

Check out our  
upcoming events this  
season on p.9

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

# Programs & Services

## Spring 2025



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





## President's Message

In times of change and uncertainty, the strength of our community is found in the connections we build and the care we show one another. Whether it's a friendly conversation, a shared laugh, or simply knowing there's a place to go where you feel welcomed, community is about belonging.

Our mission is rooted in **empowering people and community**. We believe in sharing access to facilities, education, services, and resources. By engaging grassroots leadership and encouraging volunteerism, we uplift voices that deserve to be heard. We are committed to working alongside our community through the Renewal process, ensuring that changes reflect the needs and dreams of those we serve.

**Embracing Indigenous values and practices** is central to our vision. We acknowledge our place on the unceded territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and səliwətaʔ (Tsleil-Waututh) Nations, and we are guided by their leadership and wisdom. We are dedicated to creating culturally safe spaces that honor Indigenous protocols and reflect a deep respect for community, history, and tradition.

Our commitment to **nurturing creativity in inclusive spaces** means offering programs and places where people feel free to explore, create, and grow. We are here for those who want to learn, connect, and find joy in community. We are dedicated to ensuring our spaces celebrate the diversity and uniqueness of everyone who walks through our doors.

We also believe in **offering low-barrier programs and services** that are welcoming and accessible to all. We understand that barriers to participation go beyond cost and are committed to creating spaces where everyone feels safe, valued, and included.

Our journey hasn't been without its challenges. We've learned that effective communication is essential, and we are working to better use social media to engage with our community. We've also recognized the need for continued training and leadership development to empower our team. Yet through every challenge, we've seen the incredible power of community.

Looking ahead, we are excited to continue growing together, guided by a vision of equity, inclusion, and joy. We are here for you and we look forward to another year of connection, learning, and community.

Pamela Dudas

President

Britannia Board of Management

## Britannia's Board

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

President	Pamela Dudas
Vice President	Craig Ollenberger
Treasurer	John Flipse
Executive Members	Ariela Friedmann Norm Leech
Directors	Adrienne Bale Tom Chang Susanne Dahlin Pat Hogan Vera Jones Nicki Simpson Terumi Squibb Naina Varshney
Youth Directors	Eliot Scott Hanasa Shkur
Staff Rep	TBD
Partners	
VSB	Sonia Blair
VPB	Peter Odynsky
VPL	Tim McMillan
Community Ed	Maddie Lafleur
Executive Director	Cynthia Low
Manager of Administrative Services	Jeremy Shier
Manager of Child Care Services	Jacky Hughes
Manager of Organizational Change	Suzette Amaya

## Committee Meetings

For more info about Britannia committees, call us at 604.718.5800 (1), email the contact person listed below, or visit:

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

### Board Meeting

2<sup>nd</sup> Wed/mo 6:00pm  
Apr 9, May 14, Jun 11  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Anti-Racism & Anti-Oppression Committee

3<sup>rd</sup> Thu/mo 6:00pm  
Apr 17, May 15, Jun 19  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Arena Committee

1<sup>st</sup> Tue/bi-monthly 6:30pm  
May 6  
Susy Bando [susy.bando@vancouver.ca](mailto:susy.bando@vancouver.ca)

### Arts & Culture Committee

1<sup>st</sup> Thu/mo 6:00pm  
Apr 3, May 1, Jun 5  
Amanda Lye [amanda.lye@vancouver.ca](mailto:amanda.lye@vancouver.ca)

### Board Development Committee

3<sup>rd</sup> Mon/mo 6:00pm  
Apr 21, May 19, Jun 16  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Child Care Committee

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

### Grandview Woodland Food Connection

1<sup>st</sup> Wed/mo 6:00pm  
Apr 2, May 7, Jun 4  
Ruth-Elizabeth Briggs  
[gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com)

### Planning & Development Committee

3<sup>rd</sup> Tue/mo 6:30pm  
Apr 15, May 20, Jun 17  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Pool & Fitness Committee

Last Tue/bi-monthly 6:00pm  
Apr 29, May 27, Jun 24  
[britannia.pool@vancouver.ca](mailto:britannia.pool@vancouver.ca)

### ReconciliACTION Circle

Call of the Chair 1:00pm  
Apr 8, May 13, Jun 10  
Suzette Amaya  
[suzette.amaya@vancouver.ca](mailto:suzette.amaya@vancouver.ca)

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

3<sup>rd</sup> Wed/mo 3:30pm  
Apr 16, May 21, Jun 18  
Anne Cowan [anne.cowan@vancouver.ca](mailto:anne.cowan@vancouver.ca)

### Skateboard Committee

Last Mon/mo 6:30pm  
Apr 28, May 26, Jun 30  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)  
[britanniaskateboardcommittee.com](http://britanniaskateboardcommittee.com)

### Volunteer Committee

3<sup>rd</sup> Fri/mo 4:00pm  
Apr 18, May 16, Jun 20  
Yao Zhang [yao.zhang@vancouver.ca](mailto:yao.zhang@vancouver.ca)

### Youth Committee

3<sup>rd</sup> Thu/mo  
Apr 17, May 15, Jun 19  
Tom Higashio [tom.higashio@vancouver.ca](mailto:tom.higashio@vancouver.ca)

# Index

President’s Message, Board of Management, Committees.....	2
Index, Facility Rentals, Holiday Hours.....	3
Registration, Subsidy & Refund Policies, FREE “Fun For All” programs, Memberships, AGM, Spring Break Camps.....	4-5
WCT Indigenous Programs, Food Security, Britannia Art Gallery, Workshops, Special Events.....	6-9
Licensed Child Care.....	10-11
Preschool Programs: Art, Music, Dance, Physical Activity.....	12
Children’s Programs: Art, Language, Music, Summer Camps, Sports, Physical Activity, Gymnastics.....	13-16
Preteen, Youth Programs: Leadership, Social, Sports, Physical Activity, Latin American Youth Program.....	17-20
Adult Programs: Arts, Music, Dance, Language, Martial Arts, Health & Fitness, Sports.....	21-25
55+ Older Active Adults Programs: Vietnamese Program, Dance, Health & Wellness, Social, Special Events.....	26-29
Fitness Centre: Rates & Programs.....	30
Aquatics: Registration, Lessons, Swim Sessions.....	31
Ice Rink.....	32
Volunteer, Leisure Access Program.....	33
Partners: GWFC, CFEC, VLACC, Community Education, VPL, ESFP, CAPC.....	34-35
Britannia Site Map.....	36

## Unceded Coast Salish Territories

Britannia is located on the traditional and unceded Coast Salish territories of the xʷməθkʷəyəm (Musqueam), Sk̓wx̓wú7mesh (Squamish) and səliwətał (Tsleil-Waututh) Nations, and we hold the heritage of these lands close in our everyday work. We aim to embrace Indigenous values and practices and are committed to reflecting Indigenous protocols and beliefs in our work.

## Facility Rentals

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

### Gym/Room Rentals

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

### Pool Rentals

Contact the Pool Programmer, Danny Hui at 604.718.5830 or [danny.hui@vancouver.ca](mailto:danny.hui@vancouver.ca).

### Rink Rentals

Go to [vancouver.ca/parks-recreation-culture/rink-rentals](http://vancouver.ca/parks-recreation-culture/rink-rentals) or contact the Rink Programmer, Susy Bando, at 604.718.5836 or email [susy.bando@vancouver.ca](mailto:susy.bando@vancouver.ca).

### Facility Rental Fee Policy

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

## Holiday Hours

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

Apr 18	Good Friday	CLOSED
Apr 21	Easter Monday	CLOSED
May 19	Victoria Day	CLOSED

### Pool & Fitness Centre

Apr 18	Good Friday	6:30am-9:00pm
Apr 21	Easter Monday	10:00am-5:00pm
May 19	Victoria Day	10:00am-5:00pm

### Rink

The Rink will be closed from March 17 through to the fall for maintenance.

## Cover Photo

Garden volunteers helping in the Nexways wa lh7áynexw (Transformed Life) garden.

Photo credit: Ruth Elizabeth Briggs

# Registration & Rentals

## Registration Dates

Registration for **general programs** opens March 11, 2025 at 7:00pm in-person and online, and at 9:00am by phone on March 12, 2025.

Registration for **swim lessons** opens March 18, 2025 at 7:00pm in-person, online, and by phone.

Due to rink maintenance closure there will be no skating lessons this season.

## How to Register

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

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

### 2) Register in person

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

#### Info Centre Hours:

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

Sat 9:00am-5:00pm

Sun 10:00am-4:00pm

#### Pool Cashier Hours:

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

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

\*Hours are subject to change.

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

## Refund Policy

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

### Swim/Skate Refunds

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

### Cancellation Policy

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

## Contact

1661 Napier Street, Vancouver BC V5L 4X4

[britanniacc@vancouver.ca](mailto:britanniacc@vancouver.ca)

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

Britannia Info Centre:

604.718.5800 (1)

Pool Reception:

604.718.5831

## Britannia Memberships

Britannia memberships are now free, as of August 22, 2023. Memberships are valid for 1 year. A membership can be obtained when you register for a program (your membership will be automatically added to your online purchases) or any time during the year at the Pool Cashier, the Info Centre, or online at:

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

### Membership Benefits

- Free members access to the Fitness Centre on Wednesdays from 9:00-10:00am, and Sundays from 10:00-11:00am.
- Voting privileges at the society Annual General Meeting.
- Eligibility to run for the Board of Management.
- Mail-outs/e-mails about Centre events and programs.

## Subsidy Policy

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

Non-residents of Vancouver are not eligible for subsidies.

### Leisure Access Program

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

### Grandview-Woodland & Strathcona Subsidy

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

### FREE 'Fun For All' Recreation

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



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

# Spring Break Camps & AGM

## Spring Break Camps



### Art Camps

#### Art Exploration with Jennifer (7-10yrs)

Jennifer is a fine arts master and has been working with school aged children for many years creating art in Ukraine. Now she has joined our community to offer a special Spring Break camp. Young artists will explore nature as their inspiration, learning to see and capture shapes, colours, and textures from the world around them. Each day includes creative art projects, outdoor time and games to keep things fun and engaging. All materials included.

**Mon-Fri 9:30am-3:30pm** Mar 17-21  
RAR \$200/5 sess  
537557 Jennifer

#### Explore Latin Culture (6-10yrs)

Britannia is excited to include a Latin American inspired Spring Break camp in partnership with Words in Motion Spanish Language. Explorations in music, language, arts & crafts, dance and food. We will also have guest dance artist Naduska Lopez. There will be time for outdoor fun and making friends. Please pack a lunch, nut free snacks, and water bottle. Dress for weather. Join us on the last day for a showing of what they created in the camp.

**Mon-Fri 9:30am-3:30pm** Mar 24-28  
RAR \$250/5 sess  
537364 Words in Motion

## Funseekers Daycamp (6-12yrs)

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

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

### Spring Break

**Mon-Fri 9:00am-3:00pm** Gym D  
529297 Mar 17-21 \$110/5 sess 529300 Mar 24-28 \$110/5 sess

**\*\*Note\*\*** Summer Funseekers registration will commence on **Sat Apr 5, 10:00am** in person and online, 11:30am over the phone by calling 604.718.5800 (1).

### Dance Camps with Endorphin Rush Dance

On the last day we invite parents to stay for a presentation of what was learned all week! [www.kirbysnelldance.com](http://www.kirbysnelldance.com).

All dance camps run Mon-Fri the week of **Mar 24-28** in CFEC (1655 William St). **\$109/5 sess.**

#### Fairies, Frogs & Fire Breathing Dragons (4-6yrs)

Dancers are encouraged to let their imaginations run wild in this playful and expressive dance camp. In a warm and welcoming environment; children will make new friends while improving their dance technique, and exploring creative expression.

539098 9:15-10:30am

#### Jazz/Ballet Fusion (4-6yrs)

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

539099 10:45am-12:00pm

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

This non-stop action-packed class includes hip hop, and dance games that will have your dancer moving to the beats. Through the week we will work on a choreographed dance.

539100 12:30-1:45pm

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

100% Frozen Soundtrack music played in this creative ballet class designed to ignite your dancers imagination. No experience required as dancers learn basics of ballet and expression through movement. Costumes welcome, not required.

539102 2:00-3:15pm

## Annual General Meeting (AGM)

Traditionally the AGM of the Britannia Community Services Centre Society has been held during the last week of May.

This year the Board has voted to change the timeline and the AGM is to be held in September. More details, including the date, will be shared with our community closer to the time.

For community members who would like to run for the Board, or vote for Board members at the AGM, you must be a member in good standing 14 days prior to the meeting.

Membership is free and includes voting privileges as well as other benefits such as free drop in times for the pool & fitness centre, and free programs & events.



### Our Mission

To develop, coordinate and support a wide range of excellent programs and services for Grandview-Woodland and Strathcona, by working with community members, partners and local agencies.

### Our Vision

To be a catalyst for social connection, capacity building and integration of services in our community while celebrating diversity, and enhancing the life and well-being of everyone who lives, works, and plays in our community.

If you are interested in being a part of our community Board of Management, and sharing your time & experience to benefit our Britannia community, please call Cynthia Low at 604.718.5815 or email [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca).

Further AGM details will be shared closer to the meeting date at [britanniacentre.org/agm](http://britanniacentre.org/agm)



# Weaving Community Together

## Indigenous-led Programs

Every month we have a variety of workshops and events featuring arts and culture from local Knowledge Keepers.

Find the monthly event calendar and other information at [britanniacentre.org/wct](http://britanniacentre.org/wct)

For more information please contact our Weaving Community Together Programmer: [Denise.Johnson@vancouver.ca](mailto:Denise.Johnson@vancouver.ca).

### Reconciliation in Action Circle

Come join our Circle and share your ideas! Contact Suzette for more details. Upcoming meeting dates:

**Tue 11:00am-12:00pm Apr 8, May 13 Jun 10**  
Conference Room

## WCT Tuesdays

Join a variety of Knowledge Keepers to learn in a new season of workshops.

**Tuesday evenings in the Rink Mezzanine from 6:00-9:00pm.**

Snacks provided. Space is limited, register in advance.

### Rattle Making

**NEW**

Come join Knowledge Keeper, Sabien Rawcliffe and learn how to make your own rattle.

Session One: Participants will be soaking, sewing, and stretching the rawhide together.

Session Two: Bring your rattle back, that you have created, and learn how to assemble it. \*Note – no extra rattles to be made in this session.

**558583 Apr 1 & 22 \$35/2 sess**

### Cedar Easter Wreaths

Dawn Cranmer is back and this time helping you make a fresh Easter Wreath. Bring your creativity and embellish your own Wreath!

**550079 Apr 8 \$5/1 sess**

### West Coast Canvas Painting

**NEW**

Join Roger Smith from Haida Nation and learn the art of designing a Killer Whale. Supplies provided.

**550106 Apr 15 \$5/1 sess**

### Scrunchie Making

**NEW**

We will have materials for you to learn how to make your own scrunchies with our wonderful Knowledge Keeper Vanessa Webster.

**558470 Apr 29 \$5/1 sess**

**558586 May 20 \$5/1 sess**

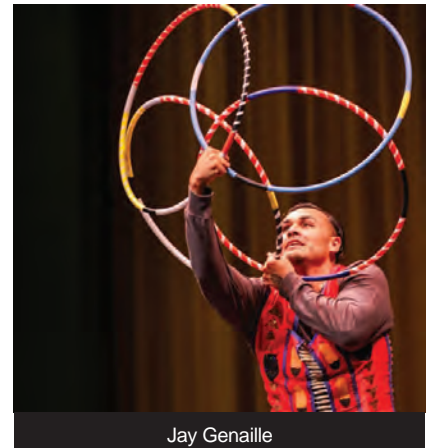
## Mens Pow Wow Dance Lessons (All ages)

Every Sunday in, come join Cree, Salteaux and Ojibway Knowledge Keeper Jay Genaille. Jay will show us his teachings of Pow Wow Dancing and get the community ready for the Fathers Day Pow Wow. Jay hopes to inspire Indigenous youth & men by sharing his knowledge he received from 3x world champion Dallas Arcand Sr.

**Sun 11:45am-1:15pm April 6, 13, 20, 27**  
**CFEC \$10/4 sess**  
**549675**

## WCT Thursday Workshops

On Thursday afternoons there are Knowledge Keepers facilitating workshops in the 55+ Centre from 12:00-4:00pm. See p.28 for details.



Jay Genaille

## Indigenous Mothers Day Cards

Miska Creative is back and preparing you for Mothers Day! They will help you create beautiful Indigenous inspired cards. A wonderful custom handmade piece to gift!

