

**NEW**  
**Weaving Community**  
**Together Programs**

See page 6 for more information.



# Programs & Services

## Fall 2024



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



## President's Message

I hope everyone had a safe and restorative summer! Our B-Well team of volunteers led by Yao Zhang, Volunteer Coordinator, spent time on the phone reaching out to vulnerable households in Grandview Woodlands and Strathcona. As a community we have the highest number of seniors living by themselves. This program is to address barriers to information and resources during extreme heat and/or high risk air quality. Some residents are facing social isolation, mobility challenges and lack of means to shelter safely at home. This team provided cooling kits, fans with filters and multilingual information. If you know of a household that would like a friendly call they can reach us at 604-718-5800 x 1 and leave a message for the B-Well Team.

Thank you to all volunteers! Not only are they an important part of taking care of our community, they help at all our special events, on committees, doing tax returns, mobilizing against racism, bringing joy through performance and the arts!

Iris Hongbo is the new curator of the mini and magical Britannia Art Gallery. Iris established Unity Arts Collective as a platform and space for BIPOC and Trans/Queer artists to collaborate, which also includes Unity Radio. They have recently been involved with The Black Arts Centre (BLAC) and Idream Library showcasing their own artistic practices. Iris, Amanda (Community Arts Programmer) and the Arts and Culture Committee, also volunteers, will revise processes and procedures to the Britannia Art Gallery.

There will also be major changes in the Britannia Child Care Hub, we are working with Mount Pleasant Child Care Society, Grandview Terrace Child Care Society and Eagles in the Sky Child Care Society to explore an amalgamation under a Britannia model that embodies community decision making, unique programs and common values.

Britannia is here for the community. We have a 2021-2025 Strategic Plan [britanniacentre.org] that we will be reviewing and updating, as well as planning for priorities for 2025.

How are we doing? Only residents, our members, patrons and staff can tell us their hopes and aspirations for this neighbourhood. The board will be reaching out to the community to provide input on the direction of the Society.

For more information on how to be involved you can contact marina.montiel-mahseredjian@vancouver.ca or call the front office at 604-718-5800 x1 Pamela Dudas

President, Britannia Board of Management

## Britannia's Board

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

President	Pamela Dudas
Vice President	Craig Ollenberger
Treasurer	John Flipse
Executive Members	Ariela Friedmann Norm Leech
Directors	Adrienne Bale Margaret Buxton Tom Chang Susanne Dahlin Pat Hogan Vera Jones Nicki Simpson Terumi Squibb Naina Varshney
Youth Directors	TBD
Staff Rep	TBD
Partners	
VSB	Rose Mackenzie
VPB	Peter Odynsky
VPL	Tim McMillan
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-of-management](http://britanniacentre.org/about-us/board-of-management)

### Board Meeting

2nd Wed/mo 6:00pm  
Sep 11, Oct 9, Nov 13, Dec 11  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Anti-Racism & Anti-Oppression Committee

3rd Thu/mo 6:00pm  
Sep 19, Oct 17, Nov 21  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Arena Committee

1st Tue/bi-monthly 6:30pm  
Sep 3, Nov 5  
Susy Bando [susy.bando@vancouver.ca](mailto:susy.bando@vancouver.ca)

### Arts & Culture Committee

1st Thu/mo 6:00pm  
Sep 5, Oct 3, Nov 7, Dec 5  
Amanda Lye [amanda.lye@vancouver.ca](mailto:amanda.lye@vancouver.ca)

### Board Development Committee

3rd Mon/mo 6:00pm  
Aug 19, Sep 23, Oct 21, Nov 18, Dec 16  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Child Care Committee

Call of the chair  
Jacky Hughes [jacky.hughes@vancouver.ca](mailto:jacky.hughes@vancouver.ca)

### Grandview Woodland Food Connection

1<sup>st</sup> Wed/mo 6:00pm  
Sep 4, Oct 2, Nov 6, Dec 4  
Ruth-Elizabeth Briggs  
[gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com)

### Planning & Development Committee

3<sup>rd</sup> Tue/mo 6:30pm  
Sep 17, Oct 15, Nov 19  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Pool & Fitness Committee

Last Tue/bi-monthly 6:00pm  
Sep 24, Nov 26  
[britannia.pool@vancouver.ca](mailto:britannia.pool@vancouver.ca)

### ReconciliACTION Circle

Call of the Chair 1:00pm  
Sep 4, Oct 7, Nov 4  
Denise Johnson  
[denise.johnson@vancouver.ca](mailto:denise.johnson@vancouver.ca)

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

3<sup>rd</sup> Wed/mo 3:30pm  
Sep 18, Oct 16, Nov 20  
Anne Cowan [anne.cowan@vancouver.ca](mailto:anne.cowan@vancouver.ca)

### Skateboard Committee

1st Mon/mo 6:30pm  
Oct 7, Nov 4, Dec 2  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)  
[britanniaskateboardcommittee.com](http://britanniaskateboardcommittee.com)

### Youth Committee

3<sup>rd</sup> Thu/mo  
Sep 19, Oct 17, Nov 21  
Tom Higashio [tom.higashio@vancouver.ca](mailto:tom.higashio@vancouver.ca)

### Volunteer Committee

3rd Fri/mo 5:00pm  
Sep 20, Oct 18, Nov 15  
Yao Zhang [yao.zhang@vancouver.ca](mailto:yao.zhang@vancouver.ca)



# Index

President's Message, Board of Management, Committees.....	2
Index, Facility Rentals, Holiday Hours.....	3
Registration, Subsidy & Refund Policies, FREE "Fun For All" programs, Memberships, LAP, Volunteer.....	4-5
Indigenous Programs, Food Security, Special Events.....	6-9
Licensed Child Care.....	10-11
Preschool Programs: Art, Music, Dance, Physical Activity.....	12
Children's Programs: Art, Language, Music, Camps, Sports, Physical Activity, Gymnastics.....	13-16
Preteen, Youth Programs: Leadership, Social, Sports, Physical Activity, Latin American Youth Program.....	17-20
Adult Programs: Arts, Music, Dance, Language, Martial Arts, Health & Fitness, Sports.....	21-25
55+ Older Active Adults Programs: Vietnamese Program, WOCT, Dance, Health & Wellness, Technology.....	26-29
Fitness Centre: Rates & Programs.....	30
Aquatics: Registration, Lessons, Swim Sessions.....	31
Ice Rink: Rates, Arena Programs, and Skating Lessons.....	32-33
Partners: GWFC, CFEC, VLACC, Community Education, VPL, ESFP, CAPC.....	34-35
Britannia Site Map.....	36

## Unceded Coast Salish Territories

Britannia is located on the traditional and unceded Coast Salish territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and səliwətał (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 [britanniafacilitysupport@vancouver.ca](mailto:britanniafacilitysupport@vancouver.ca).

### Pool Rentals

Contact the Pool Programmer, Danny Hui at 604.718.5830 or [danny.hui@vancouver.ca](mailto:danny.hui@vancouver.ca).

### Rink Rentals

Go to [vancouver.ca/parks-recreation-culture/rink-rentals](https://vancouver.ca/parks-recreation-culture/rink-rentals) or contact the Rink Programmer, Susy Bando, at 604.718.5836 or email [susy.bando@vancouver.ca](mailto: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](https://britanniacentre.org/facilities/rentals)

## Holiday Hours

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

Sep 2	Labour Day	CLOSED
Sep 30	Truth & Reconciliation	CLOSED
Oct 14	Thanksgiving	CLOSED
Nov 11	Remembrance Day	CLOSED
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	CLOSED

### Pool & Fitness Centre

Sep 2	Labour Day	1:00-5:00pm
Sep 30	Truth & Reconciliation	1:00-5:00pm
Oct 14	Thanksgiving	1:00-5:00pm
Nov 11	Remembrance Day	1:00-5:00pm*
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-5:00pm*

### Rink

To view our current schedule, visit:  
[britanniacentre.org/ice\\_rink](https://britanniacentre.org/ice_rink)

## Cover Photo

On Thursday April 11th 2024 we had a historic Pole Raising Ceremony of the Coast Salish Kayachtn Pole (pronounced Kay-ach-tin - the Salish word for "Welcome"). Carved by Squamish Nation master carver Kṇákweltn- Darren Yelton. Photo by Marina .Montiel-Mahseredjian

# Registration & Rentals

## Registration Dates

Registration for **general programs** opens August 20, 2024 at 7:00pm in-person and online, and at 9:00am by phone on August 21, 2024.

Registration for **swim lessons** opens August 27, 2024 at 7:00pm in-person and online, and at 9:00am by phone on August 28, 2024.

Registration for **Set 1 skating lessons** begins September 12, 2024 at 7:00pm in-person and online. Registration for **Set 2 skating lessons** begins October 31, 2024 at 7:00pm.

## How to Register

### 1) Register online at [vanrec.ca](http://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.

### 3) 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.
- For daycamps, a \$10 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](mailto:britanniacc@vancouver.ca)

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

Britannia Info Centre:

604.718.5800 (1)

Pool Reception:

604.718.5831

## 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](http://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 resalable.

Non-residents of Vancouver are not eligible for subsidies.

### Leisure Access Program

The Leisure Access Program (LAP) provides low-income City of Vancouver residents with reduced cost programs and services at Britannia and Park Board facilities. LAP card holders may receive up to 50% off certain programs. To learn more and to apply, visit: [vancouver.ca/leisureaccess](http://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 2024-2025.
- 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	\$37,871
2 people	\$53,557
3 people	\$65,594
4 people	\$75,742
5 people	\$84,682
6 people	\$92,764
7 people	\$100,196
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](https://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](https://vancouver.ca/leisureaccess)

### Low Barrier 2STGD Referrals

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

E-mail [2STGD@vancouver.ca](mailto:2STGD@vancouver.ca) to apply.



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

[vancouver.ca/park-board-pride](https://vancouver.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](https://britanniacentre.org/volunteer)



### Tax clinic Volunteers Needed

Britannia is holding tax clinics in March and April 2025 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 9, 2025 by submitting an application at:

[britanniacentre.org/volunteer](https://britanniacentre.org/volunteer)

### 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
Oct 6	523519	

# Weaving Community Together

## Indigenous-led Programs

Every month we have a variety of workshops and events featuring arts and culture from local Knowledge Keepers.

Find the monthly event calendar and other information at [britanniacentre.org/wct](http://britanniacentre.org/wct)

For more information please contact our Weaving Community Together Programmer: [Denise.Johnson@vancouver.ca](mailto:Denise.Johnson@vancouver.ca).

## Reconciliation in Action Circle

Come join our Circle and share your ideas! Contact Denise for more details. Upcoming meeting dates:

Wed Sep 4	11am-12pm
Oct 7	1:00-2:00pm
Nov 4	1:00-2:00pm

## WCT Thursday Workshops

On Thursday afternoons there are Knowledge Keepers facilitating workshops in the 55+ Centre from 12:00-4:00pm. See p.29 for details.



Wagella Hunt

## WCT Tuesday Workshops

Join Knowledge Keepers to learn a variety of workshops. Held Tuesday evenings in the Rink Mezzanine from 6:00-9:00pm. Snacks provided. Space is limited, register in advance

### Devils Club Necklaces (15yrs+)

Come join Knowledge Keeper Wagella Hunt from the Heiltsuk Nation and sapatawayak Cree Nation. Wagella will teach you what Devils Club is, and the importance of using it in a culturally and respectful way.

525544 Sep 3 & 20 \$30/2 sess

### Every Child Matters Beaded Pins (15yrs+)

Let's welcome Wagella back, as this time she will teach us the importance of Orange Shirt Day, and teach us how to bead orange shirt pins to get you ready for Truth & Reconciliation Day.

524985 Sep 17 \$5/1 sess

### Every Child Matters T-Shirt Press (15yrs+)

Come join Melissa Angus Gitxaala, Nisga'a and Metis Nations and get ready for Truth & Reconciliation Day. If you have your own orange shirt, please bring it by and Melissa will be able to put an "Every Child Matters" design on for you.

525545 Sep 24 \$10/1 sess

### Bleached Halloween Tote Bags (15yrs+)

Come join Jesse and Jenna from Miska Creative Society and get ready for Halloween. They will show you how to bleach art on the tote bags with some fun creative designs. No experience necessary.

524987 Oct 8 \$5/1 sess

### Halloween Aprons (15yrs+)

Come join Knowledge Keeper Chantel as she gets you ready to carve pumpkins in a festive Halloween apron. Supplies provided.

525546 Oct 15 \$10/1 sess

### Indigenous Pumpkin Carving (All ages)

Miska Creative Society is back, and this time, they have Indigenous stencils to use to carve out your pumpkins. Jesse and Jenna will help you stencil on some creative art pieces for your pumpkin to take home.

