

All listed program  
prices now include tax.

# Programs & Services Spring 2023



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





## President's Message

In 2023 we're putting our money where our mouth is and taking action.

In November 2022, the Board of Management met to set out our goals for the upcoming year. One of our major priorities is to become leaders in inclusion, equity and diversity; and make meaningful steps towards reconciliation and decolonization. To accomplish this, we're doing something we've never done before and planning for a deficit in our budget. For 2023 only, we're dipping into our accrued surpluses (7%) to carve a new path.

We've hired Suzette Amaya, the new Manager of Organizational Change, to lead us on a stronger path to reconciliation and decolonization. Suzette is Kwakwaka'wakw, Cree, Coast Salish and Nisga'a. Born and raised in the Hastings Sunrise and Commercial Drive communities, she is passionate about community engagement, reconciliation, music, arts and culture. With over 20 years working in the DTES in women's and children's shelters, Suzette is passionate about helping others and supporting Indigenous people to share their voices and stories.

We welcome Suzette with open arms, and are ready to take charge of this opportunity to deepen our learning, strengthen our community connections, examine our existing structures, and make lasting changes so that we can better reflect and support the communities in our catchment areas.

As we're heading into spring, we welcome this season of change. We still have lots of great events planned for the community—from the Shine: Intercultural Spring Market on April 30, to the Indigenous Concert Series in Grandview Park, we invite you to join us (see page 6!).

We are also more focused than ever on food security. We know that community members are feeling the impacts of inflation. We've doubled the capacity of our food program to help out more families with the rising cost of food.

We are looking for other ways to support community members through the challenging times now and ahead. If you have big ideas about the ways we can leverage our resources to better support the community, we want to hear from you. We are always looking for more committee members and board members; with our AGM coming up on May 24, this is a great time to get involved.

Last, but certainly not least, I want to thank our staff and volunteers for their hard work, dedication, and trust as we embark on some exciting changes.

How'aa,

Annie Danilko, Haida Nation  
President, Britannia Board of Management

## Britannia's Board

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

President	Annie Danilko
Vice President	Pamela Dudas
Treasurer	John Flipse
Directors	Susanne Dahlin Ariela Friedmann Farren Gillaspie Pat Hogan Vera Jones Craig Ollenberger Ashki Shkur Oliver Tennant Naina Varshney
Youth Directors	Stephanie Slen Emma Xu
Staff Rep	TBD
Partners	
VSB	Rose Mackenzie
VPB	Peter Odynsky
VPL	Randy Gatley
Community Ed	Maddie Lafleur
Executive Director	Cynthia Low
Manager of Administrative Services	Jeremy Shier
Manager of Child Care Services	Jacky Hughes
Manager of Organizational Change	Suzette Amaya

## Committee Meetings

For more info about Britannia committees, call us at 604.718.5800 (1), email the contact person listed below, or visit:  
[britanniacentre.org/about-us/board-of-management](http://britanniacentre.org/about-us/board-of-management)

### Board Meeting

2<sup>nd</sup> Wed/mo 6:00pm  
Apr 12, May 10, Jun 14  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Anti-Racism & Anti-Oppression Committee

2<sup>nd</sup> Thu/mo 6:00pm  
Apr 13, May 11, Jun 8  
Cyn Williams [cyn.williams@vancouver.ca](mailto:cyn.williams@vancouver.ca)

### Arena Committee

1<sup>st</sup> Tue/mo 6:30pm  
Apr 4, May 2, Jun 6  
Susy Bando [susy.bando@vancouver.ca](mailto:susy.bando@vancouver.ca)

### Arts & Culture Committee

1<sup>st</sup> Thu/mo 6:00pm  
Apr 6, May 4, Jun 1  
Amanda Lye [amanda.lye@vancouver.ca](mailto:amanda.lye@vancouver.ca)

### Board Development Committee

3<sup>rd</sup> Fri/mo 6:00pm  
Apr 21, May 19, Jun 16  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Child Care Committee

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

### Grandview Woodland Food Connection

1<sup>st</sup> Wed/mo 6:00pm  
Apr 5, May 3, Jun 7  
Ruth-Elizabeth [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com)

### Planning & Development Committee

3<sup>rd</sup> Tue/mo 6:30pm  
Apr 18, May 16, Jun 20  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Pool & Fitness Committee

Last Tue/bi-monthly 6:00pm  
Mar 28, May 30  
604 718 5831

### Reconciliation in Action (RIA) Committee

2<sup>nd</sup> Mon/mo 3:00pm  
Apr 10, May 8, Jun 12  
Suzette Amaya [suzette.amaya@vancouver.ca](mailto:suzette.amaya@vancouver.ca)

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

3<sup>rd</sup> Wed/mo 3:30pm  
Apr 19, May 17, Jun 21  
Anne Cowan [anne.cowan@vancouver.ca](mailto:anne.cowan@vancouver.ca)

### Skateboard Committee

1<sup>st</sup> Mon/mo 6:30pm  
Apr 3, May 1, Jun 5  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)  
[britanniaskateboardcommittee.com](http://britanniaskateboardcommittee.com)

### Sports & Fitness Committee

2<sup>nd</sup> Tue/mo quarterly 5:30pm  
Jun 13  
Fraser McElroy [fraser.mcelroy@vancouver.ca](mailto:fraser.mcelroy@vancouver.ca)

### Youth Committee

3<sup>rd</sup> Thu/mo  
Apr 20, May 18, Jun 15  
Tom Higashio [tom.higashio@vancouver.ca](mailto:tom.higashio@vancouver.ca)

### Volunteer Committee

3<sup>rd</sup> Fri/mo 5:00pm  
Apr 21, May 19, Jun 16  
Yao Zhang [yao.zhang@vancouver.ca](mailto:yao.zhang@vancouver.ca)

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## Facility Rentals

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

### Gym/Room Rentals

For rates and availability contact the Facility Support Clerks at 604.718.5812 or [britanniafacilitiesupport@vancouver.ca](mailto:britanniafacilitiesupport@vancouver.ca).

### Pool Rentals

Contact the Pool Programmer at 604.718.5830.

### Rink Rentals

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

### Facility Rental Fee Policy

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

Britannia offers rental sponsorships for community partners. If you would like to explore becoming a community partner, please contact Cynthia Low at [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca) or 604.718.5815, or visit: [britanniacentre.org/about\\_us/partners](http://britanniacentre.org/about_us/partners)

### Cover Photo

Youth in the garden with Master Gardener, Pablo Vimos.

## Holiday Hours

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

Apr 7	Good Friday	CLOSED
Apr 10	Easter Monday	CLOSED
May 22	Victoria Day	CLOSED

### Pool & Fitness Centre

Apr 7	Good Friday	1:00-5:00pm
Apr 10	Easter Monday	1:00-5:00pm
May 22	Victoria Day	1:00-5:00pm

### Rink

Apr 7	Good Friday	6:00-12:00am
Apr 10	Easter Monday	6:00-12:00am*
May 22	Victoria Day	6:00-12:00am*

\*No public programming. For our current schedule, visit: [britanniacentre.org/ice\\_rink](http://britanniacentre.org/ice_rink)

## Unceded Coast Salish Territories

Britannia is located on the traditional and unceded Coast Salish territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and səliłwətat (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.

# Registration

## Registration Dates

Registration for **general programs** opens on Tuesday March 7, 2023 at 7:00pm (online and in-person), and by phone on March 8 at 9:00am.

Registration for **swim lessons** opens on Tuesday March 14, 2023 at 7:00pm in person and online.

Registration for **Set 1 skating** lessons begins on Wednesday March 29, 2023 at 9:00am in-person and online, and at 1:00pm by phone. Registration for **Set 2 skating** lessons begins on May 17.

Registration for **Summer 2023 Funseekers** begins on Saturday April 1, 2023 at 10:00am online and in-person at the Info Centre.

## 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

## Subsidy Policy

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

### Leisure Access Program

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

### Grandview-Woodland & Strathcona Subsidy

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

### 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 program guide to find our free and pay-what-you-can programs.

## Refund Policy

- A full refund will be granted if requested up to 48hrs prior to the second class. No refunds after this time.
- For workshops and outings, a full refund will be granted if the refund is requested one week (seven days) prior to the start of the program. No refunds after this time.
- Britannia Society Memberships are non-refundable.
- For day camps, a \$5 administration fee will be charged for each camp a refund is requested for. Refund requests must be made one week (seven days) prior to the start of the program. No refunds after this time.

### Swim/Skate Refunds

- Full refund will be granted five days or more prior to the start of the program.
- Partial refunds granted within four days of program start or before second class. 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.

## Britannia Memberships

In order to participate in recreation programs at Britannia, you must be a member. Memberships are valid from January 1 - December 31 every year.

A membership may be obtained when you register for a program (membership fees 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/about\\_us/membership](http://britanniacentre.org/about_us/membership)

### Membership Benefits

- Voting privileges at the society Annual General Meeting.
- You must have a current Britannia membership to register for programs.
- Eligibility to run for the Board of Management.
- Mail-outs/e-mails about Centre events.

### Price

Family	\$5
Adult	\$3
Child, Youth, Senior	\$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's 2023 Priorities

On November 27, 2022 the Board of Management gathered to plan the direction for the Society.

The areas of focus for 2023 are:

### 1. Community Partnerships and Engagement

- Identify opportunities for relationship building, particularly with the Vancouver School Board, City of Vancouver, and Parks Board.
- Deepen collaborative approaches with community partners.

### 2. Staff & Volunteer Wellbeing and Support

- Strengthen internal communication structures to improve cross-organization knowledge transfer across staff teams.
- Assess staff and volunteer needs and capacity, to build a safe and caring work environment and manageable workloads for team members.

### 3. Renewal & Organizational Capacity

- Advocate to the site partners and other key stakeholders to push for action on the Renewal.
- Establish a fundraising plan for 2023, which will identify a plan for new funding sources.
- Identify the Society's direction on childcare for 2023 informed by recommendations from the incoming consultant.

### 4. Reconciliation

- Establish the Elder in Residence program in 2023 through meaningful collaboration with Indigenous host nations, xʷməθkʷəy̓əm (Musqueam), sḵw̓xwú7mesh (Squamish) and sel̓ilwítulh (Tseil-Waututh).
- Enhance education offerings for board, staff, and volunteers on colonialism, decolonization, and reconciliation.

### 5. Inclusive Programming

- Establish accessible programming to serve specific, marginalized populations in the Britannia community, including low-income residents and elders.
- Build out youth program offerings that support and uplift young people as leaders in our community.
- Utilize programming surplus to contribute to underserved programs.
- Advocate for \$10/a day child care and elder care.

Based on these areas of focus, 29 action items were determined. The management team requested that the Board approve a planned deficit of \$145,000 to achieve the 2023 priority actions.

The request for deficit spending is a one-time occurrence to spend 7% of the Society net assets to:

- Achieve the objectives of the Board;
- Position the Society as a leader in inclusion, equity and diversity;
- and to move forward on reconciliation and decolonization.

You can review the actions items and the 2023 budget at:

[britanniacentre.org/2023-priorities](https://britanniacentre.org/2023-priorities)



## Get involved – Volunteer!

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

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

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

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

### Fun Bike Rides (19yrs+)

Join other Britannia volunteers and community members for a fun bike ride around Vancouver. We'll leave from Britannia and explore local favourite bike trails at a leisurely pace. Participants should be confident riding approximately 30 kilometers. Waivers and release forms need to be signed prior to the rides. To receive an updated list of the rides and sign up, please email [britanniavolunteer+rides@gmail.com](mailto:britanniavolunteer+rides@gmail.com) (including your contact information).

### Shoreline Cleanup at New Brighton Park (19yrs+)

During World Oceans Week (June 2-11) we invite you to participate in our Great Canadian Shoreline Cleanup at New Brighton Park. Help reduce litter along the coastline and protect our oceans! This will be an interactive, team-building event. Transportation and equipment will be provided. Please meet at the Info Centre at 9:45am. Registration required.

452561 Sun 9:45am-2:00pm Jun 4 Free

### Special Event Volunteers Needed

We are looking for special event volunteers to help us deliver community events. Special event volunteers assist on the event day for set-up, guest assistance, greeting, managing the zero waste station, and event take down. If you have any questions, please email [yao.zhang@vancouver.ca](mailto:yao.zhang@vancouver.ca) or call 604.718.5860. If you're interested in volunteering, please fill in an application at:

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



# Special Events

## Britannia Art Gallery Exhibitions

### March 8 – 29

**Exploring Perceptions: Perceptions of Dual Identities / Percepciones de Identidad Dual**

Mixed media artwork by Latin American-Canadian Youth.

#### Opening Reception

Wed 6:00-8:00pm Mar 8



### April 5 – 29

#### Stars Shimmering in the Dark

Mixed media artwork by PosAbilities group.

#### Opening Reception

Wed 6:30-8:30pm Apr 5



### Shine: Intercultural Spring Market (All ages)

Hosted in the parking lot adjacent to the ʔxʷqʷeləwən ct carving pavilion, Shine Market features the work of local artisans, live music, artist workshops, delectable food and community tables. The spring is a returning of light; celebrate the shift from winter to spring with us as we share stories with each other through music, art, dance, food and togetherness—it's our time to shine again. For more information and artist/vendor applications, please email [arts.britannia@gmail.com](mailto:arts.britannia@gmail.com).

Sun 12:00-4:00pm Apr 30  
ʔxʷqʷeləwən ct / Parking Lot Free

### International Yarn Balming Day (All ages)

Yarn bombing is a form of craftivism (crafting as activism). This term is meant to put a positive to the negative term bombing. But as we see increased military bombing in the lives of our extended families, we have chosen to rename this project Yarn Balming. Please join us in our efforts to spread a balm of love on our community. Make a pompom for the tree and one or several to take with you.

Sat 1:00-4:00pm Jun 3 Napier Greenway Free

### May 3 – 27

#### Playing with Numbers

Artwork by Division 2, Gr. 5/6, Britannia Elementary.

#### Opening Reception

Wed 3:30-5:00pm May 3



### June 7 – 30

#### Celebrating Elder's Artworks

Mixed media by Elders and seniors.

#### Opening Reception

Wed 6:30-8:00pm Jun 7



### Indigenous Concert Series in Grandview Park

In partnership with the Vancouver Park Board Park Activations Team, please join us for the Indigenous Concert series in Grandview Park, a free all ages event series open to everyone. Distro Disco will be at each event doing a contribution drive for supplies for our unhoused neighbours; they are asking for outdoor gear, socks and sleeping mats. Coffee sponsored by Moja on Commercial Drive.

March Headliner: Michelle Heyóka

April Headliner: Zofia Rose

Sun 1:30-3:00pm Mar 26, Apr 23  
Grandview Park Free drop-in



### Spring Coffee House (All ages)

An evening of sweet spring vibes as we celebrate the turn

of the season. Local musicians and poets will warm our hearts. Returning to in-person performances with a online option to watch from home.

The Britannia Coffee House Series is a favourite seasonal event celebrating the turn of each season. Each event is warm and inviting, creating an opportunity for community to gather and connect, and enjoy music and poetry by local performers. [britanniacentre.org/coffeehouse](http://britanniacentre.org/coffeehouse)

Sun 6:30-9:00pm  
55+ Centre/Zoom

Apr 2  
Free

### Banner Painting Workshop – 2 days (12yrs+)

*"With each step the earth heals us, and with each step we heal the earth."*

– Thich Nhat Hanh

Theme: Walking. Use high quality water based fabric paints to help create the next set of large colourful banners to hang in pairs outdoors on-site and in the Library. This is a great workshop for friends and family. Wear old clothes and bring a lunch and a colour sketch of your idea. All materials will be provided. Children under 12 must be accompanied by an adult. Please register each painter; caregivers and support workers can register for free—email Helen at [helen.spaxman@vancouver.ca](mailto:helen.spaxman@vancouver.ca). Banners can be purchased after exhibition for \$20/set. Artists get first chance to buy their own banners. This program is subsidized by the Arts & Culture Committee.

