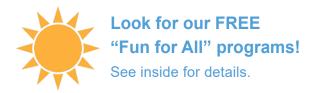


Programs & Services Fall 2023





President's Message

Another season has begun. As we reflect back on all the amazing programs and events that took place in the spring and summer, we can see the dedication of community members to not only survive but thrive. Britannia Community Centre was one of the partners for the Mother's Day Traditional Powwow, the Father's Day Powwow, a National Indigenous Peoples Day event, and events in Grandview Park such as the Children's Concert Series. The Shine Intercultural Spring Market and Youth Skate Jam was well attended, the community gardens are going strong, and the Carving Centre has been busy with programming for all ages.

Earlier this year, the City of Vancouver and the Vancouver School Board (VSB) told the Britannia Board of Management that there is no capital funding to proceed with the renewal of our facilities. This was completely unexpected, especially considering our regular meetings with planning staff and despite multiple reports and indications of our aging facilities and increasing community needs.

There has been two decades of cooperation with our partners and hundreds of hours of work by volunteers, staff, and residents to create the Britannia Renewal Master Plan and a vision for our neighbourhood and the City. This includes a City referendum approving borrowing money for this renewal project and other projects. The Board was shocked and disappointed by the lack of support. If you attended one or all of our renewal engagement sessions, read our updates, responded to surveys, joined our committees or asked questions, we would like to thank each and every person for their time, dedication, and passion for the neighbourhood and its residents.

The Britannia Board of Management will continue to advocate for the current and future needs of the many communities in Grandview Woodland and Strathcona. We will advocate for the resources to support you and your family in being part of a healthy community that takes care of each other and the land. This fall we will be meeting with the City Manager and VSB to understand their plan for continued operation and repair of Britannia's facilities and strategies for supporting the neighbourhood's reconciliation, recreation, education, library, cultural, arts, and social

As we look to the new season and our changing situation, we will update our strategic plan to make sure we have well-functioning facilities, strong partnerships for multicultural events, relevant programming for all ages, and positive communication with our community.

How'aa.

Annie Danilko, Haida Nation President, Britannia Board of Management

Britannia's Board

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

Annie Danilko

Vice President Pamela Dudas Treasurer John Flipse **Directors** Susanne Dahlin Ariela Friedmann Farren Gillaspie Pat Hogan Vera Jones Craig Ollenberger Ashki Shkur

> Terumi Squibb Oliver Tennant Naina Varshney

Nicki Simpson

Youth Directors Ama Birch Sam Quastel

TBD Staff Rep

Partners

President

VSR Rose Mackenzie **VPB** Peter Odynsky VPI Randy Gatley Community Ed Maddie Lafleur

Executive Director Cynthia Low

Manager of Administrative Services

Jeremy Shier

Manager of Child Care Services

Jacky Hughes

Manager of Organizational Change

Suzette Amaya

Committee Meetings

For more info about Britannia committees, call us at 604.718.5800 (1), email the contact person listed below, or visit:

britanniacentre.org/about-us/board-ofmanagement

Board Meeting

2nd Wed/mo 6:00pm Sep 13, Oct 11, Nov 8, Dec 13 Cynthia Low cynthia.low@vancouver.ca

Anti-Racism & Anti-Oppression Committee

2nd Thu/mo 6:00pm

Sep 14, Oct 12, Nov 9

Cyn Williams cyn.williams@vancouver.ca

Arena Committee

6:30pm 1st Tue/mo

Sep 5. Nov 7

Susy Bando susy.bando@vancouver.ca

Arts & Culture Committee

1st Thu/mo 6:00pm Sep 7. Oct 5. Nov 2. Dec 7

Amanda Lye amanda lye@vancouver.ca

Board Development Committee

Call of the chair 6:00pm

Sep 12, Oct 10, Nov 14

Cynthia Low cynthia.low@vancouver.ca

Child Care Committee

Call of the chair

Jacky Hughes jacky.hughes@vancouver.ca

Grandview Woodland Food Connection

1st Wed/mo 6:00pm Sep 6. Oct 4. Nov 1. Dec 6

Ruth-Elizabeth gwfcnetwork@gmail.com

Planning & Development Committee

3rd Tue/mo 6:30pm

Sep 19, Oct 17, Nov 21

Cynthia Low cynthia low@vancouver.ca

Pool & Fitness Committee

Last Tue/bi-monthly 6:00pm

Sep 26, Nov 28

britannia.pool@vancouver.ca

Reconciliation in Action (RIA) Committee

Call of the chair 6:00pm Sep 11, Oct 16, Nov 20, Dec 11

Suzette Amaya suzette.amaya@vancouver.ca

Seniors, Elders & Advocates (SEA) Committee

3rd Wed/mo 3:30pm

Sep 20. Oct 18. Nov 22

Anne Cowan anne.cowan@vancouver.ca

Skateboard Committee

6:30pm 1st Mon/mo

Oct 2, Nov 6, Dec 4

Cynthia Low cynthia.low@vancouver.ca britanniaskateboardcommittee.com

Sports & Fitness Committee

2nd Tue/mo quarterly 5:30pm

Fraser McElroy fraser.mcelroy@vancouver.ca

Youth Committee

3rd Thu/mo

Sep 21, Oct 19, Nov 16

Tom Higashio tom.higashio@vancouver.ca

Volunteer Committee

5:00pm 3rd Fri/mo

Sep 15. Oct 20. Nov 17

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Unceded Coast Salish Territories

Britannia is located on the traditional and unceded Coast Salish territories of the x^wməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish) and səlilwəta+ (Tsleil-Waututh) Nations, and we hold the heritage of these lands close in our everyday work. We aim to embrace Indigenous values and practices and are committed to reflecting Indigenous protocols and beliefs in our work.

Facility Rentals

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

Gym/Room Rentals

For rates and availability contact the Facility Support Clerks at 604.718.5812 or britanniafacilitiysupport@vancouver.ca.

Pool Rentals

Contact the Pool Programmer at 604.718.5832 or britannia.pool@vancouver.ca.

Rink Rentals

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

Facility Rental Fee Policy

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

Holiday Hours

Info Centre, 55+ Centre & Teen Centre

Sep 4	Labour Day	CLOSED
Oct 2	Truth & Reconciliation	nCLOSED
Oct 9	Thanksgiving	CLOSED
Nov 13	Remembrance Day	CLOSED
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	CLOSED

Pool & Fitness Centre

Sep 4	Labour Day	1:00-5:00pm
Oct 2	Truth & Reconciliation	n1:00-5:00pm
Oct 9	Thanksgiving	1:00-5:00pm
Nov 13	Remembrance Day	1:00-5:00pm*
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-5:00pm*
(*Fitness Centre only. Pool closed for		
maintenance)		

Rink

To view our current schedule, visit: britanniacentre.org/ice_rink

Cover Photo

George Cuyler, a participant in a community cedar carving workshop led by Simon Daniel James. Photo by Suzette Amaya.

Registration & Rentals

Registration Dates

Registration for general programs opens August 22, 2023 at 7:00pm in-person and online, and at 9:00am by phone on August 23, 2023.

Registration for **swim lessons** opens August 29, 2023 at 7:00pm in-person and online, and at 9:00am by phone on August 30, 2023.

Registration for **Set 1 skating lessons** begins September 14, 2023 at 7:00pm in-person and online. Registration for Set 2 **skating lessons** begins November 9, 2023 at 7:00pm.

How to Register

1) Register online at vanrec.ca

Set Britannia Community Centre, Pool or Rink as the location.

2) Register in person

You can register for programs at the Info Centre and the Pool Cashier. Registration closes an hour before closing at the pool and half an hour before closing at the Info Centre.

Info Centre Hours: Mon-Fri 8:30am-7:00pm Sat 9:00am-5:00pm Sun 10:00am-4:00pm **Pool Cashier Hours:** Mon-Fri 6:30am-9:00pm* Sat/Sun 8:00am-7:00pm* *Hours are subject to change.

Register by phone at 604.718.5800 ext. 1

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 daycamps, 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 the second class. Exceptions: No refunds on single session programs.
- Transfers possible prior to second class. No refunds after second class.

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.

Contact

1661 Napier Street, Vancouver BC V5L 4X4 britanniacc@vancouver.ca britanniacentre.org

Britannia Info Centre: Pool Reception: 604.718.5831 604.718.5800 (1)

Britannia Memberships

Britannia memberships are now free, as of August 22, 2023. Memberships are valid for 1 year. A membership can be obtained when you register for a program (your membership will be automatically added to your online purchases) or any time during the year at the Pool Cashier, the Info Centre, or online at:

britanniacentre.org/memberships

Membership Benefits

- Free members access to the Fitness Centre on Wednesdays from 9:00-10:00am, and Sundays from 10:00-11:00am.
- Voting privileges at the society Annual General Meeting.
- Eligibility to run for the Board of Management.
- Mail-outs/e-mails about Centre events and programs.

Subsidy Policy

Britannia provides assistance to those who are not able to afford the advertised cost of certain programs and activities. Please note: Maximum of two subsidies per person per season. Some programs do not qualify for subsidy. Our subsidy policy does not apply to Britannia Child Care programs or products that are

Non-residents of Vancouver are not eligible for subsidies.

Leisure Access Program

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

vancouver.ca/leisureaccess

Grandview-Woodland & Strathcona 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% off course costs for certain programs by completing an application.

FREE 'Fun For All' Recreation

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 and Strathcona Communities.



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

Leisure Access Program & Volunteering

Leisure Access Program

The Leisure Access Program (LAP) provides City of Vancouver residents facing financial barriers access to Park Board programs and services at its pools, rinks, participating fitness centres and community centres at a reduced cost.

Eligibility

You must be a resident of the City of Vancouver and meet one of the criteria below:

- You have a red compass card (BC bus pass) or Guaranteed Income Supplement (GIS) confirmation letter.
- You received income assistance from the Ministry of Social Development and Poverty Reduction or social service assistance from a recognized Vancouver agency or organization.
- Your family income is at or below the Low-Income Measures Threshold.
- You have a child with a disability (17 & under) and received the child disability benefit (CDB).
- You, your spouse, or dependent, age 18 and older, qualify for the Disability Tax Credit.
- You are receiving Employment Insurance benefits in 2023-2024.
- · You are an asylum seeker.

Low-Income Measures Threshold For Self-Referrals

You and your family are eligible and can self-refer if your net family income is less than or equal to the following amount based on your family size:

Family Size	Net Family Income
1 person	\$36,481
2 people	\$51,592
3 people	\$63,198
4 people	\$72,961
5 people	\$81,574
6 people	\$89,359
7 people	\$96,518
For each additional person, add \$7,125.	

Leisure Access is not available to individuals or families with a combined:

- Interest and Investment Income (Line 12100) over \$1,000.
- Net Rental Income (Line 12600) over \$2,000.
- Capital Gains (Line 12700) over \$2,000.

For more information about how to apply, please visit:

vancouver.ca/leisureaccess

LAP Benefits

- Free public swims and public skates (and skate rentals), and 50% subsidy to group swim and skate lessons.
- 50% subsidy for fitness centre drop-in (age restrictions vary by facility).
- 50% subsidy for Flexipasses.
- 50% subsidy to community centre programs (one program per person per season at participating centres, including Britannia).
- One free visit to the Vancouver Aquarium and unlimited 50% admission discount.
- Unlimited 50% admission discount to Playland and PNE.

A complete list of subsidized recreation programs and services can be found at:

vancouver.ca/leisureaccess

Low Barrier 2STGD Referrals

The Queer Inclusion Team at the Vancouver Board of Parks and Recreation offers low barrier, 3rd party referrals for Two-Spirit, trans, or gender diverse (2STGD) Vancouver residents who face financial barriers to recreation.

E-mail 2STGD@vancouver.ca to apply. For more information about 2STGD programs and inclusion, see page 6.



Check out our weekly programs and activities for 2STGD and 2SLGBTQIA+ folks of all ages.

ancouver.ca/park-board-pride





Get involved – Volunteer!

Did you know that there are over 300 active volunteers at Britannia? Many of our programs are run by volunteers or enhanced with volunteer support. Volunteers play an important role in our community.

Volunteers are the heart of our 15 active committees (such as the Planning and Development committee that is working hard to shape the future of Britannia). You'll also find Britannia volunteers on soccer fields teaching kids about active lifestyles, in the kitchen cooking heart-warming food, and in our awesome daycare. Volunteer power keeps Britannia going!

Do you see yourself here? You can complete an application and view volunteer opportunities on our website:

britanniacentre.org/volunteer



Tax clinic Volunteers Needed

Britannia is holding tax clinics in March and April 2024 to help low-income individuals fill out their tax returns online. Our clients include families, seniors, and new immigrants to Canada.

Volunteers will need to register with CRA's CVITP program, complete required training, and a criminal record check. Apply before Jan 11, 2024 by submitting an application at:

britanniacentre.org/volunteer

Park Board Pride

2SLGBTQIA+ people belong in our pools, fitness centres, and community programs!

Our activities include:

Social, creative, and sport programs for 2STGD & 2SLGBTQIA+ adults and seniors. Arts & Crafts, Book Clubs, and special events for 2SLGBTQIA+ children and youth Exclusive Swims and Fitness Classes for Two Spirit, Trans, and Gender Diverse folks.

Our Queer Inclusion staff are 2SLGBTQIA+ community members themselves, who focus on removing barriers to safe and enjoyable recreation.

Email us for program details and to subscribe to our bi-weekly newsletters.



Weaving Community Together

Indigenous-led Programs

No one turned away for lack of funds. Full subsidies available for Leisure Access Program participants. See page 5 for more information or contact Suzette Amaya at suzette.amaya@vancouver.ca or 604.718.5873.

West Coast Culture Night (All ages)



Gather together for West Coast Indigenous traditional dancing, bone games, singing and sharing. Bring your drums! Open sharing of West Coast Nations protocols, stories and dance. This drop-in social night will be for learning and the practice of cultural activities. Witness the practice of inherited and gifted songs, dance, and more!

Tue 7:15-9:45pm Sep 5-Dec 26 Gym D Free

Weaving Community Together (15yrs+)



Gather together for weekly Indigenous arts, Regalia making (West Coast button vests and aprons), and traditional teachings. Come on Tuesdays for various activities that change each week, including sewing, drawing (West Coast form lines), painting, weaving (Coast Salish finger wool weaving), and more! Please see our website for the weekly schedule.

Tue 6:30-9:30pm Sep 19-Dec 12 Rink Mezz \$5.25/drop-in Indigenous Knowledge Keepers

Regalia Making – Ribbon Skirts and Shirts (15yrs+)

Learn to make traditional Indigenous ribbon skirts and ribbon shirts (bring your own button up dress Shirt to sew ribbons on). Knowledge Keeper Ruby Harry will share sewing patterns, techniques and design work for skirts and shirts. No sewing experience necessary. \$5.25/drop-in.

Sun 1:00-4:00pm Oct 15-29 Rink Mezz \$15.75/3 sess 466607 Rubv





Regalia Making – Appliqué (15yrs+)

NEW

Learn to make traditional Indigenous appliqué with Chantel Dustyhorn. Create appliqué designs such as flowers, horses, and creative elements to add to your own Regalia, like ribbon skirts, ribbon shirts, jingle dresses, shawls and more! Learn traditional teachings, creative ways to make Regalia, sewing, and Regalia-making hacks! \$5.25/drop-in, space permitting.

Sun 1:00-4:00pm Nov 19-26 Rink Mezz \$10.50/2 sess 466608 Chantel

Beaded Orange Shirt Pins NEW (15yrs+)

Every Child Matters! Learn to bead with Chantel Dustyhorn. Show your support everyday with an Orange Shirt Day beaded lapel pin.

 Sun
 1:00-4:00pm
 Sep 24

 Rink Mezz
 \$5.25/1 sess

 466629
 Chantel

Beaded Poppy Pins (15yrs+)



Learn to bead an Indigenous beaded poppy pin in honour, respect and remembrance of all who served and continue to serve.

Sun 1:00-4:00pm Nov 5 Rink Mezz \$5.25/1 sess 466630 Chantel

West Coast Indigenous Stockings (15yrs+)



Get into the Holiday spirit with Mia Hunt and learn to make a button stocking. No sewing experience necessary. Learn about West Coast Indigenous design and embellish your personal holiday stocking with buttons!