524986 Oct 22 \$5/1 sess

### Spirit Beaded Earrings (All ages)

Come join Cree Knowledge Keeper Chanel Dustyhorn and make some Ghost earrings! Supplies provided.

525547 Oct 29 \$5/1 sess

### 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.

524975 Nov 5 \$5/1 sess

### Traditional Tea Making (15yrs+)

Join Dawn Cranmer of the Kwakwaka'wakw Nation in making traditional teas out of plant medicines and learn traditional uses of tea in healing and wellness, and their benefits. Please register in advance.

524988 Nov 12 \$5/1 sess

### Candle Making (15yrs+)

Christina is back and this time getting ready for the holiday season with Christmas candles.

525541 Nov 19 \$10/1 sess

### Ugly Christmas Sweater Prep (15yrs+)

Let's welcome back Amber as she will take your sweater and turn it into a very pretty ugly sweater for the holiday season festivities! Bring in your sweater or t-shirt and let Amber show you how festive it can be!

524989 Nov 26 \$5/1 sess

### Cedar Garland (15yrs+)

Dawn Cranmer of the Kwakwaka'wakw Nation is going to help you get ready for the holidays by creating Cedar Christmas Garland. Please register in advance.

524993 Dec 3 \$5/1 sess

### Ornament Painting (15yrs+)

Back by popular demand! Miska Creative Society is back and they will help you paint your ornament to hang on your tree.

524995 Dec 10 \$5/1 sess



## Pow Wow Dance Lessons

Come learn the basics of Traditional Jingle and Fancy dancing, or just keep active with Cree Knowledge Keeper, Nih-Tahnis Dustyhorn. No experience necessary, beginner class! **Drop in \$5.**

<b>Sun</b>	<b>Sep 15-Oct 27</b>	<b>CFEC</b>
<b>6-12 yrs</b>		
<b>525543</b>	<b>4:00-5:00pm</b>	<b>\$24/7 sess</b>
<b>12yrs+</b>		
<b>525542</b>	<b>5:00-6:00pm</b>	<b>\$36/7 sess</b>



## WCT Christmas Social (All ages)

Weaving Community Together Christmas party! As a thank you for participating in our WCT programs, come join us for some fun activities and great food..

<b>Tue</b>	<b>6:00-9:00pm</b>	<b>Dec 17</b>
<b>524994</b>	<b>Rink Mezz</b>	<b>Free*</b>

## 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.

<b>Tue</b>	<b>10:15-11:15am</b>	<b>Sep 10-Oct 29</b>
<b>524453</b>	<b>Brenlee</b>	<b>Free*</b>

\*Registration required

## FitNation (18yrs+)

<b>Wed</b>	<b>8:00-9:00pm</b>	<b>Sep 11-Oct 30</b>
<b>524454</b>	<b>Brenlee</b>	<b>Free*</b>

\*Registration required

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



## Grandview Woodland Food Connection

The GWFC at Britannia is a Neighborhood Food Network supporting the health & well-being of all residents, especially, our vulnerable, underserved, and low-income neighbours.

We address food security by providing a broad spectrum of programs that connect & strengthen our community. We work towards a community-based, accessible, just, decolonized, and sustainable local food system. If you'd like to get involved, email [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com) or visit: [gwfoodconnection.com](http://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.

<b>Wed</b>	<b>6:00-8:00pm</b>	<b>Sep 4, Oct 2</b>
<b>Zoom/Board Room</b>		<b>Nov 6, Dec 4</b>

### Nature's Helpers: Join Our Volunteer Garden Crew (12yrs+)

Did you know that the Community Centre gardens are 65% volunteer run? Let's cultivate community in the garden. Join our Work Parties every bloomin' Sunday with Victoria. We meet in the Nexways wa lh7áynexw (Transformed Life Garden) or šxwq'eləwən ct (One Heart One Mind Garden) This is experiential hands-on learning; planting, watering, weeding, and harvesting as we care for the gardens. You will also be first to hear of our upcoming Sunday Skill Sharing Parties where we learn and work. These are free and open to all, so bring your friends! Enjoy the fruits of your labor as we learn together.

All are welcome, rain or shine! No registration required—simply show up with enthusiasm and a green thumb.

For more information, please email Ruth Elizabeth at [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com) or call 604-718-5895. No session on Sep 29, Oct 13.

<b>Sun</b>	<b>10:00am-1:00pm</b>	<b>Sep 8 – Oct 27</b>
<b>Transformed Life Garden</b>		<b>Free</b>
<b>Victoria</b>		

### Sustenance for Seniors (55yrs+)

Tired of cooking alone? Come join us and we will cook together! This is a community kitchen style workshop, where we will all cook together and eat together. What are we doing different? We will make five different recipes – four of which we will divide up so you can take it home and one that we will eat together. Each participant will leave with four different meals, so make sure you have space in your fridge! Registration required. Please BYO reusable containers if you can – or borrow some to return later!

<b>Wed</b>	<b>1:00pm-4:00pm</b>	<b>Oct 23</b>
<b>55+ Centre</b>		<b>\$5/1 session</b>
<b>526255</b>		



### 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](mailto:bbbfoodclub@gmail.com) or call 604.718.5895 for more info or to be added to the waitlist.

# Special Events

## Britannia Art Gallery

The Britannia Art Gallery features a new exhibition every month to showcase recent works from local artists. Exhibition openings are held the first Wednesday of the month with artists in attendance to share about their works and catered by Michael Spier.

Visit the Art Gallery in the Britannia Library branch during open hours:

Mon-Wed 9:30am-8:00pm, Thu-Fri 9:30am-6:00pm, Sat-Sun 9:30am-5:00pm

Exhibition details can be found at [britanniaartgallery.org](http://britanniaartgallery.org)

For more details contact [brtnngallery@gmail.com](mailto:brtnngallery@gmail.com).

Upcoming exhibition dates:

**September 4 – 28 | October 2-31 | November 6-30 | December 4-31**



Please welcome Iris Hounbo (she/they) as the new Britannia Art Gallery Curator.

Iris established Unity Arts Collective as a platform and space for BIPOC and Trans/Queer artists to collaborate, which also includes Unity Radio. They have recently been involved with The Black Arts Centre (BLAC) and Idream Library showcasing their own artistic practices. Iris brings energy and passion to the arts, and looks forward to spreading joy and uplifting artists in our community.

## Britannia Plaza Market



Britannia Community Centre is hosting outdoor Plaza Markets every other Wednesday from 2-7pm alongside the Brave Child Farm, and featuring the work of a variety of local artists and live music and/or artist workshops.

**Wed 2:00-7:00pm** **Aug 7, 21,**  
**Britannia Plaza** **Sep 11, 25**  
**Free**

## Britannia Winter Craft Market

Bringing Community together with local vendors and performers for this annual east Van Winter event. With support from the Britannia Secondary School this exciting three day market located in Gym D and the 55+ Centre will have a concession, art engagement, and prizes to be won. Support local vendors this holiday season. Entrance fee goes to support Britannia Secondary School basketball team. Also check out the Britannia Elementary School PAC and Young Entrepreneurs. Check out our Socials for more info on vendors. Interested to apply please email [artsbritannia@gmail.com](mailto:artsbritannia@gmail.com), deadline Sep 17.

**Fri 3:00-8:00pm** **Nov 29**  
**Sat-Sun 10:00am-4:00pm** **Nov 30, Dec 1**  
**Gym D** **\$2/1 sess**



## Britannia Winter Market Vendor Invitation

Britannia Community Centre hosts several markets during the year including the SHINE Intercultural Spring Market, Plaza Art Markets alongside Brave Child Community Supported Agricultural farm stand, and the Winter Craft Market Nov 29-Dec 1. Deadline Sep 17. More information and artist/vendor application are available from [artsbritannia@gmail.com](mailto:artsbritannia@gmail.com).



**DONATE TODAY**

Funds support our free Indigenous Programs.

For more information: [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)



## Fall Equinox 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. Curated by Danaïs Yera Guerra.

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

**Thu 6:30-9:00pm** **Sep 26**  
**Progress Lab 1422 William St and Online**  
**Free**



Danaïs Yera Guerra

## Sunday Movie Night Series (All ages)



Everyone is welcome to attend our movie series every Sunday evening..

Visit [www.britanniacentre.org/community / events\\_calendar](http://www.britanniacentre.org/community/events_calendar) for the movie schedule.

Doors open at 5:45pm. No session Sep 29, Oct 13, and Nov 10.

**Sun 6:00-9:00pm** **Sep 8-Dec 15**  
**55+ Centre** **Free\***  
**470769 Ken**  
**\*Registration required.**

## 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://spec.bc.ca/waste/repair-cafe>

**Sat 9:30am-1:30pm** **Sep 14**  
**Gym D** **Free**  
**SPEC By appointment (book online)**



## 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.

Mon TBD Sep 30  
Grandview Park Free

## Day of the Dead - Ofrenda Altar (16yrs+)

NEW



You are invited to a family reunion and the guests of honor are the deceased! Join us as we celebrate this Mexican tradition of honouring and remembering the dead starting on Fri Nov 1 evening, and ending on Sat Nov 2 morning. Our Ofrenda altar will display photos of loved ones who have passed on, their favourite food and drinks as well as flowers, candles, salt and water. But most importantly we invite you to share stories of their life. Connect with community and learn about cultural traditions. The altar will remain up in the Information Centre entrance lobby for the month of November. Here are some elements that we will include on our table: Pan de muertos (bread of the dead) representing earth, papel picado (paper banners) representing wind, candles representing fire, orange flowers traditionally marigolds, salt to purify the spirits, water to quench their thirst after their long journey, incense to purify the air and to lead the spirits to the altar. Choose between 2 sessions.

517544 6:00-9:00pm Fri Nov 1  
522288 10:00am-1:00pm Sat Nov 2  
Conference Room Free



## STEM and Maker



### Jamboree 2024 (6-15yrs)

Come join us for a fun day of free STEM activities and learn more about science, technology, engineering and math from great organizations such as Genome BC, Zen Maker Labs, Metro Vancouver, BC Hydro, the Vancouver Public Library and more. Study your fingerprints, learn about DNA, and many other hands on activities.

The event will also feature two shows by Science World's On the Road team.

Sat 10:00am-3:00pm Sep 21  
Gym D Free

## Workshops

### 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 Oct 6  
Denise \$85/1 sess  
523519 Conference Room

## Halloween Parade and Dance Party 2024 (1-12yrs)

NEW



Parade around the Centre with the Carnival Band to start at 7:00pm followed by a Dance Party in Gym D at 7:30pm. Entertainment, ghostly games, tricks and treats included. Ages 1-12rs. No registration, just drop in for free! Wear your costume for a ghoulish good time!

Thu 6:45pm-9:00pm Oct 31  
520880 FREE

## 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 \$6 but must be carved at the Centre. 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! Choose between 3 sittings.

Sat Oct 26 55+ Centre  
Helen \$12/1 sess  
513820 10:30am-12:00pm  
513821 12:30-2:00pm  
513822 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. 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! Choose between 2 sessions.

Sat Dec 14 55+ Centre  
Helen \$12/1 sess  
516946 10:00am-12:00pm  
516948 1:00-3:00pm

## Breakfast with Santa and Elders (All ages)



Celebrate the holidays in community! On Dec 15, join us for our Breakfast with Santa & Elders, an intergenerational family event featuring free pancake breakfast, community tables, crafts & activities, giveaways, music, drumming and dance party!

Sun 11:00am-2:00pm Dec 15  
Gym D/55+ Centre Free

# Licensed Child Care



## Britannia Child Care Hub

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

### Child Care Mission Statement

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

### About our Child Care Programs

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

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

### About our Staff

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

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

[britanniacentre.org/services/licensed\\_childcare](http://britanniacentre.org/services/licensed_childcare)

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

## Toddler Program (18mo-3yrs)

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

### Mount Pleasant Child Care

960 East 7<sup>th</sup> Avenue 604.718.5844

For waitlist info, email:  
[mountpleasantchildcare@shawbiz.ca](mailto:mountpleasantchildcare@shawbiz.ca)

<b>Hours:</b> Mon-Fri	7:30am-5:30pm
<b>Fees:</b>	\$573/mo
<b>Lunch Program:</b>	\$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 2024 – June 2025

<b>Morning Classes</b>		
M/W/F	8:30am-11:00am	\$84/mo
Tue/Thu	8:30am-12:00pm	\$56/mo
<b>Afternoon Classes</b>		
M/W/F	11:45am-3:15pm	\$84/mo
Tue/Thu	12:45pm-3:15pm	\$56/mo
5 days/week (am or pm)		\$140/mo



## 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 \$200/mo

Snacks provided.

### Grandview Terrace Child Care (2.5-5yrs)

2075 Woodland Drive  
Kal Kular 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)

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 nurturing environment. Our play-based programs are designed to foster independence and confidence in a family-centred setting.

