and you receive your ID via e-mail, you can browse the programs on-line and register.

Register In Person at

Info Centre at 1661 Napier Street

Registration starts at 9:00am on Tuesday, August 23rd

Pay using Cheque, Visa, Mastercard or Debit Card (NO CASH AT INFO. CENTRE)

Information Centre Hours for Program Registration:

- Monday to Thursday 9:00am to 7:00pm
- Friday 9:00am to 6:00pm
- Saturday 9:30am to 4:00pm
- Sunday 10:30am to 3:00pm

Swimming Pool Cashier: Not available due to closure

Register by Phone at 604-718-5800

Registration starts at 9:00am on Wednesday, August 24th.

You must have a current Britannia membership card and a valid Visa or Mastercard. Please have your card handy when phoning. A copy of your registration, a cash register receipt and membership card will be sent to you in the mail.

For Other Program Registration

Swimming lessons	page 31
Skating lessons	page 36
Childcare programs	page 5, 6
Minor Hockey	call 604-255-0612
Funseekers Winter Daycamp	call 604-718-5800

Refunds are subject to a \$5 Administration fee

If you are not satisfied with a program, bring your receipt to the pool office and tell us why. Your refund will be pro-rated from the day of request and will be refunded according to the method of payment. Sorry, no refunds on memberships.

Refunds are not processed online. Please contact the Community Centre directly for refunds.

popular programs
fill up quickly.....
so register early to
avoid cancellation
& disappointment.

Course Cancellation Policy

We need a minimum number enrolled before a class will run. We cancel courses one week prior to start date. Programs may be cancelled during the session due to unforeseen circumstances and instructors may change during the program session.

Swim Registration Only

Ongoing in-person registration at the pool during all SWIM sessions. See pool section on page 30 for more details.

Subsidy Information

Please see back cover for information and details regarding our subsidy policy and the Leisure Access Card (LAC) program.

Index

Adult 55+ Program - Lions Den	28	Computer Drop In Lion's Den	28	Intro to Fencing (8-14yrs)	10	Special Needs Swim	30
55+ Book Club	37	Computer and Internet Level I	26	Intro to Fencing - Adult	21	Sportball	9
Acrylic Gels, Pastes & Mediums	23	Computer Tutoring	37	Intro to Soccer (4-6yrs)	9	Standard First Aid (SFA)	19
Adding Collage	23	Contacts - Childcare Programs	5	Iyengar Yoga	22	Stress Reduction With Mindfulness	19
Administration Policy for Children	30	Cooking Workshop	26	Kids in the Kitchen	38	StrongStart	39
Adult AM Stick & Puck Program	34	CPR C Basic Rescue & AED (CPRC)	19	Kindergym (1-5yrs)	9	Swim Club	30
Adult Day Centre "Encourage"	29	CPR C Basic Rescue Recert (CPRCR)	19	Kindergym Birthday Party!	9	Table Tennis and Billiards 55+	27
Adult Evening Hockey	34	Creative Dance (2-5yrs)	9	Knitting Social	27	Tai Chi - 24 Form	20
Adult Swim Lessons 19+	31	Dancehall	14	Knowing Me, Knowing You	18	Tangled Summit Hike	18
Adult/Seniors Lessons (13 yrs +)	31	Dawali	26	Kundalini Yoga	22	Teen Centre Hours:	14
Adult Swim	27	Daycare 3-5yrs	6	Ladner Cycle Day Tour	18	Thanksgiving Weekend Camp Trip	15
Advanced Poi Spinning	24	Digital Photography	26	Lantern Making Workshops	7	The World Music Program	12
Gym Kids, Pre/Acrobats	11	Drop in Celebration	26	Latin American Youth Council	16	The Drive Street Band	25
After the Honeymoon: Relationships	18	Drop-In Pool/Billiards	28	Latin Cooking	14	The Great Escape Outdoors (GEO)	15
All About Sprouts	25	Dynamic Duo	11	LD Recreation Committee	28	Three Secrets of the Illuminated Artist	23
Adult 55+ Programs - AML	26	Eagles In The Sky Childcare	6	Leadership and Volunteer Training	29	Thursday Badminton	27
Annual Hockey Equipment Swap-Meet	34	Eastside Caregivers Group	29	Learn to Skate	36	Tiny Tumblers and Gym Kids	11
Aquafit	30	Earthquake Preparedness	19	Lifedrawing with Susan	23	Toddler Art (18m-3yrs)	10
Arthritis Chronic Pain Management	29	Emergency First Aid (EFA)	19	Lions Den (LD)	28	Toddler Program 18mos-3yrs	6
Atomic Volleyball (9-12 yrs)	10	ESL Learning Centre	37	Living (LARGE) On Less	19	Toddler Rhythm and Rhyme	38
Babytime	37	Exercise with Fern & Friends	29	Lord Nelson Child Care	6	Toddler Storytime	37
Badminton	21	Exercise with Wii Programs	26	Mahjong	28	Traditional Italian Cards	26
Baile Latino/Latin Dance (12-18yrs)	17	Exhibitions Fall 2011	23	Micro Futsal (6-12 yrs)	11	Tuesday Badminton	27
Ball Hockey Co-ed	21	Experiential Anatomy	20	Midnight Ball	15	Vancouver 125 Stories	17
Ball Hockey Drop-in - Pre teen	13	Fall Fitness Centre Schedule	33	Mi Seymour Hike	18	Vancouver Celebrates Diwali	7
Ball Hockey Tournament - Pre teen	13	Family Cosom Hockey	34	Nobody's Perfect Parenting Program	38	Vancouver Morrismen Dance	27
Ballroom Dance Class	27	Family Storytime	37	NuYu Theatre Program	14	Vietnamese Seniors Program)	26
Banner Workshop	22	Feast of Flavors	14	Osteofit	20	Violin & Fiddle Private Lessons (6yrs +)	12
BASH - Britannia After School Hockey	15	Fencing for Teens	15	Out to Lunch Bunch	27	Volleyball	21
Basketball - Pre teen	13	Figure Skating Lessons	36	Out of School Care	6	Walk in the Wilderness	28
Basketball - Adult	21	First Friends	14	Pandora's Collective Book Talks	37	Wellness Program	29
Beginner Conversation Class	39	First Time Home Buyers	19	Pandora's Collective Word Whips	37	Westside Music Together®	9
Beginner Marimba (7-8yrs)	12	Fit 4 Two	20	Partners In Education (PIE)	39	Whist/Cribbage/Bridge/Poker	27
Beginner Marimba (9yrs +)	12	Fitness Centre Adults 55+ Only	29	Personal Mythology & Image Making	23	Winter Break Daycamp - 6-12yrs	12
Better Meals for 55+	27	Flu Clinic	26	Personal Training	33	Winter Solstice Lantern Festival.	7
Big Screen Movie Night	15	Foot Doctor	29	Piano (6yrs+) & Clarinet (10yrs+)	10	Women's Hockey Program	34
Big Screen Movie Night - Latin	16	Fraser Valley Wine Tour	25	Pool and Fitness Centre	30	Yogaflex	22
Big Screen Rock Band on XBOX	15	French Conversation-Beginners	29	Pot Luck Lunches	27	Yogurt Making Workshop	26
Bingo	28	Friends First Buddy Program	16	Pottery - Continuing	24	You Create Theatre 6-8yrs	10
Skiing & Snowboarding	15	Games/Craft Night at the Den	28	Pre-Ballet (3-7yrs)	9	YOUR LEGACY	38
Blood Donor Clinic	7	Games Day	28	Prenatal Yoga	22	Youth and Adult Free Swim	30
Blood Pressure Clinic	29	Gentle Yoga	27	Preteen Programs	13	Youth Benchin'	14
Bluegrass Jam Beginners	24	Get Ready 2 Read (GR2R)	39	Skate Lessons	36	Youth In Transition (YIT)	39
Bluegrass Jam Intermediate	24	Getting Personal with Photography	23	Programa Juvenil Latino Americano	16	Youth Swim Lessons(13-16 yrs)	31
Body Conditioning	20	Getting Started in Abstract Painting	23	Public Swim	30	Youth Swim Nite	30
Book Club - 55+	27	Girls Night Out	13	Queer Women On The Drive	27	ZUMBA® Fitness	20
Booking Procedure - Racquetball	33	Globe Lantern Workshop	7	Quirk-e AHS Project	26		
Brain Gym - Mondays	27	Gluten & Sugar-Free Baking	25	Racquetball & Wallyball	33		
Britannia Childcare	6	Grandview Woodland Area Council	38	Range of Motion (R.O.M.)	30		
Preschool Program	5	Guitar	24	Reckless Painting	24		
Britannia Secondary School	39	Guys Night Out	13	Restorative / Gentle Yoga	22		
Britannia Teen Centre	14	Halloween Fun Tour	25	River Eagle Tour	25		
Brit Chill Holiday Skate	34	Halloween Skate	34	Rock Band on X Box	16		
Bus Tours	27	Handbuilding for Raku	24	Salsa Cubana & Rueda De Casino	24		
Canning 101	25	Hand Drumming: African	25	Salsa Fit	20		
Carnival Band Workshops	25	Healthy Eating, Active Living	39	Samosas, Chutney & Chai	25		
Carpet Bowling	28	Hoarding Information Workshop	26	Sari Wrapping & Lanterns Making	26		
Childminding hours are:	38	Hip Hop Dance	13	Saturday Unlimited	15		
Children's Free Swim (12yrs, under)	30	Hockey League, (VACHL)	34	Sauerkraut Fermentation	25		
Christmas Lunch	29	Holiday Closures	37	Say Goodbye To Your Landlord	19		
Chronic Disease in Cantonese	26	Hours of Operation	33	Self Image Through Art Making	23		
Circle Dance	28	Indian Arm Canoeing	18	Shadow Warriors-Tae Kwon Do (6-12yrs)	10		
Clay for Children (6-12yrs)	10	Indoor Soccer	21	Single Mom's Program	6		
Cocina Latina/Cooking Program	16	Indoor Soccer Drop-in	15	Soap Making Pure & Simple	19		
Co-ed Indoor Soccer/ Futbol (13-18 yrs)	16	Introduction to Fixed Wing Flight	14	Social Walking Club	27		
Collective of Parents Empowered	38	Introduction to Latin Dance	28	Spanish Clubs (grades 8-12)	16		
Community Knit In	23	Intro to Computers and Internet Level II	26	Spanish Classes	28		

Licensed Child Care Centres

Five Childcare Centres For Your Convenience

Childcare Mission Statement

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

About our childcare programs

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

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

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

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

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

Creative - Self expression and concept development.

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

About our Staff

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

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

Contacts

Childcare Manager:

Leah Drayton 604-718-5816

Britannia Out of School Care/Preschool

Randi Gurholt-Seary 604-718-5843

Grandview Terrace Childcare

Alejandra Uribe 604-718-5846

Mount Pleasant Childcare

Wade Forbes 604-718-5844

Lord Nelson Childcare

Latisha Buksh 604-713-5863

Eaglets Daycare & Out Of School Care

Susan Nelson 604-718-5856

Mount Pleasant Toddler Program

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

Britannia Preschool Program

The Preschool Program serves children 3 to 5 years old. Qualified Early Childhood Educators prepare an interesting and developmentally appropriate curriculum. We offer a consistent yet flexible schedule providing a balance between free play and organized activities, skills that build positive self concepts. We offer two or three-day classes from September to June. Four or five day classes have limited spaces and are available upon referral.

Licensed Childcare Programs

Our programs for 3 to 5 year olds offer a caring, safe, and nurturing environment that allows children the freedom and support to develop to their full potential. We offer multi-cultural programs that respect a variety of traditions, lifestyles, languages and cultural heritages. In our inclusive play-based programs qualified Early Childhood Educators provide activities based on children's interests and developmental needs offering opportunities for children to explore their environment through music, movement, blocks, construction toys, co-operative games, stories and outdoor play. Through play, children are able to develop social skills and learn more about their world.

Programs offer a consistent yet flexible schedule providing a balance of free play and organized activities for building skills and positive self-concepts. For further information about a specific program please contact the Centres listed.

Licensed Out of School Programs

Our licensed childcare programs provide children, from ages 5 to 12 years, the opportunity to create, explore and socialize in an inclusive, fun, safe and nurturing environment. Our play-based programs are designed to foster independence and confidence in a family-centred setting.

Our programs strive to develop and implement an integrated and comprehensive continuum of services for children and families that reflect the community we serve. All of our centres are culturally sensitive and celebrate the uniqueness of our families. Qualified Educators offer a value-based program that focuses on our children's interests, ages and developmental needs. To join the fun please call any of our Childcare Centres.

Vancouver Native Health

Britannia has an Aboriginal Early Childhood Family Support Worker. Please call Barbara Nelson at 604-718-5841.

Licensed Child Care

Grandview Terrace Family Resource Centre

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

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

Parent & Child Drop-in Playtime

For caregivers and children ages 0-6 years. An opportunity for young children to socialize and play in a learning centre environment. Parents can meet other parents. Resources are available. A Community Health Nurse visits monthly.

Thur 6:00-8:00pm Free with meal provided

Single Mom's Program

For more information on this new program, call Alejandra Uribe, Grandview Childcare Centre, at 604-718-5846.

Mon 6:30-8:30pm Free



Britannia Childcare

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

Preschool 3-5yrs

Mornings 9:00-11:30am
Afternoons 12:30-3:00pm
Fee:
2 days per week \$170.00
3 days per week \$242.00

Britannia Out of School Care 5-12 yrs

September to June
Mon-Fri 7:30am-8:45am
3:00pm-6:00pm
School Breaks 7:30am-6:00pm
Fee:
Britannia \$320 per month
L'Ecole Anne Hebert \$320 per month
Queen Victoria \$320 per month

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

Lord Nelson Child Care

2235 Kitchener Street
Latisha Buksh 604-713.5863

Out of School Care 5-12 yrs

September to June
Mon-Fri 3:00pm-6:00pm
Fee: \$330 per month, snacks provided
July & August 7:30am-6:00pm
Fee: \$550 per month
snacks provided

Mount Pleasant Childcare

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

Toddler Program 18mos-3yrs

Hours: Mon-Fri 7:30am-6:00pm
Fee: \$915 per month snacks provided
Lunch program \$35 per month

Daycare 3-5yrs

Hours: 7:30am-6:00pm
Fee: \$695 per month, snacks provided
Lunch program \$35 per month.

Eagles In The Sky Childcare 3-5yrs

485 Semlin Drive
Susan Nelson 604-718-5856

Daycare 3-5 yrs

Hours: Mon-Fri 7:30am-6:00pm
Fee \$695 per month. Snacks are provided

Out of School Care 5-12 yrs

Sep to June only (at MacDonald Elementary)
Mon-Fri 3:00pm-6:00pm
Fee: \$320 per month snacks provided
Walking School Bus \$310 per month

Grandview Terrace Child Care

2075 Woodland Drive
Alejandra Uribe: 604-718-5846

Daycare 3-5 yrs

Mon-Fri 7:30am-6:00pm
Fee: \$680 per month, snacks provided
Lunch program \$35 per month

Out of School Care 5-12 yrs

September to June
Mon-Fri 3:00 pm - 6:00pm
Fee: \$320 per month, snacks provided

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



Special Events

Diwali 2011

Vancouver Celebrates Diwali at the Britannia Centre, October 20-23!

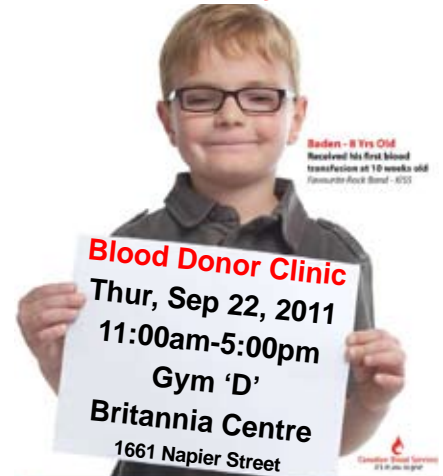
Join us for this Festival of Lights with features such as: Chai House and slide show; Samosas, Chutney & Chai making workshop; learn bollywood dancing & how to wrap a sari; as well as diya painting, mehndi and more!

