

New registration time  
for general programs!  
See page 4 for more information.



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

# Programs & Services

## Winter 2023



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





## President's Message

I would like to thank all of the community members that came out, wearing their orange shirts, on National Day for Truth and Reconciliation / Orange Shirt Day. Every year on September 30 we host a march to Grandview Park, and each year the event keeps getting bigger (and more events are popping up around the City and across Turtle Island too!).

I really want to express my heartfelt gratitude because people are doing the work and getting educated; when I spoke at the event and asked the crowd if they knew who started Orange Shirt Day (Phyllis Webstad), people knew. When I asked when the last residential school closed (1996), people knew. Community members are taking the time to learn about the impact of residential schools, listening to testimony from survivors, and learning about how they can personally engage with reconciliation.

Here at Britannia, Chinese and Vietnamese seniors groups are doing reconciliation workshops this winter—they are curious and want to know more and understand their role. Education is an import piece of reconciliation, so I'm grateful to community members for doing this work and joining us on this important journey.

2022 was an amazing year for community engagement at Britannia—from completing numerous public art projects, to hosting intercultural community events like Shine, to one-on-one conversations about the Renewal. I want to thank all of the volunteers and staff who work so hard to bring community together. I look forward to engaging with you in 2023.

How'aa,

Annie Danilko, Haida Nation  
President, Britannia Board of Management

P.S. Ejiwa "Edge" Ebenebe completed their stunning mural on the side of Gym C, across from the Rink; the mural celebrates historic and present markers of Black excellence across Turtle Island. I encourage you to check it out!

## 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	Matt Smith
Executive Members	John Flipse Vera Jones
Directors	Susanne Dahlin Ariela Friedmann Farren Gillaspie Pat Hogan Craig Ollenberger Ashki Shkur Oliver Tennant Naina Varshney
Youth Directors	Stephanie Slen Emma Xu
Staff Rep	TBD
Partners	
VSB	Rose Mackenzie
VPB	Peter Odynsky
VPL	Randy Gatley
Community Ed	Maddie Lafleur
Executive Director	Cynthia Low
Manager of Administrative Services	Jeremy Shier
Manager of Child Care Services	Jacky Hughes

## Committee Meetings

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

### Board Meeting

2<sup>nd</sup> Wed/mo 6:00pm  
Jan 11, Feb 8, Mar 8  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Anti-Racism & Anti-Oppression Committee

2<sup>nd</sup> Thu/mo 6:00pm  
Jan 12, Feb 9, Mar 9  
Cyn Williams [cyn.williams@vancouver.ca](mailto:cyn.williams@vancouver.ca)

### Arena Committee

1<sup>st</sup> Tue/mo 6:30pm  
Jan 3, Feb 7, Mar 7  
Susy Bando [susy.bando@vancouver.ca](mailto:susy.bando@vancouver.ca)

### Arts & Culture Committee

1<sup>st</sup> Thu/mo 6:00pm  
Jan 5, Feb 2, Mar 2  
Amanda Lye [amanda.lye@vancouver.ca](mailto:amanda.lye@vancouver.ca)

### Board Development Committee

3<sup>rd</sup> Fri/mo 6:00pm  
Jan 20, Feb 17, Mar 17  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Child Care Committee

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

### Grandview Woodland Food Connection

1<sup>st</sup> Wed/mo 6:00pm  
Jan 4, Feb 1, Mar 1  
Ruth-Elizabeth [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com)

### Planning & Development Committee

3<sup>rd</sup> Tue/mo 6:30pm  
Jan 17, Feb 21, Mar 21  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Pool & Fitness Committee

Last Tue/bi-monthly 6:00pm  
Jan 31, Mar 28  
Marie Beesley [marie.beesley@vancouver.ca](mailto:marie.beesley@vancouver.ca)

### Reconciliation in Action (RIA) Committee

Call of the chair  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

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

3<sup>rd</sup> Wed/mo 3:30pm  
Jan 18, Feb 15, Mar 15  
Anne Cowan [anne.cowan@vancouver.ca](mailto:anne.cowan@vancouver.ca)

### Skateboard Committee

1<sup>st</sup> Mon/mo 6:30pm  
Jan 2, Feb 6, Mar 6  
Oliver Tennant  
[hello@britanniaskateboardcommittee.com](mailto:hello@britanniaskateboardcommittee.com)  
[britanniaskateboardcommittee.com](http://britanniaskateboardcommittee.com)

### Sports & Fitness Committee

2<sup>nd</sup> Wed/mo quarterly 6:00pm  
Feb 8, May 10, Sep 13, Nov 8  
Fraser McElroy [fraser.mcelroy@vancouver.ca](mailto:fraser.mcelroy@vancouver.ca)

### Youth Committee

3<sup>rd</sup> Thu/mo  
Tom Higashio [tom.higashio@vancouver.ca](mailto:tom.higashio@vancouver.ca)

### Volunteer Committee

3<sup>rd</sup> Fri/mo 5:00pm  
Jan 20, Feb 17, Mar 17  
Yao Zhang [yao.zhang@vancouver.ca](mailto:yao.zhang@vancouver.ca)



# Index

President's Message, Board of Management, Committees.....	2
Index, Facility Rentals, Holiday Hours.....	3
Registration, Subsidy & Refund Policies, FREE "Fun For All" programs, Memberships, Volunteer, Renewal...	4-5
Art Gallery Exhibitions & Special Events.....	6
Licensed Child Care.....	7-8
Preschool Programs: Art, Music, Dance, Physical Activity.....	9-10
Children's Programs: Art, Physical Activity, Camps, Gymnastics, Micro Footie.....	11-14
Preteen, Youth Programs: Leadership, Social, Sports, Outdoor, Camps, Latin American Youth Program.....	15-18
Adult Programs: Arts, Music, Dance, Food, Health & Fitness, Martial Arts, Sports.....	19-23
55+ Older Active Adults Programs: Vietnamese Program, WOCT, Music, Social, Dance, Health & Wellness...	24-28
Fitness Centre: Rates & Hours.....	29
Aquatics: Registration, Swim Sessions, Lessons.....	30-31
Ice Rink: Rates, Arena Programs, and Skating Lessons.....	32-33
Partners: GWFC, CFEC, VLACC, ESFP, VPL, CAPC, Community Education.....	34-35
Britannia Site Map.....	36

## Unceded Coast Salish Territories

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

## Facility Rentals

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

### Gym/Room Rentals

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

### Pool Rentals

Contact the Pool Programmer, Shannon Donaghey-Antunes, at 604.718.5830 or email [shannon.donaghey-antunes@vancouver.ca](mailto:shannon.donaghey-antunes@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](mailto:susy.bando@vancouver.ca).

### Facility Rental Fee Policy

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

## 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
Dec 27	Stat	CLOSED
Jan 1	New Year's Day	CLOSED
Jan 2	Stat	CLOSED
Feb 20	Family Day	CLOSED

### Pool & Fitness Centre

Dec 24	Christmas Eve	10:00am-5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-5:00pm
Dec 31	New Years Eve	10:00am-5:00pm
Jan 1	New Years	Closed
Jan 2	Stat	1:00-5:00pm
Feb 20	Family Day	1:00-5:00pm

### Rink

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.

### Cover Photo

Britannia skating instructors working on skill development with students.

# Registration & Rentals

## Registration Dates

Registration opens on Tuesday, December 6, 2022 at 7:00pm (online and in-person), and by phone on December 7 at 9:00am.

Registration for **swim lessons** opens on Tuesday December 20, 2022 at 7:00pm.

Registration for **Set 1 skating** lessons begins on Wednesday, Dec 14 at 9:00am in-person and online, and at 1:00pm by phone. Registration for **Set 2 skating** lessons begins on Feb 15.

Registration for the **Micro Footie Spring League** opens Wednesday January 17, 2022 at 9:00am in-person and online.

## How to Register

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

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

### 2) Register in person

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

#### Info Centre Hours:

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

Sat 9:00am-5:00pm

Sun 10:00am-4:00pm

#### Pool Cashier Hours:

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

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

\*Hours are subject to change.

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

## Subsidy Policy

Britannia provides assistance to those who are not able to afford the advertised cost of certain programs and activities. Please note: Maximum of two subsidies per person per season.

Some programs do not qualify for subsidy. Our subsidy policy does not apply to Britannia Child Care programs or products that are resalable.

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

### Leisure Access Program

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

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

### Grandview-Woodland & Strathcona Subsidy

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

### FREE 'Fun For All' Recreation

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



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

## Refund Policy

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

### Swim/Skate Refunds

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

### Cancellation Policy

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

## Britannia Memberships

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

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

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

### Membership Benefits

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

### Price

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

## Contact

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

Britannia Info Centre:  
604.718.5800 (1)

Pool Reception:  
604.718.5831





## Volunteer with us!

Britannia Community Centre is like no other facility in the Lower Mainland. Britannia's unique integration of education, recreation, library, and social services supports and services the vibrant mix of cultures, age and income demographics in the Grandview-Woodland and Strathcona communities.

This gives rise to a large variety of volunteer opportunities in cultural, educational, entertainment and sport activities at varied levels of commitment. The ultimate reward is the personal satisfaction achieved through helping to build community in your neighbourhood.

Throughout the year, the essential contributions of volunteers are recognized through special social events, appreciation parties, educational field trips, and training opportunities.

Interested in volunteering with us? You can complete an application and view volunteer opportunities on our website:

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



## Micro Footie Volunteer Coaches Needed

Are you passionate about soccer and interested in coaching children and youth? Join 200 other amazing volunteer coaches to inspire the next generation of athletes.

Previous coaching experience optional; training is provided. The season takes place from April to June, 2023. For more details and to sign up, please visit:

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

## Tax clinic Volunteers Needed

Britannia is holding tax clinics in March and April 2023 to help low-income individuals fill out their tax returns online. Our clients include families, seniors, and new immigrants to Canada.

Volunteers will need to register with CRA's CVITP program, complete required training, and a criminal record check. Applications will be accepted between November 15, 2022 and January 11, 2023. Complete an application form online at:

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

## Britannia Renewal

**Have you noticed anything new about [britanniarenewal.org](http://britanniarenewal.org)?**

Visit the freshly redesigned Britannia Renewal website!

Featuring:

- New dynamic elements;
- User-friendly ways to access project updates, news, events, meeting minutes, and reports;
- Planning & Development Committee information; and
- Stories from our community!

## Visit the B-Lab

Join us in the Britannia Info Centre to learn more about the Britannia Renewal. The B-Lab seeks to overcome digital barriers to participation by providing a safe, in-person space for community to engage with the Renewal. Here you can:

- Access core documents;
- Hear diverse perspectives on the project;
- Share thoughts, comments and feedback;
- Learn more about upcoming opportunities to get involved.



## Join the Planning & Development Committee

The Planning & Development Committee meets on the third Tuesday of each month and is always open to new members!

Topics up for discussion generally include: planning updates, progress reports on community consultation processes, reports on meetings with our site partners, and other matters related to the Renewal process. For meeting Zoom links, visit:

[britanniarenewal.org/posts/meetings](http://britanniarenewal.org/posts/meetings)

<b>Tue</b>	<b>6:30-8:30pm</b>	<b>Jan 17, Feb 21</b>
<b>Zoom</b>		<b>Mar 21</b>

# Special Events

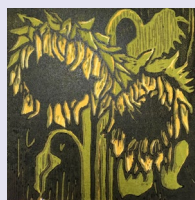
## Art Gallery Exhibitions January 4 – 28

### Found in Nature

Artwork by Avenue for the Arts.

### Opening Reception - New time!

Wed 6:00-7:30pm Jan 4



## February 1 – 25

### Café – Volumen 1

Silkscreen images by Yaimel López.

### Opening Reception

Wed 6:00-7:30pm Feb 1

## March 1 – 25

### Exploring Perceptions: Latino-Canadian Identities in Vancouver Through Art

Mixed media artwork by Latino-Canadian Youth.

### Opening Reception

Wed 6:00-7:30pm Mar 1



## Workshops

The following workshops are subsidized by the Britannia Arts & Culture Committee.

### Holiday Décor Pop-Up (All ages)



Make some arts and crafts, sip some hot cocoa, and enjoy the company of community as you create some memories to hang on the tree or gift to that special someone. We will have multiple artists come and share their ideas. Materials will be provided or bring some of your own. All ages welcome, but children must be accompanied by an adult.

Sun 2:00-4:00pm Dec 18  
55+ Centre Free  
435488 Community Artists

### Fish Leather Basics and Crafting (19yrs+)



In this hands-on workshop, each participant will the basic steps of making fish leather (de-scaling, tanning and softening) and will craft fish leather to take home. Fish leather is re-emerging as an alternative textile on the West Coast and globally; with heightened awareness about waste diversion, sustainable fashion has accelerated this curiosity.

Discover the fascinating craft of making fish leather, learn about its versatility and the importance of salmon to the cultures on the coast, and gain some understanding about the lifecycle of salmon and salmon ecology. Some experience working with fish or food products, knot tying, weaving and sewing by hand will be an asset.