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



### Britannia OSC

1661 Napier Street  
Lorraine Evans 604.718.5843

Pick up: 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  
Kal Kular 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: xpeý 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 (1<sup>st</sup>/2<sup>nd</sup> 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 Sep 30, Oct 14 & Nov 11. Registration is required. Please call 604.215.8289.

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

Mon Sep 16-Nov 25 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! Choose from 2 class times. No class Nov 11.

<b>Mon</b>	<b>Oct 21-Dec 2</b>	<b>RAR</b>	<b>Helen</b>	<b>\$81/6 sess</b>
513432	9:45-10:30am	513431	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 with practice at home.

Please bring your own blanket or mat to sit on. No drop-ins.

<b>Wed</b>	<b>9:45-10:30am</b>	<b>Sep 18-Oct 16</b>
<b>Mat Room</b>		<b>\$77/5 sess</b>
513763	Into Yoga	

## Music

### Music Together® (0-5yrs)

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

Parent participation is required. Siblings attend at a reduced rate and children 6mos and under attend free with a registered sibling. The \$60 Music Together licensing fee is non-refundable after the first class. No class Oct 12.

<b>Tue</b>	<b>Sep 17-Nov 26</b>	<b>Rink Mezz</b>
<b>Noa</b>		<b>\$225/11 sess</b>
513481	9:30-10:15am	
513482	10:30am-11:15pm	

<b>Sat</b>	<b>Sep 21-Nov 30</b>	<b>Rink Mezz</b>
<b>Stephanie</b>		<b>\$210/10 sess</b>
513483	10:30-11:15am	
513501	11:30am-12:15pm	

### 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 her a pre-purchased strip ticket (\$25/10tx). Parents, please assist at the end of the program by helping put the large equipment away. No sess Sep 29, Oct 12, 13, 19, Nov 9, 10, 23, 24, 30, Dec 1.

<b>Sat</b>	<b>8:45-10:15am</b>	<b>Oct 5-Dec 7</b>	<b>Sun</b>	<b>4:15-5:45pm</b>	<b>Sep 15-Dec 8</b>
514168	Stephanie		514169	Stephanie	
Gym D			Gym D		

## 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.

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.

<b>Sat</b>	<b>CFEC</b>	<b>Endorphin Rush Dance</b>
<b>Set 1</b>	<b>Sep 7-Oct 26</b>	<b>\$100/8 sess</b>
517015	9:20-10:00am	2-4yrs
517017	10:15-10:55am	2-4yrs
517019	11:10-11:50am	3-4yrs
517020	1:00-1:40pm	4-6yrs

<b>Set 2</b>	<b>Nov 2-Dec 14</b>	<b>\$87.50/7 sess</b>
517027	9:20-10:00am	2-4yrs
517029	10:15-10:55am	2-4yrs
517035	11:10-11:50am	3-4yrs
517037	1:00-1:40pm	4-6yrs

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

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

<b>Sat</b>	<b>CFEC</b>
<b>Endorphin Rush Dance</b>	
<b>Set 1</b>	<b>Sep 7-Oct 26</b>
517022	12:05-12:45pm
517023	1:55-2:40pm

<b>Set 2</b>	<b>Nov 2-Dec 14</b>	<b>\$87.50/7 sess</b>
517054	12:05-12:45pm	3-4yrs
517055	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. Drop in \$20.

No class Oct 6, 13, Nov 10

<b>Tue 5:00-5:45pm</b>	<b>Sun 11:00-11:45am</b>
<b>Cafeteria</b>	<b>Marcus</b>
514090 Sep 3-24	\$85/7 sess
514089 Oct 1-29	\$85/7 sess
514088 Nov 3-26	\$85/7 sess
515064 Dec 1-17	\$70/6 sess

### 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 Sep 29, Oct 13, Nov 10, Dec 1.

<b>Sun</b>	<b>11:30am-12:15pm</b>
<b>Gym D</b>	<b>Sportball</b>
514146 Sep 8-Oct 27	\$108/6 sess
514145 Nov 3-Dec 8	\$72/4 sess

### 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 Sep 29, Oct 13, Nov 10, Dec 1.

<b>Sun</b>	<b>12:15-1:15pm</b>
<b>Gym D</b>	<b>Sportball</b>
514144 Sep 8-Oct 27	\$108/6 sess
514143 Nov 3-Dec 8	\$72/4 sess

### 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 babies 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 at CFEC, near Grandview Park. \$18/drop-in.

<b>Wed</b>	<b>10:30-11:30am</b>
514088 Sep 18-Oct 30	\$114.45/7 sess
514097 Nov 6-Dec 11	\$97.65/6 sess
CFEC	Into Yoga

## Art

### Art Making with Jennifer NEW (6-12yrs)

Jennifer has recently moved here from the Ukraine to our neighbourhood, and she brings a wealth of experience teaching and engaging with children's art making. Join her on this journey of creativity as the children explore different mediums and develop their skills through the guidance of this inspiring teacher as they focus on the magic of colour. Dress for a mess. On the last day there will be a chance to see the art work they have created together. No class Oct 12.

<b>Sat</b>	<b>Sep 21-Nov 2</b>	<b>\$84/6 sess</b>
<b>516677</b>	<b>10:00-11:00am</b>	<b>6-8yrs</b>
<b>516684</b>	<b>11:15am-12:15pm</b>	<b>8-12yrs</b>
<b>RAR</b>	<b>Jennifer</b>	

### 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.

<b>Thu</b>	<b>4:00-5:15pm</b>	<b>Sep 19-Nov 7</b>
<b>Rm 208</b>		<b>\$142/8 sess</b>
<b>513811</b>	<b>Helen</b>	

### Clay for Children - Wheel Focus (9-12yrs)

Continue your exploration of the potter's wheel. 4 classes exploring pottery and sculpture on the wheel, one class to glaze and last class for the tea party! Students will be responsible for set up and clean up of their tools and equipment. Limited class size (one wheel/student). Artist quality, food safe materials included.

<b>Tue</b>	<b>4:00-5:30pm</b>	<b>Oct 1-Nov 5</b>
<b>Rm 208</b>		<b>\$142/6 sess</b>
<b>513812</b>	<b>Helen</b>	

### Clay for Two (5-12yrs)

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](mailto:helenspaxman@yahoo.ca). Artist quality, food safe materials included.

<b>Wed</b>	<b>4:00-5:15pm</b>	<b>Sep 18-Nov 6</b>
<b>Rm 208</b>		<b>\$284/8 sess</b>
<b>513813</b>	<b>Helen</b>	

## Music



### Piano & Clarinet (6-18yrs+)

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](mailto:janine.oye@gmail.com). Phone-in or in-person registration only, no online. Please call 604.718.5800 ext 1.** No classes Oct 25 & 26, and Dec 6 & 7.

#### Set 1

<b>Fri</b>	<b>6:15-9:00pm</b>	<b>Sep 13-Oct 18</b>
<b>515465</b>		<b>\$168/6 sess</b>
<b>Sat</b>	<b>9:00am-4:00pm</b>	<b>Sep 14-Oct 19</b>
<b>515467</b>		<b>\$168/6 sess</b>
<b>Janine</b>	<b>Preteen Centre</b>	

#### Set 2

Dec 15 recital at Killarney Community Centre (Room 205, Dance Studio) from 6:30-8:30pm included in course fees.

<b>Fri</b>	<b>6:15-9:00pm</b>	<b>Nov 1-Dec 13</b>
<b>515470</b>		<b>\$196/7 sess</b>
<b>Sat</b>	<b>9:00am-4:00pm</b>	<b>Nov 2-Dec 14</b>
<b>515472</b>		<b>\$196/7 sess</b>
<b>Janine</b>	<b>Preteen Centre</b>	

### Guitar - Group Lessons NEW Beginner (7-12yrs)

Guitar classes will include technique, reading notes, constructing melodies and bass lines as well as learning a variety of different chords (complexity depends on level of enrollment and students previous experience). We will also learn pop songs, rock songs, blues, jazz and world music. Please bring your own guitar.

<b>Tue</b>	<b>3:15-4:00pm</b>	<b>\$175/7 sess</b>
<b>514067</b>	<b>Sep 17-Oct 29</b>	
<b>514068</b>	<b>Nov 5-Dec 17</b>	
<b>RAR</b>	<b>Pablo</b>	

### 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

<b>Thu</b>	<b>3:30-4:45pm</b>	<b>Sep 19-Dec 12</b>
<b>CFEC</b>		<b>\$65/13 sess</b>
<b>520497</b>	<b>Will</b>	

#### 10-12yrs

<b>Wed</b>	<b>3:30-4:45pm</b>	<b>Sep 18-Dec 11</b>
<b>CFEC</b>		<b>\$65/13 sess</b>
<b>520496</b>	<b>Will</b>	



### STEM and Maker Jamboree (6-15yrs)

Come join us for a fun day of free STEM activities and learn more about science, technology, engineering and math from great organizations such as Genome BC, Zen Maker Labs, Metro Vancouver, BC Hydro, the Vancouver Public Library and more. Study your fingerprints, learn about DNA, and many other hands on activities.

The event will also feature two shows by Science World's On the Road team.

<b>Sat</b>	<b>10:00am-3:00pm</b>	<b>Sep 21</b>
<b>Gym D</b>		<b>Free</b>

## 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. No sess Dec 25, Jan 1.

Funseekers Cancellation Policy: A \$10 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.

<b>Mon-Fri</b>	<b>9:00am-3:00pm</b>	<b>Gym D</b>
<b>520510</b>	<b>Dec 23-27</b>	<b>\$84/4 sess</b>
<b>520511</b>	<b>Dec 30-Jan 3</b>	<b>\$84/4 sess</b>

### Halloween Parade and Dance Party 2024 (1-12yrs)



Parade around the Centre with the Carnival Band to start at 7:00pm followed by a Dance Party in Gym D at 7:30pm. Entertainment, ghostly games, tricks and treats included. Ages 1-12rs. No registration, just drop in for free! Wear your costume for a ghoulish good time!

<b>Thu</b>	<b>6:45pm-9:00pm</b>	<b>Oct 31</b>
<b>520880</b>		<b>FREE</b>

### Pow Wow Dance Lessons

Come learn the basics of Traditional Jingle and Fancy dancing, or just keep active with Cree Knowledge Keeper, Nih-Tahnis Dustyhorn. No experience necessary, beginner class! **Drop in \$5.**

<b>Sun</b>	<b>Sep 15-Oct 27</b>	<b>CFEC</b>
<b>6-12 yrs</b>		
<b>525543</b>	<b>4:00-5:00pm</b>	<b>\$24/7 sess</b>
<b>12yrs+</b>		
<b>525542</b>	<b>5:00-6:00pm</b>	<b>\$36/7 sess</b>

## Sports

### 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 21, 28, Oct 12, 19, Nov 9, 30.

<b>Sat</b>	<b>2:00-3:30pm</b>	<b>Sep 14-Dec 14</b>
<b>Gym D</b>		<b>\$200/8 sess</b>
<b>514150</b>	<b>Juan Carlos</b>	

### 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 21, 28, Oct 12, 19, Nov 9, 30.

<b>Sat</b>	<b>3:30-5:00pm</b>	<b>Sep 14-Dec 14</b>
<b>Gym D</b>		<b>\$200/8 sess</b>
<b>514149</b>	<b>Juan Carlos</b>	

### Britannia Family Boxing (6-12yrs)

Family Boxing sessions are for younger athletes ages 6-12 years old. Athletes under 8 must have a parent/guardian present. Our coaches rotate around the gym, working with athletes individually to learn the basics of boxing, including footwork, fitness, core work, flexibility and more. Our "regular" boxing sessions still run on this day, so there might be adult athletes in the gym. The Britannia Boxing Club is ready for all of your recreational boxing needs! Bags, gloves, portable ring and more, await you in our boxing gym! Come and visit our wonderful and experienced coaches and learn new skills: Bet you will break a sweat, but you would be working at your own pace. You can stay as long, or short, as you would like. We continue to have fun, inclusive and informative boxing programs where anyone can come and learn proper techniques, hit the bags and workout with our coaches. Boxing room is located beside Gym C.

<b>Sat</b>	<b>2:00-4:00pm</b>	<b>Boxing Rm</b>
<b>Jay</b>		
<b>515086</b>	<b>Sep 7, 14, 21, 28</b>	<b>\$45/4 sess</b>
<b>515085</b>	<b>Oct 5, 12, 19, 26</b>	<b>\$45/4 sess</b>
<b>515084</b>	<b>Nov 2, 9, 16, 23, 30</b>	<b>\$45/5 sess</b>
<b>515083</b>	<b>Dec 7, 14, 21</b>	<b>\$45/3 sess</b>



## 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](http://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](mailto:2STGD@vancouver.ca) to apply.



