



Some neat things are happening at Brit! See page 7 for details.

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 2022



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



## President's Message

I'd like to thank our dedicated staff and volunteers for making our Fall 2021 season so successful. We welcomed our community back to the site as we offered in-person programs and services at an increased capacity, while still offering virtual programs for those who feel more comfortable staying home. Our staff, board, volunteers, partners and neighbours also went above and beyond for Orange Shirt Day, West Coast Family Day, and Powwow Family Day.

Over 5000 community members showed up and showed their support on Orange Shirt Day—a real testament to community resolve to work towards reconciliation. After such a heart-wrenching year with the recovery of so many unmarked graves and stolen children, it was so important to bring community together to honour Indigenous children past and present, those still lost and those who have been found. *Every child matters*, and the sea of orange shirts made that statement come to life. How'aa.

3000 people attended West Coast Family Day and 5000 attended the Powwow Family Day. We are grateful to West Coast Nights and the Powwow Committee for activating space and organizing two days of action. We were honoured to hold space for those committees and the urban Indigenous community, and to help lift spirits after Orange Shirt Day. We look forward to holding that space again in the future.

As we look to 2022, our sights are focused on the Britannia Renewal. We spent much of 2021 holding space, asking questions and listening; we want the future of Britannia to reflect the aspirations of community members. Our 2022 board priorities and our work on the Renewal will reflect what we've been hearing. We want to hear your voice too, so please see page 6 for more information about our 2022 Renewal engagements and to learn how you can get involved.

As the pandemic lingers on, we ask you to do your part in caring for vulnerable community members. Please continue to mask indoors and get vaccinated if you can. Masking and vaccinations are an act of community care and help protect elderly and immunocompromised individuals.

We move forward by working together.

How'aa (Haida for 'thank-you'),

Annie Danilko, Haida Nation  
President  
Britannia Board of Management

## Britannia's Board

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

President: Annie Danilko

Vice President: Pamela Dudas

Treasurer: John Flipse

Executive Members Vera Jones

Naina Varshney

Directors: Susanne Dahlin

Ariela Friedmann

Farren Gillaspie

Pat Hogan

Ingrid Kolsteren

John Morra

Craig Ollenberger

Ashki Shkur

Khai Truong

Staff Rep: Teka Everstz

Partners:

VSBC Alec MacInnes

VPB Peter Odynsky

VPL Noreen Ma

Executive Director: Cynthia Low

Manager of Administrative Services:

Jeremy Shier

Manager of Child Care Services:

Jacky Hughes

## Britannia Committees

For more information about Britannia committees, call the contact person listed below or visit:

[britanniacentre.org/about-us/board-of-management](http://britanniacentre.org/about-us/board-of-management)

### Board Meeting

2nd Wed/mo 6:00pm

Jan 12, Feb 9, Mar 9, Apr 13

Contact: Cynthia Low 604.718.5815

### Anti-Racism & Anti-Oppression Committee

2nd Thu/mo 6:00pm

Jan 13, Feb 10, Mar 10, Apr 14

Contact: Cyn Williams 604.718.5807

### Arena Committee

1st Tue/mo 6:00pm

Jan 4, Feb 1, Mar 1, Apr 5

Contact: Susy Bando 604.718.5836

### Arts & Culture Committee

1st Thu/mo 7:00pm

Jan 6, Feb 3, Mar 3, Apr 7

Contact: Helen Spaxman 604.718.5825

### Board Development Committee

3rd Fri/mo 6:00pm

Jan 21, Feb 18, Mar 18, Apr 15

Contact: Cynthia Low 604.718.5815

### Child Care Committee

Call of the chair

Contact: Jacky Hughes 604.718.5816

### Grandview Woodland Food Connection

1st Wed/mo 6:00pm

Jan 5, Feb 2, Mar 2, Apr 6

Contact: Ruth-Elizabeth Briggs 604.718.5895

### Planning & Development Committee

3rd Tue/mo 6:30pm

Jan 18, Feb 15, Mar 15, Apr 19

Contact: Kiel Torres 604.718.5800 ext. 1

### Pool & Fitness Committee

Last Tue/bi-monthly 6:00pm

Jan 25, Mar 29

Contact: Marie-Louise Beesley 604.718.5830

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

2nd Tue/mo 3:15pm

Jan 19, Feb 16, Mar 16, Apr 20

Contact: Anne Cowan 604.718.5837

### Sports & Fitness Committee

2nd Tu/mo 6:00pm

Dec 14, Mar 8, Jun 14, Sep 13

Contact: Fraser McElroy 604.718.5824

### Youth Committee

1st & 3rd Thu/mo

Contact: Tom Higashio 604.718.5826

### Reconciliation in Action (RIA) Committee

Call of the chair

Contact: Cynthia Low 604.718.5815

### Volunteer Committee

3rd Fri/mo 5:00pm

Jan 21, Feb 18, Mar 18, Apr 15

Contact: Yao Zhang 604.718.5860

## FREE 'Fun For All' Recreation

Britannia operates a wide range of FREE and pay-what-you-can recreation programs.

The Britannia Board of Management is committed to ensuring that people have access to programs and that fees are not a barrier to members of the Grandview-Woodland/Strathcona Community.



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

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## Facility Rentals

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

### Gym/Room Rentals

For rates and availability contact the Facility Support Clerks, 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, Marie-Louise, at 604.718.5830 or email marie.beesley@vancouver.ca.

### Rink Rentals

Go to [vancouver.ca/parks-recreation-culture/rink-rentals](http://vancouver.ca/parks-recreation-culture/rink-rentals) or contact the Rink 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: [britanniacentre.org/facilities/rentals](http://britanniacentre.org/facilities/rentals)

### Cover Photo

Photo credit: J Peachy. *Photo of Britannia board member, Ingrid Kolsteren, assisting Simon Daniel James with carving a cedar bench in the Šxʷqʷeləwen ct Carving Centre.*

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

Dec 24	Christmas Eve	9:00am-5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	CLOSED
Jan 1	New Year's Day	CLOSED
Feb 21	Family Day	CLOSED

## Pool & Fitness Centre

Dec 24	Christmas Eve	6:30am-3:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-5:00pm
Dec 31	New Year's Eve	6:30am-3:00pm
Jan 1	New Year's Day	CLOSED
Feb 21	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	TBD

## Unceded Coast Salish Territories

Britannia is located on the traditional and unceded Coast Salish territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and selilwitaʔ (Tsleil-Waututh) Nations, and we hold the heritage of these lands close in our everyday work. We aim to embrace Indigenous values and practices and are committed to reflecting Indigenous protocols and beliefs in our work.

# Registration Information

## Registration Dates

### General Programs

Registration opens Tuesday December 14, 2021 at 9:00am in-person and online, and at 1:00pm by phone. Registration for free programs opens Wednesday December 15, 2021 at 9:00am in-person and online, and at 1:00pm by phone.

### Swim Lessons

Registration for swim lessons opens on Tuesday December 21, 2022 at 7:00pm in-person and online.

### Skating Lessons

Registration for **Set 1** winter skating lessons begins Thursday December 16, 2021 at 9:00am in-person and online, and at 1:00pm by phone. Registration for **Set 2** lessons begins Wednesday February 16, 2022 at 9:00am in-person and online, and at 1:00pm by phone.

### Micro Footie

Registration for Micro Footie opens on Tuesday January 11, 2022 at 9:00am in-person and online.

## How to Register

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

Membership fees will automatically be added to your online purchase.

### 2) Register in person

You can register for programs at the **Info Centre** and the **Pool Cashier**. Pay by Cheque, Visa, Mastercard, Debit or Cash. Registration closes an hour before closing at the pool and half an hour before closing at the Info Centre.

#### Info Centre Hours:

Mon-Fri 8:30am-7:00pm  
Sat 9:00am-5:00pm  
Sun 10:00am-4:00pm

#### Pool Cashier Hours:

Mon-Fri 6:30am-9:00pm\*  
Sat/Sun 8:00am-7:00pm\*  
\*Hours are subject to change.

### 3) Register by phone at 604.718.5800 ext. 1

## Subsidy Policy

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

### Leisure Access Program

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

### Grandview-Woodland & Strathcona Subsidy

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

## Refund Policy

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

### Swim/Skate Refunds

- Full refund will be granted five days or more prior to the start of the program.
- Partial refunds granted within four days of program start or before second class.
- 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 enrol before a class will run.
- Programs may be cancelled due to unforeseen circumstances and instructors may change during the program season.

## Memberships

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

A membership may be obtained when you register for a program—membership fees will be automatically added to your online purchases—or any time during the year at the Pool Cashier, the Info Centre, or online at:

[britanniacentre.org/about\\_us/membership](https://britanniacentre.org/about_us/membership)

### Membership Benefits

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

### Price

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

### FREE 'Fun For All' Recreation Programs

Britannia operates a wide range of FREE and pay-what-you-can recreation programs.



Look for the "Fun for All" stamp throughout the Brochure to find our free and sliding scale programs.

# Proof of Vaccination Requirements



By order of the Provincial Health Officer (PHO), proof of vaccination is required to access designated indoor public settings, including some programs and facilities at community and recreation centres. Adults 19 years of age and older must also show a piece of government issued photo ID (ex. driver's license, BC services card, passport) to confirm their identity. Youth aged 12-18 do not need to show ID.

Valid proof of vaccination includes BC Vaccine Cards and other provincially/territorially officially recognized vaccine records. International visitors must show the proof of vaccination they used to enter Canada. Members of the Canadian and US Armed Forces don't need to get a BC Vaccine Card. Canadian Armed Forces can use their National Defence Canada COVID-19 vaccine record or card and National Defence ID card.

The BC Vaccine Card is a one-page PDF with your name, confirmed vaccination status and a QR code. You can download a digital copy to your phone, print a paper copy, or order a copy over the phone (more details below).

According to the PHO, proof of vaccination is required for the following activities at Britannia:

- Indoor ticketed sporting events with more than 50 people
- For use of the Fitness Centre (for people 12 years or older)
- Indoor adult group and team sports for people 22 years old or older
- Indoor gatherings of people for exercise, fitness, dance or rink programs
- Indoor organized group recreational classes and activities with more than 50 people (like pottery, art and choir)
- Spectators at indoor youth sporting events
- Indoor organized events with 50 or more people
  - For example: workshops, craft markets, and community events

Proof of vaccination is NOT required for the following activities:

- Children under 12 years of age do not need to provide proof of vaccination for any facilities or programs
- Swimming pools when not used for adult sport
- Public libraries and art galleries are exempt
- Indoor youth-only programs for participants 21 years old or younger are exempt
- Showers, washrooms, water fountains, warming/cooling centres, and food security programs are all essential services and exempt
- Indoor organized group recreational classes and activities like pottery, art and choir if less than 50 people
- Parents/Guardians who are accompanying their children accessing child and youth activities, programs and services will not be required to show Proof of Vaccination and Government Photo ID (ex. Parent and Tot programs)
- Before and after school programs for K to 12 students
- Outside events and indoor organized events with less than 50 people, except adult sports
- Immunization clinics

For the full list of indoor public settings covered by the PHO and exemptions, visit: [www2.gov.bc.ca/vaccinecard.html#required](http://www2.gov.bc.ca/vaccinecard.html#required)



## Mask Mandate

*By order of the Provincial Health Officer, masks must be worn indoors by those 5 years of age and older in all public facilities when not engaged in physical activity.*

*Ensure that your mask fully covers your nose and mouth and fits snugly without large gaps.*

## Paper Vaccine Card



## How to Get Your BC Vaccine Card

To get your BC Vaccine Card, you'll need to register for Health Gateway ([www.healthgateway.gov.bc.ca](http://www.healthgateway.gov.bc.ca)), the platform B.C. residents can use to access their health records online. You'll need your Personal Health Number, date of birth, and the date you got your first or second dose. Once you're logged in to the gateway, you can find your COVID-19 immunization records and save a digital copy of your card to your phone or tablet, or print a paper copy and keep it with you. If you do not have access to a computer or smartphone, order a copy over the phone by calling 1.833.838.2323.

Have your BC Vaccine Card ready when dropping into the Fitness Centre or for your in-person fitness, sport, or dance program.

Please note: Vaccine and mask requirements are subject to change by the PHO. For up-to-date information, please visit: [britanniacentre.org](http://britanniacentre.org)

# Britannia Renewal



In 2018, project partners (the City of Vancouver, Vancouver Park Board, Vancouver School Board, Vancouver Public Library and Britannia Community Services Society) adopted a Master Plan that sets out the vision for the renewal of the Britannia Community Services Centre. Review the Master Plan and other reports in our online document library: [britanniarenewal.org/document-library](https://britanniarenewal.org/document-library)

## What's happening?

We are now working on the rezoning phase of the renewal. Rezoning is the process of changing how a property can be used or developed. Before we submit a formal rezoning application for the renewed Britannia, we will explore a series of development site options to discuss priorities for dedicated and shared space, trade-offs, and to find creative solutions to meet the diverse needs of the community. Some of the considerations that will inform site options include:

- Site organization and interconnections between spaces
- Scale of buildings
- Preserving and increasing green space
- Preserving view corridors
- Opportunities for non-market housing including number of units and height

## Get Involved

### Upcoming Engagement Opportunities

In early 2022 we will be hosting small group workshops, visioning sessions, and an online survey to get your input on the site options. Your input will help us develop a preferred site option, which will be presented at a public open house in spring 2022.

To keep up to date with engagement events and results visit:

[britanniarenewal.org](https://britanniarenewal.org) or [shapeyourcity.ca/britannia-renewal](https://shapeyourcity.ca/britannia-renewal)

Not online? Contact us at 604.718.5800 (1) for information or drop by the B-Lab.

### Planning and Development Committee

If you would like to be more involved in the Britannia Renewal, join our Planning and Development Committee! The Committee meets every third Tuesday of the month from 6:00-8:00pm and is responsible for managing Britannia's Renewal planning process on behalf of the Board of Management. Contact Kiel Torres ([kiel.torres@vancouver.ca](mailto:kiel.torres@vancouver.ca)) for further information and Zoom login details.

Tue	6:00-8:00pm	Jan 18, Feb 15, Mar 15, Apr 19	Zoom
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Visit the B-Lab in Britannia's Info Centre to explore core documents, hear diverse perspectives on the project, and learn more about upcoming opportunities to get involved with the Renewal!

