



Help shape the future of Britannia! See page 2 for more information.

This online brochure copy 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 Winter 2020



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



Message From Britannia's Board

Your Board of Management has been working on a Strategic Plan that will guide Britannia staff, board, and committees to ensure our work aligns with our shared goals, principals, and values. Provide your feedback on our draft of the plan and help shape the future of Britannia.

The plan is rooted in the following principles:

- Community connectivity
- Health and wellness
- Social justice and equity
- Accessibility
- Cultural interaction
- Active networks
- Sustainability
- Innovation
- Accountability

In the next five years we commit to:

- Empowering people and communities
- Embracing Indigenous values and practices
- Offering low barrier programs, services, and opportunities
- Nurturing creativity in inclusive spaces
- Developing and strengthening partnerships
- Enhancing organizational capacity

The plan also includes changes to our Vision and Mission statement:

Our dream is:

The well-being, sense of belonging, joy and empowerment of everyone in our communities.

To realize our dream:

We are stewards of spaces that support social connection, creativity, recreation, and the realization of the full potential of people and communities. In partnership with our communities we create integrated programs, services, and opportunities on the unceded territories of the x̱məθḵəy̱əm (Musqueam), Sḵw̱x̱w̱7mesh (Squamish), and selilwetaʔ / selilwitulh (Tseil-Waututh) nations.

Review a full draft of the plan online and complete the survey:

britanniacentre.org/strategicplan

Board of Management

Britannia Board meetings are held on the 2nd Wednesday of the month (no meetings July and August). 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: Scott Clark
VICE PRESIDENT: Ingrid Kolsteren
TREASURER: John Flipse
MEMBERS AT LARGE: Freya Kristensen
Pamela Dudas
DIRECTORS: Susanne Dahlin
Farren Gillaspie
Vera Jones
John Morra
Craig Ollenberger
Andrew Phillips
Naina Varshney
Emily Vickery
Li Mei Yip
STAFF REP: Jane Stanier

AGENCY REPRESENTATIVES:
VSB Alec MacInnes
VPB Peter Odynsky
VPL Megan Langley

EXECUTIVE DIRECTOR:
Cynthia Low

MANAGER OF ADMINISTRATIVE SERVICES:
Jeremy Shier

MANAGER OF CHILD CARE SERVICES:
TBD

Britannia Committees

BOARD OF MANAGEMENT MEETING
2nd Wed/mo 6:00pm
Jan 8, Feb 12, Mar 11, Apr 8
Contact: Cynthia Low 604.718.5815

ARENA COMMITTEE
1st Tue/mo 6:30pm
Jan 7, Feb 4, Mar 3, Apr 7
Contact: Susy Bando 604.718.5836

ARTS & CULTURE COMMITTEE
1st Thu/mo 7:00pm
Jan 2, Feb 6, Mar 5, Apr 2
Contact: Bea Miller 604.718.5825

CHILD CARE COMMITTEE
Call of the chair
Contact: TBD

PLANNING & DEVELOPMENT COMMITTEE
3rd Tue/mo 6:30pm
Jan 21, Feb 18, Mar 17, Apr 21
Contact: Cynthia Low 604.718.5815

POOL & FITNESS COMMITTEE
Last Tue/bi-monthly 6:00pm
Jan 28, Mar 31
Contact: Marie-Louise Beesly 604.718.5830

POWWOW COMMITTEE
TBD
Contact: Teka Everstz 604.718.5862

SENIORS, ELDERS & ADVOCATES (SEA) COMMITTEE
3rd Wed/mo 3:30pm
Jan 15, Feb 19, Mar 18, Apr 15
Contact: Anne Cowan 604.718.5837

YOUTH COMMITTEE
Call of the chair
Contact: Tom Higashio 604.718.5826

RECONCILIATION IN ACTION COMMITTEE
Call of the chair
Contact: Cynthia Low 604.718.5815

VOLUNTEER COMMITTEE
3rd Fri/mo 5:00pm
Jan 17, Feb 21, Mar 20
Contact: Yao Zhang 604.718.5860

Memberships

In order to participate in recreation programs at Britannia Centre, you must be a member. A membership may be obtained when you register for a program or any time during the year at the Pool Cashier or the Info Centre. Membership fees will be automatically added to your online purchase.

Due to the Britannia bylaw changes made at the May 22, 2019 Annual General Meeting, Britannia memberships are now valid from January 1 - December 31 every year. 2020 memberships are now available for purchase at the Pool Cashier or the Info Centre.

What does membership give me?

- Voting privileges at the Society Annual General Meeting.
- You must have a current Britannia membership to register for programs.
- Eligibility to run for the Board of Management.
- Mail-outs/e-mails about Centre events.
- Free access to the Fitness Centre on Tuesdays & Fridays, 10:00am-12:00pm.

Price

Family	\$5
Adult	\$3
Child, Youth, Senior	\$1

Index

Strategic Plan, Board of Management, Committees, Memberships.....	2
Index, Facility Rentals, Holiday Hours.....	3
Registration, Subsidy & Refund Policies, FREE “Fun For All” programs.....	4
Multicultural Reconciliation Event Organizing Discussion, Beyond the Blue Box Recycling.....	5
Mother's Day Traditional Powwow, Connecting Through Community - New Programs at Brit.....	6
Art Gallery & Special Events.....	7-8
Licensed Child Care.....	9-10
Preschool Programs: Arts, Physical Activity.....	11
Children's Programs: Arts, Language, Physical Activity, Daycamps.....	12-14
Youth Centre Programs: Leadership, Social, Physical Activity, Latin American Youth Programs.....	15-17
Adult Programs: Arts, Social, Physical Activity.....	18-23
55+ Older Active Adults Programs: Arts, Social, Health & Wellness, Technology, Vietnamese Programs.....	24-27
Fitness Centre Programs: Rates & Programs.....	28
Aquatics: Rates, Registration, Lessons, Britannia Swim Club, Red Cross Teen & Adult Programs, and Lifesaving Programs.....	29-31
Ice Rink: Rates, Family Programs, Hockey Programs, and Lessons.....	32-33
Partners: GWFC, CPC, Kickstand, CAPC, CFEC, ESFP, VPL.....	34-35
Britannia Site Map.....	36

Facility Rentals

At Britannia our mission is to foster active community building, collaboration, co-creation, and grass roots education and involvement so that we can contribute to the quality of life of individuals and 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, Paul or Wally, at 604.718.5812 or email: paul.morton@vancouver.ca (Sun-Wed) or wally.tarrant@vancouver.ca (Wed-Sat).

Pool Rentals

Contact the Pool Programmer at 604.718.5830 or email marie.beesley@vancouver.ca.

Rink Rentals

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

Facility Rental Fee Policy

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

For more information, visit: www.britanniacentre.org/facilities/rentals

Cover Photo: Coastal Wolf Pack dance group from the xʷməθkʷəy̓əm (Musqueam) nation performing at Britannia's 2019 Reconciliation in Action event.

Winter 2020 Holiday Hours

Information Centre, 55+ Centre & Teen Centre

Dec 24	Christmas Eve	9:00am-5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	CLOSED
Dec 31	New Year's Eve	9:00am-5:00pm
Jan 1	New Year's Day	CLOSED
Feb 17	Family Day	CLOSED

Pool & Fitness Centre

Dec 24	Christmas Eve	6:30am-5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-5:00pm
Dec 31	New Year's Eve	6:30am-5:00pm
Jan 1	New Year's Day	1:00-5:00pm
Feb 17	Family Day	1:00-5:00pm

Rink

Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-3:30pm
Jan 1	New Year's Day	1:00-3:30pm
Feb 17	Family Day	1:00-3:30pm

Registration Information

Registration Dates

General Programs

Registration opens Tuesday December 3, 2019 at 9:00am in-person and online, and at 1:00pm by phone. Registration for free programs starts Wednesday December 4, 2019 at 9:00am in-person and online, and at 1:00pm by phone.

Swimming Lessons

Registration for swimming lessons starts at 7:00pm on Tuesday December 17, 2019.

Skating Lessons/Rink Programs

Registration for **Set 1** winter skating lessons begins at 7:00pm on Wednesday December 18, 2019. Registration for **Set 2** winter skating lessons begins at 7:00pm on Wednesday February 12, 2020.

Micro Footie Spring League

Registration opens Tuesday January 7, 2020 at 9:00am in-person and online.

Refund Policy

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

How to Register

You must have a current Britannia Society membership to register for all Britannia programs. See page 2 for membership information.

1) Register online at britanniacentre.org

Membership fees will automatically be added to your online purchase.

2) Register in person

You can register for programs at the **Information Centre** and the **Pool Cashier**. Pay by Cheque, Visa, Mastercard, Debit or Cash.

3) Register by phone at 604.718.5800 ext. 1

A receipt for your program registration will be emailed to you upon request, or you can pick up a hard copy at our Info Centre at your convenience.

Pool Cashier Registration Hours:

Mon-Fri	9:00am-9:00pm
Sat	9:30am-7:00pm
Sun	10:30am-7:00pm

Info Centre Registration Hours:

Mon-Fri	9:00am-6:30pm
Sat	9:30am-4:00pm
Sun	10:30am-3:00pm

Swim/Skate Refunds

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

Cancellation Policy

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

Subsidy Policy

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

Leisure Access Program

Residents of the City of Vancouver with a current Leisure Access Program (LAP) Card may receive up to 50% off certain programs by presenting their LAP card to a cashier at the time of registration.

Grandview-Woodland Strathcona Residents Subsidy

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

Licensed Child Care Subsidy

For more information about the provincial child care subsidy, call 1.888.338.6622 or visit: www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding

FREE Fun For All! Recreation Programs

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/Strathcona Community.



Look for the "Fun for All" stamp throughout the and pay-what-you-can programs.

Discussion: Event Organizing Through the Lens of Multicultural Reconciliation

Every year Britannia hosts a Canada Day event. As a matter of tradition, this event has been celebrated by Britannia since the '70s. Given the Society's commitment to Reconciliation, discussions about the purpose and meaning of this event are ongoing within our organization. Britannia would like to create more inclusive and culturally appropriate events that reflect the communities we serve, celebrate the diversity within Grandview-Woodlands, and bring our community together.

Britannia is calling our community together to participate in a facilitated discussion about how to create a framework for inclusive event planning for national holidays and other celebrations, such as Indigenous Peoples Day, Canada Day, Thanksgiving, Orange Shirt Day, LGBTQ2IA+ Pride, and Britannia's own annual Reconciliation in Action event.

We would like to enrich our event planning practices by consulting with our community and benefiting from the different lenses that our diverse community will bring to the discussion, and ultimately co-create a multicultural Reconciliation framework that our community can share.

If you would like to attend, please RSVP by emailing: jessica.hill@vancouver.ca.

Sun Dec 1 Conference Rm Please RSVP
Lunch 11:15am Discussion 12:00-3:00pm



Photo: Beany John, a Kehewin Cree hoop dancer, performing at Britannia's 2019 Reconciliation in Action Event.



Photo: Coastal Wolf Pack dance group from the xʷməθkʷəy̍əm (Musqueam) nation performing at Britannia's 2019 Reconciliation in Action event.



Beyond the Blue Box: Plastics & Electronics Recycling at Britannia

Every third Saturday of the month, Britannia Centre sponsors a recycling depot where recyclers can dispose of electronics, Styrofoam, and plastic items that the City of Vancouver can't take. Pacific Mobile Depots (PMD), based in Victoria, collects plastics and other materials, then sells them to small BC factories to repurpose. pmdrecycling.com.

For a small price you can get rid of the plastic bags in your cupboards, broken plastic toys in the basement, and a host of other items such as foil-lined materials, car seats, bike tubes, wires and cables, electronics, small appliances, and metal objects. Bring your recycling so that it can be repurposed. Proceeds go to PMD and Britannia Centre.

Sat 9:00am-12:00pm Dec 21, Jan 18, Feb 15, Mar 21, Apr 18
Britannia Parking Lot

- By volume:** \$3.50/regular garbage bag
\$7/large garbage bag
- Electronics/appliances:** Servers, laptops, wires, cables - Free!
\$2.50/small electronics/appliances
\$5/large electronics/appliances
- Car seats:** \$12/you dismantle it
\$20/we dismantle it
- Light bulbs:** Free!

Mother's Day Traditional Powwow

Get Involved! Help Plan the 2020 Powwow

Established in the summer of 1984, the East Vancouver Mother's Day Traditional Powwow was a fixture in Vancouver's urban Indigenous community for 26 years. The event was initiated by the local Indigenous community and the Cedar Cottage Neighborhood House with support from the City of Vancouver. In 2018, the Powwow was revived with the intention to honour and uplift women and life-givers in the community, as well as provide an opportunity to generate greater advocacy and awareness surrounding Missing and Murdered Indigenous Women and Girls and violence against women and girls. Further, it provided a celebration space for the local community to learn, share, and experience the rich, diverse cultural teachings of the urban Indigenous peoples and build stronger local connections.

With the new year approaching, we would like to extend an invitation and call our community together, begin the initial planning phase, and establish the 2020 Powwow Committee and sub-committees. Britannia remains keen on enriching our event planning practices by consulting with our community and benefiting from the different lenses that our diverse community will bring to the discussion.

We would be honored to have you join us for our first 2020 Powwow committee meeting. A catered lunch will be provided to all in attendance. Please ensure that you send your RSVP, questions, and any dietary restriction requests to Teka Everstz at teka.everstz@vancouver.ca with the subject heading: "2020 Powwow".



Powwow Committee Meeting

Wed 10:00am-12:00pm Nov 27
Conference Rm
RSVP to teka.everstz@vancouver.ca

Connecting Through Community – New Programs at Brit

Reconstructing the Man Cave

Deconstruct. Challenge. Redefine. Re-engage. Open to all individuals who self-identify as men. Come and lend your hand, mind, and leadership to redefine the relationship of Men to the community. The Man Cave is a participant-led community for men's wellness, which prioritizes supportive relationships, engagement in healthcare, and Indigenous world views. Drop-in, hang out, and join us for different activities that focus on the spiritual, physical, emotional and social aspects of wellness. Share your experience, help us promote healthy masculinities and end the narratives that no longer serve us! Session begins Jan 14. All ages.

Tue 4:00-7:00pm Ongoing Rink Mezz Free Drop-in T.Everstz



REDress – MMIWG Community Dialogue Series

We are calling on all our community to participate in a dialogue on how Britannia can honour Missing and Murdered Indigenous Women and Girls (MMIWG). How can Britannia engage the community through action-oriented programs to address and end gender-based violence? Join us in a series of community dialogue and listening sessions. Session begins Jan 15.

Wed 4:00-7:00pm Ongoing
55+ Centre Free
Drop-in

Urban Longhouse & Lounge

From coast to coast, Indigenous peoples continue to revive and reclaim cultural practices. Join us for this opportunity to witness, celebrate and experience the richness of Traditional Indigenous gatherings through diverse songs, drumming, and dance. Includes Pit Stop on Powwow Highway and West Coast Culture Express. Sessions begin Jan 16. All ages.

Pit Stop on Powwow Highway

A celebration for Indigenous people to come together and join in dancing, singing, visiting, renewing old friendships, making new ones and, most importantly, celebrating and honouring traditions.

Thu 7:30-10:00pm Ongoing
CFEC Free
Drop-in T.Everstz

West Coast Culture Express

A celebration and demonstration of the strength, beauty and diversity of the stories, songs and dances of the Indigenous peoples of the Northwest Coast.

Thu 7:30-10:00pm Ongoing
Rink Mezz Free
Drop-in T.Everstz

WOCT Indige-fitness

A workout session that draws inspiration from the daily lives of Indigenous Peoples.

