



We're excited to  
welcome you back  
to Brit this fall!

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 Fall 2021



Look for our **FREE**  
"Fun for All" programs!  
See inside for details.





## President's Message

I'm excited to welcome you back to Britannia this fall. While the Centre was open throughout the pandemic, we shifted our efforts to a COVID-19 response. We are so incredibly proud of our hard working team of staff and volunteers who mobilized the Centre's resources to quickly adapt to the emerging needs of our community.

Within the first three weeks after a state of emergency had been declared in BC, we shifted to virtual programming for teens, seniors and Elders; we created a phone wellness check program to stay connected to vulnerable community members; and we created a COVID-19 home food delivery program to get healthy food to those who needed it and who couldn't leave their homes.

Over 7180 hours were dedicated by volunteers to deliver over 358,500lbs of food to over 19,000 individuals in our community. I am immensely thankful to our hardworking team who made this happen.

While I am excited to welcome you back to Britannia, I have a heavy heart. I have a heavy heart because of the increase in anti-Asian violence. I have a heavy heart because of the 215 children that were recovered in Tk'emlúps te Secwépemc territories, the 751 unmarked graves that were recovered at the site of the Marieval Residential School, and the many other unmarked graves that are being recovered at the sites former residential schools across Turtle Island. These children are not numbers. They are the relatives of Indigenous people alive today. Their lives are sacred. Every child matters.

We need to do better. As a Board we believe that we play a role in addressing the ways in which structural and systemic racism is ongoing at our Centre. Earlier in the year we worked as a Board to identify our own internalized biases with the help of Khari Wendall McClelland and Sara Kendall. We can change by listening to the experiences of our residents, making space in the leadership of the Society, and sharing the governance and decision making responsibilities.

Now, more than ever, is a time to come together. Britannia is working towards providing more healing spaces for urban Indigenous community members. This fall, we invite you to join us for our Orange Shirt Day and Reconciliation in Action events, taking place from September 30 – October 3. This year's events are a time to put our hearts and minds to helping each other (see page 6 for more details).

Lastly, I would like to express my gratitude to our Board of Management for taking a strong stance on Reconciliation—especially in regards to the Renewal. Their support and community support is greatly appreciated.

How'aa (Haida for 'thank-you'),

Annie Danilko, Haida Nation

President, Britannia Board of Management

## Britannia's Board

Britannia board meetings are held on the 2<sup>nd</sup> Wednesday of the month. For more information or if you are interested in running for our Board of Management, call Cynthia Low, Executive Director, at 604.718.5815.

President:	Annie Danilko
Vice President:	Pamela Dudas
Treasurer:	John Flipse
Members at Large	Vera Jones Naina Varshney
Directors:	Susanne Dahlin Ariela Friedmann Farren Gillaspie Pat Hogan Ingrid Kolsteren John Morra Craig Ollenberger Ashki Shkur Khai Truong
Staff Rep:	Teka Everstz

Partners:	
VSB	Alec MacInnes
VPB	Peter Odynsky
VPL	Noreen Ma
Executive Director:	Cynthia Low
Manager of Administrative Services:	Jeremy Shier
Manager of Child Care Services:	Jacky Hughes

## Britannia Committees

For more information about Britannia committees, call the contact person listed below or visit:

[britanniacentre.org/about-us/board-of-management](http://britanniacentre.org/about-us/board-of-management)

**Board Meeting**  
2nd Wed/mo 6:00pm  
Sep 8, Oct 13, Nov 10, Dec 8  
Contact: Cynthia Low 604.718.5815

**Anti-Racism & Anti-Oppression Committee**  
2nd Tu/mo 6:00pm  
Sep 14, Oct 12, Nov 9, Dec 14  
Contact: Daniel Cook 604.718.5837

**Arena Committee**  
1st Tue/mo 6:00pm  
Sep 7, Oct 5, Nov 2, Dec 7  
Contact: Susy Bando 604.718.5836

### Arts & Culture Committee

1st Thu/mo 7:00pm  
Sep 2, Oct 7, Nov 4, Dec 2  
Contact: Bea Miller 604.718.5825

### Board Development Committee

3rd Fri/mo 6:00pm  
Sep 17, Oct 15, Nov 19, Dec 17  
Contact: Cynthia Low 604.718.5815

### Child Care Committee

Call of the chair  
Contact: Jacky Hughes 604.718.5816

### Planning & Development Committee

3rd Tue/mo 6:30pm  
Sep 21, Oct 19, Nov 16  
Contact: Kiel Torres 604.718.5800 ext. 1

### Pool & Fitness Committee

Last Tue/bi-monthly 6:00pm  
Sep 28, Nov 23  
Contact: Marie-Louise Beesley 604.718.5830

### Seniors, Elders & Advocates Committee

3rd Wed/mo 3:15pm  
Sep 15, Oct 20, Nov 17, Dec 15  
Contact: Anne Cowan 604.718.5837

### Youth Committee

Call of the chair  
Contact: Tom Higashio 604.718.5826

### Reconciliation in Action (RIA) Committee

3rd Thu/mo 6:00pm  
Contact: Teka Everstz 604.718.5862

### Volunteer Committee

3rd Fri/mo 5:00pm  
Sep 17, Oct 15, Nov 19, Dec 17  
Contact: Yao Zhang 604.718.5860

## Memberships

In order to participate in recreation programs at Britannia, you must be a member. A membership may be obtained when you register for a program or any time during the year at the Pool Cashier, the Info Centre, or online. Membership fees will be automatically added to your online purchases.

Memberships are valid from January 1 - December 31 every year. Because we have had to scale back our programs and services due to the COVID-19 pandemic, 2021 memberships are free.

### Membership Benefits

- 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.



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## Facility Rentals

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

### Gym/Room Rentals

For rates and availability contact the Facility Support Clerks, 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 the Pool Programmer, Marie-Louise, 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 the Rink Programmer, 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: [britanniacentre.org/facilities/rentals](http://britanniacentre.org/facilities/rentals)

### Cover Photo

Photo of Britannia community member Francis by Sov Sin.

## Holiday Hours Info Centre, 55+ Centre & Teen Centre

Sep 6	Labour Day	CLOSED
Oct 11	Thanksgiving	CLOSED
Nov 11	Remembrance Day	CLOSED
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	CLOSED

### Pool & Fitness Centre

For our up-to-date hours, visit:  
[britanniacentre.org/pool](http://britanniacentre.org/pool) or  
[britanniacentre.org/fitnesscentre](http://britanniacentre.org/fitnesscentre)

### Rink

Sep 6	Labour Day	CLOSED
Oct 11	Thanksgiving	1:00-3:30pm
Nov 11	Remembrance Day	1:00-3:30pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-3:30pm

## Unceded Coast Salish Territories

Britannia Community Services Centre humbly acknowledges that we are located on the traditional and unceded Coast Salish territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and selilwitaʔ / selilwiltulh (Tseil-Waututh) Nations.

# Registration Information

## Registration Dates

### General Programs

Registration opens Tuesday August 24, 2021 at 9:00am in-person and online, and at 1:00pm by phone.

### Free Programs

Registration for free programs opens Wednesday August 25, 2021 at 9:00am in-person and online, and at 1:00pm by phone.

### Swim Lessons

Registration for swim lessons opens on Tuesday August 31, 2021 at 9:00am in-person and online, and at 1:00pm by phone.

### Skating Lessons

Registration for **Set 1** fall skating lessons begins Wednesday September 8, 2021 at 9:00am in-person and online, and at 1:00pm by phone.

Registration for **Set 2** lessons begins Wednesday November 3, 2021 at 9:00am in-person and online, and at 1:00pm by phone.

### Vancouver Coed Hockey League

Registration opens on Wednesday August 4, 2021 at 9:00am in-person and online, and at 1:00pm by phone.

## Refund Policy

- A full refund will be granted if requested up to 48hrs 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.

## How to Register

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

Membership fees will automatically be added to your online purchase.

### 2) Register in person

You can register for programs at the **Information Centre** and the **Pool Cashier**. Pay by Cheque, Visa, Mastercard, Debit or Cash. Registration closes an hour before closing at the pool and half an hour before closing at the Info Centre.

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

A receipt for your program registration will be emailed to you upon request, or you can pick up a hard copy at our Info Centre at your convenience.

## 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 refunds after second class.
- Exceptions: No refunds 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 due to unforeseen circumstances and instructors may change during the program season.

## 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.

## Subsidy Policy

Britannia provides assistance to those who are not able to afford the advertised cost of certain programs and activities. Please note: Maximum of two subsidies per person per season. Some programs do not qualify for subsidy. 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

The Leisure Access Program (LAP) provides low-income City of Vancouver residents with reduced cost programs and services at Britannia and Park Board facilities. LAP card holders may receive up to 50% off certain programs. To learn more and to apply, visit: [vancouver.ca/parks-recreation-culture/leisure-access-card](http://vancouver.ca/parks-recreation-culture/leisure-access-card)

### Grandview-Woodland Strathcona Residents Subsidy

Program participants living in the Grandview Woodland and Strathcona areas who are in need of financial assistance may request a subsidy of up to 25% of course costs for certain programs by completing an application.

### Licensed Child Care Subsidy

For more information about the provincial child care subsidy, call 1.888.338.6622 or visit:

[www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding](http://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding)





In 2018, the City of Vancouver Mayor and Council approved the Britannia Renewal Master Plan, which sets out a vision for the future of Britannia's spaces, places, and services. We are now working on the next phase of the Renewal, which is to submit a site wide rezoning application.

## What is 'rezoning'?

Rezoning is the process of changing how a property can be used or developed. Building upon the Master Plan, the rezoning process will identify the types of uses that can be included on site, and a number of development criteria including: building density, heights, and green space requirements.

Over the next 18 months, the Society is committed to listening to the community, bringing community together to develop strategies for our future, and to represent the voices of the community in our work with our partners: the City of Vancouver, the Vancouver School Board, the Vancouver Public Library and the Vancouver Park Board. Join us this fall for a series of public engagement activities. See below for details.

## Questions?

For more information on upcoming events and committee meetings, and to browse our resource library, visit: [britanniarenewal.org](http://britanniarenewal.org)

Project updates and the results of past engagement activities can be found online at: [shapeyourcity.ca/britannia-renewal](http://shapeyourcity.ca/britannia-renewal)

## Renewal Public Engagement

### Community Conversations: Site-wide Programming



Presentation and discussion on what programming spaces are being proposed throughout the Renewal.

Thu 6:00-8:30pm Sep 16 Gym D Free

### Community Conversations: Non-Market Housing



Join us for a community discussion on specific considerations relating to height, density, and the potential number of units of non-market housing.

Mon 6:00-8:30pm Sep 20 Gym D Free  
Tue 7:00-9:00pm Sep 21 Online Free  
Youth-focused session TBA

### Community Conversations: What We're Hearing 2



We'll report back on the diverse perspectives that we've been hearing about the Britannia Renewal.

Wed 6:00-8:30pm Oct 6 Gym D Free

### Planning and Development Committee



If you would like to be more involved in the Britannia Renewal, join our Planning and Development Committee. Contact Kiel Torres ([kiel.torres@vancouver.ca](mailto:kiel.torres@vancouver.ca)) for further information and Zoom login details.

Tue 6:00-8:00pm Sep 21, Oct 19, Nov 16  
Zoom Free



# Special Events

## Art Gallery Exhibitions ☀️



**Sep 3 – 27**

**"Instru Mental"**

Mixed media assemblage by Valerie and Arnt Arntzen.

**Oct 1 – 25**

**VOAF VANTAGE OUTSIDER ARTS FESTIVAL Satellite Show**

A showcase of various artists in several mediums during the month of the festival.



**Oct 29 – Nov 29**

**The Birds of COVID**

Paintings by Janine Schroedter.

**Dec 3 – 27**

**Landscape as Connection: Water**

Paintings by Ann Robson.

**Lost HeArts**

Paintings and jewellery by Beata Kacy.



**The Solstice/ Equinox Coffee House Series** ☀️

The Britannia Coffee House is a quarterly event bringing community together to celebrate the turn of the season. Each event is warm and inviting, creating an opportunity for community to gather and connect. The series strives to be reflective of the diversity of the community itself, to minimize barriers, and to create a joyful event for all. If you haven't checked out the Coffee House Series, you're in for a treat!

**Fall Equinox Coffee House** ☀️

Come celebrate the beginning of the Fall Season with a focus on gratitude, harvest, and peace. All ages welcome. Join early or stay late for pre- and post-show community connections. Featuring Lori Snyder (Indigenous herbalist and storyteller), Sars Family Band, and more!