Sun 1:30-4:00pm Feb 5 55+ Centre \$10/1sess  
435368 J Peachy

### Beading with Claire (19yrs+)



Learn the beading style of sewing beads to Melton fabric and stitching a design to create a keychain or hanging pendant with beader and artist Claire Shannon-Akiwenzie.

Claire is an Anishinaabe and Irish artist from the Chippewas of the Nawash Unceded First Nation in Neyaashiingmiing, Ontario. For Claire, beading and digital art has been a catalyst for healing as it enables her to further connect with stories, language, family and community.

Sat 9:00am-12:00pm Mar 4  
55+ Centre \$10/1 sess  
435449 Claire

## Britannia Coffee House Series

The Britannia Coffee House Series is a favourite seasonal event celebrating the turn of each season. Each event is warm and inviting, creating an opportunity for community to gather and connect, and enjoy music and poetry by local performers. Join early or stay late for family-friendly pre- and post-show connections.

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



### Winter Solstice Coffee House (All ages)



Join us as we embrace the dark and gather in the light to celebrate the Winter Solstice. A cozy evening of local music and poetry is sure to warm the heart and restore the spirit. A relaxing night during the busy holiday season, and an opportunity to connect with community from the comfort of your home. No registration required to join on Zoom.

Sun 6:45-9:00pm Dec 18  
Zoom Free

### Coffee House Viewing Lounge (All ages)



Come together to watch the Coffee House on Zoom, for a taste of in-person community connection. Please note: There is no live performance in the viewing lounge. Food and drink may be served. Registration required.

Sun 6:30-9:00pm Dec 18  
418520 55+ Centre Free



### Income Tax Clinic



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



# Licensed Child Care



## Britannia Child Care Hub

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

### Child Care Mission Statement

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

### About our Child Care Programs

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

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

### About our Staff

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

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

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

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

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

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

## Toddler Program (18mo-3yrs)

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

### Mount Pleasant Child Care

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

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

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

Fees: \$1081/mo

Lunch Program: \$70/mo



## Preschool Program (3-5yrs)

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

### Britannia Preschool

1661 Napier Street  
Lorraine Evans 604.718.5843

### September 2022 – June 2023

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

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

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



# 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 (2.5-5yrs)

485 Semlin Drive  
Suzy Liguori 604.718.5856  
Please note: We are not taking waitlist applications at this time.

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

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

Snacks provided.

### Grandview Terrace Child Care

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

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

Fees: \$885/mo  
Lunch Program: \$80/mo

Snacks provided.



### Mount Pleasant Child Care

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

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

Fees: \$997/mo  
Lunch Program: \$70/mo

Snacks provided.

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

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

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

### Britannia OSC

1661 Napier Street  
Lorraine Evans 604.718.5843

Pick up: Britannia Elementary

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

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

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

Fees include before and after school care.

Breakfast & pm food program provided.

### Grandview Terrace OSC Program II & III

2075 Woodland Drive  
Alejandra Uribe 604.718.5846

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

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

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

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

Breakfast & pm snack provided.



### Eagles In The Sky OSC

103B-1950 E. Hastings  
Cassandra Gordon 604.348.9706

For waitlist info, email:  
eagleschildcare@shaw.ca

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

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

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

Breakfast & pm snack provided.

## Community Action Program for Children (CAPC) ☀️

CAPC is a community-based children's program that promotes the healthy development of young children. All programs are free and for parents with children aged 0-6. For more information and to register, please call 604.718.5821 or 778.245.2428. Winter CAPC programs:

Food Security Program	Ongoing	Provides monthly \$25 gift card and fruits and veggies hampers.
Spanish Mother Goose (1-2yrs)	Mon	10:30-11:30am Jan 9-Mar 6* Rink Mezz
Spanish Mother Goose (0-12mo)	Mon	12:30-1:30pm Jan 9-Mar 6* Rink Mezz
Appetite To Play Series	Fri	10:00-11:00am Jan 13 & 20; Feb 10 & 17; Mar 10 & 17 Rink Mezz
Education Saving RESP	Thu	10:00am-12:00pm Feb 9 Online
Save That Child (CPR & Choking)	Thu	10:00am-12:00pm Mar 18 Online



## 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)

## Dance

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

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

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

<b>Sat</b>	<b>Jan 7-Mar 11</b>	<b>CFEC</b>
<b>Endorphin Dance Rush</b>		<b>\$144/10 sess</b>
<b>430177</b>	<b>9:20-10:00am</b>	<b>2-4yrs*</b>
<b>430179</b>	<b>10:15-10:55am</b>	<b>2-4yrs*</b>
<b>430180</b>	<b>11:10-11:50am</b>	<b>3-4yrs</b>
<b>430181</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. Children must be able to participate without a parent. No drop-ins. For more information, visit: [kirbysnelldance.com](http://kirbysnelldance.com).

<b>Sat</b>	<b>Jan 7-Mar 11</b>	<b>CFEC</b>
<b>Endorphin Dance Rush</b>		<b>\$144/10 sess</b>
<b>430182</b>	<b>12:05-12:45pm</b>	<b>3-4yrs</b>
<b>430183</b>	<b>1:55-2:40pm</b>	<b>4-6yrs</b>

## Physical Activity



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

All levels welcome. Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more.

Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Classes do not pro-rate; monthly rate only.

<b>Tue/Fri</b>	<b>5:00-5:45pm</b>	<b>Cafeteria</b>
<b>Marcus</b>		<b>\$85/mo</b>
<b>430790</b>	<b>Jan 10-31</b>	
<b>430791</b>	<b>Feb 3-28</b>	
<b>430792</b>	<b>Mar 3-31</b>	

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

Multi-sport classes teach children introductory physical skills and help them develop confidence through 8 different ball sports. Parent participation required.

<b>Sun</b>	<b>11:30am-12:15pm</b>	<b>Gym D</b>
<b>Sportball</b>		<b>\$85/5 sess</b>
<b>430848</b>	<b>Jan 15-Feb 12</b>	
<b>430847</b>	<b>Feb 26-Mar 26</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 social skills to succeed in sport and life.

<b>Sun</b>	<b>12:15-1:15pm</b>	<b>Gym D</b>
<b>Sportball</b>		<b>\$85/5 sess</b>
<b>430844</b>	<b>Jan 15-Feb 12</b>	
<b>430843</b>	<b>Feb 26-Mar 26</b>	

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

Baby and Me Yoga classes are designed with the birthing parent and new baby in mind. Connect with your young one with playful asana (exercises) as you stretch, breathe and relax your body back into shape, while your baby is stimulated physically, emotionally and socially. This class is best suited for those who have healed after delivery, and for babes who are not yet very mobile. Previous yoga experience is not necessary. Bringing a blanket for baby and your own mat is recommended. \$18/drop-in. No class March 15.

#### Set 1

<b>Wed</b>	<b>10:30-11:30am</b>	<b>Jan 11-Feb 15</b>
<b>CFEC</b>		<b>\$92/6 sess</b>
<b>430799</b>	<b>Into Yoga</b>	

#### Set 2

<b>Wed</b>	<b>10:30-11:30am</b>	<b>Feb 22-Mar 29</b>
<b>CFEC</b>		<b>\$78/5 sess</b>
<b>432653</b>	<b>Into Yoga</b>	

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

Not to be mistaken with our highly popular spring league, Micro Footie Development is a unique training experience for youth players on Sundays in Gym C. Players in MF Development learn Celtic turns, combination play, taking players on one on one, skills, out of the box activities, and movement. The Development sessions are specifically for players who want to raise their game.

Taught by Jason Kyle (FIFA B License, MF Founder, 2018 & 2016 BC Summer Games Coach, and Micro Footie mentor to coaches), and Micro Footie coaches Talisen and Devito.

<b>Sun</b>	<b>9:00-10:00am</b>	<b>Jan 15-Mar 12</b>	<b>Gym C</b>	<b>\$142/9 sess</b>
<b>430837</b>	<b>Jason</b>			



# Preschool

## Art

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

Art is a wonderful sensory experience through which you and your child can collaborate. Emphasis is placed on the creative process and exploration of materials. Be on time for an inspirational story. Dress for mess! No class Feb 20.

<b>Mon</b>	<b>Jan 16-Mar 6</b>	<b>RAR</b>
<b>Helen</b>		<b>\$87.50/7 sess</b>
<b>429997</b>	<b>9:45-10:30am</b>	
<b>431905</b>	<b>10:45-11:30am</b>	



## Language

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

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

<b>Wed</b>	<b>9:45-10:30am</b>	<b>Feb 15-Mar 15</b>
<b>Mat Rm</b>		<b>\$77/5 sess</b>
<b>434334</b>	<b>Sheri</b>	

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



Enjoy one hour of rhymes, songs, games and stories in Spanish with your your child. No class Feb 20.

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

<b>Mon</b>	<b>Jan 9-Mar 6</b>	<b>Rink Mezz</b>
<b>Rita</b>		<b>Free*</b>
<b>1-2yrs</b>	<b>10:30-11:30am</b>	
<b>0-12mo</b>	<b>12:30-1:30pm</b>	

\*Registration required. Call 604.215.8289.

## Spring Break Camps

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

100% Frozen soundtrack music is played in this creative ballet class designed to ignite your dancers imagination. 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.

<b>Mon-Fri</b>	<b>9:15-10:30am</b>	<b>Mar 13-17</b>
<b>CFEC</b>		<b>\$99/5 sess</b>
<b>434059</b>	<b>Endorphin Rush Dance</b>	



### Encanto Camps (4-6yrs)

Kids will salsa their way through this Encanto-themed program while playing dance games, learning choreography and the cultural references, as well as a few words in Spanish along the way! Kids will perform an upbeat dance for family and friends on the last day of camp! No experience required, all dancers welcome. Please bring a filled water bottle each day.

<b>Mon-Fri</b>	<b>10:45am-12:00pm</b>	<b>Mar 13-17</b>
<b>CFEC</b>		<b>\$99/5 sess</b>
<b>434060</b>	<b>Endorphin Rush Dance</b>	

### Hip Hop Breakers (3-5yrs)

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

<b>Mon-Fri</b>	<b>12:30-1:45pm</b>	<b>Mar 13-17</b>
<b>CFEC</b>		<b>\$99/5 sess</b>
<b>434067</b>	<b>Endorphin Rush Dance</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. In our mixed age class, each child participates at their own level and their natural musicality is nurtured through singing, dancing, listening and watching the adults, and exploring musical instruments. The whole family is welcome. Parent participation is required. Siblings attend at a reduced rate and children 6mos and under attend free with a registered sibling. \$55 Music Together licensing fee is non-refundable after the first class.

<b>Tue</b>	<b>Jan 10-Mar 7</b>	<b>Rink Mezz</b>
<b>Noa</b>		<b>\$185/9 sess</b>
<b>432518</b>	<b>10:30-11:15am</b>	
<b>432519</b>	<b>11:30am-12:15pm</b>	

<b>Wed</b>	<b>Jan 11-Mar 8</b>	<b>Rink Mezz</b>
<b>Katherine</b>		<b>\$185/9 sess</b>
<b>432520</b>	<b>9:30-10:15am</b>	
<b>432521</b>	<b>10:30-11:15am</b>	
<del>432522</del>	<del>11:30am-12:15pm</del>	



<b>Sat</b>	<b>Jan 14-Mar 11</b>	<b>Rink Mezz</b>
<b>Lissy</b>		<b>\$185/9 sess</b>
<b>432516</b>	<b>10:30-11:15am</b>	
<b>432517</b>	<b>11:30am-12:15pm</b>	



## Winter & Spring Break Camps

### Funseekers Daycamp (6-12yrs)

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

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

### Winter Break

<b>Mon-Fri</b>	<b>9:00am-3:00pm</b>	<b>Gym D</b>
<b>421038</b>	<b>Dec 19-23</b>	<b>\$99/5 sess</b>
<b>421039</b>	<b>Dec 26-30</b>	<b>\$99/5 sess</b>

### Spring Break

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

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

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

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

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

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

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

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

A creative eco arts themed camp working in diverse forms, like fish leather, wood crafting, and puppetry arts with artist J Peachy. This week long camp will inspire young minds to use their natural surroundings to create a variety of puppets, and use their imaginations to create stories and build characters.

Please pack a snack, lunch, water bottle, hat and sunscreen. We will be exploring the gardens and the carving pavilion on site. Performance on the last day.

<b>Mon-Fri</b>	<b>9:30am-3:30pm</b>	<b>Mar 20-24</b>
<b>RAR</b>		<b>\$220/5 sess</b>
<b>432454</b>	<b>J Peachy</b>	

## Art

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

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

<b>Thu</b>	<b>4:00-5:15pm</b>	<b>Jan 19-Mar 9</b>
<b>Rm 208</b>		<b>\$130/8 sess</b>
<b>430046</b>	<b>Helen</b>	



## Languages

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

Hola Spanish for kids is a unique opportunity to hear the Spanish Language in a joyful, safe and fun environment.