259590 Wed ~~CANCELLED~~ 2:00-3:00pm Jan 8-Apr 8 55+ Centre Free*
*Registration Required

Weaving Our Community Together (WOCT)

Weaving our Community Together brings Indigenous youth, elders and other community members together for mutual sharing, learning, connecting and growing.

WOCT features elder and youth circles, mentorship activities, cross-cultural sharing, and outreach to promote belonging, respect, cultural pride, and intergenerational learning.

See page 25 to view all of our WOCT programs.

Art Gallery Exhibitions January 8 – 31

**Colour Harmonies
in the Abstract Landscape**
by Eva Wideman.

Longing for the Other Shore
Acrylic on canvas by Kelvin Lit.

Opening Reception:
Wed 6:30-8:30pm Jan 8



February 5 – 28

Invisible in Neon/City in Flux
Acrylic Paintings by Carolina de la Cajiga.

**The Demise of Woodward's:
Dereliction, Demolition and Detritus**
Oil on wood paintings by Stanley Mishkin.

Opening Reception:
Wed 6:30-8:30pm Feb 5



Holiday Crafting Workshops



Holiday Décor Workshop

Celebrate the season by making your own seasonal décor and art projects. Drop-in and make something for yourself or for a gift in a relaxed atmosphere. Local artists will be instructing in a variety of media. All materials provided. All ages.

Haisla Collins: Beaded Star Earrings
Paula Luther: Holiday Garlands
Helen Spaxman: Needlework Buttons
Diane Wood: Green Angels

Sat 12:00-4:00pm Dec 7
55+ Centre Free

Gingerbread Houses

Bring the whole family (up to four members) to build a graham cracker gingerbread-style house. Candies, frosting, and crackers will be provided. Feel free to bring along your own decorations. Please register by Dec 12 so the correct amount of materials will be available. All children under 12yrs must have a parent or caregiving collaborator present. Bring a bag or box to carry it home!

Sun 1:00-3:00pm Dec 15
CFEC \$10/1 sess
230580 H.Spaxman

Books Of Love Workshop

An annual favourite returns! This year we will create books of love. Big or small, embellished with an assortment of colour, collage, text, sparkles, or sweet and simple. The options are endless in this hands-on workshop. Expect creativity, laughter and the cultivation of love. All materials supplied. All ages drop-in. All are welcome.

Sat 1:00-4:00pm Feb 8
55+ Centre Free



The Solstice/ Equinox Coffee House Series

A hidden gem of entertainment that happens four times a year on or close to the two Equinoxes and two Solstices. If you haven't checked out the Coffee House Series at Britannia, you're in for a treat!

7th Annual Winter Solstice Coffee House

Celebrate the return of the light with a cozy evening of local live music and refreshments. A relaxing night during the busy holiday season right here at Britannia. Performers: The Burying Ground, Cat McLellan, Caitlan Read, Teapot in the Tuba. All ages.

Sun 7:00-9:30pm Dec 15
55+ Centre Free



Spring Equinox Coffee House

Celebrate the beginning of Spring with a community event featuring local musicians, poetry, refreshments and more! The line-up includes Salt Thief, Doug Thordarson, Lynn Wittenberg and more TBA. Always a fun night!

Sun 7:00-9:30pm Mar 15
55+ Centre Free

Britannia Artist Grant 2020

To assist community artists with their artistic goals. Applicants must live/work in the Grandview-Woodland or Strathcona neighbourhoods. For more information, pick up an info sheet at the Info Centre, email program coordinator Katherine Polgrain at britanniaartistgrantprogram@gmail.com, or visit:

britanniacentre.org/services/arts_and_culture/britannia-artist-grant-program
Application Deadline is Dec 31, 2019.



Inspirational Seniors Fitness Calendar For Sale

Britannia volunteers created a 2020 Calendar to promote seniors' healthy lifestyles, featuring inspirational gym goes over 55 in our community. Each month the calendar will highlight one or more of these amazing people and their stories. Get the calendar and be inspired by these extraordinary seniors! Available for purchase at the Info Centre. Proceeds support Britannia's volunteer program.

Info Centre **\$5**

In Honour of Our Brothers

The goal of In Honour of Our Brothers is to bring awareness to key issues men deal with and to celebrate and honour their life experiences, stories, spirit, and resilience; to help find balance through culture and spirituality; and to create connections to resources for on-going healing for men and their families. All welcome!

There will be a Salish opening at noon, followed by a luncheon, panel speakers, healing ceremony, cultural celebration, and a giveaway. Ceremonies led by Seislom-Glenn Williams, Gene Harry, and Bruce Robinson. Support staff from the Indian Residential School Society will be available. Bring your drum! For more information, contact Kya at the 55+ Centre 604.718.5837.

Sun 12:00-4:00pm Jan 26
Gym D Free
K.Norris



Workshops

Overdose Management Training

This course will provide the participant with relevant training on how to effectively administer naloxone in an overdose situation, as well as airway and breathing regulation. Individuals taking this course also receive a naloxone kit, pocket mask, and certificate issued under Vancouver Coastal Health. If course roster is full please put your name on the waitlist as additional courses may be scheduled depending on demand.

Wed 6:30-7:30pm Jan 8
Rink Mezz \$10/1 sess
255218 M.Miller

East Van Science and Maker Jamboree (5-12yrs)

Get out of the rain and shake out your winter blues. Come enjoy some fun science and maker activities for all ages from multiple organizations including: Science World, Genome BC, Repair Cafe, Vancouver Hack Space, Open Science Network, Geering Up, Vancouver Public Library, and many more!

Sat 10:00am-4:00pm Jan 25
Gym D Free



Earthquake Preparedness: Personal & Family

We have all witnessed the devastation caused by earthquakes around the world. We have seen how they can impact our families, our homes and our businesses. Vancouver could be impacted by earthquakes, yet few of us take the time to ensure we are prepared. This is an introductory session that covers what is required to develop your family emergency plan, how to conduct a "Home Hazard Hunt" and what to do when an earthquake strikes.

Tue 7:00-8:30pm Feb 4
Conference Rm Free
247720 CoV Volunteer



Parent-Child Relationship: A Parenting workshop

Relationships and emotions affect behaviour. Try a different approach to understanding and managing behaviour. Explore how family dynamics, both past and present, can impact relationship patterns and learn new strategies to develop resilience in your child. Milo Wu is a Registered Clinical Counsellor. www.treerootscounselling.com

Sat 10:00am-12:00pm Jan 19, Jan 26
Conference Room \$80/couple
247738 M.Wu \$50/person

Gentle Movement for Chronic Pain Program

In partnership with PainBC, this 5 week mindfulness movement program is for anyone living with chronic pain. Developed by physiotherapist Neil Pearson, this program teaches individuals the science of pain and applies that knowledge to relaxation, mindfulness, and gentle movement exercises. Learn how to use movement as a safe pain management practice. No drop-ins, as this class is progressive.

Day 1: Breath awareness and regulation exercises, pain science slide presentation, body awareness and regulation exercises.

Day 2: Breath awareness and regulation exercises, gentle chair movements, body regulation and awareness exercises, muscle activation series in chair.

Days 3-5: Advance from chair to mat to standing.

Tue 5:00-6:30pm Jan 7-Feb 4
CFEC \$25/5 sess
256687 C.Schille RMT



Licensed Child Care

Britannia Child Care Hub

For up-to-date information on space availability, waitlists, and registration, please contact each Child Care Centre directly.

Child Care Mission Statement

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

About our Child Care Programs

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

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

About our Staff

All of our staff are qualified as Early Childhood Educators, Special Needs Educators, Child and Youth Care Counsellors, or are Responsible Adult certified. The number of additional staff for each program is dependent upon the type of program and is always in accordance with child/staff ratios set by child care licensing regulations. All staff, substitutes, students and volunteers are required to have a clear Criminal Record Search in accordance with child care licensing regulations. **Visit britanniacentre.org for more information.**

Provincial Child Care Subsidy

For more information about the provincial child care subsidy, call 1.888.338.6622 or visit: www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding

Toddler Program 18mo-3yrs

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

Mount Pleasant Child Care

960 East 7th Avenue Wade Forbes 604.718.5844
mountpleasantchildcare@shawbiz.ca

Hours: Mon-Fri 7:30am-6:00pm

Fees: \$926/mo
Lunch & am/pm snacks provided



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. Our program will include the exploration of Artists Throughout History. By using hands on exploration of a variety of materials and techniques, we will experience styles developed by influential artists throughout history. Children practice creativity and freedom of artistic expression in a play-based learning environment as we highlight multiculturalism, diversity, arts, dance, and languages from around the world.

Britannia Preschool

1661 Napier Street Lorraine Evans 604.718.5843

Hours: Mornings 9:00-11:30am
Afternoons 12:30-3:00pm

Fees: 2 days/wk (Thu/Fri) \$185
3 days/wk (Mon/Tue/Wed) \$260
5 days/wk (Mon-Fri) \$445

Licensed Child Care

Daycare Programs (3-5yrs)

Eaglets Daycare, Grandview Terrace and Mount Pleasant Child Care offer full day daycare programs for children 2.5-5yrs. 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
 Please call 604.718.5856 for up to date registration and fee information

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

Fees: \$885/mo
 Snacks provided.

Grandview Terrace Child Care

2075 Woodland Drive
 Alejandra Uribe 604.718.5846
 grandviewcc@shawbiz.ca

Hours: Mon-Fri 7:30am-6:00pm

Fees: \$905/mo
 Lunch Program: \$70/mo
 Snacks provided.

Mount Pleasant Child Care

960 East 7th Avenue
 Wade Forbes 604.718.5844
 mountpleasantchildcare@shawbiz.ca

Hours: Mon-Fri 7:30am-6:00pm

Fees: \$876/mo
 Lunch & am/pm snacks provided.

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

Britannia, Eagles in the Sky, and Grandview Terrace are licensed programs for children 5-12yrs, 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 from: Britannia Elementary
 Queen Victoria Annex (QV)

Sep-Jun Hours: Mon-Fri 7:30-9:00am (Brit Only)
 3:00-5:45pm (Brit/QV)

Fees: Full Time \$355/mo
 3 Days \$230/mo
 2 Days \$210/mo

Breakfast & pm snack provided.

Grandview Terrace OSC

2075 Woodland Drive Alejandra Uribe 604.718.5846

Pick up from: Grandview Elementary
 Queen Alexandra Elementary
 Queen Victoria Annex
 Ecole Anne Hebert

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

*No AM care for Queen Alexandra Elementary and Ecole Anne Hebert.

Fees: \$385/mo
 Breakfast & pm snack provided.



Eagles In The Sky OSC

103B-1950 E. Hastings Kinga Batko 604.230.1885
 Please call for up-to-date registration and fee information.

Pick up from: Xpey/Macdonald Elementary
 Hastings Elementary
 Lord Nelson Elementary
 Ecole Anne Hebert

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

Fees: Xpey/Macdonald Elementary \$402/mo*
 Hastings/Lord Nelson/Anne Hebert \$427/mo*
 Breakfast & pm snack provided.



Community Action Program for Children (CAPC)

The Community Action Program for Children (CAPC) is a community-based children's program that promotes the healthy development of young children (0-6 years).

Beatrice Feza 604.718.5821

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



Enjoy one hour of rhymes, songs, games and stories in Spanish with your little ones. Healthy snack provided. Registration required.

Disfrute de una hora de rimas, canciones, juegos y cuentos en español con sus pequeños. Se ofrece una merienda saludable. Los grupos son en el salon 'Mezzanine' de la Pista de Hielo.

10:30am Toddlers Mon Jan 13-Mar 16
 12:00pm Infants Free
 Rink Mezz To register call 604.215.8289



Baby and Me Yoga (6-16mo)

Stretch, strengthen and find moments to involve baby with movement, massage and songs. Crawlers are welcome and older children may come and watch and we can set up a reading area. Pre-walking to 16mos. Please bring a blanket for baby. Yoga mats provided. \$15/drop-in. No class Feb 17. melissarodrigues.com

Mon 12:30-1:30pm **Jan 6-Mar 9**
CFEC \$108/9 sess
 247693 M.Rodrigues

Kindergym (1-5yrs)

Run, jump and roll in a gym full of mats and playground equipment. Parent supervision required. Pay \$2.50/drop-in fee at pool and bring receipt to class or pre-purchase strip tickets (\$20/10tx). No class Jan 15, Jan 25, Feb 15, March 17-19 & 24-26, and Elementary School Pro D Days.

Tue-Thu 10:00am-12:30pm **Jan 14-Mar 12**
Gym D O.Humaran \$2.50/drop-in

Sat 10:00am-12:00pm **Jan 4-Mar 28**
Gym D B.Chu \$2.50/rop-in

Sports

Sportball Parent & Tot (2-3yrs)

Multi-sport classes teach children introductory physical skills and helps them develop confidence through 8 different ball sports. Parent participation required. No class Feb 15.

Sat 11:30am-12:15pm **Jan 11-Mar 14**
Gym C \$150/9 sess
 247742 Sportball Vancouver

Sportball Multi-Sport (3.5-5yrs)

Multi-sport classes teach children methods to practice and refine gross motor skills through 8 core ball sports. This program reinforces benefits of teamwork and skill development, enabling children to gain confidence and develop skills to succeed in sport and life. No class Feb 15.

Sat 12:15-1:15pm **Jan 11-Mar 14**
Gym C \$150/9 sess
 247743 Sportball Vancouver

Dance

Ballet/Jazz Dance (2-6yrs)

Jump, skip and twirl! Children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. This is a closed class. However, in the final week of the session we invite parents to stay for a presentation. Parent participation required for 2-4yrs classes. No class Feb 15.

Sat **Jan 11-Mar 28** **CFEC**
Endorphin Rush \$130/11 sess
 251918 9:30-10:10am **Age 2-4yrs**
 251920 10:15-10:55am **Age 2-4yrs**
 251923 11:00-11:40am **Age 3-4yrs**
 251931 12:30-1:10pm **Age 4-6yrs**

Hip Hop/Jazz Dance (3-6yrs)

Combine the style of hip-hop with the technical skills of jazz! Learn steps, jumps, turns, stretches and fun choreography to your favourite music. Please wear comfortable stretchy clothing and non-marking shoes. No drop-ins. No class Feb 15.

Sat **Jan 11-Mar 28** **CFEC**
Endorphin Rush \$130/11 sess
 251930 11:45am-12:25pm **Age 3-4yrs**
 251938 1:15-2:00pm **Age 4-6yrs**

Language

Baby Sign Language (0-2yrs)

Babies understand and can communicate long before they are able to speak. Babies who learn American Sign Language (ASL) can learn quicker and talk earlier. Using songs and games, learn how to teach your baby basic ASL so they can better convey their wants and needs and relieve unnecessary frustration. Learn the signs and songs so you can practice at home. Babies can sleep during class or you can bring toys. No drop-ins.

Tue 9:45-10:30am **Feb 18-Mar 17**
Mat Rm \$64/5 sess
 248121 Into Yoga

Hola Amigos en Familia (2-5yrs)

NEW

Hola Amigos en Familia is a unique opportunity to learn the Spanish Language in a joyful, safe and fun environment. Parents/caregivers are invited to join us in learning about the Latin culture, sharing traditions and connecting with families. Both children and adults will experience Spanish language in a meaningful, real-life context, from a variety of sources. Miss Lili is a highly qualified native Spanish speaker and teacher.

Tue/Wed 12:30am-1:30pm **Jan 14-Mar 11**
CFEC \$216/18 sess
 252075 Words In Motion

Art

Toddler Art (18mo-3yrs)

Art is a wonderful sensory experience in which you and your child can collaborate. Emphasis is placed on the creative process and exploration of materials. Be on time for an inspirational story. Dress for mess! No class Feb 17.