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

[vancouver.ca/park-board-pride](http://vancouver.ca/park-board-pride)





## 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 of 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** - Brit Micro Footie Staff/Coach and Micro Footie Academy/Unity League 1 player, Active Start and Learn to Train courses, Langara Kinesiology; **Brolin** - Brit Micro Footie Staff/Coach and Micro Footie Academy/Unity League 1 player, Langara Kinesiology.

Everyone registered in this program will get the opportunity for Early Bird registration in the Britannia Micro Footie Spring League (Apr-June 2025). Registration will begin in January 2025.

Sun	Sep 8-Dec 8	Gym C
Jason		\$224/14 sess
514135	4-5yrs	9:00-10:00am
514136	6-7yrs	10:00-11:00am
514137	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 Sep 30, Oct 14, 18, Nov 11.

### Beginner

Mon/Fri	4:30-5:45pm	Sep 9-Dec 13
CFEC		\$299/23 sess
514152	Marquis	

### Intermediate

Mon/Fri	4:30-6:30pm	Sep 9-Dec 13
CFEC		\$323/23 sess
514153	Marquis	

### Advanced

Mon/Fri	4:30-6:30pm	Sep 9-Dec 13
CFEC		\$357/23 sess
514151	Marquis	

## Free Swim

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

Tue	2:00-4:00pm	Ongoing
Fri	6:00-8:00pm	Sep 6 & 20
Free		Oct 4 & 18, Nov 1 & 15

For full pool schedule visit [britanniacentre.org/pool](http://britanniacentre.org/pool)

## Swim Lessons

See p.31 for information on swim lessons and the Britannia Swim Club.



## 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. Drop in \$20. 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. No class Oct 6, 13, Nov 10.

Tue/Sun	6:00-6:45pm/12:00-12:45pm	
Marcus Cafeteria		\$85/mo \$70/mo*
514093	Sep 3-24	
514092	Oct 1-29	
514091	Nov 3-26	
515065	Dec 1-17*	

### Youth (7-15yrs)

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 Oct 14, Nov 11, 18.

Mon/Wed/Fri	5:00-6:00pm	
Marcus Cafeteria/CFEC		\$105/mo \$95/mo*
514096	Sep 4-27	
514095	Oct 2-30	
514094	Nov 1-29	
515066	Dec 2-18*	





## 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, Elaya, Nasi, Caitlin, Hamid, Ashley, Soheil and Sasha—are looking forward to another great gymnastics season! For more information, visit: [britanniagymnastics.com](http://britanniagymnastics.com)

### Fall 2024 Schedule

Sat	Sep 7-Dec 14*	*No class Sep 28, Oct 12, Nov 9.	Gym B
514119	Tiny Tumblers	3-4yrs 1:00-1:45pm	\$192/12 sess
514115	Junior Jumpers A	4-5yrs 2:00-2:45pm	\$192/12 sess
514116	Junior Jumpers B	4-5yrs 3:00-3:45pm	\$192/12 sess
514112	Future Flyers A	6-9yrs 4:00-5:00pm	\$216/12 sess
Sun	Sep 8-Dec 15*	*No class Sep 29, Oct 13, Nov 10.	Gym A/B
514110	Dynamic Duo A	18mo-3yrs 10:00-10:45am	\$180/12 sess
514111	Dynamic Duo B	18mo-3yrs 11:00-11:45am	\$180/12 sess
514113	Future Flyers B	6-9yrs 11:30am-12:30pm	\$216/12 sess
514120	Tiny Tumblers	3-4yrs 12:00-12:45pm	\$192/12 sess
514117	Komet Kids	5-6yrs 12:45-1:45pm	\$204/12 sess
514118	Performance Plus*	9-15yrs 2:00-3:30pm	\$288/12 sess
514114	Future Flyers C	6-9yrs 2:15-3:15pm	\$216/12 sess
514109	Demo Team*	9-15yrs 3:45-5:15pm	\$288/12 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.

### 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 Gymnastrada event. Additional costs for gymnastics competitions and/or body suits.

\*These teams are currently full. Please contact [fraser.mcelroy@vancouver.ca](mailto: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](mailto:yao.zhang@vancouver.ca).

## 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 17-Dec 10**  
**CFEC \$78/13 sess**  
**520492 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 19-Dec 12**  
**CFEC \$65/13 sess**  
**520497 Will**

### 10-12yrs

**Wed 3:30-4:45pm Sep 18-Dec 11**  
**CFEC \$65/13 sess**  
**520496 Will**

### Feast of Flavours (10-16 yrs)

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

**Tue 4:00-6:30pm \$35/7 sess**  
**AML Britannia Youth Staff**  
**520491 Sep 10-Oct 22**  
**523500 Oct 29-Dec 10**

### 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](mailto:info@redfoxsociety.org). No session Oct 25, Nov 29.

**Fri 3:15-4:45pm Sep 20-Dec 20**  
**Gym D Free\***  
**Red Fox \*Registration required.**

### 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 19-Dec 12**  
**Gym C \$104/13 sess**  
**520505 Game Ready**

## Sports

**Focus on Fundamentals:** the primary emphasis will be age and ability appropriate skills development. This will reflect the recommendations of the National Coaching Certification Program Long-term Athlete Development Model. Increasing skill competency increases likelihood that children will gain the confidence to continue to play and enjoy playing.

### Volleyball Fundamentals (10-13yrs)

Emphasis will be on individual Volleyball skill development, with scrimmages and games. Please bring water bottle and towel. No sess Sep 27.

**Fri 3:15-4:45pm Sep 20-Dec 13**  
**Gym C \$55/12 sess**  
**520503 TBA**

### Basketball Fundamentals

Emphasis will be on individual Basketball skill development, with scrimmages and games. Please bring water bottle and towel. No session Oct 12, 19, Nov 30.

### Beginner (8-12 yrs)

**Sat 11:00am-12:15pm Sep 28-Dec 14**  
**Gym D \$54/9 sess**  
**520486 Coach T**

### Intermediate (10-13 yrs)

**Sat 12:30-1:45pm Sep 28-Dec 14**  
**Gym D \$54/9 sess**  
**520487 Coach T**

### Youth Basketball Drop-in (8-13yrs)



Drop-in preteen youth basketball for all levels. Please note: This is a non-instructional session. Please bring your own basketball.

**Fri 5:00-6:45pm Sep 6-Dec 27**  
**Gym C Free**

## 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 Sep 19-Dec 12**  
**Preteen Centre Free**  
**520498 Britannia Youth Staff**

## Special Events

### Preteen Dance (Gr 6-7)

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 18, Dec 13**  
**Gym D \$2/1 sess**



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



Britannia's youth-only swim time, every other Friday. Contests, prizes, games and fun stuff! 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 13, 27,**  
**Britannia Pool Oct 11, 25,**  
**Free Nov 8, 22**





## 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:  
Carlos Mendez 604.787.9251

Teen Centre Staff:  
Anna, Barry, Jas, Kristin, Manuel, Ricky, Tiana, Trevor, 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)

Youth have an opportunity to develop leadership skills while learning about Indigenous culture and policing through the Metro Vancouver Transit Police Blue Eagle Community Cadets program. Led by Indigenous Liaison Officer Constable Kirk Rattray, the program gives young people the opportunity to:

- Work in a team environment
- Help their community
- 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 Sep 18-Dec 18  
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 604.787.9251. Consent forms are required to participate in the outings. Subsidies are available for all activities.

Sat 1:00-5:00pm Sep 14-Dec 21  
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! 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!

Please contact Khai at khai.truong@vancouver.ca for meeting times and location, more info or to discuss any access needs. 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 13, 27,  
Britannia Pool Oct 11, 25,  
Free Nov 8, 22

## Cooking

### Latin Cooking (11-18yrs)

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. To register and for more details, contact the Latin American Worker at 604.787.9251.

Thu 5:00-7:00pm Sep 5-Dec 19  
55+ Centre Free\*  
\*Registration required.



## 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 27  
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 4-Dec 18  
Gym C Free

### Youth Volleyball Open Gym (10-16yrs)

Thu 6:30-9:00pm Sep 5-Dec 19  
Gym C Free

### Indoor Soccer (11-18yrs)

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

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

### Axe Capoeira Youth (7-15yrs)

See page 15 for more information.

Mon/Wed/Fri 5:00-6:00pm  
Marcus Cafeteria \$105/mo \$95/mo\*  
514096 Sep 4-27  
514095 Oct 2-30  
514094 Nov 1-29  
515066 Dec 2-18\*

## Night Hoops (12-16yrs)



Open to all youth, including Two-Spirit and LGBTQIA+ ages 12-16. Night Hoops Winter League returns! Join us on Saturday nights to work on the fundamentals and play and compete with friends. We start with a warm up and group skill development, and then divide athletes into teams and play 3v3 or 5v5!

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. No class Oct 18, Nov 29.

### Junior Girls+

Fri 5:30-7:15pm Sep 20-Dec 6  
Gym C Free  
523457 Kim

### Junior Boys+

Fri 7:30-9:30pm Sep 20-Dec 6  
Gym C Free  
523459 Kim

## Youth Fitness (13-18yrs)

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 19-Dec 12  
Gym C \$91/13 sess  
520506 Game Ready

## Boxing for Gender Diverse, Two-Spirit and Trans Youth (11-18yrs)

This non-contact 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. Youth learn to discover and regulate their strength. Equipment is provided. About the coaches: 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 educator. The Boxing Room is located in Gym C.

Wed 4:00-5:00pm Sep 11-Dec 11  
Boxing Rm \$154/14 sess  
514108 River & Tsvi

## 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  
520481 Sep 19-Oct 24 \$60/6 sess  
520482 Nov 7-Dec 12 \$60/6 sess

## Britannia Boxing (13yrs+)

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. 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.

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 14 & Nov 11.

Mon-Fri 5:00-7:00pm Sat 2:00-4:00pm  
Jay \$94.50/mo Boxing Rm  
514124 Sep 3-28  
514123 Oct 1-31  
514251 Nov 1-30  
514121 Dec 2-21

## 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 Nov 9.

Sat 2:00-3:30pm Gym C  
Bernice  
520484 Oct 19-Dec 14 \$48/6 sess

## 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. No session Nov 9.

Sat 3:45-5:00pm Gym C  
Bernice  
520488 Oct 19-Dec 14 \$48/6 sess





## 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 604.787.9251.

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 604.787.9251.

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

¡Conoce a jóvenes de tu edad y aprende al mismo tiempo! Este programa brinda actividades sociales, recreativas y educativas. Nos reunimos los días sábados. Para registrarse y obtener más detalles, llama al 604.787.9251. Se requieren formularios de consentimiento para participar en las salidas. Subsidios disponibles para todas las actividades. Los espacios son limitados, y el registro es necesario.

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 604.787.9251. 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**  
**Centre Free/Gratis\***

**Sep 14-Dec 21**  
**\*Registration required.**

**Teen**



### 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 5:00-7:00pm**  
**Free/Gratis\***

**Sep 5-Dec 19**

**55+ Centre**

### 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 604.787.9251. 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 604.787.9251. 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 5:00-7:30pm**  
**Gym D/Gim D**  
**\*Registration required.**

**Sep 3-Dec 17**  
**Free/Gratis\***

### Clubes de Español / Spanish Clubs

¿Qué son los clubes de español? Un lugar para reunirte con los estudiantes latinos de tu escuela, divertirse, 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 604.787.9251.

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 604.787.9251.



## Music

### 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](http://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.

#### Level 1

Sat 2:30-3:45pm Sep 28-Nov 16  
512785 \$152/8 sess

Thu 8:00-9:15pm Sep 19-Nov 7  
512788 \$152/8 sess

#### Level 2

Wed 8:00-9:15pm Sep 18-Nov 6  
512790 \$152/8 sess

Sat 12:30-1:45pm Sep 28-Nov 16  
512791 \$152/8 sess

#### Level 3

Wed 6:30-7:45pm Sep 18-Nov 6  
512793 \$152/8 sess

Sat 11:00am-12:15pm Sep 28-Nov 16  
512795 \$152/8 sess

Cafeteria Russell

### Guitar - Group Lessons

NEW

#### Beginner Adult (16-80yrs)

Guitar classes will include technique, reading notes, constructing melodies and bass lines as well as learning a variety of different chords (complexity depends on level of enrollment and students previous experience). We will also learn pop songs, rock songs, blues, jazz and world music. Please bring your own guitar.

#### 30 min Lessons - Private

Tue \$294/7 sess  
522168 4:15-4:45pm Sep 17-Oct 29  
522177 4:45-5:15pm Sep 17-Oct 29  
522166 4:15-4:45pm Nov 5-Dec 17  
522179 4:45-5:15pm Nov 5-Dec 17  
RAR Pablo

#### 45 min Lessons - Group

Tue 5:30-6:15pm \$200/7 sess  
514069 Sep 17-Oct 29  
514072 Nov 5-Dec 17  
RAR Pablo

### Carnival Band (All ages)

Looking for a way to bring a little music & colour to your community? The Open Air Orchestra Society invites you to bring an instrument to our street band workshops. 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](mailto:vancouvercarnivalband@gmail.com). No session Sep 2, Oct 14, Nov 11.