Sat-Sun 10:00am-4:00pm  
Cafeteria  
430045 Helen

Jun 17-18  
\$20/2 sess

### Free Tax Clinic

Need help filing your income taxes? Britannia offers a free income tax clinic in the Library for people with moderate incomes and simple tax situations. Volunteer tax preparers are trained by the CRA's 'Community Volunteer Income Tax Program' and will keep your information secure and confidential. To book an appointment (starting late Feb), please call the Info Centre at 604.718.5800 ext 1.

### Looking for Vendors for Future Markets

Britannia hosts several markets throughout the year including Shine: Intercultural Spring Market, the Plaza Markets on Wednesdays from July-October, and the Winter Craft Market. For more information and artist/vendor applications, please email [artsbritannia@gmail.com](mailto:artsbritannia@gmail.com).

# Licensed Child Care



## Britannia Child Care Hub

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

### Child Care Mission Statement

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

### About our Child Care Programs

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

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

### About our Staff

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

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

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

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

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

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

## Toddler Program (18mo-3yrs)

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

### Mount Pleasant Child Care

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

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

Hours: Mon-Fri	7:30am-5:30pm
Fees:	\$531/mo
Lunch Program:	\$70/mo



## Preschool Program (3-5yrs)

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

### Britannia Preschool

1661 Napier Street  
Lorraine Evans 604.718.5843

### September 2023 – June 2024

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

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

5 days/week (am or pm) \$140/mo



# Licensed Child Care

## Daycare Programs (3-5yrs)

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

### Eaglets Daycare

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

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

Fees: \$10/day \$200/mo

Snacks provided.

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

2075 Woodland Drive  
Alejandra Uribe 604.718.5846  
grandviewcc@shawbiz.ca  
grandviewterracechildcare.com

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

Fees: \$995/mo  
Lunch Program: \$80/mo

Snacks provided.



### Mount Pleasant Child Care

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

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

Fees: \$552/mo  
Lunch Program: \$70/mo

Snacks provided.

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

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

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

### Britannia OSC

1661 Napier Street  
Lorraine Evans 604.718.5843

Pick up: Britannia Elementary

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

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

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

Fees include before and after school care.

Breakfast & pm food program provided.

### Grandview Terrace OSC Program II & III

2075 Woodland Drive  
Alejandra Uribe 604.718.5846

Pick up: Grandview Elementary  
Queen Alexandra Elementary  
Queen Victoria Annex  
École Anne-Hébert

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

\*No AM care for Queen Alexandra Elementary and École Anne-Hébert.

Fees: OSC II \$200/mo  
OSC III \$425/mo

Breakfast & pm snack provided.

### Eagles In The Sky OSC

103B-1950 E. Hastings  
Cassandra Gordon 604.348.9706

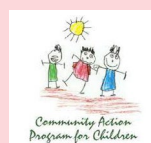
For waitlist info, email: eagles.osc@gmail.com

Pick up: xpey Elementary  
Hastings Elementary  
Lord Nelson Elementary,  
École Anne-Hébert

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

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

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



### Community Action Program for Children (CAPC)

CAPC is a community-based children's program that promotes the healthy development of young children.

All programs are free and for parents with children aged 0-6. For more information and to register, please call 604.718.5821 or 778.245.2428.

### Spanish Mother Goose / Mama Ganso (0-3yrs)

Enjoy one hour of rhymes, songs, games and stories in Spanish with your child. No class May 22.

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

Mon 1-2yrs 10:30-11:30am  
Apr 17-Jun 12 12:30-1:30pm

Rink Mezz

Rita

Free\*

\*Call 604.215.8289 to register.



## Toddler Art (18m-3yrs)

Art is a wonderful sensory experience through which you and your child can collaborate. Emphasis is placed on the creative process and exploration of materials. Be on time for an inspirational story. Dress for mess! No class May 22.

<b>Mon</b>	<b>Apr 17-Jun 5</b>	<b>RAR</b>
Helen		\$87.50/8 sess
438639	9:45-10:30am	
438640	10:45-11:30am	

## Music

### Music Together® (0-5yrs)

Learn how to share the joys of music-making and the powerful benefits of having music in your child's life! Our 9 award-winning music collections and research-based curriculum supports parents at home and keeps the music making alive all week.

In our mixed age class, children participate at their own level and their natural musicality is nurtured through singing, dancing, and exploring instruments. Parent participation is required. Siblings attend at a reduced rate and children 6mos and under attend free with a registered sibling. \$55 Music Together licensing fee is non-refundable after the first class.

<b>Tue</b>	<b>Apr 4-Jun 6</b>	<b>Rink Mezz</b>
Noa		\$200/10 sess
442421	10:30-11:15am	
442422	11:30am-12:15pm	

<b>Wed</b>	<b>Apr 5-Jun 7</b>	<b>Rink Mezz</b>
Katherine		\$200/10 sess
442423	9:30-10:15am	
442424	10:30am-11:15am	

<b>Sat</b>	<b>Apr 15-Jun 17</b>	<b>Rink Mezz</b>
Lissy		\$200/10 sess
442426	10:30-11:15am	
442427	11:30am-12:15pm	

## Language

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

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 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 a blanket or mat to sit on. No drop-ins.

<b>Wed</b>	<b>9:45-10:30am</b>	<b>Apr 12-May 10</b>
Mat Rm		\$77/5 sess
441571	Sheri	

## Spanish Mother Goose / Mama Ganso (0-3yrs)



Enjoy one hour of rhymes, songs, games and stories in Spanish with your child. No class May 22.

<b>Mon</b>	<b>Apr 17-Jun 12</b>	<b>Rink Mezz</b>
Rita		Free*
1-2yrs	10:30-11:30am	
0-12mo	12:30-1:30pm	

\*Call 604.215.8289 to register.

## Dance

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

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

**\*Parent participation required for 2-4yrs classes.** 4-6yrs classes are closed; however, in the final week of the session we invite parents to stay for a presentation of what we have been learning. For more information, visit: [kirbysnelldance.com](http://kirbysnelldance.com).

<b>Sat</b>	<b>Apr 15-Jun 17</b>	<b>CFEC</b>
Endorphin Dance Rush		\$125/10 sess
442410	9:20-10:00am	2-4yrs*
442414	10:15-10:55am	2-4yrs*
442417	11:10-11:50am	3-4yrs
442416	1:00-1:40pm	4-6yrs

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

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

<b>Sat</b>	<b>Apr 15-Jun 17</b>	<b>CFEC</b>
Endorphin Dance Rush		\$125/10 sess
442418	12:05-12:45pm	3-4yrs
442419	1:55-2:40pm	4-6yrs

## Physical Activity

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

All levels welcome. Classes cover all aspects of Capoeira: Martial arts, dance, music, acrobatics, culture, language and more. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Classes do not pro-rate; monthly rate only. No class April 7 & May 19.

<b>Tue/Fri</b>	<b>5:00-5:45pm</b>	<b>Cafeteria</b>
Marcus		\$85/mo
440203	Apr 4-28	
440202	May 2-30	
440204	Jun 2-30	

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

Multisport classes teach children introductory physical skills and help them develop confidence through 8 different ball sports. Parent participation required. No class April 9 & June 18.

### Set 1

<b>Sun</b>	<b>11:30am-12:15pm</b>	<b>Apr 2-May 14</b>
Gym D		\$102/6 sess
440256	Sportball	

### Set 2

<b>Sun</b>	<b>11:30am-12:15pm</b>	<b>May 28-Jun 25</b>
Gym D		\$68/4 sess
440255	Sportball	

## Sportball Multisport (3.5-5yrs)

Multisport classes teach children methods to practice and refine gross motor skills through 8 core ball sports. This program reinforces benefits of teamwork and skill development enabling children to gain confidence and develop social skills to succeed in sport and life. No class April 9 & June 18.

### Set 1

<b>Sun</b>	<b>12:15-1:15pm</b>	<b>Apr 2-May 14</b>
Gym D		\$102/6 sess
440254	Sportball	

### Set 2

<b>Sun</b>	<b>12:15-1:15pm</b>	<b>May 28-Jun 25</b>
Gym D		\$68/4 sess
440253	Sportball	

## Baby and Me Yoga (16yrs+)

Baby and Me Yoga classes are designed with the birthing parent and new baby in mind. Connect with your young one with playful asana (exercises) as you stretch, breathe and relax your body back into shape, while your baby is stimulated physically, emotionally and socially.

This class is best suited for those who have healed after delivery, and for babes who are not yet very mobile. Previous yoga experience is not necessary. Bringing a blanket for baby and your own mat is recommended. \$18/drop-in.

### Set 1

<b>Wed</b>	<b>10:30-11:30am</b>	<b>Apr 12-May 17</b>
CFEC		\$92/6 sess
440212	Into Yoga	

### Set 2

<b>Wed</b>	<b>10:30-11:30am</b>	<b>May 24-Jun 28</b>
CFEC		\$92/6 sess
440211	Into Yoga	

## Camps

### Explore Latin American Culture (6-10yrs)

**NEW**

Britannia is excited to introduce a Latin American inspired spring break camp, in partnership with Vancouver Latin American Cultural Centre (VLACC). Children will explore music, arts and crafts, dance, language, and food. There will be time for outdoor fun, guest artists, and making friends.

Please pack a lunch, nut free snacks, and a water bottle. Dress for the weather with hat and sunscreen. All supplies included. Thank you to VLACC (vlacc.ca).

Mon-Fri 10:00am-4:00pm Mar 13-17  
RAR \$160/5 sess  
432449 VLACC

### Funseekers Spring Break Daycamp (6-12yrs)

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

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

Mon-Fri 9:00am-3:00pm Gym D  
429321 Mar 13-17 \$99/5 sess  
429322 Mar 20-24 \$99/5 sess

### Summer 2023 Funseekers Registration (6-12yrs)

Registration for Summer 2023 Funseekers will begin at 10:00am on Saturday April 1, 2023 at the Info Centre. A brochure will be delivered to local schools approximately one week before registration. Join us for a summer of excitement and adventure. Our fun and enthusiastic leaders have planned an enjoyable schedule filled with out trips, games, crafts, sports, cooking, music, drama and special events.

Special emphasis in our camps will be placed on the use of the Equitas program "Play it Fair," which is designed to promote human rights, inclusion, anti-discrimination, respect for diversity, and the peaceful conflict resolution among children. The toolkit contains interactive age appropriate activities and games that reinforce the positive values and fundamental principles of human dignity and equality.

### Hip Hop Breakers (6-9yrs)

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room. There will be a performance on the last day of class for friends and family. For more info, visit [kirbysnellldance.com](http://kirbysnellldance.com).

Mon-Fri 2:00-3:15pm Mar 13-17  
CFEC \$99/5 sess  
434068 Endorphan Rush Dance

## Art

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

Discover the sculptural properties of clay while learning different building methods, including pinch pot, slab, coil, and wheel. Artist quality, food safe materials included.

Thu 4:00-5:15pm Apr 20-Jun 8  
Rm 208 \$130/8 sess  
438632 Helen

### Plein Air Outdoor Sketching (6yrs+)

Do you like drawing, or think you might like to try? Do you enjoy being outside in nature? Join us in the Nexways wa lh7áynexw (Transformed Life) Garden at Britannia to try Plein Air sketching! We will meet in front of the Info Centre and walk to the garden together.

Register and receive a sketch book, pencil, and eraser to use. Instructor will have a few other materials you can try. \$15/ drop-in if space available (but bring your own sketchbook). Dress for the weather. Children under 12 must be accompanied by an adult. No class June 18.

Sun 10:00am-1:00pm May 28-Jun 25  
Transformed Life Garden \$60/4 sess  
449287 Sylvia

## Languages

### Hola Spanish for Kids (4-9yrs)

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

Tue 3:30-4:30pm Apr 18-Jun 6  
Rink Mezz \$96/8 sess  
442458 Words in Motion

## Music

### Greenhorn Community Music Project (12-17yrs)



The Greenhorn Community Music Project aspires to join the creative forces of youth, professional musicians, and community members to compose, practice, and perform a variety of musical styles to orchestrate social change you can dance to. Come parade with us! Free, but Britannia membership required (child/youth \$1). Spring schedule is TBD; please contact [brenda.koch@openairorchestra.com](mailto:brenda.koch@openairorchestra.com) for more information.

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

Continue your music studies or begin an instrument and enjoy a lifetime of making music! These lessons consider student's development and goals. Conservatory exam preparation is available. An on-going program from September-June, students are ensured placement for the duration of their studies. Payment is made in advance of each set. Lesson costs shown below are for 30 min classes, but 45 and 60 mins are available to more advanced students at the discretion of the instructor. Private lessons are for beginner to senior levels. New students may start anytime during the season. Clarinet students must provide their own instruments. Recital at Killarney Community Centre on June 25 from 6:30-8:30pm in Room 205 Dance Studio (\*additional \$28.00 incl in Set 2 fees). **Before registering, please contact the instructor at [janine.oye@gmail.com](mailto:janine.oye@gmail.com). Phone-in or in-person registration only, no online. Please call 604.718.5800 ext 1. No class Apr 7, Jun 9, 10.**

Fri 6:15-9:00pm \$196/6 sess\*  
433459 Set 1 - Mar 24-May 5  
455284 Set 2 - May 12-Jun 23

Sat 9:00am-4:00pm \$196/6 sess\*  
433458 Set 1 - Mar 25-May 6  
455282 Set 2 - May 13-Jun 24

Preteen Centre

Janine





## Physical Activity

### Spectrum Skateboard Lessons (6-17yrs)

Spectrum Skateboard Society provides skateboard lessons to neurodivergent children and youth. Skaters practice positive communication and social skills while learning the basic fundamentals of skateboarding in a controlled and safe environment. We will teach proper stance, pushing, basic maneuvers, and skatepark etiquette. No experience is necessary. Proof of diagnosis is not required. Helmets are mandatory (bike helmets are ok) and other protective gear (knee and elbow pads, wrist guards and a mouthguard) is highly recommended. Parents/guardians must complete a waiver form on the first day. There are 8 spaces in each program.

#### Set 1

Fri	Apr 14-May 5	Gym D
442688	5:15-6:45pm	\$200/4 sess
442690	7:00-8:30pm	\$200/4 sess

#### Set 2

Fri	May 12-Jun 9	Gym D
442689	5:15-6:45pm	\$200/4 sess
442691	7:00-8:30pm	\$200/4 sess

### All Bodies Boxing – A Trans Positive Space For Kids (6-10yrs)

This gender diverse and trans positive program teaches the basics of punching and the footwork of boxing—it's not only fun but fosters confidence and body awareness. Boxing is an excellent practice for coordination and movement literacy. This is a non-contact class. Equipment is provided. River is a competitive elite boxer who has fought for the last 10 years, bringing home medals from the Canadian National Championship twice. She's run Queer Box Camp Vancouver for over 11 years. River is an openly queer, gender non-conforming, butch identified boxer who is passionate about bringing the science of boxing to those who don't feel comfortable at a traditional boxing gym. The Boxing Room is located in the Gym C building. **No class Apr 12.**

Wed	3:30-4:30pm	Apr 5-Jun 28
Boxing Rm		\$143/12 sess
440198	River	

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

Introduction to tennis. Learn basic forehand and backhand skills and develop hand-eye coordination through a variety of fun games and activities. Bring your own tennis racquet and runners. No class May 20 & June 17.

Sat	2:00-3:30pm	Apr 15-Jun 24
Gym D		\$221/9 sess
440259	Juan Carlos	

### Tennis Academy Junior (9-14yrs)

This class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills and will be given the opportunity for game play. Bring your own racquet and runners. No class May 20 & June 17.

