

COLD OUTSIDE?
We have a sauna,
steamroom and
whirlpool

britanniacentre.org

Programs & Services Winter 2012





Board of Management

Britannia Board meetings are held on the 2nd Wednesday of the month from September through June. 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: Gwen Giesbrecht

VICE PRESIDENT: Brendan Boylan

TREASURER: Ray Gallagher

EXECUTIVE MEMBERS:

Raphaella Weissgerber
Eva Sharell

DIRECTORS:

Oliver Conway	Paul Kjekstad
Pat Davitt	Tammyanne Matthews
Ann Daskal	Meseret Taye
Dan Fass	Margaret Vis
Buffie Irvine	Kate Zhou

AGENCY REPS:

VSF: Beverly Seed
VPB: Bob Harris
VPL: Noni Mildenberger, Acting

EXECUTIVE DIRECTOR: Cynthia Low

MANAGER OF ADMINISTRATIVE SERVICES:
Natalie Bailey

CHILDCARE MANAGER: Leah Drayton

Information Centre

1661 Napier Street,
Vancouver BC V5L 4X4

T 604-718-5800

F 604-718-5858

www.britanniacentre.org

Board Message

The Britannia Board of Management would like to welcome the 2011–2014 Vancouver City Councillors, the Vancouver School Board Trustees, and the Vancouver Park Board Commissioners. More importantly, the Board would like to acknowledge the diligence of Ellen Woodsworth, David Cadman, George Chow, Suzanne Anton, Raj Hundal, Stuart MacKinnon, Loretta Woodcock, Ian Robertson, Sharon Gregson, Jane Bouey, Allan Blakley and Carol Gibson for their many years of public service. We also want to express our thanks to all the dedicated candidates who ran in the election and who made the huge effort to participate in the democratic process. The ideas that emerged from the discussions during the campaign will continue to inspire ordinary citizens to achieve the extraordinary.

The next few years will be very important to our local residents. Through the Grandview-Woodland Community Plan process, we can get the best minds and strongest of hearts in our local community, working with the City and our officials, not just to PLAN but to engage individuals to contribute to our common interests — affordable housing, good land use, equitable access to recreation and education facilities, less reliance on fossil fuels, better movement of individuals and goods, less pollution and waste, the restoration of natural systems, positive living and learning environments, healthy social ecology, sustainable economies, community participation and involvement, and preservation of local culture and heritage. Grandview-Woodland is probably the most diverse, eclectic, and outspoken community in the city. We will utilize both new and traditional approaches to deepen our sense of belonging, to have conversations, to imagine possibilities, and to focus our commitment, connection, and loyalty to each other, while also being mindful and respectful of economic inequalities, social injustice, and environmental impacts.

The Britannia Board of Management looks forward to working with you, our new elected officials, to create the best outcomes for the residents, workers, and businesses of the Grandview-Woodland neighbourhood in the best city ever. With your support and involvement we will strive to inspire and tap into the incredible energy, creativity and caring in this community.

Membership Information

To participate in recreation programs, you must be a member of Britannia Centre.

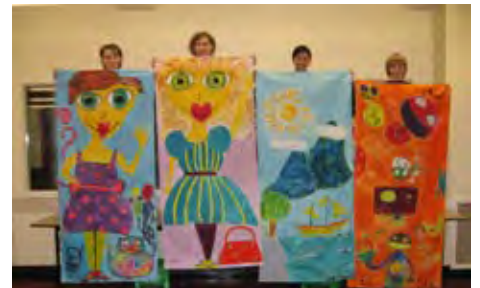
Membership is valid from Sept. 1st, 2011 to Aug. 31st, 2012.

Family	\$5.00
Adult	\$3.00
Child, Youth, Senior	\$1.00

Membership may be obtained when you register for a program or any time during the year at the pool cashier's office or the information centre.

What does membership give me?

- Voting privileges at the Annual General Meeting of the Society May 23rd, 2012
- Eligibility to run for the Board of Management
- Mail outs about Centre programs and events
- Access to special membership programs
- Tuesday & Friday, 10am to 12 noon, FREE access to the Fitness Centre



PHOTOGRAPHY CREDITS:

Many individuals have volunteered their services and time to take photos and submit for use in our publications. We thank Dolphin Kasper, Tom Higashio, Barry Skillin, Giles Chin, Trevor Jansen, Wendy Whitaker, Lori Moretto, Amie Smith, Susy Bando, Cody Vong, Robert Lee, Barb Kiborn

Registration Information

Three Ways to Register for Programs

Register online at

www.britanniacentre.org click "register online"

Registration starts at 9:00am on Tuesday, December 6th, 2011

You must have a current membership card to register for all Britannia programs (current card is green). The membership year goes from September 1, 2011 to August 31, 2012.

Register In Person

Britannia Info Centre at 1661 Napier Street

Registration starts at 9:00am on Tuesday, December 6th.

Pay using Cheque, Visa, Mastercard or Debit Card (NO CASH AT INFO. CENTRE)

Information Centre Hours for Program Registration:

- Monday to Thursday 9:00am to 7:00pm
- Friday 9:00am to 6:00pm
- Saturday 9:30am to 4:00pm
- Sunday 10:30am to 3:00pm

Register by Phone at 604-718-5800

Registration starts at 1:00pm on Tuesday, December 6th, 2011

You must have a current Britannia membership card and a Visa or Mastercard. Please have your charge card handy when phoning. A copy of your registration, a cash register receipt and If you don't already have one a new membership card will be sent to you in the mail.

For Other Program Registration

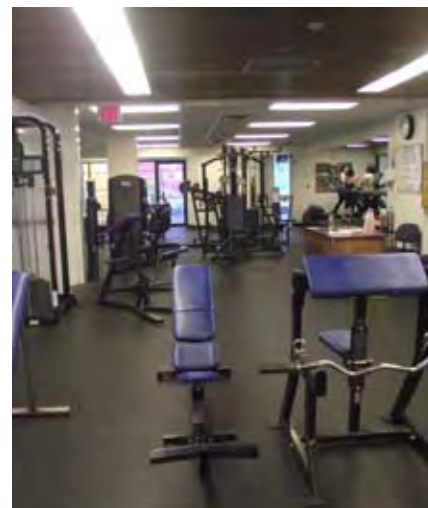
- | | |
|---------------------------|-------------------|
| Swimming lessons | page 31 |
| Skating lessons | page 36 |
| Childcare programs | page 5, 6 |
| Minor Hockey | call 604-255-0612 |
| Funseekers Winter Daycamp | call 604-718-5800 |

Popular programs fill up quickly, so register early to avoid disappointment.

Refunds are subject to a \$5 Administration fee

If you are not satisfied with a program, bring your receipt to the pool office and tell us why. Your refund will be pro rated from the day of request and will be refunded according to the method of payment. Sorry, no refunds on memberships.

Refunds are not processed online or by phone. Please bring your receipt to the swimming pool cashier's office for refunds.



Cancellation Policy

We need a minimum number enrolled before a class will run. If we don't have enough enrollments in a course, we must cancel it one week prior to the start date. Also, a program may be cancelled during the session due to unforeseen circumstances and we may need to change the instructors during the program session.

Swim Registration Only

We have ongoing in-person registration at the pool during all swim sessions. See aquatics section on page 31 for more details.

Subsidy Information

Please see back cover for information about our subsidy policy and the Leisure Access Card (LAC) program.

Contents

Board of Management	2	Atomic Volleyball		Aquatics	30
Board Message	2	Excelleration Multisport		Children's Winterfest	
Membership Information	2	Funseekers Daycamps		Pool Open House	
Registration Information	3	Pre-Teen (10-13yrs)	13	Swim Descriptions	
Cancellation Policy	3	Creative Arts		Swim Lessons	31
Childcare Centres	5	Culinary		Aquatic Schedule	32
Licensed Childcare Programs		Dance		Fitness Centre	33
Lisensed Out-of-School Programs		Social Recreation		Racquet & Wallyball	
Mt. Pleasant Toddler Program		Saturday Unlimited		Admission Fees	
Britannia Preschool Program		Youth (13-18yrs)	14-16	Weight Training	
Vancouver Native Health	5	Teen Centre Programs		Ice Rink	34
Licensed Childcare Information	6	Social Recreation		Hockey Programs	
Grandview Terrace Family Resource Centre		Sports		Parent & Tot Skate	
Britannia Childcare		Special Events		Skating Schedule	35
Lord Nelson Childcare		Culinary		Admission Fees	
Mt. Pleasant Childcare		NuYu Theatre Program		Skating Lessons	36
Eagles In The Sky Childcare		Great Escape Outdoors		Britannia Branch Public Library	37
Grandview Terrace Childcare		Social Awareness		Other Agencies	38,39
Special Events	7	Guitar Lessons		Eastside Family Place	
Winter Solstice		Latin American Youth	17	UBC Law Students Legal Advice Program	
Latern Making Workshops		Adult Outdoor Adventures	18	GWAC (Grandview-Woodland Area Council)	
Zumba Family Party		Saturday Education Workshops	19	Bequest & Charitable Giving	
Holiday Skate Fundraiser		Adult Health & Fitness	20	Planet Bingo	
Neighbourhood Matching Fund		Aerobics		Canucks Family Education Centre	
Remarkable Women Poster Workshop		Fitness Programs		Hastings Education Centre	
Preschool (0-5yrs)	8	Wellness Programs		Grandview-Woodland Community Police	
Art (3-5yrs)		Adult Sports	21	Volunteer Oportunities	
Music (6mo+)		Adult Yoga	22	Subsidy Policy	40
Sports(2-3yrs)		Martial Arts	22	Language Translation Information	40
Kindergym (1-5yrs)		Adult Arts	23,24	Vietnamese	
Kindergym Birthday Party		Adult Dance	23	French	
Children (1½-13yrs)	9	Italian For Beginners	24	Spanish	
Britannia Gymnastics Club		Adult Workshops	25	Chinese	
Micro Futsal (6-12yrs)		Eightfold Eats			
Holiday Skate Fundraiser		Journey to Wellness			
Children (6-12 yrs)	10	Philosophers Cafe			
Art		55+ Adults - AML	26,27		
Drama		Computer Classes			
Dance Programs		Dance			
Music-piano & clarinet		Social			
Britannia World Music		Bus Trips			
Violin & Fiddle Private Lessons		Physical Recreation			
Children & Youth (4-16yrs)	11	Vietnamese Women's Support Group			
Britannia Micro Footie		55+ Adults - Lions Den	28,29		
Coaches & Referees		Social Recreation			
Park Locations		Bus Trips			
Children (6-12yrs)	12	Educational Programs			
Introduction To Fencing		Health & Wellness			
Shadow Warriors		Special Events			
Micro Futsal		Circle Dance			

**To All Our Pool
and Fitness
Centre Patrons
Welcome Back!**

**Thank you for your
patience during our
maintenance closure.**

**We look forward to
seeing you again.**

Licensed Childcare Centres

Five Childcare Centres For Your Convenience

Childcare Mission Statement

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

About our childcare programs

Each of our programs is a unique reflection of its history, the community it serves, its staff members, and its families, past and present. All of our programs share philosophies, policies, and procedures.

We believe that children learn about themselves, others and the world around them through play and creative expression. This allows children to learn naturally and practice important skills in the following areas:

Social - Communication and friendship skills, conflict resolution, sharing and co-operation.

Intellectual - Language and self-expression, problem solving, critical thinking.

Physical - Large muscle and fine motor skills, safety and self-care skills (health, hygiene, etc.).

Creative - Self-expression and concept development.

Emotional - Development of healthy self-esteem, self-confidence, self-awareness, and the ability to deal appropriately with emotions.

About our Staff

Our staffing component is made up of a Childcare Manager who is responsible for all the programs and the Senior Supervisors for each of the Childcare centres. 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 the childcare licensing regulations.

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

Licensed Childcare Programs

Our programs for 3 to 5 year olds offer a caring, safe, and nurturing environment that allows children the FREEdom and support to develop to their full potential. We offer multi-cultural programs that respect a variety of traditions, lifestyles, languages and cultural heritages. In our inclusive play-based programs, qualified Early Childhood Educators provide activities based on children's interests and developmental needs, offering opportunities for children to explore their environment through music, movement, blocks, construction toys, co-operative games, stories and outdoor play. Through play, children are able to develop social skills and learn more about their world.

Programs offer a consistent yet flexible schedule providing a balance of FREE play and organized activities for building skills and positive self-concepts. For further information about a specific program please contact the Centres listed.

Licensed Out-of-School Programs

Our licensed childcare programs provide children from ages 5 to 12 years the opportunity to create, explore, and socialize in an inclusive, fun, safe and nurturing environment. Our play-based programs are designed to foster independence and confidence in a family-centred setting.

Our programs strive to develop and implement an integrated and comprehensive continuum of services for children and families that reflect the community we serve. All of our centres are culturally sensitive and celebrate the uniqueness of our families. Qualified educators offer a value-based program that focuses on our children's interests, ages, and developmental needs. To join the fun, please call any of our childcare centres.

Contacts

Childcare Manager:

Leah Drayton 604-718-5816

Britannia Out-of-School Care/Preschool

Randi Gurholt-Seary 604-718-5843

Grandview Terrace Childcare

Alejandra Uribe 604-718-5846

Mount Pleasant Childcare

Wade Forbes 604-718-5844

Lord Nelson Childcare

Latisha Buksh 604-713-5863

Eagles in the Sky Childcare

Susan Nelson 604-718-5856

Mount Pleasant Toddler Program

Our licensed toddler program provides 12 spaces for children 18 months to 3 years. Children will develop socially, physically, and emotionally at their own pace in a safe, caring, and secure environment with time to explore new relationships with friends and to interact with adults. This program provides age-appropriate materials. All staff are qualified early childhood educators and have First Aid Training. Snacks, hot lunch, outdoor play are a part of the daily routine.

Britannia Preschool Program

The preschool program serves children 3 to 5 years old. Qualified early childhood educators prepare an interesting and developmentally appropriate curriculum. We offer a consistent yet flexible schedule, providing a balance between FREE play and organized activities, skills that build positive self-concepts. We offer two-or three-day classes from September to June. Four-or five-day classes have limited spaces and are available upon referral.

Vancouver Native Health

There is an Aboriginal Early Childhood Family Support Worker at Britannia.

Call Barbara Nelson at 604-718-5841

Licensed Childcare Information

Grandview Terrace Family Resource Centre

We offer a variety of parenting and parent/child activities in order that families can meet new people, support one another, and access resources and referrals. The Family Resource Centre is a fun and safe place to come and enjoy being a parent. For additional information call 604-718-5846. Grandview Terrace Family Resource Centre is made possible by a partnership with Grandview School.

2075/2065 Woodland Drive Contact: Alejandra at 604-718-5846

Parent & Child Drop-in Playtime

For caregivers and children ages 0-6 years, this is an opportunity for young children to socialize and play in a learning centre environment. Parents can meet other parents. Resources are available. A Community Health Nurse visits monthly.

Thur 6:00-8:00pm FREE, with meal provided

Britannia Childcare

1661 Napier Street
Randi Gurholt-Seary: 604-718-5843

Preschool 3-5yrs

Mornings	9:00-11:30am
Afternoons	12:30-3:00pm
Fee:	
2 days per week	\$170.00
3 days per week	\$242.00

Britannia Out of School Care 5-12yrs

September to June	
Mon-Fri	7:30am-8:45am 3:00pm-6:00pm
School Breaks	7:30am-6:00pm
Fee:	
Britannia	\$345 per month
L'Ecole Anne Hebert	\$345 per month
Queen Victoria	\$345 per month

July & August	
Hours	
Mon-Fri	7:30am-6:00pm
Fee:	\$550/month

Lord Nelson Childcare

2235 Kitchener Street
Latisha Buksh 604-713-5863

Out of School Care 5-12yrs

September to June	
Mon-Fri	3:00pm-6:00pm
Fee:	\$345 per month, snacks provided
July & August	
Hours	7:30am-6:00pm
Fee:	\$550 per month snacks provided

Mount Pleasant Childcare

960 East 7th Avenue
Wade Forbes: 604-718-5844

Toddler Program 18mo-3yrs

Hours: Mon-Fri	7:30am-6:00pm
Fee:	\$930 per month snacks provided
Lunch program	\$45 per month

Daycare 3-5yrs

Hours:	7:30am-6:00pm
Fee:	\$710 per month, snacks provided
Lunch program	\$45 per month.

Eagles In The Sky Childcare 3-5yrs

485 Semlin Drive
Susan Nelson 604-718-5856

Daycare 3-5yrs

Hours: Mon-Fri	7:30am-6:00pm
Fee	\$710 per month. Snacks are provided

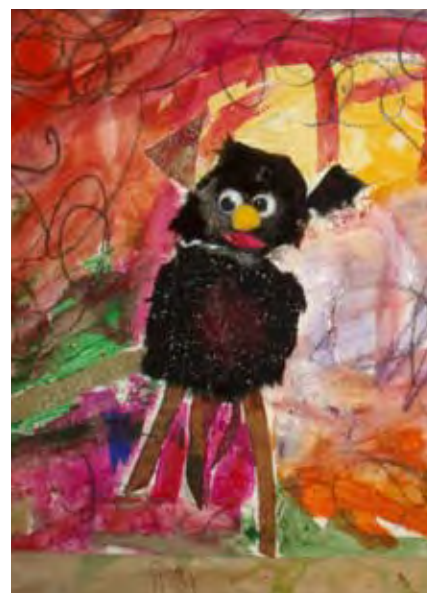
Out of School Care 5-12yrs

Sept to June only (at MacDonald Elementary)
Mon-Fri 3:00pm-6:00pm
Fee: \$345 per month snacks provided
Walking School Bus from Lord Nelson Elementary

Holiday Skate Fundraiser

Schools Helping Schools, Kids Helping Kids

Britannia Arena
Fri. Dec. 30 - 1:00-2:15pm
All proceeds benefit
Seymour Elementary School.



Grandview Terrace Childcare

2075 Woodland Drive
Alejandra Uribe: 604-718-5846

Daycare 3-5yrs

Mon-Fri	7:30am-6:00pm
Fee:	\$710 per month, snacks provided
Lunch program	\$45 per month

Out of School Care 5-12yrs

September to June	
Mon-Fri	3:00 pm - 6:00pm
Fee:	\$345 per month, snacks provided

July & August	
Mon to Fri	7:30am-6:00pm
Fee:	\$550 per month, snacks provided



Special Events



Wednesday December 21, 2011 6:00-11:00pm

This festival is produced by the Secret Lantern Society in partnership with Britannia Community Centre and the In the House Festival. The dance of sun and earth has inspired celebrations of the human spirit, expressed through art and music throughout the ages. Our annual Winter Solstice Lantern Festival is celebrated in multiple Vancouver neighbourhoods and illuminates the longest, darkest night of the year with a multicultural array of lanterns, fire, singing, music, and storytelling.