**550054 May 6 \$5/1 sess**

## Hair Braiding

Come learn basic hair braiding techniques with Ashley of the Ulkatcho and Tsilhoqotin Nation. Learn basic braid, Franch braid, Dutch braid and others. Ashley specializes in braids and intertwines love, respect, prayers, culture and traditions. No experience required, supplies provided.

**551622 May 13 \$10/1 sess**

## Mini Hand Drums

**NEW**

Come join Josiah Amaya of the Cree, Kwakwaka'wakw, Coast Salish, Nisga'a Nations and Salvadoran. He will be showing us how to make Mini Hand Drums and sharing stories, as he is not only a great Knowledge Keeper, he is also a Radio Host & Producer for ThinkNDN radio!

**558593 May 27 \$10/1 sess**



Josiah Amaya

## Pride Yarn Dreamcatchers

**NEW**

Let's welcome back Ruby Harry from the Tsilhqot'in Nation as she prepares us for Pride month! Ruby will be showing us how to make beautiful dreamcatchers out of yarn for you to take home. She will also share stories, songs and ceremonial teachings from lived experience and knowledge passed down from her Elders. Supplies provided.

**558446 Jun 3 \$10/1 sess**

## Braided Hair Clips

Learn how to make a braided hair clip from Indigenous Knowledge Keeper, Ashley Jack.

**558596 Jun 10 \$5/1 sess**

## Devils Club Salve & Medicine Talk

**NEW**

Come join Knowledge Keeper Cindy Pete and learn how to make Devils Club Salve. Cindy comes with a wealth of knowledge about Indigenous medicine and will teach the use of Devils Club in our Indigenous culture.

**558598 Jun 17 \$10/1 sess**

## Beaded Pride Earrings

**NEW**

Please join Knowledge Keeper, Luella Doolan of Luella's Beading Creations and make yourself a beautiful set of dangle Pride Earrings. Supplies provided. Register early!

**558605 Jun 24 \$10/1 sess**

## WCT Youth Beaded Grad Caps

NEW

Join Knowledge Keeper Wagella Hunt and add some creative beadwork to your grad cap!

Thu	3:30-7:30pm	\$5/1 sess
552794	Apr 3	552800 Apr 17
552798	Apr 10	552801 Apr 24

Teen Centre



## Cedar Weaving Headbands

NEW

Please join Knowledge Keeper, Tiger Leonard Williams of the Kwakwaka wakw Nation in making your own Cedar Headband. Tiger will help you get ready for Indigenous Peoples Day. Session 1 we will begin the headbands. Session 2 will be time to complete them.

Thu	3:30-7:30pm	\$0/2 sess
Teen Centre	Jun 12 & 19	

## WCT Fitness FitNation (55yrs+)

NEW

FitNation is an eight-week Indigenous aquatic fitness program that takes place at Britannia Pool. It is a free, registered program for Elders in the community who are interested in improving their mobility, agility, balance and general fitness. Snacks provided.

Wed	10:15-11:15am	Apr 23-Jun 11
551102	Brenlee	Free*

\*Registration required

## FitNation (18yrs+)

NEW

Wed	8:00-9:00pm	Apr 23-Jun 11
551103	Brenlee	Free*

\*Registration required

No one turned away for lack of funds. Full subsidies available for Leisure Access Program participants. See p.33 for more information on Leisure Access or contact Suzette Amaya at 604.718.5873 or [suzette.amaya@vancouver.ca](mailto:suzette.amaya@vancouver.ca).

## Grandview Woodland Food Connection



The GWFC at Britannia is a Neighborhood Food Network supporting the health & well-being of all residents, especially, our vulnerable, under-served, and low-income neighbours.

We address food security by providing a broad spectrum of programs that connect & strengthen our community. We work towards a community-based, accessible, just, decolonized, and sustainable local food system. Check out p 34 for more details on our Committee and why you want to join! If you'd like to get involved, email [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com) or visit: [gwfoodconnection.com](http://gwfoodconnection.com)

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

NEW

Did you know that the Community Centre gardens are 65% volunteer run? Let's cultivate community in the garden. Join our Work Parties every bloomin' Sunday. We meet in the Nexways wa lh7áynexw (Transformed Life Garden) or šxwqwelewən ct (One Heart One Mind Garden) This is experiential hands-on learning; planting, watering, weeding, and harvesting as we care for the gardens. You will also be first to hear of our up coming Sunday Skill Sharing Parties where we learn and work. These are free and open to all, so bring your friends! Enjoy the fruits of your labor as we learn together.

All are welcome, rain or shine! No registration required—simply show up with enthusiasm and a green thumb.

For more information, please email Ruth Elizabeth at [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com) or call 604-718-5895. No session on April 20, May 18.

Sun	10:00am-1:00pm	Apr 6-Jun 29
Transformed Life Garden		Free
TBA		

## Square Foot Garden Workshop

Join Master Gardener, Pablo Vimos, in exploring the benefits of growing a square-foot garden! In this hands-on workshop, Pablo will show you how this simple method can optimize all your available garden space and allow you to grow a lot of food in a small space. Square foot gardening can be adapted to gardeners of all experience levels and physical abilities and can reduce water use. You'll leave with printed information, and some seedlings to plant in your own garden! Sign up to gain hands-on experience ... and get ready to get dirty! Sliding scale – pay what you can (\$5/\$10/\$15 options)

Sat	2:00-4:00pm	Apr 12
Mary Jo Garden		Pablo
552849	Pay what you can \$5	
552850	Pay what you can \$10	
552854	Pay what you can \$15	

## Britannia Bulk Buy Food Club

Interested in fresh, healthy, and affordable food at wholesale prices? See page 34 for more information.



## Community Kitchen for Seniors (55yrs+)

Tired of cooking alone? Come and cook with us!! On Monday May 12th, Marni will be guiding us through a few simple Italian recipes that we will perfect together. Once we have finished cooking, you can either eat with us or bring your food home. Registration required. Please BYO reusable containers if you can – or borrow some to return later!

Mon	1:00-4:00pm	May 12
55+ Centre		\$5/1 sess
558298	Marni	





# Britannia Art Gallery & Workshops

## Britannia Art Gallery

The Britannia Art Gallery features a new exhibition every month to showcase recent works from local artists. Exhibition openings are held the first Wednesday of the month with artists in attendance to share about their works and catered by Michael Speier. For more information contact [brtngallery@gmail.com](mailto:brtngallery@gmail.com). Full exhibition details and artist bios can be found at [britanniartgallery.org](http://britanniartgallery.org).

Visit the Art Gallery in the Britannia Library branch during open hours:

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

Closed Apr 18, 21, May 19.

Upcoming exhibition dates:



**March 5-29**

*Woman of Colours*

Fiber Arts by **Deirdre Pinnok**

Deirdre Pinnok is a talented Rug Hooker, passionate mental health advocate, aspiring entrepreneur and self-identified 'woman of colour' based in Vancouver. She works to fuse vivid colours, playfulness and therapeutic qualities into various creative pieces.

**April 2-30**

*Struck from Time and Mind: The Preservation of Whiteness in Public Education*

Mixed media by **I Dream Library**

I Dream Library is an interdisciplinary education and arts activism project from Aisha Kiani and Rakim which invites individuals of all ages to reflect on the transformative power of libraries.

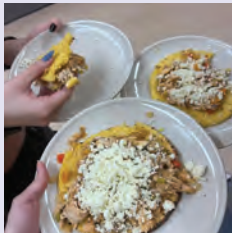


**May 7-31**

*Roots, Culture, Rhythm and Colours*

Mixed media by **Latin American Youth Program Collaboration**

This art collection is a collaboration with the Latin American Youth Program. Its purpose is to celebrate and showcase the vibrant essence of Latino culture, as seen through the eyes of young people navigating life in Canadian society.



**June 4-28**

*good medicine, sore hands*

Mixed media by **Sacha Ouellet**

Celebrating the nature of oral tradition by eliciting form with poetry as a backdrop for the work of beading. Both are inherited knowledge, from not only my familial lineage, but from Mohawk, Cree, and Metis' peoples who have taught me different ways of beading.



## Artist Talk ☀️

### Struck from Time and Mind

I Dream Library will share how their project explores themes of memory, identity, history, and futurism, I Dream Library serves as a catalyst for dialogue on the role of libraries and archives in social justice movements, public education, and cultural (re)formation.

**Wed Apr 23 5:30-6:30pm**

## Artist Workshop ☀️

### why I have sore hands

Sacha Ouellet, a 2Spirit, Haida, Tlingit, and French Canadian artist, presents a beading & writing workshop. An Art Exhibit piece utilizing traditional knowledge practice of beading and imagery of select poems from a forthcoming poetry book.

**Sat Jun 14 1:00-3:00pm**

## Workshops

### Vancouver Tool Library Workshops (19yrs+)



### Chip Carving Basics

Vancouver Tool Library: Join the VTL for an introduction to the craft of chip carving. Chip carvers use small, angled blades to create geometric designs in wood. In this workshop, participants will learn how to safely use chip carving knives to make a coaster. Materials and tools provided for the workshop. Refund requests must be made 7 days before the workshop.

**Thursdays 6:00-9:00pm**

**546796 May 1**

**546797 Jun 5**

**Rink Mezz**

**\$42/1 sess**

### Wooden Spoon Carving NEW

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

**Thu 6:00-9:00pm**

**Rink Mezz**

**556656 Vancouver Tool Library**

**May 29**

**\$63/1 sess**

### Wooden Spoon Carving ☀️ monthly meetup

Carving Circle monthly meetup is for those who have taken at least one spoon carving course with the Vancouver Tool Library and would like to continue with a monthly gathering with other carvers. There will be no formal instruction during these meetups. Limited spaces so please register. This is organized by the Vancouver Tool Library.

**Wed 6:00-9:00pm**

**Carving Pavillion**

**546805 Vancouver Tool Library**

**May 21 and Jun 25**

**FREE**

### Britannia Market Vendor Invitation

Britannia Community Centre hosts several markets during the year including the SHINE Intercultural Spring Market, Plaza Art Markets, Indigenous Concert Series, and the Winter Craft Market. More information and artist/vendor application are available from [artsbritannia@gmail.com](mailto:artsbritannia@gmail.com).



# Special Events

## Traditional Ukrainian Psanky Egg Painting (16yrs+)

Ukrainian artist Tanya Znak will introduce the community to traditional psanky egg painting techniques with using wax and dyes. All supplies are included. Dress for mess as these dyes may dye clothes. This program is subsidized by the Britannia Arts & Culture Committee.

Sat 1:00-4:00pm Apr 5  
55+ Centre \$20/1 sess  
540790 Tanya

## Traditional Ukrainian Lino Cut & Printing (16+yrs) NEW

Traditional Ukrainian Lino Cut Stamping Ukrainian artist Tanya Znak will introduce the community to traditional lino cut. First with the creation of a design and the transfer of the image to the lino block. It will then be carved out and on the last day stamp the design onto material. All supplies are included. Dress for a mess. This program is subsidized by the Britannia Arts & Culture Committee.

Sat 1:00-4:00pm May 24 - 31  
RAR \$26.25/2 sess  
549779 Tanya

## Special Events

### Sunday Movie Night Series (All ages)

Everyone is welcome to view movie classics new and old with us every Sunday evening. Doors open at 5:45pm.

Sun 6:00-9:00pm Apr 6-Jun 29  
55+ Centre Free\*  
546234 Ken

\*Registration required.

### Income Tax Clinic

Looking for assistance with your income tax filing? Britannia provides a complimentary tax clinic for individuals with modest incomes and straightforward tax circumstances. Our volunteer tax preparers, trained under the Canada Revenue Agency's 'Community Volunteer Income Tax Program', ensure the confidentiality and security of your information.

Appointments begin in late February and will be available through the first week of May.

To schedule an appointment online visit [BritTaxClinic.org](http://BritTaxClinic.org), alternatively you can call the Info Centre at 604.718.5800 ext 1.



## Spring Outdoor Indigenous Concert Series

In partnership with Park Board Activations team and Britannia we are bringing back the Indigenous Concert series at Grandview Park.

Stay tuned for more information as we uplift our local community of Indigenous Musicians and Artists to host another round of events, curated by Suzette Amaya.

Sun 2:00pm – 4:30pm  
May 4 Rainy day back-up May 18  
Jun 1 Rainy day back-up June 29

## National Indigenous Peoples Day

June 21st marks National Indigenous Peoples day. On June 21st, please come by Britannia as we showcase a local artist, and have a special performance, while we highlight our Indigenous staff at Britannia as well.

Sat Jun 21 TBD  
Grandview Park

## Shine: Intercultural Spring Event

Britannia Community Services Centre is once again hosting an intercultural Spring event in Grandview Park featuring the work of local artists, cultural presentations, community tables, live music and artist workshops. We invite you to celebrate with us and share stories with each other through music, art, dance and togetherness. It's our time to shine again. Thanks for the funding from the City of Vancouver CASC Grant. More information and artist/vendor applications are available from Helen and Amanda at [artsbritannia@gmail.com](mailto:artsbritannia@gmail.com)

Sun May 25 11:00am-4:00pm  
Grandview Park

## Spring Equinox Coffee House (All ages)

An evening of sweet spring vibes as we celebrate the turn of the season. Engage in conversations, and connect with your neighbours through music, poetry, and movement. Local musicians Clara Shandler, Roisin and Peter will be performing Clara's original compositions from her latest album "Pacific Rain" that weaves together influences from jazz, folk, classical, and rock (think Joni Mitchell meets Yo Yo Ma meets Nirvana). Curated by Danais Yera Guerra. In person and on Zoom. Visit [britanniacentre.org/coffeehouse](http://britanniacentre.org/coffeehouse) where line up and zoom link will be available closer to the date.

Sun 6:30-9:00pm Mar 30  
55+ Centre and Online Free



Fun at Shine - rain or shine!

## Donate Today!

Britannia has many programs and services offered free or at low cost to the community with your help! Introducing Our New Donation Page where you can donate with ease and automatically receive a tax receipt via email when you donate through our Canada Helps page.

Learn more: [britanniacentre.org/donate](http://britanniacentre.org/donate)



# Licensed Child Care

## Britannia Child Care Hub

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

### Child Care Mission Statement

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

### About our Child Care Programs

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

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



### About our Staff

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

All staff, substitutes, students and volunteers are required to have a clear Criminal Record Search in accordance with child care licensing regulations. For more information, visit: [britanniacentre.org/services/licensed\\_childcare](http://britanniacentre.org/services/licensed_childcare)



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

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

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

## Preschool Program (3-5yrs)

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

### Britannia Preschool

1661 Napier Street  
Lorraine Evans 604.718.5843

### September 2024 – June 2025

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

Afternoon Classes  
M/W/F 11:45am-3:15pm \$84/mo  
Tue/Thu 12:45pm-3:15pm \$56/mo  
5 days/week (am or pm) \$140/mo



## Daycare Programs (3-5yrs)

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



### Eaglets Daycare

485 Semlin Drive  
Suzy Liguori 604.718.5856

Waitlist for Eagles Daycare are closed. If you require a space for 2027 onwards, please email eagleschildcare@shaw.ca

Hours: Mon-Fri 7:30am-5:45pm  
Fees: \$10/day \$200/mo  
Snacks provided.

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

2075 Woodland Drive  
Kal Kular 604.718.5846  
grandviewcc@shawbiz.ca  
grandviewterracechildcare.com

Hours: Mon-Fri 7:30am-5:45pm  
Fees: \$200/mo  
Snacks provided.

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

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

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



### Britannia OSC

1661 Napier Street  
Lorraine Evans 604.718.5843

Pick up: Britannia Elementary

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

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

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

Fees include before and after school care.

Breakfast & pm food program provided.

### Grandview Terrace OSC Program II & III

2075 Woodland Drive  
Kal Kular 604.718.5846

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

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

\*No AM care for École Anne-Hébert.

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

Breakfast & pm snack provided.

### Eagles In The Sky OSC

103B-1950 E. Hastings  
Cassandra Gordon 604.348.9706

Waitlist for Eagles OSC are closed. If you require a space for 2027 onwards, please email eagleschildcare@shaw.ca

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

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

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

Fees: \$10/day \$200/mo  
Breakfast & pm snack provided.

## Community Action Program for Children (CAPC)

CAPC is a community-based children's program that promotes the healthy development of young children. For more information and to register, please call 604.718.5821 or 778.245.2428.

Fall programs:

- Food Security Program (fruit and veggie hampers)
- Parents Training (Nobody's Perfect)
- Parents Circle Time (1<sup>st</sup>/2<sup>nd</sup> Fri/mo)
- Spanish Mother Goose/Mama Ganso (0-2yrs)

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

Enjoy one hour of rhymes, songs, games and stories in Spanish with your child. Registration is required. Please call 604.215.8289. No session Apr 21, May 19.