Mon 9:45-10:30am **Jan 20-Mar 9**
RAR \$77/8 sess
 248110 H.Spaxman

Music

Jump into Music (6mo-5yrs)

This one-of-a-kind music and movement program engages, educates, and entertains parent and child while on a musical journey through different styles and cultures. Curriculum is designed to stimulate the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. A family fun environment exploring culture and world music.

Try a free class anytime. 25% sibling discount. \$15/drop-in welcome. jumpintomusic.ca

Wed **Jan 8-Mar 11** **Rink Mezz**
M.Lee \$91/10 sess
 251424 10:00-10:50am
 251425 11:00-11:50am

Music Together (0-5yrs)

Learn how to share the joys of music-making and the powerful benefits of having music in your young child's life! Each child participates at their own level. Their natural musicality is nurtured through singing, dancing, listening and exploring musical instruments.

The whole family is welcome — parents, grandparents, caregivers — for this important family music experience. Parent participation is required. Siblings attend at a reduced rate and children 6mos and under attend free with a registered sibling. \$60 Music Together Licensing fee is non-refundable after the first class.

Tue **Jan 14-Mar 10** **Rink Mezz**
Katy \$159/9 sess
 251958 9:30-10:15am
 251968 10:30-11:15am

Sat **Jan 18-Mar 14** **Rink Mezz**
Monica \$159/9 sess
 251974 9:30-10:15am
 251980 10:30-11:15am
 251982 11:30am-12:15pm

Children

Violin & Fiddle Private Lessons (6yrs+)

30 or 45min private violin lessons for adults and children 6yrs+. Teaching follows the Suzuki Method and covers classical and fiddle. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at fiddlelessons@shaw.ca to arrange lesson time prior to registering. No class Jan 27 and Feb 17.

Mon	3:30-9:00pm	Jan 6-Mar 9
248218	30 min	\$192/8 sess
248219	45 min	\$288/8 sess
RAR	S.Saunders	

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

Continue your music studies or begin an instrument and enjoy a lifetime of making music! These lessons consider each student's development and goals. Conservatory exam preparation is available. An on-going program from Sep-Jun, students are ensured placement for the duration of their studies. Payment is made in advance of each set. Lesson costs shown below are for 30 min classes. 45 and 60 min also available at the discretion of the instructor. Prior to registering, new students must contact the instructor for a weekly lesson time at janine.oye@gmail.com. Clarinet students must provide their own instruments. **Phone-in registration only, no online.** Please call 604-718-5800 (1).

Set 1

251323	Tue	6:00-8:30pm	Jan 7-Feb 4	\$120/5 sess
251325	Fri	6:00-8:30pm	Jan 10-Feb 7	\$120/5 sess
251326	Sat	9:00am-4:30pm	Jan 11-Feb 8	\$120/5 sess
Preteen Centre		J.Oye		

Set 2

251327	Tue	6:00-8:30pm	Feb 11-Mar 10	\$120/5 sess
251328	Fri	6:00-8:30pm	Feb 14-Mar 13	\$120/5 sess
251329	Sat	9:00am-4:30pm	Feb 15-Mar 14	\$120/5 sess
Preteen Centre		J.Oye		

Hola Spanish for Kids (5-9yrs)



Hola Spanish for kids is a unique opportunity to hear the Spanish Language in a joyful, safe and fun environment. Children will experience Spanish language in a meaningful, real-life context, from a variety of sources. Miss Lili is a native Spanish speaker.

Tue	3:30-4:30pm	Jan 14-Mar 10
RAR		\$108/9 sess
252082	Words In Motion	

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	Jan 23-Mar 12
Rm 208		\$110/8 sess
247678	H.Spaxman	

Greenhorn Community Music Project (10-17yrs)



The Greenhorn Community Music Project aspires to join the creative forces of youth, professional musicians, and community members to compose, practice, and perform a variety of musical styles to orchestrate social change you can dance to! Participants under 12yrs must be accompanied. Britannia membership required (child/youth \$1.00). No class Jan 20, Feb 17.

www.openairorchestra.com/greenhorn/

Mon	3:30-5:00pm	Jan 6-Mar 9
Rink Mezz		Free
B.Koch/T.Sars		



Axe Capoeira

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. Registration includes unlimited participation in training as well as dance and music classes. \$20/drop-in (pay at the Pool Cashier at Britannia and bring the receipt to the instructor). See page 21 for adult classes or visit: www.axevancouver.com.

Preschool (3-6yrs)

Tue/Thu	6:00-6:45pm
Location TBD	2 class/wk \$160
247692	Jan/Feb
247691	Mar/Apr

Children Inter/Adv (5-7yrs)

Intermediate and advanced levels only. Must have experience.

Wed 6:00-6:45pm	Sat 10:00-11:00am
Location TBD	2 class/wk \$160
247689	Jan/Feb
247687	Mar/Apr

Wed/Thu 6:00-6:45pm, Sat 10:00-11:00am

Sun 12:00-1:00pm
4 class/wk \$180
247690
247688

Youth (7-18yrs)

Tue-Thu	5:00-6:00pm
Location TBD	2 class/wk \$170
247686	Jan/Feb
247685	Mar/Apr

Britannia Boxing (6yrs+)



See page 23 for more information.

M/W/F	5:00-6:30pm	16yrs+ Only
T/Th	5:00-6:30pm	6-15yrs Only
Sat	2:00-4:00pm	6yrs+
Boxing Rm		J.Peterson
247707	Jan	\$75/mo
247706	Feb	\$75/mo
247705	Mar	\$75/mo



Britannia Gymnastics Club

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

Our fantastic, enthusiastic team of coaches: Shadan, Henry, Aaron, Sherry, Alia, Lailah, Audra, Alison, and Elaya are looking forward to another great gymnastics season!

www.britanniagymnastics.com

Sat	Jan 11-Mar 21*	*No class Jan 18 & Feb 15.	Gym A/B
247718	Tiny Tumblers	3-4yrs	1:00-1:45pm \$81/9 sess
247712	Gym Kids A	4-5yrs	2:00-2:45pm \$76.50/9 sess
247713	Gym Kids B	4-5yrs	3:00-3:45pm \$76.50/9 sess
247715	Performance	6-9yrs	4:00-5:00pm \$99/9 sess
252385	Perf Plus Extra *	9-15yrs	5:00-7:00pm \$90/9 sess
Sun	Jan 12-Mar 22*	*No class Jan 19 & Feb 16.	Gym A/B
247710	Dynamic Duo A	18mo-3yrs	10:00-10:45am \$76.50/9 sess
247711	Dynamic Duo B	18mo-3yrs	11:00-11:45am \$76.50/9 sess
247716	Performance	6-9yrs	11:30-12:30pm \$99/9 sess
247719	Tiny Tumblers	3-4yrs	12:00-12:45pm \$81/9 sess
247708	Adv Gym Kids	5-6yrs	12:45-1:45pm \$90/9 sess
247717	Performance	6-9yrs	3:30-4:30pm \$99/9 sess
247714	Performance Plus *	9-15yrs	1:45-3:15pm \$117/9 sess
247709	Demo Team *	9-15yrs	3:30-5:00pm \$117/9 sess

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

Spring Break Camp (6-12yrs)

Children aged 6-12yrs will be jumping for joy after five days of jam-packed gymnastics fun. Kids will learn gymnastics skills on beam, bars, floor, vault from our fantastic and enthusiastic coaching staff. Children should bring a snack, lunch, and water. Drop your children off at Britannia Secondary School's Gym A/B (1001 Cotton Drive) at 9:30am and pick up at 3:30pm sharp. Early drop off or late pick-up option are separate registrations.

252353 Mon-Fri 9:30am-3:30pm Mar 23-Mar 27 Gym A/B \$225/5 sess

Gymnastics Camp Early Drop Off & Late Pick Up (6-12yrs)

This year we will be offering early drop-off and late pick-up options for our gymnasts. No gymnastics will be taught during this time, children will engage in light activities between 7:30-9:30am. Children must be enrolled in the Day Camp to register for the early drop-off and late pick-up options.

Early Drop Off

Mon-Fri 7:30-9:30am
Gym A/B
252354 Gymnastics Coaches

Late Pick Up

Mon-Fri 3:30-5:30pm
Gym A/B
252356 Gymnastics Coaches

Funseekers Daycamp (6-12yrs)

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

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

Winter Break

239743 Mon/Tue/Thu/Fri 9:00am-3:00pm
Dec 23-Dec 27 \$80/4 sess

239745 Mon/Tue/Thu/Fri 9:00am-3:00pm
Dec 30-Jan 3 \$80/4 sess
Gym D

Spring Break

250821 Mon-Fri 9:00am-3:00pm
Mar 16-Mar 20 \$99/5 sess

250822 Mon-Fri 9:00am-3:00pm
Mar 23-Mar 27 \$99/5 sess
Gym D

Dynamic Duo (18mo-3yrs)

Introduction to gymnastics through running, jumping, climbing, rolling, twisting, and somersaulting! These skills help children develop strength, confidence, & coordination.

Tiny Tumblers, Gym Kids, Adv Gym Kids (3-6yrs)

Develop your child's self-concept and self-esteem in a positive environment. Enthusiastic coaches teach at the child's own pace, encouraging them to build on skills they've learned. Beginners and those who have already taken gym are welcome.

Performance (6-9yrs)

Training for beam, floor, vault and bars. Gymnasts are encouraged to develop more complex skills in relation to their current level. Beginners and those who have already take gym are welcome.

Performance Plus (9-15yrs)*

For recreational, advanced recreational and competitive athletes. Athletes may have the opportunity to participate in gymnastics meets to showcase their ability. They will perform routines and are scored on beam, floor, vault and bars.

Perf Plus Extra (9-15yrs)*

Extra practice and more time with our wonderful coaches!

Demo Team (9-15yrs)*

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

*Performance Plus, Perf Plus Extra, and Demo Team are invitation-only programs. If you are interested in joining, please contact fraser.mcelroy@vancouver.ca for an assessment with one of our coaches. Limited spaces available.



Children

2020 Micro Footie Spring League

This year will be our 27th year of offering Micro Footie to the Britannia Community! We will continue Saturday game days at Vancouver's Empire Bowl and Britannia Oval with practices at our local fields. **Registration opens January 7, 2020** and includes playing soccer outside twice a week, a World Cup country kit, a team photo (yes, it is back!) and other fantastic surprises. New this year: Each player will receive a Micro Footie soccer ball! **For more information visit britanniasoccer.org or email britmicrofootie@gmail.com**

Program Dates: Saturdays April 18 - June 20, 2020 (No session May 16 & 18)
Program Cost: \$144/player for child/youth, \$129/player for Men/Women 18yrs+
Registration Date: Registration opens Tue January 7, 2020 at 9:00am (online/in person).
Refunds: Refunds will be issued up to Feb 15, 2020. No refunds after this date.

Micro Footie Coaching



Are you interested in coaching children and youth? Join 200 other amazing volunteer coaches to inspire the next generation of athletes. Previous coaching experience optional, training provided. The season is from April to June.

Sign up today: britanniasoccer.org/volunteer

Micro Footie Saturday Game and Practice Schedule (Subject to change)

#	DIVISION	SAT GAME TIME	GAME LOCATION	WEEKDAY PRACTICE TIME/LOCATION
253821	Coed 4yrs (Garden)	8:45-9:45am	Empire South	Mon 5:45-6:45pm Garden Park
253819	Coed 5yrs (Garden)	8:45-9:45am	Empire North	Wed 5:45-6:45pm Garden Park
253830	Coed 5yrs (Robson)	8:45-9:45am	Brit Oval	Mon 5:45-6:45pm Robson Park
253820	Boys 6yrs (Garden)	10:00-11:00am	Empire South	Mon 7:00-8:00pm Garden Park
253827	Girls 6yrs (Garden)	10:00-11:00am	Empire North	Wed 7:00-8:00pm Garden Park
253826	Coed 6yrs (Robson)	10:00-11:00am	Brit Oval	Mon 7:00-8:00pm Robson Park
253825	Boys 7-8yrs	11:15am-12:15pm	Empire South	Mon 7:00-8:00pm Brit Oval
253828	Girls 7-8yrs	11:15am-12:15pm	Empire North	Mon 5:45-6:45pm Brit Oval
253831	Coed 7-8yrs (Robson)	11:15am-12:15pm	Brit Oval	Wed 5:45-6:45pm Robson Park
253834	Boys 9-10yrs	12:30-1:30pm	Empire South	Tue 5:45-6:45pm Brit Oval
253833	Girls 9-10yrs	12:30-1:30pm	Empire North	Tue 7:00-8:00pm Brit Oval
253832	Coed 9-10yrs (Robson)	12:30-1:30pm	Brit Oval	Wed 7:00-8:00pm Robson Park
253823	Boys 11-12yrs	3:15-4:15pm	Empire South	Wed 7:15-8:15pm Brit Oval
253824	Girls 11-12yrs	3:15-4:15pm	Empire North	Wed 5:45-6:45pm Brit Oval
253835	Boys 13-14yrs	1:45-3:00pm	Brit Oval	Thu 5:45-6:45pm Brit Oval
253829	Girls 13-14yrs	1:45-3:00pm	Brit Oval	Thu 5:45-6:45pm Brit Oval
259816	Boys 15-17yrs (Clinton)	3:15-4:30pm	Brit Oval	Thu 5:45-6:45pm Clinton Park
259817	Girls 15-17yrs (Clinton)	3:15-4:30pm	Brit Oval	Thu 5:45-6:45pm Clinton Park
259716	Men 18yrs+ (Clinton)	1:45-3:00pm	Empire South	Thu 7:00-8:00pm Clinton Park
253822	Women 18yrs+	1:45-3:00pm	Empire North	Thu 7:00-8:00pm Brit Oval

Micro Footie Development

Not to be mistaken with our highly popular Spring League, MF Development is a unique coaching experience for youth players. Players in MF Development learn Celtic turns, combination play, taking players on one-on-one, skills, out the box activities, and movement. The MF Development sessions are specifically for players who want to raise their game. **All development players will get early bird registration for the Micro Footie 2020 season (April-June).**

Sun	Jan 12-Mar 15	Gym D	J.Kyle
247730	4-5yrs	9:30-10:30am	\$139/8 sess
247731	5-6yrs	10:30-11:45am	\$139/8 sess
247732	7-8yrs	11:45am-1:00pm	\$139/8 sess
247733	9-10yrs	1:00-2:15pm	\$139/8 sess
247729	11-12yrs	2:30-3:45pm	\$139/8 sess



Tennis Academy

Mini (6-9yrs)

Introduction to tennis for children. Students are introduced to basic forehand and backhand skills while developing hand-eye coordination through a variety of fun games and activities. Bring your own racquet and runners. No class Jan 25.

Sat	2:00-3:00pm	Jan 11-Mar 14
Gym D		\$90/9 sess
247755	JC.Maldonado	

Junior (10-14yrs)

This class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills and will be given the opportunity for game play. Bring your own racquet and runners. No class Jan 25.

247754	Sat	3:00-4:00pm	Jan 11-Mar 14	Gym D	\$90/9 sess
JC.Maldonado					

Future Stars (8-14yrs)

Develop more advanced tennis skills through drills and rallies preparing you for significant game play. This class focuses on the fundamentals of competitive tennis. Bring your own racquet and runners. No class Jan 25.

247753	Sat	4:00-5:00pm	Jan 11-Mar 14	Gym D	\$90/9 sess
JC.Maldonado					

Youth

Social



East Van Science and Maker Jamboree (5-12yrs)

Get out of the rain and shake out your winter blues. Come enjoy some fun science and maker activities for all ages from multiple organizations including: Science World, Genome BC, Repair Cafe, Vancouver Hack Space, Open Science Network, Geering Up, Vancouver Public Library, and many more!