Children will experience the Spanish language in a meaningful, real-life context, from a variety of sources. Supervised and instructed by highly qualified native Spanish speaking teachers.

<b>Tue</b>	<b>3:30-4:30pm</b>	<b>Jan 17-Mar 7</b>
<b>Rink Mezz</b>		<b>\$96/8 sess</b>
<b>434004</b>	<b>Words in Motion</b>	

## Music

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

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

<b>Tue</b>	<b>4:30-6:00pm</b>	<b>Jan 24-Mar 7</b>
<b>RAR</b>		<b>Free</b>
<b>Brenda/Tim</b>		

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

Continue your music studies or begin an instrument and enjoy a lifetime of making music! These lessons consider student's development and goals. Conservatory exam preparation is available. An on-going program from September-June, students are ensured placement for the duration of their studies. Payment is made in advance of each set. Lesson costs shown below are for 30 min classes, but 45 and 60 mins are available to more advanced students at the discretion of the instructor. \$15 recital fee included. Private lessons are for beginner to senior levels. New students may start anytime during the season. Clarinet students must provide their own instruments. No class Feb 17 & 18.

**Before registering for lesson times, please contact instructor at [janine.oye@gmail.com](mailto:janine.oye@gmail.com). Phone-in or in-person registration only, no online. Please call 604.718.5800 ext 1.**

<b>Fri</b>	<b>6:15-9:00pm</b>	<b>Jan 6-Mar 10</b>
<b>433459</b>		<b>\$252/9 sess</b>

<b>Sat</b>	<b>9:00am-4:00pm</b>	<b>Jan 7-Mar 11</b>
<b>433458</b>		<b>\$252/9 sess</b>
<b>Preteen Centre</b>		<b>Janine</b>



## Physical Activity

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

This gender diverse and trans positive program teaches the basics of punching and the footwork of boxing—it's not only fun but fosters confidence and body awareness. Boxing is an excellent practice for coordination and overall movement literacy. This is a non-contact class. Equipment is provided. River is a competitive elite boxer who has fought for the last 10 years, bringing home medals from the Canadian National Championship twice. She has run Queer Box Camp Vancouver over 11 years. River is an openly queer, gender non-conforming, butch identified boxer who is passionate about bringing the science of boxing to those who don't feel comfortable at a traditional boxing gym. Boxing room is located in Gym C.

**Wed 3:30-4:30pm Jan 11-Mar 29**  
**Boxing Rm \$154/12 sess**  
**430786 River**

### Britannia Boxing (6yrs+)

For more information, see page 23.

### Yoga Buggy (5-9yrs)

Join the Yoga Buggy for a fun class that incorporates music, yoga poses, games, mindfulness activities, breath, storytelling, dance, and more! Yoga is a wonderful tool for children to learn about and manage their developing physical, social, and emotional lives. Our classes provide a safe and inclusive space where children can socialize, learn skills for self-regulation and have a ton of fun. We take a child-centered approach and celebrate the uniqueness of all participants. We are excited to play yoga with you! No class Mar 17.

#### Set 1

**Fri 3:15-4:00pm Jan 13-Feb 17**  
**CFEC \$54/6 sess**  
**430861 Yoga Buggy**

#### Set 2

**Fri 3:15-4:15pm Feb 24-Mar 31**  
**CFEC \$45/5 sess**  
**430862 Yoga Buggy**

### 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 18.

**Sat 2:00-3:30pm Jan 14-Mar 25**  
**Gym D \$245/10 sess**  
**430852 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 18.

**Sat 3:30-5:00pm Jan 14-Mar 25**  
**Gym D \$245/10 sess**  
**430851 Juan Carlos**

### 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 Feb 10 & 20.

#### Beginner

**Mon 4:30-5:45pm Fri 7:00-8:15pm**  
**430854 Jan 9-Mar 10 \$198/16 sess**

#### Intermediate

**Mon 4:30-6:30pm Fri 7:00-9:00pm**  
**430855 Jan 9-Mar 10 \$214/16 sess**

#### Advanced

**Mon 4:30-6:30pm Fri 7:00-9:00pm**  
**430853 Jan 9-Mar 10 \$230/16 sess**  
**Marquis & Louis CFEC**

### Spikeball (5-12yrs)

**NEW**

Spikeball is a new and exciting sport that's easy to learn, yet hard to perfect. You might've seen it at Vancouver's beaches or parks.

Spikeball is similar to volleyball but instead of hitting the ball over a net, a ball is hit onto a circular net. Two teams of two have 3 hits to hit the ball onto the net. Once play starts, players can move around freely, so the game is played in 360 degrees.

#### 5-8yrs

**Tue 3:15-4:15pm Mat Rm**  
**438774 Jan 10 Free Trial**  
**438567 Jan 17-Mar 7 \$96/8 sess**  
**Zach**

#### 9-12yrs

**Tue 4:30-5:30pm Mat Rm**  
**438775 Jan 10 Free Trial**  
**438568 Jan 10-Mar 7 \$96/8 sess**  
**Zach**

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

**NEW**

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

#### Set 1

**Fri Jan 6-27 Gym D**  
**431380 5:15-6:45pm \$200/4 sess**  
**431382 7:00-8:30pm \$200/4 sess**

#### Set 2

**Fri Feb 3-Mar 3 Gym D**  
**431381 5:15-6:45pm \$200/4 sess**  
**431383 7:00-8:30pm \$200/4 sess**

**Spectrum Skateboard Society**

### 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. Fees do not pro-rate; monthly rate only.

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

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

**Tue/Fri 6:00-6:45pm \$85/mo**  
**Marcus Cafeteria**  
**430793 Jan 10-31**  
**430794 Feb 3-28**  
**430795 Mar 3-31**

### Youth (7-15yrs)

Please note: This is not an introductory class. Students are expected to execute all basic movements of Capoeira. Mon/Fri classes in Cafeteria. Weds classes in CFEC. No class Feb 20.

**Mon/Wed 5:00-6:00pm Fri 6:45-7:45pm**  
**Marcus Caf/CFEC \$105/mo**  
**430796 Jan 9-30**  
**430797 Feb 1-27**  
**430798 Mar 1-31**



## Micro Footie Development (4-10yrs)

Not to be mistaken with our highly popular spring league, Micro Footie Development is a unique training experience for youth players on Sundays in Gym C. Players in Micro Footie Development learn Celtic turns, combination play, taking players on one-on-one, skills, out the box activities, and movement. The Micro Footie Development sessions are specifically for players who want to raise their game.

Taught by Jason Kyle (FIFA B License, MF Founder, 2018 & 2016 BC Summer Games Coach, and Micro Footie mentor to coaches), and Micro Footie coaches Talisen and Devito.

Sun	Jan 15-Mar 12	Gym C	Jason	\$142/9 sess
430837	4-5yrs	9:00-10:00am		
430838	6-7yrs	10:00-11:00am		
430839	8-10yrs	11:00am-12:00pm		



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

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

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

<b>Program Dates:</b>	<b>April 15 - June 17, 2023 (No session May 20 &amp; 22).</b>
<b>Program Schedule:</b>	<b>The practice schedule will be available at <a href="http://britanniasoccer.org">britanniasoccer.org</a> in December.</b>
<b>Fees:</b>	<b>\$179/player. Volunteer coaches receive a discount.</b>
<b>Registration:</b>	<b>Registration opens January 17 at 9:00am in-person and online and at 1:00pm by phone. Register to secure your spot.</b>



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

#	DIVISION	SAT GAME TIME	GAME LOCATION
438657	Girls & Gender Diverse 4-5yrs North	8:30-9:30am	Empire North
438658	Boys & Gender Diverse 4-5yrs South	8:30-9:30am	Empire South
438659	Girls & Gender Diverse 6-7yrs North	9:45-10:45am	Empire North
438660	Boys & Gender Diverse 6-7yrs South	9:45-10:45am	Empire South
438661	Girls & Gender Diverse 8-9yrs North	11:00am-12:00pm	Empire North
438662	Boys & Gender Diverse 8-9yrs South	11:00am-12:00pm	Empire South
438663	Girls & Gender Diverse 10-11yrs North	12:15-1:15pm	Empire North
438664	Boys & Gender Diverse 10-11yrs South	12:15-1:15pm	Empire South
438665	Girls & Gender Diverse 12-13yrs	1:30-2:45pm	Empire North
438666	Boys & Gender Diverse 14-16yrs	1:30-2:45pm	Empire North
438668	Alumni ANYONE 17-21yrs	3:00-4:15pm	Empire North
438667	Men & Gender Diverse 18yrs+	3:00-4:15pm	Empire North
438669	Women & Gender Diverse 18yrs+	3:00-4:15pm	Empire South

**\$199/player\***

**\*Includes 3 extra practice days**

## Micro Footie Volunteer Coaches Needed

Are you passionate about soccer and interested in coaching children and youth? Join 200 other amazing volunteer coaches to inspire the next generation of athletes. Previous coaching experience optional; training is provided.

If you play in the league, volunteer coaches get a discount on their team fees. For more details and to sign up, please visit: [britanniasoccer.org/volunteer](http://britanniasoccer.org/volunteer)



# Children



## Britannia Gymnastics Club

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

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

### Winter 2023 Schedule

Sat	Jan 21-Mar 25*	*No class Feb 18.		Gym B
430821	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$117/9 sess
430817	Junior Jumpers A	4-5yrs	2:00-2:45pm	\$117/9 sess
430818	Junior Jumpers B	4-5yrs	3:00-3:45pm	\$117/9 sess
430814	Future Flyers A	6-9yrs	4:00-5:00pm	\$135/9 sess
Sun	Jan 22-Mar 26*	*No class Feb 19.		Gym A/B
430812	Dynamic Duo A	18mo-3yrs	10:00-10:45am	\$108/9 sess
430813	Dynamic Duo B	18mo-3yrs	11:00-11:45am	\$108/9 sess
430815	Future Flyers B	6-9yrs	11:30am-12:30pm	\$135/9 sess
430822	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$117/9 sess
430819	Komet Kids	5-6yrs	12:45-1:45pm	\$126/9 sess
430811	Demo Team	9-15yrs	2:00-3:30pm	\$189/9 sess
430816	Future Flyers C	6-9yrs	2:15-3:15pm	\$135/9 sess
430820	Performance Plus	9-15yrs	3:45-5:15pm	\$189/9 sess

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



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

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

### Tiny Tumblers (3-4yrs)

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

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

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

### Future Flyers (6-9yrs)

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

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

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

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

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

\*These teams are currently full; please email Fraser at [fraser.mcelroy@vancouver.ca](mailto:fraser.mcelroy@vancouver.ca) to be added to the waitlist and/or to arrange a skills assessment.



### Volunteer With Us

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

## Social

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

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

**Thu 6:15-8:00pm** Jan 12-Mar 30  
Preteen Centre Free  
431329 Tiana

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

A safe space for all masculine-identifying folks to find community and develop meaningful friendships with other guys. Together, we'll hold space for self-directed fun and games as well as facilitated activities and discussions to explore what it means to be a guy and how we can centre kindness within it. Snacks will be provided! Please pre-register.

**Tue 6:15-8:00pm** Jan 17-Mar 28  
Preteen Centre Free  
431330 Khai

## After School Programs

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

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

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

**Fri 3:15-4:45pm** Jan 13-Mar 10  
Gym D Free\*  
Red Fox \*Registration required.

### Youth Fitness (8-13yrs)

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

**Thu 3:15-4:45pm** Jan 19-Mar 9  
Gym C \$72/8 sess  
429243 Game Ready

### Rhythm Jam! (8-13yrs)

Make your own music! Let out your inner drummer! Using ordinary items such as basketballs, brooms, buckets and more, we will create an entire musical and movement production in the vein of the Broadway show, "STOMP".

#### Grade 3-5

**Wed 3:15-4:15pm** Jan 18-Mar 8  
CFEC \$32/8 sess  
429247 Marnie

#### Grade 6-8

**Tue 3:15-4:30pm** Jan 17-Mar 7  
CFEC \$40/8 sess  
429248 Marnie

## Sports

### Basketball – Beginner (8-12yrs)

Focus on the fundamentals! The primary emphasis will be age- and ability-appropriate skill development. This reflects the recommendations of the National Coaching Certification Program Long-Term Athlete Development Model. Increasing skill competency increases likelihood that children will gain the confidence to continue to play and enjoy playing basketball.

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

**Sat 11:00am-12:15pm** Jan 21-Mar 4  
Gym D \$28/7 sess  
431261 T and Aaron

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

A step up from beginner basketball. Players must know rules of the game, have experience with game play, and have fundamental development of skills. Focus on the fundamentals! The primary emphasis will be age- and ability-appropriate skill development. Increasing skill competency increases likelihood that children will gain the confidence to continue to play and enjoy playing basketball.

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

**Sat 12:30-1:45pm** Jan 21-Mar 4  
Gym D \$28/7 sess  
431262 T and Aaron

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

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

**Fri 5:30-6:45pm** Jan 6-Mar 31  
Gym C Free

## Special Events

### Preteen Dance (10-13yrs)

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

**Fri 6:30-9:00pm** Feb 10  
CFEC \$1/1 sess

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

For more info, see page 16.

