



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 2019



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



President's Message

Many of our best programs have been built on ideas and efforts from our community. A diverse board of management, staff, volunteers and residents makes our space engaging and responsive to the growing needs of residents in a city which has become unaffordable for our youth, elders and low-income residents. Despite these challenges, we work with what we have and where we're at to ensure we are building the most inclusive community centre in all of Vancouver—dare I say BC? Between July 2018 and July 2019 we had almost 32,000 City of Vancouver Leisure Access Program visits by over 2,500 individuals!

Britannia is working on a multi-pronged approach to developing our 5 year Strategic Plan with all of our stakeholders. We know how important it is to have a pragmatic strategic plan that builds off our programming principles. We know we will have to do more than talk! We must walk the talk, model new ways of inclusion, and show other neighbourhoods how we work and learn from models that meet our principles.

Britannia's Renewal is also benefiting from our strategic planning process. Our previous phase of Renewal was recognized and won an international award for how we built in a Reconciliation lens to all our collective work. However, we can always do better. Our Renewal Team is a dynamic and committed team of volunteers who are second to none as they debate the numerous challenges and issues and always find ways to foster inclusion. We will be reaching out to all of you folks as we'll need your input to make the next phase even more successful. Together we can!

This fall we'll be encouraging our residents to be engaged in the City of Vancouver's City Plan. We know there are issues of housing, homelessness, child welfare, economic development and much more. It's time we roll up our sleeves and work to figure out the "how". This fall, we also have a federal election. We intend to work with East Van Votes to elect leaders who understand the importance of working with the province, City of Vancouver, Vancouver Parks Board, and Vancouver School Board to find ways to ensure our communities are not just resilient but thriving.

Scott Clark
Coast Salish
President, Britannia Board of Management

Board of Management

Britannia Board meetings are held on the 2nd Wednesday of the month (no meetings July and August). 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: Scott Clark
VICE PRESIDENT: Ingrid Kolsteren
TREASURER: John Flipse
MEMBERS AT LARGE: Freya Kristensen
Pamela Dudas
DIRECTORS: Susanne Dahlin
John Morra
Levi Higgs
Vera Jones
Emily Vickery
Craig Ollenberger
Andrew Phillips
Naina Varshney
Li Mei Yip
STAFF REP: Jane Stanier

AGENCY REPRESENTATIVES:
VSB Alec MacInnes
VPB Peter Odynsky
VPL Megan Langley

EXECUTIVE DIRECTOR:
Cynthia Low

MANAGER OF ADMINISTRATIVE SERVICES:
Jeremy Shier

MANAGER OF CHILD CARE SERVICES:
TBD

Britannia Committees

BOARD OF MANAGEMENT MEETING
2nd Wed/mo 6:00pm
Sep 11, Oct 9, Nov 13
Contact: Cynthia Low 604.718.5815

ARENA COMMITTEE
1st Tue/mo 6:30pm
Sep 3, Oct 8, Nov 5
Contact: Susy Bando 604.718.5836

ARTS & CULTURE COMMITTEE
Call of the chair 7:00pm
Sep 5
Contact: Helen Spaxman 604.718.5825

CHILD CARE COMMITTEE
Call of the chair
Contact: TBD

PLANNING & DEVELOPMENT COMMITTEE
3rd Tue/mo 6:30pm
Sep 17, Oct 15, Nov 19
Contact: Cynthia Low 604.718.5815

POOL & FITNESS COMMITTEE
Last Tue/bi-monthly 7:00pm
Sep 24, Nov 26
Contact: Marie Beesly 604.718.5830

SENIORS, ELDERS & ADVOCATES (SEA) COMMITTEE
3rd Wed/mo 3:30pm
Sep 18, Oct 16, Nov 20
Contact: Anne Cowan 604.718.5837

YOUTH COMMITTEE
Call of the chair
Contact: Tom Higashio 604.718.5826

RECONCILIATION IN ACTION COMMITTEE
Call of the chair
Contact: Cynthia Low 604.718.5815

VOLUNTEER COMMITTEE
3rd Fri/mo 3:00pm
Contact: Yao Zhang 604.718.5860

Memberships

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

Notice to all members:

Due to the Britannia bylaw changes made at the May 22, 2019 Annual General Meeting, Britannia memberships are now valid from January 1, 2019 - December 31, 2019. Any current memberships set to expire on August 31, 2019 will be extended until December 31, 2019.

What does membership give me?

- Voting privileges at the Society Annual General Meeting.
- You must have a current Britannia membership to register for programs.
- Eligibility to run for the Board of Management.
- Mail-outs/e-mails about Centre events.
- Free access to the Fitness Centre on Tuesdays & Fridays, 10:00am-12:00pm.

Price

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

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Facility Rentals

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

Gym/Room Rentals

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

Pool Rentals

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

Rink Rentals

Go to vancouver.ca/parks-recreation-culture/rink-rentals or contact Susy at 604.718.5836 or email susy.bando@vancouver.ca.

Facility Rental Fee Policy

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

For more information, visit: www.britanniacentre.org/facilities/rentals

Cover Image: Kailani Austin, a participant in Britannia’s “Girls Who LEAP” program. Kailani is from the Squamish and Dakelh Nations.

Fall 2019 Holiday Hours

Information Centre, 55+ Centre & Teen Centre

Sep 2	Labour Day	CLOSED
Oct 14	Thanksgiving	CLOSED
Nov 11	Remembrance Day	CLOSED
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	CLOSED
Jan 1	New Year’s Day	CLOSED

Pool & Fitness Centre

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

Rink

Sep 2	Labour Day	CLOSED
Oct 14	Thanksgiving	1:00-3:30pm
Nov 11	Remembrance Day	1:00-3:30pm
Dec 26	Boxing Day	1:00-3:30pm
Jan 1	New Year’s Day	1:00-3:30pm

Registration Information

Registration Dates

General Programs

Registration opens Tuesday August 20, 2019 at 9:00am in-person and online, and at 1:00pm by phone. Registration for free programs starts Wednesday August 21, 2019 at 9:00am in-person and online, and at 1:00pm by phone.

Swimming Lessons

Registration for swimming lessons starts at 7:00pm on Tuesday August 27, 2019.

Skating Lessons & Rink Programs

Registration for **Set 1** fall skating lessons begins at 7:00pm on Wednesday August 28, 2019. Registration for **Set 2** fall skating lessons begins at 7:00pm on Wednesday November 6, 2019.

How to Register

You must have a current Britannia Society membership to register for all Britannia programs. See page 2 for membership information.

1) Register online at recreation.vancouver.ca

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).

3) Register by phone at 604.718.5800 ext. 1

A copy of your program registration will be emailed to you upon request if you have an email address, or you can pick up a hard copy at your convenience.

Pool Cashier Registration Hours:

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

Info Centre Registration Hours:

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

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

Residents of the City of Vancouver with a current Leisure Access Program (LAP) Card may receive up to 50% off certain programs by presenting their LAP card to a cashier at the time of registration.

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 Affordable Child Care Benefit, call 1.888.338.6622 or visit:

<https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding/child-care-benefit>

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.

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.

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.



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



Reconciliation in Action: A Day of Celebrating Identity & Belonging, September 24

Reconciliation in Action (RIA) shines a spotlight on the importance of People, Place, and Policy by fostering meaningful community engagement and collaborative leadership. Taking place on Tuesday, Sep 24 from 10:00am-8:00pm, this free interactive event focuses on community-based experiential learning, while celebrating the diverse cultures in the Britannia neighbourhood. This event will take place in various spaces throughout Britannia Community Centre, with learning and engagement hubs highlighting:

- Health & Wellness: Healthy Mind, Body, and Spirit
- Food Sovereignty: Reconnecting to the Land
- Truth: Respect, Reciprocity and Understanding
- Education: Pathways to Success
- Celebration: Strengthening Our Community

Together we will explore ways to recognize and affirm our shared history, create a healthy environment for community healing and reconciliation, and commit to meaningful consultation that fosters respectful relationships and aims to build a stronger shared future for Indigenous and non-Indigenous people. For more information, please contact Tekla Everstz at teka.evertz@vancouver.ca.

Strategic Planning

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

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

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

If you have any feedback please do not hesitate to contact Cynthia Low, Executive Director, by phone at 604.718.5815 or email cynthia.low@vancouver.ca.

Going Green!

This brochure is 8 pages shorter! Our Spring, Fall and Winter brochures are normally 44 pages long. We're going greener by reducing the number pages we print each season. By simply reducing the length of our brochures by 8 pages, we could save on printing up to 450,000 pages or 6 trees each year! What do you think about this change? If you have any feedback, please email cyn.williams@vancouver.ca.

Beyond the Blue Box: Plastics & Electronics Recycling at Britannia

Every third Saturday of the month, Britannia Centre sponsors a recycling depot where recyclers can dispose of electronics, Styrofoam, and plastic items that the City of Vancouver can't take. Pacific Mobile Depots (PMD), based in Victoria, collects plastics and other materials, then sells them to small BC factories to repurpose. pmdrecycling.com.

For a small price you can get rid of the plastic bags in your cupboards, broken plastic toys in the basement, and a host of other items such as foil-lined materials, car seats, bike tubes, wires and cables, electronics, small appliances, and metal objects. Bring your recycling so that it can be repurposed. Proceeds go to PMD and Britannia Centre.

Sat	9:00am-12:00pm	Sep 21, Oct 19, Nov 16, Dec 21
Britannia Parking Lot		
By volume:		
		\$3.50/regular garbage bag
		\$7/large garbage bag
Electronics/appliances:		Servers, laptops, wires, cables - Free!
		\$2.50/small electronics/appliances
		\$5/large electronics/appliances
Car seats:		\$12/you dismantle it
		\$20/we dismantle it
Lightbulbs:		Free!

Meet the Board of Management



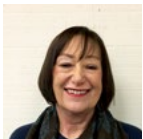
Scott Clark, President, is of the S'klallam (Strong People) from the Chewhaytsum village along Vancouver Island's West Coast, Coast Salish territory. A founding member of the Northwest Indigenous Council (NWIC), Scott serves as President of NWIC and as the B.C. representative on the (national) Congress of Aboriginal Peoples. Scott is a founding member and the Executive Director of Aboriginal Life in Vancouver Enhancement (ALIVE) society, working to foster nation to nation relations and close the gaps between Indigenous and non-Indigenous Peoples.



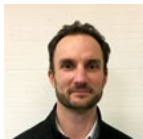
John Flipse, Treasurer, has been the Treasurer for his last three terms on the Board. A native Vancouverite, John moved to Commercial Drive 19 years ago and has never looked back. Becoming a father 16 years ago was John's main motivation for helping initiate the renewal of Grandview Park and contribute to the revitalization of Britannia Community Centre. He has been active on the Britannia Planning and Development Committee since 2010 and sat on the Grandview Woodlands Area Council as both a Director and a member of its Heritage Subcommittee.



Pamela Dudas, Executive Member at Large, has lived in the Grandview Woodland neighbourhood for over 35 years. Pamela served on the Britannia Board for the past 2 years and sits on the Finance, Planning & Development, Board Development and also chairs the Volunteer and Pool & Fitness committees. Pamela's passions include promoting physical fitness for all ages and especially those on low incomes, volunteering at Britannia, strata property owner's rights and responsibilities, as well as recycling and the environment.



Susanne Dahlin, Director, has been a resident of Grandview Woodlands for 46 years. She raised two boys in the neighborhood and was involved in many community-based activities including soccer, hockey and baseball. She was active in Family Place, chair of her local Parent Advisory Committee, active on the Inner-City Schools Advisory Committee and former Chair of the local Traffic Planning Committee. Susanne foresees an active retirement in this community.



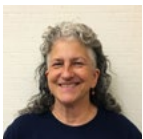
Levi Higgs, Director. Not completely common in Vancouver, Levi is a born and raised Vancouverite, and has been fortunate to call Vancouver home for most of his life. Levi has lived in the Grandview-Woodland neighbourhood since 2009 with his wife and son. Since then his family has grown by two more boys, which has brought him a much better understanding of what youthful energy is all about.



Naina Varshney, Director, is a long-time user of the facilities at Britannia Community Centre and is serving her second term on the Board of Directors. A Templeton Secondary School alum and UBC BCom graduate, Naina sits on the Volunteer Committee and GWFC. An advocate for Equity and Accessibility, she believes in creating public gathering spaces for the community and supporting Access and Diversity programming efforts.



John Morra, Director, is a master's student studying resource and environmental management and planning at Simon Fraser University. His passions in the field of environmental planning are centred on social planning, water-use planning, and Indigenizing planning. John has lived in Grandview-Woodland for the past 2 years and looks forward to serving on the Board to affect positive change in this vibrant community.



Jane Stanier, Staff Representative, has been involved with Britannia for 30 years. When Jane first moved to Vancouver, she discovered the Britannia Fitness Centre. Jane first started volunteering at the Fitness Centre, and then became a member of the Pool and Fitness Centre committee, and now works at the Fitness Centre as a Fitness Attendant. Jane is an artist, with a MFA in painting and has had an exhibit at Britannia Gallery.



Ingrid Kolsteren, Vice President, is active in the Britannia community serving as Vice President, and is involved in various committees including Child Care, Board Development, and is the chair of the Arts and Culture Committee. Her work experience includes working as an adult education instructor, union representative and in mental health. Ingrid raised her family in East Vancouver and is happy to be part of this wonderful, diverse, and active community. In her spare time, she likes art and coffee with friends.



Freya Kristensen, Executive Member at Large, is an active member of the Board Development Committee and has been a member of the Executive Committee since 2017. Freya frequents many of Britannia's facilities and services with her young kids, and is keenly aware of the important role Britannia plays as a hub for the community. Freya works as a Policy Analyst with Fisheries and Oceans Canada. Previously, she spent five years working on her PhD at the Centre for Sustainable Community Development at SFU.



Vera Jones, Director, is a Nisga'a Elder and active community member. Vera is still working at the age of 72 with the Indian Residential School Survivor Society as a support worker. Vera has sat on the board of the Vancouver Native Housing Society for many years and has a keen interest in the stakes for Aboriginal Elders and seniors in East Vancouver. She is involved with Aboriginal Days, the Nisga'a Ho-bi-ye (New Year) Celebration in February every year, Pow wows, community activities, workshops/meetings, and Britannia's 55+ Centre.



