



This online brochure copy has active links to connect you with the programs you want to register for online. Simply click on any program activity number of interest and you will be taken to the Vancouver Recreation page you need to start signing up.

# Programs & Services Summer 2019



Watch for our FREE  
“Fun for All” programs!  
See inside for details.



# Registration Information

## Program Registration

### 1) Register Online at britanniacentre.org

Registration starts at 9:00am  
on Tuesday June 4, 2019

### 2) Register in Person

Registration starts at 9:00am  
on Tuesday June 4, 2019

### 3) Register by Phone at 604.718.5800 ext. 1

Phone registration starts at 1:00pm  
on Tuesday June 4, 2019

### Registration Hours at Info Centre

Mon-Fri	9:00am-6:30pm
Sat	9:30am-4:00pm
Sun	10:30am-3:00pm

### Registration Hours at Pool Cashier

Mon-Thu	9:00am-9:00pm
Sat	9:30am-7:00pm
Sun	10:30am-7:00pm

You must have a current Britannia membership to register for programs.

## Refund Policy

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

## Summer 2019 Holiday Hours

### Information Centre

Jul 1	Canada Day	CLOSED
Aug 5	BC Day	CLOSED

### 55+ Centre

Jul 1	Canada Day	CLOSED
Aug 5	BC Day	CLOSED

### Pool & Fitness Centre

Jul 1	Canada Day	1:00-5:00pm
Aug 5	BC Day	1:00-5:00pm

### Rink

Jul 1	Canada Day	CLOSED
Aug 5	BC Day	CLOSED

### Teen Centre

Jul 1	Canada Day	CLOSED
Aug 5	BC Day	CLOSED

## Contact

Britannia Information Centre  
1661 Napier Street,  
Vancouver BC V5L 4X4

T 604 718 5800 ext. 1  
F 604 718 5858

britanniacc@vancouver.ca  
www.britanniacentre.org

### Photo credits:

Thank you to the many staff and community members that have contributed images.

## Subsidy Policy

Britannia provides assistance to those who are not able to afford the advertised cost of certain programs and activities. Note: maximum of two subsidies per person per season. Our subsidy policy does not apply to Britannia Child Care programs or products that are resalable. **Non-residents of Vancouver are not eligible for subsidies.**

### Leisure Access Program

Residents with a current Leisure Access Program (LAP) Card may receive up to 50% off certain programs by presenting their LAP card to a cashier at the time of registration. Valid for one activity per person, per site, per season.

### Grandview-Woodland and Strathcona Residents Subsidy

Residents living in the Grandview-Woodland and Strathcona areas who do not have a LAP card and are in need of financial assistance may request a subsidy of up to 25% of course costs for certain programs by completing an application.

## FREE Fun For All! Recreation Programs

Britannia operates a wide range of FREE and pay-what-you-can recreation programs. The Britannia Board of Management is committed to ensuring that people have access to programs and that fees are not a barrier to members of the Grandview-Woodland/Strathcona Community.



Look for the 'Fun for All' stamp throughout the Brochure to find our free and pay-what-you-can programs.

## Swim/Skate Refunds

- Full refund will be granted five days or more prior to the start of the program.
- Partial refunds granted within four days of program start or before second class.
- Transfers possible prior to second class. No refund after second class.
- Exceptions: No refund on single session programs.

## Cancellation Policy

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

## Memberships

A membership may be obtained when you register for a program or any time during the year at the pool cashier or the Information Centre.

### What does membership give me?

- Voting privileges at the Society Annual General Meeting.
- You must have a current Britannia membership to register for programs.
- Eligibility to run for the Board of Management.
- Mail-outs/e-mails about Centre events.

### Price

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

Memberships are valid from September, 2018 to August 31, 2019.

# Strategic Planning



One of Britannia's 2019 priorities is to co-create a 5 year Strategic Plan with staff and community to direct the organization, including:

- Strategies for program growth and continuation up to and during the Renewal.
- Strategies for programming and space use.
- A fund development plan for sustainability of existing programs and for new programs.
- System changes in governance, policies, and practice that reflect our constitution, mission and vision.
- Business systems and administration changes that support the strategic plan.

The development process will include consultations with our staff, committees, partners and the community.

If you have any feedback please do not hesitate to contact Cynthia Low, Executive Director, at 604.718.5815 or [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca).

## Volunteer Program

### Why volunteer with us?

Britannia is like NO other community centre in the Lower Mainland. We offer a unique integration of education, recreation, library, and social services for the Grandview Woodland/Strathcona community. For more information, please contact our Volunteer Program Coordinator, Yao, at 604.718.5860 or email [yao.zhang@vancouver.ca](mailto:yao.zhang@vancouver.ca)



Browse Britannia volunteer opportunities and track your volunteer hours online at [www.britanniacentre.org/volunteer](http://www.britanniacentre.org/volunteer)



### Fun Bike Rides (19yrs+)

Join other Britannia volunteers and community members for a fun bike ride in and around Vancouver. We will leave from Britannia and explore local favourite bike trails at a leisurely pace. Participants should be confident riding approximately 30-60 kilometers. Waivers and release forms need to be signed prior to the rides. To receive an updated ride schedule and sign up, please send an email to [britanniavolunteer+rides@gmail.com](mailto:britanniavolunteer+rides@gmail.com) with the subject heading "Rides".

### Britannia Gardens Work Party & BBQ



Help keep the Britannia School Gardens thriving and looking beautiful. Meet great people, connect to nature, get some exercise, and eat great food. Enthusiastically embraced by the teachers and students, these gardens are supporting unique outdoor learning opportunities for children and youth to learn how to grow their own food, help connect them to the land and food they eat, provide food for the school cafeteria, support healthy food choices, and foster youth leadership in the area of urban agriculture and the environment. We are looking for 15-20 volunteers. There will be a variety of easy to medium physical tasks to choose from. Work gloves will be provided. Dress to get dirty. Meet at the garden by the tennis court.

Sun	3:00-6:00pm	Sep 15
Britannia Garden		Free
228225		

# Rentals

## Facility Rentals

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

## Gym/Room Rentals

Contact the Facility Support Clerks for rates and availability. Contact Paul or Wally at 604.718.5812 or email paul.morton@vancouver.ca (Sun-Wed) or wally.tarrant@vancouver.ca (Wed-Sat).

## Pool Rentals

Contact Marie at 604.718.5830 or email marie.beesley@vancouver.ca

## Rink Rentals

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

## Facility Rental Fee Policy

We collect full rental fees at the time of booking. We cannot hold a space until payment is received in full. Once you've rented space from us a minimum of 3 times within a 6 month period and are in good standing, you can apply to become a regular user at which time rental fees can be collected on the day of your event/program. For cancellations, a full refund will be given with at least 48hrs notice. No refunds given with less than 48hrs.

For more information, visit: [www.britanniacentre.org/facilities/rentals](http://www.britanniacentre.org/facilities/rentals)

## Reconciliation in Action

Share, learn and eat! This is an opportunity for Indigenous and non-Indigenous community members to share a meal and discuss issues that are important to them. Endangered Indigenous languages, adaptation to climate change, mental health, and much more. Feel free to bring something to share. No registration required.

<b>Sun</b>	<b>12:00-3:00pm</b>	<b>Jul 23, Jul 21</b>
		<b>Aug 18, Sep 22</b>
<b>FAR</b>		<b>Free</b>

## Giving Voices Project

The goal of the project is to bring awareness to the issues facing Indigenous women and girls, and to create neighbourhoods where everyone can live safely and with dignity. We meet every Thursday to organize community action and provide support.

<b>Thu</b>	<b>4:00-6:00pm</b>	<b>Ongoing</b>
<b>55+ Centre</b>		<b>Free</b>



## Italian Day 2019

Britannia Community Centre celebrates Italian Day with this year's theme: Comunità. We're hosting a free drop-in workshop on making friendship bracelets. Make one for yourself or one for a friend. Local artists will be instructing. All materials supplied.

<b>Sun</b>	<b>12:00-4:00pm</b>	<b>Jun 9</b>
<b>Commercial &amp; Napier</b>		<b>Free</b>



## International Yarn Bombing Day

2019: Year of the Angel/Effigy. Britannia Community Centre celebrates IYBD with local artists Helen Spaxman and Claire Brown. Make one for the tree and one to take home. Free drop-in workshop. All materials supplied.

<b>Sat</b>	<b>12:00-4:00pm</b>	<b>Jun 8</b>
<b>Napier Greenway</b>		<b>Free</b>

## Great Movies at Britannia

The Britannia Great Movies series takes place weekly on Sunday evenings in the 55+ Centre. Different movies are featured each week. All ages welcome. Check out the line-up at [britanniacentre.org](http://britanniacentre.org). No movies in Jul and Aug. Series resumes in Sep.

<b>Sun</b>	<b>6:00-9:00pm</b>	<b>Jun, Sep</b>
<b>55+ Centre</b>		<b>Free</b>

# Special Events

## National Indigenous Peoples Day

Join us on June 21 at Trout Lake! The day starts at 9:00am at Vancouver Aboriginal Friendship Centre (1607 E. Hastings) and continues with the Friendship Walk to Trout Lake where we celebrate the diversity of Indigenous peoples across Canada. First Nations, Métis, and Inuit peoples share their spirit, experiences, stories, songs, art, and dance with each other and the wider community. This event encourages the participation and engagement of diverse community members and organizations. It is an inclusive, collaborative, family-friendly event. All are welcome! A bus from Britannia will be available throughout the day.

<b>Fri</b>	<b>12:00pm</b>	<b>Jun 21</b>
<b>VAFCS/Trout Lake</b>		<b>Free</b>

## Britannia's Canada Day Celebration

Don't miss out on our annual Canada Day celebration at Grandview Park for a day full of music and dance, a bouncy castle, face painting, community booths, and free bike tune-ups!

<b>Mon</b>	<b>12:30-3:00pm</b>	<b>Jul 1</b>
<b>Grandview Park</b>		<b>Free</b>

### Canada Day volunteers needed!

We are looking for volunteers to help run the Canada Day celebration on Jul 1. Responsibilities will include event set-up/take-down, greeting, food serving, running children activities, arts and crafts etc. There are also other special events volunteer opportunities throughout the year. If interested, please complete an online application at [britanniacentre.org/volunteer](http://britanniacentre.org/volunteer).



## 16th Annual Corn Festival

Enjoy a taste of Latin America in East Van and join the annual corn harvest fiesta. Celebrate the importance of corn to the peoples of Latin America and their efforts to protect the biodiversity of traditional corns. Try delicious Latin American food, enjoy music and dancing. All free family fun. Presented by the Canada El Salvador Action Network.

<b>Sun</b>	<b>12:00-5:00pm</b>	<b>Sep 1</b>
<b>Gym D</b>		<b>Free</b>

# Special Events

## 19<sup>th</sup> Annual Artful Sundays ☀️

Britannia Community Centre will host an outdoor, visual arts market in the Napier Greenway (Napier St @ Commercial Dr) on four Sundays this summer. The market features the work of local artists, live music, artist workshops, demonstrations, and more! Artist applications are available in the Britannia Information Centre or email Coordinator Katherine Polgrain at [courage62@shaw.ca](mailto:courage62@shaw.ca) for more information.