Sun 6:45-9:00pm  
Zoom

Sep 26  
Free

**9th Annual Winter Solstice Coffee House** ☀️

Celebrate the deep midwinter and the return of the light with a cozy evening of local live music and poetry. A relaxing night during the busy holiday season, connect with community from the comfort of your home. Join early or stay late for family-friendly, pre- and post-show connections. Featuring Teapot in the Tuba and more!

Sun 6:45-9:00pm  
Zoom

Dec 19  
Free

## View More Events Online

For all of our upcoming events, visit:

[britanniacentre.org/community/events\\_calendar](http://britanniacentre.org/community/events_calendar)

## Orange Shirt Day ☀️

We are gathering with Elders and their families on Orange Shirt Day. We invite you all to join us on this important day to help raise awareness about Residential Schools and their lasting impact on Indigenous peoples. Every Child Matters. Wear your orange shirt in support.

9:00am Assemble at the Vancouver Aboriginal Friendship Centre

9:45am Walk to Grandview Park

10:30am Ceremony at Grandview Park

11:00am Activities (lunch, drum circle, crafting and sharing)

Thu 9:00am-2:00pm Sep 30  
Grandview Park Free

## Resilience & Reconciliation in Action ☀️

Join us for RIA! This year's events are a community observance of resilience and recovery. After 19 months of COVID-19 we are expecting to return to 'normal'—but nothing is normal. We have lost many community members due the opioid and COVID-19 health crises. Many of our community members may have diminished earnings, health, and wellness.

It is time for us to come together to acknowledge the impacts, celebrate our resilience, and put our minds and hearts to helping each other move forward. Everyone welcome.

We want to work with the community to plan and host this event. If you are interested in joining us, please contact Cynthia Low at [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca) or call 604.718.5815.

Fri-Sun Oct 1-3

More details TBA

## Indigenous Plant Walk on Wild & Native Medicinals

Lori Snyder is an Métis herbalist, educator, storyteller, artist and mother. Lori hosts workshops teaching about our living world, how to access its wisdom, and to remember our stewardship. Come out and discover how to identify and when best to harvest in this interactive workshop. Meet in the Britannia School Garden at the far west end of the parking lot behind the skateboard courts.

Thu 4:30-6:30pm  
Britannia School Garden  
356464 Lori

Sep 23  
\$25/1 sess



# Licensed Child Care



## Britannia Child Care Hub

For up-to-date information on space availability, waitlists, and registration, please contact each child care centre directly.

### Child Care Mission Statement

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

### About our Child Care Programs

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

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

### About our Staff

All of our staff are qualified as Early Childhood Educators, Special Needs Educators, Child and Youth Care Counsellors, or are Responsible Adult certified. The number of additional staff for each program is dependent upon the type of program and is always in accordance with child/staff ratios set by child care licensing regulations.

All staff, substitutes, students and volunteers are required to have a clear Criminal Record Search in accordance with child care licensing regulations.

For more information, visit: [britanniacentre.org/services/licensed\\_childcare](http://britanniacentre.org/services/licensed_childcare)

### Provincial Child Care Subsidy

For more information about the provincial child care subsidy, call 1.888.338.6622 or visit: [www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding](http://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding)

## Toddler Program (18mo-3yrs)

Mount Pleasant Child Care has a licensed toddler program with 12 spaces for children 18mos-3yrs. Children will develop socially, physically and emotionally at their own pace in a caring and safe environment with time to explore new relationships with friends and interact with adults. Age-appropriate materials and snacks provided.

### Mount Pleasant Child Care

960 East 7<sup>th</sup> Avenue  
Wade Forbes 604.718.5844  
For waitlist info, email:  
[mountpleasantchildcare@shawbiz.ca](mailto:mountpleasantchildcare@shawbiz.ca)

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

Fees: \$1008/mo  
Lunch Program: \$65/mo



## Preschool Program (3-5yrs)

Our Preschool program provides a rich and meaningful child-centered environment in which children learn and grow in all areas of development. Our program will include the exploration of Artists Throughout History. By using hands-on exploration of a variety of materials and techniques, we will experience styles developed by influential artists throughout history. Children practice creativity and freedom of artistic expression in a play-based learning environment as we highlight multiculturalism, diversity, arts, dance, and languages from around the world.

### Britannia Preschool

1661 Napier Street  
Lorraine Evans 604.718.5843

Hours: Mornings 9:00-11:30am  
Afternoons 12:30-3:00pm

Fees: 2 days/wk (Tue/Thu) \$192  
3 days/wk (Mon/Wed/Fri) \$267  
5 days/wk (Mon-Fri) \$459



# Licensed Child Care

## Daycare Programs (3-5yrs)

Eaglets Daycare, Grandview Terrace and Mount Pleasant Child Care offer full day daycare programs for children 3-5yrs. The programs offer a caring, safe and nurturing environment that provides children the freedom and support to develop their full potential. We offer multicultural programs that respect a variety of traditions, lifestyles, languages and cultural heritages. In our inclusive play-based programs, staff provide activities based on children's interests and developmental needs, offering opportunities for children to explore their environment through music, movement, blocks, construction toys, cooperative games, stories and outdoor play. Through play, children are able to develop social skills and learn more about their world.

### Eaglets Daycare

485 Semlin Drive  
Suzy Liguori 604.718.5856  
Please call for up-to-date registration and fee information.

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

Fees: \$921/mo  
Snacks provided.

### Grandview Terrace Child Care

2075 Woodland Drive  
Alejandra Uribe 604.718.5846  
grandviewccc@shawbiz.ca

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

Fees: \$980/mo  
Lunch Program: \$80/mo  
Snacks provided.

### Mount Pleasant Child Care

960 East 7th Avenue  
Wade Forbes 604.718.5844  
For waitlist info, email:  
mountpleasantchildcare@shawbiz.ca

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

Fees: \$943/mo  
Lunch Program: \$65/mo  
Snacks provided.

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

Britannia, Eagles in the Sky, and Grandview Terrace are licensed programs, which offer the opportunity to create, explore and socialize in a fun, safe and nurturing environment. Our play-based programs are designed to foster independence and confidence in a family-centred setting. We strive to provide an integrated and comprehensive continuum of services for children and families that reflect the communities we serve. All of the centres are culturally sensitive and celebrate the uniqueness of our families. Qualified educators offer a value-based program that focuses on children's interests, ages and developmental needs.

### Britannia OSC

1661 Napier Street Lorraine Evans 604.718.5843

Pick up from: Britannia Elementary  
Queen Victoria Annex (QV)

Sep-Jun Hours: Mon-Fri 7:30-9:00am (Brit Only)  
3:00-5:45pm (Brit/QV)

Fees: Full Time \$375/mo  
3 Days \$250/mo  
2 Days \$220/mo

Summer Fees: Full Time \$570/mo  
Part Time \$160/wk

Breakfast & pm food program provided.

### Grandview Terrace OSC

2075 Woodland Drive Alejandra Uribe 604.718.5846

Pick up from: Grandview Elementary  
Queen Alexandra Elementary  
Queen Victoria Annex  
Ecole Anne Hebert

Sep-Jun Hours: Mon-Fri 7:30-9:00am\*  
3:00-6:00pm

\*No AM care for Queen Alexandra Elementary and Ecole Anne Hebert.

Fees: Full Time \$415/mo  
Summer Fees: Full Time \$575/mo  
Part Time \$165/wk

Breakfast & pm snack provided.

### Eagles In The Sky OSC

103B-1950 E. Hastings

Kinga Batko 604.230.1885

Call for registration and fee info.

Pick up from: Xpey' Elementary, Hastings Elementary  
Lord Nelson Elementary, Ecole Anne Hebert

Sep-Jun Hours: Mon-Fri 7:30-9:00am  
3:00-5:45pm

Fees: Xpey' Elementary \$418/mo  
Hastings/Lord Nelson/Anne Hebert \$465/mo

Breakfast & pm snack provided.



### Community Action Program for Children (CAPC)

CAPC is a community-based children's program that promotes the healthy development of young children (0-6 years).

Beatrice Feza 604.718.5821

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

Enjoy one hour of rhymes, songs, games and stories in Spanish with your little ones. Healthy snack provided. Registration required. Disfrute de una hora de rimas, canciones, juegos y cuentos en español con sus pequeños. Se ofrece una merienda saludable. Los grupos son en el salon 'Mezzanine' de la Pista de Hielo.

Thu  
Rink Mezz

Sep 16-Nov 4 10:30am Toddlers 12:00pm Infants Free  
To register call 604.215.8289



## Welcome Back

### Your Safety is Our Priority

- Masks are still recommended to be worn indoors at Britannia facilities by those aged 12 and up until you are fully vaccinated.
- Stay home if you have any symptoms of COVID-19, including: coughing, sore throat, fever, or sneezing.
- Stay home if you have been in contact with a confirmed case of COVID-19 or if you are required to self isolate on Public Health orders.
- Wash your hands, respect the personal space of other patrons and staff, and cover your cough or sneeze.
- Shared equipment is disinfected between classes.

## Music

### Music Together® (0-5yrs)

Learn how to share the joys of music-making and the powerful benefits of having music in your young 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! Each child's natural musicality is nurtured through singing, dancing, listening 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 rate and children 6mos and under attend free with a registered sibling. \$60 Music Together licensing fee is non-refundable after the first class.

<b>Tue</b>	<b>Sep 21-Nov 30</b>	<b>Rink Mezz</b>
<b>Noa</b>		<b>\$180/11 sess</b>
356792	9:30-10:15am	
356793	10:30am-11:15pm	
362304	11:30am-12:15pm	

## Art

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

Art is a wonderful sensory experience in which you and your child can collaborate. Emphasis is placed on the creative process and exploration of materials. Be on time for an inspirational story. Dress for mess! No class Oct 11.

<b>Mon</b>	<b>9:45-10:30am</b>	<b>Sep 20-Nov 8</b>
<b>RAR</b>		<b>\$86/7 sess</b>
357949	Helen	

## Dance

### Ballet/Jazz Dance (2-6yrs)

Jump, skip and twirl! Children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. This is a closed class. However, in the final week of the session we invite parents to stay for a presentation. Parent participation required for 2-4yrs classes. For more info visit [www.kirbysnelldance.com](http://www.kirbysnelldance.com).

<b>Sat</b>	<b>Sep 25-Dec 4</b>	<b>CFEC</b>
<b>Endorphin Rush</b>		<b>\$130/11 sess</b>
357937	9:20-10:00am	2-4yrs
357940	10:15-10:55am	2-4yrs
357942	11:10-11:50am	3-4yrs
357944	1:00-1:40pm	4-6yrs

### Hip Hop/Jazz Dance (3-6yrs)

Combine the style of hip-hop with the technical skills of jazz! Learn steps, jumps, turns, stretches and fun choreography to your favourite music. Please wear comfortable stretchy clothing and non-marking shoes. No drop-ins. For more info visit [www.kirbysnelldance.com](http://www.kirbysnelldance.com).

<b>Sat</b>	<b>Sep 25-Dec 4</b>	<b>CFEC</b>
<b>Endorphin Rush</b>		<b>\$130/11 sess</b>
357946	12:05-12:45pm	3-4yrs
357948	1:55-2:40pm	4-6yrs

## Physical Activity



### Axe Capoeira Beginner (3-6yrs)

All levels welcome. Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility.

<b>Tue/Fri</b>	<b>5:00-5:45pm</b>	<b>Cafeteria</b>
<b>Marcus</b>		
357105	Sep 14-28	\$65/mo
368243	Oct 1-29	\$85/mo
368246	Nov 2-30	\$85/mo
368248	Dec 3-17	\$65/mo



### Baby and Me Yoga (6-16mo)

Stretch, strengthen and find moments to involve baby with movement, massage and songs. Crawlers are welcome and older children may come watch and we can set up a reading area. Please bring a blanket for baby. Yoga mats provided. \$15/drop-in. [melissarodrigues.com](http://melissarodrigues.com)

<b>Wed</b>	<b>10:30-11:30am</b>	<b>Sep 15-Dec 15</b>
<b>CFEC</b>		<b>\$196/14 sess</b>
357112	Melissa	

### Sportball Multisport (2-3yrs)

Multi-sport classes teach children introductory physical skills and helps them develop confidence through 8 different ball sports. Parent participation required. No class Oct 10.