Craig Ollenberger, Director, is a local community organizer and father of three. He has served on the Britannia Board for several terms and is a member of the Finance committee, among others. Craig was a founding director of Car Free Vancouver and the Commercial Drive Festival and served as a director of the Grandview Woodland Area Council for about fifteen years. Craig values the diverse role played by Britannia in this community. He's committed to stewarding the Society as it continues to anticipate and meet the needs of residents.



Li Mei Yip, Director. Li Mei's experiences volunteering at Britannia have helped her call the community her second home. After attending and graduating from the IB program at Britannia Secondary School, Li Mei went on to UBC where she graduated with a BSc in Environmental Sciences and is currently pursuing her second degree in Nursing at BCIT. Li Mei helped found the Britannia Volunteer Committee, which she's been involved with for 10 years. She has helped plan the volunteer program and has supported events and programs for people with special needs.



Andrew Phillips, Director, is an active member of the East Vancouver community who lives as a neighbour to Britannia across from Grandview Park. Andrew brings diverse know-how from the public, private and social sectors, having worked on projects involving education, the arts, civic engagement, tactical urbanism, public policy, design thinking, strategic planning, and multi-stakeholder communications. As a graduate student at UBC, his research focuses on the use of socially engaged art as a critical public pedagogy about our ecological crisis.



Emily Vickery, Director. Serving her first term on the Board of Management at Britannia, Emily is drawn to the unique, creative and welcoming experience at Britannia Community Services Centre. Emily has been in the sport administration field for 8 years, working with a provincial sport organization, and has a passion for sport, physical activity, and wellness. She has a keen interest in the pivotal roles communities play in overall individual health and belonging.

Special Events

Art Gallery Exhibitions

Sep 4 – 27

Choreographic Artifacts: Collection 1
Photographs and artifacts from the Co.ERASGA Archives by dancer/choreographer Alvin Erasga Tolentino.

Opening Reception:
Wed 6:30-8:30pm Sep 4

Artist Talk:
Wed 6:30-8:30pm Sep 18



Oct 2 – Nov 1

Tools for the Honourable Harvest
Natural materials by EarthHand Gleaners Society.

Opening Reception:
Wed 6:30-8:30pm Oct 2

Artist Talk by Rebecca Graham:
Wed 6:30-8:30pm Oct 9

Artist Workshop

Salmon People Bracelets

Are you a descendant of salmon people? Salmon are kin for the Indigenous People of the rivers and coasts of this land. Salmon were also at the heart of cultures throughout Asia and northern Europe in ages past. Re-awaken your connection to the land and show your love for the salmon by creating a beautiful bracelet out of salmon leather that you tan yourself. In the morning of this two-part workshop, artist Rebecca Graham will discuss methods of skinning and fleshing fish, and lead participants through oil-tanning a salmon skin. In the afternoon, she will help participants craft their own snap cuff or 'magic braid' bracelet out of their finished skin. All materials provided. Rebecca Graham is the artistic director of EarthHand Gleaners Society. She is an accomplished crafter skilled in working with a variety of natural materials such as willow, locally grown flax for linen, salmon, and other fish skins. Please come on time and bring your lunch!

238095 Sun 11:00am-4:00pm Oct 20 Rink Mezz \$20
J. Cheng



The Solstice/ Equinox Coffee House Series



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

4th Annual Fall Equinox Coffee House



Celebrate the beginning of the Fall Season with this cozy neighbourhood event — an evening of local live music, poetry, refreshments and more! All ages.

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



7th Annual Winter Solstice Coffee House



Celebrate the return of the light with a cozy evening of local live music, poetry and refreshments. A relaxing night during the busy holiday season right in your neighbourhood. All ages.

Sun 7:00-9:30pm Dec 15
55+ Centre Free

Britannia Artist Grant 2020

To assist community artists with their artistic goals. Applicants must live/work in the Grandview-Woodland or Strathcona neighbourhoods.

For more information, pick up an info sheet at the Info Centre, email program coordinator Katherine Polgrain at britanniaartistgrantprogram@gmail.com, or visit: britanniacentre.org/services/arts_and_culture/britannia-artist-grant-program.

Application Deadline is Dec 31, 2019.

Earthquake Preparedness – Personal & Family



We all witnessed the earthquakes in Mexico City, New Zealand and Italy and saw the devastation caused. Vancouver was rocked with a magnitude 4.8 earthquake serving as a wakeup call — we too could be faced with a massive earthquake — yet few of us take the steps to ensure we are prepared. This session covers what is required to develop your family emergency plan, how to conduct a "Home Hazard Hunt" and what to do when an earthquake strikes. Come to this free workshop to learn how to prepare! Although this program is free, please register so we know you are attending.

235001 Tue 7:00-8:30pm Oct 1 Conference Room Free CoV Volunteer

Parent-Child Relationship – A Parenting workshop

Relationships and emotions affect behaviour. Try a different approach to understanding and managing behaviour. Explore how family dynamics, both past and present, can impact relationship patterns and learn new strategies to develop resilience in your child. Milo Wu is a Registered Clinical Counsellor.

241531 Sat 1:00-2:30pm Sep 28, Oct 12, Oct 26 Conference Room \$60/person \$100/couple
M.Wu

Special Events



Inspirational Seniors Fitness Calendar For Sale

Britannia is creating a 2020 Calendar to promote seniors' healthy lifestyles by featuring inspirational gym goers over 55 in our community. Each month the calendar will highlight one or more of these amazing people and their stories. Get the calendar and let yourself and your loved ones be inspired by extra-ordinary people around you! It will be available for purchase in Fall, 2019.

16th Annual Corn Festival

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

Sun 12:00-5:00pm Sep 1
Gym D Free

36th Annual Britannia Christmas Craft Fair

Vendor applications are available online at britanniacentre.org or at the Britannia Info Centre. For more information email britanniacraftfair@live.ca. **Vendor application deadline: Sep 1 at 4:00pm.**

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



19th Annual Artful Sundays

This summer Britannia Community Centre will host an outdoor, mixed media, visual arts market. Featuring the work of local artists, live music, artist workshops and demonstrations, special events and more!

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

Workshops

Printmaking Workshop

Learn to carve a block, ink the block, and create a relief print on paper. Also learn how to do relief mono-printing through drawing with ink transfer. Haisla Collins is a contemporary Northwest Coast artist from the territories of the Tsimshian, Nisga'a and Gitxan. Her work is expressionistic, cosmic and bold. She is most well known for leading Spirits of the Realms, a 130m long mural on 600 block Beatty St., and participating in the 2016 Big Print Project. Sponsored by the City of Vancouver Creative City Strategy Grant, Roundhouse CC, and Indigenous Women Artist Collective.

Thu 7:00-9:00pm Sep 19
Rink Mezz Free
239627 H.Collins



Banner Workshop Theme: Flower

"Where flowers bloom so does hope." - Lady Bird Johnson. How does your hope bloom? Paint with quality materials some hopeful thoughts for the community.

Banners will be displayed outdoors on site and in the Library. This is a great workshop for friends and family. Children under 12yrs must be accompanied by an adult. Wear old clothes and bring a lunch and a colour sketch of your idea. Banners can be purchased after exhibition for \$20/set. Artists get first chance to buy their own banners.

Sat/Sun 10:00am-4:00pm Oct 19-Oct 20
Cafeteria \$20/2 sess
230577 H.Spaxman

Halloween Howl (1-8yrs)

Come to this annual Free spooky community event! Entertainment, ghostly games, tricks and treats included. Ages 1-8yrs. No registration, just drop-in for free! Wear your costume for a ghoulish good time!

Sat 12:00-2:00pm Oct 26
Gym D Free



Family Pumpkin Carving

Celebrate Halloween by carving a pumpkin with your family. Cost is based on a family of four and will include two pumpkins. Additional pumpkins can be purchased for \$5 but must be carved at the Centre. Please register by Oct 24 so the correct number of pumpkins will be available. Hot chocolate and carving utensils will be provided. All children under 12yrs must have a parent or caregiving collaborator present. Bring a bag or box to carry them home!

Sun 1:00-3:00pm Oct 27
CFEC \$10/1 sess
230579 H.Spaxman

Holiday Décor Workshop 2019

Celebrate the season by making your own seasonal décor and art projects. Drop-in and make something really cool for yourself or for a gift. Various local artists will be instructing in a variety of media. All materials provided. All ages.

Sat 12:00-4:00pm Dec 7
55+ Centre Free

Gingerbread Houses

Bring the whole family (up to four members) to build a graham cracker gingerbread-style house. Candies, frosting, and crackers will be provided. Feel free to bring along your own decorations. Please register by Dec 12 so the correct amount of materials will be available. All children under 12yrs must have a parent or caregiving collaborator present. Bring a bag or box to carry it home!

Sun 1:00-3:00pm Dec 15
CFEC \$10/1 sess
230580 H.Spaxman

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

- Social:** Communication, friendship skills, conflict resolution, sharing and co-operation.
- Intellectual:** Language and self-expression, problem solving, critical thinking, kindergarten readiness skills.
- Physical:** Large muscle and fine motor skills, safety and self-care skills (health, hygiene, large and fine motor development).
- Creative:** Self expression and concept development.
- Emotional:** Development of healthy self-esteem, self-confidence, self-awareness and 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.

Visit britanniacentre.org for more information about Britannia Child Care.

Licensed Child Care Subsidy

For more information about the Provincial Affordable Child Care Benefit, call 1.888.338.6622 or visit:

<https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding/child-care-benefit>

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 provided. Snacks, hot lunch and outdoor play are part of the daily routine.

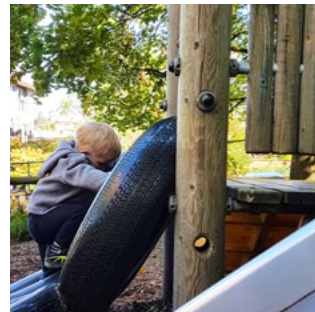
Mount Pleasant Child Care

960 East 7th Avenue Wade Forbes 604.718.5844
mountpleasantchildcare@shawbiz.ca

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

FEES: \$926/mo

Lunch & am/pm snacks provided



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 as we highlight multiculturalism and diversity, arts, dance and languages from around the world in a play base learning environment.

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 (Thu/Fri) \$185.00
3 days/wk (Mon/Tue/Wed) \$260.00
5 days/wk (Mon-Fri) \$445.00

Licensed Child Care

Daycare Programs (3-5yrs)

Eaglets Daycare, Grandview Terrace and Mount Pleasant Child Care offer full day daycare programs for children 2.5-5yrs. The programs offer a caring, safe and nurturing environment that provides children the freedom and support to develop their full potential. We offer multi-cultural programs that respect a variety of traditions, lifestyles, languages and cultural heritages. In our inclusive play-based programs, 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, co-operative 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 604.718.5856 for up to date registration and fee information
 Hours: Mon-Fri 7:30am-5:45pm
 FEES: \$885/mo
 Snacks provided.

Grandview Terrace Child Care

2075 Woodland Drive
 Alejandra Uribe 604.718.5846
 Hours: Mon-Fri 7:30am-6:00pm
 FEES: \$905/mo, \$5/Yoga
 Lunch Program: \$70/mo
 Snacks provided.

Mount Pleasant Child Care

960 East 7th Avenue
 Wade Forbes 604.718.5844
 mountpleasantchildcare@shawbiz.ca
 Hours: Mon-Fri 7:30am-6:00pm
 FEES: \$876/mo
 Lunch & am/pm snacks provided.

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

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

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 \$355/mo
 3 Days \$230/mo
 2 Days \$210/mo

Breakfast & pm snack 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 7:30am-9:00am*
 3:00pm-6:00pm
 *No AM care for Queen Alexandra Elementary and Ecole Anne Hebert.
 Fees: \$385/mo
 Breakfast & pm snack provided.



Eagles In The Sky OSC

103B-1950 E. Hastings Kinga Batko 604.230.1885
 Please call for up-to-date registration and fee information.
 Pick up from: Xpey/Macdonald Elementary
 Hastings Elementary
 Lord Nelson Elementary
 Ecole Anne Hebert
 Sep-Jun Hours: Mon-Fri 7:30am-9:00am
 3:00pm-5:45pm
 Fees: Xpey/Macdonald Elementary \$402/mo*
 Hastings/Lord Nelson/Anne Hebert \$427/mo*
 Breakfast & pm snack provided.



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 (0-6 years).

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 salon 'Mezzanine' de la Pista de Hielo.

10:30am Toddlers Mon Sep-Nov
 12:00pm Infants Free
 Rink Mezz To register call 604.215.8289

Arts

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.

Sat	Sep 21-Nov 30	Endorphin
CFEC		\$130/11 sess
234214	9:30-10:10am	Age 2-4yrs
234215	10:15-10:55am	Age 2-4yrs
234219	11:00-11:40am	Age 3-4yrs
234222	12:30-1:10pm	Age 4-6yrs

Hip Hop/Jazz Dance (3-6yrs)

NEW

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.

Sat	Sep 21-Nov 30	Endorphin
CFEC		\$130/11 sess
234221	11:45am-12:25pm	Age 3-4yrs
234224	1:15-2:00pm	Age 4-6yrs

Baby Sign Language (0-24mo)

Babies understand and can communicate long before they are able to speak. Babies who learn American Sign Language (ASL) can learn quicker and talk earlier. Using songs and games, learn how to teach your baby basic ASL so they can better convey their wants and needs and relieve unnecessary frustration. Learn the signs and songs so you can practice at home. Babies can sleep during class or you can bring toys. No drop-ins.

Tue	9:45-10:30am	Oct 22-Nov 19
Mat Rm		\$64/5 sess
231976	Into Yoga	

Toddler Art (1-3yrs)

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 14.

Mon	9:45-10:30am	Sep 23-Nov 4
RAR		\$66/7 sess
227933	H.Spaxman	

Kindergym (1-5yrs)

Run, jump and roll in a gym full of mats and playground equipment. Parent supervision required. Pay \$2.50/drop-in fee at pool and bring receipt to class or pre-purchase strip tickets (\$20/10tx). No class Sep 24, Oct 26, Nov 7, 23, & Elementary School Pro D Days.