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

### Solidarity Notes Labour Choir (16yrs+)

A group of social justice, environmental and labour activists who know that music is a powerful language to educate, connect us and remind us of our strength and history.

Everyone welcome! \$35/month, but if you can't afford that, pay what you can. For more info please contact Carol at 604.526.4959. Check [solidaritynotes.ca](http://solidaritynotes.ca) for our practice schedule. No sess Oct 8 & Nov 12. Britannia membership required.

Sun 10:30am-12:30pm Sep 8-Dec 15  
55+ Centre By donation  
Earle

## Arts

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

Art therapists, Jill Sones and Andrea Rodgers co-facilitate 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. Connect to creativity and inner resources and raise self-awareness. Participants will explore different materials and themes. No art experience is necessary. Basic materials provided but you are welcome to bring additional materials. No class Sep 30, Oct 14.

Mon 6:30-8:30pm Sep 16-Nov 4  
FAR \$220/6 sess  
517090 Jill and Andrea

### Working With Cement - Cement Bowl (15yrs+)

This course will teach some techniques and handy tricks to make your own cement bowl for home or garden. Choose your mold, mix & pour concrete, cure and seal. Karine Zamor (The Cement Lady) will show you a window to her passion.

Sat 2:00-4:00pm Oct 12 & 19  
Rink Mezz \$94.50/2 sess  
523814 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.

Tue 7:00-9:00pm Sep 17-Nov 5  
513814 Helen \$265/8 sess

### 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. Please get on the Wed waitlist to be included in Thu overflow class and email [helenspaxman@yahoo.ca](mailto:helenspaxman@yahoo.ca) for more info. \*Last class is Tue Nov 5.

Wed 6:30-9:00pm Sep 18-Nov 6  
Rm 208 \$300/8 sess  
513818 Helen

### Pottery - Focus on the Teapot (16yrs+)

NEW

We will explore the sculptural properties as well as the engineering requirements of teapots in this 5 week intensive program using the wheel and/or handbuilding methods. You are welcome to attend the regular season end pick-up party on Nov 5 to gain some additional ideas of how you might glaze your work on Nov 8. Clay and glazes are included.

Fri 6:30-9:00pm Oct 18-Nov 22  
Rm 208 \$210/6 sess  
514407 Helen

### Pottery - Focus on the Wheel (16yrs+)

This is intended as extra wheel throwing instruction with Helen for current students. Results can be trimmed and glazed in a subsequent weekly class or taken to another studio for finishing. Clay is included.

10:00am-2:00pm \$70/1 sess  
515775 Sat Oct 19  
515778 Sun Oct 20  
Rm 208 Helen

### Weaving Community Together programming (15yrs+)

Weekly activities posted - see page 6. Please register for individual activities. Everyone welcome.

Tue 6:00-9:30pm Sep 3-Dec 31  
Rink Mezz

# Adults

## Traditional Ukrainian Embroidery (12yrs+)

NEW

Ukrainian artist Tanya Znak will introduce the community to traditional Ukrainian embroidery. In this workshop we will design a pattern to embroider and then learn techniques to stitch on to fabric. All supplies are included. Children under 12 must be accompanied by an adult.

Sun 1:00-4:00pm Sep 29-Oct 6  
516609 \$26.25/2 sess  
RAR Tanya

## Traditional Ukrainian Lino Cut Stamping (16yrs+)

NEW

Ukrainian artist Tanya Znak will introduce the community to traditional lino cut. First with the creation of a design and the transfer of the image to the lino block. It will then be carved out and on the last day stamp the design onto material. All supplies are included. Dress for a mess. This program is subsidized by the Britannia Arts & Culture Committee.

Sun 1:00-4:00pm Oct 27-Nov 3  
516610 \$26.25/2 sess  
RAR Tanya

## Wooden Spoon Carving - Vancouver Tool Library (19yrs+)

This is a hand-tool based workshop where participants learn the basics of wood carving, get comfortable with hand carving tools, and in the process, make their very own wooden utensil. Materials and tools provided for the workshop.

Thu 6:00-9:00pm \$63/1 sess  
515641 Oct 10  
515642 Dec 5  
Rink Mezz Vancouver Tool Library

## 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](http://vancouver.ca/leisureaccess)

## Language

### Baby Sign Language (0-2yrs)

For more information, see page 9.

## Vancouver Latin American Cultural Centre (VLACC)

### Choir – Canto Vivo (16yrs+)



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 & 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, 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. To inquire about participating, please email [danais@vlacc.ca](mailto:danais@vlacc.ca). Please obtain a VLACC and a Britannia membership.

Wed 7:00-9:00pm Sep 4-Dec 18  
55+ Centre Sergio

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

Tue 6:30-9:30pm Sep 10, Nov 12  
Conference Room Dec 10  
VLACC

Register through VLACC [www.vlacc.ca](http://www.vlacc.ca)

## Salsa Cubana & Rueda De Casino

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

### Beginner (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  
516881 Sep 18-Nov 6 \$173/8 sess  
516888 Nov 13-Dec 18 \$130/6 sess  
Karlos

### 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.

Tue 7:30-9:00pm Gym C  
516879 Sep 17-Nov 5 \$173/8 sess  
516887 Nov 12-Dec 17 \$130/6 sess  
Karlos

### 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 Sep 30, Oct 14.

Mon 7:30-9:00pm Gym C  
516876 Sep 16-Nov 4 \$130/6 sess  
516886 Nov 18-Dec 16 \$110/5 sess  
Karlos

### Advanced (18yrs+)

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

Thu 7:30-9:00pm CFEC  
516883 Sep 19-Nov 7 \$173/8 sess  
516889 Nov 14-Dec 19 \$130/6 sess  
Karlos

## Beginner Dance Classes (15-80yrs)

### Flamenco

Jhoely Triana is a Colombian-Canadian flamenco dance artist who graduated from SFU School of Contemporary Arts and has practiced Flamenco for the past 15 years. Her teaching style explores emotions, energy and rhythm through flamenco movements. This 6 week intensive will introduce you to the love of flamenco. Drop-in available for \$20 per class, please pay and bring receipt to instructor..

**Sat 3:30-5:00pm** **Nov 2-Dec 7**  
**CFEC** **\$110/6 sess**  
**518525 Jhoely**

### Bachata

Naduska is a dance instructor, performer and personal trainer who has performed, trained and taught across the Americas and is bringing Bachata (Dominican Republic) to the Britannia community. This will be entry level instruction so no background in dance is required - everyone is welcome! Bring a water bottle, wear loose comfortable clothes, and option to dance in bare feet or indoor shoes. Drop-in available for \$20 per class, please pay and bring receipt to instructor. No class Oct 12

**Sat 3:15-4:15pm** **Sep 14-Oct 26**  
**CFEC** **\$100/6 sess**  
**518500 Naduska**

### Samba

Naduska is bringing Samba (Brazil) to the Britannia community. Bring a water bottle, wear loose comfortable clothes, and option to dance in bare feet or indoor shoes. Drop-in available for \$20 No class Oct 12

**Sat 4:30-5:30pm** **Sep 14-Oct 26**  
**CFEC** **\$100/6 sess**  
**519793 Naduska**

## Martial Arts

### Traditional Kung Fu (6yrs+)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. 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 Sep 30, Oct 14, 18, Nov 6, 11.

#### Beginner

**Mon/Fri 4:30-5:45pm** **Sep 9-Dec 13**  
**CFEC** **\$299/23 sess**  
**514152 Marquis**

#### Intermediate

**Mon/Fri 4:30-6:30pm** **Sep 9-Dec 13**  
**CFEC** **\$323/23 sess**  
**514153 Marquis**

#### Advanced

**Mon/Fri 4:30-6:30pm** **Sep 9-Dec 13**  
**CFEC** **\$357/23 sess**  
**514151 Marquis**

### Axe Capoeira (16yrs+)

Students in this class must have a minimum of 6 months consistent Capoeira experience, or permission from the school. Classes cover all aspects of Capoeira: Martial arts, dance, music, acrobatics, culture, language. Uniform is required after 1 month. Fees do not pro-rate; monthly rate only. Mon and Fri classes in Cafeteria, Wed in CFEC. Drop in \$20. No class Oct 14, Nov 11, 18.

**Mon/Wed/Fri 6:15-7:30pm**  
**Marcus Cafeteria/CFEC**  
**514087 Sep 4-27 \$131.25/mo**  
**514086 Oct 2-30 \$131.25/mo**  
**514085 Nov 1-29 \$131.25/mo**  
**515063 Dec 2-18 \$115.50/mo**

### 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. 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.

#### General

**Wed 7:30-9:30 pm** **Sep 18-Dec 11**  
No class Oct 2, 9, Nov 13  
**Mat Room \$63/10 sess**  
**514131 Louis \$10/drop-in**

#### High Grade

**Mon 7:30-9:30pm** **Sep 9-Dec 16**  
No class Sep 30, Oct 14, 28, Nov 11, 18, 25  
**Mat Room \$47.25/9 sess**  
**514132 Emily \$6/drop-in**

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

This class is queer positive and open to self-identified women, trans folk, Two Spirit and gender diverse individuals. 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. \$8/drop-in. No class Sep 13, Nov 6, 13, 20, 27.

**Wed 5:45-7:00pm**  
**514133 Sep 4-Oct 16 \$44.17/7 sess**  
**514134 Oct 23-Dec 18 \$31.50/5 sess**  
**Mat Room Emily**

### Qigong

Mind and body energy practices to strengthen your natural resilience, balance your nervous system, transform worry, anxiety and fear into inner strength.

Classes include meditation, breath-work, gentle, fluid movements, sound therapy and self-massage techniques designed to purge stagnation and circulate energy to nourish, replenish, invigorate and balance the systems of the body.

Wear loose comfortable clothing, indoor shoes or bare feet. Typically done standing, this practice can be adapted for sitting. All abilities welcome!

**Tue 11:30am-12:45pm** **Sep 10-Nov 12**  
**CFEC \$157.50/10 sess**  
**519410 Rachel \$20/drop-in**

## Parade of Lost Souls Workshops

For those interested in performing at the Parade of Lost Souls on **Nov 1**. Note: new location this year! Visit [dustyflowerpotcaberet.com/paradeoflostsouls](http://dustyflowerpotcaberet.com/paradeoflostsouls) for details.

### Thriller Dance (15yrs+)

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.

**Sun 1:30-3:30pm** **Oct 6-20** **Cafeteria** **By donation**  
**520668 Kat**

### Time Warp Dance (15yrs+)

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.

**Sat 6:30-8:30pm** **Oct 5-19** **CFEC** **By donation**  
**520673 Kat**



## Health & Fitness

### Iyengar 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 Iyengar experience to do Level 2 & 3. \$25/drop-in. For more info, contact claudiamacyoga@gmail.com.

#### Level 1 & 2

**Tue 9:30-11:00am Sep 10-Nov 26**  
**CFEC \$214.20/12 sess**  
**514128 Claudia**

**Tue 7:00-8:30pm Sep 10-Nov 26**  
**CFEC \$214.20/12 sess**  
**514129 Claudia**

#### Level 2 & 3

**Thu 5:30-7:00pm Sep 12-Nov 28**  
**CFEC \$214.20/12 sess**  
**514130 Claudia**

### 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. Please visit [www.yogawithalex.ca](http://www.yogawithalex.ca) for more info. \$14/drop-in. No class Sep 29, Oct 13, Nov 10.

**Sun 10:15-11:15am Sep 22-Dec 15**  
**CFEC \$126/10 sess**  
**514159 Alex**

### Baby and Me Yoga (18yrs+)

For more information, see page 12.

### Yin/Restorative Yoga (18yrs+)

Yin Yoga is a mostly floor based restorative yoga class where poses will be held for up to 5 min each. Increase your flexibility through working into the connective tissues and joints gently. Learn ways to quiet your mind and be present with the body through curated music and thoughtful assists/modifications for all bodies. This class is great for seniors and people rehabilitating injuries because of the slow, gentle pace. \$19/drop-in, space permitting.

**Tue 5:15-6:30pm CFEC**  
**515666 Sep 10-Oct 15 \$94.50/6 sess**  
**515667 Oct 22-Nov 26 \$94.50/6 sess**  
**Annie**

### 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. 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**  
**516033 Sep 5 Free Trial**  
**514125 Sep 12-Oct 24 \$110.25/7 sess**  
**514126 Oct 31-Dec 12 \$110.25/7 sess**  
**Meghan**

### Circuit Training (18yrs+)

This program is designed for individuals seeking a dynamic and effective workout experience through circuit training. This type of training involves moving through a series of exercises in stations and repeat them for a specific number of times, with brief periods of rest in between. It's an excellent way to improve overall fitness, strength and endurance. \$7/drop in. No class Sep 28, Oct 12, Nov 9

**Sat 7:15-8:15am Sep 7-Nov 30**  
**Gym C \$63/10 sess**  
**515082**

No Thursday class.

