



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

Programs & Services  
Spring 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: Ray Gallagher  
 VICE PRESIDENT: Penny Street  
 TREASURER: Mark Codron

EXECUTIVE MEMBERS:  
 Jane MacDermot, Wendy Frost

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 Lynda Hurst, Bruce Macdonald, Eva  
 Sharell, Brendan Boylan, Tina Pfeifer,  
 Tammy Schulz, Raphaella Weissgerber

AGENCY REPS:  
 VSB: Beverly Seed  
 VPB: Bob Harris, Acting  
 VPL: Cathy Wang

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

## President's Message

The Milley family recently wrote to tell us about their experiences with our programs at Britannia. They were, they say, "incredibly impressed by the calibre of the instructors and their teaching. The lessons are always fun and dynamic but, more importantly, the teachers are encouraging to ALL students, regardless of skill level, and they seem to have endless energy."

They go on to say, "It's great to take our kids to a place where they learn to have fun and gain confidence, first and foremost.... The same staff and teachers seem to return year after year, so our kids feel comfortable every time they start a new session. We have had the exact same experience with swimming lessons and numerous other classes, and are constantly remarking to each other how uniquely positive the Britannia environment seems to be.... We are overwhelmed by the quality of the teachers at Britannia, and wanted to thank you and your staff for providing such an invaluable service to our community. Please pass this message along to all the administrative and teaching staff: You are doing a great job."

Thanks to the Milleys, and we agree! We are extremely proud of our staff at Britannia, quite a few of whom have been with us for many years. These are the people you come in contact with daily and some you never see. These are the people who make the Britannia experience special. All the different types of activities and events at Britannia require a team of hard-working program assistants, clerical and auxiliary staff, engineering staff, programmers, accountants, and activity coordinators, all of whom approach their work with enthusiasm and fun. Our team is a dedicated and passionate bunch of creative thinkers who truly love their jobs and the Britannia community. We appreciate their positive attitude and motivation. They inspire others in the community, particularly our next generation.

Ray Gallagher

## Membership Information

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

Membership is valid from September 2010 to August 31, 2011

Family	\$5
Adult	\$3
Child, Youth, Senior	\$1

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 25th, 2011
- 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

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

Registration starts at 9:00am on Tuesday, March 8th

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

#### Britannia Info Centre at 1661 Napier Street

Registration starts at 9:00am on Tuesday, March 8th

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

Registration starts at 9:00am on Tuesday, March 8th. Pay using Cash, Cheques, Visa, Mastercard or Debit Card

### Register by Phone at 604-718-5800

Registration starts at 9:00am on Wednesday, March 9th

- 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

To register for Swimming lessons	see page 31
To register for Skating lessons	see page 36
To register for Childcare programs	see page 5, 6
To register for Minor Hockey	call 604-255-0612
To register for Funseekers Summer 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 prorated 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.

Some of the more popular programs fill up quickly. Be sure to register early to avoid cancellation and disappointment.

### Course Cancellation Policy

Courses are cancelled when too many people wait until the last minute to register. We need a minimum number enrolled before a class will run. 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.

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## Subsidy Policy

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

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

## Residents of Vancouver with a Leisure Access Card

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 Leisure Access card are not eligible for subsidy.

# 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.

## Childcare Centre 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.

### Vancouver Native Health

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

*PHOTOGRAPHY CREDITS: Many individuals have volunteered their services and time to take photos and submit for use in our publications. We thank Dolphin Kasper, Tom Higashio, Barry Skillin, Giles Chin, Trevor Jansen, Wendy Whitaker, Lori Moretto, Amie Smith, Susy Bando, Cody Vong, Robert Lee*

## 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.

# Licensed Child Care Information

## Grandview Terrace Family Resource Centre

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

We offer a variety of parenting and parent/child activities 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

Sept 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

## 16<sup>th</sup> Annual Stone Soup Festival

Saturday, May 7 12-5pm  
Britannia Centre & Napier Greenway

This annual festival brings the community together in celebration of local food, arts, artists, and musicians. Stone Soup focuses community attention on food sustainability, recycling, and the environment. Come and explore, experience and create with features such as: musicians, artists, food workshops, demonstrations, artist talks, children's entertainment, a mini-farmer's market and SOUP!



Food/Farmer/Vendor Applications will be available at the Britannia Information Centre starting February 1<sup>st</sup>. Food vending applications are taken on a first come first serve basis. Application fee is \$35. (Mobile food vendors please contact us directly.) Tents can be no larger than 10 X 10. For further information please call: 604-718-5800.

**Note: Artists must contact the Coordinator directly as space is limited: Katherine Polgrain at [courage@vcn.bc.ca](mailto:courage@vcn.bc.ca).**

## EAST FEAST

Sunday, June 5  
1:30-4:00pm

Britannia Centre/Canucks Family Education Centre

This FEAST is grassroots micro-funding at its best, relying on community engagement to be successful. The EAST FEAST is a community meal that raises funds through ticket sales to the event which in turn directly funds an artist or artist group.

Attendees of the FEAST will enjoy a meal prepared by a local chef, entertainment and the opportunity to meet and listen to three artists who will each make a 5-7 minute presentation during the event. At the end of the meal participants will then vote on which artist will receive funding.

The inaugural FEAST and will have an "afternoon tea" theme.

Monies raised through the proceeds from ticket sales go directly to support our local arts community. There are subsidized tickets available, please speak with the Arts Programmer directly at 604-718-5825.

If you are an artist looking to apply to the process or are looking for further information on the event please e-mail us at: [eastfeastvancouver@gmail.com](mailto:eastfeastvancouver@gmail.com)

register for this event: **ON-LINE:**[www.britanniacentre.org](http://www.britanniacentre.org) - click on programs/adult programs

**IN PERSON:** Britannia Centre Info Centre or Pool Cashier,  
1661 Napier Street, Vancouver, BC  
**BY PHONE:** 604-718-5800

45624.201BR

Sun 1:30-4:00pm Jun 5  
CFEC \$40/person

## Artful Sundays

5 Sundays, August 7 to September 4  
12:00pm-5:00pm

Napier Greenway

An outdoor- multimedia-visual arts-market featuring the work of local artists, entertainment, artist demonstrations and more!

Artist Application forms are available at the Britannia Information Centre starting May 1<sup>st</sup> OR e-mail the Coordinator, Katherine Polgrain at [courage@vcn.bc.ca](mailto:courage@vcn.bc.ca).

Tents, tables and chairs are provided. Artist Table Fee is \$35.

## Vintage Bicycle Swap Meet

*Making the old new again*

The Vancouver Wheelmen, in partnership with the Britannia Centre, invite you to the Britannia site on Saturday, April 30<sup>th</sup> from 10am to 4pm for their Vintage Bicycle Swap Meet. You will find one-of-a-kind bikes and bike parts for sale or trade; a great event for all ages!

Saturday, April 30<sup>th</sup>  
10:00am-4:00pm

[www.vancouverwheelmen.com](http://www.vancouverwheelmen.com).

## Zumba Party!

Zumba Party with Zumba Vancouver. Fun for the whole family!

Come experience Zumba in a relaxed family atmosphere with play area for kids. Zumba is a fitness class that fuses hypnotic Latin and International rhythms with easy to follow moves to create a fun workout system that will blow you away. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, Funk, and Bellydance. Zumba is a "feel-happy" workout that is great for both the body and the mind. Zumba Vancouver instructors teaching. \$12 pre-registered, \$15 drop-in, and kids under 12 are free.

44105.200BR

Sat	2:00-3:30pm	Apr 10
Gym D	Zumba Vancouver	\$12/each \$15/ drop-in under 12 FREE



Canadian Blood Services  
*it's in you to give*

## Blood Donor Clinic

Thur April 7<sup>th</sup>, 2011

11:00am - 5:00pm

Gym D

Britannia Community Centre is partnering with Canadian Blood Services to host a blood donor clinic.

Did you know? Every minute of every day, someone in Canada needs blood. Each time you give, your blood donation has the power to save three lives! Your donation is split into three component parts - your red blood cells, platelets and plasma - so every usable part of your donation goes to help hospital patients in need. Please consider donating at our Spring 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](http://www.bloodservices.ca)

# Preschool 0-5yrs

## Music

### Westside Music Together

Rainbow coloured falling leaves, cows sitting in the old oak tree; You'll find bells of all sorts, triangles, train whistles, shakers, rhythm sticks, kitchen instruments, scarves, giant sheets to hide under and instruments galore! All this with a developmentally appropriate, research-based curriculum taught by a registered Music Together® teacher. Parent participation is required. Siblings 6 months of age and under attend free; over 6 months, please pay the reduced 'sibling' fee (\$90). Tuition includes two CD's, a Songbook, a Parent Guide DVD and a Parent Education evening open to all adults in the family.

<b>11004.201BR</b>		
Tue	9:30-10:15am	Apr 12-Jun 14
Rink Mezz Mimi B		\$140/10 sess
<b>11004.202BR</b>		
Tue	10:30-11:15am	Apr 12-Jun 14
Rink Mezz Mimi B		\$140/10 sess

## Dance

### Creative Dance (2-5yrs)

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. Please note: Parent participation recommended for 2-3yr. olds.

<b>Sat</b>	<b>May 7 – June 18</b>	
<b>11602.201BR (2-3yrs)</b>	<b>9:20-10:00am</b>	
<b>11602.202BR (3-4yrs)</b>	<b>10:10-10:50am</b>	
<b>11602.203BRm(4-5yrs)</b>	<b>11:00-11:45am</b>	
<b>CFEC Vanessa G</b>		<b>\$49/7 sess</b>

### Pre-Ballet (3-6yrs)

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 3-4 yr olds.

<b>Sat</b>	<b>May 7 – June 18</b>	
<b>11601.201BR (3-4yrs)</b>	<b>12:30-1:00pm</b>	
<b>11601.202BR (4-5yrs)</b>	<b>1:00-1:45pm</b>	
<b>11601.203BR (5-6yrs)</b>	<b>1:45-2:30pm</b>	
<b>CFEC Vanessa G</b>		<b>\$49/7 sess</b>

## Sports

### Kindergym - M-Th (0-5yrs)

Parent supervision required. You must pay at the pool and bring your receipt to the Kindergym supervisor or buy a strip of 10 tickets for \$27.00 Note: Time change to accommodate school classes. No class April 6, 7.

<b>13003.201BR</b>		
<b>Mon Tue Wed Thu</b>	<b>11:00-12:30pm</b>	
<b>Apr 4-Apr 21</b>		
<b>Gym D Belinda C</b>		<b>\$3/drop-in</b>

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

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.

<b>13002.201BR</b>		
<b>Sat</b>	<b>12:30-1:15pm</b>	<b>Apr 9 – Jun 11</b>
<b>Gym C</b>		<b>\$124/8 sess</b>
<b>(no class April 23, May 21)</b>		
<b>13002.203BR</b>		
<b>Mon</b>	<b>10:45-11:30am</b>	<b>Apr 4 – Jun 13</b>
<b>Gym D</b>		<b>\$140/9 sess</b>
<b>(no class Apr 25, May 23)</b>		

### 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. Note: Program is now in Gymnasium space.

<b>13002.202BR</b>		
<b>Sat</b>	<b>11:30-12:30pm</b>	<b>Apr 9 – Jun 11</b>
<b>Gym C</b>		<b>\$124/8 sess</b>
<b>(no class April 23, May 21)</b>		
<b>13002.204BR</b>		
<b>Mon</b>	<b>11:30-12:30pm</b>	<b>Apr 4 – Jun 13</b>
<b>Gym D</b>		<b>\$140/9 sess</b>
<b>(no class Apr 25, May 23)</b>		

## Yoga

### Mom and Baby Yoga (0-12 mos)

For babies not actively crawling, this class is an ideal way to rebalance Mom's body and rejuvenate her energy while enjoying time with baby and building social connections. Enhance your sense of body awareness and positive body image, improve balance, strengthen muscles and reduce stress and fatigue. Babies are gently and safely incorporated into the class. Sing songs and make new friends.

<b>14301.202BR</b>		
<b>Thu</b>	<b>10:10-10:55am</b>	<b>Apr 28-Jun 2</b>
<b>CFEC Jenny B</b>		<b>\$50/5sess</b>
<b>No class May 12</b>		

### Toddler Yoga (2-6yrs)

Roar like a lion. Fly like a butterfly. We will stretch your child's imagination by exploring breath work, yoga postures and relaxation techniques presented in a fun and creative manner. Parents are welcome to stay and participate. Parent participation is only mandatory for the 2-3 year old children.

<b>14301.201BR</b>		
<b>Thu</b>	<b>9:15-10:00am</b>	<b>Apr 28-Jun 2</b>
<b>CFEC Jenny B</b>		<b>\$50/5 sess</b>
<b>No class May 12</b>		

## Preschool Art

### Toddler Art (18mos-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.

<b>12302.201BR</b>		
<b>Wed</b>	<b>9:45-10:30am</b>	<b>Apr 20-Jun 8</b>
<b>RAR Helen S</b>		<b>\$50/8 sess</b>
<b>12302.202BR</b>		
<b>Wed</b>	<b>10:45-11:30am</b>	<b>Apr 20-Jun 8</b>
<b>RAR Helen S</b>		<b>\$50/8 sess</b>

### 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.

<b>12309.201BR</b>		
<b>Wed</b>	<b>1:30-2:30pm</b>	<b>Apr 20-Jun 8</b>
<b>RAR Helen S</b>		<b>\$65/8 sess</b>



# Children Sports

## Gymnastics

### Britannia Gymnastics (18mos-11yrs)

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

**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. Cam will be coaching the Sunday program.

**Emily Churchyard** has seven years of experience coaching recreational gymnastics. She is a certified Gymnastics Level 1 and Trampoline coach. Emily is becoming more involved in administering this program and will be coaching the Saturday and Sunday program.

