



This online brochure has active links to connect you with the programs you want to register for online. Simply click on any program activity number of interest and you will be taken to the Vancouver Recreation page you need to start signing up.

# Programs & Services

## Spring 2024



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



## President's Message

On behalf of the Britannia Board of Management, I would like to express my appreciation to Annie Danilko for her years of service on the Board and as the President. Together we learned and were able to achieve so much. Annie will continue as co-chair of the Planning and Development Committee, and as a community leader and volunteer.

We celebrate the New Year with gratitude for all that we receive from this beautiful land that has been cared for by the x̱wməθḵwəy̱əm (Musqueam), Sḵw̱x̱wú7mesh (Squamish) and səliwətat (Tsleil-Waututh) Nations since time immemorial. We are also grateful for our staff and volunteers who keep our doors open even when there is record snow or rain. They help people on site and in their homes, improving the health and wellbeing of community members—physically, emotionally, socially and culturally—with all the recreation and community programs that we offer (like the Food Security Program!).

The Board priorities for 2024 are to continue advancing the Renewal by working with the City on Phase I, a detailed design of the Aquatics Building, as well as finding more spaces for community members to use. Britannia does not have access to a gym until 6:00pm on weekdays, unlike other community centres, which does limit what we can offer.

Central to our Society objectives is to create a place for people to come together to create a wonderful neighbourhood—one that is inclusive, diverse, just, and grounded in reconciliation and equity. The changing field of childcare requires that the Society commits to better strategic planning and implementation to continue our leadership in providing childcare services. Youth services also needs our commitment and attention; we will be hiring the City's first Indigenous Community Youth Worker and we hope to initiate a youth training and employment program to introduce young people to a variety of career options.

The Board is also committed to better relations with our site partners, the City of Vancouver, Vancouver School Board, Vancouver Public Library, and Vancouver Park Board. We can only do this if we are listening to residents, engaging with community members, and reaching out to our patrons. We challenge ourselves as volunteers, Board members and staff to learn, share and grow as an organization. If you would like to be involved, please join a committee by contacting [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca).

I use Britannia every day as I am a long-distance triathlete. You can find me at the Pool, Fitness Centre, or the Library. I look forward to connecting with you.

Thank you,  
Pamela Dudas  
President, Britannia Board of Management

## Britannia's Board

Britannia Board meetings are held on the 2<sup>nd</sup> Wednesday of the month. For more information or if you are interested in running for our Board of Management, call Cynthia Low, Executive Director, at 604 718 5815.

President	Pamela Dudas
Vice President	Craig Ollenberger
Treasurer	John Flipse
Executive Members	Ariela Friedmann Nicki Simpson
Directors	Tom Chang Susanne Dahlin Farren Gillaspie Pat Hogan Vera Jones Norm Leech Terumi Squibb Oliver Tennant Naina Varshney
Youth Directors	Ama Birch Sam Quastel
Staff Rep	TBD
Partners	
VSB	Rose MacKenzie
VPB	Peter Odynsky
VPL	Tim McMillan
Community Ed	Maddie Lafleur
Executive Director	Cynthia Low
Manager of Administrative Services	Jeremy Shier
Manager of Child Care Services	Jacky Hughes
Manager of Organizational Change	Suzette Amaya

## Committee Meetings

For more information about Britannia's committees, call us at 604 718 5800 (1), email the contact person, 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 10, May 8, Jun 12  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

**Anti-Racism & Anti-Oppression Committee**  
3<sup>rd</sup> Thu/mo 6:00pm  
Apr 18, May 16, Jun 20  
Cyn Williams [cyn.williams@vancouver.ca](mailto:cyn.williams@vancouver.ca)

**Arena Committee**  
1<sup>st</sup> Tue/bi-monthly 6:30pm  
Call of the chair.  
Susy Bando [susy.bando@vancouver.ca](mailto:susy.bando@vancouver.ca)

**Arts & Culture Committee**  
1<sup>st</sup> Thu/mo 6:00pm  
Apr 4, May 2, Jun 6  
Amanda Lye [amanda.lye@vancouver.ca](mailto:amanda.lye@vancouver.ca)

**Board Development Committee**  
3<sup>rd</sup> Fri/mo 6:00pm  
Apr 19, May 17, Jun 21  
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 3, May 1, Jun 5  
Ruth Elizabeth [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com)

**Planning & Development Committee**  
3<sup>rd</sup> Tue/mo 6:30pm  
Apr 16, May 21, Jun 18  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

**Pool & Fitness Committee**  
Last Tue/bi-monthly 6:00pm  
Mar 26, May 28  
[britannia.pool@vancouver.ca](mailto:britannia.pool@vancouver.ca)

**Reconciliation in Action (RIA) Committee**  
2<sup>nd</sup> Mon/mo 1:00pm  
Apr 8, May 13, Jun 10  
Denise Johnson  
[denise.johnson@vancouver.ca](mailto:denise.johnson@vancouver.ca)

**Seniors, Elders & Advocates (SEA) Committee**  
3<sup>rd</sup> Wed/mo 3:30pm  
Apr 17, May 15, Jun 19  
Anne Cowan [anne.cowan@vancouver.ca](mailto:anne.cowan@vancouver.ca)

**Skateboard Committee**  
3<sup>rd</sup> Mon/mo 6:30pm  
Apr 15, Jun 17  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)  
[britanniaskateboardcommittee.com](http://britanniaskateboardcommittee.com)

**Youth Committee**  
3<sup>rd</sup> Thu/mo  
Apr 18, May 16, Jun 20  
Tom Higashio [tom.higashio@vancouver.ca](mailto:tom.higashio@vancouver.ca)

**Volunteer Committee**  
3<sup>rd</sup> Fri/mo 5:00pm  
Apr 19, May 17, Jun 21  
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 grassroots education and involvement so that we can contribute to the quality of life of individuals in our catchment neighbourhoods. We recognize that our programs do not always meet all community needs—sometimes people just need space to host their own events. From space for sporting events to birthday parties, we have a great selection.

### Gym/Room Rentals

For rates and availability contact the Facility Support Clerks at 604 718 5812 or [britanniafacilitysupport@vancouver.ca](mailto:britanniafacilitysupport@vancouver.ca).

### Pool Rentals

Contact the Pool Programmer at 604 718 5831 or [britannia.pool@vancouver.ca](mailto:britannia.pool@vancouver.ca).

### Rink Rentals

Go to [vancouver.ca/parks-recreation-culture/rink-rentals](http://vancouver.ca/parks-recreation-culture/rink-rentals) or contact the Rink at 604 718 5836 or email [britanniarink@vancouver.ca](mailto:britanniarink@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)

### Cover Photo

Program participants in the Canucks Family Education Centre. Photo by Lung.

## Holiday Hours

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

Mar 29	Good Friday	CLOSED
Apr 1	Easter Monday	CLOSED
May 20	Victoria Day	CLOSED

### Pool & Fitness Centre

Mar 29	Good Friday	6:30am-9:00pm
Apr 1	Easter Monday	1:00-5:00pm
May 20	Victoria Day	1:00-5:00pm

### Rink

To view 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 səliłwətaʔ (Tsleil-Waututh) Nations, and we hold the heritage of these lands close in our everyday work.



# Registration & Rentals

## Registration Dates

Registration for **general programs** opens March 5, 2024 at 7:00pm in-person and online, and at 9:00am by phone on March 6, 2024.

Registration for **swim lessons** opens March 19, 2024 at 7:00pm in-person and online, and at 9:00am by phone on March 20, 2024.

Registration for **Set 1 spring** skating lessons begins on March 28, 2024 at 7:00pm in-person and online. Registration for **Set 2 spring** skating lessons begins on May 16, 2024 at 7:00pm in-person and online. Phone registration opens the following day at 9:00am.

Summer Funseekers registration begins April 6 at 10:00am in person and online and at 11:00am by phone.

## How to Register

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

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

### 2) Register in person

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

#### Info Centre Hours:

Mon-Fri 8:30am-7:00pm

Sat 9:00am-5:00pm

Sun 10:00am-4:00pm

#### Pool Cashier Hours:

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

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

\*Hours are subject to change.

### 3) Register by phone at 604 718 5800 ext. 1

## Refund Policy

- A full refund will be granted if requested up to 48hrs prior to the second class. No refunds after this time.
- For workshops and outings, a full refund will be granted if the refund is requested one week (seven days) prior to the start of the program. No refunds after this time.
- For day camps, a \$10 administration fee will be charged for each camp a refund is requested for. Refund requests must be made one week (seven days) prior to the start of the program. No refunds after this time.

### Swim/Skate Refunds

- Full refund will be granted five days or more prior to the start of the program. Partial refunds granted within four days of program start or before the second class. Exceptions: No refunds on single session programs.
- Transfers possible prior to second class. No refunds after second class.

### Cancellation Policy

- Courses are cancelled when too many people wait until the last minute to register. A minimum number must enrol before a class will run.
- Programs may be cancelled due to unforeseen circumstances and instructors may change during the program season.

## Contact

1661 Napier Street, Vancouver BC V5L 4X4  
[britanniacc@vancouver.ca](mailto:britanniacc@vancouver.ca) [britanniacentre.org](http://britanniacentre.org)

Info Centre:  
604 718 5800 (1)

Pool Cashier:  
604 718 5831

## Britannia Memberships

**Britannia memberships are free!** Memberships are valid for 1 year from January 1-December 31. A membership can be obtained when you register for a program (your membership will be automatically added to your online purchases) or any time during the year at the Pool Cashier, the Info Centre, or online at:

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

### Membership Benefits

- Free members access to the Fitness Centre on Wednesdays from 9:00-10:00am, and Sundays from 10:00-11:00am.
- Free family-friendly swims every Tuesday, and every other Friday (see page 31 for more information).
- Voting privileges at the society Annual General Meeting.
- Eligibility to run for the Board of Management.
- Mail-outs/e-mails about Centre events and programs.

## Subsidy Policy

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

**Non-residents of Vancouver are not eligible for subsidies.**

### Leisure Access Program

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

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

### Grandview-Woodland & Strathcona Subsidy

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

### FREE 'Fun For All' Recreation

Britannia operates a wide range of free and pay-what-you-can recreation programs. The Britannia Board of Management is committed to ensuring that people have access to programs and that fees are not a barrier to members of the Grandview Woodland and Strathcona Communities.



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

## Art Gallery Exhibitions



Join us for gallery openings, which often take place on the first Wednesday of each month at 6:00pm. Check out our event calendar for more info:  
[britanniacentre.org/community/events\\_calendar](http://britanniacentre.org/community/events_calendar)

### April 3 – 28

#### Memories in Hues: A Chromatic Journey Through the Global South

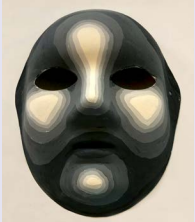
An exhibition in partnership with VLACC featuring the work of three women Latin American artists based in Vancouver. Angie Quintanilla Coates, Valerie Strom and Katy Biele explore notions of memory, belonging and identity through colour, textile and portraiture.



### May 1 – 29

#### Youth Week: Girls Who LEAP Empowerment Project

Mixed media, masks, and fashion by Girls Who LEAP Youth.



### June 5 – 30

#### Artsy Fartsy

Acrylic and mixed media works by Nora Stakaya Pape.



## The Britannia Coffee House Series (All ages)

Celebrate the turn of the season at these warm and inviting events that create an opportunity for community to gather and connect, and enjoy music and poetry by local performers in person or over Zoom. The series is as dynamic and diverse as our community itself. If you haven't checked out the Coffee House Series, you're in for a treat! Save the date for our Fall 2024 event on Sep 22.

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

### Spring Coffee House (All ages)



In partnership with Newworld Theatre. An evening of sweet spring vibes as we celebrate the turn of the season. Local musicians and poets will energize our spirits. Now located at Progress Lab, 1422 William Street. We are also hoping to livestream the event (see [britanniacentre.org/coffeehouse](http://britanniacentre.org/coffeehouse) for the livestream link closer to the date).

Sun 6:30-9:00pm Apr 21  
Progress Lab Free

### Indigenous Concert Series in Grandview Park (All ages)



In partnership with the Vancouver Park Board - Park Activations Team, please join us for the Indigenous Concert series in Grandview Park. No registration required. Free family event.

Mar 10 Lil Smudge, Haley Wallis, JB the First Lady  
Apr 14 Sekawnee, Lovhontvs, Josiah Amaya  
May 5 Electric Warrior Band, Christie Lee Charles  
Sun 1:00-4:00pm Grandview Park  
Free

### Traditional Ukrainian Easter Egg Painting (All ages)

NEW

Ukrainian artist Tanya Znak will introduce the community to traditional Ukrainian egg painting by drawing with wax and dyes to create traditional designs. All supplies are included. Dress for mess. Children under 12 must be accompanied by an adult.

Sun 1:30-4:30pm Mar 24  
RAR \$10.50/1 sess  
494505 Tanya

## Shine: Intercultural Spring Market (All ages)



This year at Grandview Park! Shine Market features the work of local artisans, live music, cultural presentations, artist workshops, delectable food and community tables. We invite you to celebrate the return of good weather 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). Thank you to the City of Vancouver for providing funding for this event via the Communities and Artists Shifting Culture Grant.

Sun 11:00am-4:00pm Jun 2  
Grandview Park Free

## Sunday Movie Night Series (All ages)



Everyone is welcome to attend our movie series every Sunday evening. Doors open at 5:45pm. No session May 19. For the movie schedule, please check out our event calendar online at:

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

Sun 6:00-9:00pm Apr 14-Jun 30  
55+ Centre Free\*  
493598 Ken  
\*Registration required.

## 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 [arts.britannia@gmail.com](mailto:arts.britannia@gmail.com).

## Special Event Volunteers Needed

We are looking for special event volunteers to help us with community events. Special Event Volunteers assist on the event day for set-up, guest assistance, greeting, the zero waste station, and event take-down.

If you have any questions, please contact [yao.zhang@vancouver.ca](mailto:yao.zhang@vancouver.ca) or call 604 718 5860. If you are interested in signing up, please fill out an application at:

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

# 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 Police Information Check 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  
Mount Pleasant is not currently taking waitlist applications.

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

Fees: \$200/mo



## Preschool Program (3-5yrs)

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

### Britannia Preschool

1661 Napier Street  
Lorraine Evans 604 718 5843

### September 2023 – June 2024

#### Morning Classes

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

#### Afternoon Classes

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

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



## Daycare Programs (3-5yrs)

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

### Eaglets Daycare

485 Semlin Drive  
Suzy Liguori 604 718 5856  
We are accepting waitlist applications for 2025.

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

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

Snacks provided.

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

2075 Woodland Drive  
Kal Kular 604 718 5846  
grandviewcc@shawbiz.ca  
grandviewterracechildcare.com

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

Fees: \$200/mo

Snacks provided.



### Mount Pleasant Child Care

960 East 7th Avenue  
Mirae Pinpin 604 718 5844

Mount Pleasant is not currently taking waitlist applications.

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

Fees: \$200/mo

Snacks provided.

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

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

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

### Britannia OSC

1661 Napier Street  
Lorraine Evans 604 718 5843

Pick up: Britannia Elementary

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

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

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

Fees include before and after school care.

Breakfast & pm food program provided.

### Grandview Terrace OSC Program II & III

2075 Woodland Drive  
Kal Kular 604 718 5846

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

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

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

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

Breakfast & pm snack provided.