Sun 1:00-4:00pm Dec 3 Rink Mezz \$5.25/1 sess 466631 Mia

Powwow Dance Class (12yrs+)

NEW

Learn the foundations of traditional powwow dance, including fancy dance and jingle dress dancing, ceremony, and culture. Each session will start with a warm-up followed by the basic steps and simple movement combinations. There will be space at the end of the class to improvise and integrate the learning experience. This workshop is open to all levels and abilities, and no previous experience is necessary. \$6/drop-in.

 Sun
 4:15-6:15pm
 Sep 10-Oct 1

 CFEC
 \$25.20/4 sess

 466578
 Nih-Tanis Ravne



Round Dance Drop-in > (12yrs+)



Learn how to do Indigenous Powwow Round Dance. This open social gathering is for fun, learning, and practice. Learn traditional teachings, protocols, and songs. This social is open to all levels and abilities, and no previous experience is necessary. Drum groups welcome to practice.

Sun 4:15-6:15pm Nov 5-26 CFEC Free 466579 Indigenous Knowledge Keepers

FitNation (55yrs+)



FitNation is an eight-week Indigenous aquatic fitness program that takes place at Britannia Pool. It is a free, registered program for Elders in the community who are interested in improving their mobility, agility, balance and general fitness. Snacks provided.

Tue 10:15 11:15am Sep 12 Oct 3
Britannia Pool Free*

Breniee 472973
*Registration required

Special Events

Art Gallery Exhibitions

September 6 - 29

Faces

Graphite drawings by Carina Maffett.

In Nature

Watercolour and digital paintings by Angela Bueckert.





October 4 – 27

I'll Be Anything You Need

Mixed media with appliqué, embroidery, acrylic and fibre reactive dyes on fabric by Kati Guerrero.

Light of my Life

Acrylic on canvas by Victoria Mitchell.











Nov 1 - 30

Community Minded

An exhbition by Frog Hollow's "Make It" therapeutic art program.



December 2 - 29

Community Cedar Carving Project

Cedar Carvings by Kwakwaka'wakw Artist Winadzi Simon Daniel James and participants.

Britannia Plaza Market

Britannia Community Centre is hosting outdoor Plaza Markets on Wednesdays from 3-7pm alongside the Brave Child Farm Community Supported Agriculture (CSA) weekly pick up and farmer's market, featuring fresh local vegetables. The market features the work of a variety of local artists each week and sometimes live music and/or artist workshops.

Wed 3:00-7:00pm Britannia Plaza Jun 28-Oct 4 Free

Free Fall Tax Clinic

Need help filing your taxes? Britannia offers a free income tax clinic in the Library for people with modest incomes and simple tax situations. Volunteer tax preparers are trained by the CRA's 'Community Volunteer Income Tax Program' and will keep your information secure and confidential. Beginning September 1, you can book an appointment by calling the Info Centre at

Fri 9:30am-12:30pm Britannia Library

604.718.5800 ext 1.

Sep 8, Oct 13 Nov 10, Dec 8

Science and Makers Day (6-15yrs)

Join this year's STEM Jamboree! This family-friendly event aims to introduce you to a broad range of science, technology, engineering and math fun. There will be several organizations providing engaging activities aimed to inspire minds of all ages, including live shows by Science World. You can try out a microscope, watch a 3D printer in action, and even do some art with some disgusting bugs.

Sep 23

Free

Sat 10:00 Gym D

10:00am-3:00pm

Sunday Movie Night Series (All ages)

Everyone is welcome to attend our movie series every Sunday evening. See below for the schedule. Doors open at 5:45pm.

No session Sep 17, Oct 8, and Nov 12. See page 27 for the full schedule.

Sun 6:00-9:00pm Sep 10-Dec 10 55+ Centre Free* 470769 Ken *Registration required.



Fall Coffee House (All ages)

An evening of autumnal reflection as we celebrate the turn of the season.

Local musicians and poets will warm our hearts. The Britannia Coffee House Series is a favourite seasonal event celebrating the turn of each season. Each event is warm and inviting, creating an opportunity for community to gather and connect, and enjoy music and poetry by local performers.

britanniacentre.org/coffeehouse

Sun 6:30-9:00pm Sep 17 55+ Centre Free

Winter Coffee House (All ages)



An evening of solstice celebration, featuring local musicians and poets who will light up the night.

Sun 6:30-9:00pm Dec 17 55+ Centre Free

Parade of Lost Souls – Everything! Everywhere! (All ages)



Jump on the quantum bandwagon! It may be impossible to know if there are really multiple universes, but we know for sure that the multiverse is alive and well when we look inward because anything can happen in our imaginations! Join us for this annual event as Britannia partners with the Dusty Flowerpot Cabaret to bring you this years' event, featuring live family friendly entertainment. Join in the workshops leading up to the event (see page 22). Dress up and meet at Britannia Library on the half hour to follow the parade band, or come early and make an installation for all to enjoy. All are welcome to join in the performance and art of the Parade of Lost Souls, for... "If we are lost, then we are lost

6:30pm Little Souls Parade (Family Friendly)

7:30pm Parade

8:30pm Parade and Finale on Gravel Field Sat Oct 28 Britannia

Britannia Winter Craft Market

Support local artists and makers this holiday season; from handmade soaps, to beading and baked goods—there's something for everyone. To apply as a vendor, email artsbritannia@gmail.com or leave a voice message at 604.257.3087. The application deadline is October 3, 2023. Vendor registration takes place after the jurying/curation process is completed.

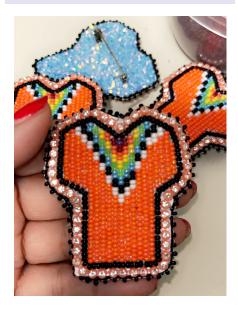
Fri 3:00-8:00pm Dec 1 Sat-Sun 10:00am-4:00pm Dec 2-3 Gym D \$2/1 sess

Special Events

Orange Shirt Day (All ages)

In partnership with the Vancouver Aboriginal Friendship Centre Society and the Indian Residential School Survivors Society, we are gathering with Elders and their families on Orange Shirt Day, now recognized as the National Day for Truth and Reconciliation. We invite you all to join us on this important day to help raise awareness about residential schools and their lasting impact on Indigenous peoples. Every Child Matters. Wear your orange shirt in support. More details to be announced.

Sat TBD Grandview Park Sep 30 Free



Workshops

Beaded Orange Shirt Pins NEW (15yrs+)

Every Child Matters! Learn to bead with Chantel Dustyhorn. Show your support everyday with an Orange Shirt Day beaded lapel pin.

 Sun
 1:00-4:00pm
 Sep 24

 Rink Mezz
 \$5.25/1 sess

 466629
 Chantel

Beaded Poppy Pins (15yrs+)

Learn to bead an Indigenous beaded poppy pin in honour, respect and remembrance of all who served and continue to serve.

Sun 1:00-4:00pm Nov 5 Rink Mezz \$5.25/1 sess 466630 Chantel

West Coast Indigenous Stockings (15yrs+)

Get into the Holiday spirit with Mia Hunt and learn to make a button stocking. No sewing experience necessary. Learn about West Coast Indigenous design and embellish your personal holiday stocking with buttons!

NEW

Sun 1:00-4:00pm Dec 3 Rink Mezz \$5.25/1 sess 466631 Mia

Family Pumpkin Carving (All ages)

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 20 so the correct number of pumpkins will be available.

Hot chocolate and carving utensils will be provided. Children under 12 must be accompanied by a parent or caregiver. Please bring a bag or box to carry them home!

Sun Oct 22 55+ Centre Helen \$10/1 sess 457960 10:30am-12:00pm 457961 12:30-2:00pm 457962 2:30-4:00pm

Banner Painting 2-day Workshop (12yrs+)

"When we work with love we renew the spirit; that renewal is an act of self-love, it nurtures our growth."

- bell hooks

NEW

Theme: Renewal. Use high quality water-based fabric paints to help create the next set of colourful banners to hang in pairs outdoors around the site and in the Library. This is a great workshop for friends and family. Children under 12 must be accompanied by an adult. Please register each painter; caregivers can register for free (in-person or over the phone). Wear old clothes, 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. All materials are provided. This program is subsidized by Britannia Arts & Culture Committee. We thank you for your gift of art to the community.

 Sat-Sun 10:00am-4:00pm
 Nov 25-26

 Cafeteria
 \$20/2 sess

 469980 Helen

Gingerbread Houses (All ages)

Bring the whole family (up to 4 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 8 so the correct number of kits will be available. Children under 12 must be accompanied by a parent or caregiver. Must be created on site. Bring a bag or box to carry them home!

Sun Dec 10 55+ Centre Helen \$10/1 sess 457963 10:00am-12:00pm 457964 1:00-3:00pm

Winter Decor Pop-Up (All ages)



Drop by to make some arts and crafts, sip some hot cocoa and enjoy the company of community as you create some memories to hang in a tree or gift to a special someone. Two artists will share a variety of projects. Materials will be provided or bring some of your own. All ages welcome, but children must be accompanied by an adult.

Sun 2:00-4:00pm Dec 17 55+ Centre Free

FOODSAFE Level 1 (16yrs+)

An essential course for food service professionals and front-line workers. Designed for operators and staff like cooks, servers, bussers, dishwashers, and deli workers—this program focuses on food handling, sanitation, and work safety. Learn about foodborne illness, receiving and storing food, preparing and serving food, as well as cleaning and sanitizing. Participants will receive a certificate after successful completion.

 Sun
 10:00am-4:00pm
 Board Room

 Denise
 \$85/1 sess

 Sep 17
 472628

 Nov 5
 472630

Community Repair Cafés



SPEC (Society Promoting Environmental Conservation) in partnership with the City of Vancouver offers free Community Repair Cafés. The more we can repair, the longer products stay in circulation. The longer products stay in circulation, the less waste we produce!

Book one free appointment time slot between 9:30am-1:30pm to receive in person repair help from our volunteer repairers:

https://bit.ly/BritanniaRepairCafe

 Sat
 9:30am-1:30pm
 Sep 9

 Gym D
 Free

 SPEC
 By appointment (book online)

Licensed Child Care



Britannia Child Care Hub

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

Child Care Mission Statement

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

About our Child Care Programs

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

Social: Communication, friendship skills, conflict resolution, sharing and

cooperation.

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

kindergarten readiness.

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. For more information, visit:

britanniacentre.org/services/licensed_childcare

Affordable Child Care Benefit & \$10/day Child Care

For more information about the provincial tax benefit, the fee reduction initiative, and \$10/day child care, call 1.888.338.6622 or visit:

www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding

Toddler Program (18mo-3yrs)

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

Mount Pleasant Child Care

960 East 7th Avenue 604.718.5844

For waitlist info, email:

mountpleasantchildcare@shawbiz.ca

Hours: Mon-Fri 7:30am-5:30pm Fees: \$573/mo Lunch Program: \$90/mo



Preschool Program (3-5yrs)

Our Preschool program provides a rich and meaningful child-centered environment in which children learn and grow in all areas of development. Children practice creativity and freedom of artistic expression in a play-based learning environment as we highlight multiculturalism, diversity, arts and dance from around the world.

Britannia Preschool

1661 Napier Street

Lorraine Evans 604.718.5843

September 2023 – June 2024

Morning Classes

M/W/F 8:30am-11:00am \$84/mo Tue/Thu 8:30am-12:00pm \$56/mo

Afternoon Classes

5 days/week (am or pm)

M/W/F 11:45am-3:15pm \$84/mo Tue/Thu 12:45pm-3:15pm \$56/mo

\$140/mo

Licensed Child Care

Daycare Programs (3-5yrs)

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

Eaglets Daycare

485 Semlin Drive
Suzy Liguori 604.718.5856
We are accepting waitlist applications for 2025.

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

Fees: \$10/day

Snacks provided.

Grandview Terrace Child Care (2.5-5yrs)

2075 Woodland Drive

Alejandra Uribe 604.718.5846

grandviewcc@shawbiz.ca grandviewterracechildcare.com

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

Fees: \$200/mo Lunch Program: \$90/mo

Snacks provided.



Mount Pleasant Child Care

960 East 7th Avenue

Mirae Pinpin 604.718.5844

For waitlist info, email:

mountpleasantchildcare@shawbiz.ca

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

Fees: \$584/mo Lunch Program: \$90/mo

Snacks provided.

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

\$200/mo

Britannia, Eagles in the Sky, and Grandview Terrace Out-of-School Care (OSC) are licensed programs, which offer the opportunity to create, explore and socialize in a fun, safe and nutturing environment. Our play-based programs are designed to foster independence and confidence in a family-centred setting.

We strive to provide an integrated and comprehensive continuum of services for children and families that reflect the communities we serve. All of the centres are culturally sensitive and celebrate the uniqueness of our families. Qualified educators offer a value-based program that focuses on children's interests, ages and developmental needs.

Britannia OSC

1661 Napier Street

Lorraine Evans 604,718,5843

Pick up: Britannia Elementary

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

Pro-D Day, Spring/Summer Break Hours:

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

Fees: Full Time \$200/mo
Part Time \$10/day
Fees include before and after school care.

Breakfast & pm food program provided.

Grandview Terrace OSC Program II & III

2075 Woodland Drive

Alejandra Uribe 604.718.5846

Pick up: Grandview Elementary

Queen Alexandra Elementary

Queen Victoria Annex

École Anne-Hébert

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

*No AM care for Queen Alexandra Elementary

and École Anne-Hébert.

Fees: OSC II \$200/mo
OSC III \$200/mo

Breakfast & pm snack provided.



Eagles In The Sky OSC

103B-1950 E. Hastings

Cassandra Gordon 604.348.9706

For waitlist info, email: eagles.osc@gmail.com Pick up: χpeý Elementary

> Hastings Elementary Lord Nelson Elementary, École Anne-Hébert

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

Pro-D Day, Spring/Summer Break Hours: Mon-Fri 7:30am-5:45pm

Fees: \$10/day \$200/mo Breakfast & pm snack provided.

Community Action Program for Children (CAPC)

CAPC is a community-based children's program that promotes the healthy development of young children. For more information and to register, please call 604.718.5821 or 778.245.2428.

Fall programs:

- Food Security Program (fruit and veggie hampers)
- Parents Training (FoodSafe and Save that Child)
- Parents Circle Time (1st/2nd Fri/mo)
- Spanish Mother Goose/Mama Ganso (0-2yrs)

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

Enjoy one hour of rhymes, songs, games and stories in Spanish with your child. No session Oct 2 & Nov 13. Registration is required. Please call 604.215.8289.

Disfrute de una hora de rimas, canciones, juegos y cuentos en Española consus pequenos.

Mon Sep 18-Nov 27 Free

1-2yrs 10:30-11:30am

0-12mo 12:30-1:30pm *Call 604.215.8289 to register.



Preschool

Toddler Art (18m-3yrs)

Art is a wonderful sensory experience through 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 2 & 9.

Sep 18-Nov 6 RAR Helen

463015 9:45-10:30am 463019 10:45-11:30am

Language

Baby Sign Language (0-2yrs)

Babies understand and can communicate long before they're able to speak. Research shows that babies who are offered Sign Language learn more quickly and talk earlier. With songs and games, learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration.

The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring toys. Please bring your own blanket or mat to sit on. No drop-ins.

9:45-10:30am Matt Room 463178 Into Yoga

Sep 20-Oct 18 \$77/5 sess

Music

Music Together® (0-5yrs)

Learn how to share the joys of musicmaking and the powerful benefits of having music in your young child's life! Our 9 award-winning music collections and research-based curriculum supports parents at home and keeps the music making alive all week. Each child's natural musicality is nurtured through singing, dancing, listening and exploring musical instruments

Parent participation is required. Siblings attend at a reduced rate and children 6mos and under attend free with a registered sibling. The \$58 Music Together licensing fee is non-refundable after the first class. No class Oct 7 and Nov 11.

Tue Noa	Sep 19-Nov 28	Rink Mezz \$217.50/11 sess
465226	10:30-11:15am	
465228	11:30am-12:15pm	
Wed	Sep 20-Nov 29	Rink Mezz
Karina		\$217.50/11 sess
465241	10:00-10:45am	
465245	11:00-11:45am	
Sat Karina	Sep 16-Dec 2	Rink Mezz \$203/10 sess
465264	10:30-11:15am	

Dance

Ballet/Jazz Dance (2-6yrs)

Jump, skip and twirl! Children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression.