Sat 10:00am-4:00pm Jan 25
Gym D Free

Lunch Hour Drop-in

Come hang out at lunch, play some video games, pool or foosball. Snacks provided.

Wed 11:30am-12:30pm Ongoing
Teen Centre Free

Feast of Flavours (13-18yrs)

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

Tue 4:00-6:30pm Jan 7-Mar 10
55+ Centre Free

Latin Cooking (11-18yrs)

Learn to cook food from various Latin countries. Participants will also learn how to make healthier food choices and to shop on a low budget. Quieres aprender a cocinar comida de varios países Latinos. Ven y aprende como escoger productos que sean saludables y aprende a gustar menos.

Thu 5:00-7:30pm Jan 2-Mar 26
55+ Centre Free

East Van Hip Hop Drop (12-18yrs)

For location update please go to our Facebook page **The Hip Hop Drop - East Van**. All elements welcome: MCs, DJs, Breakers, Graff writers, etc. Come freestyle, dance, make art, or just chill out with the crew!

Wed 5:30-9:30pm Ongoing
Location TBD Free

Free Youth Swim (11-18yrs)

Climb the WIBIT! Contests, prizes, games and crazy staff! First Friday of every month. Be ready to go in the water by 8pm. No swimsuit required. It's not what you're thinking... swimsuits, or clean, recently washed clothing can be worn. No shoes allowed.

Fri 8:00-9:55pm Jan 3, Feb 7
Britannia Pool Mar 6
Free

Camps

Diversity Camp (13-18yrs)

In partnership with the Trout Lake and Thunderbird Community Centre youth programs, spend three days doing activities and having discussions about diversity, human and children's rights, anti-discrimination, respect, inclusion, fairness and peaceful conflict resolution. Youth must be willing to participate, discuss and share in all activities. We will be using activities from the "Play it Fair" and "Speaking Rights" toolkit which promotes the values of children's rights, followed by a discussion of what they felt, thought and learned. Every child has the right to know their rights. **To register, please contact Tom at 604.718.5826.**

Fri-Sun 9:00am-5:00pm Mar 20-22
Camp Capilano \$75/trip

Outdoor Programs

Blackcomb/Whistler Ski & Snowboard

Cost includes transportation, lift, rental and lesson. Youth will be required to ski/snowboard with a certified Whistler Mountain Staff at all times. Bring money or lunch and dress for cold and wet weather. Consent forms will be available one month prior to the trip. Limited spots available on first come basis with consent form and fees. Must register a minimum of 2wks in advance. Registration at the Teen Centre only.

Dec 7, Jan 18, Mar 1 & 14, Apr 19 6:00am-6:00pm \$85 ski/snowboard rental, \$65/no rental

Dragonboat (13-18yrs)

NEW

Britannia Teen Centre's dragon boat team is looking for committed paddlers to be part of this year's team. We will be meeting every week to talk about the upcoming year, paddling techniques, dry-land training, nutrition and twice a week on-the-water practices. The team will participate at the 2020 Concord Vancouver Dragon Boat Festival, June 20th and 21st. Come out join a quest for excellence. No experience necessary.

For more info and to register, contact Tom at 604.718.5826. Practice dates TBD.

The Great Escape Outdoors (GEO)

We offer a variety of outdoor activities for youth 13-18yrs and suitable for almost any level of fitness. It is a great way to explore our incredible surroundings, learn new things and meet great people. Monthly winter activities may include: indoor rock climbing, snowshoeing, and snow tubing. Pick up a monthly calendar to get a complete listing. The Centre provides all necessary equipment, food, transportation, and guides/instructors, unless otherwise stated. Any overnight trip will have 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. **Registration at the Teen Centre only.**

CHILL (10-18yrs)

CHILL provides opportunities for under-served youth to build self-esteem and life skills through board sports. Snowboarding is used as a tool to motivate youth to accomplish goals they never thought they could, while teaching them important life lessons. We give youth the opportunity to make turns that forever change lives.

Weekly themes (persistence, responsibility, respect, etc.) provide an opportunity for kids to relate their on-snow experiences to different aspects or challenges they encounter in their everyday lives. This program is intended for youth who have never had the opportunity to snowboard before.

Participants are provided with everything they need to learn to ride: lift tickets, lessons, transportation, and the use of head-to-toe gear free of charge. Participants are required to commit to all six weeks of the program. Youth are required to meet at Britannia Teen Centre at 3:15pm and will return to the Teen Centre at approx 9:00pm.

To register, please contact Tom at: 604.718.5826.

Dates TBD Free

Adults

Volunteer at Britannia

Get Involved!

Britannia Community Services Centre is like no other facility in the Lower Mainland. Britannia's unique integration of education, recreation, library and social services supports and services the vibrant mix of cultures, ages and incomes in the Grandview Woodland and Strathcona communities. This gives rise to a large variety of volunteer opportunities in cultural, educational, entertainment and sport activities with varied levels of commitment. The ultimate reward is the personal satisfaction achieved by helping to build community in your neighbourhood. The essential contributions by volunteers are recognized throughout the year with special social events, appreciation parties, educational field trips, and training opportunities.

Interested in volunteering with us? Complete an application and view volunteer opportunities at: britanniacentre.org/volunteer



Micro Footie Coaches Needed

Are you passionate about soccer and interested in coaching children and youth? Join 200 other amazing volunteer coaches to inspire the next generation of athletes. Previous coaching experience optional, training provided. The session is from April to June. For more details and to sign up, visit: britanniasoccer.org/volunteer

Tax Clinic Volunteers Needed

Britannia is holding tax clinics in March and April 2020 to help low-income individuals fill out their tax returns. Our clients include families, seniors, and new immigrants to Canada. We are looking for volunteers to prepare tax returns online.

Volunteers will need to register with CRA's CVITP program, complete required training and a criminal record check. Applications accepted until Jan 11, 2020.

Complete an application form at: britanniacentre.org/volunteer

Foods



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

food access for all. In partnership with Britannia Community Centre, the GWFC is pleased to offer a range of community food programs. For more information or if you'd like to get involved, call Ian at 604.718.5895 or visit:

www.gwfoodconnection.com

GWFC FoodFit Program

FoodFit is a free 13-week program for community members who experience barriers to healthy eating and physical activity but who are motivated to make lasting changes to their health. The program combines fun, hands-on cooking sessions and food-based activities, easy-to-understand nutrition information, group exercise, shared meals, and self-directed individual and group goal-setting that reinforces individual and group progress. FoodFit respects the limits of people's circumstances, and aims to give participants simple, useful tools to navigate an increasingly complex food environment.

Britannia Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? Each box is \$15, which can help you save over 40% on your food bill. You get 12-14 varieties of fruits and veggies plus supplemental donations. Pick up your box at Britannia Community Centre. Call to sign up: 604.718.5895.

GWFC Volunteer Opportunities

Are you interested in community food security and food access for all? Volunteer opportunities include cooking, school gardening, media, and communications.

Healthy Chocolate Lovers!

Craving chocolate and a culinary experience? Learn how to make delectable chocolate without processed foods, dairy, or refined sugar. Made with raw cacao and all natural ingredients, the flavours and textures are delicious. Create and taste the chocolatey goodness of truffles, barks and other treats. Take home easy to prepare recipes and confections to indulge in. Facilitated by Riva, a holistic nutritionist (CNP, RCNP) dedicated to helping you overcome health challenges.

Wed 6:00-8:00pm
Preteen Centre
259340 R.Waldman

Feb 5
\$15/1 sess

Jun: The Champagne of Kombucha

If you have made kombucha, a fermented tea made with sugar, you might want to try your hand at brewing Jun which is fermented green tea and honey. Jun is known as the "champagne of kombucha" and is relatively unknown on health food stores' shelves. Join Jennifer as she demonstrates how to brew Jun and have the opportunity to sample this amazing fermented tea.

Wed 6:00-8:00pm
Preteen Centre
259338 J.Lee

Feb 26
\$20/1 sess

Canning 101

Food preservation is a skill as old as eating. In this workshop we'll discuss how people kept food from antiquity to today. Learn about safe canning techniques while preparing seasonal food for water bath canning. Follow in the footsteps of your ancestors and take home a jar of canned food, prepared in community. Toni Glick learned canning by picking cherries on her grandparent's farm and watching her grandma make them into jam.

Sun 3:00-5:00pm
Preteen Centre
259339 T.Glick

Mar 8
\$15/1 sess

Canning Kits to Lend



The GWFC has canning kits available to lend to community members wanting to can at home. Kits include 21 quart canner, canning rack, jar lifter, funnel and lid lifter.



Social

Reconstructing the Man Cave



Open to all individuals who self-identify as men. Come and lend your hand, mind, and leadership to redefine the relationship of Men to the community. The Man Cave is a participant-led community for men's wellness, which prioritizes supportive relationships, engagement in healthcare, and Indigenous world views. Drop-in, hang out, and join us for different activities that focus on the spiritual, physical, emotional and social aspects of wellness. Share your experience, help us promote healthy masculinities and end the narratives that no longer serve us! Session begins Jan 14. All ages.

Tue 4:00-7:00pm Ongoing
Rink Mezz Free
Drop-in T.Everstz

Urban Longhouse & Lounge



From coast to coast, Indigenous peoples continue to revive and reclaim cultural practices. Join us for this opportunity to witness, celebrate and experience the richness of Traditional Indigenous gatherings through diverse songs, drumming, and dance. Celebrations will rotate from week to week. Session begins Jan 16. All ages. See page 6 for more information.

Thu 7:30-10:00pm Ongoing
Rink Mezz/CFEC Free
Drop-in T.Everstz

Arts

Pottery – Introduction

Experience the joy of creating your own dishes from a lump of clay! This course introduces a range of basic methods including hand-building, using the wheel, and surface decoration. No experience necessary! Clay and glazes are included.

Tue 7:00-9:00pm Jan 21-Mar 10
Rm 208 \$209/8 sess
247829 H.Spaxman

Pottery – Continuing

Further develop your pottery skills in hand-building and on the wheel. Attention is given to the sculptural as well as the functional aspects of pottery. Students are self-directed with more one-on-one instruction. Pre-req: Intro to Pottery or permission of the instructor. Clay and glazes are included. Thu and Fri classes may become available with enrolment from a waitlist.

Wed 6:30-9:00pm Jan 22-Mar 11
Rm 208 \$230/8 sess
248122 H.Spaxman

Acrylic Painting

Join Haisla Collins in a series of painting classes including colour theory and exploration, blending paints, mono-printing with acrylics, working with pencils. We will work with landscape, portraiture, figures, abstractions and composition. Bring in your inspiration and your ideas and we can investigate the world of creative exploration together. Haisla Collins is a contemporary Indigenous mural painter and print maker from the territories of the Tsimshian, Nisga'a and Gitxan. Her work is expressive, cosmic and bold. Haisla has a BFA from Emily Carr University, is a community leader for Indigenous Women Artist Collective (IWA), and is lead singer and harmonica player for "Haisla with Nasty, Brutish, and Short." No drop-ins.

Thu 7:00-9:00pm Jan 23-Mar 12
RAR \$144/8 sess
247541 H.Collins



Ayacucho Embroidery

This type of embroidery comes from Ayacucho, Peru. A millenary craft, it uses bright and colorful wool or thread in mostly floral designs. It is best used in cushion covers, but it can be applied to almost any surface (denim, dresses, purses, sneakers, etc). It is easy to learn — create new shapes and mixing different colours while you learn more patterns. No previous experience required. We will be making a pencil or small make-up case. Additional materials, hoop, and needle can be purchased from the instructor.

Sun 12:30-3:00pm Feb 9, Feb 23
Rink Mezz \$75/2 sess
252241 V.Valdegliesias

Draw and Discover – Introductory Workshops

Art is a powerful and unique way to develop and explore our creative forces. In this class, you will increase your ability to communicate visually and learn tools to change the way you see the world and yourself. Some materials supplied.

Sun 1:00pm-4:00pm C.Cohen
Rink Mezz \$38/1 sess
252221 Jan 26
252222 Mar 8

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.

Beginner

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

Tue 8:00-9:30pm Jan 28-Mar 17
Gym C \$140/8 sess
248483 K.Reyes Pena

Beginner/Intermediate

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

Wed 7:30-9:00pm Jan 29-Mar 18
CFEC \$140/8 sess
248484 K.Reyes Pena

Intermediate

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

Mon 7:30-9:00pm Jan 27-Mar 23
Rink Mezz \$140/8 sess
248485 K.Reyes Pena

Advanced

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

Thu 7:30-9:00pm Jan 30-Mar 19
Gym C \$140/8 sess
248486 K.Reyes Pena

Adults

Music

Violin & Fiddle Private Lessons (6yrs+)

30 and 45min private violin lessons for adults and children aged 6yrs+. The teaching method follows the Suzuki Method and covers classical and fiddle. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at fiddlelessons@shaw.ca to arrange lesson time prior to registering. No class Jan 27 and Feb 17.

Mon	3:30-9:00pm	Jan 6-Mar 9
248218	30 min	\$288/24 sess
248219	45 min	\$432/24 sess
RAR	S.Saunders	



Vancouver Latin American Cultural Choir (18yrs+)

Come sing with the Vancouver Latin American Cultural Centre Choir! Our choir meets once a week to learn and practice songs that reflect the immense diversity of musical genres from all over Latin America. Songs are in Spanish and Portuguese. Sergio Pires, the choral conductor, is an educator and music researcher who holds a Doctoral of Musical Arts degree in choral conducting from Boston University and Masters and Licentiate degrees in music from Brazilian institutions. Everyone is welcome to participate. Join this fun community activity, sing, and make friends! Register by email: info@vlacc.ca. Registration doesn't include VLACC membership (\$10). Britannia membership required.

Wed	7:00-9:00pm	Jan 8-Mar 11
55+ Centre		\$60/season

Carnival Band



Looking for an excuse to dust off that horn (clarinet, glockenspiel...) in the back of your closet, dress up, and play in the street? 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. Britannia Membership required. No session Feb 17. For more information and to book the band, email bookings@openairorchestra.com.

Mon	7:30-10:00pm	Jan 6-Mar 30
55+ Centre		Free
T.Sars/R.Barrett		

The Drive Street Band



We are a community music band who play songs ranging from Swing, Jazz, Latin, Old time songs to original compositions. We welcome anyone interested in joining this band, regardless of age or musical experience. Some music reading ability is helpful (high school level sufficient). The only stipulation is that you need a good attitude and an instrument that you can take to the streets. Led by Cory Sweet and Mike Allen. \$2-5 donation. Britannia membership required. No session on March 15.

Sun	3:00-5:00pm	Jan 5-Mar 29
55+ Centre		By donation
C.Sweet/M.Allen		

African Drumming Level 1, 2 & 3

Play traditional West African rhythms on hand drums (djembés) and bass drums (dununs). The Level 1 course is an introduction; no previous experience is needed. Enrolling in Level 2 requires taking Level 1 or permission from the instructor, who can be contacted through his website: www.drumming.ca. Enrolling in Level 3 requires permission from the instructor, or having taken Level 3 previously. Drums supplied during classes at no extra charge.

248111	Level 1	Tue	6:30-7:50pm	Jan 14-Mar 3	\$120/8 sess
248112	Level 2	Tue	8:00-9:30pm	Jan 14-Mar 3	\$120/8 sess
248113	Level 3	Thu	6:30-8:30pm	Jan 16-Mar 5	\$150/8 sess

Solidarity Notes Labour Choir



Solidarity Notes Labour Choir is a group of activists who know that music is more than pleasurable sound. It's a powerful language to educate and connect us and remind us of our strength and history. Throughout history, struggles for labour and human rights have produced music that inspires and reconnects us to hope and possibility. We are a non-auditioned choir and welcome to everyone. For more information please contact Marion at 604.685.5995. No session Jan 26, Feb 16, Mar 29.

