



# Programs & Services

## Fall 2025



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







## Management's Message

We would like to welcome Naina Varshney as the incoming president of the Board of Management and express our deepest appreciation for Pamela Dudas who stepped down in June. Overseeing a non-profit organization like Britannia requires passion, skills, empathy, resilience, patience and a profound sense of purpose. Board and committee members are volunteers who give their time and bring their big hearts, open minds, curiosity and passions to guide the organization through positive changes for our community to thrive. In the next few months our child care department will be growing three fold with the merger with Eagles in the Sky Association and Grandview Terrace Childcare Centre Society; their Boards have worked tirelessly for over 40 years to provide licensed child care to hundreds of children. Together we will be powerful advocates for increased child care spaces in East Vancouver.

The Britannia Art Gallery has paused exhibitions until the fall, this is to reflect on recent missteps and harms caused. During this period we hope to gain a better understanding of curating art with community in a public setting, and what our limitations are and capacity to support looks like. We appreciate all the tireless efforts of community members, volunteers and staff who have contributed to make this unique space for local artists.

If you would like to be involved with the heart of this community, please check out p.5 to learn about volunteering with us and find information on the 50th Anniversary Party Planning Committee and other possibilities. Please consider sharing your thoughts on our Strategic Plan which you can find information about on p.33.

## 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	Naina Varshney
Vice President	Craig Ollenberger
Treasurer	John Flipse
Executive Members	Ariela Friedmann Norm Leech
Directors	Adrienne Bale Tom Chang Susanne Dahlin Pamela Dudas Pat Hogan Vera Jones Nicki Simpson Terumi Squibb

### Youth Directors

Staff Rep	TBD
Partners	
VSB	Sonia Blair
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

2<sup>nd</sup> Wed/mo 6:00pm  
Sep 10, Oct 8, Nov 12, Dec 10  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Executive Meeting

4<sup>th</sup> Wed/mo 7:00pm  
Aug 27, Sep 24, Oct 22, Nov 26  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Arena Committee

1<sup>st</sup> Tue/bi-monthly 6:30pm  
Sep 2, Nov 4  
Susy Bando [susy.bando@vancouver.ca](mailto:susy.bando@vancouver.ca)

### Arts & Culture Committee

1<sup>st</sup> Thu/mo 6:00pm  
Sep 4, Oct 2, Nov 6, Dec 4  
Amanda Lye [amanda.lye@vancouver.ca](mailto:amanda.lye@vancouver.ca)

### Board Development Committee

3<sup>rd</sup> Mon/mo 6:00pm  
Aug 18, Sep 15, Oct 20, Nov 17, Dec 15  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Child Care Program Committee

TBD  
Jacky Hughes [jacky.hughes@vancouver.ca](mailto:jacky.hughes@vancouver.ca)

### Grandview Woodland Food Connection

1<sup>st</sup> Wed/mo 6:00pm  
Sep 3, Oct 1, Nov 5, Dec 3  
Ruth-Elizabeth Briggs  
[gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com)

### Planning & Development Committee

3<sup>rd</sup> Tue/Bi-monthly 6:30pm  
Sep 16, Nov 18  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Pool & Fitness Committee

Last Tue/bi-monthly 6:00pm  
Sep 30, Nov 25  
[britannia.pool@vancouver.ca](mailto:britannia.pool@vancouver.ca)

### ReconciliACTION Circle

2<sup>nd</sup> Tue/mo 1:00pm  
Sep 9, Oct 14, Nov 18, Dec 9  
Suzette Amaya  
[suzette.amaya@vancouver.ca](mailto:suzette.amaya@vancouver.ca)

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

3<sup>rd</sup> Wed/mo 3:30pm  
Sep 10, Oct 8, Nov 1, Dec 10  
Anne Cowan [anne.cowan@vancouver.ca](mailto:anne.cowan@vancouver.ca)

### Skateboard Committee

1<sup>st</sup> Mon/mo 6:30pm  
Sep 8, Oct 6, Nov 3, Dec 1  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)  
[britanniaskateboardcommittee.com](http://britanniaskateboardcommittee.com)

### Volunteer Committee

3<sup>rd</sup> Fri/mo 4:00pm  
Sep 19, Oct 17, Nov 21, Dec 19  
Yao Zhang [yao.zhang@vancouver.ca](mailto:yao.zhang@vancouver.ca)

### Youth Committee

3<sup>rd</sup> Thu/mo 4:00pm  
Sep 18, Oct 16, Nov 20, Dec 18  
Tom Higashio [tom.higashio@vancouver.ca](mailto:tom.higashio@vancouver.ca)

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## Unceded Coast Salish Territories

Britannia is located on the traditional and unceded Coast Salish territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and səliłwətał (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 - Unavailable in 2025 during construction.

Go to [vancouver.ca/parks-recreation-culture/rink-rentals](https://vancouver.ca/parks-recreation-culture/rink-rentals) to check availability at other rinks in the city.

### 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 1	Labour Day	CLOSED
Sep 30	Orange Shirt Day	CLOSED
Oct 13	Thanksgiving	CLOSED
Nov 11	Remembrance Day	CLOSED
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	CLOSED
Jan 1	New Years Day	CLOSED

### Pool & Fitness Centre

Sep 1	Labour Day	9:30am-5:00pm
Sep 30	Orange Shirt Day	9:30am-5:00pm
Oct 13	Thanksgiving	9:30am-5:00pm
Nov 11	Remembrance Day	9:30am-5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	TBA
Jan 1	New Years Day	TBA

### Rink

The Rink will be closed through the end of 2025 due to construction.

## Cover Photo

Amanda Rozak from kwakwaka'wakw Nation dancing at Truth and Reconciliation Day in Grandview Park in 2024.

Photo credit: Marina Montiel

# Registration & Rentals

## Registration Dates

Registration for **general programs** opens August 19, 2025 at 7:00pm in-person and online, and at 9:00am by phone on August 20, 2025.

Registration for **swim lessons** opens August 26, 2025 at 7:00pm in-person, online, and by phone.

Due to rink maintenance closure there will be no skating lessons this season.

## 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

## 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 free. Memberships are valid for 1 calendar 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. (p.30 for details)
  - the Swimming Pool for Public Swims on Tuesdays from 2:00-4:00pm, and alternating Fridays from 6:00-8:00pm (p.31 for details)
- 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.

## Refund Policy

NEW

General programs:

- Full refunds given prior the start of the program.
- Requests on the day of the program (calculated as end of day) or after, a pro-rated refund will be given.
- Refund requests made beyond 48 hours prior to the scheduled third class, will not be accepted

For workshops & 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.

## 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.

Only residents of Vancouver are 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.



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



### Beyond Beyond The Blue Box

#### Community Planning Luncheon

**August 11, 2025 at 1:00pm**

Info Centre - Conference Room

A gathering of residents interested in restoring the monthly recycling depot at Britannia that ended in February 2025.

Light lunch, free stuff table and green bin origami.

Bring your lightly loved stuffies for donation to 55+ Bingo.

For more information contact:

[Joshua.Hensman@vancouver.ca](mailto:Joshua.Hensman@vancouver.ca)

### Tax clinic Volunteers Needed

Britannia is holding tax clinics in March and April 2026 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 5, 2026 by submitting an application at:

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

### 50<sup>th</sup> Anniversary Party!

We are turning 50! Half a century as a place for people to gather and celebrate through movement, laughter, creativity, learning and connection. We are more than a swimming pool, ice rink, child cares, seniors centre, gymnasium, field or library we are people who have shaped each other's lives.

Help us honour the visionaries who created this unique place, volunteers and staff who keep it running and the everyday people who use the facilities.

Join the 50th Anniversary party planning committee!

[Marina.montiel@vancouver.ca](mailto:Marina.montiel@vancouver.ca)



## Annual General Meeting (AGM)

**Wednesday September 17, 2025**

**6:00-8:00pm**

**Gym D**

Please join us and meet the candidates running for the Board of Management, hear why they want your vote! Learn about the great things staff at Britannia have been up to and what's to come next year as we celebrate serving our community for 50 years!

Register in person at the Info Centre, or by phone at 604.718.5800 (1).

Activity #:581573

### Our Mission

To develop, coordinate and support a wide range of excellent programs and services for Grandview-Woodland and Strathcona, by working with community members, partners and local agencies.

### Our Vision

To be a catalyst for social connection, capacity building and integration of services in our community while celebrating diversity, and enhancing the life and well-being of everyone who lives, works, and plays in our community.

Further AGM details will be shared closer to the meeting date at [britanniacentre.org/agm](http://britanniacentre.org/agm)

For community members who would like to run for the Board, or vote for Board members at the AGM, you must be a member in good standing 14 days prior to the meeting.

Membership is free and includes voting privileges as well as other benefits such as free drop-in times for the pool & fitness centre, and free programs & events.

### You could a Britannia Board member!

Are you passionate about sharing your commitment to social justice, equity, reconciliation, community recreation, arts and culture?

Do you want to help strengthen the Board and serve the community?

We are turning 50 and looking for residents who believe in our dream and have lived experience and professional experience such as Human Resources and Governance to contribute up to 6 hours a month for meetings and committee work.

For more information contact: [marina.montiel@vancouver.ca](mailto:marina.montiel@vancouver.ca)

# 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.

### Reconciliation in Action Circle

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

**Tue 1:00-3:00pm**

**Sep 9, Oct 14, Nov 18, Dec 9**  
**C FEC**

**RIA Christmas Party - Dec 9, 12:00-2:00pm**  
**55+ Centre**

No one turned away for lack of funds. Full subsidies available for Leisure Access Program participants. See p.33 for more information on Leisure Access or contact Suzette Amaya at 604.718.5873 or [suzette.amaya@vancouver.ca](mailto:suzette.amaya@vancouver.ca).

### Devil's Club Salve & Medicine Talk

Come join Knowledge Keeper Jessica Wismer and learn how to make Devil's Club Salve. Jessica comes with a wealth of knowledge about Indigenous medicine and will teach the use of Devil's Club in our Indigenous culture.

**Tue 6:00-9:00pm** **Sep 2**  
**Rink Mezz** **\$10/1 sess**  
**577361 Jessica**

### Cedar Headbands

Please join Knowledge Keeper, Julie Joseph of Ditidaht Nation in making your own Cedar Headband. Julie will help you get ready for Truth & Reconciliation Day on September 30. You will leave this workshop with a beautiful cedar headband.

**Tue 6:00-9:00pm** **Sep 9**  
**Rink Mezz** **\$10/1 sess**  
**577924 Julie**

### Orange T-shirts

Melissa-Rae Angus is here to help the community get ready for Truth & Reconciliation Day on September 30th (Orange Shirt Day). Melissa will tell you the meaning behind the Orange shirt and show you how to press her design onto your t-shirt.

**Tue 6:00-9:00pm** **Sep 16**  
**Rink Mezz** **\$10/1 sess**  
**578575 Melissa**



Melissa-Rae Angus

### Halloween Tote Bags

Come join Melissa-Rae Angus and get ready for Halloween. She will show you how to press art on the tote bags with some fun creative designs. No experience necessary.

**Tue 6:00-9:00pm** **Oct 14**  
**Rink Mezz** **\$10/1 sess**  
**580254 Wilder Wolf Creations**

### Beaded Poppy Pins

Join Knowledge Keeper Candice Stevenson from St'l'at'imx Nation & Rez Candy Shoppe in this 2 Series workshop. You will leave here with a beautiful Beaded Poppy to represent our Indigenous Veterans.

**Tue 6:00-9:00pm** **Oct 21, 28**  
**Rink Mezz** **\$10/2 sess**  
**581847 Candice**

### Bathbombs

Lynn-Marie Angus of Sister Sage is back and creating wonderful Bathbombs for you or your loved ones for the Holiday season. These bathbombs will make great stocking stuffers.

**Tue 6:00-9:00pm** **Dec 2**  
**Rink Mezz** **\$10/1 sess**  
**581562 Sister Sage**

## Drum Workshops

NEW

Please join us in our 4 week workshop series for Drum making with Knowledge Keeper Clayton Williams. As this is 4 sessions, we will have a drum awakening ceremony with the Elders on Thursday November 27th at 12pm. Register early as supplies are limited. Priority to our Indigenous community first.

**Sun 6:00-9:00pm** **Nov 2-23**  
**55+ Centre** **Free/4 sess**  
**581544 Clayton**

### Cedar Wreath Making

Welcome Back Knowledge Keeper Dawn Cranmer from Kwakwaka'wakw Nation in making Christmas Wreaths and Table Centre Pieces for the holiday season.

**Tue 6:00-9:00pm** **Dec 9**  
**Rink Mezz** **\$10/1 sess**  
**581560 Dawn**

### Christmas T-shirt Press

Lets welcome back Knowledge Keeper, Melissa-Rae Angus, as she preps us for the holidays and creates a Christmas tshirt for you. Bring in your own, or come see what we have. She will have designs ready for you to chose from.

**Tue 6:00-9:00pm** **Dec 16**  
**Rink Mezz** **\$10/1 sess**  
**581557 Wilder Wolf Creations**



Lynn-Marie Angus

## WCT Thursday Workshops



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

**Sep 4 Devil's Club Salve Making**  
**with Jessica Wismer**

**Sep 11 Orange T-shirts**  
**with Melissa Angus**

**Sep 18 TBD**  
**Sep 25 Bingo!**

**Oct 2 Frame Painting**  
**with Tanya Zank**

**Oct 9 Halloween Cedar Wreaths**  
**with Kim Kerrigan**

**Oct 16 Halloween Tote Bags**  
**with Wilder Wolf Creations**

**Oct 23 Halloween Movie & Popcorn Party!**  
**Oct 30 Bingo!**

**Nov 6 Smokeless Smudge Sprays**  
**with Sister Sage**

**Nov 13 Indigenous Clay Creatures**  
**with Mengya**

**Nov 20 Completion of Clay Creatures**  
**with Amanda**

**Nov 27 Bingo! & Drum Awakening**

**Dec 4 Christmas Candles & Cedar Wreaths**  
**with Dawn Cranmer &**

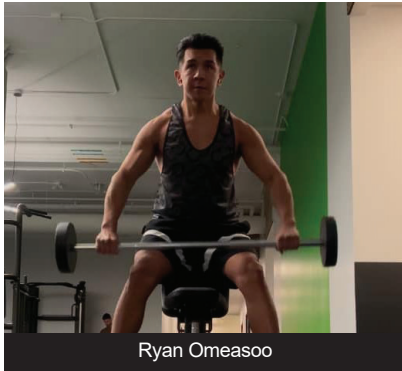
**Christina Fortin**

**Dec 11 Christmas T-shirt Press**  
**with Melissa-Rae Angus**

**Dec 18 Christmas Bingo & Indian Tacos**  
**with Paul Fortin**



## WCT Fitness



Ryan Omeasoo

### Self Defense with Ryan Omeasoo

NEW

Ryan Omeasoo of FighterFitX is proud to present a community self defence workshop and are truly honoured to bring this empowering experience to the people who need it most! This four hour workshop is designed to teach practical, real world self defence tactics that give participants the confidence, awareness, and tools needed to stay safe & feel strong in their daily lives. Come prepared with a water bottle.