\$79/6 sess

Parent participation required for 2-4yrs **classes**. 4-6yrs classes are closed; however, in the final week of the session we invite parents to stay for a presentation of what we have been learning. No class Sep 30 and Oct 7.

Sep 9-Dec 9 **CFEC Endorphin Rush Dance** \$150/12 sess 466483 9:20-10:00am 2-4yrs 466492 10:15-10:55am 2-4vrs 466499 11:10-11:50am 3-4yrs 466516 1:00-1:40pm 4-6yrs

Hip Hop/Jazz Dance (3-6yrs)

Combine the style of hip-hop with the technical skills of jazz! Learn steps, jumps, turns, stretches and fun choreography to your favourite music. Please wear comfortable stretchy clothing and nonmarking shoes. Children must be able to participate without a parent. No drop-ins. No class Sep 30 and Oct 7. For more info, visit kirbysnelldance.com.

CFEC Sep 9-Dec 9 \$150/12 sess **Endorphin Rush Dance** 466519 12:05-12:45pm 3-4yrs 466520 1:55-2:40pm 4-6yrs

Physical Activity

Axe Capoeira Beginner Mini Kids (3-6yrs)

All levels welcome. Classes cover all aspects of Capoeira: Martial arts, dance, music, acrobatics, culture, language and more. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Classes do not pro-rate; monthly rate only.

Tue/Fri 5:00-5:45pm Cafeteria \$85/mo Marcus 463142 Sep 5-29 463061 Oct 6-27 463062 Nov 28-Dec 15

Kindergym (1-5yrs)

Run, jump and roll in a gym full of mats and playground equipment. Parent supervision required. Pay \$3 drop-in fee at the pool and bring receipt to Stephanie or give them a pre-purchased strip ticket (\$25/10tx). Parents, please assist Stephanie at the end of the program by helping put the large equipment away. No class Sep 23 & 30, Oct 7, and Nov 11.

8:45-10:15am Sep 16-Nov 25 Gym D \$3/drop-in

Stephanie

Sportball Parent/Child Multisport (2-3yrs)

Multisport classes teach children introductory physical skills and help them develop confidence through 8 different ball sports. Parent participation required. No class Oct 1 & 8, and Nov 12.

11:30am-12:15pm Sep 17-Nov 26 Sun Gym D \$142.80/8 sess 463117 Sportball

Sportball Multisport (3.5-5yrs)

Multisport classes teach children methods to practice and refine gross motor skills through 8 core ball sports. This program reinforces the benefits of teamwork and skill development, and enables children to gain confidence and develop social skills to succeed in sport and life. No class Oct 1 & 8, and Nov 12.

Sun 12:15-1:15pm Sep 17-Nov 26 Gym D \$142.80/8 sess 463116 Sportball

Baby and Me Yoga (16yrs+)

Baby and Me Yoga classes are designed with the birthing parent and new baby in mind. Connect with your young one with playful asana (exercises) as you stretch, breathe and relax your body back into shape, while your baby is stimulated physically, emotionally and socially. This class is best suited for those who have healed after delivery, and for babes who are not yet very mobile. Previous yoga experience is not necessary. Bringing a blanket for baby and your own mat is recommended. Class located in CFEC, near Grandview Park. \$18/drop-in.

Set 1

Wed 10:30-11:30am Sep 13-Oct 18 **CFEC** \$96.60/6 sess 463071 Into Yoga

Set 2

Wed 10:30-11:30am Nov 15-Dec 13 **CFEC** \$81,90/5 sess 463070 Into Yoga

465268 11:30am-12:15pm



Science and Makers Day (6-15yrs)

Join this year's STEM Jamboree! This family-friendly event aims to introduce you to a broad range of science, technology, engineering and math fun. There will be several organizations providing engaging activities aimed to inspire minds of all ages, including live shows by Science World. You can try out a microscope, watch a 3D printer in action, and even do some art with some disgusting bugs.

Sat Gym D 10:00am-3:00pm

Sep 23 Free

Art

Clay for Children (6-12yrs)

Discover the sculptural properties of clay while learning a multitude of building methods, including pinch pot, slab, coil, and wheel. Artist quality, food safe materials included. No class Oct 5.

Rm 208 463013 Helen

Thu

Sep 21-Nov 16 \$138/8 sess

Sep 20-Nov 15

\$264/8 sess

NEW

Clay for Two (6-12yrs)

4:00-5:15pm

Discover the sculptural properties of clay while learning a multitude of building methods, including pinch pot, slab, coil, and wheel with a significant adult as a collaborator. Enrolment is for parent/ caregiver and child together. For more info please contact helenspaxman@yahoo.ca. Artist quality, food safe materials included.

Wed 4:00-5:15pm Rm 208 463014 Helen

No class Oct 11.



Family Pumpkin Carving (All Ages)

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 20 so the correct number of pumpkins will be available. Hot chocolate and carving utensils will be provided. Children under 12 must be accompanied by a parent or caregiver. Please bring a bag or box to carry them home!

Sun Oct 22 55+ Centre Helen \$10/1 sess 457960 10:30am-12:00pm

457961 12:30-2:00pm 457962 2:30-4:00pm



Gingerbread Houses (All Ages)

Bring the whole family (up to 4 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 8 so the correct number of kits will be available. Children under 12 must be accompanied by a parent or caregiver. Must be created on site. Bring a bag or box to carry them home!

Sun Dec 10 55+ Centre Helen \$10/1 sess 457963 10:00am-12:00pm 457964 1:00-3:00pm

Language

Hola Spanish for Kids (4-9yrs)

Hola Spanish for kids is a unique opportunity to hear the Spanish Language in a joyful, safe and fun environment. Join us in experiencing Latin culture. Children will experience the Spanish language in a meaningful, real-life context, from a variety of sources. Supervised and instructed by highly qualified native Spanish speaking teachers.

Tue 3:30-4:30pm Rink Mezz 465111 Words in Motion Sep 26-Nov 28 \$140/10 sess

Music

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

Continue your music studies or begin an instrument and enjoy a lifetime of making music! These lessons consider student's development and goals. Conservatory exam preparation is available. An on-going program from September-June, 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 minutes, but 45 and 60 minutes per week are available to more advanced students at the discretion of the instructor. Private lessons are for beginner to senior levels. New students may start anytime during the season. Clarinet students must provide their own instruments. Please contact instructor before registering for lesson times at janine.oye@gmail.com. Phone-in or in-person registration only, no online. Please call 604.718.5800 ext 1. No classes Oct 20 & 21, and Dec 8 & 9.

Set 1

Fri 469925	6:15-9:00pm	Sep 8-Oct 27 \$196/7 sess
Sat 469921	9:00am-4:00pm	Sep 9-Oct 28 \$196/7 sess
Janine	Preteen Centre	ψ100/1 3033

Set 2

Dec 17 recital at Killarney Community Centre (Room 205, Dance Studio) from 6:30-8:30pm included in course fees.

Fri 6:15-9:00pm Nov 3-Dec 17 469929 \$196/6 sess Sat 9:00am-4:00pm Nov 4-Dec 17 469928 \$196/6

Janine Preteen Centre

Free Swim

Free family-friendly swims every Tuesday, and every other Friday.

Tue 2:00-4:00pm Ongoing
Fri 6:00-8:00pm Sep 15 & 29
Free Oct 13 & 27, Nov
10

Free Members Drop-in



NEW

Britannia members can drop-in to the Fitness Centre for free during the times listed below. For more information about Britannia's free memberships, please see page 4. The free drop-in does not apply to those with Flexipasses only.

Wed 9:00-10:00am Sun 10:00-11:00am

Children

Camps

Funseekers Winter Break 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 have fun! Learn arts and crafts, play group games, 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 for. Refund requests must be made a minimum of one week (seven days) prior to the start of the program. No refunds after this time.

Tue-Fri 9:00am-3:00pm 463453 Dec 26-29 463454 Jan 2-5 Gym D \$84/4 sess \$84/4 sess



Sports

Britannia Boxing (6yrs+)

Britannia's own fun, inclusive, and informative boxing program where anyone can come and learn proper techniques, hit the bags, and workout with our coaches. New bags, gloves, portable ring, and more await you in our boxing gym! Come and visit our wonderful and experienced coaches, learn new skills, and break a sweat while working at your own pace.

You can stay as long, or short, as you would like—classes are unlimited. The Boxing Room is located in Gym C.

First time participants, pay \$15 drop-in. After this, participants will be expected to pay the monthly fee. Fees cannot be prorated. No class Oct 9 & Nov 13.

Mon-Fri 5:00-7:00pm Sat 2:00-4:00pm

Jay \$94.50/mo Boxing Rm 463145 Sep 5-29

463093 Oct 3-31 463094 Nov 1-30 463095 Dec 1-22



Tennis Academy Mini (6-8yrs)

This class is an introduction to tennis for children. Learn basic forehand and backhand skills and develop hand-eye coordination through a variety of fun games and activities. Bring your own racquet and runners. No class Sep 23 and Nov 11.

Sat 2:00-3:30pm Sep 16-Nov 25 Gym D \$221/9 sess 463122 Juan Carlos

Tennis Academy Junior (9-14yrs)

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 Sep 23 and Nov 11.

Sat 3:30-5:00pm Sep 16-Nov 25 Gym D \$221/9 sess

463121 Juan Carlos

Boxing for Gender Diverse, Two-Spirit and Trans Youth (12-18yrs)

Britannia is very excited to add Tsvi as a second coach. This class teaches the basics of punching and footwork of boxing, which is not only fun and fosters confidence and body awareness. Boxing is also an excellent practice for coordination and overall movement literacy. Some youth learn to discover their strength, some to regulate their strength. This is a non-contact class. Equipment is provided. River is now a professional boxer who has fought for over 10 years, bringing home medals from the Canadian National Championship twice. She has been running Queer Box Camp Vancouver since 2011. Tsvi (they/he) is a neurodivergent trans boxer at Quinit Boxing as well as a writer, artist, and Jewish educator. They moved to Vancouver in 2021 and started boxing at QB in December of the same year. Boxing Room is located in Gym C.

Wed 3:30-4:30pm Boxing Rm 463057 River Sep 20-Dec 13 \$143/14 sess



Leisure Access Program (LAP)

The Leisure Access Program (LAP) provides City of Vancouver residents facing financial barriers access to Park Board programs and services office at its pools, rinks, participating fitness centres and community centres (including Britannia) at a reduced cost. With the aim of reducing barriers to the LAP program, the Vancouver Board of Parks and Recreation has increased the Net Family Income threshold amount for those who self-refer to the program. To see if you and your family are eligible and can self-refer, see page 5. For more information about how to apply, please visit:

vancouver.ca/leisureaccess

Low Barrier 2STGD Referrals

The Queer Inclusion Team at the Vancouver Board of Parks and Recreation offers low barrier, 3rd party referrals for Two-Spirit, trans, or gender diverse (2STGD) Vancouver residents who face financial barriers to recreation. E-mail 2STGD@vancouver.ca to apply. For more information about 2STGD programs and inclusion, see page 6.



Micro Footie Development

Not to be mistaken with our highly popular Spring League, Micro Footie Development is a unique training experience for youth players on Sundays in Gym C.

Players in Micro Footie Development learn Celtic turns, combination play, taking players on one-on-one, skills, out the box activities, and movement. The Micro Footie Development sessions are specifically for players who want to raise their game.

Taught by Jason Kyle (FIFA B License, MF Founder, 2018 & 2016 BC Summer Games Coach, and Micro Footie mentor to coaches), and Micro Footie coaches Talisen and Devito. No class Oct 1 & 8, and Nov 12.

Sun Jason	Sep 10-Dec 10	Gym C \$173.25/11 sess
463105	4-5yrs	9:00-10:00am
463106	6-7yrs	10:00-11:00am
463107	8-9yrs	11:00am-12:00pm





Physical Activity

Traditional Kung Fu (6yrs+)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, and develop self-confidence and discipline. Membership fee of \$2 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Students must be able to attend Monday and Friday classes regularly. Fees do not pro-rate. No class Oct 2, 9, & 20, Nov 13, and Dec 8.

Beginner

Mon/Fri	4:30-5:45pm	Sep 11-Dec 11
CFEC		\$198/22 sess
463124	Marquis	

Intermediate

Mon/Fri	4:30-6:30pm	Sep 11-Dec 1
CFEC		\$214/22 sess
463125	Marquis	

Advanced

Mon/Fri	4:30-6:30pm	Sep 11-Dec 11
CFEC		\$230/22 sess
463123	Marquie	

Mindfulness & Movement for Kids (6-10yrs)

Join the Yoga Buggy for a fun class that incorporates music, yoga poses, games, mindfulness activities, breath, storytelling, dance, and so much more! Yoga is a wonderful tool for children to learn about and manage their developing physical, social, and emotional lives. Our classes provide a safe and inclusive space where children can socialize in positive ways. learn skills for self-regulation and have a ton of fun while doing it. We take a child-centered approach to yoga and celebrate the diversity and uniqueness of all participants. Everyone is welcome. We are so excited to play yoga with you! Sign up today.

Set 1

Fri	3:15-4:15pm	Sep 15-Oct 20
CFEC		\$54/6 sess
463120	Voga Buggy	

Set 2

Fri	3:15-4:15pm	Oct 27-Dec
CFEC	-	\$54/6 sess
463130	Yoga Buggy	



Axe Capoeira

Students enrolled in these classes must have a minimum of 1 year consistent Capoeira experience, or permission from the school. We offer ongoing classes for children and youth. Classes cover all aspects of Capoeira: Martial arts, dance, music, acrobatics, culture, language and more. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Uniform is required to join class. Fees do not pro-rate; monthly rate only. See page 12 for beginner classes. See page 23 for 16yrs+ classes.

Intermediate Mini Kids (5-7yrs)

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

Tue/Fri	6:00-6:45pm	Cafeteria
Marcus		\$85/mo
463143	Sep 5-29	
463064	Oct 3-27	
400005	N 00 D 45	

Youth (7-15yrs)

463068

Please note: This is not an introductory class. Students are expected to execute all basic movements of Capoeira. Mon/Fri classes in Cafeteria. Weds classes in CFEC. No class Sep 25 & Oct 9.

Mon/Wed	5:00-6:00pm	Fri 6:45-7:30pm
Marcus	Caf/CFEC	\$105/mo
463144	Sep 6-29	
463067	Oct 4-30	

Nov 27-Dec 15



Children



Britannia Gymnastics Club

This popular community recreation program will help your child develop their self-esteem, strength, flexibility, agility and coordination through the fundamentals of gymnastics. Children can wear a bodysuit, or shorts and t-shirts.

Our fantastic, enthusiastic team of coaches—Henry, Lailah, Ramin, Sasha, and Vivian—are looking forward to another great gymnastics season! For more information, visit: **britanniagymnastics.com**

Fall 2023 Schedule

Sat	Sep 9-Dec 16*	*No class Sep 23 & 3	30, Oct 7, Nov 11, and	Dec 9. Gym B
463091	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$140/10 sess
463087	Junior Jumpers A	4-5yrs	2:00-2:45pm	\$140/10 sess
463088	Junior Jumpers B	4-5yrs	3:00-3:45pm	\$140/10 sess
463084	Future Flyers A	6-9yrs	4:00-5:00pm	\$160/10 sess
Sun	Sep 10-Dec 17*	*No class Sen 24 Oc	ct 1 & 8, Nov 12, and [Dec 10. Gym A
	•	• ′	•	•
463082	Dynamic Duo A	18mo-3yrs	10:00-10:45am	\$130/10 sess
463083	Dynamic Duo B	18mo-3yrs	11:00-11:45am	\$130/10 sess
463085	Future Flyers B	6-9yrs	11:30am-12:30pm	\$160/10 sess
463092	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$140/10 sess
463089	Komet Kids	5-6yrs	12:45-1:45pm	\$150/10 sess
463081	Demo Team*	9-15yrs	2:00-3:30pm	\$220/10 sess
463086	Future Flyers C	6-9yrs	2:15-3:15pm	\$160/10 sess
463090	Performance Plus*	9-15yrs	3:45-5:15pm	\$220/10 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, and games. Grow with your child through parent participation.

Tiny Tumblers (3-4yrs)

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

٧B

Junior Jumpers (4-5yrs) / Komet Kids (5-6yrs)

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

Future Flyers (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)*

For recreational, advanced recreational and competitive athletes. Athletes will have the opportunity to participate in two gymnastics meets to showcase their personal ability (Delta and Bowen Island). They perform routines and are scored on beam, floor, vault and bars. Last year's athletes have priority registration.