**Fri 6:00-8:00pm** Jan 13 & 27  
Britannia Pool Feb 10 & 24  
Free Mar 10

## Camps

### Funseekers Daycamp (6-12yrs)

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

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

#### Winter Break

**Mon-Fri 9:00am-3:00pm** Gym D  
421038 Dec 19-Dec 23 \$99/5 sess  
421039 Dec 26-Dec 30 \$99/5 sess

#### Spring Break

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

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

A new Latin American inspired spring break camp, in partnership with Vancouver Latin American Cultural Centre (VLACC). Children will explore music, arts and crafts, dance, language, and food. There will be time for outdoor fun, guest artists, and making friends. Please pack a lunch, nut free snacks, and water bottle. Dress for the weather with a hat and sunscreen. All supplies included.

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



## Welcome to the Teen Centre

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

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

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

The Teen Centre is a place to:

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

## Drop-in Hours

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

## Registration

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

## Staff

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

Latin American Youth Programmer:  
TBA 604.718.5829

Teen Centre Staff:  
Barry, Chiho, Joel, Johnny, Kakada, Lauren, Tom.

## Leadership

### Britannia Youth Committee

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

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

Youth have an opportunity to develop leadership skills while learning about Indigenous culture and policing through the Metro Vancouver Transit Police Blue Eagle Community Cadets program. Led by Indigenous Liaison Officer Constable Kirk Rattray, in partnership with Vancouver Police Department's Diversity, Inclusion, and Indigenous Relations Section and the Aboriginal Policing Centre. The program gives young people the opportunity to:

- Work in a team environment
- Help their community
- Explore various career options
- Take part in a variety of activities
- Strengthen physical and mental health
- Meet strong Indigenous role models
- Increases physical fitness and confidence

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

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

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

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

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

Sat	1:00-5:00pm	Jan 14-Mar 26
Teen Centre		Free*
*Registration required.		

## Special Events

### 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.

Fri	6:00-8:00pm	Jan 13 & 27
Britannia Pool		Feb 10 & 24
Free		Mar 10

## Cooking

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

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

¿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. Los espacios son limitados, y el registro es necesario.

Thu	5:00-7:00pm	Jan 5-Mar 30
55+ Centre		Free*
*Registration required.		



### 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 10-Mar 28
55+ Centre		Free



## Outdoor Programs

### Whistler/Blackcomb Ski & Snowboard

Cost includes transportation, lift, rental and lesson. Youth will be required to ski/snowboard with a certified Whistler Mountain Staff at all times. Bring money or lunch and dress for cold and wet weather.

Consent forms will be available one month prior to the trip. Limited spots filled on a first-come first-served basis (with consent form and fees). Must register a minimum of 2 weeks in advance. Registration at Britannia Teen Centre only.

**Fri 6:00am-6:00pm Feb 17**  
**\$100 with ski/snowboard rental.**  
**\$80 no rental required.**

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

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

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

### CHILL (11-18yrs)

CHILL provides opportunities for youth to build self-esteem and life skills through board sports. Snowboarding is used as a tool to motivate youth to accomplish goals they never thought they could, while teaching them important life lessons. The weekly themes—patience, persistence, courage, responsibility, respect and pride—provide an opportunity for kids to relate their on-snow experiences to everyday challenges. This program is intended for who youth otherwise would not have the opportunity to snowboard.

Everything is provided free of charge: lift tickets, lessons, transportation, and the use of head-to-toe gear. Participants must commit to all six weeks of the program. Pick up and drop off at the Teen Centre. Registration is ongoing. Contact Tom at 604.718.5826 to register.

**Tue 3:15-9:00pm Jan 10-Feb 28**  
**Teen Centre Free**

## Physical Activity

### Axe Capoeira (7yrs+)

See page 12 for 7-15yrs classes. See page 22 for 16yrs+ classes.

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



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

**Tue 5:00-7:00pm Jan 10-Mar 28**  
**Gym D Free**

### Traditional Kung Fu (6yrs+)

For more information, see page 12.

### Britannia Boxing (6yrs+)

For more information, see page 23.

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



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

One-to-one support is not provided; the ratio is 1 instructor for up to 10 youth. Equipment provided.

**Thu 7:15-8:15pm Jan 12-Mar 9**  
**Boxing Rm \$90/9 sess**  
**438695 Jay**

### Archery – Beginner (12-18yrs)

Introduction to archery, including history and trying a variety of different bows. Emphasis will be on individual skill development. Please bring a water bottle and towel, and avoid bringing any other personal items.

**Sat 2:00-3:30pm Jan 21-Mar 4**  
**Gym C \$30/6 sess**  
**431259 Bernice**

### Archery – Intermediate (12-18yrs)

Must have completed the Beginner session to register for Intermediate. The archery instructor will provide approval to move on to Intermediate. A continuation of the intro class, including history and trying a variety of different bows. Emphasis will be on individual skill development. Please bring a water bottle and towel, and avoid bringing any other personal items.

**Sat 3:45-5:00pm Jan 21-Mar 4**  
**Gym C \$30/6 sess**  
**431260 Bernice**

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



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

#### Set 1

**Fri Jan 6-27 Gym D**  
**431380 5:15-6:45pm \$200/4 sess**  
**431382 7:00-8:30pm \$200/4 sess**

#### Set 2

**Fri Feb 3-Mar 3 Gym D**  
**431381 5:15-6:45pm \$200/4 sess**  
**431383 7:00-8:30pm \$200/4 sess**  
**Spectrum Skateboard Society**

### Youth Fitness (13-16yrs)

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 athletes learn to appreciate exercise as a lifestyle. Basic movements, balance and coordination are honed through games, relays and drills with a focus on high energy and fun. Coaches will teach and challenge so each youth will increase confidence in their abilities. Please bring a water bottle and towel, and avoid bringing any other personal items.

**Thu 5:00-6:15pm Jan 19-Mar 9**  
**Gym C \$56/8 sess**  
**429244 Game Ready**

## Music

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



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

**Tue 4:30-6:00pm Jan 24-Mar 7**  
**RAR Free**  
**Brenda/Tim**



## Latin American Youth Program / Programa Juvenil Latinoamericano

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

El Programa de Jóvenes Latinoamericanos ofrece actividades culturales y recreativas para jóvenes de 13 a 18 años. Estas actividades incluyen programas recreativos, servicios de abogacía y referencia. Para obtener más información, comuníquese con la trabajadora juvenil latinoamericana al 604.718.5829.

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

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

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

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

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

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

**Tue/Mar 5:30-7:00pm** **Jan 10-Mar 28**  
Gym D/Gimnasio D **Free/Gratis\***  
\*Registration required.



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

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

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

**Sat/Sáb 1:00-5:00pm** **Jan 14-Mar 25**  
**Teen Centre** **Free/Gratis\***  
\*Registration required.



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

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

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

**Thu/Jue 5:00-7:00pm** **Jan 5-Mar 30** **55+ Centre** **Free/Gratis\***  
\*Registration required.

### Spanish Clubs / Clubes de Español

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

What are Spanish Clubs? A place to meet the Latin students in your school, have fun, learn more about Latin American culture, and know what activities and programs are going on in your community. We provide games, music, and workshops. If you are interested in having a Spanish Club at your school contact the Latin American Youth Worker at 604.718.5829.

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

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



## Music

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

Come sing with *Canto Vivo!*, the Vancouver Latin American Cultural Centre Choir! Our choir meets once a week to learn and practice songs that reflect the immense diversity of musical genres from all over Latin America. Songs are sung in Spanish and Portuguese.

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! To register email [info@vlacc.ca](mailto:info@vlacc.ca). Please purchase a VLACC and a Britannia membership.

**Wed 7:00-9:00pm** Jan 11-Mar 15  
55+ Centre Sergio

### Carnival Band



Looking for an excuse to dust off that horn (clarinet, glockenspiel) in the back of your closet? Looking for a way to bring a little music and colour to your community? The Open Air Orchestra Society invites you to our street band workshops, led by the incomparable Ross Barrett, Tim Sars, and various guest instructors. All levels and ages welcome.

Suggested donation is one hour's wage or \$5 pay-what-you-can. Britannia membership required. For more info and to book the band, email [vancouvercarnivalband@gmail.com](mailto:vancouvercarnivalband@gmail.com). No session Feb 20.

**Mon 7:00-9:30pm** Jan 9-Mar 27  
55+ Centre By donation  
Tim/Ross

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

Solidarity Notes Labour Choir is a group of social justice, environmental and labour activists who know that music is more than pleasurable sound; it's a powerful language to educate, connect us and remind us of our strength and history. We are a non-auditioned choir and welcome everyone. We suggest a fee of \$35/month, but if you can't afford that, pay what you can. If you can't afford anything, that's OK too. For more info please contact Carol at 604.526.4959. We generally do not meet on one Sunday of the month; check [solidaritynotes.ca](http://solidaritynotes.ca) for our practice schedule. Britannia membership required.

**Sun 10:30am-12:30pm** Jan 8-Mar 19  
55+ Centre/Outside \$35/mo  
Earle

### African Drumming (16yrs+)

Learn how to play traditional West African rhythms on hand drums (djembés) and base drums (dununs). These lessons are fun and concentrated. Learn foundational rhythms and playing techniques. Level 1 lays the foundation for higher-level courses. Completion of Level 1 required to move onto Level 2, and completion of Level 2 required to move onto Level 3 (or permission from the instructor). He can be contacted through his website: [drumming.ca](http://drumming.ca). Levels 2 & 3 can be repeated several times as new djembé and dunun rhythms are taught every course. Drums are supplied in class or BYOD.

#### Level 1

**Sat 2:00-3:15pm** Jan 14-Mar 4  
Cafeteria \$136/8 sess  
433431 Russell

#### Level 2

**Sat 12:00-1:15pm** Jan 14-Mar 4  
Cafeteria \$136/8 sess  
433434 Russell

#### Level 3

**Wed 6:30-8:00pm** Jan 18-Mar 8  
Cafeteria \$144/8 sess  
433436 Russell

**Sat 10:30am-12:00pm** Jan 14-Mar 4  
Cafeteria \$144/8 sess  
433437 Russell

## Arts

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

This strength-based and person-centered art therapy group is designed to connect people to their creativity and inner resources and raise self-awareness. Embling is a registered Art Therapist 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. Basic materials are provided but you are welcome to bring additional materials if you wish. The group is facilitated by Caro Embling and Jillian Sones, a Vancouver Art Therapy Institute student. Subsidy available; for more information please contact [amanda.lye@vancouver.ca](mailto:amanda.lye@vancouver.ca). No sess Feb 20

**Set 1**  
**Mon 6:30-9:00pm** Feb 6-Mar 6  
FAR \$115/4 sess  
434039 Caro & Jillian

**Set 2**  
**Mon 6:30-9:00pm** Mar 3-Apr 3  
FAR \$115/4 sess  
434040 Caro & Jillian

### Working With Cement (16yrs+)

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

**Thu 7:00-9:00pm** Feb 2 & 9  
Rink Mezz \$80/2 sess  
435840 Karine

### Pottery - Introduction (16yrs+)

Experience the joy of creating your own dishes from a lump of clay! This course is a survey of the basic methods of hand-building, using the wheel, and surface decoration, and an introduction to the Britannia studio. No experience necessary! Clay and glazes are included.\*Last class for both sessions is Tuesday, March 7.

**Tue 7:00-9:00pm** Jan 17-Mar 7  
430040 \$233/8 sess

**Fri\* 7:00-9:00pm** Jan 20-Mar 7  
430041 \$233/8 sess  
Rm 208 Helen

### Pottery - Continuing (16yrs+)

Further develop your pottery skills in hand-building and on the wheel. Attention is given to the sculptural as well as the functional aspects of pottery. Students are self-directed with more one-on-one instruction. Pre-req: Intro to Pottery or permission of the instructor at 604.257.3087. Clay and glazes are included. More classes will be offered based on waitlist. \*Last class is Tuesday, March 7.

**Wed\* 6:30-9:00pm** Jan 18-Mar 7  
Rm 208 \$258/8 sess  
430042 Helen

### Pottery Intensive - Handbuilt Teapot (16yrs+)

Who needs a wheel? We will explore the sculptural properties as well as the engineering requirements of teapots in this 2 day intensive handbuilding program. Some of the results of this program may be exhibited in the Britannia Art Gallery in April 2023. Clay and glazes are included. Glazing on Feb 11 (or Feb 7, 10) and invitation to the pick up party on March 7. \*Last class is Tuesday, March 7.