<b>Sun</b>	<b>11:30am-12:15pm</b>	<b>Gym D</b>
<b>Sportball Vancouver</b>		<b>\$96/6 sess</b>
357159	Sep 19-Oct 31	
360372	Nov 7-Dec 12	

### Sportball Multisport (3.5-5yrs)

Multi-sport classes teach children methods to practice and refine gross motor skills through 8 core ball sports. This program reinforces benefits of teamwork and skill development, enabling children to gain confidence and develop skills to succeed in sport and life. No class Oct 10.

<b>Sun</b>	<b>12:15-1:15pm</b>	<b>Gym D</b>
<b>Sportball Vancouver</b>		<b>\$96/6 sess</b>
357160	Sep 19-Oct 31	
360373	Nov 7-Dec 12	

### Sportball T-Ball (2-6yrs)

This program is held outdoors on the Britannia Oval. Let's Play Ball! Children are introduced to fundamental concepts of baseball and learn the basic skills required to score with confidence in fun, exciting, skills-focused games. 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.

<b>Sun</b>	<b>Sep 12-Oct 3</b>	<b>Brit Oval</b>
<b>Sportball Vancouver</b>		<b>\$64/4 sess</b>
357161	9:30-10:15am	Age 2-3yrs
357162	10:15-11:15am	Age 4-6yrs

# Children

## Welcome Back

### Your Safety is Our Priority

- Masks are still recommended to be worn indoors at Britannia facilities by those aged 12 and up until you are fully vaccinated.
- Stay home if you have any symptoms of COVID-19, including: coughing, sore throat, fever, or sneezing.
- Stay home if you have been in contact with a confirmed case of COVID-19 or if you are required to self isolate on Public Health orders.
- Wash your hands, respect the personal space of other patrons and staff, and cover your cough or sneeze.
- Shared equipment is disinfected between classes.

## Art



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

Discover the sculptural properties of clay while learning a multitude of building methods, including pinch pot, slab, coil, and wheel. Artist quality, food safe materials included. No class Sep 30.

**Thu 4:00-5:15pm** **Sep 16-Nov 4**  
**Rm 208** **\$110.25/7 sess**  
**352614 Helen**

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

**NEW**

Learn the basics of colour mixing and creating fun paintings from both real life and your imagination. Students will learn how to paint in a number of different styles—from landscape to abstract and beyond. Students need to bring all their supplies to class. The supply list will be attached to your receipt and is available online. No class Oct 10.

**Sun 2:00-3:30pm** **Sep 19-Oct 24**  
**RAR** **\$90/5 sess**  
**363602 Janine**

## Winter Break Camp

### Funseekers Daycamp (6-12yrs)

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

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

#### Week 1

**Mon-Fri 9:00am-3:00pm** **Dec 20-24**  
**Gym D** **\$99/5 sess**  
**356940**

#### Week 2

**Mon-Fri 9:00am-3:00pm** **Dec 27-31**  
**Gym D** **\$99/5 sess**  
**356941**

## Physical Activity

### Traditional Kung Fu (6yrs+)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Classes run Monday and Fridays. Fees do not pro-rate. No class Oct 11, 22 & Dec 10.

北少林龍志光國術會-傳統武術班-龍志光師傅授教

#### Beginner

**357176 Sep 13-Dec 17** **CFEC**  
**Mon 4:30-5:30pm** **Fri 7:00-8:15pm**  
**Marquis** **\$283/27 sess**

#### Intermediate

**357177 Sep 13-Dec 17** **CFEC**  
**Mon 5:30-6:30pm** **Fri 8:15-9:30pm**  
**Marquis** **\$308/27 sess**

#### Advanced

**357175 Sep 13-Dec 17** **CFEC**  
**Mon 5:30-6:30pm** **Fri 8:15-9:30pm**  
**Marquis** **\$333/27 sess**



## Axe Capoeira

Students enrolled in these classes, must have a minimum of 1 year consistent Capoeira experience, or permission from the school. We offer ongoing classes for children and youth. Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. [axeancouver.com](http://axeancouver.com)

### Intermediate Mini Kids (5-7yrs)

This is an intermediate program: students should have a full knowledge of basic movements and this class will focus on more advanced movements in Capoeira, which will prepare students for the youth program.

**Tue/Fri 6:00-6:45pm** **Cafeteria**  
**Marcus**  
**357104 Sep 14-28** **\$65/mo**  
**368254 Oct 1-29** **\$85/mo**  
**368256 Nov 2-30** **\$85/mo**  
**368259 Dec 3-17** **\$65/mo**

### Youth (7-15yrs)

Please note, this is not an introductory class, students are expected to execute all basic movements of Capoeira. Monday and Friday classes takes place in the Britannia Secondary School Cafeteria. Wednesday classes take place at CFEC. No class Oct 4 & 11.

**357103 Sep 13-29** **Mon/Wed 5:00-6:00pm, Fri 7:00-8:30pm** **\$90/mo**  
**368260 Oct 1-29** **Mon/Wed 5:00-6:00pm, Fri 7:00-8:30pm** **\$105/mo**  
**368264 Nov 1-29** **Mon/Wed 5:00-6:00pm, Fri 7:00-8:30pm** **\$105/mo**  
**368279 Dec 1-17** **Mon/Wed 5:00-6:00pm, Fri 7:00-8:30pm** **\$90/mo**  
**Marcus Cafeteria/CFEC**

See page 9 for beginner classes. See page 17 for adult classes.



## Britannia Boxing (6yrs+)

Britannia's own fun, inclusive, and informative boxing program where anyone can come and learn proper techniques, hit the bags, and workout with our coaches. Train as much as you like—classes are unlimited. The Boxing Room is located in Gym C. First time participants, pay \$20 drop-in. Fees cannot be prorated. No class Oct 14.

M/W/F	5:00-7:00pm	
T/Th	5:00-7:00pm	
Sat	2:00-4:00pm	
Boxing Rm		Jay
357126	Sep	\$50/mo
357125	Oct	\$75/mo
357124	Nov	\$75/mo
357123	Dec	\$50/mo



## Tennis Academy Mini (6-9yrs)

Introduction to tennis. Learn basic forehand and backhand skills and develop hand-eye coordination through a variety of fun games and activities. Bring your own racquet and runners. No class Oct 2 & 9.

Sat	2:00-3:30pm	Sep 18-Dec 18
Gym D		\$293/12 sess
357174	Juan Carlos	



## Tennis Academy Junior (10-14yrs)

This class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills and will be given the opportunity for game play. Bring your own racquet and runners. No class Oct 2 & 9.

Sat	3:30-5:00pm	Sep 18-Dec 18
Gym D		\$293/12 sess
357173	Juan Carlos	



## Britannia Gymnastics Club

This popular community recreation program will promote your child's self-esteem and develop strength, flexibility, agility and coordination through the fundamentals of gymnastics. Children can wear a bodysuit, or shorts and t-shirts.

Our fantastic, enthusiastic team of coaches—Shadan, Henry, Aaron, Sherry, Alia, Lailah, Audra, Alison, and Elaya—are looking forward to another great gymnastics season!

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

Sat	Sep 18-Dec 11*	*No class Oct 2 & 9		Gym A/B
357138	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$110/11 sess
357131	Gym Kids A	4-5yrs	2:00-2:45pm	\$110/11 sess
357132	Gym Kids B	4-5yrs	3:00-3:45pm	\$110/11 sess
357135	Performance	6-9yrs	4:00-5:00pm	\$132/11 sess
Sun	Sep 19-Dec 12*	*No class Oct 3 & 10		Gym A/B
357129	Dynamic Duo A	18mo-3yrs	10:00-10:45am	\$121/11 sess
357130	Dynamic Duo B	18mo-3yrs	11:00-11:45am	\$121/11 sess
357136	Performance A	6-9yrs	11:30-12:30pm	\$132/11 sess
357139	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$111/11 sess
357127	Adv Gym Kids	5-6yrs	12:45-1:45pm	\$132/11 sess
357137	Performance B	6-9yrs	3:30-4:30pm	\$132/11 sess
357133	Performance Plus	9-15yrs	3:30-5:00pm	\$154/11 sess
357128	Demo Team	9-15yrs	1:45-3:15pm	\$165/11 sess

All programs take place in Britannia Secondary School, 1001 Cotton Drive, Gym A/B.



## Performance (6-9yrs)

Training for beam, floor, vault and bars. Gymnasts are encouraged to develop more complex skills in relation to their current level. Beginners and those who have already taken gymnastics are welcome.

## Performance Plus (9-15yrs)\*

For recreational, advanced recreational and competitive athletes. Athletes may have the opportunity to participate in gymnastics meets to showcase their ability. They will perform routines and are scored on beam, floor, vault and bars.

## Demo Team (9-15yrs)\*

Athletes will learn tumbling, stunting, dancing and circus arts. Previous gymnastics or dance experience required. Participation in BC Gymnastrada event. Additional costs for gymnastics competitions and/or body suits.



## Dynamic Duo (18mo-3yrs)

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

## Tiny Tumblers (3-4yrs)

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

## Gym Kids & Adv Gym Kids (4-6yrs)

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

\*Performance Plus, Perf Plus Extra, and Demo Team are invitation-only. Please contact [fraser.mcelroy@vancouver.ca](mailto:fraser.mcelroy@vancouver.ca) for an assessment with one of our coaches.

# Youth

## Welcome to the Teen Centre



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

Youth, volunteers and youth workers work together to plan and run programs and activities for the Teen Centre. Please pick up your copy of the monthly activities calendar. If you do not see what you are looking for then get involved and make it happen!

The Teen Centre is a place to:

- Meet people
- Get information or support
- Share your ideas and interests
- Have fun

### Hours

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

### Registration

Register for all Teen Centre programs at the Teen Centre. For more information, call 604.718.5828.

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

### Staff

Youth Programmer:  
Tom Higashio 604.718.5826  
tom.higashio@vancouver.ca

Latin American Youth Programmer:  
Stephanie Angel-Garay 604.718.5829  
stephanie.angel-garay@vancouver.ca

Teen Centre Staff:  
Barry, Chiho, Jessie, Kakada, Manuel, Mark, Stephanie, Tom

## Preteen

### Guys+ Night (10-13yrs)



Guys+ social night to hang out with your friends and meet new friends. A self directed program with a mixture of laughter and leadership. Please pre-register.

Tue	6:15-8:00pm	Sep 14-Dec 14
Preteen Centre		Free
357947		

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

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

Thu	6:15-8:00pm	Sep 16-Dec 16
Preteen Centre		Free
357945		



### Youth Fitness (8-13yrs)



Improve running form, change of direction and agility. In addition to drills; a variety of workouts will be incorporated outdoors. This program will combine a disciplined focus on fitness and improving athletic skills—like speed and change of direction—with competitive fun games, drills and relays.

Please bring a water bottle and towel, and avoid bringing any other personal items.

Thu	3:15-4:15pm	Sep 16-Dec 16
Gym C		\$104/13 sess
356944	Game Ready Fitness	

### Youth Basketball (8-13yrs)



Supervised preteen open gym on Fridays. Come shoot around or join in on games. No food in the gym. Bring your own water bottle. Please register weekly in advance.

Fri	6:00-7:30pm	Sep 10-Dec 17
Gym D		Free



### Basketball

Focus on the fundamentals! The primary emphasis will be age- and ability-appropriate skill development. This will reflect the recommendations of the National Coaching Certification Program Long-Term Athlete Development Model. Increasing skill competency increases likelihood that children will gain the confidence to continue to play and enjoy playing basketball. Emphasis will be on individual skill development, with games and scrimmages worked in. Bring a water bottle and towel. Avoid bringing any other personal items.

#### Grade 4-5

Sat	11:00am-12:15pm	Sep 18-Dec 11
Gym D		\$4813 sess
356942		

#### Grade 6-7

Sat	12:30-1:45pm	Sep 18-Dec 11
Gym D		\$4813 sess
356943		



### Preteen Dance

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

Fri	6:30-9:00pm	Oct 22, Dec 10
CFEC		\$1/1 sess



## Hip Hop Hangout – Online (12-18yrs)

The hip hop hangout is an interactive online workshop and concert series for East Vancouver youth. Hip hop performers and mentors from all over Canada come together to celebrate and share the arts, music and multiculturalism of hip hop culture in a virtual platform. The sessions are fun-filled; learn how to do graffiti, rap, beatbox, and dance while also discussing important social issues, mental health, and community!

<b>Tue</b>	<b>7:00-9:00pm</b>	<b>Oct 12, Oct 26</b>
<b>Online</b>	<b>Free</b>	<b>Nov 9, Nov 23</b>
<b>358163</b>	<b>Emotionz</b>	<b>Dec 7, Dec 21</b>

## Leadership

### Britannia Youth Committee

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

### First Friends Buddy Program (11-19yrs)/ Grupo de Amigos (11-18 años)

Meet youth your age and learn at the same time. The Friends First Buddy program provides you with social, recreational, and educational skills. To register and for more information please contact Stephanie at 604.718.5829.