Demo Team (9-15yrs)*

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

*These teams are currently full. Please contact fraser.mcelroy@vancouver.ca to be added to the waitlist. Please note: A skills-based assessment needs to be completed before joining this program.



Volunteer With Us

Do you have prior experience in gymnastics? The Britannia Gymnastics Club is looking for a few passionate volunteer assistant coaches. If you are interested, please send your resume to yao.zhang@vancouver.ca.

Social

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 7:30-8:20pm Preteen Centre 463465 Tiana Sep 14-Dec 14 Free

Sports

Basketball – Beginner (8-12yrs)

Focus on the fundamentals! The primary emphasis will be age- and ability-appropriate skill development. This reflects the recommendations of the National Coaching Certification Program Long-Term Athlete Development Model. Increasing skill competency increases likelihood that children will gain the confidence to continue to play and enjoy playing basketball. Please bring a water bottle and towel. No session Sep 23 & 30, Oct 7, and Nov 11.

Sat 11:00am-12:15pm Sep 16-Dec 16 Gym D \$40/10 sess 463467 Sentheepan

Basketball – Intermediate (9-13yrs)

A step up from beginner basketball. Players must know rules of the game, have experience with game play, and have fundamental development of skills. The primary emphasis will be age- and ability-appropriate skill development.

Increasing skill competency increases likelihood that children will gain the confidence to continue to play and enjoy playing basketball. Please bring a water bottle and towel. No session Sep 23 & 30, Oct 7, and Nov 11.

Sat 12:30-1:45pm Sep 16-Dec 16 Gym D \$40/10 sess 463468 Sentheepan

Youth Basketball Drop-in (8-13yrs)

Drop-in preteen youth basketball for all levels. Please note: This is a noninstructional session. Please bring your own basketball. No session Sep 29.

Fri 5:00-6:45pm Sep 8-Dec 29 Gym C Free

Youth Fitness (8-13yrs)

Improve running form, change of direction, and agility. In addition to drills, we'll do a variety of workouts outdoors. This program combines a disciplined focus on fitness and improving athletic skills—like speed and change of direction—with competitive fun games, drills and relays. Please bring a water bottle and towel.

Thu 3:15-4:45pm Sep 21-Dec 14 Gym C \$104/13 sess 463449 Game Ready

After School Programs

Hip Hop Dance (8-13yrs)

Learn this popular style of street dance evolving from hip hop culture and music. Develop individual techniques and a group routine in the fun and energetic class!

Tue 3:30-4:45pm Sep 19-Dec 5 CFEC \$60/12 sess 463460 Marnie

Music Makers (8-12yrs)

Using a practical approach to learning music production, this program will be a highly effective and engaging way for beginners to learn and create their own music. Through the use of an app and using the concepts of rhythm and melody, bring your songs and ideas to life.

8-10yrs

Thu 3:30-4:45pm Sep 21-Dec 7 CFEC \$48/12 sess

10-12yrs

Wed 3:30-4:45pm Sep 20-Dec 6 CFEC \$48/12 sess 463461 Will

Red Fox Active Play (5-12yrs)

Red Fox's flagship Active Play program gives children the chance to be healthy, have fun and get inspired by positive youth role models from their own communities. Red Fox Youth Leaders guide children through energetic group games, circus arts, and other physical activities that cultivate self-confidence, social connections, and new skills. This free program is open to children of all ages and abilities. To register, please call 604.343.6536 or email info@redfoxsociety.org. No session Dec 1.

Fri 3:15-4:45pm Sep 15-Dec 15

Gym D F Red Fox *Registration required.

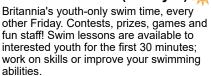
Special Events

Preteen Dance (10-13yrs)

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

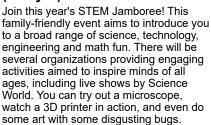
Fri 6:30-9:00pm Oct 20, Dec 8 CFEC \$2/1 sess

Free Youth Swim (11-18yrs)



Fri 6:00-8:00pm Sep 8 & 22, Britannia Pool Oct 6 & 20, Free Nov 3

Science and Makers Day (6-15yrs)



Sat 10:00am-3:00pm Sep 23 Gym D Free

Camps

Funseekers Winter Break 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 have fun! Learn arts and crafts, play group games, 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 for. Refund requests must be made a minimum of one week (seven days) prior to the start of the program. No refunds after this time.

Tue-Fri 9:00am-3:00pm Gym D 463453 Dec 26-29 \$84/4 sess 463454 Jan 2-5 \$84/4 sess

Free*

Youth



Welcome to the Teen Centre

A place in the community dedicated to youth. All youth 13-18yrs are welcome. Come play pool, foosball, ping pong, video games, or use the public access computer.

The Teen Centre is a place to:

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

Youth, volunteers and youth workers work together to plan and run programs and activities for the Teen Centre. Join our Youth Committee to set direction for programs.

Pick up your copy of our monthly activities calendar at the Teen Centre. If you do not see what you are looking for then get involved and make it happen!

Drop-in Hours

Mon-Fri

3:00-9:00pm

Registration

Register for all Teen Centre programs at the Teen Centre. **Please note:** A signed parent consent form is required for many of our programs. For more information, call 604.718.5828.

Staff

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

Latin American Youth Programmer: TBA 604.718.5829

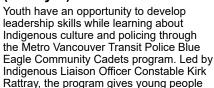
Teen Centre Staff: Barry, Jadon, Joel, Manuel, Tiana, Tom

Leadership

Britannia Youth Committee

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

Indigenous Youth Cadets (12-15yrs)



- Work in a team environment
- Help their community

the opportunity to:

- Explore various career options
- Take part in a variety of activities
- Strengthen physical and mental health
- Meet strong Indigenous role models
- Increases physical fitness and confidence

For for info and to register, visit: transitpolice.ca/about-us/specialty-units/ community-engagement-team/blueeagle

Wed 5:00-7:30pm Gym D Metro Vancouver Transit Police

Social

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

Make new friends and learn new skills! This program provides social, recreational, and educational activities. We meet every Saturday. To register and for more details, contact the Latin American Worker at 604.718.5829 or 604.787.9251. Consent forms are required to participate in the outings. Subsidies are available for all activities. No session Sep 30 and Nov 11.

Sat 1:00-5:00pm Sep 16-Dec 16
Teen Centre Free*
*Registration required.

Queer Youth Drop-in (11-16yrs)

A safe and inclusive space for 2SLGBTQIA+, questioning or unlabelled youth ages 11-16 to authentically be themselves. Together, we'll co-create a space to share our experiences, learn from each other and have fun! Drop in any time. Snacks will be provided. Khai is a queer, cisgender, 2nd-generation Vietnamese young man who works as a Program Assistant II at Britannia. He is also the Project Assistant for UBC CampOUT! Khai is passionate about creating safe, affirming spaces for queer youth. He loves watching queer media and would be happy to chat about Heartstopper any day! Email Khai at khai.truong@vancouver.ca for more info or to discuss any access needs. No session Sep 30 and Nov 11.

Sat 1:00-5:00pm Sep 9-Dec 16 Free

Young Adult Social Club (13-18yrs)



Our goal is to provide a safe, healthy, and inclusive space where young adults can ask questions; connect and share; try new things; and even explore the city's resources, local attractions, and recreational activities. Topics may include:

- Self-identity, communication and selfadvocacy, and healthy relationships;
- Finding your passion, setting goals and taking action;
- Community resources (counselling, cultural, and recreational programs);
- Self-care and life skills;
- Creative arts (painting, writing, digital media);
- · Employment training; and more!

Mon/Sat 5:00-8:00pm Sep 16-Dec 16 RAR Free

Free Youth Swim (11-18yrs)



Britannia's youth-only swim time, every other Friday. Contests, prizes, games and crazy staff! Swim lessons are available to interested youth for the first 30 minutes; work on skills or improve swimming abilities.

Fri 6:00-8:00pm Sep 8 & 22, Britannia Pool Oct 6 & 20, Free Nov 3

Cooking

Latin Cooking (13-18yrs)



Do you want to learn how to cook food from different Latin American countries? Come share your favorite dishes and learn new recipes! You will also learn how to choose foods that are more nutritious and shop on budget.

Thu 5:00-8:00pm Sep 7-Dec 21 55+ Centre Free*
*Registration required.

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 12-Dec 19 55+ Centre Free





Youth Extravaganza (13-19yrs)

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 7:00-10:00pm Sep 29 Gym C \$5/1 sess

Outdoor Programs

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

We offer a variety of outdoor activities suitable for almost any level of fitness. It is a great way to explore our incredible surroundings, learn new things, and meet lots of great people. We'll have variety of activities. Pick up a monthly calendar to get a complete listing. We provide all necessary equipment, food, transportation, and guides/instructors, unless otherwise stated. Any overnight trip has co-ed leaders and at least one trained staff in Wilderness First Aid. The cost of the outings should not prevent any youth from participating, so let staff know. If you have any questions or would like to register please call 604.718.5828. All registration done at the Teen Centre.

Physical Activity

Youth Open Gym (13-16yrs)

Wed 7:15-9:00pm Sep 6-Dec 20 Gym C Free

Basketball Open Gym (13-16yrs)

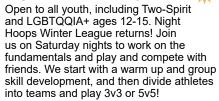
Fri 7:30-9:15pm Sep 8-Dec 29 Gym D Free

Indoor Soccer (11-18yrs)

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

Tue 5:00-7:00pm Sep 12-Dec 19 Gym D Free

Night Hoops (12-15yrs)



Teams are reset each week to provide opportunities to play with all Night Hoops athletes. We always end with a shooting cool down. Focus will be on beginner and developmental level players. Snacks and food provided after each session.

Junior Girls+

Sat 5:30-7:00pm Sep 16-Dec 16 Gym C Free 463464 Kim

Junior Boys+

Sat 7:15-8:45pm Sep 16-Dec 16 Gym C Free 463463 Kim

Youth Fitness (13-16yrs)

A base level of fitness and movement is developed as athletes learn to appreciate exercise as a lifestyle. Basic movements, balance and coordination are honed through games, relays and drills with a focus on high energy and fun. Coaches will teach and challenge so each youth will increase confidence in their abilities. Please bring a water bottle and towel.

Thu 5:00-6:15pm Sep 21-Dec 14 Gym C \$91/13 sess 463450 Game Ready

Boxing for Gender Diverse, Two-Spirit and Trans Youth (12-18yrs)

Britannia is very excited to add Tsvi as a second coach. This class teaches the basics of punching and footwork of boxing, which is not only fun and fosters confidence and body awareness. Boxing is also an excellent practice for coordination and overall movement literacy. Some youth learn to discover their strength, some to regulate their strength. This is a noncontact class. Equipment is provided. River is now a professional boxer who has fought for over 10 years, bringing home medals from the Canadian National Championship twice. She has been running Queer Box Camp Vancouver since 2011. Tsvi (they/ he) is a neurodivergent trans boxer at Quinit Boxing as well as a writer, artist, and Jewish educator. The Boxing Room is located in Gym C.

Wed 3:30-4:30pm Sep 20-Dec 13 Boxing Rm \$143/14 sess 463057 River

Adapted Fitness Boxing (13-18yrs)

This non-contact class for neurodiverse youth will teach the basics of punching and footwork of boxing, which is not only fun but fosters confidence and body awareness. Boxing is an excellent practice for coordination and overall movement literacy. Some kids learn to discover their strength, some to regulate their strength. One-to-one support is not provided; the ratio is 1 instructor for up to 10 youth. Equipment provided. Please bring a water bottle and towel. The Boxing Room is located in the Gym C building.

Thu 7:15-8:15pm Boxing Rm Jay \$60/6 sess 473971 Sep 21-Oct 26 473972 Nov 2-Dec 7

Archery – Beginner (12-18yrs)

Intro to archery, including history and trying a variety of different bows. Emphasis will be on individual skill development. Please bring a water bottle and towel, and avoid bringing any other personal items. No session Sep 30, Oct 7, and Nov 11.

Set 1

Sat	2:00-3:30pm	Sep 9-Oct 28
Gym C		\$30/6 sess
468879	Bernice	

Set 2

Sat	2:00-3:30pm	Nov 4-Dec 16
Gym C	-	\$30/6 sess
468880	Remice	

Archery – Intermediate (12-18yrs)

Must have completed the Beginner session to register for Intermediate. The archery instructor will provide approval to move on to Intermediate. A continuation of the intro class, including history and trying a variety of different bows. Emphasis will be on individual skill development. Please bring a water bottle and towel. No session Sep 30, Oct 7, and Nov 11.

Set 1

Sat	3:45-5:00pm	Gym C
Bernice		\$30/6 sess
468881	Sep 9-Oct 28	
468882	Nov 4-Dec 16	

Axe Capoeira Youth (7-15vrs)

See page 15 for more information.

page		•	
Mon/Wed	5:00-6:00pm	Fri	6:45-7:30pm
Marcus	Caf/CFEC		\$105/mo
463144	Sep 6-29		
463067	Oct 4-30		
463068	Nov 27-Dec 15		

Youth

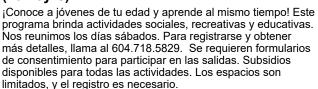


Latin American Youth Program / Programa Juvenil Latinoamericano

The Latin American Youth Program (LAYP) offers cultural and recreational activities for Latinx youth ages 13-18yrs. These activities range from organized recreational programs to advocacy and referral services. For more information and to register, please contact the Latin American Youth Worker at 604.718.5829 or 604. 787.9251.

El Programa de Jóvenes Latinoamericanos ofrece actividades culturales y recreativas para jóvenes de 13 a 18 años. Estas actividades incluyen programas recreativos, servicios de abogacía y referencia. Para obtener más información llama al 604.718.5829 o 604.787.9251.

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



Make new friends and learn new skills! This program provides social, recreational, and educational activities. We meet every Saturday. To register and for more details, call 604.718.5829. Consent forms are required to participate in the outings. Subsidies are available for all activities. Spaces are limited; registration is required. No session Sep 30 and Nov 11.

Sat/Sáb 1:00-5:00pm Free/Gratis* Sep 16-Dec 16 Teen Centre *Registration required.

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

Buscamos jóvenes que estén interesados en iniciar nuevos programas y actividades para nuestra comunidad. Si desea apoyar a nuestra comunidad, iniciar nuevos proyectos y eventos, llama al 604.718.5829. Nos reunimos el primer miércoles de cada mes de 4:00-5:00pm.

We are looking for young people who are interested in starting new programs and activities for our community. If you want to support our community, start new projects and events, please contact 604.718.5829. We meet on the first Wednesday of each month from 4:00-5:00 pm.

Fútbol Sala Mixto / Co-ed Indoor Soccer (11-18yrs)

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

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

Tue/Mar 5:30-7:00pm Free/Gratis* Sep 12-Dec 19 Gym D/Gim D *Registration required.



Cocina Latinoamericana / Latin Cooking (13-18yrs)



¿Quieres aprender a cocinar comida de diferentes países de América Latina? ¡Ven, comparte tus platos favoritos y aprende nuevas recetas! También aprenderás a elegir alimentos más nutritivos y económicos.

Do you want to learn how to cook food from different Latin American countries? Come share your favorite dishes and learn new recipes! You will also learn how to choose foods that are more nutritious and shop on budget.

Thu/Jue 5:00-8:00pm Free/Gratis*

Sep 7-Dec 21

55+ Centre

Clubes de Español / Spanish Clubs



¿Qué son los clubes de español? Un lugar para reunirte con los estudiantes latinos de tu escuela, divertirte, aprender más sobre la cultura latinoamericana y saber qué actividades y programas se llevan a cabo en tu comunidad. Brindamos juegos, música, y talleres. Si estás interesado en tener un club de español en tu escuela llama al 604.718.5829.

What are Spanish Clubs? A place to meet the Latinx students in your school, have fun, learn more about Latin American culture, and know what activities and programs are going on in your community. We provide games, music, and workshops. If you are interested in having a Spanish Club at your school contact 604.718.5829.

Music

Solidarity Notes Labour Choir (16yrs+)

Solidarity Notes Labour Choir is a group of social justice, environmental and labour activists who know that music is more than pleasurable sound; it's a powerful language to educate, connect us and remind us of our strength and history.