Tue/Wed/Thu	11:00am-12:30pm	Sep 25-Dec 12	Gym D	\$2.50/sess
Sat	10:00am-12:00pm	Sep 21-Dec 21	Gym D	\$2.50/sess

Jump into Music (6mo-5yrs)

This one-of-a-kind music and movement program engages, educates, and entertains parent and child while on a musical journey through different styles and cultures. Curriculum is designed to stimulate the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. A family fun environment exploring culture and world music. Try a free class anytime. 25% sibling discount. \$15/drop-in welcome.

Free Trial

Wed	10:00-10:50am	Sep 11
Rink Mezz		Free
233680	M.Lee	

Set 1

Wed	Sep 18-Oct 30	M.Lee
Rink Mezz		\$91/7 sess
233646	10:00-10:50am	
233648	11:00-11:50am	
233653	1:00-1:50pm	

Set 2

Wed	Nov 6-Dec 18	M.Lee
Rink Mezz		\$91/7 sess
233657	10:00-10:50am	
233659	11:00-11:50am	
233660	1:00-1:50pm	

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! Each child participates at their own level. Their 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. No class Oct 12.

Tue	Sep 24-Dec 3	Katy
Rink Mezz		\$181/11 sess
233635	9:30-10:15am	
233640	10:30-11:15am	

Sat	Sep 21-Dec 7	Monica
Rink Mezz		\$181/11 sess
233641	9:30-10:15am	
233642	10:30-11:15am	
233643	11:30am-12:15pm	

Baby and Me Yoga (6-16mos)

NEW

Stretch, strengthen and find moments to involve baby with movement, massage and songs. Crawlers are welcome and older children may come and watch and we can set up a reading area. Pre-walking to 16mos. Please bring a blanket for baby. Yoga mats provided. \$15/drop-in. No class Oct 14 & Nov 11.

Mon	12:30-1:30pm	Sep 9-Dec 16
CFEC		\$156/13 sess
240499	M.Rodrigues	

Sports

Sportball (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 12 & Nov 9.

Sat	11:30am-12:15pm	Sep 14-Nov 30
Gym C		\$150/10 sess
234506	Sportball Staff	

Sportball (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 12 & Nov 9.

Sat	12:15-1:15 pm	Sep 14-Nov 30
Gym C		\$150/10 sess
234507	Sportball Staff	

Sportball Parent & Child T-Ball (2-3yrs)

Let's play ball! Children are introduced to fundamental concepts of baseball and are provided the basic skills required to play with confidence in fun skills-focused games. Zero in on skills like throwing, catching, batting form, running bases and fielding. Children are challenged according to their individual skill level.

Sun	9:30-10:15am	Sep 8-Oct 6
Brit Oval		\$90/5 sess
236450	Sportball Staff	

Sportball T-Ball (4-6yrs)

Big league fun! Sportball T-Ball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Zero in on skills like throwing, catching, batting form, running bases and fielding.

Sun	10:15-11:15am	Sep 8-Oct 6
Brit Oval		\$90/5 sess
236451	Sportball Staff	

Children

Language

Hebrew Language for Children (6-11 yrs)

Introduction to the Hebrew alphabet, basic vocabulary and modern Hebrew. Learning, reading, and orientation to Hebrew.

Tue 4:00-6:00pm Sep 24-Oct 29
 RAR \$160/6 sess
 231278 C.Cohen

CANCELLED

NEW

Daycamps

Funseekers Daycamp (6-12yrs)

There are many activities and out-trips planned for the Winter Break Funseekers program! Come learn new skills, meet new friends, or simply to 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 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.

239743 Mon/Tue/Thu/Fri 9:00am-3:00pm
 Dec 23-Dec 27 \$80/4 sess

239745 Mon/Tue/Thu/Fri 9:00am-3:00pm
 Dec 30-Jan 3 \$80/4 sess
 Gym D

Music

Violin & Fiddle Private Lessons (6yrs+)

These are 30 min private violin lessons for adults and children 6yrs+. Teaching follows the Suzuki Method and covers classical and fiddle. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at fiddlelessons@shaw.ca to arrange lesson time PRIOR to registering. No class Oct 14, Oct 28 & Nov 11.

Mon 3:30-9:00pm Sep 9-Dec 16
 237102 30 min \$288/24 sess
 237103 45 min \$432/24 sess
 RAR S.Saunders



Greenhorn Community Music Project (12-17yrs+)

The Greenhorn Community Music Project aspires to join the creative forces of youth, professional musicians, and community members to compose, practice, and perform a variety of musical styles to orchestrate social change you can dance to! Britannia Membership required (child/youth \$1.00). No class Oct 14 & Nov 11.

Mon 3:30-5:00pm Sep 30-Dec 16
 RAR Free
 B.Koch/T.Sars



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

Continue your music studies or begin an instrument and enjoy a lifetime of making music! These lessons consider each student's development and goals. Conservatory exam preparation is available. An on-going program from Sep-Jun, students are ensured placement for the duration of their studies. Payment is made in advance of each set. Lesson costs shown below are for 30 min classes. 45 and 60 min also available at the discretion of the instructor. Prior to registering, new students must contact the instructor for a weekly lesson time at janine.oye@gmail.com. Clarinet students must provide their own instruments. Phone-in registration only, no online. Please call 604-718-5800 (1).

Set 1

237386	Tue	6:00-8:30pm	Sep 10-Oct 29	\$192/8 sess
237393	Fri	6:00-8:30pm	Sep 6-Oct 25	\$192/8 sess
237396	Sat	9:00am-4:30pm	Sep 7-Oct 26	\$192/8 sess

Preteen Centre J.Oye

Set 2 (Dec 15 recital \$13 fee included)

237402	Tue	6:00-8:30pm	Nov 5-Dec 17	\$181/7 sess
237408	Fri	6:00-8:30pm	Nov 1-Dec 20	\$205/8 sess
237411	Sat	9:00am-4:30pm	Nov 2-Dec 21	\$205/8 sess

Preteen Centre J.Oye

Arts

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.

Thu 4:00-5:15pm Sep 26-Nov 14
 Rm 208 \$110/8 sess
 229960 H.Spaxman



Sports



Tennis Academy – Mini (6-9yrs)

Introduction to tennis for children. Students are introduced to basic forehand and backhand skills while developing hand-eye coordination through a variety of fun games and activities. Bring your own racquet and runners. No class Oct 12, Oct 26, & Nov 23.

Sat 2:00-3:00pm **Sep 14-Dec 7**
Gym D \$100/10 sess
 234510 J.Maldonado

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 12, Oct 26 & Nov 23.

Sat 3:00-4:00pm **Sep 14-Dec 7**
Gym D \$100/10 sess
 234509 J.Maldonado



Tennis – Future Stars (8-14yrs)

Develop more advanced tennis skills through drills and rallies preparing you for significant game play. This class focuses on the fundamentals of competitive tennis. Bring your own racquet and runners. No class Oct 12, Oct 26 & Nov 23.

Sat 4:00-5:00pm **Sep 14-Dec 7**
Gym D \$100/10 sess
 234508 J.Maldonado



Britannia Gymnastics Club

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

www.britanniagymnastics.com

Sat	Sep 21-Dec 14	Gym A/B		
234477	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$117/13 sess
234471	Gym Kids	4-5yrs	2:00-2:45pm	\$110.50/13 sess
234472	Gym Kids	4-5yrs	3:00-3:45pm	\$110.50/13 sess
234474	Performance	6-9yrs	4:00-5:00pm	\$143/13 sess

Sun	Sep 22-Dec 15			
234469	Dynamic Duo	18mo-3yrs	10:00-10:45am	\$110.50/13 sess
234470	Dynamic Duo	18mo-3yrs	11:00-11:45am	\$110.50/13 sess
234475	Performance	6-9yrs	11:30-12:30pm	\$143/13 sess
234478	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$117/13 sess
234467	Adv Gym Kids	5-6yrs	12:45-1:45pm	\$130/13 sess
234476	Performance	6-9yrs	3:30-4:30pm	\$143/13 sess
*234473	Performance Plus	9-15yrs	1:45-3:15pm	\$169/13 sess
*234468	Demo Team	9-15yrs	3:30-5:00pm	\$169/13 sess

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



Dynamic Duo (18mo-3yrs)

Your child will be introduced to gymnastics through tumbling, song, 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 (4-5yrs)/Adv Gym Kids (5-6yrs)

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

Britannia Coaches

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

Performance (6-9yrs)

This program provides training in beam, floor, vault and bars. Gymnasts are encouraged to create routines, perform to the best of their ability, and are given positive feedback on each event.

Performance Plus (9-15yrs)

This program is intended 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. Last year's athletes have priority registration. Limited spots may be available by invitation only.

Demo Team (9-15yrs)

Athletes will learn tumbling, stunting, dancing, and circus arts. Previous gymnastics or dance experience required. Last year's athletes have been given priority registration. Limited spots may be available by invitation only.



Children



Micro Footie Development

Not to be mistaken with our highly popular Spring League, MF Development is a unique coaching experience for youth players. Players in MF Development learn celtic turns, combination play, taking players on one-on-one, skills, out the box activities, and movement. The MF Development sessions are specifically for players who want to raise their game. All development players will get priority registration for the Micro Footie 2020 season (Apr-Jun). Taught by Jason Kyle: FIFA B Licence, MF Founder, KLM Technical Director, 2016 BC Summer Games Coach, MF mentor to coaches. No class Oct 13, Nov 10 & Nov 24.

britanniasoccer.org

Sun	Sep 15-Dec 1	Gym D	J.Kyle
234497	4-5yrs	9:30-10:30am	\$149/9 sess
234498	5-6yrs	10:30-11:45am	\$149/9 sess
234499	7-8yrs	11:45am-1:00pm	\$149/9 sess
234500	9-10yrs	1:00-2:15pm	\$149/9 sess
234496	11-12yrs	2:30-3:45pm	\$149/9 sess



Micro Footie Coaching

Do you have 2hrs/wk to coach for 9wks from Apr-Jun? Want to ensure your child gets a spot in our competitive registration for the Spring league? Sign up to be a coach for Spring 2020. There is skills and development training, a team jersey, and the joy of helping improve their soccer skills! Email fraser.mcelroy@vancouver.ca.



Axe Capoeira (3-18yrs)

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. Registration includes unlimited participation in training as well as dance and music classes. \$20/drop-in (pay at the Pool Cashier at Britannia and bring the receipt to the instructor). See page 22 for adult classes or visit www.axevancouver.com. No class Sep 11.

Preschool (3-6yrs)

234451	Tue/Thu	6:00-6:45pm	Sep/Oct	1739 Venables	2 class/wk \$160
234449	Tue/Thu	6:00-6:45pm	Nov/Dec	Location TBD	2 class/wk \$160

Children Inter/Adv (5-7yrs)

Intermediate and advanced levels only. Must have Capoeira experience or be a preexisting student. Thu/Sat/Sun classes take place at 1739 Venables. Wed classes take place at CFEC. Nov/Dec locations TBD.

238067	Sep/Oct	Wed 6:00-6:45pm	Sat 10:00-11:00am	2 class/wk \$160
238068	Nov/Dec	Wed 6:00-6:45pm	Sat 10:00-11:00am	2 class/wk \$160
241915	Sep/Oct	Wed/Thu 6:00-6:45pm, Sat 10:00-11:00am, Sun 12:00-1:00pm	4 class/wk \$180	
241914	Nov/Dec	Wed/Thu 6:00-6:45pm, Sat 10:00-11:00am, Sun 12:00-1:00pm	4 class/wk \$180	

Youth (7-18yrs)

Tue/Thu classes take place at 1739 Venables. Wed classes take place at CFEC.

234443	Tue/Wed/Thu	5:00-6:00pm	Sep/Oct	1739 Venables	\$170/season
234442	Tue/Wed/Thu	5:00-6:00pm	Nov/Dec	Location TBD	\$170/season

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. No class Sept 13, Oct 11, Oct 14, Oct 18, Nov 11, Dec 13.

Beginner

Mon/Fri	4:30-5:45pm	Sep 9-Dec 9
CFEC		\$202/22 sess
234512	M.Lung	

Intermediate

Mon/Fri	4:30-6:15pm	Sep 9-Dec 9
CFEC		\$224/22 sess
234513	M.Lung	

Advanced

Mon/Fri	4:30-6:30pm	Sep 9-Dec 9
CFEC		\$246/22 sess
234511	M.Lung	



Welcome to the Teen Centre

Hours

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



Britannia Teen Centre

A place in the community dedicated to youth. All youth from 13-18yrs 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.
- Join our Youth Committee to set direction.

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:
 Ali, Alicia, Barry, Celine, Chiho, Jessie, Kakada, Kya, Manuel, Mark, Stephanie, Tom

Preteen

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	7:30-8:00pm	Sep 12-Dec 19
Preteen Centre		Free
239739	Alicia	

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 17-Dec 17
RAR		Free
239740	Kakada	

Friday Night Live (10-13yrs)

Are you climbing the walls at home? Come climb the walls with us instead! Indoor rock climbing, movies, Watermania, and many other great out trips! Cost includes transportation and admission. Meet in front of Preteen Centre. Completed consent form required.

Fri	5:30-8:30pm	Sep 20
242839	Bowling	\$5/1 sess
Fri	5:30-9:00pm	Oct 11
242840	Downtown Movie	\$5/1 sess
Fri	5:30-8:30pm	Nov 15
242841	Indoor Rock Climbing	\$15/1 sess
Fri	5:30-8:30pm	Dec 20
242842	Christmas Train	\$10/1 sess



Preteen Dance (10-13yrs)

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 5-7 only. Parental Consent Form must be completed and is available 1 week before the dance at the Info Centre, Teen Centre or online at www.britanniacentre.org. \$1 at the door.

Fri	6:30-9:00pm	Oct 18, Dec 13
CFEC		\$1

Leadership

Britannia Youth Committee

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

Sports

BC Wheelchair Basketball (16yrs+)

Fri	6:45-9:00pm	Sep
6-Dec 27		
Gym D		Free

Basketball Drop-in (16-24yrs)

Sun	12:00-1:50pm	Sep 1-Dec 29
Gym C		Free

Indoor Soccer (11-18yrs)

For 11-18 year old players only.

Tue	5:00-7:00pm	Sep 3-Dec 17
Gym D		Free

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

See page 22 for more information.