Conoce a los jóvenes de tu edad y aprende al mismo tiempo. Este programa brinda actividades sociales, recreativas y educativas. Nos reunimos todos los sábados. Para registrarse y obtener más detalles, comuníquese con Stephanie al 604.718.5829. Se requieren formularios de consentimiento para participar en las salidas. Subsidios disponibles para todas las actividades.

<b>Sat</b>	<b>1:00-5:00pm</b>	<b>Sep 11-Dec 18</b>
<b>Teen Centre</b>		<b>Free</b>

## Cooking Programs

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

This is a hands on cooking program. Learn to create healthy, cheap and easy to cook meals. Youth are involved in planning, cooking and preparing the meals.

<b>Tue</b>	<b>4:00-6:30pm</b>	<b>Sep 14-Dec 21</b>
<b>55+ Centre</b>		<b>Free</b>

## Sports

### Archery – Beginner (12-18yrs)

Introduction to archery, including history and trying a variety of different bows. Emphasis will be on individual skill development.

Please bring a water bottle and towel, and avoid bringing any other personal items.

#### Set 1

<b>Sat</b>	<b>2:00-3:30pm</b>	<b>Sep 11-Oct 9</b>
<b>Gym C</b>		<b>\$25/5sess</b>
<b>356946</b>	<b>Bernice</b>	

#### Set 2

<b>Sat</b>	<b>2:00-3:30pm</b>	<b>Nov 6-Dec 11</b>
<b>Gym C</b>		<b>\$30/6 sess</b>
<b>369917</b>	<b>Bernice</b>	

### Archery – Intermediate (12-18yrs)

Must have completed the Beginner session. A continuation of the introduction to archery class, including history and trying a variety of different bows. Emphasis will be on individual skill development.

Please bring a water bottle and towel, and avoid bringing any other personal items.

#### Set 1

<b>Sat</b>	<b>3:45-5:00pm</b>	<b>Sep 11-Oct 9</b>
<b>Gym C</b>		<b>\$25/5sess</b>
<b>356947</b>	<b>Bernice</b>	

#### Set 2

<b>Sat</b>	<b>3:45-5:00pm</b>	<b>Nov 6-Dec 11</b>
<b>Gym C</b>		<b>\$30/6 sess</b>
<b>369925</b>	<b>Bernice</b>	

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

Free drop-in soccer for youth (with high school ID). New players welcome!

<b>Tue</b>	<b>6:00-8:00pm</b>	<b>Sep 7-Dec 14</b>
<b>Gym D</b>		<b>Free</b>

### Britannia Boxing (6yrs+)

Britannia's own fun, inclusive, and informative boxing program where anyone can come and learn proper techniques, hit the bags, and workout with our coaches. Train as much as you like—classes are unlimited. The Boxing Room is located in Gym C. First time participants, pay \$20 drop-in. Fees cannot be prorated. No class Oct 14.

<b>M/W/F</b>	<b>5:00-7:00pm</b>	
<b>T/Th</b>	<b>5:00-7:00pm</b>	
<b>Sat</b>	<b>2:00-7:00pm</b>	
<b>Boxing Rm</b>		<b>Jay</b>
<b>357126</b>	<b>Sep</b>	<b>\$50/mo</b>
<b>357125</b>	<b>Oct</b>	<b>\$75/mo</b>
<b>357124</b>	<b>Nov</b>	<b>\$75/mo</b>
<b>357123</b>	<b>Dec</b>	<b>\$50/mo</b>

### Ki Aikido Women and Trans Intro Class (14yrs+)

This class is queer positive and open to women, trans folks, Two Spirit and/or gender diverse individuals. Give the Art of Peace a try in a supportive learning environment! Ki Aikido is a non-competitive practice that promotes positive well-being and helps develop calmness, stability and confidence. Improve your mind-body connection, stay relaxed and centered under pressure, and work with connection and energy to flow in dynamic movements.

Suitable for all levels of physical ability. Try one free session anytime. \$8/drop-in. No class Nov 11.

<b>Thu</b>	<b>5:45-7:00pm</b>	<b>Oct 7-Nov 18</b>
<b>Mat Rm</b>		<b>\$36/6 sess</b>
<b>357148</b>	<b>Emily</b>	

### Youth Fitness (13-16yrs)

This program provides a progression of fitness development. A base level of fitness and movement is practiced as the athletes learn to appreciate exercise as a lifestyle. Basic movements, balance and coordination are developed through games, relays and drills with a focus on high energy and fun. This program is a must for young athletes as they increase physical literacy. As comfort levels increase, they will work on strength and speed while maintaining a high level of conditioning. Coaches will teach and challenge so each youth will increase confidence in their abilities.

Please bring a water bottle and towel, and avoid bringing any other personal items. No class Nov 11.

<b>Thu</b>	<b>5:00-6:15pm</b>	<b>Sep 16-Dec 16</b>
<b>Gym C</b>		<b>\$78/13 sess</b>
<b>356945</b>	<b>Game Ready Fitness</b>	

# Youth

## Social

### Lunch Hour Drop-in (13-18yrs)

Come hang out at lunch, play some video games, pool or foosball.

Wed 11:30am-12:30pm  
Teen Centre Ongoing Free

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

Climb the WIBIT! Contests, prizes, games and crazy staff! First Friday of every month. Be ready to go in the water by 4:00pm. No swimsuit required. It's not what you're thinking... swimsuits or clean, recently washed clothing can be worn. No shoes allowed.

Fri 4:45-5:45pm  
Britannia Pool Free

## Outdoor Programs

### The Great Escape Outdoors – GEO (13-18yrs)

We offer a variety of outdoor activities suitable for almost any level of fitness. It is a great way to explore our incredible surroundings, learn new things and meet great people. Pick up a monthly calendar to get a complete list of activities. The Centre provides all necessary equipment, food, transportation, and guides/instructors, unless otherwise stated. Any overnight trips will have co-ed leaders and at least one trained staff in Wilderness First Aid.

The cost of the outings should not prevent any youth from participating, so let staff know. If you have any questions or would like to register please call 604.718.5828.

Registration at the Teen Centre only.

### Blackcomb/Whistler Ski & Snowboard

Cost includes transportation, lift, rental and lesson. Youth will be required to ski/snowboard with certified Whistler Mountain Staff at all times. Bring money or lunch and dress for cold and wet weather. Consent forms will be available one month prior to the trip. Limited spots available on first come basis with consent form and fees. Must register a minimum of 2 weeks in advance.

Sat/Sun 6:00am-6:00pm TBD  
\$85 ski/snowboard rental, \$65/no rental

Registration at the Teen Centre only.

## Latin American Youth Program (LAYP)

The Latin American Youth Program offers a number of opportunities to Latino youth 11-18yrs and ranges from organized recreational programs to advocacy and referral services. For more information please contact Stephanie, the Latin American Youth Worker, at 604.718.5829 or [stephanie.angel-garay@vancouver.ca](mailto:stephanie.angel-garay@vancouver.ca).

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

### Latin American Youth Committee/Comité de Juventud Latinoamericana (13-18yrs)

We are looking for young people who are interested in starting new programs and activities for our community. If you want to support our community, start new projects and events, please contact Stephanie at 604.718.5829.

Buscamos jóvenes que estén interesados en iniciar nuevos programas y actividades para nuestra comunidad. Si desea apoyar a nuestra comunidad, iniciar nuevos proyectos y eventos, comuníquese con Stephanie al 604.718.5829.

Wed/Mi 4:00-5:00pm  
Free/Gratis Sep 8, Oct 6  
Nov 3, Dec 1

### Co-ed Indoor Soccer/Fútbol Sala Mixto (13-18yrs)

Free drop-in soccer for youth (with high school ID). New players welcome! Must be 13-18yrs.

Fútbol para jóvenes (con identificación escolar). ¡Nuevos jugadores son Bienvenidos!

Tue/Mar 6:00-8:00pm  
Gym D/Gimnasio D Sep 7-Dec 14  
Free/Gratis

### Latin Cooking/Cocina Latinoamericana (13-18yrs)

Learn to cook food from various Latin countries. Participants will also learn how to make healthier food choices and 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/Jue 5:00-7:00pm Sep 9-Dec 16 55+ Centre Free/Gratis

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

Meet youth your age and learn at the same time. This program provides social, recreational, and educational activities. We meet every Saturday. To register and for more details, contact Stephanie at 604.718.5829. Consent forms are required to participate in the outings. Subsidies are available for all activities.

Conoce a los jóvenes de tu edad y aprende al mismo tiempo. Este programa brinda actividades sociales, recreativas y educativas. Nos reunimos todos los sábados. Para registrarse y obtener más detalles, comuníquese con Stephanie al 604.718.5829. Se requieren formularios de consentimiento para participar en las salidas. Subsidios disponibles para todas las actividades.

Sat/Sab 1:00-5:00pm  
Teen Centre Sep 11-Dec 18  
Free/Gratis

### Spanish Clubs/Clubes de Español

What are Spanish Clubs? A place to meet the Latin students in your school, to have fun, learn more about Latin American culture, and know what activities and programs are going on in your community. We provide games, music, and workshops. If you are interested in having a Spanish Club at your school contact Stephanie at 604.718.5829 or email [stephanie.angel-garay@vancouver.ca](mailto:stephanie.angel-garay@vancouver.ca).

#### Killarney

Wed/Mi 11:30am Counselling Suite

#### Van Tech

Thu/Jue 11:30am Rm 224

#### Britannia

Fri/Vie 11:30am Rm 314



## 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, see page 26. If you'd like to get involved, email [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com) or visit: [www.gwfoodconnection.com](http://www.gwfoodconnection.com)



### Indigenous Plant Walk on Wild & Native Medicinals

Lori Snyder is an Métis herbalist, educator, storyteller, artist and Mother. Lori hosts workshops teaching about our living world, how to access its wisdom and to remember our stewardship. Come out and discover how to identify and when best to harvest in this interactive workshop. Meet in the Britannia School Garden at far west end of the parking lot behind the skateboard courts.

Thu 4:30-6:30pm Sep 23  
Britannia School Garden \$25/1 sess  
356464 Lori

## Music

### African Drumming Level 2 (16yrs+)

Play traditional West African rhythms on hand drums (djembés) and bass drums (dununs). These classes are fun and concentrated. The Level 1 course is an introduction offered at Strathcona CC; no previous experience is needed. Enrolling in Level 2 requires taking level one or permission from the instructor, who can be contacted through his website: [www.drumming.ca](http://www.drumming.ca). Drums are supplied during classes at no extra charge. The instructor has 31 years of teaching experience. For more info on other classes and performances visit [www.drumming.ca](http://www.drumming.ca).

Wed 6:30-8:00pm Sep 15-Nov 3  
Cafeteria \$138/8 sess  
352558 Russell

## Arts

### Connecting to Health – Art Therapy Group

This strength-based and person-centred art therapy group is designed to connect people to their creativity and inner resources and raise self-awareness. Caro Embling is a registered art therapist in BC and believes in the creative process as a way to heal, grow and connect to our inner selves and to others in the group. She strives to create a culturally safe environment for all participants.

Wed 6:30-9:00pm Rink Mezz  
Caro \$115/4 sess  
358397 Set 1 Sep 22-Oct 13  
358404 Set 2 Oct 20-Nov 10

### Plein Air Painting (15+) NEW

Janine will guide you through how to create a landscape painting based on Grandview-Woodlands scenery. This class takes place outdoors at Britannia. Painting materials will not be provided. A materials list will be attached to your receipt upon registration. Meet outside of the 55+ Centre.

Sun 12:00-1:30pm Sep 12-Oct 3  
55+ Centre \$75/4 sess  
357894 Janine

### Pottery – Introduction (16+)

Experience the joy of creating your own dishes from a lump of clay! This course is a survey of the basic methods of hand-building, using the wheel, and surface decoration, and an introduction to the Britannia studio.

No experience necessary! Clay and glazes are included. Friday evening class will be added based on the waitlist.

Tue 7:00-9:00pm Sep 14-Nov 2  
Rm 208 \$225/8 sess  
352650 Helen

### Pottery – Continuing (16+)

Further develop your pottery skills in hand-building and on the wheel. Attention is given to the sculptural as well as the functional aspects of pottery. Students are self-directed with more one-on-one instruction.

Pre-req: Intro to Pottery or permission of the instructor. Clay and glazes are included. Thursday and Friday evening class will be added based on the waitlist.