We are a non-auditioned choir and welcome everyone. We suggest a fee of \$35/month, but if you can't afford that, pay what you can. If you can't afford anything, that's ok too. For more info please contact Carol at 604.526.4959. Check solidaritynotes.ca for our practice schedule; no session Oct 8 & Nov 12. Britannia membership required.

Sun 10:30am-12:30pm Sep 10-Dec 17 55+ Centre \$35/mo

African Drumming (16yrs+)

Learn how to play traditional West African rhythms on hand drums (djembés) and base drums (dununs). These lessons are fun and concentrated. Learn foundational rhythms and playing techniques.

Level 1 lays the foundation for higher-level courses. Completion of Level 1 required to move onto Level 2, and completion of Level 2 required to move onto Level 3 (or permission from the instructor). He can be contacted through his website: drumming.ca. Levels 2 & 3 can be repeated several times as new djembé and dunun rhythms are taught every course. Drums are supplied in class or BYOD. No class Oct 28.

Level 1

Sat	2:30-3:45pm	Sep 16-Nov 11
Cafeteri	а	\$147.00/8 sess
466594	Russell	

Level 2

Wed

IICu	0.00-0.10piii	OCP IO-NOV I
Cafeteria		\$147/8 sess
466588	Russell	

Sen 13-Nov 1

8:00-9:15nm

Sat 12:30-1:45pm Sep 16-Nov 11 Cafeteria \$147/8 sess 466595 Russell

Level 3

	. •	
Wed	6:30-7:45pm	Sep 13-Nov 1
Cafeteria		\$147/8 sess
466591 Russell		

Sat 11:00am-12:15pm Sep 16-Nov 11 Cafeteria \$147/8 sess 466596 Russell

VLACC Choir – Canto Vivo (7yrs+)

Canto Vivo, the Vancouver Latin American Cultural Centre Choir, creates community around a love for Latin American music. Since 2017. Canto Vivo has built a strong sense of community among the singers and with the broader Vancouver community. Its current and past members are from over 15 different countries in Latin America and beyond! Canto Vivo's choirmaster and music director, Dr. Sérgio Pires, holds degrees in choral conducting and music education and has many years of experience developing community choirs. The choir's repertoire includes popular and traditional songs from all over Latin America in Spanish and Portuguese, most of them arranged especially for the group by Sérgio. To inquire about participating, please email danais@vlacc.ca. Please obtain a VLACC and a Britannia membership.

 Wed
 7:00-9:00pm
 Sep 6-Dec 13

 55+ Centre
 \$70/term

 Register through VLACC
 Sergio

Carnival Band (All ages)

Looking for an excuse to dust off that horn (clarinet, glockenspiel) in the back of your closet? 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 and ages welcome. Suggested donation is one hour's wage or \$5 pay-what-you-can. Britannia membership required. For more info email vancouvercarnivalband@gmail. com. No session Oct 2 & 9, and Nov 13.

Mon 7:00-9:30pm Sep 11-Dec 18 55+ Centre By donation Tim/Ross

ArtS Art Therapy – Connecting to Self (18yrs+)

Art therapists, Jill Sones and Andrea Rodgers will be co-facilitating a 6-week, strength-based and person-centered art therapy group. Art therapy combines the creative arts with psychotherapy to enhance emotional, mental and physical well-being. The group is designed to connect people to their creativity and inner resources and raise self-awareness. Participants will explore different materials and themes. No previous art experience is necessary. Basic materials will be provided but you are welcome to bring additional materials. No class Oct 9.

Mon 6:30-9:00pm Sep 11-Oct 30 FAR \$191.63/6 sess 466875 Jill

Working With Cement (16yrs+)

Cement is both an easy and challenging medium to use to make useful homeware. Learn some techniques and handy tricks to make your own cement bowl to take home. From choosing your mold, mixing and pouring your concrete, curing and sealing, Karine Zamor (the Cement Lady) will show you a window to her passion.

Sat 2:00-4:00pm Oct 14-21 Rink Mezz \$84/2 sess 471278 Karine

Pottery – Introduction (16yrs+)

Experience the joy of creating your own dishes from a lump of clay! This course is a survey of the basic methods of hand-building, using the wheel, and surface decoration, and an introduction to the Britannia studio. No experience necessary! Clay and glazes are included. *Last class for both sessions is Tuesday, November 14. No class Oct 6 & 10.

462982 \$260.82/8 sess Fri* 7:00-9:00pm Sep 22-Nov 14 462986 \$260.82/8 sess

Sep 19-Nov 14

7:00-9:00pm

Tue

Rm 208 Helen

Pottery - Continuing (16yrs+)

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. This is not a wheel-only program. Pre-req: Intro to Pottery or contact the instructor at 604.257.3087. Clay and glazes are included. More classes will be offered based on waitlist. *Last class is Tuesday, November 14. No class Oct 11.

Wed 6:30-9:00pm Sep 20-Nov 14 Rm 208 \$288.75/8 sess 462987 Helen

Banner Painting 2-day Workshop (12yrs+)

"When we work with love we renew the spirit; that renewal is an act of self-love, it nurtures our growth." – bell hooks

Theme: Renewal. Use high quality water-based fabric paints to help create the next set of colourful banners to hang in pairs outdoors around the site and in the Library. Children under 12 must be accompanied by an adult. Please register each painter; caregivers can register for free (in-person or by phone). Wear old clothes, bring a lunch and a colour sketch of your idea. Materials provided.

Sat-Sun 10:00am-4:00pm Nov 25-26 Cafeteria \$20/2 sess 469980 Helen

Language

Baby Sign Language (0-2yrs)

For more information, see page 9.

VLACC Reading Group (16yrs+)

Envisioned in the model of book clubs, this reading group focuses on Latin American short stories. The stories are English translations and the discussions are lead in English. Co-presented with the Latin American Studies department of UBC, these sessions will generate community dialogues. This event is open to anyone interested in short stories written by Latin American authors. No background in Latin American literature or culture is required. To register, please visit www.vlacc.ca.

Tue 6:30-8:00pm Conference Room VLACC

Sep 12, Oct 10 Nov 14, Dec 12

Spanish – Beginners (19yrs+)

Learn about Latin culture and its language through dynamic and interactive sessions led by highly experienced native speakers. Everyday topics will be taught.

2:20-3:20pm Rink Mezz 465948 Words in Motion Sep 26-Nov 28 \$157.50/10 sess

Spanish – Intermediate (19yrs+)

This is for students who have taken beginner Spanish and can converse in Spanish. Learn about Latin culture and its language through dynamic and interactive sessions led by highly experienced native speakers.

Tue Sep 26-Nov 28 4:45-5:45pm Rink Mezz \$157.50/10 sess 465949 Words in Motion

Dance

Sabor Cubano Movement Workshop (19yrs+)

Learn the foundations of traditional Cuban dances-Rumba, Mambo, Cha-cha-cha, and Conga—in this series of six workshops. Afro-Cuban dancer and instructor Yula Vostretsova will provide an inclusive and relaxing environment to explore movement while having fun. Each session will start with a warm-up followed by basic steps and simple movement combinations. Open to all levels of abilities; no previous experience is necessary. \$15/drop-in, space permitting. No class Sep 30 and Oct 7.

3:15-5:15pm Sep 9-Oct 21 CFFC \$94.50/6 sess

463967 Yula

Bollywood Cardio Dance NEW (19yrs+)

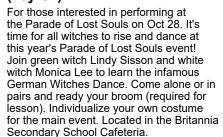
An invigorating cardio dance class for all levels. High energy songs from Bollywood culture. Sweats, stretches and smiles guaranteed! No class Nov 11. \$15/drop-in, space permitting.

3:15-5:15pm Oct 28-Dec 9 Sat **CFEC** \$94.50/6 sess 464006 Raha

Parade of Lost **Souls Dance** Workshops

By donation (\$5-10 minimum suggested). Participants under 15 years of age must be accompanied by an adult.

East Van Witches Dance (15yrs+)



Sun 1:00-3:00pm Oct 1-22 By donation Cafeteria 465959 Lindy/Monica

Thriller Dance (15yrs+)

For those interested in performing at the Parade of Lost Souls on Oct 28. Learn the original choreography of Michael Jackson's record setting break out hit with Kat Single-Dain! Come to at least two of these rehearsals. Located in the Britannia Secondary School Cafeteria.

4:30-6:30pm Oct 7-21 Cafeteria By donation 465960 Kat

Time Warp Dance (15yrs+)

For those interested in performing at the Parade of Lost Souls on Oct 28. Learn the original choreography of the Time Warp from the Rocky Horror Picture Show. Come to at least two of these rehearsals, or all if you can. All workshops located at the Canucks Family Education Centre (by Grandview Park).

6:30-8:30pm Oct 7-21 Sat **CFEC** By donation 466585 Kat

Salsa Cubana & Rueda De Casino

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

Beginner (18yrs+)

No experience necessary. This is your introduction to Cuban Salsa! We will start with the basic steps, at first in a line but soon you will be using what you have learned in the circle-formation known as a Rueda. We will quickly progress to passing followers from one leader to the next, to turns and moves such as Vacilala, Casate, Sombrero, etc.

Wed 7:45-9:15pm **CFEC Karlos** \$147/7 sess 462621 Sep 13-Oct 25 462622 Nov 1-Dec 13

Beginner/Intermediate (18yrs+)

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

Gym C Tue 7:30-9:00pm Karlos \$147/7 sess 462625 Sep 12-Oct 24 462626 Oct 31-Dec 12

Intermediate (18yrs+)

We will review the moves learnt in the Beginner/Intermediate class and learn new moves such as La Ye Simple, La Ye, Sombrero Complicado, Tornillo, Pelota, Setenta, etc. No class Oct 2 & 9, and Nov 13.

Mon 7:30-9:00pm Gym C Karlos \$147/7 sess 462619 Sep 11-Oct 30 462620 Nov 6-Dec 18

Advanced (18yrs+)

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

Thu Gvm C 7:30-9:00pm **Karlos** \$147/7 sess 462623 Sep 14-Oct 26 462624 Nov 2-Dec 14

Food



Grandview Woodland Food Connection (GWFC) is dedicated to supporting healthy

food access for all. In partnership with Britannia Community Centre, the GWFC is pleased to offer a range of community food programs. If you'd like to get involved, email gwfcnetwork@gmail.com or visit:

gwfoodconnection.com

GWFC Committee Meetings

The GWFC is seeking Advisory Board Members to represent the many faces of our Community! Please contact Ruth Elizabeth and join us for our monthly meetings if you're passionate about:

- Supporting the health and well-being of local residents;
- Promoting an accessible, just and sustainable food system; and
- Building the capacity of the neighbourhood through education, information sharing, and the creation of grassroots initiatives to address food security and justice issues.

Wed 6:00-8:00pm Zoom/Board Room Sep 6, Oct 4 Nov 1, Dec 6

Looking for Garden Enthusiasts & Ambassadors

Come volunteer with us and help us care for our gardens! During these weekly garden work parties and skill-sharing sessions, you will have the opportunity to gain hands-on experience and learn from experienced gardeners. We'll work together to care for the gardens by planting, watering, weeding and harvesting together (and yes, you will enjoy the harvest as well). All are welcome, rain or shine. No registration needed, just drop by the garden! We will either be in the Transformed Life Garden by the Courts Skate Park or the šxwqwelewen ct Indigenous plant garden at the Carving Pavilion in the parking lot.

10:00am-1:00pm Victoria Sep 10, 18, & 24 Oct 1, 16 & 22



Britannia Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? Once a month, you can purchase a \$15 box of assorted produce at Britannia Community Centre. Buying together with your neighbours can help you save up to 40% on your food bill. You get 10-14 varieties of fruits and veggies plus access to supplemental donations. Email bbbfoodclub@gmail.com or call 604.718.5895 for more info or to be added to the waitlist.

FOODSAFE Level 1 (16yrs+)

An essential course for food service professionals and front-line workers. Designed for operators and staff like cooks, servers, bussers, dishwashers, and deli workers—this program focuses on food handling, sanitation, and work safety.

Learn about foodborne illness, receiving and storing food, preparing and serving food, as well as cleaning and sanitizing. Participants will receive a certificate after successful completion.

 Sun
 10:00am-4:00pm
 Board Room

 Denise
 \$85/1 sess

 Sep 17
 472628

Martial Arts

Traditional Kung Fu (6yrs+)

This class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, and develop self-confidence and discipline. Fees do not pro-rate. No class Oct 2, 9, & 20, Nov 13, and Dec 8.

Beginner

Mon/Fri	4:30-5:45pm	Sep 11-Dec 11
CFEC		\$207.90/22 sess
463124	Marquis	

Intermediate

Mon/Fri 4:30-6:30pm Sep 11-Dec 11 CFEC \$224.70/22 sess

463125 Marquis

Advanced

Mon/Fri 4:30-6:30pm Sep 11-Dec 11 CFEC \$241.50/22 sess

463123 Marquis

Ki Aikido (14yrs+)

In Ki Aikido, we emphasize the awareness and use of Ki (mind energy, intention). We start a typical class by practicing Ki development to learn coordination of mind and body for relaxed, efficient, and powerful movement. Then we practice Ki Aikido exercises using a controlled and choreographed attack from a partner, so we can learn to sense our partner's Ki, and redirect it. Learn how to transform potential conflict into a peaceful resolution. Suitable for all levels of physical ability. Beginners may try one free class. The High Grade class is for 1st Kyu or more advanced students. No class Nov 6 & 13.

Nov 5

High Grade

472630

General

 Wed
 7:30-9:30 pm
 Oct 18-Dec 13
 Mon
 7:30-9:30pm
 Oct 16-Dec 18

 Mat Room
 \$56.70/9 sess
 Mat Room
 \$42/8 sess

 463102
 Louis
 \$10/drop-in
 463103
 Emily
 \$6/drop-in

Ki Aikido – Women, Trans and/or Non-Binary - Intro Class (14yrs+)

This class is queer positive and open to self-identified women, trans folk, Two Spirit and gender diverse individuals.

Come give the *Art of Peace* a try in a supportive learning environment! Looking for an embodied practice that helps you deal with the stresses of your daily life? Ki Aikido is a non-competitive practice that helps develop calmness, stability and confidence. Improve your mind-body connection, stay relaxed and centered under pressure, and work with energy to flow in dynamic movements with partners. Suitable for all ages and physical abilities. Try one free session anytime. www.candiankifederation.org \$8/drop-in. No class Sep 13.

Wed 5:45-7:00pm Sep 6-Oct 18 Mat Room \$37.80/6 sess 463104 Emily

Axe Capoeira (16yrs+)

Students in this class must have a minimum of 6 months consistent Capoeira experience, or permission from the school. Students are expected to execute all basic movements. Classes cover all aspects of Capoeira: Martial arts, dance, music, acrobatics, culture, language. Classes focus on developing rhythm, reflexes, balance, coordination, strength, and flexibility. Uniform is required t after 1 month. Fees do not pro-rate; monthly rate only. Mon/Fri classes are in Cafeteria. Weds classes are in CFEC. No class Sep 25 & Oct 9.

Mon/Wed 6:15-7:30pm Fri 7:30-8:30pm Accus CFEC/Ca
463141 Sep 6-29 \$131.25/mo 463059 Nov 27-Dec 15 \$131.25/mo

463058 Oct 4-30 \$131.25/mo

Adults

Drop-in Fitness

Zumbash (18yrs+)

Formerly Dance Aerobics. Get your groove on with hot Carib and Latin moves (think Zumba!). Classes are designed to increase in intensity over the session. Guaranteed to increase your fitness level while having fun! Purchase drop-in tickets at pool office. \$6/drop-in or \$47.50/10 tickets.

Thu 6:15-7:15 pm Oct 12-Dec 14 Gym C \$6.30/drop-in Allyson

HIIT Fitness (18yrs+)

A High Intensity Interval Training (HIIT) workout to shape your abs, legs and arms! Purchase drop-in tickets at the pool office. \$6.30/drop-in or \$47.50/10 tickets.

Tue 6:00-7:00pm Oct 10-Dec 12 Gym C \$6.30/drop-in Allyson

Salsa Fit (18yrs+)

Invigorating and energizing cardio combining high/low impact aerobics with a salsa flare. Great music and lots of fun. Includes a muscular strengthening component and stretching. We have 35 drop-in spots for this program. Purchase drop-in tickets at pool office. \$6.30/drop-in or \$47.50/10 tickets. No class Sep 30.

Drop-in procedure: A class sign up list will be available at the Britannia Pool at 8:30am on the day of the program. Go to the pool office and sign up for that day's program and pay the drop-in rate (or if you have a strip ticket, give it to Denise at the class). The last step is to have a ton of fun working out with us!