Celebrate winter solstice as Britannia hosts a FREE community evening featuring fantastic performers, dancing in the courtyard and the beautiful 700-candle Labyrinth of Light. (Open 6-11pm) The In the House Festival offers a series of concerts and a last-minute lantern workshop scattered throughout the community in

the warm and intimate setting of generous eastside homes from 6-7pm. Entry by donation, pre registration recommended; info@inthehousefestival.com

2253 Parker St. - Naomi Steinberg & Friends (storytelling)

2162 Parker St. - Jess Hill (fiddle and voice)

2256 Parker St. - Lantern workshop, with music by Savoir Faire (\$5/lantern)

7:00pm: Immediately following these house concerts Orkestar Slivovica will lead a wonderful street procession down Parker St. straight to the Britannia courtyard. Detailed Winter Solstice Lantern Festival flyers will be available early December at participating community centres. For more information check out the following web sites

www.secretlantern.org, www.inthehousefestival.com, or britanniacentre.org.

Volunteers Needed!

Get involved in this warm and festive community celebration! Opportunities are varied. You could host a workshop, make and serve hot chocolate, meet and greet the public, and even help with our lantern installation! Contact Charlene Wee, Volunteer Program Coordinator at 604-718-5860 or charlene.wee@vancouver.ca

Lantern Making Workshops

Don't be left lantern-less! Artists from the Secret Lantern Society will help you make your own beautiful lantern. All basic materials are provided and participants are encouraged to bring pressed leaves, flowers or other decorative elements. Price is per lantern. Children must be accompanied by an adult.

Globe Lantern Workshop

Sun 10:00-12noon

41898.402BR Dec 11

41898.403BR Dec 18

FAR \$15/lantern

Star Lantern Workshop

Sun 12:00-4:00pm

41898.404BR Dec 11

FAR \$30/lantern

House Lantern Workshop

Sun 12:00-4:00pm

41898.406BR Dec 18

FAR \$30/lantern



Remarkable Women Poster Workshops

The Vancouver Park Board will once again be hosting Remarkable Women poster workshops to accompany the popular Remarkable Women poster series. The theme for the 2012 posters will be women artists, but participants are invited to celebrate women from all walks of life. These workshops are an opportunity for community members to create commemorative posters of a remarkable woman from their life and will be held in February and March. For exact dates and more info, visit the project website at vancouver.ca/parks/arts/remarkablewomen2012.htm



Neighbourhood Matching Fund Spring Deadline: April 15, 2012

The Neighbourhood Matching Fund supports projects by neighbourhood-based groups that actively involve people in making creative improvements to local public land. The Vancouver Park Board will supply funds up to \$10,000 to match the contribution that the community makes through other funds raised, supplies donated or volunteer labour. If you have an idea for a project in your neighbourhood please visit: vancouver.ca/parks/arts/nmf to find out more about the program or contact Anna Nobile at 604-257-8479.

Zumba Family Party Class

This Zumba Party Fundraiser will be fun for the whole family! It is a fund raiser for The Queen Victoria Parent Advisory Committee. Come experience zumba in a relaxed family atmosphere, with play area for kids. Zumba is a fitness class that fuses hypnotic Latin and international rhythms with easy to follow moves, to create a fun workout system that will blow you away. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, Funk, and Bellydance. Zumba is a "feel-happy" workout that is great for both the body and the mind. Zumba Vancouver are the instructors teaching. \$12 pre-registered, \$15 drop-in, and kids under 12 are FREE. Organized by Zumba Vancouver.

44105.100BR

Su 1:30-3:30pm

Feb 26

Gym D Zumba Vancouver

\$12/pre-reg

\$15/drop-in

Preschool 0-5 Years

Art

Preschool Art (3-5 yrs)

Experience a variety of art-making materials with emphasis placed on the creative process. Be on time for an inspirational story. Join Helen for 8 fabulous sessions. Dress for mess! Parents may be required to stay.

12309.101BR

Wed 1:30-2:30pm Jan 25-Mar 14
RAR Helen S \$69/8 sess

Toddler Art (18mo-3yrs)

Art is a wonderful sensory experience in which you and your child can collaborate. Emphasis is placed on the creative process and exploration of materials. Be on time for an inspirational story. Join Helen for 8 fun-filled sessions. Dress for mess! Choose from two classes due to high demand.

12302.101BR

Wed 9:45-10:30am Jan 25-Mar 14
RAR Helen S \$55/8 sess

12302.102BR

Wed 10:45-11:30am Jan 25-Mar 14
RAR Helen S \$55/8 sess

Music

Music Together®

A Music Together® class is rainbow colored falling leaves, Tyrannosaurus rex, rock-ets to the moon and trains to the beach. Come to dance, sing songs, and play with bells of all sorts, triangles, shakers, rhythm sticks, kitchen instruments, scarves, giant sheets, and instruments galore! All this with a developmentally appropriate, research based curriculum taught by a registered Music Together teacher. Parent participation is required. Siblings 6 months of age and under attend FREE; over 6 months, please pay the reduced 'sibling' fee (\$95). Tuition includes two CD's, a Songbook, a Parent Guide DVD and a Parent Education evening.

Tues Jan 3 – Mar 6

11004.101BR 9:30-10:15am
11004.102BR 10:30-11:15am
Rink Mezz Mimi B \$145/10 sess

Wed Jan 4 – Mar 7

11004.103BR 9:30-10:15am
11004.104BR 10:30-11:15am
Rink Mezz Mimi B \$145/10 sess

Sports

Sportball Parent and Tot (2-3yrs)

Parents can have a direct hand in a child's development through 7 different ball sports. Multi-sport classes teach children important introductory physical skills and help children develop confidence in their abilities. The programs also help parents understand techniques that can be applied outside of Sportball classes. Parents must participate.

13002.101BR

Sat 11:30-12:15pm Jan 14-Mar 10
Gym C

13002.103BR

Mon 10:45-11:30am Jan 9-Mar 5
Gym D Sportball Staff \$140/9 sess

Sportball Junior (16-24mo)

This 45-minute program is a perfect introduction to Sportball. Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and much more. Although these programs focus more on exploration, children will be introduced to a different sport each week. Parents are encouraged to participate with their child and challenge them according to their skill level.

13002.104BR

Mon 11:30-12:30pm Jan 9-Mar 5
Gym D Sportball Staff \$140/9 sess

Sportball Multisport (3½-5yrs)

This program introduces preschool children to the concepts and skills involved in the eight core sports of the Sportball methodology using developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life.

13002.102BR

Sat 12:15-1:15pm Jan 14-Mar 10
Gym C Sportball Staff \$140/9 sess

Intro to Soccer (4-6yrs)

Girls and boys come and learn the basics of soccer in a fun, cooperative atmosphere! Wear your shorts or sweats and runners!

Sun Jan 8 – Feb 12

Beginner players
13001.101BR (4-6yrs) 10:00-11:00am

Experienced players

13001.102BR (4-6yrs) 11:00-12noon
Gym D Rylan D \$42/6sess

Kindergym (1-5yrs)

Run, jump, and roll in a gym full of mats and indoor playground equipment. Parent supervision required. You must pay your \$2.50 drop-in fee at the pool and bring your receipt or buy a strip of 10 tickets for \$20.00 and give 1 ticket to Belinda each time you come. Parents, please assist Belinda at the end of the program by helping her put the large equipment away. Note: We are now offering the program three times a week Sat, Mon and Tue. In attempt to increase numbers we have reduced the drop-in price to \$2.50.

Sat 10:00am-12noon Jan 7-Mar 10
Tue/Wed/Thur 11:00-12:30pm Jan 10-Mar 8
(No class Sat Feb 18, 25)



Kindergym Birthday Party!

Britannia birthday parties are suited for kids up to 4 years of age. Ride on a number of cars, truck and trikes, or even play floor hockey and soccer. Host family can bring in their own craft activities as well (please discuss with party supervisor).

Parties include two hours in Gym D on Saturdays from 12:30-2:30pm, plus a ½ hour set up prior to the party and ½ hour clean up after the party. You bring the food, goody bags and cake! Caregiver participation, and assistance with both set up and clean up is required. Register on line, in person, or by phone at 604-718-5800 for specific date.

Book your party today, because dates go fast. Once your date is booked, a party supervisor will contact you.

Refund Policy: 48 hours cancellation notice must be given for a refund.

25801.101BR	Jan 7
25801.102BR	Jan 14
25801.403BR	Jan 21
25801.104BR	Jan 28
25801.105BR	Feb 4
25801.106BR	Feb 11
Feb 18 – not available	
Feb 25 – not available	
25801.107BR	Mar 3
25801.108BR	Mar 10
Gym D Belinda C	\$130.00 per party

Children 1½-13 Years.

Britannia Gymnastics Club

Cartwheels & Candycanes Holiday Show

Parents, Family, Friends...you are invited to come and watch Britannia and Renfrew Gymnastics Clubs perform at their first Holiday Show. Join us early to shop for gym suits. Fundraising Food Concession will be available.

Sunday, December 11, 2011

Britannia Gym B

Doors open at 12:30 noon

Show 1:00-2:30pm

Bring a non-perishable food item for the Food Bank.

Winter 2012 Program

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

Saturday Program Jan 21-Mar 31, 2012

13004.104BR	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$77
13004.105BR	Gym Kids	4-5yrs	2:00-2:45pm	\$77
13004.106BR	Gym Kids	4-5yrs	3:00-3:45PM	\$77
23003.101BR	Adv Gym Kids	5-7yrs	4:00-5:00pm	\$102

Sunday Program Jan 22-Apr 1, 2012

13004.101BR	Dynamic Duo	18mo-3	10:00-10:45am	\$77
13004.102BR	Dynamic Duo	18mo-3	11:00-11:45am	\$77
13004.103BR	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$77
23003.103BR	Acrobats	8-13yrs	1:30-3:00pm	\$132
23003.102BR	Pre-Acrobats (8)	6-8yrs	3:15-4:30pm	\$114

No class Feb. 18 & 19, 2012

Please Note: You can only register for your own child.

Dynamic Duo

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

Tiny Tumblers and Gym Kids

Develop your child's self-concept and self-esteem in a highly energetic and positive gymnastics environment.

Adv Gym Kids, Pre/Acrobats

Innovative coaching styles and progressive training will teach basic to advanced skills in all gymnastics events both beginners and those who have already taken gym are welcome.

Demo Team

The January program is FULL. Previous Fall 2011 participants must still register for the January program. Register during the December 11 Holiday Performance. The Demo Team will perform in Whistler at the BC Gymnaestrada in June 2012. Preference was given to those who already committed to the program from September 2011-May 2012.

Meet the Coaches

Cameron Stevenson is a competitive Gymnastics Level 2 coach with 11 years of coaching experience. Cam is proud to say that over the last 5 years, he has developed the Britannia Gymnastics Club into a very popular, unique family oriented program.

Emily Churchyard has seven years of experience coaching recreational gymnastics. She is a certified Gymnastics Level 1 and Trampoline coach.

Micro Futsul (6-12 yrs)

Girls and boys, come and learn the fundamentals of indoor soccer and enhance your soccer skills.

23001.101BR

Tue Jan 10-Feb 28 6:30-7:45pm
Gym A Micro FC \$80/8 sess

Holiday Skate Fundraiser

Schools Helping Schools,
Kids Helping Kids

Britannia Arena

Fri. Dec. 30th 1:00-2:15pm

\$3.50 per person minimum

OR

by donation

(skate rental included)

All proceeds benefit
Seymour Elementary School.



Quote:

"Every child is an artist. The problem is how to remain an artist once he grows up"

Pablo Picasso

Children 6-12 Years

Art

Clay for Children (6-12 yrs)

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

22202.101BR

Thu 4:00-5:15pm Jan 19-Mar 8
Rm 208 Helen S \$85/16 sess

Drama

You Create Theatre 6-8 yrs

Life is a story. Your child will learn to create story with their own skills, movement and words. In class we will create a short original piece of theatre and premiere it in 8 weeks. Come join us Saturday morning! Build your self-esteem and learn just how authentic your voice is.

21402.101BR

Sat 10:20-11:50am Jan 21-Mar 10
Rink Mezz Carmen P \$85/8 sess

DANCE PROGRAMS

Pre-Ballet (3-6yrs)

Explore the fundamental principles of ballet, balancing and creativity in a fun environment. Children will develop strength, flexibility and body awareness. Parent participation recommended for the 3-4 yr olds.

Sat	Jan 14 – Mar 17	
11601.101BR	3-4yrs	12:30-1:00pm
11601.102BR	4-5yrs	1:00-1:45pm
11601.103BR	5-6yrs	1:45-2:30pm
CFEC	Bevin P	\$70/10sess

Creative Dance (2-5yrs)

This is for children who love to dance! Learn to express yourself through movement using imagination, stories, songs, music and fun! Children will develop basic dance skills and musicality in an inclusive, encouraging setting.

Sat	Jan 14 – Mar 17	
11602.101BR	(2-3yrs)	9:20-10:00am
11602.102BR	(3-4yrs)	10:10-10:50am
11602.103BR	(4-5yrs)	11:00-11:45am
CFEC	Bevin P	\$70/10sess

Music

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

Private lessons for beginner to senior levels - Learn an instrument and enjoy a lifetime of music. These weekly private lessons take into consideration individual development and goals. Conservatory exam preparation is available. Clarinet students must provide their own instrument. Although divided into two sets, this is an on-going program from Sept to June. Once registered, students are ensured placement. 45 and 60 minute classes are available for intermediate and senior level students upon instructor's recommendation. New students must consult with the instructor 604-736-8382 for times etc. before registering and may start mid-session as cost will be prorated. Payment must be received before start of sets. Set 1 begins in January and Set 2 begins last week of February. Cost is based on \$22 per one 30 minute lesson.

Set 1

21000.101BR
Thu 4:00-8:30pm Jan 5-Feb 16

21000.102BR
Fri 3:30-7:30pm Jan 6-Feb 17

21000.103BR
Sat 9:00-4:30pm Jan 7-Feb 18
Music Rm Janine O \$154/7 sess

Set 2

21000.104BR
Thu 4:00-8:30pm Feb 23-Mar 29

21000.105BR
Fri 3:30-7:30pm Feb 24-Mar 30

21000.106BR
Sat 9:00-4:30pm Feb 25-Mar 31
Music Rm Janine O \$132/6 sess



Britannia World Music

Recipient of a City of Vancouver Youth Program Award, the BWMP provides children and youth with instruction in African-based percussion music. Instruments are provided. The program trains young musicians from beginner to performance levels in an ensemble setting. Classes are capped at 12.

Beginner Marimba (7-8 yrs)

31818.115BR

Wed 4:00-5:00pm Jan 25-Mar 14
Rm 111 \$80/8 sess

Intermediate Marimba

Registration in this program is by permission only. Please contact Jeannette Foret at jforet@live.com

31818.106BR

Thu 5:00-6:00pm Jan 26-Mar 15
Rm 111 \$80/8 sess

Britannia World Music has 2 performance groups Tambai and Kunaka performing at special events throughout Metro Vancouver. For information on these groups please contact the Arts Programmer 604-718-5825.



Violin & Fiddle Private Lessons 6+yrs

These are 30-minute private violin lessons for adults and children aged 6 & up. The teaching method follows the Suzuki Method and covers classical and fiddle. You can start anytime cost will be prorated. Shannon Saunders is a Juno and West Coast Music Award winning performer, teacher and recording artist. Violin not included. Email instructor at fiddlelessons@shaw.ca to arrange lesson time prior to registering.

21002.101BR

Sat 9:00-2:30pm Jan 21-Mar 10
EAR Shannon S \$168/7 sess
No class Feb 25

Children & Youth 4-16 Years

Britannia Micro Footie 2012 (4-16+)

Checkout our NEW website at: www.britanniasoccer.org

We are strongly encouraging ONLINE Registration:

Saturday January 14, 2012 starting at 9:00am

To register online you must have an account with the Vancouver Park Board. This can take up to two days. You must have an email address. No subsidies are available with online registration.

In person registration will take place at the Britannia Information Centre on Saturday, January 14, 2012, at 9:00am.

Program Information

Saturdays April 21 to June 23, 2012

\$85/player

Includes playing soccer in the sunshine twice a week, World Cup t-shirt, team photo, and other surprises!

Please note: We have responded to community feedback and have added a Super Advanced Girls (13-15yr old) Division. As well we are offering a 16 yrs+ Division. We are needing at least 40 participants for each of these new divisions so spread the word and register!

Course #	Division	Park	Saturday Time	Weekday Practice
23026.101BR	Beginner Co-ed A 4-5yrs	Garden	9:15 -10:15am	Wed 5:45-6:30pm
23026.102BR	Beginner Co-ed B 4-5yrs	Garden	10:30-11:30am	Wed 6:30-7:15pm
23026.103BR	Intermediate 1 A 6-7yrs	Garden	11:45-12:45pm	Mon 5:45-6:30pm
23026.104BR	Intermediate 1 B Coed 6-7yrs	Garden	1:00-2:00pm	Mon 6:30-7:15pm
23026.105BR	Intermediate 2 Boys 8-9yrs	Oval	9:00-10:00am	Wed 6:00-7:00pm
23026.106BR	Intermediate 2 Girls 8-9yrs	Oval	10:15-11:15am	Wed 7:00-8:00pm
23026.107BR	Advanced Boys 10-2yrs	Oval	11:30-12:30pm	Mon 6:00-7:00pm
23026.108BR	Advanced Girls 10-12yrs	Oval	12:45-1:45pm	Mon 7:00-8:00pm
23026.109BR	Super Advanced Girls 13-15yrs	Oval	2:00-3:00pm	Tue 6:00-7:00pm
23026.110BR	Super Advanced Boys 13-15yrs	Oval	3:15-4:15pm	Tue 7:00-8:00pm
23026.111BR	16+ \$60.00	Oval	Thu games only	Thu 6:00-7:00pm

Contact Information

Footie Coordinator	Victoria Haenel	604-356-0060	britfootieinfo@gmail.com
Garden Park Supervisor		604-505-9474	gardenparkfootie@gmail.com
Brit Oval Supervisor		604-506-2427	britovalfootie@gmail.com
Referees/Sponsorship	Mawuena Mallett	604-345-7619	microsponsorship@gmail.com
Brit Rec. Programmer	Lori Moretto	604-718-5824	lori.moretto@vancouver.ca
Micro Footie Founder	Jason Kyle		microfootie@gmail.com

We Need Coaches!

A large part of Footie's success is due to the ongoing commitment of the over 100 coaches - many of whom are parents who volunteer their time and energy to the program. Please consider coaching your child's team. For more information e-mail britfootieinfo@gmail.com. A criminal record check will be required before you begin coaching.

Coache Orientation Clinic

At these "MUST ATTEND" clinics the Footie Staff Team will go over the Coaches Manual, and coaches will pick up their team roster, team contact information, team t-shirts, and soccer balls. You only need to attend one clinic.

Clinic for New Footie Coaches:

Friday March 30, 2012 7:00pm-8:00pm
Gym D

Returning Footie Coaches:

Saturday, March 31, 2012 Gym D
Beg. & Inter. 1 - 10:00-11:00am
Inter. 2, Adv. & Super Adv. 11-12noon

Youth Referees

Youth who are interested in refereeing are asked to contact britfootieref@gmail.com. Please include your age, certifications, and experience.

A mandatory referee clinic will be held on Saturday March 31, from 1-3pm in Gym D.

Park Locations:

At the time of printing this brochure, Footie staff have been negotiating the use of the new Trillium Park facility (Thorton/Malkin) for ALL Saturday weekend games. Check our website: www.britanniasoccer.org for the latest updates. Weekday practises will remain at Garden Park and the Brit Oval.