Mon-Fri	8:30am-7:00pm
Sat	9:00am-5:00pm
Sun	10:00am-4:00pm

# Meet Britannia's Carvers-in-Residence



Photo Credit: J Peachy. ʔxʷqʷeləwən ct Carving Centre and carver-in-residence, Simon Daniel James.

We are excited to welcome Edgar Alan Rossetti, Simon Daniel James, and Randall Bear Barnetson as carvers-in-residence at the ʔxʷqʷeləwən ct Carving Centre at Britannia. The three artists have been working on-site over the past few months to transform three cedar logs into benches.

This winter, each artist will be hosting open studio hours, artist talks and other programming during their time at ʔxʷqʷeləwən ct to give the public a behind-the-scenes peek into their practices. Keep an eye on the Britannia website to learn more about upcoming events:

[britanniacentre.org/community/events\\_calendar](http://britanniacentre.org/community/events_calendar)



## Edgar Alan Rossetti

Edgar Alan Rossetti was born in 1966. He originally came from Prince George, BC, and his home reserve is Binche keh yoh. Edgar is a self-taught native artist who works with acrylics, wood, watercolour, and pencil at his private studio in Vancouver, BC. He is currently doing contemporary designs of the Ksaan style. All of his work is done free hand.

Edgar has done murals in Vancouver, Prince George, Calgary, Edmonton, Cold Lake and Los Angeles. His art is displayed in various countries around the world in both private and public collections.



## Simon Daniel James

Simon Daniel James, also known as Winadzi, is an internationally renowned artist from the the Kwakwaka'wakw nation and is currently based on Bowen Island, BC. In addition to having over 35 years of carving experience, Simon is a storyteller and co-creator/co-producer of the TV series Raven Tales.

Simon was asked to carve three totem poles for Fukushima, Japan in 2001. Simon carved a totem pole in Rosser Elementary School in Burnaby, BC in 2006 with every student from Kindergarten-Grade 6. He has completed other public art commissions for the Bowen Island Community School, the 2010 Vancouver Winter Olympics, and the Burnaby School District.



## Randall Bear Barnetson

Randall Bear Barnetson is a multidisciplinary artist from the village of Nadleh Whut'en, the Dakelh nation, and of the Duntem'yoo Bear clan. Bear was born and raised in the urban Indigenous community of Commercial Drive in Vancouver BC.

Bear's artistic practice interprets matters of modernity such as mental health and wellbeing, identity, culture, and spirituality, through the framework of Northwest Coast Indigenous art forms. Bear's art and traditional storytelling has aided in reconciliation and decolonization efforts with settler organizations in discussing Indigenous culture and heritage.

# Special Events

## Art Gallery Exhibitions

We have an exciting line-up of exhibitions coming in 2022. To learn more about our current exhibitions, visit our Instagram page @BritanniaArtGallery or our website: [britanniaartgallery.weebly.com](http://britanniaartgallery.weebly.com)

## Sunday Movie Night Series

Everyone is welcome to attend our movie series every Sunday evening. Please see [britanniacentre.org](http://britanniacentre.org) for the schedule. Doors open at 5:45pm. Because refreshments are served, vaccine verification is required. **Postponed to Jan 23**

382752 Sun 6:00-9:00pm **Jan 16-Mar 27**

55+ Centre Free John



## Square Foot Garden Workshop

Join Master Gardener, Pablo Vimos, in exploring the benefits of growing a square-foot garden! In this hands-on workshop, Pablo will show you how this simple method can optimize all your available garden space and allow you to grow a lot of food in a small space. Square foot gardening can be adapted to gardeners of all experience levels and physical abilities, and can reduce water use. You'll leave with printed information, and some seedlings to plant in your own garden! Sign up to gain hands-on experience and get ready to get dirty! Sliding scale/pay what you can.

Sat 2:00-4:00pm Mar 26  
Mary Jo Garden Pablo  
388721 \$5/1 sess  
388722 \$10/1 sess  
388723 \$15/1 sess

## Canning Workshop

Discover the basic principles of food preservation with Chef Charles Paul Whitmore in this introductory canning class. Do your part in reducing food waste and increasing food security by learning about canning!

In this hands-on workshop we'll learn about safe canning techniques while preparing seasonal food for water bath canning. All skill levels welcome! Sliding scale/pay what you can.

Sun 11:00am-1:00pm Feb 20  
Preteen Centre Paul  
388727 \$5/1 sess  
388874 \$10/1 sess  
388875 \$15/1 sess

## Free Tax Clinics

The Community Volunteer Income Tax Program (CVITP) is for individuals with a modest income and a simple tax situation.

Volunteers can complete and file your taxes (for free) by video conference, by phone, or in-person (following local public health advice and measures).

Appointments are available starting in February, 2022. Registration for appointments opens on January 24; please call 604.718.5800 (1) to make your appointment.

Feb-April 2022

## Working With Cement – Cement Bowl (16yrs+)

Cement is both an easy and challenging medium to use to make useful homeware to beautify your home or garden. This course will teach some techniques and handy tricks to make your own cement bowl. From choosing your mold, mixing and pouring your concrete, curing and sealing, Karine Zamor (The Cement Lady) will show you a window to her passion. And each student will have a lovely bowl, they made, to take home. Please wear a smock/apron/old clothes; this program is messy!

Thu 7:00-9:00pm Feb 3-10  
Rink Mezz \$80/2 sess  
386532 Karine



## The Solstice/Equinox Coffee House Series

The Coffee House Series celebrates the turn of each season. Each event is warm and inviting, creating an opportunity for community to gather, connect, and enjoy music and poetry by local performers. The series is as dynamic and diverse as our community itself. If you haven't checked out the Coffee House Series, you're in for a treat!

## 9th Annual Winter Solstice Coffee House

Celebrate the deep midwinter with a cozy evening of local live music and spoken word. This event will be rich in the shimmer and glimmer spirit of the season, embracing the light as we move through the dark. Join in on the joyful merry making, with storytelling and music to delight. A reset during the busy holiday season. Join early or stay late for family-friendly pre- and post-show connections. Featuring Starr Muranko, Naomi Steinberg, Teapot in the Tuba, and Monica Lee.

Sun 6:45-9:00pm Dec 19  
Zoom Free

## Spring Equinox Coffee House

Celebrate the triumphant return of Spring with a community event featuring local musicians and poetry. This event will be as fresh as the spring air, and just as joyful. Join early or stay late for family-friendly pre- and post-show connections, all from the comfort of your home. Featuring the Vancouver Haiku Group and local musicians.

Sun 6:45-9:00pm Mar 20  
Zoom Free

## Hip Hop Hangout – Online (12-18yrs)

The hip hop hangout is an interactive online workshop and concert series for East Vancouver youth. Hip hop performers and mentors from all over Canada come together to celebrate and share the arts, music and multiculturalism of hip hop culture in a virtual platform.

The sessions are fun-filled; learn how to do graffiti, rap, beatbox, and dance while also discussing important social issues, mental health, and community!

Tue 5:00-7:00pm Jan 25, Feb 8  
Zoom Feb 22, Mar 8  
385419 Emotionz/DJ Ted D Free



# Licensed Child Care



## Britannia Child Care Hub

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

### Child Care Mission Statement

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

### About our Child Care Programs

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

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

### About our Staff

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

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

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

### Affordable Child Care Benefit

For more information about the provincial tax benefit, call 1.888.338.6622 or visit:

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

## Toddler Program (18mo-3yrs)

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

### Mount Pleasant Child Care

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

Wade Forbes

604.718.5844

For waitlist info, email:

[mountpleasantchildcare@shawbiz.ca](mailto:mountpleasantchildcare@shawbiz.ca)

Hours: Mon-Fri

7:30am-6:00pm

Fees:

\$1008/mo

Lunch Program:

\$65/mo



## Preschool Program (3-5yrs)

Our Preschool program provides a rich and meaningful child-centered environment in which children learn and grow in all areas of development. 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 (Tue/Thu)

\$192

3 days/wk (Mon/Wed/Fri)

\$267

5 days/wk (Mon-Fri)

\$459

# Licensed Child Care

## Daycare Programs (3-5yrs)

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

### Eaglets Daycare

485 Semlin Drive  
Suzy Liguori 604.718.5856  
Please call for up-to-date registration and fee information.

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

Fees: \$921/mo  
Snacks provided.

### Grandview Terrace Child Care

2075 Woodland Drive  
Alejandra Uribe 604.718.5846  
grandviewccc@shawbiz.ca

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

Fees: \$980/mo  
Lunch Program: \$80/mo  
Snacks provided.

### Mount Pleasant Child Care

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

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

Fees: \$943/mo  
Lunch Program: \$65/mo  
Snacks provided.

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

Britannia, Eagles in the Sky, and Grandview Terrace are licensed programs, which offer the opportunity to create, explore and socialize in a fun, safe and nurturing environment. Our play-based programs are designed to foster independence and confidence in a family-centred setting. We strive to provide an integrated and comprehensive continuum of services for children and families that reflect the communities we serve. All of the centres are culturally sensitive and celebrate the uniqueness of our families. Qualified educators offer a value-based program that focuses on children's interests, ages and developmental needs.

### Britannia OSC

1661 Napier Street Lorraine Evans 604.718.5843

Pick up 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 \$375/mo  
3 Days \$250/mo  
2 Days \$220/mo

Summer Fees: Full Time \$570/mo  
Part Time \$160/wk

Breakfast & pm food program provided.

### Grandview Terrace OSC

2075 Woodland Drive Alejandra Uribe 604.718.5846

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

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

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

Fees: Full Time \$415/mo  
Summer Fees: Full Time \$575/mo  
Part Time \$165/wk

Breakfast & pm snack provided.

### Eagles In The Sky OSC

103B-1950 E. Hastings

Kinga Batko 604.230.1885

Call for registration and fee info.

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

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

Fees: xpey Elementary \$418/mo  
Hastings/Lord Nelson/Anne Hebert \$465/mo

Breakfast & pm snack provided.



## Community Action Program for Children (CAPC)

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

CAPC 604.718.5821 / 778.245.2428

The project offers:

- Food security program (Promoting healthy eating; \$25 gift card and fruits and veggies hampers are provided once a month)
- Virtual parents training (First Aid, Save that child, FoodSafe etc..)
- Virtual parents workshops (Appetite to Play series)
- Spanish Mother Goose/Mama Ganso (For more info call 604.215.8289)

## 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. For more info visit [kirbysnelldance.com](http://kirbysnelldance.com).

<b>Sat</b>	<b>Jan 15-Mar 12</b>	<b>CFEC</b>
<b>Endorphin Rush Dance</b>		<b>\$108/9 sess</b>
<b>379370</b>	<b>9:20-10:00am</b>	<b>2-4yrs</b>
<b>379371</b>	<b>10:15-10:55am</b>	<b>2-4yrs</b>
<b>379372</b>	<b>11:10-11:50am</b>	<b>3-4yrs</b>
<b>379373</b>	<b>1:00-1:40pm</b>	<b>4-6yrs</b>



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

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

<b>Sat</b>	<b>Jan 15-Mar 12</b>	<b>CFEC</b>
<b>Endorphin Rush Dance</b>		<b>\$108/9 sess</b>
<b>379606</b>	<b>12:05-12:45pm</b>	<b>3-4yrs</b>
<b>379607</b>	<b>1:55-2:40pm</b>	<b>4-6yrs</b>

## Physical Activity

### Kindergym (1-5yrs)

Run, jump and roll in a gym full of mats and indoor playground equipment. Parent supervision required. You must pay your \$2.50 drop-in fee at the door and bring your receipt or buy a strip of 10 tickets for \$20.00 and give 1 ticket to Belinda or Olivia. Parents, please assist Belinda and Olivia at the end of the program by helping put the large equipment away. All programs take place in Gym D. No classes on Elementary School Program days.

<b>Tue-Thu</b>	<b>11:00am-12:30pm</b>	<b>Jan 11-Mar 31</b>
<b>Gym D</b>	<b>Olivia</b>	<b>\$2.50/drop-in</b>
<b>Sat</b>	<b>10:00am-12:00pm</b>	<b>Jan 15-Mar 26</b>
<b>Gym D</b>	<b>Belinda</b>	<b>\$2.50/drop-in</b>



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

All levels welcome. Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Classes do not pro-rate; monthly rate only.

<b>Tue/Fri</b>	<b>5:00-5:45pm</b>	<b>Cafeteria</b>
<b>Marcus</b>		
<b>381645</b>	<b>Jan 11-28</b>	<b>\$65/mo</b>
<b>381646</b>	<b>Feb 1-25</b>	<b>\$85/mo</b>
<b>381647</b>	<b>Mar 1-29</b>	<b>\$85/mo</b>

### 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 watch and we can set up a reading area. Please bring a blanket for baby. Yoga mats provided. Pre-walking or 6 weeks old to 16 months. \$16/drop-in. [melissarodrigues.com](http://melissarodrigues.com)

Postponed to Jan 26

<b>Wed</b>	<b>10:30-11:30am</b>	<b>Jan 12-Mar 30</b>
<b>CFEC</b>		<b>\$180/12 sess</b>
<b>381657</b>	<b>Melissa</b>	

### Sportball Parent/Child Multisport (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 20.

<b>Sun</b>	<b>11:30am-12:15pm</b>	<b>Jan 16-Mar 13</b>
<b>Gym D</b>		<b>\$136/8 sess</b>
<b>381708</b>	<b>Sportball Vancouver</b>	

### Sportball Multisport (3.5-5yrs)

Multi-sport classes teach children methods to practice and refine gross motor skills through 8 core ball sports. This program reinforces benefits of teamwork and skill development, enabling children to gain confidence and develop skills to succeed in sport and life. No class Feb 20.

<b>Sun</b>	<b>12:15-1:15pm</b>	<b>Jan 16-Mar 13</b>
<b>Gym D</b>		<b>\$136/8 sess</b>
<b>381706</b>	<b>Sportball Vancouver</b>	

## Music

### Music Together® (0-5yrs)

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

The whole family is welcome—parents, grandparents, caregivers—for this important family music experience. Parent participation is required. COVID-19 protocols may be such that we invite families to bring their own instruments. 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.

<b>Tue</b>	<b>Jan 11-Mar 8</b>	<b>Rink Mezz</b>
<b>Noa</b>		<b>\$167/9 sess</b>
<b>379610</b>	<b>9:30-10:15am</b>	
<b>379608</b>	<b>10:30-11:15am</b>	

<b>Wed</b>	<b>Jan 12-Mar 9</b>	<b>Rink Mezz</b>
<b>Megan</b>		<b>\$167/9 sess</b>
<b>383817</b>	<b>9:30-10:15am</b>	
<b>383818</b>	<b>10:30-11:15am</b>	
<b>383819</b>	<b>11:30am-12:15pm</b>	



## Art

### Toddler Art (1-3yrs)

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 21.