Sun	10:30am-12:30pm	Jan 5-Mar 22
LRC		Free

Language

Spanish – Beginners

Learn everyday language so that you can converse in Spanish. Learn about Latin culture and it's language through dynamic and interactive sessions lead by Miss Lili, a highly experienced native speaker.

Tue	1:00-2:00pm	Jan 14-Mar 10
Rink Mezz		\$105/9 sess
248220	Words In Motion	

Spanish – Intermediate

This is for students who have taken Beginners Spanish before and can converse in Spanish.

Tue	2:15-3:15pm	Jan 14-Mar 10
Rink Mezz		\$105/9 sess
248221	Words In Motion	

Scrabble Club

Scrabble Club at Britannia is hosted by the North American Scrabble Club #545. All of us play for the love of the game, some play recreationally, others study and travel to tournaments. If you wish to up your game, we have players willing to mentor. We offer new players one month of advantages. We'll give you the official 2-3 letter word list to study and use while playing plus free challenges and no overtime penalties for a month. \$5/drop-in. www.vancouverscrabble.org

Thu	7:00-10:00pm	Jan 2-Mar 26
FAR		\$58.50/13 sess
248128	C.Williams	

Health & Fitness

Iyengar Yoga

Physically energizing, deeply relaxing and emotionally uplifting, this program offers instruction in classical yoga with an emphasis on self-awareness and development of strength, stamina, flexibility, balance, body awareness, postural alignment and relaxation. It accommodates all levels of fitness and ability and is taught with clarity, creativity, attention to detail and sensitivity to individual needs, in an atmosphere of respect, compassion and humour. Safety, back and joint care will be addressed. \$19/drop-in. claudiamacyoga@gmail.com

Level 1 & 2

247721	Tue	9:30-11:00am	Jan 7-Mar 24	CFEC	\$190/12 sess
247722	Tue	7:00-8:30pm	Jan 7-Mar 24	CFEC	\$190/12 sess

Level 2 & 3

247723	Thu	5:30-7:00pm	Jan 9-Mar 26	CFEC	\$190/12 sess
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C.Macdonald

Yogaflex

Focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Please bring your own mats to this class. \$12/drop-in. No class Feb 16.

247767	Sun	10:15-11:15am	Jan 12-Mar 8	CFEC	\$88/8 sess
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CLS Fitness

Yoga 50+

See page 26 for more information.

247762	Mon	2:00-3:15pm	Set 1	Jan 6-Feb 10	CFEC	\$60/6 sess
247763	Mon	2:00-3:15pm	Set 2	Feb 24-Mar 30	CFEC	\$60/6 sess

J.DeVerteuil

247765	Wed	2:15-3:30pm	Set 1	Jan 8-Feb 12	CFEC	\$60/6 sess
247766	Wed	2:15-3:30pm	Set 2	Feb 19-Mar 25	CFEC	\$60/6 sess

A.McEwan



Gentle Movement for Chronic Pain Program

NEW

This 5 week mindfulness movement program is for anyone living with chronic pain. Developed by physiotherapist Neil Pearson, this program teaches individuals the science of pain and applies that knowledge to relaxation, mindfulness, and gentle movement exercises. Learn how to use movement as a safe pain management practice. No drop-ins.

Day 1: Breath awareness and regulation exercises, pain science slide presentation, body awareness and regulation exercises.

Day 2: Breath awareness and regulation exercises, gentle chair movements, body regulation and awareness exercises, muscle activation series in chair.

Days 3-5: Advance from chair to mat, to standing

Tue	5:00-6:30pm	Jan 7-Feb 4
CFEC		\$25/5 sess
256687	C.Schille RMT	

Axe Capoeira (19yrs+) www.axevancouver.com

Anyone can join! Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language. Classes focus on developing rhythm, reflexes, balance, coordination, strength, flexibility. Unlimited participation in training, dance and music classes. 20\$/drop-in (purchase at Britannia Pool Cashier and bring receipt to instructor). See page 12 for child and youth programs.

247684	Jan/Feb	Tue-Thu 7:30-8:30pm	Sun 12:00-1:00pm	\$240/2 mo
247683	Mar/Apr	Tue-Thu 7:30-8:30pm	Sun 12:00-1:00pm	\$240/2 mo

Location TBD

Ki Aikido

A positive and non-violent art, that teaches you how to transform conflict by leading Ki (energy, intention, spirit). Ki exercises, including breathing and meditation, develop awareness of Ki and mind-and-body coordination. Aikido exercises with partners dynamically apply and enhance understanding of Ki and coordination. Suitable for adults of all ages and levels of physical ability. Beginners may try one free class anytime. High grade classes are for 1st Kyu or more advanced students.

General

247724	Wed	7:30-9:30pm	Jan 8-Mar 25	Mat Rm	\$72/12 sess
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W.Nagata 10/drop-in

High Grade

247725	Mon	7:30-9:30pm	Jan 6-Mar 30*	Mat Rm	\$60/12 sess
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W.Nagata *No class Feb 17 \$6/drop-in

Ki Aikido - Women and Trans Intro Class

247726	Thu	6:15-7:30pm	Jan 16-Feb 6	Mat Rm	\$36/4 sess
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E. Aspinwall \$8/drop-in

Traditional Kung Fu (6yrs+)

Northern Shaolin style class for children and adults. See page 12 for more information.



Adults

ZUMBA® Fitness

This fitness class fuses Latin and international rhythms with easy to follow moves to create a dynamic workout system. Zumba® is a feel happy workout that is great for anyone at any fitness level. It uses a variety of styles including Cumbia, Soca, Merengue, Salsa, Samba, Reggaeton, Flamenco. \$11/drop-in. www.zumbavancouver.ca.

Set I

247769	Mon	6:00-7:15pm	Jan 13-Feb 10	Gym C	\$40/5 sess
247773	Wed	6:00-7:15pm	Jan 15-Feb 12	Gym C	\$40/5 sess

Set II

247770	Mon	6:00-7:15pm	Mar 2-Mar 30	Gym C	\$40/5 sess
247774	Wed	6:00-7:15pm	Feb 26-Mar 25	Gym C	\$40/5 sess

Free Trial Classes



247768	Mon	6:00-7:15pm	Jan 6	Gym C	Zumba Vancouver
247771	Wed	6:00-7:15pm	Jan 8	Gym C	Zumba Vancouver
251510	Mon	6:00-7:15pm	Feb 24	Gym C	Zumba Vancouver
247772	Wed	6:00-7:15pm	Feb 19	Gym C	Zumba Vancouver

Dance Fitness



Get your groove on with Hot Carib and Latin moves (think Zumba!). Classes are designed to increase in intensity over the session. Guaranteed to increase your fitness level while having fun! Purchase drop-in tickets at pool office \$4.75/drop-in or \$39.40/10 tickets.

247735	Thu	6:00-7:00pm	Jan 23-Mar 26	Gym C	\$4.75/drop-in
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Free Trial Classes



247736	Thu	6:00-7:00pm	Jan 9	Gym C	A.Riley
247737	Thu	6:00-7:00pm	Jan 16	Gym C	A.Riley

Strength & Sculpting

A High Intensity Interval Training (HIIT) workout to shape your abs, legs and arms! Purchase drop-in tickets at pool office \$4.75/drop-in or \$39.40/10 tickets.

247744	Tue	6:00-7:00pm	Jan 21-Mar 31	Gym C	\$4.75/drop-in
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Free Trial Classes



247746	Tue	6:00-7:00pm	Jan 7	Gym C	A.Riley
247745	Tue	6:00-7:00pm	Jan 14	Gym C	A.Riley

Salsa Fit

An invigorating and energizing cardio combining high/low impact aerobics with a salsa flare. Great music and lots of fun. Includes a muscular strength component and stretching. Purchase drop-in tickets at pool office \$4.75/drop-in or \$39.40/10 tickets.

247740	Sat	10:00-11:00am	Jan 4-Mar 28	Gym C	4.75/drop-in	Zumba Vancouver
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Stretch Therapy

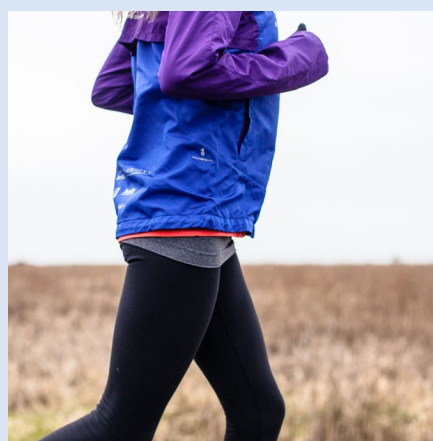
Learn the contract and relax PNF stretching technique and partner assisted techniques to release fascia, tight muscles and unlock your joints. Release your hamstrings, hips, back, and shoulders to improve posture, mobility, range of motion. \$25/drop-in. For more information, visit www.stretchtherapyvancouver.com/community-centres.

Set 1

Mon	7:00-8:15pm	Jan 6-Feb 10
CFEC		\$120/6 sess
247747	R.Cole	

Set 2

Mon	7:00-8:15pm	Feb 24-Mar 30
CFEC		\$120/6 sess
247748	R.Cole	



SportMedBC 10K InTraining Program

Formerly called "Sun Run In Training". Whether you're a runner or a walker of any level., the internationally regarded SportMedBC 10K In Training Program will help you reach your fitness and health goals in a safe and supportive environment! The 13-week program, designed by SportMedBC's RunWalk Coach and Olympian Lynn Kanuka, will gradually develop your strength and stamina so that you can train injury-free and prepare for the 10K distance. Choose to register for a 10K event or just to join the InTraining community of walkers and runners across the province and receive: 13 guided run/walk sessions with trained leaders, a logbook with your 13 week training plan, exclusive gear, nutrition tips, fun times and more! Other programs such as Learn to Run 10K, RunWalk 10K, Run 10K Stronger, Walk 10K are still part of this program. For more information, check out the SportMedBC website at www.sportmedbc.com.

Please note: Sun Run registration is not included - you must register on your own. SportMedBC Refund Policy: \$75 refund after the first class. No refunds after Jan 27 (the second class.)

255206	Mon	6:30-8:30pm	Jan 20-Apr 13	LRC*	\$99/13 Sess
SportMedBC		*Feb 17 & Apr 13 location TBD.			

Sports

BC Wheelchair Basketball (16yrs+)

Fri 6:45-9:00pm Jan 3-Mar 27
Gym D Free

Photo credit: BC Wheelchair Basketball.



Basketball

Come get your sweat on with our 5 on 5 full court basketball. First to 15 points, then rotate. 15 players max. No drop-ins. No class Feb 16.

Sun 2:00-4:00pm Jan 12-Mar 29
Gym C \$60.50/11 sess
247702 S.Yan

Sun 4:00-6:00pm Jan 12-Mar 29
Gym C \$60.50/11 sess
247703 J.Leong

Micro Footie Women's Development Program

A weekly training session comprised of skills for the first hour followed by small sided micro footie games for the second hour. A great tool for fitness, a wonderful opportunity for skill development, and a fantastic social.

All registrants will get access to early bird registration for the 2020 MF Women's Soccer season. Taught by Jason Kyle: FIFA B License, MF Founder, 2018 & 2016 BC Summer Games Coach, MF mentor to coaches. No class Feb 17.

Mon 7:45-9:45pm Jan 13-Mar 20
Gym D \$160/8 sess
247734 J.Kyle

Ball Hockey – Women

The focus is on fitness and fun for players of all levels. Bring a black and white t-shirt to split into teams. Sticks provided, or bring your own plastic, wood, composite. Shin pads and gloves recommended. \$6/drop-in. No class Feb 16.

Sun 4:15-6:00pm Jan 5-Mar 29
Gym D \$71.50/12 sess
247701 B.Chu

Ball Hockey – Men (40yrs+)

This is a no body contact hockey program. Rough play will not be tolerated. No league players. No drop-ins. No class Feb 16.

Sun 6:45-8:45pm Jan 5-May 3
Gym D \$93.50/17 sess
247700 T.Gill

Ball Hockey – Coed

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. Register early.

Wed 7:15-8:45pm Jan 8-Mar 25
Gym D \$66/12 sess
247699 T.Wells

Pickleball

Pickleball is a combination of Ping-Pong, tennis, and badminton. This popular, easy-to-learn and exciting game will get you moving in new and interesting ways. Bring your own paddles and ball if you have them and bring all your friends! \$4/drop-in. No class Jan 12 & Feb 16.

Sun 9:00am-12:00pm Jan 5-Mar 29
Gym C \$44/12 sess
247739 P.Tsao

Badminton

Total 30 spaces available (registered and drop-in). \$5/drop-in, space permitting. No class Feb 21.

Fri 7:00-9:45pm Jan 10-Mar 27
Gym C \$49.50/11 sess
247694 A.Leung

Sat 1:30-5:00pm Jan 11-Mar 28
Gym C \$54/12 sess
247695 T.Flores

Soccer – Women's Indoor

All fitness and skill levels welcome. Expect low-key, limited body contact, clean and fun play. Registered players arrive by 6:15pm to hold your spot. 15 spaces available per session. \$5/drop-in, space permitting.

Fri 6:00-7:30pm Jan 9-Mar 26
Gym D \$60/12 sess
247741 T.Harley

Britannia Boxing (6yrs+)

The new Britannia Boxing Club is ready! 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! You'll break a sweat, but can work at your own pace. Come train as you like—classes are unlimited. The Boxing Room is located in Gym C. Note: First time participants, pay \$20/drop-in. After this, participants will be expected to pay the \$75/month fee. Monthly fee cannot be prorated.

M/W/F	5:00-6:30pm	16yrs+ Only
T/Th	5:00-6:30pm	6-15yrs Only
Sat	2:00-4:00pm	6yrs+
Boxing Rm		J.Peterson
247707	Jan	\$75/mo
247706	Feb	\$75/mo
247705	Mar	\$75/mo

Volleyball

Please register for a volleyball session to guarantee a spot to play every week. Each person can purchase up to 2 drop-ins per night (no phone-ins). After 4 sessions of volleyball have passed, registration will close. After this time we will only accept drop-ins (if available). If a registered patron anticipates being late, they will need to phone in to the Pool Cashier (604.718.5831) at least 15 mins prior to the program start time to hold their spot. If they fail to do this, their registered spot will become open to drop-ins for that session. If you are a drop-in, you will be asked to pay and sign in at the Pool Cashier's office and submit the receipt to the Instructor in the gym.

Beginner

Basics are emphasized. A total of 42 spaces allotted. \$6/drop-in, space permitting.

Thu 7:00-10:00pm Jan 9-Mar 19
Gym A/B \$50/10 sess
247760 R.LeBlanc

Intermediate

We work on specialized game play. If you have the basics please join us! A total of 30 spaces allotted. \$6/drop-in, space permitting.

Tue 8:00-10:00pm Jan 7-Mar 17
Gym A/B \$55/11 sess
247761 R.LeBlanc

Advanced

We use specialized game play and advanced systems. A total of 36 spaces allotted. \$6/drop-in, space permitting.

Fri 7:00-10:00pm Jan 10-Mar 27
Gym A/B \$55/11 sess
247759 R.LeBlanc

55+ Older Active Adults

Welcome to the 55+ Centre

Whether you want to register for a class, drop-in for lunch or just rest your feet awhile with a cup of coffee or tea, we welcome you.

Drop-in Hours

Mon 10:00am-5:00pm
Tue 9:00am-3:00pm
(Vietnamese 55+ Day)
Wed 12:00-5:00pm
Thu/Fri 10:00am-5:00pm
Sat/Sun 10:00am-3:00pm
*except during special events.

Computer Lab Hours

Drop-in to practice your skills, research and use the internet. The lab is closed for 55+ special events and Stat Holidays.