**Gen Letourneau** is a level 2 coach in both women's and men's gymnastics. She has 7 years coaching experience. She will be teaching the Saturday program.

### Saturday Program Apr 2 – May 28, 2011 1:00-5:00pm

13004.204BR	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$55/7sess
13004.206BR	Tiny Tumblers	3-4yrs	2:00-2:45pm	\$55/7sess
13004.207BR	Gym Kids	4-5yrs	3:00-4:00PM	\$60/7sess
23003.201BR	Advanced Gym Kids	5-7yrs	4:00-5:00pm	\$60/7sess

### Sunday Program Apr 3 – May 29, 2011 10:00am – 4:00pm

13004.201BR	Dynamic Duo	18mo-3	10:00-10:45am	\$55/7sess
13004.202BR	Dynamic Duo	18mo-3	11:00-11:45am	\$55/7sess
13004.203BR	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$55/7sess
13004.205BR	Gym Kids	4-5yrs	1:15-2:15pm	\$60/7sess
23003.202BR	Acrobats	6-11yrs	2:30-4:00pm	\$70/7sess

(No class Apr 16,17, May 21, 22)

## Martial Arts

### Shadow Warriors- TaeKwonDo (6-12yrs)

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

23403.201BR (6-8yrs)  
Sun 10:00-11:00am Apr 3-Jun 26  
CFEC Vincent M \$77/11 sess

23403.202BR (9-12yrs)  
Sun 11:00-12:00pm Apr 3-Jun 26  
CFEC Vincent M \$77/11 sess  
No class Apr 24, May 22

### Intro to Fencing (8-14yrs)

Learn the ancient art of sword play for fitness, sport and just plain fun! We will practice the art of fencing with foils in a safe, fun environment. All ages and skill levels are welcome. All equipment is provided. Wear track pants and court shoes. Program will be located at LaSalle's new Fencing Studio on the Drive at 2155 Commercial Drive. Register at Britannia, program takes place offsite. **23402.201BR**

Sat 10:00-11:30am Apr 16 – Jun 25  
LaSalle Morgan L \$63/9 sess  
No class Apr 23, May 21



## Sports

### Progressive Tennis

Beginner and Novice Levels Equipment provided. Call 604-718-5800 an hour prior to the start of class for rainout decision. Great fun on Fridays with parents invited to take part in low key competitive drills and games. We will provide water and healthy snacks throughout the week.

23010.201BR - 6-8yrs  
Mon 5:00-6:30pm May 2-Jun 6  
23010.202BR - 9-12yrs  
Wed 5:00-6:30pm May 4-Jun 8  
Courts Gord Hauka's \$54/6 sess



# Children's Sports

## Britannia Spring Micro Footie is FULL!

www.britanniasoccer.org

This popular Britannia Spring program is now FULL. Come and cheer the over 800 community kids playing soccer. **See schedule below.**

### SATURDAY APRIL 30- JUNE 25, 2011

Brit Oval & Garden Park

WE WILL play May long weekend.

To Parents and Players who have registered:

If you are not contacted by your coach by Sat April 9, please contact your Soccer Coordinator.

Soccer Coordinators are:

Garden Park Coordinator: **Victoria** at gardenparkcoordinator@gmail.com or 604-505-9474.

Brit Oval Coordinator: **Rylan** at britovalcoordinator@gmail.com or 604-506-2427.

Thanks to our community sponsors who are helping Brit kids play soccer



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

Division	Field	Sat. Game Time	Weekday Practise
Beginner Co-ed A 4-5yrs	Garden	9:15-10:15am	Wed 5:45 - 6:30pm
Beginner Co-ed B 4-5yrs	Garden	10:30-11:30am	Wed 6:30 - 7:15pm
Intermediate 1 A 6 yrs	Garden	11:45-12:45pm	Mon 5:45 - 6:30pm
Intermediate 1 B Co-ed 7 yrs	Garden	12:45-1:45pm	Mon 6:30 - 7:15pm
Intermediate 2 Boys 8-9yrs	Brit Oval	9:00-10:00am	Wed 6:00 - 7:00pm
Intermediate 2 Girls 8-9yrs	Brit Oval	10:15-11:15am	Wed 7:00 - 8:00pm
Advanced Boys 10-12yrs	Brit Oval	11:30-12:30pm	Mon 5:45 - 6:50pm
Advanced Girls 10-12yrs	Brit Oval	12:45-1:45pm	Mon 6:55 - 8:00pm
Super Advanced Co-ed 13-15yrs	Brit Oval	2:00-3:00pm	Tue 6:00 -7:00pm

### WE NEED STILL 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 email [britanniasoccer@vancouver.ca](mailto:britanniasoccer@vancouver.ca). A criminal record check will be required before you begin coaching.

### COACHES CLINICS

At these "MUST ATTEND" clinics the Footie Staff Team will go over the Coaches Manual, and coaches will pick up their team roster, team contact information, team t-shirts and soccer balls. You only need to attend 1 clinic.

#### New Footie Coaches:

Friday April 1 7:00-8:00pm Gym D

#### Returning Footie Coaches:

Saturday April 2 Gym D  
Beginner & Inter 1 - 10:00-11:00am

Inter 2, Advanced & Super  
Advanced - 11:00-12noon

### REFEREES

Youth who are interested in refereeing Micro Footie 2011 are asked to contact [britanniasoccer@vancouver.ca](mailto:britanniasoccer@vancouver.ca). Please list your certifications and experience.

Thanks to the following community sponsors who are helping kids play soccer:  
Fets Bar & Grill, Uprising Breads, and a Private Funder.

### SPONSORSHIP

If you would like to sponsor a Britannia Micro Footie team, please contact Mawuena Micro Footie Sponsorship Coordinator at 604-345-7619 or [microsponsorship@gmail.com](mailto:microsponsorship@gmail.com). or Lori Moretto at 604.718.5824

# Children (6-12years)

## Art

### 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.

**22202.201BR**

Thu 4:00-5:15pm Apr 14-Jun 2  
Rm 208 Helen S \$85/8 sess

## Drama

### You Create Theatre (6-8yrs)

Life is a story. Your child will learn to create a 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.

**21402.201BR**

Sat 10:20-11:50am Apr 30-Jun 25  
Rink Mezz Carmen P  
\$85/8 sess No Class May 21

## Music

### Guitar for Kids (8-13yrs)

This course will teach the young beginner how to play 3-5 chords to play children's songs and popular songs using these chords. The emphasis will be on having fun in the group, playing and singing, and exploring music. Please bring your own acoustic guitar as well as a desire to practice each lesson at home and come prepared for the next class.

**21001.201BR**

Sat 11:00-12:00pm Apr 30-Jun 18  
PTC Gordon K \$75/6 sess  
No class May 7, 21

### Guitar for Kids – Level 2 (8-13yrs)

**21002.202BR**

Sat 12:15-1:15pm Apr 30-Jun 18  
PTC Gordon K \$75/6 sess  
No class May 7, 21

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

Private lessons for beginner to senior levels - Learn an instrument and enjoy a lifetime of music. These weekly private lessons take into consideration individual development and goals. Conservatory exam preparation is available. Clarinet students must provide their own instrument. Although divided into two sets, this is an on-going program from Sept 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.

**Set 1**

**21000.201BR**

Thu 4:00-8:30pm Apr 7-May 12

**21000.202BR**

Fri 3:30-7:30pm Apr 8-May 13

**21000.203BR**

Sat 9:00-4:30pm Apr 9-May 14  
EMR Janine O \$132/6 sess/30min

**Set 2 21000.204BR**

Thu 4:00-8:30pm May 19-Jun 23

**21000.205BR**

Fri 3:30-7:30pm May 20-Jun 24

**21000.206BR**

Sat 9:00-4:30pm May 21-Jun 25  
EMR Janine O \$132/6 sess/30min

### Violin & Fiddle Private Lessons

These are 30 minute private violin lessons for adults and children aged 6 & up. The teaching method follows the Suzuki Method and covers classical and fiddle. You can start anytime cost will be prorated. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at fiddlelessons@shaw.ca to arrange lesson time prior to registering. No classes April 23, May 14 or May 21. 45 minute lessons available upon request, cost will be \$324 for 9 sessions.

**21002.201BR**

Sat 11:15-4:30pm Apr 9-Jun 25  
FAR Shannon S \$216/9sess/30 min  
No class Apr 23, May 14, 21

## Britannia World Music

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

### Beginner Marimba (6-8 yrs)

**31818.205BR**

Thu 4:00-5:00pm Apr 7-21 & May 26-Jun 23  
\$80/8 sess

Rm 111 WRYS

**31818.215BR**

Wed 4:00-5:00pm Apr 6-20  
May 25-Jun 22  
\$80/8 sess

Rm 111 WRYS

### Beginner Marimba (9+ yrs)

**31818.206BR**

Thu 5:15-6:15pm Apr 7-21  
May 26-Jun 23  
\$80/8 sess

Rm 111 WRYS

### Kunaka (9+ yrs)

**31818.203BR**

Tue 6:45-8:15pm Apr 5-19  
May 24-Jul 5  
\$150/10 sess

Rm 111 WRYS

For members only

### Tambai Marimba (9+ yrs)

**31818.202BR**

Tue 4:00-5:30pm Apr 5-19  
May 24-Jul 5  
\$150/10 sess

Rm 111 WRYS

By audition only

## Day Camps

### Funseekers Spring Break Daycamp (6-12yrs)

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

**26001.101BR**

Mon-Fri 9:00am-3:00pm Mar 21-Mar 25  
Gym D \$90/5 sess

**26001.102BR**

Mon-Fri 9:00am-3:00pm Mar 28-Apr 1  
Gym D \$90/5 sess

# Celebrations

## Seniors Week May 31-June 10, 2011

A Vancouver Park Board and Community Centre Associations City Wide Special Events  
Seniors Week Opening: 2011 Arts and Health Project Performance and Exhibition  
Roundhouse Community Arts & Recreation Centre, 181 Roundhouse Mews

### Performances and Art Exhibition FREE

**Roundhouse Tuesday May 31 10:00am**

#### Performance Centre

Lunch to follow 12:00-1:30pm Cost: \$6.00 Please pre-register at the Roundhouse.

For more info go to [www.vancouver.ca/parks/art](http://www.vancouver.ca/parks/art)

### 3<sup>rd</sup> Annual Quirk-e Cabaret

**Friday June 3, 7:00-10:00pm**

**by Donation Roundhouse Performance Centre**

Join us for performances by The Queer Imaging & Riting Kollektive for Elders

### Seniors Workers Smart Start - Walk and Roll

**Monday June 6, 2:00-4:00pm**

**at the Roundhouse**

Join Seniors Workers, participants & friends for a session on walking your way into Sport, Fitness & Physical Activity. Learn about new activities for your Centres.

### Chance to Dance & Perform Variety Show

**Tuesday June 7, 1:00-3:15pm**

**Roundhouse Performance Centre Free**

Showcases Vancouver Community Centres performing Seniors

### Vancouver Park Walk & Roll, Queen Elizabeth Park,

**Friday June 3<sup>rd</sup> 10:00-11:30am Free**

Meet at front desk at Douglas Centre lobby

Explore gardens, flowers and trees

### Hastings Community Centre Bird Walk

**Monday June 6 10:00-11:30 Free**

Meet in Hastings Community Centre Lobby

Bird Spotting Adventure to look for 100+ species of bird

### Everett Crowley Nature Walk

**Tuesday June 7 10:00-11:30 Free**

Meet in Champlain Heights Community Centre Lobby

### Vancouver 125<sup>th</sup> History Walk

**Wednesday, June 8, 10:00-11:30 Free**

Roundhouse Community Arts & Recreation Centre  
181 Roundhouse Mews, Vancouver

Meet in Roundhouse Lobby

Celebrate Vancouver's 125th Anniversary through the streets of Yaletown

### Kitsilano War Memorial Community Centre Urban Walk

**Thursday June 9, 10:00-11:30 Free**

Meet at Kitsilano front desk

Explore the variety of tree species in the neighbourhood

### 9<sup>th</sup> Annual Tea by the Sea Dance -

#### Celebrates Vancouver 125th Anniversary

**Friday June 10, 1:00-4:00 Roundhouse**

**Community Exhibition Hall**

Tickets: \$8 Please pre register as this event sells out

Dance to STARDUST Orchestra and enjoy tea by the sea

## Celebrate Vancouver 125

Vancouver 125 is a year-long celebration of Vancouver's history, diversity and innovative cultural scene during the city's 125th anniversary and year as a Cultural Capital of Canada in 2011. Join in the excitement of dozens of events including two free civic celebrations:

### Birthday Live

**April 6, 2011** downtown at Jack Poole Plaza and

### Summer Live

**July 8, 9, 10, 2011** in Stanley Park.

<http://CelebrateVancouver125.ca>

Follow Vancouver 125 on Twitter: <http://twitter.com/vancouver125>

Find us on Facebook: <http://www.facebook.com/Vancouver125>



## Creative Arts

### 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: the History of Photography, Light&Contrast, Composition, and Texture, with an out-trip to a processing studio. Students will create a portfolio of their work and display their best photo at Britannia Community Centre. No session Apr 25

22815.201BR

Mon 4:00-6:00pm Apr 11-Jun 6  
FAR Barry \$32/8 sess

### 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. No session Apr 25

22802.201BR

Mon 6:15-8:00pm Apr 11-Jun 6  
L5/6 Ricky \$32/8 sess

## Dance

### Hip Hop Dance

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

21602.201BR

Wed 4:00-5:00pm Apr 6-May 25  
Rink Mezz \$32/8 sess

## 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 labours. Together they will design the menu, cook the food, serve it and savour it.