All festivities are at the Al Mattison Lounge/Adult 55+ Centre on site. For further information and schedule of events please see our website: www.britanniacentre.org (click on "Arts & Culture" under Quicklinks) or contact: Lorrie Wager, Arts & Culture Programmer at 604-718-5825.

This is a celebration in partnership with the Vancouver Board of Parks & Recreation. Come join the festivities with the Diwali mini-festival workshops taking place at various community centres around Vancouver during the days surrounding Diwali. Intended for all ages, participants will learn about this wonderful Festival of Lights and participate in activities including diya painting, bhanga dance and dhol drumming, or bolly-dance demos! Vancouver Celebrates Diwali presents its 8th annual Festival Sunday, October 16 to Sunday, October 23 this year with various activities taking place throughout the city. Please check your local Community Centre website for workshop details or go to www.vandiwali.ca.



Blood Donors Saved My Life



partnering with Canadian Blood Services to host a clinic. To check your eligibility to donate or to make an appointment, please

call 1-888-2DONATE or visit our web site, www.bloodservices.ca



18th Annual Winter Solstice Lantern Festival.

Wednesday December 21, 2011
6:00-11:00pm -

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

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

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

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

www.secretlantern.org www.inthehousefestival.com www.britanniacentre.org

Volunteers Needed!

Get involved in this warm and festive community celebration! Opportunities are varied - you could host a workshop, make and serve hot chocolate, meet and greet the public and even help with our lantern installation! Contact Charlene Wee, Volunteer Program Coordinator at 604-718-5860 or charlene.wee@vancouver.ca.

Lantern Making Workshops

Don't be left lantern-less! Artists from the Secret Lantern Society will help you make your own beautiful lantern. New this year is the opportunity to build a lantern in the shape of your own house! All basic materials are provided and participants are encouraged to bring pressed leaves, flowers or other decorative elements. Price is per lantern. Children must be accompanied by an adult.

Globe Lantern Workshop

Sun 10:00-12noon
41898.402BR Dec 11
41898.403BR Dec 18
FAR \$15/lantern

Star Lantern Workshop

Sun 12:00-4:00pm
41898.404BR Dec 11
FAR \$30/lantern

House Lantern Workshop

Sun 12:00-4:00pm
41898.406BR Dec 18
FAR \$30/lantern

Special Events

8th Annual Corn Festival September 10, 2011 11am to 5:30pm

For six years, the Corn Festival has educated people on the cultural, political and social importance of corn. It has promoted all types of foods derived from corn that are traditional Latin American Foods. This Festival is hosted by C.E.L.S.A.N (Canada El Salvador Action Network Society) and co-organized by Britannia Community Services Center and the Grandview Woodland Food Connection.

The Corn Festival features a farmer's market, food vendors and Free Fun Family entertainment (face painting, Live Latin music and the crowning of Corn Queen 2011).

C.E.L.S.A.N is a registered non-for profit society that promotes the cultural roots (dance, food, music and art) of the Latin community, encourages integration between all ethnic communities.

This year all profits will be used to support a community radio station in ciudad Delgado in the metropolitan area of San Salvador.

Saturday, September 10
11am to 5:00pm
Gym D
Britannia Centre, 1661 Napier Street.



Lifelong Journey Poster Project



With support from the City of Vancouver's 125th Anniversary Grants Program this project celebrates Vancouver's eldest citizens through a series of interactive, inter-generational, and inter-cultural social events at 14 locations in Vancouver. The project will be a collection of Lifelong Journey stories including digital photography, short biographical stories related to the lives of Vancouver's Eldest Citizens who come from diverse backgrounds and communities in Vancouver. The unique lives of these seniors will be representative of the evolution of Vancouver's rich history in local communities. We will honour the lives of elders who are artists, dancers, musicians, athletes, actors, tradespersons, secretaries, doctors, housewives, business owners, board members, and community members through this Lifelong Journey Poster Project.

If you are interested in being involved in the project or would like to refer an elder in the community. Please contact Anne at Britannia Community Services Centre. Check out our website www.britanniacentre.org

Vancouver Stories

As part of the City's 125 celebrations, the Vancouver Park Board has selected a team of digital media artists to work within the Vancouver community to capture the oral histories and memories of local residents. ***These will be warm, small stories that can shed light on life in Vancouver, sometimes these could be life-changing, other times anecdotal but we want them to always build understanding.***

These *digital stories* will mark history and create a legacy of our diverse communities!

Be part of this unique project and share your story.

Digital Storytelling is the use accessible digital tools to let everyday people tell their own personal stories. Digital Stories are: simple videos that use recorded voice (in first person narrative), short in length (for this project approx 1-3 minutes) and illustrated with photographs, animation and limited live action. Some stories also incorporate sound and music.

Vancouver Stories

Artist/filmmaker *Lisa g Nielsen* and her team: *Brian Lye, Suzanne Ahearne, Odessa Shuquaya and Lisa Walker* will be collecting stories from May until September 2011. The team will work out of (but not be limited geographically by) 3 community centres: Britannia, Sunset and West Point Grey.

These collected *digital stories* will be archived on a website as well as amalgamated onto a DVD.

Every storyteller will receive a copy of the DVD!

The completed stories will also be shared on large TV screens in the Community Centre's living rooms and in Celebration Screenings across the city.

Everyone has a story...

contact the team at:

vancouverstories125@gmail.com

or call 604 257 8149 and leave a message

check out the stories here:

<http://vancouverstories125.blogspot.com/>



Preschool 0-5yrs

Sports

Sportball

Parent and Tot (2-3yrs)

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

13002.401BR

Sat 11:30-12:15pm Sep 24 – Nov 26
Gym C Sportball Staff \$140/9sess
(no class Oct 8)

13002.403BR

Mon 10:45-11:30am Sep 26-Nov 28
Gym D Sportball Staff \$140/9 sess
(no class Oct 10)

Sportball Multisport (3.5-5yrs)

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

13002.402BR

Sat 12:15-1:15pm Sep 24 – Nov 26
Gym C Sportball Staff \$140/9sess
(no class Oct 8)

13002.404BR

Mon 11:30-12:30pm Sep 26-Nov 28
Gym D Sportball Staff \$140/9sess
(no class Oct 10)

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!

For Beginners

13001.401BR (4-6yrs) 10:00-11:00am

For Experienced Players

13001.402BR (4-6yrs) 11:00-12:00am

Sun Sep 25-Nov 13

Gym D Rylan D \$56/8sess

(No class Oct 9)

Kindergym (1-5yrs)

Run, jump and roll in a gym full of mats and indoor playground equipment. Parent supervision required. You must pay your \$3.00 drop-in fee at the pool and bring your receipt to the Kindergym supervisor or buy a strip of 10 tickets for \$27.00 and give 1 ticket to the Supervisor. Parents, please assist Belinda at the end of the program by helping her put the large equipment away.

Sat 10:00am-12noon Oct 1–Dec 10
Mon/Tue/Wed/Thu

11:00am-12:30pm Oct 3 – Dec 8

No class Nov 17, 19

Birthday Parties

Kindergym Birthday Party!

Britannia Birthday parties are well suited for kids up to 4 years of age. Ride on a number of cars, truck and trikes, or even play floor hockey and soccer. Host family can bring in own craft activities as well (please discuss with party supervisor).

Parties include 2 hours in Gym D on Saturdays from 12:30-2:30pm, in addition to ½ hour set up prior to the party and ½ hour clean up after the party. You bring the food, goody bags and cake! Caregiver participation, assistance with set up and clean up is required. Register on line or in person for specific date.

Book your party today because dates go fast. Once date is booked, a party supervisor will contact you.

25801.401BR Sep 24

25801.402BR Oct 1

25801.403BR Oct 8

25801.404BR Oct 15

25801.405BR Oct 22

25801.407BR Nov 5

25801.408BR Nov 12

Not Available Nov 19

25801.410BR Nov 26

25801.410BR Dec 3

25801.411BR Dec 10

Gym D Belinda C \$130.00 per party

Refund Policy: 48 hours cancellation notice

must be given for refund.

Other Britannia Birthday Party Options:

Rent a Room: Call Activity Coordinator at

604-718-5812.

Pool Party - Call Pool Programmer at

604-718-5830.

Skate Party - Call Rink Programmer at

604-718-5836.

Dance

Creative Dance (2-5yrs)

This is for children who love to dance! Learn to express yourself through movement using imagination, stories, songs, music and fun! Children will develop basic dance skills and musicality in an inclusive, encouraging setting.

Sat Sep 24 -Dec 10

11602.401BR (2-3yrs) 9:20-10:00am

11602.402BR (3-4yrs) 10:10-10:50am

11602.403BR (4-5yrs) 11:00-11:45am

CFEC Bevin P \$70/10sess

(no class Oct 8, Nov 12)

Please note: Parent participation recommended for 2-3 yr olds. The 3-4yr olds are encouraged to take the program without parent participation.

Pre-Ballet (3-7yrs)

Explore the fundamental principles of ballet, balancing and creativity in a fun environment. Children will develop strength, flexibility and body awareness. Parent participation recommended for the 3-4 yr olds.

Sat Sep 24 - Dec 10

11601.401BR 3-4yrs 12:30-1:00pm

11601.402BR 4-5yrs 1:00-1:45pm

11601.403BR 5-6yrs 1:45-2:30pm

CFEC Bevin P \$70/10sess

(no class Oct 8, Nov 12)

Music

Westside Music Together®

A Music Together® class is rainbow colored falling leaves, tyrannosaurus rex's, rockets to the moon and trains to the beach. Come dance, sing songs and play with bells of all sorts, triangles, shakers, rhythm sticks, kitchen instruments, scarves, giant sheets and instruments galore! All this with a developmentally appropriate, research based curriculum taught by a registered Music Together teacher. Parent participation is required. Siblings 6 months of age and under attend free; over 6 months, please pay the reduced 'sibling' fee (\$90).

Tue Sep 20-Nov 22

11004.401BR 9:30-10:15am

11004.402BR 10:30-11:15am

Rink Mezz Mimi B \$140/10 sess

Wed Sep 21-Nov 23

11004.403BR 9:30-10:15am

11004.404BR 10:30-11:15am

Rink Mezz Mimi B \$140/10 sess

Children

Art

Preschool Art (3-5 yrs)

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

12309.401BR
Wed 1:30-2:30pm Sep 21-Nov 9
RAR Helen S \$69/8 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 Helen for 8 fun-filled sessions. Dress for mess! Choose from two classes due to high demand.

12302.401BR
Wed 9:45-10:30am Sep 21-Nov 9
RAR Helen S \$55/8 sess
12302.402BR
Wed 10:45-11:30am Sep 21-Nov 9
RAR Helen S \$55/8 sess

Clay for Children (6-12yrs)

Discover the sculptural properties of clay while learning a multitude of hand building methods, including pinch pot, slab and coil. Artist quality, food safe materials included. contacting the centre at 604-718-5800.

22202.401BR
Thu 4:00-5:15pm Sep 15-Nov 3
Rm 208 Helen S \$85/8 sess

Drama

You Create Theatre 6-8yrs

Life is a story. Your child will learn to create story with their own skills, movement and words. In class we will create a short original piece of theatre and premiere it in 8 weeks. Come join us Saturday morning! Build your self-esteem and learn just how authentic your voice is. A current Britannia membership is required to enrol in this program. A membership can be purchased in person, or by contacting the centre at 604-718-5800.

21402.401BR
Sat 10:20-11:50am Sep 24-Nov 19
Rink Mezz Carmen P \$85/8 sess

Atomic Volleyball (9-12 yrs)

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

13005.401BR
Tue Sep 27-Nov 29 6:30-7:45pm
Gym B V.ball BC \$80/10sess

Shadow Warriors-Tae Kwon Do (6-12yrs)

The Shadow Warriors introduce kids to a modern martial art. They learn blocks, strikes and fluid coordination while developing physical fitness and a responsible street-wise attitude. Students are encouraged to develop healthy minds and bodies. ITF style Tae Kwon Do with practical application. Contact Vincent McCorkle at 604-861-2232. Uniforms and equipment are available for purchase, but are not required. Please register at Britannia.

23403.401BR 6-8 yrs
Sun Sep 11-Dec 11 10:00-11:00am
23403.402BR 9-12yrs
11:00-12noon
CFEC Vincent M \$78/13sess
(No class Oct 9)



Intro to Fencing (8-14yrs)

Learn the ancient art of sword play for fitness, sport or 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 at 2155 Commercial Drive. Register at Britannia, program takes place offsite.

23402.401BR
Sat 10:00-11:30am Sep 10-Dec 17
LaSalle Fencing Studio \$91/14sess
(No class Oct 8)

Music

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

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 begins September and Set 2 begins in November. Cost is based on \$22 per one 30 minute lesson.

Set 1
21000.401BR Sep 8-Oct 27
Thu 4:00-8:30pm \$176/8 sess
EMR Janine O. (30 minute lesson)
21000.402BR Sep 9-Oct 28
Fri 3:30-7:30pm \$176/8 sess
EMR Janine O. (30 minute lesson)
21000.403BR Sep 10-Oct 29
Sat 9:00-5:00pm \$176/8 sess
EMR Janine O. (30 minute lesson)
Set 2
21000.404BR Nov 3-Dec 15
Thu 4:00-8:30pm \$154/7 sess
EMR Janine O. (30 minute lesson)
21000.405BR Nov 4-Dec 16
Fri 3:30-7:30pm No class Nov 11th
EMR Janine O. \$132/6 sess
(30 minute lesson)
21000.406BR Nov 5-Dec 17
Sat 9:00-5:00pm No class Nov 12th
EMR Janine O. \$132/6 sess
(30 minute lesson)



Britannia Gymnastics (18mo-13yrs)

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

Saturday Program	Sep 17 – Dec 17, 2011			
13004.404BR	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$84
13004.405BR	Gym Kids	4-5yrs	2:00-2:45pm	\$84
13004.406BR	Gym Kids	4-5yrs	3:00-3:45PM	\$84
23003.401BR	Adv. Gym Kids	5-7yrs	4:00-5:00pm	\$102

Sunday Program	Sep 17 – Dec 17, 2011			
13004.401BR	Dynamic Duo	18mo-3	10:00-10:45am	\$84
13004.402BR	Dynamic Duo	18mo-3	11:00-11:45am	\$84
13004.403BR	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$84
23003.403BR	Acrobats	8-13yrs	1:30-3:00pm	\$144
23003.402BR	Pre-Acrobats	6-8yrs	3:15-4:30pm	\$124.50
23003.404BR	Demo Team	8-13yrs	3:15-4:45pm	\$144
	(No class Oct 8, 9, Nov 19,20)			

* IMPORTANT: All athletes are required to register for Gymnastics BC insurance. GBC insurance is a one time fee which will covers athletes from Sep 2011-June 2012. This has been included in the fall 2011 fee. Note: You can only register for your own child please.

Meet the Coaches

Cameron Stevenson is a competitive Gymnastics Level 2 coach with 11 years of coaching experience. Cam is proud to say that over the last 4 years, he has developed the Britannia Gymnastics Club into a very popular, unique, family oriented program. Emily Churchyard has seven years of experience coaching recreational gymnastics. She is a certified Gymnastics Level 1 and Trampoline coach.

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

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

Adv Gym Kids, Pre/Acrobats

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

Demo Team

Athletes will learn tumbling, stunting, dancing and circus arts and will construct a group performance that will be showcased in Whistler at the BC Gymnaestrada. Preference will be to those who can commit to the program from September 2011-May 2012.



Micro Futsal (6-12 yrs)

Girls and boys - learn the fundamentals of indoor soccer and enhance your soccer skills.

23001.401BR
Tue Sep 27–Nov 15 6:30-7:45pm
Gym A Micro FC \$80/8 sess

Spring Micro Footie 2012

Please checkout our new website for the latest information on Micro Footie:
www.britanniasoccer.org

SATURDAYS APRIL 21 to June 23, 2012 (tentative)

\$85.00/player includes playing soccer in the sunshine 2X/week, World Cup t-shirt, team photo, and other surprises! Brit Oval & Garden Park

WE NEED 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 Lori M at 604-718-5824 or e-mail: britanniasoccer@vancouver.ca. A criminal record check will be required before you begin coaching. You will be required to attend a mandatory coaches orientation clinic before the start of the program.