Sat	3:30-5:00pm	Apr 15-Jun 24
Gym D		\$221/9 sess
440258	Juan Carlos	

### Britannia Boxing (6yrs+)

For more information, see page 23.

### Traditional Kung Fu (6yrs+)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, and develop self-confidence and discipline. Membership fee of \$2 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Students must be able to attend Monday and Friday classes regularly. Fees do not pro-rate. No class April 28, May 22 & June 9.

#### Beginner

Mon	4:30-5:45pm	Fri 7:00-8:15pm
440261	Apr 14-Jun 30	\$207.90/20 sess

#### Intermediate

Mon	4:30-6:30pm	Fri 7:00-9:00pm
440262	Apr 14-Jun 30	\$224.70/20 sess

#### Advanced

Mon	4:30-6:30pm	Fri 7:00-9:00pm
440260	Apr 14-Jun 30	\$241.50/20 sess
Marquis & Louis		CFEC

### Spikeball (5-12yrs)

Spikeball is a new and exciting sport that's easy to learn, yet hard to perfect. You might've seen it at Vancouver's beaches or parks. Spikeball is similar to volleyball but instead of hitting the ball over a net, a ball is hit onto a circular net. Two teams of two have 3 hits to hit the ball onto the net. Once play starts, players can move around freely, so the game is played in 360 degrees.

#### 5-8yrs

Tue	3:15-4:15pm	Mat Rm
440250	Apr 4	Free Trial ☀
440249	Apr 11-Jun 27	\$96/12 sess
Zach		

#### 9-12yrs

Tue	4:30-5:30pm	Mat Rm
440252	Apr 4	Free Trial ☀
440251	Apr 11-Jun 27	\$96/12 sess
Zach		

### Mindfulness & Movement for Kids (5-9yrs)

Join the Yoga Buggy for a fun class that incorporates music, yoga poses, games, mindfulness activities, breath, storytelling, dance, and more! Yoga is a wonderful tool for children to learn about and manage their developing physical, social, and emotional lives. Our classes provide a safe and inclusive space where children can socialize, learn skills for self-regulation and have a ton of fun. We take a child-centered approach and celebrate the uniqueness of all participants. We are excited to play yoga with you! No class June 9.

#### Set 1

Fri	3:15-4:15pm	Apr 14-May 12
CFEC		\$45/5 sess
440266	Yoga Buggy	

#### Set 2

Fri	3:15-4:15pm	May 19-Jun 23
CFEC		\$45/5 sess
440267	Yoga Buggy	

## Axe Capoeira

Students enrolled in these classes must have a minimum of 1 year consistent Capoeira experience, or permission from the school. Classes cover all aspects of Capoeira: Martial arts, dance, music, acrobatics, culture, language and more. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Uniform is required. Fees do not pro-rate; monthly rate only.

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

This is an intermediate program; students should have a knowledge of basic movements as this class will focus on more advanced movements, which will prepare students for the youth program. No class April 7 & May 19.

Tue/Fri	6:00-6:45pm	\$85/mo
Marcus		Cafeteria
440206	Apr 4-28	
440205	May 2-30	
440207	Jun 2-30	

### Youth (7-15yrs)

Please note: This is not an introductory class. Students are expected to execute all basic movements of Capoeira. Mon/Fri classes in Cafeteria. Weds classes in CFEC. No class April 7 & 10, and May 19 & 22.

Mon/Wed	5:00-6:00pm	Fri 6:45-7:30pm
Marcus	Caf/CFEC	\$110.25/mo
440209	Apr 3-28	
440208	May 1-31	
440210	Jun 2-30	

# Children



## 2023 Micro Footie Spring League (April 15 – June 17)

Welcome to Britannia World Cup Micro Footie. The mission of Micro Footie is to provide a top class community experience for players ages 4 and up (we even do a Micro Footie Women's program!) using a small sided game format, where players team up as World Cup countries. Our program values development, sportsmanship, fun, creative play, player involvement, laughter, and mentorship. Make new friends and score lots of goals in quality training sessions led by youthful staff and volunteer coaches.

We will continue Saturday game days at Vancouver's Empire Bowl with practices at our local fields. Registration includes playing soccer outside twice a week, a World Cup country kit, and a team photo. **For more information visit [britanniasoccer.org](http://britanniasoccer.org) or email [britmicrofootie@gmail.com](mailto:britmicrofootie@gmail.com).**

**Program Dates:** April 15 - June 17, 2023. No session May 20 & 22.  
Meet and Greet/kit pick-up one week prior to start date: April 11, 12, or 13 (depending on your scheduled practice day).

**Fees:** \$179/player. Refunds will be issued up to Feb 17, 2023. No refunds will be issued after this date.

**Registration:** Registration is open and ongoing. Register to secure your spot.



### 2023 Spring Schedule (Schedule subject to change)

#	DIVISION	SAT GAME TIME	GAME LOCATION	WEEKDAY PRACTICE TIME/LOCATION	
438657	Girls & Gender Diverse 4-5yrs	8:30-9:30am	Empire North	Mon 5:45-6:45pm	Brit Oval
438658	Boys & Gender Diverse 4-5yrs	8:30-9:30am	Empire South	Tue 5:45-6:45pm	Brit Oval
438659	Girls & Gender Diverse 6-7yrs	9:45-10:45am	Empire North	Wed 5:45-6:45pm	Robson
438660	Boys & Gender Diverse 6-7yrs	9:45-10:45am	Empire South	Thu 5:45-6:45pm	Brit Oval
438661	Girls & Gender Diverse 8-9yrs	11:00am-12:00pm	Empire North	Wed 5:45-6:45pm	Brit Oval
438662	Boys & Gender Diverse 8-9yrs	11:00am-12:00pm	Empire South	Wed 7:00-8:00pm	Robson
438663	Girls & Gender Diverse 10-11yrs	12:15-1:15pm	Empire North	Tue 7:00-8:00pm	Brit Oval
438664	Boys & Gender Diverse 10-11yrs	12:15-1:15pm	Empire South	Wed 7:00-8:00pm	Brit Oval
438665	Girls & Gender Diverse 12-13yrs	1:30-2:45pm	Empire North	Mon 7:00-8:00pm	Brit Oval
438666	Boys & Gender Diverse 12-13yrs	1:30-2:45pm	Empire North	Mon 7:00-8:00pm	Brit Oval
438667	Boys & Gender Diverse 6-7yrs	1:30-2:30pm	Empire South	Mon 5:45-6:45pm	Robson
438668	Boys & Gender Diverse 8-10yrs	1:30-2:30pm	Empire South	Mon 7:00-8:00pm	Robson
438669	Women & Gender Diverse 18yrs+*	3:00-4:15pm	Empire South	Thu 7:00-8:00pm	Brit Oval

\*\$199/player (includes 3 extra practice days)

## 2023 Sponsors







## Britannia Gymnastics Club

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

Our fantastic, enthusiastic team of coaches—Aaron, Audra, Elaya, Henry, Lailah, Shadan, and Sarah—are looking forward to another great gymnastics season! For more information, visit: [britanniagymnastics.com](http://britanniagymnastics.com)

### Winter 2023 Schedule

Sat	Apr 15-Jun 24*	*No class April 29, and May 20 & 27.	Gym B
440232	Tiny Tumblers	3-4yrs	1:00-1:45pm \$112/8 sess
440228	Junior Jumpers A	4-5yrs	2:00-2:45pm \$112/8 sess
440229	Junior Jumpers B	4-5yrs	3:00-3:45pm \$112/8 sess
440225	Future Flyers A	6-9yrs	4:00-5:00pm \$128/8 sess
Sun	Apr 16-Jun 25*	*No class April 30, and May 21 & 28.	Gym A/B
440223	Dynamic Duo A	18mo-3yrs	10:00-10:45am \$104/8 sess
440224	Dynamic Duo B	18mo-3yrs	11:00-11:45am \$104/8 sess
440226	Future Flyers B	6-9yrs	11:30am-12:30pm \$128/8 sess
440233	Tiny Tumblers	3-4yrs	12:00-12:45pm \$112/8 sess
440230	Komet Kids	5-6yrs	12:45-1:45pm \$120/8 sess
440222	Demo Team	9-15yrs	2:00-3:30pm \$176/8 sess
440227	Future Flyers C	6-9yrs	2:15-3:15pm \$128/8 sess
440231	Performance Plus	9-15yrs	3:45-5:15pm \$176/8 sess

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

For program descriptions please visit

[https://www.britanniacentre.org/programs/children/program\\_overview/articles/712.php](https://www.britanniacentre.org/programs/children/program_overview/articles/712.php)



### Tennis and Art Summer Camp (6-13 yrs)

NEW

Join Britannia Centre and the Art of Tennis for a children's camp filled with the essentials of creative art and self motivating tennis activities. The day is broken down into morning and afternoon events which allow your child to be part of an all-day outdoor program. The program is based upon physical activity in the morning with tennis skills and drills and continues with a creative art and games program in the afternoon.

**Please ensure each child brings:** hat, water bottle, lunch, snacks and your own racquet.

Meet at Garden Park Tennis Court and pick up at Garden Park.

**Location:** Garden Park - 1851 Garden Drive. Vancouver, BC, V5N 4W6

The tennis court we are using is in the South East corner of the park.

**Rain Out Policy:** This program is rain or shine, so please show up each day. If there is inclement weather, we might need to cancel the day and the Art of Tennis staff will call you ASAP.

Mon-Fri	9:00am-3:30pm	Garden Park
456269	Jul 4-7	\$260/4 sess
456270	Jul 10-14	\$325/5 sess
456271	Jul 17-21	\$325/5 sess
456272	Jul 24-28	\$325/5 sess
456273	Jul 31-Aug 4	\$325/5 sess
456274	Aug 8-11	\$260/4 sess
456275	Aug 14-18	\$325/5 sess
456276	Aug 21-25	\$325/5 sess
456277	Aug 28-Sep 1	\$325/5 sess



### Volunteer With Us

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

## Social

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

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

Thu 6:15-8:00pm Apr 6-Jun 22  
Preteen Centre Free  
442682 Tiana

## After School Programs

### Red Fox Active Play (5-12yrs)

Red Fox's flagship Active Play program gives children the chance to be healthy, have fun and get inspired by positive youth role models from their own communities. Red Fox Youth Leaders guide children through energetic group games, circus arts, and other physical activities that cultivate self-confidence, social connections, and new skills.

This free program is open to children of all ages and abilities. To register, please call 604.343.6536 or email [info@redfoxsociety.org](mailto:info@redfoxsociety.org).

Fri 3:15-4:45pm Apr 14-Jun 16  
Gym D Free\*  
Red Fox \*Registration required.

### Youth Fitness (8-13yrs)

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

Thu 3:15-4:45pm Apr 6-Jun 22  
Gym C \$96/12 sess  
442694 Game Ready

### Hip Hop Dance (8-13yrs)

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

Tue 3:30-4:45pm Apr 11-Jun 13  
CFEC \$50/10 sess  
442686 Marnie

## Music Makers (8-12yrs)

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

Wed 3:30-4:45pm Apr 19-Jun 7  
CFEC \$40/8 sess  
442685 Will

## Sports

### Basketball – Beginner (8-12yrs)

Focus on the fundamentals! The primary emphasis will be age- and ability-appropriate skill development. This reflects the recommendations of the National Coaching Certification Program Long-Term Athlete Development Model. Increasing skill competency increases likelihood that children will gain the confidence to continue to play and enjoy playing basketball. Please bring a water bottle and towel. No session May 20.

Sat 11:00am-12:15pm Apr 15-Jun 10  
Gym D \$32/8 sess  
442673 Sentheepan

### Basketball – Intermediate (9-13yrs)

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

Increasing skill competency increases likelihood that children will gain the confidence to continue to play and enjoy playing basketball. Please bring a water bottle and towel. No session May 20.

Sat 12:30-1:45pm Apr 15-Jun 10  
Gym D \$32/8 sess  
442674 Sentheepan

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

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

Fri 5:30-6:45pm Apr 14-Jun 16  
Gym C Free

## Special Events

### Preteen Dance (Grade 5-7)

DJ 2 Scoops plays the music. You and your friends will have a blast. Concession will be open for sale of glow sticks, glow necklaces, snacks and pizza. Grade 5-7 only. Parental consent form must be completed and are available 1 week before the dance. Pay \$2 at the door.

Fri 6:30-9:00pm Apr 28, Jun 9  
CFEC \$2/1 sess

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

Britannia's youth-only swim time, every other Friday. Contests, prizes, games and crazy stuff! Swim lessons are available to interested youth for the first 30 minutes; work on skills or improve your swimming abilities. \*No session April 7.

Fri 6:00-8:00pm Mar 10 & 24  
Britannia Pool Apr 21\*  
Free May 5 & 19  
Jun 2, 16, & 30

## Camps

### Funseekers Spring Break Daycamp (6-12yrs)

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

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

Mon-Fri 9:00am-3:00pm Gym D  
429321 Mar 13-17 \$99/5 sess  
429322 Mar 20-24 \$99/5 sess

### Summer 2023 Funseekers Registration (6-12yrs)

**Registration for Summer 2023 Funseekers will begin at 10:00am on Saturday April 1, 2023 at the Info Centre.** A brochure will be delivered to local schools approximately one week before registration. Join us for a summer of excitement and adventure. Our fun and enthusiastic leaders have planned an enjoyable schedule filled with out trips, games, crafts, sports, cooking, music, drama and special events.





## 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.

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

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

The Teen Centre is a place to:

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

## Drop-in Hours

Mon-Fri 3:00-9:00pm

## Registration

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

## Staff

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

**Latin American Youth Programmer:**  
TBA 604.718.5829

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

## Leadership

### Britannia Youth Committee

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

### Indigenous Youth Cadets (12-15yrs)

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

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

Wed 5:00-7:30pm Apr 5-Jun 28  
Gym D Free

### City Wide Daycamp "Play it Fair" Training (16yrs+)

Staff will learn the games of the toolkit, the theory behind them and how they can be used to promote values. Feedback specific to Vancouver's use of Play it Fair indicates that children enjoy the activities and are integrating the values of respect, cooperation, respect for diversity, fairness, inclusion, responsibility and acceptance into their daily attitudes and behaviours. The toolkit helps reinforce children's self esteem, leadership skills, and capacity to solve their own conflicts. Play is used as a vehicle for dialogue.

We recommend daycamp coordinators and leaders who are not familiar with Play it Fair (or want to brush up on their skills) to attend this 4 hour training.

Sat 10:00am-2:00pm Jun 17  
Gym C \$30/1 sess  
441375 Britannia Play It Fair Team

Thu 6:00-10:00pm Jun 22  
Gym C \$30/1 sess  
441374 Britannia Play It Fair Team

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

Make new friends and learn new skills! This program provides social, recreational, and educational activities. We meet every Saturday. To register and for more details, contact the Latin American Worker at 604.718.5829 or 604.787.9251. Consent forms are required to participate in the outings. Subsidies available for activities.

Sat 1:00-5:00pm Apr 15-Jun 24  
Teen Centre Free\*  
\*Registration required.

## Social

### Queer Youth Drop-in (11-16yrs) NEW

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! Feel free to email Khai at khai.truong@vancouver.ca for more info or to discuss any access needs.

Sat 2:15-4:00pm Apr 1-Jun 24  
55+ Centre Free

### Young Adult Social Club (19-22yrs) NEW

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

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

Sat 1:00-5:00pm Apr 1-Jun 24  
Teen Centre Free

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

Britannia's youth-only swim time, every other Friday. Contests, prizes, games and crazy stuff! Swim lessons are available to interested youth for the first 30 minutes; work on skills or improve your swimming abilities. \*No session April 7.