### Eagles In The Sky OSC

103B-1950 E. Hastings  
Cassandra Gordon 604 348 9706

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

Pick up: 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. For more information and to register, please call 604 718 5821 or 778 245 2428.

### Spring 2024 Programs

- Food Security Program (fruit and veggie hampers)
- Online Cooking Class (Tue, 10:00-11:00am, Apr 30-Jun 15)
- Parents Circle Time (1<sup>st</sup>/2<sup>nd</sup> Fri/mo)
- Nobody's Perfect for new CAPC participants (TBA)

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

Enjoy one hour of rhymes, songs, games and stories in Spanish with your child. No session May 20. Registration is required. Please email ritaarc@yahoo.ca.

Disfrute de una hora de rimas, canciones, juegos y cuentos en Español con sus pequeños. Requiere registrarse. Para mayores informes escribir a ritaarc@yahoo.ca.

Mon Apr 15-Jun 10  
1-2yrs 10:30-11:30am  
0-12mo 12:30-1:30pm

Free\*

\*Email ritaarc@yahoo.ca to register.

# Preschool

## Baby Sign Language (0-2yrs)

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

**Wed 9:45-10:30am Apr 10-May 8**  
**Mat Room \$77/5 sess**  
**489604 Into Yoga**

## Expressive Arts

### Music Together® (0-5yrs)

Experience the joys of music-making and the powerful benefits of having music in your young child's life! Our 9 award-winning music collections and research-based curriculum supports parents at home and keeps the music making alive all week. Each child participates at their own level and their natural musicality is nurtured through singing, dancing, listening and exploring musical instruments. Parent participation is required. Siblings attend at a reduced rate and children 6mos and under attend free with a registered sibling. The \$58 Music Together licensing fee is non-refundable after the first class. No class May 14 & 18.

**Tue Apr 9-Jun 11 Rink Mezz**  
**Noa \$193/9 sess**  
**492272 10:30-11:15am**  
**492273 11:30am-12:15pm**

**Wed Apr 10-Jun 12 Rink Mezz**  
**Karina \$208/10 sess**  
**492274 10:00-10:45am**  
**492275 11:00-11:45am**

**Sat Apr 13-Jun 15 Rink Mezz**  
**Roya \$193/9 sess**  
**492277 10:30-11:15am**  
**492278 11:30am-12:15pm**

### Toddler Art with Helen (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! Two class times.

**Mon Apr 15-May 13 RAR**  
**Helen \$66/5 sess**  
**489606 9:45-10:30am**  
**489607 10:45-11:30am**

### Toddler Art with Emilia (18m-3yrs)

Art plays a big role in the development of our capacities as creative beings. Come explore with your child the possibilities of different materials in an experimental setting where curiosity and fun are encouraged! Emilia Rojas is the author of the book *The Adventures of Nubit: A Special Cloud*. Remember to dress for mess! Choose from two class times.

**Mon May 27-Jun 24 RAR**  
**Emilia \$66/5 sess**  
**489609 10-10:45am**  
**489608 11:00-11:45am**

### 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've been learning.

**Sat Apr 13-Jun 22 CFEC**  
**Endorphin Rush Dance \$137.50/11 sess**  
**491886 9:20-10:00am 2-4yrs**  
**491887 10:15-10:55am 2-4yrs**  
**491888 11:10-11:50am 3-4yrs**  
**491889 1:00-1:40pm 4-6yrs**

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

Combine the style of hip-hop with the technical skills of jazz! Learn steps, jumps, turns, stretches and fun choreography to your favourite music. Please wear comfortable stretchy clothing and non-marking shoes. Children must be able to participate without a parent. No drop-ins.

**Sat Apr 13-Jun 22 CFEC**  
**Endorphin Rush Dance \$137.50/11 sess**  
**491890 12:05-12:45pm 3-4yrs**  
**491891 1:55-2:40pm 4-6yrs**

## Physical Activity

### Kindergym (1-5yrs)

Run, jump and roll in a gym full of mats and playground equipment. Parent supervision required. Pay \$3/drop-in fee at the pool and bring receipt to Stephanie or give them a pre-purchased strip ticket (\$25/10tx). Parents, please assist Stephanie at the end of the program by helping put the large equipment away. No session May 18 & 19, and June 9.

**Sat 8:45-10:15am Apr 13-Jun 29**  
**Gym D \$3/drop-in**  
**Sun 4:15-5:45pm Apr 14-Jun 30**  
**Gym D \$3/drop-in**  
**Stephanie**

### 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 28 & May 19.

**Tue 5:00-5:45pm Sun 11:00-11:45am**  
**Marcus Cafeteria \$85/mo**  
**489250 Apr 2-30**  
**489249 May 5-28**  
**489248 Jun 4-30**

### 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.

**Sun 11:30am-12:15pm Gym D**  
**Sportball \$102/6 sess**  
**489303 Apr 7-May 12 Set 1**  
**489304 May 26-Jun 30 Set 2**

### Sportball Multisport (3.5-5yrs)

Multisport classes teach children methods to practice and refine gross motor skills through 8 core ball sports. This program reinforces the benefits of teamwork and skill development, and enables children to gain confidence and develop social skills to succeed in sport and life.

**Sun 12:15-1:15pm Gym D**  
**Sportball \$102/6 sess**  
**489302 Apr 7-May 12 Set 1**  
**489301 May 26-Jun 30 Set 2**

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

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

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

**Wed 10:30-11:30am CFEC**  
**Into Yoga**  
**489258 Apr 24-May 15 \$65.10/4 sess**  
**489257 May 22-Jun 26 \$96.60/6 sess**



## Spring Break Camps

### Funseekers Daycamp (6-12yrs)

There are many activities and out-trips planned for the Funseekers program! Come learn new skills, meet new friends, and 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. **The Spring Break sessions are currently full. Waitlist registration only.**

**Funseekers Cancellation Policy:** A \$10 administration fee will be charged for each camp a refund is requested for. Refund requests must be made a minimum of one week (seven days) prior to the start of the program. No refunds after this time.

### Spring Break (Full)

Mon-Fri 9:00am-3:00pm	Gym D
483346 Mar 18-22	\$105/5 sess
483347 Mar 25-28 (Mon-Thu)	\$84/4 sess

### Summer Break

**Summer Funseekers registration begins April 6 at 10:00am in person and online and at 11:00am by phone. More details to come in the summer program guide.**

### Explore Latin American Culture (6-13yrs)

Britannia is excited to offer a Latin American inspired Spring Break camp in partnership with the 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. Art supplies included.

Mon-Fri 9:30am-3:30pm	Mar 18-22
RAR	\$240/5 sess
477422	VLACC

### Puppetry and Art Making (7-13yrs)

This 4-day camp will inspire young minds to create puppets, scenes, and props using a variety of materials. Campers will use their imagination to create stories and characters, and learn to perform with them. Led by multidisciplinary artist and puppeteer J Peachy. Please pack a snack, lunch, water bottle, and weather appropriate gear as there will be outdoor time as well.

Mon-Thu 9:30am-3:30pm	Mar 25-28
RAR	\$172/4 sess
474973	JP



## Summer Camp Early Registration

### Tennis & Art Summer Camp

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 involves physical activity in the morning with tennis skills and drills, and continues with creative art and games in the afternoon. Please bring a hat, water bottle, lunch, snacks and your own racquet. Meet and pick up at Garden Park Tennis Court (1851 Garden Drive). The tennis court we are using is in the South East corner of the park.

**Rain Out Policy:** This program is light 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.

**Cancellation Policy:** A \$10 administration fee will be charged for each camp a refund is requested for. Refund requests must be made a minimum of one week (seven days) prior to the start of the program. No refunds after this time.

Mon-Fri 9:00am-3:30pm	Garden Park
Art of Tennis	\$375/5 sess
	\$300/4 sess

495864	Jul 2-5 (Tue-Fri)
495865	Jul 8-12
495866	Jul 15-19
495868	Jul 22-26
495863	Jul 29-Aug 2
495860	Aug 6-9 (Tue-Fri)
495861	Aug 12-16
495862	Aug 19-23
495867	Aug 26-30

### The Greenhorn Community Music Project Summer Workshop Series (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 in service of orchestrating social change you can dance to.

Greenhorn provides this one week summer workshop series in preparation to perform at Honk! BC on July 21 (Grandview Park) and other possible dates and locations (TBA). Free Britannia Membership required. Instruments available. For more information and to sign up your child, please email [brenda.koch@openairorchestra.com](mailto:brenda.koch@openairorchestra.com).

Mon-Fri 10:00am-2:00pm	Jul 15-19
Carving Pavillion	Free
Brenda & Tim	

### Explore Latin American Culture (6-13yrs)

Britannia is excited to offer a Latin American inspired Summer Camp in partnership with Vancouver Latin American Cultural Centre and Words in Motion.

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. Join us on the last day for a showcase of what they created.

Mon-Fri 9:30am-3:30pm	Jul 22-26
Rink Mezz	\$240/5 sess
496750	VLACC/Words in Motion

## Save the Date

### Dance Camps (3-6yrs)

Save the date for this week of summer dance camps! More details to come in the summer program guide. Registration for dance camps will open on June 11, 2024.

Mon-Fri Aug 26-30	CFEC
Endorphin Rush Dance	\$109/5 sess
Frosted Ballet	9:15-10:30am
Fairies, Pirates & Dragons	10:45am-12:00pm
Mini Hip Hop	12:30-1:45pm
Frosted Ballet	2:00-3:15pm

# Children



## Leisure Access Program (LAP)

The Leisure Access Program (LAP) provides City of Vancouver residents facing financial barriers access to Park Board programs and services at participating pools, rinks, fitness centres and community centres (including Britannia) at a reduced cost. For more information about how to apply, please visit:

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

## Clay for Two – Parent & Child (6-12yrs)

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

**Wed** 4:00-5:15pm **Apr 17-Jun 5**  
**Rm 208** **\$264/8 sess**  
**489611 Helen**



## Ukrainian Floral Painting (All ages) NEW

Ukrainian artist Tanya Znak will introduce the community to different ways of painting flowers. Each week a new medium will be explored such as watercolour, acrylic paints, and mixed media. All supplies are included. Dress for mess. Children under 12 must be accompanied by an adult.

**Sat** 9:30-11:30am **Apr 20-May 4**  
**55+ Centre** **\$63/3 sess**  
**496133 Tanya**

## Traditional Ukrainian Easter Egg Painting (All ages) NEW

Ukrainian artist Tanya Znak will introduce the community to traditional Ukrainian egg painting by drawing with wax and dyes to create traditional designs. All supplies are included. Dress for mess. Children under 12 must be accompanied by an adult.

**Sun** 1:30-4:30pm **Mar 24**  
**RAR** **\$10.50/1 sess**  
**494505 Tanya**

## Language

### Latin Art & Tales for Kids in Spanish (5-10yrs) NEW

Immerse your child in a vibrant world of creativity and storytelling with our Latin Art & Tales program! This engaging program not only fosters artistic expression but offers a unique opportunity to learn Spanish. Through a dynamic blend of art projects and captivating stories, kids will explore the rich tapestry of Latino culture, while enhancing their creativity and building language skills. Join us on a colorful journey where imagination knows no bounds, and language learning becomes an exciting adventure!

**Tue** 3:30-4:30pm **Apr 9-Jun 11**  
**Rink Mezz** **\$160/10 sess**  
**490368 Words in Motion**

## Art

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

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

**Thu** 4:00-5:15pm **Apr 18-Jun 6**  
**Rm 208** **\$138/8 sess**  
**489610 Helen**

## Music

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

Continue your music studies or begin an instrument and enjoy a lifetime of making music! These lessons consider student's development and goals. Conservatory exam preparation is available. An on-going program from September-June, students are ensured placement for the duration of their studies. Payment is made in advance of each set.

Lesson costs shown below are for 30 minutes, but 45 and 60 minutes per week are available to more advanced students at the discretion of the instructor. Private lessons are for beginner to senior levels. New students may start anytime during the season. Clarinet students must provide their own instruments. **Please contact instructor before registering for lesson times at [janine.oye@gmail.com](mailto:janine.oye@gmail.com). Phone-in or in-person registration only, no online. Please call 604 718 5800 ext 1.** The recital takes place on June 23 at Killarney CC. No class April 19 & 20, and May 24 & 25.

**491976 Fri** 6:15-9:00pm **Apr 5-Jun 23** **\$308/11 sess**  
**491977 Sat** 9:00am-4:00pm **Apr 6-Jun 23** **\$308/11 sess**  
**Janine Preteen Centre**



### 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 in service of orchestrating social change you can dance to. Free Britannia Membership required. For more information, please email [brenda.koch@openairorchestra.com](mailto:brenda.koch@openairorchestra.com).

**Sat** 12:00-1:30pm **Apr 6-May 25** **Carving Pavillion** **Free** **Brenda & Tim**



## Physical Activity

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

This class is an introduction to tennis for children. Learn basic forehand and backhand skills and develop hand-eye coordination through a variety of fun games and activities. Bring your own racquet and runners.

**Please note:** The June 15 class will be held at the outdoor tennis courts at Britannia Secondary School (1001 Cotton Drive), near the SW part of the Britannia parking lot.

<b>Sat</b>	<b>2:00-3:30pm</b>	<b>Apr 13-Jun 15</b>
<b>Gym D</b>		<b>\$245/10 sess</b>
<b>489308</b>	<b>Juan Carlos</b>	

### Tennis Academy Future Stars (9-14yrs)

This class continues to develop tennis skills for 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.

**Please note:** The June 15 class will be held at the outdoor tennis courts at Britannia Secondary School (1001 Cotton Drive), near the SW part of the Britannia parking lot.

<b>Sat</b>	<b>3:30-5:00pm</b>	<b>Apr 13-Jun 15</b>
<b>Gym D</b>		<b>\$245/10 sess</b>
<b>489307</b>	<b>Juan Carlos</b>	

### 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 12, May 20 & June 14.

#### Beginner

<b>Mon/Fri</b>	<b>4:30-5:45pm</b>	<b>Apr 8-Jun 24</b>
<b>CFEC</b>		<b>\$280.35/20 sess</b>
<b>491147</b>	<b>Marquis</b>	

#### Intermediate

<b>Mon/Fri</b>	<b>4:30-6:15pm</b>	<b>Apr 8-Jun 24</b>
<b>CFEC</b>		<b>\$301.35/20 sess</b>
<b>491148</b>	<b>Marquis</b>	

#### Advanced

<b>Mon/Fri</b>	<b>4:30-6:30pm</b>	<b>Apr 8-Jun 24</b>
<b>CFEC</b>		<b>\$322.35/120 sess</b>
<b>491146</b>	<b>Marquis</b>	



### Free Members Swim

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

<b>Tue</b>	<b>2:00-4:00pm</b>	<b>Ongoing</b>
<b>Fri</b>	<b>6:00-8:00pm</b>	<b>Apr 5 &amp; 19</b>
<b>Free</b>		<b>May 3, 17 &amp; 31</b>
		<b>Jun 14 &amp; 28</b>

### Britannia Boxing – Family **NEW** (6-12yrs)

Family Boxing sessions on Saturdays are for younger athletes ages 6-12yrs. Athletes under 8yrs must be accompanied by a parent or guardian. Our coaches rotate around the gym, working with athletes individually to help learn the basics of boxing, including footwork, fitness, core work, flexibility and more. Our "regular" boxing sessions do still run on this day, so there might be adult athletes in the gym. The Boxing Room is located in Gym C.