**Sat\* 12:00-3:00pm** Jan 28-Feb 11  
Rm 208 \$165/4 sess  
431906 Helen

## Food



The Grandview Woodland Food Connection (GWFC) is dedicated to supporting healthy food access for all. The GWFC is seeking committee members to represent the many faces of our community! Please email [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com) and join us for our hybrid monthly meetings if you're passionate about:

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

**Wed 6:00-8:00pm Jan 4, Feb 1, Mar 1**  
Zoom/Conference Room

## Seed Starting Workshop

Join Master Gardener, Pablo Vimos, in exploring four different methods for starting seeds indoors and learn when to transplant to your garden in the spring! In this hands-on workshop, we'll start some veggies like tomatoes, peppers, brassicas, and lettuce. The pros and cons of each seeding method will be discussed; you'll be able to try each method and leave with printed information, some started seeds, and some seeds to start indoors at your home! This workshop welcomes gardeners of all experience levels and physical abilities. Sliding scale with \$5, \$10, and \$15 options.

**Sat 2:00-4:00pm Feb 11**  
**Rink Mezz Pablo**  
437472 \$5 sliding scale option  
437473 \$10 sliding scale option  
437474 \$15 sliding scale option

## 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!

**Sat 2:00-4:00pm Mar 25**  
**Mary Jo Garden Pablo**  
437476 \$5 sliding scale option  
437477 \$10 sliding scale option  
437478 \$15 sliding scale option

## Workshops

The following workshops are subsidized by the Britannia Arts & Culture Committee.

### Holiday Décor Pop-Up (All ages)

Make some arts and crafts, sip some hot cocoa, and enjoy the company of community as you create some memories to hang on the tree or gift to that special someone.

We will have multiple artists come and share their ideas. Materials will be provided or bring some of your own. All ages welcome, but children must be accompanied by an adult.

**Sun 2:00-4:00pm Dec 18**  
**55+ Centre Free**  
435488 Community Artists

### Fish Leather Basics and Crafting (19yrs+)

In this hands-on workshop, each participant will the basic steps of making fish leather (de-scaling, tanning and softening) and will craft fish leather to take home. Fish leather is re-emerging as an alternative textile on the West Coast and globally; with heightened awareness about waste diversion, sustainable fashion has accelerated this curiosity.

Discover the fascinating craft of making fish leather, learn about its versatility and the importance of salmon to the cultures on the coast, and gain some understanding about the lifecycle of salmon and salmon ecology. Some experience working with fish or food products, knot tying, weaving and sewing by hand will be an asset.

**Sun 1:30-4:00pm Feb 5**  
**55+ Centre \$10/1 sess**  
435368 J Peachy

### Beading with Claire (19yrs+)

Learn the beading style of sewing beads to Melton fabric and stitching a design to create a keychain or hanging pendant with beader and artist Claire Shannon-Akiwenzie.

Claire is an Anishinaabe and Irish artist from the Chippewas of the Nawash Unceded First Nation in Neyaashiingmigiing, Ontario. For Claire, beading and digital art has been a catalyst for healing as it enables her to further connect with stories, language, family and community.

**Sat 9:00am-12:00pm Mar 4**  
**55+ Centre \$10/1 sess**  
435449 Claire

## Language

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

For more information, see page 10.

### Spanish – Beginners (19yrs+)

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

**Tue 2:20-3:20pm Jan 17-Mar 7**  
**Rink Mezz \$96/9 sess**  
434003 Words in Motion

### Spanish – Intermediate (19yrs+)

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

**Tue 4:45-5:45pm Jan 17-Mar 7**  
**Rink Mezz \$96/9 sess**  
434005 Words in Motion

### VLACC Latin American Short Stories Reading Group (16yrs+)

This book club focuses on Latin American short stories (translated to English). Co-presented with the Latin American Studies department of UBC, a long-time ally, these sessions will generate community dialogues. Enthusiastic UBC professors curate the selection of stories and moderate the meetings. Meetings take place on the 2<sup>nd</sup> Tuesday of the month. To register, please visit [www.vlacc.ca](http://www.vlacc.ca).

**Tue 6:00-9:00pm Jan 10, Feb 14**  
**Conference Room Mar 14**  
**Free VLACC**

## Dance

### Dance and Embrace Your Body: Connecting Through Movement

This workshop invites us to connect with our inner selves and the world around us. Mexican dancer, Carla Alcántara, will guide us in awakening our senses from the inside out, warming up our bodies, and welcoming an environment of self-discovery. We'll use rhythm to discover endless possibilities of expression. Open to all abilities; no experience necessary. Program supported by VLACC and Britannia Arts Committee.

**No class Feb 18.**

**Sat 3:15-5:15pm Feb 4-Mar 18**  
**CFEC \$90/6 sess**  
435332 Carla



## Salsa Cubana & Rueda De Casino

Singles and couples welcome. The basics of Merengue, Bachata and other Latin steps are taught during warm-up.

Upon completion of each program, the instructor will assess the student's level and determine if they can move up to the next level.

### Beginner (18yrs+)

No experience necessary. This will be your introduction to Cuban Salsa. We will start with the basic steps, at first in a line but soon you will be using what you have learned in the circle-formation known as Rueda.

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

<b>Wed</b>	<b>7:45-9:15pm</b>	<b>Jan 25-Mar 15</b>
<b>CFEC</b>		<b>\$160/8 sess</b>
<b>430187</b>	<b>Karlos</b>	

### Beginner/Intermediate (18yrs+)

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

<b>Tue</b>	<b>7:30-9:00pm</b>	<b>Jan 24-Mar 14</b>
<b>Gym C</b>		<b>\$160/8 sess</b>
<b>430185</b>	<b>Karlos</b>	

### Intermediate (18yrs+)

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

<b>Mon</b>	<b>7:30-9:00pm</b>	<b>Jan 23-Mar 13</b>
<b>Gym C</b>		<b>\$140/7 sess</b>
<b>430184</b>	<b>Karlos</b>	

### Advanced (18yrs+)

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

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

<b>Thu</b>	<b>7:30-9:00pm</b>	<b>Jan 26-Mar 16</b>
<b>CFEC</b>		<b>\$160/8 sess</b>
<b>430188</b>	<b>Karlos</b>	

## Health & Fitness

### Iyengar Yoga (18yrs+)

Physically energizing, deeply relaxing and emotionally uplifting, this program offers instruction in classical yoga with an emphasis on self-awareness and development of strength, stamina, flexibility, balance, body awareness, postural alignment and relaxation. The class is taught with clarity, creativity, attention to detail and sensitivity to individual needs, in an atmosphere of respect, compassion and humour. Safety, back and joint care will be addressed. Your own mat and equipment is optional but recommended; we have mats and equipment you can use.

The instructor will email you before the class to check in. You must have Iyengar experience to do Level 2 & 3. For more info, contact claudiamacyoga@gmail.com. \$21/drop-in. No class March 14.

#### Level 1 & 2

<b>Tue</b>	<b>CFEC Claudia</b>	<b>\$204/12 sess</b>
<b>430831</b>	<b>9:30-11:00am</b>	<b>Jan 10-Apr 4</b>
<b>430832</b>	<b>7:00-8:30pm</b>	<b>Jan 10-Mar 28</b>


#### Level 2 & 3


<b>Thu</b>	<b>5:30-7:00pm</b>	<b>Jan 12-Mar 30</b>
<b>CFEC</b>		<b>\$204/12 sess</b>
<b>430833</b>	<b>Claudia</b>	

### ZUMBA® Fitness (18yrs+)

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

#### Set 1

<b>Mon</b>	<b>6:00-7:00pm</b>	<b>Gym C</b>
<b>430866</b>	<b>Jan 9</b>	<b>Free Trial</b> 
<b>430868</b>	<b>Jan 16-Feb 13</b>	<b>\$63/5 sess</b>
<b>Eric</b>		

<b>Wed</b>	<b>6:00-7:00pm</b>	<b>Gym C</b>
<b>430869</b>	<b>Jan 11</b>	<b>Free Trial</b> 
<b>430871</b>	<b>Jan 18-Feb 15</b>	<b>\$63/5 sess</b>
<b>Denise</b>		

#### Set 2

<b>Mon</b>	<b>6:00-7:00pm</b>	<b>Feb 27-Mar 27</b>
<b>Gym C</b>		<b>\$63/5 sess</b>
<b>430867</b>	<b>Eric</b>	

<b>Wed</b>	<b>6:00-7:00pm</b>	<b>Feb 22-Mar 29</b>
<b>Gym C</b>		<b>\$75/6 sess</b>
<b>430870</b>	<b>Denise</b>	

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

See page 9 for more information. No class March 15.

#### Set 1

<b>Wed</b>	<b>10:30-11:30am</b>	<b>Jan 11-Feb 15</b>
<b>CFEC</b>		<b>\$92/6 sess</b>
<b>430799</b>	<b>Into Yoga</b>	

#### Set 2

<b>Wed</b>	<b>10:30-11:30am</b>	<b>Feb 22-Mar 29</b>
<b>CFEC</b>		<b>\$78/5 sess</b>
<b>432653</b>	<b>Into Yoga</b>	

### Stretch Therapy (18yrs+)

Learn the contract and relax technique of PNF stretching plus other partner assisted techniques to release fascia, tight muscles and unlock your joints so you can move with ease. These techniques are so effective, only one or two classes a week are recommended. Release your hamstrings, hips, back and shoulders to improve posture, mobility and range of motion.

For more information, please visit [stretchtherapyvancouver.com/community-centres](http://stretchtherapyvancouver.com/community-centres). \$30/drop-in. No class Feb 20.

<b>Mon</b>	<b>6:45-7:55pm</b>	<b>Jan 23-Mar 13</b>
<b>CFEC</b>		<b>\$175/7 sess</b>
<b>430850</b>	<b>Rob</b>	

### Core Connect (18yrs+)

Join Meghan Goodman for an hour of pilates and yoga inspired movements to help you connect with your core, stabilize your pelvis, and find more ease and mobility in your limbs. Drawing from training in dance, Pilates and yoga, Meghan will lead you through a fun and challenging class to get you moving, breathing, and feeling good. \$17/drop-in. No class March 16.

#### Set 1

<b>Thu</b>	<b>11:45am-12:45pm</b>	<b>Jan 19-Feb 16</b>
<b>CFEC</b>		<b>\$75/5 sess</b>
<b>430827</b>	<b>Meghan</b>	

#### Set 2

<b>Thu</b>	<b>11:45am-12:45pm</b>	<b>Mar 2-30</b>
<b>CFEC</b>		<b>\$60/4 sess</b>
<b>430826</b>	<b>Meghan</b>	

### Yogaflex (18yrs+)

Focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. The class ends with deep stretching and relaxation. You will leave feeling supple and strong. Please bring your own mat. \$14/drop-in. No class Feb 19.

<b>Sun</b>	<b>10:15-11:15am</b>	<b>Jan 15-Mar 12</b>
<b>CFEC</b>		<b>\$80/8 sess</b>
<b>430865</b>	<b>Alex</b>	

# Adults

## Drop-in Fitness

### Zumbash (18yrs+)

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

Thu 6:30-7:30pm Jan 12-Mar 30 Gym C \$6/drop-in Allyson

### HIIT Fitness (18yrs+)

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

Tue 6:00-7:00pm Jan 10-Mar 28 Gym C \$6/drop-in Allyson

### Salsa Fit (18yrs+)

Invigorating and energizing cardio combining high/low impact aerobics with a salsa flare. Great music and lots of fun. Includes a muscular strengthening component and stretching. We have 35 drop-in spots for this program. Purchase drop-in tickets at pool office. \$6/drop-in or \$45/10 tickets.

**Drop-in procedure:** A class sign up list will be available at the Britannia Pool at 8:30am on the day of the program. Go to the pool office and sign up for that day's program and pay the drop-in rate (or if you have a strip ticket, give it to Denise at the class). The last step is to have a ton of fun working out with us!

Sat 9:30-10:30am Jan 7-Mar 25 Gym C \$6/drop-in Denise



## Martial Arts

### Axe Capoeira (16yrs+)

Students in this class must have a minimum of 6 months consistent Capoeira experience, or permission from the school. Students are expected to execute all basic movements.

Classes cover all aspects of Capoeira: Martial arts, dance, music, acrobatics, culture, language. Classes focus on developing rhythm, reflexes, balance, coordination, strength, & flexibility. Uniform is required to join class. Fees do not pro-rate; monthly rate only. Mon/Fri classes are in Cafeteria. Weds classes are in CFEC. No class Feb 20.

<b>Mon/Wed 6:15-7:30pm</b>	<b>Fri 7:30-8:30pm</b>
<b>Marcus</b>	<b>CFEC/Caf</b>
<b>430787 Jan 9-30</b>	<b>\$125/mo</b>
<b>430788 Feb 1-27</b>	<b>\$125/mo</b>
<b>430789 Mar 1-31</b>	<b>\$125/mo</b>



### Ki Aikido (18yrs+)

Aikido is "The Art of Peace". In Ki Aikido, we emphasize the awareness and use of Ki (mind energy, intention). We start a typical class by practicing Ki development exercises to learn coordination of mind and body for relaxed, efficient, and yet powerful movement. Then we practice Ki Aikido exercises using a controlled and choreographed attack from a partner, so we can learn to sense our partner's Ki, and redirect it. The exercises teach us how to transform potential conflict into a peaceful resolution. Suitable for adults for all ages and levels of physical ability. Beginners may try one free class anytime. The High Grade class is for 1st Kyu or more advanced students. No class Feb 20 & 22.