22601.201BR

Wed 6:15-8:00pm Apr 6-May 25  
L5/L6 Ricky. \$44/8 ses



## Sports Recreation

### Basketball

Learn the game and develop skills. This program is open to boys and girls, of all skill levels. No session Apr 24.

23011.201BR

Sun 3:00-5:00pm Apr 10-Jun 5  
Gym C Kak \$28/8 sess

### Ball Hockey Drop-in

Ball hockey drop-in for youth ages 11-15. All skill levels welcome. Some equipment can be provided. Use of goggles required and can be provided. No Session Apr 6 or June 22

Wed 5:30-7:00pm Apr 13-Jun 29  
Gym D FREE!

### Dodge Ball

Loved dodgeball as a kid? Come play in organised games. National rules will be followed. All equipment provided.

11-15yrs

Sat 6:00-7:30pm Apr 30-Jun 25  
Gym C FREE!

## Special Events

### Preteen Dance

DJ 2 Scoops and DJ IMQT play 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 Forms must be completed and are available 1 week before the dance. Pay \$1 at the door.

Fri 6:30-9:00pm May 13, Jun 17  
Canuck Family Ed. Cent

## Social Recreation

### Girls Night Out

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

25802.201BR

Tue 6:15-8:00pm Apr 12-May 31  
L5/L6 Brittney FREE

### Guys Night Out

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

25803.201BR

Thu 6:15-8:00pm Apr 14-Jun 2  
L5/L6 Kak FREE

### Saturday Unlimited

Saturday Unlimited offers recreational opportunities to youth 13-19 years with special needs to 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 enjoyment of the program. Different activities take place each week and include at least one evening event in place of the day outing to enhance age appropriate activities. Call 604-816-1502 for more info. and intake must all be approved by Jeff. Note: Saturday Unlimited does not operate during the Spring, but are busy planning an incredible FUN summer. Please contact Jeff for more information.

# Youth 13-18 Years

## Youth Benchin'

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 who are interested in helping others settle into Vancouver. The program will provide social and recreational opportunities, provide job skill training, and certifications. There may be some minor fees for out trips and special workshops. Please contact Maryland at 604.718.7.5829 for more information.

Sat 1:00-5:00pm Apr 2-Jun 25  
FREE!

## Passion Project

For young women aged 10-18. Get involved in our program, learn about your community and develop and create a community project. The Passion Foundation's mission is to help young women achieve personal success in life by supporting each other. By providing opportunities for self exploration and positive role modeling we aim to decrease self harm and help young women to connect with their life purpose while being part of a community of success oriented peers; building on leadership and mentorship skills.

Contact Maryland at 604.718.5829 for more information.

## Culinary

### Feast of Flavors

Learn to create healthy, in expensive and easy to cook meals. Youth are involved in planning, cooking and preparing the meals.

32600.201BR

Tue 4:00-6:00pm Apr 5-Jun 21  
AML FREE!

No session last Tuesday of the month.

### Latin Cooking

Learn to cook food from various Latin countries. Participants will also learn how to make healthier food choices and to shop on a low budget.

Thu 4:30-7:00pm Apr 7-Jun 30  
AML FREE!

## TEEN CENTRE PROGRAMS 13-18 years

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, Brittney, Chiho, Jamie, Kakada, Maryland, Melissa, Ricky, Susie, Tom  
**Britannia Teen Centre**

All youth from 13-18 years are welcome. Pool, foosball, air hockey, ping pong, video games, and access to computers are all available for use. Youth, volunteers and youth workers together plan and run programs and activities. Please pick up a copy of the monthly 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:

- 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.



## Dance

### Hip Hop Dance

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

31602.201BR

Wed 5:15-6:15pm Apr 6-May 25  
Rink Mezz \$32/8 sess

### Latin Dance for Beginners

Learn the basic steps of various latin dances, including salsa and meringue and how to incorporate some of your own personal style. We'll be dancing to salsa, cumbia, reggaeton, bachata, and lots more.

31601.201BR

Fri 4:30-5:45pm Apr 8-Jun 10  
CFEC \$32/8 sess

No session Apr 22, May 13

No session last Tuesday of the month.

## 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 in the city.

35101.201BR

Tue 4:00-6:00pm Apr 12-May 31  
FAR Chiho C \$200/8 sess

# Youth 13-18 Years

## Spring Break Day Trips

TC will be open during the Break, join us for spring activities:

Mar 22	Lazer Tag	1-5pm	\$5
Mar 24	Wild Play Adventure	12-5pm	\$10
Mar 29	Downtown Movie	6pm-10pm	\$2
Mar 31	Paint Ball	1pm-5pm	\$10

## Grade 7 Month

These outtrips are for GR. 7 only and FREE! Come check out what the TC is all about:

June 6	Paintball	3:30-7:00pm
June 13	North Shore Hike	4:00-7:00pm
June 20	Outdoor Pool	6:00-8:00pm
June 27	Canoe Trip	3:30-7:00pm

## Playland Extravaganza

Youth day at Playland organized by your Van East Youth Workers. Bands, performances, contests, prizes, community booths and more!! Ticket purchase includes Playland all day ride pass. Tickets must be purchased in advance to get reduced rates. Contact Tom at 604.718.5826 for more info. Tickets may also be purchased at Hastings CC, Renfrew CC, Thunderbird CC, Killarney CC, and Champlain Heights CC.

35601.201BR

Sat	10:00-6:00pm	May 7	\$25
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## Children's Rights T-shirt Contest

Create an original t-shirt design celebrating an article(s) of the UN Convention of the Rights of the Child. Designs providing a negative image of any article, individual or organisation will not be considered. Visit [http://www.unicef.org/crc/files/Rights\\_overview.pdf](http://www.unicef.org/crc/files/Rights_overview.pdf) for an overview of the articles. Design should be sized to fit on the front of a standard t-shirt. Winner to get their design printed on t-shirts and sold in a retail store. Designs must be submitted by Mon Apr 11, and winners will be announced during Youth Week at the Playland Extravaganza. For more details and required digital specifications, please contact Tom at 604.718.5826. Sponsored by Oddball Workshop and Equitas.



## 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. BASH is now recruiting current Gr 7 students to participate in the program. Starting May 17, BASH will run on Tuesdays, 4:30-5:45pm, until the end of June. No session Apr 22 or the Week of May 9

Fri	4:45-6:00pm	Apr 1-Jun 24
	Jay, Jamie	FREE!

### Dragonboat

Britannia Teen Centre's Dragon Boat team is looking for committed paddlers to be part of this year's team. We will be meeting every week to talk about the upcoming year, paddling techniques, dry-land training, nutrition and twice a week on-the-water practices. The team will participate at the 2011 Rio Tinto Alcan Dragon Boat Festival, June 12th and 13th. Come out and prepare for the quest for excellence. No experience necessary. For more info, contact the Melissa at the Teen Centre, 604.718.5828. Practices will start March but participants welcome to join anytime.

## Sun Run Training

Join the Teen Centre's Sun Run Team. Race against the staff to the finish line or walk your way through the course as a group. Learn to run and walking practices will start March 2 at 3:30. Please Sign-up with Melissa at the Teen Centre ASAP.

## Basketball Open Gym

Fri	5:30-6:50pm	Apr 29-Jun 24
Gym C	FREE!	

## Midnight Ball

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

Sat	9:00-11:45pm	Apr 23-Jun 25
Gym C		FREE!

## Night Hoops

Night Hoops is a late night recreation opportunity for youth in Vancouver. Certified coaches lead both our junior and senior basketball teams. Players of all skilled levels are encouraged to attend. Junior and Senior teams are co-ed. Players are required to attend the practices in order to play in the games. Games will be on Saturday evenings between 6:00-10:00pm. For more information, call Chiho at 604-718-5828.

Practices

Junior Girls (13-15yrs)		
Fri	5:30-6:50pm	Gym C

Juniors (13-15yrs)		
Fri	8:00-10:00pm	Gym D
Senior (16-18yrs)		
Fri	10:00-11:55pm	Gym C

## Dodge Ball

Loved dodgeball as a kid? Come play in organized games. National rules will be followed. All equipment provided.

11-15yrs		
Sat	6:00-7:30pm	Apr 30-Jun 25
Gym C		FREE!
15-18yrs		
Sat	7:30-9:00pm	Apr 30-Jun 25
Gym C		FREE!

## Indoor Soccer Drop-in

For 11-18 year old players only.

Tue	6:00-8:00pm	Apr 5-Jun 28
Gym D	FREE!	

# Youth 13-18 Years

## Splash!!

### Youth Free Swim

Special features especially for Youth Week!! Similar to Splash!! but with more!! More prizes, more contests, and it's for a longer time! Plus we're bringing in the Wibbit!! Come find out what the Wibbit is about!! Contests, prizes, games and crazy staff!! Britannia youth only swim time. First Friday of every month. Be ready to go in the water by 8pm. Free!! No swimsuit required... it's not what you're thinking... swimsuits, or clean, recently washed clothing can be worn. No shoes allowed.

**Fri 8:00-10:00pm Apr 1-Jun 3**  
**Pool FREE!**

### Summer Kick OFF Party

Start the summer off with a bang! DJ, Food, Rock Band Competition, Mini Relay Game Competitions, Pool Tournament, prizes and more. Bring your friends and create a band, team, or duo to compete in the games!

**Friday June 17<sup>th</sup> @ 5pm**

### 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 Apr 6-Jun 29**  
**Teen Ctr FREE**

### Big Screen Movie Night

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

**Fri 7:30-9:30pm Apr 1-Jun 24**  
**Teen Ctr FREE**



## Youth Week Special Events

### Splash!! Youth Free Swim

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

**Fri 8:00-9:00pm May 6**  
**Pool TBA T FREE!**  
For more info check out [www.vancouver-youthweek.ca](http://www.vancouver-youthweek.ca)

Youth Week is an internationally celebrated event to promote awareness of youth, aiming to increase positive public profile of youth and build stronger connections between youth and the community.

Youth Week is about celebrating the great things youth and youth organizations do all year round!

Envision it like *New Year's* for everything to do with youth, a chance to celebrate this past year and to set goals and plans for this year!

Youth week supports and implements Vancouver's Civic Youth Strategy by:

-ensuring youth have a place in the community

-ensuring a strong youth voice in decision making

-promoting youth as a resource for the city  
-strengthening the support base for youth. During Youth Week young people around the world organize and participate in events, performances, forums and community projects. Get involved... plan events, promote activities, and attend events. Call 604-718-5826 to find out how you can help!!

### Week Kick off Dance

Dance at Riley Park Community Centre. Join youth from all over Vancouver to celebrate youth and the great contributions youth make every day!! Prizes, dancing and FUN!!

**Sat 6:30-9:30pm Apr 30**  
**\$10**

## OUTDOORS PROGRAMS

### The Great Escape Outdoors (GEO)

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

The Centre provides all necessary equipment, food, transportation, and guides/instructor, unless otherwise stated. Any overnight trip has co-ed leaders and at least one trained staff in Wilderness First Aid. The cost of the outings should not prevent any youth from participating, so let staff know. The GEO Club is funded by the CKNW Orphans Fund. If you have any questions or would like to register please call 604-718-5828.

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



### 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

Dates: Mar 25, Mar 30



# Latin American Youth

## Latin American Youth program (LAYP)

### Proyecto Juvenil Latino Americano

The Latin American Youth Project offers a number of opportunities to Latino youth 11 to 18 years of age and ranges from organized recreational programs to advocacy and referral services. For further information please contact Maryland, 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 Rosaura al 604-718-5829.

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

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

**Tuesdays/Martes** 6:00 - 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** 4:00-5:00pm  
**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-6:30pm **Apr 7-Jun 30**  
**AML** **FREE**

### Baile Latino/Latin Dance (12-18yrs)

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

**Fri** 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** 7:30-9:30pm  
**en el Teen Centre**

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

Meet youth your age and learn at the same time. The Friends First Buddy program provides you with social, recreational, and educational skills. We meet every Saturday and we participate in various activities from 1-5pm. To register phone Maryland 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 1-5pm. Por Favor llame a Rosaura al 604-718-5829 subsidios disponibles.

**Sat** 1:00-5:00pm

### Spanish Clubs

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

**Tupper:** Tue at lunch 11:40 Room 311  
**Templeton:** Wed at lunch 11:40 am Room TBA  
**Gladstone:** Thur at lunch at 11:40 Room B123  
**David Thompson:** Fri at lunch 11:40 Room 314

### What are Spanish Clubs?

Spanish clubs are where you get to meet all the Latin students in your school, a place where you have fun, learn more about Latin American culture, and know what activities and programs are going on in your community. We provide games, music, workshops, and guest speakers. If you are interested in having a Spanish Club at your school contact Maryland at 604-718-5829.