<b>Sat</b>	<b>2:00-4:00pm</b>	<b>Boxing Rm</b>
<b>Boxing Coaches</b>		<b>\$45/mo</b>
<b>496763</b>	<b>Apr 6-27</b>	
<b>496762</b>	<b>May 4-25</b>	
<b>496764</b>	<b>Jun 1-29</b>	

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

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

<b>Wed</b>	<b>4:00-5:00pm</b>	<b>Apr 3-Jun 26</b>
<b>Boxing Rm</b>		<b>\$143/13 sess</b>
<b>489268</b>	<b>River &amp; Tsvi</b>	

## Axe Capoeira

Students enrolled in these classes must have a minimum of 1 year consistent Capoeira experience, or permission from the school. We offer ongoing classes for children and youth. Classes cover all aspects of Capoeira: Martial arts, dance, music, acrobatics, culture, language and more. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Uniform is required to join class. Fees do not pro-rate; monthly rate only. See page 8 for beginner classes. See page 24 for 16yrs+ classes.

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

This is an intermediate program; students should have a full knowledge of basic movements and this class will focus on more advanced movements in Capoeira, which will prepare students for the youth program. No class April 28 & May 19.

<b>Tue 6:00-6:45pm</b>	<b>Sun 12:00-12:45pm</b>
<b>Marcus</b>	<b>Cafeteria \$85/mo</b>
<b>489253</b>	<b>Apr 2-30</b>
<b>489252</b>	<b>May 3-31</b>
<b>489251</b>	<b>Jun 4-30</b>

### 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 May 17 & 20.

<b>M/W/F</b>	<b>5:00-6:00pm</b>	<b>Caf/CFEC</b>
<b>Marcus</b>		<b>\$105/mo</b>
<b>489256</b>	<b>Apr 3-29</b>	
<b>489255</b>	<b>May 1-29</b>	
<b>489254</b>	<b>Jun 3-28</b>	







## Britannia Gymnastics Club

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

Our fantastic, enthusiastic team of coaches—Ashley, Elaya, Hamid, Henry, Julia, Lailah, Nasi, and Ramin—are looking forward to another great gymnastics season! For more information, visit: [britanniagymnastics.com](http://britanniagymnastics.com)

### Spring 2024 Schedule

Sat	Apr 13-Jun 29*	*No class Apr 27, May 18, & Jun 22.	Gym B
489279	Tiny Tumblers	3-4yrs	1:00-1:45pm \$140/10 sess
489275	Junior Jumpers A	4-5yrs	2:00-2:45pm \$140/10 sess
489276	Junior Jumpers B	4-5yrs	3:00-3:45pm \$140/10 sess
489272	Future Flyers A	6-9yrs	4:00-5:00pm \$160/10 sess
Sun	Apr 14-Jun 30*	*No class Apr 28, May 19, & Jun 23.	Gym A/B
489270	Dynamic Duo A	18mo-3yrs	10:00-10:45am \$130/10 sess
489271	Dynamic Duo B	18mo-3yrs	11:00-11:45am \$130/10 sess
489273	Future Flyers B	6-9yrs	11:30am-12:30pm \$160/10 sess
489280	Tiny Tumblers	3-4yrs	12:00-12:45pm \$140/10 sess
489277	Komet Kids	5-6yrs	12:45-1:45pm \$150/10 sess
489269	Demo Team*	9-15yrs	2:00-3:30pm \$220/10 sess
489274	Future Flyers C	6-9yrs	2:15-3:15pm \$160/10 sess
489278	Performance Plus*	9-15yrs	3:45-5:15pm \$220/10 sess

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



### Dynamic Duo (18mo-3yrs)

Your child will be introduced to gymnastics through tumbling, song, and games. Grow with your child through parent participation.

### Tiny Tumblers (3-4yrs)

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

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

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

### Future Flyers (6-9yrs)

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

### Performance Plus (9-15yrs)\*

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

### Demo Team (9-15yrs)\*

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

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



### Volunteer With Us

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



## 2024 Micro Footie Spring League (April 8 - June 15)

Welcome to Britannia World Cup Micro Footie. The mission of Micro Footie is to provide a top class community sporting experience for players ages 4 and up (we even do a Micro Footie Women's program!) using a small sided game format, which encourages player involvement and participation. Equally fun and exciting, every week players team up and play for World Cup countries (Brazil vs Argentina, Italy vs England) with country flags from all over the world in the background. Our program values play, development, involvement, sportsmanship, creativity, mentorship, and team camaraderie. These values go hand in hand with being part of the East Van community, where players make new friends as easily as creating goal scoring opportunities.

This year will be our 31<sup>st</sup> year offering World Cup Micro Footie to the East Van community! We will continue Saturday World Cup game days at Empire Bowl, with practices at our local fields during the week. Registration includes playing soccer outside twice a week from April - June, a World Cup country kit to keep (with a shirt, shorts, and socks), a team photo, and a season finale tournament that includes surprises. Fingers crossed for wonderful weather! For more information visit [britanniasoccer.org](http://britanniasoccer.org) or email [britmicrofootie@gmail.com](mailto:britmicrofootie@gmail.com).



**Program Dates:** April 8-June 15. No session May 18 & 20.  
**Fees:** \$189/player. Refunds will be issued up to Feb 18, 2024. No refunds issued after this date.  
**Registration:** Registration is open and ongoing. Register online at [vanrec.ca](http://vanrec.ca) and in-person at the Info Centre.

### 2024 Spring Schedule

#	DIVISION	SAT GAME TIME	GAME LOCATION	WEEKDAY PRACTICE TIME/LOCATION	
484004	Girls & Gender Diverse 4-5yrs	8:15-9:15am	Empire North	Mon 5:45-6:45pm	Brit Oval
484005	Boys & Gender Diverse 4-5yrs	8:15-9:15am	Empire South	Tue 5:45-6:45pm	Brit Oval
484006	Girls & Gender Diverse 6-7yrs	9:30-10:30am	Empire North	Wed 5:45-6:45pm	Brit Oval
484007	Boys & Gender Diverse 6-7yrs	9:30-10:30am	Empire South	Thu 5:45-6:45pm	Brit Oval
484008	Girls & Gender Diverse 7-8yrs	10:45-11:45am	Empire North	Wed 5:45-6:45pm	Robson Park
484009	Boys & Gender Diverse 7-8yrs	10:45-11:45am	Empire South	Mon 5:45-6:45pm	Robson Park
484010	Girls & Gender Diverse 8-9yrs	12:00-1:00pm	Empire North	Mon 7:00-8:00pm	Brit Oval
484011	Boys & Gender Diverse 8-9yrs	12:00-1:00pm	Empire South	Tue 7:00-8:00pm	Brit Oval
484012	Girls & Gender Diverse 10-11yrs	1:15-2:15pm	Empire North	Wed 7:00-8:00pm	Brit Oval
484013	Boys & Gender Diverse 10-11yrs	1:15-2:15pm	Empire South	Mon 7:00-8:00pm	Robson Park
484014	All Genders 12-13yrs	2:30-3:30pm	Empire South	Wed 7:00-8:00pm	Robson Park
484015	Women & Gender Diverse 18yrs+	2:30-4:00pm	Empire North	Thu 7:00-8:00pm	Brit Oval

Please note: Gender will not be policed; all divisions are open to all genders. Parents and caregivers are welcome to sign children up for whichever division they feel best suits the child's needs.

## 2024 Sponsors



## Weaving Community Together - Preteen Hip Hop Dance (9-12yrs)

NEW

Learn basic Hip Hop moves with Sam, and groove to the music of Indigenous artists and popular Hip Hop artists. Includes movement ice breakers, dance steps and more! Bring your water bottle. \$4/drop-in. No class May 12. For more information about Weaving Community Together programs, see pages 19-20.

Sun 12:00-1:30pm Apr 28-Jun 23  
CFEC \$21/7 sess  
500729 Sam

## Girls+ Club (10-13yrs)



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

Thu 6:15-8:00pm Apr 4-Jun 13  
Preteen Centre Free  
494000 Tiana

## After School Programs

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

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

Tue 3:30-4:45pm Apr 16-Jun 11  
CFEC \$45/9 sess  
493872

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

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 Apr 16-Jun 11  
55+ Centre \$45/9 sess  
493962 Teen Centre Staff

## Dungeons & Dragons (10-12yrs)

NEW

Are you interested in learning about Dungeons & Dragons and joining an after school adventure? Meet new friends and learn to play the 5<sup>th</sup> edition D&D in a Domains of Dread campaign. No experience necessary. All materials included. Please contact Tom at 604 718 5826 for more information.

## Music Makers (8-12yrs)

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

### 8-10yrs

Thu 3:30-4:45pm Apr 18-Jun 13  
CFEC \$36/9 sess  
493997 Will

### 10-12yrs

Wed 3:30-4:45pm Apr 17-Jun 12  
CFEC \$36/9 sess  
493996 Will

## 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 focus on fitness and improving athletic skills—like speed and change of direction—with fun games, drills and relays. Please bring a water bottle and towel, and avoid bringing any other personal items.

Thu 3:15-4:45pm Apr 11-Jun 13  
Gym C \$88/11 sess  
494005 Game Ready

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



Red Fox's Active Play program gives children the chance to be healthy, have fun, and get inspired by positive youth role models from their own communities. Youth Leaders guide children through group games, circus arts, and other activities that cultivate self-confidence, social connections, and new skills. Free and open to children of all abilities. To register, please contact 604 343 6536 or info@redfoxsociety.org.

Fri 3:15-4:45pm Apr 5-Jun 14  
Gym D Free\*  
Red Fox \*Registration required.

## Sports

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



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

Fri 5:00-6:45pm Apr 5-Jun 28  
Gym C Free

## Volleyball Fundamentals – Preteen (10-13yrs)

The emphasis of this program is age- and ability-appropriate skill development. Children will gain the confidence to continue to play and enjoy playing. Please bring a water bottle and towel.

Fri 3:15-4:45pm Apr 12-Jun 21  
Gym C \$55/11 sess  
494008 Ernestine

## Basketball

Focus on the fundamentals! Increasing skill competency increases likelihood that children will gain the confidence to continue to play and enjoy playing basketball. Please bring a water bottle and towel, and avoid bringing any other personal items. No session April 20 & May 18.

**Please note:** Intermediate players must know rules of the game, have experience with game play, and have fundamental skills.

### Beginner (8-12yrs)

Sat 11:00am-12:15pm Apr 13-Jun 8  
Gym D \$35/7 sess  
493865 Sentheepan

### Intermediate (10-13yrs)

Sat 12:30-1:45pm Apr 13-Jun 8  
Gym D \$35/7 sess  
493868 Sentheepan

## Special Events

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



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

Fri 6:00-8:00pm Apr 12 & 26  
Britannia Pool May 10 & 24  
Free Jun 7 & 21

### Preteen Dance (10-13yrs)

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

Fri 6:30-9:00pm Apr 12, Jun 14  
Gym D \$2/drop-in





## Welcome to the Teen Centre

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

The Teen Centre is a place to:

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

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

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

## Drop-in Hours

Mon-Fri 3:00-9:00pm

## Registration

Register for all Teen Centre programs at the Teen Centre. **Please note:** A signed parent consent form is required for many of our programs. For more information, call 604 718 5828.

## Staff

**Youth Programmer:**  
Tom Higashio 604 718 5826  
tom.higashio@vancouver.ca

**Latin American Youth Programmer:**  
Manuel Gamas 604 718 5829

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

## Leadership

### Britannia Youth Committee

We are looking for youth who want to be involved! Give back to the community, and initiate and follow through on community programs and projects. Meetings are held on the third Thursday of the month. Contact Tom at 604 718 5826 for more info.

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

Learn the games in the Play it Fair toolkit and the theory behind them! Feedback on the toolkit indicates that children enjoy the activities and integrate the values of respect, cooperation, respect for diversity, fairness, inclusion, responsibility and acceptance into their 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 training.

**Thu 6:00-10:00pm Jun 20**  
**Gym D \$35/1 sess**  
**489925**

**Sat 11:30am-3:30pm Jun 22**  
**Gym D \$35/1 sess**  
**489926**

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

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

- Work in a team environment
- Explore 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 more information and to register, visit:  
transitpolice.ca/about-us/specialty-units/  
community-engagement-team/blueeagle

**Wed 5:30-7:30pm Apr 3-Jun 26**  
**Gym D Free**

## Social

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

Make new friends and learn new skills! This program provides social, recreational, and educational activities. We meet every Saturday. To register and for more details, contact the Latin American Worker at 604 787 9251. Consent forms are required to participate in outings. Subsidies are available for all activities.

**Sat 1:00-5:00pm Apr 13-Jun 29**  
**Teen Centre Free\***

\*Registration required.

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

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

Khai (he/him) is a queer, cisgender, 2<sup>nd</sup>-generation Vietnamese young man who works as a Program Assistant II at Britannia. He is also the Project Assistant for UBC CampOUT! Khai is passionate about creating safe, affirming spaces for queer youth. He loves watching queer media and would be happy to chat about Heartstopper any day!

Please contact khai.truong@vancouver.ca for meeting times, location, more info or to discuss any access needs.

Free

## Young Adult Social Club (18-22yrs)

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

- Self-identity, communication and self-advocacy, and healthy relationships;
- Budgeting, bank accounts, and financial literacy;
- Finding your passion, setting goals and taking action;
- Community resources (counselling, cultural, and recreational programs);
- Self-care and life skills;
- Housing rights, landlords, and roommates;
- Creative arts (painting, writing, digital media);
- Out trips (local attractions, hiking, beaches, biking, cultural exhibits, etc.);
- Employment training; and more!

**Tue 7:30-9:30pm TBA**  
**RAR Free**

## Free Youth Swim (11-18yrs)

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

**Fri 6:00-8:00pm Apr 12 & 26**  
**Britannia Pool May 10 & 24**  
**Free Jun 7 & 21**

## Cooking

### Latin Cooking (13-18yrs)

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

Thu 5:00-7:00pm Apr 11-Jun 27  
55+ Centre Free\*

\*Registration required.

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

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 Apr 16-Jun 11  
55+ Centre \$45/9 sess  
493962 Teen Centre Staff

## Physical Activity

### Indoor Soccer (13-18yrs)

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

Tue 5:00-7:30pm Apr 2-Jan 25  
Gym D Free

### Night Hoops (12-15yrs)

Open to all, including Two-Spirit and LGBTQ2SIA+ youth ages 12-16yrs. Night Hoops Winter returns! Join us on Friday and Saturday nights to work on your game with warm-ups, skills development, life lessons, and an inter-squad game!

Night Hoops strives to be a fun place to work on the fundamentals of basketball and grow with friends. Each session will include a team bonding game and an opportunity to review some of the everyday challenges/opportunities of our youth. Then, our Night Hoops coaches break athletes into teams and play 3v3 or 5v5. Teams are reset each week to provide opportunities to play with all athletes. We end with a shooting cool-down. The focus will be on beginner and developmental-level players. Snacks and food are provided after each session. For the registration link, please email Tom at tom.higashio@vancouver.ca.