#### General

<b>Wed 7:30-9:30pm</b>	<b>Jan 11-Mar 29</b>
<b>Mat Rm</b>	<b>\$66/11 sess</b>
<b>430834 Louis</b>	<b>\$10/drop-in</b>

#### High Grade

<b>Mon 7:30-9:30pm</b>	<b>Jan 9-Mar 27</b>
<b>Mat Rm</b>	<b>\$55/11 sess</b>
<b>430835 Emily</b>	<b>\$6/drop-in</b>

### Traditional Kung Fu (6yrs+)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. It will help you gain physical and mental strength, and develop self-confidence and discipline. 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 Feb 10 & 20.

#### Beginner

<b>Mon 4:30-5:45pm</b>	<b>Fri 7:00-8:15pm</b>
<b>430854 Jan 9-Mar 10</b>	<b>\$198/16 sess</b>

#### Intermediate

<b>Mon 4:30-6:30pm</b>	<b>Fri 7:00-9:00pm</b>
<b>430855 Jan 9-Mar 10</b>	<b>\$214/16 sess</b>

#### Advanced

<b>Mon 4:30-6:30pm</b>	<b>Fri 7:00-9:00pm</b>
<b>430853 Jan 9-Mar 10</b>	<b>\$230/16 sess</b>
<b>Marquis &amp; Louis</b>	<b>CFEC</b>

### Leisure Access Program

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

LAP card holders may receive up to 50% off certain programs. To learn more and apply, visit:

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





## Sports

### Badminton (18yrs+)

Come play badminton with us! Singles if it's slow, otherwise doubles. Rotate after your game to get a short break, then more action! There are 30 pre-registered and drop-in spaces available. No class Feb 19.

**Fri 7:00-9:45pm Jan 13-Mar 31**  
**Gym C \$66/12 sess**  
**430801 Allen \$7/drop-in**

**Sun 1:30-3:30pm Jan 8-Mar 26**  
**Gym D \$61/12 sess**  
**430802 Erica \$6/drop-in**

### Basketball (18yrs+)

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

**Sun 2:00-4:00pm Jan 8-Mar 26**  
**Gym C \$61/11 sess**  
**430809 Simon**

**Sun 4:00-6:00pm Jan 8-Mar 26**  
**Gym C \$61/11 sess**  
**430810 David**

### Ball Hockey – Coed (18yrs+)

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

**Wed 7:45-9:15pm Jan 11-Mar 29**  
**Gym D \$66/12 sess**  
**430806 Trey**

### Ball Hockey – Men (40yrs+)

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

**Sun 6:45-8:45pm Jan 8-Mar 26**  
**Gym D \$66/12 sess**  
**430807 Tejinder**

### Pickleball (18yrs+)

Pickleball is a sport in which two to four players use solid paddles to hit a perforated polymer ball over a net. It is a combination of Ping-Pong, tennis, and badminton. This popular, easy-to-learn and exciting game will get you moving in new and interesting ways. Bring your own paddles and ball if you have them and bring all your friends! \$7/drop-in.

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

**Sun 6:15-9:15pm Jan 8-Mar 26**  
**Gym C \$96/12 sess**  
**430840 John**

### 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 12-Mar 30**  
**Gym D \$66/12 sess**  
**430842 Tracy**

### Britannia Boxing (6yrs+)

Britannia's own fun, inclusive, and informative boxing program where anyone can come and learn proper techniques, hit the bags, and workout with our coaches. New bags, gloves, portable ring, and more await you in our boxing gym! Come and visit our wonderful and experienced coaches, learn new skills, and break a sweat while working at your own pace. You can stay as long, or short, as you would like—classes are unlimited. The Boxing Room is located in Gym C. First time participants, pay \$15 drop-in. After this, participants will be expected to pay the \$75/month fee. Fees cannot be prorated. No class Feb 20.

**Mon-Fri 5:00-7:00pm Sat 2:00-4:00pm**  
**Jay Boxing Rm**  
**430823 Jan 9-31 \$90/mo**  
**430824 Feb 1-28 \$90/mo**  
**430825 Mar 1-31 \$90/mo**



## Volleyball

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



### Intermediate (18yrs+)

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

**Tue 8:00-10:00pm Jan 10-Mar 28**  
**Gym A/B \$66/12 sess**  
**430858 Minaz \$6/drop-in**

**Thu 7:00-10:00pm Jan 19-Mar 30**  
**Gym A/B \$88/11 sess**  
**430857 John \$8/drop-in**

### Advanced (18yrs+)

Friday Advanced Volleyball with 5-1, 6-2 format system play is geared towards intermediate and advanced players as this program is based on a higher level of play. The instructor reserves the right to ensure a player's skill level meets the needs of the program or suggest a different program for them. Please join if you absolutely have knowledge of the system format. Efforts are made towards creating fair and balanced teams to have fun, experienced rallies rather than quick side outs. Register for this program to guarantee a spot to play every week. There are a total of 25 registered spots and 4 drop-in only spots.

**Fri 7:00-10:00pm Jan 20-Mar 31**  
**Gym A/B \$88/11 sess**  
**430856 Millin \$9/drop-in**

# 55+ Older Active Adults

## Welcome to the 55+ Centre

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

[britanniacentre.org/55plus](http://britanniacentre.org/55plus)

### Drop-in Hours

Mon/Fri	10:00am-5:00pm
Tue (Vietnamese Seniors)	9:00am-2:00pm 2:00pm-4:00pm
Wed	1:00pm-5:00pm
Thu	10:30am-4:00pm

### 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 Program

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

### Registration for 55+ Programs

Registration opens on Tuesday, December 6 at 7:00pm (online and in-person only), and by phone on December 7 at 9:00am.

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



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

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

Wed	3:30-5:00pm	Jan 18, Feb 15
55+ Centre/Zoom		Mar 15

### Community Income Tax Clinic

Need help filing your income taxes? Britannia offers a free income tax clinic for people with moderate incomes and simple tax situations.

Volunteer tax preparers are trained by Canada Revenue Agency's 'Community Volunteer Income Tax Program' and will keep your information secure and confidential.

To book an appointment, please call the Info Centre at 604.718.5800 ext 1. We will start booking appointments in late February.

## Vietnamese Program / Chương Trình Cao Niên Việt Nam

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

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

Tue	9:00am-2:00pm	Jan 24-Mar 28	55+ Centre	Free drop-in
-----	---------------	---------------	------------	--------------

### Vietnamese Line Dancing (55yrs+)

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

Fri	10:00am-12:00pm	Jan 6-Mar 31	CFEC	Free
-----	-----------------	--------------	------	------



### Vietnamese Ballroom Dance (55yrs+)

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

Fri	12:00-2:00pm	Jan 6-Mar 31
CFEC		Free



# 55+ Older Active Adults

## Weaving Our Community Together



Indigenous Services Canada

Weaving Our Community Together (WOCT) 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/55plus](http://britanniacentre.org/55plus)



### WOCT – Indigenous Crafts



An Indigenous-led crafts class, open to Indigenous and non-Indigenous people. The projects are varied and beadwork is a common component.

Mon 1:00-4:00pm  
55+ Centre  
391408 Sabian

Jan 16, 30, Feb 13,  
27, Mar 13, 27  
Free

### WOCT Indigenous Led Drum Circle



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 5:00-6:00pm  
55+ Centre  
412629 Seislom

Jan 16, 30, Feb 13,  
27, Mar 13, 27  
Free

### WOCT – 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.

412644 Wed 1:30-4:00pm  
Free Todd

Jan 18, Feb 8, 22, 55+ Centre  
Mar 8, 22

### WOCT Change of Season Spring Gathering

Seislom and the Britannia Elder's Drum Group invite you to join us as we celebrate another season passed, and look forward to the new days ahead.

We will have food, ceremony, a talking circle, and drumming and singing.

Mon 5:00-6:00pm  
55+ Centre  
391409 Seislom

Postponed  
Free



## Registration Information

If you have any questions about WOCT programs or participation, 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). Registration opens on Tuesday, December 6 at 7:00pm (online and in-person only), and by phone on December 7 at 9:00am.

# 55+ Older Active Adults

## \*Registration required for free programs.

Registration opens on Tuesday, December 6 at 7:00pm (online and in-person only), and by phone on December 7 at 9:00am.

## Healing with Weaving – Cedar Hats

Welcome to Cedar Hat Weaving with Haida artist Todd "Giihlgigaa" DeVries. In this course you will learn how to create a woven cedar hat using techniques handed down over thousands of years. Though most hats will follow traditional shapes, there is room for creative interpretation with guidance from Todd and skilled volunteers.

Each participant will have access to the tools and cedar warps and wefts to complete their own cedar hat. Mar 16 class will take place in the 55+ Centre.

**Thu 1:30-4:00pm Jan 12-Mar 30**  
**CFEC \$80/12 sess**  
**431844 Todd**

## Quirk-e (Hybrid)

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

Call 604.718.5837 for more information and an application. Hybrid in-person and online sessions take place on the 1<sup>st</sup> Wednesday of each month.

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

## Music

### Ukulele Beginners – Level 2 (55yrs+)

You'll need some ukulele experience for this class. Join Jane and others for this magical Tuesday afternoon. New members always welcome. Level 1 will be offered in the spring.

**Tue 2:00-3:30pm Jan 10-Mar 21**  
**55+ Centre Free\***  
**432166 Jane**

### Ukulele Jam Circle (All Ages)

Calling all ukulele players to join a friendly jam session in the 55+ Centre with Jane and the 55+ ukulele players. Takes place on the 1<sup>st</sup> Friday of each month. We welcome voices to join in the community sing-a-long too.

**Fri 1:30-3:00pm Jan 6, Feb 3**  
**55+ Centre Mar 3**  
**432167 Jane Free**

## Social

### Monday Soup (55yrs+)

Monday lunches are back! Join us every Monday for a warm and welcoming homemade soup lunch. A place to rest your feet a while, meet a friend, and enjoy a quiet space for a quick lunch. The staff and volunteers look forward to serving you. \$3.50/drop-in. Pay at the Pool or Info Centre and bring your receipt to the 55+ Centre. No session Feb 20.

**Mon 12:00-1:00pm Jan 9-Mar 27**  
**55+ Centre \$3.50/drop-in**  
**Volunteer**

### Crafters Drop-in

Whatever your craft, come gather with others to share, chat and work on projects. Coffee, tea and a warm friendly environment awaits you. No session Jan 26 (Robbie Burns Luncheon). The Craft Collective meets on the 3<sup>rd</sup> Thursday of each month, but crafting is still welcome Jan 19, Feb 16 and Mar 16.

**Thu 1:00-4:00pm Jan 5-Mar 31**  
**55+ Centre Free\***  
**436447 \*Registration required.**

### Knitting Social (All ages)

An afternoon drop-in at Britannia. All ages, from beginner to advanced, we welcome you to join others for an afternoon of knitting and sharing in the cozy 55+ Centre. Tea and coffee will be served.

**Thu 1:00-3:00pm Jan 12-Mar 30**  
**55+ Centre Free\***  
**432160 \*Registration required.**

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

Everyone is welcome to attend our movie series every Sunday evening. Doors at 5:45pm. All of the January movies are "John Truchan's Last Call"—movies that John wanted to see but never got the chance to, so we'll be screening them in his honour. No session Feb 19.

**Sun 6:00-9:00pm Jan 8-Mar 26 55+ Centre Free\***  
**432079 Ken \*Registration required.**

Date	Movie	Year	Run time
Jan 8	As Good as it Gets	1997	2h 19m
Jan 15	Croupier	1998	1h 34m
Jan 22	Monster's Ball (*Rated NC17; 18yrs+ only)	2001	1h 51m
Jan 29	State and Main	2000	1h 45m
Feb 5	Being John Malkovich	1999	1h 53m
Feb 12	The Third Man	1949	1h 33m
Feb 26	Invictus	2009	2h 14m
Mar 5	In Bruges	2008	1h 47m
Mar 12	Brazil	1985	2h 12m
Mar 19	L.A. Confidential	1997	2h 18m
Mar 26	Some Like it Hot	1959	2h 1m

## Special Events

### New Years Here Party and Pot Luck (55yrs+)

Come celebrate the start of a New Year with music, dance and fun! The theme for the party is "sparkle".

**Fri 1:00-4:00pm Jan 27**  
**55+ Centre \$6/1 sess**  
**436437 \*Registration required.**

### International Mother Language Day

A day to promote linguistic and cultural diversity and languages. This day was first proclaimed by the United Nations Educational, Scientific and Cultural Organization (UNESCO) in 1999, and then a UN Proclamation in 2002. Mother Language Day recognizes that languages and multilingualism can advance inclusion.

**Tue 1:30-4:00pm Feb 21**  
**55+ Centre Free**  
**436440 \*Registration required.**

### Income Tax Clinic

Need help filing your income taxes? Britannia offers a free income tax clinic for people with moderate incomes and simple tax situations.