Sun 12:00-4:00pm Sep 7-21  
Mat room Free/3 sess  
578573

### FitNation (55yrs+)



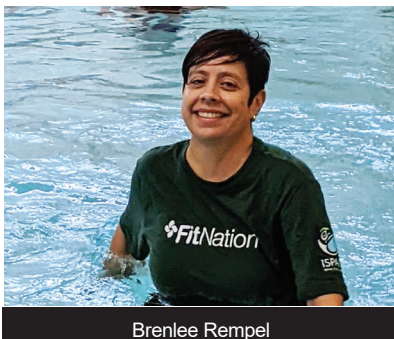
FitNation is an eight-week Indigenous aquatic fitness program that takes place at Britannia Pool. It is a free, registered program for Elders in the community who are interested in improving their mobility, agility, balance and general fitness. Snacks provided.

Wed 10:15-11:15am Sep 17-Nov 5  
577669 Brenlee Free\*  
\*Registration required

### FitNation (18yrs+)



Wed 8:00-9:00pm Sep 17-Nov 5  
577672 Brenlee Free\*  
\*Registration required



Brenlee Rempel



## Grandview Woodland Food Connection

The GWFC 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. Check out p 34 for more details on our Committee and why you want to join! If you'd like to get involved, email [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com) or visit: [gwfoodconnection.com](http://gwfoodconnection.com)

### Britannia Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? Once a month, you can purchase a \$15 bag 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 vegetables, plus access to supplemental donations. For low-income folks in the Grandview Woodland and Strathcona neighbourhoods. No proof of income needed. Email [bbbfoodclub@gmail.com](mailto:bbbfoodclub@gmail.com) or call 604.718.5895 for more info or to be added to the waitlist.



### Community Kitchen for Seniors (55yrs+)

Tired of cooking alone? Come and cook with us!! Join Marni on Sun Oct 19 or Sun Nov 16 to learn some simple and tasty fall recipes! Once we have finished cooking, you can either eat with us or bring your food home. Registration required. Please BYO reusable containers if you can – or borrow some to return later!

Sun 1:00pm-4:00pm  
581135 Oct 19 \$5/1 sess  
581137 Nov 16 \$5/1 sess  
PreTeen Centre Marni

### Community Kitchen for 2SLGBTQIA+ Adults (19+ yrs)



Community Kitchen for Two Spirit, Lesbian, Gay, Bisexual, Transgender, Questioning/ Queer, Intersex, and Asexual Adults. Meet folks from the community, share recipes, and learn new cooking skills in a safer space. For more information, please contact Ruth Elizabeth: [ruth.briggs@vancouver.ca](mailto:ruth.briggs@vancouver.ca) or 604.718.5895

Sat 5:30-8:00pm Nov 22  
581145 Sara Free

### 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 Dominic. We meet in the Nexways wa lh7áynexw (Transformed Life Garden) or šxwq'weləwən 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 up coming 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 sess Oct 12.

Sun 10:00am-1:00pm Sept 14-Oct 19  
Transformed Life Garden Free  
Dominic



# Britannia Art Gallery & Workshops

## Britannia Art Gallery Exhibitions

Join us for gallery opening events on the first Wednesday of each month, usually starting at 5:30pm but please check the calendar for updates.

For more information contact:  
brtnngallery@gmail.com.

Full exhibition details and artist bios can be found at [britanniaartgallery.org](http://britanniaartgallery.org).

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**

**Oct 1- Nov 28**

**Muted Tension**

Ceramics, illustration and printmaking by Mengya Zhao – 2025 Emma Award winner with thanks to C+S Planning

**Dec 3- Jan 30**

**Community Carving Paddles**

A showcase of the Britannia Community Summer Paddle Carving – with Clayton Williams and community participants

## Britannia Art Gallery Workshop

**Air Dry Clay Workshop with Mengya Zhao (16yrs+)**

Mengya Zhao, a local community artist, is exhibiting in the Britannia Art Gallery from October 1st to November 28th, 2025 as part of the Emma Award. She works in disciplines of ceramics, illustration and printmaking. This workshop will use similar processes as she uses when working with ceramics, and include the inspiration of mythical creatures and how we all have limitations and different abilities. You will take your project home at the end of the workshop to dry, and paint.

**Sat 1:00-5:00pm Nov 15**  
**RAR \$20/1 sess**  
**576730 Mengya**

## Special Events

**Greenway Gatherings – Music**

First Saturday of September and October, experience a local group of musicians performing outdoors in the Napier Greenway. Look for details on Instagram and posted onsite at Britannia Centre. Donations welcome.

Thank you to Britannia Neighbours!

**Sat 1:00-2:30pm Sep 6, Oct 4**  
**Napier Greenway Free**

**Greenway Gatherings – Drop-in Workshops**

Drop-in afterschool for an artist-facilitated workshop for all ages outdoors in the Napier Greenway. Look for details on Instagram and posted onsite at Britannia Centre.

**Wed 2:00-4:30pm Sep 10, 17, 24, Oct 1**  
**Napier Greenway Free**

**STEM Science and Makers Day (6-15yrs)**

Come enjoy free STEM activities brought to you by Open Science Network. Free activities by several organizations including Genome BC, STEM Aces, SFU Forensic Research, and others.. Learn about DNA, coding, robotics, and more. Science World will be doing two shows on the day at 11:00am and 1:00pm.

**Sat 10:00am-3:00pm Sep 20**  
**Gym D Free**

**Fall Equinox Coffee House**

An evening of toasty autumn vibes as we celebrate the turn of the season. Local musicians & poets will warm our hearts. In person and on Zoom (link will be available closer to the date) might have more specific info soon?

**Sun 6:30-9:00pm Sep 21**  
**55+ Centre/Online Free**  
**572923 Danais**

**Britannia Market Vendor Invitation**

Britannia Community Centre hosts several markets during the year including the SHINE Intercultural Spring Market, NIPD, Summer Art Markets in the Napier Greenway, Indigenous Concert Series, and the indoor Winter Craft Market in Gym D. More information and the 2025 artist/ vendor application is available from [artsbritannia@gmail.com](mailto:artsbritannia@gmail.com), see page 9 for Winter Market dates.

**Orange Shirt Day**

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.

**Tue 12:00-4:00pm Sep 30**  
**Grandview Park Free**



**Community Artist Circle**

Looking for somewhere to work on a smaller sized art project like crochet, knitting, collage, card making, beading, hand sewing, felting, drawing or painting? This Community Artist Circle will be the start of something new. Connect to others while working on your own art project or make something together. Meeting on the last Monday evening of the month. Please note space is limited and there is no storage so projects must be taken home each time. Tea and art materials provided, or bring your own! Drop-in \$2.00 or register all three dates for \$5.00.

**Mon 6:30-9:00pm Sep 29, Oct 27, Nov 24**  
**Conference Rm/RAR \$5/1 sess**  
**577149 Nihan**

**Sunday Movie Night Series (All ages)**

Everyone is welcome to view movie classics new and old with us every Sunday evening. Doors open at 5:45pm. For full movie schedule see p.29.

**Sun 6:00-9:00pm Sept 14-Dec 14**  
**55+ Centre Free\***

**577223 Ken**  
**\*Registration required.**



## Repair Café



Repair Café is a global initiative that aims to reduce the volume of waste sent to landfills, and to change society's "throw-away" mindset.

Repair Café brings together local repair volunteers with a knack for repairing who are willing to lend their knowledge and show event participants how to carry out repairs. Community members are encouraged to bring computers/laptops, bicycles, small appliances, textiles, and electronics to be diagnosed and repaired.

Please note:

- Only 1 item per person per event
- Visitors must sign a waiver of liability to participate
- Smartphone repair is only available if a qualified repairer is on site
- New replacement parts are not provided by Repair Café or volunteer fixers
- We are unable to repair large appliances at this time
- Ensure your item is clean of dirt, food particles or grease. Clothing/textiles should be laundered – Fixers may refuse to repair if the item is not clean

The more we can repair, reuse, and recycle the longer products stay in circulation.

<https://spec.bc.ca/waste/repair-cafe/>

Sat 9:30am-1:30 pm Sep 13  
Gym D Free

## Cross-Cultural Health and Wellbeing Fair



Join REACH and other community partners for the 4th Annual Health fair. Discover health resources, enjoy performances and free snacks, and have a chance to win prizes! For more information visit [reach.ca](http://reach.ca).

Fri 10:00am-2:30pm Oct 24  
Gym D Free

## Donate Today!

Britannia has many programs and services offered free or at low cost to the community with your help! Introducing our new donation page where you can donate with ease and automatically receive a tax receipt via email when you donate through our Canada Helps page.

Learn more:

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



## Family Pumpkin Carving (All ages)

Celebrate Hallowe'en by carving a pumpkin with your family. Cost is based on a family of four and will include 2 pumpkins. Carving utensils will be provided. Children under 12 must be accompanied by a parent or other caregiver. Choose from 3 sittings. Must be created on site. Bring a bag or box to carry them home!

Sat Oct 25 \$12/1 sess  
572848 10:30am-12:00pm  
572849 12:30-2:00pm  
572850 2:30-4:00pm  
55+ Centre Helen

## Halloween Parade and Dance Party (All ages)



Come to this annual FREE spooky community event! Entertainment, ghostly games, tricks and treats included. All ages event. Children must be accompanied by an adult. No registration required. Wear your costume for a ghoulish good time!

Fri 6:00-8:30pm Oct 31  
Gym D Free  
572029



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



You are invited to a family reunion - the guests of honor are the deceased! Join us as we celebrate this Mexican tradition of honoring and remembering the dead on Nov 1 and Nov 2. Our Ofrenda altar will display photos of loved ones who have passed on, their favorite 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 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.

577146 Sat 10:00am-1:00pm Nov 1  
577148 Sun 10:00am-1:00pm Nov 2  
Conference Room Marina Free/1 sess

## 42nd Annual Britannia Winter Market



Join us for a fun filled event supporting local artists and the Britannia Basketball programs. Experience some Britannia grown entertainment, guest performances, the renowned Brit Bruins Concession, and kids craft zone. The vendors are curated by the Arts & Culture Committee. Application deadline: September 17, 2025. For application and more information on how to apply as a vendor, please email [artsbritannia@gmail.com](mailto:artsbritannia@gmail.com)

Entrance: \$2 adults, \$1 youth over 12yrs/55+, 12 and under FREE

Fri Nov 28 3:00-8:00pm  
Sat Nov 29 10:00am-4:00pm  
Sun Nov 30 10:00am-4:00pm  
Gym D

## Gingerbread Houses (All ages)

Bring the whole family, up to 4 members to build a graham cracker gingerbread-style house. Candies and frosting and crackers will be provided; feel free to bring along your own decorations. Children under 12 must be accompanied by a parent or other caregiver. Must be created on site. Bring a bag or box to carry them home!

Sat Dec 13 \$12/1 sess  
572860 10:00am-12:00pm  
572862 1:00-3:00pm  
RAR Helen

## Breakfast with Santa and Elders



Celebrate the holidays in community! 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! Free but please register in person or over the phone 604 718 5800 (press 1)

Thank you to Moja for the coffee and Choices on the Drive for the pancakes!

Sun 11:00am-2:00pm Dec 14  
Gym D Free  
577222



# Licensed Child Care

## Britannia Child Care Hub

### 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.

### 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)

### 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)



### 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 (Nobody's Perfect)
- 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. Registration is required. **Please call 604.215.8289.** No session Oct 13.

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

<b>Mon</b>	<b>Sep 8-Dec 15</b>	<b>Free*</b>
<b>1-2yrs</b>	<b>10:30-11:30am</b>	
<b>0-12mo</b>	<b>12:30-1:30pm</b>	

### Britannia Preschool (3-5yrs)

1661 Napier Street

#### September 2025 – June 2026

##### Morning Classes

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

##### Afternoon Classes

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

### Britannia OSC

1661 Napier Street

Sep-Jun Hours	Mon-Fri	7:30-9:00am / 3:00-5:45pm
Pro-D, Holiday Break Hours	Mon-Fri	7:30am-5:45pm

Fees:	Full Time	\$200/mo
	Part Time	\$10/day

Breakfast & pm food program provided.

### Britannia on East 7th Daycare (3-5yrs)

960 East 7th Avenue

Hours:	Mon-Fri	7:30am-5:30pm
Fees:	\$10/day	\$200/mo

Snacks provided.

### Grandview Terrace Child Care (3-5yrs)

2075 Woodland Drive

Hours:	Mon-Fri	7:30am-5:45pm
Fees:	\$10/day	\$200/mo

Snacks provided.

### Grandview Terrace OSC Program II & III

2075 Woodland Drive

Sep-Jun Hours	Mon-Fri	7:30-9:00am / 3:00-6:00pm
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Fees:	OSC II	\$200/mo
	OSC III	\$200/mo

Breakfast & pm snack provided.

### Eaglets Daycare (2.5-5yrs)

485 Semlin Drive

Hours:	Mon-Fri	7:30am-5:45pm
Fees:	\$10/day	\$200/mo

Snacks provided.

### Eagles In The Sky OSC

103B-1950 E. Hastings

Sep-Jun Hours	Mon-Fri	7:30-9:00am / 3:00-5:45pm
Pro-D, Holiday Break Hours	Mon-Fri	7:30am-5:45pm

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



## Language

### Baby Sign Language (0-24 months)

Babies understand and can communicate long before they are able to speak. Research shows that babies who are offered Sign Language learn more quickly and talk earlier. With songs and games, learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring toys. Please bring your own blanket or mat to sit on. No drop-ins - registration only. For more info visit [www.intoyoga.ca](http://www.intoyoga.ca)

**Wed 9:45-10:30am Sep 17-Oct 15**  
**Mat Room \$77/5 sess**  
**571110 Into Yoga**



## Music

### Jump into Music (0-4yrs)

This one-of-a-kind music and movement program engages, educates, and entertains parents and children while on a musical journey through different styles and cultures. The research-based curriculum stimulates the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing - a family fun environment exploring 24 genres/cultures over two years. Our classes inspire creativity and build confidence in little ones six months to four years old. The instructor will provide everything needed for class. Siblings attend at a 25% discount (but must register in person) and children under six months attend free with a registered sibling. Caregiver participation is required. Additional audio and video resources are available with registration. "Best part of our week!" For more information and reviews visit [www.jumpintomusic.ca](http://www.jumpintomusic.ca). Drop-in \$22, space permitting (including two spots over a fully registered class).

**Set 1**  
**Wed Sep 17-Oct 29 \$140/7 sess**  
**575322 9:00-9:50am**  
**576748 10:00-10:50am**

**Set 2**  
**Wed Nov 5-Dec 17 \$140/7 sess**  
**575332 9:00-9:50am**  
**576749 10:00-10:50am**  
**CFEC Monica**

## Physical Activity

### Kindergym Drop in (1-5yrs)

Run, jump and play in a room full of ride-on cars and play equipment. All sessions take place in Gym D. Pay \$3.50 drop-in fee at the POOL OFFICE and bring the receipt to Nico OR give them a pre-purchased strip ticket (\$30/10tx). Parents, please assist at the end of the program by helping put the large equipment away. All programs take place in Gym D. No class Oct 12, Nov 30.

**Sun 4:15-5:45pm Sep 14-Dec 7**  
**Gym D \$3.50/1 sess**  
**566746 Nico**



## Britannia Gymnastics

Preschool age programs, including Dynamic Duo, Tiny Tumblers and Junior Jumpers fill up fast!

Registration is Tue Aug 19 at 7:00pm.

Check p.16 for gymnastic program details.