Fri 6:00-8:00pm Mar 10 & 24  
Britannia Pool Apr 21\*  
Free May 5 & 19  
Jun 2, 16, & 30

## Language

### Secwepemc in the City (13yrs+)

**NEW** 

Interested in attending a language sharing gathering? No experience necessary, just a time to come together, practice, learn and share.

Thu 5:30-7:30pm  
FAR

Apr 6-Jun 29  
Free

## Cooking

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



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

Tue 4:00-6:30pm  
55+ Centre

Apr 4-Jun 27  
Free

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



Do you want to learn how to cook food from different Latin American countries? Come share your favorite dishes and learn new recipes! You will also learn how to choose foods that are more nutritious and shop on budget. To register, please contact the Latin American Youth Worker at 604.718.5829.

Thu 5:00-7:00pm  
55+ Centre

Apr 6-Jun 22  
Free\*

\*Registration required.

## Outdoor Programs

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

We offer a variety of outdoor activities suitable for almost any level of fitness. It is a great way to explore our incredible surroundings, learn new things, and meet lots of great people. We'll have variety of activities. Pick up a monthly calendar to get a complete listing.

We provide all necessary equipment, food, transportation, and guides/instructors, unless otherwise stated. Any overnight trip has co-ed leaders and at least one trained staff in Wilderness First Aid. The cost of the outings should not prevent any youth from participating, so let staff know. If you have any questions or would like to register please call 604.718.5828. All registration done at the Teen Centre.

## Physical Activity

### Adapted Fitness Boxing (13-18yrs)

This non-contact class for neurodiverse youth will teach the basics of punching and footwork of boxing, which is not only fun but fosters confidence and body awareness. Boxing is an excellent practice for coordination and overall movement literacy. Some kids learn to discover their strength, some to regulate their strength.

One-to-one support is not provided; the ratio is 1 instructor for up to 10 youth. Equipment provided. Please bring a water bottle and towel. The Boxing Room is located in the Gym C building.

Thu 7:15-8:15pm  
Boxing Rm  
442669 Jay

Apr 13-Jun 1  
\$90/8 sess

### 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 session May 20.

Sat 2:00-3:30pm  
Gym C  
442671 Bernice

Apr 15-May 27  
\$30/6 sess

### Archery – Intermediate (12-18yrs)

Must have completed the Beginner session to register for Intermediate. The archery instructor will provide approval to move on to Intermediate. A continuation of the intro class, including history and trying a variety of different bows. Emphasis will be on individual skill development. Please bring a water bottle and towel. No session May 20.

Sat 3:45-5:00pm  
Gym C  
442672 Bernice

Apr 15-May 27  
\$30/6 sess



### Co-ed Indoor Soccer (11-18yrs)

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

Tue 5:00-7:00pm  
Gym D

Apr 4-Jun 27  
Free

### Spectrum Skateboard Lessons (6-17yrs)

Spectrum Skateboard Society provides skateboard lessons to neurodivergent children and youth. Skaters practice positive communication and social skills while learning the basic fundamentals of skateboarding in a controlled and safe environment. We will teach proper stance, pushing, basic maneuvers, and skatepark etiquette. No experience is necessary. Proof of diagnosis is not required. Helmets are mandatory (bike helmets are ok) and other protective gear (knee and elbow pads, wrist guards and a mouthguard) is highly recommended. Parents/guardians must complete a waiver form on the first day. There are 8 spaces in each program.

#### Set 1

Fri	Apr 14-May 5	Gym D
442688	5:15-6:45pm	\$200/4 sess
442690	7:00-8:30pm	\$200/4 sess

#### Set 2

Fri	May 12-Jun 9	Gym D
442689	5:15-6:45pm	\$200/4 sess
442691	7:00-8:30pm	\$200/4 sess

### Youth Fitness (13-16yrs)

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

Thu	5:00-6:15pm	Apr 6-Jun 22
Gym C		\$84/12 sess
442695	Game Ready	



## Martial Arts

### Axe Capoeira – Youth (7-15yrs)

Students enrolled in these classes must have a minimum of 1 year consistent Capoeira experience, or permission from the school. Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Uniform is required. Fees do not pro-rate; monthly rate only.

**Please note:** This is not an introductory class. Students are expected to execute all basic movements of Capoeira. Mon/ Fri classes in Cafeteria. Weds classes in CFEC. No class April 7 & 10, and May 19 & 22.

Mon/Wed 5:00-6:00pm	Fri 6:45-7:30pm
Marcus Caf/CFEC	\$110.25/mo
440209 Apr 3-28	
440208 May 1-31	
440210 Jun 2-30	

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

This class is queer positive and open to self-identified women, trans, Two Spirit and/or gender diverse individuals. Come give the Art of Peace a try in a supportive learning environment! Looking for an embodied practice that helps you deal with the stresses of your daily life? Try Ki Aikido, a non-competitive practice that promotes positive well-being and helps develop calmness, stability and confidence. Improve your mind-body connection, stay relaxed and centered under pressure, and work with connection and energy to flow in dynamic movements with partners. Suitable for all ages and levels of physical ability. Try one free session anytime. \$8/drop-in.

Tue 6:00-7:15pm	Apr 25-May 16
Mat Rm	\$25.20/4 sess
440245 Emily	

### Britannia Boxing (6yrs+)

Britannia's own fun, inclusive, and informative boxing program where anyone can come and learn proper techniques, hit the bags, and workout with our coaches. Come break a sweat while working at your own pace. You can stay as long or short as you would like—classes are unlimited. The Boxing Room is located in Gym C. First time participants, pay \$15 drop-in. After this, participants will be expected to pay the monthly fee. Fees cannot be prorated. No class April 7 & 10, and May 22.

Mon-Fri 5:00-7:00pm	Sat 2:00-4:00pm
Jay Boxing Rm	
440235 Apr 1-29	\$94.50/mo
440234 May 1-31	\$94.50/mo
440236 Jun 1-30	\$94.50/mo

### Traditional Kung Fu (6yrs+)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, and develop self-confidence and discipline. Students must be able to attend Monday and Friday classes regularly. Fees do not pro-rate. No class April 28, May 22 & June 9.

#### Beginner

Mon 4:30-5:45pm	Fri 7:00-8:15pm
440261 Apr 14-Jun 30	\$207.90/20 sess

#### Intermediate

Mon 4:30-6:30pm	Fri 7:00-9:00pm
440262 Apr 14-Jun 30	\$224.70/20 sess

#### Advanced

Mon 4:30-6:30pm	Fri 7:00-9:00pm
440260 Apr 14-Jun 30	\$241.50/20 sess
Marquis & Louis	CFEC

## Music

### Greenhorn Community Music Project (12-17yrs)

The Greenhorn Community Music Project aspires to join the creative forces of youth, professional musicians, and community members to compose, practice, and perform a variety of musical styles to orchestrate social change you can dance to. Come parade with us! Free, but Britannia membership required (child/youth \$1). Spring schedule is TBD; please contact [brenda.koch@openairorchestra.com](mailto:brenda.koch@openairorchestra.com) for more information.

## Art

### Plein Air Outdoor Sketching (6yrs+)

Do you like drawing, or think you might like to try? Do you enjoy being outside in nature? Join us in the Nexways wa lh7áy nexw (Transformed Life) Garden at Britannia to try Plein Air sketching! We will meet in front of the Info Centre and walk to the garden together.

Register and receive a sketch book, pencil, and eraser to use. Instructor will have a few other materials you can try. \$15/drop-in if space available (but bring your own sketchbook). Dress for the weather. Children under 12 must be accompanied by an adult. No class June 18.

Sun 10:00am-1:00pm	May 28-Jun 25
Transformed Life Garden	\$60/4 sess
449287 Sylvia	

## VYW VANCOUVER YOUTH WEEK 2023



Photo by Emily Cooper.

Youth Week is an internationally celebrated event to promote awareness of youth, increase a positive public profile of youth, and build stronger connections between youth and the community.

During Youth Week, young people around the world organize and participate in events, performances, forums and community projects.

### Youth Skate (13-18yrs)

May the fourth be with you! Join DJ 2Scoops and do laps around the ice during this youth only time. Snacks provided. Lots of prizes. Come out and join the fun! Brought to you by the Britannia Youth Committee.

Thu 3:15-4:15pm	May 4
Britannia Rink	Free

### Youth Swim (11-18yrs)

Contests, games, activities, loud music and lots of prizes! Snacks provided after the swim.

Fri 6:00-8:00pm	May 5
Britannia Pool	Free

### Basketball (TBD)

3 on 3 Basketball tournament and a youth basketball clinic will be offered. More details to follow. Lots of prizes and snacks! Hosted by the Boys Who DARE. Please pre-register. More info to come.

Fri 3:15-10:00pm	May 5
Gym C	Free

### Community Small Grants

Community Small Grants are available for you to get creative with celebrating Youth Week. Write a grant, and then plan and promote your event or activity. Contact Tom at [tom.higashio@vancouver.ca](mailto:tom.higashio@vancouver.ca) to see how you can get involved. Deadline for application is March 1, 2023.



## Latin American Youth Program / Programa Juvenil Latinoamericano

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

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, comuníquese con la trabajadora juvenil latinoamericana al 604.718.5829.

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

¿Estás interesado en ayudar a organizar actividades y eventos para nuestra comunidad? Únete a nuestro comité de jóvenes y ayúdanos a iniciar nuevos proyectos y eventos. Para obtener más detalles, llama al 604.718.5829. Nos reunimos el primer miércoles de cada mes de 4:00-5:00pm.

Are you interested in helping organize activities and events for our community? Join our youth committee and help us start new projects and events. For more details, please call 604.718.5829. We meet on the first Wednesday of each month from 4:00-5:00pm.



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

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

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

Tue/Mar 5:30-7:00pm  
Gym D/Gim D

Apr 4-Jun 27  
Free/Gratis\*

\*Registration required.

### 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, comuníquese al 604.718.5829. 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, contact 604.718.5829. 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.

Apr 15-Jun 24  
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 5:00-7:00pm  
\*Registration required.

Apr 4-Jun 20

55+ Centro

Free/Gratis\*

### Spanish Clubs / Clubes de Español

¿Qué son los clubes de español? Un lugar para reunirse con los estudiantes latinos de tu escuela, divertirse, y conocer a otros chicos y chicas en tu escuela. Estos programas se están llevando a cabo en tu comunidad. Brindamos juegos, música, y talleres. Si estás interesado en tener un club de español en tu escuela llama al 604.718.5829.

What are Spanish Clubs? A place to meet the Latin 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 the Latin American Youth Worker at 604.718.5829.

\*Se requiere registro previo. Para registrarse, comuníquese con la trabajadora juvenil latinoamericana al 604.718.5829.

\*Pre-registration is required. To register, please contact the Latin American Youth Worker at 604.718.5829.



## Music

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

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

We are a non-auditioned choir and welcome everyone. We suggest a fee of \$35/month, but if you can't afford that, pay what you can. If you can't afford anything, that's ok too. For more info please contact Carol at 604.526.4959. Check solidaritynotes.ca for our practice schedule; No session April 9, May 21, & June 25. Britannia membership required.

**Sun 10:30am-12:30pm Apr 2-Jun 18**  
**Outside Brit Elem \$35/mo**  
**Earle**

### African Drumming (16yrs+)

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

Level 1 lays the foundation for higher-level courses. Completion of Level 1 required to move onto Level 2, and completion of Level 2 required to move onto Level 3 (or permission from the instructor). He can be contacted through his website: drumming.ca. Levels 2 & 3 can be repeated several times as new djembé and dunun rhythms are taught every course. Drums are supplied in class or BYOD.

#### Level 1

**Sat 2:30-3:45pm Apr 22-Jun 10**  
**Cafeteria \$147/8 sess**  
**441564 Russell**

#### Level 2

**Wed 8:00-9:15pm Apr 19-Jun 7**  
**Cafeteria \$147/8 sess**  
**447080 Russell**

**Sat 12:30-1:45pm Apr 22-Jun 10**  
**Cafeteria \$147/8 sess**  
**441565 Russell**

#### Level 3

**Wed 6:30-7:45pm Apr 19-Jun 7**  
**Cafeteria \$147/8 sess**  
**441567 Russell**

**Sat 11:00am-12:15pm Apr 22-Jun 10**  
**Cafeteria \$147/8 sess**  
**441566 Russell**

### African Drum Circle

**Sat 12:00-1:30pm Mar 25-Apr 8**  
**Cafeteria \$30/3 sess**  
**456188 Russell**

### Vancouver Latin American Cultural Centre Choir (7yrs+)

Come sing with *Canto Vivo!*, the Vancouver Latin American Cultural Centre Choir! Our choir meets once a week to learn and practice songs that reflect the immense diversity of musical genres from all over Latin America. Songs are sung in Spanish and Portuguese. Everybody is welcome to participate. Join this fun community activity, sing, and make friends! To register email info@vlacc.ca. Please purchase a VLACC and a Britannia membership.

**Wed 7:00-9:00pm Apr 5-Jun 28**  
**55+ Centre \$70/term**  
**Register through VLACC Sergio**

### Carnival Band (All ages)



Looking for an excuse to dust off that instrument in the back of your closet? Looking for a way to bring a little music and colour to your community? The Open Air Orchestra Society invites you to our street band workshops, led by the incomparable Ross Barrett, Tim Sars, and various guest instructors. All levels and ages welcome. Suggested donation is one hour's wage or \$5 pay-what-you-can. Britannia membership required. For more info email vancouvercarnivalband@gmail.com.

**Mon 7:00-9:30pm Apr 3-Jun 26**  
**55+ Centre By donation**  
**Tim/Ross**

## Arts

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

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

**Mon 6:30-9:00pm FAR**  
**Caro \$120.75/4 sess**  
**441569 Apr 24-May 15 Set 1**  
**441570 May 29-Jun 19 Set 2**

### Working With Cement (16yrs+)

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

**Tue 7:00-9:00pm Apr 25 & May 2**  
**Rink Mezz \$84/2 sess**  
**443560 Karine**

### Pottery – Introduction (16yrs+)

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

**Tue 7:00-9:00pm Apr 18-Jun 6**  
**438636 \$244.65/8 sess**

**Fri\* 7:00-9:00pm Apr 21-Jun 6**  
**438637 \$244.65/8 sess**  
**Rm 208 Helen**

### Pottery – Continuing (16yrs+)

Further develop your pottery skills in hand-building and on the wheel. Attention is given to the sculptural as well as the functional aspects of pottery. Students are self-directed with more one-on-one instruction. Pre-req: Intro to Pottery or permission of the instructor (contact 604.257.3087). Clay and glazes are included. More classes will be offered based on waitlist. \*Last class is Tuesday, June 6.

**Wed\* 6:30-9:00pm Apr 19-Jun 6**  
**Rm 208 \$270.90/8 sess**  
**438634 Helen**

### Banner Painting Workshop – 2 days (12yrs+)

Theme: Walking. Use high quality water based fabric paints to help create the next set of large colourful banners to hang in pairs outdoors on site and in the Library. Wear old clothes and bring a lunch and a colour sketch of your idea. All materials provided. Children under 12 must be accompanied by an adult. Please register each painter; caregivers and support workers can register for free by emailing Helen at helen.spaxman@vancouver.ca.

**Sat-Sun 10:00am-4:00pm Jun 17-18**  
**Cafeteria \$20/2 sess**  
**430045 Helen**

### Plein Air Outdoor Sketching (6yrs+)

Do you like drawing, or think you might like to try? Do you enjoy being outside in nature? Try Plein Air sketching! We will meet in front of the Info Centre and walk to the Transformed Life Garden together. Register and receive a sketch book, pencil, and eraser to use. Instructor will have a few other materials you can try. \$15/ drop-in if space available (but bring your own sketchbook). Dress for the weather. Children under 12 must be accompanied by an adult. No class June 18.