### 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 Sep 30, Oct 14, Nov 11.

**Mon 6:45-7:55pm CFEC**  
**514148 Sep 16-Oct 28 \$131.25/5 sess**  
**514147 Nov 4-Dec 9 \$131.25/5 sess**  
**Rob**

### 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 feel-happy workout that is great for both the body and the mind. \$14/drop-in. No class Sep 30, Oct 14, Nov 11.

#### Set 1

**Mon 6:00-7:00pm Gym C**  
**514161 Sep 9 Free Trial**  
**514163 Sep 16-Oct 28 \$66.15/5 sess**  
**Eric**

**Wed 6:00-7:00pm Gym C**  
**514164 Sep 4 Free Trial**  
**514166 Sep 11-Oct 30 \$105/8 sess**  
**Denise**

#### Set 2

**Mon 6:00-7:00pm Nov 4-Dec 16**  
**Gym C \$78.75/6 sess**  
**514162 Eric**

**Wed 6:00-7:00pm Nov 6-Dec 18**  
**Gym C \$91.88/7 sess**  
**514165 Denise**

## Drop-in Fitness

### Zumbash (18yrs+)

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!

**Thu 6:15-7:15 pm Oct 10-Dec 12 Gym C \$6.30/drop-in**  
**Allyson**

### HIIT Fitness (18yrs+)

A High Intensity Interval Training (HIIT) workout to shape your abs, legs and arms!

**Tue 6:00-7:00pm Oct 8-Dec 10 Gym C \$6.30/drop-in**  
**Allyson**

Purchase drop-in tickets for these aerobic programs at pool office.  
 \$6.30/drop-in or \$47.50/10 tickets.

### Salsa Fit (18yrs+)

Energizing cardio combining high/low impact aerobics with a salsa flare. Great music and lots of fun.

Drop-in procedure: Sign up list available at the Britannia Pool at 8:30am before the class. 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 7-Dec 14**  
**Gym C \$6.30/drop-in Denise**

## 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 drop-in 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 27, 29, Oct 13, 20, 27, Nov 10.

<b>Fri</b>	<b>7:00-9:45pm</b>	<b>Sep 13-Dec 13</b>
<b>Gym C</b>		<b>\$109.20/13 sess</b>
<b>514099</b>	<b>Allen</b>	<b>\$8/drop-in</b>

<b>Sun</b>	<b>1:30-3:30pm</b>	<b>Sep 8-Dec 8</b>
<b>Gym D</b>		<b>\$50.40/8 sess</b>
<b>514100</b>	<b>Erica</b>	<b>\$6/drop-in</b>

### 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 Sep 29, Oct 31, Nov 10, 28, Dec 1.

<b>Sun</b>	<b>6:45-8:45pm</b>	<b>Sep 8-Dec 15</b>
<b>Gym D</b>		<b>\$75.60/12 sess</b>
<b>514105</b>	<b>Edwin</b>	

<b>Thu</b>	<b>8:30-10:00pm</b>	<b>Sep 12-Dec 12</b>
<b>Gym D</b>		<b>\$75.60/12 sess</b>
<b>525470</b>	<b>Edwin</b>	

### Ball Hockey – Coed (18yrs+)

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

<b>Wed</b>	<b>7:45-9:15pm</b>	<b>Sep 11-Dec 18</b>
<b>Gym D</b>		<b>\$94.50/15 sess</b>
<b>514104</b>	<b>Trey</b>	

### 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. No class Oct 13.

<b>Sun</b>	<b>2:00-4:00pm</b>	<b>Sep 8-Dec 15</b>
<b>Gym C</b>		<b>\$88.20/14 sess</b>
<b>514106</b>	<b>Simon</b>	

<b>Sun</b>	<b>4:00-6:00pm</b>	<b>Sep 8-Dec 15</b>
<b>Gym C</b>		<b>\$88.20/14 sess</b>
<b>514107</b>	<b>David</b>	



### Britannia Boxing (13yrs+)

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 14, Nov 11.

<b>Mon-Fri</b>	<b>5:00-7:00pm</b>	
<b>Sat</b>	<b>2:00-4:00pm</b>	
<b>Jay</b>	<b>\$94.50/mo</b>	<b>Boxing Rm</b>
<b>514124</b>	<b>Sep 3-28</b>	
<b>514123</b>	<b>Oct 1-31</b>	
<b>514251</b>	<b>Nov 1-30</b>	
<b>514121</b>	<b>Dec 2-21</b>	

### 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.

<b>Sun</b>	<b>6:15-9:15pm</b>	<b>Sep 8-Dec 15</b>
<b>Gym C</b>		<b>\$126/15 sess</b>
<b>514140</b>	<b>John</b>	

### 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.

<b>Thu</b>	<b>6:00-7:30pm</b>	<b>Sep 12-Dec 12</b>
<b>Gym D</b>		<b>\$75.60/12 sess</b>
<b>514142</b>	<b>Tracy</b>	

## 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.

<b>Tue</b>	<b>8:00-10:00pm</b>	<b>Sep 24-Dec 10</b>
<b>Gym A/B</b>		<b>\$88.20/12 sess</b>
<b>514156</b>	<b>Minaz</b>	<b>\$6/drop-in</b>

<b>Thu</b>	<b>7:00-10:00pm</b>	<b>Sep 12-Dec 12</b>
<b>Gym A/B</b>		<b>\$132.30/14 sess</b>
<b>514155</b>	<b>John</b>	<b>\$9/drop-in</b>

### 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.

<b>Fri</b>	<b>7:00-10:00pm</b>	<b>Sep 6-Dec 20</b>
<b>Gym A/B</b>		<b>\$151.20/16 sess</b>
<b>514154</b>	<b>Millin</b>	<b>\$9/drop-in</b>

# 55+ Older Active Adults

## 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](http://britanniacentre.org/55plus)

### Staff

Anne Cowan [anne.cowan@vancouver.ca](mailto:anne.cowan@vancouver.ca)  
Kya Prince [kya.prince@vancouver.ca](mailto:kya.prince@vancouver.ca)  
604.718.5837

### Vietnamese Program

Luong Ho [luong.ho@vancouver.ca](mailto:luong.ho@vancouver.ca)  
604.718.5818

### Registration for 55+ Programs

Registration opens on Tuesday, August 20 at 7:00pm (online and in-person only), and by phone on August 21 at 9:00am.

604.718.5800 (1) [vanrec.ca](http://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 Sep 18, Oct 16  
55+ Centre/Zoom Nov 20



### Drop-in Hours

	Mon	Tue	Wed	Thu	Fri
9:00am		Vietnamese Seniors 9:00am-2:00pm			
10:00am	Drop-in 10:00am-5:00pm		Drop-in 10:00am-5:00pm	Drop-in 10:00am-4:00pm	
11:00am					
12:00pm					
1:00pm					
2:00pm		Drop-in 2:00-4:00pm			Drop-in 1:30-5:00pm
3:00pm					
4:00pm					
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](mailto:luong.ho@vancouver.ca).

Cung cấp miễn phí tất cả các dịch vụ hỗ trợ cho cao niên Việt Nam về những chương trình trợ cấp của chính phủ liên bang và tỉnh bang. Bao gồm tiền già (OAS) tiền phụ cấp (GIS), nhà cửa (BC Housing), phụ cấp tiền nhà cho cao niên (SAFER), thẻ xe bus (Bus Pass), thẻ bơi (OneCard). Chương trình cao niên Việt Nam họp mặt vào mỗi ngày thứ ba hằng tuần từ 9:00 sáng đến 3:00 giờ chiều tại Nhà Cao Niên của Trung Tâm Britannia. Chương trình tạo điều kiện cho các cao niên Việt Nam gặp gỡ chia sẻ và hỗ trợ tinh thần, tham dự những buổi nói chuyện phổ biến những thông tin mới về quyền lợi và sức khỏe dành cho cao niên; tổ chức các chương trình vui chơi, du ngoạn... Để biết thêm chi tiết, xin gọi Luong Ho 604.718.5818.

Tue 9:00am-2:00pm Ongoing 55+ Centre Free drop-in

### Vietnamese Line Dancing (55yrs+)

Lớp Line Dancing được tổ chức với cơ quan REACH. Dành cho quý vị tuổi từ 55+ tham dự. Lớp hướng dẫn các điệu nhảy nhẹ 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 Sep 6-Dec 20 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 Sep 6-Dec 20 CFEC Free



# 55+ Older Active Adults

## 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. Nov 29 sess in Teen Centre.

#### Set 1

**Fri 12:15-1:15pm** **Sep 6-Oct 18**  
**55+ Centre** **\$12/7 sess**  
**516996 Bryony**

#### Set 2

**Fri 12:15-1:15pm** **Oct 25-Dec 6**  
**55+ Centre** **\$12/7 sess**  
**516998 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. No session Nov 29.

**Fri 2:00-4:00pm** **Sep 6-Dec 13**  
**55+ Centre** **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 2, 30, Oct 14, Nov 11.

**Mon 12:00-1:00pm** **Sep 9-Dec 16**  
**55+ Centre** **\$3.50/drop-in**  
**516981**

## Indigenous Elders Tea & Bannock (55yrs+)

Mid-morning Tea & Bannock for Indigenous Elders. Join us for fun, socializing, and weekly activities to include Karaoke, workshops and arts & crafts.

**Oct 11** Thanksgiving Cedar Centre pieces with Ruby Cranmer  
**Nov 1** Veterans Cedar Wreaths with Dawn Cranmer  
**Dec 6** Cedar Wreath Making with Dawn Cranmer  
**Fri 9:30-11:30am** **Sep 13- Dec 13**  
**55+ Centre**  
**524997** **Free\***

## Drop-in 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 2, 30, Oct 14, Nov 11.

**Mon 1:30-3:30pm** **Sep 9-Dec 16**  
**55+ Centre** **Free**  
**517111**

## 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 3<sup>rd</sup> Monday of each month.

**Mon 1:00-4:00pm** **Sep 16, Oct 21**  
**55+ Centre** **Nov 18, Dec 16**  
**Free**

## WCT Thursday Workshops

The 55+ Centre hosts gatherings every Thursday, beginning with a lunch. We will be joined by local knowledge keepers at 1:00pm. Everyone is welcome. It's a time for cultural crafts, sharing circles, monthly movie matinees and bingo!

For more Weaving Community Together programs, see pages 6.

**Thu 12:00-4:00pm** **Sep 5-Dec 19**  
**55+ Centre** **Free\***

**Sep 5** Orange Shirt Pins with Nih-Tanis  
**Sep 12** Orange Shirt Pins Completion with Nih-Tanis  
**Sep 19** Every Child Matters T-shirt Press with Melissa Angus  
**Sep 26** Bingo!  
**Oct 3** Candle Making with Christina Fortin  
**Oct 10** Bleached Halloween Tote Bags with Miska Creative Society  
**Oct 17** Halloween Cedar Wreaths with Dawn Cranmer  
**Oct 24** Indigenous Pumpkin Carving with Miska Creative Society  
**Oct 31** Bingo!  
**Nov 7** Beaded Poppies Nih-Tanis  
**Nov 14** Traditional Tea Making with Dawn Cranmer  
**Nov 21** Ugly Christmas Sweater Prep with Amber Katzel  
**Nov 28** Bingo!  
**Dec 5** Holiday Tote Bags with Miska Creative Society  
**Dec 12** Ornament Painting with Miska Creative Society  
**Dec 19** Holiday Bingo!

## 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 5-Dec 19**  
**55+ Centre** **Free**  
**517099**

## Quirk-e 2SLGBTQIA+ Seniors Group

Quirk-e is the Queer Imaging and Riting Kollektive 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**

Check out our weekly programs and special events for 2STGD and 2SLGBTQIA+ children, youth, adults, and seniors offered by our Queer Inclusion team in various community centres across the city.



2STGD@vancouver.ca  
 queerinclusion@vancouver.ca  
 vancouver.ca/park-board-pride

## Syrian Women's Group

A time to gather and share Syrian culture with others. Stories, crafts, snacks and getting to know one another. Drop in.

**Wed 11:00am-1:00pm** **TBD**  
**55+ Centre** **Free**  
**517125**

## 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 10-Dec 17**  
**55+ Centre** **Free\***  
**517121** **\*Registration required**

# 55+ Older Active Adults

## 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 Oct 11, Nov 8  
55+ Centre Dec 13  
517091 Free\*

## Ukulele - Holiday Christmas Songs - All Levels (55yrs+)



Come join us singing and strumming to Holiday Christmas songs during these 4 sessions. Everyone and all levels of ability welcome!