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

Mon Apr 7-Jun 16 Free\*  
1-2yrs 10:30-11:30am  
0-12mo 12:30-1:30pm

\*Call 604.215.8289 to register.



# Preschool

## Language

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

Research shows that babies who are offered Sign Language learn more quickly and talk earlier. With songs and games, learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. Please bring your own blanket or mat to sit on. No drop-ins - registration only. For more info visit [www.intoyoga.ca](http://www.intoyoga.ca)

Wed 9:45-10:30am Apr 16-May 14  
Mat Room \$77/5 sess  
546904 Sheri

### Hola Spanish for Kids (3-5yrs)

Hola Spanish for kids is a unique opportunity to hear the Spanish Language in a joyful, safe and fun environment. Children will experience the Spanish language in a meaningful, real-life context, from a variety of sources. We explore different topics every week. Great way to get immerse into this tasty and fun Latin World. Supervised and instructed by highly qualified native Spanish-speaking teachers.

Thu 2:15-3:15pm May 15-Jun 19  
548398 \$96/6 sess

## Physical Activity

### Kindergym (1-5yrs)

Run, jump and roll in a gym full of mats and playground equipment. Parent supervision required. Pay \$3.50 drop-in fee at the POOL OFFICE and bring receipt to Stephanie or give her a pre-purchased strip ticket (\$30/10 tix). Parents, please assist at the end of the program by helping put the large equipment away.

No sess Apr 20, 27, May 25, Jun 1, 22.

Sat 8:45-10:15am Apr 19-Jun 28  
Stephanie

Sun 4:15-5:45pm Apr 20-Jun 29  
Ryan  
Gym D \$3.50/drop-in or \$30/10 tix

## Dance

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

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

Sat Apr 12-Jun 14 \$130/10 sess  
542272 11:50am-12:30pm 3-4yrs  
542273 1:30pm-2:15pm 4-6yrs  
CFEC Endorphin Rush Dance

More info: [www.KirbySnellDance.com](http://www.KirbySnellDance.com)

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

Baby and Me Yoga classes are designed with the birthing parent and new baby in mind. Connect with your young one with playful asana (exercises) as you stretch, breathe and relax your body back into shape, while your baby is stimulated physically, emotionally and socially. This class is best suited for those who have healed after delivery, and for babes who are not yet very mobile. Previous yoga experience is not necessary. Bringing a blanket for baby and your own mat is recommended. Drop in \$19.

Wed 11:30am-12:30pm  
541543 Apr 9-May 14 \$107.10/6 sess  
541542 May 28-Jun 25 \$89.25/5 sess  
CFEC Liza

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

Multisport classes teach children introductory physical skills and help them develop confidence through 8 different ball sports. Parent participation required. No class Apr 20, May 18.

Sun 11:30am-12:15pm Apr 6-Jun 22  
Gym D \$190/10 sess  
541595 Sportball

### Sportball Multisport (3.5-5yrs)

Multisport classes teach children methods to practice and refine gross motor skills through 8 core ball sports. This program reinforces the benefits of teamwork and skill development, and enables children to gain confidence and develop social skills to succeed in sport and life. No class Apr 20, May 18.

Sun 12:15-1:15pm Apr 6-Jun 22  
Gym D \$190/10 sess  
541594 Sportball

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

Jump, skip and twirl! In this class children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. This is a closed class, however, parents invited to stay in last class for a presentation of what we have been learning. **Parent participation required for 2-4 year old classes.**

Sat Apr 12-Jun 14 \$130/10 sess  
542268 9:20-10:00am 2-4yrs  
542269 10:10-10:50am 2-4yrs  
542270 11:00-11:40am 3-4yrs  
542271 12:40pm-1:20pm 4-6yrs  
CFEC Endorphin Rush Dance

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

Classes cover all aspects of Capoeira: Martial arts, dance, music, acrobatics, culture, language and more. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Classes do not pro-rate; monthly rate only. Drop in \$20. No class Apr 6, 20, May 18.

Tue 5:00-5:45pm Sun 11:00-11:45am  
541534 Apr 1-29 \$90/mo  
541533 May 4-27 \$90/mo  
541535 Jun 1-29 \$90/mo  
Cafeteria Marcus

## Music

### Music Together® (0-5yrs)

Experience the joys of music-making and the powerful benefits of having music in your child's life - and how much fun your role can be! Our 9 award-winning music collections and research-based curriculum supports parents at home and keeps the music making alive all week. Each child participates at their own level, their natural musicality nurtured through singing, dancing, listening and watching the adults, and exploring musical instruments. Caregiver participation required. Reduced tuition rate for siblings; children under 6 months attend free with registered sibling. \$60 Music Together Licensing fee is non-refundable after 1st class. No class May 17.

Sat Apr 26-Jun 21 \$188/8 sess  
542685 10:30-11:15am  
542686 11:30am-12:15pm  
Rink Mezz Stephanie

### Jump Into Music (6mos-4yrs)

NEW

This one-of-a-kind music and movement program engages, educates, and entertains parents and children while on a musical journey through different styles and cultures. The research-based curriculum stimulates the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing - a family fun environment exploring 24 genres/cultures. The instructor will provide everything needed for class. Siblings attend at a 25% discount (but must register in person) and children under six months attend free with a registered sibling. Caregiver participation is required. Additional audio and video resources are available with registration. For more information and reviews visit [www.jumpintomusic.ca](http://www.jumpintomusic.ca). Drop-in \$22, space permitting (including two spots over a fully registered class).

Wed Apr 10-June 11 \$200/10 sess  
550064 9:00-9:50am  
550092 10:00-10:50am  
CFEC Monica



## Language

### Hola Spanish for Kids (6-8yrs)

Join us in experiencing Latin culture. Children will experience the Spanish language in a joyful, safe fun environment for meaningful, real-life context. These are the best afternoons of learning to speak Spanish your kids can get. We explore different topics every week. Great way to get immersed into this tasty and fun Latin World. Supervised and instructed by highly qualified native Spanish-speaking teachers.

**Thu 3:30-4:30pm** **May 15-Jun 19**  
**548439** **\$96/6 sess**  
**RAR Words in Motion**

### Beginner French Immersion for Kids (7-10yrs) NEW

This program will focus on fun, engaging, and immersive activities to help children learn French in an informal, interactive setting. Each session will include a mix of French language learning, outdoor play, music, and crafts. We'll aim to build vocabulary, listening, and speaking skills while keeping the atmosphere playful and supportive.

**Mon 3:15-4:15pm** **May 15-Jun 19**  
**550160** **\$104/8 sess**  
**RAR Karine**

## Art

### Drawing and Cartooning with Robin (6-12yrs)

Comic book illustrator Robin Thompson (Captain Space Man) will show young budding artists easy ways of drawing heroes, monsters, robots, manga and more! Learn to create original characters and your own comic strips! Robin's simple pencil to paper drawing techniques are easy to follow with guaranteed results! All you need to bring is a broad imagination! Drawing has never been more fun!

**Thu 3:15-4:45pm** **Apr 10-Jun 12**  
**FAR** **\$105/10 sess**  
**546201 Robin**

### Family Art Exploration - Sensory Art NEW

Join us on a sensory journey to welcome the season and celebrate the Equinox through mixed-media art. Nihan works with you to create art using different techniques. Please pre-register as space is limited.

**Sat 2:00-3:15pm** **Apr 5, May 3, Jun 7**  
**557500 Welcome in the Spring** **\$5/1 sess**  
**557501 Nature Exploration** **\$5/1 sess**  
**557503 Imagination Adventure** **\$5/1 sess**  
**RAR Nihan**

### Art Making (6-9yrs)

Discover the fascinating journey of art history in our art program, where we explore key artistic periods through engaging hands-on activities. From the expressive simplicity of prehistoric art to the grandeur of antiquity, the spirituality of the Middle Ages and the innovation of the Renaissance, each session brings history to life. We'll dive into the drama of Baroque and the elegance of Rococo, followed by the bold brushstrokes of Impressionism. Using a variety of materials and media, students will experiment with techniques inspired by each era. Dress for a mess. On the last day there will be a chance to see the art work they have created together. No class May 17

**Sat 10:00-11:20am** **Apr 26-Jun 21**  
**RAR** **\$112/8 sess**  
**548173 Jennifer**

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

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

**Thu 4:00-5:15pm** **Apr 24-Jun 12**  
**Rm 208** **\$142/8 sess**  
**541635 Helen**

### Clay for Two - parent and child (5-12yrs)

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

**Wed 4:00-5:15pm** **Apr 23-Jun 11**  
**Rm 208** **\$284/8 sess**  
**541637 Helen**

### Clay for Children - wheel (9-12yrs)

Continue your exploration of the potter's wheel. 4 classes exploring pottery and sculpture on the wheel, one class to glaze and last class for the tea party! Students will be responsible for set up and clean up of their tools and equipment. Limited class size (one wheel/student). Artist quality, food safe materials included.

**Tue 4:00-5:30pm** **May 6-Jun 10**  
**Rm 208** **\$142/6 sess**  
**541636 Helen**

## Dance

### Afterschool Latin Style Dance (6-10yrs) NEW

Naduska is a dance instructor, performer and personal trainer. She has performed, trained and taught across the Americas. In this afterschool class she will explore a fusion of authentic styles of Latin dance. She will teach in English, Spanish and Portuguese. Perfect for those that are wanting a fun, high energy program. Please bring a water bottle, wear comfortable exercise clothing, and indoor shoes/bare foot. No class on Good Friday Apr 18.

**Fridays 3:15-4:15pm** **\$80/5 sess**  
**540960 Apr 4-May 9**  
**540961 May 23-Jun 20**  
**C FEC Naduska**

## Music

### Piano and Clarinet (6-18yrs)

Continue your music studies or begin an instrument and enjoy a lifetime of making music! These lessons consider each student's development and goals. Conservatory exam preparation is available. An on-going program from Sept-June, students are ensured placement for the duration of their studies. Payment is made in advance of each set. Lesson costs shown below are for 30 min classes. 45 and 60 minutes per week are also available at the discretion of the instructor. New students may start anytime during the session. Please contact instructor before registering for lesson times, etc., at janine.oye@gmail.com. Clarinet students must provide their own instruments. **Registration in person or by phone only, none online.** Please call 604-718-5800 (1). No class: Apr 11,12,18, May 30,31. Recital date: Sunday Jun 22 at Killarney Community Centre.

**Fri 6:15-9:00pm** **Apr 4-June 20**  
**544527** **\$300/10 sess**

**Sat 9:00am-4:00pm** **Apr 5-Jun 21**  
**544528** **\$330/11 sess**

**Preteen Centre Janine**

### Guitar - group lessons - Beginner Children (7-12yrs)

Guitar classes will include technique, reading notes, constructing melodies and bass lines as well as learning a variety of different chords (complexity depends on level of enrollment and students' previous experience) We will also learn pop songs, rock songs, blues, jazz and world music. Please bring your own guitar. Class size is limited to 3!

**Tue 3:15-4:00pm** **Apr 29-Jun 17**  
**RAR** **\$240/8 sess**  
**548393 Pablo**

# Children

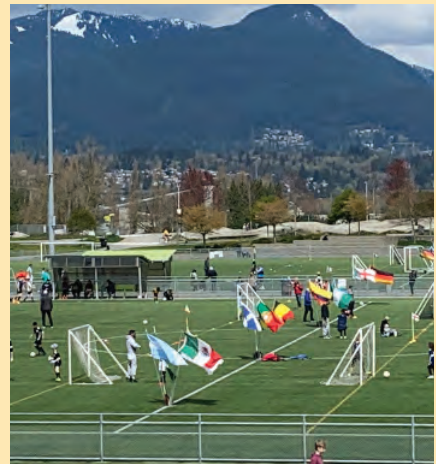


## 2025 Micro Footie Spring League (April 12 - June 14)

Welcome to Britannia World Cup Micro Footie. Our mission is to provide a top class community sporting experience in wonderful Spring weather for players ages 4 and up (including a 18+ Women's program) using a small-sided game format which encourages player involvement and participation. Equally fun and exciting, every week we create a World Cup tournament environment with country flags as players team up and play for World Cup countries: Brazil vs Argentina, Italy vs England are just some of the weekly rivalries. We value fun, development, inclusion, sportsmanship, creativity, mentorship, and team camaraderie. These values go hand in hand with being part of the East Vancouver community where players make new friends as easily as creating goal scoring opportunities.

This year will be our 32nd year offering Britannia World Cup Micro Footie to the East Van community! Saturdays are game days at Empire Bowl with practices at our local fields. Registration includes playing soccer outside twice a week for 9 weeks, a custom World Cup country kit to keep (shorts, socks, and shirt), team photo, a season finale tournament that includes surprises. And the final bonus, fingers crossed, usually wonderful weather too. Full program details at [britanniasoccer.org](http://britanniasoccer.org).

**Program Dates:** April 12-June 14, 2025. No session Apr 21, May 17 & 19.  
**Program Cost:** \$192/player.  
**Registration:** Registration is ongoing until divisions are full. Register online at [vanrec.ca](http://vanrec.ca) and in-person at the Info Centre.  
**Refunds:** Refunds will be issued up to Feb 21, 2025. No refunds issued after this date.



### 2025 Spring Schedule

#	DIVISION	SAT GAME TIME	GAME LOCATION	WEEKDAY PRACTICE TIME/LOCATION
537155	Girls & Gender Diverse 4-5yrs	8:15-9:15am	Empire North	Mon 5:45-6:45pm Brit Oval
537149	Boys & Gender Diverse 4-5yrs	8:15-9:15am	Empire South	Tue 5:45-6:45pm Brit Oval
537156	Girls & Gender Diverse 6-7yrs	9:30-10:30am	Empire North	Wed 5:45-6:45pm Brit Oval
537150	Boys & Gender Diverse 6-7yrs	9:30-10:30am	Empire South	Thu 5:45-6:45pm Brit Oval
537159	Girls & Gender Diverse 7-8yrs	10:45-11:45am	Empire North	Wed 5:45-6:45pm Robson Park
537151	Boys & Gender Diverse 7-8yrs	10:45-11:45am	Empire South	Mon 5:45-6:45pm Robson Park
537157	Girls & Gender Diverse 8-9yrs	12:00-1:00pm	Empire North	Mon 7:00-8:00pm Brit Oval
537152	Boys & Gender Diverse 8-9yrs	12:00-1:00pm	Empire South	Wed 7:00-8:00pm Robson Park
537158	Girls & Gender Diverse 10-11yrs	1:15-2:15pm	Empire North	Wed 7:00-8:00pm Brit Oval
537153	Boys & Gender Diverse 10-11yrs	1:15-2:15pm	Empire South	Mon 7:00-8:00pm Robson Park
537148	All Genders 12-13yrs	2:30-3:30pm	Empire South	Tue 7:00-8:00pm Brit Oval
537160	Women & Gender Diverse 18yrs+	2:30-4:00pm	Empire North	Thu 7:00-8:00pm Brit Oval

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

## Micro Footie Volunteer Coach

Are you passionate about soccer and interested in coaching children and youth? Join 100 other amazing volunteer coaches to inspire the next generation of athletes. Previous coaching experience optional, training provided. The session is from April to June. For more details and sign up, please follow this link:

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

## Thank you to our 2025 Sponsors





## Free Swim

Free family-friendly swims every Tuesday, and every other Friday. For full pool schedule visit: [britanniacentre.org/pool](http://britanniacentre.org/pool)

<b>Tue</b>	<b>2:00-4:00pm</b>	<b>Ongoing</b>
<b>Fri</b>	<b>6:00-8:00pm</b>	<b>Mar 21, Apr 4, 18, May 2, 16, 30 Jun 13, 27</b>
<b>Free</b>		

## Sports

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

This class is an introduction to tennis for children. Learn basic forehand and backhand skills and develop hand-eye coordination through a variety of fun games and activities. Bring your own racquet and runners. June 14 and 21, classes take place at the outdoor Britannia Tennis courts.

<b>Sat</b>	<b>2:00-3:30pm</b>	<b>Apr 26-Jun 28</b>
<b>Gym D</b>		<b>\$250/10 sess</b>
<b>541599</b>	<b>Juan Carlos</b>	

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

This class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills and will be given the opportunity for game play. Bring your own racquet and runners. June 14 and 21, classes take place at the outdoor Britannia Tennis courts.