### Junior Girls+

Fri/Sat 5:30-7:00pm Apr 5-Jun 22  
Gym D/C Free

### Junior Boys+

Fri/Sat 7:15-8:45pm Apr 5-Jun 22  
Gym D/C Free

### Youth Open Gym (10-18yrs)

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

Wed 7:15-9:00pm Apr 3-Jun 26  
Gym C Free

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

Non-instructional Volleyball open gym.

Thu 6:30-8:00pm Apr 11-Jun 27  
Gym C Free

### Archery – Beginner (12-18yrs)

Intro to archery, including history and trying a variety of different bows. Emphasis is on individual skill development. Please bring a water bottle and towel, and avoid bringing any other personal items. No session May 18.

Sat 2:00-3:30pm Apr 13-Jun 8  
Gym C \$40/8 sess  
493862 Bernice

### Archery – Intermediate (12-18yrs)

Must have completed the Beginner session to register for Intermediate. A continuation of the intro class, including history and trying a variety of different bows. Emphasis is on individual skill development. Please bring a water bottle and towel. No session May 18.

Sat 3:45-5:00pm Apr 13-Jun 8  
Gym C \$40/8 sess  
493863 Bernice

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

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

Wed 4:00-5:00pm Apr 3-Jun 26  
Boxing Rm \$143/13 sess  
489268 River & Tsvi

### Britannia Boxing (13yrs+)

Britannia's own fun, inclusive, and informative boxing program where anyone can come and learn proper techniques, hit the bags, and workout with our coaches. New bags, gloves, portable ring, and more await you in our boxing gym! Come and visit our wonderful and experienced coaches, learn new skills, and break a sweat while working at your own pace. You can stay as long, or short, as you would like—classes are unlimited. The Boxing Room is located in Gym C. First time participants, pay \$15/drop-in. After this, participants will be expected to pay the monthly fee. Fees cannot be prorated. No class May 20.

Mon-Fri 5:00-7:00pm Boxing Rm  
Sat 2:00-4:00pm Jay \$94.50/mo  
489284 Apr 2-30  
489283 May 1-31  
489282 Jun 1-29

### 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 Apr 11-Jun 6  
Boxing Rm \$90/9 sess  
493366 Jay

### Youth Fitness (13-18yrs)

A base level of fitness and movement is developed as athletes learn to appreciate exercise as a lifestyle. Basic movements, balance and coordination are honed through games, relays and drills with a focus on high energy and fun. This program is a must for developing young athletes as they become physically literate and competent with fundamental movements. As the comfort level increases they will work on strength and speed while maintaining a high level of conditioning. Coaches will teach and challenge so youth will increase confidence in their abilities. Please bring a water bottle and towel.

Thu 5:00-6:15pm Apr 11-Jun 20  
Gym C \$77/11 sess  
494006 Game Ready

## Axe Capoeira Youth (7-15yrs)

Classes cover all aspects of Capoeira: Martial arts, dance, music, acrobatics, culture, language and more. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Uniform is required to join class. Fees do not pro-rate; monthly rate only.

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 May 17 & 20.

<b>M/W/F</b>	<b>5:00-6:00pm</b>	<b>Caf/CFEC</b>
<b>Marcus</b>		<b>\$110.25/mo</b>
<b>489256</b>	<b>Apr 3-29</b>	
<b>489255</b>	<b>May 1-29</b>	
<b>489254</b>	<b>Jun 3-28</b>	

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

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

<b>Wed</b>	<b>5:45-7:00pm</b>	<b>Mat Room</b>
<b>489293</b>	<b>Apr 3-May 8</b>	<b>\$37.80/6 sess</b>
<b>489294</b>	<b>May 15-Jun 26</b>	<b>\$44.10/7 sess</b>
<b>Emily</b>		

## Outdoor Programs

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

GEO is a great way to explore our incredible surroundings, learn new things, and meet lots of great people. We offer a variety of outdoor activities suitable for almost any level of fitness, which may include indoor rock climbing, snowshoeing, and snow tubing. 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.

## 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 in service of orchestrating social change you can dance to. Free program and free Britannia Membership required. For more information, please email [brenda.koch@openairorchestra.com](mailto:brenda.koch@openairorchestra.com).

<b>Sat</b>	<b>12:00-1:30pm</b>	<b>Apr 6-May 25</b>
<b>Carving Pavillion</b>		<b>Free</b>
<b>Brenda &amp; Tim</b>		

### VLACC Choir – Canto Vivo (7yrs+)

Canto Vivo creates community around a love for Latin American music. Current and past members are from over 15 different countries in Latin America and beyond! Our choirmaster and music director, Dr. Sérgio Pires, holds degrees in choral conducting and music education. Our repertoire includes popular and traditional songs in Spanish and Portuguese from all over Latin America. To inquire about participating, please email [thais@vlacc.ca](mailto:thais@vlacc.ca).

<b>Wed</b>	<b>7:00-9:00pm</b>	<b>Mar 27-Jun 26</b>
<b>55+ Centre</b>		<b>\$70/term</b>
<b>Register through VLACC</b>		<b>Sergio</b>

## Art

### Traditional Ukrainian Easter Egg Painting (All ages)

Ukrainian artist Tanya Znak will introduce the community to traditional Ukrainian egg painting by drawing with wax and dyes to create a traditional Easter design. All supplies are included. Dress for a mess. Children under 12 must be accompanied by an adult.

<b>Sun</b>	<b>1:30-4:30pm</b>	<b>Mar 24</b>
<b>RAR</b>		<b>\$10.50/1 sess</b>
<b>494505</b>	<b>Tanya</b>	

### Ukrainian Floral Painting (All ages)

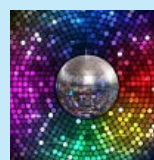
Ukrainian artist Tanya Znak will introduce the community to different ways of painting flowers. Each week a new medium will be explored such as watercolour, acrylic paints, and mixed media. All supplies are included. Dress for a mess. Children under 12 must be accompanied by an adult.

<b>Sat</b>	<b>9:30-11:30am</b>	<b>Apr 20-May 4</b>
<b>55+ Centre</b>		<b>\$63/3 sess</b>
<b>496133</b>	<b>Tanya</b>	



BC Youth Week is a provincial celebration of youth held annually during the first week of May. It is a week of fun-filled interaction and celebration intended to build a strong connection between youth and their communities. This event is intended to highlight the interests, accomplishments, and diversity of youth across the province.

For up-to-date info and other events visit: [bcyouthweek.com](http://bcyouthweek.com)



### Queer Prom (13-18yrs)

Inviting 2SLGBTQAI+ youth and their allies to join in on an evening of fun to celebrate youth in a safe and inclusive space. There will be dancing, music, refreshments, a photo booth, and more. For more information contact [queerinclusion@vancouver.ca](mailto:queerinclusion@vancouver.ca).

<b>Fri</b>	<b>6:00-8:30pm</b>	<b>May 3</b>
		<b>Free</b>



### Skate Jam (9-18yrs)

Annual free skate event and demos at the Downtown Skate Plaza, in partnership with the Vancouver Skateboard Coalition. All levels welcome. For more information, contact Jannet Cincoleon at [jannet.cincoleon@vancouver.ca](mailto:jannet.cincoleon@vancouver.ca).

<b>Sat</b>	<b>1:00-4:00pm</b>	<b>May 4</b>
<b>Downtown Skate Plaza</b>		<b>Free</b>
<b>496786</b>		



### Volleyball Tournament (13-18yrs)

Register as a team or individual. Teams must have a mixed-gender component. Prizes! All abilities welcome. For more information, please contact Emily Hoang at [emily.hoang@vancouver.ca](mailto:emily.hoang@vancouver.ca).

<b>Tue</b>	<b>3:30-8:30pm</b>	<b>May 7</b>
<b>Downtown Skate Plaza</b>		<b>Free</b>
<b>496677</b>		





## Latin American Youth Program / Programa Juvenil Latinoamericano

The Latin American Youth Program (LAYP) offers cultural and recreational activities for Latinx youth ages 13-18yrs. These activities range from organized recreational programs to advocacy and referral services. For more information and to register, please contact the Latin American Youth Worker at 604.718.5829 or 604 787 9251.

El Programa de Jóvenes Latinoamericanos ofrece actividades culturales y recreativas para jóvenes de 13 a 18 años. Estas actividades incluyen programas recreativos, servicios de abogacía y referencia. Para obtener más información llama al 604.718.5829 o 604 787 9251.

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

¡Conoce a jóvenes de tu edad y aprende al mismo tiempo! Este programa brinda actividades sociales, recreativas y educativas. Nos reunimos los días sábados. Para registrarse y obtener más detalles, llama al 604 787 9251. Se requieren formularios de consentimiento para participar en las salidas. Subsidios disponibles para todas las actividades. Los espacios son limitados, y el registro es necesario.

Make new friends and learn new skills! This program provides social, recreational, and educational activities. We meet every Saturday. To register and for more details, call 604 787 9251. Consent forms are required to participate in the outings. Subsidies are available for all activities. Spaces are limited; registration is required.

**Sat/Sáb 1:00-5:00pm**  
**Free/Gratis\***

**Apr 13-Jun 29**      **Teen Centre**  
**\*Registration required.**

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

Buscamos jóvenes que estén interesados en iniciar nuevos programas y actividades para nuestra comunidad. Si desea apoyar a nuestra comunidad, iniciar nuevos proyectos y eventos, llama al 604 787 9251. Nos reunimos el primer miércoles de cada mes de 4:00-5:00pm.

We are looking for young people who are interested in starting new programs and activities for our community. If you want to support our community, start new projects and events, please contact 604 787 9251. We meet on the first Wednesday of each month from 4:00-5:00 pm.

### Fútbol Sala Mixto / Co-ed Indoor Soccer (13-18yrs) ☀️

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

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

**Tue/Mar 5:00-7:00pm**  
**Free/Gratis\***

**Apr 9-Jun 25**      **Gym D/Gim D**  
**\*Registration required.**



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

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

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

**Thu/Jue 5:00-7:00pm**  
**Free/Gratis\***

**Apr 11-Jun 27**      **55+ Centre**

### Clubes de Español / Spanish Clubs ☀️

¿Qué son los clubes de español? Un lugar para reunirse con los estudiantes latinos de tu escuela, divertirse, aprender más sobre la cultura latinoamericana y saber qué actividades y programas se llevan a cabo en tu comunidad. Brindamos juegos, música, y talleres. Si estás interesado en tener un club de español en tu escuela llama al 604 787 9251.

What are Spanish Clubs? A place to meet the Latinx students in your school, have fun, learn more about Latin American culture, and know what activities and programs are going on in your community. We provide games, music, and workshops. If you are interested in having a Spanish Club at your school contact 604 787 9251.

# Weaving Community Together (WCT)

## Indigenous-led Programs

No one turned away for lack of funds. Full subsidies available for Leisure Access Program participants. See page 5 for more information or contact Suzette Amaya at [suzette.amaya@vancouver.ca](mailto:suzette.amaya@vancouver.ca) or 604 718 5873.

### Indigenous Tea Making (15yrs+) NEW

Join Dawn Cranmer of the Kwakwaka'wakw Nation in making traditional teas out of plant medicines and learn traditional uses of tea in healing and wellness, and their benefits. Please register in advance. 20 participants max.

**Tue 6:30-9:30pm Mar 5**  
**Rink Mezz \$5/1 sess**  
 501582 Dawn

### Cedar Weaving Bracelets (15yrs+) NEW

Learn traditional cedar weaving methods with Tiger Leonard Williams of the Kwakwaka'wakw Nation, and make a cedar bracelet. No experience necessary. Please register in advance. 20 participants max.

**Tue 6:30-9:30pm Mar 26**  
**Rink Mezz \$10/1 sess**  
 501583 Tiger



### Dream Catchers with Ruby (15yrs+) NEW

Learn how to make dream catchers with Ruby Harry of the Tsilhqot'in Nation. Ruby shares stories, songs, and ceremonial teachings from lived experience and knowledge passed down from her Elders. Expect laughter and fun! Please register in advance. Supplies will be provided.

**Tue 6:30-9:00pm Apr 2**  
**Rink Mezz \$5/1 sess**  
 493202 Ruby



### Mini Moccasins (15yrs+) NEW

Join Ruby Harry of the Tsilhqot'in Nation in making mini moccasins. Ruby shares stories, songs, and ceremonial teachings from lived experience and knowledge passed down from her Elders. Expect laughter and fun! Supplies will be provided. Please register in advance.

**Tue 6:30-9:30pm Apr 9**  
**Rink Mezz \$5/1 sess**  
 493205 Ruby

### Beaded Lanyards (15yrs+) NEW

Learn beading techniques and styles with Cree Knowledge Keeper Chantel Dustyhorn, and make a colourful beaded lanyard for keys. Supplies provided. Please register in advance.

**Sun 1:00-4:00pm Apr 28**  
**55+ Centre \$5/1 sess**  
 501565 Chantel

### Watercolour Painting (15yrs+) NEW

Join Jesse Gouchey, Cree Métis muralist, painter, animator, and filmmaker for his beginner-friendly watercolour painting class. Learn painting techniques and explore your creative side through the paintbrush. Supplies provided. Please register in advance. 20 participants max.

**Tue 6:30-9:30pm Apr 16**  
**Rink Mezz \$5/1 sess**  
 501585 Jesse

### Poetry Writing (15yrs+) NEW

Explore your creativity through writing poetry in this workshop with artist JB The First Lady of the Nuxalk and Onondaga Nations. This fun interactive workshop will encourage participants to express themselves through words, and share their thoughts and voice through poetry. Please register in advance. 20 participants max.

**Tue 6:30-9:30pm Apr 23**  
**Rink Mezz Free**  
 501587 JB The First Lady

### FitNation NEW

FitNation is a free eight-week Indigenous aquatic fitness program for Elders and adults in the community who are interested in improving their mobility, agility, balance and general fitness.

FitNation is part of I-SPARC (Indigenous Sport, Physical Activity & Recreation Council). I-SPARC is committed to inspiring Indigenous people in BC to move, play and compete. Snacks provided. Registration required.

#### 55yrs+

**Tue 10:15-11:15am Apr 23-Jun 11**  
**Britannia Pool Free**  
 493904 Brenlee

#### 19yrs+ NEW

**Wed 8:00-9:00pm Apr 24-Jun 12**  
**Britannia Pool Free**  
 493906 Brenlee

### Preteen Hip Hop Dance (9-12yrs) NEW

Learn basic Hip Hop moves with Sam, and groove to the music of Indigenous artists and popular Hip Hop artists. Includes movement ice breakers, dance steps and more! Bring your water bottle and prepare for an epic time of dance! Bring a friend. \$4/drop-in. No class May 12.

**Sun 12:00-1:30pm Apr 28-Jun 23**  
**CFCF \$21/7 sess**  
 500729 Sam



### Bleached Art Apparel (15yrs+) NEW

Learn how to make bleached art apparel with Jesse Gouchey, Cree Métis muralist, painter, animator, and filmmaker. Create original artwork on tee-shirts, shoes, or backpacks using new and innovative techniques. You will learn how to take colour out of fabric and add colour back in as needed. Bring a T-shirt, shoes or apparel you would like to do bleach art on. Please register in advance.

**Tue 6:30-9:30pm May 14**  
**Rink Mezz \$5/1 sess**  
 501614



# WCT & Volunteering

## Moccasin Making (15yrs+) NEW

Learn how to make moccasins with Chantel Dustyhorn of the Cree Nation! Supplies provided. Please register in advance. 20 participants max.