Thu	6:15-7:30 pm	Sep 19-Oct 24
Mat Rm		\$36/6 sess
236605	E.Aspinwall	

Britannia Boxing Club (10yrs+)

For more information, please email fraser.mcelroy@vancouver.ca.

TBD

Tennis Academy Junior (10-14yrs) & Future Stars (8-14yrs)

See page 13 for more information.

Youth Dodgeball

Learn to play dodgeball and play in our youth dodgeball tournament with other Community Centres. Practice and open gym, Sept 21-Oct 19. Tournament games at Hillcrest Oct 26, Killarney Nov 2, Trout Lake Nov 16, Hillcrest Nov 23, Britannia Nov 30. Completed consent forms required to play games. Transportation provided from and back to Britannia.

Sat	6:00-8:00pm	Sep 21-Nov 30
Gym C		Free
240707		

Outdoor Programs

The Great Escape Outdoors (GEO)

We offer a variety of outdoor activities for youth 13-18yrs and suitable for almost any level of fitness. It is a great way to explore our incredible surroundings, learn new things and meet lots of great people. Monthly winter activities may include: indoor rock climbing, snowshoeing, and snow tubing. Pick up a monthly calendar to get a complete listing. The Centre provides all necessary equipment, food, transportation, and guides/instructors, unless otherwise stated. Any overnight trip 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 a certified Whistler Mountain Staff at all times. Bring money or lunch and dress for cold and wet weather. Consent forms will be available one month prior to the trip. Limited spots available on first come basis with consent form and fees.

\$85 ski/snowboard rental, \$65 no rental required. Must register a minimum of 2wks in advance. Registration at the Teen Centre only.

Sat	6:00am-6:00pm	Dec 14
Fri	6:00am-6:00pm	Jan 24

Kickstand's Teen Bike Club

Free drop-in bike access program and gathering space for youth 12-19yrs. Earn a Bike, learn to repair your own bike, and volunteer for shop projects. Contact bikeclub@pedalpower.org or visit eastvankickstand.org for more info!

Tue	3:30-6:00pm	Ongoing
1739 Venables St until Oct 31.		
1187 Parker St after Nov 1.		

Social

Youth Extravaganza (11-18yrs)

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

Fri	6:30-10:00pm	Sep 27
Gym C		\$2/1 sess
239742	TBA Instructor	



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 8pm. No swimsuit required. It's not what you're thinking... swimsuits, or clean, recently washed clothing can be worn. No shoes allowed.

Fri	8:00-9:55pm	Sep 6, Oct 4
Britannia Pool		Nov 1, Dec 6
		Free

Big Screen Movie Night (13-19yrs)

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

Tue	7:00-9:00pm	Ongoing
Teen Centre		Free

Canucks Game Night

Need a place to watch the Canucks on the Big Screen? Come watch the Canuck's games in our Canucks zone! Free BBQ at every Canucks game that lands on a Fri!

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

Lunch Hour Drop-in

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

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

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.

Tue	4:00-6:30pm	Sep 10-Dec 17
55+ Centre		Free

East Van Hip Hop Drop (12-18yrs)

Currently based at 1739 Venables. For location update please go to our facebook page **East Van Hip Hop Drop**. All elements welcome: MCs, DJs, Breakers, Graff writers, etc. Come freestyle, dance, make art, or just chill out with the crew!

Wed	5:30-9:30pm	Free
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Latin American Youth Program (LAYP) Youth

Programa de Jóvenes Latino Americanos

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

Latin American Youth Council (13-18yrs)



Buscamos a jóvenes que estén interesados en iniciar nuevos programas y actividades para nuestra comunidad Latina. Dar reconocimiento a los asuntos Latinos, apoyar nuestra comunidad, recoger fondos, iniciar nuevos proyectos y eventos, y hacer trabajo voluntario para las horas requeridas para la graduación. Para más información llama a Stephanie al 604.718.5829. Nos reunimos el primer miércoles de cada mes de 4:00-6:30pm.



Volunteer Work/Trabajo Voluntario (13-18yrs)



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

Necesitas trabajo voluntario para poder graduarte? El proyecto de jóvenes ofrece muchas oportunidades en las que puedes encontrar apoyo en actividades que quieras llevar acabo y a la vez hacer tus horas de voluntariado. Para más información llame al 604.718.5829.

Spanish Clubs



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

Killarney		
Wed	11:40am	Rm 311
Van Tech		
Thu	11:40am	Rm TBD
David Thompson		
Fri	11:40am	Rm TBD

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, workshops, and guest speakers. If you are interested in having a Spanish Club at your school contact Stephanie at 604.718.5829 or stephanie.angel-garay@vancouver.ca.

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



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

- Self-esteem/Respect
- Fitness
- Career Planning

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

Fri twice a month/Viernes dos veces por mes 4:00-6:00pm, contact Stephanie 604.718.5829.

Vancouver Latin American Cultural Choir (19yrs+)

Come sing with the Vancouver Latin American Cultural Centre Choir! Our choir meets on Wed to learn and practice songs that reflect the immense diversity of musical genres from all over Latin America. Songs are in Spanish and Portuguese. Sergio Pires, the choral conductor, is an educator and music researcher who holds a Doctoral of Musical Arts degree in choral conducting from Boston University and Masters and Licentiate degrees in music from Brazilian institutions. Everyone is welcome to participate. Join this fun community activity, sing, and make friends! Register by email lili@vlacc.ca. Registration doesn't include VLACC membership (\$10).

Wed 7:00-9:00pm Sep 11-Dec 11
55+ Centre \$60/14 sess

Cocina Latina/Latin Cooking (13-18yrs)



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

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

Thu/Jueves 4:00-7:00pm Sep 5-Dec 19
55+ Centre Free/Gratis

Co-ed Indoor Soccer/ Futbol de Salon (11-18yrs)



Free drop-in soccer for youth (with high school ID). New players welcome. Must be 11-18yrs. Futbol de salón, solo para jóvenes de 11-18 años de edad.

Tue/Martes 5:00-7:00pm Sep 3-Dec 17
Gym D/Gimnasio D Free/Gratis



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



Meet youth your age and learn at the same time. The Friends First Buddy program provides you with social, recreational, and educational skills. We meet every Saturday. To register and for more details please contact Stephanie at 604.718.5829. Completed consent forms required.

- Outings/Salidas
- Team Building Games/Juegos
- Workshops/Talleres

Ven a conocer jóvenes de tu edad y de varios países. El programa de Friends First te enseña nuevas actividades en las que puedes participar todos los sábados. Para más información por favor llame a Stephanie para registrarse al 604.718.5829. Subsidios disponibles para todas las actividades.

Sat/Sabados 1:00-5:00pm
Teen Centre Free/Gratis

Adults

Volunteer Program

Get involved! Volunteer at Britannia

Britannia Community Services Centre is like no other facility in the Lower Mainland. Britannia's unique integration of education, recreation, library and social services supports and services the vibrant mix of cultures, age and income demographics in the Grandview Woodland and Strathcona communities. This gives rise to a large variety of volunteer opportunities in cultural, educational, entertainment and sport activities with varied levels of commitment. The ultimate reward is the personal satisfaction achieved by helping to build community in your neighbourhood. The essential contributions by volunteers are recognized throughout the year with special social events, appreciation parties, educational field trips, and training opportunities. **Interested in volunteering with us? Complete an application and view volunteer opportunities at: britanniacentre.org/volunteer**



Tax Clinic Volunteers Needed

Britannia is holding tax clinics in March and April 2020 to help low-income individuals fill out their tax returns. Our clients include families, seniors, and new immigrants to Canada. We are looking for volunteers to prepare tax returns online. Volunteers will need to register with CRA's CVITP program, complete required training and a criminal record check. Applications accepted between Nov 15, 2019 and Jan 11, 2020. Complete an application form at: britanniacentre.org/volunteer

Special Event Volunteers Needed

We are currently looking for special event volunteers to help us to run our community events. Special event volunteers assist on the event day for set-up, guest assistance, registration, greeting, waste recycling and event take down. If you are interested, please complete an application form at: britanniacentre.org/volunteer



These Fall programs are free and open to all! Join us!



Shoreline Cleanup at New Brighton Park (19yrs+)

Celebrate **BC Rivers Day** by participating in a Great Canadian Shoreline Cleanup! Help reduce litter along our coastline at New Brighton Park and make a difference in our community! This will be an interactive team-building event. Transportation and equipment will be provided. Please meet at the Britannia Info Centre at 9:45am.

Sun 10:00am-1:00pm
240977 **Sep 22**
Free

Fun Bike Rides (19yrs+)

Join us for a fun bike ride in and around Vancouver. We will leave from Britannia and explore local favourite bike trails at a leisurely pace. Participants should be confident riding approximately 30-60km.

Waivers and release forms need to be signed prior to the rides. For details, email britanniavolunteer+rides@gmail.com with the subject heading "Rides".



Foods



GRANDVIEW WOODLAND
FOOD CONNECTION

For more information about the GWFC, see page 34. www.gwfoodconnection.com

Accessible Vegan: Vegan Breakfast

No eggs, no problem! Prefer savory over sweet to start your day? We got you! This workshop will provide you with ideas and inspiration for delicious daystarters, whether for on the go or a sit down brunch with friends. We will go over vegan substitutes for animal products most commonly associated with the first meal of the day, and we'll cook up some recipes so you can see how easy vegan cooking is. This workshop is led by Sarah Kim, a vegan baker and chef of 15+ years, and founder/owner of OwnGrown — a company providing personal chef services, zero-waste catering, and Accessible Vegan workshops.

Wed 6:00-8:00pm **Nov 6**
Preteen Centre **\$10/1 sess**
240753 S.Kim

Accessible Vegan: Holiday Meal Ideas

Looking for holiday ideas of what to prepare for guests who are vegan/plant-based? This workshop has you covered! We will discuss ideas and recipes for sides, mains, desserts, and beverages. And we'll get into the kitchen to make some of these recipes too.

Wed 6:00-8:00pm **Dec 4**
Preteen Centre **\$10/1 sess**
240755 S.Kim

A Taste of Latin American: Pupusas

Discover Latin American cuisine! As Vancouver is very multicultural, the pupusa has gained popularity in the past few years. This traditional dish has roots in Mayan culture. Made from corn flour and shaped by hand, this dish can be adapted to delight vegan, gluten-free, vegetarian and meat eaters alike. Learn the basic technique of how to build a Pupusa from scratch with various fillings. You will have a chance to taste this delightful treat! Bring your aprons and your palates and join former owner and chef of El Cocal.

Wed 6:00-8:30pm **Nov 27**
Preteen Centre **\$35/1 sess**
240752

Arts



Printmaking Workshop



Learn to carve a block, ink the block, and create a relief print on paper. Also learn how to do relief mono-printing through drawing with ink transfer. Haisla Collins is a contemporary Northwest Coast artist from the territories of the Tsimshian, Nisga'a and Gitxan. Her work is expressionistic, cosmic and bold. She is most well known for leading Spirits of the Realms, a 130m long mural on 600 block Beatty St. participating in the 2016 Big Print Project. This program is sponsored by the City of Vancouver Creative City Strategy Grant, Roundhouse CC, and Indigenous Women Artist Collective.

Thu 7:00-9:00pm Sep 19
Rink Mezz Free
239627 H.Collins

Acrylic Painting



Join Haisla Collins (local contemporary indigenous mural painter and print maker), in a series of painting classes including colour theory and exploration, blending paints, mono-printing with acrylics, working with stencils. We will work with landscape, portraiture, figures, abstractions and composition. Bring in your inspiration and your ideas and we can investigate the world of creative exploration together.

Thu 7:00-9:00pm Sep 26-Nov 14
Rink Mezz \$144/8 sess
239619 H.Collins

Art Therapy – Draw and Discover



Art is a powerful and unique way to develop and explore our creative forces. In this unconventional method of self-expression, you will increase your ability to communicate visually and change the way you see the world and yourself.

Wed 6:30-8:30pm Sep 25-Oct 23
Rm 210 \$160/5 sess
231212 C.Cohen

Banner Workshop Theme: Flower

"Where flowers bloom so does hope."
- Lady Bird Johnson. How does your hope bloom? Paint with quality materials some fanciful and hopeful thoughts for the community.

Banners are large and hang in pairs and will be displayed outdoors on site and in the Library. This is a great workshop for friends and family. Children under 12 must be accompanied by an adult. Wear old clothes and bring a lunch and a colour sketch of your idea. Banners can be purchased after exhibition for \$20/set. Artists get first chance to buy their own banners.

Sat/Sun 10:00am-4:00pm Oct 19-Oct 20
Cafeteria \$20/2 sess
230577 H.Spaxman



Pottery – Introduction

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

Tue 7:00-9:00pm Sep 24-Nov 12
Rm 208 \$209/8 sess
227946 H.Spaxman

Pottery – Continuing

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

Wed 6:30-9:00pm Sep 25-Nov 12
Rm 208 \$230/8 sess
227957 H.Spaxman

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.

Beginner

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 to moves such as Vacilala, Casate, Sombrero, etc.

Tue 8:00-9:30pm Oct 1-Nov 19
Gym C \$140/8 sess
237365 K.Reyes Pena

Beginner/Intermediate

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

Wed 7:30-9:00pm Sep 25-Nov 13
CFEC \$140/8 sess
237371 K.Reyes Pena

Intermediate

We will continue where we left off in the Beginner/Intermediate Class and will add more moves. We will review the moves learned in the Beginner/Intermediate class and learn new moves such as La Ye Simple, and learn new moves such as La Ye Simple, La Ye, Sombrero Complicado, Tornillo, Pelota, Setenta, etc. No class Oct 14 and Nov 11.

Mon 7:30-9:00pm Sep 23-Nov 25
Rink Mezz \$140/8 sess
237374 K.Reyes Pena

Advanced

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

Thu 7:30-9:00pm Sep 26-Nov 14
Gym C \$140/8 sess
237375 K.Reyes Pena

Adults

Music

Carnival Band



Looking for an excuse to dust off that horn (clarinet, glockenspiel...) in the back of your closet, dress up, and play in the street? Looking for a way to bring a little music and colour to your community? The Open Air Orchestra Society invites you to our street band workshops, led by the incomparable Ross Barrett, Tim Sars, and various guest instructors. All levels/ages welcome. Suggested donation is one hour's wage per month or \$5 pay-what-you-can. Britannia Membership required. For more information and to book the band, email VancouverCarnivalBand@gmail.com. No session Oct 14, Nov 11.