Wed 6:30-9:00pm Sep 15-Nov 3  
Rm 208 \$246/8 sess  
352627 Helen



## Salsa Cubana & Rueda De Casino

Singles and couples welcome. The basics of Merengue, Bachata and other Latin steps are taught during warm-up. Upon completion of each program, the instructor will assess the student's level and determine if they can move up to the next level.

### Beginner (18+)

No experience necessary. 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 moves such as Vacilala, Casate, Sombrero, etc.

Tue 7:30-9:00pm Oct 19-Dec 7  
Gym C \$160/8 sess  
353781 Karlos

### Beginner/Intermediate (18+)

We will continue where we left off in the Beginner class and will add more moves, such as La Ye Simple, La Ye, Sombrero Complicado, Tornillo, Pelota, Setenta, etc.

Wed 7:00-9:00pm Oct 20-Dec 8  
Gym C \$160/8 sess  
354249 Karlos

### Intermediate (18+)

We will continue where we left off in the Beginner/Intermediate class and will add more moves, such as La Ye Simple, La Ye, Sombrero Complicado, Tornillo, Pelota, Setenta, etc.

Mon 7:30-9:00pm Oct 18-Dec 6  
Gym C \$160/8 sess  
354250 Karlos



# Adults

## Welcome Back

### Your Safety is Our Priority

- Masks are still recommended to be worn indoors at Britannia facilities by those aged 12 and up until you are fully vaccinated.
- Stay home if you have any symptoms of COVID-19, including: coughing, sore throat, fever, or sneezing.
- Stay home if you have been in contact with a confirmed case of COVID-19 or if you are required to self isolate on Public Health orders.
- Wash your hands, respect the personal space of other patrons and staff, and cover your cough or sneeze.
- Shared equipment is disinfected between classes.

## Leisure Access Program

The Leisure Access Program (LAP) provides low-income City of Vancouver residents with reduced cost programs and services at Britannia and Park Board facilities. LAP card holders may receive up to 50% off certain programs. To learn more and to apply, visit:

[vancouver.ca/parks-recreation-culture/leisure-access-card](http://vancouver.ca/parks-recreation-culture/leisure-access-card)



### Stretch Therapy

Learn the contract and relax PNF stretching technique and partner assisted techniques to release fascia, tight muscles and unlock your joints. Release your hamstrings, hips, back, and shoulders to improve posture, mobility, range of motion. No class Oct 11. Drop-ins \$30.

#### Set 1

Mon	6:45-7:55pm	Sep 13-Oct 25
CFEC		\$150/6 sess
357166	Rob	

#### Set 2

Mon	6:45-7:55pm	Nov 1-Dec 6
CFEC		\$125/5 sess
357167	Rob	

## Health & Fitness

### Iyengar Yoga

Physically energizing, deeply relaxing and emotionally uplifting, this program offers instruction in classical yoga with an emphasis on self-awareness and development of strength, stamina, flexibility, balance, body awareness, postural alignment and relaxation. It accommodates all levels of fitness and ability and is taught with clarity, creativity, attention to detail and sensitivity to individual needs, in an atmosphere of respect, compassion and humour. Safety, back and joint care will be addressed. \$19/drop-in. No class Sep 30 & Nov 11.

#### Level 1 & 2

357143	Tue	9:30-11:00am	Sep 21-Dec 7	CFEC	\$204/14 sess
357144	Tue	7:00-8:30pm	Sep 21-Dec 14	CFEC	\$204/14 sess

#### Level 2 & 3

357145	Thu	5:30-7:00pm	Sep 16-Dec 16	CFEC	\$204/13 sess
Claudia					

### Yogaflex

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 bring your own mats to this class. \$12/drop-in. No class Oct 10 & Nov 14.

357186	Sun	10:15-11:15am	Sep 19-Dec 12	CFEC	\$88/11 sess
Alex					

### ZUMBA® Fitness

This fitness class fuses Latin and international rhythms with easy to follow moves to create a dynamic workout system. Zumba® is a feel happy workout that is great for anyone at any fitness level. It uses a variety of styles including Cumbia, Soca, Merengue, Salsa, Samba, Reggaeton, Flamenco. \$14/drop-in. [zumbavancouver.ca](http://zumbavancouver.ca)

#### Set 1

357188	Mon	6:00-7:00pm	Sep 13-Oct 25	Oval/ Gym C	\$75/6 sess
357192	Wed	6:00-7:15pm	Sep 8-Oct 20	Gym C	\$87.50/7 sess

#### Set 2

357189	Mon	6:00-7:00pm	Nov 1-Dec 13	Gym C	\$87.50/7 sess
357193	Wed	6:00-7:00pm	Nov 3-Dec 15	Gym C	\$87.50/7 sess
Zumba Vancouver					

## Drop-in Fitness

### Dance Aerobics

Get your groove on with Hot Carib and Latin moves (think Zumba!). Classes are designed to increase in intensity over the session. Guaranteed to increase your fitness level while having fun! Purchase drop-in tickets at pool office. \$4.75/drop-in or \$39.40/10 tickets. No class Nov 11.

Thu	6:30-7:30pm	Sep 16-Nov 25	Gym C	\$4.75/drop-in	Allyson
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### HIIT Fitness

A High Intensity Interval Training (HIIT) workout to shape your abs, legs and arms! Purchase drop-in tickets at pool office \$4.75/drop-in or \$39.40/10 tickets.

Tue	6:00-7:00pm	Sep 14-Dec 14	Gym C	\$4.75/drop-in	Allyson
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### Salsa Fit – New Time!

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

Sat	9:30-10:30am	Sep 18-Dec 18	Gym C	4.75/drop-in
Zumba Vancouver				



## Martial Arts

### Ki Aikido Women and Trans Intro Class (14yrs+)

This class is queer positive and open to women, trans folks, Two Spirit and/or gender diverse individuals. Give the art of peace a try in a supportive learning environment! Ki Aikido is a non-competitive practice that promotes positive well-being and helps develop calmness, stability and confidence. Improve your mind-body connection, stay relaxed and centered under pressure, and work with connection and energy to flow in dynamic movements. Suitable for all levels of physical ability. Try one free session anytime. \$8/drop-in.

**Tue 5:45-7:00pm** **Oct 5-Nov 16**  
**Mat Rm** **\$36/6 sess**  
**357148 Emily**

### Ki Aikido

Looking for an embodied practice that helps you deal with the stresses of daily life? Try Ki Aikido, a non-competitive practice that develops calmness, stability and confidence. Improve your mind-body connection, stay relaxed and centered under pressure, and work with connection and energy to flow in dynamic movements. Beginners can take one free session before deciding to register. High grade classes are for 1st Kyu or more advanced students. No class Oct 11.

#### General - Drop-in \$10

**Wed 7:30-9:30pm** **Sep 15-Dec 15**  
**Mat Rm** **\$84/14 sess**  
**357146 Wayne**

#### High Grade - Drop-in \$6

**Mon 7:30-9:30pm** **Sep 13-Dec 13**  
**Mat Rm** **\$65/13 sess**  
**357147 Wayne**

### Axe Capoeira (16yrs+)

Students enrolled in this class must have a minimum of 6 months consistent Capoeira experience, or permission from the school. Students are expected to execute all basic movements of Capoeira. Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language. Classes focus on developing rhythm, reflexes, balance, coordination, strength, flexibility. Unlimited participation in training, dance and music classes. Monday and Friday classes takes place in the Cafeteria. Wednesday classes take place at CFEC. No class Oct 4 & 11.

**Mon/Wed 6:15-7:45pm** **Fri 7:00-8:30pm**  
**Marcus** **Cafeteria/CFEC**  
**357102 Sep 13-29** **\$110/mo**  
**368302 Oct 1-29** **\$125/mo**  
**368307 Nov 1-29** **\$125/mo**  
**368310 Dec 1-17** **\$110/mo**

### Traditional Kung Fu (6yrs+)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline.

Membership fee of \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Classes run Monday and Fridays. Fees do not prorate. No class Oct 11, 22 & Dec 10.

北少林龍志光國術會-傳統武術班-龍志光師傅授教

#### Beginner

**357176 Sep 13-Dec 17** **CFEC**  
**Mon 4:30-5:45pm** **Fri 7:00-8:15pm**  
**Marquis** **\$283/27 sess**

#### Intermediate

**357177 Sep 13-Dec 17** **CFEC**  
**Mon 4:30-6:30pm** **Fri 7:00-9:00pm**  
**Marquis** **\$308/27 sess**

#### Advanced

**357175 Sep 13-Dec 17** **CFEC**  
**Mon 4:30-6:30pm** **Fri 7:00-9:00pm**  
**Marquis** **\$333/27 sess**

## Sports

### Britannia Boxing (6yrs+)

The new Britannia Boxing Club is ready! Britannia's own fun, inclusive, and informative boxing program where anyone can come and learn proper techniques, hit the bags, and workout with our coaches. New bags, gloves, portable ring, and more await you in our boxing gym! You'll break a sweat, but can work at your own pace. Come train as much as you like---classes are unlimited. The Boxing Room is located in Gym C.

First time participants, pay \$20 drop-in. After this, participants will be expected to pay the \$75/month fee. Fees cannot be prorated. No class Oct 14.

**MW/F 5:00-7:00pm**  
**T/Th 5:00-7:00pm**  
**Sat 2:00-4:00pm**  
**Boxing Rm** **Jay**  
**357126 Sep** **\$50/mo**  
**357125 Oct** **\$75/mo**  
**357124 Nov** **\$75/mo**  
**357123 Dec** **\$50/mo**

### Ball Hockey – Women

The focus is on fitness and fun for players of all levels. Bring a black and a white t-shirt to split into teams. Sticks provided, or bring your own plastic, wood, or composite. Shin pads and gloves recommended. \$6/drop-in, space permitting. No class Oct 10.

**Sun 4:15-6:00pm** **Sep 19-Dec 19**  
**Gym D** **\$71.50/13 sess**  
**357120 Belinda**

### Ball Hockey – Men (40yrs+)

This is a no-body contact, recreational hockey program. Rough play will not be tolerated. No league players. No drop-ins. No class Oct 10.

**Su 6:45-8:45pm** **Sep 19-Dec 12**  
**Gym D** **\$66/12 sess**  
**357119 Tejinder**

### Ball Hockey – Coed

Fun, recreational ball hockey. No body-checking. All skill levels welcome. Protective gear recommended. Plastic sticks provided. No wooden sticks allowed. Great practice for goalies! \$6/drop-in. Register early.

**Wed 7:45-9:15pm** **Sep 15-Dec 15**  
**Gym D** **\$71.50/13 sess**  
**357118 Trey**

### Soccer – Women's Indoor

A recreational program for all types of fitness and skill levels. Expect low-key, limited body contact, clean fun play. Registered players arrive by 6:15pm to hold your spot. 15 spaces are allotted per night. \$5/drop in, space permitting. No class Sep 30 & Nov 11.

**Thu 6:00-7:30pm** **Sep 16-Dec 16**  
**Gym D** **\$55/13 sess**  
**357158**

### Badminton

Come play some badminton with us! Singles if it's slow, otherwise doubles. Rotate after your game to get a short break, then more action! There are 30 pre-registered and drop-in spaces available. \$5/drop-in, space permitting. No class Oct 10.

**Fri 7:00-9:45pm** **Sep 17-Dec 17**  
**Gym D** **\$63/14 sess**  
**357113 Allen**

**Sun 1:30-3:30pm** **Sep 19-Dec 12**  
**Gym D** **\$54/12 sess**  
**357114 Timothy**





# 55+ Older Active Adults

## Welcome to the 55+ Centre

The 55+ team welcomes you all back! As we all find our way back to gathering in groups this fall, some classes will be free and some will begin a little later in the season, as we work toward a safe and happy return. For those who are interested, online programs are still available.

### Drop-in Hours

Mon/Thu/Fri	10:00am-5:00pm
Tue (Vietnamese 55+ Day)	9:00am-2:00pm
Wed	1:00pm-5:00pm
Sat/Sun	10:00am-3:00pm

\*except during special events.

### 55+ Centre Staff

Anne Cowan	anne.cowan@vancouver.ca
Kya Prince	kya.prince@vancouver.ca
Daniel Cook	daniel.cook@vancouver.ca
604.718.5837	

### Vietnamese Programmer

Luong Ho	luong.ho@vancouver.ca
604.718-5818	

### Registration for 55+ Programs

Registration for programs starts on Tue, Aug 24 at 9:00am (online and in-person only) and at 1:00pm by phone.