WE NEED REFEREES!

Youth who are interested in refereeing Micro Footie 2012 are asked to contact britanniasoccer@vancouver.ca. Please list your certifications and experience.

FOOTIE 2012 SPONSORSHIP

If you would like to sponsor a Britannia Micro Footie team, please contact Mawuena, Sponsorship Coordinator at 604-345-7619, microsponsorship@gmail.com. or Lori at 604-718-5824, lori.moretto@vancouver.ca

Children (6-12years)

Children's Music

The Britannia World Music Program

Recipient of a City of Vancouver Youth Program Award, the BWMP provides children and youth with instruction in African-percussion music. This program also promotes youth instructors through a leadership initiative. Instruments are provided.

The BWMP promotes music literacy through lessons for children 7 yrs and up. We wish to make your child's experience enjoyable.

Please Note:

If your child has previously taken any marimba classes with BWM before registering in any of the following programs we ask that you bring your child to a placement class on:

Wednesday, September 14th in Room 111 of the Secondary School at 4:30pm.

This will ensure proper placement of your child. You will be advised of your child's placement by Sunday, September 18th.

If your child is brand new to Britannia World Music then please feel free to sign up for one of the following Beginner classes.

The Britannia World Music Program has two performance groups. Kunaka and Tambai who play at community festivals and events in Vancouver and beyond. For further information on these groups please see www.kunakamarimba.com

www.tambaimarimba.com

Beginner Marimba (7-8yrs)

31818.405BR

Thu 4:00-5:00pm Sep 22-Nov 10
Rm 111 WRYS \$80/8 sess

Beginner Marimba (7-8yrs)

31818.415BR

Wed 4:00-5:00pm Sep 21-Nov 9
Rm 111 WRYS \$80/8 sess

Beginner Marimba (9yrs +)

31818.406BR

Thu 5:15-6:15pm Sep 22-Nov 10
Rm 111 WRYS \$80/8 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 classes Oct 8, 15 or November 12. 45 minute lessons available upon request. contacting the centre at 604-718-5800.

21002.401BR

Sat 9:00-2:00pm Sep 10-Dec 10
EAR Shannon S \$264/11 sess



Day Camps

Funseekers Winter Break Daycamp - 6-12yrs

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

26001.401BR

Mon-Fri 9:00-3:00pm Dec 19-Dec 23
Gym D \$90/5 sess

26001.402BR

Tue-Fri 9:00-3:00pm Dec 27-Dec 30
Gym D \$72/4 sess

Please Do Your Doo-Doo Duty!

This 17 acre site encompasses 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.



Social Recreation

Girls Night Out

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. A current Britannia membership is required to enroll in this program.

Tue Sep 20-Nov 22 6:15-8:00pm
PTC TBA T \$FREE

Guys Night Out

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.

Thu 6:15-8:00pm Sep 22-Nov 24
PTC TBA T \$FREE

Culinary

Preteen Cuisine

A co-ed program aimed at bringing kids into the kitchen and allowing them the chance to enjoy the fruits of their labors. Together they will design the menu, cook the food, serve it and savor it.

22601.401BR
Wed 6:15-8:00pm Sep 21-Nov 9
PTC Ricky T \$44/8 sess

Dance

Hip Hop Dance

Intro hip hop dance lessons. Learn moves and choreograph a group routine.

21602.401BR
Wed 4:00-5:00pm Sep 21-Nov 9
Rink Mezz Koffiga \$32/8 sess

Dancehall

Looking for something new and energetic to do? Join us for some Dancehall. This dance originated in Jamaica and is a branch of Reggae roots just with faster and up-beat rhythms. This class is designed to teach you some new movements around your waist and other areas you never knew you could move, it's definitely something you don't want to miss!

21605.401BR
Wed 5:15-6:15pm Sep 21-Nov 9
Rink Mezz Koffiga \$32/8 sess

Special Events

Preteen Dance

DJ 2 Scoops and DJ IMQT 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 28, Dec 9
CFEC

Sports

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 7-Dec 28
Gym D \$FREE

Ball Hockey Tournament

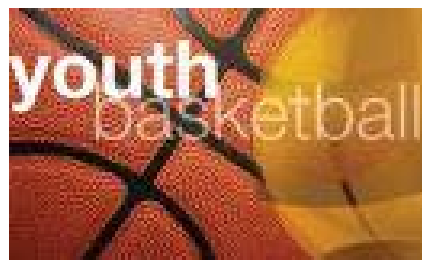
Are you the next Sedin, Burrows, Kesler, Bieksa or Luongo? Create a team of up to 10 players and join us for our 1st Ball Hockey Tournament at the Sportcourt in Grandview Park. Co-ed, for players ages 10-14 years. Each game will be 2, 15 minute running time halves and will have referees. Goggles must be worn. Equipment can be provided. Contact Tom for more information for registration 604-718-5826

Fri - Sun 10:00-8:00pm Sep 16-18
\$50 per team

Basketball

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

23011.401BR
Sun 3:00-5:00pm Sep 25-Nov 20
Gym C Kakada P \$28/8 sess



Digital 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 like: camera controls and features, light and contrast, composition, depth of field etc. Given the short length of daylight at this time of year, much of time will be spent on the creative use of flash and twilight photography. Cost includes excursions to other locations and the printing of their favourite photographs. Please bring your own digital camera if you have one.

22815.401BR

Mon 4:00-6:00pm Sep 19-Nov 14
FAR \$32/8 sess
No class Oct 10



Preteen Creative Writing

A co-ed program that guides kids through the process of writing and illustrating their own stories. There is no telling what stories can be discovered when we take the time and have the resources to draw them out. They can be comic books, children's stories, short stories or even novellas. We will explore covering and binding as well so that each child will come home with one, if not more, of their own books by the end of the program.

22802.401BR
Mon 6:15-7:45pm Sep 19-Nov 21
PTC \$32/8 sess

Youth 13-18 Years

TEEN CENTRE PROGRAMS 13-18 yrs

Teen Centre Hours:

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

Register for all Teen Centre programs at the Teen Centre. For more info call 604-718-5828:

Annty, Barry, Chiho, Jamie, Kakada, Maryland, Melissa, Ricky, Susie, Tom

Britannia Teen Centre

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

The Teen Centre is a place to:

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

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

A Britannia membership (\$1) is required to participate in all Britannia programs.

Educational/ Development

Introduction to Fixed Wing Flight

Ever wanted to learn to fly? The program will provide youth with an introduction to fixed wing flight. The goal of the program is to provide an introduction to aviation and the requirements and standards to fly both as a private or commercial pilot. Topics to include: Basic radio communications and intro to Canadian Air Law, Intro to Aerodynamics, instruments and effects of control, Intro to Navigation and Weather, flight planning, and Intro to emergency procedures and intro to the flight simulator. The program will be comprised of a lecture and theory session followed by a take home examination. Session eight will be held off-site at Professional Flight Centre in Delta, and will include a flight simulator flight.

35101.401BR

Wed 4:00-6:00pm

Family Activity

Sep 21-Nov 9

Chiho C

\$200/8 sess

Dance

Dancehall

Looking for something new and energetic to do? Join us for some Dancehall. This dance originated in Jamaica and is a branch of Reggae roots just with faster and up-beat rhythms. This class is designed to teach you some new movements around your waist and other areas you never knew you could move, it's definitely something you don't want to miss!

31605.401BR

Wed 6:30-7:30pm

Rink Mezz Koffiga

Sep 21-Nov 9

\$32/8 sess



Social Recreation

Youth Benchin'

Interested in art? Want to paint a community mural? Get involved in our Youth Benchin' program. Sessions include information on legal graffiti, teamwork, conceptualizing a design, and spray painting techniques. Call Tom at 604.718.5826 for more info.

First Friends

For youth new to Canada and youth that are interested in helping others settle into Vancouver. The program will provide social and recreational opportunities as well as deal with current issues, provide job skill training, and certifications. There may be some minor fees for out trips and special workshops. Please contact Annty at 604.7187.5829 for more information.

Sat 1:00-5:00pm

Sep 10- Dec 17

FREE!

Culinary

Feast of Flavors

Tuesdays (except the last Tuesday of the month) 4-6pm in the AML Lounge. Learn to create healthy, cheap and easy to cook meals. Youth are involved in planning, cooking and preparing.

Tue 4:00-6:00pm

AML

Sep 13-Dec 20

\$FREE

Latin Cooking

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

Thu 4:30-7:00pm

AML

Sep 8-Dec 29

\$FREE

NuYu Theatre Program

Newcomer Youth Popular Theatre Project. (NuYu) is a project of MOSAIC and consists of a group of refugee and immigrant youth (age 14 to 19) doing popular theatre. Popular Theatre is a type of theatre that uses participants' life experiences to create a play is a form of community dialogue. It's lots of fun! The program is free with lunch and bus tickets will be provided. You don't need any experience acting, and all English levels are welcome. If you complete the whole program (which is ten sessions and a performance) you can use the hours for your volunteer hours for the Graduation Transition Program. To find out more about NuYu and to get involved, contact Maria at MOSAIC at 604-254-9626.

Sat 10:00am-3:00pm Oct 1-Nov 26

Rm. 111

FREE

Youth 13-18 Years

Special Needs

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 Jeff at 604-718-5873 for more info. Registration and intake must all be approved by Jeff.

36601.401BR

Sat 10:00-3:00pm Sep 24-Nov 26
LRC Jeff \$125/10 sess

Special Events

Splash!! Youth Free Swim

Contests, prizes, games and crazy staff!! Britannia youth only swim time. First Friday of every month. Be ready to go in the water by 8pm. Free!! No swimsuit required... it's not what you're thinking... swimsuits, or clean, recently washed clothing can be worn. No shoes allowed. Look out for promotions for a special mid October after the pool re-opens.

Fri 8:00-10:00pm Dec 2
Pool \$FREE

Big Screen Rock Band on XBOX

Come and jam with your friends every Wednesday night. All levels welcome bring all your friends its free. Wednesdays 6:00-8:45pm in the Teen Ctr.

Wed 6:00-8:45pm

Big Screen Movie Night

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

Fri 7:30-9:30pm

Sports

BASH - Britannia After School Hockey

Ever wanted to learn to play ice hockey but never had the chance? Then the BASH is for you. The Britannia After School Hockey Program is an opportunity for 12-16 year old beginner players to learn the game. All equipment provided. Half hour each session will be spent on skill development. Players must participate in the skills development session. Medical and consent form must be completed. Completed medical and consent forms required for participation. Please arrive at rink no later than 4pm. For more information or to register, contact Tom, 604.718.5826. No session Nov 11

BASH is now recruiting current Gr 7 students to participate in the program.

Fri 4:45-6:00pm Sep 9-Dec 16
Jay, Jamie \$FREE!

Indoor Soccer Drop-in

For 11-18 year old players only. A current Britannia membership is required to enroll in this program. A membership can be purchased online, or by

contacting the centre at 604-718-5800.

Tue 5:30-8:00pm Sep 6-Dec 20
Gym D \$FREE

Midnight Ball

Late night basketball for youth. Bring your own ball, and join in a game. Non-instructional.

Sat 9:00-11:45pm Sep 10-Dec 17
Gym C \$FREE!

Fencing for Teens

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 3:30-5:30pm Sep 14-Dec 14
\$105/14 sess

33007.402BR (No session Nov 11)

Fri 3:30-5:30pm Sep 16-Dec 16
LaSalle Morgan B \$97.50/13 sess

Outdoor

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.



Blackcomb/Whistler Skiing & Snowboarding

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. Cost: \$60 Ski/Snowboard rental \$50 No rental. Contact Teen Centre staff for dates.

Thanksgiving Weekend Camp Trip

Join us on a short backpacking trip at Cerise Creek to Keith's Hut. This hike-in camp takes us to a cabin set in the picturesque setting of Joffre Peaks. Register at the Teen Centre. There will be a mandatory pre-trip meeting, Tuesday, Oct 4th at 6:30pm. Participants who do not attend the pre-trip meeting may lose their spot to people on the wait list.

Sat, Oct 8 - Mon, Oct 10 \$40

Latin American Youth

Programa Juvenil Latino Americano

The Latin American Youth program 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.

Los siguientes son programas 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.

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

Free drop-in soccer for youth! New players welcome.

Tuesdays/Martes 5:30 - 8:00pm in Gym/Gimnasio D Gratis

Learn to Play Guitar/ Aprende a tocar la guitarra!

Have you ever wanted to serenade your sweetie pie and not had the skill? Come to the teen centre on Wednesday and learn to play the guitar! ¿Quieres aprender a tocar canciones romanticas en la guitarra? Ven al Teen Centre Cada Miercoles y aprende como tocar!

Wednesday/Miércoles 4:00 – 5:00 pm Teen Centre FREE

Rock Band on X Box

Come and jam with your friends every Wednesday night. All levels welcome bring all your friends its free. Ven y diviértete con tus amigos todos los Miercoles jugando Rock Band, todos niveles estan bienvenidos y es gratis!

Wednesday/Miercoles 6:00-8:45pm en el Teen Centre

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 4:30pm-7:00pm AML FREE

Baile Latino/Latin Dance (12-18yrs)

Keep fit and learn various Latin dances. We'll be dancing to salsa, cumbia, reggae, bachata, and lots more. Diviértete con nosotros bailando a los ritmos de salsa, cumbia, merengue, reggeton, y bachata. Todos los viernes.

Fri /Viernes 4:30pm-5:45pm CFEC \$32/8 sess

Big Screen Movie Night/ Peliculas en pantalla grande

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

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

Fri/Viernes 7:30-9:30pm en el T. C.

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

Meet youth your age and learn at the same time. The Friends First Buddy program provides you with social, recreational, and educational skills. We meet every Saturday and we participate in various activities from 12-4pm. To register phone 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 Sabados de 12-4pm. Por Favor llame a Anntuaneth al 604-718-5829 subsidios disponibles.

Sat/Sabados 12:00-4:00pm

Trabajo Voluntario/ Volunteer Work (12-18yrs)

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 program 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.

Spanish Clubs

Spanish Clubs (grades 8-12)

The Latin American Youth Program also offers Spanish Clubs at the following schools during lunch time:

Tue	Tupper
Wed	Killarney
Thur	Gladstone
Fri	David Thompson

What are Spanish Clubs? Spanish clubs is where you get to meet all the Latino students in your school, a place where you get to have fun with your peers and learn more about Latin American culture. It also informs you with what is going on in your community and how to get involved in new activities or programs. We provide snacks, games, music, workshops and guest speakers.

If you are interested in attending or hosting your own Spanish Club at your school contact Anntuaneth at 604-718-5829.

Latin American Youth Council (11-18yrs)

Buscamos a jóvenes que esten interesados en iniciar nuevos programas y actividades para nuestra comunidad Latina. Dar reconocimiento a los asuntos Latinos, apoyo, recoger fondos, y hacer trabajo voluntario para las horas que necesitas para graduacion. Nos reunimos un dia al mes. Llama para mas informacion.

Tuesdays/Martes





125 Stories

of Grandview Woodland's Residents
in celebration of Vancouver's 125th Anniversary



Do You Now or Have You Ever Lived in Grandview Woodland?

[We'd Like To Share Your Story](#)

In celebration of Vancouver's 125th Anniversary the *Under One Umbrella Society* is calling out for story submissions from Grandview Woodland's residents past and present. 125 stories will be published and become a permanent installation in the community. Public readings in the Fall 2011.

[Story Criteria](#)

- **Deadline for story submissions is September 5th, 2011.**
- Submit your story with the title in the subject line. Please include your name and contact information.
- The story must be about a memorable event or experience from your time as a Grandview Woodland's resident (For the purposes of this project Grandview Woodland is defined as being bound by Nanaimo St. and Clark Dr., East to West and Grandview (12th Ave.) to the water, South to North).
- The story must be true and it must be short (Max. 1250 words).
- For the purposes of this community project prose, poetry and photographs (with captions) will all be accepted as stories.
- Please indicate the year or decade in which your story takes place.