<b>Sat</b>	<b>3:30-5:00pm</b>	<b>Apr 26-Jun 28</b>
<b>Gym D</b>		<b>\$250/10 sess</b>
<b>541598</b>	<b>Juan Carlos</b>	

### Britannia Family Boxing (6-12yrs)

Family Boxing sessions are for younger athletes ages 6-12 years old. Athletes under 8 must have a parent/guardian present. Our coaches rotate around the gym, working with athletes individually to learn the basics of boxing, including footwork, fitness, core work, flexibility and more. Our "regular" boxing sessions still run on this day, so there might be adult athletes in the gym. You can stay as long, or short, as you would like. We continue to have fun, inclusive and informative boxing programs where anyone can come and learn proper techniques, hit the bags and workout with our coaches. Boxing room is located beside Gym C.

<b>Sat</b>	<b>2:00-4:00pm</b>	
<b>541571</b>	<b>Apr 5, 12, 19, 26</b>	<b>\$45/mo</b>
<b>541569</b>	<b>May 3, 10, 17, 24, 31</b>	<b>\$45/mo</b>
<b>541573</b>	<b>Jun 7, 14, 21, 28</b>	<b>\$45/mo</b>
<b>Boxing Rm</b>	<b>Jay</b>	

## Summer Camps

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

### Funseekers Daycamp (6-12yrs)

There are many activities and out-trips planned for the Summer Funseekers program! Come learn new skills, meet new friends, or simply have fun! Swim, skate, learn arts and crafts, play group games, go on out-trips, and more! Special emphasis will be placed on the introduction of the Equitas program, "Play it Fair," which is designed to promote human rights, inclusion, anti-discrimination, respect for diversity, and the peaceful conflict resolution among children.

**\*\*Note\*\*** Summer Funseekers registration will commence on **Sat Apr 5, 10:00am** in person and online, 11:30am over the phone by calling 604.718.5800 (1).

**Mon-Fri 9:00am-3:00pm**

<b>\$110/5 sess</b>	<b>*\$95/4 sess</b>
<b>557241 Jun 30-Jul 4*</b>	<b>557246 Aug 5-8*</b>
<b>557242 Jul 7-11</b>	<b>557247 Aug 11-15</b>
<b>557243 Jul 14-18</b>	<b>557248 Aug 18-22</b>
<b>557244 Jul 21-25</b>	<b>557249 Aug 25-29</b>
<b>557245 Jul 28-Aug 1</b>	

**Gym D Funseeker Staff**

### Tennis and Art Camp

Join Britannia Centre and the Art of Tennis for a children's camp filled with the essentials of creative art and self motivating tennis activities. The day is broken down into morning and afternoon events which allow your child to be part of an all-day outdoor program. The program is based upon physical activity in the morning with tennis skills and drills and continues with a creative art and games program in the afternoon. Attendees **MUST** be going into Grade 1 or be 6 years old in September 2025. Please ensure each child brings: hat, water bottle, lunch, snacks and your own racquet. Location: Garden Park - 1851 Garden Dr. Rain Out Policy: This program is light rain or shine, so please show up each day. If there is inclement weather, we might need to cancel the day and the Art of Tennis staff will call you ASAP.

<b>Mon-Fri</b>	<b>9:00 am-3:30 pm</b>
<b>\$375/5 sess</b>	<b>\$300/4 sess*</b>
<b>543333 Jul 7-11</b>	<b>543337 Aug 5-8*</b>
<b>543334 Jul 14-18</b>	<b>543338 Aug 11-15</b>
<b>543335 Jul 21-25</b>	<b>543339 Aug 18-22</b>
<b>543336 Jul 28-Aug 1</b>	<b>543340 Aug 25-29</b>
<b>Off Site - Garden Park</b>	<b>Juan Carlos</b>

### Arts Camps

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

Join the creative forces of youth, professional musicians, and community members, to compose, practice, and perform a variety of musical styles in service of orchestrating social change you can dance to. Greenhorn provides this one week summer workshop series in preparation to perform at Honk! BC on Sun July 13 (Grandview Park) and other possible dates and locations (July 12 and July 26) Free program and free Britannia Membership required please email [brenda.koch@openairorchestra.com](mailto:brenda.koch@openairorchestra.com) for more information and to enrol.

<b>Mon-Fri 10:00am-2:00pm</b>	<b>Jul 7-11</b>
<b>Carving Pavillion</b>	<b>Free</b>
<b>550668</b>	<b>Brenda and Tim</b>

### Explore Latin American Culture

Britannia is excited to include a Latin American inspired Spring Break Camp in partnership with Vancouver Latin American Cultural Centre and Words in Motion Spanish Language. Explorations in music, language, arts & crafts, dance, and food. We will also have a few guest artists. There will be time for outdoor fun and making friends. Please pack a lunch, nut free snacks, and water bottle. Dress for the weather. Join us on the last day for a showing of what they created in the camp.

<b>Mon-Fri 9:30am-3:30pm</b>	<b>Jul 21-25</b>
<b>Rink Mezz</b>	<b>\$250/5 sess</b>
<b>551275</b>	<b>Words in motion</b>

### Summer Dance Camps (3-9yrs)

<b>Mon-Fri Aug 25-29</b>	<b>\$109/5 sess</b>
<b>CFEC Endorphin Rush Dance</b>	
<b>Fairies, Frogs &amp; Dragons Camp (4-6yrs)</b>	
<b>549788 9:15-10:30am</b>	
<b>Frosted Ballet Dance Camp (3-5yrs)</b>	
<b>549789 10:45am-12:00pm</b>	
<b>Mini Hip Hop Dance Camp (3-5yrs)</b>	
<b>549795 12:30-1:45pm</b>	
<b>Swiftie Dance Party Camp (6-9yrs)</b>	
<b>549794 2:00-3:15pm</b>	

### More camps to come!

Our Summer Program Guide will be available on **May 15**.

Be sure to check the brochure for other sports and arts camp programs in the works to enjoy this summer.

[britanniacentre.org/camps-at-britannia](http://britanniacentre.org/camps-at-britannia)

# Children



## Britannia Gymnastics Club

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

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

### Spring 2025 Schedule

Sat	Apr 5-Jun 28*	*No class Apr 19, May 17	Gym B
541566	Tiny Tumblers	3-4yrs	1:00-1:45pm \$198/11 sess
541562	Junior Jumpers A	4-5yrs	2:00-2:45pm \$198/11 sess
541563	Junior Jumpers B	4-5yrs	3:00-3:45pm \$198/11 sess
541559	Future Flyers A	6-9yrs	4:00-5:00pm \$220/11 sess
554416	Junior Jumpers C	4-5yrs	5:15-6:00pm \$198/11 sess <b>NEW</b>
Sun	Apr 6-Jun 29*	*No class Apr 20, May 18	Gym A/B
554417	Junior Jumpers D	4-5yrs	9:00-9:45am \$198/11 sess <b>NEW</b>
541557	Dynamic Duo A	18mo-3yrs	10:00-10:45am \$187/11 sess
541558	Dynamic Duo B	18mo-3yrs	11:00-11:45am \$1187/11 sess
541560	Future Flyers B	6-9yrs	11:30am-12:30pm \$220/11 sess
541567	Tiny Tumblers	3-4yrs	12:00-12:45pm \$198/11 sess
541564	Komet Kids	5-6yrs	12:45-1:45pm \$209/11 sess
541561	Future Flyers C	6-9yrs	2:15-3:15pm \$220/11 sess
554418	Tiny Tumblers B	3-4yrs	4:00-4:45pm \$198/11 sess <b>NEW</b>
541565	Performance Plus*	9-15yrs	2:00-3:30pm \$286/11 sess
541556	Demo Team*	9-15yrs	3:45-5:15pm \$286/11 sess

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

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



### Gymnastics Coach

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

### Traditional Kung Fu (6yrs+)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. Membership fee of \$4 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Students must be able to attend Monday and Friday classes regularly. Fees do not pro-rate. No class Apr 18, 21, May 19, Jun 13, 27.

### Beginner

Mon/Fri 4:30-5:45pm Apr 7-Jun 30  
CFEC \$292/20 sess

541601 Marquis

### Intermediate

Mon/Fri 4:30-6:15pm Apr 7-Jun 30  
CFEC \$312/20 sess

541602 Marquis

### Advanced

Mon/Fri 4:30-6:30pm Apr 7-Jun 30  
CFEC \$332/20 sess

541600 Marquis

## Physical Activity



### Axe Capoeira

Students enrolled in these classes must have a minimum of 1 year consistent Capoeira experience, or permission from the school. We offer ongoing classes for children and youth and cover all aspects of Capoeira: Martial arts, dance, music, acrobatics, culture, language and more. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Uniform is required to join class. Fees do not pro-rate; monthly rate only. Drop in \$20. See page 12 for beginner classes. See page 23 for 16yrs+ classes.

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

This is an intermediate program; students should have a full knowledge of basic movements and this class will focus on more advanced movements in Capoeira, which will prepare students for the youth program. No class Apr 20, May 18.

Tue/Sun 6:00-6:45pm/12:00-12:45pm

541537 Apr 1-29 \$90/mo

541536 May 4-27 \$90/mo

541538 Jun 1-29 \$90/mo

Cafeteria Marcus

### Youth (7-15yrs)

Please note: This is not an introductory class. Students are expected to execute all basic movements of Capoeira. No class Apr 21, May 19.

Mon/Wed/Fri 5:00-6:00pm

541540 Apr 2-30 \$110/mo

541539 May 5-28 \$110/mo

541541 Jun 2-30 \$110/mo

Cafeteria/CFEC Marcus





## After School Programs

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

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

Tue 4:00-6:30pm Apr 8-Jun 17  
AML \$55/11 sess  
534331 Britannia Youth Staff

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

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

Tue 3:30-4:45pm Apr 8-Jun 10  
CFEC \$70/10 sess  
534332 Endorphin Rush

### Music Makers (8-12yrs)

Using a practical approach to learning music production, this program will be a highly effective and engaging way for beginners to learn and create their own music. Through the use of an app and using the concepts of rhythm and melody, bring your songs and ideas to life. No class Apr 21, May 19.

#### 8-10yrs

Mon 3:30-4:45pm Apr 10-Jun 12  
Rink Mezz \$60/10 sess  
534337 Will

#### 10-12yrs

Wed 3:30-4:45pm Apr 9-Jun 11  
CFEC \$60/10 sess  
534336 Will

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

Red Fox's flagship Active Play program gives children the chance to be healthy, have fun and get inspired by positive youth role models from their own communities. Red Fox Youth Leaders guide children through energetic group games, circus arts, and other physical activities that cultivate self-confidence, social connections, and new skills. This free program is open to children of all ages and abilities. To register, please call 604.343.6536 or email info@redfoxsociety.org. No class Apr 18.

Fri 3:15-4:45pm Apr 4-Jun 27  
Gym D Free\*  
Red Fox \*Registration required.

### Youth Fitness (8-13yrs)

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

Thu 3:15-4:45pm Apr 10-Jun 12  
Gym C \$80/10 sess  
534346 Game Ready

## Social

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

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

Thu 6:15-8:20pm Apr 3-Jun 12  
Preteen Centre Free  
534340 Tiana

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

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

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

For info and to register, visit: [transitpolice.ca/community-policing-model/blueeagle](http://transitpolice.ca/community-policing-model/blueeagle). No sess May 28.

Wed 5:00-7:30pm Apr 2-Jun 25  
Gym D Metro Vancouver Transit Police

## Special Events

### Preteen Dance (Gr 6-7)

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

Fri 6:30-9:00pm Apr 4, Jun 13  
Gym D \$2

## Sports

**Focus on Fundamentals:** the primary emphasis will be age and ability appropriate skills development. This will reflect the recommendations of the National Coaching Certification Program Long-term Athlete Development Model. Increasing skill competency increases likelihood that children will gain the confidence to continue to play and enjoy playing.

### Volleyball Fundamentals (10-13yrs)

Emphasis will be on individual Volleyball skill development, with scrimmages and games. Please bring water bottle and towel. No class Apr 18, May 2.

Fri 3:15-4:45pm Apr 4-Jun 13  
Gym C \$54/9 sess  
534344 Emma

### Basketball Fundamentals

Emphasis will be on individual Basketball skill development, with scrimmages and games. Please bring water bottle and towel. No class Apr 19, May 17.

#### Beginner (8-12 yrs)

Sat 11:00am-12:15pm Apr 12-Jun 7  
Gym D \$49/7 sess  
534328 Coach T

#### Intermediate (10-13 yrs)

Sat 12:30-1:45pm Apr 12-Jun 7  
Gym D \$49/7 sess  
534329 Coach T

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

Drop-in preteen youth basketball for all levels. Please note: This is a non-instructional session. Please bring your own basketball. No sess Apr 18, May 2.

Fri 5:00-6:45pm Apr 4-Jun 27  
Gym C Free

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

Contests, prizes, games and crazy staff! Britannia Youth only swim time, every other Friday! Be ready to be in the water by 6pm. No swimsuit required...it's not what you're thinking - swimsuits or clean, recently washed clothing can be worn. No shoes allowed.

Fri 6:00-8:00pm Mar 28, Apr 11, 25,  
Britannia Pool May 9, 23, Jun 6,  
Free 20, Jul 4

# Youth

## Welcome to the Teen Centre

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

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

Youth, volunteers and youth workers work together to plan and run programs and activities for the Teen Centre. Join our Youth Committee to set a direction for programs. Pick up your copy of our monthly activities calendar at the Teen Centre. If you do not see what you are looking for then get involved and make it happen!

### Drop-in Hours

Mon-Fri 3:00-9:00pm  
Sun 3:00-7:00pm

### Registration

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

### Staff

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

**Indigenous Community Youth Worker:**  
Rebecca Brass 604-718-5828  
rebecca.brass@vancouver.ca



**Latin American Youth Programmer:**  
Manuel Gamas 604.787.9251

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

## Leadership

### Britannia Youth Committee

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

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



A safe and inclusive space for 2SLGBTQIA+, questioning or unlabelled youth ages 13-18 to authentically be themselves. Together, we'll co-create a space to share our experiences, learn from each other and have fun! Snacks will be provided.

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

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



Check out our weekly programs and activities for 2STGD and 2SLGBTQIA+ folks of all ages.

vancouver.ca/park-board-pride



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

Staff will learn the games of the toolkit, the theory behind them and how they can be used to promote values. Feedback specific to Vancouver's use of Play it Fair indicates that children enjoy the activities and are integrating the values of respect, cooperation, respect for diversity, fairness, inclusion, responsibility and acceptance into their daily attitudes and behaviours. The toolkit has helped reinforce children's self-esteem, leadership skills, and capacity to solve their own conflicts. Play is used as a vehicle for dialogue and participatory debriefing by staff and campers, an important training focus. We recommend daycamp coordinators and leaders who are not familiar with, or want to brush up on their skills to attend this 4 hour training.

Thurs 6:00-10:00pm Jun 19  
Gym D \$35/1 sess  
534255 Britannia Staff

Sat 11:30am-3:30pm Jun 21  
Gym C \$35/1 sess  
534256 Britannia Staff

## Outdoor Programs

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

We offer a variety of outdoor activities suitable for almost any level of fitness. It is a great way to explore our incredible surroundings, learn new things, and meet lots of great people. We provide all necessary equipment, food, transportation, and guides/instructors, unless otherwise stated. Any overnight trip has co-ed leaders and at least one trained staff in Wilderness First Aid. The cost of the outings should not prevent any youth from participating, so let staff know.

A variety of monthly winter activities which may include: indoor rock climbing, snowshoeing and snow tubing. Pick up a monthly calendar to get a complete listing. If you have any questions or would like to register please call 604.718.5828. All registration done at the Teen Centre.



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



Contests, prizes, games and crazy staff! Britannia Youth only swim time, every other Friday! Be ready to be in the water by 6pm. No swimsuit required...it's not what you're thinking - swimsuits or clean, recently washed clothing can be worn. No shoes allowed.

Fri 6:00-8:00pm Mar 28, Apr 11, 25,  
Britannia Pool May 9, 23, Jun 6,  
Free 20, Jul 4



## Drop-in Gyms

### Indoor Soccer (11-16yrs)

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

Tue 5:00-7:30pm Apr 1-Jun 24  
Gym D Free

### Youth Open Gym (13-16yrs)

Wed 7:15-9:00pm Apr 2-Jun 25  
Gym C Free

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

Thu 7:30-9:00pm Apr 3-Jun 12  
Gym C Free

## Sports & Fitness

### Youth Fitness (13-18yrs)

A base level of fitness and movement is developed as athletes learn to appreciate exercise as a lifestyle. Basic movements, balance and coordination are honed through games, relays and drills with a focus on high energy and fun. Coaches will teach and challenge so each youth will increase confidence in their abilities. Please bring a water bottle and towel.

Thu 5:00-6:15pm Apr 10-Jun 12  
Gym C \$80/10 sess  
534347 Game Ready

### Archery – Beginner (12-18yrs)

Intro to archery, including history and trying a variety of different bows. Emphasis will be on individual skill development. Please bring a water bottle and towel, and avoid bringing any other personal items. No class Apr 19, May 17.