**Tue 6:30-9:30pm May 7**  
**Rink Mezz \$5/1 sess**  
**494121 Chantel**

## Acrylic Painting (15yrs+)

Join Jesse Gouchey, Cree Métis muralist, painter, animator, and film maker for an acrylic painting workshop. Learn painting techniques, and explore your creative side through the paintbrush. Supplies provided. 20 participants max.

**Tue 6:30-9:30pm May 21**  
**Rink Mezz \$5/1 sess**  
**494431\* Jesse**  
**\*Please register in advance.**

## Westcoast Button Wall Hanging (15yrs+) NEW

Sew your own West Coast button wall hanging with artist JB The First Lady of the Nuxalk and Onondaga Nations. This workshop includes sewing a traditional West Coast design and buttons. Supplies provided. Please register in advance. 20 participants max.

**Sun 1:00-4:00pm May 19 & 26**  
**Rink Mezz \$10/2 sess**  
**501612 JB The First Lady**



## Indigenize Upcycled Fashion (15yrs+) NEW

Indigenize upcycled fashion with artist JB The First Lady of the Nuxalk and Onondaga Nations. Bring your used clothes—work on mending and adding Indigenous embellishments and fabrics. Learn sewing techniques and open your creative fashion eye. Please register in advance. 20 participants max.

**Tue 6:30-9:30pm Rink Mezz**  
**JB The First Lady \$5/1 sess**  
**May 28 501617**  
**Jun 18 501620**  
**Jun 25 501621**

## Beaded Pride Pins (15yrs+) NEW

Show your pride by beading a rainbow heart pin with Pam Nowell from the Métis Nation. Supplies provided. No beading experience necessary. Please register in advance. 20 participants max.

**Sun 1:00-4:00pm Jun 23**  
**Rink Mezz \$5/1 sess**  
**501655 Pam**

## Baby Moss Bag Making (15yrs+) NEW

Join Cree Knowledge Keeper Chantel Dustyhorn in making traditional baby moss bags. Participants will learn to sew a traditional baby swaddle that creates a warm, womb-like environment that makes the baby feel safe and helps them sleep better. Supplies provided. Please register in advance. 20 participants max.

**Tue 6:30-9:30pm Jun 4**  
**Rink Mezz \$10/1 sess**  
**494122 Chantel**

## WCT Thursdays in the 55+ Centre (All ages) ☀️

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

**Thu 12:00-4:00pm Apr 4-Jun 27**  
**55+ Centre Free\***  
**493796 \*Registration required**

Date	Session
Apr 4	Cedar Weaving Bracelets, Tiger Leonard Williams
Apr 11	Beaded Lanyards, Chantel Dustyhorn
Apr 18	Movie Matinee
Apr 25	Bingo
May 2	Indigenous Tea Making, Dawn Cranmer
May 9	TBA
May 16	Acrylic Painting, Jesse Gouchey
May 23	Movie Matinee
May 30	Bingo
Jun 6	Artisanal Native Syrups & Sparkling Elixirs, Victoria Buffalo Robe
Jun 13	TBA
Jun 20	Movie Matinee
Jun 27	Bingo

## 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. You see them in our 15 active committees (such as the Planning and Development committee that is working hard to reshape the future of Britannia). You see them on soccer fields teaching kids about active lifestyles. You see them in the kitchen cooking heart-warming food, in our awesome child care programs, and all over the site.

Do you see yourself here? Complete an application and explore our volunteer roles at:

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

## Fun Bike Rides (19+)

Join other Britannia volunteers and community members for a fun bike ride around Vancouver. We will 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 the updated list of our upcoming rides and sign up, please email to [britanniavolunteer+rides@gmail.com](mailto:britanniavolunteer+rides@gmail.com) along with your contact information.



## Special Event Volunteers Needed

We are looking for special event volunteers to help us with community events. Special Event Volunteers assist on the event day for set-up, guest assistance, greeting, the zero waste station, and event take-down.

If you have any questions, please contact [yao.zhang@vancouver.ca](mailto:yao.zhang@vancouver.ca) or call 604 718 5860. If you are interested in signing up, please fill out an application at:

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



## Cultural Groups

### Syrian Women's Group

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

Wed 11:00am-1:00pm Apr 10 & 24  
55+ Centre May 8 & 22  
Free Jun 5 & 19



## Arts

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

Art therapists, Jill Sones and Andrea Rodgers will be co-facilitating a 6-week, strength-based and person-centered art therapy group. Art therapy combines the creative arts with psychotherapy to enhance emotional, mental and physical well-being. The group is designed to connect people to their creativity and inner resources and raise self-awareness. Participants will have a chance to explore different materials and themes while guided and supported by the facilitators.

No previous art experience is necessary. Basic art materials will be provided but you are welcome to bring additional materials. We welcome you to come and explore through creative expression!

Mon 6:30-9:00pm Apr 15-May 13  
FAR \$161.44/5 sess  
491981 Jillian & Andrea

### Acrylic Painting (18yrs+) NEW

Join Jesse and Jenna Gouchey for an introduction to the foundations of acrylic painting. Technique, colour theory and brush types will be explored. Participants will create their own masterpiece using their new acrylic painting knowledge learned throughout this workshop. Materials cost included in the fees. \$27.50/drop-in.

Sun 2:00-4:30pm Apr 7-May 5  
Rink Mezz \$136.50/6 sess  
491975 Jesse & Jenna

### Pottery – Introduction (16yrs+)

Experience the joy of creating your own dishes from a lump of clay! This course is a survey of basic methods of hand-building, using the wheel, surface decoration, and an introduction to the Britannia studio and glazes. No experience necessary! Clay and glazes are included. \*Last class for both sessions is Tuesday, June 4.

Tue 7:00-9:00pm Apr 16-Jun 4  
489615 \$260.82/8 sess

Fri 7:00-9:00pm Apr 19-Jun 4\*  
489617 \$260.82/8 sess  
Rm 208 Helen

### Pottery – Continuing (16yrs+)

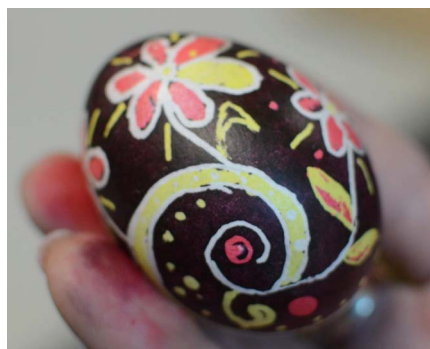
Further develop your pottery skills in hand-building and on the wheel. Attention is given to the sculptural as well as the functional aspects of pottery; students are self-directed with more one-on-one instruction. \*Last class is Tuesday, June 4.

**Prerequisite:** Intro to Pottery or contact the instructor at 604 257 3087. Clay and glazes are included.

**\*\*Registration for Continuing Pottery will be Wed Mar 13 at 7pm.\*\***

Please get on the waitlist to be included in the overflow class. Email the instructor at [helenspaxman@yahoo.ca](mailto:helenspaxman@yahoo.ca) for more info.

Wed 6:30-9:00pm Apr 17-Jun 4\*  
Rm 208 \$288.75/8 sess  
489612 Helen



### Traditional Ukrainian Easter Egg Painting (All ages) NEW

Ukrainian artist Tanya Znak will introduce the community to traditional Ukrainian egg painting by drawing with wax and dyes to create traditional designs. All supplies are included. Dress for mess. Children under 12 must be accompanied by an adult.

Sun 1:30-4:30pm Mar 24  
RAR \$10.50/1 sess  
494505 Tanya

### Ukrainian Floral Painting (All ages) NEW

Ukrainian artist Tanya Znak will introduce the community to different ways of painting flowers. Each week a new medium will be explored such as watercolour, acrylic paints, and mixed media. All supplies are included. Dress for mess. Children under 12 must be accompanied by an adult.

Sat 9:30-11:30am Apr 20-May 4  
55+ Centre \$63/3 sess  
496133 Tanya



## Vancouver Tool Library

### Wooden Spoon Carving NEW

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

Thu 6:30-9:00pm May 16  
Rink Mezz \$63/1 sess  
496143 Vancouver Tool Library

Thu 6:30-9:00pm Jun 13  
Carving Pavilion \$63/1 sess  
496146 Vancouver Tool Library

### Wood Carving Monthly Meetup NEW

For those who have taken one course with the Vancouver Tool Library and would like to continue with a monthly gathering with other carvers. Located in the carving pavilion. \$20 spoon blanks are available.

Thu 6:30-9:00pm Jun 27, Jul 18  
Carving Pavilion \$63/1 sess  
496144 Free  
Vancouver Tool Library

## Salsa Cubana & Rueda De Casino

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

### Beginner (18yrs+)

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

**Wed 7:45-9:15pm Apr 10-May 29**  
CFEC \$172.20/8 sess  
489400 Karlos

### Beginner/Intermediate (18yrs+)

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

**Tue 7:30-9:00pm Apr 9-May 28**  
Gym C \$172.20/8 sess  
489399 Karlos

### Intermediate (18yrs+)

We will review the moves learnt in the Beginner/Intermediate class and learn new moves such as La Ye Simple, La Ye, Sombrero Complicado, Tornillo, Pelota, Setenta, etc. No class May 20.

**Mon 7:30-9:00pm Apr 8-Jun 3**  
Gym C \$172.20/8 sess  
489398 Karlos

### Advanced (18yrs+)

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

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

**Thu 7:30-9:00pm Apr 11-May 30**  
CFEC \$172.20/8 sess  
489401 Karlos

## Dance

### Beginner Jazz and Ballet Dance for Adults (16yrs+) NEW

Kat Single-Dain—the multi-talented East Vancouver dancer, musician and Dusty Flowerpot Cabaret Artistic Director—will join us for 6 weeks as a dance instructor. This beginner adult class will focus on Jazz and Ballet techniques. \$15/drop-in.

**Sat 3:15-4:15pm Apr 13-May 18**  
CFEC \$94.50/6 sess  
500701 Kat Single-Dain

### Beginner Swing Dance for Adults (16yrs+) NEW

Kat Single-Dain—the multi-talented East Vancouver dancer, musician and Dusty Flowerpot Cabaret Artistic Director—will join us for 6 weeks as a dance instructor. This beginner class will focus on swing moves, warm-ups, and choreography. \$15/drop-in.

**Sat 4:20-5:20pm Apr 13-May 18**  
CFEC \$94.50/6 sess  
500819 Kat Single-Dain

## Music

### VLACC Choir – Canto Vivo (7yrs+)

Canto Vivo creates community around a love for Latin American music. Current and past members are from over 15 different countries in Latin America and beyond! Our choirmaster and music director, Dr. Sérgio Pires, holds degrees in choral conducting and music education. Our repertoire includes popular and traditional songs in Spanish and Portuguese from all over Latin America, most of them arranged by Sérgio. To inquire about participating, please email [thais@vlacc.ca](mailto:thais@vlacc.ca).

**Wed 7:00-9:00pm Mar 27-Jun 26**  
55+ Centre \$70/term  
Register through VLACC Sergio

### Carnival Band (All ages)

Looking for an excuse to dust off that horn (clarinet, glockenspiel...) in the back of your closet? Looking for a way to bring a little music and colour to your community? The Open Air Orchestra Society invites you to our street band workshops, led by the incomparable Ross Barrett, Tim Sars, and various guest instructors. All levels/ages welcome. Suggested donation is one hour's wage or \$5 pay-what-you-can. Free Britannia membership required. Email [bookings@thecarnivalband.com](mailto:bookings@thecarnivalband.com) for more info. No session May 20.

**Mon 7:00-9:30pm Apr 8-Jun 24**  
55+ Centre By donation  
Tim/Ross

### African Drumming (16yrs+)

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

Completion of Level 1 required to move onto Level 2, and completion of Level 2 required to move onto Level 3 (or permission from the instructor). He can be contacted through his website [drumming.ca](http://drumming.ca). Levels 2 & 3 can be repeated several times as new djembé and dunun rhythms are taught every course. Drums are supplied during class times or BYOD. No class April 27 & May 9.

#### Level 1

**Sat 2:30-3:45pm Apr 13-Jun 8**  
490433 \$151.20/8 sess

**Thu 8:00-9:15pm Apr 11-Jun 6**  
491769 \$151.20/8 sess  
Cafeteria Russell

#### Level 2

**Wed 8:00-9:15pm Apr 17-Jun 5**  
490434 \$151.20/8 sess

**Sat 12:30-1:45pm Apr 13-Jun 8**  
490435 \$151.20/8 sess  
Cafeteria Russell

#### Level 3

**Wed 6:30-7:45pm Apr 17-Jun 5**  
490436 \$151.20/8 sess

**Sat 11:00am-12:15pm Apr 13-Jun 8**  
490437 \$151.20/8 sess  
Cafeteria Russell

### 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. And if you can't afford anything, that's ok too. We generally do not meet on one Sunday of the month; check the website at [solidaritynotes.ca](http://solidaritynotes.ca) for our up-to-date practice schedule. Free Britannia Society membership required. No session April 28, May 19, & June 30.

**Sun 10:30am-12:30pm Apr 7-Jun 23**  
55+ Centre \$35/mo  
Earle

## Food



The Grandview Woodland Food Connection (GWFC) at Britannia is a

Neighbourhood Food Network that supports food security by providing a broad spectrum of programs that connect and strengthen our community. We work towards an accessible, just, decolonized, and sustainable food system. For more information, see page 34. If you'd like to get involved, email Ruth Elizabeth at gwfcnetwork@gmail.com or visit:

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

## Britannia Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? Once a month, you can purchase a \$15 bag of assorted produce at Britannia Community Centre. Buying together with your neighbours can help you save up to 40% on your food bill. You get 10-14 varieties of fruits and vegetables, plus access to supplemental donations. For low income folks in the Grandview Woodland and Strathcona neighbourhoods. No proof of income needed. Email [bbbfoodclub@gmail.com](mailto:bbbfoodclub@gmail.com) or call 604 718 5895 for more info or to be added to the waitlist.



## Friday Night Mocktails: Artisanal Native Syrups & Sparkling Elixirs Workshop (15yrs+)

Let's wake up with spring as we explore the art of crafting syrups, infusions, and vinegars using our indigenous garden as a guide. Introducing you to the red flowering currant blossoms and succulent spring strawberries that we will harvest from our indigenous garden together. We will muddle and mix to make concoctions for non-alcoholic sparkling drinks. Join us and shake off the winter with flower medicine! Sliding scale / pay what you can options available (\$5/\$10/\$15).

**Fri 4:30-6:30pm Apr 5**  
**Carving Pavilion Victoria**  
**503815 \$5 sliding scale option**  
**503816 \$10 sliding scale option**  
**503817 \$15 sliding scale option**

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

Did you know that the Community Centre gardens are 65% volunteer run? Let's cultivate community in the garden. Join our drop-in garden work parties every bloomin' Sunday with Victoria. We meet in the Nexways wa lh7áynexw (Transformed Life Garden) or šxwq'weləwən ct (One Heart One Mind Garden). Get experiential hands-on learning by planting, watering, weeding, and harvesting as we care for the gardens. You'll be first to hear of our Sunday Skill Sharing Parties where we enjoy the fruits of our labour as we learn together. These are free and open to all, so bring your friends! Drop-in rain or shine—simply show up with enthusiasm and a green thumb. For more information, contact Ruth Elizabeth at 604 718 5895 or gwfcnetwork@gmail.com. No session May 19 & 26.