Sun 12:00-5:00pm Aug 11, 18, 25  
Napier Greenway & Sep 1  
Free



## 13<sup>th</sup> Annual Arts & Health Exhibition and Gala Showcase

Exhibition May 27-Jun 1

**Gala Showcase**  
Sat 10:00am-3:00pm Jun 1  
Lunch 10:30am-1:00pm  
Roundhouse \$12\*  
181 Roundhouse Mews

**Cedar Bracelet Workshop**  
Mon 1:30-3:00pm May 27  
Roundhouse Free\*  
T.Devries

\*Pre-register at Roundhouse 604.713.1800

## Honk! BC ☀️

Free, non-profit, community music festival driven by the energetic performance of street bands in public spaces. Honk! bands are acoustic and mobile. Completely volunteer-organized, HONK! festivals are a part of a global renaissance of community street band culture. For three days in Vancouver parks and streets, 15+ bands will deliver music and celebration that is accessible to all. [www.honkbc.org](http://www.honkbc.org)

Sat 12:00-5:00pm Aug 10  
Grandview Park Free



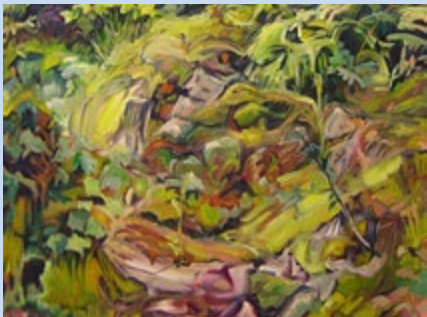
## Art Gallery Exhibitions ☀️

### July 3 - August 2

Opening Reception: Wed, July 3, 6:30-8:30pm

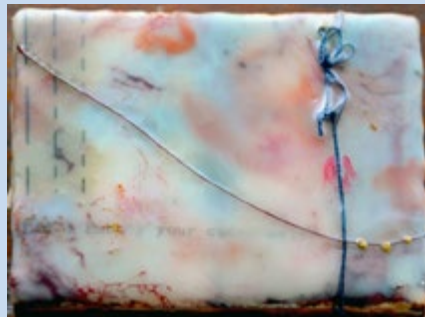
#### Understory

Graphite and oil painting images by Camille Sleeman.



#### Embodied: The Poetics of the Internal Landscape

Encaustic and fibre art mediums by Katrina Grabner.



### August 7 - 30

Opening Reception: Wed, August 7, 6:30-8:30pm

#### Precious Rocks

Paintings and photography by Elizabeth Varty.



The Britannia Art Gallery is located in the Britannia Public Library



## The Solstice/Equinox Coffee House Series ☀️

A hidden gem of entertainment that happens four times a year on or close to the two Equinoxes and two Solstices. If you haven't checked out the Coffee House Series at Britannia, you're in for a treat!

### 4<sup>th</sup> Annual Summer Solstice Coffee House

Celebrate the beginning of summer with local live music, refreshments, and more! The evening will feature music by Dalannah Gail Bowen & Michael Creber, Caroline Allatt, the Q Choir, and storyteller/poet Ursula Twiss.

Sun 7:00-9:30pm Jun 23  
55+ Centre Free

### 4<sup>th</sup> Annual Fall Equinox Coffee House

Come celebrate the beginning of the Fall season, featuring local live music, poetry, the arts, refreshments, and more!

Sun 7:00-9:30pm Sep 22  
55+ Centre Free

## Britannia Artist Grant 2020

To assist community artists with their artistic goals. Applicants must live/work in the Grandview-Woodland or Strathcona neighbourhoods. For more information, pick up an info sheet at the Info Centre, email program coordinator Katherine Polgrain at [britanniaartistgrantprogram@gmail.com](mailto:britanniaartistgrantprogram@gmail.com), or visit [www.britanniacentre.org/services/arts\\_and\\_culture/britannia-artist-grant-program](http://www.britanniacentre.org/services/arts_and_culture/britannia-artist-grant-program). Application Deadline is Dec 31, 2019.

## Save the Date!

### 36<sup>th</sup> Annual Britannia Christmas Craft Fair

Vendor applications are available online at [britanniacentre.org](http://britanniacentre.org) or at the Britannia Info Centre. Email: [britanniacraftfair@live.ca](mailto:britanniacraftfair@live.ca) for more information. **Vendor application deadline: Sep 1 at 4:00pm.**

Fri 3:00-8:00pm Nov 22  
Sat/Sun 10:00am-4:00pm Nov 23-24  
Gym D \$2 entrance/Free for 12 and under\*  
\*All proceeds from admission go to inner city children's programs.

# Licensed Child Care Centres

## Child Care Mission Statement

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



## Toddler, Daycare, & Preschool Programs

### Britannia Preschool (3-5yrs)

1661 Napier St  
Lorraine Evans 604.718.5843  
Spaces avail. in the PM class for Sep 2019  
3 day class AM:  
Mon/Tue/Wed 9:00-11:30am \$260  
3 day class PM:  
Mon/Tue/Wed 12:30-3:00pm \$260  
2 day class AM:  
Thu/Fri 9:00-11:30am \$185  
2 day class PM:  
Thu/Fri 12:30-3:00pm \$185  
5 day class AM/PM:  
Mon-Fri \$445

### Eagles In The Sky – Eaglets Daycare (2.5-5yrs)

485 Semlin Drive  
Suzy Liguori 604.718.5856  
Hours: Mon-Fri 7:30am-5:45pm  
Fee: \$985 per month, snacks provided  
Lunch: \$4 per day (Tue-Thu)

### Grandview Terrace Child Care

2075 Woodland Drive  
Alejandra Uribe 604.718.5846  
Daycare ages 3-5yrs  
Hours: Mon-Fri 7:30am-5:45pm  
Fee: \$905 per month, snacks provided  
Lunch: \$70 per month

### Mount Pleasant Child Care

960 East 7th Avenue  
Wade Forbes 604.718.5844  
Toddler Program 18mo-3yrs  
Hours: Mon-Fri 7:30am-6:00pm  
Fee: \$926 per month, snacks provided, includes lunch  
Daycare ages 3-5yrs  
Hours: Mon-Fri 7:30am-6:00pm  
Fee: \$876 per month, snacks provided, includes lunch

## Licensed Child Care Summer Programs

These camps are for children 5-12yrs.

### Britannia Child Care: Summer Fun Program

#### O.R.C.A (Outdoor Recreation and Creative Arts)

Each week children will experience exciting and enriching activities at parks, outdoor trails, beaches, pools, and other city attractions. Children will be hiking, biking, running, jumping, dancing, and playing while also creating fun art projects, doing fascinating science projects, exploring world culinary arts, and performing theatre arts. Special guests will visit and show inspiring activities. We will provide breakfast and afternoon snack. Children bring their own nut-free lunches.

1661 Napier Street  
Fee: \$150/wk, \$550/mo  
Lorraine Evans: 604.718.5843  
Mon-Fri 7:30am-5:45pm

### Eagles in the Sky Summer Day Camp

Jul 2-5	Something to Celebrate
Jul 8-12	Bottles, Jars and Cartons
Jul 15-19	Wet and Wild
Jul 22-26	What Now?
Jul 29-Aug 2	Chill Out!
Aug 6-9	I Scream For Ice Cream
Aug 12-16	Crazy Whacky Days
Aug 19-23	Are We There Yet?
Aug 26-29	Backwards Days

#103B-1950 E Hastings St  
Kinga Batko: 604.230.1885  
Fees: \$65/dy  
\$175/wk  
\$600/mo

Mon-Fri: 7:30am-5:45pm



### Grandview Terrace Summer Program

Jul 2-5*	Science Week
Jul 8-12	Beach/Swimming Week
Jul 15-19	Sports Week
Jul 22-26	Drama & Arts
Jul 29-Aug 2	Waterworks
Aug 6-9*	Nature Week
Aug 12-16	Multicultural Week
Aug 19-23	Animal Week
Aug 26-30	Friendship Week

2075 Woodland Drive  
www.grandviewchildcare.com  
Alejandra Uribe: 604.718.5846  
Fees: \$150/wk  
\*\$120/4 day wk  
\$555/mo  
Mon-Fri: 7:30am-6:00pm

### Lord Nelson Summer Program

Jul 2-5*	Barn Yard Palooza
Jul 8-12	Artful Antics
Jul 15-19	Exploration Gold Rush
Jul 22-26	If kids were KINGS
Jul 29-Aug 2	Imaginarium
Aug 6-9*	MACH 1
Aug 12-16	Fun and Fit
Aug 19-23	Beach Baby
Aug 26-29*	Water Palooza

2235 Kitchener St  
Latisha Buksh: 604.718.5863  
Fees: \$155/wk  
\*\$125/4 day wk  
Mon-Fri: 7:30am-5:45pm

# Preschool and Children

## Music & Dance



### Music Together® (0-5yrs)

Summer music in the sun! Experience Music Together® and find out how much fun music can be! Learn how to share the joys of music-making and the powerful benefits of having music in your child's life. Our 9 award-winning music collections and research-based curriculum supports parents at home and keeps the music making alive all week! In our mixed age class, each child participates at their own level and their natural musicality is nurtured through singing, dancing, listening, watching, and exploring musical instruments. The whole family is welcome — parents, grandparents, caregivers — for this important family music experience. Parent participation is required. Siblings attend at a reduced tuition rate and children 6 months and under attend free with a registered sibling. The \$60 Music Together Licensing fee is non-refundable after the first class.

Thu		Jun 27-Aug 1
Rink Mezz	Patrice	\$126/6 sess
223619	9:30-10:15am	
223618	10:30-11:15am	
224268	11:30am-12:15pm	

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

Get ahead and continue your music studies this summer, or try a new instrument and enjoy a lifetime of making music! These lessons consider students' development and goals. Conservatory exam preparation is available. Lesson costs shown below are for 30 minutes, but 45 and 60 minutes per week are available to more advanced students at the discretion of the instructor. Private lessons are for beginner to senior levels. Prior to registering, new students must contact the instructor for a lesson time at janine.oye@gmail.com. Clarinet players must bring their own instrument. Phone-in or in-person registration only, *no online*. Please call 604.718.5800 ext 1.

Fri	6:00-8:30pm	Jul 5-Aug 2
Preteen Centre		\$120/5 sess
223623		
Sat	9:00am-4:30pm	Jul 6-Aug 3
Preteen Centre		\$120/5 sess
223624	J. Oye	

### Ballet/Jazz

Jump, skip and twirl! In this class children will learn a variety of ballet exercises and the basic fundamentals of jazz dance while developing their own creative expression. This is a closed class. However, in the final week of the session we invite parents to stay for a presentation of what we have been learning. Parent participation required for 2-4 year old classes. [www.kirbysnelldance.com](http://www.kirbysnelldance.com)

Sat		Jul 6-Jul 27
CFEC		\$50/4 sess
223603	9:30-10:10am	(2-4yrs)
223604	10:15-10:55am	(2-4yrs)
223606	11:00-11:40am	(3-4yrs)
223605	11:45am-12:25pm	(3-4yrs)
223608	12:30-1:10pm	(4-6yrs)
223607	1:15-2:00pm	(4-6yrs)

## Physical Activity



### Traditional Kung Fu (6yrs+)

Sifu Marquis Lung and Instructor Vicky Ma will teach you Northern Shaolin traditional forms, weapon forms, sparring and self-defence. It will help you gain physical and mental strength, and develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Note: Class meets twice a week on Monday and Friday. No class Jul 26 and Aug 5.

#### Beginner

Mon/Fri	4:30-5:45pm	Jul 5-Aug 9
CFEC		\$83/9 sess
224650	M.Lung	

#### Intermediate

Mon/Fri	4:30-6:15pm	Jul 5-Aug 9
CFEC		\$92/9 sess
224651	M.Lung	

#### Advanced

Mon/Fri	4:30-6:30pm	Jul 5-Aug 9
CFEC		\$101/9 sess
224649	M.Lung	

### Sportball Parent and Child T-Ball (2-3yrs)

Let's play ball! Participants are introduced to fundamental concepts of baseball. With the guidance and support of their sportball coach, parents and children zero in on T-ball skills like throwing, catching, batting form, running bases, and fielding. No class Aug 4.