## Dance



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

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

**Set 1**  
**Sat Sep 6-Oct 25 \$104/8 sess**  
**572761 9:20-10:00am 2-4yrs**  
**572763 10:10-10:50am 2-4yrs**  
**572764 11:00-11:40am 3-4yrs**  
**572766 12:40-1:20pm 4-6yrs**

**Set 2**  
**Sat Nov 1-Dec 13 \$91/7 sess**  
**572770 9:20-10:00am 2-4yrs**  
**572771 10:10-10:50am 2-4yrs**  
**572772 11:00-11:40am 3-4yrs**  
**572773 12:40-1:20pm 4-6yrs**  
**CFEC Endorphin Rush Dance**

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

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

**Set 1**  
**Sat Sep 6-Oct 25 \$104/8 sess**  
**572767 11:50am-12:30pm 3-4yrs**  
**572768 1:30-2:15pm 4-6yrs**

**Set 2**  
**Sat Nov 1-Dec 13 \$91/7 sess**  
**572774 11:50am-12:30pm 3-4yrs**  
**572775 1:30-2:15pm 4-6yrs**  
**CFEC Endorphin Rush Dance**

# Preschool



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

Anyone can join! Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility. Class does not pro-rate, monthly rate only. \$20/drop in. No class Nov 11.

<b>Sun 11:00-11:45am</b>	<b>Tue 5:00-5:45pm</b>
566690 Sep 2-Sep 28	\$90/7 sess
566692 Oct 5-Oct 28	\$90/8 sess
567898 Nov 2-Nov 30	\$90/8 sess
566691 Dec 2-Dec 16	\$65/5 sess
Cafeteria Marcus Vinicios	

## Axe Capoeira for all ages!

Beginner (5-7yrs)	p.15
Youth (7-15yrs)	p.15
Adult (16yrs+)	p.25

## Sportball Parent/Child Multisport (2-3yrs)

Multi-sport classes teach children introductory physical skills and help them develop confidence through 8 different ball sports. Parent participation required. No class Oct 12, Nov 30.

<b>Sun 11:30am-12:15pm</b>	<b>Sep 7-Oct 19</b>
<b>Gym D</b>	<b>\$120/6 sess</b>
566753 Sportball	
<b>Sun 11:30am-12:15pm</b>	<b>Oct 26-Dec 7</b>
<b>Gym D</b>	<b>\$120/6 sess</b>
570583 Sportball	



## Sportball Multisport (3.5-5yrs)

Multi-sport classes teach children methods to practice and refine gross motor skills through 8 core ball sports. This program reinforces benefits of teamwork and skill development, enabling children to gain confidence and develop social skills to succeed in sport and life. No class Oct 12, Nov 30.

<b>Sun 12:15-1:15pm</b>	<b>Sep 7-Oct 19</b>
<b>Gym D</b>	<b>\$120/6 sess</b>
566751 Sportball	
<b>Sun 12:15-1:15pm</b>	<b>Oct 26-Dec 7</b>
<b>Gym D</b>	<b>\$120/6 sess</b>
566752 Sportball	

## Micro Footie Soccer Development (4-5yrs)

Not to be mistaken with our highly popular Spring League, the Micro Footie Development program is a unique coaching experience for youth players on Sundays in Gym C. Players in Micro Footie Development learn Celtic turns, combination play, taking players on one on one, skills, out the box activities, and movement. The MF Development sessions are specifically for players who want to raise their game. Instructors: Jason Kyle: FIFA B License, MF Founder, 2018 & 2016 BC Summer Games Coach, Micro Footie mentor to 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. No class Oct 12.

<b>Sun 9:00-10:00am</b>	<b>Sep 14-Dec 7</b>
<b>Gym C</b>	<b>\$216/12 sess</b>
568051 Jason	



## Micro Footie Spring League

For over 30 years we have offered a top class community sporting experience for players ages 4 and up (we even do a Micro Footie Women's program!) using a small sided game format, which encourages player involvement and participation.

The league includes playing soccer outside twice a week from April - June, a World Cup country kit to keep (with a shirt, shorts, and socks), a team photo, and a season finale tournament that includes surprises.

Registration for 2026 season will be in January-details coming in the next brochure!

Learn more about the Micro Footie experience at [britanniasoccer.org](http://britanniasoccer.org).

## Free Swim

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

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

<b>Tue 2:00-4:00pm</b>	<b>Ongoing</b>
<b>Fri 6:00-8:00pm</b>	<b>Sep 5, 19,</b>
	<b>Oct 3, 17, 31,</b>
	<b>Nov 14, 28,</b>
	<b>Dec 12</b>

Check out p.31 for information on Swim Lessons.





## Art

### Art Making with Jennifer (6-9yrs)

Discover the fascinating journey of art history in our art program, where we explore key artistic periods through engaging hands-on activities. From the expressive simplicity of prehistoric art to the grandeur of antiquity, the spirituality of the Middle Ages and the innovation of the Renaissance, each session brings history to life. We'll dive into the drama of Baroque and the elegance of Rococo, followed by the bold brushstrokes of Impressionism. Using a variety of materials and media, students will experiment with techniques inspired by each era. Dress for a mess. On the last day there will be a chance to see the art work they have created together.

**Sat 10:00-11:20am Sep 27-Nov 15**  
**FAR \$112/8 sess**  
**577187 Jennifer**



### Drawing and Cartooning with Robin (6-12yrs)

Learn to draw all of your favorite cartoon, video game, and comic book characters! Comic book illustrator Robin Thompson (Captain Space Man) will show young budding artists easy ways of drawing heroes, monsters, robots, manga and more! Learn to create original characters and your own comic strips! Robin's simple pencil to paper drawing techniques are easy to follow with guaranteed results! Materials supplied. All you need to bring is a broad imagination! Drawing has never been more fun!

**Wed 3:15-4:45pm Sep 17-Nov 19**  
**LRC \$105/10 sess**  
**576771 Robin**

### Family Art Exploration – Sensory Art NEW

Where will our imaginations take us? Let us explore possibilities with art making and adventure. Join Nihan, an artist from our community, as she works with you to create art using different techniques. Please pre-register as space is limited. Please register one child only.

**Sat 3:15-4:45pm \$5/1 sess**  
**577182 Sep 27**  
**577184 Oct 25**  
**577185 Nov 22**  
**FAR Nihan**



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

Discover the sculptural properties of clay while learning a multitude of building methods, including pinch pot, slab, coil, and wheel. Artist quality, food safe materials included. No class Oct 30, Nov 13. Pick up is Tue Nov 18.

**Thu 4:00-5:15pm Sep 18-Nov 18**  
**Rm 208 \$150/8 sess**  
**569765 Helen**

### Clay for Two - parent and child (5-12yrs)

Discover the sculptural properties of clay while learning a multitude of building methods, including pinch pot, slab, coil, and wheel with your significant adult as collaborator. Enrolment is for parent/caregiver and child together. Artist quality, food safe materials included. No class Oct 29, Nov 12. Pick up is Tue Nov 18.

**Wed 4:00-5:15pm Sep 17-Nov 18**  
**Rm 208 \$300/8 sess**  
**569766 Helen**

### Clay for Children - Wheel (10-13yrs)

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). 10-13 years only. Artist quality, food safe materials included. No class Nov 11. Pick up is Tue Nov 18.

**Tue 4:00-5:30pm Oct 7-Nov 18**  
**Rm 208 \$150/6 sess**  
**569767 Helen**

### Children Fall Fashion Studio with Tanya Znak NEW

Learn how to create fashion and walk the run way with Ukrainian fashion designer Tanya Znak. Children will design their own garment and learn to walk the run way with Tanya and special guests.

Please contact Tanya to register at znaktetyana@gmail.com. No class Sep 27, Oct 11.

**Sat 6:00-8:00pm Sep 13-Nov 15**  
**CFEC TBD**  
**575236 Tanya**



### Language Beginner French Immersion for Kids (7-10yrs) NEW

This program will focus on fun, engaging, and immersive activities to help children learn French in an informal, interactive setting. Each session will be one hour long and will include a mix of French language learning, play, music, and crafts. We'll aim to build vocabulary, listening, and speaking skills while keeping the atmosphere playful and supportive. No class Oct 13.

**Mon 3:15-4:15pm Sep 29-Nov 24**  
**FAR \$104/8 sess**  
**576757 Karine**

### Hola Spanish for Kids (6-9yrs)

Hola Spanish for kids is a unique opportunity to hear the Spanish Language in a joyful, safe and fun environment. Join us in experiencing Latin culture. Children will experience the Spanish language in a meaningful, real-life context, from a variety of sources. These are the best afternoons of learning to speak Spanish your kids can get. We explore different topics every week. A great way to become immersed in this tasty and fun Latin World. Supervised and instructed by highly qualified native Spanish-speaking teachers through Words In Motion.

**Thu 3:30-4:30pm Sep 18-Nov 13**  
**Library Activity Room \$144/9 sess**  
**577195 Carla**

## Music

### Guitar - group lessons - Beginner Children (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. Class size is limited to 3! No class Sept 30, Nov 11.

**Tue 3:15-4:00pm \$192/6 sess**  
**575662 Sep 16-Oct 28**  
**575677 Nov 4-Dec 16**  
**FAR Pablo**



### Piano and Clarinet (6-18yrs)

Continue your music studies or begin an instrument and enjoy a lifetime of making music! These lessons consider each student's development and goals. Conservatory exam preparation is available. An on-going program for Sep-Jun, students are ensured placement for the duration of their studies. Payment is made in advance of each set. Lesson costs shown below are for 30 min classes. 45 and 60 minutes per week are also available at the discretion of the instructor. New students may start anytime during the session. Please contact instructor before registering for lesson times, etc., at janine.oye@gmail.com. Clarinet students must provide their own instruments. Registration in person or by phone only, none online. Please call 604-718-5800 (1) for registration. No classes: Oct 24/25, Oct 31 and Dec 5/6.

#### Set 1:

**Fri 6:15-9:00pm**  
**576773 Sep 5-Oct 17 \$210/7 sess**  
**Sat 9:00am-4:00pm**  
**576776 Sep 6-Oct 18 \$210/7 sess**

#### Set 2:

**Fri 6:15-9:00pm**  
**576774 Nov 7-Dec 12 \$180/6 sess**  
**Sat 9:00am-4:00pm**  
**576777 Nov 1-Dec 13 \$210/7 sess**

Set 2 includes recital: Sunday Dec 14 at Killarney Community Centre

Preteen Centre Janine

## Dance

### Afterschool Latin Style Dance (6-10yrs)

**NEW**

Naduska is a dance instructor, performer and personal trainer. She has performed, trained and taught across the Americas. In this afterschool class she will explore a fusion of authentic styles of Latin dance. She will teach in English, Spanish and Portuguese. Perfect for those that are wanting a fun, high energy program. Please bring a water bottle, wear comfortable exercise clothing, and indoor shoes/bare foot.

**Fri 3:15-4:15pm \$96/6 sess**  
**570194 Sep 19-Oct 22**  
**570195 Nov 7-Dec 12**  
**CFEC Naduska**

## Physical Activity

### Britannia Boxing FAMILY (6yrs+)

Family Boxing sessions are for younger athletes ages 6-12 years old. Athletes under 8 must have a parent/guardian present. Parents/guardians can also register for this program. Our coaches rotate around the gym, working with athletes individually to help learn the basics of boxing, including footwork, fitness, core work, flexibility and more. Our "regular" boxing sessions do 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; 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.

**Sat 2:00-4:00pm \$45/mo**  
**566730 Sep 6, 13, 20, 27**  
**566734 Oct 4, 11, 18, 25**  
**567939 Nov 1, 8, 15, 22, 29**  
**566732 Dec 6, 13, 20**  
**Boxing Room Jay**



### Axe Capoeira - Intermediate mini kids (5-7yrs)

Students enrolled in this class must have a minimum of 1 year consistent Capoeira experience, or permission from the school. This is an intermediate program: students should have full knowledge of basic movements and this class will focus on more advanced movements in Capoeira, which will prepare students for the youth program. Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility. \*Uniform is required to join class. Class does not pro-rate, monthly rate only. \$20/drop in. No class Nov 11.

**Sun 12:00-12:45pm Tue 6:00-6:45pm**  
**566693 Sep 7-Sep 28 \$90/7 sess**  
**566695 Oct 5-Oct 28 \$90/8 sess**  
**566694 Nov 2-Nov 30 \$90/8 sess**  
**567899 Dec 2-Dec 16 \$65/5 sess**  
**Cafeteria Marcus Vinicios**

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

Students enrolled in this class must have a minimum of 1 year consistent Capoeira experience, or permission from the school! Please note, this is not an introductory class, students are expected to execute all basic movements of Capoeira. Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language. Classes focus on developing rhythm, reflexes, balance, coordination, strength, flexibility. Unlimited participation in training, dance and music classes. \*Uniform is required to join class. Class does not pro-rate, monthly rate only. \$20/drop in. Wed in CFEC, Mon in Cafeteria.

**Mon Wed 5:00-6:00pm**  
**566696 Sep 3-Sep 29 \$110/7 sess**  
**566698 Oct 1-Oct 29 \$110/8 sess**  
**567900 Nov 3-Nov 26 \$110/8 sess**  
**566697 Dec 1-Dec 17 \$90/6 sess**  
**Cafeteria/CFEC Marcus Vinicios**

### Axe Capoeira for all ages!

Beginner Mini Kids (3-6yrs) p.12  
 Adult (16yrs+) p.25

## Free Swim

Free family-friendly swims every Tuesday, and every other Friday. For full pool schedule visit: [britanniacentre.org/pool](http://britanniacentre.org/pool)

**Tue 2:00-4:00pm Ongoing**  
**Fri 6:00-8:00pm Sep 5, 19,**  
**Oct 3, 17, 31,**  
**Nov 14, 28,**  
**Dec 12**



## Micro Footie Soccer Development

Not to be mistaken with our highly popular Spring League, the Micro Footie Development program is a unique coaching experience for youth players on Sundays in Gym C. Players in MF Development learn Celtic turns, combination play, taking players on one on one, skills, out the box activities, and movement. The MF Development sessions are specifically for players who want to raise their game. Instructors: Jason Kyle: FIFA B License, MF Founder, 2018 & 2016 BC Summer Games Coach, Micro Footie mentor to 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. No class Oct 12.

### 6-7yrs

<b>Sun</b>	<b>10:00-11:00am</b>	<b>Sep 14-Dec 7</b>
<b>Gym C</b>		<b>\$216/12 sess</b>
<b>568052</b>	<b>Jason</b>	

### 8-10yrs

<b>Sun</b>	<b>11:00am-12:00pm</b>	<b>Sep 14-Dec 7</b>
<b>Gym C</b>		<b>\$216/12 sess</b>
<b>568053</b>	<b>Jason</b>	

## Micro Footie Spring League

For over 30 years we have offered a top class community sporting experience for players ages 4 and up (we even do a Micro Footie Women's program!) using a small sided game format, which encourages player involvement and participation.

The league includes playing soccer outside twice a week from April - June, a World Cup country kit to keep (with a shirt, shorts, and socks), a team photo, and a season finale tournament that includes surprises.

Registration for 2026 season will be in January-details coming in the next brochure!

Learn more about the Micro Footie experience at [britanniasoccer.org](http://britanniasoccer.org).



## Traditional Kung Fu (6yrs+)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee of \$4 per month for the Northern Shaolin Lung chi Cheung Association is included in the fee. Classes run Monday and Fridays. Students must be able to attend Monday and Friday classes regularly. No class Oct 13 & Dec 5.