Volunteer tax preparers are trained by Canada Revenue Agency's 'Community Volunteer Income Tax Program' and will keep your information secure and confidential. To book an appointment, please call the Info Centre at 604.718.5800 ext 1 (starting in late Feb).



# 55+ Older Active Adults

## Dance

### Line Dancing (55yrs+)

This class is filled with fun, light musical movements, lots of laughs and is a great way to exercise and socialize. No class Mar 14.

**Tue 1:00-3:00pm Jan 3-Mar 31**  
**CFEC \$10/13 sess**  
**432161 Anita**

### Classical Chinese Dance (55yrs+)

Classical Chinese dance uses body language to express graceful movements to music. This is a great way to enjoy music, exercise and learn about Chinese culture!

**Sun 2:00-4:00pm Jan 8-Mar 26**  
**CFEC \$10/12 sess**  
**432157 Helen**

### Chinese Folk Dance (55yrs+)

Traditional Chinese folk dancing lessons. Everyone is welcome! Program is free but you must register. This class is taught in English and Chinese. No drop-ins. No class Mar 16.

**Thu 9:00-11:00am Jan 5-Mar 30**  
**CFEC \$10/13 sess**  
**432156 Volunteer**

### Vietnamese Ballroom Dance (55yrs+)

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

**Fri 12:00-2:00pm Jan 6-Mar 31**  
**CFEC Free**

### Vietnamese Line Dancing (55yrs+)

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

**Fri 10:00am-12:00pm Jan 6-Mar 31**  
**CFEC Free**

## Health & Fitness

### Badminton (55yrs+)

Fun and easy badminton for older adults. No drop-ins. No class Jan 11, Feb 18, & Feb 20.

**Mon/Wed 11:20am-12:35pm Jan 9-Mar 29**  
**Gym C \$14/22 sess**  
**430803 Tho**

**Tue/Thu 11:20am-12:35pm Jan 10-Mar 30**  
**Gym C \$14/24 sess**  
**430805 Tho**

**Sat 2:00-4:00pm Jan 21-Mar 25**  
**Gym A \$14/9 sess**  
**430804 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.

**Tue/Fri 3:30-4:30pm Jan 10-Mar 31**  
**Boxing Rm \$65/12 sess**  
**431743 Jay**

### Osteofit (55yrs+)

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

**Set 1**  
**Mon 11:00am-12:00pm Jan 9-Feb 13**  
**CFEC \$60/6 sess**  
**432163 Berdjis**

**Set 2**  
**Mon 11:00am-12:00pm Feb 27-Mar 27**  
**CFEC \$40/4 sess**  
**432164 Berdjis**



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

Formerly called Yoga 50+. As we move through time, we need to keep moving our bodies. Whether you're brand new to yoga or a seasoned practitioner, if you're 50 or over then this all-levels yoga class is ideal for you. Safety and a pain-free practice is a priority. Yoga can improve your flexibility, mobility, balance, bone density, and strength. Yoga also has a calming effect on the mind and nervous system. Joan has been teaching yoga for 12yrs+, practicing yoga for 20yrs+, and moving through time for 60yrs+. \$17/drop-in. No class Feb 20.

#### Set 1

**Mon 2:00-3:15pm Jan 9-Feb 6**  
**CFEC \$70/5 sess**  
**430860 Joan**

#### Set 2

**Mon 2:00-3:15pm Feb 13-Mar 27**  
**CFEC \$70/5 sess**  
**430859 Joan**



### 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**

# 55+ Older Active Adults

## Friday Wellness

### Chair Yoga (55yrs+)

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

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

#### Set 1

**Fri 12:15-1:15pm**  
**55+ Centre**  
**431857 Bryony**  
**Jan 6-Feb 10**  
**\$10/6 sess**

#### Set 2

**Fri 12:15-1:15pm**  
**55+ Centre**  
**432155 Bryony**  
**Feb 17-Mar 31**  
**\$10/7 sess**

### Wellness Friday Café

Drop-in for a cup of tea or coffee, crafting, speakers and an afternoon social. First session of 2023 is on Jan 13.

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

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



A community health program for French-speaking aging adults (45yrs+) living in and/or around downtown Vancouver. Drop-in for a free session one Friday morning a month (Jan 20, Feb 17 and Mar 17); participate as many times as you wish. Participants will learn about managing their blood pressure, how to reduce risk factors through healthy behaviours, and resources in the community that can support their effort. For more details, contact Eleonore Tremblay at [etremblay@resosante.ca](mailto:etremblay@resosante.ca) or 604.379.9296.

Un programme de santé communautaire pour les francophones âgés de 45 ans+ qui habitent dans et/ou autour du centre-ville de Vancouver. Séance de porte ouverte, GRATUITE, un vendredi matin par mois (Jan 20, Feb 17, Mar 17). Vous participez aussi souvent que vous voulez. Les participants apprendront comment gérer leur pression artérielle; réduire l'impact des facteurs de risque pour leur santé à travers les saines habitudes de vie; et se familiariseront avec des ressources dans la communauté pour les soutenir pendant leurs démarches. Contactez Eleonore Tremblay à [etremblay@resosante.ca](mailto:etremblay@resosante.ca) ou 604.379.9296 pour plus de détails.

**Fri 9:00am-12:00pm**  
**55+ Centre**  
**Free**  
**Jan 20, Feb 17**  
**Mar 17**  
**Eleonore**



## 55+ Program Calendar

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



## Welcome to the Fitness Centre

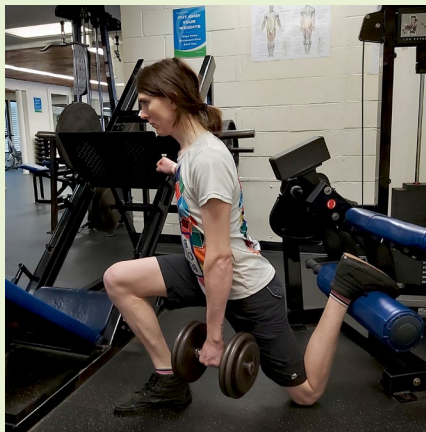
### Hours

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

\*Trans inclusive.

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

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



### Facility Orientations

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

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

### Flexipass Membership

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

### Outside Trainers

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

### Supporting a participant? Attendants get free access

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



## \*2022 Pool and Fitness Centre Fees \*2023 rates not available at time of publication.

	Drop-in	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$6.99	\$60.14	\$53.84	\$145.38	\$465.21	\$3.00
Youth (13-18)	\$4.89	\$42.11	\$37.70	\$101.77	\$325.65	\$1.00
Child (6-12)	\$3.50	\$30.07	\$26.92	\$72.69	\$232.61	\$1.00
Senior (65+)	\$4.89	\$42.11	\$37.70	\$101.77	\$325.65	\$1.00
Britannia-Only Senior (55+)	\$4.89	\$42.11	\$37.70	\$101.77	\$325.65	\$1.00

Please note: Prices include tax. Fees subject to change without notice.

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

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

## Britannia Holiday Hours

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

Dec 24	Christmas Eve	9:00am-5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	CLOSED
Dec 27	Stat	CLOSED
Jan 1	New Year's Day	CLOSED
Jan 2	Stat	CLOSED
Feb 20	Family Day	CLOSED

### Pool & Fitness Centre

Dec 24	Christmas Eve	10:00am-5:00pm
Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-5:00pm
Dec 31	New Years Eve	10:00am-5:00pm
Jan 1	New Years	Closed
Jan 2	Stat	1:00-5:00pm
Feb 20	Family Day	1:00-5:00pm

### Rink

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.

# Aquatics

## 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.



### Hours

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

Hours are subject to change.

### How to View Our Schedule

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

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

### Contact

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

### Admission Policy for Children

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

### Parent and Tot Pool

The leisure pool is open during most public swims for soon to be mothers and parents with young children five years and under.

The parent and tot pool is not open to the public during lessons or lengths. Please check our website for our up-to-date schedule:

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

### Birthday Parties

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

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

**Sun** 10:00-11:00am **\$75\***  
\*Includes lifeguard fee.

### Pool and Fitness Centre Committee

Join the Pool and Fitness Centre Committee. New members are always welcome! This is an advisory committee which provides recommendations to the Britannia Board of Management in the area of Pool and Fitness Centre programming and facilities.

Meetings take place on the last Tuesday every other month. For more info please call 604.718.5830.

**Tue** 6:00pm **Jan 31, Mar 28**

## Swim Sessions

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

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

### Free Family Swim

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

**Fri** 6:00-8:00pm **Jan 20, Feb 3**  
**Britannia Pool** **Feb 17, Mar 3**  
**Free**

### 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. Swim lessons are available to interested youth for the first 30 minutes; work on skills or improve your swimming abilities.

**Fri** 6:00-8:00pm **Jan 13 & 27**  
**Britannia Pool** **Feb 10 & 24**  
**Free** **Mar 10**

### Public Swim

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

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

### Aquafit

Drop-in water exercises to music. Work to your own ability. Classes are designed to build strength, flexibility and cardio fitness. Mild, moderate, shallow and deep water classes are offered. Led by certified instructors. The majority of Aquafit spaces are by registration only, with some spaces held for drop-in. To avoid disappointment we encourage participants to register in advance online or by phone.



### Lengths

The pool is divided into 25m lanes (slow, medium and fast). Enjoy the whirlpool, steam room or sauna as well. Anyone 16yrs+ who is capable of swimming the length of the pool is welcome.

**Please Note:** Patrons under 16yrs must speak to one of the lifeguards prior to attending these sessions.



## Swim Lesson Registration

Online and in-person registration for swimming lessons and programs at all pools, for all age groups starts Tuesday, December 20 at 7:00pm.

If you are already participating in a class, you are encouraged to wait until you receive a report card on the last day of class to register for the next set. It's important to register in the correct level (see the table to the right for new levels).

Children registered in an inappropriate level will be moved to the proper level if space is available, or refunded from the lesson. Please bring the most recent report card to the first day of lessons. All lessons must meet minimum space requirements to run. For more information, please visit:

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

## Swim Assessments

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

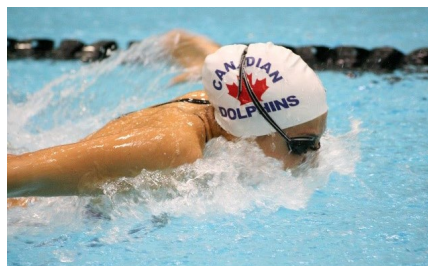
## Refunds & Cancellations

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

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

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

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



## New Swim Lesson Levels

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



Red Cross Level	Transfer	Swim for Life Level
Parent & Tot 1 - Starfish (4-12mos, parented)	Direct Transfer	Parent & Tot 1 - Jellyfish (4-12mos, parented)
Parent & Tot 2 - Duck (12-24mos, parented)	Direct Transfer	Parent & Tot 2 - Goldfish (12-24mos, parented)
Parent & Tot 3 - Sea Turtle (24-36mos, parented)	Direct Transfer	Parent & Tot 3 - Seahorse (24-36mos, parented)
Preschool 1 - Sea Otter*	*If complete, please register in the next level.	Preschool 1 - Octopus
Preschool 2 - Salamander*	*If complete, please register in the next level.	Preschool 2 - Crab
Preschool 3 - Sunfish*	*If complete, please register in the next level.	Preschool 3 - Orca
Preschool 4 - Crocodile*	*If complete, please register in the next level.	Preschool 4 - Sea Lion
Preschool 5 - Whale*	*If complete, please register in the next level.	Preschool 5 - Narwhal
Swim Kids 1*	*If complete, please register in the next level.	Swimmer 1
Swim Kids 2*	*If complete, please register in the next level.	Swimmer 2
Swim Kids 3*	*If complete, please register in the next level.	Swimmer 2
Swim Kids 4*	*If complete, please register in the next level.	Swimmer 3
Swim Kids 5*	*If complete, please register in the next level.	Swimmer 3
Swim Kids 6*	*If complete, please register in the next level.	Swimmer 4
Swim Kids 7*	*If complete, please register in the next level.	Swimmer 5
Swim Kids 8*	*If complete, please register in the next level.	Swimmer 6
Swim Kids 9*	*If complete, please register in the next level.	Swimmer 7 - Rookie
Swim Kids 10*	*If complete, please register in the next level.	Swimmer 8 - Ranger
		Swimmer 9 - Star

# Ice Rink



## Public Skates

To view our current public skating schedule, visit:

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

## Special Events

### Boxing Day Skate

Come by the Rink, lace up your skates and burn off some turkey dinner calories.

**Mon 1:00-3:30pm Dec 26**  
Free

## Arena Programs

### 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. No session Mar 12.

**Sun 12:15-1:30pm Jan 8-Mar 26**  
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 11:00-11:45pm Jan 5-Mar 30**  
Free

### Women's Hockey Program

This pick up hockey program is perfect for women (trans-inclusive) 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. No session Mar 12.