Registration for FREE programs starts on Wed, Aug 25 at 9:00am (online and in-person only) and at 1:00pm by phone.

604.718.5800 (1) recreation.vancouver.ca

### Seniors, Elders and Advocates (SEA) 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	Sep 15, Oct 20
55+ Centre	Nov 17, Dec 15
357836	

## Vietnamese Program

This program provides settlement services, and educational and informative workshops about federal and provincial programs for Vietnamese seniors. It also raises the awareness of issues impacting seniors as well as providing advocacy, information about legal issues, safety, and support resources. If you have any questions, please contact Luong Ho at 604.718.5818 or luong.ho@vancouver.ca.

### 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.

### Nhảy Nhịp Điện/Vietnamese Line Dancing



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.

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

360386	Fri	10:00am-12:00pm	Sep 10-Dec 10	CFEC	Free*
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\*Registration required



## Virtual Computer Classes



Free YMCA digital literacy programs with Conroy. Links to online workshops will be emailed to you after you register.

### Monday Virtual Computer Workshop

Drop-in workshops through the YMCA for people looking to improve their computer skills. No registration required.

To view the current schedule and for more information, visit:

[ymcastrongfoundations.org/Programs/Education-and-Training/Digital-Literacy-Exchange-Program](https://ymcastrongfoundations.org/Programs/Education-and-Training/Digital-Literacy-Exchange-Program)

Online	Free*
Conroy	

### Understanding Your iPhone or iPad

Great for new users. Get to know your device.

Tues	3:00-4:30pm	Sep 23
364247		Free*

### Zoom 101 for Virtual Gatherings & Classes

Ideal for those that haven't used Zoom before. Review the basics you need to know to take part in workshops and events.

Thu	12:00-1:30pm	Nov 4	364275	Free*
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\*Registration required for all free programs

### Basic Computer Skills

Learn and become more familiar with your device. How to save, print, use your mouse, manage files and more.

Thu	10:00-11:30am	Oct 7
364256		Free*

# 55+ Older Active Adults

## Weaving Our Community Together

Weaving our Community Together brings Indigenous youth, elders and other community members together for mutual sharing, learning, connecting and growing. WOCT features elder and youth circles, mentorship activities, cross-cultural sharing, and outreach to promote belonging, respect, cultural pride, and intergenerational learning. For more information, visit:

[britanniacentre.org/programs/55plus/program\\_overview](http://britanniacentre.org/programs/55plus/program_overview)



Registration required for all WOCT programs. To register please call 604.718.5837 or email [daniel.cook@vancouver.ca](mailto:daniel.cook@vancouver.ca) and/or [kya.prince@vancouver.ca](mailto:kya.prince@vancouver.ca).

### WOCT Indigenous Crafts – Level 1 & 2 (now combined)

An Indigenous-led crafts class, open to all peoples. Level 1 classes involve simple projects that allow plenty of social time while still completing the project by the end of the session. Classes take place every Monday. No class Oct 11. Register in advance. [kya.prince@vancouver.ca](mailto:kya.prince@vancouver.ca) 604-718-5837

Mon	1:00-3:00pm	Ongoing	55+ Centre	Free*
Sep 13, Sep 27, Oct 25, Nov 8, Nov 22, Dec 6, Dec 20				

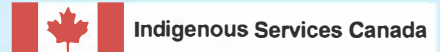
### WOCT Indigenous Crafts – Level 2

An Indigenous-led crafts class, open to all peoples. Level 2 classes are more difficult and time-consuming and most will require completion on your own over the week. Drumsticks, dreamcatchers, beaded rock and more. Classes take place every other Monday, starting on September 20, 2021.

Mon	1:00-3:00pm	Ongoing	55+ Centre	Free*
Sep 20, Oct 4, Oct 18, Nov 1, Nov 15, Dec 13				

### WOCT Virtual Craft Night - Postponed

Following in the footsteps of traditional grandmothers, we share traditional artistic skills and find ways to combine them with modern arts and crafts. Everyone is welcome!



### WOCT Hybrid Indigenous Led Drum Circle

Seislom and Daniel invite you to join our Indigenous-led drum circle, open to all peoples. Share medicine through virtual and on-site drumming, singing, and listening. While we practice physical distancing to keep our hearts beating, we can beat our drums and hearts together. In-person will be at the 5xwq'elawen ct carving centre. Register in advance. [kya.prince@vancouver.ca](mailto:kya.prince@vancouver.ca) 604-718-5837

Mon	5:00-6:00pm	Ongoing
5xwq'elawen ct		Free*
357840	Seislom	

### WOCT Wednesday Weaving with Todd

Learn how to weave small/medium cedar weaving projects with Haida artist, Todd DeVries. Listen to the protocols followed when harvesting and preparing cedar. Enjoy cultural crafting, peer support and sharing with Indigenous and non-Indigenous Elders and others.

Wed	1:00-3:00pm	Sep 15
Online		Free*
Todd.		

\*Registration required for all WOCT programs. To register please call 604.718.5837 or email [daniel.cook@vancouver.ca](mailto:daniel.cook@vancouver.ca) and/or [kya.prince@vancouver.ca](mailto:kya.prince@vancouver.ca).



## Leisure Access Program

The Leisure Access Program (LAP) provides low-income City of Vancouver residents with reduced cost programs and services at Britannia and Park Board facilities. LAP card holders may receive up to 50% off certain programs. To learn more and to apply, visit:

[vancouver.ca/parks-recreation-culture/leisure-access-card](http://vancouver.ca/parks-recreation-culture/leisure-access-card)

### 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.

We are now taking applications for fall sessions. Applications are available at the 55+ Centre, Info Centre and by emailing Kya at [kya.prince@vancouver.ca](mailto:kya.prince@vancouver.ca).

Thu	1:30-4:00pm	Oct 7-Dec 16
CFEC	Todd	Free*

### 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. Call 604.718.5837 for an application.

Wed	11:00am-1:00pm	Ongoing
55+ Centre		Free*
357820		

### Sunday Movie Night Series

Everyone is welcome to attend our movie series every Sunday evening. Please see [britanniacentre.org](http://britanniacentre.org) for the schedule.

Sun	6:00-9:00pm	Sep 19-Dec 12
55+ Centre		Free*
357834	John	

### Ukulele for Absolute Beginners

No ukulele experience needed! Ukulele provided but please register so we know how many participants will be attending.

Mon	11:00am-12:00pm	Sep 13-Dec 13
55+ Centre		Free*
357837	Jane	

\*Registration required for all free programs. Registration for free programs opens on Wednesday Aug 25, 2021 at 9:00am (online and in-person only) and at 1:00pm by phone.



# 55+ Older Active Adults

## Health & Fitness

### Boxfit for Seniors 55+



Want to learn something new and improve your physical fitness and mental alertness? This introduction to boxing class is designed specifically to enhance your strength, balance, coordination, muscular endurance and overall well-being. All fitness levels welcome and all equipment will be provided. Ten people max. For a sliding scale fee, register by phone or in person.

#### Set 1

357826 Tue/Fri 3:30-4:30pm Sep 14-Oct 26 Boxing Rm  
Sliding Scale: \$0-\$20/15 sess. Registration required.

#### Set 2

357827 Tue/Fri 3:30-4:30pm Oct 29-Dec 17 Boxing Rm  
Sliding Scale: \$0-\$20/15 sess. Registration required.



### Yoga 50+

As we move through time, we need to keep moving our bodies. Whether you're brand new to yoga or a seasoned practitioner, if you're 50 or over then this all-levels yoga class is ideal 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. \$15/drop-in. No class Oct 11.

#### Set 1

357181	Mon	2:00-3:15pm	Sep 13-Oct 25	CFEC	\$72/6 sess
357184	Wed	2:00-3:15pm	Sep 15-Oct 20	CFEC	\$72/6 sess

Joan

#### Set 2

357182	Mon	2:00-3:15pm	Nov 1-Dec 13	CFEC	\$84/7 sess
357185	Wed	2:15-3:30pm	Nov 3-Dec 15	CFEC	\$84/7 sess

Joan

### 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.

The program is taught by a trained Osteofit fitness instructor. No drop-in. No class Oct 11.

#### Set 1

357832	Mon	11:00am-12:00pm	Sep 13-Oct 25	CFEC	\$60/6 sess
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Berjis

#### Set 2

357833	Mon	11:00am-12:00pm	Nov 1-Dec 6	CFEC	\$60/6 sess
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Berjis

### Badminton – 55+

Fun and easy badminton for older adults. No class Sep 30, Oct 2, 9, 11, & Nov 11.

Mon/Wed	11:20am-12:35pm	Sep 13-Dec 15
Gym C		\$14/27 sess
357115	Tho	

Tue/Thu	11:20am-12:35pm	Sep 14-Dec 16
Gym C		\$14/26 sess
357116	Tho	

Sat	2:00-4:00pm	Sep 18-Dec 18
Gym A		\$14/32 sess
357117	Wally	

## Friday Wellness

### Exercise with Friends



Senior-led video exercise with light and easy movement.

Fri POSTPONED

357831 \*Registration required.

### Blood Pressure & Sugars



RN Monica will chart pressures. Drop-in and see her to keep track of your health.

Fri POSTPONED

357824 \*Registration required.



### Advanced Foot Care



Available by appointment only: RN M.Rinard, 604.228.0261.

Fri	1:00-4:00pm	Ongoing
55+ Centre		Monica

## Social Programs

### 55+ Lunch Program

We are hoping to begin our Mon/Fri Lunch Programs in early October. Healthy meals and good company. The \$5 lunch fee can be paid at the Info Centre.

Mon/Fri	12:00-1:00pm	Oct-Dec
55+ Centre		\$5/1 sess

# 55+ Older Active Adults

## Dance

### New Chinese Folk Dance

Traditional Chinese folk dancing lessons. Everyone is welcome! Program is free but you must register. This class is taught in English and Chinese. No drop-ins. No class Sep 23, 30, Oct 11.

Thu 9:30-11:30am Sep 9-Dec 9  
CFEC Free\*  
377986 Helen  
\*Registration required

### 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!

Sun 2:00-4:00pm Sep 5-Dec 12  
CFEC Free\*  
357829 V  
\*Registration required

### Line Dancing

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

Tue 1:00-3:00pm Sep 7-Dec 21  
357838 Anita CFEC \$20/14 sess

### Ballroom Dance

This dance class is for men and women 55+ years and is for both beginners and those with previous experience. 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 12:15-3:15pm Sep 3-Dec 17  
CFEC Free\*  
357836 \*Registration required

### Nhảy Nhịp Điệu/ Vietnamese Line Dancing

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.

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

Fri 10:00am-12:00pm Sep 10-Dec 10  
CFEC Free\*  
260386 \*Registration required

## Special Events

### Orange Shirt Day

We are gathering with Elders and their families on Orange Shirt Day. We invite you all to join us on this important day to help raise awareness about Residential Schools and their lasting impact on Indigenous peoples. Every Child Matters. Wear your orange shirt in support.

9:00am Assemble at the Vancouver Aboriginal Friendship Centre  
9:45am Walk to Grandview Park  
10:30am Ceremony at Grandview Park  
11:00am-2:00pm Activities (lunch, drum circle, crafting and sharing)  
Thu 9:00am-2:00pm Sep 30 Grandview Park Free

### Resilience & Reconciliation in Action

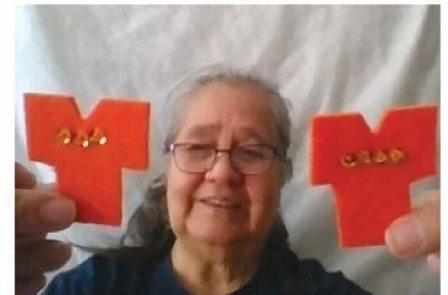
Join us for RIA! This year's events are a community observance of resilience and recovery. After 19 months of COVID-19 we are expecting to return to 'normal'—but nothing is normal. We have lost many community members due the opioid and COVID-19 health crises. Many of our community members may have diminished earnings, health, and wellness. It is time for us to come together to acknowledge the impacts, celebrate our resilience, and put our minds and hearts to helping each other move forward. Everyone welcome.

We want to work with the community to plan and host this event. If you are interested in joining us, please contact Cynthia Low at [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca) or call 604.718.5815.

Fri-Sun Oct 1-3 More details TBA



The Coastal Wolf Pack dance group from the Musqueam Nation at the 2019 RIA celebrations.



### WOCT Change of Season Gathering

The trees prepare themselves for the new season with the leaves changing colour and shedding. Let us follow their lead by reflecting on the summer season and looking forward to autumn. The gathering, led by seislom, will include drumming, singing, storytelling, and a sharing circle.