### Beginner

<b>Mon Fri</b>	<b>4:30-5:45pm</b>	<b>Sep 9-Dec 12</b>
<b>CFEC</b>		<b>\$380/30 sess</b>
<b>566761</b>	<b>Marquis</b>	

### Intermediate

<b>Mon Fri</b>	<b>4:30-6:15pm</b>	<b>Sep 9-Dec 12</b>
<b>CFEC</b>		<b>\$406/30 sess</b>
<b>566762</b>	<b>Marquis</b>	

### Advanced

<b>Mon Fri</b>	<b>4:30-6:30pm</b>	<b>Sep 9-Dec 12</b>
<b>CFEC</b>		<b>\$432/27 sess</b>
<b>566760</b>	<b>Marquis</b>	

## Tennis Academy - Mini (6-8yrs)

Mini Kids - This class is an introduction to tennis for children. Students are introduced to basic forehand and backhand skills while developing hand-eye coordination through a variety of fun games and activities. Bring your tennis racket, runners. Sept 13 and 20 classes are outdoors at the Britannia Tennis Courts (1001 Cotton Dr, north east part of the Britannia Secondary school). No class Oct 11.

<b>Sat</b>	<b>2:00-3:30pm</b>	<b>Sep 13-Nov 22</b>
<b>Gym D</b>		<b>\$250/10 sess</b>
<b>566759</b>	<b>Juan Carlos</b>	

## Tennis Academy - Future Stars (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 be given the opportunity for game play. Bring your own racket, runners. Sept 13 and 20 classes are outdoors at the Britannia Tennis Courts (1001 Cotton Dr, north east part of the Britannia Secondary school). No class Oct 11.

<b>Sat</b>	<b>3:30-5:00pm</b>	<b>Sep 13-Nov 22</b>
<b>Gym D</b>		<b>\$250/10 sess</b>
<b>566758</b>	<b>Juan Carlos</b>	

## Daycamps

### Funseekers Daycamp (6-12yrs)

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

### 5-7yrs

<b>Mon Tue Wed Fri</b>	<b>9:00am-3:00pm</b>
<b>Dec 22-24, 26</b>	<b>\$88/4 sess</b>
<b>577448</b>	<b>Gym D</b>

<b>Mon Tue Wed Fri</b>	<b>9:00am-3:00pm</b>
<b>Dec 29-31, Jan 2</b>	<b>\$88/4 sess</b>
<b>577449</b>	<b>Gym D</b>

### 8-12yrs

<b>Mon Tue Wed Fri</b>	<b>9:00am-3:00pm</b>
<b>Dec 22-Dec 24</b>	<b>\$88/4 sess</b>
<b>580541</b>	<b>Gym D</b>

<b>Mon Tue Wed Fri</b>	<b>9:00am-3:00pm</b>
<b>Dec 29-31, Jan 2</b>	<b>\$88/4 sess</b>
<b>580542</b>	<b>Gym D</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 at participating pools, rinks, fitness centres and community centres (including Britannia) at a reduced cost. Some information on p.33. For full details about how to apply, please visit:

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



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

### Fall 2025 Schedule

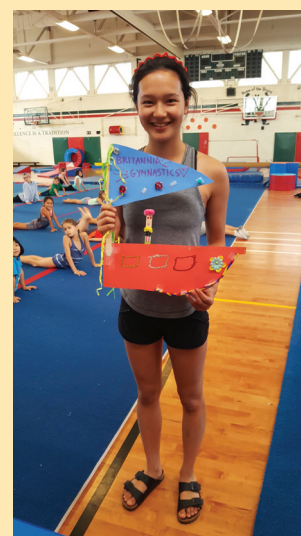
Sat	Sep 6-Dec 13	No class Oct 11.		Gym B
566727	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$280/14 sess
566720	Junior Jumpers A	4-5yrs	2:00-2:45pm	\$280/14 sess
570031	Junior Jumpers B	4-5yrs	3:00-3:45pm	\$280/14 sess
566722	Junior Jumpers C	4-5yrs	4:00-4:45pm	\$280/14 sess
566717	Future Flyers A	6-9yrs	5:00-6:00pm	\$308/14 sess
577183	Performance Prep A	9-12yrs	6:15-7:15pm	\$336/14 sess
<b>NEW</b>				
Sun	Sep 7-Dec 14	No class Oct 12		Gym A/B
566723	Junior Jumpers D	4-5yrs	9:00-9:45am	\$280/14 sess
566726	Komet Kids A	5-6yrs	9:00-9:45am	\$294/14 sess
566715	Dynamic Duo A	18mo-3yrs	10:00-10:45am	\$266/14 sess
566716	Dynamic Duo B	18mo-3yrs	11:00-11:45am	\$266/14 sess
566718	Future Flyers B	6-9yrs	11:30am-12:30pm	\$308/14 sess
566728	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$280/14 sess
566724	Komet Kids B	5-6yrs	12:45-1:30pm	\$294/14 sess
566719	Future Flyers C	6-9yrs	1:30-2:30pm	\$308/14 sess
566725	Performance Plus*	9-15yrs	2:00-3:30pm	\$392/14 sess
566714	Demo Team*	9-15yrs	3:45-5:15pm	\$392/14 sess
579235	Performance Prep B	9-12yrs	4:00-5:00pm	\$336/14 sess
<b>NEW</b>				

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

\*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.

Fall registration opens Tue Aug 19 at 7:00pm, online and in person.

Spaces fill quickly for these programs. Once full, please be sure to add your child to the waitlist in case space becomes available.



### Gymnastics Coach

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).



## Afterschool Programs

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

This is a hands on cooking program. Tuesdays 4:00-6:00pm in the AML Seniors Lounge. Learn to create healthy, cheap and easy to cook meals. Youth are involved in planning, cooking and preparing the meals. No sess Sept 30, Nov 11.

**Tues 4:15-6:30pm** **Sep 16-Dec 9**  
**55+ Centre** **\$55/11 sess**  
**577340 Barry**

### Hip Hop Dance (8-12yrs)

Learn this popular style of street dance evolving from hip hop culture and hip hop music. Develop individual techniques and a group routine in this fun and energetic class! No sess Sept 30, Nov 11.

**Tues 3:30-4:45pm** **Sep 23-Dec 9**  
**CFCF** **\$70/10 sess**  
**577341 Kirby**

### Youth Fitness (8-13yrs)

All will improve running form, change of direction and agility. In addition to drills; a variety of workouts will be incorporated outdoors. This program will combine a disciplined focus on fitness and improving athletic skills speed & change of direction with competitive fun games, drills and relays. Please bring a water bottle and towel, and avoid bringing any other personal items.

**Thurs 3:15-4:45pm** **Sep 18-Dec 11**  
**Gym C** **\$104/13 sess**  
**577469 Game Ready**

### Red Fox (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. The program is free for participants and open to children of all ages and abilities.

To register, please call 604.343.6536 or email [info@redfoxsociety.org](mailto:info@redfoxsociety.org).

**Fri 3:15-4:45pm** **Sep 19-Dec 12**  
**Gym D** **Free/13 sess**

## Social Programs

### Preteen Girls+ Club

#### (10-13yrs)

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

**Thurs 6:15-8:00pm** **Sep 18-Dec 11**  
**Preteen Centre** **Free/13 sess**  
**577344 Tiana**

### Indigenous Youth Cadets

#### (12-15yrs)

Youth between the ages of 12 and 15 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, in partnership with Vancouver Police Department's Diversity, Inclusion, and Indigenous Relations Section and the Aboriginal Policing Centre.

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

Registration is FREE. There is no cost to participants. To find more information, and to register, please visit: <https://transitpolice.ca/about-us/specialty-units/community-engagement-team/blueeagle/>

**Wed 5:00-7:30pm** **Sep 24-Dec 17**  
**Gym D** **Free/12 sess**

## Sports

### Preteen 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 5-Dec 19**  
**Gym C** **Free/16 sess**  
**577473 Britannia**

## Volleyball Fundamentals-

### Preteen (10-13yrs)

Focus on Fundamentals: the primary emphasis will be age and ability appropriate skill development. This will reflect the recommendations of the National Coaching Certification Program Long-Term Athlete Development Model. Increasing skill competency increases likelihood that children will gain the confidence to continue to play and enjoy playing. Emphasis will be on individual skill development, with scrimmages and games. Coaches and participants will maintain social distancing, and promote hand washing or hand sanitization before, during and after the program. After the session, staff will disinfect the sporting equipment. Please bring a water bottle and towel, and avoid bringing any other personal items. No sess Oct 3.

**Fri 3:15-4:45pm** **Sep 19-Dec 12**  
**Gym C** **\$72/12 sess**  
**577348 TBA**

## Basketball

Focus on Fundamentals: the primary emphasis will be age and ability appropriate skill development. This will reflect the recommendations of the National Coaching Certification Program Long-Term Athlete Development Model. Increasing skill competency increases likelihood that children will gain the confidence to continue to play and enjoy playing basketball. Please bring a water bottle and towel, and avoid bringing any other personal items. No sess Oct 11, Nov 29.

### Beginner (8-12yrs)

**Sat 11:00am-12:15pm** **Sep 27-Dec 13**  
**Gym D** **\$64/8 sess**  
**577337 Coach T**

### Intermediate (10-13yrs)

**Sat 12:30-1:45pm** **Sep 27-Dec 13**  
**Gym D** **\$64/9 sess**  
**577338 Coach T**

## Special Events

### Preteen Dance (10-13yrs)

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

**Fri 6:30-9:00 pm** **Oct 24, Dec 5**  
**CFCF** **\$2/1 sess**

## 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 a 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  
Sun 3:00-7:00pm

### 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

**Indigenous Community Youth Worker:**  
Rebecca Brass 604-718-5828  
rebecca.brass@vancouver.ca

**Latin American Youth Programmer:**  
Manuel Gamas 604.787.9251

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



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

Contests, prizes, games and crazy staff!! Britannia youth only swim time every other Friday!! Be ready to go in the water by 6pm. No swimsuit required...it's not what you're thinking, swimsuits, or clean, recently washed clothing can be worn. No shoes allowed.

Fri 6:00-8:00pm Sep 12, 26, Oct 10, 24, Nov 7, 21, Dec 5, 19  
Free!

Britannia Pool

## Leadership

### Britannia Youth Committee

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

## Social Programs

### Queer Youth Drop-in (13-18yrs)

A safe and inclusive space for 2SLGBTQIA+, questioning or unlabelled youth ages 11-16 to authentically be themselves. Together, we'll co-create a space to share our experiences, learn from each other and have fun! Drop in any time - snacks will be provided!

Facilitator: Khai Truong (he/him)

Khai is a queer, cisgender, 2nd-generation Vietnamese young man who works as a Program Assistant II at Britannia Community Centre. 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!

## Drop-in Gyms

### Indoor Soccer (13-18yrs)

Free drop-in soccer for youth (with high school ID). New players welcome! No sess Sep 30, Nov 11.

Tues 5:00-9:00pm Sep 2-Dec 30  
Gym D Free/16 sess

### Youth Open Gym (13-16yrs)

Wed 7:15-9:00pm Sep 3-Dec 17  
Gym C Free/16 sess

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

Thurs 7:30-9:00pm Sep 4-Dec 18  
Gym C Free/16 sess

## Cooking Programs

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

This is a hands on cooking program. Tuesdays 4:00-6:00pm in the AML Seniors Lounge. Learn to create healthy, cheap and easy to cook meals. Youth are involved in planning, cooking and preparing the meals.

No session: Sept 30, Nov 11

Tues 4:15-6:30pm Sep 16-Dec 9  
55+ Centre \$55/11 sess  
577340 Barry

### Latin Cooking (11-18yrs)

Cocina Latinoamericana para jóvenes (13-18 años)/ Latin American cooking for youth (13-18 years old)

Do you want to learn how to cook food from several Latin countries? Come and learn to cook and at the same time how to choose the products that are healthy and inexpensive.

¿Quieres aprender a cocinar alimentos de varios países latinos? Ven y aprende a cocinar y al mismo tiempo cómo elegir productos que sean saludables y económicos.

Thu 5:00-7:00pm Sep 11-Dec 18  
55+ Centre Free

Jueves 5:00-7:00 pm  
Septiembre 11 - Diciembre 18, 2024  
55 + Centro / Gratis





## Off the Grill

We are excited to launch a return of the Off The Grill: Youth cooking program that feeds youth and community! 5 sessions only. Coming Soon!

For more information, please contact Rebecca at 604-787-5828 or by email, [Britanniateencentre@vancouver.ca](mailto:Britanniateencentre@vancouver.ca).

## Sports and Fitness

### Night Hoops

Open to all self-identifying young people, including two-spirit, LGBTQQIA+ ages 12-16yrs. Night Hoops Fall returns! Join us on Friday nights to work on your skills and battle it out in 3v3 and 5v5. We start with fun and proper warm-ups, skills development, then life lessons, and finish with an inter-squad game! Night Hoops strives to be a fun place to work on the fundamentals of basketball and grow with Night Hoops friends. Each session will include a team bonding game and an opportunity to review some of the everyday challenges/opportunities of our youth. Then, our Night Hoops coaches break athletes into teams and play 3v3 and/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. The focus will be on beginner and developmental-level players. Snacks and food are provided after each session.

Registration can be found at <https://forms.gle/ZKruyPH5KFCNTqnD8>

Friday sessions are in Gym D, and Saturday sessions are in Gym C.

**Fri/Sat 5:30-9:30pm** **Sep 19-Dec 20**  
Gym D/C **Free**  
580647



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)



## Youth Fitness (13-18yrs)

This fitness program provides a progression of athletic and fitness development that coincides with maturity and physical literacy. Basic movements, balance and coordination are developed as coaches use games, relays and drills with a focus on high energy and fun. This program is a must for developing young athletes as they become physically literate and competent with fundamental movements. As the comfort level increases they will work on strength and speed while maintaining a high level of conditioning.

**Thurs 5:00-6:15pm** **Sep 18-Dec 11**  
**Gym C** **\$104/13 sess**  
577470 **Game Ready**

## Archery- Beginner (12-18yrs)

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

**Sat 2:00-3:30pm** **\$60/6 sess**  
577333 **Sep 20-Nov 1**  
577334 **Nov 8-Dec 13**  
**Gym C Bernice**

## Archery- Intermediate (12-18yrs)

Must have completed the Beginner session to register for Intermediate Archery. Continuation of the Introduction to archery class, including history and trying a variety of different bows. Emphasis will be on individual skill development. Please bring a water bottle and towel, and avoid bringing any other personal items. No sess Oct 11.

**Sat 3:45-5:00pm** **\$60/6 sess**  
577335 **Sep 20-Nov 1**  
577336 **Nov 8-Dec 13**  
**Gym C Bernice**

## Axe Capoeira - Adult (16+)

Full program details on p.25. \$20/drop-in. Wed in CFEC, Mon in Cafeteria.

**Mon Wed 6:15-7:30pm**  
566687 **Sep 8-Sep 29** **\$136.50/mo**  
566689 **Oct 1-Oct 29** **\$136.50/mo**  
567897 **Nov 3-Nov 26** **\$136.50/mo**  
566688 **Dec 1-Dec 17** **\$105/6 sess**  
**Cafeteria/CFEC Marcus Vinicios**

## Britannia Boxing (13yrs+)

Full program details on p.25

**Mon-Fri 5:00-7:00pm** **Sat 2:00-4:00 pm**  
566729 **Sep 2-Sep 29**  
566733 **Oct 2-Oct 31**  
567940 **Nov 1-Nov 29**  
566731 **Dec 1-Dec 20**  
**Boxing Room Jay \$99.75/month**

## Adapted Fitness Boxing (13-18yrs)

This class for neurodiverse youth will teach the basics of punching and footwork of boxing, which is fun and fosters confidence and body awareness. Boxing is 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 in this class and the ratio is 1 instructor for up to 5 youth. This is a non-contact class. Equipment is provided. Please bring your own towel & water bottle. Boxing room is located beside Gym C.