[Send your story to uoucommunity@gmail.com](mailto:uoucommunity@gmail.com)



The best gift
is your vote.
Mark your calendar
VANCOUVER
MUNICIPAL ELECTION
November 19, 2011



Adult Outdoor Adventures

Welcome:

Welcome to Britannia's Outdoor Adventures. All our activities are lead by experienced guides with Wilderness First Aid and canoeing certifications. Unless otherwise stated all necessary equipment is provided. All participants are expected to carry a day pack with water (2 litres), food, rain gear and an extra warm layer of clothes. Footwear that is supportive and weather resistant is important for safety and comfort. Dressing in layers helps regulates body temperature. Be prepared for inclement weather anytime.

Our trail rating below is meant to give participants a better understanding of what to expect. Participants should be in good physical condition and are to complete a medical history form before departure. The group leader has the right to limit participation of an individual if they are not prepared or lack the fitness to safely complete the outing. Any questions please contact Barry at 604.719.5828 or visit our website at www.vcn.bc.ca/britout/

Average hiking time for the Grouse Grind is between 45 minutes (indicates person is very fit and strong) and 2 hours (indicates person may not be very fit and is a slow hiker). The elevation gain is about 900m and the distance is about 3km. Our hikes are best suited to those that can do the Grind in approx. 75 minutes.

Trail Rating System

A = Flat or gradual incline

B = Consistent gradual incline

C = Predominantly gradual incline with occasional steep sections

D = Predominantly steep with some gradual inclines

1 = 1 to 3 hours on trail

2 = 3 to 5 hours on trail

3 = 5 to 7 hours on trail

4 = 7 to 9 hours on trail



Indian Arm Canoeing

Watch the sunset from an island vantage point. A quick one night camping trip that has us camping on Twin Island, a short one hour paddle from Deep Cove. With camp set-up on Saturday morning we will have time to explore a little further up the Arm. All canoe related equipment is provided, as well as camping equipment for those without their own gear. Food is not included in the cost. A pre-trip meeting held on Tue. Sep. 6 at 7:00 pm in the Information Centre, should answer any questions you might have.

45701.401BR

Sat-Sun 9:00-5:00pm Sep 10-Sep 11

Barry S \$90/person

***Please Note: Daylight savings time ends on this day**

Tangled Summit Hike

Overlooking Buntzen Lake is Eagle Ridge whose summit has been called Eagle Peak and Mount Beautiful in the past but is now officially named Tangled Summit. The hike involves 18.5 km of trail walking (return), some of it on the road running alongside Buntzen Lake, and a healthy elevation gain of almost 3800 feet (slightly higher than the Grind). We pass the scenic Swan Falls and receive almost panoramic views from the summit of Mount Baker, Indian Arm, and the Strait of Georgia. Rating: D-4 (trail section)

45701.402BR

Sun 8:00-6:00pm Sep 25
Barry S \$44/person

Ladner Cycle Day Tour

A great location for a relaxing cool fall cycle. We will park close to the Massey tunnel where we will begin our ride. From here we will cycle along River Road following along the south arm of the Fraser River, past floating and heritage homes, along the country roads on Westham Island to the George C. Reifel Migratory Bird Sanctuary. Here we will walk the paths of the sanctuary before returning to the van (admission included, please bring a bike lock). The date coincides with the beginning of the Snow Geese arrival as well. The intended route is 22 km total distance with a moderate pace. Bikes & helmets are not included in cost but a bike or two may be available to borrow if you don't own one of your own. Wearing a helmet is a must.

45701.403BR

Sun 9:00-4:30pm Oct 16
Barry S \$45/person

Mt Seymour Hike

A classic north shore hike. This 9 km round trip hike will take us to Mount Seymour's third peak after gaining almost 1500 feet in elevation. One of the reasons for Mt. Seymour's popularity is the views from the trail as well as the summit. When looking to the west, east and north you see mountains to the horizon! This time on the year the trail can be icy to start off the day. Rating: C-3

45701.404BR

Sun 9:00-4:00pm Nov 6
Barry S \$33/person

Safe Choices Workshops

After the Honeymoon: Healthy Communication and Problem Solving

What does healthy communication mean anyway? We will discuss the differences between healthy and unhealthy conflict, and explore conflict resolution and provide opportunities to learn about problem-solving strategies for women in intimate same-sex/gender relationships.

45408.401BR

Sat 1:00-4:30pm Oct 15
LD Safe Choices FREE

Knowing Me, Knowing You: Negotiating Self and Togetherness in Intimate Relationships

How do we communicate our needs for privacy, time alone, sex, intimacy and togetherness in a partnership? When does "together" begin to feel unhealthy?

45408.402BR

Sat 1:00-4:30pm Nov 26
LD Safe Choices FREE

Saturday Education Workshops

First Aid Workshops

Held at Britannia Highschool Go to: www.metrovancouverfirstaid.com for more information

CPR C Basic Rescue & AED (CPRC)

CPR C Basic Rescuer is an important course for everyone in the family. You will learn vital lifesaving actions for victims of all ages. This course allows you to properly recognize and respond to choking, cardiovascular, and breathing emergencies that occur with infants, children and adults. Participants of all first aid experiences and backgrounds are welcome.

65203.201BR
Sat 9:00-4:00pm Oct 15
Metro Van. First Aid \$85/sess
Staff Rm.

CPR C Basic Rescue Recert (CPRCR)

Must have a current CPR C certificate.

65203.202BR
Sat 1:00-4:00pm Oct 15
Metro Van. First Aid \$55/sess
Staff Rm.

Emergency First Aid (EFA)

EFA is a practical course that will give you the basic skills and knowledge needed to prevent and effectively treat life threatening emergencies. This introductory course covers breathing and cardiovascular problems as well as bleeding emergencies. Participants will also be able to comfortably manage common injuries and accidents that occur in the household. EFA includes CPR Level C Basic Rescuer Certification.

65202.201BR
Sat 9:00-4:00pm Oct 15
Metro Van.r First Aid \$100/sess
Staff Rm.

Emergency First Aid Recert (EFAR)

Prerequisite: must have a current Emergency First Aid certification.

65202.202BR
Sat 1:00-5:00pm Oct 15
Metro Van. First Aid \$70/sess
Staff Rm.

Standard First Aid (SFA)

A comprehensive course which gives participants the ability to deliver a higher level of first aid treatment in different environments. After completion of this course, you will be prepared for a variety of first aid situations, both life threatening and non life threatening. SFA includes all EFA course content plus victim management, heat and cold injuries, bone and joint injuries, sprains, wounds, head trauma, diabetes, burns and poisons. SFA includes CPR Level C Basic Rescuer Certification.

65201.201BR
Sat 9:00-5:00pm Oct 15 – Oct 22
Metro Van. First Aid \$160/sess
Staff Rm.

Standard First Aid Recert (SFAR)

Must have a current Standard First Aid certification.

65201.202BR
Sat 9:00-5:00pm Oct 22
Metro Van. First Aid \$85/sess
Staff Rm.

First Time Home Buyers & Sellers Workshop

You have been researching and reading articles but yet you still feel like you are missing something. You are not alone, many people often feel overwhelmed or unsure of the home buying & selling process. Patrick Weeks will walk you through a step by step systematic approach that will help simplify the process. Learn about: Costs, HST & budgeting, Mortgage Options, Resource lists (lawyers, home inspectors, contractors), Closing & Conveyance costs, What to expect from the listing realtor, Understanding the Comparative Market Analysis, 8 common mistakes home buyers make, Questions & Answers, Free, pre-registration required. Muffins, coffee & refreshments will be served. Pre-register to ensure your space.

45403.201BR
Sat 10:00-11:30am Oct 22
Rm 206 Patrick W FREE

Soap Making Pure & Simple

Soap from scratch! In class, make a long lasting herbal floral soap recipe and a batch of citrus explosion soap. Explore different ingredients, methods and various techniques that you can use to create exciting soaps. Also receive a finished soap bar

45411.201BR
Tue 6:30-9:30pm Oct 11
Rink Mezz Scentimental Creations \$45/sess

NEPP #1 - Earthquake Preparedness

Emergencies and disasters can happen with little or no warning. Being prepared could save your life or the lives of others and significantly improve your quality of living in the aftermath. This session will teach you to be prepared for any type of emergency or disaster you may be faced with. You will learn personal and family preparedness, how to develop a family emergency plan and how to perform a "home hazard hunt".

45410.201BR
Sat 1:00-3:00pm Oct 15
Rm 206 City of Van. FREE

Living (LARGE) On Less

An entertaining and engaging 3-hour workshop about values and value. Yes, money and happiness are related, but not in the way you think. Brenda has gleaned practical and proven strategies from the wisdom of the ages - ancient philosophers to Cosmo magazine - to help reduce financial stress and increase joy and contentment. Learn to live within your means and up to your values. Make good choices in this post-consumer society.

45420.403BR
Sat 10:00-1:00pm Oct 15
Rm 206 Brenda M \$50/person

Stress Reduction With Mindfulness

What you will learn: breath awareness, body awareness and sight awareness; other mindfulness techniques, which you can easily apply to your daily activities such as walking, eating, and other daily activities; techniques and tips to help overcome obstacles during mindfulness practice; recognizing thoughts pattern causing stress; and developing concentration and insight.

45419.401BR
Sat 10:00-4:00pm Oct 22
Rm 305 Sung Y \$35/person

Say Goodbye To Your Landlord

Thinking about buying your first home in Greater Vancouver? Come learn everything you need to know to get you started in finding your first home and avoid costly mistakes. This workshop is intended to educate buyers with little or not knowledge about the process of acquiring real estate in Greater Vancouver.

45404.401BR
Sat 1:30-2:45pm Oct 15
Rm 205 Alejandra A FREE

Adult Health & Fitness

Health & Wellness Fitness

Experiential Anatomy

This is a 4 hour course that explores anatomy and our relationship to our own bodies. This course will provide you with anatomical information through texts and diagrams as well as hands on experience and movement exploration. You will cultivate functional body awareness by experiencing your own sensations, form and function related to all parts of your body. A major goal of the workshop is to develop a strong body-mind connection, understanding the particulars of our own body and how it best functions.

44100.401BR – Session 1

Sat 2:45-4:45pm Sep 17-Sep 24

44100.402BR – Session 2

Sat 2:45-4:45pm Nov 19-Nov 26
CFEC Denise G \$40/2 sess

Aerobics

Body Conditioning

A class designed to challenge every muscle group with the use of weights, bands and tubes including a cardio component. Increase strength, balance and flexibility while maintaining proper body alignment, exercise technique and safety (Great class for seniors or those new to fitness). \$4.75/drop-in or \$42/10 aerobic strip tickets (can be purchased at pool cashier). No session Dec 27

44101.402BR

Tue/Thu 6:00-7:00pm Sep 6-Dec 29
Gym C Allyson R \$4.75/drop-in

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. \$4.75/drop-in or \$42/10 aerobic strip tickets (can be purchased at pool cashier).

44101.403BR

Sat 10:00-11:00am Sep 10-Dec 17
Gym C Denise G \$4.75/drop-in

Fit 4 Two

This baby-friendly class allows mom to get a great workout and attend to baby's needs at any time. Each class provides a full body workout: cardio, strength, flexibility and relaxation. Special attention will be given to postpartum posture and core strength. This is a fantastic opportunity to connect with other new moms in the community and bond with baby. Women should be 4+ weeks postpartum (6 weeks for caesareans). All fitness levels are welcome. This class is designed for pre-mobile babies. More info at <www.fit4two.ca>. Drop-in \$15

44004.403BR - Sess 1

Thu 1:00-2:00pm Sep 15-Oct 27
CFEC Fit4Two \$91/7 sess

44004.404BR - Sess 2

Thu 1:00-2:00pm Nov 3-Dec 15
CFEC Fit4Two \$91/7 sess

Osteofit

Join BC Women's Hospital & Health Centre's Osteofit, a gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This unique and fun program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. It is taught by specially trained Osteofit fitness instructor.

44006.401BR

Tue/Thu 2:30-3:30pm Sep 20-Dec 8
CFEC Calvin L \$90/24 sess

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, reggae, mambo, rumba, flamenco, and calypso. Zumba is a "feel-happy" workout that is great for both the body and the mind. Drop-ins \$11. Please bring your own yoga mat. We have a limited number. More info at www.zumbavancouver.ca No session Oct 10

FREE sessions Sep 12, Sep 14, Nov 2, Nov 7

44105.401BR - Sess 1 Mon

Mon 6:00-7:15pm Sep 19-Oct 24
Gym C Denise G \$42.50/5 sess

44105.402BR - Sess 2 Mon

Mon 6:00-7:15pm Nov 14-Dec 19
Gym C Denise G \$51/6 sess

44105.403BR – Sess 1 Wed

Wed 6:00-7:15pm Sep 21-Oct 26
Gym C Denise G \$51/6 sess

44105.404BR – Sess 2 Wed

Wed 6:00-7:15pm Nov 9-Dec 14
Gym C Denise G \$51/6 sess

Martial Arts

Tai Chi - 24 Form

Tai Chi, a moving meditation, is a soft martial art and gentle form of exercise which improves balance, coordination, and concentration. It promotes good alignment and the flow of "qi" in the body. Suitable for all fitness levels. Beginners welcome.

43405.401BR

Mon 6:15-7:15pm Sep 26-Dec 12
Gym D Kelly M \$132/11 sess
No session Oct 10

Tai Chi Sword - 42 Form

The 42 Tai Chi Sword Form is a routine that was developed for international competition, and combines movements from the Yang, Chen, Wu, and Sun styles. It is recommended that participants have some prior experience with the sword, or at the very least, an intermediate empty-hand form such as the 48 Form.

43405.402BR

Mon 7:15-8:15pm No session Oct 10
Gym C Kelly M Sep 26-Dec 12
\$154/11 sess

Tai Chi - Chen Style (Lao Jia Yi Lu) - Part III

The Chen Style Lao Jia routine is the mother of all Tai Chi forms. In this course, we will continue our work on the "long fist," or "first form." Part Two is a prerequisite.

43405.403BR

Mon 8:15-9:15pm No session Oct 10
Gym C Kelly M Sep 26-Dec 12
\$165/11 sess



Sports

Badminton

43012.401BR - Mon (No class Mon, Oct 10th)
36 spaces permitting. Drop-in \$4.25; 36 spaces (registered & drop-ins) permitting.

Mon 7:30-9:30pm Sep 12-Dec 5
Gym A/B Bob W \$48/12 sess

43012.402BR - Fri
Drop-in \$4.75; 30 spaces (registered & drop-ins) permitting. No session Nov 11

Fri 7:00-9:45pm Sep 9-Dec 9
Gym C Allen L \$58.50/13 sess

43012.403BR - Sat
Drop-in \$5.25; 30 spaces (registered & drop-ins) permitting.

Sat 1:30-5:00pm Sep 10-Dec 17
Gym C Allen L \$75/15 sess

Ball Hockey Co-ed

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

43003.403BR - Mon (No Class Mon, Oct 10)
Mon 7:45-9:15pm Sep 12-Dec 19
Gym D Trey W \$56/14 sess

43003.404BR - Wed
Wed 7:15-8:45pm Sep 7-Dec 14
Gym D Trey W \$60/15 sess

Women

Drop-in only -16; space permitting. NO DROP-INS AFTER 4:10 PM (participants will miss the safety training if they arrive late). We have a limited supply of sticks. Please pay with pool cashier. This program is for women that have never played ice or roller hockey but would like to learn to play ball hockey using running shoes. Here is a chance to try a new sport. Some of our players have never touched a hockey stick. We are a non-aggressive, friendly group.

43003.401BR (No Class Oct 9, Nov 20)
Sun 4:15-6:00pm Sep 11-Dec 18
Gym D Barry W \$4.25/13 sess

Men (35+ yrs)

This is a non-body contact program. No league players. Drop-in \$6.50.

43003.402BR (No Class Oct 9, Nov 20)
Sun 6:45-8:45pm Sep 11-Dec 18
Gym D Barry W \$63.75/13 sess



Basketball

43005.401BR - 2 pm
No drop-ins. No session Nov 20
Sun 2:00-4:00pm Sep 11-Dec 18
Gym A Simon Y \$60/14 sess

43005.402BR - 4 pm
No drop-ins. No session Nov 20
Sun 4:00-6:00pm Sep 11-Dec 18
Gym A Scot A \$52/14 sess

43005.403BR - Drop-In
Recreational basketball drop-in. Drop-in \$4.25; 15 spaces permitting.
No session Nov 20
Sun 12:00-2:00pm Sep 11-Dec 18
Gym C Kakada P \$4.25/14 sess

Indoor Soccer

43010.401BR - Men
Drop-in \$5.25. Registered participants must show up before 8:10 pm; otherwise, their spots will be sold to drop-ins.