For more information about Weaving Our Community Together (WOCT), see page 19.

Wed 4:00-6:00pm Sep 22  
55+ Centre Free



# Fitness Centre

## Welcome Back! Your Safety is Our Priority

- Masks are still recommended to be worn indoors at Britannia facilities by those aged 12 and up until you are fully vaccinated.
- Stay home if you have any symptoms of COVID-19, including: coughing, sore throat, fever, or sneezing.
- Stay home if you have been in contact with a confirmed case of COVID-19 or if you are required to self isolate on Public Health orders.
- Wash your hands, respect the personal space of other patrons and staff, and cover your cough or sneeze.
- Shared equipment is disinfected between classes.

## Welcome to the Fitness Centre

### View Our Programs Online

View all of our current and upcoming programs on the Vancouver Recreation website:  
<https://bit.ly/2V11YpY>

### Hours

For our current hours, visit:  
[britanniacentre.org/fitnesscentre](http://britanniacentre.org/fitnesscentre)



### Facility Orientations

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

### Flexipass Membership

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

### Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists, and physiotherapists. Outside trainers will need to be registered with either the Park Board or Britannia. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$6.34 per client also applies (tax not included).

### Supporting a participant? Attendants get free access

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

### Pool and Fitness Centre Fees 2021 *Please note: Prices do not include tax. Fees subject to change without notice.*

	Drop-in	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$6.34	\$53.89	\$49.01	\$132.33	\$423.45	Free for 2021
Youth (13-18)	\$4.44	\$37.72	\$34.31	\$92.63	\$296.42	Free for 2021
Child (6-12)	\$4.44	\$26.94	24.51	\$66.17	\$211.73	Free for 2021
Senior (65+)	\$4.44	\$36.46	\$34.31	\$92.63	\$296.42	Free for 2021
Britannia-Only Senior (55+)	\$4.44	\$37.72	\$34.31	\$92.63	\$296.42	Free for 2021

Family Drop-in Rate = 1 to 2 adults of the same household and their children under 19yrs. Minimum \$6.34 admission.

Leisure Access Fitness Centre Admission rate is 50% off adult admission and Flexipass.

## Welcome to the Britannia Pool

The 25m main pool features a 1m diving board, slide and rope swing. Relax in the on-deck whirlpool, steam room, or in the sauna in the change room. For those with young children, we also have a warm, shallow Leisure Pool equipped with a variety of spray features.

### View Our Programs Online

Our current pool drop-in schedule is available at the Pool Cashier, the Info Centre and online at: [britanniacentre.org/pool](http://britanniacentre.org/pool)

View all of our current and upcoming programs on the Vancouver Recreation website: <https://bit.ly/2V11YpY>

### Pool Closed September 13 – October 12, 2021

Our pool will be closed for annual maintenance from September 13 - October 12, 2021. We apologize for any inconvenience. We look forward to seeing you in October!

### Hours

For our current hours, visit:  
[britanniacentre.org/pool](http://britanniacentre.org/pool)

### Contact

Pool Cashier	604.718.5831
Pool Programmer	604.718.5830

### Admission Policy for Children

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

### Pool and Fitness Centre Committee

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

Tue	6:00pm	Sep 28, Nov 23
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## Swim Lesson Registration

Online and in-person registration for swimming lessons and programs at all pools, for all age groups starts Tuesday, Aug 31 2021 at 9:00am in-person and online, and at 1:00pm by phone. View all of our current and upcoming swimming lessons on the Vancouver Recreation website:

<https://bit.ly/3qOLD3N>

If you are already participating in a class, you are encouraged to wait until you receive a report card on the last day of class to register for the next set. It's important to register in the correct level. Those who have registered in the wrong class may be asked to withdraw from the class. Please bring the most recent report card to the first day of lessons. All lessons must meet minimum space requirements to run.

### Swim Assessments

If you are unsure of which level to register, we offer swim assessments during our public swims. If your child is under 8yrs, we require a parent/guardian to assist in the water during the assessment. Children registered in an inappropriate level will be moved to the proper level if space is available, or refunded from the lesson.

### Refunds & Cancellations

Full refunds given five or more working days prior to the start of the program. If request received within four working days of the start of the program or after the first program date (class/lesson), we refund registration fee minus the cost of one class 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.

### Private/Semi-Private Lessons (All Ages)

One-on-one or 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 \$31.73/Semi-Private \$21.33

## Swim Sessions

View all of our current and upcoming sessions on the Vancouver Recreation website: <https://bit.ly/2V11YpY>

### Session Breaks

For the safety of patrons and staff, we are scheduling closures throughout the day for enhanced cleaning. These closures are at the end of swim sessions and all patrons are required to exit the facility. To allow staff time to clean we ask that all patrons exit the change rooms within 15 minutes of the end of the session. Pass scan or payment is required for readmission.

### Aquafit

The majority of Aquafit classes will continue to be by registration only, with some spaces held for drop-in. Registrants will be required to wear a wristband. To avoid disappointment we encourage participants to register in advance.

### Free Youth Swim (11-18yrs) ☀️

Contests, prizes, and games! First Friday of every month. Be ready to go in the water by 6:00pm. Swimsuits or clean, recently washed clothing can be worn. No shoes.

Fri	6:00-8:00pm	Oct 15, 29, Nov 12, 26, Dec 10
Britannia Pool		Free



# Ice Rink

## Public Skates

To view our current public skating schedule, visit:

[www.britanniacentre.org/ice\\_rink](http://www.britanniacentre.org/ice_rink)



## Holiday Hours

Check out the schedule online at [britanniacentre.org](http://britanniacentre.org) in the first week of December to find out about holiday public skating sessions and events.

Dec 24 Rink closes at 5:00pm

Dec 25 Closed

Dec 26 1:00-3:30pm **FREE Skate** ☀️

## \$99 Winter Ice Sale!

Plan a holiday party between Dec 20, 2021–Jan 3, 2022 for \$99/hour plus GST. Staff charges are not included. Booking for the Winter Ice sale starts in October.

## Join the Arena Committee!

The Arena Committee meets the 1st Tue of the month at 6:00pm. For more information contact the Arena Programmer, Susy Bando, at [susy.bando@vancouver.ca](mailto:susy.bando@vancouver.ca).

## Special Events

### Brit Chill Holiday Skate ☀️

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

Sun 1:45-3:15pm Dec 19 Free

### Boxing Day Skate ☀️

Come by the Rink, lace up your skates and burn off some turkey dinner calories.

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

### Stat Holiday FREE Skates! ☀️

Free skating sessions will be offered on the following stat holidays at the Rink.

1:00-3:30pm Oct 11, Dec 26

## Arena Programs

### Family Fun Hockey (3-12yrs with Adult/s)

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

Sun 12:15-1:30pm Sep 26-Dec 19  
Regular admission rates apply.

## Vancouver Adult Co-ed Hockey League (VACHL) 2021/22

VACHL is an adult recreational hockey league sponsored by the Britannia and the Vancouver Park Board. Registration opens Aug 4, 2021. For more information go to [www.vachl.ca](http://www.vachl.ca).

## Women's Learn to Play Hockey

This instructional program is perfect for women hockey players looking to improve through on-ice skills and drills. Each session will end with a scrimmage. Full hockey equipment is mandatory. Pay at the pool starting at 2:30pm.

Mon 3:15-4:45pm Oct 18-Dec 13  
\$6.34/drop-in

## Parent & Tot Skate ☀️

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

Thu 11:00-11:45am Sep 30-Dec 16  
Free

## Adult Stick and Puck

Come out and practice your hockey skills. Please pay at the pool starting 30 mins before. Helmets are mandatory and full hockey equipment is recommended. Sorry, no scrimmage.

Wed 3:15-4:45pm Sep 29-Dec 29  
Fri 12:00-1:30pm Oct 2-Dec 17  
\$6.34/drop-in

## Rink Admission Fees

Please note: Prices do not include tax. Fees subject to change without notice.

Adult (19-54yrs)	Youth (13-18yrs)	Senior (55yrs+)	Child (6-12yrs)	Family	Skate Rentals	Skate Sharpening
\$6.34/Drop-in \$53.89/10 visits	\$4.44/Drop-in \$37.72/10 visits	\$4.44/Drop-in \$37.72/10 visits	\$3.17/Drop-in \$26.94/10 visits	*at Child rate (Family minimum \$6.44)	\$3.20	\$6.17

- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Board operated rinks. Prices are subject to change without notice.
- A 20% discount on admission is given to groups of 10 or more.
- Stick & Puck sessions are at the Adult rate.
- Flexipasses may be used for public skating and Adult Stick and Puck sessions. For 2021 Flexipass rates, see page 22.
- \*Family rate is 1-2 adults from the same household and their children under 19yrs, all present at time of admission. \$3.17 per person (not including taxes).
- Children under 8yrs MUST be accompanied on ice by an individual 16yrs+.
- Helmets are strongly recommended for all public sessions and are mandatory for all participants of Family Fun Hockey.
- Adult hockey programs require full equipment. Participants must sign a waiver at the beginning of each session.



## Skating Lessons at Britannia

Registration for **Set 1 Fall** skating lessons begins on Sep 8, 2021 at 9:00am in-person and online, and at 1:00pm by phone. Registration for **Set 2 Fall** skating lessons begins on Nov 3, 2021 at 9:00am in-person and online, and at 1:00pm by phone. **Please note: Skating lessons are very popular and fill up quickly, so register early.**

If you are registering in a level other than level 1, you must have accomplished all the skills for the previous level. Please bring your report card on the first day of class. If you are unsure of which level to register in, have an on-ice evaluation completed during a public skate at any Vancouver Park Board Rink. Find a full description of levels online. **Please note: Students will not be transferred into another level if they are not registered in the appropriate level. A prorated refund will be issued after the first class. If the lesson you want to register in is full, please put your name on the waiting list.** Additional classes are scheduled whenever possible. Please register in one set of lessons only. Skate rental is included in cost of lessons.

For Britannia Learn to Skate lessons, skate rentals are included in the cost of lessons. All skating lesson participants must wear a CSA-certified hockey helmet or a snowboarding helmet. In accordance with new safety measures, cycling helmets are no longer permitted. A limited number of hockey helmets are available to use free of charge.

## Learn to Skate Lessons (3yrs+)

These popular lessons focus on skill acquisition through activities and games. Our energetic instructors teach you to skate with safety in mind. All lessons are 30 minutes and are led by qualified instructors. Skate rental included, as well as practice time before or after lesson.

### Set 1

Tue	6:00-8:00pm	Sep 28-Nov 2
Sat	10:00am-1:15pm	Sep 25-Oct 30
		\$36/6 sess

### Set 2

Tue	6:00-8:00pm	Nov 9-Dec 14
Sat	10:00am-1:15pm	Nov 6-Dec 18
		\$36/6 sess or \$42/7 sess

## Preschool Levels (3-5yrs)

**Level 1:** No previous skating experience; may have trouble standing on the ice in skates.

**Level 2:** Can stand up on ice in skates unassisted; can walk on ice in skates.

**Level 3:** Can skate across the ice and glide on two feet.

**Level 4:** Can scull forwards and stop without assistance.

**Level 5+:** Can glide on one foot forwards and skate backwards.

## Children/Youth/Adult Levels

**Level 1:** Has limited or no experience; has little confidence on the ice.

**Level 2:** Can skate across the width of the rink without assistance.

**Level 3:** Can glide on one foot, forward scull with both feet, and snow plow stop with both feet.

**Level 4:** Can skate backwards, scull backwards with both feet, and scull forwards with one foot.

**Level 5:** Can glide backwards on both feet, do a hockey stop, and forward circle thrust.

**Level 6:** Can do forward crossovers, backward circle thrusts, backward stops, and can use outside edges.

## Power Skating (8yrs+)

Work on skating skills that will strengthen your hockey games. Improve your speed, power, technique and control with our power skating lessons offered Sunday afternoons. Learn proper skating posture and the importance making the most out of your edges.

The intermediate class is for skaters who have taken power skating lessons before and want to improve on the skills they already have. Skaters must have passed Level 5 in the Learn to Skate program or have equivalent skills.

### Set 1 Beginner & Intermediate

Sun	4:30-5:15pm	Sep 26-Oct 31
		\$45/6 sess

### Set 2 Beginner

Sun	4:30-5:15pm	Nov 7-Dec 19
		\$54/7 sess

### Set 2 Intermediate

Sun	5:30-6:15pm	Nov 7-Dec 19
		\$54/7 sess

## Private Skating Lessons

Learn one-on-one with one of Britannia's skating instructors. Perfect for someone looking for a little extra attention or wanting to brush up on a single skill or two.