Sun	9:30-10:15am	Jul 7-Aug 18
Brit Oval		\$90/6 sess
224647		

### Sportball T-Ball (4-6yrs)

Big league fun! Sportball T-ball introduces fundamental concepts of game play and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases, and fielding in fun, exciting, skill-focused play. No class Aug 4.

Sun	10:15-11:15am	Jul 7-Aug 18
Brit Oval		\$90/6 sess
224648		

### Axe Capoeira (3yrs+)

We offer ongoing classes for children, youth and adults (see p.14). Classes cover all aspects of Capoeira: martial arts, dance, music acrobatics, culture, and language. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Registration includes unlimited participation in training as well as dance and music classes (Youth have unlimited participation in adult scheduled classes as well). Drop-in is \$20 (you must go to the pool cashier at Britannia to pay and bring the receipt to the Instructor). Classes are located at 1739 Venables. For more information check out [www.axevancouver.com](http://www.axevancouver.com). \*Wed classes take place in CFEC.

### Preschool (3-6yrs)

Mon/Wed	6:00-6:45pm	Jul
224615	1 class/week	\$60/mo
224616	2 class/week	\$80/mo

Mon/Wed	6:00-6:45pm	Aug
224613	1 class/week	\$60/mo
224614	2 class/week	\$80/mo

### Children/Youth (7-18yrs)

Mon-Thu	5:00-6:00pm	Jul/Aug
224610		\$170/2 mo

# Daycamps

## Britannia Gymnastics Summer Camp 2019

Children 6-12yrs will be jumping for joy after a week of jam-packed gymnastics fun. Our exciting camps will keep your children busy and active while introducing them to all four Olympic events. Gymnastics camp will be instructed by our fantastic coaching staff. Children should bring a snack, lunch, water, sunscreen, and a hat. Drop your children off at Gym C at 9:30am and pick up at 3:30pm sharp. Parents and caregivers are invited to join us every Friday at 3:00pm for "Camp Fire" where each group of gymnasts will display all of the amazing skills they have learned during the week. We look forward to seeing your little gymnast this summer. Program will take place in Britannia's Gym C. Check [www.britanniagymnastics.com](http://www.britanniagymnastics.com) for updates.

224624	Week #1	Jul 2-5	9:30-3:30pm	\$200	224627	Week #4	Jul 22-26	9:30-3:30pm	\$225
224625	Week #2	Jul 8-12	9:30-3:30pm	\$225	228336	Week #5	Jul 29-Aug 2	9:30-3:30pm	\$225
224626	Week #3	Jul 15-19	9:30-3:30pm	\$225					

## Britannia Gymnastics Camp 2019 Early Drop-off/Late Pick-up

This year we will be offering early drop-off and late pick-up options for our gymnasts. No gymnastics will be taught during this time — children will engage in light activities. Children must be enrolled in the daycamp to register for the early drop-off and late pick-up options. Registration for early drop-off and late pick-up will begin on June 4, 2019 (9am on-line and in person, 1pm over the phone) for those who have successfully registered into the Britannia Gymnastics Summer Camp.

### Early Drop-off

224628	Week #1	7:30-9:30am	\$35/wk
224629	Week #2	7:30-9:30am	\$45/wk
224630	Week #3	7:30-9:30am	\$45/wk
224631	Week #4	7:30-9:30am	\$45/wk
228337	Week #5	7:30-9:30am	\$45/wk

### Late Pick-up

224635	Week #1	3:30-5:30pm	\$35/wk
224634	Week #2	3:30-5:30pm	\$45/wk
224633	Week #3	3:30-5:30pm	\$45/wk
224632	Week #4	3:30-5:30pm	\$45/wk
228343	Week #4	3:30-5:30pm	\$45/wk



## Celtic FC Summer Soccer Academy 2019

The Celtic Football Club is delighted to be working in partnership with Micro Footie to provide the opportunity for boys and girls of all abilities to attend our soccer camp in Vancouver. Our academy coaches will be flying in from Glasgow specifically for the Micro Footie camp. Each day will follow soccer related themes designed by our very own Celtic Soccer Academy Coaches, allowing each player to develop their technique through individual and group practices. Player levels/ages will be grouped on the first day of camp.

### Celtic Full Day Camp

224641	Jul 8-12	9:00am-3:00pm	Empire Field NORTH at Hastings Park	\$299 (includes shirt)
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### Celtic Half Day Camp

224640	Jul 8-12	9:00am-12:00pm	Empire Field NORTH at Hastings Park	\$199 (includes shirt)
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**Britannia Micro Footie 2019: Thanks to our community donors for their support!**



# Daycamps

## Bike Club Summer Camp

Learn road skills and the many ways bikes build community while exploring East Van by bike! Camps are open to young people 7-12yrs. No bike? No problem. Loaner bikes available upon request. Register at [pedalpower.org/programs/#youth-programs](http://pedalpower.org/programs/#youth-programs) or at Our Community Bikes (604.879.2453).

**Mon-Fri 9:00am-3:00pm \$25-250\***

**Session 1**

**Jul 8-12**

**Session 2**

**Jul 22-26**

\*Sliding scale, no one turned away.

## Funseekers Daycamp (6-12yrs)

There are many activities and out-trips planned for the Summer Funseekers program! Come out to learn new skills, meet new friends, or simply have FUN! Swim, skate, learn arts and crafts, play group games, go on out-trips and more! Special emphasis will be placed on the introduction of the Equitas program "Play it Fair," which is designed to promote human rights, inclusion, anti-discrimination, respect for diversity, and the peaceful conflict resolution among children. Register early to avoid disappointment. Please provide lunch, snack, and water daily. Parents are required to complete consent forms.

Cancellation Policy: \$5 administration fee will be charged for each camp a refund is requested for. Refund requests must be made a minimum of one week (7 days) prior to program start. No refunds after this time.

**Mon-Fri 9:00am-3:00pm \$99/5 sess**

**\*Tue-Fri 9:00am-3:00pm \$80/4 sess**

**Gym D**

224141	Jul 2-Jul 5*	Playland
224142	Jul 8-Jul 12	Watermania
224143	Jul 15-Jul 19	Castle Fun Park
224144	Jul 22-Jul 26	Sandcastle Competition
224145	Jul 29 -Aug 2	Terra Nova Park
224146	Aug 6-Aug 9*	Playland
224147	Aug 12-Aug 16	Buntzen Lake
224148	Aug 19-Aug 23	Aldergrove Pool
224149	Aug 26-Aug 30	Watermania

Summer 2019 registration is currently ongoing. To register, please contact us at 604.718.5800 ext. 1, visit us online at [britanniacentre.org](http://britanniacentre.org), or register in person.



## Summer at the HUB Tech n' Rec Focus Camps

Each camp has 3 or 4 hours of instruction in a chosen area. The other time is reserved for quality recreational periods where students can enjoy games in the gym, arts and crafts, and theatre sports. A half hour lunch is scheduled. Bring a lunch and water bottle. For detailed blurbs on each Tech n' Rec focus camp, please pick up registration form at the Britannia Info Centre.

For more information, please call 604.713.8273. Drop-off and pick-up in Gym A/B. Register online, in-person, or by phone 604.718.5800 ext 1.

### Ages 7-9yrs

<b>Mon-Fri 9:00am-3:30pm</b>	<b>\$75/sess</b>
<b>*Tue-Fri 9:00am-3:30pm</b>	<b>\$60/sess</b>
<b>227011 *Jul 2-5</b>	<b>Claystation</b>
<b>227012 Jul 8-12</b>	<b>Robotics</b>
<b>227013 Jul 15-19</b>	<b>Fibre Arts</b>
<b>227014 Jul 22-26</b>	<b>STEM Building</b>

### Ages 10-13yrs

<b>Mon-Fri 9:00am-3:30pm</b>	<b>\$75/sess</b>
<b>*Tue-Fri 9:00am-3:30pm</b>	<b>\$60/sess</b>
<b>227021 *Jul 2-5</b>	<b>Science &amp; Nature</b>
<b>227022 Jul 8-12</b>	<b>Mini Chefs</b>
<b>227023 Jul 15-19</b>	<b>Robotics &amp; Coding</b>
<b>227024 Jul 22-26</b>	<b>Fibre Arts</b>

## Leadership Camp (11-16yrs, by referral)

"Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has." - Margaret Mead. What does leadership mean to you? How does a leader develop their own voice? How does a leader engage in the community? How does a leader empower themselves and others? This camp will explore the concept of leadership and what it means to be a leader through engaging curriculum. Leadership is an incredibly powerful tool for life-skill development, plus it's FUN!

<b>Mon-Fri</b>	<b>9:00am-3:30pm</b>
<b>Britannia Secondary</b>	<b>Free</b>

## Camp 1.0 (Grade 6-8)

<b>227027 Jul 2-5</b>
<b>Jul 15-19*</b>

## Camp 2.0 (Grade 8-10)

<b>227028 Jul 8-12</b>
<b>Jul 15-19*</b>

\*Please note: Week 3 from Jul 15-19 we'll be planning and implementing our community outreach project.



## Preteen Adventures Daycamp (10-14yrs)

Spend the week out and about, discovering what Vancouver and the surrounding area has to offer. Be prepared for an action packed week of out trips, activities, and FUN. Please provide lunch, snack, and water daily. A hat and sunscreen are recommended for each day. Parents are required to complete weekly consent forms every Monday. Adventure Camp Cancellation Policy: Minimum 1 week notice required to for a refund. A \$5 admin fee will be charged per week.

<b>Mon/Tue/Thu/Fri</b>	<b>11:00am-5:00pm</b>
<b>Wed</b>	<b>9:00am-3:00pm</b>
<b>Teen Centre</b>	<b>\$125/5 sess</b>
<b>*\$140/ sess (1 night overnight Jul 24-Jul 25)</b>	

**224151 Jul 8-Jul 12**  
**Playland, Watermania, Bouldering**

**224152 Jul 15-Jul 19**  
**Castle Fun Park, Second Beach Pool, Skimboarding**

**224153 Jul 22-Jul 26\***  
**Camp Capilano Overnight, Kits Pool, Bowling**

**224154 Jul 29-Aug 2**  
**Playland, Terra Nova Park, Science World**

**224155 Aug 12-Aug 16**  
**Skimboarding, BBQ @ Buntzen Lake, Rock Climbing**

**224156 Aug 19-Aug 23**  
**Castle Fun Park, Aldergrove Pool, Bowling**

**224157 Aug 26-Aug 30**  
**Rock Climbing, PNE (admission only), Watermania**

# Youth

## Teen Centre

### Summer Drop-In Hours

Wed/Thu 5:30-9:30pm  
Fri/ Sat 6:00-10:00pm

Register for all Teen Centre programs at the Teen Centre. For more info call 604.718.5828, Facebook @BritanniaTeenCentre.

\*Please note: A signed parent consent form is required for many of our programs. If you have any questions or concerns please call us at 604.718.5828.

The Teen Centre is a place in the community dedicated to youth. All youth from 13-18yrs are welcome. Youth, volunteers, and staff work together to plan the activities and programs. Join our youth committee to set direction for our youth programs.

The Teen Centre is a place to:

- Meet people
- Get information or support
- Share your ideas
- Have fun
- Experience new things

Feel free to pick up your copy of our summer activities calendar at the Teen Centre. If you do not see something you are interested in doing in our brochure don't hesitate to get involved—join in and make it happen!

**Teen Centre Staff:** Alicia, Barry, Kya, Chiho, Joe, Kakada, Tom, Manuel, Mark, Nick, Stephanie, Ali, Luke.

## Friends First

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

Please contact Stephanie at 604.718.5829 for more info.