**Sun 10:00am-1:00pm May 28-Jun 25**  
**Transformed Life Garden \$60/4 sess**  
**449287 Sylvia**



## Food

Grandview Woodland Food Connection (GWFC) is dedicated

to supporting healthy food access for all. In partnership with Britannia Community Centre, the GWFC is pleased to offer a range of community food programs. For more information, see page 34. If you'd like to get involved, email Ruth Elizabeth at [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com) or visit: [www.gwfoodconnection.com](http://www.gwfoodconnection.com)

## Garden Enthusiasts / Garden Ambassadors

Come volunteers with us and help us care for our gardens! During these weekly garden work parties and skill sharing sessions, you will have the opportunity to gain hands on experience and learn from experienced gardeners. We'll work together to care for the gardens by planting, watering, weeding, and harvesting together (and yes, you will enjoy the harvest as well). All are welcome. Rain or shine. Please send an email to Ruth Elizabeth at [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com) if you are interested. No session April 9, May 21, and June 4.

**Sun 10:00am-1:00pm** Apr 2-Jun 18  
Transformed Life Garden Victoria

## Garden Godsai with Weeds (12yrs+)

Helen will guide the group into using sticks pruned from and vines weeded from the Nexwáys wa lh7áynexw (Transformed Life) Garden, plus some colour from their stash, to make some décor for the garden and some to take home. Children under 12 must be accompanied by an adult. Please register each participant; caregivers and support workers can register for free by emailing Ruth Elizabeth at [ruth.briggs@vancouver.ca](mailto:ruth.briggs@vancouver.ca). All skill levels welcome! Sliding scale / pay what you can options available (\$5/\$10/\$15).

**Sun 1:30-4:00pm** Apr 23  
Transformed Life Garden Helen  
447893 \$5 sliding scale option  
447894 \$10 sliding scale option  
447895 \$15 sliding scale option



## Wild Plant Self Care Workshop (All ages)

Join Victoria Buffalo Robe, a Nehiyaw Iskwew (Cree woman) from Saskatchewan for a workshop on natural self care. Victoria's aunt and mother taught her how to pick plants for traditional medicine and ceremony, and she wants to share some of that knowledge with us. Together, we will be making salt bath soaks, exfoliating scrubs, and facial cleansers with herbal flare. You will take home a detox bath and sugar scrub and learn how to use your local health food store as a resource for your self care routines. The workshop will include tips on making the cleanest and most efficient skin care treatments right from your cupboards and how to use your grocery list as a beauty asset. Let's fight dirt and oil with dirt and oil! For more information about Victoria check out [www.holisticbuffalo.com](http://www.holisticbuffalo.com). All skill levels welcome. Sliding scale / pay what you can options available (\$5/\$10/\$15).

**Sat 2:00-4:00pm** May 27  
Rink Mezz Victoria  
453372 \$5 sliding scale option  
453373 \$10 sliding scale option  
453374 \$15 sliding scale option

## Canning 101 Workshop (12yrs+)

Discover the basic principles of food preservation with Chef Charles Paul Whitmore in this introductory canning class. Do your part in reducing food waste and increasing food security by learning how to can! In this hands-on workshop we'll learn about safe canning techniques while preparing seasonal food for water bath canning. All skill levels welcome! Children under 12 must be accompanied by an adult. Please register each participant; caregivers and support workers register for free (email [ruth.briggs@vancouver.ca](mailto:ruth.briggs@vancouver.ca)). Sliding scale / pay what you can options available (\$5/\$10/\$15).

**Sun 5:00-7:00pm** Jun 18  
Preteen Centre Paul  
452647 \$5 sliding scale option  
452648 \$10 sliding scale option  
452649 \$15 sliding scale option

## Britannia Bulk Buy Food Club

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

## Language

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

For more information, see page 9.

### Spanish – Beginners (19yrs+)

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

**Tue 2:20-3:20pm** Apr 18-Jun 6  
Rink Mezz \$100.80/8 sess  
442459 Words in Motion

### Spanish – Intermediate (19yrs+)

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

**Tue 4:45-5:45pm** Apr 18-Jun 6  
Rink Mezz \$100.80/8 sess  
442460 Words in Motion

## 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, a long-time ally, these sessions will generate community dialogues. This event is open to anyone interested in short stories written by Latin American authors. No background in Latin American literature or culture is required. Meetings take place on the 2<sup>nd</sup> Tuesday of the month. To register, please visit [www.vlacc.ca](http://www.vlacc.ca).

**Tue 6:00-9:00pm** Apr 11, May 9  
Conference Room Jun 13, Jul 11  
Free VLACC

## Dance

### Sabor Cubano Movement Workshop (19yrs+)

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

**Sat 3:15-5:15pm** Apr 22-May 27  
CFEC \$94.50/6 sess  
443389 Yula



## Salsa Cubana & Rueda De Casino

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

### Beginner (18yrs+)

No experience necessary. This 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 Rueda.

We will quickly progress to passing followers from one leader to the next, to turns and moves such as Vacilala, Casate, Sombrero, etc.

<b>Wed</b>	<b>7:45-9:15pm</b>	<b>Apr 19-Jun 7</b>
<b>CFEC</b>		<b>\$168/8 sess</b>
<b>442364</b>	<b>Karlos</b>	

### Beginner/Intermediate (18yrs+)

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

<b>Tue</b>	<b>7:30-9:00pm</b>	<b>Apr 18-Jun 6</b>
<b>Gym C</b>		<b>\$168/8 sess</b>
<b>442363</b>	<b>Karlos</b>	

### Intermediate (18yrs+)

We will review the moves learnt in the Beginner/Intermediate class and learn new moves such as La Ye Simple, La Ye, Sombrero Complicado, Tornillo, Pelota, Setenta, etc. No class May 22.

<b>Mon</b>	<b>7:30-9:00pm</b>	<b>Apr 17-Jun 5</b>
<b>Gym C</b>		<b>\$147/7 sess</b>
<b>442362</b>	<b>Karlos</b>	

### Advanced (18yrs+)

In this class, you will learn some complex variations of moves, such as Caramelo, Malanga, Camina, A lo Cubano, Setenta y Virate, Despeinala, El Salao, Bombero, etc. as well as moves involving two couples.

Prerequisite: Previous experience, successfully completed Intermediate class, and consultation with the instructor before beginning the course.

<b>Thu</b>	<b>7:30-9:00pm</b>	<b>Apr 20-Jun 8</b>
<b>CFEC</b>		<b>\$168/8 sess</b>
<b>442365</b>	<b>Karlos</b>	

## Health & Fitness

### 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. The class is taught with clarity, creativity, attention to detail and sensitivity to individual needs, in an atmosphere of respect, compassion and humour. Safety, back and joint care will be addressed.

Your own mat and equipment is optional but recommended; we have mats and equipment you can use. The instructor will email you before the class to check in. You must have Iyengar experience to do Level 2 & 3. \$21/drop-in. For more info, contact claudiamacyoga@gmail.com.

#### Level 1 & 2

<b>Tue</b>	<b>Apr 11-Jun 27</b>	<b>CFEC</b>
<b>Claudia</b>		<b>\$214.20/12 sess</b>
<b>440240</b>	<b>9:30-11:00am</b>	
<b>440241</b>	<b>7:00-8:30pm</b>	

#### Level 2 & 3

<b>Thu</b>	<b>5:30-7:00pm</b>	<b>Apr 13-Jun 22</b>
<b>CFEC</b>		<b>\$196.35/11 sess</b>
<b>440242</b>	<b>Claudia</b>	

### Zumba® Fitness (18yrs+)

Zumba® fuses Latin rhythms with easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. We use the fitness principles of interval and resistance training to maximize total body toning.

We combine a variety of styles including Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. \$14/drop-in. zumbavancouver.ca

#### Set 1

<b>Mon</b>	<b>6:00-7:00pm</b>	<b>Apr 17-May 15</b>
<b>Gym C</b>		<b>\$66.15/5 sess</b>
<b>440273</b>	<b>Eric</b>	

<b>Wed</b>	<b>6:00-7:00pm</b>	<b>Gym C</b>
<b>440275</b>	<b>Apr 12</b>	<b>Free Trial</b> ☀️
<b>440276</b>	<b>Apr 19-May 17</b>	<b>\$66.15/5 sess</b>
<b>Denise</b>		

#### Set 2

<b>Mon</b>	<b>6:00-7:00pm</b>	<b>May 29-Jun 26</b>
<b>Gym C</b>		<b>\$66.15/5 sess</b>
<b>440271</b>	<b>Eric</b>	

<b>Wed</b>	<b>6:00-7:00pm</b>	<b>May 24-Jun 28</b>
<b>Gym C</b>		<b>\$78.75/6 sess</b>
<b>440274</b>	<b>Denise</b>	

### Baby and Me Yoga (16yrs+)

See page 9 for more information.

#### Set 1

<b>Wed</b>	<b>10:30-11:30am</b>	<b>Apr 12-May 17</b>
<b>CFEC</b>		<b>\$92/6 sess</b>
<b>440212</b>	<b>Into Yoga</b>	

#### Set 2

<b>Wed</b>	<b>10:30-11:30am</b>	<b>May 24-Jun 28</b>
<b>CFEC</b>		<b>\$92/6 sess</b>
<b>440211</b>	<b>Into Yoga</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. These techniques are so effective, only one or two classes a week are recommended. Release your hamstrings, hips, back and shoulders to improve posture, mobility and range of motion.

For more information, please visit [stretchtherapyvancouver.com/community-centres](http://stretchtherapyvancouver.com/community-centres). \$30/drop-in. No class April 10 & 24, and May 22.

<b>Mon</b>	<b>6:45-7:55pm</b>	<b>Apr 3-Jun 5</b>
<b>CFEC</b>		<b>\$183.75/7 sess</b>
<b>440257</b>	<b>Rob</b>	

### Core Connect (18yrs+)

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

#### Set 1

<b>Thu</b>	<b>11:45am-12:45pm</b>	<b>Apr 6-27</b>
<b>CFEC</b>		<b>\$63/4 sess</b>
<b>440238</b>	<b>Meghan</b>	

#### Set 2

<b>Thu</b>	<b>11:45am-12:45pm</b>	<b>May 25-Jun 29</b>
<b>CFEC</b>		<b>\$94.50/6 sess</b>
<b>440237</b>	<b>Meghan</b>	

### Yogaflex (18yrs+)

Focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. The class ends with deep stretching and relaxation. You will leave feeling supple and strong. Please bring your own mat. \$14/drop-in. No class April 9 & May 21.

<b>Sun</b>	<b>10:15-11:15am</b>	<b>Apr 2-Jun 18</b>
<b>CFEC</b>		<b>\$105/10 sess</b>
<b>440270</b>	<b>Alex</b>	

# Adults

## Drop-in Fitness

### Zumbash (18yrs+)

Formerly Dance Aerobics. Get your groove on with hot Carib and Latin moves (think Zumba!). Classes are designed to increase in intensity over the session. Guaranteed to increase your fitness level while having fun! Purchase drop-in tickets at pool office. \$6/drop-in or \$45/10 tickets.

Thu 6:30-7:30pm Apr 6-Jun 29 Gym C \$6/drop-in Allyson

### HIIT Fitness (18yrs+)

A high intensity interval training (HIIT) workout to shape your abs, legs and arms! Purchase drop-in tickets at the pool office. \$6/drop-in or \$45/10 tickets.

Tue 6:00-7:00pm Apr 4-Jun 13 Gym C \$6/drop-in Allyson

### Salsa Fit (18yrs+)

Invigorating and energizing cardio combining high/low impact aerobics with a salsa flare. Great music and lots of fun. Includes a muscular strengthening component and stretching. We have 35 drop-in spots for this program. Purchase drop-in tickets at pool office. \$6/drop-in or \$45/10 tickets. No class April 8 & June 17. **Drop-in procedure:** A class sign up list will be available at the Britannia Pool at 8:30am on the day of the program. Go to the pool office and sign up for that day's program and pay the drop-in rate (or if you have a strip ticket, give it to Denise at the class). The last step is to have a ton of fun working out with us!

Sat 9:30-10:30am Apr 1-Jun 24 Gym C \$6/drop-in Denise



## Martial Arts

### Ki Aikido (18yrs+)

Aikido is "The Art of Peace". In Ki Aikido, we emphasize the awareness and use of Ki (mind energy, intention). We start a typical class by practicing Ki development exercises to learn coordination of mind and body for relaxed, efficient, and yet powerful movement. Then we practice Ki Aikido exercises using a controlled and choreographed attack from a partner, so we can learn to sense our partner's Ki, and redirect it. The exercises teach us how to transform potential conflict into a peaceful resolution. Suitable for adults of all ages and levels of physical ability. Beginners may try one free class anytime. The High Grade class is for 1st Kyu or more advanced students. No class April 10 & 12, and May 22 & 24.

#### General

Wed 7:30-9:30pm  
Mat Rm  
440243 Louis

Apr 5-Jun 28  
\$69.30/11 sess  
\$10/drop-in

#### High Grade

Mon 7:30-9:30pm  
Mat Rm  
440244 Emily

Apr 3-Jun 26  
\$57.75 /11 sess  
\$6/drop-in

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

This class is queer positive and open to self-identified women, trans, Two Spirit and/or gender diverse individuals. Come give the Art of Peace a try in a supportive learning environment! Looking for an embodied practice that helps you deal with the stresses of your daily life? Try Ki Aikido, a non-competitive practice that promotes positive well-being and helps develop calmness, stability and confidence. Improve your mind-body connection, stay relaxed and centered under pressure, and work with connection and energy to flow in dynamic movements with partners. Suitable for all ages and levels of physical ability. Try one free session anytime. \$8/drop-in.

Tue 6:00-7:15pm Apr 25-May 16 Mat Rm \$25.20/4 sess  
440245 Emily

### Axe Capoeira (16yrs+)

Students in this class must have a minimum of 6 months consistent Capoeira experience, or permission from the school. Students are expected to execute all basic movements. Classes cover all aspects of Capoeira: Martial arts, dance, music, acrobatics, culture, language. Classes focus on developing rhythm, reflexes, balance, coordination, strength, and flexibility. Uniform is required. Fees do not pro-rate; monthly rate only. Mon/Fri classes are in Cafeteria. Weds classes are in CFEC. No class April 7 & 10, and May 19 & 22.

Mon/Wed 6:15-7:30pm Fri 7:30-8:30pm CFEC/Cafeteria \$131.25/mo  
440200 Apr 3-28  
440199 May 1-31  
440201 Jun 2-30 Marcus



### Traditional Kung Fu (6yrs+)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, and develop self-confidence and discipline. Membership fee of \$2 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Students must be able to attend Monday and Friday classes regularly. Fees do not pro-rate. No class April 28, May 22 & June 9.

#### Beginner

Mon 4:30-5:45pm Fri 7:00-8:15pm  
440261 Apr 14-Jun 30 \$207.90/20 sess

#### Intermediate

Mon 4:30-6:30pm Fri 7:00-9:00pm  
440262 Apr 14-Jun 30 \$224.70/20 sess

#### Advanced

Mon 4:30-6:30pm Fri 7:00-9:00pm  
440260 Apr 14-Jun 30 \$241.50/20 sess  
Marquis & Louis CFEC



## 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 apply, visit:

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



## Sports

### Badminton (18yrs+)

Come play badminton with us! Singles if it's slow, otherwise doubles. Rotate after your game to get a short break, then more action! There are 30 pre-registered and drop-in spaces available. No class May 5 & 21, and June 18.