Sat 2:00-3:30pm Apr 12-Jun 7  
Gym C \$49/7 sess  
534326 Bernice

### Archery – Intermediate (12-18yrs)

Must have completed the Beginner session to register for Intermediate. The archery instructor will provide approval to move on to Intermediate. No class Apr 19, May 17.

Sat 3:45-5:00pm Apr 12-Jun 7  
Gym C \$49/7 sess  
534327 Bernice

### Axe Capoeira Youth (7-15yrs)

See page 16 for more information. No class Apr 21, May 19.

Mon/Wed/Fri 5:00-6:00pm  
541540 Apr 2-30 \$110/mo  
541539 May 5-28 \$110/mo  
541541 Jun 2-30 \$110/mo  
Cafeteria/CFEC Marcus

### Boxing for Gender Diverse, Two-Spirit and Trans Youth (11-18yrs)

This non-contact class teaches the basics of punching and footwork of boxing, which is not only fun and fosters confidence and body awareness. Boxing is also an excellent practice for coordination and overall movement literacy. Youth learn to discover and regulate their strength. Equipment is provided. About the coaches: River is now a professional boxer who has fought for over 10 years, bringing home medals from the Canadian National Championship twice. She has been running Queer Box Camp Vancouver since 2011. Tsvi (they/he) is a neurodivergent trans boxer at Qunit Boxing as well as a writer, artist, and educator. The Boxing Room is located beside Gym C.

Wed 4:00-5:00pm Apr 2-Jun 25  
Boxing Rm \$156/13 sess  
541555 River & Tsvi

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

This non-contact class for neurodiverse youth will teach the basics of punching and footwork of boxing, which is not only fun but fosters confidence and body awareness. Boxing is an excellent practice for coordination and overall movement literacy. Some kids learn to discover their strength, some to regulate their strength. One-to-one support is not provided; the ratio is 1 instructor for up to 10 youth. Equipment provided. Please bring a water bottle and towel. The Boxing Room is located in the Gym C building.

Thu 7:15-8:15pm Apr 3-Jun 12  
Boxing Rm \$110/11 sess  
534324 Jay

### Britannia Boxing (13yrs+)

Britannia's own fun, inclusive, and informative boxing program where anyone can come and learn proper techniques, hit the bags, and workout with our coaches. New bags, gloves, portable ring, and more await you in our boxing gym! Come and visit our wonderful and experienced coaches, learn new skills, and break a sweat while working at your own pace.

You can stay as long, or short, as you would like—classes are unlimited. The Boxing Room is located in Gym C. First time participants, pay \$15/drop-in. After this, participants will be expected to pay the monthly fee. Fees cannot be prorated. No class Apr 18, 21, May 19.

Mon-Fri 5:00-7:00pm Sat 2:00-4:00pm  
541570 Apr 1-30 \$99.75/mo  
541568 May 1-3 \$99.75/mo  
541572 Jun 2-30 \$99.75/mo  
Boxing Rm Jay

## WCT Youth

**NEW**

Weaving Community Together welcomes these new programs for youth this season! See p.6-7 for more WCT programs available.

### Beaded Grad Caps

Join Knowledge Keeper Wagella Hunt and add some creative beadwork to your grad cap!

Thu 3:30-7:30pm \$5/1 sess  
552794 Apr 3  
552798 Apr 10  
552800 Apr 17  
552801 Apr 24  
Teen Centre

### Cedar Weaving Headbands

Please join Knowledge Keeper, Tiger Leonard Williams of the Kwakwaka wakw Nation in making your own Cedar Headband. Tiger will help you get ready for Indigenous Peoples Day. Session 1 we will begin the headbands. Session 2 will be time to complete them.

Thu 3:30-7:30pm \$0/2 sess  
558556 Jun 12 & 19  
Teen Centre

## BC YOUTH WEEK

"BC Youth Week is a provincial celebration of youth held annually during the first week of May. It is a week of fun filled interaction and a celebration intended to build a strong connection between youth and their communities. This event is intended to highlight the interests, accomplishments, and diversity of youth across the province."  
<https://www.bcyouthweek.com/>

**To stay up to date on Vancouver City Wide youth week events please follow @cwycvancouver on instagram. For local events please chat with your Community Youth Worker.**



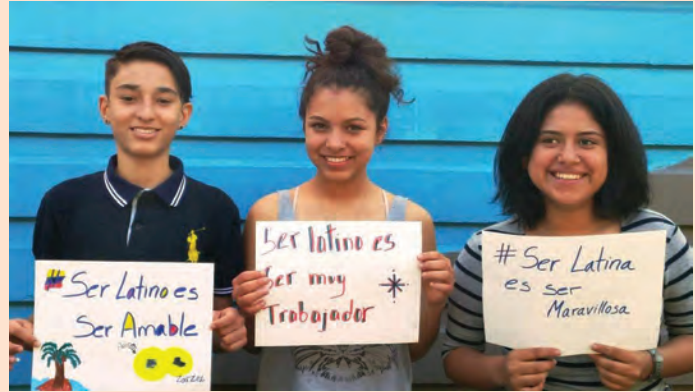
**Youth Week**  
British Columbia - May 1-7

# Youth

## Latin American Youth Program / Programa Juvenil Latinoamericano

The Latin American Youth Program (LAYP) offers a number of opportunities for Latinx youth ages 13-18yrs. These activities range from organized recreational programs to advocacy and referral services. For more information and to register, please contact the Latin American Youth Worker at 604.787.9251.

El Programa de Jóvenes Latinoamericanos ofrece actividades culturales y recreativas para jóvenes de 13 a 18 años. Estas actividades incluyen programas recreativos, servicios de abogacía y referencia. Para obtener más información llama al 604.787.9251.



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

Buscamos jóvenes que estén interesados en iniciar nuevos programas y actividades para nuestra comunidad. Si desea apoyar a nuestra comunidad, iniciar nuevos proyectos y eventos, llama al 604.787.9251. Nos reunimos el primer miércoles de cada mes de 4:00-5:00pm.

We are looking for young people who are interested in starting new programs and activities for our community. If you want to support our community, start new projects and events, please contact 604.787.9251. We meet on the first Wednesday of each month from 4:00-5:00 pm.

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

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

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

**Tue/Mar** 5:00-7:30pm **Apr 1-Jun 24**  
**Gym D/Gim D** Free/Gratis\*  
 \*Registration required.



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

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

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

**Thu/Jue** 5:00-7:30pm **Apr 3-Jun 26**  
**55+ Centre** Free/Gratis\*

### Clubes de Español / Spanish Clubs

¿Qué son los clubes de español? Un lugar para reunirte con los estudiantes latinos de tu escuela, divertirse, aprender más sobre la cultura latinoamericana y saber qué actividades y programas se llevan a cabo en tu comunidad. Brindamos juegos, música, y talleres. Si estás interesado en tener un club de español en tu escuela llama al 604.787.9251.

What are Spanish Clubs? A place to meet the Latinx students in your school, have fun, learn more about Latin American culture, and know what activities and programs are going on in your community. We provide games, music, and workshops. If you are interested in having a Spanish Club at your school contact 604.787.9251.

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

¡Conoce a jóvenes de tu edad y aprende al mismo tiempo! Este programa brinda actividades sociales, recreativas y educativas. Nos reunimos los días sábados. Para registrarse y obtener más detalles, llama al 604.787.9251. Se requieren formularios de consentimiento para participar en las salidas. Subsidios disponibles para todas las actividades.

Make new friends and learn new skills! This program provides social, recreational, and educational activities. We meet every Saturday. To register and for more details, call 604.787.9251. Consent forms are required to participate in the outings. Subsidies are available for all activities.

**Sat/Sáb** 1:00-5:00pm **Apr 5-Jun 28**  
**Teen Centre** Free/Gratis\*  
 \*Registration required.



## Art

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

Join art therapists Jill Sones and Andrea Rodgers for a 5-week art therapy group focused on connecting with creativity. This group encourages self-expression and self-awareness through art-making, emphasizing the creative process rather than learning art techniques or skills. Participants will engage with various materials that facilitate open-ended exploration and personal expression. Each session centers on building a connection with the materials, offering a gentle pathway for self-discovery and insight. If you are struggling with your mental health, this group is best used in conjunction with individual mental health support. It is not intended to replace, nor should it be a primary source of, mental health support. No prior art experience is needed. Basic materials are provided, but you're welcome to bring your own. We invite you to explore, connect, and create with us.

Thursdays 6:15-8:30pm \$199.5/5 sess  
 546248 Apr 10-May 8  
 546249 May 29-Jun 16  
 FAR Jill and Andrea

### Community Artist Circle (19yrs+)

Looking for somewhere to work on a smaller sized art project like crochet, knitting, collage, card making, beading, hand sewing, felting, drawing or painting? This Community Artist Circle will be the start of something new. Connect to others while working on your own art project or make something together. Meeting on the Last Monday evening of the month. Please note space is limited and there is no storage so projects must be taken home each time. Tea and some materials provided. \$2.00 drop-in or register in advance for all 3 sessions for \$5.00

Mon 6:30-9:00pm Apr 28-Jun 30  
 Conference Room \$5.00/3 sess  
 541347 Noelia

### Family Art Exploration - Sensory Art NEW

Join us on a sensory journey to welcome the season and celebrate the Equinox through mixed-media art. Nihan works with you to create art using different techniques.

Sat 2:00-3:15pm Apr 5, May 3, Jun 7  
 557500 Welcome in the Spring \$5/1 sess  
 557501 Nature Exploration \$5/1 sess  
 557503 Imagination Adventure \$5/1 sess  
 RAR Nihan

## Music

### African Drumming (16yrs+)

Play traditional West African rhythms on hand drums (djembés). Level 1 lays the foundation for higher level courses, dununs will be introduced halfway through. (Dununs are African bass drums played with sticks.) No experience is required. for Lev 1. Contact Russell through his website: www.drumming.ca. Drums are supplied during class times or BYOD. No class May 8

Level 1: \$152/8 sess  
 542250 Sat 11:00am-12:15pm Apr 19-Jun 7  
 542251 Thu 8:00-9:15pm Apr 17-Jun 12

Level 2: \$152/8 sess  
 542252 Sat 12:30-1:45pm Apr 19-Jun 7  
 542253 Wed 8:00-9:15pm Apr 16-Jun 4

Level 3: \$152/8 sess  
 542255 Wed 6:30-7:45pm Apr 16-Jun 4  
 Cafeteria Russell

### Guitar - Beginner Adult (16yrs+)

Classes will include technique, reading notes, constructing melodies and bass lines and learning a variety of different chords. We will also learn pop, rock, blues, jazz and world music. Please bring your own guitar.

Tue Apr 29-Jun 17 \$268.80/8 sess

Semi-Private (2 spots)  
 557152 4:15-5:00pm

Group Lesson (3 spots)  
 548394 5:30-6:15pm  
 RAR Pablo

### Carnival Band (all ages)

Looking for an excuse to dust off that horn (clarinet, glockenspiel...) in the back of your closet, dress up and play in the street? Looking for a way to bring a little music and colour to your community? The Open Air Orchestra Society invites you to our street band workshops, led by the incomparable Ross Barrett, Tim Sars, and various guest instructors. All levels/ages welcome; stop by just to listen and dance if you like! Suggested donation is one hour's wage per month or \$5 pay-what-you-can. More information and to book the band bookings@thecarnivalband.com. No workshop April 21 and May 19. Britannia Membership required.

Mon 7:00-9:30pm Apr 7-Jun 30  
 55+ Centre by donation/11 sess  
 Tim and Ross



### Solidarity Notes Choir (16yrs+)

Solidarity Notes Choir is a group of social justice, environmental and labour activists who know that music is more than pleasurable sound; it's a powerful language to educate, connect us and remind us of our strength and history. Everyone welcome. \$35/month, or pay what you can. Check the website at solidaritynotes.ca for up-to-date practice schedule, etc. No class April 20, May 25, Jun 29. Britannia Membership required.

Sun 10:30am-12:30pm Apr 6-Jun 22  
 55+ Centre by donation/11 sess  
 Earle

## Workshops

See full workshop details p.8-9.

### Traditional Ukrainian Psanky Egg Painting

Ukrainian artist Tanya Znak will introduce the community to traditional psanky egg painting techniques.

Sat 1:00-4:00pm Apr 5 \$20/1 sess  
 540790 55+ Centre Tanya

### Traditional Ukrainian Lino Cut & Printing

Traditional Ukrainian artist Tanya Znak is back to introduce the community to traditional lino cut.

Sat 1:00-4:00pm May 24 - 31 \$26.25/2 sess  
 549779 RAR Tanya

### Vancouver Tool Library Workshops (19yrs+)

#### Chip Carving Basics

Thu 6:00-9:00pm \$42/1 sess  
 546796 May 1 546797 Jun 5  
 Rink Mezz

#### Wooden Spoon Carving

Thu 6:00-9:00pm May 29 \$63/1 sess  
 556656 Rink Mezz

#### Wooden Spoon Carving monthly meetup

Wed 6:00-9:00pm May 21 and Jun 25 FREE  
 546805 Carving Pavillion

# Adults



## Pottery

### Pottery - Introduction (16yrs+)

Experience the joy of creating your own dishes from a lump of clay! This course is a survey of basic methods of hand-building, using the wheel, for surface decoration and an introduction to the Britannia studio and glazes. No experience necessary! Clay and glazes are included. **Last class for both: Tuesday Jun 10.**

541630	Tue	7:00-9:00pm	Apr 22-Jun 10
541631	Fri	7:00-9:00pm	Apr 25-Jun 10
Room 208	Helen		\$265/8 sess

### Pottery - Continuing (16yrs+)

Further develop your pottery skills in hand-building and on the wheel. Attention is given to the sculptural as well as the functional aspects of pottery; students are self-directed with more one-on-one instruction. Clay and glazes are included. **Last class Tuesday June 10.** Pre-req: Britannia Intro to Pottery or contact the instructor 604-257-3087. Please get on the waitlist to be included in the overflow class(es) and email the instructor at [helenspaxman@yahoo.ca](mailto:helenspaxman@yahoo.ca) if you have not taken the intro survey.

Wed	6:30-9:00pm	Apr 23-Jun 10
Room 208		\$300/8 sess
541632	Helen	

### Working With Cement - Cement Bowl (15yrs+)

Cement is both an easy and challenging medium to use to make useful homeware to beautify your home or garden. This course will teach some techniques and handy tricks to make your own cement bowl. From choosing your mold, mixing and pouring your concrete, curing and sealing, Karine Zamor (The Cement Lady) will show you a window to her passion. And each student will have a lovely bowl, they made, to take home. **Refund requests must be made 7 days before the workshop.**

Sat	2:00-4:00pm	Jun 14-Jun 21
Rink Mezz		\$94.5/2 sess
546255	Karine	

## Language

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

For more information, see page 9.

### Spanish Language - Beginners and Intermediates

In these adult Spanish classes, age is no barrier to the lifelong gains of learning. Beyond the linguistic advantages, our classes offer social and mental benefits, fostering cognitive skills and expanding cultural horizons. Join us in the exploration of language, where the benefits extend far beyond words, creating a holistic and fulfilling learning experience.

The Intermediate program is for students who have taken Beginner Spanish before and can converse in Spanish. Learn about Latin culture and language through dynamic and interactive sessions led by highly experienced native speakers.

Thu	May 15 – Jun 19	\$120/6 sess
548441	5:00-6:00pm	Beginners
548442	6:05-7:05pm	Intermediates
RAR		

## Dance & Movement

### Adult & Seniors Latin Dance with Posture Focus (19-80yrs)

NEW

Naduska is a dance instructor, performer and personal trainer. She has performed, trained and taught across the Americas. In this unique class we will simultaneously learn Latin style dance with corrective movement practices to develop posture alignment, muscle memory, and prevention of injuries. We will focus on developing balance and use your own body weight to strengthen while learning a fun slow paced Latin style dance such as Traditional Merengue and Bachata. Bring a water bottle, indoor shoes, and comfortable exercise clothing. No class on Good Friday April 18th.

Fri	2:15-3:15pm	\$52.5/5 sess
540959	Set 1: Apr 4-May 9	
540963	Set 2: May 23-Jun 20	
CFEC	Naduska	

### Adult Beginner Burlesque Dance and Clowning (19-80yrs)

NEW

The instructor Kristi brings a fun and exciting twist on burlesque in these two hour sessions packed with ideas for development. You will discover your inner clown, develop make-up & hair techniques, costume ideas and even some burlesque moves. An East Vancouver icon Kristi is the boss lady of East Vanity Parlour with a passion for big and bold. She has performed and supported drag and burlesque in the East Van community for over a decade. No experience necessary. Bring a water bottle and some humor. No drop-ins.