# Adult Outdoor Adventures

## Welcome to Britannia's Outdoor Adventures.

All our activities are led 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 regulate body temperature. Be prepared for inclement weather any time of the year. All activities leave from the pool lobby unless otherwise stated.

Our trail rating system is meant to give participants a better understanding of what to expect. Participants should be in good physical condition and must complete a medical history from before departure. The group leader has the right to limit participation of individuals who are not prepared or lack the fitness to safely complete the outing. Any questions please contact Barry at 604.718.5828 or visit our web site at [www.vcn.bc.ca/britout/](http://www.vcn.bc.ca/britout/)

Average hike 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 who can do the Grind in approximately 75 minutes.

### Legend

1=1 to 3hrs on trail  
2=3 to 5hrs on trail  
3=5 to 7hrs on trail  
4=7 to 9hrs on trail

### Trail Rating System

A=Flat or gradual incline  
B=Consistent gradual incline  
C=Predominately gradual incline with occasional steep sections  
D=Predominantly steep with some gradual inclines.

## Adult Outdoor Adventures

### Diez Vista Hike

This trail ascends the ridge that separates Buntzen Lake from Indian Arm. The trail at times grants us a birds-eye view of Indian Arm and Deep Cove and finishes off with the pleasant trail around Buntzen Lake. The trail is 13km in length and has a total elevation gain of 1500'. This makes a great early season hike that gives us the distance and views not usually found at this low elevation. Rating: B-3

45701.201BR

Sun 8:00-4:00pm Apr 17  
Offsite Barry S \$27/person

### Hayward Lake Canoeing

Hayward Lake is situated in Mission below Stave Lake, and like its neighbour, is a BC Hydro reservoir as well. While only 4.5 km in length the circumference totals almost 12 km's - a decent paddle for a day of shoreline exploration of coves and feeder streams. Rating D-3

45703.201BR

Sun 9:00-4:00pm May 15  
Offsite Barry S \$45/person



### Widgeon Hike/Canoe

This popular canoeing designation is located north of Pitt Meadows at Grant Narrows Regional Park, our departure point. Together we cross Pitt River and enter Widgeon Slough where we meander through an area rich in bird and mammal life. This area is affected by the tides which can either mean going against the flow or with it. After less than 2 hours of paddling in this pleasant environment we beach the canoes and head on a small hike (4km return) on an old forested road and trail to Widgeon Falls, a large volume river at this point. Rating: C-2

45702.201BR

Sun 8:00-6:00pm May 29  
Offsite Barry S \$45/person

### Canoe Pass Canoeing

Located in Ladner we will place our canoes in Canoe Pass and explore the islands, tidal marshes, floating homes and Ladner Harbour in the south Fraser River delta area. Due to tides, waves from motorboats and wind this trip is limited to those with known paddling experience with Britannia. Limited to 9 participants.

45704.201BR

Sun 10:00-6:00pm Jun 26  
Offsite Barry S \$45/person



## Bicycle Maintenance

### Flat Repair/Safety Inspection

This 3 hour, hands-on module you will not only learn how to fix the flat but also how to check out the rest of your bike to ensure that it is safe. Bring your own functioning bike to the workshop and learn how to remove and reinstall the wheels; repair a flat; re-torque nut and bolts; and perform a 20 Point Safety Inspection.

45407.203BR

Tue 6:00-9:00pm Apr 26  
Rink Mezz Barry K \$39/person

### Basics

With the price of fuel, it has become much more common for individuals and families to take their bikes out of storage and cycle instead of driving the car. Learn basic bicycle function and maintenance. Participants are strongly encouraged to bring a functional bike to the workshop.

45407.201BR

Sat 10:00-4:00pm May 21  
Cafe. Barry K \$55/person

### Advanced 2

You and your workshop partner will share a repair stand as well as a bike specific tool kit provided for your use. Together you will perform advanced service operations such as: - front wheel bearing/hub overhaul - shifter cable replacement, routing and adjustment - wheel truing (removing small wobbles) Please bring \$20 to class to pay instructor for supplies.

45407.202BR

Sat 10:00-4:30pm May 28  
Cafe. Barry K \$75/person

# Saturday Education Workshops

## First Aid Workshops

Goto <[www.metrovancouverfirstaid.com](http://www.metrovancouverfirstaid.com)> for more information.

### CPR C Basic Rescue & AED (CPRC)

This course allows you to properly recognize and respond to choking, cardiovascular, and breathing emergencies that occur with infants, children and adults.

65203.201BR

Sat 9:00-4:00pm May 21  
Staff Rm \$85/sess

### CPR C Basic Rescue Recert (CPRCR)

Must have a current CPR C certificate.

65203.202BR

Sat 1:00-4:00pm May 21  
Staff Rm \$55/sess

### 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. EFA includes CPR Level C Basic Rescuer Certification.

65202.201BR

Sat 9:00-4:00pm May 21  
Staff Rm \$100/sess

### Emergency First Aid Recert (EFAR)

Pre-Req: must have a current Emergency First Aid certification.

65202.202BR

Sat 1:00-5:00pm May 21  
Staff Rm \$70/sess

### Standard First Aid (SFA)

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 May 21 & 28  
Staff Rm \$160/2 sess

### Standard First Aid Recert (SFAR)

Must have a current Standard First Aid certification.

65201.202BR

Sat 9:00-5:00pm May 28  
Staff Rm \$85/sess

## Saturday Educational Workshops

### Mindfulness & Stress Reduction

Our lives are mostly spent thinking about the past or planning for the future. So we often miss what is happening in the here-and-now. Diminished awareness of the present moment severely limits our ability to live to the fullest. Mindfulness is about living consciously rather than living on autopilot. Learn mindfulness and enhance your life at home and at work. No previous knowledge of mindfulness is required.

45419.201BR

Sat 10:30-12:00pm May 21  
Rm 206 Sung Y FREE

### First Time Home Buyers / Sellers Workshop

Patrick Weeks will walk you through a step by step systematic approach that will help simplify the process. He will provide you with an information package and the tools necessary to understand what's involved on both sides of 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 10:30-12:00pm May 21  
Rm 205 Patrick W FREE

### Power Smart Tips for Home

Wondering where electricity is used in your home? It varies from house to house, but space heating and kitchen appliances are the largest users. Join the BC Hydro Community Outreach team to learn how to be smart with your power by taking advantage of our Power Smart programs and adopting energy-conservation behaviours that will improve the comfort of your home and help you save money on your electricity bill.

45405.201BR

Sat 3:30-4:30pm May 21  
Rm 205 BC Hydro FREE

### Say Goodbye to Your Landlord!

Come learn everything you need to know to get you started in finding your first home and avoid costly mistakes. Attendees will gain knowledge about the steps involved in buying a home, different types of home ownership, considering long term needs, current market conditions, essential things to consider when making an offer, different costs involved, what is mortgage financing and how to get pre-approved, using RRSP's to finance a first home, and new tax credits and current incentives for first time home buyers.

45404.201BR

Sat 1:30-2:45pm May 21  
Rm 205 Alejandra A FREE

### 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 May 21  
Rm 206 City of Vancouver FREE

### Make Your Mortgage Payments Tax-Deductible

Find out how to reduce your tax bill and increase your tax refunds - increase your financial security, swap bad debt for good debt, build a free and clear investment portfolio, and learn how to pay off your mortgage faster. Yes, this is totally legal. Pre-register to ensure your space.

45402.201BR

Sat 11:00-12:00pm May 28  
Rm 205 Malcolm L FREE

### Mineral Make Up

Using an array of earth elements, butters, oils, waxes, and pre blended bases, make and take home a foundation powder, concealer stick, mascara, eye shadow, lip gloss, cosmetic pencil, a moisturizing lipstick and handouts with instructions from the class. Plus discussions on blending colours, mineral make up benefits and ingredient knowledge. Also receive recipes on liquid foundation and makeup remover.

.45411.201BR

Sat 10:00-4:30pm May 28  
Rm 210 Sentimental Creations \$165/sess

# Adult Health & Fitness

## Martial Arts

### Ki Aikido

A non-competitive defensive art that develops calmness, stability and confidence to reduce the stresses of daily life and eliminate the fear of living. Dress in loose, sturdy clothes or a white judo gi, and please remove jewelry before class. All levels including beginners.

**43401.201BR – General**  
Drop in \$10. No session Apr 24, May 22

Sun 4:00-6:00pm Apr 3-Jun 26  
Mat Rm Mary B \$66/11 sess

**43401.203BR – Higher Grade**  
1st Kyu or more advanced students. \$5 drop-in. No session April 25, May 23

Mon 7:30-9:30pm Apr 4-Jun 27  
Mat Rm Wayne N \$33/11 sess

**43401.202BR – Intermediate**  
6th Kyu or more advanced students. \$10 drop-in.

Wed 7:30-9:30pm Apr 6-Jun 29  
Mat Rm Wayne N \$78/13 sess

### 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. No session April 25, May 23

**43405.201BR**  
Mon 5:30-6:30pm Apr 4-Jun 20  
Gym D Kelly M \$120/10 sess

### Kun Wu Sword - Part II

The Kun Wu Sword form is not a Tai Chi form, but rather a traditional northern external style form. It combines movements from the Kunlun and Wudang mountain regions. It will help those who have been studying the Tai Chi Sword to go a little further in terms of sword technique, and will provide a little bit more of a workout too! Experience with at least one sword form is required. Part One is prerequisite. No session April 25, May 23

**43405.202BR**  
Mon 6:30-7:30pm Apr 4-Jun 20  
Gym D Kelly M \$120/10 sess

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

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 One is a prerequisite. No session April 25, May 23

**43405.203BR**  
Mon 7:30-8:30pm Apr 4-Jun 20  
Gym C Kelly M \$160/10 sess

### Qigong

Qigong is the ancient Chinese practice of cultivating Qi, or vital energy in the body. Qigong uses many methods, including breathwork, simple movements, postures, sound, visualization, and meditation. It reduces stress, and improves health and concentration. No session April 25, May 23

**43405.204BR**  
Mon 8:30-9:30pm Apr 4-Jun 20  
Gym C Kelly M \$120/10 sess

### Capoeira

Capoeira is an Afro-Brazilian martial art created by slaves over 400 years ago. This class is a combination of dance, music, and self defense which makes it one of the more exotic martial arts and a unique form of exercise. Participants will gain confidence, stamina and skill, while learning stunning and hypnotic movements! Class is catered to all levels including novice. Bare feet and comfortable clothing required. Drop-in \$13. \*Free trial class Apr 6\*

**43406.101BR** Sess 1  
Tue 7:35-8:55pm Apr 12-May 17  
**43406.102BR** Sess 2  
Tue 7:35-8:55pm May 24-Jun 28  
MR Marcos D \$51/6 sess  
**43406.103BR** Sess 1  
Wed 7:35-8:55pm Apr 13-May 18  
**43406.104BR** Sess 2  
Wed 7:35-8:55pm May 25-Jun 29  
Gym C Marcos D \$51/6 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).

**44101.202BR**  
Tu/Th 6:00-7:00pm Apr 19-Jun 2  
Gym C Allyson R \$4.75/drop-in  
\$42/10 tickets

### 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).

**44101.203BR**  
Sat 10:00-11:00am Apr 2-May 28  
Gym C Denise G \$4.75/drop-in  
\$42/10 tickets

## Health & Wellness

### Vipassana Meditation Sitting

Practising Mindfulness Meditation brings greater awareness and contentment into your life. This group is for those who have completed the Beginning Meditation Class, have a regular practice, or have attended a meditation retreat. No session May 15

**44805.202BR**  
Sun 7:00-9:00pm Apr 10-Jun 19  
CFEC Judy W \$60/10 sess

### Experiential Anatomy

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. The course is great for anyone wanting a stronger understanding of anatomy and a better connection to how their body is functioning.

**44100.101BR**  
Sat 2:45-4:45pm Apr 30-May 7  
CFEC Denise G \$40/2 sess

## Sports

### Badminton

**43012.201BR – Monday**  
36 spaces permitting. No session April 25, May 23

**Mon 7:30-9:30pm** Apr 4-Jun 6  
**Gym A/B Bob W** \$32/8 sess

### 43012.202BR – Friday

Drop-in \$4.75; 30 spaces (registered & drop-ins) permitting. No session Apr 22

**Fri 7:00-9:45pm** Apr 1-Jun 24  
**Gym C Allen L** \$54/12 sess

### 43012.203BR – Saturday

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

**Sat 1:30-5:00pm** Apr 2-Jun 25  
**Gym C Allen L** \$65/13 sess

### Ball Hockey - Co-Ed

Come on out for a casual, fun, pick-up game of co-ed ball hockey with no body checking skill levels welcome. Protective gear optional but recommended. Plastic sticks provided, no wooden sticks allowed. Drop-ins space permitting only, so please register early! Drop-ins \$6.50, space permitting!

#### 43003.203BR

Monday

No session April 25, May 23

**Mon 7:30-9:00pm** Apr 4-Jun 27  
**Gym D Trey W** \$36/11 sess

#### 43003.204BR

Wednesday

No session May 25, Jun 22

**Wed 7:15-8:45pm** Apr 13-Jun 29  
**Gym D Trey W** \$40/10 sess

### Basketball

#### 3005.203BR – Drop-In Only

Recreational basketball drop-in. Drop-in \$4.25; 15 spaces permitting.