**Fri 7:00-9:45pm** **Apr 14-Jun 30**  
**Gym C \$69.30/11 sess**  
**440213 Allen \$7/drop-in**

**Sun 1:30-3:30pm** **Apr 16-Jun 25**  
**Gym D \$52/9 sess**  
**440214 Erica \$6/drop-in**

### 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 class April 9 & May 21.

**Sun 2:00-4:00pm** **Apr 2-Jun 25**  
**Gym C \$64.05/11 sess**  
**440220 Simon**

**Sun 4:00-6:00pm** **Apr 2-Jun 25**  
**Gym C \$64.05/11 sess**  
**440221 David**

### Ball Hockey – Coed (18yrs+)

Fun, recreational ball hockey. No body-checking. All skill levels welcome. Protective gear recommended. Plastic sticks provided. No wooden sticks allowed. Great practice for goalies! \$6/drop-in, space permitting. Register early as this class will fill up! No class May 24.

**Wed 7:45-9:15pm** **Apr 5-Jun 28**  
**Gym D \$69.30/12 sess**  
**440218 Trey**

### Ball Hockey – Men (40yrs+)

This is a no-contact, recreational hockey program. Rough play will not be tolerated. No league players. No drop-ins. No class June 18.

**Sun 6:45-8:45pm** **Apr 9-Jun 25**  
**Gym D \$63.53/11 sess**  
**440219 Edwin**

### Pickleball (18yrs+)

Pickleball is a sport in which 2-4 players use solid paddles to hit a perforated polymer ball over a net. It is a combination of Ping-Pong, tennis, and badminton. This popular, easy-to-learn and exciting game will get you moving in new and interesting ways. Bring your own paddles and ball if you have them and bring all your friends! \$7/drop-in. No class April 9.

**Drop-in rules:** Join the drop-in list at the Pool office at the start time of the program. Registered players have 15 minutes to claim their spot, then players on the list will be allowed to join (depending on capacity). Please bring the receipt to the instructor.

**Sun 6:15-9:15pm** **Apr 2-Jun 25**  
**Gym C \$100.80/12 sess**  
**440246 John**

### Britannia Boxing (6yrs+)

Britannia's own fun, inclusive, and informative boxing program where anyone can come and learn proper techniques, hit the bags, and workout with our coaches. New bags, gloves, portable ring, and more await you in our boxing gym! Come and visit our wonderful and experienced coaches, learn new skills, and break a sweat while working at your own pace. You can stay as long, or short, as you would like—classes are unlimited. The Boxing Room is located in Gym C. First time participants, pay \$15 drop-in. After this, participants will be expected to pay the monthly fee. Fees cannot be prorated. No class April 7 & 10, and May 22.

**Mon-Fri 5:00-7:00pm** **Sat 2:00-4:00pm**  
**Jay Boxing Rm**  
**440235 Apr 1-29 \$94.50/mo**  
**440234 May 1-31 \$94.50/mo**  
**440236 Jun 1-30 \$94.50/mo**



## Volleyball

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



### Intermediate (18yrs+)

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

**Tue 8:00-10:00pm** **Apr 4-Jun 27**  
**Gym A/B \$75.08/13 sess**  
**440265 Minaz \$6/drop-in**

**Thu 7:00-10:00pm** **Apr 6-Jun 29**  
**Gym A/B \$117/13 sess**  
**440264 John \$8/drop-in**

### Advanced (18yrs+)

Friday Advanced Volleyball with 5-1, 6-2 format system play is geared towards intermediate and advanced players as this program is based on a higher level of play. The instructor reserves the right to ensure a player's skill level meets the needs of the program or suggest a different program for them. Please join if you absolutely have knowledge of the system format. Efforts are made towards creating fair and balanced teams to have fun, experienced rallies rather than quick side outs. Register for this program to guarantee a spot to play every week. There are a total of 25 registered spots and 4 drop-in only spots. No class May 19.

**Fri 7:00-10:00pm** **Apr 14-Jun 30**  
**Gym A/B \$99/11 sess**  
**440263 Millin \$8/drop-in**

# 55+ Older Active Adults

## Welcome to the 55+ Centre

Whether you want to register for an in-person or online class, drop-in for coffee, or just rest your feet awhile—we have something for you. We look forward to welcoming you to our programs or our drop-in hours. For more information, call us at 604.718.5837 or visit: [britanniacentre.org/55plus](http://britanniacentre.org/55plus)

### Staff

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

### Vietnamese Program

Luong Ho [luong.ho@vancouver.ca](mailto:luong.ho@vancouver.ca)  
604.718-5818

### Registration for 55+ Programs

Registration opens on Tuesday, March 7 at 7:00pm (online and in-person only), and by phone on March 8 at 9:00am.

604.718.5800 (1)

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

### Seniors, Elders and Advocates (SEA) Committee – Hybrid

We meet to discuss what matters to seniors and older adults in our community. Inclusion, representation and participation of seniors and Elders is of the utmost importance as we discuss programs and services to offer the community that are relevant, needed and valued. New members are welcome and encouraged. Zoom link available upon request.

Wed 3:30-5:00pm  
55+ Centre/Zoom

Apr 19, May 17  
Jun 21

### Free Community Income Tax Clinic

Need help filing your income taxes? Britannia offers a free income tax clinic for people with moderate incomes and simple tax situations. Volunteer tax preparers are trained by Canada Revenue Agency's 'Community Volunteer Income Tax Program' and will keep your information secure and confidential. To book an appointment, please call the Info Centre at 604.718.5800 ext 1. We will start booking appointments in late February. Appointments will take place in the Britannia Library.

### Drop-in Hours

	Mon	Tue	Wed	Thu	Fri
9:00am					
10:00am	Drop-in 10:00am-5:00pm	Vietnamese Seniors 9:00am-2:00pm		Drop-in 10:00am-5:00pm	CHAP 9:00am-12:00pm* *Apr 21, May 19, Jun 19
11:00am			Quirk-e 11:00am-1:00pm* *Apr 5, May 3, Jun 7		
12:00pm					
1:00pm					
2:00pm		Drop-in 2:00-4:00pm	Drop-in 10:00am-5:00pm		Drop-in 10:00am-5:00pm
3:00pm					
4:00pm					
5:00pm					

## Vietnamese Program / Chương Trình Cao Niên Việt Nam

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

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

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

### Vietnamese Line Dancing (55yrs+)

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

Fri 10:00am-12:00pm Apr 14-Jun 30 CFEC Free

### Vietnamese Ballroom Dance (55yrs+)

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

Fri 12:00-2:00pm Apr 14-Jun 30 CFEC Free



## Special Events

### Mother's Day Lunch

Celebrate the women who support us and enjoy an afternoon together at the 55+ Centre. Light lunch and entertainment.

Fri 1:00-3:00pm May 12  
55+ Centre Free  
456548



NAGAMO

### Music Intima and Andrew Balfour (All ages)

Musica Intima will be joined by Cree composer/curator, Andrew Balfour. Compositions by Balfour himself explores universal ideas of governance, diplomacy, and culture, as well as the challenges Indigenous peoples face today.

Thu 1:30pm Mar 23  
Gym C Free

## Social

### Monday Soup (55yrs+)

Monday lunches are back! Join us every Monday for a warm and welcoming homemade soup lunch. A place to rest your feet a while, meet a friend, and enjoy a quiet space for a quick lunch. The staff and volunteers look forward to serving you.

\$3.50/drop-in. Pay at the Pool or Info Centre and bring your receipt to the 55+ Centre. No session April 10 & May 22.

Mon 12:00-1:00pm Apr 3-Jun 26  
55+ Centre \$3.50/drop-in  
Volunteer

### Potluck Thursdays (55yrs+)

Join us at noon on the last Thursday of each month for a potluck lunch. Bring a little something to share. A friendly happy lunch before classes (Cedar Hat Weaving, Thursday Crafts).

Thu 12:00-1:30pm Apr 27, May 25  
55+ Centre Jun 29  
Free

## Seniors Week (June 5-11)

### Seniors Week Lunch

Join us for a lunch and entertainment as we celebrate the start of Seniors Week.

Tue 1:00-3:00pm Jun 6  
55+ Centre Free  
456550

### Britannia Art Gallery Exhibition: Celebrating Elder's Artworks – Opening Gala

Celebrating Elders and seniors, the mixed media artworks will include work from our many, diverse senior and Elder participants. The exhibition takes place from June 7-30; join us for the reception on opening night. The Britannia Art Gallery is located in the Library.

Wed 6:30-8:30pm Jun 7  
Britannia Art Gallery Free



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

Everyone is welcome to attend our movie series every Sunday evening. Join us for a season of classics—classics because they are 50-90 years old and classics because they are, as the dictionary says, "judged over a period of time to be of the highest quality and outstanding of their kind." In other words, a season of great movies at Britannia! Doors at 5:45pm. No session May 21.

Sun 6:00-9:00pm Apr 16-Jun 25 55+ Centre Free\*  
444084 Ken \*Registration required.

Date	Movie	Year	Run time
Apr 16	Duck Soup	1933	1h 10m
Apr 23	All About Eve	1950	2h 18m
Apr 30	Wild Strawberries	1957	1h 31m
May 7	Inherit the Wind	1960	2h 08m
May 14	Singin' in the Rain	1952	1h 43m
May 21	No movie (Victoria Day long weekend).		
May 28	Gaslight	1944	1h 54m
June 4	Oliver Twist	1948	1h 56m
June 11	One, Two, Three	1962	1h 50m
June 18	12 Angry Men	1957	1h 36m
June 25	Dr Strangelove	1963	1h 33m

# 55+ Older Active Adults

## 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, call at 604.718.5800 (1) or visit:

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

## Music

### Drum Circle (55yrs+)

Please join Elder Seislem in sharing medicine through drumming, singing and listening. Including smudging and cultural teachings. Every other Monday beginning April 3.

Mon 5:00-6:00pm Apr 3 & 17  
55+ Centre May 1, 15, & 29  
Free\* Jun 12, 26  
452247 Seislem  
\*Registration required.

### Ukulele Beginners – Level 1 (55yrs+)

No ukulele experience needed! Ukulele provided but please register so we know how many participants will be attending. No class April 10 & May 22.

Mon 10:00-11:30am Apr 3-Jun 26  
55+ Centre Free\*  
444087 Jane  
\*Registration required.

### Ukulele Jam Circle (All Ages)

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

Fri 1:30-3:00pm Apr 14, May 5  
55+ Centre Jun 2  
444089 Jane Free\*  
\*Registration required.



## Arts

### Indigenous Crafts (55yrs+)

A social afternoon of cultural crafting. Projects are varied and beadwork is a common component. We meet every other Monday beginning April 3.

Mon 1:00-4:00pm Apr 3 & 17,  
55+ Centre May 1, 15, & 29  
Free\* Jun 12 & 26  
452244 Sabian  
\*Registration required.

### Quirk-e (Hybrid)

Quirk-e is the Queer Imaging and Riting Collective for Elders experimenting with language, printed text, graphics, digital imagery, spoken word, and performance. We meet weekly online, with our in-person/online hybrid session on the 1<sup>st</sup> Wednesday of each month. Call 604.718.5837 for more information.

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

### Wednesday Cedar Weaving (55yrs+)

Enjoy cultural crafting with Cedar, peer support and sharing. Learn to weave small/medium projects with Haida artist Todd "Giihlgigaa" DeVries.

Wed 1:30-4:00pm Apr 12 & 26  
55+ Centre May 10 & 24  
Free\* Jun 7 & 28  
452236 Todd  
\*Registration required.

### Knitting Social (All ages)

All ages, from beginner to advanced, we welcome you to join others for an afternoon of knitting and sharing in the cozy 55+ Centre. Tea and coffee will be served. Please register in advance (drop-ins also welcome).

Thu 1:00-3:00pm Apr 6-Jun 29  
55+ Centre Free  
444236

## Healing with Weaving – Cedar Hats (55yrs+)

Welcome to Cedar Hat Weaving with Haida artist Todd "Giihlgigaa" DeVries. In this course you will learn how to create a woven cedar hat using techniques handed down over thousands of years.

Though most hats will follow traditional shapes, there is room for creative interpretation with guidance from Todd and skilled volunteers. Each participant will have access to the tools and cedar warps and wefts to complete their own cedar hat. No session June 29.

Thu 1:30-4:00pm Apr 6-Jun 22  
CFEC \$80/12 sess  
444113 Todd



### Crafting Social (55yrs+)

Whatever your craft, come gather with others to share, chat and work on projects. Coffee, tea and a warm friendly environment awaits you. Please register in advance (drop-ins also welcome). Bring your own craft projects to work on.

Thu 2:00-4:00pm Apr 6-Jun 29  
55+ Centre Free  
444168

### Craft Collective Meetings (55yrs+)

The Craft Collective meets on the 3<sup>rd</sup> Thursday of each month. New members welcome.

Thu 2:00-4:00pm Apr 27, May 25  
55+ Centre Jun 29  
Free

### \*Registration required for most free programs.

Registration opens on Tuesday, March 7 at 7:00pm (online and in-person only), and by phone on Wednesday, March 8 at 9:00am.

## Health & Fitness

### Badminton (55yrs+)

Fun and easy badminton for older adults. No drop-ins. No class April 8, 10, & 29 and May 20 & 22.

Mon/Wed 11:20am-12:35pm Apr 3-Jun 28  
Gym C \$14.70/22 sess  
440215 Tho

Tue/Thu 11:20am-12:35pm Apr 4-Jun 29  
Gym C \$14.70/24 sess  
440217 Tho

Sat 2:00-4:00pm Apr 1-Jun 24  
Gym A \$14.70/9 sess  
440216 Wally

### Boxfit for Seniors (55yrs+)

Want to learn something new and improve your physical fitness and mental alertness? This introduction to boxing class is designed specifically to enhance your strength, balance, coordination, muscular endurance and overall well-being. All fitness levels welcome and all equipment will be provided. No class April 7.

#### Set 1

Tue/Fri 3:30-4:30pm Apr 4-May 16  
Boxing Rm \$65/12 sess  
444071 Jay

#### Set 2

Tue/Fri 3:30-4:30pm May 19-Jun 30  
Boxing Rm \$70/13 sess  
444073 Jay

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

Formerly called Yoga 50+. As we move through time, we need to keep moving our bodies. Whether you're brand new to yoga or a seasoned practitioner, if you're 50 or over then this all-levels yoga class is ideal for you. Safety and a pain-free practice is a priority.

Yoga can improve your flexibility, mobility, balance, bone density, and strength. Yoga also has a calming effect on the mind and nervous system. Joan has been teaching yoga for 12yrs+, practicing yoga for 20yrs+, and moving through time for 60yrs+. \$17/drop-in.

#### Set 1

Mon 2:00-3:15pm Apr 17-May 15  
CFEC \$73.50/5 sess  
440269 Joan

#### Set 2

Mon 2:00-3:15pm May 29-Jun 26  
CFEC \$73.50/5 sess  
440268 Joan

### Osteofit (55yrs+)

A gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. The program is taught by a trained Osteofit fitness instructor. No drop-ins. No class April 10 & May 22.

#### Set 1

Mon 11:00am-12:00pm Apr 17-May 15  
CFEC \$50/5 sess  
444074 Berdjis

#### Set 2

Mon 11:00am-12:00pm May 29-Jun 26  
CFEC \$50/5 sess  
444075 Berdjis

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

This course will show you how to use the cardio and weight equipment for a safe and effective workout. By the end of the course, you will have a written and personalized program that you will be able to continue to use on your own. Please pre-register at least a week prior to the start date so that a confidential health screening can be done. No class April 9.

Sun 9:00-10:00am Mar 26-Apr 23  
Fitness Centre \$30/4 sess  
450686 Jane



### FitNation (55yrs+)



FitNation is an eight-week aquatic fitness program that will take 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 level. Prizes to be won! Snacks provided after class. Led by Brenlee, a BCRPA SFL and FitNation certified Leader.

Wed 11:00am-12:00pm Mar 29-May 17  
Britannia Pool Free\*  
454597 Brenlee  
\*Registration required

## Dance

### Line Dancing (55yrs+)

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

Tue 1:00-3:00pm Apr 4-Jun 27  
CFEC \$10/13 sess  
444063 Anita

### Classical Chinese Dance (55yrs+)

Classical Chinese dance uses body language to express graceful movements to music. This is a great way to enjoy music, exercise and learn about Chinese culture! No class April 9 & May 21.