<b>Mon</b>	<b>9:45-10:30am</b>	<b>Jan 17-Mar 7</b>
<b>RAR</b>		<b>\$86/7 sess</b>
<b>379646</b>	<b>Helen</b>	

<b>Mon</b>	<b>11:00-11:45am</b>	<b>Jan 17-Mar 7</b>
<b>RAR</b>		<b>\$86/7 sess</b>
<b>392447</b>	<b>Helen</b>	

# Children

## Art



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

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

Thu 4:00-5:15pm Jan 20-Mar 10  
Rm 208 \$126/8 sess  
379380 Helen

## Languages

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

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

Wed 9:45-10:30am Feb 23-Mar 23  
Mat Room \$72/5 sess  
383833 Into Yoga

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

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

Tue 3:30-4:30pm Jan 18-Mar 8  
Rink Mezz \$108/8 sess  
379650 Words In Motion

## Music

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



The Greenhorn Community Music Project aspires to join the creative forces of youth, professional musicians, and community members to compose, practice, and perform a variety of musical styles to orchestrate social change you can dance to! Britannia membership required (child/youth \$1).

Postponed to Feb 5

Sat 11:00am-12:30pm Jan 22-Mar 5  
Teen Centre Free  
379384 Brenda/Tim

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

Continue your music studies or begin an instrument and enjoy a lifetime of making music! These lessons consider student's development and goals. Conservatory exam preparation is available. Lesson costs shown below are for 30 minutes, but 45 and 60 minutes per week are available to more advanced students at the discretion of the instructor.

Private lessons are for beginner to senior levels. New students may start anytime during the season. Clarinet players, please bring an instrument and reeds. **Please contact instructor before registering for lesson times at janine.oye@gmail.com. Phone-in or in-person registration only, no online. Please call 604.718.5800 ext 1.**

Fri 6:15-9:00pm Jan 14-Mar 11  
Preteen Centre \$216/9 sess  
383389 Janine

Sat 9:00am-4:00pm Jan 15-Mar 12  
Preteen Centre \$216/9 sess  
383383 Janine



## Camps

### Funseekers Daycamp (6-12yrs)

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

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

### Winter Break

Mon-Fri	9:00am-3:00pm	Gym D
356940	Dec 20-Dec 24	\$99/5 sess
356941	Dec 27-Dec 31	\$99/5 sess

### Spring Break

Mon-Fri	9:00am-3:00pm	Gym D
381237	Mar 14-Mar 18	\$99/5 sess
381238	Mar 21-Mar 25	\$99/5 sess

### Frozen Ballet Extravaganza (3-5yrs)

NEW

100% Frozen soundtrack music is played in this creative ballet class designed to ignite dancers' imaginations. No experience required as dancers will learn the basics of ballet and expression through movement. Children must be able to participate without parents in the room. Costumes are welcome, but not required. For more info visit [kirbysnelldance.com](http://kirbysnelldance.com).

Mon-Fri	Mar 14-Mar 18	RAR
Endorphin Rush Dance		\$90/5 sess
382270	9:15-10:30am	3-5yrs
382271	10:45am-12:00pm	4-6yrs

### Drawing and Cartooning with Christache (7-14yrs)

NEW

A fun and foundational drawing class led by a professional illustrator. Each class will include warm ups and drawing exercises along with a daily theme to focus our learning. Themes will be cartoony and fun, including characters familiar to the students (aliens, robots, dragons, etc.).

Mon-Fri	2:00-3:30pm	Mar 14-18
RAR		\$87.50/5 sess
383862	Christache	

## Leisure Access Program

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

## Physical Activity

### Traditional Kung Fu (6yrs+)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, and develop self-confidence and discipline.

Membership fee of \$2 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Students must be able to attend Monday and Friday classes regularly. Fees do not pro-rate. No class Jan 31, Feb 4 & 21.

#### Beginner

**381716 Jan 10-Mar 11** **CFEC**  
**Mon 4:30-5:45pm** **Fri 7:00-8:15pm**  
**Marquis** **\$171/15 sess**

#### Intermediate

**381717 Jan 10-Mar 11** **CFEC**  
**Mon 4:30-6:30pm** **Fri 7:00-9:00pm**  
**Marquis** **\$186/15 sess**

#### Advanced

**381715 Jan 10-Mar 11** **CFEC**  
**Mon 4:30-6:30pm** **Fri 7:00-9:00pm**  
**Marquis** **\$201/15 sess**



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

Introduction to tennis. Learn basic forehand and backhand skills and develop hand-eye coordination through a variety of fun games and activities. Bring your own racquet and runners. No class Feb 19.

**Sat 2:00-3:30pm** **Jan 15-Mar 12**  
**Gym D** **\$196/8 sess**  
**381714 Juan Carlos**

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

This class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills and will be given the opportunity for game play. Bring your own racquet and runners. No class Feb 19.

**Sat 3:30-5:00pm** **Jan 15-Mar 12**  
**Gym D** **\$196/8 sess**  
**381713 Juan Carlos**

### Your Safety is Our Priority

- Proof of vaccination is required in B.C. to access some programs and facilities at community and recreation centres. For more information, see page 5.
- Masks must be worn by patrons 5 years of age and older in all of our facilities when not engaged in physical activity.
- Stay home if you have any symptoms of COVID-19, including: coughing, sore throat, fever, or sneezing.
- Stay home if you have been in contact with a confirmed case of COVID-19 or if you are required to self isolate on Public Health orders.
- Wash your hands, respect the personal space of other patrons and staff, and cover your cough or sneeze.

### Britannia Boxing (6yrs+)

Britannia's own fun, inclusive, and informative boxing program where anyone can come and learn proper techniques, hit the bags, and workout with our coaches. New bags, gloves, portable ring, and more await you in our boxing gym! You'll break a sweat, but can work at your own pace.

Come train as much as you like—classes are unlimited. The Boxing Room is located in Gym C. First time participants, pay \$15 drop-in. After this, participants will be expected to pay the \$75/month fee. Fees cannot be prorated. No class Feb 21.

**Mon-Fri 5:00-7:00pm**  
**Sat 2:00-4:00pm**  
**Jay Boxing Rm \$75/mo**  
**381669 Jan 8-31**  
**381670 Feb 1-28**  
**381671 Mar 1-31**

## Axe Capoeira

Students enrolled in these classes, must have a minimum of 1 year consistent Capoeira experience, or permission from the school. We offer ongoing classes for children and youth. Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Uniform is required to join class. Fees do not pro-rate; monthly rate only. See page 11 for beginner classes. See page 23 for adult classes.

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

This is an intermediate program; students should have a full knowledge of basic movements and this class will focus on more advanced movements in Capoeira, which will prepare students for the youth program.

**Tue/Fri 6:00-6:45pm** **Marcus** **Cafeteria**  
**381649 Jan 11-28** **\$65/mo**  
**381650 Feb 1-25** **\$85/mo**  
**381651 Mar 1-29** **\$85/mo**

### Youth (7-15yrs)

Please note: This is not an introductory class. Students are expected to execute all basic movements of Capoeira. Classes are in the Cafeteria on Mondays and Friday, and in CFEC on Wednesdays. No Class Feb 21.

**Mon/Wed 5:00-6:00pm** **Fri 7:00-8:30pm** **Marcus**  
**381653 Jan 10-31** **\$90/mo**  
**381654 Feb 2-28** **\$105/mo**  
**381655 Mar 2-30** **\$105/mo** **CFEC/Cafeteria**

# Children

## Micro Footie Skills Development

Not to be mistaken with our highly popular Spring League, Micro Footie Skills Development is a unique training experience for players who want to raise their game. Players will learn Celtic turns, combination play, taking players on one-on-one, skills, out the box activities, and movement. No class Feb 20.

**Please note: Registering for Micro Footie Development does not grant automatic access to the Spring League. Please see registration info for the Spring League below.**

Sun	Jan 9-Mar 6	Gym C	\$126/8 sess
381698	4-5yrs	9:00-10:00am	
381699	6-7yrs	10:00-11:00am	
381700	8-9yrs	11:00am-12:00pm	



## 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](http://britanniasoccer.org/volunteer)**



## 2022 Micro Footie Spring League (April - June)

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

We will continue Saturday game days at Vancouver's Empire Bowl and Britannia Oval with practices at our local fields.

Registration includes playing soccer outside twice a week, a World Cup country kit, a team photo and a soccer ball.

**For more information visit [britanniasoccer.org](http://britanniasoccer.org) or email [britmicrofootie@gmail.com](mailto:britmicrofootie@gmail.com)**

<b>Program Dates:</b>	<b>Saturdays April 9 - June 11, 2022 (No session April 16, 18 &amp; May 23)</b> <b>Meet and greet/kit pick up prior to start date! April 4, 5, 6 or 7 (depending on your scheduled practice day).</b>
<b>Program Cost:</b>	<b>\$144/player</b>
<b>Registration Date:</b>	<b>Registration opens Tuesday January 11, 2022 at 9:00am online and in person.</b>
<b>Refunds:</b>	<b>Refunds will be issued up to Feb 15, 2022. No refunds after this date.</b>

### Game and Practice Schedule (Schedule may be subject to change)

#	DIVISION	SAT GAME TIME	GAME LOCATION	WEEKDAY PRACTICE TIME	LOCATION
382180	Coed 4yrs	8:45-9:45am	Empire South	Mon 5:45-6:45pm	Garden Park
382181	Coed 5yrs	8:45-9:45am	Empire North	Wed 5:45-6:45pm	Garden Park
382182	Coed 5yrs	8:45-9:45am	Brit Oval	Mon 5:45-6:45pm	Robson Park
382177	Boys 6yrs	10:00-11:00am	Empire South	Mon 7:00-8:00pm	Garden Park
382189	Girls 6yrs	10:00-11:00am	Empire North	Wed 7:00-8:00pm	Garden Park
382183	Coed 6yrs	10:00-11:00am	Brit Oval	Mon 7:00-8:00pm	Robson Park
382178	Boys 7-8yrs	11:15am-12:15pm	Empire South	Mon 7:00-8:00pm	Brit Oval
382190	Girls 7-8yrs	11:15am-12:15pm	Empire North	Mon 5:45-6:45pm	Brit Oval
382184	Coed 7-8yrs	11:15am-12:15pm	Brit Oval	Wed 5:45-6:45pm	Robson Park
382179	Boys 9-10yrs	12:30-1:30pm	Empire South	Tue 5:45-6:45pm	Brit Oval
382191	Girls 9-10yrs	12:30-1:30pm	Empire North	Tue 7:00-8:00pm	Brit Oval
382185	Coed 9-10yrs	12:30-1:30pm	Brit Oval	Wed 7:00-8:00pm	Robson Park
382174	Boys 11-12yrs	1:45-2:45pm	Empire South	Wed 7:00-8:00pm	Brit Oval
382186	Girls 11-12yrs	1:45-2:45pm	Empire North	Wed 5:45-6:45pm	Brit Oval
382175	Boys 13-14yrs	1:45-3:00pm	Brit Oval	Thu 5:45-6:45pm	Brit Oval
382187	Girls 13-14yrs	1:45-3:00pm	Brit Oval	Thu 5:45-6:45pm	Brit Oval
382194	Women 18yrs+	3:15-4:30pm	Empire North	Thu 7:00-8:00pm	Brit Oval



## Britannia Gymnastics Club

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

Our fantastic, enthusiastic team of coaches—Aaron, Audra, Elaya, Henry, Lailah, and Sarah—are looking forward to another great gymnastics season!

### Winter 2022 Schedule

Sat	Jan 22-Mar 26*	*No class Feb 19		Gym A/B
381682	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$108/9 sess
381676	Junior Jumpers A	4-5yrs	2:00-2:45pm	\$108/9 sess
381677	Junior Jumpers B	4-5yrs	3:00-3:45pm	\$108/9 sess
381679	Future Flyers A	6-9yrs	4:00-5:00pm	\$126/9 sess
Sun	Jan 23-Mar 27*	*No class Feb 20		Gym A/B
381674	Dynamic Duo A	18mo-3yrs	10:00-10:45am	\$99/9 sess
381675	Dynamic Duo B	18mo-3yrs	11:00-11:45am	\$99/9 sess
381680	Future Flyers B	6-9yrs	11:30am-12:30pm	\$126/9 sess
381683	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$108/9 sess
381672	Komet Kids	5-6yrs	12:45-1:45pm	\$117/9 sess
381673	Demo Team	9-15yrs	2:00-3:30pm	\$180/9 sess
381681	Future Flyers C	6-9yrs	2:15-3:15pm	\$126/9 sess
381678	Performance Plus	9-15yrs	3:45-5:15pm	\$180/9 sess

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

For more information visit:  
[britanniagymnastics.com](http://britanniagymnastics.com)



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

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

### Tiny Tumblers (3-4yrs)

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

### Junior Jumpers (4-5yrs)

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

### Komet Kids (5-6yrs)

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

### Future Flyers (6-9yrs)

*Formerly named "Performance".* Gymnasts are encouraged to create routines, perform to the best of their ability and are given positive feedback on each event.

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

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

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

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

**\*Please contact [fraser.mcelroy@vancouver.ca](mailto:fraser.mcelroy@vancouver.ca) for an assessment with one of our coaches for Performance Plus and Demo Team. Limited spaces available.**

### Your Safety is Our Priority

- Proof of vaccination is required in B.C. to access some programs and facilities at community and recreation centres. For more information, see page 5.
- Masks must be worn by patrons 5 years of age and older in all of our facilities when not engaged in physical activity.
- Stay home if you have any symptoms of COVID-19, including: coughing, sore throat, fever, or sneezing.
- Stay home if you have been in contact with a confirmed case of COVID-19 or if you are required to self isolate on Public Health orders.

# Preteen

## Social

### Guys+ Night (10-13yrs)

Guys+ social night to hang out with your friends and meet new friends. A self directed program with a mixture of laughter and leadership. Please pre-register.