**Sun 12:00-2:00pm** Apr 3-Jun 26  
**Gym C Kakada P** \$4.25/drop-in

#### 43005.201BR – 2 pm

No drop-ins.

**Sun 2:00-4:00pm** Apr 3-Jun 5  
**Gym A Simon Y** \$40/10 sess

#### 43005.202BR – 4pm

No drop-ins.

**Sun 4:00-6:00pm** Apr 3-Jun 5  
**Gym A Scot A** \$40/10 sess

### Indoor Soccer

#### 43010.201BR – 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** Apr 28-Jun 30  
**Gym C Abdul M** \$42.50/10 ses

#### 43009.201BR - 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).

**Thu 6:00-7:30pm** Apr 14-May 26  
**Gym D Tracy H** \$28/7 sess

### Volleyball

#### 43013.203BR - Adv Fri

An understanding of more advanced play (ie 6-2). Drop-in \$5; 36 spaces permitting (registered and drop-ins combined). Each person can purchase up to 2 drop-ins per night (no phone-ins please) No sess. Apr 22

**Fri 7:00-10:00pm** Apr 1-Jun 3  
**Gym A/B Richard L** \$42.75/9 sess

#### 43013.204BR - Adv Sun

An understanding of more advanced play (ie 6-2). Drop-in \$5; 36 spaces permitting (registered and drop-ins combined). Each person can purchase up to 2 drop-ins per night (no phone-ins please).

**Sun 7:00-10:00pm** Apr 3-Jun 5  
**Gym A/B Richard L** \$47.50/10 sess

#### 43013.201BR - Beg Thu

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). Each person can purchase up to 2 drop-ins per night (no phone-ins please).

**Thu 7:00-9:45pm** Apr 7-May 26  
**Gym A/B Richard L** \$32/8 sess

#### 43013.202BR - 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). Each person can purchase up to 2 drop-ins per night (no phone-ins please).

**Tue 7:45-10:00pm** Apr 5-May 31  
**Gym A/B Richard L** \$36/9 sess

### Tennis – Gord Hauka

Equipment provided. Call 604-718-5800 an hour prior to the start of class for rainout decision.

#### Beginner

You will learn and play all the basic strokes; the serve, forehand and backhand ground strokes, volleys, lobs, and the smash.

#### 43001.201BR

**Mo/We 6:30-7:30pm** Apr 25-May 18

#### 43001.203BR

**Mo/We 6:30-7:30pm** May 30-Jun 22  
**Tennis Courts** \$86/8 sess

#### Novice

Novice Level Consistently rally 10 balls in a row from 3/4 court, hit a 2nd serve using a full motion, volley on the forehand, or have completed a Beginner level.

#### 43001.202BR

**Mo/We 7:30-8:30pm** Apr 25-May 18  
**Tennis Courts** \$86/8 sess

#### Novice Plus

Rally 8 balls in a row from full court, service with a full motion, hit forehand and backhand volleys, and know basic singles and double strategy

#### 43001.204BR

**Mo/We 7:30-8:30pm** May 30-Jun 22  
**Tennis Courts** \$86/8 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.

#### 43007.201BR

**Tue 7:30-9:00pm** Apr 12-Jun 28  
**LaSalle Morgan B** \$96/12 sess



# Adult Fitness & Yoga

## Fitness

### 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

#### 44004.203BR

Thu 1:00-2:00pm Apr 7-May 26  
CFEC Fit 4 Two \$104/8 sess

#### 44004.204BR

Thu 1:00-2:00pm Jun 2-Jun 30  
CFEC Fit 4 Two \$65/5 sess

### FuseBox

FOR WOMEN ONLY! Don't Blow a fuse, come to FuseBox! This fitness class is a non-choreographed circuit based cardiovascular workout which includes airboxing, airkicking, focus pads drills & combos, speed drills, strength training, core conditioning and flexibility. Learn fitness boxing and kickboxing techniques while relieving stress. Whack a pad and have some fun! Bring your own yoga mat and hand wraps. Drop-in \$15

#### 44106.203BR

Thu 6:15-7:45pm Apr 7-May 12  
Rink Mezz Carole M \$84/6 sess

#### 44106.204BR

Thu 6:15-7:45pm May 19-Jun 23  
Rink Mezz Carole M \$84/6 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 a specially trained Osteofit fitness instructor.

#### 44006.201BR

Tu/Th 2:30-3:30pm Apr 19-Jun 23  
CFEC Calvin L \$75/20 sess

### Zumba Fit

Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Zumba uses a variety of styles including cumbia, meringue, salsa, reggaeton, mambo, rumba, flamenco, and calypso. Zumba is a "feel-happy" workout that is great for both the body and the mind. Drop-ins \$11. Please bring your own yoga mat. We have a limited number. More info at <www.zumbavancouver.ca> No session April 25. Free classes Apr 4, Apr 6, May 18

#### 44105.201BR

Mon 6:00-7:15pm Apr 11-May 16

#### 44105.202BR

Mon 6:00-7:15pm May 30-Jun 27

#### 44105.203BR

Wed 6:00-7:15pm Apr 13-May 11

#### 44105.204BR

Wed 6:00-7:15pm May 25-Jun 22

Gym C Zumba Van. \$42.50/5 sess

## Yoga

### Iyengar Yoga - Level 1

Introductory/Ongoing Beginners - For all students new to yoga and/or Iyengar yoga as well as ongoing beginner students. No session Jun 7

#### 44303.202BR

Tue 5:30-7:00pm Apr 5-Jun 28

#### 44303.203BR

Thu 7:15-8:45pm Apr 7-Jun 23

CFEC Claudia M \$177/12 sess

### Iyengar Yoga - Level 1/2

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

#### 44303.201BR

Tue 9:30-11:00am Apr 5-Jun 21

CFEC Claudia M \$177/12 sess

### Iyengar Yoga - Level 2

Intermediate - Minimum of two full terms of Level 1 Iyengar Yoga classes or with instructor's permission. No session Jun 7

#### 44303.205BR

Tue 7:00-8:30pm Apr 5-Jun 28

#### 44303.206BR

Thu 5:30-7:00pm Apr 7-Jun 23

CFEC Claudia M \$177/12 sess

### Iyengar Yoga - Level 3

Advanced - With Instructor's permission.

#### 44303.208BR

Wed 5:30-7:15pm Apr 6-Jun 22

CFEC Claudia M \$177/12 sess

### Iyengar Yoga - Restorative / Gentle Yoga

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

#### 44303.204BR

Wed 7:15-8:30pm Apr 6-Jun 22

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 April 25, May 23

#### 44305.201BR

Mon 7:00-8:30pm Apr 4-Jun 20

CFEC Brenda L \$90/10 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.

#### 44307.201BR - Sess 1

Wed 7:00-8:15pm Apr 20-May 18

#### 44307.202BR - Sess 2

Wed 7:00-8:15pm May 25-Jun 22

AML Into Yoga \$55/5 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. \$10/drop-in. No session Apr 17

#### 44200.201BR

Sun 10:00-11:00am Apr 3-Jun 26

Gym C CLS Fitness \$81/12 sess

## Art Therapy Workshops:

### Awakening the Dream Through Art Making

Dreams and art both tap into the healing dimension of the unconscious. Through art making we can come into relationship with the images in the dream and work with it as a living process rather than a static image to be interpreted. This workshop is framed within a Jungian Perspective drawing on the archetypes for guidance.

**42304.202BR**  
**Sun 1:00-5:30pm Apr 17**  
**EAR Susanna R \$45/1 sess**

### Personal Mythology & Image Making

Discover the deeper, creative, mythic self through art making. Get to know yourself beyond the self-image you are familiar with by tapping the inherent healing capacities of your unconscious mind. Connect to the rich resources of the collective unconscious: a dimension of experience that is 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 the Self.

**42308.201BR**  
**Sun 1:00-5:30pm May 15**  
**EAR Susanna R \$45/1 sess**

### Exploring Images & Stories of the Child Self

Awaken the creativity of the child within: past narratives, future dreams - this workshop will explore images and stories of the child still present in the psyche of the adult. Through a variety of simple art making activities, aspects of the self that hold important links to creativity and healing are activated and explored in a non-judgmental atmosphere. No previous art experience is necessary. Susanna Ruebsaat MA is a qualified art therapist and certified teacher who has been in the field of counselling since 1986. She brings a Jungian approach to art therapy providing a unique perspective that draws on the powers of the unconscious for healing and creativity.

**42305.201BR**  
**Sun 1:00-5:30pm Jun 19**  
**EAR Susanna R \$45/1 sess**

### Drawing like Da Vinci Beginners

Learn to apply the masterful drawing techniques of Leonardo Da Vinci to your own work! We will explore different drawing materials that capture the grace of lifedrawing and the beauty of plant life perfected by the Renaissance man himself. Bring your creative eye and you will be surprised with the "tricks" you will learn. This is a beginner class. Supplies for the first class will be provided and a supply list will be given out at this time.

**42003.201BR**  
**Wed 7:00-9:00pm Apr 20-Jun 8**  
**FAR Susan A \$80/8 sess**

### 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 cellphone 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!

**42401.201BR**  
**Sat 10:00-4:00pm May 28**  
**Rm 210 Alastair M \$45/1 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.

**42201.202BR**  
**Wed 6:30-9:00pm Apr 20-Jun 8**  
**Rm 208 Helen S \$160/8 sess**

### Pottery - Introduction

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

**42201.201BR**  
**Tue 7:00-9:00pm Apr 19-Jun 7**  
**Rm 208 Helen S \$135/8 sess**

### 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](http://www.recklesspainting.ca).

**42203.202BR**  
**Tue 6:00-8:00pm Apr 26-May 24**  
**Rm 210 Arthur O \$55/5 sess**

### Watercolour Painting Beginners

NEW

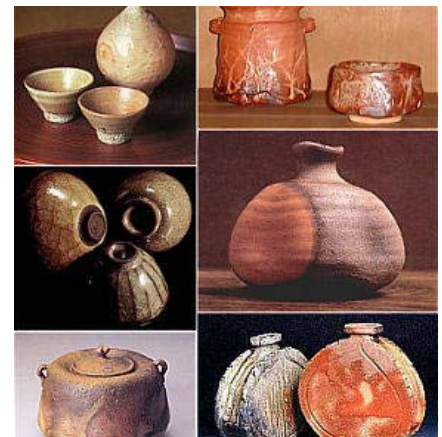
Experience the vibrancy and movement of watercolour painting! We'll unlock our imaginations and explore a variety of techniques to capture the grace of plants and objects and also our own passions and ideas. Enjoy the power and creativity of watercolours in this workshop for beginners.

**42004.201BR**  
**Tue 7:00-9:00pm Apr 26-Jun 14**  
**FAR Susan A \$80/8 sess**

### Writing Workshop

This program provides writers of all skill levels and genres with the opportunity to sharpen their creative writing skills in an open workshop environment; culminating with a body of work suitable for submission to a literary magazine. Bring a selection of unedited work, or work in progress, to each session for peer review and open discussion. We will also discuss: publishing & self-publishing, reading in public, submitting work to magazines and more. Class will be taught by editors of Vancouver-based literary magazine, Memewar, and organizers of the Short Line reading series.

**42910.201BR**  
**Wed 7:00-9:00pm Apr 27-Jun 1**  
**Rm 210 Memewar Arts \$75/6 sess**



# Adult Arts

## Dance

### Poi Mastery All Levels

Come learn the full depth of poi spinning in a supportive group atmosphere! This class is about more than moves - it's about mastering moves and variations of moves down to the smallest element. Just as learning a few songs on guitar doesn't lead to mastery of the guitar, learning a series of moves in poi doesn't lead to complete freedom or flow. We'll break down and explore all the possibilities within moves like the weave, butterfly, corkscrew, and more. We'll also work hard to improve transitions, independence of motion with each hand, and overall body movement while spinning. This class is suitable for beginners who are ready to work hard as well as intermediate and advanced spinners.

Practice poi are available to borrow and/or buy (\$30/pair) in class. \$16 drop-in. For more info visit <http://www.nightanddaydance.com/poi/>

**41701.201BR**  
Mon 8:45-10:00pm Apr 11-Jun 27  
No classes April 25 & May 23  
CFEC David Y. \$120/10 sess  
\$16/drop-in

### Salsa Cubana & Rueda De Casino

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

**41605.201BR**  
Beginners  
Tue 8:00-9:30pm Apr 26-Jun 14  
Gym C

**41605.207BR**  
Beginners  
Sat 12:00-1:30pm Apr 30-Jun 18  
Rink Mezz

**41605.202BR**  
Intermediate  
Wed 8:00-9:30pm Apr 27-Jun 15  
Rink Mezz

**41605.203BR**  
Intermediate/Advanced  
Thu 8:00-9:30pm Apr 28-Jun 16  
Rink Mezz

**41605.206BR**  
Advanced  
Fri 7:00-8:30pm Apr 29-Jun 17  
CFEC Carlos R \$120/8 sess

## Language

### Italian for Beginners

Are you planning a trip to Italy? Do you have an interest in a new language or culture? Learn conversational Italian in a fun and friendly atmosphere. This class provides an opportunity for communication, self-expression and interaction and includes basic grammar, vocabulary and pronunciation. Cost of text (\$16) not included.