Sun 2:00-4:00pm Apr 2-Jun 25  
CFEC \$10/11 sess  
444065 Helen

### Chinese Folk Dance (55yrs+)

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

Thu 9:00-11:00am Apr 6-Jun 29  
CFEC \$10/13 sess  
444064 Volunteer

### Vietnamese Ballroom Dance (55yrs+)



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

Fri 12:00-2:00pm Apr 14-Jun 30  
CFEC Free

### Vietnamese Line Dancing (55yrs+)



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

Fri 10:00am-12:00pm Apr 14-Jun 30  
CFEC Free



# 55+ Older Active Adults

## Friday Wellness

### Chair Yoga (55yrs+)

Chair yoga is an accessible and gentle seated practice designed to help you feel more energized and calm.

We'll explore simple and easy movements to mobilize your whole body, breath work to calm the nervous system, and other brain and mood stimulating techniques to help you feel more connected with ease.

#### Set 1

**Fri 12:15-1:15pm** **Apr 14-May 19**  
**55+ Centre** **\$10/6 sess**  
**444067 Bryony**

#### Set 2

**Fri 12:15-1:15pm** **May 26-Jun 30**  
**55+ Centre** **\$10/6 sess**  
**444068 Bryony**

### Wellness Friday Café

Drop-in for a cup of tea or coffee, crafting, speakers and an afternoon social. The first session this spring is April 7.

**Fri 2:00-4:00pm** **Ongoing**  
**55+ Centre** **Free**

## Cardiovascular Health Awareness Program (CHAP) at Britannia / Programme de Sensibilisation à la Santé Cardiovasculaire (PSSC) à Britannia

A community health program for French-speaking aging adults (45yrs+) living in and/or around downtown Vancouver. Drop-in for a free session one Friday morning a month; participate as many times as you wish. Participants will learn about managing their blood pressure, how to reduce risk factors through healthy behaviours, and resources in the community that can support their effort. For more details, contact Eleonore Tremblay at [etremblay@resosante.ca](mailto:etremblay@resosante.ca) or 604.379.9296.

Un programme de santé communautaire pour les francophones âgés de 45 ans+ qui habitent dans et/ou autour du centre-ville de Vancouver. Séance de porte ouverte, gratuite, un vendredi matin par mois. Vous participez aussi souvent que vous voulez. Les participants apprendront comment gérer leur pression artérielle; réduire l'impact des facteurs de risque pour leur santé à travers les saines habitudes de vie; et se familiariseront avec des ressources dans la communauté pour les soutenir pendant leurs démarches. Contactez Eleonore Tremblay à [etremblay@resosante.ca](mailto:etremblay@resosante.ca) ou 604.379.9296 pour plus de détails.

**Fri 9:00am-12:00pm** **Apr 21, May 19, Jun 16** **55+ Centre**  
**Free** **Eleonore**



## 55+ Program Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Ukulele Beginners*</b> 10:00-11:30am  <b>Osteofit*</b> 11:00am-12:00pm  <b>Badminton*</b> 11:20am-12:35pm  <b>Monday Soup</b> 12:00-1:00pm  <b>Indigenous Crafts*</b> 1:00-4:00pm  <b>Yoga For Aging Well*</b> 2:00-3:15pm  <b>Drum Circle*</b> 5:00-6:00pm	<b>Vietnamese Drop-in</b> 9:00am-2:00pm   <b>Badminton*</b> 11:20am-12:35pm   <b>Line Dancing*</b> 1:00-3:00pm   <b>Boxfit*</b> 3:30-4:30pm	<b>FitNation*</b> 11:00am-12:00pm  <b>Quirk-e (Hybrid)*</b> 11:00am-1:00pm  <b>Badminton*</b> 11:20am-12:35pm   <b>Cedar Weaving*</b> 1:30-4:00pm	<b>Chinese Folk Dance*</b> 9:00-11:00am   <b>Badminton*</b> 11:20am-12:35pm   <b>Knitting Social</b> 1:00-3:00pm  <b>Healing with Weaving - Cedar Hats*</b> 1:30-4:00pm  <b>Craft Collective</b> 2:00-4:00pm Apr 27, May 25, Jun 29	<b>Vietnamese Line Dancing*</b> 10:00am-12:00pm  <b>Vietnamese Ballroom Dance*</b> 12:00-2:00pm  <b>FRIDAY WELLNESS CHAP</b> 9:00am-12:00pm  <b>Chair Yoga*</b> 12:15-1:15pm  <b>Wellness Friday Café</b> 2:00-4:00pm  <b>Boxfit*</b> 3:30-4:30pm	<b>No programs on stat holidays.</b> <b>*Registration required.</b> Registration opens on Tuesday, March 7 at 7:00pm (online and in-person only), and by phone on March 8 at 9:00am.  <b>Strength Training*</b> Sun 9:00-10:00am  <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	

## Welcome to the Fitness Centre

### Hours

Mon-Fri	7:00am-9:00pm
Sat (Women Only*)	8:00am-10:00am
Sat	10:00am-7:00pm
Sun (55+ Only)	8:00am-10:00am
Sun	10:00am-7:00pm

\*Trans inclusive.

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

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



### Facility Orientations



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

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

### Flexipass Membership

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

### Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists, and physiotherapists. Outside trainers will need to be registered with either the Park Board or Britannia. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$6.99 per client also applies (fees are subject to change).

### Supporting a participant? Attendants get free access

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

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

This course will show you how to use the cardio and weight equipment for a safe and effective workout. By the end of the course, you will have a written and personalized program that you will be able to continue to use on your own. Please pre-register at least a week prior to the start date so that a confidential health screening can be done. No class April 9.

Sun	9:00-10:00am	Mar 26-Apr 23	Fitness Centre	\$30/4 sess
450686	Jane			

## 2023 Pool and Fitness Centre Fees

	Drop-in	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$7.20	\$63.39	\$55.44	\$149.96	\$479.00	\$3.00
Youth (13-18)	\$5.04	\$44.37	\$38.31	\$104.78	\$335.30	\$1.00
Child (6-12)	\$3.60	\$31.70	\$27.72	\$74.84	\$239.50	\$1.00
Senior (65+)	\$5.04	\$44.37	\$38.31	\$104.78	\$335.30	\$1.00
Britannia-Only Senior (55+)	\$5.04	\$44.37	\$38.31	\$104.78	\$335.30	\$1.00

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 \$6.34 admission.

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

## Britannia Holiday Hours

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

Apr 7	Good Friday	CLOSED
Apr 10	Easter Monday	CLOSED
May 22	Victoria Day	CLOSED

### Pool & Fitness Centre

Apr 7	Good Friday	1:00-5:00pm
Apr 10	Easter Monday	1:00-5:00pm
May 22	Victoria Day	1:00-5:00pm

Please note: Hours are subject to change.

### Rink

Apr 7	Good Friday	6:00-12:00am
Apr 10	Easter Monday	6:00-12:00am*
May 22	Victoria Day	6:00-12:00am*

\*No public programming. For our current schedule, visit: [britanniacentre.org/ice\\_rink](http://britanniacentre.org/ice_rink)

## Welcome to the Britannia Pool

The 25m main pool features a 1m diving board, slide and rope swing. Relax in the 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.

### Hours

**Mon-Fri** 6:30am-9:00pm  
**Sat-Sun** 1:30-7:00pm

Hours are subject to change.

### Pool Schedule

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

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

### Contact

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

### Admission Policy for Children

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

### Parent and Tot Pool

The leisure pool is open during most public swims for families with young children five years and under. 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)

### Pool and Fitness Centre Committee

Join the Pool and Fitness Centre Committee. New members are always welcome! This is an advisory committee which provides recommendations to the Britannia Board of Management in the area of Pool and Fitness Centre programming and facilities. Meetings take place on the last Tuesday every other month. For more info please call 604.718.5830.

**Tue 6:00pm Mar 28, May 30**

## Swim Sessions

View our current pool schedule online at:

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

### Free Family Swim

Free family-friendly swims for children and youth and their chaperones.

**Fri 6:00-8:00pm** **Mar 17 & 31**  
**Britannia Pool** **Apr 14 & 28**  
**Free** **May 12 & 26**  
**Jun 9 & 23**

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

Britannia's youth-only swim time, every other Friday. Contests, prizes, games and crazy staff! Swim lessons are available to interested youth for the first 30 minutes; work on skills or improve your swimming abilities. \*No session April 7.

**Fri 6:00-8:00pm** **Mar 10 & 24**  
**Britannia Pool** **Apr 21\***  
**Free** **May 5 & 19**  
**Jun 2, 16, & 30**

### FitNation (55yrs+)

FitNation is an eight-week aquatic fitness program that will take 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. Snack provided.

**Wed 11:00am-12:00pm** **Mar 29-May 17**  
**Britannia Pool** **Free\***  
**Brenlee 452597** \*Registration required

### Public Swim

Swim, dive, splash, have fun! All are invited to join in the activities. One lane is set aside for continuous length swimming. The leisure pool is usually open during this time for families with young children—please check our online schedule to confirm. Regular admission rates apply.

**Please note:** During some public swim sessions only part of the pool is available. The pool may be shared with Aquafit, lessons, school groups or swim club.

### Aquafit

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

The majority of Aquafit spaces are by registration only, with some spaces held for drop-in. To avoid disappointment we encourage participants to register in advance online or by phone. Registration opens 3 days before program date at 12:00pm.

### Lengths

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

## Swim Lesson Registration

Online and in-person registration for spring swim lessons and programs at all pools, for all age groups starts Tuesday March 14, 2023 at 7:00pm

If you are already participating in a class, you are encouraged to wait until you receive a report card on the last day of class to register for the next set. It's important to register in the correct level (see the table to the right for new levels). 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 request received within four working days of the start of the program or after the first program date (class/lesson), we refund registration fee minus the cost of one class or transfer to a future session. No refunds issued after the second date of the program. Fees for one or two-day programs are non-refundable.

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

One-on-one or one-on-two with a swimming instructor for a set of lessons to improve specific swimming skills. Instructors may vary from week to week.

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

### Birthday Parties

Book the parent and tot pool for your birthday party! Maximum of 30 people per party. Register online at [vanrec.ca](http://vanrec.ca), in person or by phone 604.718.5831.

You may also arrange to rent a party room through the Community Centre's Facility Support Clerk at 604.718.5812 or [britanniafacilitysupport@vancouver.ca](mailto:britanniafacilitysupport@vancouver.ca).

**Sun 10:00-11:00am \$75\***

\*Includes lifeguard fee.



## Transition to Swim For Life Lessons

As of January 1, 2023 the Canadian Red Cross will no longer be providing swimming lessons as they focus all their efforts as an organization on humanitarian aid. They have endorsed the Lifesaving Society's Swim for Life program and the Vancouver Board of Parks and Recreation has implemented this program as we continue to offer swimming lessons. Please see how each level will transition to the new program below.



### Switching from Red Cross Swim to Swim for Life Level Guide

Retired Preschool Program	NEW PRESCHOOL	Retired Children Program	NEW CHILDREN'S
SWIM PRESCHOOL AGES 4 MONTHS-5 YEARS	 AGES 4 MONTHS-5 YEARS	SWIM KIDS AGES 5-12 YEARS	 AGES 5-12 YEARS
<b>Parent and Tot 1</b> 4-12 months (Parented) <b>Starfish</b>	<b>Parent &amp; Tot 1</b> 4-12 months <b>Jellyfish</b>	<b>Swim Kids Level 1</b> <i>Incomplete; register into Swimmer 1</i> <i>Complete; register into Swimmer 2</i>	<b>Swimmer 1</b>
<b>Parent and Tot 2</b> 12-24 months (Parented) <b>Duck</b>	<b>Parent &amp; Tot 2</b> 12-24 months <b>Goldfish</b>	<b>Swim Kids Level 2</b> <i>Incomplete; register into Swimmer 2</i> <i>Complete; register into Swimmer 2</i>	<b>Swimmer 2</b>
<b>Parent and Tot 3</b> 24-36 months (Parented) <b>Sea Turtle</b>	<b>Parent &amp; Tot 3</b> 24-36 months <b>Seahorse</b>	<b>Swim Kids Level 3</b> <i>Incomplete; register into Swimmer 2</i> <i>Complete; register into Swimmer 3</i>	<b>Swimmer 3</b>
<b>Preschool 1</b> 3-5 years <i>Incomplete; register into Preschool 1</i>	<b>Preschool 1</b> 3-5 years <b>Octopus</b>	<b>Swim Kids Level 4</b> <i>Incomplete; register into Swimmer 3</i> <i>Complete; register into Swimmer 3</i>	<b>Swimmer 4</b>
<b>Sea Otter</b> <i>Complete; register into Preschool 2</i>	<b>Preschool 2</b> 3-5 years <b>Crab</b>	<b>Swim Kids Level 5</b> <i>Incomplete; register into Swimmer 3</i> <i>Complete; register into Swimmer 4</i>	<b>Swimmer 5</b>
<b>Preschool 2</b> 3-5 years <i>Incomplete; register into Preschool 2</i>	<b>Preschool 3</b> 3-5 years <b>Orca</b>	<b>Swim Kids Level 6</b> <i>Incomplete; register into Swimmer 4</i> <i>Complete; register into Swimmer 5</i>	<b>Swimmer 6</b>
<b>Salamander</b> <i>Complete; register into Preschool 3</i>	<b>Preschool 4</b> 3-5 years <b>Sea Lion</b>	<b>Swim Kids Level 7</b> <i>Incomplete; register into Swimmer 5</i> <i>Complete; register into Swimmer 6</i>	<b>Swimmer 7</b> <b>Rookie</b>
<b>Preschool 3</b> 3-5 years <i>Incomplete; register into Preschool 3</i>	<b>Preschool 5</b> 3-5 years <b>Narwhal</b>	<b>Swim Kids Level 8</b> <i>Incomplete; register into Swimmer 6</i> <i>Complete; register into Swimmer 7</i>	<b>Swimmer 8 Ranger</b>
<b>Sunfish</b> <i>Complete; register into Preschool 4</i>		<b>Swim Kids Level 9</b> <i>Incomplete; register into Swimmer 7</i> <i>Complete; register into Swimmer 8</i>	<b>Swimmer 9 Star Patrol</b>
<b>Preschool 4</b> 3-5 years <i>Incomplete; register into Preschool 4</i>		<b>Swim Kids Level 10</b> <i>Incomplete; register into Swimmer 8</i> <i>Complete; register into Swimmer 9</i>	
<b>Crocodile</b> <i>Complete; register into Preschool 5</i>			
<b>Preschool 5</b> 3-5 years <i>Incomplete; register into Preschool 5</i>			
<b>Whale</b> <i>Complete; register into Preschool 5</i>			

# Ice Rink



## Public Skates

To view our current public skating schedule, visit:

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

## Join the Arena Committee!

The Arena Committee meets the 1st Tue of the month at 6:30pm at the call of the chair. For more information contact the Arena Programmer, Susy Bando, at [susy.bando@vancouver.ca](mailto:susy.bando@vancouver.ca).

## Arena Programs

### Adult Hockey (19yrs+)

Recreational hockey game for those 19yrs+. Full gear is required; no rental equipment is provided. Sign-up is available 3 days prior to the session date. Drop-ins are accepted only if space remains.

Wed 3:15-4:45pm Apr 5-Jun 28  
Regular admission rates apply.

### Adult Stick, Puck and Ring (19yrs+)

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

Fri 12:00-1:30pm Apr 7-Jun 30 Regular admission rates apply.