Sat 12:00-5:30pm Ongoing Free

## Britannia Youth Committee

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

## Free Youth Swim (11-18yrs)

Contests, prizes, games, and crazy stuff! Britannia's youth only swim time is on the first Friday of every month. Be ready to swim by 8pm. No swimsuit required... it's not what you're thinking. Swimsuits, or clean, recently washed clothing can be worn. No shoes.

Fri 8:00-10:00pm Aug 2, Sep 6  
Britanna Pool Free

## Big Screen Movie Night (13-19yrs)

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

Wed 7:00-9:00pm Jul 3-Aug 28

## Beach BBQs

Join us for Beach BBQ Days. We'll hit up local beaches to play some sports, BBQ, and hang out—Spanish Banks, Jericho, and English Bay. Completed consent form required.

Thu 5:00-9:00pm Jul 11, Jul 25  
Teen Centre Aug 15 Free

## Youth BBQs

Every Friday in the summer, the Teen Centre will host a free BBQ. Hot dogs, chips, juice, snacks. Stop by, grab some food and play some pool, foosball, and video games.

Fri 6:30-8:30pm Jul, Aug  
Teen Centre Free

## Summer Out Trips

The Britannia Youth Program runs a series of out trips in Jul and Aug. We have way too many activities to list them all here! Pick up our more detailed summer pamphlet at the Teen Centre now. Pre-registration is necessary and parents must sign consent forms. Youth will be accepted on a first-come first-serve basis. Participants are encouraged to plan ahead and bring any things that they think they might need for the trip they're going on. Some examples would be: a hat, sunscreen, water, food, money for food, etc. Register at the Teen Centre. The cost of the outings should not prevent any youth from participating, so let staff know.

<b>Watermania</b>			
Thu	11:00am-5:00pm	Jul 4	\$2
<b>Go Karting</b>			
Fri	5:30-8:30pm	Jul 12	\$10

\*Dates and locations subject to change.



## Latin Cooking (11-18yrs)

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. Quieres aprender a cocinar comida de varios países Latinos. Ven y aprende como escoger productos que sean saludables y aprende a gastar menos.

Thu 5:00-8:00pm Jul 4-Aug 29  
55+ Centre Free

## Summer Daycamp Volunteers (16yrs+)

Britannia Funseekers are looking for motivated youth 16yrs+ to get involved by volunteering with children 6-12yrs in a fun and supported setting. It's a great leadership opportunity and a way to give back to the community. Spend the weeks swimming, doing arts and crafts, playing games, learning about children's rights, going on out trips and many other FUN activities!

Minimum 3 week commitment required and must complete a police record check. Reference available upon completion. Please contact Tom at 604.718.5826 or tom.higashio@vancouver.ca.

<b>Biking the Seawall</b>			
Thu	5:30-9:00pm	Jul 18	\$10
<b>Playland</b>			
Wed	10:00am-5:00pm	Jul 24	\$10
<b>BC Lions Game</b>			
Sat	3:00-8:00pm	Jul 27	Free
<b>Playland</b>			
Thu	10:00am-5:00pm	Aug 8	\$10
<b>The Hive Boulderling</b>			
Fri	1:00-5:00pm	Aug 9	\$10
<b>Cultus Lake</b>			
Sat	9:00am-5:00pm	Aug 10	\$10
<b>Castle Fun Park</b>			
Mon	10:00am-5:00pm	Aug 12	\$10
<b>PNE (admission only)</b>			
Tues	11:00am-5:00pm	Aug 20	\$5
<b>BC Lions Game</b>			
Sat	6:00-10:00pm	Aug 24	Free

## Sports

### Indoor Soccer (11-18yrs only)

Tue 5:30-8:00pm  
Gym D

Jul 2-Aug 27  
Free



### BC Wheelchair Basketball (16+)

Fri 6:45-9:00pm  
Gym D

Jul 5-Aug 30  
Free



### Basketball Drop-in (16-24yrs)

Sun 12:00-1:50pm  
Gym D

Jul 7-Sep 1  
Free



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

See page 14 for full details.

## Great Escape Outdoors (GEO)

We offer a variety of outdoor activities for youth 13-18yrs and suitable for almost any level of fitness. It's a great way to explore our incredible surroundings, learn new things, and meet great people. We provide all necessary equipment, food, transportation, and guides/instructors, unless otherwise stated. Any overnight trip has co-ed leaders and at least one staff trained in Wilderness First Aid. The cost of the outings should not prevent any youth from participating, so let staff know. Activities may include indoor rock climbing, snowshoeing, and snow tubing. Pick up a monthly calendar to get a complete listing. Register at the Teen Centre 604.718.5828.

## Camp Sasamat (13-18yrs)

Partnering with other City of Vancouver youth programs, spend two nights and three days participating in workshops and activities, including high ropes course challenge, kayaking, canoeing, and rock climbing. We will be staying in cabins at Camp Sasamat on the waterfront in Port Moody. Youth will be challenged to participate, discuss and share in all activities. We will be using activities from the "Play it Fair" and "Speaking Rights" toolkit which promotes the values of children's rights, followed by a discussion of what they felt, thought, and learned. Register at the Teen Centre 604.718.5828.

Tue-Thu 9:00am-5:00pm Aug 27-29  
Camp Sasamat \$175/1 sess

### Summer Camp Cancellation Policy

A \$5 administration fee will be charged for each camp a refund is requested for. Refund requests must be made a minimum of one week (7 days) prior to the program start. No refunds after this time.



## Introduction to Skimboarding (13-19yrs)

Our instructors will teach you the proper technique of "throwing" the board and skimming across the sand, and can even introduce basic manoeuvres such as "180s" and "shuvit". The possibilities are endless and are only limited to a rider's imagination and creativity. Cost includes transportation, and a 2 hour lesson and rental. Additional time after will be spent hanging out at Jericho Beach. Bring a lunch, snack, water, sunscreen, and swim clothes. Completed waiver forms required. Meet at the Teen Centre.

Thu 11:00am-5:00pm	Jul 18
225799	\$40/1 sess
Fri 11:00am-5:00pm	Aug 16
225800	\$40/1 sess

## Arts

### Re: State, Re: Frame, Re: Move

Over 2 weeks we'll build a community of young artists who work collectively toward a theatrical performance through brainstorming, movement explorations, and cooperative and improvisation games. We create inclusive and fun spaces, where youth are encouraged to engage their imagination, take risks, connect, express, and collaborate to devise a physical theatre piece. All youth with a passion for artistic expression and movement are encouraged to join — no experience necessary!

Mon-Fri 9:00am-12:00pm Aug 12-Aug 23  
Rink Mezz \$99/10 sess  
227218 Lana/Brynn

## Day Trips

Weather appropriate clothing and footwear required. Bring a lunch, water, snack, sunscreen, towel and change of clothes as you will get wet. Do not bring any valuables. Consent forms required. Register at the Teen Centre 604.718.5828.

## Deep Cove Kayak and Hike to Quarry Rock

Start with an easy walk up to Quarry Rock, with amazing views of Vancouver, the scenic surroundings off in the distance, and the tiny boats below. Then learn to kayak in picturesque Deep Cove. With its peaceful waters, Deep Cove is one of the best places anywhere for kayaking.

Jul 4 10:00am-5:00pm \$20/1 sess

## Buntzen Lake Canoe Day Trip

Join us for a fantastic trip as we explore the beautiful wilderness areas along Buntzen Lake in Belcarra. The park features mountain views, beaches, and clear water.

Jul 15 10:00am-5:00pm \$5/1 sess

## Indian Arm Canoe Day Trip

We'll paddle up the Indian Arm fjord, exploring coastal areas and islands along the way. We'll stop to eat lunch at Jugg Island Beach.

Jul 29 10:00am-5:00pm \$5/1 sess

## CHILL (10-18yrs)



CHILL provides opportunities for underserved youth to build self-esteem and life skills through board sports. Stand Up Paddleboarding (SUP) is used as a tool to motivate youth to accomplish goals they never thought they could, while teaching them important life lessons.

We give youth the opportunity to make turns that forever change lives. The weekly themes — patience, persistence, courage, responsibility, respect and pride — provide an opportunity for kids to relate their experiences to different aspects or challenges they encounter in their everyday lives.

This program is intended for youth who have never had the opportunity to SUP before. Participants are provided with everything they need to learn to paddle for free: lessons, transportation, and head-to-toe gear. Participants are required to commit to all six weeks of the program.

Meet at the Teen Centre at 8:00am and return to the Teen Centre at approx 2:00pm.

Dates TBD Free

# Youth

## Latin American Youth Program

### Programa de Jovenes Latino Americano

The Latin American Youth Project offers opportunities for Latino youth 13-18yrs, ranging from organized recreational programs to advocacy and referral services. For further information please contact Stephanie, the Latin American Youth Worker, at 604.718.5829.

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

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

Buscamos a jóvenes que estén interesados en formar parte en nuestro comité para iniciar nuevos programas y actividades para nuestra comunidad Latina. El comité de jóvenes dará apoyo a nuestra comunidad iniciando nuevos proyectos y eventos para jóvenes y familias en la comunidad Latina de Vancouver. Nos reunimos el último viernes de cada mes en el centro comunitario de Britannia.

**Fri/Viernes** 5:00-7:00pm



### Cocina Latina/Cooking Program

Learn to cook food from various Latin countries. Participants will also learn how to make healthier food choices and how to shop on a low budget. Families with youth and children are welcome!

¿Quieres aprender a cocinar comida de varios países Latinos? Ven y aprende a cocinar y como escoger alimentos que sean saludables y económicos. Familias con jóvenes y niños son bienvenidas!

**Thu/Jueves** 5:00-8:00pm  
**55+ Centre** Free/Gratis

### Friends First/Grupo de Amigos (13-18yrs)

Meet youth your age and learn at the same time. The Friends First Buddy program provides you with social, recreational, and educational skills. We meet every Saturday and we participate in various activities from 12:00-5:30pm. For more information and to register, contact Stephanie 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 da la oportunidad de participar en diferente actividades todos lo Sábados. Para más información llame a Stephanie al 604.718.5829. Subsidios disponibles

**Sat/Sabados** 12:00-5:30pm



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

Free drop-in soccer for youth with a Go Card! New players welcome, must be under 18yrs.

Futbol de salón gratis con el carnet de la escuela-Go Card, participantes de 18 años y menor solamente.

**Tue/Martes** 5:00-7:00pm  
**Gym D/Gimnasio D** Free/Gratis



### Evento gratis de Nadar/ Free Youth Swim

**Fri/Vier** 8:00-10:00pm **Aug 2, Sep 6**  
Gratis/Free



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

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

Necesitas trabajo voluntario para para tu graduación? El proyecto de jóvenes ofrece muchas oportunidades en las que puedes practicar las cosas que a ti te gustan y a la vez hacer tus horas de voluntariado. Para más información llame al 604.718.5829.



## Kickstand

### Bike Club Youth Drop In

Bike Club is a free drop-in bicycle mechanics program for people aged 12-19yrs. Each week starts at 3:30pm with a half hour bike mechanics workshop on a different topic and open shop hours run from 4:00-6:00pm where youth can either work on their own bikes with our support or volunteer for shop projects to build their skills and gain credits that they can exchange for used parts.

During Bike Club youth are invited to drop in to:

- Participate in the Earn a Bike program.
- Volunteer for shop projects.
- Get support servicing their bicycles.
- Hang out, eat snacks, and check out the Kickstand space.

Questions? Contact Sarah at [bikeclub@pedalpower.ca](mailto:bikeclub@pedalpower.ca)

**Tue** 3:30-6:00pm  
**1739 Venables** Free  
**Kickstand Community Bikes**

## Arts

### Watercolour Painting

Study watercolour painting techniques by exploring the medium's full potential. Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. Supplies are not included, supply list available upon registration. \$25 drop-in. All levels welcome. [www.atashzad.com](http://www.atashzad.com).