Thu 7:45-9:45pm Sep 29-Dec 15
Gym C Abdul M \$51/12 sess

43009.401BR - Women
This is a recreational program. All types of fitness and skill levels currently participate, so expect it to be low-key, limited body contact, clean, fun play. (Registered players please arrive by 6:15 to reserve spot). Drop-in \$4.25; 15 spaces permitting (registered and drop-ins combined). No session Sep 22, Oct 27, Nov 24

Thu 6:00-7:30pm Sep 8-Dec 15
Gym D Tracy H \$48/12 sess

Volleyball

Each person can purchase up to 2 drop-ins per night (no phone-ins please). Beginners - Basics are emphasized. Register for this program to guarantee a spot to play every week. Drop-in \$4.25; 42 spaces permitting (registered and drop-ins combined). No session Nov 17

43013.401BR - Beg Thu
Thu 7:00-9:45pm Sep 8-Dec 22
Gym A/B Richard L \$60/15 sess

43013.402BR - Int Tue
We work on specialized game play. If you have the basics please join us. Drop-in \$4.25; 36 spaces permitting (registered and drop-ins combined).

Tue 7:45-10:00pm Sep 6-Dec 20
Gym A/B Richard L \$64/16 sess

43013.403BR - Adv Fri
An understanding of more advanced play (ie 6-2). Drop-in \$5; 36 spaces permitting (registered and drop-ins combined). No session Oct 7, Nov 11, Nov 18

Fri 7:00-10:00pm Sep 9-Dec 16
Gym A/B Richard L \$57/12 sess

43013.404BR - Adv Sun
An understanding of more advanced play (ie 6-2). Drop-in \$5; 36 spaces permitting (registered and drop-ins combined). No session Oct 9, Nov 13, Nov 20

Sun 7:00-10:00pm Sep 11-Dec 18
Gym A/B Richard L \$57/12 sess



Intro to Fencing - Adult

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

43007.401BR
Tue 7:30-9:00pm Sep 13-Dec 13
LaSalle Morgan B \$112/14 sess

Adult Yoga

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, characteristic of the Iyengar approach to Yoga, in an atmosphere of respect, compassion and humour. Safety, back and joint care, personal limits will be addressed.



Level 1

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

44303.402BR
Tue 5:30-7:00pm Sep 13-Nov 29
44303.403BR
Thu 7:15-8:45pm Sep 15-Dec 1
CFEC Claudia M \$177/12 sess

Level 1/2

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

44303.401BR
Tue 9:30-11:00am Sep 13-Nov 29
CFEC Claudia M \$177/12 sess

Level 2

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

44303.405BR
Tue 7:00-8:30pm Sep 13-Nov 29
44303.406BR
Thu 5:30-7:00pm Sep 15-Dec 1
CFEC Claudia M \$177/12 sess

Level 3

Advanced - With Instructor's permission.

44303.408BR
Wed 5:30-7:15pm Sep 14-Nov 30
CFEC Claudia M \$177/12 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.

44303.404BR
Wed 7:15-8:30pm Sep 14-Nov 30
CFEC Claudia M \$177/12 sess

Kundalini Yoga

As we approach the Age of Aquarius, the collective consciousness of our planet is impacted with profound changes. Kundalini Yoga is a technology that provides you with tools to better handle these changes. The class will focus on balancing the heart and mind, strengthening the immune system, lymphatic cleansing, breath awareness and meditation. All levels of students welcome. Please bring a blanket to class. \$12/drop-in. No session Oct 10

44305.401BR
Mon 7:00-8:30pm Sep 12-Dec 5
CFEC Brenda L \$108/12 sess

Prenatal Yoga

Join other expectant moms in this program which combines exercises and thoughts. Exercise to reduce pain, contribute to easy, safe deliveries. Doctor's approval recommended. Please note: Due to limited space, we apologize that this class is available to the pregnant partner only.

44307.401BR - Session 1
Wed 7:00-8:00pm Sep 21-Oct 26
44307.402BR - Session 2
Wed 7:00-8:00pm Nov 2-Dec 7
AML Sheri K \$66/6 sess

Yogaflex

This flowing yogaflex class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Please visit <www.clstevensfitness.com> for more information. Please bring your own mats to this class.

44200.401BR
Sun 10:00-11:00am Sep 18-Dec 4
Gym C CLS \$81/12 sess

Yin Yang Flow - Intermediate

The Yin Yang class will allow you to find balance on or off the mat by accessing both masculine yang and feminine yin energy within each of us. The warm up will be fast flowing and rigorous to help you push through boundaries and develop strength. The class slows down after mid way where more challenging asana (postures) will be practiced in order to expand and open your body, mind and spirit more deeply. No session Nov 19, 26.

44302.401BR
Sat 2:45-4:00pm Oct 1-Dec 17
CFEC Queenly L \$91/10 sess



Banner Workshop

"I find television to be very educating. Every time somebody turns on the set, I go in the other room and read a book." - Groucho Marx. Comedy aside, you need not be a bibliophile to depict your favourite book or one that changed your life. Choose that book that motivates you to take those images in your mind and splash them onto a canvas. Banners will be completed on site. Banners are large and hang in pairs and will be displayed outdoors on site and in the Library. This is a great workshop for friends and family. Cost is \$20 for two banners. Banners can be purchased after completion for \$20/set. Artists get first chance to buy their own banners. 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.

42901.401BR
Sa/Sun 10:00-4:00pm Nov 5-Nov 6
CAF Helen S \$20/2 sess

Art Therapy:

Exploring Self Image Through Art Making

Explore Jung's concepts of the ego, persona, shadow and self, through simple warm ups and exercises to draw out self-images that offer insight into parts of yourself you would like to know more about. Discover how the different aspects of yourself help you perform the many tasks in life, as well as move you towards wholeness. A combination of play and reflection, activating both hemispheres of the brain, balancing creativity and practicality, imagination and reality.

42302.401BR
Mon 7:00-10:00pm Sep 19-Nov 14
EAR Susanna R \$140/8 sess

Personal Mythology & Image Making

Get to know yourself beyond your present self-image through tapping the inherent healing capacities of the unconscious. Connect to the rich resources of the collective unconscious: a dimension of experience illustrated in the mythologies of every culture. Develop more than a positive self-image by reaching beyond that image into a wider field of experience of Self.

42308.401BR
Sun 1:00-5:30pm Dec 4
EAR Susanna R \$45/1 sess

The Britannia Art Gallery

The Britannia Art Gallery showcases the work of local artists, situated in the Adult Lounge of the Britannia Library. Gallery receptions with artists in attendance are free and all are welcome! For information on how to apply for an exhibition please see our website: www.britanniacentre.org then click Art Gallery under Quicklinks.

Exhibitions Fall 2011

Sep 7 to Oct 14
Sylvia Oates & Linda Lewis
Reception: Wed. Sep. 7th 6:30-8:30pm

Oct 26 to Dec 2
Nadia Baker & Janis Corrado
Reception: Wed. Oct. 26th 6:30-8:30pm

Dec 7 to Jan 13 2012
Franklin Aubichon & Ellen Bang
Reception: Wed. Dec. 7th 6:30-8:30pm

Community Knit In

Join facilitator, Helen Spaxman and meet other yarnlovers in the Al Mattison Lounge for a drop-in social event for all ages and levels of experience. This is a great event for friends and family. Children 12 and under must be accompanied by an adult. Helen will share her multi-purpose hat pattern. Tea and cookies served. Bring your project(s). A fun and comfortable place to share and learn something new. Please register to avoid cancellation. Entrance is by donation at the door. If you need needles & yarn for the "hat" pattern, please call Lorrie at 604-718-5825

62401.401BR
Sun 10:00-2:00pm Oct 2
AML Helen S \$2-\$5 donation

Getting Personal with Photography

This workshop introduces photography as an artistic and creative medium for self-expression. Subjects such as; composition, exposure, subject, lighting and form are introduced. Bring a camera ANY camera; film, digital, point & shoot or even a cell-phone and learn how to use it to create unique and interesting photos that reflect both something about you and the environment that surrounds you. Your desire to take a great photo is the only prerequisite for this class

42401.401BR
Sat 10:00-4:00pm Oct 15
Rm 211 Alastair M \$45/1 sess

Lunch & Learn

Are you interested in volunteering in a developing country? Come & learn more about the work of CUSO-VSO from a recently returned volunteer. Each year CUSO-VSO sends hundreds of Canadians and Americans overseas to work on collaborative development projects in more than 40 countries in Africa, Asia, the Pacific, Latin American and the Caribbean. CUSO-VSO is one of N. America's leading development organizations that works through matching skills with needs in a variety of sectors for periods of a few months to two years. Opportunities include placements in organizational development, fund development, health, education, monitoring and evaluation, business development, program coordination, agriculture (just to name a few). Drop-In

Fri 12:00-1:00pm Sep 23
AML Tracey B. FREE

Illuminate The Artist Within Workshops: (TM)

Get Painting in this monthly event with Artist Deb Chaney. Cost includes all supplies. Loose canvas pad pieces will be available for you to paint on. Although not required, bring your own large stretched canvas. The evening will include a short intro and instruction with Deb Chaney, guidance and support if you want it, great music, and plenty of time to paint!

Getting Started in Abstract Painting

Getting Started in Abstract Painting: Three things you ought to know...

42301.401BR
Wed 6:30-9:30pm Sep 14
Rm 210 Deb C \$45/1 sess

Acrylic Gels, Pastes & Mediums

Acrylic Gels, Pastes & Mediums: 3 products that'll take your paintings to another level!

42301.402BR
Wed 6:30-9:30pm Oct 12
Rm 210 Deb C \$45/1 sess

Adding Collage

In this workshop learn to add collage into your acrylic paintings

42301.403BR
Wed 6:30-9:30pm Nov 9
Rm 210 Deb C \$45/1 sess

Three Secrets of the Illuminated Artist

How to stay inspired in your creativity despite obstacles.

42301.404BR
Wed 6:30-9:30pm Dec 7
Rm 210 Deb C \$45/1 sess

Lifedrawing with Susan

This classical art form frees the hand to be creative as well as observant. We'll look to our models for inspiration as we develop drawing techniques to capture light, strength and movement. Experience the drama that lifedrawing brings to your page! Models are undraped.

42003.402BR
Wed 7:00-9:00pm Sep 21-Nov 9
FAR Susan A \$80/8 sess

Adult Arts

Reckless Painting

Think you can't paint? Then take a couple of hours each week to get yourself making art with easy, fun & guided exercises that reduce worry. All materials included - even bandannas to paint blindfolded. For further information: www.recklesspainting.ca. A current Britannia membership is required to enroll in this program. A membership can be purchased online, or by contacting the centre at 604-718-5800.

42203.402BR

Tue 7:00-9:00pm Sep 20-Oct 18
Rm 210 Arthur O \$55/5 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! Some clay is included in the course fee. contacting the centre at 604-718-5800.

42201.401BR

Tue 7:00-9:00pm Sep 20-Nov 8
Rm 208 Helen S \$145/8 sess

Pottery - Continuing

Further develop your pottery skills in hand-building and on the wheel. Attention is given to the sculptural as well as the functional aspects of pottery; students are self-directed. Pre-req: Intro to Pottery or permission of the instructor. contacting the centre at 604-718-5800.

42201.402BR

Wed 6:30-9:00pm Sep 21-Nov 9
Rm 208 Helen S \$170/8 sess

Handbuilding for Raku

Using a coarse body clay, you will create a single project to be glaze fired in the Raku-style; a Japanese method that can give metallic and characteristic white ecracle results. Actual firing date TBA but will likely be October 20th or 27th from 9am to 1pm. Instructor will advise. You are welcome but not required to assist on firing day. Pick up of your finished and fired piece will be by arrangement with the instructor. All supplies are included for this workshop.

42201.403BR

Sat 10:00-12:00pm Oct 15
Rm 208 Helen S \$45/1 sess

Dance

Advanced Poi Spinning

This is a class for experienced poi spinners who wish to take their spinning to the next level! Students should be comfortable with basic moves such as the weave, butterfly, corkscrew, windmill, turns, and simple changes of direction (stalls), as well as transitions between them. Using these elements as our foundation, we will expand further into harder stalls, transition variations, flowers, throws, and concepts such as isolations, hybrids, body/poi relationship, and more. It is recommended that students bring their own poi, but extra practice poi will also be available to borrow/buy in class. Drop-in is \$15 per class.

41701.402BR

Mon 8:45-10:00pm Sep 12-Nov 7

No class Oct 10

CFEC David Y \$96/8 sess

Salsa Cubana & Rueda De Casino

This unique and 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!

Beginners

41605.401BR

Tue 8:00-9:30pm Sep 27-Nov 15
Gym C Karlos \$120/8 sess

Intermediate 1

41605.402BR

Wed 8:00-9:30pm Sep 28-Nov 16
Rink Mezz Karlos \$120/8 sess

Intermediate 2

41605.403BR

Thu 8:00-9:30pm Sep 29-Nov 17
Rink Mezz Karlos \$120/8 sess

Advanced

41605.406BR

Fri 7:00-8:30pm Sep 30-Nov 25
CFEC Karlos \$120/8 sess

No class Nov 11

Music

Bluegrass Jam Beginners

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

41001.401BR

Wed 6:45-8:15pm Sep 14-Nov 2
Rm 111 Sue M \$100/8 sess

Bluegrass Jam Intermediate

Take your jamming to the next level and learn to play a bit faster in this program for advanced beginner/intermediate players. Learn how to participate in a bluegrass jam using Sue Malcolm's Slow Pitch Jam method. This class is great for players of all acoustic instruments. The format is similar to the ANZA jams, with a smaller group and more individual instruction. Everything is done by ear; no music reading necessary. For more details please visit: www.slowpitchjam.com.

41001.402BR

Wed 8:15-9:45pm Sep 14-Nov 2
Rm 111 Sue M \$100/8 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.

Level 1

41100.401BR

Mon 6:30-8:00pm Sep 19-Nov 14
FAR Gordon K \$96/8 sess

Level II

41100.402BR

Mon 8:00-9:30pm Sep 19-Nov 14
FAR Gordon K \$96/8 sess
No class Oct 10

Adult Arts & Food

Hand Drumming: African

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

Level 1

41101.401BR

Wed 6:30-8:00pm Sep 28-Nov 16
CAF Russell S \$120/8 sess

Level 2

41101.403BR

Wed 8:10-9:40pm Sep 28-Nov 16
CAF Russell S \$120/8 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! \$2-\$5/drop-in No workshops on Mon, Oct 10

61901.402BR

Mon 7:00-10:00pm Sep 12-Dec 19
AML Diwali V \$2-\$5/drop in

The Drive Street Band

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

For more information contact: Trudy Ann Tellis at drivestreetband@gmail.com

\$2-\$5 dropin at the AML (55+Centre)

61122.402BR

Sun 3:15-5:00pm Sep 11-Dec 18
AML Diwali V \$2-\$5/drop in

Spanish Language through Latin Rhythms

Beginner to intermediate course designed to provide students with a fun and entertaining way of supplementing their Spanish language acquisition training. Using lyrics found in latin songs, students will get an introduction to basic Spanish grammar and syntax. The course will also include a review of Latin American music rhythms as well as some basic cultural notes. Students will be provided the opportunity to listen to a selection of songs popular in latin-music.

45001.401BR

Sat 12:15-1:45pm Sep 17-Nov 26
Rink Mezz Luglio R
\$120/10 sess

Food Workshops

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 all 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. A current Britannia membership is required to enrol in this program. A membership can be purchased in person, or by contacting the centre at 604-718-5800.

42602.401BR

Mon 6:30-9:30pm Oct 17
PTC Mike R \$15/1 sess

Sauerkraut Fermentation

We will learn how to make your own tasty and nutritional sauerkraut. It's easy and fun. This workshop is open to all and no experience is necessary.