**45001.201BR**  
Wed 7:00-9:00pm Apr 13-Jun 15  
Rm 211 Bahareh Z \$130/10 sess

## Music

### 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 I

**41100.201BR**  
Mon 6:30-8:00pm Apr 18-Jun 20  
FAR Gordon K \$96/8 sess

### Guitar - Level II

**41100.202BR**  
Mon 8:00-9:30pm Apr 18-Jun 20  
FAR Gordon K \$96/8 sess  
No class Apr 25, May 23

## Hand Drumming: African

Play traditional West African rhythms on djembes (hand drums) and dununs (bass drums.) The instructor travels to West Africa regularly to gather rhythms. The African level one course is an introduction; no previous experience is needed. Level two or three requires taking previous levels or permission from the instructor. Drum rentals are to be arranged with the instructor at the first class. For more info visit [www.drumming.ca](http://www.drumming.ca). Drum rental \$15/8 classes

### Level I

**41101.201BR**  
Wed 6:30-8:00pm Apr 13-Jun 1  
Caf Russell S \$120/8 sess

### Level 2

**41101.203BR**  
Wed 8:10-9:40pm Apr 13-Jun 1  
Caf Russell S \$120/8 sess

## Hand Drumming: Afro Cuban

Learn Afro Cuban rhythms on conga drums, bell and clave. The level one class teaches basic hand techniques and rhythms. The level two class goes deeper into the beautiful syncopated rhythms of the Afro Cuban tradition. Rental drums are available during class times for a fee of \$15 for the 8 classes. Enrolling in level two requires taking previous levels or getting permission from the instructor. Drum rentals are to be arranged with the instructor at the first class. For more info; [www.drumming.ca](http://www.drumming.ca)

### Level 1

**41101.207BR**  
Tue 6:30-8:00pm Apr 12-May 31  
Caf Russell S \$120/8 sess

### Level 2

**41101.208BR**  
Tue 8:10-9:40pm Apr 12-May 31  
Caf Russell S \$120/8 sess





# Adult Arts & Food Workshops

## Sing and Strum

Join Sue Malcolm and learn to put together singing and strumming with easy songs from the bluegrass, country, and folk repertoire. This class is for those who have taken a beginner guitar class. You need to be able to tune your guitar and play the following chords; D,A,E,G,C. Learn more chords, right hand techniques, bass runs, and the use of the capo to accompany yourself in the right key for your voice. Explore & develop your vocal technique using breathing, relaxation, warm-ups and lots of singing!

NEW

41002.201BR

Thur 7:00-9:00pm

Apr 21-Jun 16

AML Sue M

\$100/8 sess

No class June 2

## 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.

61901.202BR

Mon 7:00-10:00pm

Apr 4-Jun 27

AML Diwali V

\$2-\$5 drop-in

No practice Apr 25, May 23

## 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). All you need is a good attitude and an instrument that you can take out to the streets, parks and special events. Stop by anytime. Please purchase a Britannia Membership at the Info Centre or Pool Cashier. For info: Trudy Ann Tellis at drivestreetband@gmail.com

61122.202BR

Sun 3:15-5:00pm

Apr 3-Jun 26

AML Diwali V

\$2-\$5 drop-in

## Britannia Art Gallery

The Britannia Art Gallery is located in the Adult Lounge of the Britannia Library. All events and exhibitions are FREE.

Find the Britannia Art Gallery in the "quick-links" on our homepage:

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

## Exhibitions

March 2-April 8

Opening Wed. Mar. 2 6:30 - 8:30 pm  
Creating Resistance: Youth Art/Work from the Purple Thistle Centre with live music.

April 20 - June 3:

Opening Wed. April 20, 6:30 - 8:30 pm  
Paintings by Anne Gaze, whose theme is water due to its healing powers and the transformative qualities it possesses on both physical and metaphorical levels. And a new media community engaging project called Oceanic Ode by Laiwan

June 15 - July 22:

Opening Wed. June 15, 6:30 - 8:30 pm  
Photography by Brian Roche and an installation by Jim Ramsay

## Artist's Presentations

Free to the public in the gallery

Wednesday, June 1, 7-8:30 pm

a presentation by Lori Weidenhammer also known as Madame Beespeaker Her Artist Run Bee Garden at the MOP (2009) has inspired other Vancouver gardeners to create their own bee gardens and hold bee-related community celebrations. As a food security volunteer and activist Weidenhammer works with colleagues and students of all ages on identifying native plants, eating locally, gardening for pollinators, and guerilla gardening. She is passionate about art that transforms the relationship between the artist and the viewer and creates community bonds.

See the website for FREE WORKSHOPS:

[www.britanniacentre.org](http://www.britanniacentre.org) and click on quick links

## Food

### Eightfold Eats Food Workshop

Workshops with curriculum aimed at educating and informing on important health related topics. Join Mike Robinson, holistic nutritionist, for these informative, fun, and affordable workshops. Mike is passionate and dedicated to providing participants with the tools and education to be accountable for their own health and well-being. Each workshop will provide information, tips on cooking, handouts, FOOD, exclusive recipes and a chance to ask questions.

### Whole Foods, Fats & Oils

A cooking demo plus a discussion on whole and organic foods, processed foods, fats and dairy products as well as a section on why diets don't work.

42601.201BR

Sun 1:30-3:30pm

Apr 17

PTC Mike R

\$20/1 sess

### Gluten & Sugar-Free Baking

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.

42602.201BR

Sun 1:30-3:30pm

May 15

PTC Mike R

\$20/1 sess

## Britannia Community Kitchen is coming!

NEW

We are very excited to roll out a new Britannia Community Kitchen this Spring. Community Kitchens bring people together to purchase, prepare, and eat healthy food. Everyone participates. Most importantly, community kitchens build friendships and new cooking skills.

Funding is provided thanks to the Canadian Diabetes Association. As such, our community kitchens will have a strong health focus and will be designed to meet the needs of individuals with diabetes or at risk of diabetes. Each ten week session will include a presentation by a health professional familiar with nutrition and diabetes prevention.

**These kitchens are fully subsidized and open to individuals who are struggling financially as well as being diabetic or at risk of diabetes. Donations are accepted. Registration for childminding is separate. Space is limited.**

**For more information contact Britannia Food Security @ 604-718-5895**

## Britannia's AI Mattison Lounge

### (AML)55+

Drop-in Centre open 7 days a week  
TV Lounge/Computer Lab/ Card Tables  
Office Hours:  
Mon/Thu 10:00am-6:00pm  
Wed 10:00am-2:00pm  
Anne Jackson 604-718-5837  
www.britanniacentre.org  
AML blog:  
http://britsenior55plus.blogspot.com/

## 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 Apr 28, May 26,  
Jun 30

## Educational/ Development

### Intro to Digital Photography

Learn how to use your digital camera---take great photos while exploring your camera's capabilities. We will be learning how to download and store photos on the computer. Basic photo editing will be introduced and we'll also learn how to produce a project in Windows Movie Maker. It's fun and no experience needed. No class Oct 11th

55405.204BR

Mon 1:00-3:00pm Apr 4-May 9  
AML Computer Lab 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 MovieClip, Occasion Card, Frame Photo.

55405.205BR

Mon 1:00-3:00pm May 16-Jun 20  
AML Computer Lab Michelle Z  
\$48/6 sess

### Internet Club and Lab Hours AML

55+ Britannia (AML) Mondays 3:00pm-4pm Wednesday 1:30-4pm Thursdays 10:30am-4pm Fridays 12:30pm - 4pm Sat/ Sun 11:00am - 3pm Please show receipt to activity coordinator for access on weekends Please Note \* Lab not Open on Stat Holidays and may be closed for Special Events

55406.201BR

Su/We/Th/Fr/Sa 12:30-4:00pm Apr 6-Jul 2  
AML Computer Lab \$7per season

### Intro to Computers and Internet Level I

Small classes and friendly instruction makes this a must do. The class will walk students through the steps needed to learn basic skills, important foundations and word processing tools that will make your Internet experience easy and fun!

55400.201BR

Mon 10:00-12:00pm Apr 4-May 9  
AML Lab 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 mandatory but basic computer knowledge is preferred.

55401.201BR

Mon 10:00-12:00pm May 16-Jun 20  
AML Lab Michelle Z \$48/6 sess



### 40+ Use Wii Fit to be Active!

Drop in to the AML for free Wii Fit lessons as part of an SFU research study. If you are a woman over 40 who currently works out fewer than 2 hours per week, this group is for you! Led by a certified fitness trainer. You will be given an honorarium.

Sat 9-12pm ongoing  
AML FREE



## Out Trips

### Bus Tour 55+ Nooks & Crannies

Join Historian John Rogers, a veteran of the CBC for 30 years, on a fun tongue-in-cheek narrated coach tour of West Vancouver's storied past. Highlights include: Lions Gate Bridge, Guinness Family, Park Royal, Ambleside, and Dundarave Railway line. Visit St. Francis in the Woods Church, Eagle Harbour, Telegraph Trail, Fishermans Cove and Whytecliff Park. This tour includes a delicious lunch at Troll's at Horseshoe Bay.

55700.202BR

Sat 10:00-3:00pm Apr 16  
\$79

### Bus Tour 55+ "Country Side Art Tour"

Experience the Arts in the country at three galleries all beautifully set in the Harrison Hot Springs Countryside. Join artist Dehlia Simpere at Woodside Gallery named after it's unique location on Mount Woodside, The Ranger Station Art Gallery with Artist Rhonda Simmons situated on the shores of Harrison Lake and photographer Zeus Zen at Gallery 7. This tour showcases artists from Vancouver to Harrison with works in many different mediums and includes a buffet lunch at The Trillium Restaurant at Minter Gardens. Don't miss out as seats are limited.

55700.201BR

Sat 10:00-3:00pm Jun 18  
\$69

### Bus Tour 55+ XA'-YTEM Longhouse and Salmon

West Coast Express + XA':YTEM Longhouse Interpretive Centre - Ride the sleek, state-of-the-art West Coast Express train from Vancouver's Waterfront Station to Mission City and enjoy a guided tour of XA':YTEM Longhouse Interpretive Centre. Take the scenic train ride to Mission, travel by mini coach to this National Historic Site of Canada to experience First Nations' Culture, History, Archeology, Spirituality and a fresh 3-course Wild Salmon dinner. This interactive tour starts in the Longhouse, continues to an authentic pit house and includes a stop at the massive 12,000 year old glacier rock that makes for an unforgettable experience. Don't miss out as seats are limited.

55700.200BR

Sat 10:00-3:00pm May 21  
\$45

# 55+ Adults - AML

## Physical Recreation

### 55+ Social Walking Club Best Foot Forward

We plan our walks together. New members are always welcome! Remember to bring bus fare! Saturdays 11:15am \*meet in the Seniors Centre

53010.201BR  
Sat 11:15-1:30pm Apr 2-Jun 25  
FREE

### 55+ Tuesday Badminton

5 courts. Volunteer Wally Lee and all our regulars will make you welcome.

53001.202BR  
Tue 11:30-1:30pm Apr 5-Jun 28  
Gym C \$16/season/  
\$3 Drop-In

### 55+ Thursday Badminton

Every Thursday, lots of fun! 5 courts

53002.202BR  
Thu 11:30-1:30pm Apr 7-Jun 30  
Gym C \$16/season

### 55+ Saturday Badminton

Sat 2:00-4:00pm Apr 16-Jun 25  
Gym A \$16/season

### Table Tennis and Billiards 55+

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

53004.202BR  
Wed 10:30-12:00pm Apr 6-Jun 29  
Teen Centre Drop-in FREE

NEW

### Fitness Centre-55+ Only

Staff is on hand to provide guidance. Regular fees apply.

Fri 9:00-10:00am Regular fees

### 55+ Adult Swim

Staff is on hand to provide guidance. Regular fees apply.

Mon-Fri 9:30 - 10:30am Regular fees  
55+ Adult Swim Lessons  
Set 1: Mon/Wed 9:30-10:00am  
\$36.95 /10 sess  
Set 2: Mon/Wed 9:30-10:00am  
\$36.95/10 sess

### Vancouver Morrismen Dance

This intergenerational group meets at Brit every Tues.and new members are always welcome. Enjoy the various styles of English traditional 'Morris Dance' &music.

51600.201BR  
Tue 7:30-9:30pm Apr 5-Jun 28  
AML

## Yoga

### Hatha Yoga 55+

For Older Adults 55+ Classes are adaptable. The practise will provide many benefits including increased focus and well being, less stress, better sleep, greater flexibility and strength, longer breath, along with rejuvenated energy and improved health. Remember to dress comfortably. \$9.50/drop-in.

54301.202BR  
Mon 1:00-2:30pm Apr 4-May 9  
CFEC Graham S \$40/5 sess

54301.204BR  
Wed 1:00-2:15pm Apr 6-May 11  
CFEC Graham S \$40/4 sess

54301.205BR  
Graham will be away in June. Classes will begin in July

## Social Recreation

### 55+ AML Book Club

Afternoon Book Club in the Lounge on the 3rd Wednesday of the month. Books chosen by the group. BOOKS ARE PROVIDED. Hosted by a friendly Librarian and Programmer at the the Britannia AML Registration is a must!