Mon 7:30-10:00pm Sep 9-Dec 30
55+ Centre Free
T.Sars/R.Barrett



The Drive Street Band



We are a community music band who play songs ranging from Swing, Jazz, Latin, Old time songs to original compositions. We welcome anyone interested in joining this band, regardless of age or musical experience. Some music reading ability is helpful (high school level is sufficient). The only stipulations are that you need a good attitude and an instrument that you can take to the streets. Led by Cory Sweet and Mike Allen. \$2-5 donation. Britannia membership required. No session on Sep 22 and Dec 15.

Sun 3:00-5:00pm Sep 1-Dec 29 55+ Centre By donation C.Sweet

African Drumming Level 1, 2 & 3

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; no previous experience is needed. Enrolling in Level 2 requires taking Level 1 or permission from the instructor, who can be contacted through his website: www.drumming.ca. Enrolling in Level 3 requires permission from the instructor, or having taken Level 3 previously. Drums are supplied during classes at no extra charge. The instructor has 31yrs of teaching experience.

229956	Level 1	Tue	6:30-7:50pm	Sep 24-Nov 12	\$120/8 sess
229957	Level 2	Tue	8:00-9:30pm	Sep 24-Nov 12	\$120/8 sess
229959	Level 3	Thu	6:30-8:30pm	Sep 26-Nov 14	\$150/8 sess
Cafeteria		R.Shumsky			

Vancouver Latin American Cultural Choir (19yrs+)

Our choir meets on Wed to learn and practice songs that reflect the immense diversity of musical genres from all over Latin America. Register by emailing lili@vlacc.ca. See page 17 for more information.

Wed 7:00-9:00pm Sep 11-Dec 11
55+ Centre \$60/14 sess

Violin & Fiddle Private Lessons (6yrs+)

These are 30min private violin lessons for adults and children aged 6yrs+. The teaching method follows the Suzuki Method and covers classical and fiddle. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at fiddlelessons@shaw.ca to arrange lesson time prior to registering. No class Oct 14, 28 and Nov 11.

Mon	3:30-9:00pm	Sep 9-Dec 16
237102	30 min	\$288/24 sess
237103	45 min	\$432/24 sess
RAR	S.Saunders	

Greenhorn Community Music Project (12yrs+)



The Greenhorn Community Music Project aspires to join the creative forces of youth, professional musicians, and community members, to compose, practice, and perform a variety of musical styles in service of orchestrating social change you can dance to. Britannia Membership required. No class Oct 14, Nov 11.

Mon 3:30-5:00pm Sep 30-Dec 16
RAR 6 sess
B.Koch/T.Sars

Solidarity Notes Labour Choir



Solidarity Notes Labour Choir is a group of activists who know that music is more than pleasurable sound. It's a powerful language to educate and connect us and remind us of our strength and history. Throughout history, struggles for labour and human rights have produced music that inspires and reconnects us to hope and possibility. We are a non-auditioned choir and welcome to everyone. For more information please contact Marion at 604.685.5995. No session Oct 13, Nov 24.

Sun 10:30am-12:30pm Sep 8-Dec 15
LRC Free

Language

Learning Hebrew Adult Beginners



Introduction to the Hebrew alphabet, basic vocabulary and modern Hebrew. Learning, reading, and orientation to Holidays. No class on Oct 14.

Mon 6:00-8:30pm Sep 23-Nov 4
Rm 210 \$160/6 sess
231213 C.Cohen

Spanish – Beginners

Learn everyday language so that you can converse in Spanish. Learn about Latin culture and it's language through dynamic and interactive sessions lead by Miss Lili, a highly experienced native speaker.

Tue 12:00-1:00pm Sep 24-Nov 12
Rink Mezz \$93/8 sess
227920 Words in Motion BC

Spanish – Intermediate

This is for students who have taken Beginners Spanish before and can converse in Spanish.

Tue 1:15-2:15pm Sep 24-Nov 12
Rink Mezz \$93/8 sess
227921 Words in Motion BC

Scrabble Club

Scrabble Club at Britannia is hosted by the North American Scrabble Club #545. All of us play for the love of the game, some play recreationally, others study and travel to tournaments. If you wish to up your game, we have players willing to mentor. We offer new players one month of advantages. \$5/drop-in. www.vancouverscrabble.org

Thu 7:00-10:00pm Sep 5-Dec 19
FAR \$72/16 sess
235216 C.Williams

Wellness

Perspectives on Meditation

This course gives a hands-on overview of meditation principles, techniques and philosophies. Each hour will include body awareness, warm-up, discussion of one or more topics, specific technique practice, savasana and a home work assignment. We will cover meditative approaches: visual, auditory, formal and informal movement, and combinations. One size does not fit all, so participants will sample different techniques to find one or more that work for them. No drop-ins. Registration required.

Thu 7:30-8:30pm **Sep 19-Oct 24**
CFEC **\$77/6 sess**
236166 Into Yoga

Physical Activity

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 13, Nov 10. www.clstevensfitness.com

Sun 10:15-11:15am **Sep 15-Dec 8**
CFEC **\$88/11 sess**
234519 CLS Fitness

Yoga 50+

See page 27 for more information.

Set I

Mon 2:00-3:15pm **Sep 9-Oct 28**
234484 **CFEC** **\$70/7 sess**
Wed 2:00-3:15pm **Sep 18-Oct 23**
234486 **CFEC** **\$60/6 sess**

Set 2


Mon 2:00-3:15pm **Nov 4-Dec 16**
234485 **CFEC** **\$60/6 sess**
Wed 2:00-3:15pm **Nov 6-Dec 18**
234487 **CFEC** **\$70/7 sess**



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. \$11/drop-in. No class Oct 14, Nov 11. www.zumbavancouver.ca.

Free Trial Classes

234520 Mon	6:00-7:15pm	Sep 9	Gym C	Lesley	
234523 Wed	6:00-7:15pm	Sep 4	Gym C	Denise	
234524 Wed	6:00-7:15pm	Oct 30	Gym C	Denise	

Set I

234521 Mon	6:00-7:15pm	Sep 16-Oct 28	Gym C	\$48/6 sess
234525 Wed	6:00-7:15pm	Sep 11-Oct 23	Gym C	\$56/7 sess


Set II

234522 Mon	6:00-7:15pm	Nov 4-Dec 16	Gym C	\$48/6 sess
234526 Wed	6:00-7:15pm	Nov 6-Dec 18	Gym C	\$56/7 sess

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 Nov 11. \$25/drop-in.

Free Trial Classes

235925 Wed	9:15-10:30am	Sep 4	CFEC	R.Cole	
235979 Wed	9:15-10:30am	Oct 30	CFEC	R.Cole	

Set 1

235924 Mon	7:00-8:15pm	Sep 9-Oct 21	CFEC	\$120/6 sess
235927 Wed	9:15-10:30am	Sep 11-Oct 23	CFEC	\$140/7 sess

Set 2

235926 Mon	7:00-8:15pm	Oct 28-Dec 9	CFEC	\$120/6 sess
235928 Wed	9:15-10:30am	Nov 6-Dec 11	CFEC	\$120/6 sess

Iyengar Yoga

Physically energizing, deeply relaxing and emotionally uplifting, this program offers instruction in classical yoga with an emphasis on self-awareness and development of strength, stamina, flexibility, balance, 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. claudiamacyoga@gmail.com

Level 1 & 2

234488 Tue	9:30-11:00am	Sep 10-Nov 26	CFEC	\$190/12 sess
234489 Tue	7:00-8:30pm	Sep 10-Dec 3*	CFEC	\$190/12 sess

*No class Nov 26.

Level 2 & 3

234490 Thu	5:30-7:00pm	Sep 19-Dec 5	CFEC	\$190/12 sess
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C.Macdonald

Adults

Salsa Fit

An invigorating and energizing cardio combining high/low impact aerobics with a salsa flare. Great music and lots of fun. Includes a muscular strength component and stretching. Purchase drop-in tickets at pool office \$4.75/drop-in or \$39.40/10 tickets.

234502 Sat 10:00-11:00am Sep 7-Dec 21 Gym C \$4.75/drop-in DNA Wellness

Move Your Booty

NEW

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 28

234438 Thu 6:00-7:00pm Sep 19-Nov 28 Gym C \$4.75/drop-in A.Riley

Free Trial Classes



234545 Thu 6:00-7:00pm Sep 5 Gym C Free A.Riley
234546 Thu 6:00-7:00pm Sep 12 Gym C Free A.Riley

Strength & Sculpting

NEW

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. No class Nov 26

234439 Tue 6:00-7:00pm Sep 17-Nov 26 Gym C \$4.75/drop-in A.Riley

Free Trial Classes



234539 Tue 6:00-7:00pm Sep 3 Gym C Free A.Riley
234540 Tue 6:00-7:00pm Sep 10 Gym C Free A.Riley

Martial Arts



Photo by Jen Tenhaeff (Flickr)

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

This class is queer positive and open to self-identified women, trans folks, Two Spirit and/or gender diverse individuals. Come 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 centred under pressure, and work with connection and energy to flow in dynamic movements with partners. Suitable for all ages and levels of physical ability. Try one free session anytime. www.canadiankifederation.org. \$8/drop-in.

236605 Thu 6:15-7:30pm Sep 19-Oct 24 Mat Rm \$36/6 sess
E.Aspinwall

Ki Aikido

Looking for an embodied practice that helps you deal with the stress of your daily life? Try Ki Aikido, a non-competitive and positive practice that develops calmness, stability and confidence to reduce stress. Develop mind, body coordination, centered under pressure, extend your mind and flow lightly in dynamic movement. Beginners can take one free session before deciding to register.

General

234491 Wed 7:30-9:30pm Sep 4-Dec 18 Mat Rm \$96/16 sess
W.Nagata \$10/drop-in

High Grade

234492 Mon 7:30-9:30pm Sep 9-Dec 16* Mat Rm \$65/13 sess
W.Nagata *No class Oct 14 & Nov 11 \$6/drop-in

Axe Capoeira (19yrs+)

Anyone can join! 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. Adult drop in \$20 (purchase at Britannia Pool Cashier and bring receipt to instructor). See page 14 for Children and Youth programs. www.axevancouver.com

234441 Sep/Oct Tue-Thu 7:30-8:30pm Sun 12:00-1:00pm \$240/2 mo
Tue/Thu classes take place at 1739 Venables. Wed classes take place at CFEC.
234440 Nov/Dec Tue-Thu 7:30-8:30pm Sun 12:00-1:00pm \$240/2 mo
Location TBD



Traditional Kung Fu (6yrs+)

Northern Shaolin style class for children and adults. See page 14 for more information.

Sports

BC Wheelchair Basketball (16yrs+)

Fri 6:45-9:00pm Sep 6-Dec 27
Gym D Free

Photo by BC Wheelchair Basketball.



Basketball

Come get your sweat on with our 5 on 5 full court basketball. First to 15 points, then rotate. 15 players max. No drop-ins. No class Oct 13.

Sun 2:00-4:00pm Sep 8-Dec 22
Gym C \$82.50/15 sess
234461 S.Yan

Sun 4:00-6:00pm Sep 8-Dec 22
Gym C \$82.50/15 sess
234462 J.Leong

Pickleball

Pickleball is a combination of Ping-Pong, tennis, and badminton. This popular, easy-to-learn and exciting game will get you moving in new and interesting ways. Bring your own paddles and ball if you have them and bring all your friends! \$4/drop-in. No class Oct 13, Nov 10.

Sun 9:00am-12:00pm Sep 8-Dec 15
Gym C \$52/13 sess
234501 P.Tsao

Britannia Boxing Club (10yrs+)

The Boxing Club is going through a transition and we are working to get things into shape as soon as we can! Britannia is committed to bringing boxing back and continuing to have fun, inclusive, and informative boxing programs where anyone can come and learn proper techniques, hit the bags, and workout with our coaches. Recreational boxing programs for everyone and anyone! Our gym is open — come and visit us in September to have input into the new equipment and help us build a boxing community together!

Mon-Fri 5:00-7:00pm
Sat 2:00-4:00pm
Sep/Oct/Nov/Dec \$75/mo
Boxing Room

Ball Hockey – Women

The focus is on fitness and fun for players of all levels. Bring a black and white t-shirt to split into teams. Sticks provided, or bring your own plastic, wood, composite. Shin pads and gloves recommended. \$6/drop-in. No class Oct 13, Nov 10 & 24.

Sun 4:15-6:00pm Sep 8-Dec 22
Gym D \$60/13 sess
234460 B.Chu

Ball Hockey – Men (40yrs+)

This is a no-body contact hockey program. Rough play will not be tolerated. No league players. No drop-ins. No class Oct 13 & Nov 24.

Sun 6:45-8:45pm Sep 8-Dec 15
Gym D \$65/13 sess
234459 T.Gill

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. No class Nov 13.

Wed 7:15-8:45pm Sep 4-Dec 18
Gym D \$82.50/15 sess
234458 T.Wells



Badminton

Total 30 spaces available (registered and drop in). \$5/drop-in, space permitting. No class Sep 27.

Fri 7:00-9:45pm Sep 6-Dec 20
Gym C \$67.50/15 sess
234456 A.Leung

Sat 1:30-5:00pm Sep 7-Dec 14
Gym C \$67.50/15 sess
234457 J.Leung

Soccer – Women's Indoor

All types of fitness and skill levels welcome. Expect low-key, limited body contact, clean fun play. Registered players arrive by 6:15pm to hold your spot. 15 spaces available each session. \$5/drop-in, space permitting. No class Nov 21.

Fri 6:00-7:30pm Sep 5-Dec 19
Gym D \$75/15 sess
234505 T.Harley

Micro Footie Women's Program

NEW

A weekly training session compromising of skills for the first hour followed by small sided micro footie games for the second hour. A great tool for fitness, a wonderful opportunity for skill development, and a fantastic social. All registrants will get access to early bird registration for the 2020 MF Woman Soccer season. Taught by Jason Kyle: FIFA B License, MF Founder, 2018 & 2016 BC Summer Games Coach, MF mentor to coaches. No class Oct 14 & 21.