**Thurs 7:15-8:15pm** **Sep 18-Oct 23**  
**Boxing Room** **\$60/6 sess**  
577330 **Jay**

**Thurs 7:15-8:15pm** **Nov 6-Dec 11**  
**Boxing Room** **\$60/6 sess**  
577331 **Jay**

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

This class will teach the basics of punching and footwork of boxing, which is fun and fosters confidence and body awareness. Boxing is also an excellent practice for coordination and overall movement literacy. Some youth learn to discover their strength, some to regulate their strength. This is a non-contact class. Equipment is provided. About the coaches: River is now a professional boxer who has fought in the amateur circuit for over 10 years, competing in the USA and Canada, bringing home medals from the Canadian National Championship twice. She has been running Queens Box Camp Vancouver since 2011. Tsvi (they/he) is a trans and neurodivergent boxer, coach, and founder of Trans Boxing Vancouver. Boxing room is located beside Gym C.

**Wed 4:00-5:00pm** **Sep 10-Dec 17**  
**Boxing Room** **\$180/15 sess**  
566713 **River**



River

## Latin American Youth Program / Programa Juvenil Latinoamericano

The Latin American Youth Program (LAYP) offers a number of opportunities 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.



### 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 9-Dec 16

Free/Gratis\*

### 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.

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.

Sat/Sáb 1:00-5:00pm

Teen Centre

\*Registration required.

Sep 2-Dec 16

Free/Gratis\*

### 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  
55+ Centre

5:00-7:30pm

Sep 2-Dec 16  
Free/Gratis\*



### Clubes de Español / Spanish Clubs

¿Qué son los clubes de español? Un lugar para reunirse 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.



## Art

### Pottery - Introduction (16yrs+)

Experience the joy of creating your own dishes from a lump of clay! This course is a survey of basic methods of hand-building, for using the wheel, and for surface decoration and an introduction to the Britannia studio and glazes. No experience necessary! Clay and glazes are included. No class Nov 11. Pick up is Tue Nov 18.

569685 Tue 7:00-9:00pm Sep 16-Nov 18  
577204 Fri 7:00-9:00pm Sep 19-Nov 18  
Rm 208 Helen \$285/8 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. Clay and glazes are included. Pre-req: Britannia Intro to Pottery or contact 604-257-3087. Get on the waitlist to be included in the overflow class(es). Email the instructor at [helenspaxman\(at\)yahoo.ca](mailto:helenspaxman(at)yahoo.ca) if you have not taken the intro survey. No class Oct 29, Nov 12. Pick up is Nov 18.

Wed 6:30-9:00pm Sep 17-Nov 18  
Rm 208 \$315/8 sess  
569695 Helen

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

Cement is both an easy and challenging medium to use to make useful homeware to beautify your home or garden. This course will teach techniques and handy tricks to make your own cement bowl. From choosing your mold, mixing and pouring your concrete, curing and sealing, Karine Zamor (The Cement Lady) will show you a window to her passion. Each student will have a lovely bowl to take home. Refund requests must be made 7 days before the workshop.

Sat 2:00-4:00pm Nov 1-Nov 8  
Rink Mezz \$94.50/2 sess  
576743 Karine

### Air Dry Clay Workshop with Mengya Zhao (16yrs+) NEW

Mengya Zhao, a local community artist, is exhibiting in the Britannia Art Gallery from Oct 1-Nov 28 as part of the Emma Award. She works in disciplines of ceramics, illustration and printmaking. This workshop will use similar processes as she uses when working with ceramics, and include the inspiration of mythical creatures and how we all have limitations and different abilities. You will take your project home at the end of the workshop to dry, and paint.

Sat 1:00-5:00pm Nov 15  
RAR \$20/1 sess  
576730 Mengya

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

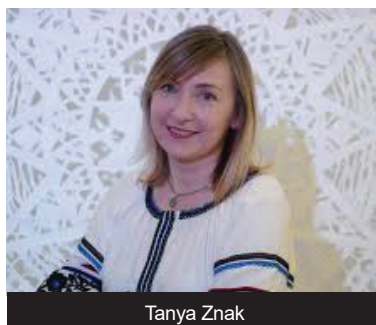
Join us as we celebrate this Mexican tradition of honoring and remembering the dead. Our Ofrenda altar will display photos of loved ones who have passed on, and most importantly we invite you to share stories of their life. Connect with community and learn about cultural traditions. See full details on p.9.

577146 Sat 10:00am-1:00pm Nov 1  
577148 Sun 10:00am-1:00pm Nov 2  
Conference Room Marina Free/1 sess

### Traditional Ukrainian Art Weekly Program (16yrs+)

Ukrainian artist Tanya Znak will introduce the community to traditional styles of artwork including paper-cut, lino cut, embroidery, tempura painting icons and traditional motifs. All supplies are included. Dress for a mess. Weekly programs to change as per instructor. No class Sep 27, Oct 11.

Sat 3:30-5:30pm Sept 13-Nov 15  
CEFC \$126/8 sess  
577474 Tanya



Tanya Znak

### Traditional Ukrainian Glass Painting Workshop (16yrs+)

Introduction to the traditional painting techniques using glass such as was used for Icon paintings. You can choose your own unique design or work with templates from the artist.

Sat 1:00-4:00pm Oct 11  
Info Centre \$20/1 sess  
579884 Tanya

### Traditional Ukrainian Christmas Pavuk Workshop (16yrs+)

Introduction to the hanging spider or pavuk out of wheat straws, and the meaning behind its creation. As well you will have the opportunity to create a smaller version that could be worn as earrings or hanging for display.

Sat 1:00-4:00pm Dec 6  
Info Centre \$20/1 sess  
579898 Tanya

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

Join art therapists Jill Sones and Andrea Rodgers for a 5-week art therapy group focused on connecting with creativity. This group encourages self-expression and self-awareness through art-making, emphasizing the creative process rather than learning art techniques or skills. Participants will engage with various materials that facilitate open-ended exploration and personal expression. Each session centers on building a connection with the materials, art making process, and artwork created, offering a gentle pathway for self-discovery and insight. If you are struggling with your mental health, this group is best used in conjunction with individual mental health support. It is not intended to replace, nor should it be a primary source of, mental health support. No prior art experience is needed. Basic materials are provided, but you're welcome to bring your own. We invite you to explore, connect, and create with us.

Thu 6:15-8:30pm \$200/5 sess  
575698 Sep 18-Oct 16  
575701 Nov 13-Dec 11  
FAR Jillian/Andrea

## Language

### Beginner Spanish with Words In Motion

In these adult Spanish classes, age is no barrier to the lifelong gains of learning. Beyond the linguistic advantages, our classes offer social and mental benefits, fostering cognitive skills and expanding cultural horizons. Join us in the exploration of language, where the benefits extend far beyond words, creating a holistic and fulfilling learning experience.

Thu 4:50-5:50pm Sep 18-Nov 13  
Library Activity Room \$179.55/9 sess  
577196 Carla

### VLACC Reading Group (16yrs+)

Envisioned in the model of book clubs, this reading group focuses on Latin American short stories. The stories are English translations and the discussions are lead in English. Co-presented with the Latin American Studies department of UBC, these sessions are a generator of 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 visit: [www.vlacc.ca](http://www.vlacc.ca)

Tue 6:30-9:30pm Sep 9, Oct 14,  
Conference Room Nov 18, Dec 9  
VLACC Free/3 sess

# Adults

## Music

### African Drumming (16yrs+)

Play traditional West African rhythms on hand drums (djembés). Introductory lessons are fun and concentrated. Learn foundational rhythms and playing techniques. Level 1 lays the foundation for higher level courses; dununs will be introduced halfway through (Dununs are African bass drums played with sticks). No previous experience is required. Completion of Level 1 is required to move into Level 2, and completion of Level 2 is required to move onto Level 3 (or permission of the instructor). He can be contacted through his website: [www.drumming.ca](http://www.drumming.ca). Levels 2 & 3 can be repeated several times as new djembe and dunun rhythms are taught every course. No class Nov 8.

Drums are supplied during class times or BYOD.

**Level 1: \$152/8 sess**  
**570613 Thu 8:00-9:15pm Oct 2-Nov 20**  
**570616 Sat 11:00am-12:15pm Oct 4-Nov 29**

**Level 2: \$152/8 sess**  
**570602 Wed 8:00-9:15pm Oct 1-Nov 19**  
**570617 Sat 12:30-1:45pm Oct 4-Nov 29**

**Level 3: \$152/8 sess**  
**570601 Wed 6:30-7:45pm Oct 1-Nov 19**  
**Cafeteria Russell**

### Guitar – group lessons – beginner Adult – 45 min

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. Class size is limited to 3! No class Sep 30, Nov 11.

**Tue 5:30-6:15pm \$214.12/6 sess**  
**577199 Sep 16-Oct 28**  
**577200 Nov 4-Dec 16**  
**FAR Pablo**

### Guitar - group lessons - Adult semi-private 45 min

Please bring your own guitar. Class size is limited to 2 participants. No class Sep 30, Nov 11.

**Tue 4:15-5:00pm \$252/6 sess**  
**577210 Sep 16-Oct 28**  
**577217 Nov 4-Dec 16**  
**FAR Pablo**

### Solidarity Notes Choir (16yrs+)

Solidarity Notes Choir is a group of social justice, environmental and labour activists who know that music is more than pleasurable sound; it's a powerful language to educate, connect us and remind us of our strength and history. We are a non-auditioned choir and welcome everyone. We suggest a fee of \$35/month, but if you can't afford that, pay what you can. And if you can't afford anything, that's ok too. We generally do not meet on one Sunday of the month; check the website at [solidaritynotes.ca](http://solidaritynotes.ca) for up-to-date practice schedule re stat holidays, etc. Britannia Society membership required. No sess Nov 30, Dec 14.

**Sun 10:30am -12:30pm Sep 7-Dec 21**  
**55+ Centre by donation/15 sess**  
**574248 Earle**



### The VLACC Choir - Canto Vivo (7yrs+)

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

**Wed 7:00-9:00pm Sep 10-Dec 17**  
**55+ Centre Free/15 sess**  
**576222 VLACC**

## Parade of Lost Souls - Dance Workshops

Join in some performances at the Parade of Lost Souls on Saturday November 1! Children under 15 years of age must be accompanied by an Adult.

By Donation (\$5-10 mini suggested). All workshops located in the Britannia Secondary School Cafeteria.

### Parade Dancers (All ages)

Join the parade and help to lead it by learning simple dance choreography to go along with the parading Carnival Band. This workshop will be fun and easy to do, good for all ages all levels of experience. It will involve costuming, some props, and mostly movement and it's only an hour each weekend!

**Sun 3:30-4:30pm Oct 5-Oct 26**  
**Cafeteria by donation/3 sess**  
**577468 Dusty Flowerpot**

### Time Warp Dance Rehearsals (15yrs+)

Learn the ORIGINAL Time Warp choreography in these flash-mob workshops with Kat Single-Dain, as well as something new each year from the Rocky Horror Picture Show. You may be performing alongside professionals who have played the lead roles from year to year. Or you yourself may want to play a lead!! Come to at least two of these rehearsals, all if you can.

**Sun 4:30-5:30pm Oct 5-Oct 26**  
**Cafeteria by donation/3 sess**  
**572027 Dusty Flowerpot**

### Thriller Dance Rehearsals (15yrs+)

Learn the ORIGINAL choreography of Michael Jackson's record setting break out hit in this flash-mob workshop with Kat Single-Dain! Come to at least two of these rehearsals, all if you can.

**Sun 1:30-3:30pm Oct 5-Oct 26**  
**Cafeteria by donation/3 sess**  
**572028 Dusty Flowerpot**





## Dance

### Salsa Cubana & Rueda De Casino with Karlos (18yrs+)

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 students level and determine if they can move up to the next level. No drop-ins.

#### Beginner

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

<b>Wed</b>	<b>7:45-9:15pm</b>	<b>CFEC</b>
<b>570126</b>	<b>Sep 17-Oct 29</b>	<b>\$150/7 sess</b>
<b>570142</b>	<b>Nov 5-Dec 10</b>	<b>\$130/6 sess</b>

#### Level 1

We will review the moves learned in the Beginner class and learn new moves such as La Ye Simple, La Ye, Sombrero Complicado, Tornillo, Pelota, Setenta, etc. No class Sep 30, Nov 11.

<b>Tue</b>	<b>7:30-9:00pm</b>	<b>Gym C</b>
<b>570128</b>	<b>Sep 16-Oct 28</b>	<b>\$130/6 sess</b>
<b>570145</b>	<b>Nov 4-Dec 9</b>	<b>\$108/5 sess</b>

#### Intermediate

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

<b>Mon</b>	<b>7:30-9:00pm</b>	<b>Gym C</b>
<b>570140</b>	<b>Sep 15-Oct 27</b>	<b>\$130/6 sess</b>
<b>570144</b>	<b>Nov 3-Dec 8</b>	<b>\$130/6 sess</b>

#### Advanced

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

<b>Thu</b>	<b>7:30-9:00pm</b>	<b>CFEC</b>
<b>570125</b>	<b>Sep 18-Oct 30</b>	<b>\$150/7sess</b>
<b>570141</b>	<b>Nov 6-Dec 11</b>	<b>\$130/6 sess</b>



### Adult & Seniors Latin Dance with Posture Focus (19yrs+)

Naduska is a dance instructor, performer and personal trainer. She has performed, trained and taught across the Americas. In this unique class we will simultaneously learn Latin style dance with corrective movement practices to develop posture alignment, muscle memory, and prevention of injuries. We will focus on developing balance and use your own body weight to strengthen while learning fun, slow-paced Latin style dances such as Merengue and Bachata. Bring a water bottle, indoor shoes, and comfortable exercise clothing.

<b>Fri</b>	<b>2:00-3:00pm</b>	<b>\$63/6 sess</b>
<b>570192</b>	<b>Sep 19-Oct 24</b>	
<b>570193</b>	<b>Nov 7-Dec 12</b>	
<b>CFEC</b>	<b>Naduska</b>	



## Aerobics

Purchase drop-in tickets at pool office for \$7.35/1 sess OR \$52.50/10 tickets.

### HIIT Fitness (18yrs+)

Drop-in Only. A High Intensity Interval Training (HIIT) workout to shape your abs, legs and arms! No class Nov 11

<b>Tue</b>	<b>6:00-7:00pm</b>	<b>Oct 7-Dec 16</b>
<b>Gym C</b>		<b>\$7.35/1 sess</b>
<b>566738</b>	<b>Allison</b>	

### ZUMBASH (18yrs+)

Drop-in only. Get your groove on with Hot Carib & Latin moves (think ZUMBA!). Classes are designed to increase in intensity over the session. Guaranteed to increase your fitness level while having fun.