Sat	3:30-5:30pm	May 24-Jun 28
CFEC		\$110/6 sess
538737	Kristi	

### Dance and Embrace Your Body Connecting Through Movement (15-80yrs)

NEW

This movement workshop invites us to connect with our inner selves and the world around us. No dance experience necessary - accessible to all abilities. Mexican dancer Carla Alcántara will guide us in awakening our senses from the inside out, warming up our bodies, and welcoming an environment for self-discovery. Get ready to explore playful exercises that support our human connection. We'll be using rhythm as an essential part of our investigation and our relationship with the space while discovering endless possibilities of expression within our bodies. This workshop will offer self-reflection, discovery, and an inspiring human connection experience. About Carla Alcántara: Dancer, visual artist, and director of TEMPO Dance & Visual Art. Carla was born in Mexico City and is now a resident of Vancouver. Carla has trained with teachers and offered workshops in Mexico and around the world. Drop-in available for \$20.00, please pay before the class at the Pool Office or the Information Centre, and bring the receipt to the instructor.

Sat	3:30-5:30pm	Apr 4-May 10
CFEC		\$115.5/6 sess
538736	Carla	



## Salsa Cubana & Rueda De Casino with Karlos (18yrs+)

Singles and couples welcome. The basics of Merengue, Bachata and other Latin steps are taught during warm-up. Upon completion of each program, the instructor will assess the students level and determine if they can move up to the next level. No drop-ins.

## Salsa Cubana & Rueda De Casino - Beginner

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

**Wed 7:45-9:15pm** Apr 23-Jun 11  
CFEC \$173/8 sess  
544348 Karlos

## Salsa Cubana & Rueda De Casino – Level 1

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

**Tue 7:30-9:00pm** Apr 22-Jun 10  
Gym C \$173/8 sess  
544350 Karlos

## Salsa Cubana & Rueda De Casino - Intermediate

We will review the moves learned in the Beginner/Intermediate class and learn new moves such as La Ye Simple, La Ye, Sombrero Complicado, Tornillo, Pelota, Setenta, etc.

**Mon 7:30-9:00pm** Apr 28-Jun 16  
Gym C \$173/8 sess  
544349 Karlos

## Salsa Cubana & Rueda De Casino - Advanced

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

**Thu 7:30-9:00pm** Apr 24-Jun 12  
CFEC \$173/8 sess  
544347 Karlos

## Martial Arts

### Traditional Kung Fu (6yrs+)

This Northern Shaolin Style class will teach you traditional forms, weapon forms, sparring and self-defense. Membership fee of \$4 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Students must be able to attend Monday and Friday classes regularly. Fees do not pro-rate. No class Apr 18, 21, May 19, Jun 13, 27.

#### Beginner

**Mon/Fri 4:30-5:45pm** Apr 7-Jun 30  
CFEC \$292/20 sess  
541601 Marquis

#### Intermediate

**Mon/Fri 4:30-6:15pm** Apr 7-Jun 30  
CFEC \$312/20 sess  
541602 Marquis

#### Advanced

**Mon/Fri 4:30-6:30pm** Apr 7-Jun 30  
CFEC \$332/20 sess  
541600 Marquis



### Axe Capoeira (16yrs+)

Students in this class must have a minimum of 6 months consistent Capoeira experience, or permission from the school. Classes cover all aspects of Capoeira: Martial arts, dance, music, acrobatics, culture, language. Uniform is required after 1 month. Fees do not pro-rate; monthly rate only. Mon and Fri classes in Cafeteria, Wed in CFEC. Drop in \$20. No class Apr 18, 21, May 19.

**Mon/Wed 6:15-7:30pm**  
541531 Apr 2-30 \$136.50/mo  
541530 May 5-28 \$136.50/mo  
541532 Jun 2-30 \$136.50/mo  
Cafeteria/CFEC Marcus

### Ki Aikido (14yrs+)

In Ki Aikido, we emphasize the awareness and use of Ki (mind energy, intention). We start a typical class by practicing Ki development to learn coordination of mind and body for relaxed, efficient, and powerful movement. Learn how to transform potential conflict into a peaceful resolution. Suitable for all levels of physical ability. Beginners may try one free class. The High Grade class is for 1st Kyu or more advanced students.

#### General

**Wed 7:30-9:30 pm** No class Apr 23, May 21, 28  
Apr 9-Jun 25

**Mat Room \$56.70/9 sess**  
541583 Louis \$10/drop-in

#### High Grade

**Mon 7:30-9:30pm** No class Apr 21, May 19. **Mat** Apr 7-Jun 16  
**Room \$47.25/9 sess**  
541584 Emily \$6/drop-in

### Ki Aikido – Women, Queer, Trans Intro Class (14yrs+)

This class is open to all who identify as trans, queer, women, non-binary, Two Spirit and/or gender diverse. Come give the Art of Peace a try in a supportive environment! Looking for an embodied practice that helps you deal with the stresses of your daily life? Ki Aikido is a non-competitive practice that helps develop calmness, stability and confidence. Improve your mind-body connection, stay relaxed and centered under pressure, and work with energy to flow in dynamic movements with partners. Suitable for all ages and physical abilities. Try one free class anytime. \$8/drop-in. No class Apr 23.

**Wed 5:45-7:00pm** Apr 2-Jun 18  
**Mat Room \$69.30/11 sess**  
541585 Emily

### Taijiquan - Tai Chi (18yrs+)

**NEW**

Discover the art of Chen Style Taijiquan in this dynamic and meditative class. Rooted in traditional martial arts, Chen Taijiquan emphasizes fluid movements, internal energy cultivation, and balance. Participants will also explore Yiquan (mind-intent training), Zhan Zhuang (standing meditation for inner strength and focus), and Tui Shou (partner work to improve sensitivity and responsiveness), providing a well-rounded experience of Tai Chi principles. Drop in \$35.

**Tue 6:00-9:00pm** Apr 1-Jun 24  
**Mat Room \$341.25/13 sess**  
550185 Alex



# Adults

## Health & Fitness

### Iyengar Yoga (18yrs+)

Physically energizing, deeply relaxing and emotionally uplifting, this program offers instruction in classical yoga with an emphasis on development of strength, stamina, flexibility, balance, body awareness, and postural alignment. The class is taught with clarity, creativity, and sensitivity to individual needs, in an atmosphere of respect, compassion and humour. Safety, back and joint care will be addressed. Your own mat and equipment is optional but recommended; we have mats and equipment you can use. The instructor will email you before the class to check in. You must have Iyengar experience to do Level 2 & 3. \$25/drop-in. For more info, contact [claudiamacyoga@gmail.com](mailto:claudiamacyoga@gmail.com).

#### Level 1 & 2

**Tue 9:30-11:00am** Apr 8-Jun 24  
**CFEC** \$264.60/12 sess  
**541580** Claudia

**Tue 7:00-8:30pm** Apr 8-Jun 24  
**CFEC** \$264.60/12 sess  
**541581** Claudia

#### Level 2 & 3

**Thu 5:30-7:00pm** Apr 10-Jun 26  
**CFEC** \$264.60/12 sess  
**541582** Claudia

### Yogaflex (18yrs+)

Focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. The class ends with deep stretching and relaxation. You will leave feeling supple and strong. Bring your own mat. Please visit [www.yogawithalex.ca](http://www.yogawithalex.ca) for more info. \$15/drop-in. No class Apr 20, May 11, 18, 25.

**Sun 10:15-11:15am** Apr 6-Jun 8  
**CFEC** \$81.90/6 sess  
**541608** Alex

### Core Connect (18yrs+)

Join Meghan for an hour of pilates and yoga inspired movements to help you connect with your core, stabilize your pelvis, and find more ease and mobility in your limbs. Meghan will lead you through a fun and challenging class to get you moving, breathing, and feeling good. \$18/drop-in. No class May 22.

**Thu 11:15am-12:15pm** May 1-Jun 26  
**CFEC** \$134.40/8 sess  
**541575** Meghan

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

For more information, see page 12.

### Stretch Therapy (18yrs+)

Learn the contract and relax technique of PNF Stretching plus other partner assisted techniques to release fascia, tight muscles and unlock your joints so you can move with ease. These techniques are so effective, only one or two classes a week are recommended. Release your hamstrings, hips, back and shoulders to improve posture, mobility and range of motion. For more information, please visit <http://www.stretchtherapyvancouver.com/community-centres>. \$40/drop-in. No class Apr 21, May 19.

**Mon 6:45-7:55pm** Apr 7-May 26  
**CFEC** \$189/6 sess  
**541597** Rob

### Flow Skate (18+)

NEW

Flow Skate combines elements of skateboarding and yoga to strengthen your body, improve your balance, and enhance your mental focus. This program is for everyone, you do not need to be a 'skateboarder' to enjoy and learn at this program. Emphasizing injury prevention and resilience, this program builds confidence on and off the board. Please bring your own skateboard if you can, otherwise the instructor will have 2 skateboards that folks can use. Please bring your own yoga mat, otherwise we have mats that folks can use. No safety equipment needed (helmet, elbow/knee/wrist pads). There are no standing/upright movements on the skateboard during class

**Tue 5:30-6:30pm** \$71.40/4 sess  
**541578** May 6-27  
**541576** Jun 3-24  
**CFEC** Cassie

### Circuit Training (18yrs+)

This program is designed for individuals seeking a dynamic and effective workout experience through circuit training. This type of training involves moving through a series of exercises in stations and repeat them for a specific number of times, with brief periods of rest in between. It's an excellent way to improve overall fitness, strength and endurance. \$7/drop in. No class Apr 19, May 17.

**Sat 7:15-8:15am** Apr 5-Jun 28  
**Gym C** \$69.30/11 sess  
**541574**



## Drop-in Aerobics

Purchase drop-in tickets for these aerobic programs at pool office.

\$7.35/drop-in or \$50/10 tickets.

### Zumbash (18yrs+)

Get your groove on with hot Carib and Latin moves (think Zumba!). Classes are designed to increase in intensity over the session. Guaranteed to increase your fitness level while having fun!

**Thu 6:15-7:15 pm** Apr 10-Jun 12  
**Gym C** Allyson

### HIIT Fitness (18yrs+)

A High Intensity Interval Training (HIIT) workout to shape your abs, legs and arms!

**Tue 6:00-7:00pm** Apr 8-Jun 10  
**Gym C** Allyson

### Salsa Fit (18yrs+)

Energizing cardio combining high/low impact aerobics with a salsa flare. Great music and lots of fun.

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

**Sat 9:30-10:30am** Apr 12-Jun 28  
**Gym C** Denise

### Zumba® Fitness (18yrs+)

Zumba® fuses Latin rhythms with easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. We use the fitness principles of interval and resistance training to maximize total body toning. We combine a variety of styles including Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. \$15/drop-in.

#### Set 1

**Mon 6:00-7:00pm** Apr 7-May 12  
**Gym C** \$70.87/5 sess  
**541611** Eric

**Wed 6:00-7:00pm** Apr 9-May 14  
**Gym C** \$85.05/6 sess  
**541614** Pepper

#### Set 2

**Mon 6:00-7:00pm** May 26-Jun 30  
**Gym C** \$85.05/6 sess  
**541609** Eric

**Wed 6:00-7:00pm** May 21-Jun 25  
**Gym C** \$85.05/6 sess  
**541612** Pepper

## Sports

### Badminton (18yrs+)

Come play some badminton with us! Singles if it's slow, otherwise doubles. Rotate after your game to get a short break, then more action! There are 30 pre-registered and drop-in spaces available. If you are a drop-in, you must pay and sign in at the Pool Cashier's office and submit the receipt to the instructor in the gym.

<b>Fri</b>	<b>7:00-9:45pm</b>	<b>Apr 4-Jun 27</b>
No class Apr 18, May 2		
<b>Gym C</b>	<b>\$92.40/11 sess</b>	
<b>541544</b>	<b>Allen</b>	<b>\$8/drop-in</b>
<b>Sun</b>	<b>1:30-3:30pm</b>	<b>Apr 6-Jun 29</b>
No class Apr 20, 27, <b>May 25</b>		
<b>Gym D</b>	<b>\$73.50/10 sess</b>	
<b>541545</b>	<b>Erica</b>	<b>\$7/drop-in</b>

### Ball Hockey – Men (40yrs+)

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

<b>Sun</b>	<b>6:45-8:45pm</b>	<b>Apr 6-Jun 29</b>
<b>Gym D</b>	<b>\$95.55/13 sess</b>	
<b>541551</b>	<b>Edwin</b>	
<b>Thu</b>	<b>8:30-10:00pm</b>	<b>Apr 10-Jun 12</b>
No sess Apr 24, May 15, 22.		
<b>Gym D</b>	<b>\$51.45/7 sess</b>	
<b>541552</b>	<b>Edwin</b>	

### Ball Hockey Goalie - Men (40yrs+) ☀️

This is a no-body contact, recreational hockey program. Rough play will not be tolerated. No league players. No drop ins. This is a GOALIE only spot for our NEW Thursday program. No sess Apr 24, May 15, 22.

<b>Thu</b>	<b>8:30-10:00pm</b>	<b>Apr 10-Jun 12</b>
<b>Gym D</b>	<b>Free</b>	
<b>541550</b>	<b>Edwin</b>	

## Volleyball

### Intermediate (18yrs+)

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

<b>Tue</b>	<b>8:00-10:00pm</b>	<b>Apr 1-Jun 24</b>
<b>Gym A/B</b>	<b>\$95.55/13 sess</b>	
<b>541605</b>	<b>Millin</b>	<b>\$7/drop-in</b>
<b>Thu</b>	<b>7:00-10:00pm</b>	<b>Apr 3-Jun 26</b>
<b>Gym A/B</b>	<b>\$122.85/13 sess</b>	
<b>541604</b>	<b>John</b>	<b>\$9/drop-in</b>

### Ball Hockey – Coed (18yrs+)

Fun, recreational ball hockey. No body-checking. All skill levels welcome. Protective gear recommended. Plastic sticks provided. No wooden sticks allowed. Great practice for goalies! \$7/drop-in, space permitting. Register early as this class will fill up! No class May 28.

<b>Wed</b>	<b>7:45-9:15pm</b>	<b>Apr 9-Jun 25</b>
<b>Gym D</b>	<b>\$80.85/11 sess</b>	
<b>541549</b>	<b>Trey</b>	

### Basketball (18yrs+)

Come get your sweat on with our 5 on 5 full court basketball game. First to 15 points, then rotate. 15 players max. No drop-ins. No class Apr 20, May 18.

<b>Sun</b>	<b>2:00-4:00pm</b>	<b>Apr 6-Jun 29</b>
<b>Gym C</b>	<b>\$80.85/11 sess</b>	
<b>541553</b>	<b>Edmond</b>	
<b>Sun</b>	<b>4:00-6:00pm</b>	<b>Apr 6-Jun 29</b>
<b>Gym C</b>	<b>\$80.85/11 sess</b>	
<b>541554</b>	<b>David</b>	

### Pickleball - Intermediate (18yrs+)

Come join our intermediate pickleball sessions, where fun, friendly and easy-going players can enjoy 3 hours of pickleball excitement! Experienced dinkers and bangers preferred.

This program is for experienced, intermediate players who want to have a great time at this program. Register early as this program fills up quickly.

Bring your own paddles and ball if you have them and bring all your friends! \$9/drop-in.

<b>Sun</b>	<b>6:15-9:15pm</b>	<b>Apr 6-Apr 27</b>
<b>Gym C</b>	<b>\$37.80/4 sess</b>	
<b>541589</b>	<b>John</b>	

### Advanced (18yrs+)

Friday Advanced Volleyball with 5-1, 6-2 format system play is geared towards intermediate and advanced players as this program is based on a higher level of play. The instructor reserves the right to ensure a player's skill level meets the needs of the program or suggest a different program for them. Please join if you have knowledge of the system format. Efforts are made towards creating fair and balanced teams to have fun rallies rather than quick side outs. Register for this program to guarantee a spot to play every week. There are a total of 25 registered spots and 4 drop-in only spots. No sess Apr 18.

<b>Fri</b>	<b>7:00-10:00pm</b>	<b>Apr 4-Jun 27</b>
<b>Gym A/B</b>	<b>\$113.40/12 sess</b>	
<b>541603</b>	<b>Millin</b>	<b>\$9/drop-in</b>

## Sports

### Drop in Rules

NEW

Lottery system

30 minutes before the program starts, at the Pool Office, players can put their name into a randomized draw for the possible drop in spot.