**Sun 10:00am-1:00pm Apr 7-Jun 30**  
**Transformed Life Garden Free**  
**Victoria**

## Compost Build – Earth Day Volunteer Garden Work Party (12yrs+)

We will be completely redoing our compost system at the Nexways wa lh7áynexw (Transformed Life) Garden and need some help to get it going. This is a great opportunity for folks to contribute to a sustainable food system. The Nexways wa lh7áynexw Garden is located between StreetFront and the Courts skateboard park.

**Sun 10:00am-1:00pm Apr 21**  
**Transformed Life Garden Free**  
**Victoria**

## Harvest Stand Extravaganza – Volunteer Garden Work Party (12yrs+)

Calling all community champions with artistic flair! We have built a new harvest stand to share the garden's bounty with our amazing community. Now, it's time to sprinkle in some colour and charm. We're hosting a paint party to add a splash of creativity, and craft some eye-catching signs. Come have some fun with us and leave a lasting mark on our garden. This is a great opportunity for folks to contribute to a sustainable food system. The Nexways wa lh7áynexw (Transformed Life) Garden is located between StreetFront and the Courts skateboard park.

**Sun 10:00am-1:00pm May 12**  
**Transformed Life Garden Free**  
**Victoria**

## 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 unnecessary frustration.

The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring toys. Please bring your own blanket or mat to sit on. No drop-ins. For more info visit [intoyoga.ca](http://intoyoga.ca).

**Wed 9:45-10:30am Apr 10-May 8**  
**Mat Room \$77/5 sess**  
**489604 Into Yoga**

### VLACC Reading Group (16yrs+)

This book club 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 are a generator of community dialogues. This event is open to anyone interested in short stories written by Latin American authors. No background in Latin American literature or culture required. Register at [vlacc.ca](http://vlacc.ca).

**Tue 6:30-9:30pm Apr 9, May 14**  
**Conference Room Jun 11**  
**VLACC Free**

### Spanish for Travellers (19yrs+)

Vámonos! Our Spanish for Travelers program will give you the opportunity to get a taste of the language and feel more confident when travelling. The emphasis is on speaking and listening, rather than on grammar. Quickly grasp the basics of the Spanish language in a delightful and engaging manner, ensuring you're well-equipped for your journey. Let's make your travel experience not just a trip, but a cultural exploration enriched by the beauty of the Spanish language!

**Tue 4:45-5:45pm Apr 9-Jun 11**  
**Rink Mezz \$178.5/10 sess**  
**490370 Words in Motion**



## Health & Fitness

### Circuit Training (19yrs+) NEW

This program is designed for individuals seeking a dynamic and effective workout experience through circuit training. This type of training involves moving through a series of exercises in stations and repeating them a specific number of times, with brief periods of rest in between. It's an excellent way to improve overall fitness, strength and endurance. \$7/drop-in.

Sat 7:15-8:15am Apr 13-Jun 8  
Gym C \$50.40/8 sess  
503804 Miguel

### Yin/Restorative Yoga (19yrs+) NEW

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

Tue 5:15-6:30pm CFEC  
Annie \$94.50/6 sess  
499729 Apr 9-May 14  
499730 May 21-Jun 25

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

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 489258 Apr 24-May 15 \$65.10/4 sess  
Set 2 489257 May 22-Jun 26 \$96.60/6 sess

### 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 May 19 & June 2.

Sun 10:15-11:15am Apr 7-Jun 23  
CFEC \$105/10 sess  
497740 Alex

### Iyengar Yoga (18yrs+)

Physically energizing, deeply relaxing and emotionally uplifting, this class offers instruction in classical yoga with an emphasis on developing strength, stamina, flexibility, balance, body awareness, and postural alignment. The class is taught with sensitivity to individual needs, in an atmosphere of respect, compassion and humour. Safety, back and joint care will be addressed. Certified Iyengar Yoga instructor, Claudia MacDonald has taught at Britannia since the early 80's and has developed a highly respected Yoga program.

Your own mat and equipment is optional but recommended; we have mats and equipment you can use. You must have Iyengar experience to do Level 2 & 3. For more info, contact claudiamacyoga@gmail.com. The instructor will email you before the class to check in. \$25/drop-in.

#### Level 1 & 2

Tue Apr 9-Jun 25 CFEC  
Claudia \$264.60/12 sess  
489288 9:30-11:00am  
489289 7:00-8:30pm

#### Level 2 & 3

Thu 5:30-7:00pm Apr 11-Jun 20  
CFEC \$242.55/11 sess  
489290 Claudia

### Zumba® Fitness (18yrs+)

Zumba® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output and total body toning. It combines Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. \$14/drop-in. zumbavancouver.ca

#### Set 1

Mon 6:00-7:00pm Gym C  
491139 Apr 8 Free Trial  
491141 Apr 15-May 13 \$66.15/5 sess  
Eric

Wed 6:00-7:00pm Gym C  
491142 Apr 3 Free Trial  
491144 Apr 10-May 15 \$78.75/6 sess  
Denise

#### Set 2

Mon 6:00-7:00pm May 27-Jun 24  
Gym C \$66.15/5 sess  
491140 Eric

Wed 6:00-7:00pm May 22-Jun 26  
Gym C \$78.75/6 sess  
491143 Denise

### 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. Release your hamstrings, hips, back and shoulders to improve posture, mobility and range of motion.

\$31.50/drop-in. No class May 20.

Mon 6:45-7:55pm Apr 15-May 27  
CFEC \$157.50/6 sess  
489306 Rob

### Core Connect (16yrs+)

Join Meghan Goodman for an hour of pilates and yoga inspired movements to help you connect with your core, stabilize your pelvis, and find more ease and mobility in your limbs. Drawing from training in dance, pilates and yoga, Meghan will lead you through a fun and challenging class to get you moving, breathing, and feeling good. \$17/drop-in. No class April 18.

Thu 11:15am-12:15pm Apr 4-Jun 20  
CFEC \$173.25/11 sess  
489285 Meghan

### Salsa Fit – Drop-in (18yrs+)

Inigorating 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. The last step is to have a ton of fun working out with us! We have 50 drop-in spots for this program. Purchase drop-in tickets at pool office and bring the receipt to the instructor (or if you have a strip ticket, give it to Denise at the class). \$6.30/drop-in or \$47.50/10 tickets.

Sat 9:30-10:30am Apr 13-Jun 29  
Gym C \$6.30/drop-in Denise

## Martial Arts

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

This class is queer positive and open to women, trans folk, Two Spirit and gender diverse individuals. Looking for an embodied practice that helps you deal with the stress of daily life? Give the Art of Peace a try in a supportive environment! Ki Aikido is a non-competitive practice that helps develop calmness, stability and confidence. Suitable for all physical abilities. Try one free session anytime. \$8/drop-in.

Wed 5:45-7:00pm Mat Room  
Emily \$37.80/6 sess  
489293 Apr 3-May 8 Set 1  
489294 May 15-Jun 19 Set 2

## Ki Aikido (14yrs+)

In Ki Aikido, we emphasize the awareness and use of Ki (mind energy, intention). We start a typical class by learning coordination of mind and body for relaxed, efficient, and powerful movement. Then we practice Ki Aikido exercises to learn how to sense our partner's Ki and redirect it, transforming potential conflict into a peaceful resolution. Suitable for all physical abilities. Beginners may try one free class. The High Grade class is for 1st Kyu or more advanced students. No class May 20 & 22.

### General

**Wed 7:30-9:30pm** **Apr 10-Jun 19**  
**Mat Room** **\$75.60/10 sess**  
**489291 Louis** **\$10/drop-in**

### High Grade

**Mon 7:30-9:30pm** **Apr 8-Jun 17**  
**Mat Room** **\$52.50/10 sess**  
**489292 Emily** **\$6/drop-in**

## Traditional Kung Fu (6yrs+)

This class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, and develop self-confidence and discipline. Students must be able to attend Monday and Friday classes regularly. Fees do not pro-rate. No class April 12, May 20 & June 14.

### Beginner

**Mon/Fri 4:30-5:45pm** **Apr 8-Jun 24**  
**CFEC** **\$280.35/20 sess**  
**491147 Marquis**

### Intermediate

**Mon/Fri 4:30-6:15pm** **Apr 8-Jun 24**  
**CFEC** **\$301.35/20 sess**  
**491148 Marquis**

### Advanced

**Mon/Fri 4:30-6:30pm** **Apr 8-Jun 24**  
**CFEC** **\$322.35/20 sess**  
**491146 Marquis**

## Axe Capoeira (16yrs+)

Beginner, intermediate and advanced students are welcome to join. Develop rhythm, reflexes, balance, coordination, strength, and flexibility. Classes cover all aspects of Capoeira: Martial arts, dance, music, acrobatics, culture, and language. Uniform required after 1 month. Fees do not pro-rate; monthly rate only. Mon/Fri classes are in Cafeteria. Weds classes are in CFEC. No class May 17 & 20.

**M/W/F 6:15-7:30pm** **CFEC/Caf**  
**Marcus** **\$131.25/mo**  
**489247 Apr 3-29**  
**489246 May 1-31**  
**489245 Jun 3-28**

## Sports

### Drop-in Rules

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

## Britannia Boxing (13yrs+)

Britannia's own boxing program where anyone can come and learn proper techniques, hit the bags, and workout with our coaches. Break a sweat while working at your own pace. 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 pay the monthly fee. Fees cannot be prorated. No class May 20.

**Mon-Fri 5:00-7:00pm** **Boxing Rm**  
**Sat 2:00-4:00pm** **Jay \$94.50/mo**  
**489284 Apr 2-30**  
**489283 May 1-31**  
**489282 Jun 1-29**



## Basketball (18yrs+)

Come get your sweat on with our 5 on 5 full court basketball game. First to 15 points, then rotate. 15 players max. No drop-ins. No class May 19.

**Sun 2:00-4:00pm** **Apr 7-Jun 30**  
**Gym C** **\$88.20/12 sess**  
**489266 Simon**

**Sun 4:00-6:00pm** **Apr 7-Jun 30**  
**Gym C** **\$88.20/12 sess**  
**489267 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 22.

**Wed 7:45-9:15pm** **Apr 3-Jun 26**  
**Gym D** **\$75.60/12 sess**  
**489264 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 May 19.

**Sun 6:45-8:45pm** **Apr 7-Jun 30**  
**Gym D** **\$88.20/12 sess**  
**489265 Edwin**

## Badminton (18yrs+)

Come play some badminton with us! Singles if it's slow, otherwise doubles. Rotate after your game to get a short break, then more action! There are 30 pre-registered and drop-in spaces available. No class May 3, 5, 12, 17, Jun 9.

**Fri 7:00-9:45pm** **Apr 5-Jun 28**  
**Gym C** **\$92.40/11 sess**  
**489259 Allen** **\$8/drop-in**

**Sun 1:30-3:30pm** **Apr 7-Jun 30**  
**Gym D** **\$80.85/11 sess**  
**489260 Erica** **\$7/drop-in**

## Volleyball

### 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 28 spots on Tuesday and 29 spots on Thursday. Drop-in available, space permitting.

**Tue 8:00-10:00pm** **Apr 9-Jun 25**  
**Gym A/B** **\$88.20/12 sess**  
**497743 Minaz** **\$7/drop-in**

**Thu 7:00-10:00pm** **Apr 4-Jun 27**  
**Gym A/B** **\$122.85/13 sess**  
**497742 John** **\$9/drop-in**

### Advanced (18yrs+)

Friday Advanced Volleyball with 5-1, 6-2 format system play is geared towards intermediate and advanced players as this program is based on a higher level of play. The instructor reserves the right to ensure a player's skill level meets the needs of the program or suggest a different program for them. Please join if you have knowledge of the system format. Efforts are made towards creating fair and balanced teams to have fun rallies rather than quick side outs. Register for this program to guarantee a spot to play every week. There are a total of 25 registered spots and 4 drop-in only spots. No class April 26 & May 17.

**Fri 7:00-10:00pm** **Apr 5-Jun 28**  
**Gym A/B** **\$103.95/11 sess**  
**497741 Millin** **\$9/drop-in**

# 55+ Older Active Adults

## Welcome to the 55+ Centre

Whether you want to register for a 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 5 at 7:00pm (online and in-person only), and by phone on March 6 at 9:00am.

604 718 5800 (1)

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

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

We meet to discuss what matters to seniors and older adults in our community. Inclusion, representation and participation of seniors and Elders is of the utmost importance as we discuss programs and services to offer the community that are relevant, needed and valued. New members are welcome and encouraged. If you'd like to join online, contact us for the link at 604 718 5837.

Wed 3:30-5:00pm  
Conference Rm/Online  
493565

Apr 17, May 15  
Jun 19



### Drop-in Hours

	Mon	Tue	Wed	Thu	Fri
9:00am		Vietnamese Seniors 9:00am-2:00pm			
10:00am	Drop-in 10:00am-5:00pm		Drop-in 10:00am-5:00pm	Drop-in 10:00am-4:00pm	Drop-in 10:00am-5:00pm
11:00am					
12:00pm					
1:00pm					
2:00pm		Drop-in 2:00-5:00pm			
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 5-Jun 28 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 5-Jun 28 CFEC Free



## Friday Wellness

### Chair Yoga (55yrs+)

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

#### Set 1

**Fri 12:15-1:15pm Apr 12-May 17**  
**55+ Centre \$12/6 sess**  
**493586 Bryony**

#### Set 2

**Fri 12:15-1:15pm May 24-Jun 28**  
**55+ Centre \$12/6 sess**  
**493587 Bryony**

### Wellness Friday Café (55yrs+)

Drop-in for a cup of tea or coffee, crafting, speakers and an afternoon social.

**Fri 2:00-4:00pm Apr 5-Jun 28**  
**55+ Centre Free**

### Syrian Women's Group

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

**Wed 11:00am-1:00pm Apr 10 & 24**  
**55+ Centre May 8 & 22**  
**Free Jun 5 & 19**

### Quirk-e 2SLGBTQIA+ Seniors Group

Quirk-e is the Queer Imaging and Riting Collective for Elders experimenting with language, printed text, graphics, digital imagery, spoken word, and performance. The group meets every Wednesday online. If you're interested in joining or for more information, please call Anne or Kya at the 55+ Centre at 604 718 5837.

**Wed 11:00am-1:00pm Ongoing**  
**Online Free**



## Social

### Monday Soup (55yrs+)

Join us every Monday for a warm homemade soup lunch graciously supported by local eatery liquids + solids. Vegetarian options available. 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 May 20.

**Mon 12:00-1:00pm Apr 8-Jun 24**  
**55+ Centre \$3.50/drop-in**



### Drop-in Crafts (55yrs+)

If you're a crafter, please join us every other Monday in the 55+ Centre. Everyone is welcome. We love to share our passion for craft and look forward to sharing with others. The Craft Collective members will be inviting guest artists to join us for new projects. No session May 20.

**Mon 1:30-3:30pm Apr 8-Jun 24**  
**55+ Centre Free**

### Craft Collective (55yrs+)

This group of Elder and senior crafters raises funds to support Indigenous and other crafting programs at the 55+ Centre and in the community. We welcome new members to this working committee. Meets on the 3<sup>rd</sup> Monday of each month. Please note: The May meeting will take place May 13 due to the stat holiday on May 20.