Mon 7:45-9:45pm Sep 16-Dec 2
Gym D \$199/10 sess
241889 J.Kyle

Volleyball

Please register for a volleyball session to guarantee a spot to play every week. Each person can purchase up to 2 drop-ins per night (no phone-ins please). After 4 sessions of volleyball have passed, registration will close. After this time we will only accept drop-ins (if available). If a registered patron anticipates being late, they will need to phone in to the Pool Cashier (604.718.5831) at least 15 mins prior to the program start time to hold their spot. If they fail to do this, their registered spot will become open to drop-ins. If you are a drop-in, you will be asked to pay and sign in at the Pool Cashier's office and submit the receipt to the Instructor in the gym.

Beginner

Basics are emphasized. A total of 42 spaces allotted. \$6/drop-in, space permitting.

Thu 7:00-10:00pm Sep 12-Dec 12
Gym A/B \$70/14 sess
234517 R.LeBlanc

Intermediate

We work on specialized game play. If you have the basics please join us! A total of 30 spaces allotted. \$6/drop-in, space permitting.

Tue 8:00-10:00pm Sep 10-Dec 10
Gym A/B \$70/14 sess
234518 R.LeBlanc

Advanced

We use specialized game play and advanced systems. A total of 36 spaces allotted. \$6/drop-in, space permitting.

Fri 7:00-10:00pm Sep 13-Dec 13
Gym A/B \$70/14 sess
234514 R.LeBlanc

55+ Older Active Adults

Welcome to the 55+ Centre

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

Drop-in Hours

Mon 10:00am-5:00pm
Tue 9:00am-3:00pm
 (Vietnamese 55+ Day)
Wed 10:00am-12:00pm (Quirk-e)
Wed 12:00-5:00pm
Thu/Fri 10:00am-5:00pm
Sat/Sun 10:00am-3:00pm

Computer Lab Hours

Drop-in to practice your skills, research and use the internet. The lab is closed for 55+ special events and Stat Holidays.

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

Registration for 55+ Programs

Registration for programs starts on Tue, Aug 20 at 9:00am (online and in-person only) and at 1:00pm by phone.

Registration for FREE programs starts Wed, Aug 21 at 9:00am (in-person only) and at 1:00pm by phone.

604.718.5800 (1) www.vancouver.ca

55+ Programmers & Staff

Anne Cowan, Daniel Cook, Kya Prince
604.718.5837

Vietnamese Programmer

Luong Ho 604.718.5818

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 **Sept 18, Oct 16**
55+ Centre **Nov 20**
236876

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, safety, and support resources available to seniors.

Chương Trình Cao Niên Việt Nam

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

Chương trình cao niên Việt Nam họp mặt vào mỗi ngày thứ ba hằng tuần, từ 9:00 sáng đến 3:00 giờ chiều tại Nhà Cao Niên của Trung Tâm Britannia. Chương trình tạo điều kiện cho các cao niên Việt Nam gặp gỡ chia sẻ và hỗ trợ tinh thần, tham dự những buổi nói chuyện phổ biến những thông tin mới về quyền lợi và sức khỏe dành cho cao niên; tổ chức các chương trình vui chơi, du ngoạn... Để biết thêm chi tiết, xin gọi Luong Ho 604.718.5818.

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. No class Oct 11.

240028 Fri 10:00-12:00pm Sep 6-Dec 6 CFEC Free



Computer Classes

Computer & Internet Beginners

The YMCA of Greater Vancouver is offering FREE 2hr workshops to help increase participants comfort levels with current technology including computers, tablets, and smart phones. Participants will learn about engaging with computers and internet, using email, web browsing, search engines, online databases, and how to access emerging technologies. The goal of this program is to increase participants digital literacy, improve their internet safety, and increase computer skills. No class Oct 14 & Nov 11. Please register in advance.

Set 1

Mon 10:00am-12:00pm **Sep 16-Oct 28**
55+ Centre **Free**
 236893 C.Jones

Set 2

Mon 10:00am-12:00pm **Nov 4-Dec 9**
55+ Centre **Free**
 236894 C.Jones

Practical English for Seniors

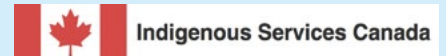


For older adults who want to improve their English skills while having fun. Learn functional vocabulary to go to the bank, doctor's office, and the pharmacy. Learn how to engage with other seniors, have a conversation over coffee and go on local, short field trips!

Mon/Fri 1:00-3:00pm
240950 **Sept 16-Oct 25**
240952 **Oct 28-Dec 9**
55+ Centre **\$25/12 sess**

55+ Older Active Adults

Weaving Our Community Together



What is WOCT?

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.

WOCT Indigenous Men's Drum Circle



Drumming, singing, smudge and cultural stories.

Tue 5:00-7:30pm **Sep 10-Dec 10**
236907 CFEC **Free**

WOCT Change of Season Winter Gathering



Join us for this cross-cultural feast filled with music, dance and fun, shared food and stories. Invite your friends and family.

Wed 5:00-7:30pm **Dec 18**
55+ Centre **Free**
243607

WOCT Wednesday Elders Group



Enjoy Cultural Crafting, peer support and sharing with Indigenous and non-Indigenous Elders and others.

236902 Wed 1:00-4:00pm **Sep 4-Dec 11 (ongoing)**
55+ Centre **Free**

WOCT Thursday Elders Craft Collective



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

236905 Thu 1:30-4:00pm **Sep 5-Dec 4**
55+ Centre **Free**

Social Programs

55+ Lunch Drop-in

Noon lunch drop-in on Mon and Fri. No need to register ahead, just drop-in for some social time and a full meal. No lunch Oct 14 & Nov 11. Ongoing.

Mon 12:00-1:00pm **Sep 9-Dec 2**
Fri 12:00-1:00pm **Sep 13-Dec 6**
55+ Centre **\$5/drop-in**

55+ Pot Luck Lunch



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

Thu 12:00pm **Sep 26, Oct 31**
55+ Centre **Nov 28**
236917 **Free**

55+ Britannia Book Club



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

Wed 2:45-4:45pm **Sep 18, Oct 16**
Britannia Library **Nov 20**
236925 **Free**

Open Ukulele Jam



Mon* 1:30-3:30pm **Sep 16, Oct 21,**
***Mon session led by Jane** **Nov 18, Dec 6, 16**
Thu 10:30am-12:30pm **Sep 5-Dec 5**
55+ Centre **Free**

Indigenous Reads Book Club



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

Thu 2:00-3:30pm **Sep 12, Oct 10**
Britannia Library **Nov 14**
236926 **Free***
 *Registration required.

Sunday Movie Night Line-up



Please see www.britanniacentre.org for the schedule. No movie Sep 22.

Sun 6:00-9:00pm **Sep 15-Dec 8**
55+ Centre **Free**
243608

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. Now accepting applications for fall sessions. Applications available at the 55+ Centre from Kya.

Thu 1:30-4:00pm **Oct 10-Jan 23**
CFEC **Free**
236927 T.DeVries

EPIC (Elders Participating in Community) Sundays Community Lunch



Share lunch with neighbours and discuss what's on your mind — culture, identity, language, Reconciliation, youth, community governance, the City Plan, All Nations Longhouse, housing and more. Free and open to all community members.

Sun 12:00-2:00pm **Sep 8, Sep 22**
FAR **Oct 6, Oct 20**
Free

Quirk-e



Quirk-e is the Queer Imaging and Riting Kollektive for Elders experimenting with language, printed text, graphics, digital imagery, spoken word, and performance. Call 604.718.5837 for an application.

Wed 10:00am-12:00pm **Sep 4-Dec 11**
55+ Centre **Free**



55+ Older Active Adults

Fall Bus Tours

All tours meet at Britannia Pool.
Activity Level: Easy



Bowen Island

Located 20 mins by ferry from Horseshoe Bay, Bowen Island is a scenic, forested retreat with a rich history and unique shops. Package includes Bowen Island Museum, lunch at Artisan Eats, escorted lake walk, all taxes and fees. Additional \$10 ferry fee for those 64 years and under.

Thu 8:25am-6:25pm Sep 26
237169 \$119

Westham Island

Discover a hidden gem! Travel across the Fraser River over a one-lane wooden bridge to a tiny island with its own world-class bird sanctuary. Package includes Reifel Bird Sanctuary, Lesser Snow Geese guided tour, Lunch at London Heritage Farm, visit Garry Point Park Sturgeon Banks Estuary, Angel Estate Winery Tasting, all fees and taxes.

Tue 9:40am-5:05pm Oct 29
237199 \$99

Arts Whistler Holiday Market

Whistler's Original Artisan Market has built a reputation for presenting unique, quality, handmade arts and crafts featuring over 100 artisans. Package includes Squamish Adventure Centre, admission donation, Whistler Holiday Market, 3 hours free time, all fees and taxes.

Sun 8:35am-5:05pm Dec 1
237203 \$79

Heritage Christmas & Lights at Lafarge

Step back in time, stroll through the village and take a ride on the carousel! After dinner stroll around Lake Lafarge to enjoy the biggest Christmas light display in the Lower Mainland. Package includes escorted entry, museum tour, carousel ride, dinner in Port Moody, Lights at Lafarge Lake, all fees and taxes.

Thu 2:40-9:40pm Dec 19
237205 \$109

Dance

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 3-Dec 3
CFEC \$20/13 sess
236877 A.Chiu

Social Ballroom Dance

This lyrical contemporary dance class is for adults 55+ years and is for both beginners and those with previous experience. Our instructor has 20+ years of experience teaching ballet and contemporary dance. Emphasis is placed on correct body alignment and muscle use. The exercises you learn are gentle, safe and progressive. Meet some wonderful people and have an enjoyable time in an expressive and artistic way. No drop-ins. No class Sep 13, Oct 11.

Fri 2:00-4:00pm Sep 6-Dec 6
CFEC *Free
236881 *Registration required.

Contemporary Balletic Dance

Come and join this contemporary Balletic Style dance class designed for active adults 55+. These friendly and supportive dance classes are adapted to each person's abilities. No dance experience necessary. Sessions include a simple warm-up, stretching and movement sequences designed to increase strength, balance, flexibility, coordination. Dance movements are taught through short combinations that culminate into simple dances. This is a fun way to get exercise, meet people and have an enjoyable time dancing to beautiful music in expressive and fun ways. Everyone is welcome.

Wed 11:00am-12:30pm Sep 11-Dec 4
CFEC \$50/13 sess
240025 Hilary

Vancouver Morris Men's Dance

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

Tue 7:30-9:30pm Sep 3-Dec 3
Rink Mezz Free*
236892 *Drop-in to Register.

Chinese Folk Dance

Traditional Chinese folk dancing lessons. Everyone is welcome! Program is free but you must register. No drop-ins.

Thu 9:00-11:00am Sep 5-Dec 12
CFEC Free*
236884 H.Lin
*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! No class Oct 27.

Sun 2:00-4:00pm Sep 22-Dec 8
CFEC \$20/8 sess
236887 V.Ng

Friday Wellness

Exercise with Friends

Senior-led video exercise with light and easy movement.

Fri 10:00-11:00am Ongoing
55+ Centre Free*
240229 *Registration required.

Blood Pressure & Sugars

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

Fri 11:15am-12:00pm Ongoing
55+ Centre Free*
240230 *Registration required.

Advanced Foot Care

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

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

Boxfit for Seniors 55+

Want to learn something new and improve your physical fitness and mental alertness? This intro class is designed to enhance your strength, balance, coordination, muscular endurance and overall well-being. All fitness levels welcome and equipment is provided.

Fri 10:30-11:30am Sep 20-Oct 25
Boxing Room Free*
240251 *Registration required.

55+ Older Active Adults

Health & Fitness



Badminton – Seniors 55+

A fun way to stay fit with others 55+. No drop-ins. No class Sep 14, Oct 14, 21 & Nov 11.

234453	Mon/Wed	11:20am-12:35pm	Sep 9-Dec 18	Gym C	\$14/28 sess
234454	Tue/Thu	11:20am-12:35pm	Sep 10-Dec 19	Gym C	\$14/30 sess
234455	Sat	2:00-4:00pm	Sep 7-Dec 28	Gym A	\$14/16 sess

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. Program is taught by trained Osteofit fitness instructor. \$13/drop-in, space permitting. No class Oct 14 & Nov 11.

236874	Mon	11:00am-12:00pm	Sep 23-Nov 4	CFEC	\$50/5 sess
236875	Mon	11:00am-12:00pm	Nov 18-Dec 16	CFEC	\$50/5 sess

B. Bahrami

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. Joan has been teaching yoga for 10+ years, practicing yoga for 17+ years, and moving through time for 50+. No class Oct 14 & Nov 11. \$13/drop-in.

Set I

234484	Mon	2:00-3:15pm	Sep 9-Oct 28	CFEC	\$70/7 sess
234486	Wed	2:00-3:15pm	Sep 18-Oct 23	CFEC	\$60/6 sess

Set II

234485	Mon	2:00-3:15pm	Nov 4-Dec 16	CFEC	\$60/6 sess
234487	Wed	2:00-3:15pm	Nov 6-Dec 18	CFEC	\$70/7 sess

Free Trial

Wed	2:00-3:15pm	Sep 4
CFEC		Free
237862		



55+ Weekly Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Computer & Internet Beginners* 10:00-12:00pm Osteofit* 11:00am-12:00pm Badminton* 11:20am-12:35pm Lunch Drop-in 12:00-1:00pm Yoga 50+* 2:00-3:15pm	Vietnamese Drop-in 9:00am-3:00pm Badminton* 11:20am-12:35pm Line Dancing* 1:00-3:00pm Men's Drum Group* 5:00-7:00pm Morris Men's Dance 7:30-9:30pm	Quirk-e 10:00am-11:00am Contemporary Balletic Dance* 11:00am-12:30pm Badminton* 11:20am-12:35pm WOCT Elders Group* 1:00-4:00pm Yoga 50+* 2:00-3:15pm	Chinese Folk Dance 9:00am-11:00am Ukulele Jam* 10:30am-12:00pm Badminton* 11:20am-12:35pm WOCT Elders Craft Collective* 1:30-4:00pm	FREE Seniors Only @ Fitness Centre 9:00am-10:00am Vietnamese Line Dance* 10:00am-12:00pm FRIDAY WELLNESS Exercise with Friends* 10:00-11:00am Boxfit* 10:30-11:30am Blood Pressure & Sugars* 11:15am-12:00pm Lunch Drop-in 12:00-1:00pm Foot Care (by appointment only) 1:00-4:00pm	No programs on Stat Holidays. *Registration required. General registration opens Tue, August 20 at 9:00am in-person and online, and at 1:00pm by phone. Registration for free programs opens Wed, August 21 at 9:00am in-person and online, and at 1:00pm by phone. Computer Lab Drop-in 1:30-3:00pm Sat Badminton* 2:00-4:00pm (Gym A) Sat Chinese Classical Dance* 2:00-4:00pm Sun Movie Night Line-up* 6:00-9:00pm	
Computer Lab Drop-in 11:00am-4:00pm						

Fitness Centre

Hours

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

*Trans, Gender Diverse, Two Spirit

Free for Britannia Members

Tue/Fri	10:00am-12:00pm
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Holiday Hours

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



Facility Orientations

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

Flexipass Membership

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

Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists, and physio-therapists. 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 \$6.41 per client also applies.