**Sun 10:45am-12:00pm Jan 8-Mar 26**  
Regular admission rates apply.

### Adult Stick, Puck and Ring (18yrs+)

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, 3 days before the session date. Helmets are mandatory during this session. Full hockey equipment is recommended. Sorry, no scrimmage.

**Wed 3:15-4:30pm Jan 4-Mar 29**  
**Fri 12:00-1:30pm Jan 6-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 at [britanniacentre.org/ice\\_rink](http://britanniacentre.org/ice_rink).

### Britannia Women Only Hockey League

Britannia's popular women's (trans-inclusive) hockey league will play from May-July. Games are on Tuesday evenings. The games are non-contact, non-aggressive and fun! Full hockey equipment is mandatory. Look for more information at [britanniacentre.org/ice\\_rink](http://britanniacentre.org/ice_rink) in mid-February.

## 2022\* Rink Admission Fees

\*2023 rates not available at time of publication.

Adult (19-54yrs)	Youth (13-18yrs)	Senior (55yrs+)	Child (6-12yrs)	Family	Skate Rentals	Skate Sharpening
\$6.99/Drop-in \$60.14/10 visits	\$4.89/Drop-in \$42.11/10 visits	\$4.89/Drop-in \$42.11/10 visits	\$3.50/Drop-in \$30.07/10 visits	*at Child rate (Family minimum \$6.99)	\$3.53	\$7.25

- Prices include tax. Prices are subject to change without notice.
- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Board operated rinks.
- A 20% discount on admission is given to groups of 10 or more.
- Stick & Puck sessions are at the Adult rate.
- Flexipasses may be used for public skating and Adult Stick and Puck sessions. For 2022 Flexipass rates, see page 29. 2023 rates TBA.
- \*Family rate is 1-2 adults from the same household and their children under 19yrs, all present at time of admission. \$3.50 per person (not including taxes).
- Children under 8yrs MUST be accompanied on ice by an individual 16yrs+.
- Helmets are strongly recommended for all public sessions and are mandatory for all participants of Family Fun Hockey.
- Adult hockey programs require full equipment. Participants must sign a waiver at the beginning of each session.



## Skating Lessons

Registration for **Set 1** winter skating lessons begins on Wednesday, Dec 14 at 9:00am in-person and online, and at 1:00pm by phone. Registration for **Set 2** winter skating lessons begins on Feb 15 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.**



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.

### Set 1

Tue	6:00-8:00pm	Jan 3-Feb 14 45.50/ 7 sess
Sat	10:00am-1:15pm	Jan 7-Feb 11 \$39/6 sess

### Set 2

Tue	6:00-8:00pm	Feb 21-Mar 28
Sat	10:00am-1:15pm	Feb 18-Apr 1
	No sess Mar 11.	\$39/6 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.

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

## Power Skating (8yrs+)

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

The intermediate class is for skaters who have taken power skating lessons before and want to improve on the skills they already have. Skaters must have passed Level 5 in the Learn to Skate program or have equivalent skills.

### Level 1

Sun	4:30-5:15pm	
Set 1	Jan 8-Feb 12	\$48/6 sess
Set 2	Feb 19-Apr 2	\$48/6 sess

### Level 2

Sun	5:15-6:00pm	
Set 1	Jan 8-Feb 12	\$48/6 sess
Set 2	Feb 19-Apr 2	\$48/6 sess
No sess Mar 12.		

## Private 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.



## \$99 Winter Ice Sale!

Plan a holiday party between Dec 19 2022–Jan 2, 2023 for \$99/hour plus GST. To book your event, please visit: [vancouver.ca/parks-recreation-culture/rink-rentals](http://vancouver.ca/parks-recreation-culture/rink-rentals)

## Join the Arena Committee!

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

# Partners



## Grandview Woodland Food Connection

The GWFC is seeking committee members to represent the many faces of our community! Please email [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com) and join us for our hybrid monthly meetings if you're passionate about:

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

Wed 6:00-8:00pm Jan 4, Feb 1,  
Zoom/Conference Room Mar 1

## Seed Starting Workshop



Join Master Gardener, Pablo Vimos, in exploring four different methods for starting seeds indoors and learn when to transplant to your garden in the spring! The pros and cons of each seeding method will be discussed; you'll be able to try each method and leave with printed information, some started seeds, and some seeds to start indoors at your home! This workshop welcomes gardeners of all experience levels and physical abilities. Sliding scale.

Sat 2:00-4:00pm Feb 11  
Rink Mezz Pablo  
437472 \$5 sliding scale option  
437473 \$10 sliding scale option  
437474 \$15 sliding scale option

## Square Foot Garden Workshop



Join Master Gardener, Pablo Vimos, in exploring the benefits of growing a square-foot garden! In this hands-on workshop, learn this simple method to grow a lot of food in a small space and reduce water use. Square foot gardening can be adapted to gardeners of all experience levels and physical abilities. You'll leave with printed information, and some seedlings to plant in your own garden!

Sat 2:00-4:00pm Mar 25  
Mary Jo Garden Pablo  
437476 \$5 sliding scale option  
437477 \$10 sliding scale option  
437478 \$15 sliding scale option



## Canucks Family Education Centre

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

**Registration is required for all programs.** To register contact Lina Arias at [lina.cfec@gmail.com](mailto:lina.cfec@gmail.com). For all other enquires please contact Jean Rasmussen, Executive Director, at 778.321.3487 or [jean.cfec@gmail.com](mailto:jean.cfec@gmail.com).

## 2022 – 2023 Programs

### 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, Apprenticeship & Workplace

Math 11, and Accounting 11  
Thu 9:30am-2:30pm

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

Fri 10:00am-2:00pm

## Additional Programs:

### CFEC Get Ready 2 Read (GR2R)

Family Resource Program  
Wed 10:00am-12:00pm  
Britannia Secondary School, CFEC Rm 110 and online

### 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  
Britannia Secondary School, CFEC Rm 110



## Vancouver Latin American Cultural Centre (VLACC)

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

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

## Dance and Embrace Your Body: Connecting Through Movement

NEW

This workshop invites us to connect with our inner selves and the world around us. Mexican dancer, Carla Alcántara, will guide us in awakening our senses from the inside out, warming up our bodies, and welcoming an environment of self-discovery. We'll use rhythm to discover endless possibilities of expression. Open to all abilities; no experience necessary. Program supported by VLACC and Britannia Arts Committee.

Sat 3:15-5:15pm Feb 4-Mar 11  
CFEC \$90/6 sess  
435332 Carla

## Spring Break Camp: Explore Latin American Culture (6-13yrs)

NEW

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

Please pack a lunch, nut free snacks, and water bottle. Dress for the weather with hat and sunscreen. All supplies included.

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





## Eastside Family Place

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

Annual membership fee is required. Subsidies available upon request.

### Contact

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

### Family Playtime

Adults can visit with each other while engaging with their children in a warm, educational environment. Children have opportunities to socialize and learn through playing developmentally stimulating activities.

Both Indoor Playtime and Backyard Playtime are available throughout the week. Register via our website.

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

### Parenting Education & Support

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

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

Check our website for dates and times.

### Licensed Occasional Childcare

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



VANCOUVER PUBLIC LIBRARY

## Britannia Branch

### Hours

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

### Contact

604.665.2222 vpl.ca

### Children & Teen Programs

#### Babytime (0-18mo)

Tue 10:00am & 11:00am Jan 10-Mar 7

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

Thu 10:00am & 11:00am Jan 12-Mar 9

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

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

Tue/Thu 4:00-5:00pm

### Adult Programs

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

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

Tue 2:30-4:30pm Jan 17-Mar 6

#### One-on-One Computer Help

Register by phone (604.665.2222) or in-person.

Tue 2:00pm & 3:00pm

#### ESL Conversation Practice

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

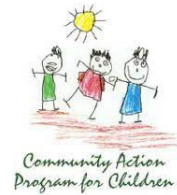
Wed 2:00-3:00pm

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

vpl.ca

## 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 Action

### Program for Children

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

### Winter 2023 Programs

#### Food Security Program

Promoting healthy eating. \$25 gift cards and fruit and veggie hampers are provided once a month.

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

Enjoy one hour of rhymes, songs, games and stories in Spanish with your your child. No class Feb 20.

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

Mon	Jan 9-Mar 6	Rink Mezz
Rita		Free*

1-2yrs	10:30-11:30am
0-12mo	12:30-1:30pm

\*Registration required. Call 604.215.8289.

#### Appetite To Play Series

Fri	10:00-11:00am	Rink Mezz
Jan 13 & 20; Feb 10 & 17; Mar 10 & 17		

#### Education Saving RESP

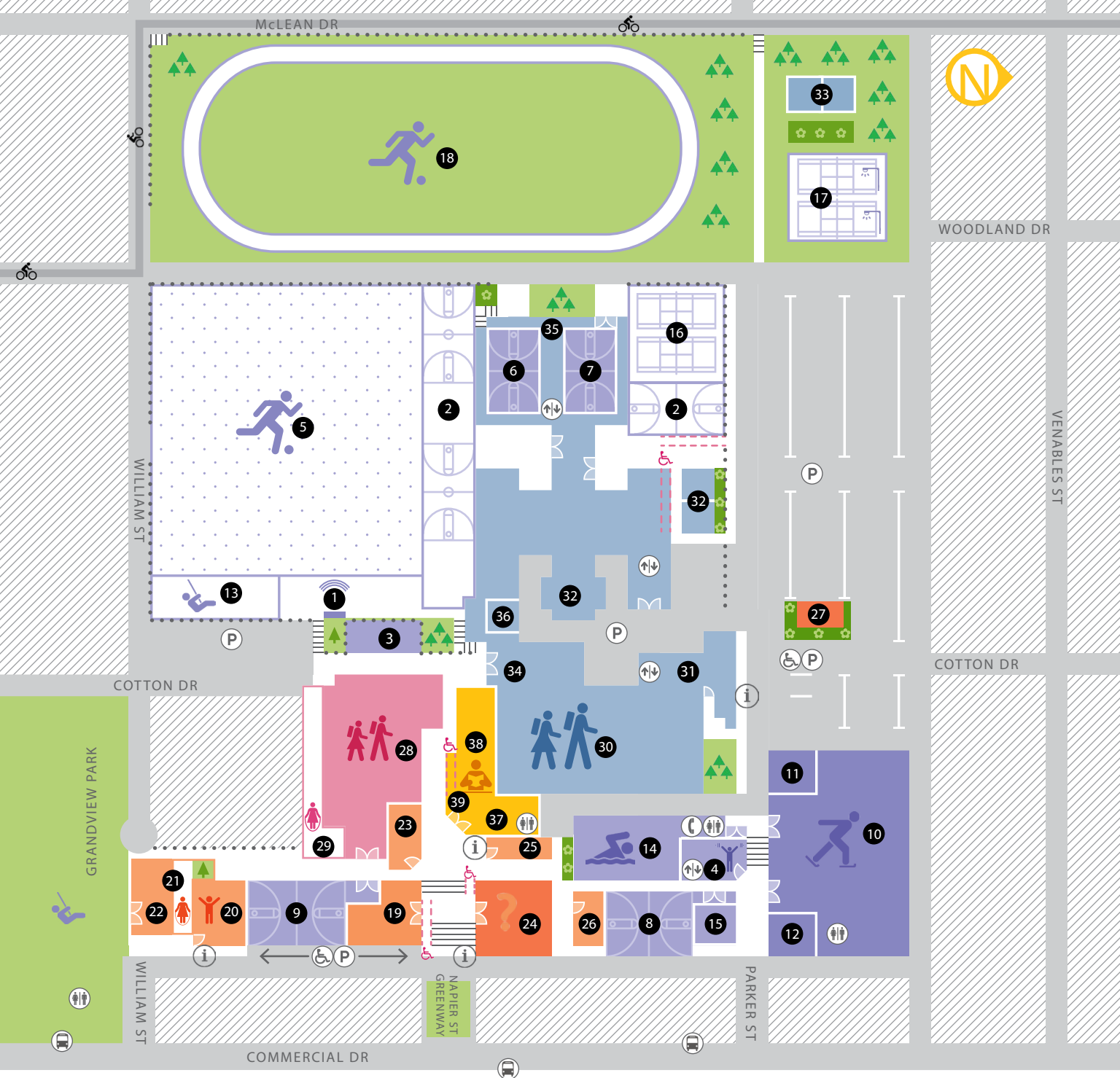
Thu	10:00am-12:00pm	Feb 9
Online		

#### Save That Child

Child and infant resuscitation (CPR & choking).

Thu	10:00am-2:00pm	Mar 18
Online		

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



## 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 ʁxʁqʁelwən ct Carving Centre
- 28 Britannia Elementary
- 29 Outdoor Play Area

## elementary school

## secondary school

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

## library + learning

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



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

.... Fence

Streets + Vehicle Access

Bicycle Route

Wayfinding

Wheelchair Access

Stairs

Elevator

Entrance

Fields + Green Space

Residential + Commercial

Gravel

School Garden