Thanks to the following community sponsors who are helping kids play soccer:



If you would like to sponsor a Britannia Micro Footie team, please contact Mawuena at 604-345-7619 or microsponsorship@gmail.com

Children 6-12 Years

Intro to Fencing (8-14yrs)

Learn the ancient art of sword play for fitness, sport, or just plain fun. We will practice the art of fencing with foils in a safe, fun environment. All ages and skill levels are welcome. All equipment is provided. Wear track pants and court shoes. Program will take place off site at LaSalle's new Fencing Studio at 2155 Commercial Drive. Register at Britannia.

23402.101BR

Sat 10:00-11:30am Jan 7-Mar 31
LaSalle Studio \$84/13sess

Shadow Warriors

Tae Kwon Do (6-12yrs)

The Shadow Warriors introduce kids to a modern martial art. They learn blocks, strikes and fluid coordination while developing physical fitness and a responsible street-wise attitude. Students are encouraged to develop healthy minds and bodies. ITF style Tae Kwon Do with practical application. Contact Vincent McCorkle at 604-861-2232. Uniforms and equipment are available for purchase, but are not required. Please register at Britannia.

Sun Jan 8 – Apr 1

23403.101BR 6-8 yrs 10:00-11:00am
23403.102BR 9-12yrs 11:00-12noon
CFEC Vincent M \$78/13sess

Micro Futsul – Indoor Soccer (6-12yrs)

Girls and boys, learn the fundamentals of indoor soccer and enhance your soccer skills in a fun, non-competitive session with Jason!

23001.102BR

Tue Jan 10-Feb 28 6:30-7:45pm
Gym A Micro FC \$80/8sess

Atomic Volleyball Program (9-12yrs)



This program is for boys and girls interested in developing their volleyball skills. Sessions will include skill progression for passing, setting, serving, hitting and blocking. Intersquad games will also be part of each session.

Tue 6:30-7:45pm

23005.101BR

Set 1 Jan 10-Feb 28

23005.102BR

Set 2 Mar 6-Apr 24

Gym B Volleyball BC \$64/8sess



Exceleration Multisport Club (7-12yrs)

Triathlon (Swim, Bike, Run) and more for kids! Swim, bike, run, tumble, throw, kick, play, learn, excel! Come and enjoy fun, friends and fitness in a community focused, inclusive environment. Keep fit and learn skills that will help your excel in ALL sports! Note: A 1-time per year club membership will be required. Meet in Gym B at 5:30pm.

23006.101BR Fri Jan 13-Mar 8

5:30-6:30 Gym B -outdoor games, fun, run

6:30-7:30 Pool - swim (must be comfortable in deep water)

Gym B/Pool Exceleration \$109/9sess

Day Camps

Funseekers Daycamp 6-12yrs

There are many activities and out-trips planned for the Funseekers program! Come to learn new skills, meet new friends, or simply to have FUN! Swim, skate, learn arts and crafts, play group games, go on out-trips, and more! Waiver Forms must be completed Monday morning at 9:00am. Register early to avoid disappointment. Please bring a lunch and snack.

Funseekers Cancellation Policy: Minimum one week notice required for a refund.

Winter Break

26001.401BR

Mon-Fri 9:00-3:00pm
Gym D

Dec 19-Dec 23
\$90/5 sess

26001.402BR

Tue-Fri 9:00-3:00pm
Gym D

Dec 27-Dec 30
\$72/4 sess

Spring Break

26001.101BR

Mon Tue Wed Thu Fri
9:00-3:00pm

Mar 12-Mar 16
\$90/5 sess

Gym D - L

26001.102BR

Mon Tue Wed Thu Fri
9:00-3:00pm

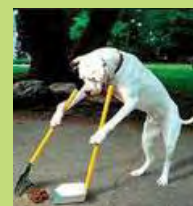
Mar 19-Mar 23
\$90/5 sess

Gym D - L

Please Do Your Doo-Doo Duty!

This 17-acre site includes a swimming pool, ice rink, an elementary school, a secondary school a childcare facility a public library and numerous buildings used for recreational purposes. The community uses these facilities on a daily basis for family activities as well as exercising their family pets. Please be considerate of others when walking your dogs, and be diligent in cleaning up any feces. This keeps a clean and safe environment for everyone in the community to enjoy.

Thank You!.....
Britannia Recreation
Department.



Pre-Teen 10-13 Years

Creative Arts

Pre-teen Creative Writing

A co-ed program that guides kids through the process of writing and illustrating their own stories. There is no telling what stories can be discovered when we take the time and have the resources to draw them out. They can be comic books, children's stories, short stories, or even novellas. We will explore covering and binding as well so that each child will come home with one, if not more, of their own books by the end of the program.

22802.101BR
Mon 6:15-7:45pm Jan 16-Mar 5
Pre-teen Rm \$32/8 sess

Culinary

Pre-teen Cuisine

A co-ed program aimed at bringing kids into the kitchen and allowing them the chance to enjoy the fruits of their labours. Together, they will design the menu, cook the food, serve it, and savour it.

22601.101BR
Wed 6:15-8:00pm Jan 18-Mar 7
Pre-teen Rm \$44/8 sess

Dance

Dancehall

Looking for something new and energetic? Join us for some dancehall. Dancehall originated in Jamaica and is a branch of reggae roots music just with faster and up beat rhythms. This class is designed to teach you some new movements around your waist and other areas you never knew you could move. It's definitely something you don't want to miss!

21605.101BR
Wed 5:15-6:15pm Jan 18-Mar 7
Rink Mezz Koffi \$32/8 sess
31605.101BR
Wed 6:30-7:30pm Jan 18-Mar 7
Rink Mezz Koffi \$32/8 sess

Hip Hop Dance

Get an introduction to hip hop dance. Learn moves and choreograph your own group routine.

Wed 4:00-5:00pm Jan 18-Mar 7
Rink Mezz Koffi \$32/8 sess

Social Recreation

Girls Night Out

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

25802.101BR
Tue 6:15-8:00pm Jan 17-Mar 6
Pre-teen Rm FREE

Guys Night Out

Come out and join us at the pre-teen centre for a fun filled night. Make new friends, learn new sports, play outdoor sports, play games, make sundaes, attend movie nights, listen to music, and plan other interesting and awesome activities with your peers. Please pre-register.

25803.101BR
Thu 6:15-8:00pm Jan 19-Mar 8
Pre-teen Rm Kakada P FREE

Chill (Snowboarding)10-18yrs

Chill provides opportunities for underserved 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. Focusing on youth development, we give youth the opportunity to make turns that forever change lives. The weekly themes, patience, persistence, courage, responsibility, respect and pride, provides an opportunity for kids to relate their on-snow experiences to different aspects or challenges they encounter in their everyday lives.

This program is intended for youth 10-18 years of age who have never had the opportunity to snowboard before. Participants are provided with everything they need to learn to ride: lift tickets, lessons, transportation, and the use of head-to-toe gear FREE of charge. Participants are required to commit to all six weeks of the program. Youth are required to meet at Britannia Teen Centre at 3:15pm and will return to the Teen Centre at approx 9:00pm.

Mon/Wed 3:15-9:00pm Jan 18-Feb 29
Teen Centre FREE
Registration forms must be completed by Dec. 29th

Saturday Unlimited

Saturday Unlimited is a unique program that offers recreational opportunities to youth 13-19 years old with special needs. Participants take part in a wide range of activities in and around the city, meeting new friends and acquiring new skills. Knowledgeable staff, in-program transportation, and one-to-one volunteers are provided to maximize the youths' participation and enjoyment of the program. Different activities take place each week and each session includes at least one evening event each session in place of the day outing to enhance age appropriate activities. Call Jeff at 604-718-5873 for more info. Registration and intake must all be approved by Jeff.

36601.101BR
Sat 10:00-3:00pm Jan 14-Mar 3
LRC \$125/8 sess



Cartwheels & Candycanes Holiday Show



Sun., Dec. 11, 2011

1:00-2:30pm

Brit. Centre Gym B

Hot Chocolate and Popcorn available

All proceeds to benefit Eastside Gymnastics Dream

Youth 13-18 Years

TEEN CENTRE PROGRAMS 13-18 yrs

Teen Centre Hours:

Mon-Thurs 3:10 - 9:30pm

Fri 3:10 - 10:00pm

Sat 6:00 - 10:00pm

Register for all Teen Centre programs at the Teen Centre. For more info call 604-718-5828:

Annty, Barry, Brittany, Chiho, Jamie, Kakada, Mark, Melissa, Ricky, Susie, Tom

Britannia Teen Centre

A place in the community dedicated to youth. All youth from 13-18 years are welcome. Pool, foosball, air hockey, ping pong, video games, and a public access computer are all available for use. Youth, volunteers and youth workers together plan and run programs and activities for the Teen Centre. Please pick up your copy of the monthly activities calendar. If you do not see what you are looking for then join in.... get involved.... make it happen!

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

A Britannia membership (\$1) is required to participate in all Britannia programs.

Social Recreation

Britannia Youth Committee

Britannia Youth Programs are looking for youth who want to be involved! YOUTH LEADERS who want to give back to the community, initiate and follow through on community programs and projects, learn about global issues, gain valuable leadership skills and experience, and work and have FUN in a team environment. Contact Tom at 604.718.5826 for more information.

Spread the Paint

Need volunteer hours? Interested in art? Don't like seeing the tagging left in the alleys in your community? Want to paint a community mural? Then get involved in our Spread the Paint Program. We'll be both painting over tagging in our neighbourhood and planning to paint some murals. In partnership with the City of Vancouver, "Spread the Paint" graffiti program. Call Tom at 604.718.5826 for more info.

First Friends

For youth new to Canada and youth that are interested in helping others settle into Vancouver. The program will provide social and recreational opportunities as well as deal with current issues, provide job skill training, and certifications. There may be some minor fees for out trips and special workshops. Please contact Annty at 604.718.5829 for more information.

Sat 1:00-5:00pm Jan 7- Mar 31
FREE!

Indigenous Youth Leadership

Engaging Youth in Physical Activity

Aboriginal teens from Canada, USA, Australia and New Zealand are needed for an international project. Each youth group will be supported in the development of events, activities and resources to promote physical activity projects amongst teenagers in all four countries. Groups will increase their awareness of health issues relating to routine physically activity and then turn their attention towards building skills to make physical activity (including walking & cycling) more appealing, safe and convenient for their peers. Come find out more and meet some new friends in other countries. Contact Tom at 604-718-5826 for more info.

ISS- My Circle

An 80-hour peer facilitator/community leadership training specifically designed to support immigrant and refugee youth who are facing challenges integrating into their new lives in Canada. Supports youth facilitators/leaders to go back out to partnering host organizations (schools, community centres, neighborhood houses) to deliver youth driven/led support services to other newcomer youth facing difficulties with their adjustment process. Contact Nathalie at 604.684.7498 for more info and to register.

The Teen Centre is a place to:

- meet people
- get information or support
- share your ideas and interests
- have fun
- join our youth committee to set direction

Please note: a signed parent-consent form is required for many of our programs.

Big Screen Video Game Night

Come and play video games with your friends every Wednesday night. All levels welcome. Bring your friends! It's free.

Wed 6:00-8:45pm
Teen Ctr FREE

Big Screen Movie Night

Nothing on TV? Head over to the Teen Centre and watch movies with your friends.

Fri 7:30-9:30pm
Teen Ctr FREE

Canucks Game Night

Need a place to watch the Canucks on the Big Screen? Come watch the Canucks' games in our Canucks zone! For every Canucks game on a Friday, there is a FREE BBQ!

Various 7:00-9:30pm
Teen Ctr FREE

Jam Night

Every Saturday night, break out the guitar, play the drums, and get ready to sing your heart out. Bring your own gear, drum kit available at the Teen Centre.

Sat Fri 6:30-9:30pm
Teen Ctr FREE

Nail Art

Come into the Teen Centre every Monday night and learn how to manicure your own nails. Learn quick-and-easy-nail designs. Nail polish and supplies are provided or bring your own.

Mon 6:00pm-9:00pm FREE



Youth 13-18 Years

Sports

B.A.S.H.-Britannia After School Hockey

Ever wanted to learn to play ice hockey but never had the chance? Then the BASH is for you. The Britannia After School Hockey Program is an opportunity for 12-16-year old beginner players to learn the game. All equipment is provided half hour of each session will be spent on skills development. Players must participate in the skills development session. Completed medical and consent forms required for participation. Please arrive at rink no later than 4pm. For more information or to register, contact Tom, 604.718.5826. BASH is now recruiting current Grade 7 students to participate in the program.

Fri 4:45-6:00pm Jan 6-Mar 30
Rink Jamie/Jay FREE

Night Hoops

Night Hoops is a late-night recreation opportunity for youth in Vancouver. Certified coaches lead both our junior and senior basketball teams. Players of all skilled levels are encouraged to attend. Junior and Senior teams are co-ed. Players are required to attend the practices in order to play in the games. Games will be on Saturday evenings between 6:00-10:00pm. For more information, call Chiho at 604-718-5828.

Jr - 13-15yrs

Fri 8:00-10:00pm Starts Jan 6
Gym D No practice Feb 24 or Mar 30.

Jr Girls - 13-15yrs

Fri 5:30-6:50pm Starts Jan 6
Gym C

Sr - 16-18yrs

Fri 10:00-11:55pm Starts Jan 6
Gym C

Intro to Fencing-(14-18yrs)

The ancient art of sword duelling has grown into the fast and exciting Olympic sport of Fencing. We will learn to fence in a fun and safe environment, develop skills of attack and defence, and compete in tournament-style bouts. Both novices and experienced fencers are welcome! All equipment is provided. Court running shoes and track pants recommended. Discount available for those who register for both Wednesday and Friday Classes. Classes will be held at the LaSalle Studio: 2155 Commercial Drive.

33007.101BR - Wed

Wed 3:30-5:30pm Jan 11-Mar 28
LaSalle Fencing Studio \$90/12 sess

33007.102BR - Fri

Fri 3:30-5:30pm Jan 13-Mar 30
LaSalle Fencing Studio \$90/12 sess



Ball Hockey Drop-in

Ball hockey drop-in for youth ages 11-15. All skill levels welcome. Some equipment can be provided. Use of goggles required and can be provided. No Session Feb 8.

Wed 5:30-7:00pm Jan 4-Mar 28
Gym D FREE

Basketball

Learn the game and develop skills. This program is open to boys and girls, of all skill levels.

23011.101BR

Sun 3:00-5:00pm Jan 14-Mar 10
Gym C Kakada P \$28/8 sess

Indoor Soccer Drop-in

For 11-18 year old players only.

Tue 5:30-8:00pm Jan 3-Mar 27
Gym D FREE

Special Events

Splash!! Youth FREE Swim

Contests, prizes, games, and crazy stuff!! Britannia youth-only swim time. It's on the first Friday of every month. Be ready to go in the water by 8pm. FREE!! No swimsuit required...but it's not what you're thinking... swimsuits, or clean, recently washed clothing can be worn. No shoes allowed. For youth ages 10-16 years.

Fri 8:00-10:00pm Jan 6, Feb 3, Mar 2
Pool FREE

Preteen Dance

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

Culinary

Feast of Flavors

This is a hands-on cooking program. Tuesdays (except the last Tuesday of the month) 4:00-6:00pm in the AML Seniors Lounge, learn to create healthy, cheap and easy-to-cook meals. Youth are involved in planning, cooking, and preparing the meals.

Tue 4:00-6:00pm Jan 10-Mar 6
AML FREE

Latin Cooking

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

Thu 4:30-7:00pm Jan 5-Mar 29
AML FREE



NuYu Theatre Program

Newcomer Youth Popular Theatre Project (NuYu) is a project of MOSAIC. It's a group of refugee and immigrant youth (ages 14 to 19) doing popular theatre, which is a type of theatre that uses participants' life experiences to create a play, a form of community dialogue. It's lots of fun! The program is FREE, with lunch and bus tickets provided. You don't need any experience acting and all English levels are welcome. If you complete all ten sessions and a performance, you can use the hours for your volunteer hours for the Graduation Transition Program, and you get an honorarium. To find out more about NuYu and to get involved, contact Maria at MOSAIC at 604-254-9626.

Sat 10:00am-3:00pm Jan 7- Mar 31
Rm. 111 FREE

Youth 13-18 Years

The Great Escape Outdoors (GEO)

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

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



The GEO Club is funded by the CKNW Orphans Fund. If you have any questions or would like to register please call 604-718-5828.

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

Blackcomb/Whistler Skiing & Snowboarding

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 are available and will be filled on a first-come basis with consent form and fees.

Dates: Sat Dec 17, Sat Jan 14, Sun Feb 5, Fri Feb 17, Wed Mar 14, Thur Mar 22
Cost: \$60 includes Ski/Snowboard rental (\$50 if no rental)



Social Awareness



Diversity Leadership Camp Britannia Youth Play it Fair!!

This program is designed for both pre-teens and youth. Spend four days doing activities and having discussions about diversity, human and children's rights, anti-discrimination, respect, inclusion, fairness, and peaceful conflict resolution. Youth must be willing to participate, discuss, and share in all activities. We will be using activities from the "Play it Fair" and "Speaking Rights" toolkits which promote the values of Children's Rights, followed by a discussion of what they felt, thought, and learned. Every child has the right to know their rights. Camp will be held Feb 3-6. For more info, contact Anny or Brittany at the Teen Centre, 604.718.5828



"Play it Fair" Afternoon

Respect, diversity, inclusion, fairness, anti-discrimination interest you? Join the Teen Centre staff in participating in activities that focus on Children's and Human Rights awareness. There will be daily games, and depending on what the youth want to do, they can create community projects, art or just hang out and talk. Snacks provided weekly. For youth 10-18 years.

Thurs 4:00-5:00pm
Teen Centre FREE

Youth Rights Mural Project

Learn about Human Rights while creating a mural representing what is important to the group. In order that the mural represents who the group is, participants will be asked to commit to attending all the sessions.

Thurs 4:00-5:00pm
Teen Centre FREE



Intro Guitar Lessons

This introduction will cover basics about your guitar, tuning, and learning the basics of playing chords and simple songs. If possible please bring your own acoustic guitar so you can practice each lesson at home and come prepared for the next class. If required, a guitar can be provided for the lessons, but can not be taken home. Please contact Tom at 604-718.5826 if you need to borrow a guitar.

31101.101BR
Wed 5:00-6:00pm
FAR Jan 18-Mar 7 \$40/8 Sess

Pool & Fitness Centre Open House

Sat. Jan. 21, 2012
12:00noon to 4:00pm
FREE
Wibit, Games, Food & Prizes



Latin American Youth

Proyecto Juvenil Latino Americano

The Latin American Youth Program offers a number of opportunities to Latino youth 11 to 18 years of age and ranges from organized recreational programs to advocacy and referral services. For further information please contact Anntuaneth, the Latin American Youth Worker at 604-718-5829.

Los siguientes son programas para jóvenes latinos de 11 a 18 años y son gratuitos en su mayoría. Para más información y para registrarse llame a Anntuaneth al 604-718-5829.

Co-ed Indoor Soccer/ Futbol de Salon (13-18 yrs)

FREE drop-in soccer for youth! New players welcome.