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 that the patron with the disability is able to participate.

Weight Training for Women – Beginner

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

Sat	10:00am-11:30am	Sep 7-Sep 28	Fitness Centre	\$35/4 sess
242915	V.Henderson			

Sat	10:00am-11:30am	Nov 2-Nov 23	Fitness Centre	\$35/4 sess
242916	V.Henderson			

Weight Training for Women – Intermediate

For those who have taken the Beginner course. We demystify the free weight area, providing alternative exercises with free weights to keep you challenged, motivated, and progressing toward your goals. Britannia membership and pre-registration required. Successful completion of the beginner class required.

Sat	10:00am-11:30am	Oct 5-Oct 26	Fitness Centre	\$35/4 sess
242920	V.Henderson			

Strength Training for Adults 55yrs+ – Beginner

This course will show you how to use the cardio and weight equipment for a safe and effective workout. By the end of the course, you will have a written and personalized program that you will be able to continue to use on your own. Please pre-register a week prior to the start date so that a confidential health screening can be done. No class on Oct 11.

Fri	9:00-10:00am	Oct 25-Nov 15	Fitness Centre	\$30/4 sess
242917	J.Stanier			

Strength Training for Adults 55yrs+ – Intermediate

This course will build on the introductory strength course and is also appropriate for individuals who have been training for a number of years. We will explore ways to intensify your cardio training and expand on your repertoire of exercises. Please pre-register a week prior to the start date so that a confidential health screening can be done.

Fri	9:00-10:00am	Nov 22-Dec 13	Fitness Centre	\$30/4 sess
242919	J.Stanier			

30 Minute HIIT

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

Wed	12:15-12:45pm	TBD	Fitness Centre	Drop-in fee
M.Roma				

Welcome to 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.

Holiday Hours

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

Please note: No lessons on the above dates.

Contact

Pool Cashier Office* 604.718.5831
 Recreation Programmer 604.718.5830
 *Pool office closes 30 minutes before the pool.

Admission Policy for Children

Children under 8yrs and/or four feet in height must be accompanied in the water by a responsible person who is 16yrs or older and be 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 Tue of every other month. For more information, please contact the Pool Programmer at 604.718.5830.

Tue 6:00pm Sep 24, Nov 26
 Conference Room

www.britanniacentre.org/facilities/community_centre/pool.php

Drop-in Programs

Our current pool schedule is available at the Pool Cashier, Info Centre and online at: www.britanniacentre.org/facilities/community_centre/pool.php

Lengths

The pool is divided into 25 metre length lanes (slow, medium and fast). Enjoy the whirlpool, steam room or sauna as well. Anyone 16yrs+ who is capable of swimming the length of the pool is welcome. Note: patrons under 16yrs must speak to one of the lifeguards prior to attending these sessions.

AquaFit

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

Public Swim

Swim, dive, splash, have fun! All are invited to join in the activities. Two lanes are usually set aside for length swimmers. The leisure pool is open during this time for soon to be mothers and parents with young children. During some public swim sessions only part of the pool is available. The pool may be shared with AquaFit, lessons, school groups or swim club.

Range of Motion (ROM)

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

Parent and Tot

The leisure pool is open during all public swims for soon to be mothers and parents with young children five years and under. The parent and tot pool is not open to the public during lessons or lengths.

Youth Swim (11-18yrs)



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

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



Inflatable Fun

Water inflatable obstacle course. Portions of the pool are reserved.

Sat 2:00-4:55pm Sep 7, Oct 5
 Nov 2, Dec 6

Pool and Fitness Centre Fees 2019 (including GST)

Please Note: Prices are subject to change without notice.

	Drop-In	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$6.41	\$52.08	\$49.47	\$133.35	\$427.33	\$3.00
Youth (13-18)	\$4.58	\$36.46	\$34.63	\$93.35	\$299.13	\$1.00
Child (6-12)	\$3.22	\$26.04	\$24.74	\$66.68	\$213.66	\$1.00
Senior (65+)	\$4.58	\$36.46	\$34.63	\$93.35	\$299.13	\$1.00
Britannia-Only Senior (55+)	\$4.58	\$36.46	\$34.63	\$93.35	\$299.13	\$1.00

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

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

Aquatics

Swimming Lesson Registration

Online and in-person registration for swimming lessons and programs at all pools, for all age groups starts **Tue, Aug 27 at 7:00pm**.

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. Please bring the most recent report card to the first day of lessons.

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 \$30.50/Semi-Private \$20.50

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.

Swim Assessments

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

Birthday Parties

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

Sat 1:00-2:00pm \$75
(includes lifeguard fee)



Red Cross Lessons

Parent & Tot (4-36mo)

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

Preschool (3-5yrs)

Sea Otter, Salamander, Sunfish, Crocodile, & Whale: From introductory classes focusing on confidence in the water and skills, to intermediate strokes and distances.

Swim Kids (5-12yrs)

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

Parent & Tot, Children's Spring 2019 Swim Lesson Sets			
Mon	10:45-11:15am	Sep 9-Dec 9	12 lessons
Mon & Wed - Set 1	3:30pm-7:00pm	Sep 4-Oct 2	9 Lessons
Mon & Wed - Set 2	3:30pm-7:00pm	Oct 9-Nov 6	9 Lessons
Mon & Wed - Set 3	3:30pm-7:00pm	Nov 12-Dec 12	9 Lessons
Tue - Set 1	10:45-11:15am	Sep 3-Oct 22	8 lessons
Tue - Set 2	10:45-11:15am	Oct 29-Dec 10	7 lessons
Wed - Set 1	10:45-11:15am	Sep 4-Oct 23	8 lessons
Wed - Set 2	10:45-11:15am	Oct 30-Dec 11	7 lessons
Thu - Set 1	10:45-11:15am	Sep 5-Oct 24	8 lessons
Thu - Set 2	10:45-11:15am	Oct 31-Dec 12	7 lessons
Fri - Set 1	3:30-7:00pm	Sep 6-Oct 25	8 lessons
Fri - Set 2	3:30-7:00pm	Nov 1-Dec 13	7 lessons
Sat - Set 1	9:00am-1:00pm	Sep 7-Oct 26	8 lessons
Sat - Set 2	9:00am-1:00pm	Nov 2-Dec 14	7 lessons
Sun - Set 1	11:00am-2:30pm	Sep 8-Oct 27	8 lessons
Sun - Set 2	11:00am-2:30pm	Nov 3-Dec 15	7 lessons

Swim Lesson Fees 2019	7 Lessons	8 Lessons	9 Lessons	12 Lessons
Parent & Tot (30 min. parented)	\$51.22	\$57.98	\$64.74	\$85.02
Preschool (30 min)	\$51.22	\$57.98	\$64.74	\$85.02
Swim Kids 1-4 (30 min)	\$45.55	\$51.50	\$57.45	N/A
Swim Kids 5-10 (40 min)	\$51.22	\$57.98	\$64.74	N/A
Adults (40 min)	\$76.63	\$87.02	\$97.41	N/A

Saoirse Sankey Memorial Award for Lifeguard Training & Career Development

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

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



Britannia Swim Club Programs

Britannia Masters Swim Club

A competitive swimming-style workout for lap swimmers, triathletes, masters and open water swimmers who want to take their swimming to the next level. Registration is required as the program is limited to 15 swimmers max. No class Oct 14 & Nov 11.

Mon/Wed/Sat	6:30-7:30am 8:00-9:00am
Sep 4-Dec 12	\$294/season

Britannia Swim Club (8-18yrs)

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

Tue	6:30-7:45pm	Sep 3-Dec 10
Thu	6:30-7:45pm	Sep 5-Dec 12

One day/wk	\$90/season
Two days/wk	\$135/season

Britannia Lifeguard Club (8-12yrs)

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

Sat	5:00-6:00pm	Sep 7-Dec 14
		\$60/season

Red Cross Teen & Adult Lessons



Basics 1 (13yrs+)

Learn front and back float, front and back glide with kick, front swim for 10m, shallow water entries and exits, and deep-water activities. No previous experience required.

Set 1

Wed	6:00-6:40pm	Sep 4-Sep 23
		\$87.02/8 sess

Set 2

Wed	6:00-6:40pm	Oct 30-Dec 11
		\$76.63/7 sess

Basics 2 (13yrs+)

Learn back swim with shoulder roll, front and back crawl (15m), sitting, kneeling, stride and front dives, treading water, and swim a minimum distance of 25m. Prerequisite: Some swimming experience and can front swim 10m comfortably.

Mon	6:00-6:40pm	Sep 9-Dec 9
		\$128.58/12 sess

Swim Strokes (13yrs+)

Choose the stroke(s) you wish to focus on. Participation-based program, individual goals. Prerequisite: Able to swim front and back crawl 15m continuously and comfortable swimming in deep water.

Set 1

Fri	6:00-6:40pm	Sep 6-Oct 25
		\$87.02/8 sess

Set 2

Fri	6:00-6:40pm	Nov 1-Dec 13
		\$76.63/7 sess

Lifesaving Programs

Canadian Swim Patrol (8-12yrs)

The Canadian Swim Patrol (Rookie, Ranger and Star) program provides training for those who are ready to learn basic lifesaving skills. Each level has three modules: Water Proficiency, First Aid, and Recognition & Rescue. Prerequisite: Ability to swim in deep water, swim 25m and tread water for 1 min.

Sun	5:00-6:00pm	Sep 8-Dec 15
		\$110.60/15 sess

Bronze Medallion (13yrs+)

Learn the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Learn lifesaving techniques, self-rescue, and tows and carries for rescues of increased risk involving conscious and unconscious victims in varying water depths. Develop stroke efficiency and endurance in timed swims (500m). Includes CPR-A. Prerequisite: 13yrs+ or completed Bronze Star; ability to swim 100m in deep water and 500m in 15 mins or less.

Set 1

Sun	10:00am-2:00pm	Sep 8-Oct 6
		\$194.56/5 sess

Set 2

Sun	10:00am-2:00pm	Nov 17-Dec 15
		\$194.56/5 sess



Bronze Cross (15yrs+)

More advanced training, including an intro to safety supervision. Bronze Cross is a prerequisite for all advanced training programs (National Lifeguard and Instructor certifications). Develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing loss of life while developing stroke endurance. Includes a 600m swim and CPR C. Worth two Grade 11 credits. Prerequisite: Bronze Medallion. Ability to swim 600m in 18 mins or less. Canadian Lifesaving Manual required. Purchase at the front desk.

Sun	10:00am-2:00pm	Oct 13-Nov 10
		\$194.56/5 sess

Ice Rink

Rink Reopens October 18th 2019

The Ice Rink was closed during the summer for renovations and will re-open on Oct 18, 2019. The rink's refrigeration system came to the end of its lifecycle and needed renovations to comply with Technical Safety BC requirements.

Holiday Hours

Check out the schedule online at 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

Jan 1 1:00-3:30pm

FREE Skate



\$99 Winter Ice Sale!

Plan a holiday party between Dec 21, 2019–Jan 5, 2020 for \$99/hour plus GST. Staff charges are not included. Booking for the Winter Ice sale starts October 16, 2019.

Ice Skating Birthday Parties

Have your child's birthday party during one of Britannia's public skating sessions. A 20% discount on admission is applied to parties of 10+. Adult supervision is required on and off ice at all times and children under 8yrs must be accompanied by an adult on ice. To find out more about room availability, please call the Facility Support Clerk at 604.718.5812.

Join the Arena Committee!

The Arena Committee meets the 1st Tue of the month at 6:30pm in the Rink Activity Room. For more information contact the Arena Programmer, Susy Bando, at 604.718.5836

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 22
Free

Boxing Day Skate



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

Thu 1:00-3:30pm

Dec 26
Free

Stat Holiday FREE Skates!



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

Mon 1:00-3:30pm

Oct 14, Nov 11

Thu 1:00-3:30pm

Dec 26

Wed 1:00-3:30pm

Jan 1



Public Skates

To view our current public skating schedule, visit: www.britanniacentre.org/facilities/community_centre/ice_rink.php



Parent & Tot Skate



Introduce your child to skating in a fun 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

Oct 3-Dec 19
Free

Family Cosom Hockey (3-12yrs with Adults)



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

Sun 12:15-1:30pm

Oct 6-Dec 29

Regular admission rates apply.

Adult Stick and Puck

Come out and practice your hockey skills on the best ice in Vancouver. Please pay at the pool starting 30 mins before start. Helmets are mandatory during this session and full hockey equipment is recommended. Sorry, no scrimmage.

Wed 3:15-4:45pm

Oct 2-Dec 18

Fri 12:00-1:30pm

Oct 4-Dec 27

\$6.40/drop-in

\$52.10/10 tickets

2019 Rink Admissions

Includes GST. Admissions subject to change without notice.

Adult (19-54yrs)	Youth (13-18yrs)	Senior (55yrs+)	Child (6-12yrs)	Family	Skate Rentals	Skate Sharpening
\$6.41/Drop-in \$52.08/10 visits	\$4.58/Drop-in \$36.46/10 visits	\$4.58/Drop-in \$36.46/10 visits	\$3.22/Drop-in \$26.04/10 visits	*at Child rate (Family minimum \$6.41)	\$3.23	\$6.65

- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Board operated rinks. Prices are subject to change without notice.
- Stick & Puck sessions are at the Adult rate.
- A 20% discount on admission is given to groups of 10 or more.
- Children under 8yrs MUST be accompanied ON-ICE by an individual 16yrs+.
- Flexipasses may be used for public skating and Adult Stick and Puck sessions. For 2019 Flexipass rates, see page 29.
- *Family rate is 1-2 adults from the same household and their children under 19yrs, all present at time of admission. \$3.05 per person (not including taxes).