**Wed 7:00-9:00pm Jul 3-Aug 21**  
**Rm 210 \$156/8 sess**  
**223635 M.Atashzad**

### Acrylic Painting

Enjoy and relax with acrylic painting as an expressive and vibrant medium. Learn how to use the brushes to achieve a variety of techniques including blending, glazing, lifting, wet on wet and over dry to create different textures and brush strokes on your artwork. We will focus on beautiful landscapes, flowers, and figures. Supplies are not included, supply list available upon registration. \$25 drop-in. All levels welcome. [www.atashzad.com](http://www.atashzad.com)

**Wed 5:00-7:00pm Jul 3-Aug 21**  
**Rm 210 \$156/8 sess**  
**223601 M.Atashzad**



### Ayacuchan Embroidery for Beginners (14yrs+)

This type of embroidery comes from a specific part of Peru, Ayacucho. A millenary craft that has been done between women passing the knowledge along across generations, it uses bright and colourful wool or thread in mostly floral designs. It is best used in cushion covers, but it can be applied to almost any surface (denim, dresses, purses, sneakers, etc). It is easy to learn, creating new shapes and mixing colours while you learn more patterns. Relax while we try different traditional techniques, empowering and uniting along the way. Choose from several different kits at the first class, including base fabric and wool/thread. Additional materials can be purchased from the instructor.

**Sun 12:30-4:30pm Jul 7, Jul 14**  
**Rink Mezz \$100/2 sess**  
**225969 V.Valdeiglesia**

## Music

### The Drive Street Band



We are a community music band who play songs ranging from swing, jazz, Latin, and old time songs to original compositions. We welcome anyone interested in joining this band, regardless of age or musical experience. Some music reading ability is helpful (high school level is sufficient). The only stipulations are that you need a good attitude and an instrument that you can take out to the streets. Led by Cory Sweet and Mike Allen. \$2-5 donation at rehearsals. Britannia membership required.

**Sun 3:00-5:00pm Jul 7-Aug 25**  
**55+ Centre 8 sess**  
**223634 A.Sweet By donation**

### Carnival Band



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

**Mon 7:30-10:00pm Jul 8-Aug 26**  
**55+ Centre 7 sess**  
**223610 T.Sars By donation**



### Q Choir

The Q Choir (formerly Vancouver Eastside Choir), is a non-auditioned, queer-oriented group of Vancouver singers conducted by Elyse Kantonen. The choir meets each week to sing together in an inclusive and supportive learning environment. We perform regularly throughout the Sept-June season. Choir experience is an asset, but beginners are welcome — you just need to love to sing! We are LGBTQAI2S+ centered but open to everyone. Please email [Qchoirvancouver@gmail.com](mailto:Qchoirvancouver@gmail.com) for more information and to reserve your space.

**Thu 7:15-9:15pm Sep 5-May 29**  
**55+ Centre \$150/5 mo**  
**E.Kantonen**

## Dance

### Salsa Cubana & Rueda De Casino Beginner

No experience necessary. Singles and couples welcome. This will be your introduction to Cuban Salsa. We will start with the basic steps, at first in a line but soon you will be using what you have learned in the circle-formation known as a Rueda. We will quickly progress to passing followers from one leader to the next, to turns and to moves such as Vacilala, Casate, Sombrero, etc. The basics of Merengue, Bachata and other Latin steps are taught during warm-up. Upon completion of the program, the instructor will assess the student's level and determine if they can move up to the next level.

**Tue 8:00-9:30pm Jul 9-Aug 27**  
**CFEC \$140/8 sess**  
**223629 K.Reyes Pena**

### Salsa Cubana & Rueda De Casino Beginner/Intermediate

Singles and couples welcome. We will review the moves learnt in the Beginner class and learn new moves such as La Ye Simple, La Ye, Sombrero Complicado, Tornillo, Pelota, Setenta, etc. The basics of Merengue, Bachata and other Latin steps are taught during warm-up. Upon completion of the program, the instructor will assess the student's level and determine if s/he can move up to the next level. No class Aug 5.

**Beginner/Intermediate**  
**Wed 7:30-9:00pm Jul 10-Aug 28**  
**CFEC \$140/8 sess**  
**223630 K.Reyes Pena**

**Intermediate**  
**Mon 7:30-9:00pm Jul 8-Aug 26**  
**CFEC \$125/7 sess**  
**223631 K.Reyes Pena**

### Salsa Cubana & Rueda De Casino Advanced

Singles and couples welcome. In this class, you will learn some complex variations of moves, such as Caramelo, Malanga, Camina, A lo Cubano, Setenta y Virate, Despeinala, El Salao, Bombero, etc. as well as moves involving 2 couples. Pre-requisite: Previous experience, successfully completed Intermediate Salsa Cubana Rueda class, and consultation with the instructor before beginning the course.

**Thu 7:30-9:00pm Jul 11-Aug 29**  
**CFEC \$140/8 sess**  
**223628 K.Reyes Pena**

# Adults

## Physical Activity



### Axe Capoeira (3yrs-Adult)

We offer ongoing classes for children and youth (see p.7), as well as adults. Classes cover all aspects of Capoeira: martial arts, dance, music acrobatics, culture, language. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility.

Registration includes unlimited participation in training as well as dance and music classes (youth have unlimited participation in adult scheduled classes as well). Drop-in is \$20 (you must go to the Pool Cashier at Britannia to pay and bring the receipt to the Instructor). Classes are located at 1739 Venables.

For further information check out [www.axevancouver.com](http://www.axevancouver.com). \*Wed classes take place in Gym C.

Jul 3 class will be in CFEC

### Adult (19+)

224609 Jul/Aug \$240/2 mo

### Ball Hockey – Women

The focus is on fitness and fun — all skill levels welcome. Teams divided according to skill level at beginning of game. Bring a black and a white t-shirt to split into teams. Sticks provided, or bring your own plastic wood composite. Shin pads, gloves recommended. \$6/drop-in space permitting.

Sun 4:15-6:00pm Jul 7-Jul 28  
Gym D \$20/4 sess  
224620

### ZUMBA® Fitness

Zumba® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. We use the fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. It combines Salsa, Cumbia, Merengue and more, giving you a feel happy workout that is great for both the body and the mind. We also integrate weights and abdominals into the end of the program. Drop in \$11, space permitting. Check out: [www.zumbavancouver.ca](http://www.zumbavancouver.ca). No class Aug 5.

~~224619 Mon 6:00-7:15pm Jul 8-Jul 28 Gym D \$20/4 sess~~  
224655 Wed 6:00-7:15pm Jul 3-Jul 31 Gym D \$40/5 sess

### Basketball

Adult recreation basketball program. No drop-ins. No class Aug 4.

Sun 2:00-4:00pm Jul 7-Aug 25  
Gym A \$35/7 sess  
224621 S.Yan



### Ki Aikido

This non-competitive and positive defensive practice develops calmness, stability, and confidence to reduce the stresses of daily life. We work with partners and learn to develop mind-and-body coordination, stay relaxed and centred, extend our minds, and keep a light posture in dynamic movement. Beginners can take one free class before deciding to register.

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

### General Class

All levels, including Beginners.

No class July 31.

Wed 7:30-9:30pm Jul 10-Aug 14  
Mat Rm \$30/6 sess  
224638 W.Nagata \$10/drop-in

### High Grade Class and Practice

1st Kyu or more advanced students.

No class Jul 29, Aug 5.

Mon 7:30-9:30pm Jul 8-Aug 12  
Mat Rm \$20/4 sess  
224639 W.Nagata \$6/drop-in

### Salsa Fit

An invigorating and energizing cardio combining high/low impact aerobics with a salsa flare, great music, and lots of fun. Includes a muscular strength component and stretching. Please purchase drop-in tickets at pool office \$39.40/10 tickets.

Sat 10:00-11:00am Jul 6-Jul 20  
Gym D \$4.75/drop-in  
224646 D.Galay

### Volleyball – Beg/Inter

Basics are emphasized. Register for this program to guarantee a spot to play every week. A total of 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$6/drop-in, space permitting.

Thu 7:15-9:45pm Jul 4-Aug 8  
Gym A/B \$30/6 sess  
224652 B.Chu

### Volleyball – Inter/Advanced

We work on specialized game play. If you have the basics please join us. Register for this program to guarantee a spot to play every week. A total of 36 spaces allotted. Each person can purchase up to 2 drop-ins per night (no phone-ins please). \$6/drop-in, space permitting.

Tue 7:15-9:45pm Jul 2-Aug 6  
Gym A/B \$30/6 sess  
224653 B.Chu \$6/drop-in

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

Learn classic boxing techniques from Head Coach Bill Kennedy. Full size ring, punch/speed bags, circuit training, mitts and gloves. Great way to improve your fitness. During the group sessions, your training will be personalized to your specific skill and ability. Recreational athletes will be required to fill out Park Board Waiver forms prior to participating. Competitive athletes must fill out a Combsport waiver form and pay a \$75 annual insurance fee (cheque payable to Combsport will be collected by the Bill prior to starting). Classes unlimited — come train as much as you like! Boxing room is located beside Gym C. No class Jul 1, Aug 5.

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

Closed Jul 2-5 due to electrical maintenance shut down of building.

Mon-Fri 5:00-7:00pm  
Sat 2:00-4:00pm  
224623 Jul \$75/mo  
224622 Aug \$75/mo

### Yogaflex

This flowing yogaflex class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Please visit [www.clstevensfitness.com](http://www.clstevensfitness.com) for more information. Please bring your own mats to this class. \$12/drop-in. No class Aug 4, 11, 18.

Sun 10:15-11:15am Jul 14-Aug 25  
CFEC \$32/4 sess  
224654 CLS Fitness

## Foods



Grandview Woodland Food Connection (GWFC) is dedicated to supporting healthy food access for all.

In partnership with Britannia Community Centre, the GWFC is pleased to offer a range of community food programs.

**For more information about any GWFC programs or if you're interested in getting involved, call Ian at 604.718.5895 or visit: [www.gwfoodconnection.com](http://www.gwfoodconnection.com)**

### GWFC FoodFit Program

FoodFit is a free 13-week program for community members who experience barriers to healthy eating and physical activity but who are motivated to make lasting changes to their health. The program combines fun, hands-on cooking sessions and food-based activities with take-home recipes, easy-to-understand nutrition information, group exercise, shared meals, self-directed individual and group goal-setting, and reflection and feedback that reinforces individual and group progress. FoodFit respects the limits of people's circumstances, and aims to give participants simple, useful tools to navigate an increasingly complex food environment.



### Wild Salmon Caravan

Are you interested in helping to protect wild salmon? The Grandview Woodland Food Connection is a co-partner in the planning of the Wild Salmon Caravan. We are looking for artists and other community members interested in creating interactive performance, props, costumes, banners, etc. For this year's 4<sup>th</sup> Annual Wild Salmon Caravan on Sep 29.

### GWFC Volunteer Opportunities

Are you interested in community food security and food access for all? Would you like to help shape Grandview Woodland Food Connection programming? We are seeking community members interested in joining our Advisory Committee. We meet every two months and seek your advice and support. Other volunteer opportunities including cooking, school gardening, media, and communications.

## Canning Kits to Lend



The Grandview Woodland Food Connection has canning kits available to lend to community members wanting to can at home. Kits include 21 quart canner, canning rack, jar lifter, funnel, and lid lifter.

### Canning 101

Food preservation is a skill as old as eating. In this workshop we'll discuss how people kept food from antiquity to today. Learn about safe canning techniques while preparing seasonal food for water bath canning. Then follow in the footsteps of your ancestors and take home a jar of canned food, prepared in community. Toni Glick learned canning by picking cherries on her grandparent's farm and watching her grandma make them into jam. She loves to try new recipes.