55802.201BR  
Wed 2:00-3:00pm Apr 20, May 18, Jun 15  
AML FREE

### Brain Gym

Exercise your mind! This is for all those who want to sharpen their minds and play some games. Loads of fun! See you at the AML

56601.202BR  
Mon 10:30-12:00pm Apr 4-Jun 27  
AML FREE

### Knitting Social

Everyone is welcome to join this multi-age group! (Newborn to 90's). Beginners to Advanced. It's a great way to spend the afternoon.

55801.202BR  
Thu 1:00-3:00pm Apr 7-Jun 30  
AML FREE

### Homemade Soup Lunches

Lunch in the lounge. This homemade lunch is a must...Soup,bun, tea, coffee, and let's not forget the great company. It's drop-in so join us anytime.

55806.202BR  
Mon 12:00-1:00pm Apr 4-Jun 27  
AML \$3.00/lunch

### Pot Luck Lunches 55+

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

Thu 12:-1pm Apr 28, May 26 Jun 30  
AML

### Queer Women On The Drive

An evening social with different activities each month for LGTB women of all ages. Meet on the last Friday of the month

Fri 6:30-9pm Apr 29, May 27, Jun 24  
AML

### Whist/Cribbage/Bridge/Poker

Whist/Cribbage/Bridge for fun and friendly games.

Mon 1:00-4:00pm Apr 4-Jun 27  
AML

### Traditional Italian Cards

Seniors Traditional Italian Cards drop in especially on rainy days!

55802.203BR FREE  
Mon 1 pm - 4 pm AML  
Tue 1 pm - 5 pm LD  
Wed 1pm - 4pm AML  
Thu 2 pm - 4 pm AML  
Fri 1pm - 4 pm AML  
Sat 12:30pm-2:00pm AML  
Sun 12:30pm-2:00pm AML  
\*exceptions for Special Events



### St. Patrick's Day Lunch

Thursday March 17th.Wear your favourite 'green'

55600.200BR  
Thurs 12:30pm Mar 17  
AML \$7.50

# 55+ Adults - Lion's Den

## 55 + Adult Program Spring 2011

For just \$1.00 your annual membership allows you to enjoy mixed age events on a regular basis, as well as activities adapted to a slower pace. Our on-going and new programs are for those who are looking for new leisure interests, activities and friends. Britannia offers a little activity and a variety of services for the young at heart and for those who just like to get together and socialize. Learn to swim, join a language group or eat a meal together. We are looking forward to meeting you! Volunteers are always welcome. Younger adults may also join our activities. Just phone!

### 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!

Spring, 2011: Apr 5, May 3, Jun 14

## Computer Lab

Tuesdays 1:00-5:00pm  
Fridays 12:30pm - 3:00pm

### 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. (No computers during class time). Must have current Britannia membership.

55409.101BR

Tue/Fri 9:00-5:00pm Apr 5-Jun 28  
LD Free

### Games, Crafts, 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

55902.101BR

Thu 6:30-8:30pm April 7-June 30  
LD

### Carpet Bowling

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

53301.201BR

Tue 10:00-12:00pm April 5-June 28  
LD Free

### Drop-In Pool/Billiards

The pool table is open

Tuesdays 12:00-5:00pm  
Fridays 9:00am-5:00pm.

Fridays 1-2:30pm is reserved for women only.  
55906.201BR

Tue & Fri April 5 – June 28  
LD Free

### Mahjong

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

55807.206BR

Thu 1:00-4:00pm April 7- June 30  
LD Free



### See Other Programs of Interest

Senior's Week - See page 12 for details.

Stone Soup - See page 7

Swimming schedule - See page 32

First Aid courses - See page 18

Britannia Art Gallery - See page 24

Adult Arts - See page 22

## Creative Arts

### 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

51601.204BR

Mon 7:00-9:00pm Apr 4, May 2 and June 6  
LD Corinne C By Donation

### Open Door Singers

We will have fun singing World music-no experience necessary

51600.205BR

Fri 1:00-2:00pm Apr 15-May 27  
No class on Apr 22 \$20/6 sess  
LD Colleen S

## Educational

### Spanish Conversation for Beginners

Learn basic communication skills in an informal atmosphere. This class is based on building your conversational skills, with very little writing. Small classes make it easier to learn!

55500.201BR

Tue/Fri 9:30-10:30am Apr 12-May 27  
No class on Apr 22 \$45/12sess  
LD Monica N

### 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

55500.202BR

Tue 10:45-11:45am April 12-May 22  
No class on April 22  
LD Monica N \$45/12 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

555.203BR

Fri 1:00-2:00pm April 15-July 8

No class Apr 22 or Jul 1

LD Odette DB \$45/12 sess

## French Conversation for Intermediate Speakers



A more advanced class for those who know the basics

555.204BR

Tues 1:00-2:00pm Apr 12-Jun 21

LD Odette DB \$45/12 sess

## Income Tax Services

Sponsored by 411 Seniors Centre. Please phone Carolyn for details. This is a free service for those on a limited income. Call 604.718.5848

## 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.

54901.201BR

Tue/Fri 11:00-2:00pm April 5-June 28

No lunch on April 22

LD \$5/meal

### Thursday Variety



The centre is open all day from 9am – 7pm. Come and enjoy the space and all the activities available

2nd Thursday of each month Pot luck Supper and Discussion/Speaker Series Bring food to share for supper at 5.00pm

4th Thursday of each month Activity night and Newsletter design group All welcome!

Thurs 4.30-6.30pm Apr 7-Jun 30

## Health & Wellness

### Adult Day Centre "Encourage"

Please phone Carolyn for information. We have many Italian-speaking seniors who would love to practice their Italian! Referrals from Vancouver Coastal Health.

Mon/Wed/Thur 9:00-2:00pm 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.

54802.202BR

Fri 11:00-12:00pm Apr 1 May 6 Jun 3

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.

54802.201BR

Thu 6:00-8:00pm Apr 21 May 19 Jun 16

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.

54801.201BR

Fri 11:00-12:00pm Apr 1-Jun 24

LD Free

## Foot Doctor

Dr. Eng has an office on Commercial Dr 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, \$33. Please phone ahead for an appointment (Carolyn 604.718.5848). This Service is for seniors who cannot walk to the Podiatrist Office. Winter dates TBA

56605.202BR

Mon 9:00-12:00pm

Apr 4/Jun 6

LD Dr Eng

\$10/sess

## 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).

Fri 11:00am-2:00pm

Apr 15-Jun 24

LD

Free

## Special Events

### Mothers Day Dinner/ Pot Luck

We will provide the main course and you bring the salads, vegetables and dessert

55608.202BR

Thurs 6:00-8pm

May 12

LD

Cost: \$ 5



# 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. New to our facility is an automated wheelchair lift. See you at the Pool!

## STATUTORY HOLIDAYS

(Pool and Fitness Centre)

Good Friday: April 22 CLOSED

Easter Monday: April 25 1-5pm

Victoria Day: Mon, May 23 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 – 9:00 pm FREE**

April 1, May 6, June 3, July 8

### Wibit Day - Teen Swim

**May 6 8:00-10:00pm**

Closed to public



### Public Swim

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 (under 5 yrs).

### Children Lessons and Lengths

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 (6-12 yrs)

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

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

### Lengths

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.

### Aquafit

Aquafit is a safe and excellent fitness activity for swimmers and non-swimmers alike and is 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.

### Senior's (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.

NEW

### Special Needs

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 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 mos-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/Senior/Youth Lessons

Swimmers of all levels with 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 Winter 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)
<b>Monday and Wednesday 3:30 - 6:00pm</b>						
1	Apr 6-May 9	9	N/A	\$53.00	\$47.00	\$53.00
2	May 16-Jun 12	9	N/A	\$53.00	\$47.00	\$53.00
<b>Saturday 8:30am to 12:00pm</b>						
1	Apr 9-Jun 11	10	\$55.50	\$55.50	\$48.50	\$55.50
<b>Sunday 11:00am to 2:30pm</b>						
1	Apr 10-Jun 12	10	\$55.50	\$55.50	\$48.50	\$55.50
<b>Adult Lessons 19+</b>						
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	Tues	Apr 12-Jun 14	10		\$93.50	
1	Thur	Apr 14-Jun 16	10		\$93.50	
<b>Seniors Only Lessons (55 years+)</b>						
Monday and Wednesday - 9:30am - 10:00am - Lessons are subsidized, No further subsidy offered						
Set #	Dates		# of Lessons		Cost	
1	Mon/Wed	Apr 6-May 9	9		\$42.15	
2	Mon/Wed	May 16-Jun 12	9		\$42.15	

# Aquatic Schedule -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early Bird Length Swim 6:30am to 8:30am</b>					Lengths 9am-12:00pm (4 lanes)	Parent & Tot 10:00-10:55am  Lengths 10-10:55am (4 lanes)
-Parent & Tot -Adapted Aquatics/ Adult 55+ 9:30-10:30am	Adult 55+ & Aquafit 9:45-10:30am	ROM 10-10:30am Parent & Tot Adapted Aquatics Adult 55+ 9:30-10:30am	Adult 55+ & Aquafit 9:45-10:30am	ROM 10- 10:30am Adult 55+ 9:30-10:30am		
<b>Vancouver School Board 8:30-9:30am, 10:30-11:30am, 1:00-2:55pm (1 lane)</b>					<b>Special Olympics 12:00-1:00pm</b>	
<b>Noon Lengths 11:45am to 1:00pm</b>						
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 under 4' tall must be accompanied and in arms length of a responsible 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					Public 1:00-2:25pm (1 lane)	Lengths 11-2:30pm (1 lane)
Lengths 3:30-4:55pm (1 lane)	Teen (13+)/ Adult Free Time 3:30-4:55pm (1 lane)	Lengths 3:30-4:55pm (1 lane)	Children (6-12yrs) Free 3:30-4:55pm (No lanes, sauna or whirlpool)	Public 3:30-4:55pm (1 lane)	Lengths 2:30-3:25pm	Public 2:30-3:55pm (1 lane)
	<b>Lengths 5:00-6:25pm</b>					
	<b>Monday and Wednesday - lanes are smaller to accommodate lessons</b>					
	<b>Public 6:30-7:55pm (1 lane)</b>					
<b>No swim lanes available Tuesday from 6:30 to 7:55pm</b>						
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 8:00-9:00pm	<b>Saleable Goods Sold At Swimming Pool Cashier</b>	
<b>Adult Swim 8:00-9:55pm (4 lanes)</b>						

## 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.

**Racquetball \$13.95 /Prime Time  
(Mon-Fri 3:30-9:30pm/Sat, Sun All day)  
\$ 10.00 /Non-Prime Time**

**(Mon-Fri 9:00am-3:30pm)**

**Wallyball \$13.95/Prime Time**

### Hours of Operation

**Mon-Fri 9:00am-9:45pm**

**Sat 9:00am-4:30pm**

**Sun 9:45am-7:30pm**





# Fitness Centre

Britannia Spring Fitness Centre Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Non Prime Time:</b> Non Prime Time Rates in effect 6:30am to 3:00pm Monday to Friday - Monday-Sunday 10am-3:00pm						
6:30am-3:00pm	6:30-3:00pm	6:30am-3:00 pm	6:30am-3:00 pm	6:30am-9:00am Seniors Only 9:00-10:00am 12noon- 3:00pm		10:0am-3:00pm
<b>Prime Time:</b> Admission Rates: Adults \$5.95 • Youth \$4.15 • Senior \$4.15						
3:00pm-9:55pm	3:00pm-9:55pm	3:00pm-9:55pm	3:00pm-9:55pm	3:00pm-9:55pm	9:00am-12 noon Women Only 12noon-6:55pm	3:00pm-6:55pm
Free Sessions with Membership - Tuesday and Friday 10:00 am - 12:00 noon						

## Get Fit at Brit

### Are you new to fitness ?

Enlist one of our highly-trained staff for a fitness centre orientation. Our staff will show you how to properly and safely use our equipment and recommend exercises. Please call ahead to make an appointment.

### Our equipment includes:

- treadmills
- ellipticals
- stationary bikes
- weight lifting equip
- free weights & benches
- training accessories

## 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.

To get started, please complete our Personal Training Request Form which is located at the Community Centre – Pool cashier station. Please return the complete form to the Pool Cashier station. A programmer will review your request and have a suitable trainer contact you to set up your sessions. Personal training requests may take up to 2 weeks to process.



## Free Swimming and Fitness Centre Workout

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

Membership Only Times:

By purchasing a \$3.00 yearly (September-August) Britannia membership you can work out for a reduced cost from Sunday to Friday before 3:00 pm. Simply show your membership card to the Pool Cashier to enjoy these and other benefits. Please note: LAC holders must purchase a membership to receive free and non-prime time rates privileges.

Pool and Fitness Centre Rates						Fees in effect January 1, 2010		
2010 Fees	Single Admission	Tickets (10)	1 Month flexipass	3 Month flexipass	4 Month fledipass	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 for a reduced cost in the Fitness Centre. Show your membership card to the cashier at the time of entrance. Please note: Leisure Access Card holders must purchase a membership card to receive free and non prime time rate privileges.								

# Ice Arena Highlights



Get involved,  
JOIN THE ARENA  
COMMITTEE!

## Get involved and join a Committee!

The Arena 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 Spring meeting dates.