Vancouver Adult Co-ed Hockey League (VACHL) 2019/20

VACHL is an adult recreational hockey league co-sponsored by Britannia Community Services Centre and the Vancouver Park Board. For more information, visit: 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 21-Dec 16**
\$6.10/drop-in
\$49.60/10 visits

Women's Hockey Program

Visit recreation.vancouver.ca for more info.

Set 1

Sun 10:45am-12:00pm **Oct 6-Nov 17**

Set 2

Sun 10:45am-12:00pm **Nov 24-Dec 22**
Price TBA

Adult Evening Hockey (19yrs+)

Full hockey equipment is mandatory for these non-contact hockey sessions. Space is limited to 26 players and 2 goalies. Up to 20 spaces available for monthly participants. The remaining spots are available on a first-come, first-serve basis. Sign-up for Thursday sessions starts at 9:30pm. Limited drop-in spaces on Sundays (5-7). Sign-up for Sunday sessions starts at 7:45pm.

All Levels

Thu 11:00pm-12:30am **Oct 3-Dec 19**
\$10/drop-in*

Intermediate

Sun 9:45-11:15pm **Oct 6-Dec 29**
\$15/drop-in
\$50/mo*

*Strip tickets are not valid.

Skating Lessons at Britannia

Registration for **Set 1** fall skating lessons begins at 7:00pm on Aug 28, 2019. Registration for **Set 2** fall skating lessons begins at 7:00pm on Nov 6, 2019. If you are unsure of which level to register in, have an on-ice evaluation completed during any public skating session at Britannia prior to this date. **Please note that students will not be transferred into another level if they are not registered in the appropriate level. If the lesson you want to register in is full, please put your name on the waiting list.** Additional classes are scheduled whenever possible. Please note that skate lessons fill up quickly, so register early. See page 4 for registration information.

- If you are registering in a level other than level 1, you **MUST** have accomplished all the skills for the previous level. Please bring your report card on the first day of class.
- For 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.

Private Skate Lessons

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

Learn to Skate Lessons

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

Set 1

Tue 6:00-8:00pm **Oct 1-Nov 5**
Sat 10:00am-1:15pm **Oct 5-Nov 9**
\$36/6 sess

Set 2

Tue 6:00-8:00pm **Nov 12-Dec 17**
Sat 10:00am-1:15pm **Nov 16-Dec 21**
\$36/6 sess

Preschool Skate Levels (3-5yrs)

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

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

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

Level 4: Can scull forwards and stop without assistance.

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

Children/Youth/Adult Levels

Level 1: Has limited/no experience.

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 snowplow 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, can use outside edges.

Power Skating Lessons

Improve your hockey skating skills with our power skating lessons offered Sun afternoons. Learn proper skating posture and the importance making the most out of your edges. Work on skills that will strengthen your game. Improve your speed, power, technique and control. The intermediate class is for skaters who have taken power skating lessons before. Skaters must have passed Level 5 in Learn to Skate or have equivalent skills.

Beginner

Set 1
Sun 4:30-5:15pm **Oct 6-Nov 10**
\$45/6 sess

Set 2
Sun 4:30-5:15pm **Nov 17-Dec 22**
\$45/6 sess

Intermediate

Set 1
Sun 5:30-6:15pm **Oct 6-Nov 10**
\$45/6 sess

Set 2
Sun 5:30-6:15pm **Nov 17-Dec 22**
\$45/6 sess

Partners



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 or call 604.718.5895.

See p.18 for GWFC food workshops.

GWFC FoodFit Program

FoodFit is a free 12-week program for community members who experience barriers around healthy eating and physical activity but who are motivated to make lasting changes to their health. The program combines fun, hands-on cooking sessions and food-based activities, easy-to-understand nutrition information, group exercise, shared meals, and self-directed individual and group goal-setting that reinforces individual and group progress. FoodFit respects the limits of people's circumstances, and aims to give participants simple, useful tools to navigate an increasingly complex food environment. If interested, call Ian at 604.718.5895.

GWFC Volunteer Opportunities

Are you interested in community food security and food access for all? Would you like to help shape Grandview Woodland Food Connection programming? We are seeking community members interested in joining our Advisory Committee. Commitment is minimal as we meet every two months and simply seek your advice and support. Other volunteer opportunities including cooking, school gardening, media, and communications. If interested, call Ian at 604.718.5895.

Community Action Program for Children (CAPC)



Beatrice Feza

604.718.5821

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



eastvankickstand.org
1739 Venables St until Oct 31.
We're moving! Our new location as of Nov 1 is 1187 Parker St (through the courtyard).

Kickstand is a volunteer-run community bike shop that strives to make cycling more accessible by providing a do-it-yourself workshop space. Shop rate: sliding scale from \$5-\$15/hr.

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

Hours

M/W/F 5:00-9:00pm
Sun 1:00-5:00pm



Women, Gender Queer & Trans Night

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

Teen Bike Club

Free drop-in bike access program and gathering space for youth 12-19yrs. Volunteer with us to Earn a Bike, learn to repair your own bike, and volunteer for shop projects. For more info contact bikeclub@pedalpower.org!

Tue 3:30-6:00pm Ongoing

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.

Sep-Nov	Mon
10:30am Toddlers	12:00pm Infants
Rink Mezz	Free
To register call 604.215.8289	



1655 William St. 604.255.9841
info@eastsidefamilyplace.org
www.eastsidefamilyplace.org or Facebook.

ESFP is a support and resource centre for parents/caregivers and their young children to age early 6yrs. We offer a wide variety of programs and groups. Annual membership fee of \$20.00 is required.

Family Drop-in

Adults can connect with each other while engaging with their children in a warm, supportive, and educational environment. Children enjoy playing developmentally appropriate activities together.

M/W/F 9:00am-12:00pm
T/T 9:00am-2:30pm (closed 12-1pm)
*Tues 1:00-2:30pm (Baby & Me only, 0-1yrs)
Closed: Sep 2, Oct 14, Nov 11, Dec 25, Dec 26
Fee: \$3 per visit per family.

Licensed Occasional Childcare

For ages 18mos to early 6yrs. Sliding scale \$5-\$6.50/hr. Space is limited and must be booked in advance: 604.251.1018.

Mon-Fri 9:00-11:45am

Parenting Education & Support

This fall, we will offer several multi-week parenting education discussion/support groups:

- Family Rhythm, Rhyme + *Movement*
- Nobody's Perfect Parenting
- Circle of Security
- Eastside Fathers Circle
- Kindergarten Readiness

Workshops

Local experts present on topics including: health, parenting, creativity, money skills, self-care, first aid, yoga, music, child-development, sleep issues, healthy sexuality. In October, we'll do our annual bus trip to the Pumpkin Patch in Richmond. Check our website or contact us for dates and more details.

Parents in the Kitchen

Parents volunteer to cook a special dish, sharing their culture and recipes with other families. Honorarium provided.

Birthday Parties at ESFP

An affordable, enjoyable and convenient way to celebrate your child's birthday. Call or email to find out more.



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.

Britannia Partners in Education (PIE):

English Foundations 2-5

Tue 9:30am-2:30pm
CFEC Rm 109, Britannia Secondary School

English Foundations 5/6/7 & English 11

Wed 9:30am-2:30pm
CFEC Rm 109, Britannia Secondary School

Math Foundations 1-7

Thu 9:30am-2:30pm
CFEC Rm 109, Britannia Secondary School

English for Speakers of Other Languages

Fri 10:00am-2:00pm
CFEC Rm 109, Britannia Secondary School

Edmonds PIE PLUS:

Edmonds Community School (Room 107)

English Foundations 1-4

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

English Foundations 5-7

Tue & Fri 12:30-3:00pm

Maywood PIE PLUS 2:

English Foundations 5/6/7

Tue & Thu 12:45-2:45pm
Maywood Community School (Room TBA)

Additional Programs:

Grandview Get Ready 2 Read (GR2R)

Wed 9:00am-12:30pm
Grandview Terrace Child Care Centre

Advanced Conversation Class

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

Britannia ECE Program

TBD 11:00am-2:00pm
Oct 2019-June 2020
CFEC Rm 110, Britannia Secondary School



Vancouver Public Library

Library Hours

Mon 9:00am-6:00pm
Tue & Wed 9:00am-9:00pm
Thu/Fri/Sat 9:00am-6:00pm
Sun 1:00pm-5:00pm
Closed: Sep 2, Oct 14, Nov 11, Dec 25, Dec 26
604.665.2222

Children & Teen Programs

Babytime (0-18mo)

Tue 10:00am & 11:00am Sep 10-Dec 10

Family Storytime (18mo-5yrs)

Thu 10:00am & 11:00am Sep 12-Dec 12

Family Board Games

Tue/Wed 3:00-6:00pm Sep 10-Dec 11

Coding Awbie Adventures (7-9yrs)

Sep 16 3:30-4:30pm

Teen Advisory Group (13-18yrs)

1st Tue/mo* 3:30-4:30pm
No session Sep 10.

Adult Programs

55+ Book Club

3rd Wed/mo 2:30-3:30pm

Indigenous Reads Book Club

2nd Thu/mo 2:00-3:30pm

One-to-One Computer Training

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

SFU Philosophers' Café

Last Wed/mo 7:00-9:00pm

Pandora's Collective

www.pandorascollective.com

Word Whips

3rd Tue/mo 6:30-8:30pm

Book Talks

4th Wed/mo 6:30-8:30pm

Poetic Pairings

Sep 24 6:30-8:30pm



1977 Commercial Drive 604.717.2932
info@gwccpc.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
Sunday Closed

Cops & Kids

Cops & Kids is a free back to school safety event for preschool and elementary school children and their families. The event will feature Vancouver Police Officers with their emergency vehicles (and horses!), Vancouver Fire and Rescue Services with their fire truck, and BC Ambulance Paramedics with an ambulance along with a free lunch for kids. Kids are encouraged to get in the vehicles and learn firsthand from the first responders.

Sun 12:00-3:00pm Sep 8
Grandview Park

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

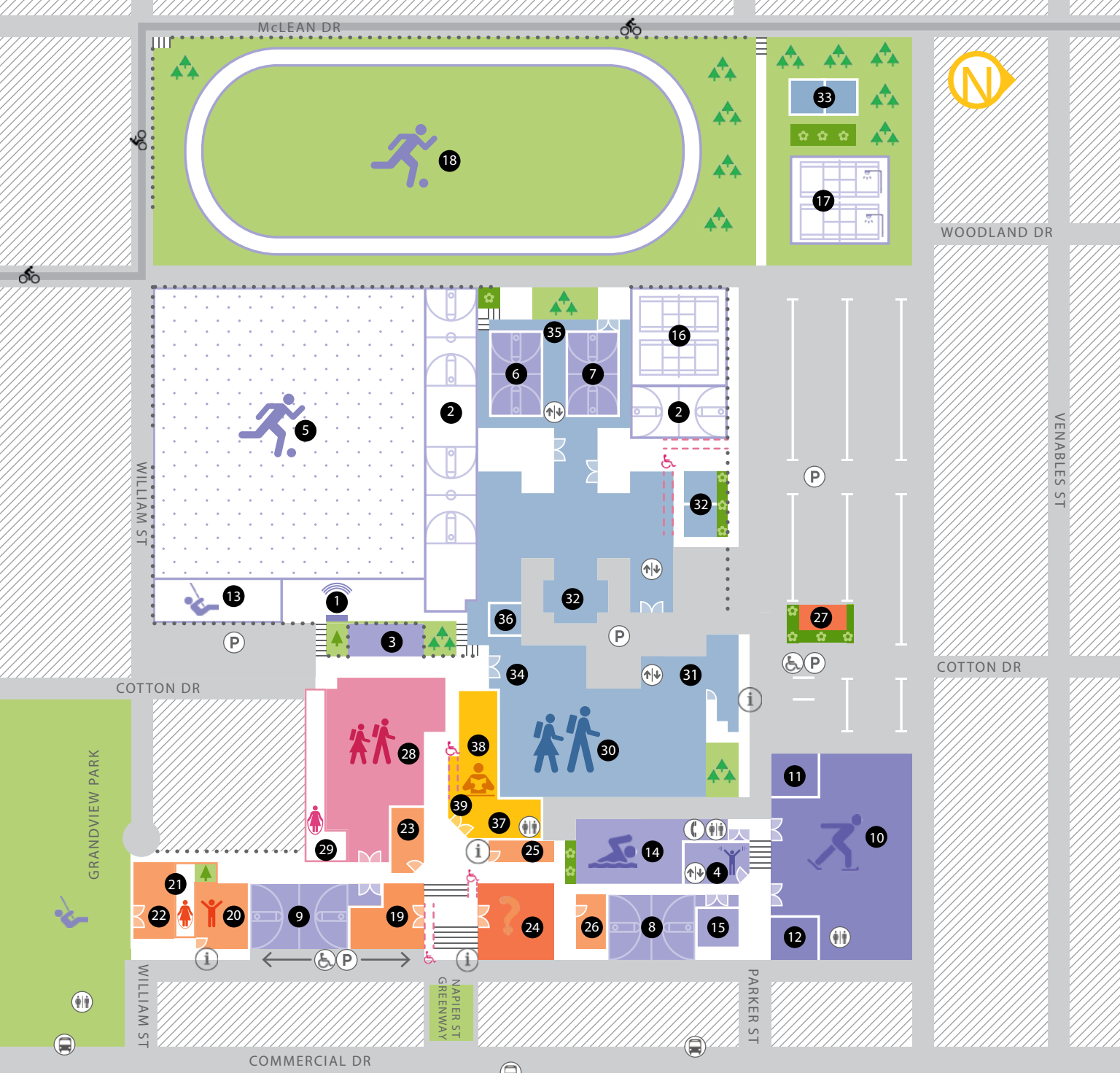
Mitra Tshan

Programmers

Erin de Sousa (Britannia Secondary, Seymour, Strathcona & Britannia Elementary schools)

Youth and Family Worker

Greg Goodall ggoodall@vsb.bc.ca



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 šxwq'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



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

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