Wed-Fri 11:00am-4:00pm
Sat/Sun 1:30-3:00pm

Registration for 55+ Programs

Registration for programs starts on Tue, Dec 3 at 9:00am (online and in-person only) and at 1:00pm by phone.

Registration for FREE programs starts on Wed, Dec 4 at 9:00am (online and in-person only) and at 1:00pm by phone.

604.718.5800 (1) www.vancouver.ca

55+ Centre Staff

Anne Cowan 604.718.5837
Kya Prince 604.718.5837
Daniel Cook 604.718.5837
Luong Ho 604.718.5818

Seniors, Elders and Advocates (SEA) Committee



We meet on the 3rd Wednesday of every month to discuss what matters to seniors and older adults in our community. Inclusion, representation and participation of seniors and Elders is of the utmost importance as we discuss programs and services to offer the community that are relevant, needed and valued. New members are welcome and encouraged.

Wed 3:30-5:00pm **Jan 15, Feb 19**
55+ Centre **Mar 18**
248706

Vietnamese Program

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

Chương Trình Cao Niên Việt Nam

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 hàng 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.

Nhảy Nhịp Điệu/Vietnamese Line Dancing

Lớp line dancing miễn phí được tổ chức chung với cơ quan REACH. Dành cho quý vị tuổi từ 55 trở lên tham dự. Lớp hướng dẫn các điệu nhảy line dancing vui nhộn và nhẹ nhàng. Xin liên lạc Luong Ho 604.718.5818.

Free admission for active 55+ Vietnamese adults to enjoy. This is a joint program with REACH. For more information, contact Luong Ho at 604.718.5818.

248717 **Fri** 10:00am-12:00pm Jan 3-Apr 3 **CFEC** **Free***

*Registration required



Computer Classes

Computer & Internet Beginners

The YMCA of Greater Vancouver is offering FREE 2hr workshops to help increase participants comfort levels with current technology including computers, tablets, and smart phones. Participants will learn about engaging with computers and internet, using email, web browsing, search engines, online databases, and how to access emerging technologies. The goal of this program is to increase participants digital literacy, improve their internet safety, and increase computer skills. No class Feb 17. Please register in advance.

Set 1

Mon 10:00am-12:00pm **Jan 6-Feb 24**
55+ Centre **Free***

248723 **C.Jones**
*Registration required

Set 2

Mon 10:00am-12:00pm **Mar 2-Apr 6**
55+ Centre **Free***

248724 **C.Jones**
*Registration required

55+ Older Active Adults

Weaving Our Community Together



Indigenous Services Canada



What is WOCT?

Weaving our Community Together brings Indigenous youth, elders and other community members together for mutual sharing, learning, connecting and growing. WOCT features elder and youth circles, mentorship activities, cross-cultural sharing, and outreach to promote belonging, respect, cultural pride, and intergenerational learning.

www.britanniacentre.org/programs/adult_55and/program_overview/articles/1007.php

WOCT Wednesday Elders Group



Enjoy Cultural Crafting, peer support and sharing with Indigenous and non-Indigenous Elders and others.

248725 Wed 1:00-4:00pm Jan 8-Apr 8 (ongoing)
55+ Centre Free*

WOCT Thursday Elders Craft Collective



Following in the footsteps of traditional Grandmothers, we share traditional artistic skills and cultural knowledge with all generations. Afternoon crafts, food and sharing. Everyone welcome.

248726 Thu 1:30-4:00pm Jan 2-Apr 9
55+ Centre Free*

WOCT Indige-Fitness



A workout session that draws inspiration from the daily lives of Indigenous Peoples.

259590 Wed 2:00-3:00pm Jan 8-Apr 8 (ongoing)
~~55+ Centre~~ Free*

CANCELLED

WOCT Indigenous Lead Drum Circle



Drumming, singing, smudge and cultural stories.

Tue 5:00-7:30pm Jan 7-Apr 7
REACH/CFEC Free*
248728

WOCT Monthly Gatherings



Drumming, singing, dinner and ceremony. Takes place on the 3rd Tuesday of every month.

Tue 5:00-7:00pm Jan 21, Feb 18,
55+ Centre Mar 17
248727 Free*

*Registration required for all WOCT programs.



HATTA: Hat Weaving Arts & Health Project



Together with Haida artist Giihlgiiagaa Todd DeVries, Elders and others gather weekly in a supportive environment of community engagement and cultural learning. Now accepting applications for spring sessions. Applications available at the 55+ Centre from Kya.

Thu 1:30-4:00pm Feb 6-May 21
CFEC Free
253157 T.DeVries

Sunday Movie Night Series



Everyone is welcome to attend our drop-in movie night. No movie Mar 15. Please see www.britanniacentre.org for the schedule.

Sun 6:00-9:00pm Jan 5-Apr 5
55+ Centre Free
251126

Ukulele for Beginners



No ukulele experience needed! Ukulele provided. Please register in advance.

Mon 10:00am-12:00pm Jan 20-Mar 9
55+ Centre Free*
260046 J.Belanger
*Registration Required

*An additional Monday afternoon Ukulele Circle
1:00 - 2:30pm Jan 13, Feb 10, Mar 9

Ukulele Jam Drop-in



Thu 10:30am-12:30pm Jan 9-Mar 27
55+ Centre Free
260055

Quirk-e



Quirk-e is the Queer Imaging and Riting Kollektive for Elders experimenting with language, printed text, graphics, digital imagery, spoken word, and performance. Call 604.718.5837 for an application.

Wed 10:00am-12:00pm Ongoing
55+ Centre Free
251128



55+ Older Active Adults

Social Programs

55+ Lunch Drop-in

Noon lunch drop-in on Mon and Fri. No need to register, just drop-in for some social time and a full meal.

Mon	12:00-1:00pm	Ongoing
Fri	12:00-1:00pm	Ongoing
55+ Centre		\$5/drop-in

55+ Pot Luck Lunch

Bring a little something to share on the last Thu of every month.

Thu	12:00pm	Jan 30, Feb 27
55+ Centre		Mar 26
248729		Free

Indigenous Reads Book Club

Interested in reading Indigenous stories and authors? Join us on the 2nd Thu of the month to discuss great Indigenous literature with other like-minded readers. Pick up books at the Britannia Library.

Thu	2:00-3:30pm	Jan 9, Feb 13
Britannia Library		Mar 12
248731		Free*

*Registration required.

55+ Britannia Book Club

Join us for cozy afternoon discussions on the 3rd Wed of each month. Pick up your book at Britannia Library.

Wed	2:45-4:45pm	Jan 15, Feb 19
Britannia Library		Mar 18
248730		Free

Health & Fitness



Boxfit for Seniors 55+

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

Fri	1:00-2:00pm	Jan 10-Mar 27
Boxing Room		Free*
253011		*Registration required



Yoga 50+

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

Yoga can improve your flexibility, mobility, balance, bone density, and strength. In addition to physical health benefits, yoga has a calming effect on the mind and nervous system. \$13/drop-in.

Mon	2:00-3:15pm	\$60/6 sess
CFEC		J.DeVerteuil
Set 1	Jan 6-Feb 10	247762
Set 2	Feb 24-Mar 30	247763

Wed	2:15-3:30pm	\$60/6 sess
CFEC		A.McEwan
Set 1	Jan 8-Feb 12	247765
Set 2	Feb 19-Mar 25	247766

Osteofit

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.

Program is taught by trained Osteofit fitness instructor. \$13/drop-in, space permitting. No class Feb 17.

Set 1		
Mon	11:00am-12:00pm	Jan 6-Feb 10
248721		\$60/6 sess
CFEC	B.Bahrami	

Set 2		
Mon	11:00am-12:00pm	Feb 24-Apr 6
248722		\$70/7 sess
CFEC	B.Bahrami	

Badminton – Seniors 55+

A fun way to stay fit with others 55+. \$3/ drop-in, space-permitting. Please pay at the pool office and bring receipt to the instructor. No class Jan 15 & Feb 17.

Mon/Wed	11:20am-12:35pm	Jan 6-Mar 30
Gym C		\$24/23 sess
247696	T.Nguyen	

Tue/Thu	11:20am-12:35pm	Jan 7-Mar 31
Gym C		\$24/24 sess
247697	T.Nguyen	

Sat	2:00-4:00pm	Jan 4-Mar 28
Gym A		\$20/13 sess
247698	W.Lee	



Friday Wellness

Exercise with Friends

Senior-led video exercise with light and easy movement.

Fri	10:00-11:00am	Jan 10-Apr 3
55+ Centre		Free*
248719		*Registration required.

Blood Pressure & Sugars

RN Monica will chart pressures. Drop-in and see her to keep track of your health.

Fri	11:15am-12:00pm	Jan 10-Apr 3
55+ Centre		Free*
248720		*Registration required.



Advanced Foot Care

Available by appointment only: RN M.Rinard, 604.228.0261.

Fri	1:00-4:00pm	Ongoing
55+ Centre		

55+ Older Active Adults

Dance

Chinese Folk Dance

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

Thu 9:00-11:00am Jan 2-Mar 26
CFEC **Free***

248715 H.Lin
*Registration required

Classical Chinese Dance

Classical Chinese dance uses body language to express graceful movements to music. This is a great way to enjoy music, exercise and learn Chinese culture! No class Feb 16.

Sun 2:00-4:00pm Feb 9-Mar 29
CFEC **\$20/12 sess**

248716 V.Ng

Line Dancing

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 Jan 7-Apr 7
CFEC **\$20/14 sess**

248709 A.Chiu

Contemporary Balletic Dance

Come and join this contemporary Balletic Style dance class designed for active adults 55+. These friendly and supportive dance classes are adapted to each person's abilities. No dance experience necessary.

Sessions include a simple warm-up, stretching and movement sequences designed to increase strength, balance, flexibility, coordination. Dance movements are taught through short combinations that culminate into simple dances. This is a fun way to get exercise, meet people and have an enjoyable time dancing to beautiful music in expressive and fun ways. Everyone is welcome.

Wed 1:00-2:00pm Jan 8-Mar 25
CFEC **\$50/14 sess**

248711 Hilary

Vancouver Morris Men's Dance

Enjoy various styles of English traditional Morris Dance and music. This program is intergenerational and runs all year round. If you are interested, drop-in to register.

Tue 7:30-9:30pm Jan 7-Apr 7
Rink Mezz **Free***

*Drop-in to Register

Nhảy Nhịp Điệu/ Vietnamese Line Dancing

Lớp line dancing miễn phí được tổ chức chung với cơ quan REACH. Dành cho quý vị tuổi từ 55 trở lên tham dự. Lớp hướng dẫn các điệu nhảy line dancing vui nhộn và nhẹ nhàng. Xin liên lạc Luong Ho 604.718.5818.

Free admission for active 55+ Vietnamese adults to enjoy. This is a joint program with REACH. For more information, contact Luong Ho at 604.718.5818.

Fri 10:00am-12:00pm Jan 3-Mar 27
CFEC **Free***

248717 *Registration required

Social Ballroom Dance

Come join our Social Ballroom Dance to practice your moves and have fun in styles of Cha-Cha, Rhumba, and Waltz. There is no instructor for this session — this is an open time to practice.

Fri 2:00-4:00pm Jan 3-Mar 27
CFEC **Free***

248713 *Registration required

55+ Weekly Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Computer & Internet Beginners* 10:00am-12:00pm	Vietnamese Drop-in 9:00am-3:00pm	Quirk-e 10:00-11:00am	Chinese Folk Dance 9:00-11:00am	FREE Seniors Only @ Fitness Centre 9:00-10:00am	No programs on Stat Holidays. *Registration required. General registration opens Tue, Dec 3 at 9:00am in-person and online, and at 1:00pm by phone. Registration for free programs opens Wed, Dec 4 at 9:00am in-person and online, and at 1:00pm by phone.	
Ukulele for Beginners 10:00am-12:00pm	Badminton* 11:20am-12:35pm	Contemporary Balletic Dance* 11:00am-12:30pm	Ukulele Jam Drop-in 10:30-12:30	Vietnamese Line Dance* 10:00am-12:00pm		
Osteofit* 11:00am-12:00pm	Line Dancing* 1:00-3:00pm	Badminton* 11:20am-12:35pm	Badminton* 11:20am-12:35pm	FRIDAY WELLNESS Exercise with Friends* 10:00-11:00am	Computer Lab Drop-in 1:30-3:00pm	Sat Badminton* 2:00-4:00pm (Gym A)
Badminton* 11:20am-12:35pm		Computer Lab Drop-in 11:00am-4:00pm				
Lunch Drop-in 12:00-1:00pm	WOCT Drum Group* 5:00-7:00pm	WOCT Elders Group* 1:00-4:00pm	Elders Craft Collective* 1:00-4:00pm	Lunch Drop-in 12:00-1:00pm	Sun Chinese Classical Dance* 2:00-4:00pm	
Yoga 50+* 2:00-3:15pm		Yoga 50+* 2:00-3:15pm	HATTA Hat Weaving* 1:30-4:30pm	Foot Care (by appointment only) 1:00-4:00pm	Sun Movie Night Line-up 6:00-9:00pm	
	Morris Men's Dance 7:30-9:30pm			Boxfit* 1:00-2:00pm		

Fitness Centre

Welcome to the Fitness Centre

Hours

Mon-Fri	6:30am-9:55pm
55+ ONLY Fri	9:00-10:00am
Sat	12:00-7:55pm
WOMEN ONLY Sat	9:00am-12:00pm
Sun	10:00am-7:55pm
TGD2S* Sun	8:00-10:00am

*Trans, Gender Diverse, Two Spirit

Free for Britannia Members

Tue/Fri	10:00am-12:00pm
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Holiday Hours

Dec 24	Christmas Eve	6:30am-5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-5:00pm
Dec 31	New Year's Eve	6:30am-5:00pm
Jan 1	New Year's Day	1:00-5:00pm
Feb 17	Family Day	1:00-5:00pm

Facility Orientations

Let us help you reach your fitness goals. Whether you need instruction, motivation, or support, our highly trained staff are here to help you succeed. Enlist one of our staff to get you started in the Fitness Centre with an orientation on our fitness equipment and a starter fitness program. Please call ahead to make an appointment for a fitness orientation 604.718.5842.

Flexipass Membership

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

Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists, and physio-therapists. Outside trainers will need to be registered with either the Park Board or Britannia. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$6.41 per client also applies.

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.

Trans, Gender Diverse, Two Spirit (TGD2S) Sundays

A dedicated weekly drop-in time at Britannia's Fitness Centre for all trans, gender diverse and Two Spirit community members.

Sun	8:00-10:00am	Ongoing	Fitness Centre	Drop-in fee
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Weight Training for Women – Beginner

Learn the safe and effective components of a weight training workout and develop a fitness program suited to your personal needs and goals. Britannia membership and pre-registration required.

Sat	10:00am-12:00pm	Jan 11-Feb 1	Fitness Centre	\$35/4 sess
259878	Valentine			

Weight Training for Women – Intermediate

For those who have taken the beginner course. We demystify the free weight area, providing alternative exercises with free weights to keep you challenged, motivated, and progressing toward your goals. Britannia membership and pre-registration required. Successful completion of the beginner class required.

Sat	10:00am-12:00pm	Feb 8-Feb 29	Fitness Centre	\$35/4 sess
259880	Valentine			

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.

Fri	9:00-10:00am	Feb 7-Feb 28	Fitness Centre	\$30/4 sess
Jane				

Strength Training for Adults 55yrs+ – Intermediate

This course will build on the introductory strength course and is also appropriate for individuals who have been training for a number of years. We will explore ways to intensify your cardio training and expand on your repertoire of exercises. Please pre-register a week prior to the start date so that a confidential health screening can be done.