## Coming this Summer!

### Hockey Skills & Pre- season Training

Check out the Summer Brochure to find out about our exciting specialized Pre-Season training camps for adult recreational players looking to get into game shape for the beginning of the Fall season.

Other Public Skating sessions this summer include:

Adult Stick & Puck, Adult Drop-In Hockey, Family Fun Hockey and Public skating.

## Adult Hockey Programs

### Britannia Co-ed Hockey League

Take hockey back to the level it's meant to be played at, friendly & fun! The Britannia Co-ed League is perfect for novice to intermediate hockey players looking to play in a non-contact recreational hockey league in the "off-season". Full equipment is mandatory and all players must wear at least a half shield on their helmet. The league will run from Saturday May 7-August 20, with evaluations taking place on Saturday April 30. All players will be assessed and placed onto teams by the league coordinators. Games are played on Saturdays at 4:30, 6:00 or 7:30 or 9:00pm.

Sat	4:30-10:15pm	Apr 30-Aug 20
49090.201BR		
Players:		\$225/16 games
49090.202BR		
Goalies:		\$50/16 games

### Britannia Women Only Hockey League

Britannia's popular Women's Hockey league will begin on May 3, with an on-ice evaluation. Games will be played between May 10 and June 28. This league is perfect for the novice to intermediate player who wants to play organized recreational hockey this spring. The games are non-contact, non-aggressive and fun! Full hockey equipment is mandatory. All games are played on Tuesdays at 6:00 or 7:30pm. Players will be assessed at an on-ice evaluation session on May 3 and placed onto teams by the league coordinator.

48090.203BR		
Tue	6:00-8:45pm	May 3-Jul 26
		\$165/12 games

### Adult Hockey Skills

Want to practice your skills or learn a new move? The Hockey Skills program was created to help you develop your strengths to become a better overall player. These on-ice sessions will be led by NCCP certified instructor(s) and will focus on both puck and team skills. Work on stick handling, shooting, puck control and passing; learn the principles of attack, defence and 3 on 1.

49090.205BR		
Sun	8:15-9:15pm	May 2-Jun 20
		\$120/8 sess

### Adult Hockey Defence Clinics

This specialized clinic is designed to help players improve their defensive game. Work on skills such as angling and depth making, gain experience in quarterbacking and learn the tricks of what to do with the puck to control the game.

49090.206BR		
Tue	9:00-10:00pm	May 4-25
		\$105/6 sess

### Adult Hockey Offense Clinics

Become that scoring threat you've always dreamed of being. Work on puck skills including shooting and passing. Learn how to receive that outlet pass on the breakout. Find out all about fakes and dekes, and gain confidence in doing them.

49090.207BR		
Tue	10:15-11:15pm	May 4-May 25
		\$105/6 sess

### VACHL

The 9th season of VACHL is coming to an end and we would like to thank the players who continue to support this league and the staff who work hard to keep this league running smoothly. We welcome your feedback and any comments can be sent to susy.bando@vancouver.ca. The 10th season of the Vancouver Adult Co-ed Hockey League will begin in early-September. Registration for the 11/12 VACHL season will begin on Tuesday April 12. To find out more about VACHL and how to register, go to [www.vachl.com](http://www.vachl.com)

### Birthday Skating Parties !!!

Have your birthday party during a public skating session! Groups rates are available for birthday parties. Adult supervision is required on and off of the ice at all times. To find out room availability, please call the Activity Coordinator at 604-718-5812.

# Ice Arena

## Pool/Fitness Centre/Ice Rink Fees

	Single	10 Tickets	1 Mon.	3 Mon.	4 Mon.	6 Mon.	1 Year
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	1 or 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.							



## Skate Schedule



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. <a href="http://www.britanniacentre.org">www.britanniacentre.org</a>						*Adult Co-Ed Hockey 9:30-11:00pm
*Sign up occurs at the rink 1.5 hours before the start of the session. Strip tickets 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

## Skate Lessons Registration Dates:

### Sunday, May 1 10:00am-12:00pm Info. Centre

In person registration for spring skating lessons will take place on Sunday May 1 from 10:00am-12:00pm at the Information Centre. If you are unsure of which level to register in, come on May 1st to speak to an instructor or have an on-ice evaluation completed during any public skating session at Britannia before this date.

## In-person registration/on-line

### Monday, May 2 Pool Cashier

In person at the pool cashier and online registration will take place starting Monday May 2 for any remaining spots and will continue until classes are full. Please note that students will not be transferred into another level if they are not registered in the appropriate level. If the lesson you want to register in is full, please put your name on the waiting list. Additional classes are scheduled whenever possible. Please note that skate lessons fill up quickly, so register early.

## Learn-to-Skate Lessons (Ages 3- Adult):

These popular 30 minute lessons focus on skill acquisition through activities and games. Our energetic instructors will teach you to skate with safety in mind. Skate rentals are included in the price of the lesson. This program fills up fast, so register early to ensure a spot.

## Spring Learn to Skate Lessons will be offered:

Saturday May 7-June 25, 12:00-2:30pm, (no session June 4) \$39.50/7sessions

Sunday May 8-June 25, 3:30-5:00pm. \$45/8sessions

More information regarding level descriptions and class schedules can be found online in the rink section at [britanniacentre.org](http://britanniacentre.org)

## Power Skating Lessons (Ages 8 yrs-Adult):

Improve your hockey skating skills with our power skating lessons offered on Sundays in the spring. Learn about proper skating posture and the importance making the most out of your edges. Work on skating skills that will strengthen your game. Helmet, gloves and a hockey stick are mandatory although full hockey equipment is recommended.

38017.201BR

Sun 5:15-6:15pm May 8-Jun 27

\$70/ 8 sessions

## Private Skating Lessons

1 to 1 instruction will be provided for ages 3 and up and at all skill levels. All private lessons are 30 minutes in length. Private lessons take place during regular skating lessons on Saturdays and Sundays. Spring lessons Cost: \$24/session for ages 3 to adult.



## For Your Information

- Please arrive early to prepare for the lessons. The skate shop opens 15 minutes prior to start of lessons.
- Skates are included in the price of lessons. Shoes must be exchanged for skates.
- Helmets are strongly recommended and are available free of charge (bicycle helmets are not recommended as they do not offer the protection needed on ice).
- Please ensure your child is dressed warmly and has gloves or mittens.
- Parents are not permitted to accompany their child on the ice unless authorized by the instructor.
- Under no circumstances are patrons permitted on the ice in street shoes.
- For your safety, parents can view their children from the stands or behind the glass.
- If the lessons you want to register for are full, please put your name on the waiting list. We will schedule new classes whenever possible.
- Due to the popularity of the lessons, participants may only register for one group lesson and/or 5 private lessons at a time.



## 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

Good Friday	Fri April 22
Easter Monday	Mon April 25
Victoria Day	Mon May 23
Canada Day	Wed Jul 1

Library Online [www.vpl.ca](http://www.vpl.ca)

## ESL Learning Centre

-in the Library

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

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: Vancouver Community College, Vancouver Public Library, and Britannia Community Services Centre. Contact 604-718-5813 for more info.

## Chronic Disease Self-management Program (CDSMP)

活得健康-慢性病自我管理法 免费系列讲座

### In Cantonese

- Participants of this six-session **free** workshop will gain comprehensive knowledge about symptoms common to various chronic conditions and skills of how to manage them. With the support of your group, you will also learn and practice how to set goals, take actions and solve specific problems. CDSMP helps to increase your confidence to better manage your health and improve your quality of life on a daily base. Care givers (i.e., family members) are also welcome.
- 该**免费**系列讲座帮助您理解慢性病的共同症状及如何进行有效管理。您将与其他成员相互支持，学习如何制定切合自己的目标，采取相应行动并解决实际问题。这个互动，互学，全面实用的讲座能够有效地帮助您增强管理自己身体与情绪的信心，来提高您的生活质量。慢性病患者的亲友也欢迎参加。

**时间 (Time):** 每周6下午 12:30-3:00, 4月30-6月4 (粤语), Sat 12:30-3 pm, Apr 30 – Jun 4

**地点 (Location):** Vancouver Public Library, Britannia Branch, Vancouver.

**报名请到 (Registration):** 前台 (Front desk), Britannia Library (in person).

Register in person or call 604-665-2222

**FREE**

## Kids' Programs

### Babytime

Thursdays 2:30 – 3:00 Jun 3 – Jul 28

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

### Family Storytime

Mondays 10:30 – 11:00 Jun 27 – Jul 25

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

## Summer Reading Club 2011

### Savour Each Word!

Registration for this year's delicious Summer Reading Club will begin at the end of June. There will be reading records, prizes, and programs. Contact the library in June for more information.

## Adults' Programs

### Pandora's Collective presents: Word Whips

4th Tuesday of the month 6:30 – 8:30 pm  
Apr 26, May 24, Jun 28

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.



## Book Talks

2nd Wednesday 6:30-8:30pm

Mar 9; Apr 13; May 11; Jun 8

Led by Pandora's Collective members, a pre-selected book will be discussed each month. To register email [booktalks@yahoo.ca](mailto:booktalks@yahoo.ca)

## 55UP Book Club

3rd Wednesdays 2:00 – 3:00 pm

Apr 20, May 18, Jun 15

Informal chats about a book chosen by the group. Books are provided. Refreshments are served. Hosted by a friendly librarian at the Al Mattison Lounge. Register, or drop in and try it. To register, call 604-718-5837

## Computer Basics

Wednesday May 11 6:30 – 8:30 pm

For true beginners -- How to use a mouse, how to use a keyboard, basic overview Hands on practice. No previous experience Class size limited to 8

## Email Basics

Saturday May 14 2:00 – 4:00 pm

Set up and use your own free email account. Hands on. Must have Computer Basics or equivalent Class size limited to 8

Register in person or call 604-665-2222

## FREE WiFi and internet at the Library.

# Other Agencies & Programs

## Eastside Family Place

1655 William Street 604-255-9841 eastsidefamilyplace.org

Eastside Family Place is a support and resource drop-in 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 9:00 a.m. - 12:00 p.m.  
Tuesday/Thursday 9:00 a.m. - 12:30 p.m. & 1:30- 3:00 p.m.

### Upcoming Dates for Adult Programs - Register Today!!

#### Nobody's Perfect Parent Support Program

For parents with children under six years old who would like support and resources in the areas of parenting skills and raising children. Childminding and snacks provided. No cost.

Pre-registration required.

Wed 1:00-3:00p.m. Jan 26 - March 2

#### Collective of Parents Empowered: (COPE)

C.O.P.E. is an educational/experiential parent support program that meets weekly to discuss topics specific to the participants. 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.

Fri 1:00-3:00p.m. Jan 21- Mar 25 & Apr 8-Jun 24

#### Community Kitchen Program

Facilitated by a holistic nutritionist, this group collaborates to cook healthy, affordable and delicious family meals. Each session ends with sitting and sharing the meal with your children. Childminding and snacks are provided. Pre-registration is required.

Tue 4:00-7:00p.m. Jan 18 - Feb 8

#### "Cooking Fun for Kids"

It's never too early! In this hands-on workshop, parents and kids will learn to make quick, tasty and nutritious snack. Pre registration required. No Cost.

Tues (in the kitchen at ESFP) 10-11a.m  
Feb 22, Mar 8th

#### 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](mailto:jean.cfec@gmail.com).

All programs start the week of January 4, 2011  
Ongoing programs are delivered at the following locations.

### 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're interested, contact us to find out more and to get involved!

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

-Out of School Care & Daycare Programs- assisting with child-minding

-Micro Footie Soccer Coaches –April-June 2011 (\*early applications required)-

Stone Soup Festival Assistants May 7, 2011

"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](mailto: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](http://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.gwpcpc.ca/>

### Hours of Operation:

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

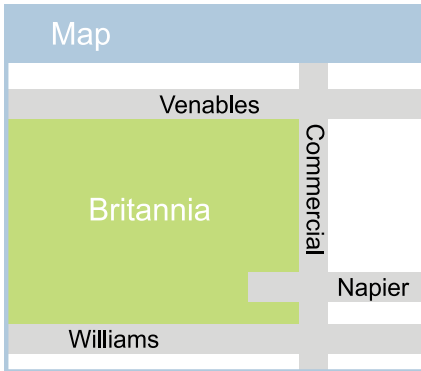
Come and volunteer with us! Four hours a month can make a difference in keeping our community safe. We operate a number of crime prevention programs - contact us to see which one would be the right fit for you.

CPC Coordinator:  
Adrian Archambault  
[britcpo@shaw.ca](mailto:britcpo@shaw.ca)

Volunteer Coordinator:  
Faith  
[volunteercoordinator@shaw.ca](mailto:volunteercoordinator@shaw.ca)

Admin Assistant:  
Cathy  
[britcpo@shaw.ca](mailto:britcpo@shaw.ca)

Neighbourhood Police Officer:  
Constable Mike Lemon  
[michael.lemon@vpd.ca](mailto:michael.lemon@vpd.ca)



## 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。



# 16<sup>th</sup> Annual Stone Soup Festival

Saturday May 7, 2011, 12pm-5pm  
on the Napier Greenway & Britannia Centre Site

• Food • Artists • Music • Workshops • Garden Info • Free Soup & More!



Britannia Centre  
1661 Napier Street  
Vancouver, BC V5L 4X4  
604-718-5800  
[www.britanniacentre.org](http://www.britanniacentre.org)

## Contact

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