Tuesdays/Martes 5:30 - 8:00pm
Gym/Gimnasio D Gratis

Rock Band on X Box

Come with your friends every Wednesday night. All levels are welcome and bring all your friends it's FREE. Ven y diviértete con tus amigos todos los Miércoles jugando juegos video todos niveles están bienvenidos y es gratis!

Wednesday/Miércoles 6:00-8:45pm
en el Teen Centre

Cocina Latina/ Cooking Program

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

Thu 4:30pm-7:00pm
AML FREE

Baile Latino/Latin Dance (12-18yrs)

Keep fit and learn various Latin dances. We'll be dancing to salsa, cumbia, reggaeton, bachata, and lots more. Diviértete con nosotros bailando a los ritmos de salsa, cumbia, merengue, reggaeton, y bachata. Todos los viernes.

Fri 4:30pm-5:45pm
CFEC \$32/8 sess

Big Screen Movie Night/ Peliculas en pantalla grande

Nothing on TV? Head over to the teen centre and watch movies with your friends.

Nada que ver en la tele? Ven al teen centre con tus amigos a ver nuevas películas.

Fridays 7:30-9:30pm en el Teen Centre

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

Meet youth your age and learn at the same time. The Friends First Buddy program provides you with social, recreational, and educational skills. We meet every Saturday and we participate in various activities from 12-4pm. To register, phone Anntuaneth at 604-718-5829.

• Outings	Salidas
• Team Building Games	Juegos
• Arts and Crafts	Arte y artesanía

Ven a conocer jóvenes de tu edad y de varios países. El programa de Friends First te enseña nuevas habilidades en que puedes participar todos los Sábados de 1-5pm. Por Favor llame a Anntuaneth al 604-718-5829 subsidios disponibles.

Sat 12:00-4:00pm

Trabajo Voluntario/ Volunteer Work (12-18yrs)

Do you need volunteer hours for school? The Teen Centre and the Latin American Youth Project offer many opportunities for you to get involved. Phone us or drop by the Teen Centre. Necesitas trabajo voluntario par poder graduarte? El proyecto de jóvenes ofrece muchas oportunidades en las que puedes practicar las cosas que a ti te gustan y a la vez hacer tus horas de voluntariado. Par mas información llame al 604-718-5829.

Latin American Youth Council (11-18yrs)

Buscamos a jóvenes que estén interesados en iniciar nuevos programas y actividades para nuestra comunidad Latina. Dar reconocimiento a los asuntos Latinos, apoyo, recoger fondos, y hacer trabajo voluntario para las horas que necesitas para graduación. Nos reunimos una vez a la semana llama para mas información.

El primer Martes de cada mes/every first Tuesday of each month

Spanish Clubs

The Latin American Youth Project also offers Spanish Clubs at the following schools:

Tupper: Tue at lunch 11:40am Rm 309
Templeton: Fri at lunch 11:40am Rm TBA
Killarney: Thur at lunch at 11:40am Rm B123
David Thompson: Wed at lunch 11:40 Rm 314

What are Spanish Clubs? Spanish club are where you get to meet all the Latin students in your school, a place where you have fun, learn more about Latin American culture, and know what activities and programs are going on in your community. We provide games, music, workshops, and guest speakers.

If you are interested in having a Spanish Club at your school contact Anntuaneth at 604-718-5829.



Girls Empowerment Group (13-18yrs)

Come and hang out with other girls your age! Meet new people, chit chat, have snacks, take part in fitness, wellness, and interesting workshops. Ven a participar con otras muchachas de tu edad! Habrá comida, deportes, y charlas interesantes. Invita a tus amigas del colegio! Bring your friends!

Fridays 4:00-6:00pm in the CFEC

- Self-esteem/Respect
- Weight Training
- Powerful Latino Women
- Career Planning
- Self-defense

Adult Outdoor Adventures

Welcome:

Welcome to Britannia's Outdoor Adventures. All our activities are led by experienced guides with Wilderness First Aid. Unless otherwise stated, all necessary equipment is provided. All participants are expected to carry a day pack with water (2 litres), food, rain gear, and an extra warm layer of clothes. Footwear that is supportive and weather resistant is important for safety and comfort. Dressing in layers helps regulate body temperature. Be prepared for inclement weather anytime.

Our trail rating at right is meant to give participants a better understanding of what to expect. Participants should be in good physical condition and are to complete a medical history form before departure. The group leader has the right to limit participation of an individual if they are not prepared or lack the fitness to safely complete the outing. Any questions please contact Barry at 604-718-5828 or visit our website at www.vcn.bc.ca/britout/

Average hiking time for the Grouse Grind is between 45 minutes (indicates person is very fit and strong) and 2 hours (indicates person may not be very fit and is a slow hiker). The elevation gain is about 900m and the distance is about 3km. Activities are best suited to those that can do the Grind in approximately 75 minutes.

Trail Rating System
A = Flat or gradual incline
B = Consistent gradual incline
C = Predominantly gradual incline with occasional steep sections
D = Predominantly steep with some gradual inclines

1 = 1 to 3 hours on trail
2 = 3 to 5 hours on trail
3 = 5 to 7 hours on trail
4 = 7 to 9 hours on trail



Snowshoeing

Here is your chance to experience the wonderful world of hiking on snow. No bugs and the ability to travel almost anywhere. For all snowshoeing events come prepared with a daypack with the essentials: water, food, extra warm clothes, suitable winter boots, hat and gloves, and a flashlight/headlamp. If you have access to ski/hiking poles bring them along as many find them to be a benefit. Dress in layers, as one heats up quickly in this aerobic sport. Snowshoes are included in the cost.

Black Mountain Full Moon

This full moon outing will begin in the afternoon as we head to the plateau of Black Mountain in time for the sunset. Once there we will enjoy a cup of hot chocolate along with your "trail dinner" as we soak in the views of the landscape bathed in both the light of the departing sun and the brightness of the full moon. Clear skies permitting, we return to the trailhead under the light of the full moon. Expect to snowshoe up to 8km and gain 300m in elevation. Please come prepared with a flashlight or headlamp and additional warm clothes as the temperature drops quickly along with the sun.

45701.101BR

Sun	1:00-8:00pm	Jan 8
Offsite	Barry S	\$40/person



Mt. Seymour

Mt. Seymour Provincial Park offers a variety of areas to explore, both on-and-off trail. Our objective is to connect the views from Dinky Peak and Suicide Bluffs, and the open areas of First and Hidden Lakes, all the while avoiding the crowds on their way to Mt. Seymour. Expect to cover about 8 km of terrain travelling up and down hills and conquering the occasional short, steep sections.

45701.102BR

Sun	9:00-4:00pm	Feb 12
Offsite	Barry S	\$40/person

Manning Park Weekend

The sound of crunching snow. The blackness of the evening sky broken by the needle points of thousands of stars. Travelling across the expanse of a frozen lake. The soothing sound of running water over rocks and under snow. The deep silence of a forest clad in a winter blanket. This is Manning, one of our most anticipated annual trips. We stay in one of the comfortable three room chalets at Manning Park Resort equipped with a kitchen and linen. The Saturday activity is left up to each person (Nordic/Alpine skiing or snowshoeing). Evening activities can include ice skating, soaking in the indoor hot-tub, a short night-time snowshoe and a potluck dinner for our final night. Questions can be answered at the pre-trip meeting Mon. Feb. 27th 7:00 pm in the Info Centre or e-mail/call Barry (above). Trip meets at 5:30 pm outside the Teen Centre. Cost includes trip leaders, transportation, snowshoes, and accommodations - ski tickets, ski rental and food is extra. Limited to 12 participants.

45704.101BR

Fri, Sat, Sun	5:30pm	Mar 2-Mar 4
Offsite	Barry S	\$237/3 days

Saturday Education Workshops

First Aid Classes

Provided by Metro Vancouver First Aid.

Go to www.metrovancouverfirstaid.com for more information

Standard First Aid (SFA)

SFA is a comprehensive course that gives participants the ability to deliver a higher level of first-aid treatment in different environments. After completion of this course, you will be prepared for a variety of first-aid situations, both life threatening and non-life-threatening. SFA includes all EFA course content plus victim management, heat and cold injuries, bone and joint injuries, sprains, wounds, head trauma, diabetes, burns and poisons. SFA includes CPR Level C Basic Rescuer Certification.

65201.101BR

Sat 9:00-5:00pm Feb 18-Feb 25
Staff Rm \$160/session

65201.102BR - Recert (SFAR)

Sat 9:00-5:00pm Feb 25
Staff Rm \$85/session

CPR C Basic Rescue & AED (CPRC)

CPR C Basic Rescue is an important course for everyone in the family. You will learn vital lifesaving actions for victims of all ages. This course allows you to properly recognize and respond to choking, cardiovascular, and breathing emergencies that occur with infants, children, and adults. Participants of all first aid experiences and backgrounds are welcome.

65203.101BR

Sat 9:00-4:00pm Feb 18
Staff Rm \$85/session

65203.102BR - Recert (CPRC)

Sat 1:00-4:00pm Feb 18
Staff Rm \$55/session

Emergency First Aid (EFA)

EFA is a practical course that will give you the basic skills and knowledge needed to prevent and effectively treat life-threatening emergencies. This introductory course covers breathing and cardiovascular problems, as well as bleeding emergencies. Participants will also be able to comfortably manage common injuries and accidents that occur in the household. EFA includes CPR Level C Basic Rescuer Certification.

65202.101BR

Sat 9:00-4:00pm Feb 18
Staff Rm \$100/session

65202.102BR - Recert (EFAR)

Sat 1:00-5:00pm Feb 18
Staff Rm \$70/session

All Saturday Workshops held at Britannia Secondary School (Unless otherwise noted)



First Time Home Buyers / Sellers Workshop

Have you have been researching and reading articles, yet you still feel like you are missing something, you are not alone. Many people feel overwhelmed or unsure of the home buying & selling process. Patrick Weeks will walk you through a step-by-step systematic approach that will help simplify the process. He will provide you with an information package and the tools necessary to understand what's involved on both sides of the process. Learn about: costs, HST & budgeting, mortgage options, resource lists (lawyers, home inspectors, contractors), closing & conveyance costs. You will also learn about what to expect from the listing realtor, understanding the comparative market analysis, 8 common mistakes home buyers make, there will be time for questions & answers. Muffins, coffee, & refreshments will be served. Pre-register to ensure your space.

45403.101BR

Sat 10:00-11:30am Feb 18
Rm 205 Patrick W FREE

Mortgage Secrets

Join us (Felicity Brempong and Aurore Viau) for information on how to pay your mortgage off faster, using your mortgage to consolidate outside debt, how to make your mortgage tax deductible, and much more! Please pre-register to ensure your space.

45402.101BR

Sat 11:00-12:00pm Feb 18
Rm 206 Felicity B FREE

Say Goodbye to Your Landlord!

First Time Home Buyers Seminar: Say Goodbye to your Landlord! Thinking about buying your first home in Greater Vancouver? Come learn everything you need to know to get you started in finding your first home and to help avoid making costly mistakes. This workshop is intended to educate buyers with little or no knowledge about the process of acquiring real estate in Greater Vancouver. Attendees will gain knowledge about the steps involved in buying a home, different types of home ownership, considering long term needs, current market conditions, essential things to consider when making an offer, different costs involved, what is mortgage financing and how to get pre-approved, using RRSPs to finance a first home, and new tax credits and current incentives for first-time home buyers.

45404.101BR

Sat 1:30-2:45pm Feb 18
Rm 205 Alejandra A FREE

NEPP #1 - Earthquake Preparedness

Emergencies and disasters can happen with little or no warning. Being prepared could save your life or the lives of others and significantly improve your quality of living in the aftermath. This session will teach you to be prepared for any type of emergency or disaster you may be faced with. You will learn personal and family preparedness, how to develop a family emergency plan, and how to perform a "home hazard hunt"

45410.101BR

Sat 1:00-3:00pm Feb 25
Rm 206 City of Vancouver FREE

Mindfulness Classes

Our lives are mostly spent thinking about the past or planning for the future. So we often miss what is happening in the here-and-now. Diminished awareness of the present moment severely limits our ability to live to the fullest. Mindfulness is about living consciously rather than living on autopilot. This class introduces basics of mindfulness.

45419.101BR - Introduction

Tu 7:00-8:00pm Feb 14
LRC Sung Y FREE

45419.102BR - Level 1

Sa 10:00-4:00pm Feb 18
Rm 305 Sung Y \$20/person

Adult Health & Fitness

Aerobics

Body Conditioning

This is a class designed to challenge every muscle group with the use of weights, bands and tubes, including a cardio component. Increase your strength, balance and flexibility while maintaining proper body alignment, exercise technique and safety. This is a great class for seniors or those new to fitness.

44101.102BR

Tu/Th 6:00-7:00pm Jan 10-Mar 27
Gym C Allyson R \$4.75/drop-in
\$42/10 tickets

Salsa Fit

This is an invigorating and energizing cardio combining High/Low impact aerobics with a salsa flare-great music, lots of fun. It includes a muscular strength component and stretching.

44101.103BR

Sat 10:00-11:00am Jan 7-Mar 31
Gym C Zumba Vancouver \$4.75/drop-in
\$42/10 tickets

Fitness

Sun Run In Training Learn To Run

This is a 13-week tried-and-proven training program. The focus is to have clinic participants training gradually in order to avoid injury and give the body time to adapt to the stress of running or walking. Participants meet once a week with their group and will be expected to train on two additional days interspersed throughout the week. The time allocated to each training session varies and will increase as the program progresses. This program will start out slowly (with more walking than running) and build up gradually until you are safely and comfortably able to either walk/run 10K, or run 10K, depending on how you choose to progress. Includes admission to the 2012 Vancouver Sun Run/

44007.101BR

Mon 6:00-7:30pm Jan 16-Apr 9
Rm 111 Ken H \$155.68/person

Fit 4 Two

This baby-friendly class allows mom to get a great workout and attend to baby's needs at any time. Each class provides a full body workout: cardio, strength, flexibility and relaxation. Special attention will be given to postpartum posture and core strength. This is a fantastic opportunity to connect with other new moms in the community and bond with baby. Women should be 4+ weeks postpartum (6 weeks for caesareans). All fitness levels are welcome. This class is designed for pre-mobile babies. More info at www.fit4two.ca Drop-in \$15

44004.103BR – Sess 1

Thu 1:00-2:00pm Jan 12-Feb 16
CFEC Fit 4 two \$78/6 sess

44004.104BR - Sess 2 (No session Mar 22)

Thu 1:00-2:00pm Feb 23-Mar 29
CFEC Fit 4 two \$65/5 sess

Osteofit

Join BC Women's Hospital & Health Centre's Osteofit, a gentle strength, balance, and coordination program designed to improve fitness and promote healthy bones. This unique and fun program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. It is taught by specially trained Osteofit fitness instructor.

44006.101BR

Mo 11:00am-12:00n Jan 16-Mar 26
CFEC Berdjis B \$41.25/11 sess

ZUMBA® Fitness

Try out Zumba for FREE on Jan 9, Jan 11, Feb 20 and Feb 22!

Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Zumba uses a variety of styles including cumbia, meringue, salsa, reggaeton, mambo, rumba, flamenco, and calypso. Zumba is a "feel-happy" workout that is great for both the body and the mind. Drop-ins \$11. Please bring your own yoga mat. We have a limited number. More info at www.zumbavancouver.ca

44105.101BR – Mon Sess 1

Mon 6:00-7:15pm Jan 16-Feb 13
Gym C Zumba Vancouver \$42.50/5 sess

44105.102BR – Mon Sess 2

Mon 6:00-7:15pm Feb 27-Mar 26
Gym C Zumba Vancouver \$42.50/5 sess

44105.103BR – Wed Sess 1

Wed 6:00-7:15pm Jan 18-Feb 15
Gym C Zumba Vancouver \$42.50/5 sess

44105.104BR – Wed Sess 2

Wed 6:00-7:15pm Feb 29-Mar 28
Gym C Zumba Vancouver \$42.50/5 sess

Health & Wellness

Experiential Anatomy

This is a 4½ hr course that explores anatomy and our relationship to our own bodies. This course will provide you with anatomical information through texts and diagrams as well as hands-on experience and movement exploration.

You will cultivate functional body awareness by experiencing your own sensations, form and function related to all parts of your body. A major goal of the workshop is to develop a strong body-mind connection, understanding the particulars of our own body and how it best functions. The course is great for anyone wanting a stronger understanding of anatomy and a better connection to how their body is functioning.

44100.102BR

Sat 2:45-5:00pm Mar 3-Mar 10
CFEC Zumba Vancouver \$40/per person

Vipassana Meditation-Beg.

Mindfulness Meditation aims to FREE the mind from negativity and confusion. Seeing life as a constantly changing process, we gradually accept both pleasurable and painful aspects of life with balance. This leads to wisdom and compassion, changing the way we relate to life. Participants are asked to commit to all 5 classes. Please register before the first class.

44805.101BR

Thu 7:15-9:15pm Jan 12-Feb 9
LRC Judy W \$60/5 sess

Buddhist Philosophy

Learn the main doctrines common to all forms of Buddhism, such as mindfulness, karma & the round of rebirth, ethics, letting go of the unwholesome, the Buddha's world view, related history, the 8-fold path to enlightenment, plus social teaching. Expect some humour too! The classes will be divided among lectures, meditations, and engaging discussions. Learn to enhance well-being and insight. The instructor, Brian Ruhe, trained as a monk in Thailand and is a leading teacher of the Theravada tradition in Vancouver. For info visit: theravada.ca or phone 604-738-8475.

44902.101BR

Thu 7:00-9:15pm Mar 22-Mar 29
LRC Brian R \$30/2 sess

Adult Sports

Badminton

43012.102BR - Fri

Drop-in \$4.75; 30 spaces maximum including (registered & drop-ins)

Fri 7:00-9:45pm Jan 6-Mar 30
Gym C Allen L \$58.50/13 ses

43012.103BR - Sat

Drop-in \$5.25; 30 spaces maximum including (registered & drop-ins)

Sat 1:15-5:00pm Jan 7-Mar 31
Gym C Allen L \$65/13 sess

43012.101BR - Mon

Drop-in \$4.25; 36 spaces maximum including (registered & drop-ins)

Mon 7:30-9:30pm Feb 6-Mar 26
Gym A/B Bob W \$32/8 sess

Ball Hockey

43003.102BR - Men (35+yrs)

This is a non-body-contact program. No league players. Drop-in \$6.50. No session April 8

Sun 6:45-8:45pm Jan 8-May 13
Gym D Barry W \$76.50/18 ses

43003.101BR Women - Beginners

This popular program is now available via registration only! Drop-ins with space permitting. NO DROP-INS AFTER 4:10 PM (participants will miss the safety training if they arrive late). We have a limited supply of sticks. This program is for women that have never played ice or roller hockey but would like to learn to play ball hockey using running shoes. Here is a chance to try a new sport. Some of our players have never touched a hockey stick. We are a non-aggressive, friendly group. No session Feb 19, April 8, April 22

Sun 4:15-6:00pm Jan 8-May 13
Gym D Barry W \$64/16 sess

Wed - Coed

This popular recreational co-ed ball hockey program is expanding into a 4 team league format. Games take place at either 7:15 or 9:00pm Wednesdays. All skill levels are welcome. Teams will be made as even as possible, and drop-ins are still welcome (space permitting only!). Emphasis is on a fun workout, with good sportsmanship and team spirit - no body contact. Goalies are half price but must pre-register with the facilitator in advance. Plastic sticks provided, no wooden sticks are allowed.