45405.401BR

Tue 6:30-9:30pm Oct 18
PTC Ian M \$15/1 sess

All About Sprouts

Come learn about the amazing benefits of living sprouts and how to incorporate them into your daily diet for just pennies a day! This workshop will cover the health benefits of sprouting, sprouting methods and recipe ideas for breakfast, lunch and dinner. Cost includes one sprout starter kit per participant, sample snacks and lots of fun!

45409.401BR

Wed 6:30-9:30pm Oct 19
PTC Jean-Philippe B \$15/1 sess

Canning 101

Learn how easy it is to do your own canning. This workshop will cover the basics of canning: various canning methods, equipment, food safety. This is a hands-on workshop so you will take home a canned treat.

45406.401BR

Thu 6:30-9:30pm Oct 20
PTC Ian M \$15/1 sess

Samosas, Chutney & Chai

Join Trudy Ann for this free hands-on workshop in celebration of **Diwali 2011**. Learn to make "baked" vegetarian samosas, chutney and a special chai. This is a social workshop where all participants work together to complete and then sit together to eat what they have created. Learn about the history of chai and take home recipes and handouts. This is fun and easy, no cooking experience needed. Register early, this one will fill fast!!

42611.401BR

Sun 10:00-1:30pm Oct 23
AML Trudy Ann FREE

Bus Tours

Fraser Valley Wine Tour

Renowned Domaine de Chaberton Winery, Mt. Lehman Winery and The Fort Wine Co. Dine at Domaine de Chaberton's award-winning Bacchus Bistro for a three-course lunch Finish with dessert choice of Vanilla Ice Cream with seasonal fruit caulis or Floating Island, tea, coffee and gratuity included.

5700.400BR

Fri 9:00-6:00pm Sep 16 \$79

Halloween Fun Tour

The ghoulish evening starts with a guided tour of the Vancouver Police Museum built in 1932 as the City Morgue. Enjoy chilling tales and stories before a 3 course upgraded dinner at Gastown's Old Spaghetti Factory. Finish the evening with ride on the Ghost Train at Stanley Park a Halloween tradition.

55700.401br

Mon 3:00-9:00pm Oct 24 \$79

River Eagle Tour

Travel to Harrison Mills for a river eagle expedition 6000 eagles in 2010 this may be the best eagle viewing in BC history. This tour includes a home-style buffet lunch at Kilby Historic site and admission to the museum and farm.

55700.402br

Wed 9:00-4:30pm Nov 30 \$119

55+ Adults - AML

Britannia's Al Mattison Lounge (AML)55+ Centre

Drop-in Centre open 7 days a week

Office Hours:

Mon/Thu 10:00am-6:00pm
Wed 10:00am-2:00pm
Anne Jackson 604-718-5837
www.britanniacentre.org

Vietnamese Seniors Program)

Tue Drop-in AML 10:00am-4:00pm
Fri Drop-in CFEC 10:00am-1:00pm
Programmer Luong Ho Office Hours
Mon-Fri 9:00 am-5:00 pm
604-718-5818

Britannia Seniors Committee

Thu 1:30-2:30pm Sep 29, Oct 27,
Nov 24

Computer

Computer and Internet Level I

A quick and easy way to get started...small classes and friendly instruction makes this a must do.

55400.401BR

Mon 10:00-12:00pm Sep 12-Oct 24
AML Michelle Z \$48/6 sess

Intro to Computers and Internet Level II

A continuation of Level I with more in depth skills in wordprocessing, email, graphics and internet. Level I is not a prerequisite but a basic computer knowledge is preferred.

55401.402BR

Mon 10:00-12:00pm Oct 31-Dec 5
AML Michelle Z \$48/6 sess

Internet Lab Hours AML

Mondays 3:00-4:00pm
Wednesday 1:30-4:00pm
Thursdays 10:30am-4:00pm
Fridays 12:30pm-4:00pm
Sat/Sun 11am-3:00pm

Please show receipt to activity coordinator for access on weekends. Lab may be closed for Special Events 55406.401BR

12:30-4pm Sep 10-Dec 17

AML Computer Lab \$7per season

Digital Photography

Take great photos while exploring your camera's capabilities. Download photos onto the computer. Basic photo editing will be introduced and how to produce a project in Windows Movie Maker. No class Oct 11th

55405.405BR

Mon 1:00-3:00pm Sep 12-Oct 24
AML Michelle Z \$48/6 sess

Digital Photography Level II

On to the next level. Now that you're comfortable with your camera and the computer it's time to learn the many possibilities. Create and complete a finished product like a Personal Movie Clip, Occasion Card, Framed Photo.

55405.405BR

Mon 1:00-3:00pm Oct 31- Dec 5
AML Michelle Z \$48/6 sess

Health & Wellness

Flu Clinic

Vancouver Coastal Health That time of year again.

10:00am-11:00am Vietnamese Senior
11:00am-1:00pm Public Clinic
Tue 10:00-1:00pm Nov 1
AML

Exercise with Wii Programs

Loads of fun! Drop-in to register.

Saturdays 9:00am-12noon Ongoing

Arts

Quirk-e AHS Project

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

Wed 10:00-12:00pm Sep 7-Dec 28
AML

Traditional Italian Cards

Drop in, especially on rainy days! May be cancelled for Special Events.

Mon 1 pm - 4 pm AML
Tue 1 pm - 5 pm LD
Wed NO CARDS
Thu 2 pm - 4 pm AML
Fri 1pm - 4 pm AML
Sat 12:30pm - 2:00pm AML
Sun 12:30pm - 2:00pm AML

Workshops

Compulsive Hoarding Information Workshop

Do you care for a relative or friend who struggles with hoarding? This free workshop will help you learn the signs and effects of compulsive hoarding. Gain a better understanding about what makes getting rid of clutter difficult for hoarders. You can help a hoarding friend or family member de-clutter. Presenter: John Hewitt (MEd), Certified Canadian Counselor. Adult/Older Adult Addictions Counselor, Vancouver Coastal Health Brought to you by the Vancouver Coastal Health Caregiver Support Program

54810.401BR

Wed Sep 21st 7:00-8:00pm

Conf. Rm Info. Centre FREE

*in partnership with VCH Caregiver Support

Yogurt Making Workshop

54810.402BR

Wed 2:00-4:00pm Oct 12

55+ Centre \$5/1sess

Chronic Disease Self Management in Cantonese

Participants will gain knowledge about symptoms to various chronic conditions and skills how to manage your health. Learn and practice how to set goals, take action and solve specific problems to improve quality of life. Caregivers welcome.

Mon, 9:30 am -12:00 pm, Oct 3 - Nov 7, 2011
Register at Britannia Centre, or contact Courtney Kang at (604)-940 8967 e-mail c.kang@eastlink.ca.

55400.400BR

Mon 9:30-12:30pm Oct 3-Nov 7
AML FREE

Special Events

Diwali

Britannia's Arts & Culture program will be celebrating Diwali at the 55+ Centre.

Drop-in Celebration Slide Show

Thur Oct. 20 1:00-2:30pm

Sari Wrapping & Dance, Diya Painting

Saturday, Oct. 22 1:00am-4:00pm

Cooking Workshop

42611.401BR Sun Oct 23 10:00-1:30pm
Must Register. See Page 7 for more details & Special Events.

55+ Adults - AML

Physical Recreation

Social Walking Club

'Best Foot Forward' Recreational, social, and educational (weather permitting). We plan our walks together. Remember to bring bus fare! Saturdays 11:15am *meet in the 55+ Centre (AML)

53010.401BR

Sat 11:15-1:30pm Sep 10-Dec 10

Tuesday Badminton

Every Tuesday, lots of fun! 5 courts. Volunteer Wally Lee and all our regulars will make you welcome. \$3/drop-in

53001.402BR

Tue 11:30-1:30pm Sep 6-Dec 27
Gym C \$16/season

Thursday Badminton

Every Thursday, lots of fun! 5 courts \$16/season or \$3/drop-in

53002.402BR

Thu 11:30-1:30pm Sep 8-Dec 29
Gym C 16/season

Saturday Badminton

For those 55+. Whether it's to keep up your game or you'd like to begin playing

53003.402br

Sat 2:00-4:00pm Sep 10 - Dec 17
Gym A \$16/season

Table Tennis and Billiards 55+

"Table Tennis and Billiards", morning social in the Teen Centre.

Wed 10:30-12:00pm Sep 7- Dec 14
Teen Centre FREE/Drop-in

Osteofit - see page 20

44006.401BR

Tue/Thu 2:30-3:30pm Sep 20-Dec 8
CFEC Calvin L \$90/24 sess

Bus Tours

See page 25 for information, registration and tour details..

Adult Swim

Get started or continue training – Staff is on hand to provide guidance.

Mon – Fri 9:30-10:30am
Regular Fees
55+ Adult Swim Lessons*
See pages 30-33

Yoga

Gentle Yoga

For Older Adults 55+ Classes are adaptable - everything from a series of restorative asanas (poses) to Vinyass flow (regular Hatha). Benefits include increased focus and well being, less stress, better sleep, greater flexibility and strength, longer breath, along with rejuvenated energy and improved health. \$9.50/drop-in.

54301.403BR

Mon 2:00-3:15pm Sep 12-Oct 24
CFEC Graham S \$40/6 sess

54301.404BR

Mon 2:00-3:15pm Oct 31-Dec 5
CFEC Graham S \$40/6 sess

54301.401BR

Wed 2:00-3:15pm Sep 7-Oct 12
CFEC Graham S \$40/6 sess

54301.402BR

Wed 2:00-3:15pm Oct 19-Nov 23
CFEC Graham S \$40/6 sess

Dance

Vancouver Morrismen Dance

This inter generational group meets every Tuesday evening and new members are always welcome. Enjoy Various styles of English traditional 'Morris Dance' and music.

Tue 7:30-9:30pm Sep 6 - Dec 20
AML

Ballroom Dance Class

This beginners class is for those who have always wanted to dance. Put on your dancing slippers and join us.

51600.400BR

Sep 2/9 Sep 16/23 Sep 30/Oct 7
Fri 1:00-2:30pm
Tango
Rhumba
Samba
\$30/6sess
\$5 drop-in

Social Recreation

Queer Women On The Drive

An evening social with different activities each month for LGTB women of all ages.

Last Friday of the month.
Dates: Sep 30, Oct 28, Nov 25
Fri 7:00-9:00pm
AML Anne Marie

Social Recreation

Pot Luck Lunches

Come feast with us. The last Thursday of the month everyone brings a dish to share and a feast appears.

55805.402BR

Thu 12:00-1:00pm Sep 29/Oct 27/Nov 24
AML FREE

Out to Lunch Bunch

1st Thursday of the month it's lunch on the town with friends.

55805.403BR Thur Oct 7th

55805.404BR Thur Nov 4th

55805.405.BR Thur Dec 1st

Meet at Britannia 55+ Centre at 11:30am

Better Meals

Hot Dinner Meals on the 3rd Thursday of Month. Lunch in the Lounge at 12noon

Thur 12-3pm \$7/per lunch
55805.100BR Sep 22rd Grilled salmon
55805.101BR Nov 3rd Bangers/mash
55805.102BR Dec 1st Chick. Cacciatore
Fabulous dessert included with meal.

Whist/Cribbage/Bridge/Poker

Welcome for friendly games

55804.402BR

Mon 1:00-4:00pm Sep 12-Dec 19
AML FREE

Brain Gym - Mondays

Exercise your mind and play some games. Loads of fun! See you at the AML 55+ Mon 10:30am - 12:00noon

56601.202BR

Mon 10:30-12:00pm Nov 14 - Dec 19
Fri 10:30-12noon Sep 9 - Dec 16
AML Lounge FREE

Book Club

Read, have fun, and make friends. Always enjoyable and hosted by the 55+ Centre, lead by the Britannia Public Library. New members are always welcome!

55802.401BR Please register.
2:00-4:00pm Sept 21, Oct 19, Nov 16

Knitting Social

Everyone is welcome to join this multi-age group! (Newborn to 90's). Beginners to Advanced.

55801.202BR

Thu 1:00-3:00pm Sep 15-Dec 15
AML Irene FREE

55+ Adults - Lion's Den

55 + Adult Program Fall 2011

Lions Den (LD)

770 Commercial Drive (Basement)
Office Hours: Tue/Fri 9:00am-5:00pm
Carolyn Innes 604-718-5848 Fax 604-251-9503

LD Recreation Committee

Meets on the first Tuesday of the month at 1:00pm in the Lion's Den. All are welcome!

Computer Classes

Community Mentoring - Computer Drop In Lion's Den

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

Tue & Fri 9:00-5:00pm
LD Free

Social Groups & Special Interest

Join In – Try a new activity!

Bingo

Affordable game with tenants from Adanac Towers and friends. Lions Den, 770 Commercial Drive. Doors open at 6 pm

55902.401BR
Thu 6:30-8:30pm Sep 1 – Dec 22
LD

Carpet Bowling

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

53301.401BR
Tue 10:00-12:00pm Sep 6 – Dec 27
LD Free

Drop-In Pool/Billiards

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

55906.401BR
Tue & Fri 9:00-5:00pm Sep 6 – Dec 30
LD Free

Games Day

Time to Play!! What's your game? Checkers, chess, backgammon, or Wii video games? Join us for a fun-filled afternoon.

55802.401BR
Wed 1:00-2:30pm Sep 8 – Dec 28
AML Free

Mahjong

Easy rules, friendly people and relaxed atmosphere. No experience needed. Equipment supplied. Ongoing - just drop-in for a lesson.

55807.406BR
Thu 1:00-4:00pm Sep 15 – Dec 22
LD Free

Games/Craft Night at the Den

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

Sep 22 Carpet Bowling
Oct 27 Whist Drive
Nov 24 Christmas Crafts with Pauline
Making Wreaths LD Free

Traditional Italian Cards

Tue 1 pm - 5 pm LD



Walk in the Wilderness

A project sponsored by the Britannia Board of Management, we are planning a week of wilderness walks from Sep 6 – 10, with the intent of planning regular hikes with the youth group. I already have 9 people but we can accommodate a few more. Phone Carolyn at 718 – 5848 to register

Dance

Circle Dance

These dances connect us to early generations...to a time characterized by a greater sense of community and enable us to experience celebration, joy grounding, affirmation and healing - all so badly needed by Earth and her inhabitants. First Monday of each month. Donations are welcome to support the LD Adult Day Centre. Open to adults of all ages. 1st Monday of the month

51601.404BR
Mon 7:00-9:00pm Oct 3, Nov 7, Dec 5
LD Corinne C By Donation

Introduction to Latin Dance

No partner necessary – learn the basic steps of all the popular dances and improve your balance and coordination at the same time

51602.402BR
Fri 1.00 – 2.00 Sep 16– Oct 28
No class Sep 30 LD
Rosa L \$ 35.00/ 6 sess
Stay after the class to practice until 5pm

Educational

Spanish Conversation for Beginners

Want to learn a new language in a fun, informal setting and in a small class? This is mainly conversation –no experience is an asset!

55500.401BR
Tue / Fri 9:30-10:30am Sep 13-Oct 21
LD Monica N \$45/12 sessions

Spanish Conversation for Intermediate Speakers

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

55500.402BR
Tue/Fri 10:45-11:45am Sep 13 – Oct 21
LD Monica N \$45/12 sess

Spanish Conversation for Interm./Advanced Speakers

This popular class has grown – challenge yourself to another level and bring your specific needs to this session

55500.404BR
Tue/Fri 12 -1pm Sep 13 – Oct 21
LD Monica N \$45.00/12 sess

55+ Adults Lion's Den

French Conversation for Beginners

Learn our 2nd official language in a small class for complete beginners. The emphasis is on conversation in an informal class

555.403BR

Fri 1-2pm Sep 16 – Dec 9

No class Nov 11

LD Odette DB \$45/12 sessions

French Conversation for Intermediate Speakers

A more advanced class for those who know the basics

555.404BR

Tue 1-2pm Sep 13 – Nov 29

LD Odette DB \$45/12 sessions

Food

Lions Den Wheels to Meals

Full cooked meal on both days. Transportation is arranged at a cost of \$4.50 and the meals are \$6 each. Come early on Tuesdays at 10am for Carpet Bowling; Tuesdays and Fridays at 1pm is the Wellness Group.