<b>Thu</b>	<b>6:15-7:15pm</b>	<b>Oct 9-Dec 18</b>
<b>Gym C</b>		<b>\$7.35/1 sess</b>
<b>566776</b>	<b>Allison</b>	

## Fitness

### Zumba (18yrs+)

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. It combines Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. [www.zumbavancouver.ca](http://www.zumbavancouver.ca) \$15/Drop-in. No class Oct 13

<b>Mon</b>	<b>6:00-7:00pm</b>	
<b>569969</b>	<b>Sep 8</b>	<b>Free/1 sess</b>
<b>566772</b>	<b>Sep 15-Oct 27</b>	<b>\$85.05/6 sess</b>
<b>568036</b>	<b>Nov 3-Dec 15</b>	<b>\$99.23/7 sess</b>
<b>Gym C</b>	<b>Eric</b>	

<b>Wed</b>	<b>6:00-7:00pm</b>	
<b>569970</b>	<b>Sep 3</b>	<b>Free/1 sess</b>
<b>566773</b>	<b>Sep 10-Oct 29</b>	<b>\$113.40/8 sess</b>
<b>566775</b>	<b>Nov 5-Dec 17</b>	<b>\$99.23/7 sess</b>
<b>Gym C</b>	<b>Pepper</b>	

### Circuit Training (18+)

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

<b>Sat</b>	<b>7:15-8:15am</b>	<b>Sep 6-Sep 27</b>
<b>Gym C</b>		<b>\$25.02/4 sess</b>
<b>566736</b>	<b>Miguel</b>	

### Salsa Fit (18yrs+)

Drop-in program only, no registration. We have 50 drop-in spots for this program. An invigorating and energizing cardio combining Hi/Lo impact aerobics with a salsa flare - great music, fun. Includes muscular strength component and stretching. Drop-in procedure: A class sign up list will be available at the Britannia Pool at 8:30am on the day of the program. Go to the pool office and sign up for that day's program. Then you either 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!

<b>Sat</b>	<b>9:30-10:30am</b>	<b>Sep 13-Dec 13</b>
<b>Gym C</b>		<b>\$7.35/1 sess</b>
<b>566749</b>	<b>DNA</b>	

# Adults

## Martial Arts

### Ki Aikido (14yrs+)

Aikido is "The Art of Peace", originally from Japan. In Ki Aikido, we emphasize the awareness and use of Ki (mind energy, intention). The exercises teach us how to apply the principle of non-dissention to transform potential conflict into a peaceful resolution. Suitable for adults for all ages and levels of physical ability. Beginners may try a free General class anytime.

#### General

<b>Wed 7:30-9:30pm</b>	<b>Nov 5-Dec 17</b>
<b>Mat Room</b>	<b>\$44.10/7 sess</b>
<b>566742 Louis</b>	

#### High Grade

The High Grade class is for 1st Kyu or more advanced students. \$6/drop-in No class Oct 13, Nov 10.

<b>Mon 5:45-7:45pm</b>	<b>Sep 8-Dec 15</b>
<b>Mat Room</b>	<b>\$68.25/13 sess</b>
<b>566743 Emily</b>	

### Ki Aikido - Women, Queer, Trans - Intro Class (14yrs+)

Ki Aikido - Women, Queer, Trans - Intro Class. This class is open to all who identify as trans, queer, women, non-binary, Two Spirit, and/or gender diverse. Looking for an embodied practice that helps you deal with the stresses of your daily life? Improve your mind-body connection, stay relaxed and centered under pressure, and work with connection and energy to flow in dynamic movements with partners. Suitable for all ages and levels of physical ability. Try one free session anytime. [www.canadiankifederation.org](http://www.canadiankifederation.org). \$8/Drop in

<b>Wed 5:45-7:00pm</b>	<b>\$50.40/8 sess</b>
<b>566744 Sep 3-Oct 22</b>	
<b>570671 Oct 29-Dec 17</b>	
<b>Mat Room Emily</b>	

### Traditional Kung Fu (6yrs+)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. Full program details p.15. No class Oct 13 & Dec 5.

#### Beginner

<b>Mon Fri 4:30-5:45pm</b>	<b>Sep 9-Dec 12</b>
<b>CFEC</b>	<b>\$380/30 sess</b>
<b>566761 Marquis</b>	

#### Intermediate

<b>Mon Fri 4:30-6:15pm</b>	<b>Sep 9-Dec 12</b>
<b>CFEC</b>	<b>\$406/30 sess</b>
<b>566762 Marquis</b>	

#### Advanced

<b>Mon Fri 4:30-6:30pm</b>	<b>Sep 9-Dec 12</b>
<b>CFEC</b>	<b>\$432/27 sess</b>
<b>566760 Marquis</b>	

### Taijiquan-Tai Chi (18yrs+)

Discover the art of Chen Style Taijiquan in this dynamic and meditative class. Rooted in traditional martial arts, Chen Taijiquan emphasizes fluid movements, internal energy cultivation, and balance. Participants will also explore Yiquan (mind-intent training), Zhan Zhuang (standing meditation for inner strength and focus), and Tui Shou (partner work to improve sensitivity and responsiveness), providing a well-rounded experience of Tai Chi principles. \$35/drop-in. No class Sept 30, Nov 11

<b>Tue 6:00-9:00pm</b>	<b>Sep 2-Dec 16</b>
<b>Mat Room</b>	<b>\$367.50/14 sess</b>
<b>566757 Alex</b>	

## Health & Fitness

### Core Connect (16yrs+)

Join Meghan Goodman for an hour of Pilates and Yoga inspired movements to help you connect with your core, stabilize your pelvis, and find more ease and mobility in your limbs. Drawing from training in dance, Pilates and yoga, Meghan will lead you through a fun and challenging class to get you moving, breathing, and feeling good. \$18/drop in

<b>Thu 11:15am-12:15pm</b>	
<b>566737 Sep 11-Nov 27</b>	<b>\$134.40/8 sess</b>
<b>567942 Nov 6-Dec 18</b>	<b>\$117.60/7 sess</b>
<b>CFEC Meghan</b>	

### Zen Meditation (19yrs+)

**NEW**

In Zen meditation we learn to observe ourselves and the world about us from an attitude of attentive mindfulness. Here we simply witness our thoughts, ideas, feelings, and perceptions without casting judgements on them or being swept away into an internal dialogue. In this state of awareness we learn to focus on existing in the present and thus free ourselves from worries about the past or being anxious about the future. As our practice deepens, we gain a better knowledge of ourselves and a self-acceptance from which we can deal effectively with the concerns of day-to-day life. Zen meditation involves simple breathing, sitting, and walking techniques, along with techniques to employ meditation in your daily activities. Bring a firm cushion and wear comfortable clothing.

James Giles, PhD is a well-known professor of philosophy, author and has been teaching meditation and yoga for several years.

Progressive class - no registration after 2nd class. No drop-ins.

<b>Thu 6:30-7:30pm</b>	<b>Sep 11-Nov 27</b>
<b>Mat Room</b>	<b>\$189/12 sess</b>
<b>577197 James</b>	

### Yogaflex (18yrs+)

This flowing yogaflex class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Please visit [www.yogawithalex.ca](http://www.yogawithalex.ca) for more information. Please bring your own mat to this class. \$15/drop-in. No class Oct 12, Nov 9.

<b>Sun 10:15-11:15am</b>	<b>Sep 7-Dec 14</b>
<b>CFEC</b>	<b>\$177.45/13 sess</b>
<b>566768 Alex</b>	



### Iyengar Yoga (18yrs+)

Physically energizing, deeply relaxing and emotionally uplifting, this program offers instruction in classical yoga with an emphasis on self-awareness and development of strength, stamina, flexibility, balance, body awareness, postural alignment and relaxation. Must have Iyengar Yoga experience at the intermediate level (level 2) before signing up for Level 3. \$25/drop-in. Limited equipment available. For information or questions, contact [claudiamacyoga@gmail.com](mailto:claudiamacyoga@gmail.com). No class Sept 30, Nov 11.

#### Level 1 & 2

<b>Tue 9:30-11:00am</b>	<b>Sep 9-Dec 9</b>
<b>566739</b>	<b>\$264.60/12 sess</b>
<b>Tue 7:00-8:30pm</b>	<b>Sep 9-Dec 9</b>
<b>566740</b>	<b>\$264.60/12 sess</b>

#### Level 2 and 3

<b>Thu 5:30-7:00pm</b>	<b>Sep 11-Nov 27</b>
<b>566741</b>	<b>\$264.60/12 sess</b>
<b>CFEC Claudia</b>	

### 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. For more information, please visit <http://www.stretchtherapyvancouver.com/community-centres>. \$40/drop-in.

No class Oct 13.

<b>Mon 6:45-7:55pm</b>	<b>\$189/6 sess</b>
<b>581583 Sep 15-Oct 27</b>	
<b>581572 Nov 3-Dec 8</b>	
<b>CFEC Rob</b>	



## Axe Capoeira - Adult (16+)

This class is a mixed level class and is open to all levels. Beginner, intermediate and advanced students are welcome to join the class. Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language. Classes focus on developing rhythm, reflexes, balance, coordination, strength, flexibility. Unlimited participation in training, dance and music classes. \*Uniform is required after 1 month to join class. Class does not pro-rate, monthly rate only. \$20/drop-in. Wed in CFEC, Mon in Cafeteria.

<b>Mon Wed</b>	<b>6:15-7:30pm</b>	
<b>566687</b>	<b>Sep 8-Sep 29</b>	<b>\$136.50/mo</b>
<b>566689</b>	<b>Oct 1-Oct 29</b>	<b>\$136.50/mo</b>
<b>567897</b>	<b>Nov 3-Nov 26</b>	<b>\$136.50/mo</b>
<b>566688</b>	<b>Dec 1-Dec 17</b>	<b>\$105/6 sess</b>
<b>Cafeteria/CFEC Marcus Vinicios</b>		

## Sports

### Britannia Boxing (13yrs+)

The Britannia Boxing Club is ready for all of your recreational boxing needs! New bags, gloves, portable ring, and more, await you in our boxing gym! You can stay as long, or short, as you would like. We have fun, inclusive, and informative boxing programs where anyone can come and learn proper techniques, hit the bags, and workout with our experienced coaches who move around the gym, working with athletes when possible. This is not a traditional instructor-led program. Classes unlimited. Come train as many times as you like! Boxing room is located beside Gym C. NOTE: First time participants, pay \$15 drop-in. After this, participants will be expected to pay the \$95/mo fee. Fees do not pro-rate.

<b>Mon-Fri</b>	<b>5:00-7:00pm</b>	<b>Sat 2:00-4:00 pm</b>
<b>566729</b>	<b>Sep 2-Sep 29</b>	
<b>566733</b>	<b>Oct 2-Oct 31</b>	
<b>567940</b>	<b>Nov 1-Nov 29</b>	
<b>566731</b>	<b>Dec 1-Dec 20</b>	
<b>Boxing Room Jay</b>		<b>\$99.75/month</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 maximum. No drop-ins. No sess Oct 12.

<b>Sun</b>	<b>2:00-4:00pm</b>	<b>Sep 7-Dec 14</b>
<b>Gym C</b>		<b>\$102.90/14 sess</b>
<b>566711</b>	<b>Edmond</b>	

<b>Sun</b>	<b>4:00-6:00pm</b>	<b>Sep 7-Dec 14</b>
<b>Gym C</b>		<b>\$110.25/15 sess</b>
<b>566712</b>	<b>David</b>	

### Soccer - Women's Indoor (18yrs+)

A recreational program for all types of fitness and skill levels welcome. Expect low-key, limited body contact, clean fun play. Registered players arrive by 6:15pm to hold your spot. 15 spaces are allotted per night. \$7/drop in, space permitting. No class Nov 27

<b>Thu</b>	<b>6:00-7:30pm</b>	<b>Sep 18-Dec 18</b>
<b>Gym D</b>		<b>\$95.55/13 sess</b>
<b>566750</b>	<b>Tracy</b>	

### Ball Hockey - Co-ed (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! \$7/drop-in, space permitting. Register early as this class will fill up! No class Sep 17.

<b>Wed</b>	<b>7:45-9:15pm</b>	<b>Sep 10-Dec 17</b>
<b>Gym D</b>		<b>\$102.90/14 sess</b>
<b>566707</b>	<b>Trey</b>	

### Ball Hockey - Co-ed Recreational (18yrs+)

4 vs 4, Fun, Co-ed recreational ball hockey - no body checking - no contact - no slapshots - Protective gear recommended. Great practice for goalies! \$7/drop-in, space permitting. Register early as this class will fill up! No class Oct 11, Nov 29

<b>Sat</b>	<b>7:45-9:45pm</b>	<b>Sep 6-Dec 13</b>
<b>Gym D</b>		<b>\$81.90/13 sess</b>
<b>580280</b>	<b>Julina</b>	

### Ball Hockey - Men (40yrs+)

This is a no-body contact, recreational hockey program. Rough play will not be tolerated. No league players. No drop-ins. No class Nov 27.

<b>Thu</b>	<b>8:30-10:00pm</b>	<b>Sep 11-Dec 18</b>
<b>Gym D</b>		<b>\$102.90/14 sess</b>
<b>566710</b>	<b>Edwin</b>	

<b>Sun</b>	<b>6:45-8:45pm</b>	<b>Sep 7-Dec 14</b>
<b>Gym D</b>		<b>\$110.25/15 sess</b>
<b>569716</b>	<b>Edwin</b>	

### Pickleball - Intermediate 3.0+ (18yrs+)

Come join our intermediate pickleball sessions, where fun, friendly and easy-going players can enjoy 3 hours of pickleball excitement! Experienced dinkers & bangers preferred. This program is for experienced, intermediate players (3.0+). Bring your own paddles & ball if you have them. \$9/drop-in.

<b>Sun</b>	<b>6:15-9:15pm</b>	<b>Sep 7-Dec 7</b>
<b>Gym C</b>		<b>\$132.30/14 sess</b>
<b>566747</b>	<b>John</b>	

## Sports Drop-in Rules

NEW

Lottery system

30 minutes before the program starts, at the Pool Office, players can put their name into a randomized draw for the possible drop-in spot.

Add your name to the draw with the cashier. One name per person, per day, in person only

15 minutes AFTER the program starts, the lottery draw begins, drawing names to fill the number of drop-in spots that day

Drop-ins must be in person for the draw.

### Badminton (18yrs+)

Come play some badminton with us. Singles if it is slow, otherwise doubles. Total 30 spaces available (registered and drop in). \$8/drop-in if space is available. No class Sep 28, Oct 3, 5.

<b>Fri</b>	<b>7:00-9:45pm</b>	<b>Sep 5-Dec 19</b>
<b>Gym C</b>		<b>\$126/15 sess</b>
<b>566701</b>	<b>Allen</b>	

<b>Sun</b>	<b>1:30-3:30pm</b>	<b>Sep 7-Nov 23</b>
<b>Gym C</b>		<b>\$73.50/10 sess</b>
<b>580488</b>	<b>Erica</b>	

### Volleyball - Intermediate (18yrs+)

2 courts, 5/6 per team. Skill level is intermediate, purely recreational with score keeping. Register for this program to guarantee a spot to play every week. A total of 28 spaces allotted. \$7/drop-in, space permitting. No class Sep 30, Nov 11.

<b>Tue</b>	<b>8:00-10:00pm</b>	<b>Sep 9-Dec 16</b>
<b>Gym A/B</b>		<b>\$95.55/13 sess</b>
<b>566765</b>	<b>Millin</b>	

<b>Thu</b>	<b>7:00-10:00pm</b>	<b>Sep 4-Dec 18</b>
<b>Gym A/B</b>		<b>\$151.20/16 sess</b>
<b>566764</b>	<b>Ricki</b>	

### Volleyball - 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. Register for this program to guarantee a spot to play every week. A total of 25 registered spots and 4 spots weekly are drop-in only. \$9/drop-in. Registered players cannot give their spot away. No class Nov 14.