43003.104BR - Wed Co-Ed

Wed 7:15-8:45pm Jan 11-Mar 28
Gym D Trey W \$44/11 sess

43003.105BR - Wed Co-Ed

Wed 9:00-10:30pm Jan 11-Mar 28
Gym D Trey W \$44/11 sess

Basketball Drop-In

Recreational basketball drop-in. Drop-in \$4.25; 15 spaces maximum. No session Feb 19

43005.103BR

Sun 12:00-2:00pm Jan 8-Mar 25
Gym C Kakada P \$4.25/14 sess

Basketball

43005.101BR - 2 pm

No drop-ins. No session Feb 19

Sun 2:00-4:00pm Jan 8-Mar 25
Gym A Simon Y \$44/11 sess

43005.102BR - 4 pm

No drop-ins. No session Feb 19

Sun 4:00-6:00pm Jan 8-Mar 25
Gym A Scot A \$48/11 sess

Indoor Soccer

43009.101BR - Women

This is a recreational program. All types of fitness and skill levels currently participate, so expect it to be low-key, limited body contact, clean, fun play. (Registered players please arrive by 6:15 to reserve a spot). Drop-in \$4.25; 15 spaces maximum including (registered and drop-ins combined).

Thu 6:00-7:30pm Jan 12-Mar 29
Gym D Tracy H \$48/12 sess

43010.101BR - Men

Drop-in \$5.25. Registered participants must show up before 8:10 pm; otherwise, their spots will be sold to drop-ins.

Thu 7:45-9:45pm Jan 26-Mar 29
Gym C Abdul M \$42.50/10 sess

Fencing

Learn the art of swordplay for sport, fitness, or pleasure. We will cover the techniques and tactics of foil fencing in a fun and safe environment. All equipment is provided. Court running shoes and track pants recommended. Classes will be held at the LaSalle Studio: 2155 Commercial Drive.

43007.101BR - Intro Adult

Tue 7:30-9:00pm Jan 17-Mar 27
LaSalle Fencing Studio Morgan B \$88/11 sess



Volleyball

43013.101BR - Beginners Thu

Basics are emphasized. Register for this program to guarantee a spot to play every week. Drop-in \$4.25; 42 spaces maximum (registered and drop-ins combined). Each person can purchase up to 2 drop-ins per night (no phone-ins please).

Thu 7:00-9:45pm Jan 19-Mar 29
Gym A/B Richard L \$44/11 sess

43013.102BR - Intermediate Tue

We work on specialized game play. If you have the basics please join us. Drop-in \$4.25; 30 spaces maximum (registered and drop-ins combined). Each person can purchase up to 2 drop-ins per night (no phone-ins please). Cancel Mar 2

Tue 7:45-10:00pm Jan 10-Mar 27
Gym A/B Richard L \$48/12 sess

43013.103BR - Advanced Fri

An understanding of more advanced play (ie 6-2). Drop-in \$5; 36 spaces maximum (registered and drop-ins combined). Each person can purchase up to 2 drop-ins per night (no phone-ins please). Cancel Mar 2

Fri 7:00-10:00pm Jan 20-Mar 30
Gym A/B Richard L \$47.50/10 sess

43013.104BR - Advanced Sun

An understanding of more advanced play (ie 6-2). Drop-in \$5; 36 spaces maximum (registered and drop-ins maximum). Each person can purchase up to 2 drop-ins per night (no phone-ins please). Cancel Mar 4

Sun 7:00-10:00pm Jan 8-Mar 25
Gym A/B Richard L \$52.50/11 sess

Adult Yoga

Iyengar Yoga

Level 1

Introductory/Ongoing Beginners-For all students new to yoga and/or Iyengar yoga as well as ongoing beginner students.

44303.102BR		
Tue	5:30-7:00pm	Jan 10-Mar 27
44303.103BR		
Thu	7:15-8:45pm	Jan 12-Mar 29
CFEC	Claudia M	\$177/12 sess

Level 1 & 2

Beginner/Intermediate (Mixed Level)-New students welcome.

44303.101BR		
Tue	9:30-11:00am	Jan 10-Mar 27
CFEC	Claudia M	\$177/12 sess

Level 2

Intermediate-Minimum of two full terms of Level 1 Iyengar Yoga classes or with instructor's permission.

44303.105BR		
Tue	7:00-8:30pm	Jan 10-Mar 27
44303.106BR		
Thu	5:30-7:00pm	Jan 12-Mar 29
CFEC	Claudia M	\$177/12 sess

Level 3

Advanced - With Instructor's permission.

44303.108BR		
Wed	5:30-7:15pm	Jan 11-Mar 28
CFEC	Claudia M	\$177/12 sess

Restorative / Gentle Yoga

For those who prefer a slower pace or with physical restrictions requiring more individual attention. Where applicable, contact your physician and/or instructor re suitability.

44303.104BR		
Wed	7:15-8:30pm	Jan 11-Mar 28
CFEC	Claudia M	\$177/12 sess

Kundalini Yoga

Feel rejuvenated through Kundalini Yoga - a technology that increases mindful body and breath awareness while providing an overall sense of well being. The class will focus on balancing the heart and mind, aligning the spine, strengthening the immune system, lymphatic cleansing, and meditation. All levels of students welcome. Please bring a blanket to class. \$12/drop-in.

44305.101BR		
Mon	7:00-8:30pm	Jan 9-Mar 26
CFEC	Brenda L	\$108/12 sess

Prenatal Yoga

Join other expectant moms in this program which combines exercises and thoughts. Exercise to reduce pain, contribute to easy, safe deliveries. Doctor's approval recommended. Please note: Due to limited space, we apologize that this class is available to the pregnant partner only.

44307.101BR - Sess 1		
Wed	7:00-8:00pm	Jan 18-Feb 15
AML	Sheri K	\$55/5 sess

44307.102BR - Sess 2		
Wed	7:00-8:00pm	Feb 22-Mar 21
AML	Sheri K	\$55/5 sess

Yogaflex

This flowing yogaflex class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Please visit www.clstevensfitness.com for more information. Please bring your own mats to this class.

44200.101BR		
Sun	10:00-11:00am	Jan 15-Mar 25
Gym C	CLS Fitness	\$74.25/11 sess



Martial Arts

Ki Aikido

A non-competitive defensive art that develops calmness, stability, and confidence to reduce the stresses of daily life and eliminate the fear of living. Dress in loose, sturdy clothes or a white judo gi, and please remove jewelry before class.

43401.101BR - General
All levels, including beginners. Drop in \$10.

Sun	4:00-6:00pm	Jan 8-Mar 25
Mat Rm	Mary B	\$72/12 sess

43401.103BR - Higher Grade
1st Kyu or more advanced students. \$5 drop-in.

Mon	7:30-9:30pm	Jan 9-Mar 26
Mat Rm	Wayne N	\$36/12 sess

43401.102BR - Intermediate
6th Kyu or more advanced students. \$10/drop-in

Wed	7:30-9:30pm	Jan 4-Mar 28
Mat Rm	Wayne N	\$78/13 sess

Tai Chi

Tai Chi is a Chinese martial art and a mind-body discipline well-loved for its meditative qualities, beauty, and grace. Tai Chi is known to improve health on many levels, promoting good alignment, balance, and the flow of Qi (energy) in the body. It has also been shown to improve mental function, memory, and concentration.

43405.101BR - Beginner
Mon **6:00-7:00pm** **Jan 16-Mar 12**
Gym D **Kelly M** **\$117/9 sess**

43405.102BR - 42 Sword Part 2
This course is for those who have learned the first part of the 42 Sword form.

Mon	7:00-8:00pm	Jan 16-Mar 12
Gym D	Kelly M	\$144/9 sess

43405.103BR
48 Form Part 1 - Intermediate
The 48 Form combines the four most important styles of Tai Chi: Yang, Chen, Wu, and Sun. This form is beautifully balanced, with many movements done on both the left and right sides. Part Two will follow in the next session.

Mon	8:00-9:00pm	Jan 16-Mar 12
Gym D	Kelly M	\$144/9 sess

Visual Arts

Awakening the Dream Through Art Making

Dreams and art both tap into the healing dimension of the unconscious. Through art making, we can come into relationship with the image in the dream and work with it as a living process rather than a static image to be interpreted. This workshop is framed within a Jungian Perspective drawing on the archetypes for guidance.

42304.101BR
Sun 1:00-5:30pm Feb 12
EAR Susanna R \$45/1 sess
42304.102BR
Sun 1:00-5:30pm Mar 11
EAR Susanna R \$45/1 sess

Inner Inquiry through Art Making

Explore the inner landscape and the inner figures that roam there, influencing moods, energy, choices and often determining the directions we take in life. Easy art making activities will be offered as guidance as well as journeying to the psyche. No experience required. This course draws on CG Jung's "active imagination."

42309.101BR
Wed 6:30-9:30pm Jan 25-Mar 14
EAR Susanna R \$160/8 sess

Introduction to Photography

Do you have a camera? Do you want to learn the fundamentals of how it works and improve the photos you are taking? Then this is the perfect workshop for you! Subjects such as composition, exposure, subject, lighting, and form are introduced. Bring a camera ANY camera-film, digital, point & shoot or even a cellphone and learn how to use it to create unique and interesting photos that reflect both something about you and about the environment that surrounds you. Your desire to take a great photo is the only prerequisite for this class! Alastair Macleod works professionally in the Film Industry and has a photography website at glasgowkiss.com.

42401.101BR
Sat 10:00-4:00pm Feb 25
Rm 210 Alastair M \$45/1 sess

Lifedrawing with Susan

This classical art form FREES the hand to be creative as well as observant. We'll look to our models for inspiration as we develop drawing techniques to capture light, strength and movement. Experience the drama that lifedrawing brings to your page! Models are undraped. Drop-ins, if available (\$12/drop-in)

42003.102BR
Wed 7:00-9:00pm Jan 25-Mar 14
FAR Susan A \$80/8 sess

Reckless Painting

Think you can't paint? Then take a couple of hours each week to get yourself making art with easy, fun & guided exercises that reduce worry. All materials included-even bandannas to paint blindfolded. For further information: www.recklesspainting.ca.

42203.102BR
Tue 7:00-9:00pm Jan 17 to Feb 7
Rm 210 Arthur O \$44/4 sess

Pottery-Introduction

Experience the joy of creating your own dishes from a lump of clay! This course introduces a range of basic methods of hand-building, for using the wheel, and for surface decoration. NO EXPERIENCE NECESSARY! Some clay is included in the course fee.

42201.101BR
Tue 7:00-9:00pm Jan 24-Mar 13
Rm 208 Helen S \$145/8 sess

Pottery-Continuing

Further develop your pottery skills in hand-building and on the wheel. Attention is given to the sculptural as well as the functional aspects of pottery; students are self-directed. Pre-req: Intro to Pottery or permission of the instructor.

42201.102BR
Wed 6:30-9:00pm Jan 25-Mar 14
Rm 208 Helen S \$170/8 sess

Watercolour Painting-Beginners

Experience the vibrancy and movement of watercolour painting! We'll unlock our imaginations and explore a variety of techniques to capture the grace of plants and objects and also our own passions and ideas. Enjoy the power and creativity of watercolours in this workshop for beginners.

42004.101BR
Tue 7:00-9:00pm Jan 24-Mar 13
FAR Susan A \$80/8 sess

Dance

Salsa Cubana & Rueda De Casino

This unique fun dance is growing quickly in popularity in Vancouver. It is done as a group with followers being passed in a circle in time with salsa music. The rueda moves can also be danced with a partner. Singles and partners welcome!

Beginners
41605.101BR
Tue 8:00-9:30pm Jan 24-Mar 13
Gym C Karlos R \$120/8 sess

Intermediate 1
41605.102BR
Wed 8:00-9:30pm Jan 25-Mar 14
Rink Mezz Karlos R \$120/8 sess

Intermediate 2
41605.103BR
Thu 8:00-9:30pm Jan 26-Mar 15
Rink Mezz Karlos R \$120/8 sess

Advanced (for those who have completed Intermediate level)
41605.106BR
Fri 7:00-8:30pm Jan 27-Mar 23
CFEC Karlos R \$120/8 sess
No class Feb 10



Adult Arts

Music

Bluegrass Jam

Beginner/Intermediate

Learn Bluegrass Jamming with Sue Malcolm in a friendly, social atmosphere that makes learning easy and fun. This class is great for beginner/intermediate players of all acoustic instruments. Must be able to play basic chords or melody at least a little bit, speed is not necessary. This class is about learning how to JAM using Sue's Slow Pitch Jam method. Everything is done by ear, no music reading necessary. www.slowpitch-jam.com. An instruction book/cd can be purchased separately from the instructor.

41001.101BR

Wed 7:00-9:00pm Jan 11-Feb 29
Rm 111 Sue M \$100/8 sess

Guitar

You'll learn basic music theory, major scales and scale tone chords to play pop, country, rock, folk songs and blues. You'll also learn how to transpose, tune your guitar, and change strings. By the end of level two you will be playing favourite songs from such artists as Johnny Cash, Neil Young, Tom Waits and many more. Bring your acoustic guitar

Level I

41100.101BR

Mon 6:30-8:00pm Jan 23-Mar 12
FAR Gordon K \$96/8 sess

Level II

41100.102BR

Mon 8:00-9:30pm Jan 23-Mar 12
FAR Gordon K \$96/8 sess

The Drive Street Band

This is a community music band that anyone can be in. We play songs ranging from marches, old timey songs and original compositions. We welcome anyone interested in joining this band, regardless of age, background, or musical experience. Some music reading ability is helpful, (high school level is sufficient). The only stipulations are that you need a good attitude and an instrument that you can take out to the streets, parks and special events. Our musical directors are Cory Sweet and Kenan Sungur. Stop by anytime and come listen. Please purchase a Britannia Membership at the Info Centre or Pool Cashier. For more information contact: drivestreetband@gmail.com www.drivestreetband.com

61122.102BR

Sun 3:15-5:00pm Jan 8-Mar 25
AML \$2-\$5/drop in



Carnival Band Workshops

Looking for an excuse to dust off that horn (accordion, glockenspiel...) in the back of your closet, dress up and play in the street? Looking for a way to bring a little music and colour to your community? The Open Air Orchestra Society invites you to our street band workshops, led by the incomparable Ross Barrett, Tim Sars, and various guest instructors. All levels/ages welcome; stop by just to listen and dance if you like! Suggested donation is one hour's wage per month.

61901.102BR

Mon 7:30-10:00pm Jan 9-Mar 26
AML \$5/drop in or pay what you can

African Drumming

Play traditional West African rhythms on djembes (hand drums) and dununs (bass drums). Learn good sound production and proper playing techniques. The beautiful and complex rhythms of West Africa are broken down and slowed down for easy learning. This course is a fun way to blend musicianship, stress release and culture. The African level one course is an introduction; no previous experience is needed. Enrolling in Level two requires taking level one or permission from the instructor. Use your own drum or rent one. Drum rentals can be arranged with the instructor at the first class, for a "one time payment" of \$20 for all 8 classes. For more info visit www.drumming.ca or call 604-253-2114.

Level 1

41101.101BR

Wed 6:30-8:00pm Jan 25-Mar 14
Cafeteria Russell S \$120/8 sess

Level 2

41101.103BR

Wed 8:10-9:40pm Jan 25-Mar 14
Cafeteria Russell S \$120/8 sess

Italian for Beginners

Are you planning a trip to Italy? Do you have an interest in a new language or culture? Learn conversational Italian in a fun and friendly atmosphere. This class provides an opportunity for communication, self-expression and interaction and includes basic grammar, vocabulary and pronunciation. Cost of text (\$16) not included.

45001.101BR

Wed 7:00-9:00pm Jan 18-Mar 21
Rm 205 Bahareh Z \$130/10 sess



The Britannia Art Gallery

Located in the Britannia Library

For over 18 years the Art Gallery has brought art into the community through the exhibition of work by a diverse range of local artists, school outreach, talks, presentations, demonstrations and workshops.

Events at the Gallery are free to the public.

Please consult our website for the current exhibition and event schedule

www.britanniacentre.org

Adult Workshops

Journey To Wellness Workshops

Kombucha Brewing

This is a digestion/probiotics and cost saving education class exploring natural digestive aids - not bottled-over-priced "mystery" solutions. Vegan probiotics are the old NEW wave of the future. Learn the ancient tradition of home brewing while restoring balance to your gut? Basic gut health is explored. Students will receive hand outs, recipes, and take home starter cultures.

42612.101BR

Sun 2:00-5:00pm Jan 29
PTC Sasha L \$10/1 sess

Raw Vegan in 10 minutes

A gluten/dairy/diabetes/weight loss special. Learn how to make filling, easy raw & vegan recipes in 10 minutes with the least amount of equipment or investment. Q & A hand outs covering Raw Vegan and Diabetes.

42612.102BR

Sun 2:00-5:00pm Feb 5
PTC Sasha L \$18/1 sess

Sinless Desserts for All

Chocolate lovers unite! Ice cream junkies, this is your day! A program for diabetics, the weight conscious and dessert lovers. use fruit, nuts and real chocolate to create artisan chocolates, ice cream and other blissful SIN FREE confections. Hand outs covering Raw Vegan & Diabetes as well as samples and recipes.

42612.103BR

Sun 2:00-5:00pm Feb 12
PTC Sasha L \$20/1 sess

Cleansing with Smoothies

All you need is a blender and an open mind! Breakfast, lunch and dessert never tasted so good - join us and sample some foods you've never heard of. Handouts are included with recipes, basic cleanse rituals and in-class samples.

42612.104BR

Sun 2:00-5:00pm Feb 19
PTC Sasha L \$12/1 sess

Eightfold Eats: Vegan, Gluten & Sugar-FREE Baking

Join Mike Robinson, Owner of Eightfold Eats Gluten FREE Baker, Registered Holistic nutritionist, Holistic Chef and Baker for this informative, fun, and affordable workshop. Mike is passionate and dedicated to providing participants with the tools and education to be accountable for their own health and well-being through baking and its counterparts. This workshop includes an un-baking demo with discussions on how to bake gluten and sugar-FREE treats. Included also are tips and discussions on dozens of alternative sweeteners; superfoods, and dairy along with necessary info about various types of cleanses. Patrons receive hand-outs, valuable information, FOOD, exclusive recipes and of course a chance to ask questions you may have.

42602.101BR

Wed 6:30-9:30pm Mar 14
PTC Mike R \$20/1 sess

Philosophers Café

Co-sponsored by the Britannia Community Services Centre & SFU - All ages welcome.

Thursdays at 7:30pm. 3rd Thursday of the month in the 55+ Centre. Admission \$5 donation Coffee and tea provided, parking FREE (off Venables and Cotton)

Moderator: Ehor Boyanowsky is a Professor of Criminology at Simon Fraser University whose research covers the causes and forms of aggression and violent crime and public reactions to crimes against the environment.

January 19

Does giving specific categories of person or ethnicities special status, or citizenship - even with the best intentions to make up for past inequities or injustices - lead to a more just world or to more hatred and conflict?