**Wed 6:00-8:00pm Aug 14**  
**Pre-teen Centre \$15/1 sess**  
**228073**

### Creek Daylighting 101

Did you know that Vancouver is built upon a network of creeks? In this immersive workshop learn about creek daylighting — the process of uncovering buried creeks — and its role in creating more ecologically balanced cities. Participants will gain a greater understanding of the global creek daylighting movement, its emergence in Vancouver, and its ecological, economic and social benefits. Workshop includes a neighbourhood creek discovery walk and a collaborative art project. Founder of Rewild Vancouver, Michelle Pollard, is an experienced facilitator with a Masters degree in Environmental Studies specializing in planning and design for sustainability.

**Sat 1:00-5:00pm Aug 10**  
**CFEC \$30/1 sess**  
**228070**

### Sauerkraut Fermentation

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

**Wed 6:00-8:00pm Aug 21**  
**Preteen Centre \$10/1 sess**  
**228076**



## Aman Meditation

Aman means "no mind" in ancient Sanskrit language. According to the ancient wisdom of Yoga, we are pure blissful consciousness, not minds (thought processing, conditioning, belief systems, memories, attachments). With meditation we can gain peace, health, clarity, concentration, confidence and wisdom. Class may include movements, breathing techniques, stillness, contemplation and Q+A.

Sitting props or chairs available. Join regularly to experience the hidden power of your own consciousness.

Acharya Anand is an international author, yogi and Jyotish (Indian astrology) counselor. Introductory session is free/ by-donation in class. Drop-in or register for the whole term. Britannia membership required. For more info contact: [ashokastrology@gmail.com](mailto:ashokastrology@gmail.com). \$5/drop-in.

**Sun TBD Jun 30-Aug 25**  
**CFEC \$36/9 sess**  
**223602 A.Aman**



## Scrabble Club

Scrabble Club at Britannia is hosted by the North American Scrabble club #545 [www.vancouverscrabble.org](http://www.vancouverscrabble.org). All of us play for the love of the game, some play recreationally, others study and travel to tournaments.

If you wish to up your game, we have players willing to mentor. We offer new players one month of advantages — we'll give you the official 2-3 word list to study and use while playing plus free challenges and no overtime penalties for that month. \$5/drop-in.

**Thu 7:00-10:00pm Jul 4-Aug 29**  
**FAR \$36/9 sess**  
**223632 C.Williams**

# 55 + Older Active Adults

## Welcome to the 55+ Centre

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

### Drop-in Hours\*

Mon	10:00am-5:00pm
Tue (Vietnamese 55+ Day)	9:00am-3:00pm
Wed-Fri	10:00am-5:00pm
Sat/Sun	10:00am-3:00pm

\*Hours may vary. Closed Stat Holidays

### Computer Lab Hours\*

Practice your skills, research, and use the internet.

Wed-Fri	11:00am-4:00pm
Sat/Sun	1:30pm-3:00pm

### 55+ Programming

Anne Cowan - 604.718.5837  
Kya Prince

### Vietnamese Programmer

Luong Ho - 604.718.5818

## Registration

Registration for programs begins Tuesday Jun 4, 2019 at 9:00am in person and online. Phone registration begins at 1:00pm.

Registration for all **FREE** programs begins Wednesday Jun 5, 2019 at 9:00am in person and online. Phone registration begins at 1:00pm.

**Note:** When processing registration for free seniors' programs, we can only register one person at a time (individual registration only).

## SEA (Seniors, Elders and Advocates) Committee

We meet on the 3rd Wednesday of every month to discuss what matters to seniors and older adults in our community. Inclusion, representation and participation of seniors and Elders is of the utmost importance as we discuss programs and services to offer the community that are relevant, needed and valued. New members are welcome and encouraged.

Wed	3:30-5:00pm	Jul 17, Aug 21
55+ Centre		Free
224385		

## Vietnamese Programs



We provide settlement services, educational and informative workshops about federal and provincial programs for Vietnamese seniors. We also raise awareness of issues impacting seniors by providing advocacy and information about legal, safety, and support resources available to seniors.

### Chương Trình Cao Niên Việt Nam

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

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

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



### Ukulele For Absolute Beginners Class

NEW

No experience needed. Ukulele provided. Tuesday classes take place in Rink Mezz, Thursday classes in 55+ Centre.

Tue/Thu	10:30am-12:30pm	Jul 2-Aug 15
224440	J.Belanger	Free*

\*Please register in advance.

### 55+ Book Club



Join us for cozy afternoon discussions on the 3rd Wednesday of each month. Pick up your book at Britannia Library.

Wed	2:45-4:45pm	Jul 17, Aug 21
Library		Free*
224441		

\*Please register in advance.

### Indigenous Book Club



Interested in reading Indigenous stories and authors? Join us on the 2nd Thursday of the month to discuss great Indigenous literature with other like-minded readers. Pick up books at the Britannia Library and register at the Britannia Info Centre.

Thu	2:00-3:30pm	Jul 11, Aug 8
Library		Free*
228517		

\*Please register in advance.

### Lunch Drop-In

Drop in for some social time and a full meal. No need to register ahead. No lunch Aug 5.

Mon/Fri	12:00-1:00pm	Jul 8-Aug 30
55+ Centre		\$5/drop-in

### Pot Luck Lunch

Bring a little something to share on the last Thursday every month. Join in with our Thursday Crafting group after lunch!

Thurs	12:00pm	Jul 25, Aug 29
55+ Centre		\$5/drop-in
224436		

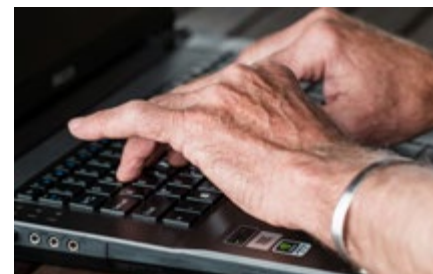
### Computer & Internet Beginners



The YMCA of Greater Vancouver is offering FREE 1.5hr workshops throughout the Lower Mainland to help increase participants comfort level with current technology including computers, tablets, and smart phones. Participants will learn about engaging with computers and internet, using email, web browsing, search engines, online databases, and how to access emerging technologies. The goal of this program is to increase participants digital literacy, improve their internet safety, and increase computer skills.

Mon	10:00am-12:00pm	Jul 8-29
55+ Centre		Free*
228559		

\*Please register in advance.



# 55 + Older Active Adults

## Weaving Our Community Together ☀️

### WOCT Wednesday Elders Group

Enjoy cultural crafting, peer support, and sharing with Indigenous and non-Indigenous Elders and others.

Wed 1:00-4:00pm Jul 3-Aug 28  
55+ Centre Free  
228552

### WOCT Thursday Elders Craft Collective

Following in the footsteps of Traditional Grandmothers, we are sharing traditional artistic skills and cultural knowledge with all the generations. Afternoon crafts, food, and sharing. Everyone welcome.

Thur 1:30-4:00pm Jul 4-Aug 29  
55+ Centre Free\*  
224405

\*Please register in advance.

### WOCT Monthly Gathering

Drumming, singing, dinner, and ceremony. Takes place on the third Tuesday of every month.

Tue 5:00-7:00pm Jul 16, Aug 20  
55+ Centre Free  
228554

### WOCT Indigenous Men's Drum Circle

Drumming, singing, smudge, and cultural stories.

Tue 5:00-7:30pm Jul 2-Aug 27  
55+ Centre Free  
228553



### WOCT Events & Gatherings

Please register for each event. If you would like to take our bus to an event, meet in the 55+ Centre prior to the starting time.

Pole House Post Raising with VSB 228555  
Fri Jun 21 9:30am-12:00pm  
VSB Office, 10th & Granville Free

UBC Indigenous Garden Picnic 228556  
Mon Jul 8 10:00am-4:00pm  
TBD Free

Elders Gathering @ Convention Centre\* 228557  
Tue/Wed Jul 23-24 TBD

\*Youth volunteers must register with Kya or Daniel in the 55+ Centre.

Stanley Park Cultural History Walk 228558  
Fri Aug 9 10:00am-3:00pm

## Dance

### Chinese Folk Dance ☀️

Traditional Chinese folk dancing lessons. Everyone Welcome! No drop-ins.

Thu 10:00am-12:00pm Jul 4-Aug 29  
CFEC Free\*  
224399 H.Lin

\* Please register in advance.

### Classical Chinese Dance

Classical Chinese dance uses body language to express graceful movements to music. This is a great way to enjoy music, exercise, and learn Chinese culture! No class Jul 14, Aug 18.

Sun 2:00-4:00pm July 7-Aug 25  
CFEC \$20/8 sess  
227548 V.Ng

### Morris Men Dance ☀️

Enjoy various styles of English traditional "Morris Dance" and music. This program is intergenerational and runs all year round. If you are interested, drop-in to register.

Tue 7:30-9:30pm Jul 2-Aug 27  
Rink Mezz Free  
224400



### Social Ballroom Dance ☀️

This dance class is for people 55+ years, and is supportive for beginners and those with previous dance experience. Our Instructor has 20+ years of experience teaching ballet and contemporary dance. Emphasis is placed on correct body alignment and muscle use. The exercises you learn are gentle, safe and progressive. Meet some wonderful people and have an enjoyable time in an expressive and artistic way. No drop-ins.

Fri 2:00-4:00pm Jul 5-Aug 23  
CFEC Free\*  
224398

\*Please register in advance.

### Line Dancing (Vietnamese) ☀️

This program is free for active 55+ Vietnamese community members to enjoy. This is a joint program with REACH. For more information, contact Luong Ho at 604.718.5818.

Lớp line dancing miễn phí được tổ chức chung với cơ quan REACH. dành cho quý vị tuổi từ 55 trở lên tham dự. Lớp hướng dẫn các điệu nhảy line dancing vui nhộn và nhẹ nhàng. Xin liên lạc Luong Ho 604.718.5818.

Fri 1:00-3:00pm Jul 5-Aug 30  
55+ Centre Free  
229366

### Line Dancing

The class is filled with fun, light musical movement, lots of laughs, and is a great way to exercise and socialize.

Tue 10:00am-12:00pm Jul 2-Aug 27  
CFEC \$20  
224391

# 55+ Centre

## 13th Annual Arts & Health Exhibition and Gala Showcase

Exhibition May 27-Jun 1  
Featuring: Quirk-e and HATTA

### Gala Showcase

Sat 10:00am-3:00pm Jun 1  
Lunch 10:30am-1:00pm  
Roundhouse \$12\*  
181 Roundhouse Mews

### Cedar Bracelet Workshop

Mon 1:30-3:00pm May 27  
Roundhouse Free\*

T.Devries

\*Pre-register at Roundhouse 604.713.1800

## Summer Bus Tours

Bus Tour Participant Pick-up outside the Pool.

### Westminster Abbey

Westminster Abbey is a beautiful and peaceful place, with magnificent architecture and stunning stained glass. Take this opportunity to see and hear about the monk's unique way of life.

Tue 8:30am-4:45pm Jun 25  
210063 \$99/1 sess

Activity Level: Easy

### Mystery Tour

This fun and entertaining magical mystery tour takes you to unknown destinations filled with clues, prizes, and props! A must see attraction, a great lunch and afternoon mystery stops included. Use the clues correctly and win a variety of prizes including a free Enjoy Tours Day Trip! Package includes: mystery attraction, lunch, mystery stops, prizes. Only 6 spots available so register early!

Wed 7:45am-5:00pm Jul 10  
224439 \$109/1 sess

Activity Level: Easy

### Sunflower Festival and British Sweets

Enjoy five acres of giant sunflowers twelve feet tall and show gardens featuring fifteen varieties of sunflowers at the Chilliwack Sunflower Festival. Take a trip down memory lane for lunch (included) at Dickens Sweet Shop and British Museum.