Mon 10:00-11:30am Nov 18, 25,  
55+ Centre Dec 2, 9  
517064 Free\*

## Health & Fitness

### Badminton (55yrs+)

Fun and easy badminton for older adults. No drop-ins. No class Sep 28, 30, Oct 12, 14, Nov 9, 11.

Mon/Wed 11:20am-12:35pm Sep 4-Dec 18  
Gym C \$14.70/28 sess  
514101 Tho

Tue/Thu 11:20am-12:35pm Sep 3-Dec 19  
Gym C \$14.70/32 sess  
515075 Tho

Sat 3:00-5:00pm Sep 7-Dec 14  
Gym A \$14.70/12 sess  
514102 Angela

### Qigong Fundamentals (19yrs+)

Mind and body energy practices to strengthen your natural resilience, balance your nervous system, transform worry, anxiety and fear into inner strength. This 8 week Qigong movement class introduction explores the fundamentals: Breath, Posture, Intention and the five organ systems. Delve into Yin Yang theory and Five Element theory. Wear loose comfortable clothing, indoor shoes or bare feet. Typically done standing, this practice can be adapted for sitting. All abilities welcome! \$20/drop-in.

Tue 11:30-12:45pm Sep 10-Nov 12  
CFEC \$157.50/10 sess  
519410 Rachel

### 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.

#### Set 1

Tue/Fri 3:30-4:30pm Sep 3-Oct 25  
Boxing Rm \$80/8 sess  
517024 Jay

#### Set 2

Tue/Fri 3:30-4:30pm Oct 29-Dec 13  
Boxing Rm \$70/7 sess  
517026 Jay

### 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. No drop-ins. No class Sep 30, Oct 14, Nov 11.

#### Set 1

Mon 11:00am-12:00pm Sep 9-Oct 28  
CFEC \$60/6 sess  
517036 Berdjis

#### Set 2

Mon 11:00am-12:00pm Nov 4-Dec 16  
CFEC \$60/6 sess  
517057 Berdjis

### Yoga for Aging Well (50yrs+)

As we move through time, we need to keep moving our bodies. Whether you're brand new to yoga or a seasoned practitioner, if you're 50 or over then this all-levels yoga class is ideal for you. Safety and a pain-free practice is a priority. Yoga can improve your flexibility, mobility, balance, bone density, and strength. In addition to physical health benefits, yoga has a calming effect on the mind and nervous system. About the instructor: Joan has been teaching yoga for 12+ years, practicing yoga for 20+ years, and moving through time for 60+. \$18/drop-in. No class Sept 30, Oct 14 & Nov 11.

#### Set 1

Mon 2:30-3:30pm Sep 9-Oct 28  
CFEC \$88.20/6 sess  
514158 Joan

#### Set 2

Mon 2:30-3:30pm Nov 4-Dec 16  
CFEC \$88.20/6 sess  
514157 Joan

## Posture & Well Being Workshop



Welcome Naduska to the Britannia Community. She has a background in dance, as well as personal training and well being. In this workshop Naduska will focus on posture and alignment, and also other encouraging tips for well being in your daily life. Bring a water bottle and wear comfortable shoes.

Fri 2:00-4:00pm Oct 4  
55+ Centre Free  
524451 Naduska

### 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 10-Oct 29  
Britannia Pool Free\*  
524446 Brenlee  
\*Registration required



## Sunday Movie Night Series (All ages)



Everyone is welcome to attend our movie series every Sunday evening.

Visit [www.britanniacentre.org/community/events\\_calendar](http://www.britanniacentre.org/community/events_calendar) for the movie schedule.

Doors open at 5:45pm. No session Sep 29, Oct 13, and Nov 10. .

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

517059 Ken  
\*Registration required.

# 55+ Older Active Adults

## Dance

### 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 3-Dec 10**  
CFEC **\$20/15 sess**  
516990 Volunteer

### 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 5-Dec 12**  
CFEC **\$20/15 sess**  
516991 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! No class Nov 17, 24, Dec 1.

**Sun 2:00-4:00pm** **Sep 15-Dec 15**  
CFEC **\$20/14 sess**  
516992 Volunteer

#### Leisure Access Program

See p.5 for information on qualifying for program discounts with LAP.

## 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.

**Mon TBD** **Sep 30**  
Grandview Park **Free**



### Harvest Ceremony (55+)

Join us for a celebration with friends to express gratitude and blessings of the past year! This will be a catered lunch for the 55+ community. Expect turkey with all the fixings plus dessert.

**Wed 1:00-3:00pm** **Oct 16**  
55+ Centre **\$6/1 sess**  
524508

### Sustenance for Seniors (55yrs+)

Tired of cooking alone? Come and batch cook for the week with us! For more information, please see page 7.

**Wed 1:00pm-4:00pm** **Oct 23**  
55+ Centre **\$5/1 session**  
526255

### 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.

**Wed 1:00-3:00pm** **Dec 18**  
55+ Centre **\$6/1 sess**  
517131

## 55+ Program Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<b>Vietnamese Drop-in</b> 9:00am-2:00pm		<b>Chinese Folk Dance*</b> 9:00-11:00am	<b>Elders Tea &amp; Bannock</b> 9:30-11:30am	<b>No programs on stat holidays.</b> <b>*Registration required.</b> Registration opens on Tuesday, Aug 20 at 7:00pm (online and in-person only), and by phone on Aug 21 at 9:00am.	
<b>Osteofit*</b> 11:00am-12:00pm	<b>FitNation*</b> 10:15-11:15am	<b>Quirk-e (Hybrid)*</b> 11:00am-1:00pm	<b>Badminton*</b> 11:20am-12:35pm	<b>Vietnamese Line Dancing</b> 10:00am-12:00pm		
<b>Badminton*</b> 11:20am-12:35pm	<b>Badminton*</b> 11:20am-12:35pm	<b>Badminton*</b> 11:20am-12:35pm	<b>Thursday Lunch &amp; Bingo</b> 12:00-3:00pm Sep 26, Oct 31, Nov 28, Dec 19	<b>Vietnamese Ballroom Dance</b> 12:00-2:00pm		
<b>Monday Soup</b> 12:00-1:00pm	<b>Techi Tuesdays</b> 1:00-2:00pm		<b>Crafting &amp; Knitting Social</b> 1:00-3:00pm	<b>FRIDAY WELLNESS</b>		<b>Badminton*</b> Sat 2:00-4:00pm
<b>Drop in Crafts</b> 1:30-3:30pm	<b>Line Dancing*</b> 1:00-3:00pm		<b>WCT Workshops</b> 12:00-4:00pm			<b>Classical Chinese Dance*</b> Sun 2:00-4:00pm
<b>Yoga For Aging Well*</b> 2:13-3:15pm	<b>Boxfit*</b> 3:30-4:30pm					<b>Sunday Movie Night Series*</b> 6:00-9:00pm
<b>Craft Collective</b> 3:30-4:30pm Sep 18, Oct 16, Nov 20				<b>Chair Yoga*</b> 12:15-1:15pm		
				<b>Wellness Friday Café</b> 2:00-4:00pm		
				<b>Boxfit*</b> 3:30-4:30pm		



# 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](http://britanniacentre.org/fitness_centre)



### 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 [vanrec.ca](http://vanrec.ca).

NEW 



### Strength Training for Adults 55yrs+ - Beginner & Intermediate

This course will show you how to use the cardio and weight equipment for a safe and effective workout. By the end of the course, you will be able to continue to use on your own.

Please pre-register a week prior to the start date so that a confidential health screening can be done.

Sun 9:00-10:00am \$30/4 sess

#### Intermediate

525807 Oct 6, 20, 27, Nov 3

#### Beginner

526309 Nov 17, 24, Dec 1, 8

Fitness Centre

Jane

### 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 \$7.78 per client also applies (fees are subject to change).

## 2024 Pool and Fitness Centre Fees

	Drop-in	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$7.78	\$70.02	\$62.95	\$169.96	\$543.87	Free
Youth (13-18)	\$5.45	\$49.05	\$44.06	\$118.98	\$380.71	Free
Child (6-12)	\$3.90	\$35.06	\$31.48	\$84.99	\$271.94	Free
Senior (65+)	\$5.45	\$49.05	\$44.06	\$118.98	\$380.71	Free
Britannia-Only Senior (55+)	\$5.45	\$49.05	\$44.06	\$118.98	\$380.71	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.

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

## Britannia Holiday Hours

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

Sep 2 Labour Day CLOSED  
 Sep 30 Truth & Reconciliation CLOSED  
 Oct 14 Thanksgiving CLOSED  
 Nov 11 Remembrance Day CLOSED  
 Dec 25 Christmas Day CLOSED  
 Dec 26 Boxing Day CLOSED

### Pool & Fitness Centre

Sep 2 Labour Day 1:00-5:00pm  
 Sep 30 Truth & Reconciliation 1:00-5:00pm  
 Oct 14 Thanksgiving 1:00-5:00pm  
 Nov 11 Remembrance Day 1:00-5:00pm\*  
 Dec 25 Christmas Day CLOSED  
 Dec 26 Boxing Day 1:00-5:00pm\*

### 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.

## Welcome to the Britannia Pool

The 25m main pool features a 1m diving board, slide and rope swing. Relax in the on-deck whirlpool, steam room, or in the 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 18-Dec 15**

Our pool will be closed for regular annual maintenance from November 18-December 15, 2024. 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](http://britanniacentre.org/pool)

## Contact

**Pool Cashier** 604.718.5831  
**Pool Programmer** 604.718.5830

## Admission Policy for Children

Children under 8yrs must be accompanied in the water by a responsible person who is 16yrs or older and 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 24, Nov 26**

## Swim Sessions

View our current pool schedule online at:  
[britanniacentre.org/pool](http://britanniacentre.org/pool)

## Free Swim

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

<b>Tue</b>	<b>2:00-4:00pm</b>	<b>Ongoing</b>
<b>Fri</b>	<b>6:00-8:00pm</b>	<b>Sep 6, 20, Oct 4, 18,</b>
<b>Free</b>		<b>Nov 1, 15</b>

## Free Youth Swim (11-18yrs)

Britannia's youth-only swim time, every other Friday.

<b>Fri</b>	<b>6:00-8:00pm</b>	<b>Sep 13, 27,</b>
<b>Britannia Pool</b>		<b>Oct 11, 25,</b>
<b>Free</b>		<b>Nov 8, 22</b>

## 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.

<b>Tue</b>	<b>10:15-11:15am</b>	<b>Sep 10-Oct 29</b>
<b>524453</b>	<b>Brenlee</b>	<b>Free*</b>
<b>*Registration required</b>		

## FitNation (18yrs+)

<b>Wed</b>	<b>8:00-9:00pm</b>	<b>Sep 11-Oct 30</b>
<b>524454</b>	<b>Brenlee</b>	<b>Free*</b>
<b>*Registration required</b>		

## 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. Registration opens 3 days before program at 12:00pm, and closes 1 day in advance by 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](http://britanniacentre.org/pool)

## Swim Lessons

### Registration

Online and in-person registration for fall swim lessons and programs at all pools, for all age groups starts Tuesday August 27, 2024 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](http://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 a request is 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.

### Britannia Swim Club

A community recreational swim club for children/youth that is dedicated to swim development all while building positive interactions and having fun. We work on stroke development, endurance, water safety skills and social development. Prerequisite: Swimmers must be at Swimmers 4 or higher or able to continuously swim on their front unassisted for a minimum of 25m. Must be evaluated before registering unless they are a returning club member.

We will be running this program in the fall. Registration opens on Aug 18th at 9:00am.

<b>Tue</b>	<b>6:45-7:45pm</b>	<b>Sep 10-Nov 12</b>
<b>524446</b>		

<b>Sun</b>	<b>10:00-11:00am</b>	<b>Sep 15-Nov 17</b>
No sess Sep 29, Oct 13, Nov 10		
<b>524447</b>		

# Ice Rink



## Public Skates

To view our current public skating schedule and holiday hours, visit:

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

## Holiday Hours

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

## \$105 Winter Ice Sale!

Plan a holiday party between Dec 23-Jan 5 for **\$105/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](http://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](mailto: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.

**Sun 12:45-2:00pm Sep 8-Dec 29**  
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 on-ice scooters. No hockey allowed during this session.

**Thu 11:00-11:45pm Sep 19-Dec 12**  
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 on-ice 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.

**Mon 3:15-4:45pm Sep 9-Dec 16**  
Regular admission rates apply.

### Please note:

There will be no Public Skate or lessons on Saturdays from Aug 11-Sep 20.

### 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. Sign-up for the program is available weekly, 3 days before the session date starting at 9:00am.

**Wed 3:15-4:30pm Sep 4-Dec 18**  
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.

**Fri 12:15-1:30pm Sep 6-Dec 27**  
Regular admission rates apply.

### Vancouver Adult Co-ed Hockey League (VACHL) 2024/25

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](http://www.vachl.ca).