Add your name to the draw with the cashier. One name per person, per day, in person only

15 minutes AFTER the program starts, the lottery draw begins, drawing names to fill the number of drop in spots that day. Drop ins must be in person for the draw.

### Britannia Boxing (13yrs+)

Britannia's own fun, inclusive, and informative boxing program where anyone can come and learn proper techniques, hit the bags, and workout with our coaches. New bags, gloves, portable ring, and more await you in our boxing gym! Come and visit our wonderful and experienced coaches, learn new skills, and break a sweat while working at your own pace.

You can stay as long, or short, as you would like—classes are unlimited. The Boxing Room is located in Gym C. First time participants, pay \$15/drop-in. After this, participants will be expected to pay the monthly fee. Fees cannot be prorated. No class Apr 18, 21, May 19.

<b>Mon-Fri</b>	<b>5:00-7:00pm</b>	<b>Sat 2:00-4:00pm</b>
<b>541570</b>	<b>Apr 1-30</b>	<b>\$95/mo</b>
<b>541568</b>	<b>May 1-31</b>	<b>\$95/mo</b>
<b>541572</b>	<b>Jun 2-30</b>	<b>\$95/mo</b>
<b>Boxing Rm Jay</b>		



# 55+ Older Active Adults

## Welcome to the 55+ Centre

Whether you want to learn something new, dance or swim—we welcome you to register for a class, or drop-in to the 55+ Centre for coffee, say hello, and just rest your feet awhile. We are open for drop-in, social programs and events, and classes. For more information, call us at 604.718.5837 or visit: [britanniacentre.org/55plus](http://britanniacentre.org/55plus)



## Seniors, Elders & Advocates (SEA) Committee

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

Wed 3:30-5:00pm Apr 16, May 21  
Jun 18

55+ Centre/Zoom

## Registration for 55+ Programs

Registration opens on Tuesday, March 11 at 7:00pm (online and in-person only), and by phone on March 12 at 9:00am.

604.718.5800 (1) [vanrec.ca](mailto:vanrec.ca)

### Staff

Anne Cowan  
Kya Prince  
604.718.5837

[anne.cowan@vancouver.ca](mailto:anne.cowan@vancouver.ca)  
[kya.prince@vancouver.ca](mailto:kya.prince@vancouver.ca)

### Vietnamese Program

Luong Ho  
604.718.5818

[luong.ho@vancouver.ca](mailto:luong.ho@vancouver.ca)

## Drop-in Hours

	Mon	Tue	Wed	Thu	Fri
9:00am					
10:00am	Drop-in 10:00am-5:00pm	Vietnamese Seniors 9:00am-2:00pm		Drop-in 10:00am-4:00pm	
11:00am					
12:00pm					
1:00pm					
2:00pm		Drop-in 2:00-4:00pm	Drop-in 1:00-5:00pm		Drop-in 1:30-5:00pm
3:00pm					
4:00pm					
5:00pm					

## Vietnamese Program / Chương Trình Cao Niên Việt Nam ☀️

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

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

Tue 9:00am-2:00pm Ongoing 55+ Centre Free drop-in

## Vietnamese Line Dancing (55yrs+) ☀️

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

Fri 9:00am-12:00pm Apr 4-Jun 27 CFEC Free





# 55+ Older Active Adults

## Dance

### Line Dancing (55yrs+)

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

**Tue 1:00-3:00pm** **Apr 1-Jun 24**  
**CFEC \$20/Season**  
**546015 Volunteer**

### Chinese Folk Dance (55yrs+)

Traditional Chinese folk dancing lessons. Everyone is welcome! This class is taught in English and Chinese. No drop-ins. No class May 22.

**Thu 9:00-11:00am** **Apr 3- Jun 26**  
**CFEC \$20/Season**  
**546019 Volunteer**

### Classical Chinese Dance (55yrs+)

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

**Sun 2:00-4:00pm** **Apr 6-Jun 29**  
**CFEC \$20/Season**  
**546023 Volunteer**



## Health & Wellness

### Boxfit for Seniors (55yrs+)

Want to learn something new and improve your physical fitness and mental alertness? This introduction to boxing class is designed specifically to enhance your strength, balance, coordination, endurance and overall well-being. All fitness levels welcome. Equipment provided. \$15/drop-in. No class Apr 18.

#### Set 1

**Tue/Fri 3:30-4:30pm** **Apr 1-May 9**  
**Boxing Rm \$60/12 sess**  
**544486 Jay**

#### Set 2

**Tue/Fri 3:30-4:30pm** **May 13-Jun 27**  
**Boxing Rm \$65/14 sess**  
**544488 Jay**

### Osteofit (55yrs+)

A gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. The program is taught by a trained Osteofit fitness instructor. No class Apr 21, May 19.

#### Set 1

**Mon 11:00am-12:00pm** **Apr 14-May 12**  
**CFEC \$50/5 sess**  
**546000 Berdjis**

#### Set 2

**Mon 11:00am-12:00pm** **May 26-Jun 30**  
**CFEC \$50/5 sess**  
**546002 Berdjis**

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

As we move through time, we need to keep moving our bodies. Whether you're brand new to yoga or a seasoned practitioner, if you're 50 or over then this all-levels yoga class is ideal for you. Safety and a pain-free practice is a priority. Yoga can improve your flexibility, mobility, balance, bone density, and strength. In addition to physical health benefits, yoga has a calming effect on the mind and nervous system. About the instructor: Joan has been teaching yoga for 12+ years, practicing yoga for 20+ years, and moving through time for 60+. \$18/drop-in.

#### Set 1

**Mon 2:30-3:30pm** **Apr 7-May 12**  
**CFEC \$73.50/5 sess**  
**541607 Joan**

#### Set 2

**Mon 2:30-3:30pm** **May 26-Jun 23**  
**CFEC \$73.50/5 sess**  
**541606 Joan**

### Badminton (55yrs+)

Fun and easy badminton for older adults. No drop-ins. No class Apr 19, 21, May 17, 19.

**Mon/Wed 11:20am-12:35pm** **Apr 2-Jun 25**  
**Gym C \$14.70/24 sess**  
**541546 Tho**

**Tue/Thu 11:20am-12:35pm** **Apr 1-Jun 26**  
**Gym C \$14.70/26 sess**  
**541548 Tho**

**Sat 3:00-5:00pm** **Apr 5-Jun 28**  
**Gym A \$23.10/11 sess**  
**541547 Angela**

### Chair Yoga (55yrs+)

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

#### Set 1

**Fri 12:15-1:15pm** **Apr 4-May 9**  
**55+ Centre \$20/6 sess**  
**544492 Bryony**

#### Set 2

**Fri 12:15-1:15pm** **May 23-Jun 27**  
**55+ Centre \$20/6 sess**  
**545993 Bryony**

### FitNation (55yrs+)



FitNation is an eight-week Indigenous aquatic fitness program that takes place at Britannia Pool. It is a free, registered program for Elders in the community who are interested in improving their mobility, agility, balance and general fitness. Snacks provided. \*Registration required

**Wed 10:15-11:15am** **Apr 23-Jun 11**  
**Britannia Pool Free\***  
**551102 Brenlee**

## Educational

### ESL Social



All ages welcome to join the VPL English Conversation Social every Tuesday afternoon in the 55+ Centre. Drop-in, no registration required.

**Tue 3:00-4:00pm** **Ongoing**  
**55+ Centre Free**

### Techi Tuesdays (55yrs+)



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

**Tue 1:00-2:00pm** **Apr 1-Jun 24**  
**55+ Centre Free\***  
**546236 \*Registration required**

**Apr 1, 8 - Computer Basics, Part 1 & 2**  
**Apr 15, 22 - Computer Skills, Part 1 & 2**

**Apr 29 - Internet Basics**

**May 6 - Email Basics**

**May 13 - Online Safety**

**May 20 - Digital Skills & Tips**

**May 27 - Using the Cloud**

**Jun 3 - Apple Basics**

**Jun 10 - Other Smartphones & Tablets**

**Jun 17, 24 - Social Media Basics, Part 1 & 2**

# 55+ Older Active Adults

## Social

### Monday Soup (55yrs+)

Join us every Monday for a warm and welcoming homemade soup lunch (Soup/Bun/Tea & Coffee). A place to rest your feet a while, meet a friend, and enjoy a quiet space for a quick lunch. Pay \$3.50/drop-in at the Pool or Info Centre and bring your receipt to the 55+ Centre. No session Apr 21, May 12, 19.

Mon 12:00-1:00pm Apr 7-Jun 30  
55+ Centre \$3.50/drop-in

### Craft Collective (55yrs+)

If you love crafting, please bring your own crafts and ideas to share, every other Monday in the 55+ Centre or Conference Room. Everyone is welcome!

Included on the 2nd Monday of the month, this committee may conduct a formal meeting.

Mon 1:30-4:30pm Apr 7-Jun 30  
55+ Centre Apr 7, May 5, Jun 2, 16, 30  
Conference Room Apr 28, May 26  
546026 Free



### Indigenous Elders Gathering Together



Indigenous Elders meeting together every other Monday in the 55+ Centre. A time and place to connect with your Indigenous peers, share a cup of tea, maybe laughter. A place to support and celebrate one another. Please register or drop-in if that's easier. May 12 meeting will be in Conference room.

Mon 2:00-4:00pm Apr 14, 28,  
55+ Centre May 12, 26,  
Jun 9, 23  
546025 Free\*

### Women's Support Group



Partnership with REACH.

Register with Abeer by calling 604.251.3000 ext 102.

Wed 11:00am-1:00pm Apr 2-Jun 25  
55+ Centre Free\*

### Quirk-e 2SLGBTQIA+ Seniors Group



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

We meet every Wednesday online. If you're interested in becoming part of our group please call Anne or Kya at the Britannia 55+ Centre at 604.718.5837 for more information.

Wed 1:30-4:00pm Ongoing  
55+Centre/Online Free  
In person Apr 23, May 28, Jun 25

### Ukulele - Beginner A

You're comfortable with the Ukelele and wanting to play with others, learn some new songs and maybe even build your confidence to perform. Welcoming, warm and fun! No classes Apr 21, May 19.

Mon 9:30-10:40am Apr 7-Jun 30  
55+ Centre \$10/season  
546214 Laurie

### Ukulele Beginners - Level B (Part 1)

Time to move on to Level B (part 1). If you've been taking beginners for a while and feel ready to step it up a notch, come join us!. This class is loads of fun with a warm and friendly group. No sess Apr 21, May 19.

Mon 10:55am-12:00pm May 5-Jun 30  
55+ Centre \$10/season  
546210 Jane

### Ukelele Beginners - Level B (Part 2)

Coming this summer!

### Ukulele Jam Circle (All Ages)



Calling all ukulele players to join a friendly jam session in the 55+ Centre with Jane and the 55+ Ukelele players. Takes place once a month. We welcome voices to join in the community sing-a-long too.

Fri 1:30-3:00pm Apr 11, May 9,  
55+ Centre Jun 13  
546209 Jane Free\*



### BINGO



By popular demand Wednesday BINGO in the 55+ Centre. We play for fun and some prizes. Everyone welcome, refreshments available

Wed 2:00-4:00pm Apr 9, May 8, Jun 11  
55+ Centre Free\*  
544485

### 55+ Book Club



Drop-in for a cup of tea or coffee, crafting, speakers and an afternoon social. First session "Bring a Book" March. Partnership with VPL.

Fri 2:00-4:00pm Mar 7, Apr 25,  
55+ Centre May 30, Jun 27  
Free

### WCT Thursday Workshops



The 55+ Centre hosts gatherings every Thursday, beginning with a lunch. We will be joined by local knowledge keepers at 1:00pm. Everyone is welcome. It's a time for cultural crafts, sharing circles, and learning from one another, and bingo!

For more Weaving Community Together programs, see pages 6.

Thu 12:00-4:00pm Apr 3-Jun 26  
55+ Centre Free\*

- Apr 3 Braided Hair Clips wth Braids by Ash
- Apr 10 Cedar Easter Wreaths with Dawn Cranmer
- Apr 17 West Coast Canvas Painting Drawing with Roger Smith
- Apr 24 Bingo!
- May 1 Mini Hand Drums with Josiah Amaya
- May 8 Indigenous Mothers Day Cards with Miska Creative Society
- May 15 Cupcake Decorating
- May 22 VAHS - Lunch & Craft with Tracy McLean
- May 29 Bingo!
- Jun 5 Pride Yarn Dreamcatchers with Ruby Harry
- Jun 12 Beaded Friendship Bracelets with Miska Creative Society
- Jun 19 Devils Club Rope Bracelets with Tessa Scarlett-Charleson
- Jun 26 Bingo!

# 55+ Older Active Adults

## Special Events

### Sunday Movie Night Series (All ages)

Everyone is welcome to attend our movie series every Sunday evening. Doors open at 5:45pm. No movie May 18.

Sun 6:00-9:00pm Apr 6-Jun 29  
55+ Centre Free\*

546234 Ken  
\*Registration required.

### Ukrainian Egg Painting (16yrs+)

Ukrainian artist Tanya Znak will introduce the community to traditional psanky egg painting techniques with using wax and dyes. All supplies are included. Dress for mess as these dyes may dye clothes. This program is sponsored by the 55+ Craft Collective and the Britannia Arts & Culture Committee.

Mon 1:30-4:30pm Apr 7  
55+ Centre Free  
558602 Tanya



### Community Kitchen for Seniors (55yrs+)

Tired of cooking alone? Come and cook with us!! On Monday May 12th, Marni will be guiding us through a few simple Italian recipes that we will perfect together. Once we have finished cooking, you can either eat with us or bring your food home. Registration required. Please BYO reusable containers if you can – or borrow some to return later!

Mon 1:00-5:00pm May 12  
55+ Centre \$5/1 sess  
558298 Marni

### Income Tax Clinic

Looking for assistance with your income tax filing? Britannia provides a complimentary tax clinic for individuals with modest incomes and straightforward tax circumstances. Our volunteer tax preparers, trained under the Canada Revenue Agency's 'Community Volunteer Income Tax Program', ensure the confidentiality and security of your information. To schedule an appointment online visit [BritTaxClinic.org](http://BritTaxClinic.org), alternatively you can call the Info Centre at 604.718.5800 ext 1. Appointments begin in late February.



### World Elder Abuse Awareness Day (WEAAD)

WEAAD is held on June 15th and is an annual international UN observance day. The day came about as a result of UN resolution 66/127.

We and communities around the world honour this day to raise the visibility of elder abuse. Join us at the Britannia 55+ Centre where we'll share information, resources and local services that can help increase seniors' safety and well-being.

We welcome you to participate, learn and be seen, Snacks and refreshments served.

Fri 1:00-3:00pm Jun 13  
55+ Centre Free



## 55+ Program Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Ukelele*</b> 9:30am-12:00pm  <b>Osteofit*</b> 11:00am-12:00pm  <b>Badminton*</b> 11:20am-12:35pm  <b>Monday Soup</b> 12:00-1:00pm  <b>Drop in Crafts</b> 1:30-4:30pm  <b>Yoga For Aging Well*</b> 2:15-3:15pm  <b>Craft Colective</b> 3:30-4:30pm	<b>Vietnamese Drop-in</b> 9:00am-2:00pm  <b>Badminton*</b> 11:20am-12:35pm  <b>Techi Tuesdays</b> 1:00-2:00pm  <b>Line Dancing*</b> 1:00-3:00pm  <b>ESL Social</b> 1:00-3:00pm  <b>Boxfit*</b> 3:30-4:30pm	<b>FitNation*</b> 10:15-11:15am  <b>REACH Women's Group</b> 11:00am-1:00pm  <b>Badminton*</b> 11:20am-12:35pm  <b>FitNation Social</b> 11:30am-1:00pm  <b>Quirk-e (Hybrid)*</b> 1:30-4:00pm Apr 23, May 28, Jun 25  <b>Bingo</b> 2:00-4:00pm	<b>Chinese Folk Dance*</b> 9:00-11:00am  <b>Badminton*</b> 11:20am-12:35pm  <b>Thursday Lunch &amp; Bingo</b> 12:00-3:00pm Apr 24, May 29, Jun 25  <b>Crafting &amp; Knitting Social</b> 1:00-3:00pm  <b>WCT Workshops</b> 12:00-4:00pm	<b>Vietnamese Line Dancing</b> 10:00am-12:00pm  <b>Vietnamese Ballroom Dance</b> 12:00-2:00pm  <b>Chair Yoga*</b> 12:15-1:15pm  <b>Boxfit*</b> 3:30-4:30pm	<b>No programs on stat holidays.</b>  <b>*Registration required.</b> Registration opens on Tuesday, Mar 11 at 7:00pm (online and in-person only), and by phone on Mar 12 at 9:00am.  <b>Badminton*</b> Sat 2:00-4:00pm  <b>Classical Chinese Dance*</b> Sun 2:00-4:00pm  <b>Sunday Movie Night Series*</b> 6:00-9:00pm	



# Fitness Centre

## Welcome to the Fitness Centre

### Hours

Mon-Fri 6:30am-9:00pm  
Sat/Sun 8:00am-7:00pm

Wed (Free Members) 9:00-10:00am  
Sat (Women Only\*) 8:00-10:00am  
Sun (55+ Only) 8:00-10:00am  
Sun (Free Members) 10:00-11:00am

\*Trans inclusive.