Fri 8:15am-4:30pm Aug 9  
228551 \$89/1 sess

Activity Level: Easy

## Health & Fitness



### Hatha Yoga 50+

Whether you're brand new to yoga or a seasoned practitioner, if you're 50 or over then this all-levels yoga class is for you. Safety and a pain-free practice is a priority. Yoga can improve your flexibility, mobility, balance, bone density, and strength. In addition to physical health benefits, yoga has a calming effect on the mind and nervous system. Joan has been teaching yoga for 10+ years, practicing yoga for 17+ years. Drop-in/\$13. No class Aug 5, 12.

Mon 2:00-3:15pm Jul 8-Aug 26  
CFEC \$60/6 sess  
224636 Joan \$13/drop-in

### Osteofit

A gentle strength, balance, and coordination program designed to improve fitness and promote healthy bones. This program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. It is taught by a specially trained Osteofit fitness instructor. Drop-in/\$13, space permitting. No class Aug 5.

Mon 11:00am-12:00pm Jul 8-Aug 19  
CFEC \$60/6 sess  
224403 B.Bahrami

### Badminton 55+

An easy relaxing way to have fun and stay fit. No class Jul 29, Aug 3, Aug 5. No Drop-ins.

Mon/Wed  
Gym A 9:45-11:15am Jul 10-24  
Gym C 11:20am-12:35pm Aug 7-28  
224619 \$10

Tue/Thu  
Gym A 9:45-11:15am Jul 9-25  
Gym C 11:20am-12:35pm Aug 6-29  
224617 \$10

Sat  
Gym A 2:00-4:00pm Jul 6-27  
Gym C 12:00-2:00pm Aug 10-24  
224618 \$10

## Fall Previews...

### HATTA: Hat Weaving Arts & Health Project



Together with Haida artist Giihlgigaa Todd DeVries, elders and others gather weekly in a supportive environment of community engagement and cultural learning. Applications for the September 2019 session are being accepted now. Contact Anne or Kya at 604.718.5837.

Thu 1:30-4:00pm Ongoing  
CFEC Free  
T. DeVries



### Quirk-e



Quirk-e is the Queer Imaging and Riting Collective for Elders experimenting with language, printed text, graphics, digital imagery, spoken word, and performance. Quirk-e is off for the summer and resumes Sep 11. Call 604.718.5837 for applications.

Wed 2:45-4:45pm Resumes Sep  
Free



### Reconciliation in Action at Britannia:



Elders Participating in Community (EPIC) invites others to join them in a gathering with Cultural teachings and Crafts. Everyone welcome to participate.

Tue TBD Sep 24  
55+ Centre Free

# Fitness Centre

## Hours of Operation

Mon-Fri	6:30am-9:55pm
55+ ONLY Fri	9:00-10:00am
Sat	12:00-7:55pm
WOMEN ONLY Sat	9:00am-12:00pm
Sun	10:00am-7:55pm
TGD2S* ONLY Sun	8:00am-10:00am

\*trans, gender diverse, Two Spirit

## Free for Britannia Members

Tue & Fri	10:00am-12:00pm
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## Statutory Holiday Hours

July 1	Canada Day	1:00-5:00pm
Aug 5	BC Day	1:00-5:00pm
Sep 2	Labour Day	1:00-5:00pm

## Flexipass Membership

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

## Outside Trainers

This type of special admission is for personal trainers, occupational recreational therapists, physiotherapists. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$6.41 per client also applies.

## Supporting a participant? Attendants get free access.

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

## Facility Orientations

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

## 30 Minute HIIT

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

Wed	12:15-12:45pm	Jul 3-Aug 28
FC	M.Roma	\$6.10/drop-in

## Weight Training for Women – Beginner

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

Sat	10:00-11:30am	Jul 6-27
FC		\$35/4 sess
228740	V.Henderson	

## Weight Training for Women – Intermediate

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

Sat	10:00-11:30am	Aug 3-24
FC		\$35/4 sess
228741	V.Henderson	



## Pool and Fitness Centre Fees 2019 (GST not included)

	Drop-In	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$6.10	\$49.60	\$47.11	\$127.00	\$406.98	\$3.00
Youth (13-18)	\$4.27	\$34.72	\$32.98	\$88.90	\$284.89	\$1.00
Child (6-12)	\$3.05	\$24.80	\$23.56	\$63.50	\$203.44	\$1.00
Senior (65+)	\$4.27	\$34.72	\$32.98	\$88.90	\$284.89	\$1.00
Britannia-Only Senior (55+)	\$4.05	\$34.72	\$32.98	\$88.90	\$284.89	\$1.00

Family Drop-in Rate = 1 to 2 adults of the same household and their children under 19 years of age. Minimum \$6.44 admission.

Leisure Access Fitness Centre Admission Rate is 50% off adult admission and flexipass. Prices are subject to change without notice.

# Aquatics

## General Information

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

**Pool Cashier Office\*** 604.718.5831

**Pool Programmer** 604.718.5830

\*Pool office closes 30 min before the pool.

## Statutory Holiday Hours

**July 1\*** Canada Day 1:00-5:00pm

**Aug 5\*** BC Day 1:00-5:00pm

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

\*No swimming lessons

## Admission Policy for Children

Children under 8yrs of age must be accompanied in the water by a responsible person who is 16yrs or older and within arm's reach.

## Lengths

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

## Parent and Tot

Open during all public swims, the leisure pool is for soon-to-be mothers and parents with young children five years and under.

## Public Swim

Swim, dive, splash, and have fun! All are invited to join in the activities. Two lanes are usually set aside for length swimmers. Please check pool schedule below for lengths times. The leisure pool is open during this time for soon-to-be mothers and parents with young children.

## Aquafit

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

## Range of Motion (ROM)

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

## Youth Swim (11-18yrs)



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

## July 15 – August 31, 2019\*

During some public swim sessions only part of the pool is available. The pool may be shared with aquafit, lessons, day camps or swim club. The parent and tot pool is not open to the public during lesson times. Schedule is subject to change without notice.

\*Annual Pool Maintenance and Closure Period: June 23 - July 15th.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lengths Swim 6:30-9:55am					Lessons & Lengths (1 lane only) 9:00am-12:55pm	Lengths 10:00-10:55am  Parent & Tot 10:00-10:55am
Range of Motion (ROM) 9:00-9:45am	Aquafit 9:00-9:45am	Range of Motion (ROM) 9:00-9:45am	Aquafit 9:00-9:45am	Range of Motion (ROM) 9:00-9:45am		
Public Swim 10:00am-3:30pm					Lengths 1:00-1:55pm	Lessons & Lengths (1 lane only) 11:00am-2:25pm
					Public Swim 2:00-4:55pm	
Lessons & Lengths (1 lane only) 3:30-5:25pm	FREE Public Swim 3:30-4:55pm	Lessons & Lengths (1 lane only) 3:30-5:25pm	FREE Public Swim 3:30-4:55pm	Lessons & Lengths (1 lane only) 3:30-5:25pm	Inflatable Fun Aug 3	Public Swim 2:30-4:55pm
Lengths 5:30-6:25pm					Lengths 5:00-6:25pm	
Public Swim 6:30-7:55pm					Public Swim 6:30-7:55pm	
Lengths (1 lane only) 8:00-9:00pm  Aquafit 8:00-9:00pm  Adult Lessons 8:00-8:40pm  Lengths (2 lanes) 9:00-9:55pm	Lengths (1 lane only) 8:00-9:00pm  Aquafit Deep Water 8:00-9:00pm  Adult Lessons 8:00-8:40pm  Lengths (2 lanes) 9:00-9:55pm	Lengths (1 lane only) 8:00-9:00pm  Aquafit 8:00-9:00pm  Adult Lessons 8:00-8:40pm  Lengths (2 lanes) 9:00-9:55pm	Lengths (1 lane only) 8:00-9:00pm  Adult Lessons 8:00-8:40pm  Lengths (2 lanes) 9:00-9:55pm	Public Swim 8:00-9:55pm  YOUTH ONLY FREE Swim 11-18yrs 1 <sup>st</sup> Friday of month 8:00-9:55pm  Aug 2 (no lanes, whirlpool, or steam room available)	<b>Annual Pool Maintenance and Closure Period: June 23 - July 15th.</b>  <b>*The parent &amp; tot pool is not open to the public during scheduled lengths or lesson times. Schedule is subject to change without notice.</b>	

## Private/Semi Private Lessons (all ages)

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

**Private: \$30.50/Semi-Private: \$20.50**

## Lesson Registration

Online and in-person registration for swimming lessons and programs at all pools, for all age groups, starts Tuesday June 25, 2019 at 9:00am. If you are already participating in a class, you are encouraged to wait until you receive a report card on the last day of class to register for the next set. It's important to register in the correct level. Those who have registered in the wrong class may be asked to withdraw from the class. Please bring the most recent report card to the first day of lessons. All lessons must meet minimum space requirements to run.

## Refunds & Cancellations

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

## Swim Assessments



If you are unsure of which level to register in, we offer FREE swim assessments during our public swims. If your child is under 8yrs, we require a parent/guardian to be in the water during the assessment.

## Red Cross Lessons (0-13yrs)

### Red Cross Parent & Tot (4-36mo)

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

### Red Cross Preschool (3-5yrs)

Sea Otter, Salamander, Sunfish, Crocodile, Whale: Introductory classes focused on confidence in the water skills, and intermediate strokes and distances.

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

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

## Red Cross Teen/Adult Lessons

### Basics 1 (13yrs+)

Learn front and back float, front and back glide with kick, front swim for 10 metres, shallow water entries and exits, and deep-water activities (assisted). No previous swimming experience required. No class Aug 5.

**Wed 6:20-7:00pm Jul 17-Aug 21**  
**228708 \$66.24/6 sess**

### Basics 2 (13yrs+)

Learn back swim with shoulder roll, front and back crawl (15m), sitting dive, kneeling dive, stride dive and front dive, treading water, and swim a minimum distance of 25 metres. Prerequisite: Some swimming experience and can perform front swim 10 metres comfortably. No class Aug 5.

**Mon 6:20-7:00pm Jul 15-Aug 19**  
**228710 \$55.85/5 sess**

### Swim Strokes (13yrs+)

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

**Fri 6:00-6:40pm Jul 19-Aug 23**  
**228713 \$66.24/6 sess**

## Parent & Tot and Children's Summer Swim Lesson Sets

Mon-Fri, Set 1	9:00-10:30am	Jul 15-Jul 26	10 lessons
Mon-Fri, Set 2	9:00-10:30am	Jul 29- Aug 9	9 lessons
Mon-Fri, Set 3	9:00-10:30am	Jul 12-Aug 23	10 lessons
Mon & Wed	3:45-7:00pm	Jul 15-Aug 21	11 lessons
Fri	3:45-7:00pm	Jul 19-Aug 23	6 lessons
Sat	9:00am-1:00pm	Jul 20-Aug 24	6 lessons
Sun	11:00am-2:30pm	Jul 21-Aug 25	5 lessons



## Inflatable Fun

Portions of the pool are reserved on select Saturdays for a water inflatable obstacle course. Regular pool admission fees applicable.