**Mon 3:30-4:30pm Apr 15, May 13**  
**55+ Centre Jun 17**  
**493624 Free**

### Crafting & Knitting Social Drop-in (All ages)

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

**Thu 1:00-3:00pm Apr 4-Jun 27**  
**55+ Centre Free**



### Techi Tuesdays (55yrs+)

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

**Tue 1:00-2:00pm Apr 2-Jun 25**  
**55+ Centre Free\***  
**493626 \*Registration required**

### WCT Thursdays in the 55+ Centre (All ages)

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

For more Weaving Community Together (WCT) programs, see pages 19-20.

**Thu 12:00-4:00pm Apr 4-Jun 27**  
**55+ Centre Free\***  
**493796 \*Registration required**

Date	Session
Apr 4	Cedar Weaving Bracelets, Tiger Leonard Williams
Apr 11	Beaded Lanyards, Chantel Dustyhorn
Apr 18	Movie Matinee
Apr 25	Bingo
May 2	Indigenous Tea Making, Dawn Cranmer
May 9	TBA
May 16	Acrylic Painting, Jesse Gouchey
May 23	Movie Matinee
May 30	Bingo
Jun 6	Artisanal Native Syrups & Sparkling Elixirs, Victoria Buffalo Robe
Jun 13	TBA
Jun 20	Movie Matinee
Jun 27	Bingo

# 55+ Older Active Adults

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



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

## Health & Fitness

### Badminton (55yrs+)

Fun and easy badminton for older adults. No drop-ins. No class May 18 & 20, and June 22.

**Mon/Wed 11:20am-12:35pm** **Apr 3-Jun 26**  
**Gym C** **\$14.70/24 sess**  
**489261 Tho**

**Tue/Thu 11:20am-12:35pm** **Apr 2-Jun 27**  
**Gym C** **\$14.70/26 sess**  
**489263 Tho**

**Sat 3:00-5:00pm** **Apr 6-Jun 29**  
**Gym A** **\$14.70/10 sess**  
**489262 Angela**

### FitNation (55yrs+)

FitNation is a free eight-week Indigenous aquatic fitness program for Elders and adults in the community who are interested in improving their mobility, agility, balance and general fitness.

FitNation is part of I-SPARC (Indigenous Sport, Physical Activity & Recreation Council). I-SPARC is committed to inspiring Indigenous people in BC to move, play and compete. Snacks provided. Registration required.

**Tue 10:15-11:15am** **Apr 23-Jun 11**  
**Britannia Pool** **Free**  
**493904 Brenlee**

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

This course will show you how to use the cardio and weight equipment for a safe and effective workout. By the end of the course, you will have a written and personalized program that you will be able to continue to use on your own. Please pre-register a week prior to the start date so that a confidential health screening can be done.

**Sun 9:00-10:00am** **Apr 7-28**  
**Fitness Centre** **\$30/4 sess**  
**500684 Jane**

### Boxfit for Seniors (55yrs+)

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

#### Set 1

**Tue/Fri 3:30-4:30pm** **Apr 2-May 17**  
**Boxing Rm** **\$70/7 weeks**  
**493592 Jay**

#### Set 2

**Tue/Fri 3:30-4:30pm** **May 21-Jun 28**  
**Boxing Rm** **\$60/6 weeks**  
**493593 Jay**

### Osteofit (55yrs+)

A gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. The program is taught by a trained Osteofit fitness instructor. \$13/drop-in. No class May 20.

#### Set 1

**Mon 11:00am-12:00pm** **Apr 15-May 13**  
**CFEC** **\$50/5 sess**  
**493595 Berdjis**

#### Set 2

**Mon 11:00am-12:00pm** **May 27-Jun 24**  
**CFEC** **\$50/5 sess**  
**493596 Berdjis**

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

As we move through time, we need to keep moving our bodies. Whether you're brand new to yoga or a seasoned practitioner, if you're 50 or over then this all-levels yoga class is ideal for you. Safety and a pain-free practice is a priority. Yoga can improve your flexibility, mobility, balance, bone density, and strength. 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 2:15-3:15pm** **Apr 8-May 13**  
**CFEC** **\$88.20/6 sess**  
**489316 Joan**

#### Set 2

**Mon 2:15-3:15pm** **May 27-Jun 24**  
**CFEC** **\$73.50/5 sess**  
**489315 Joan**

## Dance

### Vietnamese Ballroom Dance (55yrs+)

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

**Fri 2:00-4:00pm** **Apr 5-Jun 28**  
**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 5-Jun 28**  
**CFEC** **Free**

### Line Dancing (55yrs+)

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

**Tue 1:00-3:00pm** **Apr 2-Jun 25**  
**CFEC** **\$10/13 sess**  
**493581 Anita**

### Chinese Folk Dance (55yrs+)

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

**Thu 9:00-11:00am** **Apr 4-Jun 27**  
**CFEC** **\$10/13 sess**  
**493584 Volunteer**

### Classical Chinese Dance (55yrs+)

Classical Chinese dance uses body language to express graceful movements to music. This is a great way to enjoy music, exercise, and learn about Chinese culture! No class May 19 & June 2.

**Sun 2:00-4:00pm** **Apr 7-Jun 30**  
**CFEC** **\$10/11 sess**  
**493585 Volunteer**

# 55+ Older Active Adults

## Leisure Access Program (LAP)

The Leisure Access Program (LAP) provides City of Vancouver residents facing financial barriers access to Park Board programs and services at participating pools, rinks, fitness centres and community centres (including Britannia) at a reduced cost. For more information about how to apply, please visit: [vancouver.ca/leisureaccess](http://vancouver.ca/leisureaccess)

### Music

#### Ukulele Absolute Beginners – Level B (55yrs+)

If music is something you love but have never tried, this is the class for you. A welcoming fun, informative Ukulele for beginner's class. No class May 20.

**Mon 9:30-10:40am** **Apr 8-Jun 24**  
**55+ Centre** **\$10/12 sess**  
**493611**

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

Time to move to the next level. This class is for who have mastered chords from Levels A and B. This class is loads of fun and a warm friendly group. No class May 20.

**Mon 10:50am-12:00pm** **Apr 8-Jun 24**  
**55+ Centre** **\$10/12 sess**  
**493612**

#### Ukulele Jam Circle (All Ages)

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

**Fri 1:30-3:00pm** **Apr 12, May 10**  
**55+ Centre** **Jun 14**  
**493608** **Free**



### Special Events

#### Mother's Day Luncheon (55yrs+)

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

**Fri 1:00-3:00pm** **May 10**  
**55+ Centre** **\$6/1 sess**  
**493628**

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

Everyone is welcome to attend our movie series every Sunday evening. Doors open at 5:45pm. No session May 19.

**Sun 6:00-9:00pm** **Apr 14-Jun 30**  
**55+ Centre** **Free\***  
**493598 Ken**  
**\*Registration required.**



## 55+ Program Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Ukulele Level B</b> 9:30-10:40am  <b>Ukulele - Level C</b> 10:50-12:00pm  <b>Osteofit*</b> 11:00am-12:00pm  <b>Badminton*</b> 11:20am-12:35pm  <b>Monday Soup</b> 12:00-1:00pm  <b>Drop-in Crafts</b> 1:30-3:30pm  <b>Yoga For Aging Well*</b> 2:15-3:15pm  <b>Craft Collective</b> 3:30-4:30pm Apr 15 May 13 Jun 17	<b>Vietnamese Drop-in</b> 9:00am-2:00pm  <b>FitNation*</b> 10:15-11:15am  <b>Badminton*</b> 11:20am-12:35pm  <b>Techi Tuesdays</b> 1:00-2:00pm  <b>Line Dancing*</b> 1:00-3:00pm  <b>Boxfit*</b> 3:30-4:30pm	<b>Quirk-e (Hybrid)*</b> 11:00am-1:00pm  <b>Syrian Women's Group</b> 11:00am-1:00pm  <b>Badminton*</b> 11:20am-12:35pm      <b>SEA Committee</b> 3:30-5:30pm Apr 17 May 15 Jun 19	<b>Chinese Folk Dance*</b> 9:00-11:00am    <b>Badminton*</b> 11:20am-12:35pm  <b>WCT Elders Thursday Gathering*</b> 12:00-4:00pm  <b>Crafting &amp; Knitting Social Drop-in</b> 1:00-3:00pm	<b>Vietnamese Line Dancing</b> 10:00am-12:00pm    <b>FRIDAY WELLNESS Chair Yoga*</b> 12:15-1:15pm  <b>Wellness Friday Café</b> 2:00-4:00pm  <b>Vietnamese Ballroom Dance</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, Mar 5 at 7:00pm (online and in-person only), and by phone on Mar 6 at 9:00am.  <b>Badminton*</b> Sat 2:00-4:00pm  <b>Classical Chinese Dance*</b> Sun 2:00-4:00pm  <b>Sunday Movie Night Series*</b> 6:00-9:00pm	



# Fitness Centre



## Welcome to the Fitness Centre

### Hours

Mon-Fri	6:30am-9:00pm
Wed (Free Members)	9:00-10:00am
Sat/Sun	8:00am-7:00pm
Sat (Women Only*)	8:00-10:00am
Sun (55+ Only)	8:00-10:00am
Sun (Free Members)	10:00-11:00am

\*Trans inclusive.

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

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

### Free Members Drop-in

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

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

### Facility Orientations

Let us help you reach your fitness goals. Whether you need instruction, motivation, or support, our highly trained staff are here to help you succeed. Enlist one of our staff to get you started in the Fitness Centre with an orientation on our fitness equipment and a starter fitness program. Please call ahead to make an appointment for a fitness orientation 604 718 5842.

### 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 a week prior to the start date so that a confidential health screening can be done.

Sun	9:00-10:00am	Apr 7-28
Fitness Centre		\$30/4 sess
500684	Jane	

### Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists, and physiotherapists. Outside trainers will need to be registered with either the Park Board or Britannia.

Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$7.34 per client also applies (fees are subject to change).

## 2024 Pool & Fitness Centre Fees

	Drop-in	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership	
Adult (19-54)	\$7.78	\$70.02	\$62.95	\$169.96	\$543.87	Free	<b>Flexipasses</b> 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 <a href="http://vancouverparks.ca">vancouverparks.ca</a> .
Youth (13-18)	\$5.45	\$49.05	\$44.06	\$118.98	\$380.71	Free	
Child (6-12)	\$3.90	\$35.06	\$31.48	\$84.99	\$271.94	Free	
Senior (65+)	\$5.45	\$49.05	\$44.06	\$118.98	\$380.71	Free	
Brit-Only Senior (55+)	\$5.45	\$49.05	\$44.06	\$118.98	\$380.71	Free	
Please note: Prices include tax. Fees subject to change without notice.							
Family Drop-in Rate = 1 to 2 adults of the same household and their children under 19yrs. Minimum \$7.34 admission.							
Leisure Access Fitness Centre Admission rate is 50% off adult admission and Flexipass.							

## Britannia Holiday Hours

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

Mar 29	Good Friday	CLOSED
Apr 1	Easter Monday	CLOSED
May 20	Victoria Day	CLOSED

### Pool & Fitness Centre

Mar 29	Good Friday	6:30am-9:00pm
Apr 1	Easter Monday	1:00-5:00pm
May 20	Victoria Day	1:00-5:00pm

### Rink

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

## Welcome to Britannia Pool

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

### Hours

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

Hours are subject to change.

### Contact

**Pool Cashier** 604 718 5831

### Pool Schedule

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

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

### Parent & Tot Pool

The leisure pool is open during most public swims for families with young children. The parent and tot pool is not open to the public during lessons or lengths.

### Admission Policy for Children

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

### Pool & Fitness Committee

Join the Pool & Fitness Committee. New members are welcome! This advisory committee provides recommendations to the Britannia Board. Meetings take place on the last Tuesday every other month. For more info please call 604 718 5830.

**Tue** 6:00pm **Mar 26, May 28**

## Swim Sessions

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

### Free Members Swim

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

<b>Tue</b>	<b>2:00-4:00pm</b>	<b>Ongoing</b>
<b>Fri</b>	<b>6:00-8:00pm</b>	<b>Apr 5 &amp; 19</b>
<b>Free</b>		<b>May 3, 17 &amp; 31</b>
		<b>Jun 14 &amp; 28</b>

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

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

<b>Fri</b>	<b>6:00-8:00pm</b>	<b>Apr 12 &amp; 26</b>
<b>Britannia Pool</b>		<b>May 10 &amp; 24</b>
<b>Free</b>		<b>Jun 7 &amp; 21</b>

### FitNation

FitNation is a free eight-week Indigenous aquatic fitness program for Elders and adults in the community who are interested in improving their mobility, agility, balance and general fitness. FitNation is part of I-SPARC (Indigenous Sport, Physical Activity & Recreation Council). I-SPARC is committed to inspiring Indigenous people in BC to move, play and compete. Snacks provided. Registration required.

### 55yrs+

<b>Tue</b>	<b>10:15-11:15am</b>	<b>Apr 23-Jun 11</b>
<b>Britannia Pool</b>		<b>Free</b>
<b>493904 Brenlee</b>		

### 19yrs+

<b>Wed</b>	<b>8:00-9:00pm</b>	<b>Apr 24-Jun 12</b>
<b>Britannia Pool</b>		<b>Free</b>
<b>493906 Brenlee</b>		

### Public Swim

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

### Aquafit

Classes are designed to build strength, flexibility and cardio fitness. Work to your own ability. Led by certified instructors. The majority of Aquafit spaces are by registration only, with some spaces held for drop-in. Register in advance online or by phone. Registration opens 3 days before at 12:00pm and closes 1 day program date at 12:00am.

### Lengths

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

### Britannia Swim Club (8-16yrs)

A community recreational swim club for children/youth that is dedicated to swim development while building positive interactions and having fun. We'll work on stroke development, endurance, water safety, and social development. **Prerequisite:** Must be at Swimmers 4 or higher, or able to continuously swim on their front unassisted for at least 25m. Must be evaluated before joining. No class May 19.

<b>Sun</b>	<b>10:00-11:00am</b>	<b>Apr 7-Jun 23</b>
<b>502092</b>		<b>\$50/10 sess</b>

## Swim Lessons

### Registration

Online and in-person registration for spring swim lessons and programs at all pools, for all age groups starts Tuesday March 19, 2024 at 7:00pm.

If you are already participating in a class, you are encouraged to wait until you receive a report card on the last day of class to register for the next set. It's important to register in the correct level. Children registered in an inappropriate level will be moved to the proper level if space is available, or refunded from the lesson. Please bring the most recent report card to the first day of lessons. All lessons must meet minimum space requirements to run. For more information, please visit:

[vancouver.ca/parks-recreation-culture/child-and-youth-swim-lessons](http://vancouver.ca/parks-recreation-culture/child-and-youth-swim-lessons)

### Swim Assessments

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

### Refunds & Cancellations

Full refunds given five or more working days prior to the start of the program. If the request is received within four working days of the start of the program or after the first lesson, we'll refund registration fees minus the cost of one class or transfer to a future session. No refunds issued after the second date of the program. Fees for one or two-day programs are non-refundable.

### Private/Semi-Private Lessons

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

**Private: \$37.90 / Semi-private: \$26.53**  
(plus applicable taxes)

# 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 at the call of the chair on the 1st Tue of the month at 6:00pm in the Rink Mezzanine Room. For more information email [britanniarink@vancouver.ca](mailto:britanniarink@vancouver.ca).