Tue & Fri 11:00-2:00pm Sep 2 – Dec 30 No lunch on Nov 11

LD \$5/meal

Lion's Den Pot Luck

Bring food to share and we will provide the entertainment/speakers

Thurs 4.30-6.30pm Sep 8, Oct 13, Nov 10 and Dec 8

LD Free

Health & Wellness

Adult Day Centre "Encourage"

The Centre is Closed to the public at these times but volunteers are encouraged. Please phone Ian Marcuse at 604-718-5848 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 and Thurs

9:00-2:00pm Sep 1–Dec 29

LD

Blood Pressure Clinic

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

Fri 11:00-12:00pm Sep 2, Oct 7, Nov 4 and Dec 2

LD Cris T R.N. Free

Eastside Caregivers Group

This group meets on the 3rd Thurs of each month at 6pm. All family caregivers of any age are welcome. We share information, resources and stories. There are many groups across the City sponsored by the Vancouver Coastal Health. Please contact Carolyn for the one nearest you.

Thu 6:00-8:00pm Sep 15, Oct 20 and Nov 17 (Please note that Sep 15 is also the Arthritis Workshop)

LD Free

Exercise with Fern & Friends

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

Fri 11:00-12:00pm Sep 16 – Dec 16

LD Free

Foot Doctor

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

Mon 9:00-12:00pm Oct 3 and Dec 5

LD Dr Eng \$10/session

Wellness Program

Every Friday - Conversation and games in the program office, exercise video or pool 11am – 12pm. At noon a home cooked lunch \$5, then from 1pm - 2pm we have entertainment, health-care speakers or special events (see the notice boards for details).

Friday 11:00am–2:00pm Sep 9 – Dec 16

LD Free

Flu Clinic

Mon Nov 7

LD 1:00-2:30pm

FREE

Arthritis Chronic Pain Management

This two hour forum introduces participants to self-management skills and the principles of pain management Space is limited so please register at 604-714-5550 (Arthritis Society)

Thurs 6.30–8.30pm Sep 15

LD Free

Physical Rec.

Fitness Centre Adults 55+ Only

Exclusive time is set aside on Friday mornings from 9-10am for our Adults 55+. Get started or continue training – Staff is on hand to provide guidance.

Fri 9:00 - 10:00am Regular fees

Highlights & Special Events

Japanese Dinner and Entertainment

Enjoy a supper of traditional soup, entrée and dessert in Japanese style. Learn about the food and culture with our Japanese/Canadian friends

55608.401BR

Thurs, 6:00–8:00pm Sep 30

LD Cost: \$ 10.00

Christmas Lunch

Turkey and all the trimmings with a visit from Santa and entertainment with Patricia C

55602.400BR

Fri 12:00–2:00pm Dec 16

Leadership and Volunteer Training

Interested in developing a combined committee for all Adult + programs and services? Please phone Carolyn or Anne for information. If you represent an Adult group in the community we need your assistance! Anne 718-5837 Carolyn 718-5848. Volunteers of any age also welcome to join the project. Details TBA

Aquatic Highlights

Pool Information

Enjoy the 25 metre main pool's 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 of you with young children, we also have a warm, shallow Leisure Pool which is equipped with a variety of spray pool features.

Statutory Holidays

(Pool and Fitness Centre)

Labour Day: Sep 5 (closed)
Thanksgiving: Oct 10 (closed)
Remembrance Day: Nov. 11th (1-5pm)
Christmas Eve: Dec. 24 (closed at 5pm)
Christmas Day: Dec. 25 (closed)
Boxing Day: Dec. 26 (1-5pm)

Administration

Administration Policy for Children

Children under 8 years of age and 4 feet in height, must be accompanied in the water and be within arm's reach of a responsible person who is 16 years of age or older.

CLEANING SCHEDULE

Please note that the Pool & Fitness Centre Men/Women change rooms close for cleaning daily:

MEN:	Closes	5:15pm,
	Re-opens	5:45pm
LADIES:	Closes	5:30pm,
	Re-opens	6:00pm

Special Activities & Events

Youth Swim Nite

The 1st Friday Night of every month is reserved for Youth's to swim and play with their friends. No public use of steam room or whirlpool.

Fri 8:00 – 10:00 pm FREE
November 4, December 9

Pool Closure

The pool will be closed for maintenance from:
August 22 to October 22, 2011
Sorry for the inconvenience.

See our website for more detailed information. www.britanniacentre.org

Swim Descriptions

Public Swim

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

Parent and Tot

This session is for soon to be mothers and parents with young children (5 yrs under). Children Lessons and Lengths Swim during lessons, one small lane is open for length swimmers (16 and over) to swim continuous lengths. The whirlpool and steam room areas are also available for patrons 16 and over. Regular Adult admission rates apply.

Children's Free Swim (12yrs, under)

Children, under 8 years and /or less than 4 feet in height must be accompanied in the water and within arm's reach of a responsible person who is 16 years of age. Adults are free when accompanying children. No steam room, whirlpool or lengths swim available during this session.

Youth and Adult Free Swim

13 years and older. This is a time to come and swim lengths, relax or let the kid in you come out and play.

Aquafit

A safe and excellent fitness activity for all levels ideal for those adults who want to work out without stressing their joints and lower back. Shallow and deep water classes are offered. Deepwater will only be offered on Thursday evenings.

Lengths Swim

The pool is divided into leisure, slow, medium, and fast lanes. 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. Swim or relax and socialize in the whirlpool, steam room and sauna.

Adult Lessons and Lengths

During these lessons, one small lane is available for continuous adult length swimming and the whirlpool and steam room are open for those 19 years and older.

Senior's Swim (Ages 55+)

Seniors are special at Britannia Pool! Come to the swim time where our enthusiastic and certified instructors take you through a fun and energizing waterfit and range of motion class. You can also swim lengths and use the steam room, sauna, and whirlpool. Sorry, no leisure pool.

Range of Motion (R.O.M.)

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

Special Needs Swim

This is a special swim for all patrons with special needs. Those needing 1-to-1 help should bring an aide who will receive free admission.

Swim Club

Must be at swim kids level 5 or higher

Jr. - Swim Kids level 5-7

Sr. - Swim Kids level 8-10

Sat	7:45-9:00am	\$40.00
Tue/Thur	6:30-8:00pm	

Swim Lesson Information

Swim Lesson Registration

Swim Lesson registration 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. No lesson registration after the 2nd class. Registration options: on-line or in-person with a report card.

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. If you are unsure of what level to register in, we offer free swim assessments during our public swims. (Please note that if your child is under 8 that we require you to be in the water during the assessment.) Please bring the most recent report card to the first day of lessons. Please note: all lessons must meet minimum space requirements to run.

Preschool (4 mo -5 yrs)

Red Cross Water Safety Program teaches preschoolers a 7 level program in water orientation and safety.

Swim Kids (6-12 yrs)

Swim Kids is the Canadian Red Cross Water Safety Program that teaches children a 10 level program in water safety, injury prevention, and swim stroke development.

Youth Lessons(13-16 yrs)

Will be offered during Mon/Wed lessons.

Adult/Seniors Lessons (13 yrs +)

These programs offer a challenge for swimmers of all levels and focus on skill development, water safety, self rescue skills and the rescue of others.

Private & Semi Private

To set up your private or semi-private 30 minute lesson time contact the pool office, 604-718-5831.



Swim Lesson Fall 2011 Schedule						
Set #	Dates	# of Lessons	Star Fish, Duck, Sea Turtle (30 min. parented)	Sea Turtle, Salamander, Crocodile, Whale (30 minutes)	Swim Kids Level 1 - 3 (30 minutes)	Swim Kids Levels 4 - 10 (40 minutes)
Monday and Wednesday 3:30 - 5:00pm						
1	Nov 7-Dec 14	12	N/A	\$61.05	\$56.68	\$61.05
Saturday 8:30am to 12:00pm						
1	Nov 5-Dec 17	7	\$39.75	\$39.75	\$34.85	\$41.90
Sunday 11:00am to 2:00pm						
1	Nov 6-Dec 18	7	\$39.75	\$39.75	\$34.85	\$41.90
Adult Lessons 19+						
Tuesday evenings 8:00pm to 8:45pm - Advanced (levels 3 & 4) Thursday evenings 8:00pm to 8:45pm - Beginners (levels 1 & 2)						
Set #	Dates		# of Lessons		Cost	
1	Tue	Nov 8-Dec 20	7		\$66.35	
1	Thur	Nov 10-Dec 22	7		\$66.35	
Seniors Only Lessons (55 years+)						
Monday and Wednesday - 9:30am - 10:00am - Lessons are subsidized, No further subsidy offered						
Set #	Dates		# of Lessons		Cost	
1	Mon/Wed	Nov 7-Dec 14	12		\$50.30	

Aquatic Schedule – Fall

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Length Swim 6:30am to 8:30am					Lengths 9am-1:00pm (1 lane)	Parent & Tot 10:00-10:55am Lengths 10-10:55am (4 lanes)
-Parent & Tot -Adapted Aquatics/ Adult 55+ 9:30-11:00am	Adult 55+ & Aquafit 9:45-10:30am	ROM 10-10:30am Parent & Tot Adapted Aquatics Adult 55+ 9:30-11:00am	Adult 55+ & Aquafit 9:45-10:30am	ROM 10-10:30am Parent & Tot Adult 55+ 9:30-11:30am		
Vancouver School Board 8:30-9:30am, 10:30-11:30am, 1:00-2:55pm (1 lane)					Public 1:00-2:25pm (1 lane)	Lengths 11-2:30pm (1 lane)
Noon Lengths 11:45am to 1:00pm					Lengths 2:30-3:25pm	Public 2:30-3:55pm (1 lane)
25 metre pool - temperature 28°C (82°F). Teaching/Leisure pool 34.5° (88°F) 1 metre diving board, separate saunas, co-ed whirlpool, steam room and fitness centre. Admission Policy: Children under 8 years/or 4' tall must be accompanied and in arms length of someone 16 years of age or older. Tot pool times: Mon, Wed 9:30-10:30am, Sun 10:00-10:55am and all Public swim times						
Pool Closed Monday through Friday from 3:00-3:30pm					Public 3:30-4:55pm (1 lane)	Lengths 4:00-4:55pm
Lengths 3:30-4:55pm (1 lane)	Teen (13yrs +) Adult Free Time 3:30-4:55pm (1 lane)	Lengths 3:30-4:55pm (1 lane)	Parent & Tot 1:00-2:00pm Children Free (6-12yrs) 3:30-4:55pm	Public 3:30-4:55pm (1 lane)		
Lengths 5:00-6:25pm - Tuesday, Thursday & Friday Monday and Wednesday - 1 lane until 5:20pm					Pool Closed Aug 22-Oct 22	
Public 6:30-7:55pm (1 lane) No lane on Tuesday & Thursday due to Swim Club						
Aquafit 8:00-9:00pm (1 lane)		Aquafit 8:00-9:00pm (1 lane)	Deep Water Aquafit 8:00-9:00pm	Youth Night 1st Fri/month 8:00-10:00pm Youth 1st Friday	Public 6:30-7:55pm (1 lane)	Public 6:30-7:55pm (1 lane)
Adult 8:00-9:55pm (1 lane)	Adult 8:00-9:55pm (1 lane)	Adult 8:00-9:55pm (1 lane)	Adult 8:00-9:55pm (1 lane)			

Pool Closure Information

Due to upgrades to the heating & ventilation system, the pool will be closed and the fitness centre and other facilities may be affected. Please check our website for updates and information.

www.britanniacentre.org



Fitness Centre

Britannia Fall Fitness Centre Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am-9:55pm	6:30am-9:55pm	6:30am-9:55pm	6:30am-9:55pm	6:30am-9:55pm (Seniors Only) 9:00-10:00am	9:00am-6:55pm (Women Only) 9:00am-12: noon	10am-6:55pm
Free Sessions with Membership - Tuesday and Friday 10:00 am - 12:00 noon						

Racquetball & Wallyball

Booking Procedure

Courts may be booked in person or by phone (604-718-5831) and are 45 minute times. They may be booked up to two weeks in advance. Please call ahead to cancel. A Britannia membership is required. Please bring your own racquetball and racquets. Eye wear is recommended.

Cost

Racquetball	\$13.95 /Prime Time \$10.00 /Non Prime Time
Wallyball	\$13.95 /Prime Time

Prime time hours:

Mon-Fri	3:30-9:30pm,
Sat & Sun	all day
Non-prime hours:	
-Mon-Fri	9:00am-3:30pm

Hours of Operation

Mon-Fri	9:00am-9:45pm
Sat	9:00am-4:30pm
Sun	9:45am-7:30pm

**Racquetball & Wallyball
Re-open on Oct. 22, 2011**

Personal Training

Our certified trainers will customize a program for you and lead you through a series of workouts. Perfect for starting out in a fitness centre, adding variety to your program, rehabilitating from an injury or improving sport specific athletic performance.

3 sessions	\$159.60
5 sessions	\$252.00
10 sessions	\$448.00

Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists and physiotherapists. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$5.95 per client also applies.

Facility Orientation

Book an appointment with one of our Fitness Centre staff and get set up on your very own fitness program. This session also provides weight room etiquette tips and gives you the opportunity to ask us related questions. Call 604-718-5842.

Free Swimming and Fitness Centre Workout

-All Wallyball and Racquetball reservations include admission to the Fitness Centre & the 25 metre pool.



Change To Fitness Centre Non-Prime Time

As of July 1st, there is no longer a non-prime time, and fees will be adjusted accordingly. It's important to us to keep health & fitness services affordable for all. Please note that we still provide the following options not available at other facilities.

- Free with membership times on Tue & Fri from 10am to 12 noon
- Seniors rates starting at 55 years rather than 65 years.
- Those who qualify can also work out for 1/2 price by using the Leisure Access Card.

Non Prime Time Tickets

Non prime time tickets (10) purchased May 1 to June 30th, 2011 will expire December 31, 2011

Pool and Fitness Centre Rates

2011 Fees	Single Admission	Tickets (10)	1 Month flexipass	3 Month flexipass	4 Month flexipass	6 Month flexipass	12 Months flexipass	Britannia Membership
Adult (19-54 yrs)	\$5.95	\$47.60	\$48.00	\$125.00	\$159.00	\$217.00	\$392.00	\$3.00
Youth (13-18 yrs)	\$4.15	\$33.20	\$33.00	\$87.00	\$112.00	\$152.00	\$275.00	\$1.00
Child (6-12 yrs)	\$2.95	\$23.60	\$24.00	\$62.00	\$80.00	\$108.00	\$197.00	\$1.00
Senior (55+ yrs)	\$4.15	\$33.20	\$33.00	\$87.00	\$112.00	\$152.00	\$275.00	\$1.00
Family Minimum of \$5.95 admission	Family = 1-2 Adults of the same household and their children under 19 years of age.							

By purchasing a \$3 membership (valid September to August) you can workout free in the Fitness Centre, every Tuesday and Friday, 10:00am to 12 noon. Show your membership card to the cashier at the time of entrance.

Ice Arena Highlights



Adult Hockey Programs

Hockey League, (VACHL) 2011/2012

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

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 1-Dec 29
	All Levels	\$10/drop-in*
Sun	9:30-11:00pm	Sep 4-Dec 18
	Intermediate	\$15/drop-in
		\$50/month*

*Strip tickets are not valid during these sessions

Adult AM Stick& Puck Program

A morning skate is the perfect way to start your day. This session is the perfect way to practice your hockey skills. A CSA approved helmet and hockey gloves are mandatory, but full gear is recommended. Limited drop-in spaces may be available. Program participants must sign in each week with the program supervisor. Games and scrimmages are not permitted.

Set 1		
48080.103BR		
Tue	7:15-8:15am	Sep 13- Oct 25
Set 2		
48080.104BR		
Tue	7:15-8:15am	Nov 1-Dec 13
\$35/7 sessions		\$5.95 drop-in

Adult Stick and Puck

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

Fri	12:00-1:15pm	Sep 4-Dec 29
		\$5.95/drop-in
		\$47.60/10 usage 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 10.