<b>Fri</b>	<b>7:00-10:00pm</b>	<b>Sep 5-Dec 19</b>
<b>Gym A/B</b>		<b>\$141.75/15 sess</b>
<b>566763</b>	<b>Millin</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 55+ Program

Anne Cowan  
Kya Prince  
604.718.5837

[anne.cowan@vancouver.ca](mailto:anne.cowan@vancouver.ca)  
[kya.prince@vancouver.ca](mailto:kya.prince@vancouver.ca)

### 55+ Centre Hours

Monday through Friday  
10:00am-5:00pm

### Registration for 55+ Programs

Registration opens on Tuesday, August 19 at 7:00pm (online and in-person only), and by phone on August 20 at 9:00am.

604.718.5800 (1) [vanrec.ca](http://vanrec.ca)



### SEA - Seniors, Elders, Advocate Committee

We meet on the 2nd Thursday of each month at 11:00am (followed by lunch and WCT). Everyone is welcome to join and or participate. The SEA Committee members discuss what matters to seniors and older adults in community, the kind of programs and supports most needed and how we can best incorporate those needs into the 55+ Centre and the Britannia Community Centre. Inclusion, representation and participation of Seniors and Elders is of utmost importance so that together we can deliver safe welcoming programs and services that are relevant, needed and valued. New members welcome and encouraged!

Thu 11:00am-12:30pm  
Sept 10, Oct 8, Nov 12, Dec 10  
55+ Centre

## 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 9:00am-12:00pm Sep 5-Dec 12 CFEC Free



### Vietnamese Program

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



# 55+ Older Active Adults

## SOCIAL

### Monday Soup (55+)

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 lunch Oct 13 and Nov 10

**Mon 12:00-1:00pm** **Sep 8-Dec 8**  
**55+ Centre** **\$3.50/1 sess**  
**575525**

### 55+ Centre Bingo

By popular demand please join us on a Wednesday afternoon for BINGO. Small Snacks, Tea and Coffee. Please register

**Wed 2:00-4:00pm** **Sep 10, Oct 8,**  
**55+ Centre** **Nov 12, Dec 10**  
**574368** **Free**

## In Partnership with VPL

### ESL Social

Adults and Seniors 19-100 welcome to join the VPL English conversation social every Tuesday afternoon in the 55+ Centre. No registration required, drop-ins welcome.

**Tue 3:00-4:00pm** **Sep 09-Dec 16**  
**55+ Centre** **Free**  
**575517**

### Bring Your Own Book Club

New write-up to follow (multi-generational)- Confirm dates and write-up with Sarah

**Wed 1:00-4:00pm** **Sep ?, Oct ?,**  
**55+ Centre** **Nov ?, Dec ?**  
**#####** **Drop-in/Free**

### Mini Free Library

We now have a small library of Free books, well stocked by the VPL Community Librarian for you to take home or sit and read while you're in the lounge.



## Weaving Community Together in the 55+ Centre

As part of the WCT program the 55+ Centre will host a lunch and gratefully welcome a WCT Knowledge Keeper to share with everyone. Many thanks to the Italian Cultural Centre for their donations and Denise (WCT Programmer) for their generosity to the 55+ Centre (Elders and Seniors). Check out page 7 in this brochure to see the list of weekly activities.

**Thu 1:00-4:00pm** **Sep 11-Dec 11**  
**55+ Centre** **Free**

**Sep 4 Devil's Club Salve Making**  
**with Jessica Wismer**

**Sep 11 Orange T-shirts**  
**with Melissa Angus**

**Sep 18 TBD**  
**Sep 25 Bingo!**

**Oct 2 Frame Painting**  
**with Tanya Znk**

**Oct 9 Halloween Cedar Wreaths**  
**with Kim Kerrigan**

**Oct 16 Halloween Tote Bags**  
**with Wilder Wolf Creations**

**Oct 23 Halloween Movie & Popcorn Party!**  
**Oct 30 Bingo!**

**Nov 6 Smokeless Smudge Sprays**  
**with Sister Sage**

**Nov 13 Indigenous Clay Creatures**  
**with Mengya**

**Nov 20 Completion of Clay Creatures**  
**with Amanda**

**Nov 27 Bingo! & Drum Awakening**

**Dec 4 Christmas Candles & Cedar Wreaths**  
**with Dawn Cranmer & Christina Fortin**

**Dec 11 Christmas T-shirt Press**  
**with Melissa-Rae Angus**

**Dec 18 Christmas Bingo & Indian Tacos**  
**with Paul Fortin**

## Quirk-e

Quirk-e is the Queer Imaging and Riting Kollektive for Elders experimenting with language, printed text, graphics, digital imagery, spoken word, and performance. If you are interested in joining the Queer Imaging and Riting Kollektive for Elders there is an application process through Britannia. Quirk-e is a LGBTQAI2S+ group over 55 years of age. We limit the number of active members to about 25 elders who live in the Metro Vancouver area of British Columbia. Call 604.718.5837 for more information or send us an email. Online with hybrid every Wednesday and in-person sessions take place once per month at the 55+ Centre Britannia.

**Wed 1:00-4:00pm** **Ongoing/Online**  
**55+ Centre**  
**In person** **Sep 24, Oct 22, Nov 26, Dec 17**

## CRAFTERS CORNER

### Craft Collective (55+yrs)

If you love crafting, please join us every other Monday in the Britannia 55+ Centre. Good company, lots to share and learn. Tea and coffee always served. We are also hosting Crafting Workshops on the following dates, open to 16yrs+. Please register ahead of time. Sponsored workshops below:

**Sep 8 Beaded Rose Pins**  
**Sep 22 Felt Orange Shirt Pins**  
**Nov 3 Baby Booties**

**Mon 1:30-5:00pm** **Sep 8-Dec 15**  
**55+ Centre** **Free**  
**575374**

### Beaded Rose Pins

Learn how to create a beautiful rose. Manual dexterity is needed to work with wire and small beads. Some larger beads may be available.

**Mon 1:30-5:00pm** **Sep 8**  
**55+ Centre** **\$10/1 sess**  
**575552 Shirley**

### Felt Orange Shirt Pins

Acknowledging Canada's September 30th National Truth and Reconciliation Day, the 55+ Craft Collective is pleased to sponsor a workshop for folks to create their own orange shirt pin. Learn with experienced Indigenous crafter Myra Pierre Kazezemaka. Decorate your shirt pin with beads, embroidery thread or other embellishments.

**Mon 1:30-5:00pm** **Sep 22**  
**55+ Centre** **Free**  
**575561 Myra**

### Baby Booties

Join us in the 55+ Centre and learn how to hand stitch a simple baby bootie out of wool fabric or felt. In this workshop, a simple pattern will be featured, and you will be guided to complete a pair of booties within the time frame.

**Mon 1:30-5:00pm** **Nov 3**  
**55+ Centre** **\$5/1 sess**  
**575567 Brenda**



# 55+ Older Active Adults

## WELLNESS & FITNESS

### Osteofit (55+yrs)

A gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. It is taught by a trained Osteofit fitness instructor. No class Oct 13

#### Set 1

Mon 11:00am-12:00pm Sep 8-Oct 27  
CFEC \$70/7 sess  
575533 Berdjis

#### Set 2

Mon 11:00am-12:00pm Nov 3-Dec 15  
CFEC \$70/7 sess  
575536 Berdjis

### Boxfit for Seniors 55+

Want to learn something fun and improve your physical fitness and mental alertness? This introduction to boxing class is designed specifically to enhance your strength, balance, coordination, muscular endurance and overall well-being. All fitness levels welcome and all equipment will be provided. Held every Tuesday and Friday. \$15 drop-in available. No class Sep 30, Nov 11.

#### Set 1

Tue Fri 3:30-4:30pm Sep 9-Oct 24  
Boxing Rm \$70/7 wks  
575324

#### Set 2

Tue Fri 3:30-4:30pm Oct 28-Dec 16  
Boxing Rm \$80/8 wks  
575339

### 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.

Wed 10:15-11:15am Sep 17-Nov 5  
577669 Brenlee Free\*

\*Registration required



### Yoga for Aging Well (50+)

As we move through time, we need to keep moving our bodies. Whether you're brand new to yoga or a seasoned practitioner, if you're 50 or over then this all-levels yoga class is ideal for you. Your safety and a pain-free practice are of highest 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.

Wed 1:30-2:30pm Sep 10-Oct 22  
CFEC \$102.90/7 sess  
566766 Joan

Wed 1:30-2:30pm Nov 5-Dec 17  
CFEC \$102.90/7 sess  
566767 Joan



### Chair Yoga (55+)

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

Set 1  
Fri 12:15-1:15pm Sep 12-Oct 17  
55+ Centre \$30/6 sess  
575354 Bryony

Set 2  
Fri 12:15-1:15pm Oct 24-Nov 28  
55+ Centre \$30/6 sess  
575359 Bryony

### Chair Yoga (55+yrs)

Same great program on a new day!

Wed 10:00-11:00am Sep 10-Oct 15  
55+ Centre \$30/6 sess  
581448 Bryony

NEW

## DANCE

### Chinese Folk Dance (55yrs+)

Traditional Chinese folk dancing lessons. Everyone is welcome! This class is taught in Chinese and English. No drop-ins.

Thu 9:00-11:00am Sep 11-Dec 18  
CFEC \$20/season  
575464

### Classical Chinese Dance (55+yrs)

Classical Chinese dance uses body language to express different feelings. The dances include many graceful movements with beautiful music. It is a great way to enjoy music, exercise your body and learn Chinese culture. No Class Oct 13

Sun 2:00-4:00pm Sep 7-Dec 14  
CFEC \$20/season  
575478

### Line Dancing (55+yrs)

This class is filled with fun, light musical movements, lots of laughs and is a great way to exercise and socialize! No Class Sept 30th (Day of Truth & Reconciliation) and Nov 11th (Remembrance Day)

Tue 1:00-3:00 pm Sep 9-Dec 16  
CFEC \$20/season  
575500



### Badminton (55yrs+)

Fun and easy badminton for older adults.

Mon Wed 11:20am-12:35pm Sep 3-Dec 17  
No class Oct 13.  
Gym C \$23.63/30 sess  
566704 Tho

Tue Thu 11:20am-12:35pm Sep 2-Dec 18  
No class Sept 30, Nov 11  
Gym C \$23.63/30 sess  
566706 Tho

Sat 3:00-5:00pm Sep 6-Dec 20  
Gym A \$33.60/16 sess  
566705 Angela



# 55+ Older Active Adults

## MUSIC

### Ukulele Absolute Beginners

If music is something you love but have never tried, then this is the class for you! For absolute beginners join this welcoming, fun, and informative Ukulele class. No class Oct 13.

**Mon 9:30–10:40am** **Sept 8–Nov 24**  
**55+ Centre** **\$10/11 sess**  
**577208 Laurie**

### Ukulele Holiday Songs Sing & Strum

Intermediate to advanced players learning strumming seasonal songs together.

Everyone welcome to perform and attend the annual Seniors Christmas Lunch on Dec 8.

**Mon 10:50am–12:00pm** **Nov 17–Dec 8**  
**55+ Centre** **\$10/4 sess**  
**577211 Jane**

### Ukulele Jam Circle (All Ages)

Calling all Ukulele players to join a friendly jam session once a month in the 55+ Centre with Jane and the 55+ Ukulele players. We welcome voices to join in the community sing-a-long too. Please register.

**Fri 1:30-3:00pm** **Sept 26, Oct, 30,**  
**55+ Centre** **Nov 28, Dec 12**  
**577214 Jane** **Free**

## SPECIAL EVENTS

### Movie Nights

Everyone is welcome to view movie classics new and old with us every Sunday evening. Doors open at 5:45pm. No movie Sep 21, Oct 12, Nov 9.

**Sun 6:00–9:00pm** **Sept 14–Dec 7**  
**55+ Centre** **Free**  
**577223**

**Sep 14** **Rango (2011)**  
**Sep 28** **Promising Young Woman (2020)**  
**Oct 5** **Green Book (2018)**  
**Oct 19** **Little Women (2019)**  
**Oct 26** **Children of Men (2006)**  
**Nov 2** **The Death of Stalin (2017)**  
**Nov 16** **Challengers (2024)**  
**Nov 23** **Juno (2007)**  
**Nov 30** **The Manchurian Candidate (1962)**  
**Dec 7** **Black Bag (2025)**

### Community Kitchen for Seniors (55yrs+)

Tired of cooking alone? Come and cook with us!! Join Marni on Sun Oct 19 or Sun Nov 16 to learn some simple and tasty fall recipes! Once we have finished cooking, you can either eat with us or bring your food home. Registration required. Please BYO reusable containers if you can – or borrow some to return later!

**Sun 1:00-4:00pm**  
**581135 Oct 19** **\$5/1 sess**  
**581137 Nov 16** **\$5/1 sess**  
**PreTeen Centre Marni**

### Harvest Lunch

Join us as we welcome in Sweater Season! The beauty of Fall, a hearty warm lunch and sitting back with friends to enjoy the sound of our musical guests.

**Fri 1:30-3:30pm** **Nov 14**  
**55+ Centre** **Free**  
**581480**

### 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.

**Mon 1:00-3:00pm** **Dec 8**  
**55+ Centre** **\$13/1 sess**  
**576607**



## 55+ Program Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Ukelele*</b> 9:30am-12:00pm  <b>Osteofit*</b> 11:00am-12:00pm  <b>Badminton*</b> 11:20am-12:35pm  <b>Monday Soup</b> 12:00-1:00pm  <b>Crafters Corner</b> 1:30-5:00pm  <b>Yoga For Aging Well*</b> 2:15-3:15pm	<b>Vietnamese Drop-in</b> 9:00am-2:00pm  <b>Badminton*</b> 11:20am-12:35pm  <b>Techi Tuesdays</b> 1:00-2:00pm  <b>Line Dancing*</b> 1:00-3:00pm  <b>ESL Social</b> 1:00-3:00pm  <b>Boxfit*</b> 3:30-4:30pm	<b>FitNation* - Pool</b> 10:15-11:15am  <b>FitNation Social</b> 11:30am-1:00pm  <b>Badminton*</b> 11:20am-12:35pm  <b>Quirk-e (Hybrid)*</b> 1:30-4:00pm  <b>Bingo</b> 2:00-4:00pm Sep 10, Oct 8, Nov 12, Dec 10	<b>Chinese Folk Dance*</b> 9:00-11:00am  <b>Badminton*</b> 11:20am-12:35pm  <b>Thursday Lunch &amp; Bingo</b> 12:00-3:00pm Sep 25, Oct 30, Nov 27, Dec 18  <b>WCT Workshops</b> 12:00-4:00pm	<b>Vietnamese Line Dancing</b> 10:00am-12:00pm  <b>Chair Yoga*</b> 12:15-1:15pm  <b>Boxfit*</b> 3:30-4:30pm	<b>No programs on stat holidays.</b> <b>*Registration required.</b> Registration opens on Tuesday, Aug 19 at 7:00pm (online and in-person only), and by phone on Aug 20 at 9:00am.  <b>Badminton*</b> Sat 2:00-4:00pm  <b>Classical Chinese Dance*</b> Sun 2:00-4:00pm  <b>Sunday Movie Night Series*</b> 6:00-9:00pm	

# Fitness Centre

## Welcome to the Fitness Centre

### Hours

Mon-Fri 6:30am-9:00pm

Sat/Sun 8:00am-7:00pm

Wed (Free Members) 9:00-10:00am

Sat (Women Only\*) 8:00-10:00am

Sun (55+ Only) 8:00-10:00am

Sun (Free Members) 10:00-11:00am

\*Trans inclusive.