## Adult Hockey (19yrs+)

Recreational hockey games for adults 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 if space remains.

**Wed 3:15-4:45pm Apr 3-Jun 26**  
Regular admission rates apply.

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

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

**Fri 12:00-1:30pm Apr 5-Jun 28**  
Regular admission rates apply.

## Parent & Preschooler Skate

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

**Thu 11:00-11:45am Jan 11-Mar 28**  
Free

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

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

Full hockey equipment is mandatory. Sign-up for the program is available online starting at 9:00am each Thursday.

**Sun 4:45-6:00pm Apr 7-Jun 30**  
Regular admission rates apply.

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

Britannia's popular hockey league, inclusive of all women and gender diverse individuals. This league is perfect for novice to intermediate players who want to play organized recreational hockey in the off season. 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 14 and placed onto teams by the league coordinator. **Registration for this program begins Thursday, April 4.**

**Tue 6:15-9:00pm May 14-Jul 30**  
**501999 \$210/12 sess**

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

Take hockey back to the level it's meant to be played at—friendly and fun! This co-ed league is perfect for novice to intermediate hockey players looking to play non-contact recreational hockey in the off-season. Full equipment is mandatory and all players must wear at least a half shield on their helmet. The league will begin on May 25, with evaluations taking place on May 18. All players will be assessed and placed onto teams by the league coordinators. Games are played on Saturdays at 5:00pm, 6:30pm, & 8:00pm. No games May 30. **Registration for this program begins Thursday, April 4.**

**Sat 4:30-10:15pm May 25-Aug 10**  
**502009 Players: \$210/12 sess**  
**502012 Goalies: \$40/12 sess**

## 2024 Rink Admission Fees

Adult (19-54yrs)	Youth (13-18yrs)	Senior (55yrs+)	Child (6-12yrs)	Family	Skate Rentals	Skate Sharpening
\$7.78/Drop-in \$70.02/10 visits	\$5.45/Drop-in \$49.05/10 visits	\$5.45/Drop-in \$49.05/10 visits	\$3.90/Drop-in \$35.06/10 visits	*at Child rate (Family minimum \$7.34)	\$3.93	\$8.07

- Prices include tax. Prices are subject to change without notice.
- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Board operated rinks.
- A 20% discount on admission is given to groups of 10 or more.
- Adult Stick & Puck sessions are at the Adult rate.
- Flexipasses may be used for public skating, Adult Stick & Puck, Adult Hockey, and Women + Gender Diverse Hockey sessions. For 2024 Flexipass rates, see page 30.
- \*Family rate is 1-2 adults from the same household and their children under 19yrs, all present at time of admission.
- Children under 8yrs must be accompanied on ice by an individual 16yrs+.
- Helmets are strongly recommended for all public sessions and are mandatory for all participants of Family Fun Hockey and skating lessons.
- Adult hockey programs require full equipment. Participants must sign a waiver at the beginning of each session.



## Skating Lessons

Registration for **Set 1 spring** skating lessons begins on March 28 at 7:00pm in-person and online. Registration for **Set 2 spring** skating lessons begins on May 16 at 7:00pm in-person and online.

**Please note: Skating lessons are very popular and fill up quickly, so register early.**

### Registration

There are 3 ways to register for Skating lessons:

- Register online at [vanrec.ca](http://vanrec.ca).
- Register in-person starting at the Britannia Info Centre or Pool Cashier.
- Register over the phone by calling 604 718 5800 (1).

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



## Power Skating (15yrs+)

Improve your hockey skating skills through power skating lessons. Learn proper skating posture and the importance making the most out of your edges.

Work on skating skills that will strengthen your game. This is a chance to improve your speed, power, technique and control.

Skaters must have passed Level 5 in the Learn to Skate program or have equivalent skills. Helmet, gloves, and a hockey stick are mandatory. Full hockey equipment is recommended.

### Set 1

Sun 3:30-4:30pm Apr 7-May 12  
\$60/6 sess

### Set 2

Sun 3:30-4:30pm May 19-Jun 23  
\$60/6 sess

## Learn to Skate Lessons (3yrs+)

These popular lessons focus on skill acquisition through activities and games. Our energetic instructors teach you to skate with safety in mind. All lessons are 30 minutes and are led by qualified instructors. For Britannia lessons, skate rentals are included in the cost of lessons. All skating lesson participants must wear a CSA-certified hockey helmet. A limited number of hockey helmets are available to use free of charge.

### Set 1

Tue 6:00-8:00pm Apr 2-May 7  
Sat 9:00am-12:15pm Apr 6-May 11  
\$42.96/6 sess

### Set 2

Sat 9:00am-12:15pm May 18-Jun 22  
\$42.96/6 sess



### Preschool Levels (3-5yrs)\*

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

**Level 2:** Can fall down and get up, unassisted, and take 6 steps forward and backward without falling.

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

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

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

### Children/Youth/Adult Levels\*

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

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

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

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

**Level 5:** Can forward circle thrust, side and/or hockey stop, backward skate using "C" pushes, backward glide on two feet for 2 meters, and backward snowplow stop.

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

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

# Partners



## GWFC

The Grandview Woodland Food Connection (GWFC) at Britannia is a Neighbourhood Food Network dedicated to supporting the health and well-being of all residents, especially our vulnerable, under-served, and low-income neighbours. We address food security by providing a broad spectrum of programs that connect and strengthen our community and work towards an accessible, just, decolonized, and sustainable food system. We build the capacity of our neighbourhood's food system through education, information sharing, and the creation of grassroots initiatives to address food security and justice issues.

**For a list of our Spring 2024 workshops, see page 23.** If you'd like to participate in a program or get involved, email [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com). For more information, visit: [gwfoodconnection.com](http://gwfoodconnection.com)

## GWFC Committee Meetings

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

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

**Wed 6:00-8:00pm Apr 3, May 1**  
**Zoom/Board Room Jun 5**

## Britannia Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? Once a month, you can purchase a \$15 bag of assorted produce at Britannia Community Centre. Buying together with your neighbours can help you save up to 40% on your food bill. You get 10-14 varieties of fruits and vegetables, plus access to supplemental donations. For low income folks in the Grandview Woodland and Strathcona neighbourhoods. No proof of income needed. Email [bbbfoodclub@gmail.com](mailto:bbbfoodclub@gmail.com) or call 604 718 5895 for more info or to be added to the waitlist.



## CFEC

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

**Registration is required for all programs.** To register contact Lina Arias at [lina.cfec@gmail.com](mailto:lina.cfec@gmail.com). For all other enquires please contact Jean Rasmussen, Executive Director, at 778 321 3487 or [jean.cfec@gmail.com](mailto:jean.cfec@gmail.com).

## Britannia Partners in Education (PIE)

Britannia Secondary School, CFEC Rm 109A

### English Foundations 1-3

Tue/Wed 9:30-11:45am

### English Foundations 4-6

Tue/Wed 12:15-2:30pm

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

Fri 10:00am-12:30pm

### GR2R Family Resource Program

Thu 10:00am-12:00pm

## Edmonds PIE Plus

### English Foundations 1-4

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

## Maywood PIE Plus 2

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

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

## ECEA Plus Program

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



VANCOUVER LATIN AMERICAN  
CULTURAL CENTRE

## 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

This book club 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 are a generator of community dialogues. This event is open to anyone interested in short stories written by Latin American authors. No background in Latin American literature or culture required. Register at [vlacc.ca](http://vlacc.ca).

**Tue 6:30-9:30pm Apr 9, May 14**  
**Conference Room Jun 11**  
**VLACC Free**

## VLACC Choir – Canto Vivo (7yrs+)

Canto Vivo creates community around a love for Latin American music. Current and past members are from over 15 different countries in Latin America and beyond! Our choirmaster and music director, Dr. Sérgio Pires, holds degrees in choral conducting and music education. Our repertoire includes popular and traditional songs in Spanish and Portuguese from all over Latin America, most of them arranged by Sérgio. To inquire about participating, please email [thais@vlacc.ca](mailto:thais@vlacc.ca).

**Wed 7:00-9:00pm Mar 27-Jun 26**  
**55+ Centre \$70/term**  
**Register through VLACC Sergio**



## Eastside Family Place

Eastside Family Place is a community support and resource centre for parents/ caregivers and their young children up to age 6yrs. We offer many programs, as well as referral services. Contact for more details. **Annual membership fee required.** Subsidies available upon request.

### Contact

1655 William St. 604 255 9841  
info@eastsidefamilyplace.org  
www.eastsidefamilyplace.org

### 45th Anniversary Celebration

Join us in Grandview Park to enjoy special performances, food, games, and prizes.

Sat 10:00am-2:00pm May 25  
Grandview Park Free

### Family Playtime

Adults can visit with each other while engaging with their children in a warm, educational environment. Children socialize and learn through playing developmentally stimulating activities. Indoor and Backyard Playtime available.

M/T/T/F	9:00am-12:00pm	Families
Wed	9:00am-12:00pm	Caregivers
Wed	1:00-2:30pm	Baby & Me
Tue/Thu	1:00-2:30pm	Families & Caregivers

### Parenting Education & Support

ESFP offers a wide variety of free programs, workshops, and groups:

- **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

604 665 2222

vpl.ca

### Hours

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

For a full list of programs and events, visit vpl.ca.

### Children's & Teens' Programs

#### Babytime (0-18mo)

Tue 10:00am & 11:00am Apr 2-May 14

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

Thu	10:00am & 11:00am	Apr 4-May 16
Sat	11:00am	Apr 6-Jun 8

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

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

Tue/Thu 4:00-5:00pm

#### Calling All Teens!

Submit to *Ink*, a teen journal for writing and visual art! Submit your writing or art by April 22 to teens@vpl.ca. For more information, visit:

vpl.ca/ink

### Adult Programs

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

For more information and dates, visit:

vpl.ca/program/kith-kin

Tue 2:30-4:30pm

#### Tech Help

Drop-in.

Fri 2:00-3:00pm Apr 5-Jun 14

#### ESL Conversation Practice

Drop-in.

Wed 3:00-4:00pm Apr 3-Jun 12



## CAPC

Community Action Program for Children (CAPC) is a community-based program that promotes the healthy development of young children (0-6yrs). For more information and to register, please call 604 718 5821 or 778 245 2428.

### Spring 2024 Programs

- Food Security Program (fruit and veggie hampers)
- Parents Circle Time (1st/2nd Fri/mo)
- Nobody's Perfect for new CAPC participants (TBA)

### Online Cooking Class

With Andrea Potter, chef and registered holistic nutritionist. No class May 21 & 28.

Tue 10:00-11:00am Apr 30-Jun 18

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

Enjoy one hour of rhymes, songs, games and stories in Spanish with your child. No session May 20th. Registration is required. Please email ritaarc@yahoo.ca.

Disfrute de una hora de rimas, canciones, juegos y cuentos en Español con sus pequeños. Requiere registrarse. Para mayores informes escribir a ritaarc@yahoo.ca.

Mon	Apr 15-Jun 10	Free*
1-2yrs	10:30-11:30am	
0-12mo	12:30-1:30pm	

\*Email ritaarc@yahoo.ca to register.

## Community Education

The Britannia Community Schools Team (CST) works out of the Community Education Office at Britannia Secondary. The mandate of the CST is to provide academic, social, and emotional support as well as connections to community resources for students in the Britannia Hub of schools. This work is often done through student leadership opportunities, noon hour and after school programming. For inquiries please call 604 713 8273.

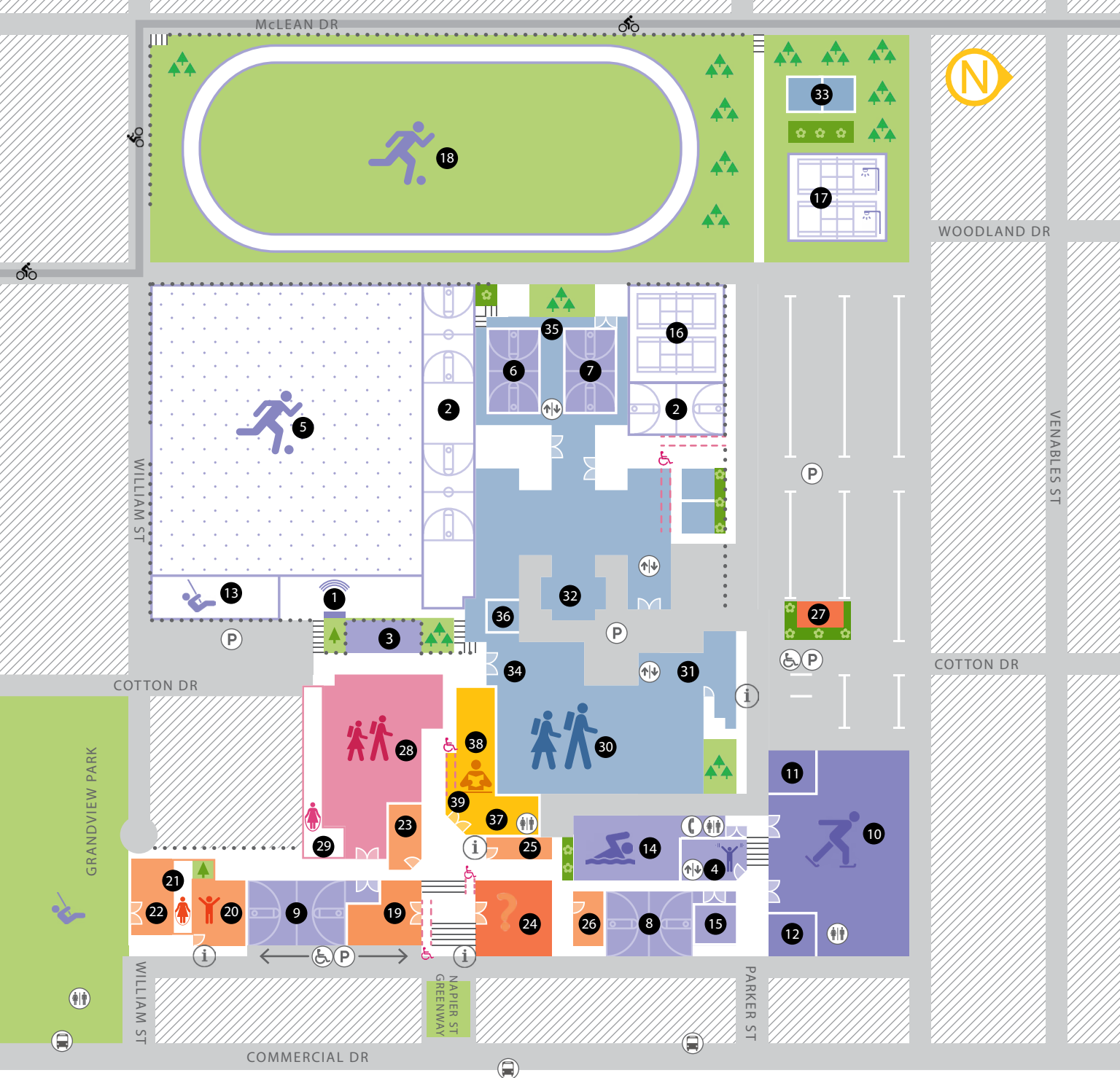
### Community Schools Coordinator

Maddie LaFleur

### Office Support

Mitra Tshan





## recreation

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