Sat 9:30-10:30am Sep 9-Dec 16 Gym C \$6.30/drop-in Denise



Health & Fitness

lyengar Yoga (18yrs+)

Physically energizing, deeply relaxing and emotionally uplifting, this program offers instruction in classical yoga with an emphasis on development of strength, stamina, flexibility, balance, body awareness, and postural alignment. The class is taught with clarity, creativity, and sensitivity to individual needs, in an atmosphere of respect, compassion and humour. Safety, back and joint care will be addressed. Your own mat and equipment is optional but recommended; we have mats and equipment you can use. The instructor will email you before the class to check in. You must have lyengar experience to do Level 2 & 3. \$21/drop-in. For more info, contact claudiamacyoga@gmail.com.

Level 1 & 2

Tue	Sep 12-Nov 28	CFEC
Claudia		\$214.20/12 sess
463099	9:30-11:00am	
463100	7:00-8:30pm	

Level 2 & 3

Thu	5:30-7:00pm	Sep 14-Nov 30
CFEC	-	\$214.20/12 sess
463101	Claudia	

Zumba® Fitness (18yrs+)

Zumba® fuses Latin rhythms with easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. We use the fitness principles of interval and resistance training to maximize total body toning. We combine a variety of styles including Salsa, Cumbia, Merengue, and more giving you a feelhappy workout that is great for both the body and the mind. \$14/drop-in. No class Oct 2 & 9, and Nov 13.

Set 1

Mon 463135 463136 Eric	6:00-7:00pm Sep 11 Sep 18-Oct 30	Gym C Free Trial \$66.15/5 sess	*
Wed 463138 463139 Denise	6:00-7:00pm Sep 13 Sep 20-Oct 25	Gym C Free Trial \$78.75/6 sess	*
Set 2 Mon	6:00-7:00pm	Nov 6-Dec 18	
Gym C 463134	Eric	\$78.75/6 sess	
Wed Gvm C	6:00-7:00pm	Nov 1-Dec 13 \$91.88/7 sess	

Stretch Therapy (18yrs+)

Learn the contract and relax technique of PNF stretching plus other partner assisted techniques to release fascia, tight muscles and unlock your joints so you can move with ease. These techniques are so effective, only one or two classes a week are recommended. Release your hamstrings, hips, back and shoulders to improve posture, mobility and range of motion. \$30/drop-in. No class on Oct 2 & 9, and Nov 13.

Mon	6:45-7:55pm	CFEC
463119	Sep 11-Oct 30	\$157.50/6 sess
465964	Nov 6-Dec 11	\$131.25/5 sess
Rob		

Core Connect (18yrs+)

Join Meghan Goodman for an hour of pilates and yoga inspired movements to help you connect with your core, stabilize your pelvis, and find more ease and mobility in your limbs. Drawing from training in dance, pilates and yoga, Meghan will lead you through a fun and challenging class to get you moving, breathing, and feeling good. \$17/drop-in.

Thu	11:15am-12:15pm	CFEC
463097	Oct 19	Free Trial
463096	Oct 26-Dec 14	\$63/8 sess
Meghan		

*

Baby and Me Yoga (16yrs+)

For more information, see page 12.

Yogaflex (18yrs+)

Focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. The class ends with deep stretching and relaxation. You will leave feeling supple and strong. Bring your own mat. \$14/drop-in. No class Oct 8.

463137 Eric

Sun 10:15-11:15am Sep 10-Oct 29 CFEC \$73.50/7 sess

463133 Alex

Leisure Access Program (LAP)

The Leisure Access Program (LAP) provides City of Vancouver residents facing financial barriers access to Park Board programs and services office at its pools, rinks, participating fitness centres and community centres (including Britannia) at a reduced cost. With the aim of reducing barriers to the LAP program, the Vancouver Board of Parks and Recreation has increased the net family income threshold amount for those who self-refer to the program. To see if you and your family are eligible and can self-refer, see page 5. For more information about how to apply, please visit:

vancouver.ca/leisureaccess

Sports

Badminton (18yrs+)

Come play some badminton with us! Singles if it's slow, otherwise doubles. Rotate after your game to get a short break, then more action! There are 30 pre-registered and dropin spaces available. **Drop-in Rules:** Join the drop-in list at the Pool Office at the start time of the program. Registered players have 15 minutes to claim their spot, after which time players on the drop-in list will be allowed to purchase a spot, space permitting. If you are a drop-in, you must pay and sign in at the Pool Cashier's office and submit the receipt to the instructor in the gym. No class Sep 24 & 29, Oct 8 & 15, and Nov 12.

Fri Gym C 463072	7:00-9:45pm Allen	Sep 15-Dec 15 \$81.90/13 sess \$7/drop-in
Sun Gym D	1:30-3:30pm	Sep 10-Dec 17 \$69.30/11 sess
463073	Erica	\$6/drop-in

Ball Hockey - Men (40yrs+)

This is a no-contact, recreational hockey program. Rough play will not be tolerated. No league players. No drop-ins. No class Oct 1 & 8, and Nov 12.

Sun	6:4-8:45pm	Sep 17-Dec 17
Gym D		\$69.30/11 sess
463078	Tejinder	

Ball Hockey – Coed (18yrs+)

Fun, recreational ball hockey. No bodychecking. All skill levels welcome. Protective gear recommended. Plastic sticks provided. No wooden sticks allowed. Great practice for goalies! \$6/drop-in, space permitting. Register early as this class will fill up!

Wed	7:45-9:15pm	Sep 13-Dec 13
Gym D		\$88.20/14 sess
463077	Trev	

Basketball (18yrs+)

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

Sun	2:00-4:00pm	Sep 10-Dec 17*
Gym C		\$84/14 sess
463079	Simon	
*No clas	s Oct 8.	

Sun 4:00-6:00pm Sep 10-Dec 17* Gym C \$88.20/14 sess 463080 David

*No class Oct 8.

Britannia Boxing (6yrs+)

Britannia's own fun, inclusive, and informative boxing program where anyone can come and learn proper techniques, hit the bags, and workout with our coaches. New bags, gloves, portable ring, and more await you in our boxing gym! Come and visit our wonderful and experienced coaches, learn new skills, and break a sweat while working at your own pace.

You can stay as long, or short, as you would like—classes are unlimited. The Boxing Room is located in Gym C. First time participants, pay \$15/drop-in. After this, participants will be expected to pay the monthly fee. Fees cannot be prorated. No class Oct 9 & Nov 13.

Mon-Fri	5:00-7:00pm	
Sat	2:00-4:00pm	
Jay	\$94.50/mo	Boxing Rm
463145	Sep 5-29	
463093	Oct 3-31	
463094	Nov 1-30	
463095	Dec 1-22	

Pickleball (18yrs+)

Pickleball is a sport in which two to four players use solid paddles to hit a perforated polymer ball over a net. It 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!

Drop-in Rules: Join the drop-in list at the Pool Office at the start time of the program. Registered players have 15 minutes to claim their spot, after which time players on the drop-in list will be allowed to purchase a spot, space permitting. To drop-in, pay and sign in at the Pool Cashier's office and submit the receipt to the instructor in the gym. \$8/drop-in.

Sun	6:15-9:15pm	Sep 10-Dec 17
Gym C		\$126/15 sess
463108	John	

Soccer – Women's Indoor (18yrs+)

A recreational program for all types of fitness and skill levels. Expect low-key, limited body contact, clean fun play. Registered players arrive by 6:15pm to hold your spot. 15 spaces are allotted per night. \$6/drop-in, space permitting.

Thu	6:00-7:30pm	Sep 14-Dec 14
Gym D		\$88.20/14 sess
463110	Tracy	

Volleyball

Drop-in Rules: Join the drop-in list at the Pool Cashier at the start time of the program. Registered players have 15 minutes to claim their spot, after which time players on the drop-in list will be allowed to purchase a spot, space permitting. If you are a drop-in, you must pay and sign in at the Pool Cashier and submit the receipt to the instructor.

Intermediate (18yrs+)

Two courts and 5-6 players per team. Skill level is intermediate, purely recreational with score keeping. Efforts towards making fair balanced teams to have fun continuous rallies rather than quick side outs. Please join if you have most of the basics. Register for this program to guarantee a spot to play every week. There is a total of 28 spots. Drop-in available, space permitting.

Tue	8:00-10:00pm	Sep 19-Dec 12
Gym A/E	3	\$81.90/13 sess
463128	Minaz	\$6/drop-in

Thu	7:00-10:00pm	Sep 14-Dec 14
Gym A/B	}	\$117.60/14 sess
463127	John	\$8/drop-in

Advanced (18yrs+)

Friday Advanced Volleyball with 5-1, 6-2 format system play is geared towards intermediate and advanced players as this program is based on a higher level of play. The instructor reserves the right to ensure a player's skill level meets the needs of the program or suggest a different program for them. Please join if you have knowledge of the system format. Efforts are made towards creating fair and balanced teams to have fun rallies rather than quick side outs. Register for this program to guarantee a spot to play every week. There are a total of 25 registered spots and 4 drop-in only spots. No class Dec 8.

Fri	7:00-10:00pm	Sep 15-Dec 15
Gym A/l	В	\$96/12 sess
463126	Millin	\$7/drop-in

Welcome to the 55+ Centre

Whether you want to learn something new, dance or swim—we welcome you to register for a class, or drop-in to the 55+ Centre for coffee, say hello, and just rest your feet awhile. We are open for drop-in, social programs and events, and classes. For more information, call us at 604.718.5837 or visit:

britanniacentre.org/55plus

Staff

Anne Cowan anne.cowan@vancouver.ca **Kya Prince** kya.prince@vancouver.ca 604.718.5837

Vietnamese Program

Luona Ho 604.718.5818 luong.ho@vancouver.ca

Registration for 55+ Programs

Registration opens on Tuesday, August 22 at 7:00pm (online and in-person only), and by phone on August 23 at 9:00am.

604.718.5800 (1) vanrec.ca

Seniors, Elders & **Advocates (SEA) Committee**

We meet 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 55+ Centre/Zoom 470577

Sep 20, Oct 18 Nov 22



Drop-in Hours							
	Mon	Tue	Wed	Thu	Fri		
9:00am							
10:00am					Resosanté		
11:00am		Vietnamese Seniors 9:00am-2:00pm					10:00am-12:00pm*
12:00pm			2.00pm		*Sep 15, Oct 20, Nov 17, Dec 15		
1:00pm	Drop-in			Drop-in	Drop-in 10:00am-4:00pm		
2:00pm	10:00am-5:00pm		pm	0pm 10:00am-5:0	10:00am-5:00pm		
3:00pm		Drop-in			Drop-in		
4:00pm		2:00-5:00pm			1:30-5:00pm		
5:00pm							

Vietnamese Program / Chương Trình Cao Niên Việt Nam



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

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

9:00am-2:00pm Tue

Free drop-in

Vietnamese Line Dancing (55yrs+)

Lớp Line Dancing được tổ chức với cơ quan REACH. Dành cho quí vị tuổi từ 55+ tham dự. Lớp hướng dẫn các điệu nhày nhẹ nhàng và vui nhôn. Tạo điều kiện tập luyện sự thăng bằng và dẻo dai cho cơ thể. Yêu cầu ghi danh tham dự.

Fri

10:00am-12:00pm

Oct 6-Dec 22

CFEC Free

Vietnamese Ballroom Dance (55yrs+)



Hướng dẫn các điệu nhảy ballroom phổ biến. Giáo viên chú trọng đến các bước nhảy cùng dáng điệu căn bản cho từng nhịp điệu. Khiêu vũ là cách giúp bạn quên đi mọi âu lo và cùng hòa mình vào từng điệu nhạc. Lớp học được tổ chức chung với cơ quan REACH. Yêu cầu ghi danh tham dự.

Fri 12:00-2:00pm

Oct 6-Dec 22

CFEC

Free

Friday Wellness

Chair Yoga (55yrs+)

Chair yoga is an accessible gentle seated practice designed to help you feel more energized and calm. We'll explore simple and easy movements to mobilize your whole body, breath work to calm the nervous system, and other brain and mood stimulating techniques to help you feel more connected with ease. Please come in comfortable clothes, socks, and shoes.

Set 1

Fri 12:15-1:15pm Sep 8-Oct 20 55+ Centre \$12/7 sess 472899 Bryony

Set 2

Fri 12:15-1:15pm Oct 27-Dec 8 55+ Centre \$12/7 sess 472900 Bryony

Wellness Friday Café (55yrs+)

Drop-in for a cup of tea or coffee, crafting, speakers and an afternoon social. Watch for speakers and special afternoons as well.

Fri 2:00-4:00pm Sep 8-Dec 15 55+ Centre Free

Resosanté Social (50yrs+)

On the 3rd Friday of the month, we welcome all Francophones and Francophiles 50yrs+ to a welcoming party for the Amicale 50+ Vancouver at the 55+ Centre.

This is a great opportunity for everyone to get together, meet one another, and hear about upcoming programs and activities. Drop-in, mingle, and get acquainted with other French-speaking seniors in the community.

Fri 10:00am-12:00pm Sep 15, Oct 20 55+ Centre Nov 17, Dec 15 Free

Monday Soup (55yrs+)

Monday lunches are back! Join us every Monday for a warm and welcoming homemade soup lunch. A place to rest your feet a while, meet a friend, and enjoy a quiet space for a quick lunch. The staff and volunteers look forward to serving you. \$3.50/drop-in. Pay at the Pool or Info Centre and bring your receipt to the 55+ Centre. No session Sep 4, Oct 2 & 9, & Nov 13

Mon 12:00-1:00pm Sep 11-Dec 11 55+ Centre \$3.50/drop-in 444138

Monday Crafts (55yrs+)

If you're a crafter please join us every other Monday in the 55+ Centre. Everyone is welcome. We love to share our passion for craft and look forward to sharing with others. The Craft Collective members will be inviting guest artists to join us for new projects. No session Sep 4, Oct 2 & 9, & Nov 13.

Mon 1:30-3:30pm Sep 18-Dec 11 55+ Centre Free 473169

Craft Collective (55yrs+)

This group of Elder and senior crafters raise funds to support Indigenous and other crafting programs at the 55+ Centre and the community. We welcome new members to this working committee. Meets on the 3rd Monday of each month. We hope to see you there!

Mon 3:30-4:30pm Sep 18, Oct 16 55+ Centre Nov 20 Free

Techi Tuesdays (55yrs+)

Join us for an hour each week to brush up on simple device knowledge and improve your digital skills to navigate your phone, tablet or computer better. 55+ Centre staff are also available during this time to assist with basic troubleshooting.

Tue 1:00-2:00pm Sep 12-Dec 12 55+ Centre Free* 473820 *Registration required

Quirk-e 2SLGBTQIA+ Seniors Group

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

The group meets every Wednesday online. If you're interested in joining or for more information, please call Anne or Kya at the Britannia 55+ Centre at 604.718.5837.

Wed 11:00am-1:00pm Ongoing 55+Centre/Online Free

Thursday Lunch and Bingo (55yrs+)

Join us at noon on the last Thursday of each month for lunch and a fun game of Bingo. Everyone welcome.

Thu 12:00-3:00pm Sep 28, Oct 26 55+ Centre Nov 30 473174 Free*

Crafting & Knitting Social Drop-in (All ages)

All ages, from beginner to advanced, we welcome you to join others for an afternoon of knitting, crafting and sharing in the cozy 55+ Centre. Tea and coffee will be served.

Thu 1:00-3:00pm Sep 7-Dec 21 55+ Centre Free

Sunday Movie Night Series (All ages)

Everyone is welcome to attend our movie series every Sunday evening. See below for the schedule. Doors open at 5:45pm. No session Sep 17, Oct 8, and Nov 12.

Sun 6:00-9:00pm Sep 10-Dec 10 55+ Centre Free 470769 Ken *Registration required.

Date	Movie	Year	Run time
Sep 10	The Dark Knight	2008	2h 32m
Sep 24	Living	2022	1h 42m
Oct 1	Three Identical Strangers	2018	1h 36m
Oct 15	Belfast	2021	1hr 38m
Oct 22	The Death of Stalin	2018	1h 47m
Oct 29	Star Trek	2009	2h 06m
Nov 5	The King's Speech	2010	1h 58m
Nov 19	Cruella	2021	2h 14m
Nov 26	The Lighthouse	2019	2h 00m
Dec 3	The Big Sick	2017	2h 00m
Dec 10	Knives Out	2019	2hr 10m



Ukulele Jam Circle (All Ages)

Calling all ukulele players to join a friendly jam session in the 55+ Centre. We welcome voices to join in the community sing-a-long too. Takes place on the first Friday of each month.