**Tue 6:15-8:00pm Jan 18-Mar 15**  
**RAR Free**  
**381236**

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

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

**Thu 6:15-8:00pm Jan 20-Mar 17**  
**Preteen Centre Free**  
**381235**

### Preteen Dance (Grade 5-7)

DJ 2 Scoops plays the music. You and your friends will have a blast. Concession will be open for sale of glow sticks, glow necklaces, snacks and pizza. Grade 5-7 only.

Parental consent form must be completed and are available 1 week before the dance. Pay \$1 at the door.

**Fri 6:30-9:00pm Feb 4**  
**CFEC \$1/1 sess**



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

Britannia's youth-only swim time, every other Friday. Contests, prizes, games and crazy staff! The WIBIT will be available some days. Lessons will be available to interested youth for the first 30mins; work on skills or improve your swimming abilities.

No swimsuit required...it's not what you're thinking—swimsuits, or clean, recently washed clothing can be worn. No shoes allowed.

**Fri 6:00-8:00pm Jan 14 & 28**  
**Britannia Pool Feb 11 & 25**  
**Free Mar 11**

## Sports & Fitness

### Youth Basketball (8-13yrs)

You must register weekly in advance. Supervised preteen open gym on Fridays. Come shoot around or join in on games. Shared equipment will be disinfected after use. No food in the gym. Bring your own water bottle.

**Fri 6:00-7:30pm Jan 7-Mar 25**  
**Gym D Free**



### Basketball (8-13yrs)

Focus on the fundamentals! The primary emphasis will be age- and ability-appropriate skill development. This will reflect the recommendations of the National Coaching Certification Program Long-Term Athlete Development Model. Increasing skill competency increases likelihood that children will gain the confidence to continue to play and enjoy playing basketball. Emphasis will be on individual skill development, with games and scrimmages worked in. Please bring a water bottle and towel. Avoid bringing any other personal items. No class Feb 19.

#### Grade 4-5

**Sat 11:00am-12:15pm Jan 15-Mar 12**  
**Gym D \$32/8 sess**  
**381229 T and Aaron**

#### Grade 6-7

**Sat 12:30-1:45pm Jan 15-Mar 12**  
**Gym D \$32/8 sess**  
**381230 T and Aaron**

### Youth Fitness (8-13yrs)

Improve running form, change of direction and agility. In addition to drills, we'll do a variety of workouts outdoors. This program will combine a disciplined focus on fitness and improving athletic skills—like speed and change of direction—with competitive fun games, drills and relays. Coaches and participants will maintain social distancing, and promote hand washing or hand sanitization before, during and after the program. Please bring a water bottle and towel, and avoid bringing any other personal items.

**Thu 3:15-4:45pm Jan 13-Mar 10**  
**Gym C \$72/9 sess**  
**382654 Game Ready**

## Camps

### Drawing and Cartooning with Christache (7-14yrs) **NEW**

A fun and foundational drawing class led by a professional illustrator. Each class will include warm ups and drawing exercises along with a daily theme to focus our learning.

Themes will be cartoony and fun, including characters familiar to the students (aliens, robots, dragons, etc.).

**Mon-Fri 2:00-3:30pm Mar 14-18**  
**RAR \$87.50/5 sess**  
**383862 Christache**

### Basketball Camp – Preteen (9-11yrs) **NEW**

Improve shooting form, ball-handling skills, defensive intensity, and court awareness in a fun filled, fast paced environment. Camp will include skill work, mobility training and games.

Aaron Graystone has worked with all levels of athletes from amateur to the NBA. He started his journey over 10 years ago at St. George's School for Boys working as head of player development for the basketball program, while concurrently playing in one of Vancouver's most competitive Club programs.

He then worked his way to developing NBA athletes with Handlelife in Los Angeles for 3 years. After that, Aaron took his talents to China where he became the Head of Player and Coach Development for ME Basketball Facility, China's largest private basketball training location.

Now Aaron has focused on developing the foundation of young generation of basketball players in the community that raised him. Please bring a water bottle and towel, and avoid bringing any other personal items.

#### Grade 4-5

**Mon-Fri Gym C \$100/5 sess**  
**374347 10:00am-12:00pm Dec 20-24**  
**382648 1:00-3:00pm Mar 14-18**  
**382649 1:00-3:00pm Mar 21-25**  
**T and Aaron**

#### Grade 6-7

**Mon-Fri Gym C \$100/5 sess**  
**374349 12:30-2:30pm Dec 20-24**  
**382651 3:15-5:15pm Mar 14-18**  
**382652 3:15-5:15pm Mar 21-25**  
**T and Aaron**



## Welcome to the Teen Centre

A place in the community dedicated to youth. All youth 13-18yrs are welcome. Pool, foosball, ping pong, video games, and a public access computer are all available for use.

Youth, volunteers and youth workers work together to plan and run programs and activities for the Teen Centre. Please pick up your copy of the monthly activities calendar. If you do not see what you are looking for then get involved and make it happen!

The Teen Centre is a place to:

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

### Hours

Mon-Thu	3:00-9:30pm
Fri	3:00-10:00pm
Sat	6:00-10:00pm

### Registration

Register for all Teen Centre programs at the Teen Centre. For more information, call 604.718.5828.

Please note: A signed parent consent form is required for many of our programs. If you have any questions or concerns please call us.

### Staff

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

**Latin American Youth Programmer:**  
Stephanie Angel-Garay 604.718.5829  
stephanie.angel-garay@vancouver.ca

**Teen Centre Staff:**  
Barry, Chiho, Joel, Johnny, Kakada, Manuel, Mark, Stephanie, Tom

## Leadership

### Britannia Youth Committee

Britannia youth programs are looking for youth who want to be involved! Give back to the community, and initiate and follow through on community programs and projects. Meetings are held the first and third Thursday of the month. **For more information contact Tom at 604.718.5826.**

### Friends First Program / Grupo de Amigos (11-18yrs)

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

¡Conoce a jóvenes de tu edad y aprende al mismo tiempo! Este programa brinda actividades sociales, recreativas y educativas. Nos reunimos los días sábados. Para registrarse y obtener más detalles, comuníquese con Stephanie al 604.718.5829. Se requieren formularios de consentimiento para participar en las salidas. Subsidios disponibles para todas las actividades.

**Sat/Sáb 1:00-5:00pm** **Jan 15-Mar 26**  
Teen Centre Free

## Cooking Programs

### 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 11-Mar 8**  
55+ Centre Free

### Latin Cooking (11-18yrs)

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

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

**Thu 5:00-7:00pm** **Jan 13-Mar 31**  
55+ Centre Free

## Music

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

The Greenhorn Community Music Project aspires to join the creative forces of youth, professional musicians, and community members to compose, practice, and perform a variety of musical styles to orchestrate social change you can dance to! Britannia membership required (child/youth \$1).

**Postponed to Feb 5**

**Sat 11:00am-12:30pm** **Jan 22-Mar 5**  
Teen Centre Free  
379384 Brenda/Tim

## Social

### Lunch Hour Drop-in (13-18yrs)

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

**Mon-Fri 11:30am-12:30pm** **Ongoing**  
Teen Centre Free

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

Britannia's youth-only swim time, every other Friday. Contests, prizes, games and crazy stuff! The WIBIT will be available some days.

Lessons will be available to interested youth for the first 30mins; work on skills or improve your swimming abilities.

No swimsuit required...it's not what you're thinking—swimsuits, or clean, recently washed clothing can be worn. No shoes allowed.

**Fri 6:00-8:00pm** **Jan 14 & 28**  
Britannia Pool **Feb 11 & 25**  
Free **Mar 11**

### Hip Hop Hangout – Online (12-18yrs)

The hip hop hangout is an interactive online workshop and concert series for East Vancouver youth. Hip hop performers and mentors from all over Canada come together to celebrate and share the arts, music and multiculturalism of hip hop culture in a virtual platform.

The sessions are fun-filled; learn how to do graffiti, rap, beatbox, and dance while also discussing important social issues, mental health, and community!

**Tue 5:00-7:00pm** **Jan 25, Feb 8**  
Zoom **Feb 22, Mar 8**  
385419 Emotionz/DJ Ted D Free

# Youth

## Sports

### Archery – Beginner (12-18yrs)

NEW

Introduction to archery, including history and trying a variety of different bows. Emphasis will be on individual skill development.

Coaches and participants will maintain social distancing, and promote hand washing or hand sanitization before, during and after the program. After the session, staff will disinfect the sporting equipment. Please bring a water bottle and towel, and avoid bringing any other personal items.

Sat 2:00-3:30pm Jan 15-Mar 5  
Gym C \$40/8 sess  
381231 Bernice

### Archery – Intermediate (12-18yrs)

NEW

Must have completed the Beginner session. Instructor will provide approval to move on to intermediate. A continuation of the introduction to archery class, including history and trying a variety of different bows. Emphasis will be on individual skill development.

Coaches and participants will maintain social distancing, and promote hand washing or hand sanitization before, during and after the program. After the session, staff will disinfect the sporting equipment. Please bring a water bottle and towel, and avoid bringing any other personal items.

Sat 3:45-5:00pm Jan 15-Mar 5  
Gym C \$40/8 sess  
381232 Bernice



### Youth Fitness (13-18yrs)

NEW

A must for young athletes as they increase physical literacy, this program provides a progression of fitness acuity. A base level of fitness and movement is developed as the athletes learn to appreciate exercise as a lifestyle. Basic movements, balance and coordination are honed through games, relays and drills with a focus on high energy and fun.

As comfort levels increase, they will work on strength and speed while maintaining a high level of conditioning. Coaches will teach and challenge so each youth will increase confidence in their abilities.

Please bring a water bottle and towel, and avoid bringing any other personal items.

Thu 5:00-6:15pm Jan 13-Mar 10  
Gym C \$63/9 sess  
382655 Game Ready Fitness

### Your Safety is Our Priority

- Proof of vaccination is required in B.C. to access some programs and facilities at community and recreation centres. For more information, see page 5.
- Masks must be worn by patrons 5 years of age and older in all of our facilities when not engaged in physical activity.
- Stay home if you have any symptoms of COVID-19, including: coughing, sore throat, fever, or sneezing.
- Stay home if you have been in contact with a confirmed case of COVID-19 or if you are required to self isolate on Public Health orders.
- Wash your hands, respect the personal space of other patrons and staff, and cover your cough or sneeze.

### Britannia Boxing (6yrs+)

Britannia's own fun, inclusive, and informative boxing program. Classes are unlimited. The Boxing Room is located in Gym C. First time participants, pay \$15 drop-in. After this, participants will be expected to pay the \$75/month fee. Fees cannot be prorated. No class Feb 21.

Mon-Fri 5:00-7:00pm  
Sat 2:00-4:00pm  
Jay Boxing Rm \$75/mo  
381669 Jan 8-31  
381670 Feb 1-28  
381671 Mar 1-31

### Co-ed Indoor Soccer (13-18yrs)



Free drop-in soccer for youth (with high school ID). New players welcome! Come have fun and practice your soccer skills. Please bring your own water bottle. **Pre-registration is required. Space is limited.**

Tue 5:30-7:00pm Jan 11-Mar 29  
Gym D Free

### Vancouver Youth Basketball League (Grade 10-12)

Join us in the Vancouver Youth Basketball League! This league will provide fast paced games where everyone will have the opportunity to play. Participants can join on their own or with a group of up to 8 players. We will have multiple community centres competing so you will have the chance to play against new players each week! All games will be held at Hillcrest Community Centre. This league is for players not playing on a high school or club basketball team. **Contact Tom at 604.718.5826 if interested.**

## Outdoor Programs

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



We offer a variety of outdoor activities for youth 13-18 years of age and suitable for almost any level of fitness. It is a great way to explore our incredible surroundings, learn new things and meet lots of great people.

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

A variety of monthly winter activities which may include; indoor rock climbing, snowshoeing, and snow tubing. Pick up a monthly calendar to get a complete listing.

Registration at the Teen Centre only.



### Blackcomb/Whistler Ski & Snowboard

Cost includes transportation, lift, rental and lesson. Youth will be required to ski/snowboard with 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.

6:00am-6:00pm Jan 23, Feb 18, Mar 12, Apr 2  
\$90 ski/snowboard rental, \$70/no rental

Registration at the Teen Centre only.

## Latin American Youth Program / Programa Juvenil Latinoamericano

The Latin American Youth Program (LAYP) offers cultural and recreational activities for Latinx youth ages 11-18yrs. These activities range from organized recreational programs to advocacy and referral services. For more information please contact Stephanie, the Latin American Youth Worker, at 604.718.5829 or [stephanie.angel-garay@vancouver.ca](mailto:stephanie.angel-garay@vancouver.ca).

El Programa de Jóvenes Latinoamericanos ofrece actividades culturales y recreativas para jóvenes de 11 a 18 años. Estas actividades incluyen programas recreativos, servicios de abogacía y referencia. Para obtener más información, comuníquese con Stephanie, la trabajadora juvenil latinoamericana. 604.718.5829 [stephanie.angelgaray@vancouver.ca](mailto:stephanie.angelgaray@vancouver.ca).



### Grupo de Amigos / Friends First Program (11-18yrs)



¿Conoce a jóvenes de tu edad y aprende al mismo tiempo! Este programa brinda actividades sociales, recreativas y educativas. Nos reunimos los días sábados. Para registrarse y obtener más detalles, comuníquese con Stephanie al 604.718.5829. Se requieren formularios de consentimiento para participar en las salidas. Subsidios disponibles para todas las actividades.

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

Sat/Sáb 1:00-5:00pm

Jan 15-Mar 26

Teen Centre

Free/Gratis

### Clubes de Español / Spanish Clubs



¿Qué son los clubes de español? Un lugar para conocer a otros jóvenes latinx de tu escuela. Nos reunimos una vez por semana durante la hora del almuerzo. Escuchamos música, jugamos, comemos y participamos en talleres. Si estás interesado en tener un club de español en tu escuela, contacta a Stephanie al 604.718.5829/[stephanie.angel-garay@vancouver.ca](mailto:stephanie.angel-garay@vancouver.ca).

What are Spanish clubs? A place to meet other Latinx youth from your school. We meet once a week during lunchtime. We listen to music, play games, eat, and participate in workshops. If you are interested in having a Spanish club at your school, contact Stephanie at 604.718.5829 or [stephanie.angel-garay@vancouver.ca](mailto:stephanie.angel-garay@vancouver.ca).

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



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

Do you want to learn how to cook food from different Latin American countries? Come share your favorite dishes and learn new recipes! You will also learn how to choose foods that are more nutritious and shop on budget. **Pre-registration is required.** Space is limited. To register, please contact Stephanie at 604.718.5829 or [stephanie.angelgaray@vancouver.ca](mailto:stephanie.angelgaray@vancouver.ca).