## 2024 Rink Admission Fees

Adult (19-54yrs)	Youth (13-18yrs)	Senior (55yrs+)	Child (6-12yrs)	Family	Skate Rentals	Skate Sharpening
\$7.78/Drop-in \$70.02/10 visits	\$5.45/Drop-in \$49.05/10 visits	\$5.45/Drop-in \$49.05/10 visits	\$3.90/Drop-in \$35.06/10 visits	*at Child rate (Family minimum \$7.78)	\$3.93	\$8.07

- 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 2024 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 lessons.
- 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 Thu Sep 12 at 7:00pm in-person and online. Registration for Set 2 fall skating lessons begins on Thu Oct 31 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.

If you are unsure of which level to register in, have an on-ice evaluation completed during any public skating session at Britannia prior to this date. Please note that students will not be transferred into another level if they are not registered in the appropriate level. If the lesson you want to register in is full, please put your name on the waiting list. Additional classes are scheduled whenever possible.

- If you are registering in a level other than level 1, you MUST have accomplished all the skills for the previous level. Please bring your report card on the first day of class.
- For Britannia Learn to Skate lessons, skate rentals are included in the cost of lessons.
- All skating lesson participants must wear a CSA-certified hockey helmet or a snowboarding helmet. In accordance with new safety measures, cycling helmets are no longer permitted. A limited number of hockey helmets are available to use free of charge for lesson registrants.

## 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	6:00-8:00pm	Sep 24-Oct 29
Sat	10:00am-1:15pm	Sep 21-Oct 26
		\$42.96/6 sess

### Set 2

Tue	6:00-8:00pm	Nov 5-Dec 17
Sat	10:00am-1:15pm	Nov 2-Dec 14
		\$50.12/7 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 class; 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](http://vanrec.ca).

## Power Skating

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	10:45-11:30am	Sep 22-Oct 27
		\$64.44/6 sess

#### Set 2

Sun	10:45-11:30am	Nov 3-Dec 15
		\$75.18/7 sess

### Power Skating Youth/Adults (13yrs+)

#### Set 1

Sun	11:45am-12:30pm	Sep 22-Oct 27
		\$64.44/6 sess

#### Set 2

Sun	11:45am-12:30pm	Nov 3-Dec 15
		\$75.18/7 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.

## B.A.S.H. - Britannia After School Hockey

Email [jaydouglas.aikenhead@vancouver.ca](mailto:jaydouglas.aikenhead@vancouver.ca) to register.

Fri 4:45-6:00pm Sep 6-Dec 20

## Leisure Access Program (LAP)

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

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](http://vancouver.ca/leisureaccess)

# Partners



## GWFC

The Grandview Woodland Food Connection at Britannia is a Neighborhood Food Network supporting the health & well-being of all residents, especially, our vulnerable, under-served, and low-income neighbours. We address food security by providing a broad spectrum of programs that connect & strengthen our community. We work towards a community-based, accessible, just, decolonized, and sustainable local food system.

For a list of our Fall 2024 workshops, see page 7. If you'd like to participate in a program or get involved, contact Ruth Elizabeth at [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com). For more information visit

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

## GWFC Committee Meetings

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** **Sep 4, Oct 2**  
**Zoom/Board Room** **Nov 6, Dec 4**

## Looking for Garden Enthusiasts & Ambassadors

Come volunteer and help us care for our gardens! Weekly garden work parties where you can gain hands-on experience and learn from experienced gardeners. We'll work together to plant, water, weed and harvest. All are welcome, rain or shine. Find us by the Transformed Life Garden or the ʂxʷqʷeləwən ct Indigenous plant garden at the Carving Pavilion. No session on Sept 29, Oct 13

**Sun 10:00am-1:00pm** **Sep 8-Oct 27**  
**Victoria**

## Britannia Bulk Buy Food Club

Once a month, you can purchase a \$15 box of assorted produce at Britannia.

Buying together with your neighbours you can 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](mailto: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](mailto:lina.cfec@gmail.com). For all other enquires please contact Jean Rasmussen, Executive Director, at 778.321.3487 or [jean.cfec@gmail.com](mailto:jean.cfec@gmail.com).

## Britannia Partners in Education (PIE)

Britannia Secondary School, CFEC Rm 109A

### English Foundations 2-4

**Tue/Wed 9:30-11:45am**

### English Foundations 3-7

**Tue/Wed 12:15-2:30pm**

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

**Fri 10:00am-12:00pm**

### GR2R Family Resource Program

**Thu 10:00am-12:30pm**

Location to be announced

## Edmonds PIE Plus

### English Foundations 1-4

**Mon/Wed/Fri 12:30-2:30pm**

Edmonds Community School, Rm 115

## Maywood PIE Plus 2

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

**Tue/Wed/Thu 12:40-2:40pm**

Maywood Community School, Adult Room (North Wing)

## CFEC ECE Basic Certificate Program

**Wed 6:45-9:45pm Sat 10:00am-3:00pm**

Burnaby Community & Continuing Education at Sapperton

## CFEC ECEA - Guiding and Caring Course

**Sat 9:30-12:30**

Burnaby Community & Continuing Education at Sapperton



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

**Tue 6:30-8:00pm** **Sep 10, Nov 12**  
**Conference Room** **Dec 10**  
**VLACC**

## VLACC Choir – Canto Vivo (17yrs+)

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. Canto Vivo's choirmaster and music director, 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. To inquire about participating, please email [danais@vlacc.ca](mailto:danais@vlacc.ca). Please obtain a VLACC and a Britannia membership.

**Wed 7:00-9:00pm** **Sep 4-Dec 18**  
**55+ Centre Sergio**



## 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](mailto:info@eastsidefamilyplace.org)  
[www.eastsidefamilyplace.org](http://www.eastsidefamilyplace.org)

## Family Drop In

Adults can visit with each other while engaging with their children in a warm, educational environment. Children have opportunities to socialize and learn through playing developmentally stimulating activities. 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)
- Jump into Music with Monica Lee (early language and music program)
- Cooking Skills
- Mama Ganso/Spanish Mother Goose
- Parents of Babies: A Weekly Baby Group  
 Baby & Me Yoga, Mon 12:30-1:30pm  
 Baby Drop-in, Wed 1-2:30pm

Check our website for more info, dates and times.

## Licensed Occasional Childcare

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



## Britannia Branch

### Hours

Please refer to [www.vpl.ca](http://www.vpl.ca) for branch hours.

### Contact

604.665.2222 [vpl.ca](http://vpl.ca)

## Family Programs

Babytime (0-18mo)

Tue 10:00am & 11:00am Sep 17-Nov 26

Family Storytime (18mo-5yrs)

Thu 10:00-10:30am Sep 19-Nov 28  
 Thu 11:00-11:30am Sep 19-Nov 28  
 Sat 11:00am Sep 21-Nov 30

## Adult Programs

Connection to Kith and Kin Online: Indigenous Ancestry Search

For more information and to register, visit: [vpl.ca/program/kith-kin](http://vpl.ca/program/kith-kin)

Tue 2:30-4:30pm TBD

### Tech Help

Drop-in.  
 Fri 2:00-3:00pm Sep 13-Nov 29

### ESL Conversation Practice

Drop-in.  
 Wed 3:00-4:00pm Sep 11-Nov 27

## Unique Collections

### Grandview Woodland Collection

Materials related to the history and development of the area, including the Britannia Site.

### Indigenous Collection

As part of Vancouver Public Library's work to advance the goals of the Truth and Reconciliation Calls to Action, all VPL branches feature Indigenous collections. These collections were developed in consultation with community organizations in Vancouver.

### Board Games

Please visit the branch to discover what board games are available.

To check out what else is happening at the library, visit: [vpl.ca](http://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 2024 Programs

- Food Security Program (fruit and veggie hampers)
- Parents Training (FoodSafe and Save that Child)
- Parents Circle Time (1<sup>st</sup>/2<sup>nd</sup> 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 Sep 30, Oct 14 & Nov 11. Registration is required. Please call 604.215.8289.

Disfrute de una hora de rimas, canciones, juegos y cuentos en Española con sus pequeños.

Mon Sep 16-Nov 25 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.

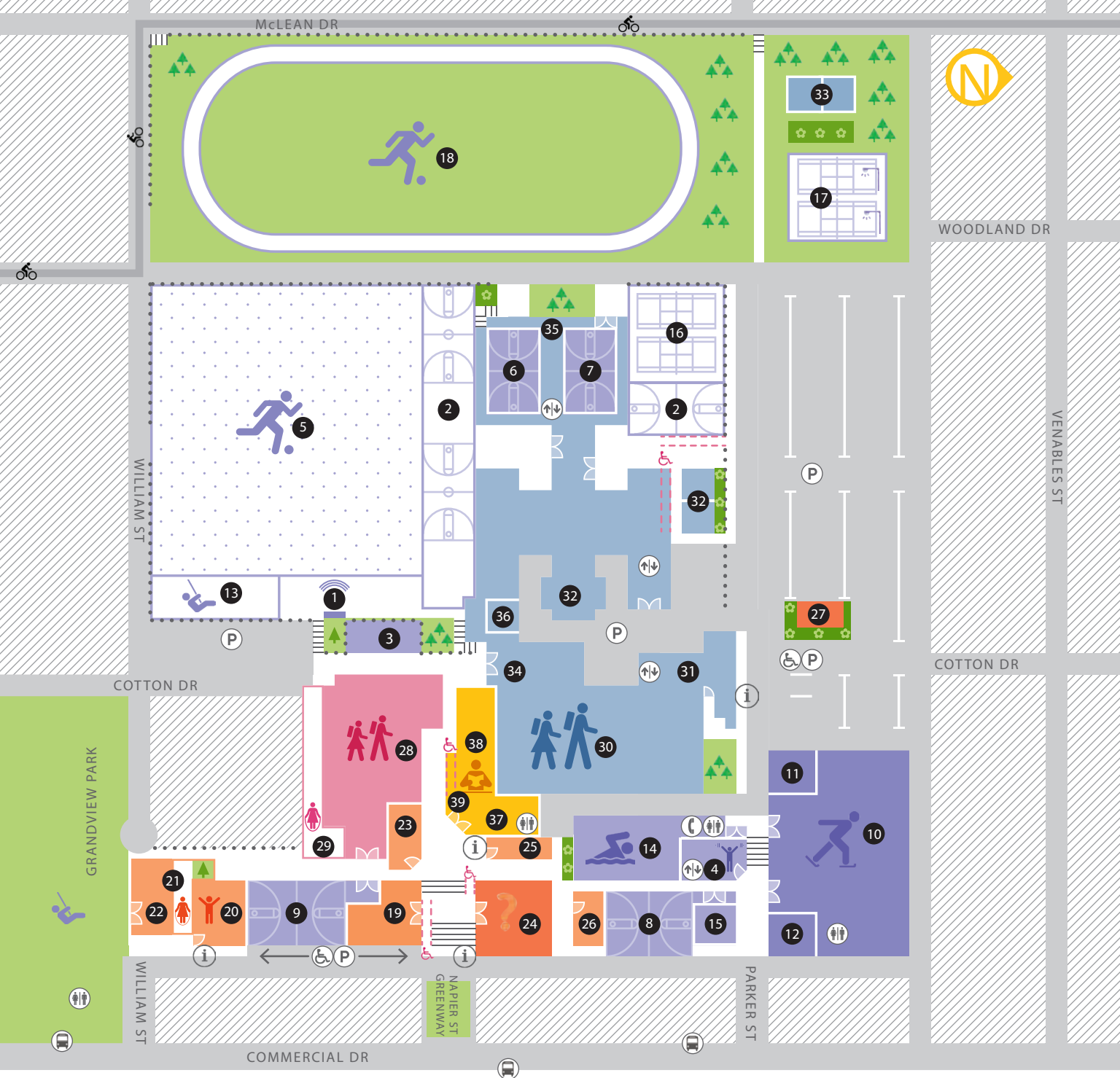
## Community Schools Coordinator

Maddie LaFleur

## Office Support

Mitra Tshan





## recreation

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

## resources + services

- 19 Al Mattison 55+ Centre
- 20 Child Care Centre
- 21 Eastside Family Place (ground flr)
- 22 Canucks Family Education Centre (top flr)
- 23 Family Activity Room
- 24 Info Centre
- 25 Pre-Teen Centre
- 26 Teen Centre
- 27 ʁxʷqʷeləwən ct Carving Centre
- 28 Britannia Elementary
- 29 Outdoor Play Area

## elementary school

## secondary school

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

## library + learning

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



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

.... Fence

Streets + Vehicle Access

Bicycle Route

Wayfinding

Wheelchair Access

Stairs

Elevator

Entrance

Fields + Green Space

Residential + Commercial

Gravel

School Garden