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

[britanniacentre.org/fitness\\_centre](http://britanniacentre.org/fitness_centre)

## Britannia Holiday Hours

### Pool & Fitness Centre

Sep 1 Labour Day 9:30am-5:00pm

Sep 30 Orange Shirt Day 9:30am-5:00pm

Oct 13 Thanksgiving 9:30am-5:00pm

Nov 11 Remembrance Day 9:30am-5:00pm

Dec 25 Christmas Day CLOSED

Dec 26 Boxing Day TBA

Jan 1 New Years Day TBA



### 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.

Wed 9:00-10:00am

Sun 10:00-11:00am

### Facility Orientations

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

Please call ahead to make an appointment for a fitness orientation 604.718.5842.

### Flexipass

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

### Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists, and physiotherapists. Outside trainers will need to be registered with either the Park Board or Britannia. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$8.33 per client also applies (fees are subject to change).



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

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

Sun 9:00-10:00am Sep 7-Sep 28  
577673 \$30/4 sess

### Leisure Access Program (LAP)

The Leisure Access Program (LAP) provides City of Vancouver residents facing financial barriers access to Park Board programs and services office at its pools, rinks, participating fitness centres and community centres (including Britannia) at a reduced cost. Learn more on p.33.

Full details at [vancouver.ca/leisureaccess](http://vancouver.ca/leisureaccess)

### Supporting a participant? Attendants get free access

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

### Pool and Fitness 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 30, Nov 25

## 2025 Pool and Fitness Centre Fees

	Drop-in	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$8.33	\$74.94	\$67.36	\$181.87	\$581.97	Free
Youth (13-18)	\$5.83	\$52.45	\$47.16	\$127.31	\$407.38	Free
Child (6-12)	\$4.17	\$37.47	\$33.68	\$90.94	\$290.99	Free
Senior (65+)	\$5.83	\$52.45	\$47.16	\$127.31	\$407.38	Free
Britannia-Only Senior (55+)	\$5.83	\$52.45	\$47.16	\$127.31	\$407.38	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 \$8.33 admission.

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



## Welcome to the Britannia Pool

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

**Please note: Annual Pool Maintenance Closure November 17- December 14, 2025**

### 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



## 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 5, 19, Oct 3, 17, 31, Nov 14, 28, Dec 12</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 12, 26, Oct 10, 24, Nov 7, 21, Dec 5, 19</b>
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### 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>Wed</b>	<b>10:15-11:15am</b>	<b>Sep 17-Nov 5</b>
<b>577669 Brenlee</b>		<b>Free*</b>

\*Registration required

### FitNation (18yrs+)

<b>Wed</b>	<b>8:00-9:00pm</b>	<b>Sep 17-Nov 5</b>
<b>577672 Brenlee</b>		<b>Free*</b>

\*Registration required

### 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.

### 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)

### 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.

<b>Tue</b>	<b>6:45-7:45pm</b>	<b>Sep 9-Nov 4</b>
<b>577649</b>		<b>\$40/8 sess</b>
<b>Sun</b>	<b>10:00-11:00am</b>	<b>Sep 14-Nov 9</b>
<b>577655</b>		<b>\$45/9 sess</b>

## Swim Lessons

### Registration

Online and in-person registration for fall swim lessons and programs at all pools, for all age groups starts Tuesday August 26, 2025 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.

# Ice Rink



Notice for Rink Users:

**The Britannia ice rink is currently closed for Construction, maintenance and upgrades.**

**It is expected to remain closed through the end of 2025.**

**Find updates during the closure at [britanniacentre.org/ice\\_rink](http://britanniacentre.org/ice_rink).**

Visit [vanrec.ca](http://vanrec.ca) to view drop-in schedules for Vancouver arenas that are open at this time.

For further details on all the public rinks in the city visit [vancouver.ca/parks-recreation-culture/ice-rinks.aspx](http://vancouver.ca/parks-recreation-culture/ice-rinks.aspx).

We look forward to seeing you on the ice for lessons, hockey and public skate times in the new year!





# Strategic Plan & Leisure Access

## 2026-2030 Strategic Plan

The Britannia Community Services Centre Society will be celebrating our 50th anniversary in 2026!

As we celebrate this important milestone, we're also taking an important step forward. We are developing a new strategic plan that will guide our work in the years to come — one that honours where we've been and envisions where we need to go.

Some of the key actions are:

1. Maintain and expand welcoming and safe environments
2. Deepen reconciliation and decolonization practices
3. Strengthen relationships with on-site partners
4. Increase organizational capacity and enhance staff and volunteer experiences
5. Develop youth leadership
6. Build seniors' communities of belonging and care
6. Collaborate with the City to ensure the development of a new Aquatics facility
7. Continue strong governance and accountability to community, financial stability and engagement to achieve the objectives of the society.



For more details please visit:

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



## Leisure Access Program (LAP)

The Leisure Access Program provides City of Vancouver residents with low-income access to programs and services, at a reduced cost. These services are available at pools, rinks, participating fitness centres and community centres, and other select services.

For full program details and more information about how to apply, please visit: [vancouver.ca/leisureaccess](http://vancouver.ca/leisureaccess)

### Get a Leisure Access Pass at a Park Board community centre, you qualify if:

1. You receive income assistance or specific provincial or federal subsidies (see Leisure Access Program brochure or online at [vancouver.ca/leisureaccess](http://vancouver.ca/leisureaccess) for further details); or
2. You are a client of a non-profit or government agency that can refer you. Ensure you have a signed and dated Third Party Referral prior to going to a Park Board community centre with your photo ID. Includes asylum seekers and temporary foreign workers.

### Submit a Leisure Access Pass application if you qualify for one of the following options:

#### 3. Self-Refer

You are a resident with low-income, but do not receive income assistance or support from a non-profit or government agency. To be eligible, \*\*family combined net income on line 23600 of your "Proof of Income Statement" (not Notice of Assessment) is at or below eligibility threshold below.

Family size	1	2	3	4	5	6	7
Net income	\$41,765	\$59,064	\$72,338	\$83,530	\$93,389	\$102,302	\$110,500

#### 4. Child Disability Benefit (CDB)

You are a family with a child, up to 17 years old, with a disability and qualify for the Child Disability Benefit.

#### 5. Disability Tax Credit (DTC)

If you, your spouse, or dependant, age 18 and older, qualify for the Disability Tax Credit and your family

#### 6. Employment Insurance (EI)

You are receiving Employment Insurance benefits in 2025-2026

## 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)



# Partners



GRANDVIEW WOODLAND  
FOOD CONNECTION

## GWFC

The Grandview Woodland Food Connection at Britannia is a Neighborhood Food Network dedicated to supporting the health and 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 and strengthen our community and work towards an accessible, just, decolonized, and sustainable food system. We build the capacity of our neighbourhood's food system through education, information sharing, and the creation of grassroots initiatives to address food security and justice issues.

For a list of our Fall 2025 workshops, see page 7. If you'd like to participate in a program or get involved, Ruth Elizabeth at gwfcnetwork@gmail.com. For more info visit [www.gwfoodconnection.com](http://www.gwfoodconnection.com).

## GWFC Committee Meetings

The GWFC is seeking Advisory Board Members to represent the many faces of our Community! If you're passionate about

- supporting the health and well-being of Grandview Woodland residents - in particular, those most vulnerable;
- promoting an accessible, just and sustainable food system for our community; and
- building the capacity of the neighborhood through education, information sharing, and the creation of grassroots initiatives to address food security and justice issues

Please contact Ruth Elizabeth at [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com) and join us for our monthly meetings!

<b>Wed</b>	<b>6:00-8:00pm</b>	<b>Sep 3, Oct 1, Nov 5, Dec 3</b>
<b>Zoom/Board Rm</b>		<b>Free</b>

## Britannia Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? See page 7 for more information.



## 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 3/4/5

<b>Tue/Wed</b>	<b>9:30-11:45am</b>
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### English Foundations 6/7

<b>Tue/Wed</b>	<b>12:15-2:30pm</b>
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CFEC - 2nd floor, 1665 William St.

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

<b>Fri</b>	<b>10:00am-12:00pm</b>
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### GR2R Family Resource Program

<b>Thu</b>	<b>10:00am-12:00pm</b>
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## Burnaby SD 41

### Maywood PIE Plus 2

Maywood Community School, Adult Room

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

<b>Tue/Wed/Thu</b>	<b>12:40-2:40pm</b>
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### Riverway West Adult Education Centre

4340 Carson Street

### English Foundations: 2-4

<b>Mon/Wed/Fri</b>	<b>12:30-2:30pm</b>
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## CFEC LINC

Edmonds Community School (Room 115)

### LINC Levels 2/3

<b>Mon-Thu</b>	<b>12:15-2:30pm</b>
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## Additional Programs In Development

(My Tween and Me; Food Skills for Families; Nobody's Perfect Parenting Program; HEAL (Healthy Minds, Active Living), Women's Health; Creating a Living Legend



VANCOUVER LATIN AMERICAN  
CULTURAL CENTRE

## Vancouver Latin American Cultural Centre (VLACC)

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. 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+)

Latin American Short Stories Reading Group. Envisioned in the model of book clubs, this reading group focuses on Latin American short stories. The stories are in English translations and the discussions are lead in English. Co-presented with the Latin American Studies department of UBC, a long-time ally, these sessions are a generator of 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)

<b>Tue</b>	<b>6:30-9:30pm</b>	<b>Sep 9-Dec 9</b>
<b>Conference Room</b>		<b>VLACC</b>

## VLACC Choir – Canto Vivo (17yrs+)

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

<b>Wed</b>	<b>7:00-9:00pm</b>	<b>Sep 10-Dec 17</b>
<b>55+ Centre</b>		<b>Sergio</b>





## 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. Annual membership fee is required. Subsidies available upon request.

### Contact

1655 William St. 604.255.9841  
info@eastsidefamilyplace.org  
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 and Backyard Playtime are available throughout the week.

## DROP-IN HOURS

### Families Drop-In

Mon/Tue/Thu/Fri 9:00am–12:00pm  
Tue/Thu 1:00–2:30pm

### Caregivers Drop-In

Wed 9:00am–12:00pm  
Tue/Thu 1:00–2:30pm

### Indigenous Drop-In

Mon 3:30–5:00pm

### Baby and Me Weekly Meet Up

Yoga: Mon 12:30–1:30pm  
Baby Drop In: Thu 1:00–2:30pm

### Youth Parents Drop-In

(for parents up to 26yrs)  
Wed 1:30–3:00pm

## 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
- Baby & Me Yoga, Mon 12:30–1:30pm

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.



VANCOUVER PUBLIC LIBRARY

## Britannia Branch

Tel: 604.665.2222

## Library Hours

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

For a full list of programs and events, visit [vpl.ca](http://vpl.ca).

## Children's Programs

### Toddler Storytime (18 mos – 5 yrs) ☀

Tue 10:00am

### Babytime (0 – 18 mos)

Tue 11:00am

Sep 16-Dec 9

### Family Storytime (all ages) ☀

Thu 10:00am & 11:00am

Sep 18-Dec 4

Sat 11:00am

Sep 20-Dec 13

## Winter Puppet Show ☀

Dec 11

11:00am

## Adult Programs

### ESL Conversation Practice ☀

Tue 2:30 – 3:30pm

Sep 9-Nov 25

Drop-in

### Tech Help ☀

Fri 2:00 - 3:00pm

Sep 12-Nov 28

Drop-in



## 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 2025 Programs ☀

- Food Security Program (fruit and veggie hampers)
- Parents Training (Nobody's Perfect)
- 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. Registration is required. Please call 604.215.8289. No session Apr 21, May 19.

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

Mon Sep 8-Dec 15 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.

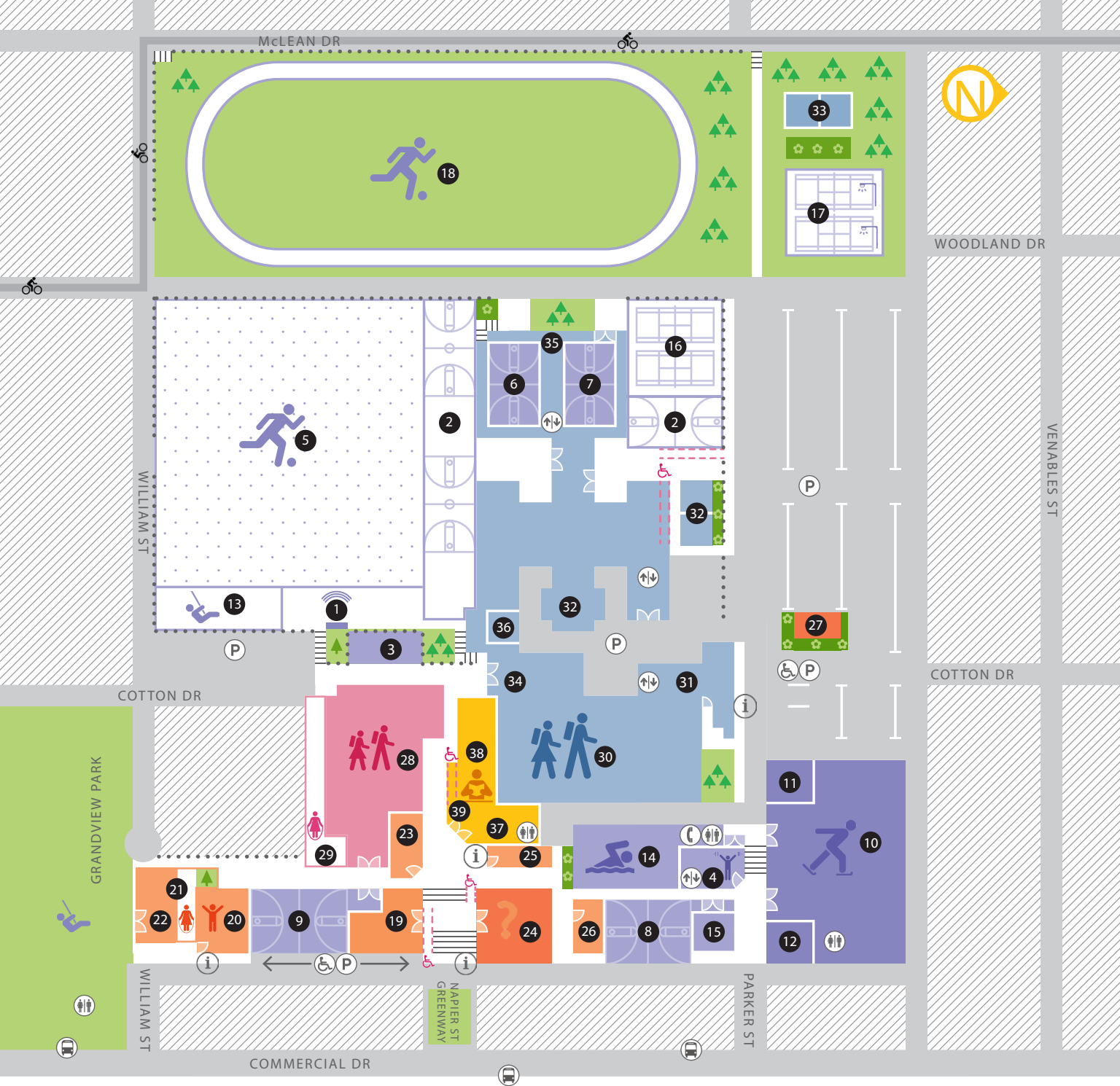
This work is often done through student leadership opportunities, noon hour and after school programming. For inquiries please call 604.713.8273.

## 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 ʁwqʁeləwən ct Carving Centre

## elementary school

- 28 Britannia Elementary
- 29 Outdoor Play Area

## secondary school

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

## library + learning

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



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

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