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

Jan 13-Mar 31  
Free/Gratis



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



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

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

**Pre-registration is required.** Space is limited. To register, please contact Stephanie at 604.718.5829 or [stephanie.angelgaray@vancouver.ca](mailto:stephanie.angelgaray@vancouver.ca).

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

Jan 11-Mar 29  
Free/Gratis

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



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

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

**Pre-registration is required.** Space is limited. To register, please contact Stephanie at 604.718.5829 or [stephanie.angelgaray@vancouver.ca](mailto:stephanie.angelgaray@vancouver.ca).

Wed/Mié 4:00-5:00pm  
Free/Gratis

Jan 5, Feb 2  
Mar 2, Apr 6

# Adults

## Language

### Spanish – Beginners (19yrs+)

Learn about Latin culture and language through dynamic and interactive sessions led by Miss Lili, a highly experienced native speaker. Everyday topics will be taught.

**Tue 1:00-2:00pm Jan 18-Mar 8**  
**Rink Mezz \$105/8 sess**  
**379648 Words In Motion**

### Spanish – Intermediate (19yrs+)

This is for students who have taken Beginner Spanish before and can converse in Spanish. Learn about Latin culture and language through dynamic and interactive sessions led by Miss Lili, a highly experienced native speaker.

**Tue 2:15-3:15pm Jan 18-Mar 8**  
**Rink Mezz \$105/8 sess**  
**379649 Words In Motion**

## Music



### Vancouver Latin American Cultural Centre Choir

Come sing with *Canto Vivo!*, the Vancouver Latin American Cultural Centre Choir! Our choir meets once a week to learn and practice songs that reflect the immense diversity of musical genres from all over Latin America. Songs will be sung in Spanish and Portuguese. Sergio Pires, the choral conductor, is an educator and music researcher who holds a Doctorate of Musical Arts in choral conducting from Boston University and Masters and Licentiate degrees in music from Brazilian institutions.

Everybody is welcome to participate. Join this fun community activity, sing, and make friends! Register by emailing [info@vlacc.ca](mailto:info@vlacc.ca). Please purchase a VLACC and a Britannia membership.

**Postponed**

**Wed 7:00-9:00pm Jan 12-Mar 16**  
**55+ Centre Sergio**  
**379647**

## 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 and ages welcome.

Suggested donation is one hour's wage or \$5 pay-what-you-can. Britannia membership required. For more information and to book the band, email [vancouvercarnivalband@gmail.com](mailto:vancouvercarnivalband@gmail.com).

**Sat 2:00-3:00pm Jan 15-Mar 26**  
**Elementary Undercover Area By Donation**  
**Tim/Ross**

## Solidarity Notes Labour Choir

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

We are a non-auditioned choir and welcome everyone. We suggest a fee of \$35/month, but if you can't afford that, pay what you can. And if you can't afford anything, that's OK too. For more information please contact Carol at 604.526.4959.

We generally do not meet on one Sunday of the month; check the website at [solidaritynotes.ca](http://solidaritynotes.ca) for our up-to-date practice schedule (re: stat holidays, etc). Britannia Society membership required. No session Jan 30, Feb 20.

**Sun 10:30am-12:30pm Jan 16-Mar 20**  
**LRC \$5wqwelewen ct Earle**  
**379645**

## African Drumming (16yrs+)

Play traditional West African rhythms on hand drums (djembés) and bass drums (dununs). Drums are supplied during classes at no extra charge. The instructor has 31 years of teaching experience. Enrolling in level 2 and 3 requires permission from the instructor, who can be contacted through his website.

For more info on all levels visit [drumming.ca](http://drumming.ca).

### Level 1

**Sat 12:00-1:15pm Jan 15-Mar 5**  
**Cafeteria \$136/8 sess**  
**390151 Russell**

### Level 2

**Sat 10:30-11:45am Jan 15-Mar 5**  
**Cafeteria \$136/8 sess**  
**390150 Russell**

### Level 3

**Wed 6:30-8:00pm Jan 19-Mar 9**  
**Cafeteria \$138/8 sess**  
**379368 Russell**

## Arts

### Working With Cement – Cement Bowl (16yrs+)

**NEW**

Cement is both an easy and challenging medium to use to make useful homeware to beautify your home or garden. This course will teach some techniques and handy tricks to make your own cement bowl. From choosing your mold, mixing and pouring your concrete, curing and sealing, Karine Zamor (the Cement Lady) will show you a window to her passion.

Each student will have a lovely bowl that they made to take home. Please wear a smock/apron/old clothes; this program is messy!

**Thu 7:00-9:00pm Feb 3-10**  
**Rink Mezz \$80/2 sess**  
**386532 Karine**

### Connecting to Health – Art Therapy Group (18yrs+)

This strength-based and person-centred art therapy group is designed to connect people to their creativity and inner resources and raise self-awareness. Caro Embling is a registered art therapist in BC and believes in the creative process as a way to heal, grow and connect to our inner selves and to others in the group. She strives to create a culturally safe environment for all participants. Instructor will collect \$10/person for basic materials.

**Mon 6:30-9:00pm Jan 17-Feb 14**  
**LRC \$143.75/5 sess**  
**379382 Caro**

## Pottery – Introduction (16yrs+)

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

**Tue 7:00-9:00pm Jan 18-Mar 8**  
**Rm 208 \$225/8 sess**  
**379625 Helen**

## Pottery – Continuing (16yrs+)

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

**Wed 6:30-9:00pm Jan 19-Mar 8**  
**Rm 208 \$246/8 sess**  
**379622 Helen**

## Salsa Cubana & Rueda De Casino

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



### Beginner/Intermediate (18yrs+)

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

**Tue 7:30-9:00pm Feb 22-Mar22**  
**Gym C \$100/5 sess**  
**379630 Karlos**

### Intermediate (18yrs+)

We will review the moves learnt in the Beginner/Intermediate class and learn new moves such as La Ye Simple, La Ye, Sombrero Complicado, Tornillo, Pelota, Setenta, etc. No class Feb 21.

**Mon 7:30-9:00pm Feb 28-Mar 21**  
**Gym C \$80/4 sess**  
**379631 Karlos**

### Advanced (18yrs+)

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

**Thu 8:00-9:30pm Feb 24-Mar 24**  
**CFEC \$100/5 sess**  
**379628 Karlos**

### Beginner (18yrs+)

No experience necessary. This will be your introduction to Cuban Salsa. We will start with the basic steps, at first in a line but soon you will be using what you have learned in the circle-formation known as a Rueda. We will quickly progress to passing followers from one leader to the next, to turns and moves such as Vacilala, Casate, Sombrero, etc. **Postponed to Feb 23**

**Wed 7:30-9:00pm Feb 23-Mar 23**  
**Gym C \$100/5 sess**  
**379629 Karlos**



## Square Foot Garden Workshop

Join Master Gardener, Pablo Vimos, in exploring the benefits of growing a square-foot garden! In this hands-on workshop, Pablo will show you how this simple method can optimize all your available garden space and allow you to grow a lot of food in a small space. Square foot gardening can be adapted to gardeners of all experience levels and physical abilities, and can reduce water use. You'll leave with printed information, and some seedlings to plant in your own garden! Sign up to gain hands-on experience and get ready to get dirty! Sliding scale/pay what you can.

**Sat 2:00-4:00pm Mar 26**  
**Mary Jo Garden Pablo**  
**388721 \$5/1 sess**  
**388722 \$10/1 sess**  
**388723 \$15/1 sess**



## Canning Workshop

Discover the basic principles of food preservation with Chef Charles Paul Whitmore in this introductory canning class. Do your part in reducing food waste and increasing food security by learning about canning! In this hands-on workshop we'll learn about safe canning techniques while preparing seasonal food for water bath canning. All skill levels welcome!

**Sun 11:00am-1:00pm Feb 20**  
**Preteen Centre Paul**  
**388727 \$5/1 sess**  
**388874 \$10/1 sess**  
**388875 \$15/1 sess**

## Food



Grandview Woodland Food Connection (GWFC) is dedicated to supporting healthy food access for all. In partnership with Britannia Community Centre, the GWFC is pleased to offer a range of community food programs. If you'd like to get involved, email [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com) or visit: [gwfoodconnection.com](http://gwfoodconnection.com)

### Britannia Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? Once a month, you can purchase a \$14 box of assorted produce at Britannia Community Centre. Buying together with your neighbours can help you save over 40% on your food bill. You get 12-14 varieties of fruits and veggies plus access to supplemental donations. Email [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com) for more info or to be added to the waitlist.

## FoodFit

Still staying close to home? Join the GWFC's free and fun online FoodFit program! This 6-week program is for community members who experience barriers around healthy eating and physical activity but who are motivated to make lasting changes to their health.

The Zoom sessions combine fun, online cooking and food-based activities with easy-to-understand nutrition information, self-directed individual and group goal-setting, and reflection that will reinforce 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. Contact us at [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com) to register for an upcoming six week session.

**Sat 4:00-6:00pm Jan 29-Mar 5**  
**Zoom Free**  
**Siobhan**

# Adults

## Health & Fitness

### Iyengar Yoga (18yrs+)

Physically energizing, deeply relaxing and emotionally uplifting, this program offers instruction in classical yoga with an emphasis on self-awareness and development of strength, stamina, flexibility, balance, body awareness, postural alignment and relaxation. 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. Your own mat and equipment is optional but recommended; we have mats and equipment you can use. The instructor will email you before the class to check in. You must have Iyengar Yoga experience to do Level 2 & 3. If you are unsure please contact claudiamacyoga@gmail.com. \$21/drop-in.

#### Level 1 & 2 Postponed to Jan 25

<b>Tue</b>	<b>Jan 14-Mar 29</b>	<b>Claudia</b>
<b>CFEC</b>		<b>\$204/12 sess</b>
<b>381690</b>	<b>9:30-11:00am</b>	
<b>381691</b>	<b>7:00-8:30pm</b>	

#### Level 2 & 3 Postponed to Jan 27

<b>Thu</b>	<b>5:30-7:00pm</b>	<b>Jan 13-Mar 31</b>
<b>CFEC</b>		<b>\$204/12 sess</b>
<b>381692</b>	<b>Claudia</b>	

### Yogaflex (18yrs+)

Focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. The class ends with deep stretching and relaxation. You will leave feeling strong. Please bring your own mat. \$14/drop-in. No class Feb 20.

Postponed to Jan 30

<b>Sun</b>	<b>10:15-11:15am</b>	<b>Jan 9-Feb 27</b>
<b>CFEC</b>		<b>\$70/7 sess</b>
<b>381725</b>	<b>Alex</b>	

### 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 watch and we can set up a reading area.

Please bring a blanket for baby. Yoga mats provided. Pre-walking or 6 weeks old to 16 months. \$16/drop-in.

melissarodrigues.com Postponed to Jan 26


<b>Wed</b>	<b>10:30-11:30am</b>	<b>Jan 12-Mar 30</b>
<b>CFEC</b>		<b>\$180/12 sess</b>
<b>381657</b>	<b>Melissa</b>	


### ZUMBA® Fitness (18yrs+)

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.

We use a variety of styles including Cumbia, Soca, Merengue, Salsa, Samba, Reggaeton, Flamenco. \$14/drop-in. zumbavancouver.ca

#### Set 1 Postponed to Jan 24

<b>Mon</b>	<b>6:00-7:00pm</b>	<b>Gym C</b>
<del><b>381777</b></del>	<del><b>Jan 10</b></del>	<del><b>Free Trial</b></del> 
<b>381727</b>	<b>Jan 17-Feb 14</b>	<b>\$63/5 sess</b>

<b>Wed</b>	<b>6:00-7:00pm</b>	<b>Gym C</b>
<del><b>381778</b></del>	<del><b>Jan 12</b></del>	<del><b>Free Trial</b></del> 
<b>381729</b>	<b>Jan 19-Feb 16</b>	<b>\$63/5 sess</b>
<b>Zumba Vancouver</b>		

#### Set 2

<b>Mon</b>	<b>6:00-7:00pm</b>	<b>Feb 28-Mar 28</b>
<b>Gym C</b>		<b>\$63/5 sess</b>
<b>381726</b>	<b>Zumba Vancouver</b>	

<b>Wed</b>	<b>6:00-7:00pm</b>	<b>Feb 23-Mar 30</b>
<b>Gym C</b>		<b>\$75/6 sess</b>
<b>381728</b>	<b>Zumba Vancouver</b>	

### SportMedBC's 10K InTraining Program (16yrs+)

**Note:** In the interest of safety for all our participants, all clinic locations will be meeting outside. Participants are expected to arrive at the clinic wearing running attire. No storage/locker rooms will be provided.

**Meet under the covered area just west of the Britannia Elementary School and north of the intersection of Cotton Drive and William Street.**

Whether you're a runner or a walker of any level, the internationally regarded SportMedBC's 10K InTraining Program will help you reach your fitness and health goals in a safe and supportive environment! The 13-week programs, 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 a 10K event!

Join the InTraining community of walkers and runners and receive: 13 guided run/walk sessions with trained leaders, a digital logbook with your 13-week training plan, exclusive gear, free informational webinars on running related subjects, and more! When you arrive on the first day, choose one of our three training programs: LearnToRun10K, Run10K, Run10KStronger.

**SportMedBC's Refund Policy:** Participants are eligible for full refunds until the start of the first session. Participants are eligible for partial refunds after the start of the first session, up until the end of the second week of the program. No refunds after January 25, 2022, except for medical reasons (doctor's note required). Please direct any inquiries to SportMedBC: www.sportmedbc.com.

<b>Tue</b>	<b>6:30-8:00pm</b>	<b>Jan 18-Apr 12</b>
<b>Outside Brit Elementary</b>		<b>\$99/13 sess</b>
<b>381871</b>	<b>SportMedBC</b>	

## Drop-in Fitness

### Dance Aerobics (18yrs+) Postponed to Feb 3

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. \$5/drop-in or \$45/10 tickets.

<b>Thu</b>	<b>6:30-7:30pm</b>	<del><b>Jan 13</b></del> <b>Mar 17</b>	<b>Gym C</b>	<b>\$5/drop-in</b>	<b>Allyson</b>
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### HIIT Fitness (18yrs+) Postponed to Feb 1

A High Intensity Interval Training (HIIT) workout to shape your abs, legs and arms! Purchase drop-in tickets at the pool office. \$5/drop-in or \$45/10 tickets.