Fri	9:00-10:00am	Mar 6-Mar 27	Fitness Centre	\$30/4 sess
Jane				

30 Minute HIIT

Get a high intensity interval training workout on your lunch hour with time to spare. In-person registration only, starting at noon. Drop-in only. 5 participants max.

Wed	12:15-12:45pm	Ongoing	Fitness Centre	Drop-in fee
Manolo				



Seniors Fitness 2020 Calendar For Sale

Britannia volunteers created a 2020 Calendar to promote seniors' healthy lifestyles, featuring inspirational gym goers over 55 in our community. Each month the calendar will highlight one or more of these amazing people and their stories. Get the calendar and be inspired by these extra-ordinary seniors! Proceeds support Britannia's volunteer program.

Purchase at the Info Centre. \$5

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 sauna in the change room. For those with young children, we also have a warm, shallow Leisure Pool equipped with a variety of spray features.

Holiday Hours

Dec 24	Christmas Eve	6:30am-5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-5:00pm
Dec 31	New Year's Eve	6:30am-5:00pm
Jan 1	New Year's Day	1:00-5:00pm
Feb 17	Family Day	1:00-5:00pm

Please note that there will be no lessons on the above dates.

Contact

Pool Cashier Office* 604.718.5831
 Recreation Programmer 604.718.5830
 *Pool office closes 30 min before

Admission Policy for Children

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

Pool and Fitness Centre Committee

New members welcome! This is an advisory committee which provides recommendations to the Britannia Board of Management in the area of Pool and Fitness Centre programming and facilities. Meetings take place on the last Tuesday every other month. For more information, please contact the Pool Programmer at 604.718.5830.

Tue 6:00pm Jan 28, Mar 31
 Conference Room

www.britanniacentre.org/facilities/community_centre/pool.php

Drop-in Schedule

Our current pool schedule is available at the Pool Cashier, Info Centre and online at: www.britanniacentre.org/facilities/community_centre/pool.php

Our special Dec 16-Jan 6 holiday schedule will be available in-person and online.

Lengths

The pool is divided into 25 metre length 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. Note: patrons under 16yrs must speak to one of the lifeguards prior to attending these sessions.

Aquafit

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

Public Swim

Swim, dive, splash, have fun! All are invited to join in the activities. Two lanes are usually set aside for length swimmers. The leisure pool is open during this time for soon to be mothers and parents with young children. During some public swim sessions only part of the pool is available. The pool may be shared with Aquafit, lessons, school groups or swim club.

Range of Motion (ROM)

Drop-in water exercises to music. Individuals work to their own ability. This is a gentle, no impact shallow water workout to enhance joint mobility. Participants must be independent in the water to participate. Classes are led by certified instructors.

Parent and Tot

The leisure pool is open during all public swims for soon to be mothers and parents with young children five years and under. The parent and tot pool is not open to the public during lessons or lengths.

Youth Swim (11-18yrs)



The first Friday night of every month from 8:00-10:00pm is reserved for youth to swim and play with their friends. No public use of steam room or whirlpool. Free!

Fri 8:00-10:00pm Jan 3, Feb 7
 Free Mar 6



Inflatable Fun

Water inflatable obstacle course. Portions of the pool are reserved.

Sat 2:00-4:55pm Jan 4, Feb 1
 Drop-in fee Mar 7

Pool and Fitness Centre Fees 2019 (including GST)

Please Note: Prices are subject to change without notice.

	Drop-In	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$6.41	\$52.08	\$49.47	\$133.35	\$427.33	\$3.00
Youth (13-18)	\$4.58	\$36.46	\$34.63	\$93.35	\$299.13	\$1.00
Child (6-12)	\$3.22	\$26.04	\$24.74	\$66.68	\$213.66	\$1.00
Senior (65+)	\$4.58	\$36.46	\$34.63	\$93.35	\$299.13	\$1.00
Britannia-Only Senior (55+)	\$4.58	\$36.46	\$34.63	\$93.35	\$299.13	\$1.00

Family Drop-in Rate = 1 to 2 adults of the same household and their children under 19yrs. Minimum \$6.44 admission.

Leisure Access Fitness Centre

Aquatics

Swimming Lesson Registration

Online and in-person registration for swimming lessons and programs at all pools, for all age groups starts **Tue, Dec 17 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. Please bring the most recent report card to the first day of lessons.

Swim Assessments

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

Refunds & Cancellations

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

Private/Semi-Private Lessons (All ages)

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

Private \$30.50/Semi-Private \$20.50

Red Cross Lessons

Parent & Tot (4-36mo)

Starfish, Duck & Sea Turtle: Introductory classes for babies/toddlers and their parent or caregiver to begin experiencing buoyancy and movement and start developing skills in swimming, glides and floating.

Preschool (3-5yrs)

Sea Otter, Salamander, Sunfish, Crocodile, & Whale: From introductory classes focusing on confidence in the water and skills, to intermediate strokes and distances.

Swim Kids (5-12yrs)

Swim Kids 1-10: Starting at entry level working on water safety, stroke development and confidence in the water. As swimmers develop, classes are focused on challenging them and encouraging positive change.



Birthday Parties

Book the parent and tot pool for your birthday party! Maximum of 30 people per party. Register online, in person or by phone 604.718.5831. You may also arrange to rent a party room through the Community Centre's Facility Support Clerk at 604.718.5812.

Sat 1:00-2:00pm \$75
(includes lifeguard fee)



Parent & Tot, Children's Spring 2019 Swim Lesson Sets			
Mon	10:45-11:15am	Jan 6-Mar 9	9 lessons
Mon & Wed - Set 1	3:30-7:00pm	Jan 6-Feb 5	10 Lessons
Mon & Wed - Set 2	3:30-7:00pm	Feb 10-Mar 11	9 lessons
Tue	10:45-11:15am	Jan 7-Mar 10	10 Lessons
Wed	10:45-11:15am	Jan 8-Mar 11	10 Lessons
Thu	10:45-11:15am	Jan 9-Mar 12	10 Lessons
Fri	3:30-7:00pm	Jan 10-Mar 13	10 Lessons
Sat	9:00am-1:00pm	Jan 11-Mar 14	10 Lessons
Sun	11:00am-2:30pm	Jan 12-Mar 15	10 Lessons

Lesson Fees 2019	9 Lessons	10 Lessons
Parent & Tot (30 min parented)	\$64.74	\$71.50
Preschool (30 min)	\$64.74	\$71.50
Swim Kids 1-4 (30 min)	\$57.45	\$63.40
Swim Kids 5-10 (40 min)	\$64.74	\$71.50
Adults (40 min)	\$97.41	\$107.80

Saoirse Sankey Memorial Award for Lifeguard Training & Career Development

This award is presented to local Britannia youth to support their training and attaining certifications to become employable as lifeguards and/or swim instructors.

Saoirse Sankey (May 3, 1992 - August 31, 2012) spent much of her short life in the waters of Britannia — from blowing bubbles as a "water baby" to years of dedicated service as a swim instructor and lifeguard. This award honours Saoirse and all those who supported her on this path. Please contact the Pool Programmer at 604.718.5830 for more information or to apply.



Lifesaving Programs

Canadian Swim Patrol (8-12yrs)

The Canadian Swim Patrol (Rookie, Ranger and Star) program provides training for those who are ready to learn basic lifesaving skills. Each level has three modules: Water Proficiency, First Aid, and Recognition & Rescue. Prerequisite: Ability to swim in deep water, swim 25m and tread water for 1 min.

Sun 5:00-6:00pm Jan 12-Mar 15
259905 \$78.40/10 sess

Bronze Medallion (13yrs+)

Learn the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Learn lifesaving techniques, self-rescue, and tows and carries for rescues of increased risk involving conscious and unconscious victims in varying water depths. Develop stroke efficiency and endurance in timed swims (500m). Includes CPR-A. Prerequisite: 13yrs+ or completed Bronze Star; ability to swim 100m in deep water and 500m in 15 mins or less. Canadian Lifesaving Manual required. Purchase at the front desk for \$36.

Sun 10:00am-2:00pm Jan 12-Feb 9
259904 \$202.68/5 sess



Britannia Swim Club Programs

Britannia Swim Club (8-18yrs)

Join our non-competitive Swim Club team. We focus on stroke development, endurance and drills. We also practice dives and flip turns to encourage a full Swim Club experience. Prerequisite: Swimmers must be at Swim Kids Level 5 or higher. Stroke evaluation is available. Register for one or both days.

Tue 6:30-7:45pm Jan 7-Mar 10
Thu 6:30-7:45pm Jan 9-Mar 12

One day/wk \$60/season
Two days/wk \$90/season

Britannia Lifeguard Club (8-12yrs)

A fun club designed for Britannia area youth who would like to improve their swimming, develop lifesaving skills and learn basic first aid. The course is designed as a starting point for youth who would like to develop their swimming abilities and learn about safety in and around the water. Please apply at the pool.

Sat 5:00-6:00pm Jan 11-Mar 14
259916 \$60/season

Red Cross Teen & Adult Lessons

Basics 1 (13yrs+)

Learn front and back float, front and back glide with kick, front swim for 10m, shallow water entries and exits, and deep-water activities. No previous experience required.

Wed 6:00-6:40pm Jan 8-Mar 11
259907 \$107.80/10 sess

Basics 2 (13yrs+)

Learn back swim with shoulder roll, front and back crawl (15m), sitting, kneeling, stride and front dives, treading water, and swim a minimum distance of 25m. Prerequisite: Some swimming experience and can front swim 10m comfortably. No class Feb 17.

Mon 6:00-6:40pm Jan 6-Mar 9
259914 \$97.41/9 sess

Swim Strokes (13yrs+)

Choose the stroke(s) you wish to focus on. Participation-based program, individual goals. Prerequisite: Able to swim front and back crawl 15m continuously and comfortable swimming in deep water.

Fri 6:00-6:40pm Jan 10-Mar 13
259915 \$107.80/10 sess



Bronze Cross (14yrs+)

More advanced training, including an intro to safety supervision. Bronze Cross is a prerequisite for all advanced training programs (National Lifeguard and Instructor certifications). Develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing loss of life while developing stroke endurance. Includes a 600m swim and CPR C.

Worth two Grade 11 credits. Prerequisite: Bronze Medallion. Ability to swim 600m in 18 mins or less. Canadian Lifesaving Manual required. Purchase at the front desk for \$36.

Sun 10:00am-2:00pm Feb 16-Mar 15
259903 \$202.68/5 sess

Ice Rink

Public Skates

To view our current public skating schedule, visit: www.britanniacentre.org/facilities/community_centre/ice_rink.php

Holiday Hours

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

Dec 24	Rink closes at 5:00pm	
Dec 25	Closed	
Dec 26	1:00-3:30pm	FREE Skate
Jan 1	1:00-3:30pm	FREE Skate
Feb 17	1:00-3:30pm	FREE Skate

\$99 Winter Ice Sale!

Plan a holiday party between Dec 21, 2019–Jan 5, 2020 for \$99/hour plus GST. Staff charges are not included.

Ice Skating Birthday Parties

Have your child's birthday party during one of Britannia's public skating sessions. A 20% discount on admission is applied to parties of 10+. Adult supervision is required on and off ice at all times and children under 8yrs must be accompanied by an adult on ice. To find out more about room availability, please call the Facility Support Clerk at 604.718.5812.

Join the Arena Committee!

The Arena Committee meets the 1st Tue of the month at 6:30pm in the Rink Activity Room. For more information contact the Arena Programmer, Susy Bando, at 604.718.5836

Special Events

Brit Chill Holiday Skate

Kick off the holiday season with a festive FREE session at the Brit Chill Holiday skate. There will be crafts, treats and a visit from Santa Claus, Frosty and Rudolf.

Sun	1:45-3:15pm	Dec 22
		Free

Stat Holiday FREE Skates!

Free skating sessions will be offered on the following stat holidays at the Rink.

Thu	1:00-3:30pm	Dec 26
Wed	1:00-3:30pm	Jan 1
Mon	1:00-3:30pm	Feb 17

Family Programs



Parent & Tot Skate

Introduce your child to skating in a fun environment. Some ice cleats are available for adults who are not comfortable wearing skates. Take your kids for a spin on the popular on-ice scooters. Sorry, no hockey allowed during this session.

Thu	11:00-11:45am	Jan 9-Mar 19
		Free

Family Fun Hockey (3-12yrs with Adult/s)

This program is perfect for families who want to play casual hockey together. Whether you want to just pass around the puck or get involved in a friendly shinny, this family activity is sure to be a hit with the kids. Helmets are mandatory for all participants and available free of charge. No session Jan 26, Mar 15 & 29.

Sun	12:15-1:30pm	Jan 5-Mar 22
		Regular admission rates apply.

Upcoming Programs

Britannia Co-ed Hockey League

This program is aimed towards novice to intermediate hockey players looking to play in a non-contact recreational hockey league in the "off-season".

Full equipment is mandatory and all players must wear at least a half shield on their helmet. The league plays on Saturday afternoon/evenings from May-August. All players will be assessed and placed onto teams by the league coordinators. Find more information online by mid-February. Registration begins Mar 10, 2020.

Britannia Women's Hockey League

Britannia's popular Women's Hockey league will play from May-July. Games are on Tuesday evenings, May 14-July 30. The games are non-contact, non-aggressive and fun!

Full hockey equipment is mandatory. Look for more information online in mid-February. Registration begins Mar 10, 2020.

Rink Admission Fees

Includes GST. Fees subject to change without notice.

Adult (19-54yrs)	Youth (13-18yrs)	Senior (55yrs+)	Child (6-12yrs)	Family	Skate Rentals	Skate Sharpening
\$6.41/Drop-in \$52.08/10 visits	\$4.58/Drop-in \$36.46/10 visits	\$4.58/Drop-in \$36.46/10 visits	\$3.22/Drop-in \$26.04/10 visits	*at Child rate (Family minimum \$6.41)	\$3.23	\$6.65

- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Board operated rinks. Prices are subject to change without notice.
- A 20% discount on admission is given to groups of 10 or more.
- Stick & Puck sessions are at the Adult rate.
- Flexipasses may be used for public skating and Adult Stick and Puck sessions. For 2019 Flexipass rates, see page 29.
- *Family rate is 1-2 adults from the same household and their children under 19yrs, all present at time of admission. \$3.05 per person (not including taxes).
- Children under 8yrs MUST be accompanied ON-ICE by an individual 16yrs+.
- Helmets are strongly recommended for all public sessions and are mandatory for all participants of Family Fun Hockey.
- Adult hockey programs require full equipment. Participants must sign a waiver at the beginning of each session.

Adult Hockey

Women's Drop-in Hockey

Pick up hockey program for women who want to play hockey in a safe and inclusive environment. Encourage and be encouraged while developing hockey skills. Full hockey equipment is mandatory. No sessions on Mar 15 & 29.

Sun 10:45am-12:00pm Jan 5-Mar 22
\$6.41/drop-in
\$52.08/10 visits



Adult Evening Hockey (19yrs+)

Full hockey equipment is mandatory for these supervised non-contact hockey sessions. Space is limited to 26 players and 2 goalies. Up to 20 spaces available for monthly participants. The remaining spots are available on a first-come, first-serve basis. Sign-up for Thursday sessions starts at 9:30pm. Limited drop-in spaces on Sundays (5-7). Sign-up for Sunday sessions starts at 7:45pm.

All Levels

Thu 11:00pm-12:30am Jan 2-Mar 26
\$10/drop-in*

Intermediate

Sun 9:45-11:15pm Jan 5-Mar 30
\$15/drop-in*
\$50/mo*

*Strip tickets are not valid for these sessions.



Adult Stick and Puck

Come out and practice your hockey skills on the best ice in Vancouver. Please pay at the pool starting 30 mins before. Helmets are mandatory and full hockey equipment is recommended. Sorry, no scrimmage.