**Sat 2:00-4:55pm Aug 3**

Swim Lesson Fees 2019	6 lessons	9 lessons	10 lessons	11 lessons
Parent & Tot (30 min. parented)	\$44.46	\$64.74	\$63.49	\$79.87
Preschool (30 minutes)	\$44.46	\$64.74	\$63.49	\$79.87
Swim Kids 1-4 (30 minutes)	\$39.60	\$57.45	\$55.30	\$70.74
Swim Kids 5-10 (40 minutes)	\$44.46	\$64.74	\$63.49	\$79.87
Adults (40 mins)	\$66.24	N/A	\$109.97	\$120.57

# Aquatics

## Britannia Swim Club Programs

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

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

<b>Tue</b>	<b>6:30-7:45pm</b>	<b>Jul 16-Aug 20</b>
<b>228733</b>		
<b>Thu</b>	<b>6:30-7:45pm</b>	<b>Jul 18-Aug 22</b>
<b>228736</b>		
<b>One day/wk</b>	<b>\$36/6 sess</b>	
<b>Two days/wk</b>	<b>\$44/12 sess</b>	

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

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

<b>Sat</b>	<b>2:00-3:00pm</b>	<b>Jul 20-Aug 24</b>
<b>228732</b>		<b>\$50/6 sess</b>



### Britannia Masters Swim Club

A competitive swimming-style workout for lap swimmers, triathletes, masters and open water swimmers who want to take their swimming to the next level. Your coach knows a lot about swimming! Susie grew up as an age group swimmer, was a nationally ranked senior, swam at the varsity level and competed at Canadian Nationals, CIAU Nationals and Canadian Olympic Trials. Registration is required as the program is limited to 15 swimmers max. No class Aug 5.

<b>Tue/Thu/Sat</b>		
<b>6:30-7:30am</b>	<b>Jul 16-Aug 29</b>	
<b>228731</b>	<b>\$126/20 sess</b>	
<b>Mon/Wed/Sat</b>		
<b>6:30-7:30am</b>	<b>Jul 15-Aug 28</b>	
<b>228730</b>	<b>\$120/19 sess</b>	

## SAOIRSE SANKEY MEMORIAL AWARD for Lifeguard Training & Career Development

This award is presented to local Britannia Youth to support their training and attaining certifications to become employable as lifeguards/swim instructors.

Saoirse Sankey (May 3, 1992 - August 31, 2012) spent much of her short life in the waters of Britannia — from blowing bubbles as a “water baby” to years of dedicated service as a swim instructor and lifeguard. This award honors Saoirse and all those who supported her on this path. Please contact the Aquatics Programmer at 604.718.5830, for more information or to apply.



## Lifesaving Programs

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

Provides training for those who are ready to go beyond learn-to-swim and want to learn basic lifesaving skills. Each level of the Canadian Swim Patrol program has three modules: Water proficiency, First Aid, and Recognition & Rescue. Prerequisite: Ability to swim in deep water, swim 25 metres, and tread water for 1 minute.

<b>Sun</b>	<b>5:00-6:00pm</b>	<b>Jul 21-Aug 26</b>
<b>228727</b>		<b>\$48/6 sess</b>

### Bronze Medallion (13yrs+)

Teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Candidates develop stroke efficiency and endurance in timed swims (500 metres). Includes CPR-A. Prerequisite: 13yrs+ or have completed Bronze Star, ability to swim 100 metres in deep water, and ability to swim 500m in 15 minutes or less. The Canadian Lifesaving Manual is required. It can be purchased at the pool cashier for \$36.

<b>Sun</b>	<b>10:00am-2:00pm</b>	<b>Jul 21-Aug 18</b>
<b>228725</b>		<b>\$202.68/5 sess</b>



## Pool and Fitness Committee

New members welcome! This is an advisory committee which provides recommendations to the Britannia Board of Management in the area of Pool and Fitness Centre programming and facilities. Meetings take place on the last Tuesday evening of every other month. Please contact the Recreation Programmer at 604.718.5830.

<b>Tue</b>	<b>6:00pm</b>	<b>Jun 25</b>
<b>Tue</b>	<b>6:00pm</b>	<b>Aug 27</b>
<b>Conference Room</b>		



## Birthday Parties

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

<b>Sat</b>	<b>1:00-2:00pm</b>	<b>\$75</b>
<b>(includes lifeguard fee)</b>		

## Group Bookings

If you would like to bring a group to the pool, we ask that you pre-book as space can be limited. To book your group, please call 604.718.5831.

Priority entrance will be given to groups that pre-book.



## Rink Closure May 21 - October 2019

The Ice Rink will be closed from May 21, 2019 to October 2019 for maintenance. The rink's refrigeration system has come to the end of its lifecycle and needs renovations to comply with Technical Safety BC requirements. Closure dates are subject to change. We look forward to seeing you in October!

Please contact the Rink Programmer, Susy Bando, if you have any questions or comments at 604.718.5836 or [susy.bando@vancouver.ca](mailto:susy.bando@vancouver.ca).

### Britannia Co-Ed Hockey League

Britannia's Co-ed Hockey League is being offered this year in a shortened and modified format due to an extended maintenance closure at Britannia Rink starting May 21, 2019. All games will be played at Sunset Rink. This league is perfect for novice to intermediate players who want to play organized recreation hockey this summer. Games are non-contact, non-aggressive, and fun! Full hockey equipment is mandatory. Games take place on Saturdays at 6:15pm and 7:45pm.

<b>Sat</b>	<b>6:55-7:30pm</b>	<b>Jul 6-Aug 10</b>
	<b>7:45-9:00pm</b>	<b>\$90/6 sess</b>
<b>Sunset Arena</b>		<b>390 E 51st Ave</b>
<b>228118</b>		

### Arena Committee

The Arena Committee meets the 1st Tuesday of every month at 6:00pm in the Rink Activity Room. There are no meetings in July and August.



## Upcoming Fall Programs

### Vancouver Adult Co-ed Hockey League

The 17th season of VACHL has come to an end and we would like to thank the players who continue to support the league and the staff who are dedicated to making this one of the most popular programs in the City. We welcome your feedback and any comments can be sent to [vachl@vancouver.ca](mailto:vachl@vancouver.ca). Vancouver Adult Co-ed Hockey League will begin in early September. Registration has begun for the 19-20 VACHL season. To find out more about VACHL and how to register, visit [www.vachl.ca](http://www.vachl.ca).

## Playland Day Passes

Playland day passes are available for sale at the Information Centre and the pool cashier for \$29 each (\$9 cheaper than at the gate). Passes are non-refundable and only valid for the 2019 season. Passes are not valid during the PNE Fair from Aug 17-Sep 2.

### Schedule

<b>Sat/Sun</b>	<b>11:00am-6:00pm</b>	<b>May 4-Jun 9</b>
<b>Mon-Sun</b>		<b>Jun 14-Aug 16*</b>
<b>Sat/Sun</b>	<b>11:00am-5:00pm</b>	<b>Sep 7-15</b>

\*Visit [www.pne.ca/playland](http://www.pne.ca/playland) for the full schedule.

## Coming Soon...

### Italian Day

Sun Jun 9

### Aboriginal Day

Fri Jun 21 55+ Centre/Trout Lake

### Canada Day

Mon Jul 1 Grandview Park

### Artful Sundays

Sun Aug 11, Aug 18, Aug 25, Sep 1  
Napier Greenway

See pages 4-5 for more information.

## FREE Fun For All! Recreation Programs

Britannia operates a wide range of FREE and pay-what-you-can recreation programs. The Britannia Board of Management is committed to ensuring that people have access to programs and that fees are not a barrier to members of the Grandview-Woodland/Strathcona Community.



**Look for the 'Fun for All' stamp throughout the Brochure to find our free and pay-what-you-can programs.**

Registration for all **FREE** programs begins Wednesday June 5, 2019 at 9:00am, in person and online. Phone registration begins at 1:00pm. See page 2 for registration information.

# Partners



A resource centre for parents/caregivers and their young children to age early 6, offering many programs, support and referral services. *\$20 annual membership required.*

1655 William St, 604.255.9841  
info@eastsidefamilyplace.org  
www.eastsidefamilyplace.org

## Family Drop-In Hours:

M/W/F 9:00am-12:00pm  
T/T 9:00am-2:30pm (closed 12-1pm)  
\*Tues 1:00-2:30pm (Baby & Me only, 0-1yrs)  
Fee: \$3 per visit per family.  
Closed Jul 1, Aug 5, Sep 2

## Licensed Occasional Childcare (Mon-Fri, 9:00-11:45am)

For ages 18 months to early 6yrs, sliding scale of \$5.00 to \$6.50/hour. Spaces are limited and must be booked in advance: 604.251.1018.

## Parenting Education, Support, & Resources

We offer a wide variety of programs. Get on the wait list for this fall's groups such as: Nobody's Perfect Parenting, Circle of Security, & Family Rhythm, Rhyme + Movement.

## Little Sprouts

Parents/caregivers and their children will meet weekly at the Britannia School garden and have fun learning all about plants and gardening. Snack provided. Registration required.

## Kids in the Kitchen

Children ages 3-5yrs have fun learning how to cook a yummy, healthy snack together. Registration required.

## Parents in the Kitchen

Parents volunteer to cook a special dish, sharing their culture and recipes with the other families. Honorarium provided. Call or email to find out more.

## Birthday Parties (1-6yrs)

We offer an affordable, enjoyable and convenient way to celebrate your child's birthday. Call or email for details.

Check out [www.eastsidefamilyplace.org](http://www.eastsidefamilyplace.org) for more Summer 2019 programs and events.



Vancouver Public Library

604.665.2222

[www.vpl.ca/location/britannia-branch](http://www.vpl.ca/location/britannia-branch)

## Library Hours

Mon 9:00am-6:00pm  
Tue/Wed 9:00am-9:00pm  
Thu/Fri 9:00am-6:00pm  
Sat 9:00am-6:00pm  
Sun 1:00pm-5:00pm  
Closed Jul 1, Aug 5, Sep 2

## Babytime (0-18mo)

Tue 10:30am Jul 9-Aug 20

## Family Storytime (18mo-5yrs)

Thu 10:30am Jul 11-Aug 22

## Summer Reading Club (5-12yrs)

Wed 1:30-2:30pm Jul 10-Aug 21

## Teen Summer Challenge

See branch for details.

## Teen Hunger Games: Quarter Quell Training

Wed 2:00-4:30pm Jul 24  
Test your survival and collaboration skills in hands-on challenges. May the odds be ever in your favour.

## 55+ Book Club

3rd Wed of the month 2:45-4:00pm

## Indigenous Reads Book Club

2nd Thu of the month 2:00-3:30pm

## One-To-One Computer Training

Tue/Wed 2:00-4:00pm  
(30min blocks)

## SFU Philosophers' Café

Last Wed of the month 7:00-9:00pm

## Pandora's Collective

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

## Word Whips

3rd Tue of the month 6:30-8:30pm

## Book Talks

4th Wed of the month 6:30-8:30pm

## Poetic Pairings

Tue 6:30-8:30pm Jul 24



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

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

1739 Venables. Basement entrance on Commercial Drive.  
[eastvankickstand.org](http://eastvankickstand.org)

## Shop Rates & Hours

Sliding scale from \$1-\$15

Mon/Wed/Fri 5:00-9:00pm  
Sun 1:00-5:00pm



## Women, Gender Queer & Trans Night

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

## Bike Club Youth Drop-in

Bike Club is a free drop-in bicycle mechanics program for people aged 12-19 years old. Each week starts at 3:30pm with a half hour bike mechanics workshop on a different topic and open shop hours run from 4pm-6pm where youth can either work on their own bikes with our support or volunteer for shop projects to build their skills and gain credits that they can exchange for used parts.

During Bike Club youth are invited to drop in to:

- Participate in Earn a Bike.
- Volunteer for shop projects.
- Get support servicing their bicycles.
- Hang out, eat snacks, and check out the Kickstand space.

Questions? Contact Sarah at [bikeclub@pedalpower.ca](mailto:bikeclub@pedalpower.ca)

Tue 3:30-6:00pm  
1739 Venables Free  
Kickstand Community Bikes