<b>Tue</b>	<b>6:00-7:00pm</b>	<del><b>Jan 11</b></del> <b>Mar 15</b>	<b>Gym C</b>	<b>\$5/drop-in</b>	<b>Allyson</b>
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### Salsa Fit (18yrs+) Postponed to Jan 29

Invigorating and energizing cardio combining high/low impact aerobics with a salsa flare. Great music and lots of fun. Includes a muscular strengthening component and stretching. Purchase drop-in tickets at pool office. \$6/drop-in or \$45/10 tickets. No class Feb 19.

<b>Sat</b>	<b>9:30-10:30am</b>	<del><b>Jan 8</b></del> <b>Mar 26</b>	<b>Gym C</b>	<b>\$6/drop-in</b>	<b>Denise</b>
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## Stretch Therapy (18yrs+)

Learn the contract and relax technique of PNF stretching plus other partner assisted techniques to release fascia, tight muscles and unlock your joints so you can move with ease. These techniques are so effective, only one or two classes a week are recommended. Release your hamstrings, hips, back and shoulders to improve posture, mobility and range of motion. For more information, please visit [stretchtherapyvancouver.com/community-centres](http://stretchtherapyvancouver.com/community-centres). \$30/drop-in. No class Feb 21.

381712 Mon 6:45-7:55pm Jan 24-Mar 7 CFEC \$150/6 sess  
Rob

## Martial Arts

### Ki Aikido (18yrs+)

Looking for an embodied practice that helps you deal with the stresses of daily life? Try Ki Aikido, a non-competitive practice that develops calmness, stability and confidence. Improve your mind-body connection, stay relaxed and centered under pressure, and work with energy flow in dynamic movements. Beginners can take one free session before deciding to register. High grade classes are for 1st Kyu or more advanced students. No class Feb 21.

#### General

Postponed to Feb 2

Wed 7:30-9:30pm Jan 12-Mar 30  
Mat Rm \$72/12 sess  
381693 Wayne \$10/drop-in

#### High Grade

Postponed to Jan 24

Mon 7:30-9:30pm Jan 10-Mar 28  
Mat Rm \$55/11 sess  
381694 Wayne \$6/drop-in



### Britannia Boxing (6yrs+)

Britannia's own fun, inclusive, and informative boxing program where anyone can come and learn proper techniques, hit the bags, and workout with our coaches. New bags, gloves, portable ring, and more await you in our boxing gym! You'll break a sweat, but can work at your own pace.

Come train as much as you like—classes are unlimited. The Boxing Room is located in Gym C. First time participants, pay \$15 drop-in. After this, participants will be expected to pay the \$75/month fee. Fees cannot be prorated. No class Feb 21.

Mon-Fri 5:00-7:00pm  
Sat 2:00-4:00pm  
Jay Boxing Rm \$75/mo  
381669 Jan 8-31  
381670 Feb 1-28  
381671 Mar 1-31



### Axe Capoeira (16yrs+)

Students enrolled in this class must have a minimum of 6 months consistent Capoeira experience, or permission from the school. Students are expected to execute all basic movements of Capoeira. Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language. Classes focus on developing rhythm, reflexes, balance, coordination, strength, flexibility. Unlimited participation in training, dance and music classes. Uniform is required to join class. Fees do not pro-rate; monthly rate only. Classes are in the Cafeteria on Mondays and Friday, and in CFEC on Wednesdays. No Class Feb 21.

Mon/Wed 5:00-6:00pm Fri 7:00-8:30pm  
Marcus Postponed to Jan 26 Cafeteria/CFEC  
381641 Jan 10-31 \$110/mo  
381642 Feb 2-28 \$125/mo  
381643 Mar 2-30 \$125/mo

### Traditional Kung Fu (6yrs+)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, develop self-confidence and discipline.

Membership fee of \$2 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Students must be able to attend Monday and Friday classes regularly. Fees do not pro-rate. No class Jan 31, Feb 4 & 21.

#### Beginner

381716 Jan 10-Mar 11 CFEC  
Mon 4:30-5:45pm Fri 7:00-8:15pm  
Marquis \$171/15 sess

#### Intermediate

381717 Jan 10-Mar 11 CFEC  
Mon 4:30-6:30pm Fri 7:00-9:00pm  
Marquis \$186/15 sess

#### Advanced

381715 Jan 10-Mar 11 CFEC  
Mon 4:30-6:30pm Fri 7:00-9:00pm  
Marquis \$201/15 sess

## Leisure Access Program

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

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

# Adults

## Sports



### Volleyball – Intermediate (18yrs+)

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

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

**Tue 8:00-10:00pm Jan 11-Mar 29**  
Gym A/B \$60/12 sess  
381720 Minaz

**Thu 7:00-10:00pm Jan 20-Mar 31**  
Gym A/B \$88/11 sess  
381719 John

### Ball Hockey – Women (18yrs+)

The focus is on fitness and fun for players of all levels. Bring a black and a white t-shirt to split into teams. Sticks provided, or bring your own plastic, wood, or composite. Shin pads and gloves recommended. \$6/drop-in, space permitting. No class Feb 20.

**Sun 4:15-6:00pm Jan 9-Mar 27**  
Gym D \$55/11 sess  
381665 Belinda

### Ball Hockey – Men (40yrs+)

This is a no-body contact, recreational hockey program. Rough play will not be tolerated. No league players. No drop-ins. No class Apr 17.

**Su 6:45-8:45pm Jan 9-Apr 24**  
Gym D \$82.50/15 sess  
381664 Tejinder

### Ball Hockey – Coed (18yrs+)

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

**Wed 7:45-9:15pm Jan 12-Mar 30**  
Gym D \$66/12 sess  
381663 Trey

### Basketball (18yrs+)

Come get your sweat on with our 5 on 5 full court basketball game. First to 15 points, then rotate. 15 players maximum. No drop-ins. No class Feb 20.

**Sun 2:00-4:00pm Jan 16-Mar 27**  
Gym C \$61/11 sess  
381666 Simon

**Sun 4:00-6:00pm Jan 9-Mar 27**  
Gym C \$61/11 sess  
381667 David

### Badminton (18yrs+)

Come play some badminton with us! Singles if it's slow, otherwise doubles. Rotate after your game to get a short break, then more action! There are 30 pre-registered and drop-in spaces available. \$6/drop-in, space permitting. No class Feb 20.

**Fri 7:00-9:45pm Jan 14-Mar 25**  
Gym C \$66/11 sess  
381658 Allen

**Sun 1:30-3:30pm Jan 9-Mar 27**  
Gym D \$54/10 sess  
381659 Timothy



### Micro Footie Women's League (18yrs+)

Welcome to Britannia World Cup Micro Footie. The mission of Micro Footie is to provide a top class community experience for all players using a small sided game format, where players team up as World Cup countries.

Our program values development, sportsmanship, fun, creative play, player involvement, laughter, and mentorship. Make new friends and score lots of goals in these quality training sessions.

**Registration begins Tuesday, January 11, 2022 at 9:00am online and in person, and at 1:00pm by phone (604.718.5800 ext.1).** Due to the challenging task of placing players on teams, refunds will be issued up to Feb 15, 2022. No refunds will be issued after this date.

For more information visit [www.britanniasoccer.org](http://www.britanniasoccer.org). If you have any questions, email [britmicrofootie@gmail.com](mailto:britmicrofootie@gmail.com). No class April 16, 18 & May 23.

**Thu/Sat 3:15-4:30pm Apr 9-Jun 18**  
Brit Oval \$144/19 sess  
382194

### Soccer – Women's Indoor (18yrs+)

A recreational program for all types of fitness and skill levels. Expect low key, limited body contact, clean fun play.

Registered players arrive by 6:15pm to hold your spot. 15 spaces are allotted per night. \$6/drop-in, space permitting.

**Thu 6:00-7:30pm Jan 13-Mar 31**  
Gym D \$66/12 sess  
381704 Tracy

### Your Safety is Our Priority

- Proof of vaccination is required in B.C. to access some programs and facilities at community and recreation centres. For more information, see page 5.
- Masks must be worn by patrons 5 years of age and older in all of our facilities when not engaged in physical activity.
- Stay home if you have any symptoms of COVID-19, including: coughing, sore throat, fever, or sneezing.
- Stay home if you have been in contact with a confirmed case of COVID-19 or if you are required to self isolate on Public Health orders.
- Wash your hands, respect the personal space of other patrons and staff, and cover your cough or sneeze.

# 55+ Older Active Adults

## Welcome to the 55+ Centre

We look forward to welcoming you back! Whether you want to register for an on-site or online class, drop-in for coffee, or just rest your feet awhile—we have something for you. The Britannia 55+ Centre drop-in will, for now, be at limited capacity but there are an array of ways for you to join us: in person, online or via a hybrid program. For those who might still feel hesitant, we have the Wellness Friday Tea (see page 28). For more information and our virtual programs, visit [britanniacentre.org](http://britanniacentre.org) or call us at 604.718.5837.

### Registration for 55+ Programs

Registration for programs starts on Tuesday, December 14 at 9:00am online and in-person only, and at 1:00pm by phone. Registration for free programs starts on Wednesday, December 15 at 9:00am online and in-person only, and at 1:00pm by phone.

604.718.5800 (1)

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



### Drop-in Hours

Mon	10:30am-12:30pm
Tue (Vietnamese 55+ Day)	9:00am-2:00pm 2:30pm-4:30pm
Wed	10:30am-1:00pm 4:00pm-5:00pm
Thu	10:30am-12:30pm
Friday Wellness	2:00pm-4:00pm

Please note: Because the 55+ Centre offers food and refreshments during drop-in times, vaccine card verification is required. Limited drop-in to ensure safe indoor gatherings.

### 55+ Centre Staff

Anne Cowan	<a href="mailto:anne.cowan@vancouver.ca">anne.cowan@vancouver.ca</a>
Kya Prince	<a href="mailto:kya.prince@vancouver.ca">kya.prince@vancouver.ca</a>
Daniel Cook	<a href="mailto:daniel.cook@vancouver.ca">daniel.cook@vancouver.ca</a>
604.718.5837	

### Vietnamese Programmer

Luong Ho	<a href="mailto:luong.ho@vancouver.ca">luong.ho@vancouver.ca</a>
604.718-5818	

### Leisure Access Program

The Leisure Access Program (LAP) provides low-income City of Vancouver residents with reduced cost programs and services at Britannia and Park Board facilities.

LAP card holders may receive up to 50% off certain programs. To learn more, give us a call at 604.718.5800 (1) or visit:

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

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

Meetings are held online and in person with 10 in-person spots.

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

Wed	3:30-5:00pm	Dec 15, Jan 19
55+ Centre/Zoom*		Feb 16, Mar 16
382751	*Link emailed upon request.	

### Free Tax Clinics

The Community Volunteer Income Tax Program (CVITP) is for individuals with a modest income and a simple tax situation. Volunteers can complete and file your taxes (for free) by video conference, by phone, or in-person (following local public health advice and measures).

Appointments are available starting in February, 2022. Registration for appointments opens on January 24; please call 604.718.5800 (1) to make your appointment.

Feb-April 2022

## Vietnamese Program/Chương Trình Cao Niên Việt Nam

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

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

Tue	9:00am-2:00pm	Jan 4-Mar 29	55+ Centre	Free drop-in
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### Vietnamese Line Dancing (55yrs+)

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

Fri	9:30am-12:00pm	Jan 7-Mar 25	CFEC
Free*	*Registration required		

### Vietnamese Ballroom Dance (55yrs+)

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

Fri	12:00-1:30pm	Jan 7-Mar 25	CFEC
Free*	*Registration required		

# 55+ Older Active Adults

## Weaving Our Community Together



Indigenous Services Canada

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. For more information, visit:

[britanniacentre.org/programs/55plus/program\\_overview](http://britanniacentre.org/programs/55plus/program_overview)



\*Registration required for all WOCT programs. If you have any questions or would like to register please call 604.718.5837 or email [daniel.cook@vancouver.ca](mailto:daniel.cook@vancouver.ca) and/or [kya.prince@vancouver.ca](mailto:kya.prince@vancouver.ca).

### WOCT – First Snow Ceremony



Come join us as we celebrate the first snow of the season. The Ceremony comes from the lil'wat Nation, and will be led by lil'wat Elder Seislom. Community members are invited to share stories, song and dance... just as the lil'wat ancestors did.

Mon 5:00-6:00pm TBA\*\*  
55+ Centre Free\*  
\*\*On the Monday after the first snow.

### WOCT Change of Season Winter Gathering



Seislom and the Britannia Elder's Drum Group invite you to join in celebration of the Fall Season passed, where you have the opportunity to share with others and self-reflect. We then drum and sing in the new winter season, and look forward to the new days ahead.

Mon 5:00-7:00pm Dec 20  
55+ Centre Free\*



### WOCT – Hybrid Cedar Weaving



Learn how to weave small/medium cedar weaving projects with Haida artist, Todd DeVries. Listen to the protocols followed when harvesting and preparing cedar. Enjoy cultural crafting, peer support and sharing with Indigenous and non-Indigenous Elders and others.

Wed 1:00-4:00pm Ongoing  
55+ Centre/Zoom Free\*  
Todd

### WOCT – Virtual Craft Night



Come join our Virtual Craft Night, a low barrier group where crafters can share their ideas with one another. Everyone is welcome!

Thu 7:00-9:00pm Ongoing Zoom Free\*

### WOCT – Hybrid Indigenous Crafts Online only



An Indigenous-led crafts class, open to Indigenous and non-indigenous people. The projects are varied and beadwork is a common component. Project materials can be delivered or picked up at Britannia.

Mon 1:00-4:00pm Ongoing ~~55+ Centre/Zoom~~ Free\* Sabian

### WOCT – Hybrid Indigenous Led Drum Circle Online only



Seislom invites you to join our Indigenous-led drum circle, open to all peoples. Share medicine through virtual and in-person drumming, singing, and listening. In-person takes place at the 55+ Centre and online participation is via Zoom.

Mon 5:00-6:30pm Jan 10-Mar 28 ~~55+ Centre/Zoom~~ Free\* Seislom

# 55+ Older Active Adults

## Health & Fitness

### Badminton (55yrs+)

Fun and easy badminton for older adults. No drop-ins. No class Jan 12, 13 & Feb 19, 21.