Private lessons are available on Saturday mornings and Tuesday evenings during the Learn to Skate lesson times.

## Welcome Back

### Your Safety is Our Priority

- Masks are still recommended to be worn indoors at Britannia facilities by those aged 12 and up until you are fully vaccinated.
- Stay home if you have any symptoms of COVID-19, including: coughing, sore throat, fever, or sneezing.
- Stay home if you have been in contact with a confirmed case of COVID-19 or if you are required to self isolate on Public Health orders.
- Wash your hands, respect the personal space of other patrons and staff, and cover your cough or sneeze.
- Shared equipment is disinfected between classes.



# Partners



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 visit [www.gwfoodconnection.com](http://www.gwfoodconnection.com). To participate in a program or get involved, email Ruth Elizabeth at [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com).

## GWFC FoodFit Program

Still staying close to home? Join our free and fun online FoodFit program! This 6-week program is for community members who experience barriers around healthy eating but are motivated to make lasting changes to their health. The Zoom sessions combine fun, online cooking and food-based activities with easy-to-understand nutrition information, and self-directed individual and group goal-setting. FoodFit respects the limits of people's circumstances, and gives participants simple, useful tools to navigate an increasingly complex food environment. Contact us to register for an upcoming session at [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com).

## Britannia Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? Once a month, you can purchase a \$14 box of assorted produce at Britannia Community Centre. Buying together with your neighbours can help you save over 40% on your food bill. You get 12-14 varieties of fruits and veggies plus access to supplemental donations. Email [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com) for more info or to be added to the waitlist.

## Message from Ian

*"After 14 years of working as the Grandview Woodland Food Connection coordinator, I will be stepping down to pursue some other life interests, but will also continue some work in the area of food policy. It has been a tremendous privilege to work with the GWFC and with so many amazing people in the community and at Britannia Community Centre. I have learned a lot and am particularly proud of the work we have done to create a more resilient community."*

## Welcoming Ruth Elizabeth

We'd like to introduce Ruth Elizabeth Briggs (she/her) who will be joining us as the new Community Food Security Coordinator with the GWFC at Britannia.



All programs are free of charge and offer our Get Ready 2 Read (GR2R) Early Learning Program for the pre-school age children of participants. **Registration is required for all programs.** To register contact Lina Arias at [lina.cfec@gmail.com](mailto:lina.cfec@gmail.com). [www.cfecbc.ca](http://www.cfecbc.ca)

## CFEC 2021 – 2022 Program Schedule

### Britannia Partners in Education (PIE):

Britannia Secondary School, CFEC Rm 109A

#### English Foundations 3-5

Tue/Wed 9:30-11:45am

#### English Foundations 6/7 &

#### English Composition 11

Tue/Wed 12:15-2:30pm

#### Math Foundations 2-7 &

#### Pre-Calculus 11

Thu 9:30am-2:30pm

#### English for Speakers of Other Languages (ESOL)

Fri 10:00am-2:00pm

### Edmonds PIE PLUS:

Edmonds Community School, Rm 107

#### English Foundations 2-4

Mon/Wed/Thu 12:30-3:00pm

#### English Foundations 5-7

Tue/Fri 12:30-3:00pm

### Maywood PIE PLUS 2:

#### English Foundations 5-7 & English Composition 11

Tue & Thu 9:30am-2:30pm  
Maywood Community School (Adult Room)

### Additional Programs:

#### CFEC Get Ready 2 Read (GR2R) Family Resource Program

Wed 10:00am-12:00pm  
Britannia Secondary School, CFEC Rm 110

#### Advanced Conversation Class

Fri 10:00am-12:00pm  
Britannia Secondary School, CFEC Rm 110

#### CFEC/Burnaby CCE SD#41 ECE Basic Certificate Program

Mon 10:00am-2:00pm  
Sep 2021-Jun 2022 Online



## Britannia Secondary School Community Education Office

The Britannia Community Schools Team (CST) works out of the Community Education Office at Britannia Secondary. The mandate of the CST is to provide academic, social, and emotional support as well as connections to community resources for students in the Britannia Hub of schools.

This work is often done through student leadership opportunities, noon hour and after school programming. For inquiries please call 604.713.8273.

### Community Schools Coordinator

Ron Scott

### Office Support

Mitra Tshan



VANCOUVER PUBLIC LIBRARY

## Britannia Branch Hours

Mon/Thu/Fri/Sat 10:00am-6:00pm  
Tue & Wed 10:00am-9:00pm  
Sun 1:00-5:00pm  
Closed: Sep 6, Oct 11, Nov 11, Dec 25 & 26

## Contact

604.665.2222 vpl.ca

## Children & Teen Programs

For the latest information on our fall programming, visit vpl.ca.

## Adult Programs

### Connection to Kith and Kin: Indigenous Ancestry Search

Tue Online 2:30-4:30pm

For more information and to register, see:  
vpl.ca/program/kith-kin.



## Community Action Program for Children (CAPC)

The Community Action Program for Children (CAPC) is a community-based children's program that promotes the healthy development of young children (0-6yrs).

Beatrice Feza 604.718.5821

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

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

Disfrute de una hora de rimas, canciones, juegos y cuentos en español con sus pequeños. Se ofrece una merienda saludable. Los grupos son en el salón 'Mezzanine' de la Pista de Hielo.

Thu Sep 16-Nov 4  
10:30am Toddlers 12:00pm Infants  
Rink Mezz Free  
Registration required. Call 604.215.8289.



1655 William St. 604.255.9841  
info@eastsidefamilyplace.org  
www.eastsidefamilyplace.org or Facebook.  
Closed: Sep 6, Oct 11

Eastside Family Place is a community support and resource centre for parents/caregivers and their young children to age 6yrs. We offer many programs, support and referral services. Contact us for more information about programs and activities.

**Please Note:** At the time of publication, it is unknown when we will be able to resume our full schedule of in-person, indoor programming. Check our website in early September. If numbers are restricted we will have a pre-registration process in place.

## Family Drop-in

Adults can visit with each other while engaging with their children in a warm, educational environment. Children have opportunities to socialize and learn through playing developmentally stimulating activities. There is a daily outdoor playtime, healthy snacks, and circle time.  
Annual membership fee of \$20.00 is required.  
Subsidies available upon request.

## Parenting Education & Support

ESFP regularly offers a variety of excellent free programs, workshops, and groups, such as:

- **Nobody's Perfect** (a parenting empowerment group)
- **Circle of Security** (understand attachment needs and its relation to children's behaviour)
- **Family Rhythm, Rhyme + Movement** (early literacy and music program)
- **Cooking Skills**
- **Mama Ganso/Spanish Mother Goose**

Check the website for dates and times. Programs may be in-person or virtual, depending on Provincial Health Orders.

## Licensed Occasional Childcare

For ages 18mos to early 6yrs. Sliding scale \$5.00-\$6.50/hr. Advance booking required. Call 604.251.1018.



1187 Parker St.  
eastvankickstand.org  
kickstandbikes@gmail.com

## Hours

Wed 5:00-9:00pm  
Thu 6:00-9:00pm (WGQT access)  
Sun 1:00-5:00pm

\*Note Kickstand is a volunteer run space and occasionally is unable to open for regular hours. We apologize for this inconvenience.

Learn how to fix your own bike with the support of shop volunteers or come and volunteer with us! Shop time is \$1-\$15/hr, sliding scale. No one turned away for lack of funds. Kickstand also sells used parts and refurbished bikes.

## Women, Gender Queer & Trans Night



This is a free drop-in event for anyone who identifies as WGQT to learn bike repair. Bring your own bike!

Thu 6:00-9:00pm



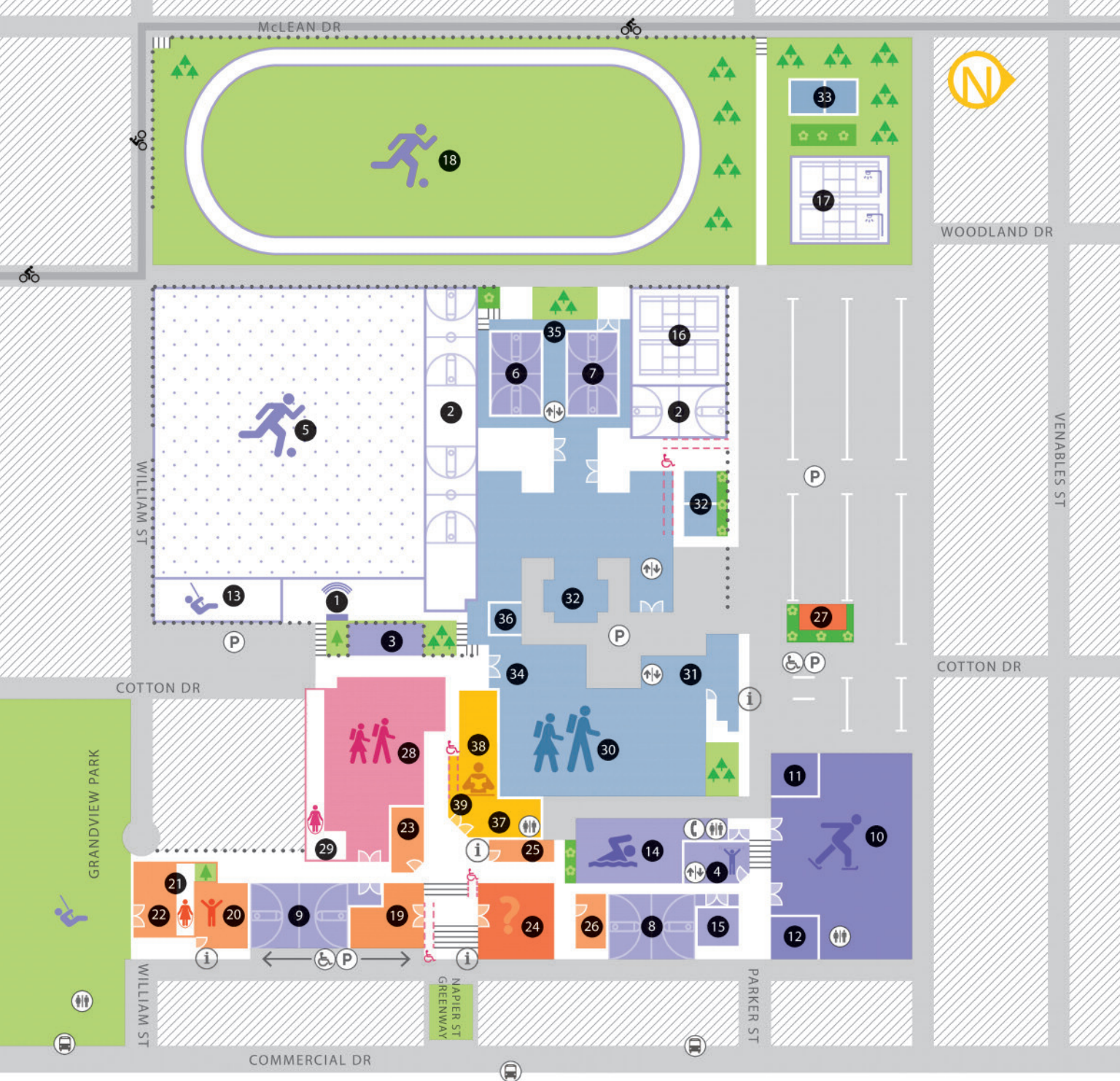
1977 Commercial Drive 604.717.2932  
info@gwpcpc.ca

The Grandview-Woodland Community Policing Centre works with the local community, Vancouver Police Department, and other service providers to strengthen the safety and quality of life in the Grandview-Woodland neighbourhood

## Hours

Mon-Thu 12:00-8:00pm  
Fri-Sat 10:00am-4:00pm  
Sun Closed





## recreation

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

## resources + services

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

## elementary school

- 28 Britannia Elementary
- 29 Outdoor Play Area

## secondary school

- 30 Britannia Secondary
- 31 Main Office
- 32 Auditorium
- 33 Portable
- 34 Main Entrance
- 35 Cafeteria
- 36 Canucks Family Education Centre (room 110)

## library + learning

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

.... Fence

Streets + Vehicle Access

Bicycle Route

Wayfinding

Wheelchair Access

Stairs

Elevator

Entrance

Fields + Green Space

Residential + Commercial

Gravel

School Garden

**Britannia**  
COMMUNITY SERVICES CENTRE

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