February 16

Should we be restricting what any adults see or expose themselves to, even in the interests of supposedly protecting children from being exploited in pornography?

Moderator: John Edgar is a Senior Lecturer in Computing Science at SFU.

March 15

Who owns software? If you "buy" software you are usually just licensing it, with no right to sell it once you've finished with it. How is purchasing software different from buying books or music?

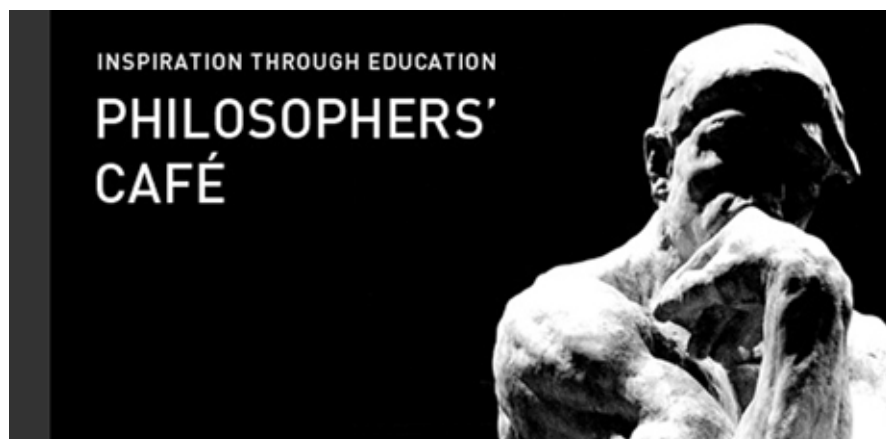
April 19

Can money buy elections? We often worry about the effect of money on the political process, but while money may correlate with political success, does it cause it?

Moderator: Jia Fei is a senior lecturer at SFU. Her area of interest includes language and culture, second language acquisition, Chinese applied linguistics and group dynamics.

May 17

Motherhood and the myth of the "super-woman". Women today face the pressure of fulfilling many roles, each of which could be considered full time in and of themselves: mother, wife, caring daughter, employee and ageless beauty. Is it realistic, or even healthy, to be the "super-woman" who can magically do them all? How does "superman" fit into the picture?



55+ Adults - AML

55+ Centre at Britannia (AML)

Anne Cowan-Jackson 604-718-5837 anne.jackson@vancouver.ca

Drop-in and Programs: Open 7 days a week 10:00am-4:00pm

Recreation Office Hours: Mon/Thurs 10:00am-5:00pm
Wed 10:00am-2:00pm

Britannia's 55+ Committee

We meet on the last Thursday of the month at 1:00pm

Winter 2012: Jan 26, Feb 23, March 29

*50+Adult members are welcome too... volunteer, join a committee, take classes, drop-in or take some volunteer training.

Vietnamese Seniors

Luong Ho 604-718-5818

Mon-Fri (55+ Centre) 9:00am-5:00pm
Drop-in Tuesdays 10:00am-4:00pm
Drop-in Fridays (CFEC) 10:00am-1:00pm

55+ ADULTS - AML

www.vancouverparks.ca
www.britanniacentre.org

Welcome to Britannia and to a range of programs and services for those who are enjoying retirement or who like the pace of older adult activities. For just \$1.00 a year Britannia offers education, social and special interest activities at low cost, easy accessibility for those with challenges. Both locations are wheelchair accessible. Local groups are welcome to use the space when available and we welcome your ideas and input.

This season, the staff are working on a project to streamline the committee process, combining three separate groups into one representative of local 55+ users. Volunteers of all ages are welcome to join the training and to become a member of a support group for events. Another project, also funded by the Britannia Board of Management, saw seniors hiking in the wilderness with youth from the Duke of Edinburgh's Award with Barry Skillin. Join the group preparing for a Spring Hiking Program.

Computers and Internet Level I

A quick and easy way to get started...small classes and friendly instruction makes this a must do. The class will walk students through the steps needed to learn basic skills, important foundations, and word processing tools that will make your Internet experience easy and fun!

55400.101BR

Mon 10:00-12:00pm Jan 9-Feb 20
AML Michelle Z \$48/6 sess

Advanced Computer and Internet Level II

A continuation of Level I with more in-depth skills in word-processing, email, graphics and internet. Level I is not a prerequisite but a basic computer knowledge is preferred.

55401.102BR

Mon 10:00-12:00pm Feb 27- Mar 5
AML Michelle Z \$48/6 sess

AML Computer Lab. Hours

Must have current Britannia membership.

55406.102BR Jan 1-Mar 31 \$5each
Mondays 3:00pm-4:00pm
Tuesdays No Lab Hours
Wednesdays 12:00-4:00pm
Thursdays 10:30am-4pm
Fridays 12:30pm - 4:00pm
Sat/Sun 11:00am - 3:00pm

Digital Photography

Learn how to use your digital camera, take great photos while exploring your camera's capabilities. We will also be learning how to download and store photos on the computer. Basic photo editing will also be introduced. It's fun and no experience is needed. We'll also learn how to produce a project in Windows Movie Maker.

55405.101BR

Mon 1:00-3:00pm Jan 9-Feb 20
AML Michelle Z \$48/6 sess

Digital Photographyll

55405.102BR

Mon 10:00am-12:00pm Feb 27-Mar 5
AML Michelle Z \$48/ sess



Social

Drop-In Pool/Billiards

The pool table and table tennis are open to members 55+.

Wed 10:30am-12:00 Teen Centre

Games Day

Time to Play!! What's your game? Checkers, chess, backgammon, or Wii video games? Bridge, Whist, Blackjack?

Mon/Wed 1:00pm - 4:00pm 55+ Centre

Knitting Club

Everyone is welcome to join this multi-age group! Beginners to advanced, everyone is welcome!

55801.101BR

Thu 1:00-3:00pm 55+ Centre

Traditional Italian Cards

Seniors traditional italian cards, drop in, especially on rainy days!

55802.103BR

Mon 1 pm - 4 pm AML
Wed NO CARDS
Thu 2 pm - 4 pm AML
Fri 1pm - 4 pm AML
Sat 12:30pm-2:00pm AML
Sun 12:30pm-2:00pm AML

*except for Special Events

Queer Women On The Drive

An evening social with different activities each month for LGTB women of all ages. The last Friday of the month.

Fri 7:00pm-9:00pm Jan 27 Feb 24 Mar 30
AML Ann Marie

DANCE

Vancouver Morrismen Dance

This intergenerational group meets every Tuesday evening, and new members are welcome. The men's group practices at Britannia and the women are at the Billy Bishop Legion on Mondays. Enjoy the various styles of English traditional 'Morris Dance' and music. If you are interested, meet with the group Tuesday evening in the AML (ask for Oliver).

Tue 7:30-9:30pm Jan 10 - Mar 27 AML

Ballroom Dance Class

Fun beginners' class!

51600.400BR

Fri 1:00pm - 2:30pm \$30/5sess
Drop-In \$6



55+ Adults - AML

Winter Bus Trips



Harrison River Eagle Tour

One of the largest concentrations of bald eagles in North America with a count of over 6000 eagles in 2011. This may be the best eagle viewing in BC history! Travel to Harrison Mills for a river eagle walk featuring the relationship between the spawning salmon and bald eagle. This tour includes a 3 course lunch at Kilby Historic site and admission to the museum and farm.

55700.100BR 9:00am-4:15pm Jan 17 \$79



"Behind the Scenes" Tour

Take part in this unique opportunity to tour a working television and radio facility. You may even bump into your favorite local news personality! Next stop is The Rogers Arena tour that includes a view from the luxurious hospitality suites and presentation in the comfortable seats of the Private Club section. Dine beach-side at a true Vancouver landmark, the Sylvia Hotel, for a delicious three course lunch.

55700.101BR 8:45am-4:30pm Feb 24 \$89

Vietnamese Women's Support Group

(In partnership with REACH Centre). The Support Group will meet on the Last Monday of each month.

Mondays 10:30 am-1:30 pm 55+ Centre



Physical Recreation

Adults 55+ Fitness Centre—

Exclusive time is set aside on Friday mornings from 9-10am for our Adults 55+. Get started or continue training – Staff is on hand to provide guidance. Regular fees apply.

Fri 9:00 - 10:00am Regular fees

55+ Adult Swim

Exclusive time is set aside on Friday mornings from 9-10am for our Adults 55+.

Mon-Fri 9:30 - 10:30am Regular fees

55+ Adult Swim Lessons

Set 1: Mon/Wed 9:30-10:00am \$36.95 /10

Set 2: Mon/Wed 9:30-10:00am \$36.95 /10

55+ Social Walking Club

'Best Foot Forward' Our purpose is recreational, social, and educational. We plan our walks together and you'll see our city like you never have. New members welcome! Remember to bring bus fare!

**Sat 11:15am Jan 14–Mar 31
meet @ the AML**

Seniors Badminton

Every week – Lots of Fun! Volunteer Wally Lee and all our regulars will make you welcome. \$3/drop-in

**Tue 53001.102BR
11:30-1:30pm Jan 5-Mar 30
Gym C \$16/season**
**Thu 53002.102BR
11:30-1:30pm Jan 7-Mar 25
Gym C \$16/season**
**Sat 53003.102BR
2:00-4:00pm Jan 9-Mar 27
Gym A \$16/season**

100 Mile Tour

Inspired by the book "The 100 Mile Diet Local Eating" this tour focuses on local, seasonal, fresh, and sustainable food in our own backyard. Travel to the Agassiz-Harrison region for an informative and delicious tour of farm fresh favorites including Limbert Mountain Farms' amazing herb farm, Suplesse Dairy Farms with the robot milker, Canadian Hazelnuts, and BC's largest beekeeping farm, Honeyview Farms. This tour includes a farm-fresh artisan lunch at "Simply Fine Foods Kitchen" at Limbert Mountain Farms, featuring tarragon chicken crepes with seasonal roast veggies, herbal salad, rustic Italian bread, tea/coffee.

55700.102BR 9:00am-5:30pm Mar 23 \$89

Gentle Yoga 55+

Classes are adaptable – everything from a series of restorative asanas (poses) to Vinyass Flow. Benefits are tremendous!

**54301.103br
Mon 2:00-3:15pm Jan 9 – Feb 20
CFEC Graham S \$45/7sess/\$10/drop in**
**54301.105br
Tues 2:00-3:15pm Jan 10 – Feb 21
CFEC Graham S \$45/7sess**
**54301.101br
Wed 2:00-3:15pm Jan 11 – Feb 22
CFEC Graham S \$45/7sess**
**54301.104br
Mon 2:00-3:15pm Feb 27 – Apr 9
CFEC Graham S \$45/7sess**
**54306.106br
Tues 2:00-3:15pm Feb 28 – Apr 10
CFEC Graham S \$45/7sess**
**54301.102br
Wed 2:00-3:15pm Feb 29 – Apr 11
CFEC Graham S \$45/7sess**

Osteofit

Join BC Women's Hospital & Health Centre's Osteofit, a gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This unique and fun program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. It is taught by specially trained Osteofit fitness instructor.

**44006.101BR
Mo 11:00-12:00pm Jan 16-Mar 26
CFEC Berdjis B \$41.25/11 sess**

Pot Luck Lunches

Come feast with us. The last Thursday of the month everyone brings a dish to share and a feast appears! Loads of fun!

**Thu 12:00 Jan 26, Feb 23, Mar 29
AML**

Arts, Health and Seniors Project

LGTB Seniors Group meets at Britannia every Wednesday.

**Wed 10:00-12:00pm Jan 5 – Mar 28
AML**

55+ Adults - Lion's Den

Lions Den (LD)

770 Commercial Drive (Basement)
Office Hours: Tue/Fri 9:00am-5:00pm
Carolyn Innes 604-718-5848 Fax 604-251-9503
e-mail Lionsden@vcn.bc.ca

55+ Committee

(Britannia/Lions Den/Vietnamese)

Next meeting: Jan 19, 2011
2:00pm - Lion's Den Rec. Centre

Winter 2012

For just \$1.00, your annual membership allows you to enjoy mixed-age events on a regular basis, as well as activities adapted to a slower pace. Our on-going and new programs are for those who are looking for new leisure interests, activities, and friends. Britannia offers a little activity and a variety of services for the young at heart and for those who just like to get together and socialize. Learn to swim, join a language group, or eat a meal together. We are looking forward to meeting you! Volunteers are always welcome.

LD Recreation Committee

Meets on the first Tuesday of the month at 1:00pm in the Lion's Den. All are welcome!

Winter 2012: Jan 3, Feb 7, Mar 6 and April 3

Visit the web-site for more information.
www.britanniacentre.org

Games/Craft Night at the Den

Join us for an evening of games and crafts. Help decorate the centre for special events or just come and watch-all are welcome and stay for Bingo!

6.30pm. 4th Thur month 4:30 - 6:30pm
LD FREE

Bingo

Affordable game with tenants from Adanac Towers and friends. Lions Den, 770 Commercial Drive. Doors open at 6 pm

55902.101BR
Thu 6:30-8:30pm Jan 5 - April 26
LD

Carpet Bowling

A fun and skillful game played inside that is similar to bocce. Ongoing - instruction available. Refreshments are 50¢.

53301.101BR
Tue 10:00-12:00pm Jan 3 - April 24
LD FREE

Drop-In Pool/Billiards

The pool table is open Tuesdays 12 - 5pm and Fridays from 9am - 5pm. Fridays from 1 - 2:30pm is reserved for women only.

55906.101BR
Tue & Fri 9:00-5:00pm Jan 3 - April 27
LD FREE

Fall Bus Trips

Harrison River Eagle Tour

One of the largest concentrations of bald eagles in North America with a count of over 6000 eagles in 2011. This may be the best eagle viewing in BC history! Travel to Harrison Mills for a river eagle walk featuring the relationship between the spawning salmon and bald eagle. This tour includes a 3 course lunch.

55700.100BR
9:00am-4:15pm Jan 17 \$79

Community Mentoring - Computer Drop In Lion's Den

If you have taken a class at the Al Mattison Lounge, come and practice your skills at the Den! We do not teach but everyone will help you to get started. The computers are busy so come early. Skype is now available. (Please check times of classes for availability.) Must have current Britannia membership.

55409.101BR
Tue/Fri 9:00-5:00pm Jan 5-Mar 30
LD FREE



Educational

Spanish Conversation for Beginners

Want to learn a new language in a fun, informal setting and in a small class? This is mainly conversation. No experience is an asset!

55500.101BR
Tue / Fri 9:30-10:30am Jan 17 - March 9
LD Monica N \$60/16 sessions

Spanish Conversation for Intermediate Speakers

For those who have mastered the basic phrases and wish to practice more advanced conversation. This is a small class, tailored to your specific needs. Let us know what you need to learn!

55500.102BR
Tue/Fri 10:45-11:45am Jan 17 - March 9
LD Monica N \$60/16 sessions

Spanish Conversation for Intermediate/Advanced Speakers



This popular class has grown. Challenge yourself to another level, and bring your specific needs to this session.

55500.104BR
Tues/Fri 12-1pm Jan 17 - March 9
LD Monica N \$60.00/16 sessions

French Conversation for Beginners



Learn our 2nd official language in a small class for complete beginners. The emphasis is on conversation in an informal class.

555.103BR
Fri 1-2pm Jan 20 - April 13
No class on April 6
LD Odette DB \$45/12 sessions

French Conversation for Intermediate Speakers

This is a more advanced class for those who know the basics.

555.104BR
Tues 1:00-2:00pm Jan 17 - April 3
LD Odette DB \$45/12 sessions

55+ Adults Lion's Den

Health & Wellness

Adult Day Centre "Encourage"

The Centre is Closed to the public at these times but volunteers are encouraged. Please phone Ian for information. We have many Italian- speaking seniors who would love you to practice your Italian! Referrals from Vancouver Coastal Health. Addressing the health- care needs of frail seniors

54481.101BR

Mon/Wed/Thurs 9:00-2:00pm Jan 4 – Apr 26
LD

Lions Den Wheels to Meals

Full cooked meals on both days. Transportation is arranged at a cost of \$4.50 and the meals are \$6 each. Come early on Tuesdays, at 10am, for carpetbowling.

Tue & Fri 1:00pm Wellness Group
54901.101BR

Tue & Fri 11:00-2:00pm Jan 3-April 27
LD \$6.00 /meal

Lion's Den Pot Luck

Bring food to share and we will provide the entertainment/speakers. The 2nd Thursday of each month

Thur 4.30-6.30pm Jan12, Feb 9,
LD Mar 8 and Apr 12
FREE

Blood Pressure Clinic

First Friday of the month ONLY! This is a great way to monitor your physical health and to have some of your questions answered. We also have a medical scale if you wish to keep on track! This clinic is supported by the Britannia Board of Management for your continued good health.

54802.102BR

Fri 11:00-12:00pm Jan 6, Feb 3, Mar 2
LD Cris T R.N. FREE



Eastside Caregivers Group

This group meets on the 3rd Thurs of each month at 6pm. All family caregivers of any age are welcome. We share information, resources, and stories. There are many groups across the city sponsored by Vancouver Coastal Health. Please contact Carolyn for information on the one nearest you.

54802.101BR

Thur 6:00-8:00pm Jan 19, Feb 16,
LD Mar 15 and Apr 19
FREE

Exercise with Fern & Friends

This is a FREE class for exercising to a variety of senior-friendly videos. Please check with your doctor before you join us.

54801.101BR

Fri 11:00-12:00pm Jan 20 – April 27
LD FREE



Foot Doctor

Dr. Eng has an office on Commercial Drive, and one important component of his practice is community outreach. It is vital that seniors take care of their feet, especially if they experience Diabetes. \$10 office fee applies for those who are on a fixed income. Others pay \$33. Please phone ahead for an appointment (Carolyn 604-718-5848.)

56605.102BR

Mon 9:00-12:00pm Feb 6 and Apr 2
LD Dr Eng \$10/sess

Wellness Program

Every Friday-come to the Den for conversation and games in the program office, exercise videos or pool from 11am-12pm. At noon a home cooked lunch \$5, then from 1pm -2pm we have entertainment, health-care speakers or special events (see the notice boards for details). Rob is here for neck and shoulder massage – please book an appointment with Carolyn

Fri 11:00am-2:00pm Jan 20 – April 27
LD FREE

Special Events

Winter Festival

January can be a quiet month after all the Christmas activities. Come and celebrate the Winter season, sharing food and entertainment at the Den.

55608.101BR

Thur 6:00-8:pm Jan 26
LD \$10.00

St Patrick's Day Party

Dress in green and bring your Irish friends for an evening of food and fun potluck style. Prizes for the best Irish costume and food recipe.

55602.100BR

Thur 6:00-8:00pm Mar 8th
LD FREE

Creative Arts

Circle Dance

These dances connect us to earlier generations a time characterized by a greater sense of community and enable us to experience celebration, joy grounding, affirmation and healing-all so badly needed by Earth and her inhabitants. Join us on the first Monday of each month. Donations are welcome to support the LD Adult Day Centre. Open to adults of all ages.

51601.104BR

Mon 7:00-9:00pm Jan 2, Feb 6, Mar 5
LD Corinne C Apr 2
By Donation



Aquatics

Pool Information

Enjoy the 25-metre main pool's diving board, slide, and rope swing. Relax in the whirlpool or steam room, or in the saunas. For those of you with young children, we also have a warm, shallow Leisure Pool which is equipped with a variety of spray pool features. See you at the Pool!