**Mon/Wed 11:20am-12:35pm** Jan 10-Mar 30  
Gym C \$14/22 sess  
381660 Tho

**Tue/Thu 11:20am-12:35pm** Jan 11-Mar 31  
Gym C \$14/23 sess  
381662 Tho

**Sat 2:00-4:00pm** Jan 22-Mar 26  
Gym A \$14/9 sess  
381661 Wally



### Boxfit for Seniors (55yrs+)

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

#### Set 1 Postponed to Jan 25

**Tue/Fri 3:30-4:30pm** Jan 11-Feb 18 Boxing Rm \$20/6wks  
382754 Jay

#### Set 2

**Tue/Fri 3:30-4:30pm** Feb 22-Apr 1 Boxing Rm \$20/6wks  
382755 Jay

### 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. The program is taught by a trained Osteofit fitness instructor. No drop-ins. No class Feb 21.

#### Set 1

**Mon 11:00am-12:00pm** Jan 9-Feb 14 CFEC \$60/6 sess  
382748 Berdjjs

#### Set 2

**Mon 11:00am-12:00pm** Feb 28-Apr 4 CFEC \$60/6 sess  
382749 Berdjjs



### 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. \$15/drop-in. No class Feb 21.

**Mon 2:00-3:15pm** Postponed to Jan 24  
CFEC Jan 10-Mar 21 \$120/10 sess  
381722 Joan

**Wed 2:00-3:15pm** Postponed to Jan 26  
CFEC Jan 12-Mar 16 \$120/10 sess  
381723 Joan

## Dance

### Chinese Folk Dance (55yrs+) Postponed to Jan 27

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 9:30-11:30am** Jan 13-Mar 31  
CFEC Free\*  
382657 Helen  
\*Registration required

### Classical Chinese Dance (55yrs+) Postponed to Jan 30

Classical Chinese dance uses body language to express graceful movements to music. This is a great way to enjoy music, exercise and learn about Chinese culture! No class Feb 20.

**Sun 2:00-4:00pm** Jan 9-Mar 27  
CFEC Free  
383149 Joan  
\*Registration required

### Line Dancing (55yrs+)

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

Postponed to Jan 25

**Tue 1:00-3:00pm** Jan 11-Mar 29  
CFEC \$20/14 sess  
382747 Anita

### Vietnamese Ballroom Dance (55yrs+)

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

**Fri 12:00-1:30pm** Jan 7-Mar 25  
CFEC Free\*  
\*Registration required

### Vietnamese Line Dancing (55yrs+)

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

**Fri 9:30am-12:00pm** Jan 7-Mar 25  
CFEC Free\*  
\*Registration required

# 55+ Older Active Adults

\*Registration required for all free programs. Registration for free programs opens on Wednesday December 15, 2021 at 9:00am (online and in-person only) and at 1:00pm by phone.



## HATTA: Hat Weaving Arts & Health Project (Online)

Together with Haida artist Giihlgigaa Todd DeVries, Elders and others gather weekly in a supportive environment of community engagement and cultural learning. We are now taking applications for winter sessions. Applications are available at the 55+ Centre, Info Centre and by emailing Kya at [kya.prince@vancouver.ca](mailto:kya.prince@vancouver.ca).

Thu 1:30-4:00pm Feb 17-Jun 2  
Online Free\*  
Todd \*Registration Required

## Your Safety is Our Priority

- Proof of vaccination is required in B.C. to access some programs and facilities at community and recreation centres. For more information, see page 5.
- Masks must be worn by patrons 5 years of age and older in all of our facilities when not engaged in physical activity.
- Stay home if you have any symptoms of COVID-19, including: coughing, sore throat, fever, or sneezing.
- Stay home if you have been in contact with a confirmed case of COVID-19 or if you are required to self isolate on Public Health orders.
- Wash your hands, respect the personal space of other patrons and staff, and cover your cough or sneeze.

## Free Tax Clinics

The Community Volunteer Income Tax Program (CVITP) is for individuals with a modest income and a simple tax situation. Volunteers can complete and file your taxes (for free) by video conference, by phone, or in-person (following local public health advice and measures).

Appointments are available starting in March, 2022. You can sign up for your appointment over the phone **starting last week of Feb**; please call 604.718.5800 (1) to make your appointment.

## Connection to Kith and Kin: Indigenous Ancestry Search

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

Tue 2:30-4:30pm Ongoing  
Online Free

## Sunday Movie Night Series

Everyone is welcome to attend our movie series every Sunday evening. Please see [britanniacentre.org](http://britanniacentre.org) for the schedule. Doors open at 5:45pm. Because refreshments are served, vaccine verification is required.

Sun 6:00-9:00pm Jan 16-Mar 27  
55+ Centre Free\*  
382752 John

## Quirk-e (Hybrid)

Quirk-e is the Queer Imaging and Riting Collective for Elders experimenting with language, printed text, graphics, digital imagery, spoken word, and performance. Online meetings take place on 1<sup>st</sup> and 4<sup>th</sup> Wednesday of the month. Call 604.718.5837 for an application.

Wed 11:00am-1:00pm Jan 12-Mar 30  
55+ Centre Online Free\*



## Ukulele for Absolute Beginners (55yrs+)

No ukulele experience needed! Registration and vaccine check required, as light refreshments will be provided.

Wed 1:30-3:00pm Jan 12-Mar 30  
55+ Centre Online Free\*  
382753 Jane

## Friday Wellness

### Chair Yoga (55yrs+)

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

### Set 1 Postponed to Jan 28

Fri 12:15-1:15pm Jan 14-Feb 18  
55+ Centre Free\*  
384695 Lynda

### Set 2

Fri 12:15-1:15pm Feb 25-Apr 1  
55+ Centre Free\*  
384696 Lynda

## Blood Pressure & Sugars

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

Fri 11:30am-12:00pm Jan 14-Mar 25  
55+ Centre Free\*  
382736



## Advanced Foot Care

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

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

## Wellness Friday Tea

It may have been a while since you've ventured out. All of our programs follow the required COVID-19 safety procedures; your wellbeing and safety come first. If you've been wanting to sign up for on-site programs and classes but are feeling hesitant, Wellness Friday Tea might be what you're looking for. The 55+ Centre staff have set aside some time on a Friday for those Seniors and Elders who need a space where they know others are fully vaccinated and hope this might help some to ease your way back to participating in person. Drop-in for a cup of tea or coffee. Drop-in begins January 14.

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

# 55+ Older Active Adults

## Computer Classes



In partnership with the YMCA of Greater Vancouver, we offer free 2 hour workshops that will help increase your comfort level with current technology, with a focus on computers, tablets and smartphones. Topics include: how to engage with computers, internet, and email; web browsing, search engines, and online databases; and how to access emerging technologies. Participants are encouraged to suggest topics of interest to the Instructor. Increase your digital literacy, and improve your internet safety and computer skills. Please register in advance. Links to online workshops will be emailed to you after you register.

### Monday Drop-in Workshops (Online)

Drop-in workshops through the YMCA for people looking to improve their computer skills. To view the current schedule and for more information, visit: [ymcastrongfoundations.org/Programs/Education-and-Training/Digital-Literacy-Exchange-Program](http://ymcastrongfoundations.org/Programs/Education-and-Training/Digital-Literacy-Exchange-Program)

### Basic Computer Skills (Online)

Become more familiar with your device. Learn how to save, print, use your mouse, manage files and much more. This is a free program and registration is required.

~~Cancelled~~  
Thu 11:30am-1:30pm Jan 20 Online Free\* 388413 Conroy

### Understanding your iPad and iPhone (Online)

Understanding your iPhone and iPad is great for new users. Join Conroy for this workshop and get to know your device.

~~Cancelled~~  
Thu 11:30am-1:30pm Feb 10 Online Free\* 388414 Conroy

### Your Library (Online)

Did you know that as well as reserving your favourite book you can also listen to or read a book on line from your local VPL? We'll have a look at Overdrive and Libby as a means of enjoying books from your library digitally.

Thu 11:30am-1:30pm Mar 10 Online Free\* 388416 Conroy

\*Registration required for all free programs



## 55+ Weekly Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Vietnamese Drop-in 9:00am-2:00pm		Chinese Folk Dance* 9:30-11:30am	Vietnamese Line Dancing* 10:00am-12:00pm	No programs on stat holidays.	
Osteofit* 11:00am-12:00pm		Quirk-e (Hybrid)- 11:00am-1:00pm		FRIDAY WELLNESS Blood Pressure & Sugars* 11:15am-12:00pm	*Registration required.	
Badminton* 11:20am-12:35pm	Badminton* 11:20am-12:35pm	Badminton* 11:20am-12:35pm	Badminton* 11:20am-12:35pm		General registration opens Tue, Dec 14 at 9:00am in-person and online, and at 1:00pm by phone.	
YMCA Digital Literacy (Online)* 11:30am-1:30pm			Computer Classes* 11:30-1:30 Jan 20, Feb 10, Mar 10	Chair Yoga* 12:15-1:15pm	Registration for free programs opens Wed, Dec 15 at 9:00am in- person and online, and at 1:00pm by phone.	
WOCT Hybrid Indigenous Crafts 1:00-4:00pm	Line Dancing* 1:00-3:00pm	WOCT Hybrid Cedar Weaving* 1:00-4:00pm		Foot Care (by appointment only) 1:00-4:00pm		
Yoga 50+* 2:00-3:15pm		Ukulele for Beginners* 1:30-3:00pm	HATTA Hat Weaving* 1:30-4:30pm	Friday Wellness Tea 2:00-4:00pm	Saturday Badminton* 2:00-4:00pm	
WOCT Hybrid Drum Circle* 5:00-6:30pm	Boxfit* 3:30-4:30pm	Yoga 50+* 2:00-3:15pm	WOCT Virtual Craft Night* 7:00-9:00pm	Boxfit* 3:30-4:30pm	Sunday Movie Night Series* 6:00pm-9:00pm	

## Your Safety is Our Priority

- Proof of vaccination is required in B.C. to access some programs and facilities at community and recreation centres. For more information, see page 5.
- Masks must be worn by patrons 5 years of age and older in all of our facilities when not engaged in physical activity.
- Stay home if you have any symptoms of COVID-19, including: coughing, sore throat, fever, or sneezing.
- Stay home if you have been in contact with a confirmed case of COVID-19 or if you are required to self isolate on Public Health orders.
- Wash your hands, respect the personal space of other patrons and staff, and cover your cough or sneeze.

## Welcome to the Fitness Centre

**Hours** Closed until Jan 24.

Mon-Fri 7:00am-9:00pm  
 Sat/Sun 10:00am-7:00pm  
**WOMEN ONLY\*** Sat 8:00-10:00am  
**55+ ONLY** Sun 8:00-10:00am  
 \*trans inclusive

Hours are subject to change without notice.  
 For up-to-date info visit: [britanniacentre.org](http://britanniacentre.org)



### Facility Orientations

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

### Flexipass Membership

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

### Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists, and physiotherapists. Outside trainers will need to be registered with either the Park Board or Britannia. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$6.34 per client also applies (fees are subject to change).

### Supporting a participant? Attendants get free access

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

## 2022 Pool and Fitness Centre Fees

Prices include tax.

	Drop-in	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
<b>Adult (19-54)</b>	\$6.99	\$60.14	\$53.84	\$145.38	\$465.21	\$3
<b>Youth (13-18)</b>	\$4.89	\$42.11	\$37.70	\$101.77	\$325.65	\$1
<b>Child (6-12)</b>	\$3.50	\$30.07	\$26.92	\$72.69	\$232.61	\$1
<b>Senior (65+)</b>	\$4.89	\$42.11	\$37.70	\$101.77	\$325.65	\$1
<b>Britannia-Only Senior (55+)</b>	\$4.89	\$42.11	\$37.70	\$101.77	\$325.65	\$1

Family Drop-in Rate = 1 to 2 adults of the same household and their children under 19yrs. Minimum \$6.34 admission.

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

## Welcome to the Britannia Pool

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

### View Our Programs Online

Our current pool drop-in schedule is available at the Pool Cashier, the Info Centre and online at: [britanniacentre.org/pool](http://britanniacentre.org/pool)

View all of our current and upcoming programs on the Vancouver Recreation website: [vanrec.ca](http://vanrec.ca)

### Hours

For up-to-date info visit:  
[britanniacentre.org/pool](http://britanniacentre.org/pool)

### Contact

Pool Cashier	604.718.5831
Pool Programmer	604.718.5830

### Admission Policy for Children

Children under 8yrs must be accompanied in the water by a responsible person who is 16yrs or older and 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 25, Mar 29
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### Enhanced Cleaning

For the safety of patrons and staff, we schedule enhanced cleaning throughout the day. Deep cleans will not affect our regularly scheduled pool programming.

## Swim Lesson Registration

Online and in-person registration for swimming lessons and programs at all pools, for all age groups starts **Tuesday, Dec 21 2021** at 9:00am in-person and online, and at 1:00pm by phone. View all of our current and upcoming swimming lessons on the Vancouver Recreation website (set Britannia Pool as the location):

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

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. Those who have registered in the wrong class may be asked to withdraw from the class. Please bring the most recent report card to the first day of lessons. All lessons must meet minimum space requirements to run.

### Swim Assessments

If you are unsure of which level to register, we offer swim assessments during our public swims. If your child is under 8yrs, we require a parent/guardian to assist in the water during the assessment. Children registered in an inappropriate level will be moved to the proper level if space is available, or refunded from the lesson.

### 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.

**2022 fees will be posted in January.**

## Swim Sessions

Our current pool drop-in schedule is available online at:

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

### Aquafit

The majority of Aquafit classes will continue to be by registration only, with some spaces held for drop-in. Registrants will be required to wear a wristband. To avoid disappointment we encourage participants to register in advance.

### Free Youth Swim (11-18yrs) ☀️

Britannia's youth-only swim time, every other Friday. Contests, prizes, games and crazy stuff! The WIBIT will be available some days. Lessons will be available to interested youth for the first 30mins; work on skills or improve your swimming abilities.

Fri	6:00-8:00pm	Jan 14 & 28
Britannia Pool		Feb 11 & 25
Free		Mar 11

### Free Family Swim ☀️

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

Fri	6:00-8:00pm	Jan 7 & 21
Britannia Pool		Feb 4 & 18
Free		Mar 4 & 18

# Ice Rink

## Public Skates

To view our current public skating schedule, visit:

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



## Holiday Hours

Check out the schedule online at [britanniacentre.org](http://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  
**Jan 1** TBD

## Join the Arena Committee!

The Arena Committee meets the 1st Tue of the month at 6:00pm. For more information contact the Arena Programmer, Susy Bando, at [susy.bando@vancouver.ca](mailto:susy.bando@vancouver.ca).