Wed 3:15-4:45pm Jan 7-Mar 18
Fri 12:00-1:30pm Jan 3-Mar 20
\$6.41/drop-in
\$52.08/10 visits

Skating Lessons at Britannia

Registration for **Set 1** winter skating lessons begins on Dec 18, 2019 at 9:00am in-person and online, and at 1:00pm by phone. Registration for **Set 2** winter skating lessons begins on Feb 12, 2019 at 9:00am in-person and online, and at 1:00pm by phone.

Please note: skating lessons are very popular and fill up quickly.

All skating lesson participants must wear a CSA-certified hockey helmet or a snowboarding helmet. In accordance with new safety measures, cycling helmets are no longer permitted. A limited number of hockey helmets are available to use free of charge.

Private Skate Lessons

Learn one-on-one with one of Britannia's skating instructors. Perfect for someone looking for a little extra attention or wanting to brush up on a single skill or two. Private lessons are available on Saturday mornings and Tuesday evenings during the Learn to Skate lesson times.

Figure Skating Lessons

Vancouver's only recreational figure skating lessons are offered to both children and adults.

To enroll in this unique recreational program, you must be able to balance comfortably on one foot while skating both forwards and backwards, perform one and two foot turns and/or have completed level 6 in the Vancouver Learn to Skate program.

Power Skating Lessons

Improve your strength, speed, power for more effective skating during games. Must have passed Level 5 in Learn to Skate or have equivalent skills. Full hockey gear is recommended. Helmet, gloves and stick are mandatory. No session Mar 15 & 29.

Set 1

Level 1
Sun 3:30-4:15pm Jan 5-Feb 9
\$45/6 sess

Level 2
Sun 4:30-5:15pm Jan 5-Feb 9
\$45/6 sess

Set 2

Level 1
Sun 3:30-4:15pm Feb 16-Apr 5
\$45/6 sess

Level 2
Sun 4:30-5:15pm Feb 16-Apr 5
\$45/6 sess

Learn to Skate Lessons (3yrs+)

These popular lessons focus on skill acquisition through activities and games. To ensure you register for the correct level, please refer to your most recent Skating Report Card or the specific level descriptions to determine which class best matches the skater's ability. If you are unsure of which level to register in, have an on-ice evaluation completed during a public skate at any Vancouver Park Board Rink. Find a full description of levels online. **Please note that students will not be transferred into another level if they are not registered in the appropriate level. A prorated refund will be issued after the first class.**

If the lesson you want to register in is full, please put your name on the waiting list. Additional classes are scheduled whenever possible. Please register in one set of lessons only. Skate rental is included in cost of lessons.

Set 1

Tue 6:00-8:00pm Jan 7-Feb 11
Sat 9:30am-1:15pm Jan 4-Feb 8
\$36/6 sess

Set 2

Tue 6:00-8:00pm Feb 18-Mar 24*
Sat 9:30am-1:15pm Feb 15-Apr 4*
*No session Mar 14 & 28
\$36/6 sess

Preschool Skate Levels (3-5yrs)

Level 1: Entry level.

Level 2: Fall down and get up unassisted. Step forward and backward for 6 steps.

Level 3: Can glide on two feet for 0.5m. Intro to stopping, scraping, double sculling.

Level 4: Skate forward with alternating feet, forward double sculling, snowplow stop, skate backwards across the rink.

Level 5+: V pushes, glide on one foot for 0.5m, glide on two feet on curve, half snowplow stop.

Children/Youth/Adult Levels

Level 1: Entry level.

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

Level 3: Skate forward on alternating feet, glide on one foot for 1m, forward glide on two feet on a curve, forward snowplow stop.

Level 4: Skate forward using V pushes, glide on one foot for 3m, half snowplow, forward single sculling, backward double sculling.

Level 5: Forward circle thrust, side or hockey stop, backward skating using C pushes, backward glide on two feet for 2m, backward snowplow stop.

Level 6: Forward crossover, backward glide on two feet on a curve, backward half snowplow, backward circle thrust.

Partners



Grandview Woodland Food Connection (GWFC) is dedicated to supporting healthy food access for all. In partnership with Britannia Community Centre, the GWFC is pleased to offer a range of community food programs. For more information visit www.gwfoodconnection.com. If you'd like to participate in a program or get involved, call Ian at 604.718.5895.

See page 18 for GWFC food workshops.

GWFC FoodFit Program

FoodFit is a free 13-week program for community members who experience barriers to healthy eating and physical activity but who are motivated to make lasting changes to their health. The program combines fun, hands-on cooking sessions and food-based activities, easy-to-understand nutrition information, group exercise, shared meals, and self-directed individual and group goal-setting that reinforces individual and group progress. FoodFit respects the limits of people's circumstances, and aims to give participants simple, useful tools to navigate an increasingly complex food environment.

Britannia Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? Each box is \$15, which can help you save over 40% on your food bill. You get 12-14 varieties of fruits and veggies plus supplemental donations. Pick up your box at Britannia Community Centre. Call to sign up: 604.718.5895

Canning Kits to Lend

The GWFC has canning kits available to lend to community members wanting to can at home. Kits include 21 quart canner, canning rack, jar lifter, funnel and lid lifter.

GWFC Volunteer Opportunities

Are you interested in community food security and food access for all? Would you like to help shape Grandview Woodland Food Connection programming? We are seeking community members interested in joining our Advisory Committee. Commitment is minimal as we meet every two months and simply seek your advice and support. Other volunteer opportunities including cooking, school gardening, media, and communications.



All programs are free of charge and offer our Get Ready 2 Read (GR2R) Early Learning Program for the pre-school age children of participants. **Registration is required for all programs.** To register contact Lina Arias at lina.cfec@gmail.com.

Britannia Partners in Education (PIE):

CFEC Rm 109, Britannia Secondary School

English Foundations 2-5

Tue 9:30am-2:30pm

English Foundations 5/6/7 & English 11

Wed 9:30am-2:30pm

Math Foundations 1-7

Thu 9:30am-2:30pm

English for Speakers of Other Languages

Fri 10:00am-2:00pm

Edmonds PIE PLUS:

Edmonds Community School (Room 107)

English Foundations 1-4

Tue & Fri 12:30-3:00pm

English Foundations 5-7

Mon/Wed/Thu 12:30-3:00pm

Maywood PIE PLUS 2:

English Foundations 5/6/7

Tue & Thu 12:45-2:45pm
Maywood Community School (Room TBA)

Additional Programs:

Grandview Get Ready 2 Read

Wed 9:00am-12:30pm
Grandview Terrace Child Care Centre

Advanced Conversation Class

Fri 10:00am-12:00pm
CFEC Rm 110, Britannia Secondary School

Britannia ECE Program

TBD 11:00am-2:00pm
CFEC Rm 110, Britannia Secondary School



Community Action Program for Children (CAPC)

The Community Action Program for Children (CAPC) is a community-based children's program that promotes the healthy development of young children (0-6yrs).

Beatrice Feza

604.718.5821

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

Enjoy one hour of rhymes, songs, games and stories in Spanish with your little ones. Healthy snack provided.

Disfrute de una hora de rimas, canciones, juegos y cuentos en español con sus pequeños. Se ofrece una merienda saludable. Los grupos son en el salon 'Mezzanine' de la Pista de Hielo.

Jan 13-Mar 16

Mon

10:30am Toddlers

12:00pm Infants

Rink Mezz

Free

Registration required. Call 604.215.8289.

Community Education Office

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

Ron Scott

Mitra Tshan

Programmer

Erin de Sousa (Britannia Secondary, Seymour, Strathcona & Britannia Elementary schools)

Youth and Family Worker

Greg Goodall ggoodall@vsb.bc.ca



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

Eastside Family Place is a support and resource centre for parents/caregivers and their young children to age early 6yrs. We offer many programs, as well as support and referral services. Contact us for more information about programs and activities.

Family Drop-in

Adults can visit with each other while engaging with their children in a warm, supportive, and educational environment. Children social, learn, and enjoy playing developmentally appropriate activities together. There is a healthy snack and circle time with songs and stories each morning.

M/W/F 9:00am-12:00pm
T*/T 9:00am-2:30pm (closed 12-1pm)
***Tues 1:00-2:30pm (Baby & Me only, 0-1yrs)**
 Closed: Dec 23-27, Jan 1, Feb 17
 Annual membership fee of \$20.00 is required.
 Fee: \$3 per visit per family.

Licensed Occasional Childcare

For ages 18mos to early 6yrs. Sliding scale \$5-\$6.50/hr. Space is limited and must be booked in advance: 604.251.1018.
Mon-Fri 9:00-11:45am

Parenting Education & Support

ESFP offers a variety of free programs, info sessions, and groups. Childminding is provided. Upcoming up in the New Year:

- Family Rhythm, Rhyme + *Movement (early literacy and music program)*
- Nobody's Perfect (parenting education and empowerment group)
- Creating Connections and Calming the Self
- Circle of Security Parenting
- Kinder Ready/Parent Ready (begins in mid-Jan)
- Kids in the Kitchen (cooking club)

Parents in the Kitchen

Parents volunteer to cook a special dish, sharing their culture and recipes with other families. Honorarium provided.

Birthday Parties at ESFP

An affordable, enjoyable and convenient way to celebrate your child's birthday. Call or email to find out more.



Vancouver Public Library

Library Hours

Mon/Thu/Fri/Sat 9:00am-6:00pm
Tue & Wed 9:00am-9:00pm
Sun 1:00pm-5:00pm
 Closed: Dec 25, Dec 26, Jan 1, Feb 17
 604.665.2222

Children & Teen Programs

Babytime (0-18mo)
Tue 10:00am & 11:00am Jan 7-Mar 10

Family Storytime (18mo-5yrs)
Thu 10:00am & 11:00am Jan 9-Mar 12

Family Board Games
Tue/Wed 3:00-6:00pm Jan 7-Mar 11

Teen Advisory Group (13-18yrs)
1st Tue/mo* 3:30-4:30pm

Spring Break Programs
 Mar 16-27. See branch for details.

Adult Programs

Connection to Kith and Kin: Indigenous Ancestry Search
Wed 3:30-5:30pm
 See branch for details.

55+ Book Club
3rd Wed/mo 2:00-3:15pm

Indigenous Reads Book Club
2nd Thu/mo 2:00-3:30pm

One-to-One Computer Training
Tue/Wed 2:00-4:00pm (30min blocks)

SFU Philosophers' Café
Last Wed/mo 7:00-8:30pm

Pandora's Collective
 www.pandorascollective.com

Word Whips
3rd Tue/mo 6:30-8:30pm

Book Talks
4th Wed/mo 6:30-8:30pm



Kickstand Moved!

Check out our new location at 1187 Parker St. (through the courtyard).
 eastvankickstand.org
 kickstandbikes@gmail.com

Kickstand is a volunteer-run community bike shop that strives to make cycling more accessible by providing a do-it-yourself workshop space. Shop rate: sliding scale from \$5-\$15/hr.

- Fix your bike with support from our mechanics, regardless of your skill level.
- Buy a refurbished bike, new and used parts.
- Donate your old bike or parts.
- Support the community by volunteering.

Hours

M/W/F 5:00-9:00pm
Sun 1:00-5:00pm



Women, Gender Queer & Trans Night

2nd & 4th Tue/mo 6:30-8:30pm

Teen Bike Club

Free drop-in bike access program and gathering space for youth 12-19yrs. Volunteer with us to earn a bike, learn to repair your own bike, and volunteer for shop projects. For more info contact bikeclub@pedalpower.org!

Tue 3:30-6:00pm Ongoing

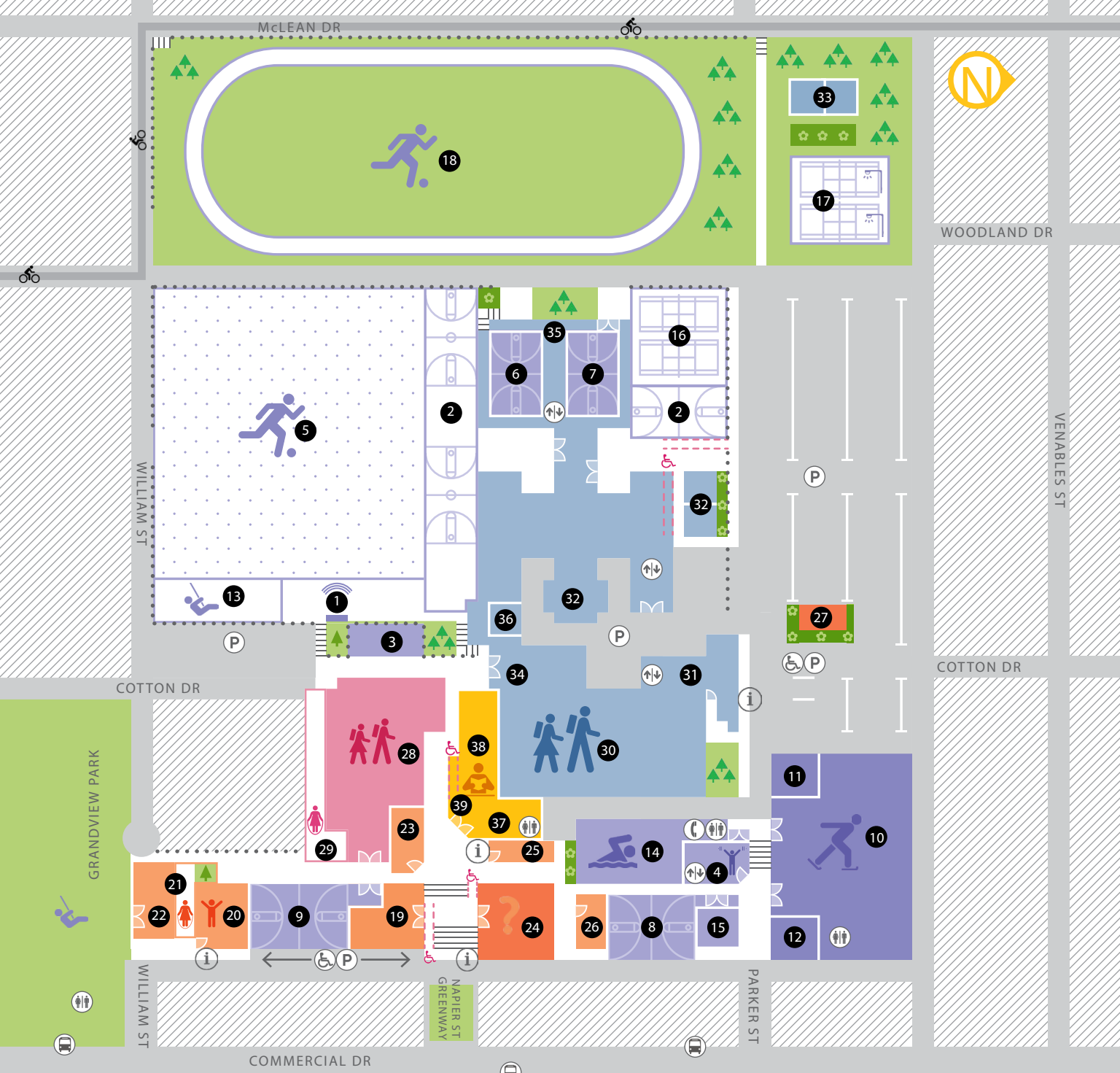
Grandview-Woodland Community Policing Centre

1977 Commercial Drive 604.717.2932
 info@gwpc.ca

The Grandview-Woodland Community Policing Centre works with the local community, Vancouver Police Department, and other service providers to strengthen the safety and quality of life in the Grandview-Woodland neighbourhood

Hours

Mon-Thu 12:00-8:00pm
Fri-Sat 10:00am-4:00pm
Sun Closed



recreation

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

resources + services

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



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

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