Fri 1:30-3:00pm Sep 8, Oct 6 55+ Centre Nov 3, Dec 1 472925 Free*

Weekly Ukulele Jam (55yrs+)

This non-instructional program is for all Jane's previous students. Gather together in the 55+ Centre every Tuesday afternoon to continue playing and learning together. Please register. Beginner classes will resume in the New Year.

Tue 2:00-3:45pm Sep 5-Dec 12 55+ Centre Free* 473787 *Registration required.

Health & Fitness

Badminton (55yrs+)

463076

463075

Tho

Wally

Fun and easy badminton for older adults. No drop-ins. No class Sep 23, Oct 2 & 9, Nov 13, and Dec 9.

Mon/Wed 11:20am-12:35pm Sep 11-Dec 13 Gym C \$14.70/25 sess 463074 Tho

Tue/Thu 11:20am-12:35pm Sep 12-Dec 14 Gym C \$14.70/28 sess

Sat 3:00-5:00pm Sep 9-Dec 16 Gym A \$14.70/14 sess



FitNation (55yrs+)

FitNation is an eight-week Indigenous aquatic fitness program that takes place at Britannia Pool. It is a free, registered program for Elders in the community who are interested in improving their mobility, agility, balance and general fitness. Snacks provided.

Tue 10:15-11:15am Sep 12-Oct 31
Britannia Pool Free*
472973 Brenlee
*Registration required

Boxfit for Seniors (55yrs+)

Want to learn something new and improve your physical fitness and mental alertness? This introduction to boxing class is designed specifically to enhance your strength, balance, coordination, endurance and overall well-being. All fitness levels welcome. Equipment provided. No class Sep 30.

Set 1

Tue/Fri 3:30-4:30pm Sep 5-Oct 20 Boxing Rm \$70/7 sess 472902 Jay

Set 2

Tue/Fri 3:30-4:30pm Oct 24-Dec 15 Boxing Rm \$80/8 sess 472904 Jav

Osteofit (55yrs+)

A gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. The program is taught by a trained Osteofit fitness instructor. Drop-in \$13.

No class Oct 2 & 9, and Nov 13.

Set 1

Mon CFEC	11:00am-12:00pm	Sep 11-Oct 30 \$60/6 sess
		\$60/6 Sess
470585	Berdjis	

Set 2

Mon	11:00am-12:00pm	Nov 6-Dec 18
CFEC		\$60/6 sess
470502	Rardije	

Yoga for Aging Well (50yrs+)

New start time! 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. Yoga also has a calming effect on the mind and nervous system. Joan has been teaching yoga for 12yrs+, practicing yoga for 20yrs+, and moving through time for 60yrs+. \$17/drop-in. No class Oct 2 & 9. and Nov 13.

Set 1

Mon	2:15-3:15pm	Sep 11-Oct 23
CFEC	-	\$73.50/5 sess
463132	Joan	

Set 2

Mon	2:15-3:15pm	Oct 30-Dec 11
CFEC		\$88.20/6 sess
463131	Joan	

Dance

Vietnamese Ballroom Dance (55yrs+)



Hướng dẫn các điệu nhảy ballroom phổ biến. Giáo viên chú trọng đến các bước nhảy cùng dáng điệu căn bản cho từng nhịp điệu. Khiêu vũ là cách giúp bạn quên đi mọi âu lo và cùng hòa mình vào từng điệu nhạc. Lớp học được tổ chức chung với cơ quan REACH. Yêu cầu ghi danh tham dự.

Fri 2:00-4:00pm Oct 6-Dec 22
CFEC Free*
*Registration required

Vietnamese Line Dancing (55yrs+)



Lớp Line Dancing được tổ chức với cơ quan REACH. Dành cho quí vị tuổi từ 55+ tham dự. Lớp hướng dẫn các điệu nhày nhệ nhàng và vui nhộn. Tạo điều kiện tập luyện sự thăng bằng và dẻo dai cho cơ thể. Yêu cầu ghi danh tham dự.

Fri 10:00am-12:00pm Oct 6-Dec 22 CFEC Free*

Line Dancing (55yrs+)

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 5-Dec 12 CFEC \$10/15 sess 470574 Anita

Chinese Folk Dance (55yrs+)

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

Thu 9:00-11:00am Sep 7-Dec 14 CFEC \$10/15 sess 470573 Volunteer

Classical Chinese Dance (55yrs+)

Classical Chinese dance uses body language to express graceful movements to music. This is a great way to enjoy music, exercise, and learn about Chinese culture!

Sun 2:00-4:00pm Sep 3-Dec 17 CFEC \$10/16 sess 470572

Special Events

Free Fall Tax Clinic

Need help filing your income taxes? Britannia offers a free income tax clinic in the Library for people with modest incomes and simple tax situations. Volunteer tax preparers are trained by the CRA's 'Community Volunteer Income Tax Program' and will keep your information secure and confidential. Beginning September 1, you can book an appointment by calling the Info Centre at 604.718.5800 ext 1.

Fri 9:30am-12:30pm Sep 8, Oct 13 Britannia Library Nov 10, Dec 8

Orange Shirt Pin Making Workshops (All ages)

For the past 5 years in the weeks leading up to Orange Shirt Day, Elders and the Britannia Craft Collective have been making and sharing Orange Shirt pins to raise awareness about residential schools. You're invited to join us in the 55+ Centre, make an Orange Shirt Pin to wear in recognition of Orange Shirt Day and honour of residential school survivors, their families, and those who did not survive.

Thu 1:00-4:00pm 55+ Centre 473177 Sep 14, 21 Free

Orange Shirt Day (All ages)

In partnership with the Vancouver Aboriginal Friendship Centre Society and the Indian Residential School Survivors Society, we are gathering with Elders and their families on Orange Shirt Day, now recognized as the National Day for Truth and Reconciliation.

We invite you all to join us on this important day to help raise awareness about residential schools and their lasting impact on Indigenous peoples. Every Child Matters. Wear your orange shirt in support. More details to be announced.

Sat TBD Sep 30 Grandview Park Free

Halloween Costume Party (55yrs+)

Calling all ghouls and goblins for a little fun and refreshments. We'll have bingo and games. Bring your best scary story! Everyone welcome.

Tue 2:00-4:00pm Oct 31 55+ Centre Free 473821



Christmas Luncheon (55yrs+)

Gather with us in the 55+ Centre to enjoy a warm turkey lunch, listen and sing with our musical guests, and welcome the season with friends new and old.

Dec 18

\$6/1 sess

Mon 1:00-3:00pm 55+ Centre 473179

Leisure Access Program (LAP)

The Leisure Access Program (LAP) provides City of Vancouver residents facing financial barriers access to Park Board programs and services office at its pools, rinks, participating fitness centres and community centres (including Britannia) at a reduced cost.

With the aim of reducing barriers to the LAP program, the Vancouver Board of Parks and Recreation has increased the net family income threshold amount for those who self-refer to the program. To see if you and your family are eligible and can self-refer, see page 5. For more information about how to apply, visit:

vancouver.ca/leisureaccess

55+ Program Calendar

Mon	Tue	Wed	Thu	Fri	Sat Sun
Osteofit* 11:00am-12:00pm Badminton* 11:20am-12:35pm	Vietnamese Drop-in 9:00am-2:00pm FitNation* 10:15-11:15am Badminton* 11:20am-12:35pm	Quirk-e (Hybrid)* 11:00am-1:00pm Badminton* 11:20am-12:35pm	Chinese Folk Dance* 9:00-11:00am Badminton* 11:20am-12:35pm Thursday Lunch &	Vietnamese Line Dancing 10:00am-12:00pm Vietnamese Ballroom Dance 12:00-2:00pm	No programs on stat holidays. *Registration required. Registration opens on Tuesday, Aug 22
Monday Soup 12:00-1:00pm	Techi Tuesdays 1:00-2:00pm		Bingo 12:00-3:00pm Sep 28, Oct 26, Nov 30 Crafting & Knitting	FRIDAY WELLNESS Resosanté Social 10:00am-12:00pm	at 7:00pm (online and in-person only), and by phone on Aug 23 at 9:00am.
Monday Crafts 1:30-3:30pm	Line Dancing* 1:00-3:00pm		Social 1:00-3:00pm	Chair Yoga* 12:15-1:15pm	
Yoga For Aging Well*				Wellness Friday Café 2:00-4:00pm	Badminton* Sat 2:00-4:00pm
2:13-3:15pm Craft Colective 3:30-4:30pm Sep 18, Oct 16, Nov 20	Boxfit* 3:30-4:30pm			Boxfit* 3:30-4:30pm	Classical Chinese Dance* Sun 2:00-4:00pm Sunday Movie Night Series* 6:00-9:00pm

Fitness Centre

Welcome to the Fitness Centre

Hours

Mon-Fri 6:30am-9:00pm Sat/Sun 8:00am-7:00pm

Wed (Free Members) 9:00-10:00am Sat (Women Only*) 8:00-10:00am Sun (55+ Only) 8:00-10:00am Sun (Free Members) 10:00-11:00am *Trans inclusive.

Hours are subject to change. For up-to-date information, visit:

britanniacentre.org/fitness centre

Fitness Centre Closure December 4 – 17

Our Fitness Centre will be closed for regular annual maintenance from December 4-December 17, 2023. If you have any questions or concerns, please contact the pool programmer at 604.718.5830.

Free Members Drop-in 💥



Britannia members can drop-in to the Fitness Centre for free during the times listed below. For more information about Britannia's free memberships, please see page 4. The free drop-in does not apply to those with Flexipasses only.

Wed 9:00-10:00am Sun 10:00-11:00am

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

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 physiotherapists. Outside trainers will need to be registered with either the Park Board or Britannia. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$7.34 per client also applies (fees are subject to change).

Supporting a participant? Attendants get free access

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

2023 Pool and Fitness Centre Fees

	Drop-in	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$7.34	\$64.59	\$56.52	\$152.61	\$488.34	Free
Youth (13-18)	\$5.13	\$46.59	\$39.56	\$106.83	\$341.84	Free
Child (6-12)	\$3.68	\$32.30	\$28.27	\$76.30	\$244.18	Free
Senior (65+)	\$5.13	\$46.59	\$39.56	\$106.83	\$341.84	Free
Britannia-Only Senior (55+)	\$5.13	\$46.59	\$39.56	\$106.83	\$341.84	Free

Please note: Prices include tax. Fees subject to change without notice.

Family Drop-in Rate = 1 to 2 adults of the same household and their children under 19yrs. Minimum \$7.34 admission.

maintenance)

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

Britannia Holiday Hours

Info Centre, 55+ Centre & Teen Centre

Sep 4 Labour Day CLOSED
Oct 2 Truth & Reconciliation CLOSED
Oct 9 Thanksgiving CLOSED
Nov 13 Remembrance Day CLOSED
Dec 25 Christmas Day CLOSED
Dec 26 Boxing Day CLOSED

Pool & Fitness Centre

 Sep 4
 Labour Day
 1:00-5:00pm

 Oct 2
 Truth & Reconciliation
 1:00-5:00pm

 Oct 9
 Thanksgiving
 1:00-5:00pm

 Nov 13
 Remembrance Day
 1:00-5:00pm*

 Dec 25
 Christmas Day
 CLOSED

 Dec 26
 Boxing Day
 1:00-5:00pm*

 (*Fitness Centre only. Pool closed for

Rink

To view our current schedule, visit: britanniacentre.org/ice rink

Welcome to the Britannia Pool

The 25m main pool features a 1m diving board, slide and rope swing. Relax in the ondeck whirlpool, steam room, or in the saunas in the change rooms. For those with young children, we have a warm, shallow leisure pool equipped with a variety of spray features.

Pool Closure Nov 13 – Dec 17

Our pool will be closed for regular annual maintenance from November 13-December 17, 2023. If you have any questions or concerns, please contact 604.718.5830.

Hours

Mon-Fri 6:30am-9:00pm Sat-Sun 11:00am-7:00pm

Hours are subject to change.

Pool Schedule

Our current pool drop-in schedule is available at the Pool Cashier, the Info Centre and online at:

britanniacentre.org/pool

Contact

Pool Cashier 604.718.5831 Pool Programmer 604.718.5830

Admission Policy for Children

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

Pool and Fitness Committee

Join the Pool and Fitness Centre Committee. New members are welcome! This advisory committee provides recommendations to the Britannia Board. Meetings take place on the last Tuesday every other month. For more info please call 604.718.5830.

Tue 6:00pm Sep 26, Nov 28

Swim Sessions

View our current pool schedule online at: britanniacentre.org/pool

Free Swim

Free family-friendly swims every Tuesday, and every other Friday.

Tue 2:00-4:00pm Ongoing
Fri 6:00-8:00pm Sep 15 & 29
Free Oct 13 & 27, Nov 10

Free Youth Swim (11-18yrs)

Britannia's youth-only swim time, every other Friday. Contests, prizes, games and crazy staff! Swim lessons are available to interested youth for the first 30 minutes; work on skills or improve your swimming abilities.

Fri 6:00-8:00pm Sep 8 & 22, Britannia Pool Oct 6 & 20, Free Nov 3

FitNation (55yrs+)

FitNation is an eight-week Indigenous aquatic fitness program that takes place at Britannia Pool. It is a free, registered program for Elders in the community who are interested in improving their mobility, agility, balance and general fitness. Snacks provided.

Tue 10.15-11.15am Sep 12-Oct 31
Britannia Pool Free*

*Registration required

Public Swim

Swim, dive, splash, have fun! One lane is set aside for continuous length swimming. The leisure pool is usually open during this time for families with young children—please check our online schedule to confirm. Regular admission rates apply. Please note: During some public swim sessions, the pool may be shared with Aquafit, lessons, school groups or clubs.

Aquafit

Classes are designed to build strength, flexibility and cardio fitness. Work to your own ability. Led by certified instructors. The majority of Aquafit spaces are by registration only, with some spaces held for drop-in. Register in advance online or by phone. Registration opens 3 days before program date at 12:00pm.

Lengths

The pool is divided into 25m 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. Please Note: Patrons under 16yrs must speak a lifeguards prior to attending these sessions.

Parent and Tot Pool

The leisure pool is open during most public swims for families with young children. The parent and tot pool is not open to the public during lessons or lengths. Please check our website for our up-to-date schedule:

britanniacentre.org/pool

Swim Lessons

Transition to Swim For Life Lessons

In 2023, the Vancouver Board of Parks and Recreation transitioned to the Lifesaving Society's Swim for Life program. To see how the Red Cross Lessons transfer to the

Swim for Life lessons, check out the transition chart on our website. Scan the QR code or visit.

britanniacentre.org/pool

Registration

Online and in-person registration for fall swim lessons and programs at all pools, for all age groups starts Tuesday August 29, 2023 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. Children registered in an inappropriate level will be moved to the proper level if space is available, or refunded from the lesson. Please bring the most recent report card to the first day of lessons. All lessons must meet minimum space requirements to run. For more information, please visit:

vancouver.ca/parks-recreation-culture/ child-and-youth-swim-lessons

Swim Assessments

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

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 lesson, we refund registration fee minus the cost of one class or transfer to a future session. No refunds issued after the second date of the program. Fees for one or two-day programs are non-refundable.

Private/Semi-Private Lessons

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: \$33.32 / Semi Private: \$11.48 (plus applicable taxes)

Ice Rink



Public Skates

To view our current public skating schedule, visit:

britanniacentre.org/ice rink

Holiday Hours

Check out the winter holiday schedule online at britanniacentre.org in the first week of December to find out about holiday public skating sessions and events.

\$99 Winter Ice Sale!

Plan a holiday party between Dec 23-Jan 5 for \$99/hour plus GST. Staff charges are not included. Booking for the Winter Ice Sale starts in October. For more info on booking dates and availability, visit: vancouver.ca/parks-recreation-culture/rink-rentals

Join the Arena Committee!

The Arena Committee meets at the call of the chair on the 1st Tue of the month at 6:00pm in the Rink Mezzanine Room. For more information email britanniarink@vancouver.ca.