## Arena Programs

### Women's Hockey Program

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

**Sun 10:45am-12:00pm Jan 2-Mar 27**  
 Regular admission rates apply.

### 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. Participants must use sticks provided by rink. Helmets are mandatory for all participants and are available free of charge at the rink.

**Sun 12:15-1:30pm Jan 2-Mar 27**  
 Regular admission rates apply.

### Parent & Tot Skate

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

**Thu 11:00-11:45am Jan 6- Mar 17**  
 Free

### Adult Stick, Puck and Ring

Come out during the noon hour and practice your hockey skills on the best ice in Vancouver. Sign-up for the program is available weekly online starting at noon each Tuesday. Helmets are mandatory during this session, full hockey equipment is recommended and sorry, no scrimmage.

**Fri 12:00-1:30pm Jan 7-Mar 25**  
 Regular admission rates apply.

### 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 through August. All players will be assessed and placed onto teams by the league coordinators. Look for more information online by mid-February.

Registration begins Mar 9, 2022.

### Britannia Women Only Hockey League

Britannia's popular Women's Hockey league. Games are on Tuesday evenings, May 14-July 30, 2022. The games are non-contact, non-aggressive and fun! Full hockey equipment is mandatory. Look for more information online in mid-February.

Registration begins March 9, 2022.

## 2021 Rink Admission Fees

Please note: Prices do not include tax. Fees are subject to change, and are expected to increase in 2022.

Adult (19-54yrs)	Youth (13-18yrs)	Senior (55yrs+)	Child (6-12yrs)	Family	Skate Rentals	Skate Sharpening
\$6.34/Drop-in \$53.89/10 visits	\$4.44/Drop-in \$37.72/10 visits	\$4.44/Drop-in \$37.72/10 visits	\$3.17/Drop-in \$26.94/10 visits	*at Child rate (Family minimum \$6.44)	\$3.20	\$6.17

- 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 2021 Flexipass rates, see page 30.
- \*Family rate is 1-2 adults from the same household and their children under 19yrs, all present at time of admission. \$3.17 per person (not including taxes).
- Children under 8yrs MUST be accompanied on ice by an individual 16yrs+.
- Helmets are strongly recommended for all public sessions and are mandatory for all participants of Family Fun Hockey.
- Adult hockey programs require full equipment. Participants must sign a waiver at the beginning of each session.

## Skating Lessons at Britannia

Registration for **Set 1 Winter** skating lessons begins on Thursday December 16, 2021 at 9:00am in-person and online, and at 1:00pm by phone. Registration for **Set 2 Winter** skating lessons begins on February 16, 2022 at 9:00am in-person and online, and at 1:00pm by phone. **Please note: Skating lessons are very popular and fill up quickly, so register early.**

The Vancouver Park Board Learn to Skate lessons focus on skill acquisition through games and activities. To help you register online for the correct level, please refer to your most recent Skating Report Card and/or refer to the specific level descriptions to determine which class best matches the skater's ability. If you are unsure of the level, have an on-ice evaluation completed at any Vancouver Park Board Rink during a public skate. Students will not be transferred if they are not registered in the appropriate level; a prorated refund will be issued after the first class. If the lessons you want to register for are full please put your name on the waiting list. We schedule additional classes whenever possible. Please register in one (1) set of lessons only.

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



## Learn to Skate Lessons (3yrs+)

These popular lessons focus on skill acquisition through activities and games. Our energetic instructors teach you to skate with safety in mind. All lessons are 30 minutes and are led by qualified instructors. **For a full description of skate lesson descriptions see individual class descriptions online.**

### Set 1

Tue	6:00-8:00pm	Jan 11-Feb 15
Sat	9:30am-1:15pm	Jan 8-Feb 12
\$36/6 sess		

### Set 2

Tue	6:00-8:00pm	Feb 22-Mar 26
Sat	10:00am-1:15pm	Feb 19-Mar 29
\$36/6 sess		

## Preschool Levels (3-5yrs)

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

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

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

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

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

## Children/Youth/Adult Levels

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

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

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

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

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

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

## Power Skating (8yrs+)

This program will provide hockey players with the chance to improve their strength, speed, and power for more effective skating during games. Must have completed Learn to Skate level 5 or equivalent. Full hockey gear is recommended; helmet, gloves and stick are mandatory.

### Set 1

Sun	Jan 9-Feb 13	\$48/6 sess
Level 1	4:30-5:15pm	
Level 2	5:15-6:00pm	

### Set 2

Sun	Feb 20-Mar 30	\$48/6 sess
Level 1	4:30-5:15pm	
Level 2	5:15-6:00pm	

## Private Skating 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.

## Your Safety is Our Priority

- Proof of vaccination is required in B.C. to access some programs and facilities at community and recreation centres. For more information, see page 5.
- Masks must be worn by patrons 5 years of age and older in all of our facilities when not engaged in physical activity.
- Stay home if you have any symptoms of COVID-19, including: coughing, sore throat, fever, or sneezing.
- Stay home if you have been in contact with a confirmed case of COVID-19 or if you are required to self isolate on Public Health orders.
- Wash your hands, respect the personal space of other patrons and staff, and cover your cough or sneeze.

# 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. **See page 21 for our food workshops.**

## Britannia & GWFC

The Grandview Woodland Food Connection is excited to announce that after a long and successful partnership with Britannia, we have decided to take the next step and have the GWFC become a full fledged part of Britannia. This will allow our programs to be (even) more integrated, our resources to stretch even farther, and our community to be more supported. Together we've been supporting healthy and dignified food access to all and we will continue to do so. Our existing Advisory Committee will continue to meet on the first Wednesday of every month. Please contact Ruth Elizabeth if you'd like to join us.

## FoodFit



Still staying close to home? Join the GWFC's free and fun online FoodFit program! This 6-week program is for community members who experience barriers around healthy eating and physical activity but who are motivated to make lasting changes to their health. The Zoom sessions combine fun, online cooking and food-based activities with easy-to-understand nutrition information, self-directed individual and group goal-setting, and reflection that will reinforce 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. Contact us to register for an upcoming six (6) week session at [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com).

**Sat 4:00-6:00pm Feb-Mar 2022**  
**Zoom Siobhan Free**

## Britannia Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? Once a month, you can purchase a \$14 box of assorted produce at Britannia Community Centre. Buying together with your neighbours can help you save over 40% on your food bill. You get 12-14 varieties of fruits and veggies plus access to supplemental donations. Email [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com) for more info or to be added to the waitlist.



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

## CFEC 2021 – 2022 Program Schedule



### Britannia Partners in Education (PIE):

Britannia Secondary School, CFEC Rm 109A

### English Foundations 3-5

Tue/Wed 9:30-11:45am

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

Tue/Wed 12:15-2:30pm

### Math Foundations 2-7 & Pre-Calculus 11

Thu 9:30am-2:30pm

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

Fri 10:00am-2:00pm

### Maywood PIE PLUS 2:

### English Foundations 5-7 & English Composition 11

Tue & Thu 9:30am-2:30pm  
Maywood Community School (Adult Room)

### Edmonds PIE PLUS:

Edmonds Community School, Rm 107

### English Foundations 2-4

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

### English Foundations 5-7

Tue/Fri 12:30-3:00pm

### Additional Programs:

### CFEC Get Ready 2 Read (GR2R) Family Resource Program

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

### Advanced Conversation Class

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

### CFEC/Burnaby CCE SD#41 ECE Basic Certificate Program

Mon 10:00am-2:00pm  
Sep 2021-Jun 2022 Online



## Britannia Secondary Community Education

The Britannia Community Schools Team (CST) works out of the Community Education Office at Britannia Secondary. The mandate of the CST is to provide academic, social, and emotional support as well as connections to community resources for students in the Britannia Hub of schools.

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

### Community Schools Coordinator

Ron Scott

### Office Support

Mitra Tshan



VANCOUVER PUBLIC LIBRARY

## Britannia Branch

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

## Contact

604.665.2222 vpl.ca

## Children & Teen Programs

For the latest information on our fall programming, visit: vpl.ca

## Adult Programs

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

Tue Online 2:30-4:30pm

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



## Kickstand

eastvankickstand.org 1187 Parker St.  
kickstandbikes@gmail.com

## Hours

Mon 5:00-9:00pm  
Wed 5:00-9:00pm  
Thu 6:00-9:00pm (WGQT access night)  
Fri 5:00-9:00pm

\*Note Kickstand is a volunteer run space and occasionally is unable to open for regular hours. We apologize for this inconvenience.

Learn how to fix your own bike with the support of shop volunteers or come and volunteer with us! Shop time is \$1-\$15/hr, sliding scale. No one turned away for lack of funds. Kickstand also sells used parts and refurbished bikes.

## Women, Gender Queer & Trans Night

This is a free drop-in event for anyone who identifies as WGQT to learn bike repair. Bring your own bike!

Thu 6:00-9:00pm Ongoing



## Eastside Family Place

1655 William St. 604.255.9841  
info@eastsidefamilyplace.org  
www.eastsidefamilyplace.org  
Closed Dec 20 – Jan 3, & Feb 21.

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

Annual membership fee of \$20.00 is required. Subsidies available upon request.

## Family Playtime

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

## Parenting Education & Support

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

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

Check our website for dates and times.

## Licensed Occasional Childcare

For ages 18mos to early 6yrs. Sliding scale \$5.00-\$6.50/hr. Advance booking required. Call 604.251.1018.



## Community Action

### Program for Children

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

The project offers:

- Food security program (Promoting healthy eating; \$25 gift cards and fruit and veggie hampers are provided once a month)
- Virtual parent training (First Aid, Save That Child, FoodSafe, etc.)
- Virtual parent workshops (Appetite to Play series)
- Spanish Mother Goose/Mama Ganso

All programs are free for parents with children aged 0-6. Registration is required.

CAPC 604.718.5821 / 778.245.2428  
Mana Ganso 604.215.8289

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

Enjoy one hour of rhymes, songs, games and stories in Spanish with your your child.

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

Mon Jan 10-Mar 21 Free  
Registration required. Call 604.215.8289.



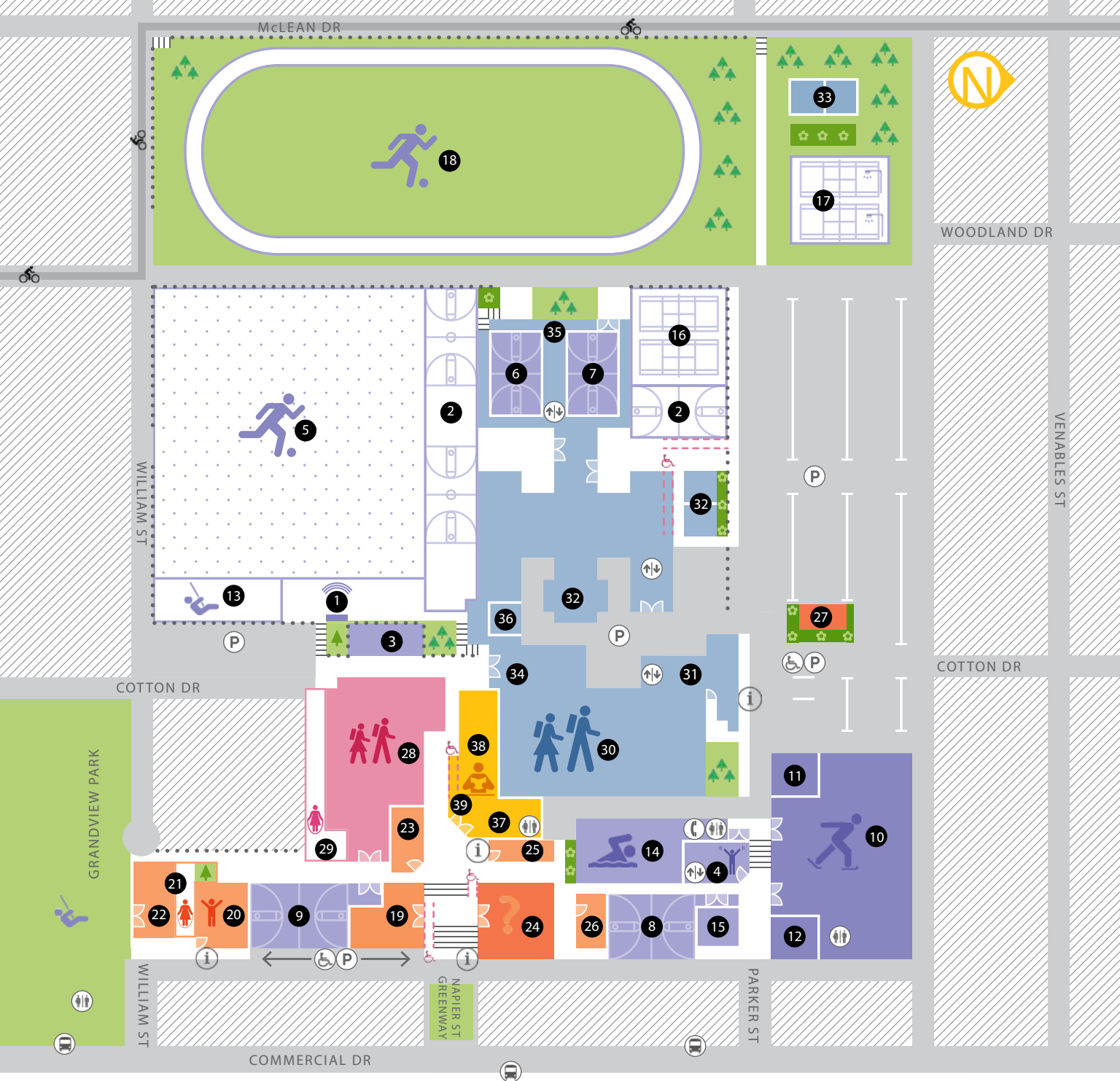
## Grandview-Woodland CPC

1977 Commercial Drive 604.717.2932  
info@gwcpcc.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 ʁwqʁeləwən ct Carving Centre

## elementary school

- 28 Britannia Elementary
- 29 Outdoor Play Area

## secondary school

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

## library + learning

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

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



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