Mon	3:15pm-4:45pm	Sep 12-Dec 12
		\$5.95/drop-in
		\$47.60/10 usage pass

Women's Hockey Program

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

Set 1		
48080.101BR		
Sun	10:45am-12:00pm	Sep 18-Oct 30
Set 2		
48080.102BR		
Sun	10:45am-12:00pm	Nov 6-Dec 18
		\$35.50/7wks
		\$5.95/drop-in

Arena Open House

FREE Skate 1:30-3:00pm

Britannia Arena's Annual Open House and FREE SKATE on Saturday Sep 10, 1:30-3:00pm. Learn about Britannia Rink programs and Vancouver Minor Hockey Association or find good used equipment at the Vancouver

Minor Hockey's

Annual Equipment Swap-Meet Sat, Sep 10 - 1:30-3:00pm

Halloween Skate

Come have a "Devilish" time at Britannia's FREE Halloween Skate. There will be "ghoulish" games and fun treats for all. Don't forget to wear your costume!

Sun, Oct 30 - 1:45-3:15pm

FREE

Brit Chill Holiday Skate

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

Sun, Dec 18

1:45-3:15pm

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 22-Dec 15
FREE

Family Cosom Hockey

(3 to 12 years with Adult/s)

This program is perfect for families who want to play casual hockey together. Whether you want to just pass around the puck or get involved in a friendly shinny, this family activity is sure to be a hit with the kids. Cost of the program is limited to 4 members in a family, \$1 per additional member and skate rentals are extra. Helmets are mandatory for all participants and available free.

Sun	12:15-1:30pm	Sep 4 -Dec 18
		\$5.95 per family
	\$1/additional member	No sess. Sep 11

Ice Arena

	Single	10/Usage pass	1 mo. Flexi	3 mo. Flexi	4 mo. Flexi	6 mo. Flexi	1 Year Flexi
Adult	\$5.95	\$47.60	\$48.00	\$125.00	\$159.00	\$217.00	\$392.00
Youth & Senior	\$4.15	\$33.20	\$33.00	\$87.00	\$112.00	\$152.00	\$275.00
Child	\$2.95	\$23.60	\$24.00	\$62.00	\$80.00	\$108.00	\$197.00
Family	1or 2 adults of the same household and their children						
Adult Drop-in Hockey	\$5.95	Skate Sharpening	\$6.15	Skate Rental	\$3.00		
Flexi passes allow unlimited admission to Britannia and other Park Board fitness centres, indoor and outdoor pools and ice rinks.							

Get involved,

Join An Arena Committee

The Arena Committee

This committee meets the 1st Tuesday of the month at 7:30pm in the Rink Activity room. There are no meetings in July and August.

Vancouver Minor Hockey Association Committee

Please call 604-255-0612 for details of Fall meeting dates and other program information.



\$99 Winter Ice Sale!

Plan a holiday party between Dec 18- Jan 2 for \$99/hour plus HST. Staff charges are not included. Booking for the Winter Ice sale starts Sep 7.

FEES & CHARGES 2011

Adult	\$5.95
Youth	\$4.15
Senior	\$4.15
Child	\$2.95
Skate Rental	\$3.00
Skate Sharpening	\$6.15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A 20% discount on admission is given to groups of 10 or more		Adult Open Dance 12:15-1:45pm	Parent & Tot FREE Skate 11:00-11:45pm	Adult Stick & Puck 12:00-1:15pm	Public Skate 1:30-3:00pm	
	Adult/Senior FREE skate 3:30-4:30pm	Adult Co-Ed Drop-in Hockey 3:15-4:45pm	Youth FREE Skate 3:30-4:30pm.	Child FREE Skate 3:30-4:30pm		Family Fun Hockey 12:15-1:30pm
	Adult Skate 8:15-9:30pm		*Adult Co-ed Hockey 11:45-12:45pm	Public Skate 7:45-9:15pm		Public Skate 1:45-3:15pm
Go to our web site for updated schedules, closures or cancellations. www.britanniacentre.org						*Adult Co-Ed Hockey 9:30-11:00pm
*Sign up occurs at the rink 1.5 hours before the start of the session. Passes are not valid during these sessions. There are no drop-in goalie spaces available. Goalies must contact the program supervisor. Limited drop-in spots 8/max a week are available for these sessions.						

Ice Arena Skate Lessons

Registration Lesson Set 1

In Person

Sunday, August 21 10:00am-1:00pm Info. Centre

If you are unsure of which level to register in, come in person on August 21 to speak to an instructor or have an on-ice evaluation completed during any public skating session at Britannia.

Pool Cashier/Online

Monday, August 22 9:00am-until 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. Skate lessons fill up quickly, so register early.

Learn to Skate Lessons (Ages 3 yrs-Adult)

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 pre-schoolers, 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.

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 their skills.

3 ways to register into Britannia Skating lessons

(Set 2):

1. Register in-person on **Sun, Oct 23, 10:00am-12:00pm** at the Information Centre.
2. Register online at www.britanniacentre.org starting **Mon, Oct 24**.
- 3 Register in person at the pool cashier from **Mon, Oct 24**, with your current lesson report card (Winter/Spring/Summer 2011).

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

Lessons Set 1

Learn to Skate

Tue	6:00-8:00pm	Sep 6-Oct 18
Sat	9:00am-1:15pm	Sep 10-Oct 22

\$40.25/7 sess.

Power Skating Beginner

Sun	4:45-5:30pm	Sep 11-Oct 23
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\$50/7 sess

Power Skating Intermediate

Sun	5:45-6:30pm	Sep 11-Oct 23
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\$49/7 sess

Figure Skating

Sun	3:30-4:30pm	Sep 11-Oct 23
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\$50/7 sess

Lessons Set II

Learn to Skate

Tue	6:00-8:00pm	Oct 25-Dec 13
Sat	9:00am-1:15pm	Oct 29-Dec 17

\$46/8 sess.

Power Skating Beginner

Sun	4:45-5:30pm	Oct 30-Dec 18
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\$56/8 sess

Power Skating Intermediate

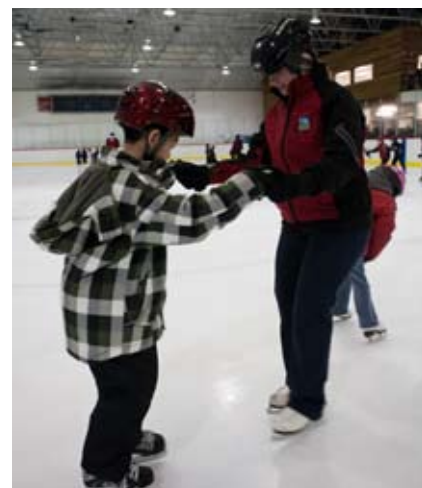
Sun	5:45-6:30pm	Oct 30-Dec 18
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\$56/8 sess

Figure Skating

Sun	3:30-4:30pm	Oct 30-Dec 18
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\$57/8 sess



Britannia Branch Hours

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

Holiday Closures

Labour day	Mon Sep 5
Thanksgiving	Mon Oct 10
Remembrance day	Fri Nov 11
Christmas day	Sun Dec 25
Boxing day	Mon Dec 26

Renew books by phone 604-257-3830
Phone us anytime 604-665-2222

ESL Learning Centre

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

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

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

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

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

Kids' Programs

Toddler Storytime

Rhymes, songs, finger plays and simple stories for toddlers, their parents and caregivers. Drop in.

Mondays 10:15 – 10:45 am
Sep 19 to Dec 5

Family Storytime

Stories, songs, finger plays, and rhymes for the whole family. Program will include stories for older children to share with their younger siblings. Recommended ages: 2 to 5 years old. Drop in.

Wednesdays 10:15 – 10:45 am
Sep 21 to Dec 7

Babytime

Rhymes, songs, bounces, finger plays and stories for babies, their parents and caregivers. Recommended ages: newborns to approximately 18 months old. Drop in.

Wednesdays 11:15 – 11:45 am
Sep 21 to Dec 7

Preschool Puppet Shows

Puppet show and stories for children under 5 years old. Fun for the whole family.

2nd Saturday of the Month
Sep 10, Oct 8, Nov 12, Dec 10
11:00 – 11:30 am



Adults' Programs

Computer Tutoring

Make an appointment with our computer tutor for a free, private 50 minute session to learn basic computer skills. Limit one session per person. Register in person or call 604-665-2222

55+ Book Club

Informal chats about a book chosen by the group. Books are provided. Refreshments are served. Hosted by a friendly librarian at the Al Mattison Lounge. To register call 604-718-5837

3rd Wednesdays 2:00 – 3:00 pm
Sep 21; Oct 19; Nov 16; Dec 21

Pandora's Collective presents: Word Whips

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.

4th Tuesdays 6:30 – 8:30 pm
Sep 27; Oct 25; Nov 22; Dec 27

Pandora's Collective Book Talks Book Club

Led by Pandora's Collective members, a pre-selected book will be discussed each month.

2nd Wednesdays 6:30 – 8:30 pm
Sep 14; Oct 12; Nov 9; Dec 14 Drop-in

In Cantonese

Chronic Disease Self-Management Program (CDSMP)/ “慢性疾病预防自我管理法” 免费系列讲座

Chronic Disease Self-management Program (CDSMP)
活得健康-慢性病自我管理法免费系列讲座

Participants of this **free** six-session workshop will gain comprehensive knowledge about symptoms common to various chronic conditions and skills of how to effectively manage your health. With the support of your group, learn and practice how to set goals, take action and solve specific problems to improve quality of life. Care givers are also welcome. **Sat, 9:30 am -12:00 pm, Oct 3 – Nov 7, 2011 (in Cantonese), VPL, Hastings Branch. Registration: At Community Centre Front Desk, or contact Courtney at (604)-940 8967, or c.kang@eastlink.ca.**

该免费系列讲座（共分6讲，国语或粤语）由维多利亚大学与BC省政府合作提供。您将学到不同慢性疾病的常见症状及各种有效应对的技巧。每一讲都以小组形式互动互学，支持您边学边练习，并通过制定计划，采取具体行动和解决实际问题来提高您的生活质量。患各种慢性疾病的成年人及家属都欢迎参加。每周六上午 9:30 – 中午12:00, 10月3 – 11月7, 2011 (共6周, 粤语), Britannia 社区中心。报名: 请到社区中心前台; 或联络 康为群 (Courtney Kang) (604) -940 8967, 或 c.kang@eastlink.ca.

Register in person or call 604-665-2222 **FREE**

Other Agencies & Programs

Eastside Family Place

1655 Williams Street

eastsidefamilyplace.org 604 255 9841

Eastside Family Place is a support and resource centre for parents and caregivers and their young children aged infant to early 6 years old. ESFP offers many programs and support services. A Family Drop-In Centre offers adults an opportunity to visit with each other in a warm, supportive environment and at the same time children have the opportunity to make friends, play and participate in developmentally stimulating children's activities.

Family Drop-In Hours:

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

Licensed Occasional Childcare

This program is for parents who are in need of short-term respite childcare. Children aged 18 months to six years – fee on a sliding scale of \$3.50 to \$6.00 per hour. Spaces are limited and must be booked in advance. Childcare phone number-604-251-1018

Childminding hours are:

Monday to Friday 9:00am – 12:00pm

Nobody's Perfect Parenting Program

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

Wednesday 1:00pm – 3:00pm Oct13-Nov 17

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 Sep 23 – Dec 2 (no session Nov.11)

Kids in the Kitchen

Children 3-5 years (with parents) are invited to cook an extra special snack along with Community Kitchen Facilitator/Holistic Nutritionist Melissa. The snack will be enjoyed by everyone in the drop in program

Tuesday's 10:00am-11:00am Sep.13, Oct.11, Nov.8 Dec.13

Please call to register

Workshops and Information Sessions

A variety of topics of interest to parents and caregivers including: Baby Massage, Sex Education, Language Development and Legal Information. Call for details, dates and to register.

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 10:00-11:30 Dates to be announced

Grandview Woodland Area Council - 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 next Monday.

The Law Students Legal Advice Program (LSLAP)

<http://www.lslap.bc.ca>

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

Tuesday evenings

Call 604-822-5791 to book an appointment.

Bequest 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.



PLANET BINGO

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

Other Agencies & Programs

Canucks Family Education Centre

All programs are free of charge and provide on site child minding for pre-school aged children of participants, with the exception of Executive of the Britannia StrongStart drop-in program (parents and children attend together). Registration is required for all other programs. For more information please contact Jean Rasmussen, Executive Director, at 604 713-8266 Ext 7110 or jean.cfec@gmail.com.

Partners In Education (PIE) Britannia Secondary School

Thur 9:00am-12noon Room 110
Garibaldi Elementary School T.B.A.
Edmonds Elementary School, Burnaby
Thur 9:00am-12noon Resource Ctr.

Get Ready 2 Read (GR2R)

Britannia Secondary School
Thur 12:30-3:30pm Room 110

Youth In Transition (YIT)

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

Britannia StrongStart

Britannia Elementary School
Mon/Fri 12:30-3:30pm Room 103

Healthy Eating, Active Living

Britannia Secondary School in Room 110 Tue
9:00am-12pm

PIE Foundations in English

Tue/Fri 12:30-3:30pm

PIE English for Speakers of Other Languages

Beginner Conversation Class

Mon 12:30 - 3:30pm

PIE Foundations In Math and Math Essentials

Wed 12:30-3:30pm

Volunteer Opportunities

Britannia's Volunteer Program is home to over 300 active volunteers, contributing in various ways to the centre and its immediate community. You could be one of these special folks too! Opportunities to volunteer are varied and include assistance in child-care centers, in youth and seniors' recreational programs, special events, or at the board and committee level. If you'd like to contribute your skills and experience to Britannia, contact us to find out more and to get involved!

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

Daycamp Leaders interact and have fun with youth campers.

Saturday Unlimited is a unique program for youth 13-19 with disabilities. It runs September 24-November 19, 2011. Shifts are 10am-2pm on Saturdays!

Note: Volunteers must provide 2 references and complete a police record check prior to volunteering.

Special Events Assistants

Assist with festival operations, set-up, take-down, interactions with vendors, artists, information referral and more! *Artful Sundays* wants your help every Sunday between August 7-September 4.

Child-minding Assistants

help out with children aged 3 and up at one of our 5 licensed childcare centres

For specific shifts and position information, please contact the Volunteer Program Coordinator.

Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in." ~Unknown

To volunteer, please submit a Volunteer Application Form (available on our website or at the Info Centre Front Desk) to Charlene Wee, Volunteer Program Coordinator. Tel: 604-718-5860 or email: charlene.wee@vancouver.ca

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

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

Grandview Woodland Community Policing Centre

1977 Commercial Drive (between 3rd & 4th Ave)
Tel: 604.717.2932 Fax: 604.717.2923
<http://www.gwcpc.ca/>

Hours of Operation:

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

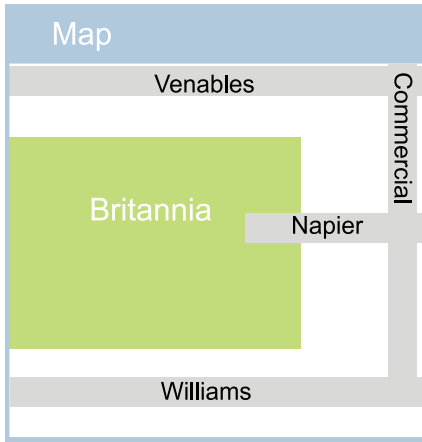
Come and volunteer with us! Four hours a month can make a difference in keeping our community safe. We operate a number of crime prevention programs - contact us to see which one would be the right fit for you.

CPC Coordinator:
Adrian Archambault
britcpc@shaw.ca

Volunteer Coordinator:
Faith
volunteercoordinator@shaw.ca

Admin Assistant:
Cathy
britcpc@shaw.ca

Neighbourhood Police Officer:
Constable Mike Lemon
michael.lemon@vpd.ca



Subsidy Policy

City of Vancouver residents are eligible for subsidy.

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

Residents of Vancouver with a Leisure Access Card (LAC)

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 their L.A.C. Card to a cashier at the time of registration.

Residents of Grandview Woodland Strathcona with a Leisure Access Card

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

Grandview/Woodland/Strathcona Residents without LAC Card

Residents 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 LAC are not eligible for subsidy.

Translations

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

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

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

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

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



Contact

T 604 718 5800 F 604 718 5858
1661 Napier Street Vancouver BC V5L 4X4
britanniacentre.org