Arena Programs

Family Fun Hockey

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. Plastic sticks and pucks only for this session (provided). Helmets and gloves are mandatory for all participants.

Sep 10-Dec 31 Regular admission rates apply.

Parent & Preschooler Skate



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

Thu 11:00-11:45pm Sep 21-Dec 21 Free

Women + Gender Diverse Learn to Play Hockey (18yrs+)

This instructional program is perfect for women and gender diverse hockey players looking to improve through instructional onice skills and drills. Each session will end with a scrimmage. Full hockey equipment is mandatory. Sign-up for the program is available weekly, 3 days before the session date starting at 9:00am.

3:15-4:45pm Oct 16-Dec 18 Regular admission rates apply.

Women + Gender Diverse Hockey (19yrs+)

This pick up hockey program is perfect for women and gender diverse individuals who want to play hockey in a safe and inclusive environment. Encourage and be encouraged while continuing with your own hockey development.

Full hockey equipment is mandatory. Signup for the program is available weekly, 3 days before the session date starting at 9:00am.

10:45am-12:00pm Sep 10-Dec 31 Regular admission rates apply.

Adult Stick, Puck and Ring (19yrs+)

Come out during the noon hour and practice your hockey skills. Sign-up for the program is available weekly, 3 days before the session date starting at 9:00am. Helmets are mandatory. Full hockey equipment is recommended. Sorry, no scrimmage.

Wed 3:15-4:30pm Sep 6-Dec 27 Fri 12:15-1:30pm Sep 8-Dec 29 Regular admission rates apply.

Vancouver Adult Co-ed Hockey League (VACHL) 2023/24

VACHL is a beginner/intermediate adult recreational hockey league sponsored by the Britannia and the Vancouver Park Board. For more information visit www.vachl.ca.

2023 Rink Admission Fees

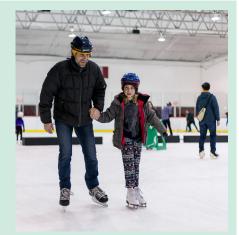
Adult	Youth	Senior	Child	Family	Skate	Skate
(19-54yrs)	(13-18yrs)	(55yrs+)	(6-12yrs)		Rentals	Sharpening
\$7.34/Drop-in \$64.59/10 visits	\$5.13/Drop-in \$46.59/10 visits	\$5.13/Drop-in \$46.59/10 visits	\$3.68/Drop-in \$32.30/10 visits	*at Child rate (Family minimum \$7.34)	\$3.70	\$7.14

- Prices include tax. Prices are subject to change without notice.
- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Board operated rinks.
- A 20% discount on admission is given to groups of 10 or more.
- Adult Stick & Puck sessions are at the Adult rate.
- Flexipasses may be used for public skating, Adult Stick & Puck, Adult Hockey, and Women + Gender Diverse Hockey sessions. For 2023 Flexipass rates, see page 30.
- *Family rate is 1-2 adults from the same household and their children under 19yrs, all present at time of admission. \$3.68 per person (not including taxes).
- Children under 8yrs MUST be accompanied on ice by an individual 16yrs+.
- Helmets are strongly recommended for all public sessions and are mandatory for all participants of Family Fun Hockey and skating
- Adult hockey programs require full equipment. Participants must sign a waiver at the beginning of each session.

Skating Lessons

Registration for **Set 1 fall** skating lessons begins on September **14** at 7:00pm in-person and online. Registration for **Set 2 fall** skating lessons begins on November 9 at 7:00pm in-person and online. Phone registration opens the following day at 9:00am. **Please note: Skating lessons are very popular and fill up quickly, so register early**

register early.
To help you register online for the correct level, please refer to your most recent Skating Report Card and/or refer to the specific level descriptions to determine which class best matches the skater's ability. If you are unsure of the level, have an on-ice evaluation completed at any



Vancouver Park Board Rink during a public skate. Students will not be transferred if they are not registered in the appropriate level; a prorated refund will be issued after the first class. If the lessons you want to register for are full, please put your name on the waitlist. We schedule additional classes whenever possible. Please register in one set of lessons only.

For Britannia 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. A limited number of hockey helmets are available to use free of charge.

Learn to Skate Lessons (3yrs+)

These popular lessons focus on skill acquisition through activities and games. Our energetic instructors teach you to skate with safety in mind. All lessons are 30 minutes and are led by qualified instructors.

Set	1
Tue	

Sat

6:00-8:00pm Sep 26-Nov 7 10:00am-1:15pm Sep 23-Nov 4

0:00am-1:15pm Sep 23-Nov 4 \$50.12/7 sess

Set 2

Tue	6:00-8:00pm	Nov 14-Dec 1
Sat	10:00am-1:15pm	Nov 11-Dec 1
		\$42.96/6 sess

Preschool Levels (3-5yrs)*

Level 1: This is an entry level skating class; no previous skating experience required.

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: This is an entry level skating clas; no previous skating experience required.

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.

*For a full description of skate lessons see individual class descriptions online at vanrec.ca.

Power Skating (8yrs+)

Improve your hockey skating skills through power skating lessons offered on Sunday afternoons. Learn proper skating posture and the importance making the most out of your edges. Work on skating skills that will strengthen your game. This is a chance to improve your speed, power, technique and control. Skaters must have passed Level 5 in the Learn to Skate program or have equivalent skills.

Power Skating Child (8-12yrs) Set 1

Sun	4:30-5:15pm	Sep 24-Nov 5
		\$66.50/7 sess

Set 2

Sun 4:30-5:15pm Nov 12-Dec 17

\$57/6 sess

Power Skating Youth/Adults (13yrs+)

Set 1

Sun 4:30-5:15pm Sep 24-Nov 5 \$66.50/7 sess

Set 2

Sun 5:30-6:15pm Nov 12-Dec 17

\$56/7 sess

Private Lessons

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

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

\$99 Winter Ice Sale!

Plan a holiday party between Dec 23-Jan 5 for \$99/hour plus GST. Staff charges are not included. Booking for the Winter Ice Sale starts in October. For more info visit: vancouver.ca/parks-recreation-culture/rink-rentals

Join the Arena Committee!

The Arena Committee meets at the call of the chair on the 1st Tue of the month at 6:00pm in the Rink Mezzanine Room. For more information email britanniarink@vancouver.ca.

Partners



GWFC

Grandview Woodland Food Connection (GWFC) is dedicated to supporting healthy food access for all. In partnership with Britannia Community Centre, the GWFC is pleased to offer a range of community food programs. If you'd like to get involved, email gwfcnetwork@gmail.com or visit:

gwfoodconnection.com

GWFC Committee Meetings

The GWFC is seeking Advisory Board Members to represent the many faces of our Community! Please contact Ruth Elizabeth and join us for our monthly meetings if you're passionate about:

- Supporting the health and well-being of local residents;
- Promoting an accessible, just and sustainable food system; and
- Building the capacity of the neighbourhood through education, information sharing, and the creation of grassroots initiatives to address food security and justice issues.

Wed 6:00-8:00pm Zoom/Board Room Sep 6, Oct 4 Nov 1, Dec 6

Looking for Garden Enthusiasts & Ambassadors

Come volunteer with us and help us care for our gardens! During these weekly garden work parties and skill-sharing sessions, you will have the opportunity to gain hands-on experience and learn from experienced gardeners. We'll work together to care for the gardens by planting, watering, weeding and harvesting together. All are welcome, rain or shine. No registration needed, just drop by the garden! We will either be in the Transformed Life Garden or the Indigenous plant garden at the Carving Pavilion.

10:00am-1:00pm Victoria

Sep 10, 18 & 24 Oct 1, 16 & 22

Britannia Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? Once a month, you can purchase a \$15 box of assorted produce at Britannia Community Centre. Buying together with your neighbours can help you save up to 40% on your food bill. You get 10-14 varieties of fruits and veggies plus access to supplemental donations. Email bbbfoodclub@gmail.com or call 604.718.5895 for more info or to be added to the waitlist.



CFEC

The Canucks Family Education Centre (CFEC) provides quality family literacy and early learning programs for children, youth and adults. All programs are free of charge and offer our Get Ready 2 Read (GR2R) Early Learning Program for the preschool age children of participants.

Registration is required for all programs. To register contact Lina Arias at lina.cfec@gmail.com. For all other enquires please contact Jean Rasmussen, Executive Director, at 778.321.3487 or jean.cfec@gmail.com.

Britannia Partners in Education (PIE)

Britannia Secondary School, CFEC Rm 109A

English Foundations 1-3
Tue/Wed 9:30-11:45am

English Foundations 4-6 Tue/Wed 12:15-2:30pm

English for Speakers of Other Languages (ESOL)

Fri 10:00am-12:30pm

GR2R Family Resource Program
Thu 10:00am-12:00pm

Edmonds PIE Plus

English Foundations 1-4
Mon/Wed/Fri 12:45-2:45pm
Edmonds Community School, Rm 115

Maywood PIE Plus 2

English Foundations 5-7, English Composition 11/12, & English Studies 12

Tue/Wed/Thu 12:40-2:40pm Maywood Community School, Adult Room (North Wing)

ECEA Plus Program

Wed 6:45-9:45pm Sat 10:00am-3:00pm CFEC-ECE Sapperton Centre, Burnaby



Vancouver Latin American Cultural Centre (VLACC)

Established in 2012, VLACC is a non-profit organization that celebrates cultural diversity by sharing Latin American culture with all! VLACC offers the opportunity to learn more about Latin American arts and culture, make new friends, contribute to your community, and have a wonderful time doing it! Most of their programs are in English and admission is often free. Many programs are offered at Britannia.

Activities encompass concerts, visual art, author readings and discussions, youth activities, choral singing and more. VLACC is working on establishing a physical hub for Latin American artists and audiences to celebrate the importance of the Latin American community in Canada. For more information, visit: vlacc.ca

Latin American Reading Group (16yrs+)



Envisioned in the model of book clubs, this reading group focuses on Latin American short stories. The stories are English translations and the discussions are lead in English. Co-presented with the Latin American Studies department of UBC, these sessions will generate community dialogues. This event is open to anyone interested in short stories written by Latin American authors. No background in Latin American literature or culture is required. To register, please visit www.vlacc.ca.

Tue 6:30-8:00pm Conference Room VLACC

Sep 12, Oct 10 Nov 14, Dec 12

Sabor Cubano Movement Workshop (19yrs+)

Learn the foundations of traditional Cuban dances—Rumba, Mambo, Chacha-cha, and Conga—in this series of six workshops. Afro-Cuban dancer and instructor Yula Vostretsova will provide an inclusive and relaxing environment to explore movement while having fun. Each session will start with a warm-up followed by basic steps and simple movement combinations. Open to all levels of abilities; no previous experience is necessary. \$15/drop-in, space permitting. No class Sep 30 and Oct 7.

Sat 3:15-5:15pm CFEC Sep 9-Oct 21 \$94.50/6 sess

463967 Yula



Eastside Family Place

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

Annual membership fee is required. Subsidies available upon request.

Contact

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

Family Playtime

Adults can visit with each other while engaging with their children in a warm, educational environment. Children have opportunities to socialize and learn through playing developmentally stimulating activities. Both Indoor Playtime and Backyard Playtime are available throughout the week. Register via our website.

M/W/F 9:00am-12:00pm Families
Tue/Thu 9:00am-12:00pm Caregivers
Tue/Thu 1:00am-2:30pm Families &
Caregivers

Parenting Education & Support

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

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

Check our website for dates and times.

Licensed Occasional Childcare

For ages 18mos to early 6yrs. Advance booking required. Call 604.251.1018.



VANCOUVER PUBLIC LIBRARY

Britannia Branch

Hours

Please refer to www.vpl.ca for branch hours.

Contact

604.665.2222 vpl.ca

Children & Teen Programs

Babytime (0-18mo)

Tue 10:00am & 11:00am Sep 12-Nov 21

Family Storytime (18mo-5yrs)

Thu 10:00am & 11:00am Sep 14-Nov 23

Teen Advisory Group (T.A.G.)

Share ideas about library programs, services, and collections. Every other Tuesday or Thursday on Zoom. Email teens@vpl.ca to register.

Tue/Thu 4:00-5:00pm

Adult Programs

Connection to Kith and Kin Online: Indigenous Ancestry Search

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

ue 2:30-4:30pm Oct 3-Nov 21

Tech Help

Drop-in. No session Sep 8 & 15, and Oct 6 & 13.

Fri 2:00-3:30pm Ongoing

ESL Conversation Practice

Drop-in.

Android

Wed 3:00-4:00pm Ongoing

Mobile Device Essentials

Register by phone (604.665.2222) or inperson.

Fri 2:00-3:30pm

Sep 8 Get to Know Your iPad or iPhone
Sep 15 Get to Know Mobile Apps for iOS
Oct 6 Get to Know Your Android Tablet or

Smartphone
Oct 13 Get to Know Mobile Apps for

To check out what else is happening at the library, visit: **vpl.ca**



Community Action Program for Children (CAPC)

CAPC is a community-based children's program that promotes the healthy development of young children (0-6yrs). For more information and to register, please call 604.718.5821 or 778.245.2428.

Fall 2023 Programs



- Food Security Program (fruit and veggie hampers)
- Parents Training (FoodSafe and Save that Child)
- Parents Circle Time (1st/2nd Fri/mo)
- Spanish Mother Goose/Mama Ganso (0-2yrs)

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



Enjoy one hour of rhymes, songs, games and stories in Spanish with your child. No session Oct 2 & Nov 13. Registration is required. Please call 604.215.8289.

Disfrute de una hora de rimas, canciones, juegos y cuentos en Española consus pequenos.

Mon Sep 18-Nov 27 Free*
1-2yrs 10:30-11:30am
0-12mo 12:30-1:30pm
*Call 604.215.8289 to register.

Community Education

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

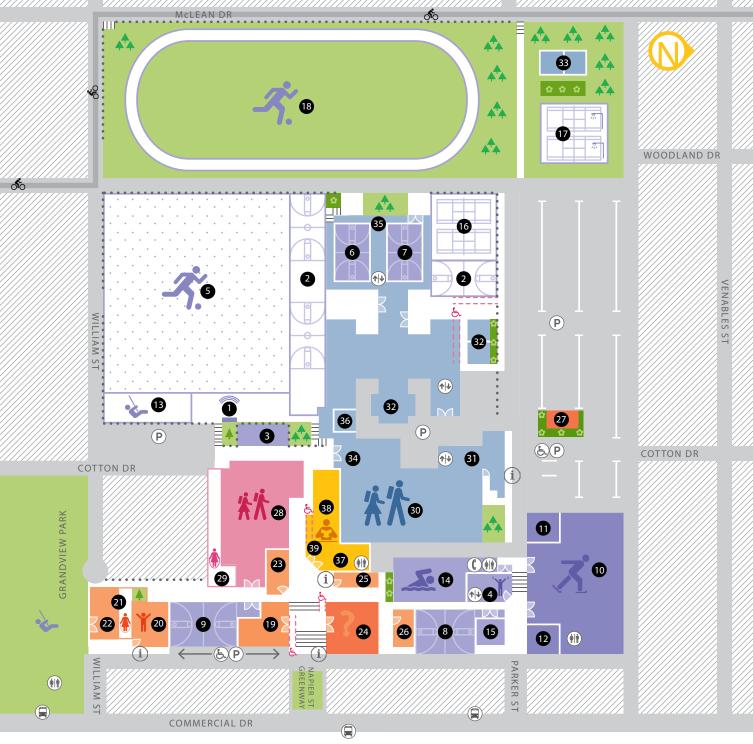
This work is often done through student leadership opportunities, noon hour and after school programming. For inquiries please call 604.713.8273.

Community Schools Coordinator

Maddie LaFleur

Office Support

Mitra Tshan



recreation

- 1 Amphitheatre
- 2 Basketball Courts
- 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

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27 šx^wq^weləwən ct Carving Centre

elementary school

28 Britannia Elementary

Streets + Vehicle Access

29 Outdoor Play Area

Bicycle Route

secondary school

- 30 Britannia Secondary
- Main Office 31
- Auditorium
- Portable
- Main Entrance Cafeteria
- **Canucks Family Education** Centre (room 110)

- 37 VPL Britannia Branch (main flr)
- 39 Art Gallery

(i) Wayfinding

Stairs

& ::: Wheelchair Access



library + learning

- Learning Resource Centre (basement)

♠ Elevator

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

//// Residential + Commercial

™ Entrance Fields + Green Space

School Garden

· Gravel