### Women + Gender Diverse Hockey (19yrs+)

This pick up hockey program is perfect for women and gender diverse individuals who who want to play hockey in a safe and inclusive environment. Encourage and be encouraged while continuing with your own hockey development. Full hockey equipment is mandatory. Sign-up for the program is available online starting at noon each Thursday.

Sun 4:45-6:00pm Apr 9-Jun 25 Regular admission rates apply.

### Britannia Women + Gender Diverse Hockey League (19yrs+)

Britannia's popular hockey league, inclusive of all women and gender diverse individuals, will begin on May 16 with an on-ice evaluation. Games will be played from May 23-July 25. This league is perfect for novice to intermediate players who wants to play organized recreational hockey this spring. Games are non-contact, non-aggressive and fun!

Full hockey equipment is mandatory. All games are played on Tuesdays at 6:15 or 7:45pm. Players will be assessed at an on-ice evaluation session on May 16 and placed onto teams by the league coordinator. **Registration for this program begins Thursday, March 9.**

Tue 6:15-9:00pm May 9-Jul 25  
449636 \$189/10 sess

### Britannia Co-ed Hockey League (19yrs+)

Take hockey back to the level it is meant to be played at—friendly and fun! The Britannia Co-ed League is perfect for novice to intermediate hockey players looking to play in a non-contact, recreational hockey league in the off-season.

Full equipment is mandatory and all players must wear at least a half shield on their helmet. The league will run from May 20-Aug 12, with evaluations taking place on Sat, May 13. All players will be assessed and placed onto teams by the league coordinators. Games are played on Saturdays at 5:00, 6:30, 8:00. No games July 1. **Registration for this program begins Thursday, March 9.**

Sat 4:30-10:15pm May 13-Aug 12  
449647 Players: \$210/12 sess  
449649 Goalies: \$42/12 sess

## 2023 Rink Admission Fees

Adult (19-54yrs)	Youth (13-18yrs)	Senior (55yrs+)	Child (6-12yrs)	Family	Skate Rentals	Skate Sharpening
\$7.20/Drop-in \$63.39/10 visits	\$5.04/Drop-in \$44.37/10 visits	\$5.04/Drop-in \$44.37/10 visits	\$3.60/Drop-in \$31.70/10 visits	*at Child rate (Family minimum \$6.99)	\$3.63	\$7.47

- Prices include tax. Prices are subject to change without notice.
- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Board operated rinks.
- A 20% discount on admission is given to groups of 10 or more.
- Stick & Puck sessions are at the Adult rate.
- Flexipasses may be used for public skating, Adult Stick and Puck, Adult Hockey and Women + Gender Diverse Hockey sessions. For 2023 Flexipass rates, see page 29.
- \*Family rate is 1-2 adults from the same household and their children under 19yrs, all present at time of admission. \$3.60 per person (not including taxes).
- Children under 8yrs MUST be accompanied on ice by an individual 16yrs+.
- Helmets are strongly recommended for all public sessions and are mandatory for all participants of Family Fun Hockey.
- Adult hockey programs require full equipment. Participants must sign a waiver at the beginning of each session.

## Skating Lessons

Registration for **Set 1 spring** skating lessons begins on Wednesday, March 29 at 9:00am in-person and online, and at 1:00pm by phone. Registration for **Set 2 spring** skating lessons begins on May 17 at 9:00am in-person and online, and at 1:00pm by phone. **Please note: Skating lessons are very popular and fill up quickly, so register early.**

For Britannia lessons:

- Skate rentals are included in the cost of lessons;
- All skating lesson participants must wear a CSA-certified hockey helmet or a snowboarding helmet. A limited number of hockey helmets are available to use free of charge.



To help you register online for the correct level, please refer to your most recent Skating Report Card and/or refer to the specific level descriptions to determine which class best matches the skater's ability. If you are unsure of the level, have an on-ice evaluation completed at any Vancouver Park Board Rink during a public skate. Students will not be transferred if they are not registered in the appropriate level; a prorated refund will be issued after the first class.

If the lessons you want to register for are full please put your name on the waitlist. We schedule additional classes whenever possible. Please register in one (1) set of lessons only.

## Learn to Skate Lessons (3yrs+)

The Vancouver Park Board Learn to Skate program focuses on skill acquisition through activities and games. Our energetic instructors teach you to skate with safety in mind. All lessons are 30 minutes and are led by qualified instructors.

### Set 1

Tue	6:00-8:00pm	Apr 4-May 9 \$42/6 sess
Sat	10:00am-12:15pm	Apr 8-May 20 \$49/7 sess

### Set 2

Sat	9:00am-12:15pm	May 27-Jun 24 \$42/6 sess
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## Preschool Levels (3-5yrs)\*

**Level 1:** This is an entry level skating class for students 3-5 years old.

**Level 2:** Can stand up on ice in skates unassisted; can take 6 steps forwards and backwards.

**Level 3:** Can glide on two feet for ½ m. Intro to stopping, scraping and double sculling.

**Level 4:** Can skate forward on alternating feet, perform forward double sculling, snowplow stop, and can skate backwards across the rink.

**Level 5+:** Can do "V" pushes (left and right), glide on one foot for ½ meter (both feet), glide on two feet on a curve, and do a half snowplow stop.

## Children/Youth/Adult Levels\*

**Level 1:** This is an entry level skating class.

**Level 2:** Can get up unassisted, skate across the rink, and glide on two feet for 2m.

**Level 3:** Can skate forward on alternating feet, glide on one foot for 1m, forward glide on two feet on a curve, and perform a forward snowplow stop.

**Level 4:** Can skate forward using "V" pushes, glide on one foot for 3m, and do a half snowplow stop, forward single sculling, and backward double sculling.

**Level 5:** Can glide backwards on both feet for 2m, skate backward skating using "C" pushes, and can do a side and/or hockey stop, backward half snowplow, and forward circle thrust.

**Level 6:** Can do forward crossover, backward circle thrust, backward half snowplow, and can glide backward on two feet on a curve.

**\*For a full description of skate lessons see individual class descriptions online at [vanrec.ca](http://vanrec.ca) (set location to Britannia Rink).**

## Power Skating Lessons (8yrs+)

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

### Set 1

Sun	3:30-4:30pm	Apr 9-May 14 \$63/6 sess
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### Set 2

Sun	3:30-4:30pm	May 21-Jun 25 \$63/6 sess
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## How to Register

There are 3 ways to register for Britannia skating lessons:

1. Register in-person at the Info Centre or Pool.
2. Register online at [vanrec.ca](http://vanrec.ca).
3. Register by phone.

Registration for **Set 1 spring** skating lessons begins on Wednesday, March 29 at 9:00am in-person and online, and at 1:00pm by phone.

Registration for **Set 2 spring** skating lessons begins on Wednesday, May 17 at 9:00am in-person and online, and at 1:00pm by phone.

**Please note:** Skating lessons are very popular and fill-up quickly.



# Partners



## Grandview Woodland Food Connection

Grandview Woodland Food Connection (GWFC) is dedicated to supporting healthy food access for all. In partnership with Britannia Community Centre, the GWFC is pleased to offer a range of community food programs. If you'd like to participate in a program or get involved, email Ruth Elizabeth at [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com). **See page 20 for GWFC food workshops.** For more information visit:

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

## Garden Enthusiasts / Garden Ambassadors

Come volunteers with us and help us care for our gardens! During these weekly garden work parties and skill sharing sessions, you will have the opportunity to gain hands on experience and learn from experienced gardeners. We'll work together to care for the gardens by planting, watering, weeding, and harvesting together (and yes, you will enjoy the harvest as well). All are welcome. Rain or shine. Please send an email to Ruth Elizabeth at [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com) if you are interested. No session April 9, May 21, and June 4.

**Sun 10:00am-1:00pm** Apr 2-Jun 18  
Transformed Life Garden Victoria

## Britannia Bulk Buy Food Club

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



## Canucks Family Education Centre

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 pre-school age children of participants.

**Registration is required for all programs.** To register contact Lina Arias at [lina.cfec@gmail.com](mailto:lina.cfec@gmail.com). 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 3-5

Tue/Wed 9:30-11:45am

### English Foundations 6/7 & English Composition 11

Tue/Wed 12:15-2:30pm

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

Fri 10:00am-12:30pm

### GR2R Family Resource Program

Thu 10:00am-12:00pm

## EDMONDS PIE PLUS:

Edmonds Community School, Rm 115

### English Foundations 1-3

Tue/Wed/Thu 12:25-2:45pm

### English Foundations 4-7

Mon/Fri 12:25-2:45pm

## MAYWOOD PIE PLUS 2:

### English Foundations 6/7, English Composition 11/12, & English

Studies 12

Tue/Wed/Thu 12:25-2:35pm  
Maywood Community School, Adult Room (North Wing)



## Vancouver Latin American Cultural Centre (VLACC)

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

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

## VLACC Reading Group (16yrs+)

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 will generate community dialogues. This event is open to anyone interested in short stories written by Latin American authors. No background in Latin American literature or culture is required. Meetings take place on the 2<sup>nd</sup> Tuesday of the month. To register, please visit [www.vlacc.ca](http://www.vlacc.ca).

**Tue 6:00-9:00pm** Apr 11, May 9  
Conference Room Jun 13, Jul 11  
Free VLACC

## Explore Latin American Culture (6-10yrs)

NEW

Britannia is excited to introduce a Latin American inspired spring break camp, in partnership with Vancouver Latin American Cultural Centre (VLACC). Children will explore music, arts and crafts, dance, language, and food. There will be time for outdoor fun, guest artists, and making friends. Please pack a lunch, nut free snacks, and a water bottle. Dress for the weather with hat and sunscreen. All supplies included. Thank you to VLACC ([vlacc.ca](http://vlacc.ca)).

**Mon-Fri 10:00am-4:00pm** Mar 13-17  
RAR \$160/5 sess  
432449 VLACC



## Eastside Family Place

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

Annual membership fee is required. Subsidies available upon request.

### Contact

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

### Family Playtime

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

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

### Parenting Education & Support

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

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

Check our website for dates and times.

### Licensed Occasional Childcare

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



VANCOUVER PUBLIC LIBRARY

## Britannia Branch

### Hours

Mon/Thu/Fri/Sat	9:00am-6:00pm
Tue/Wed	9:00am-9:00pm
Sun	1:00-5:00pm

### Contact

604.665.2222 vpl.ca

### Children & Teen Programs

#### Babytime (0-18mo)

Tue 10:00am & 11:00am Apr 4-May 16

#### Family Storytime (18mo-5yrs)

Thu 10:00am & 11:00am Apr 6-May 18

#### Teen Advisory Group (T.A.G.)

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

Tue/Thu 4:00-5:00pm

### Adult Programs

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

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

Tue 2:30-4:30pm Apr 11-May 30

#### One-on-One Computer Help

Register by phone (604.665.2222) or in-person.

Tue 2:00pm & 3:00pm Ongoing

#### ESL Conversation Practice

Register by phone (604.665.2222), in-person, or online at vpl.ca/events.

Wed 2:00-3:00pm Ongoing

To check out what else is happening at the library, visit:

vpl.ca



## Community Action Program for Children

CAPC is a community-based children's program that promotes the healthy development of young children. All programs are free and for parents with children aged 0-6.

### Spanish Mother Goose / Mama Ganso (0-3yrs)

Enjoy one hour of rhymes, songs, games and stories in Spanish with your child. No session May 22.

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

Mon	Apr 17-Jun 12	Rink Mezz
Rita		Free*

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

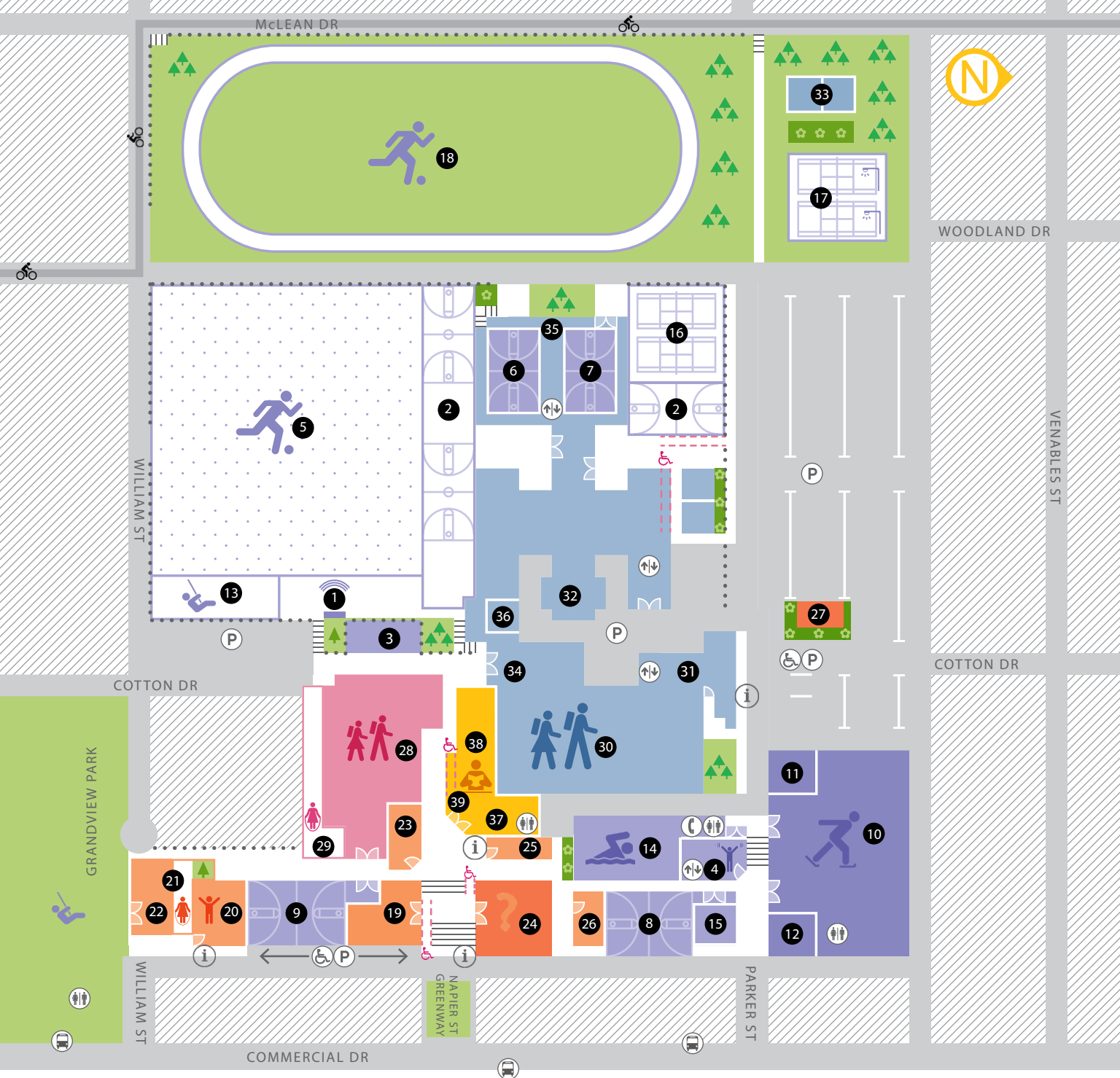
0-12mo 12:30-1:30pm

\*Registration required. Call 604.215.8289.

For more information and to register, please call 604.718.5821 or 778.245.2428.

## 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.



## 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 Britannia Courts Skate Park
- 18 Track + Sports Field

## resources + services

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

## elementary school

- 28 Britannia Elementary
- 29 Outdoor Play Area

## secondary school

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

## library + learning

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

• • • • Fence	① Wayfinding	⬆ Elevator	//// Residential + Commercial
Streets + Vehicle Access	♿ Wheelchair Access	⬆ Entrance	• • • • Gravel
🚲 Bicycle Route	≡ Stairs	🌿 Fields + Green Space	🌳 School Garden





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