Statutory Holidays (Pool and Fitness Centre)

Christmas Eve: Dec. 24 (closed at 5pm)
Christmas Day: Dec. 25 (closed)
Boxing Day: Dec. 26 (1-5pm)
New Years Eve Dec. 31 Closed at 5pm
New Years Day: Jan 1, 2012 (1-5pm)

Administration

Administration Policy for Children

Children under 8 years of age and 4 feet in height, must be accompanied in the water and be within arm's reach of a responsible person who is 16 years of age or older.

CLEANING SCHEDULE

Changerooms closed for cleaning:

MEN	Closes	5:15pm,
	Re-opens	5:45pm
WOMEN'S	Closes	5:30pm,
	Re-opens	6:00pm

Special Activities & Events

Youth Swim Nite

The first Friday Night of every month is reserved for Youth to swim and play with their friends. No public use of steam room or whirlpool.

Fri 8:00 – 10:00 pm FREE
Jan 6, 2012, Feb 3, 2012, Mar 2, 2012

Childrens Winterfest

Thursday, December 15
3:30-5:00pm

Open House

Saturday, January 21, Time: 1:00-4:00pm
Prizes, activities, refreshments
Fitness Centre & Pool.



Descriptions

Public Swim

Swim, dive, splash, have fun! People of all ages are invited to come join in the activities. One small lane is usually set aside for length swimmers.

Parent and Tot

This session is for soon to be mothers and parents with young children (5 yrs under). This includes children lessons and lengths swim during lessons. One small lane is open for length swimmers (16 and over) to swim continuous lengths. The whirlpool and steam room areas are also available for patrons 16 and over. Regular Adult admission rates apply.

Children's FREE Swim (12yrs and under)

Children, under 8 years and/or less than 4 feet in height must be accompanied in the water and within arm's reach of a responsible person who is 16 years of age. Adults are FREE when accompanying children. No steam room, whirlpool, or lengths swims are available during this session.

Youth and Adult FREE Swim

This session is for people 13 years and older. This is a time to come and swim lengths, relax, or let the kid in you come out and play.

AquaFit

This is a safe and excellent fitness activity for all levels, ideal for those adults who want to work out without stressing their joints and lower backs. Shallow and deep water classes are offered. Deepwater will only be offered on Thursday evenings.

Lengths Swim

The pool is divided into leisure, slow, medium, and fast lanes. Anyone 16 years and older who is capable of swimming the length of the pool is welcome. Note: patrons under 16 must speak to one of the full time or regular part time lifeguards prior to being allowed to attend these sessions. Swim or relax and socialize in the whirlpool, steam room, and sauna.

Adult Lessons and Lengths

During these lessons, one small lane is available for continuous adult length swimming and the whirlpool and steam room are open for those 19 years and older.

Seniors' Swim (Ages 55+)

Seniors are special at Britannia Pool! Come to the swim time where our enthusiastic and certified instructors take you through a fun and energizing waterfit and range of motion class. You can also swim lengths and use the steam room, sauna, and whirlpool. Sorry, no leisure pool.

Range of Motion (R.O.M.)

This light, low-impact exercise class is aimed at increasing mobility, dexterity and fitness.

Adapted Aquatics Swim

This is a special swim for all patrons with special needs. Those needing one-to-one help should bring an aide who will receive FREE admission.

Swim Club

Swim club swimmers must be at Swim Kids Level 5 or higher

Jr. - Swim Kids level 5-7

Sr. - Swim Kids level 8-10

Sat	7:45-9:00am	\$40.00
Tues	6:30-8:00pm	

Swim Lessons

Swim Lesson Registration

Registration for swim lesson is ongoing. You may register for any one set of lessons, but if you are already participating in a class, you must wait until the last day of that class to register for the next set. There is no lesson registration after the 2nd class. You may register either on-line or in-person with a report card.

It's important to register in the correct level. Those who have registered in the wrong class may be asked to withdraw from the class. If you are unsure of what level to register in, we offer FREE swim assessments during our public swims. (Please note that if your child is under 8, we require you to be in the water during the assessment.) Please bring your child's most recent report card to the first day of lessons. All lessons must meet minimum enrollments in order to run.

Preschool (4 mo -5 yrs)

Red Cross Water Safety Program teaches preschoolers a 7-level program in water orientation and safety.

Swim Kids (6-12 yrs)

Swim Kids is the Canadian Red Cross Water Safety Program that teaches children a 10 level program in water safety, injury prevention, and swim stroke development.

Youth Lessons(13-16 yrs)

Lessons are offered during Mon/Wed sessions.

Adult/Seniors Lessons (13 yrs+)

These programs offer a challenge for swimmers of all levels and focus on skill development, water safety, self rescue skills and the rescue of others.

Private & Semi Private

To set up your private or semi-private 30-minute lesson time, contact the pool office, 604-718-5831.



Swim Lesson Winter 2012 Schedule						
Set #	Dates	# of Lessons	Star Fish, Duck, Sea Turtle (30 min. parented)	Sea Otter, Salamander, Crocodile, Whale (30 minutes)	Swim Kids Level 1 - 3 (30 minutes)	Swim Kids Levels 4 - 10 (40 minutes)
Monday and Wednesday 3:30 - 5:00pm						
1	Jan 9-Feb 6	9	\$46.65	\$52.95	\$46.65	\$52.95
2	Feb 1 - Feb 27	8	\$46.65	\$52.95	\$46.65	\$52.95
Saturday 8:30am - 12:00 noon						
1	Jan 7- Mar 10	10	\$51.30	\$58.50	\$51.30	\$58.50
Sunday 11:00am - 2:00 pm						
1	Jan 8- Mar 11	10	\$51.30	\$58.50	\$51.30	\$58.50
Adult Lessons 19+						
Tuesday evenings 8:00pm to 8:45pm - Advanced (levels 3 & 4) Thursday evenings 8:00pm to 8:45pm - Beginners (levels 1 & 2)						
Set #	Dates		# of Lessons		Cost	
1	Tues	Jan 10 - Mar 13	10		\$94.50	
1	Thur	Jan 12 - Mar 15	10		\$94.50	
Seniors Only Lessons (55 years+)						
Monday and Wednesday - 9:30am - 10:00am - Lessons are subsidized, No further subsidy offered						
Set #	Dates		# of Lessons		Cost	
1	Mon/Wed	Jan 9 - Feb 6	8		\$37.80	
2	Mon/Wed	Feb 13 - Mar 12	8		\$37.80	

Aquatic Schedule

January 2 - March 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Length Swim 6:30am to 8:30am					Lengths 9:00am-1:00pm (1 lane)	Parent & Tot 10:00-10:55am Lengths (4 lanes)
-Parent & Tot -Adapted Aquatics Adult 55+ 9:30-11:00am	Adult 55+ & Aquafit 9:45-10:30am	ROM 10-10:30am Parent & Tot Adapted Aquatics Adult 55+ 9:30-11:00am	Adult 55+ & Aquafit 9:45-10:30am	ROM 10-10:30am Parent & Tot Adult 55+ 9:30-11:00am		
Vancouver School Board 8:30-9:30am, 10:30-11:30am, 1:00-2:55pm (1 lane)					Public 1:00-2:25pm (1 lane)	Lengths 11-2:30pm (1 lane)
Noon Lengths 11:45am to 1:00pm						
25 metre pool - temperature 28°C (82°F). Teaching/Leisure pool 34.5° (88°F) 1 metre diving board, separate saunas, co-ed whirlpool, steam room and fitness centre. Admission Policy: Children under 8 years/or 4' tall must be accompanied and in arms length of someone 16 years of age or older. Tot pool times: Mon, Wed & Fri 9:30-11:00am, Sun 10:00-10:55am and all Public swim times					Lengths 2:30-3:25pm	Public 2:30-3:55pm (1 lane)
Pool Closed Monday through Friday from 3:00-3:30pm						
Lengths 3:30-4:55pm (1 lane)	Parent & Tot 1:00-2:00pm Teen 13yrs+ Adult FREE Time 3:30-4:55pm (1 lane)	Lengths 3:30-4:55pm (1 lane)	Parent & Tot 1:00-2:00pm Children FREE (6-12yrs) 3:30-4:55pm	Public 3:30-4:55pm (1 lane)	Public 3:30-4:55pm (1 lane)	Lengths 4:00-4:55pm
					Lengths 4:00-4:55pm	
Lengths 5:00-6:25pm - Tuesday, Thursday & Friday 1 lane until 5:20pm - Monday and Wednesday						
Public 6:30-7:55pm 1 lane	Public 6:30-7:55pm	Public 6:30-7:55pm 1 lane	Public 6:30-7:55pm	Public 6:30-7:55pm 1 lane	Public 6:30-7:55pm (1 lane)	Public 6:30-7:55pm (1 lane)
Aquafit 8:00-9:00pm (1 lane)	Adult (1 lane) 8:00-9:55pm	Aquafit 8:00-9:00pm 1 (lane)	Deep Water Aquafit 8:00-9:00pm	Youth Night 1st Fri/month 8:00-10:00pm		
Adult (1 lane) 8:00-9:55pm		Adult (1 lane) 8:00-9:55pm	Adult (1 lane) 8:00-9:55pm	Adult (1 lane) 8:00-9:55pm		



Fitness Centre

Britannia Winter Fitness Centre Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am-9:55pm	6:30am-9:55pm	6:30am-9:55pm	6:30am-9:55pm	6:30am-9:55pm (Seniors Only) 9:00-10:00am	9:00am-7:55pm (Women Only) 9:00am-12: noon	10am-7:55pm
FREE Sessions with Membership - Tuesday and Friday 10:00 am - 12:00 noon						

Racquetball & Wallyball

Booking Procedure

Courts may be booked in person or by phone (604-718-5831) and are 45-minute times. They may be booked up to two weeks in advance. Please call ahead to cancel. A Britannia membership is required. Please bring your own racquetball and racquets. Eye wear is recommended.

Cost

Racquetball	\$13.95 /Prime Time \$10.00 /Non-Prime Time
Wallyball	\$13.95 /Prime Time

Primetime hours:

Mon-Fri	3:30-9:30pm
Sat & Sun	all day
Non-prime hours:	
Mon-Fri	9:00am-3:30pm

Hours of Operation

Mon-Fri	9:00am-9:45pm
Sat	9:00am-4:30pm
Sun	9:45am-7:30pm

FREE Swimming and Workout

All Wallyball and Racquetball reservations include admission to the Fitness Centre and to the 25 metre pool.

Personal Training

Our certified trainers will customize a program for you and lead you through a series of workouts. Perfect for starting out in a fitness centre, adding variety to your program, rehabilitating from an injury, or improving your sport specific athletic performance.

3 sessions	\$159.60
5 sessions	\$252.00
10 sessions	\$448.00

Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists, and physiotherapists. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$5.95 per client also applies.

Facility Orientation

Book an appointment with one of our Fitness Centre staff and get set up your very own fitness program. Call us at 604-718-5842.

Introduction to Weight Training for Women

This course teaches safe and effective components of a weight-training workout and allows you to develop a fitness program suited to your personal needs and goals. Brit membership required.

Sat	10am-12noon	Jan 28, Feb 4, 11, 18
		\$32/4 sess

Introduction to Strength Training for Seniors 55+

This course will show you how to use our cardio and weight equipment for a safe and enjoyable workout that you will feel confident to continue on your own. Community Centre membership is required. Please pre-register by Jan. 20th so that confidential health screening can be done.

Fri	9:00-10:00am	Feb 3, 10, 17, 24
		\$20/4sess



Please note:

We still provide the following options not available at other facilities.

- FREE admission with membership times on Tues & Fri from 10am to 12 noon
- Seniors rates starting at 55 years rather than 65 years.
- Those who qualify can also work out for half price by using the Leisure Access Card.

Pool and Fitness Centre Rates						Fees are subject to change		
2011 Fees	Single Admission	Tickets (10)	1 Month flexipass	3 Month flexipass	4 Month flexipass	6 Month flexipass	12 Months flexipass	Britannia Membership
Adult (19-54 yrs)	\$5.95	\$47.60	\$48.00	\$125.00	\$159.00	\$217.00	\$392.00	\$3.00
Youth (13-18 yrs)	\$4.15	\$33.20	\$33.00	\$87.00	\$112.00	\$152.00	\$275.00	\$1.00
Child (6-12 yrs)	\$2.95	\$23.60	\$24.00	\$62.00	\$80.00	\$108.00	\$197.00	\$1.00
Senior (55+ yrs)	\$4.15	\$33.20	\$33.00	\$87.00	\$112.00	\$152.00	\$275.00	\$1.00
Family Minimum of \$5.95 admission		Family = 1-2 Adults of the same household and their children under 19 years of age.						
By purchasing a Britannia membership (valid September to August) you can workout for FREE in the Fitness Centre every Tuesday and Friday, 10:00am to 12 noon. Show your membership card to the cashier at the time of entrance.								

Ice Rink



Adult Hockey Programs

Women's Hockey Program

This pick-up hockey program is perfect for women who want to improve their hockey skills in a safe and inclusive environment. Encourage and be encouraged while continuing with your own hockey development. Full hockey equipment is mandatory. Program registration is limited to 20 players and 2 goalies. The remaining spots (6) are available on a first-come, first-serve basis. Drop-in participants must sign up in person with the pool cashier, starting at 9:45am each Sunday. Program participants must sign in each week with the pool cashier. Please note that program participants must sign in by 10:30am or their space will be forfeited to any waiting drop-in player.

Set 1
48080.101BR
Sun 10:45am-12:00pm Jan 8-Feb 12
Set 2
48080.102BR
Sun 10:45am-12:00pm Feb 19-Mar 25
\$33.00/6weeks
\$5.95/drop-in

Adult Evening Hockey

Full hockey equipment is mandatory for these supervised non-contact hockey sessions for adults 19 years and older. Space is limited to 26 players and 2 goalies. Up to 20 spaces are available for monthly participants (See the program supervisor for more information). The remaining spots are available on a first-come, first serve basis. Sign-up for Thursday sessions starts at 9:30pm. On Sundays, there are limited drop-in spaces (5-7). Please sign-in and pay the program supervisor in the rink starting at 7:45 pm.

All Levels
Thu 11:15pm-12:45am Jan 5-Mar 29
\$10.00 /drop-in*
Intermediate
Sun 9:30-11:00pm Jan 8-Mar 29
\$15.00/drop-in
\$50/month*

*Strip tickets not valid during these sessions

Adult Drop-in Hockey Adult

Space is limited to 26 players and is available on a first-come, first-serve-basis. Full hockey gear is mandatory. Please register and pay at the pool starting at 2:30pm.

Wed 3:15-4:45pm Jan 4-Mar 28
\$5.95/drop-in
\$47.60/10/pass

Adult Stick and Puck

Come out during the noon hour and practice your hockey skills on the best ice in Vancouver. Please pay at the pool starting at 11:30am. Helmets are mandatory during this session, full hockey equipment is recommended, and, sorry, no scrimmage.

Fri 12:00-1:30pm Jan 6-Mar 30
\$5.95/drop-in
\$47.60/10/pass

Women's Intro. to Hockey

This instructional program will resume on March 19, 2012, and continue through the Spring. Perfect for female hockey players looking to improve their skills through on-ice drills. Each session will end with a scrimmage. Full hockey equipment is mandatory. Pay at the pool starting at 2:30pm.

Mon 3:15pm-4:45pm Mar 19-26
\$5.95/drop-in
\$47.60/10/pass

\$99 Ice Sale!

Plan a holiday party between March 21-31 for \$99/hour plus HST. Staff charges are not included. Booking for the Winter Ice sale starts Jan. 9, 2012.

Get involved

JOIN THE RINK COMMITTEE!

The Rink Committee meets the first Tuesday of the month at 6:30 pm in the Rink Activity Room.

UPCOMING RINK PROGRAMS

Co-ed Hockey League

Geared towards novice to intermediate players looking to play in a non-contact recreational 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 afternoons/evenings from April 28-August 18. All players will be assessed and placed onto teams by the league coordinators. Registration begins Feb 21.

Britannia Women's Hockey League

Britannia's popular Women's league will begin on May 1, with an on-ice-evaluation. Games are on Tuesday evenings, May 8-July 24. The games are non-contact, non-aggressive and fun! Full hockey equipment is mandatory. Registration begins Feb 21.

Co-ed Hockey League, 2012/2013

VACHL is an adult recreational league co-sponsored by the Britannia Community Services Centre and the Vancouver Park Board. For more information go to www.vachl.ca. Registration for the 2012/2013 season will begin in mid-April.

RINK PROGRAMS

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 on a spin on the popular on-ice scooters. Sorry, no hockey allowed during this session.

Thu 11:00-11:45am Jan 5-Mar 29
FREE

Family Cosom Hockey

(3 to 12 years with Adult/s)

This program is perfect for families who want to play casual hockey together. Whether you want to pass around the puck or get involved in a friendly game of shinny. Helmets are mandatory for all participants and available FREE of charge at the ice rink.

Sun 12:15-1:30pm Jan 8-Mar 25
Regular public admission rates apply

Britannia Ice Rink Public Skating Schedule

Monday January 2 - Saturday March 31

Schedule subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Adult Open Dance 12:15-1:45pm	Parent & Tot FREE Skate 11:00-11:45am	Adult Stick & Puck 12:00-1:30pm	Public Skate 1:30-3:00pm	Family Fun Hockey 12:15-1:30pm
	Adult/Senior FREE Skate 3:30-4:30pm	Adult Co-ed Drop-In Hockey 3:15-4:45pm	Youth FREE Skate 3:30-4:30pm	Child FREE Skate 3:30-4:30pm		Public Skate 1:45-3:15pm
	Adult Skate 8:15-9:30pm		*Adult Co-ed Hockey 11:15pm-12:45am	Public Skate 7:45-9:15pm		*Adult Co-ed Hockey 9:30-11:00pm

- Helmets are strongly recommended for all public sessions. Helmets are mandatory for all participants in Family Fun Hockey.
- Adult Hockey programs require full equipment. Participants must sign a waiver at the beginning of each session.
- Sign-up for these sessions occurs at the ice rink 1.½ hours before the start of the session. Passes are not valid during these times. There are no goalie drop-in spaces available. Limited drop-in spots are available.

2012 Rink Admissions: Schedule subject to change without notice

ADULT (19-54 yrs)	YOUTH (13-18 yrs)	SENIOR (55+ yrs)	CHILD (6-12 yrs)	FAMILY	SKATE RENTALS	SKATE SHARPENING
\$5.95/Drop-in \$47.60/10 visits	\$4.15/Drop-in \$33.20/10 visits	\$4.15/Drop-in \$33.20/10 visits	\$2.95/Drop-in \$23.60/10 visits	*\$5.90/minimum	\$3.00 \$24.00/10 tickets	\$6.15 \$49.20/10 strip

- Britannia Ice Rink ten visit pass is valid at all Vancouver Park Board operated rinks. Prices are subject to change without notice.
- Adult Drop-in Hockey and Stick & Puck sessions are at the Adult rate.
- A 20% discount on admission is given to groups of ten or more.
- Children under 8 years old must be accompanied on-ice with an individual 16 years or older.
- Family rate is 1-2 Adults of the same household and their children under 19 years, all present at the time of admission of \$2.95 per person.

2012 Rink Flexipass Rates: Schedule subject to change without notice

TERM	ADULT (19-64 yrs)	YOUTH (13-18 yrs)	SENIOR (65+ yrs)	CHILD (6-12 yrs)
1 Month	\$48.00	\$33.00	\$33.00	\$24.00
3 Month	\$125.00	\$87.00	\$87.00	\$62.00
4 Month	\$159.00	\$112.00	\$112.00	\$80.00
6 Month	\$217.00	\$152.00	\$152.00	\$108.00
1 Year	\$392.00	\$275.00	\$275.00	\$197.00

Flexi passes are valid at all Vancouver Park Board-operated fitness centres, swimming pools, and rinks. There will be a \$2.00 charge to replace lost or stolen Flexi passes.

Skate Lessons

LESSON REGISTRATION

In-person registration for participants not currently enrolled in fall skating lessons at Britannia will take place on Sunday, Dec 18, 10:00am-12:00 noon at the Information Centre. Online and in-person registration at the Pool Cashier will begin on Monday, Dec 19 and will continue until classes are full. If you are unsure of which level to register in, have an on-ice skill assessment completed during any public skating session at Britannia prior to Dec 18. Students will not be transferred into another level if they are not registered in the appropriate level. If the lesson you want to register in is full, please put your name on the waiting list. Additional classes are scheduled whenever possible. Please note that skate lessons fill up quickly, so register early.

To view the schedule of class times, please go online to the recreation program section of vancouverparks.ca and select Britannia Arena.

Learn to Skate Lessons

These popular lessons focus on skating skill acquisition through activities and games. Our energetic instructors will teach you to skate with safety in mind. We have classes for pre-schoolers, children, youth and adults. All lessons are 30 minutes and are led by qualified instructors. Skate rental is included in your lesson fee. This program fills up fast, so register early to ensure a spot.

Private Skate Lessons

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

Figure Skating Lessons

Vancouver's only recreational figure skating lessons are offered to both children and adults. To enroll in this unique recreational program, you must be able to balance comfortably on one foot while skating both forwards and backwards, perform one and two foot turns and/or have completed Level 6 in the Vancouver Learn-to-skate program.

Power Skating Lessons

Improve your hockey skating skills with our power skating lessons offered on Sat and Sun afternoons. Learn proper skating posture and the importance making the most out of your edges. Work on skating skills that will strengthen your game. The Saturday program offers lessons from 12:45-1:15pm that take place on 1/3 of the ice surface. The two Sunday programs are 45 minutes, each using the whole ice surface. The beginner program is aimed at skaters who have never taken a power skating class before, can do crossovers at least one way and can skate backwards comfortably. The intermediate class is for skaters who have taken power skating lessons before and want to improve on the skills they already have.

There are 3 ways to register for Britannia Skating lessons (Set 1):

1. Register in-person on **Sunday, Dec 18, 10:00am-12:00noon** at the Information Centre.
2. Register online at britanniacentre.org starting **Monday, Dec 19**.
3. Register in person at the pool cashier from **Monday, Dec 19, 9:00am**, with your current skating lessons report card (2011) or assessment form.

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

Lessons Set 1

Learn to Skate

Tue	6:00-8:00pm	Jan 3-Feb 21
Sat	9:00am-1:15pm	Jan 7-Feb 25
		\$47/8 sess

Power Skating - Beginner

Sun	4:45-5:30pm	Jan 8-Feb 26
		\$56/8 sess

Power Skating - Intermediate

Sun	5:45-6:30pm	Jan 8-Feb 26
		\$56/8 sess

Figure Skating

Sun	3:30-4:30pm	Jan 8-Feb 26
		\$56/8 sess

Lessons Set II

In-person registration will take place on **Sunday, Feb 26, 10:00am-12:00 noon** at the Information Centre. Online registration and continued in-person registration at the pool cashier begins **Monday, Feb 27**.

Learn to Skate

Tue	6:00-8:00pm	Feb 28-April 17
Sat	9:00am-1:15pm	Mar 3- Apr 28
No class March 24		\$47/8 sess

Power Skating Beginner

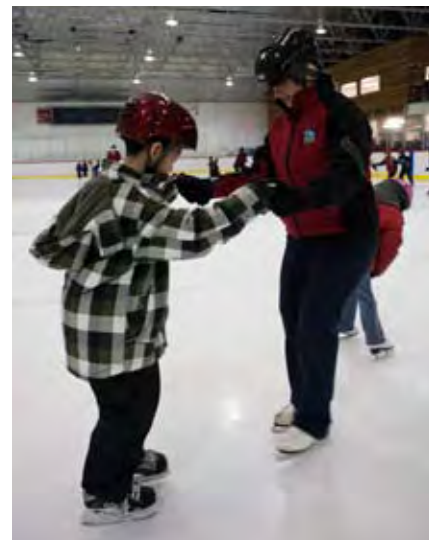
Sun	4:45-5:30pm	Mar 4- Apr 22
		\$56/8 sess

Power Skating Intermediate

Sun	5:45-6:30pm	Mar 4- Apr 22
		\$56/8 sess

Figure Skating

Sun	3:30-4:30pm	Mar 4- Apr 22
		\$56/8 sess



Britannia Branch Hours

Monday	8:30 am-5:00 pm
Tuesday, Wednesday	8:30 am-9:00 pm
Thursday, Friday	8:30 am-5:00 pm
Saturday	9:30 am-5:00 pm
Sunday	1:00 pm-5:00 pm

Holiday Closures

New Year's Day	Sunday, January 1
Good Friday	Friday, April 6
Easter Monday	Monday, April 9

ESL Learning Centre

A FREE drop-in program for adults to help improve their English. This program is open to landed immigrants, Canadian citizens, refugees and others. The Learning Centre is located in the Britannia Library.

Monday	Closed
Tuesday	1:00 pm-8:30 pm
Wednesday	9:30 am-8:30 pm
Thursday	9:30 am-5:00 pm
Friday	9:30 am-3:00 pm
Saturday	10:00 am-2:00pm

Adults who need tutoring can drop in for FREE help with speaking, listening, reading and writing English. Books, equipment, tapes and other materials for all levels of ability are provided.

The ESL Learning Centre is sponsored by VCC, VPL, and Britannia Community Services Centre. For more information about the ESL Learning Centre at Britannia Branch, phone 604-718-5813.

Library Online

www.vpl.ca, where you can:

- Read Digital Newspapers
- Download ebooks
- Download audiobooks
- Renew library books
- check Library Events listings

Kids' Programs

Babytime

Wednesdays 11:15 – 11:45
January 18 to May 16
rhymes, songs, bounces, finger plays and stories for babies, their parents and caregivers. Recommended ages: newborns to approximately 18 months old.

Toddler Storytime

Monday 10:15 – 10:45
January 16 to May 14
rhymes, songs, fingerplays, and simple stories for toddlers, their parents, and caregivers. Drop in.

Family Storytime

Wednesdays 10:15 – 10:45
January 18 to May 16



Drop in for stories, songs, fingerplays, and rhymes for the whole family. Program will include stories for older children to share with their younger siblings.

Man in the Moon

Dates TBA
A unique literacy and language-play program for young children and dads, uncles, step-dads, foster dads, granddads and all male caregivers. Register at the library.

Adults' Programs

Pandora's Collective presents: Word Whips

4th Tuesdays 6:30-8:30 pm
January 24, February 28, March 27
Take the challenge! Pandora's Collective provides the writing prompts and the opportunity for sharing. Ten to fifteen minutes for each prompt. See what you can whip up! Drop in.

Book Talks-Book Club

2nd Wednesdays 6:30-8:30pm
January 11

Resolution to Read

Come and tell us all about the books you've been meaning to read and we'll add a few of the titles to our 2012 line up.

January 11, February 8, March 14, April 11
Book talks led by Pandora's Collective members, a pre-selected book will be discussed each month. Participants must bring their own copy of the book.

To register for these booktalks email book-talks@yahoo.ca

55^{UP} Book Club

3rd Wednesdays 2:00 – 3:00 pm
January 18, February 15, March 21, April 18, May 16.
Informal chats about a book chosen by the group. Books are provided. Refreshments are served. Hosted by a friendly librarian at the Al Mattison Lounge. To register call 604-718-5837.

Internet access at the Library

There are 14 computers with internet access, word processing, media playing. Use your Library Card to get one hour of time on one of these computers.

Britannia Pool & Fitness Centre Open House

Saturday, January 21, 2011 12:00noon-4:00pm

All Ages - Games, Stroke Analysis, Nutrition, Cake, Smoothies, Entertainment

Other Agencies

Eastside Family Place

1655 William Street
eastsidefamilyplace.org 604-255-9841

Eastside Family Place is a support and resource centre for parents and caregivers and their young children (aged infant to early 6 years old). ESFP offers many programs and support services. A Family Drop-In Centre offers adults an opportunity to visit with each other in a warm, supportive environment and at the same time children have the opportunity to make friends, play, and participate in developmentally stimulating children's activities.

Family Drop-In Hours:

Monday/Wednesday/Friday 9:00 – 12:00
Tuesday/Thursday 9:00 – 2:30 (closed 12:00-1:00)

Licensed Occasional Childcare

This program is for parents who are in need of short-term respite childcare. Children aged 18 months to six years with fees on a sliding scale of \$3.50 to \$6.00 per hour. Spaces are limited and must be booked in advance. Childcare phone number is 604-251-1018.

Childminding hours are:

Monday to Friday 9:00 – 12:00

Nobody's Perfect Parenting Program

For parents with children under six, who would like support and resources in the areas of parenting skills and raising children. Childminding and snacks are provided. No cost. Pre-registration required.

Wednesdays 1:00 – 3:00 January 18-April 4 (No group March 21)

Collective of Parents Empowered: (COPE)

C.O.P.E. is an educational/experiential group that meets weekly to discuss topics relevant to parents. Each program is ten weeks long. Parents can be involved in the program for up to 30 weeks. Childminding and snacks provided. No Cost. Pre registration required.

Fridays 1:00 – 3:00 January 13-March 16

Workshops and Information Sessions

A variety of topics of interest to parents and caregivers are offered

Call for details, dates, and to register, or drop by ESFP during Drop-In hours to pick up a monthly calendar.

Toddler Rhythm and Rhyme

This fun program promotes early literacy through songs and stories. It is for children 18 months to 3 years with parent participation, No childminding available

Saturday 10:00-11:30 January 7- 28 and February 11-March 3

Eastside Family Place will be CLOSED for winter vacation December 19-23 and January 2.

The Law Students Legal Advice Program (LSLAP)

<http://www.lslap.bc.ca>

This program provides FREE legal advice for low-income earners throughout the Lower Mainland. UBC law students, working under the guidance of supervising lawyers, provide assistance with various aspects of the law, including criminal matters, small claims, residential tenancy and much more.

Tuesday evenings

Call 604-822-5791 to book an appointment.

Bequest and Charitable Giving

YOUR LEGACY

Everyone leaves their own unique footprint over a lifetime. A person can be remembered for service to the community, strength of character, accomplishments, generosity, kindness and compassion. Planning today to make a future gift to Britannia Society is one of the ways you can create a lasting legacy at the Centre. Your gift will help to ensure that Britannia will continue to provide greatly needed programs and services to community members.

Britannia Community Centre will accept gifts, bequests and other forms of charitable giving. People can continue to support the work of the Centre by making a charitable gift through a bequest in a will. If you are considering a bequest or other form of charitable giving, please choose Britannia Society. Contact the Manager, Natalie Bailey, at 604-718-5810.



PLANET BINGO

Britannia Community Services Centre receives funding from Planet Bingo which supports a wide range of recreation childcare and community education programs.

Grandview Woodland Area Council-www.vcn.ca/gwac

A residents association open to anyone living and/or working in The Grandview Woodland area. GWAC focuses on local issues, advocates for positive change, informs the community about issues, and solves problems around those issues. The Board of Directors and interested residents meet on the first Monday of each month at 7:00pm at Britannia Community Centre, 1661 Napier Street, just west of Commercial Drive. If the meeting date falls on a statutory holiday, the meeting will be held the next Monday.

Other Agencies & Programs

Canucks Family Education Centre

All programs are FREE of charge and provide on site childminding for pre-schoolaged children of participants, with the exception of Executive of the Britannia StrongStart drop-in program (parents and children attend together). Registration is required for all other programs. For more information please contact Jean Rasmussen, Executive Director, at 604-713-8266 Ext 7110 or jean.cfec@gmail.com.

Partners In Education (PIE) Britannia Secondary School

All classes take place in Britannia Secondary School, CFEC Room 110

Britannia StrongStart

Britannia Elementary Schoolroom 103
Monday to Friday 12:30-3:30pm

PIE Foundations in English

Tuesday & Friday 11:30-2:30pm

PIE English for Speakers of Other Languages

Beginner Conversation Class
Monday & Thursday 11:30 - 2:30pm

PIE Foundations In Math and Math Essentials

Wednesday 11:30-2:30pm



Volunteer Opportunities

Britannia's Volunteer Program is home to over 300 active volunteers, contributing in various ways to the Centre and its immediate community. You could be one of these special folks too! Opportunities to volunteer are varied and include assistance in childcare centers, in youth and seniors' recreational programs, special events, or at the board and committee level. If you'd like to contribute your skills and experience to Britannia, contact us to find out more and to get involved! Over the next few months, we'll be recruiting volunteers for the following opportunities:

Daycamp Leaders – interact and have fun with youth campers.

Saturday Unlimited is a unique program for youth 13-19 with disabilities. It runs January 14-March 3, 2012. Shifts are 10am-2pm on Saturdays!

Volunteers must provide 2 references and complete a police record check prior to volunteering.

Micro Footie Soccer Coaches – Do you love soccer and outdoor sports? Does fair play and mentoring inspire you? Join over 100 volunteer soccer coaches in our very popular community league. Be a positive role model and introduce sport and recreation to children aged 4-16. Previous soccer or coaching experience is an asset, but not required. Training is provided.

The Micro Footie season runs from April 21-June 23, 2012. Volunteer shifts are twice a week, 1 hour on a weekday evening and 1 hour on Saturdays. Volunteers must provide 2 references and complete a police record check prior to volunteering.

Special Events Assistants – assisting with festival operations, set-up, take-down, interactions with vendors, artists, information referral and more! Check out our website for updated positions!

Childminding Assistants - help out with children aged 3 and up at one of our five licensed childcare centres. Shifts range from 3 hours and up. A criminal record check is required prior to placement.

For specific shifts and position information, please contact the Volunteer Program Coordinator at **604-718-5860** or send an e-mail to charlene.wee@vancouver.ca or apply online at www.britanniacentre.org, there you will find an application form to fill out.

Hastings Education Centre

On the Second Floor, above the Library!

We offer tuition FREE courses to adults who want to complete high school, prepare for post secondary studies, or get ready for a career change. We are part of the Vancouver School Board, and courses are approved by the Ministry of Education.

We offer courses in:

- English
- Math
- Computer Technology
- Art • Business
- Sciences
- Humanities

Classes range from beginner levels to Grade 12 and are available in the mornings, afternoons, evenings, and on Saturdays! Study in a structured class, self-paced or on-line. To learn more and to find out how to get started, phone 604-713-5735, check us out on the web at www.hastingsed.com or simply come by and visit our centre.

Grandview Woodland Community Policing Centre

1977 Commercial Drive Tel: 604-717-2932
Fax: 604-717-2923 www.gwcpc.ca/

Hours of Operation:

Monday to Thursday	12:00-8:00pm
Friday	12:00-6:00pm
Saturday	12:00-4:00pm

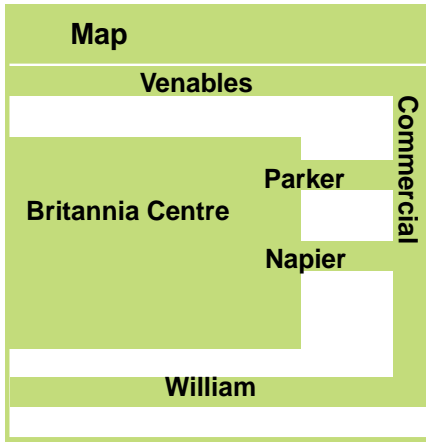
Come and volunteer with us! Four hours a month can make a difference in keeping our community safe. We operate a number of crime-prevention programs-Contact us to see which one would be the right fit for you.

CPC Coordinator: Adrian Archambault
britcpo@shaw.ca

Volunteer Coordinator: Faith
volunteercoordinator@shaw.ca

Admin Assistant: Cathy
britcpo@shaw.ca

Neighbourhood Police Officer:
Constable Mike Lemon
michael.lemon@vpd.ca



Subsidy Policy

Britannia operates a wide range of recreation programs. It is Britannia's policy to make programs as accessible as possible to people who cannot afford to pay full fees. Britannia would like to assist those who are not able to afford the advertised cost of certain programs or activities. At the same time, our operation needs to be financially viable. The Board of Management has approved the following for Recreation programs operated by Britannia. A person may apply for a maximum of 2 subsidies per program season. This subsidy policy does not apply to Britannia childcare programs or products that are resalable.

Residents of Vancouver with a Leisure Access Card (LAC)

Residents of the City of Vancouver showing a current L.A.C. (Leisure Access Card) may receive up to a maximum of 50% off certain programs by completing an application form and presenting it and their L.A.C. Card to a cashier at the time of registration.

Non-residents of the City of Vancouver will not be eligible for subsidies.

Residents of Grandview Woodland Strathcona with a Leisure Access Card

Residents of Grandview-Woodland/Strathcona showing a current L.A.C. card may, with the approval of a programmer, receive a further discount if needed.

Grandview-Woodland/Strathcona Residents without an LAC Card

Residents in the Grandview-Woodland or Strathcona area who do not have an L.A.C. card and are in need of financial assistance may request a subsidy for certain programs of up to 25% of course costs by completing an application for subsidy. For subsidies greater than 25% Grandview Woodland/Strathcona residents need an appointment with a programmer and need to bring their **Notice of Assessment** (tax form) from the previous year from Canada Customs and Excise. Residents of the City of Vancouver outside of the Grandview-Woodland/Strathcona area, who do not have a LAC are not eligible for subsidy.

Translations

This brochure describes the activities at Britannia Community Centre, including pool, ice rink and fitness centre schedules. For information please call 604 718 5800.

La présente brochure décrit les activités qui se déroulent au Centre communautaire Britannia, y compris les horaires de la piscine, de la patinoire et du centre de conditionnement physique. Pour obtenir de l'information, veuillez appeler le 604-718-5800.

Este Folleto describe las actividades que se realizan en el cenro de su comunidad, piscinas, pistas de hielo y centros de gimnasia. tel. 604-718-5829.

Tài liệu này ghi các sinh hoạt tại Trung Tâm Cộng Đồng Britannia, gồm lịch trình của hồ bơi, sân trượt băng và trung tâm thể dục. Muốn biết chi tiết, xin gọi số 604 718 5800.

這本小冊子介紹不列顛尼亞社區中心 (Britannia Community Centre) 的活動，包括游泳池、溜冰場及健身中心的時間表。詳情請電 604 718 5800。



Contact

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