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

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



## Britannia Holiday Hours

### Pool & Fitness Centre

Apr 18 Good Friday 6:30am-9:00pm  
Apr 21 Easter Monday 10:00am-5:00pm  
May 19 Victoria Day 10:00am-5:00pm

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

Apr 18 Good Friday CLOSED  
Apr 21 Easter Monday CLOSED  
May 19 Victoria Day CLOSED

### Free Members Drop-in



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

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

### Facility Orientations

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

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

### Flexipass

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

### Outside Trainers

This type of special admission is for personal trainers, occupational and recreational therapists, and physiotherapists. Outside trainers will need to be registered with either the Park Board or Britannia. Both trainer and client must pay for admission to the Fitness Centre. A training fee of \$8.33 per client also applies (fees are subject to change).

### Leisure Access Program (LAP)

The Leisure Access Program (LAP) provides City of Vancouver residents facing financial barriers access to Park Board programs and services office at its pools, rinks, participating fitness centres and community centres (including Britannia) at a reduced cost. Learn more on p.33.

Full details at [vancouver.ca/leisureaccess](http://vancouver.ca/leisureaccess)

### Supporting a participant? Attendants get free access

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

### Pool and Fitness Committee

Join the Pool and Fitness Centre Committee. New members are welcome! This advisory committee provides recommendations to the Britannia Board. Meetings take place on the last Tuesday every other month. For more info please call 604.718.5830.

Tue 6:00pm Mar 25



## 2025 Pool and Fitness Centre Fees

	Drop-in	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$8.33	\$74.94	\$67.36	\$181.87	\$581.97	Free
Youth (13-18)	\$5.83	\$52.45	\$47.16	\$127.31	\$407.38	Free
Child (6-12)	\$4.17	\$37.47	\$33.68	\$90.94	\$290.99	Free
Senior (65+)	\$5.83	\$52.45	\$47.16	\$127.31	\$407.38	Free
Britannia-Only Senior (55+)	\$5.83	\$52.45	\$47.16	\$127.31	\$407.38	Free

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

Family Drop-in Rate = 1 to 2 adults of the same household and their children under 19yrs. Minimum \$8.13 admission.

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

## Welcome to the Britannia Pool

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

### Hours

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

Hours are subject to change.

### Pool Schedule

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

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

### Contact

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



### Admission Policy for Children

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

## Swim Sessions

View our current pool schedule online at:

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

### Free Swim

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

<b>Tue</b>	<b>2:00-4:00pm</b>	<b>Ongoing</b>
<b>Fri</b>	<b>6:00-8:00pm</b>	<b>Mar 21, Apr 4, 18,</b>
		<b>May 2, 16, 30</b>
<b>Free</b>		<b>Jun 13, 27</b>

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

Britannia's youth-only swim time, every other Friday.

<b>Fri</b>	<b>6:00-8:00pm</b>	<b>Mar 28, Apr 11, 25,</b>
<b>Britannia Pool</b>		<b>May 9, 23, Jun 6,</b>
<b>Free</b>		<b>20, Jul 4</b>

### FitNation (55yrs+)

FitNation is an eight-week Indigenous aquatic fitness program that takes place at Britannia Pool. It is a free, registered program for Elders in the community who are interested in improving their mobility, agility, balance and general fitness. Snacks provided.

<b>Wed</b>	<b>10:15-11:15am</b>	<b>Apr 23-Jun 11</b>
<b>551102 Brenlee</b>		<b>Free*</b>
<b>*Registration required</b>		

### FitNation (18yrs+)

<b>Wed</b>	<b>8:00-9:00pm</b>	<b>Apr 23-Jun 11</b>
<b>551103 Brenlee</b>		<b>Free*</b>
<b>*Registration required</b>		

### Public Swim

Swim, dive, splash, have fun! One lane is set aside for continuous length swimming. The leisure pool is usually open during this time for families with young children—please check our online schedule to confirm. Regular admission rates apply.

Please note: During some public swim sessions, the pool may be shared with Aquafit, lessons, school groups or clubs.

### Aquafit

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

### Range of Motion

A gentle, no impact water workout to enhance joint mobility. Participants will receive instruction to move the joint through flexion, extension and rotation in a controlled manner. Designed for participants who are rehabilitating and/or have minor mobility challenges. Participants must be independent in the water to participate in the class.

### Lengths

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

### Parent and Tot Pool

The leisure pool is open during most public swims for families with young children. The parent and tot pool is not open to the public during lessons or lengths. Please check our website for our up-to-date schedule:

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

## Swim Lessons

### Registration

Online and in-person registration for fall swim lessons and programs at all pools, for all age groups starts Tuesday March 18, 2024 at 7:00pm.

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

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

### Swim Assessments

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

### Refunds & Cancellations

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

### Britannia Swim Club

A community recreational swim club for children/youth that is dedicated to swim development all while building positive interactions and having fun. We work on stroke development, endurance, water safety skills and social development. Prerequisite: Swimmers must be at Swimmers 4 or higher or able to continuously swim on their front unassisted for a minimum of 25m. Must be evaluated before registering unless they are a returning club member.

<b>Tue</b>	<b>6:45-7:45pm</b>	<b>Apr 8-Jun 17</b>
<b>551087</b>		<b>\$55/11 sess</b>
<b>Sun</b>	<b>10:00-11:00am</b>	<b>Apr 6-Jun 22</b>
<b>551097</b>		<b>\$50/10 sess</b>



# Ice Rink



## NOTICE FOR RINK USERS:

The Britannia ice rink will be closing for maintenance and construction work from mid-March into the fall of 2025. More details, including dates of the closure will be shared when the information is available

Find updates during the closure at [britanniacentre.org/ice\\_rink](http://britanniacentre.org/ice_rink).



Visit [vanrec.ca](http://vanrec.ca) to view drop in schedules for Vancouver arenas that are open at this time.

For further details on all the public rinks in the city visit [vancouver.ca/parks-recreation-culture/ice-rinks.aspx](http://vancouver.ca/parks-recreation-culture/ice-rinks.aspx).

## Join the Arena Committee!

The Arena Committee meets at the call of the chair on the 1st Tue of the month at 6:00pm in the Rink Mezzanine Room. If you would like to get involved with the committee or for more information email [britanniarink@vancouver.ca](mailto:britanniarink@vancouver.ca)



# Volunteer & Leisure Access

## Get involved – Volunteer!

Britannia Community Centre stands distinctively in the Lower Mainland. Our unique approach integrates education, recreation, library, and social services, perfectly catering to the diverse mix of cultures, ages, and incomes in the Grandview Woodland and Strathcona communities.

This synergy offers a broad range of volunteer roles spanning cultural, educational, entertainment, and sporting activities at different levels of commitment. The true reward? The personal satisfaction derived from actively shaping your local community. Plus, throughout the year, we recognize the essential contributions of our volunteers with special social events, appreciation gatherings, educational outings, and training sessions.

Interested in joining our volunteer team? Complete an application and explore the various roles available at [britanniacentre.org/volunteer](http://britanniacentre.org/volunteer).

### Summer Daycamp Volunteers

Funseekers is looking for motivated youth 16yrs+ to get involved in volunteering with children 6-12yrs in a fun and supported setting. It's a great leadership opportunity and a way to give back to the community. Spend the weeks swimming, doing arts and crafts, playing games, learning about children's rights, going on out trips, and many other fun activities! Minimum 3 week commitment required. Must complete a police record check. Reference available upon completion.



### Tax clinic Volunteers

Britannia is holding tax clinics in March and April 2025 to help low-income individuals fill out their tax returns. Our clients include families and seniors who reside in the community and new immigrants to Canada. We are looking for volunteers to prepare tax returns online. Volunteers will need to register with CRA's CVITP program, complete required training and a criminal record check. Apply before Jan 11, 2025 by applying at: [britanniacentre.org/volunteer](http://britanniacentre.org/volunteer)

## Leisure Access Program (LAP)

The Leisure Access Program provides City of Vancouver residents with low-income access to programs and services, at a reduced cost. These services are available at pools, rinks, participating fitness centres and community centres, and other select services.

For full program details and more information about how to apply, please visit: [vancouver.ca/leisureaccess](http://vancouver.ca/leisureaccess)

### Get a Leisure Access Pass at a Park Board community centre, you qualify if:

1. You receive income assistance or specific provincial or federal subsidies (see Leisure Access Program brochure or online at [vancouver.ca/leisureaccess](http://vancouver.ca/leisureaccess) for further details); or
2. You are a client of a non-profit or government agency that can refer you. Ensure you have a signed and dated Third Party Referral prior to going to a Park Board community centre with your photo ID. Includes asylum seekers and temporary foreign workers.

### Submit a Leisure Access Pass application if you qualify for one of the following options:

#### 3. Self-Refer

You are a resident with low-income, but do not receive income assistance or support from a non-profit or government agency. To be eligible, \*\*family combined net income on line 23600 of your "Proof of Income Statement" (not Notice of Assessment) is at or below eligibility threshold below.

Family size	1	2	3	4	5	6	7
Net income	\$37,871	\$53,557	\$65,594	\$75,742	\$84,682	\$92,764	\$100,196

#### 4. Child Disability Benefit (CDB)

You are a family with a child, up to 17 years old, with a disability and qualify for the Child Disability Benefit.

#### 5. Disability Tax Credit (DTC)

If you, your spouse, or dependant, age 18 and older, qualify for the Disability Tax Credit and your family

#### 6. Employment Insurance (EI)

You are receiving Employment Insurance benefits in 2024-2025

### Low Barrier 2STGD Referrals

The Queer Inclusion Team at the Vancouver Board of Parks and Recreation offers low barrier, 3rd party referrals for Two-Spirit, trans, or gender diverse (2STGD) Vancouver residents who face financial barriers to recreation. E-mail [2STGD@vancouver.ca](mailto:2STGD@vancouver.ca) to apply.



Check out our weekly programs and activities for 2STGD and 2SLGBTQIA+ folks of all ages.

[vancouver.ca/park-board-pride](http://vancouver.ca/park-board-pride)



# Partners



## GWFC

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

For a list of our Spring 2025 workshops, see page 7. If you'd like to participate in a program or get involved, Ruth Elizabeth at gwfcnetwork@gmail.com. For more info visit [www.gwfoodconnection.com](http://www.gwfoodconnection.com).

## GWFC Committee Meetings

The GWFC is seeking Advisory Board Members to represent the many faces of our Community! If you're passionate about

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

Please contact Ruth Elizabeth at gwfcnetwork@gmail.com and join us for our monthly meetings!

**Wed 6:00-8:00pm** **Apr 2, May 7, Jun 4**  
Zoom/Board Rm **Free**

## Britannia Bulk Buy Food Club

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



## CFEC

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

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

## Britannia Partners in Education (PIE)

Britannia Secondary School, CFEC Rm 109A

### English Foundations 2-4

**Tue/Wed 9:30-11:45am**

### English Foundations 5-7

**Tue/Wed 12:15-2:30pm**

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

**Fri 10:00am-12:00pm**

## GR2R Family Resource Program

**Thu 10:00am-12:30pm**  
Grandview Terrace CC - OSC Rooms

## Edmonds PIE Plus

### English Foundations 1-4

**Mon/Wed/Fri 12:30-2:30pm**  
Edmonds Community School, Rm 115

## Maywood PIE Plus 2

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

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

## CFEC ECE Basic Certificate Program

**Wed 6:45-9:45pm Sat 10:00am-3:00pm**  
Burnaby Community & Continuing Education at Sapperton



## Vancouver Latin American Cultural Centre (VLACC)

VLACC is a non-profit organization that celebrates cultural diversity by sharing Latin American culture with all! VLACC offers the opportunity to learn more about Latin American arts and culture, make new friends, contribute to your community, and have a wonderful time doing it! Most of their programs are in English and admission is often free. VLACC is working on establishing a physical hub for Latin American artists and audiences to celebrate the importance of the Latin American community in Canada. For more information, visit: [vlacc.ca](http://vlacc.ca)

## Latin American Reading Group (16yrs+)

Latin American Short Stories Reading Group. Envisioned in the model of book clubs, this reading group focuses on Latin American short stories. The stories are in English translations and the discussions are lead in English. Co-presented with the Latin American Studies department of UBC, a long-time ally, these sessions are a generator of community dialogues. This event is open to anyone interested in short stories written by Latin American authors. No background in Latin American literature or culture is required. To register, please visit: [www.vlacc.ca](http://www.vlacc.ca)

**Tue 6:30-9:30pm** **Apr 8, May 13, Jun 10**  
**Conference Room VLACC**

## VLACC Choir – Canto Vivo (17yrs+)

Canto Vivo - The VLACC Choir, creates a community around the love for Latin American music. Since 2017, Canto Vivo has built a strong sense of community among the singers and with the broader Vancouver community. Its current and past members are from over 15 different countries in Latin America and beyond! Canto Vivo's choirmaster and music director, Dr. Sérgio Pires, holds degrees in choral conducting and music education and has many years of experience developing community choirs. The choir's repertoire includes popular and traditional songs from all over Latin America in Spanish and Portuguese, most of them arranged especially for the group by Sérgio. To inquire about participating and register in Canto Vivo please email [thais@vlacc.ca](mailto:thais@vlacc.ca). (songs are sung in Spanish and Portuguese)

**Wed 7:00-9:00pm** **Apr 2-Jun 25**  
**55+ Centre Sergio**





## Eastside Family Place

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

### Contact

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

### Family Drop In

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

### Families:

Mon, Tue, Thu, Fri 9:00am -12:00pm  
 Indigenous Drop in Mon 3:30-5:00pm  
 Baby Drop In Wed 1:00-2:00pm  
 Youth Parents Drop In Wed 2:00-3:30pm **NEW**

### Caregivers:

Wednesday 9:00am-12:00pm

### Families and Caregivers:

Tuesday, Thursday 1:00-2:30pm

### Parenting Education & Support

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

- Nobody's Perfect (a parenting empowerment group)
- Circle of Security (understand attachment needs and its relation to children's behaviour)
- Jump into Music with Monica Lee (early language and music program)
- Cooking Skills
- Mama Ganso/Spanish Mother Goose
- Baby & Me Yoga, Mon 12:30-1:30pm

Check our website for more info, dates and times.

### Licensed Occasional Childcare

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



## Britannia Branch

Tel: 604.665.2222

### Library Hours

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

For a full list of programs and events, visit [vpl.ca](http://vpl.ca).

### Children's Programs

**Toddler Storytime (18 mos – 5 yrs)** ☀️  
 Tue 10:00am

**Babytime (0 – 18 mos)**

Tue 11:00am  
 Apr 1-May 20

**Family Storytime (all ages)** ☀️

Thu 10:00am & 11:00am

Apr 3-May 22

Sat 11:00am

Apr 5-May 24

### Adult Programs

**Connection to Kith and Kin: Indigenous Ancestry Search** ☀️

Tue 2:00-4:00pm  
 Mar 11-Apr 15

Registration required. For more information see: [vpl.ca/program/kith-kin](http://vpl.ca/program/kith-kin).

**ESL Conversation Practice** ☀️

Tue 3:00 – 4:00pm  
 Apr 1-Jun 3  
 Drop-in

**Tech Help** ☀️

Fri 2:00 - 3:00pm  
 Apr 4-Jun 6  
 Drop-in



## Community Action Program for Children (CAPC)

CAPC is a community-based children's program that promotes the healthy development of young children (0-6yrs). For more information and to register, please call 604.718.5821 or 778.245.2428.

### Spring 2025 Programs

 ☀️

- Food Security Program (fruit and veggie hampers)
- Parents Training (Nobody's Perfect)
- Parents Circle Time (1<sup>st</sup>/2<sup>nd</sup> Fri/mo)
- Spanish Mother Goose/Mama Ganso (0-2yrs)

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

 ☀️

Enjoy one hour of rhymes, songs, games and stories in Spanish with your child. Registration is required. Please call 604.215.8289. No session Apr 21, May 19.

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

Mon	Apr 7-Jun 16	Free*
1-2yrs	10:30-11:30am	
0-12mo	12:30-1:30pm	

\*Call 604.215.8289 to register.

### Community Education

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

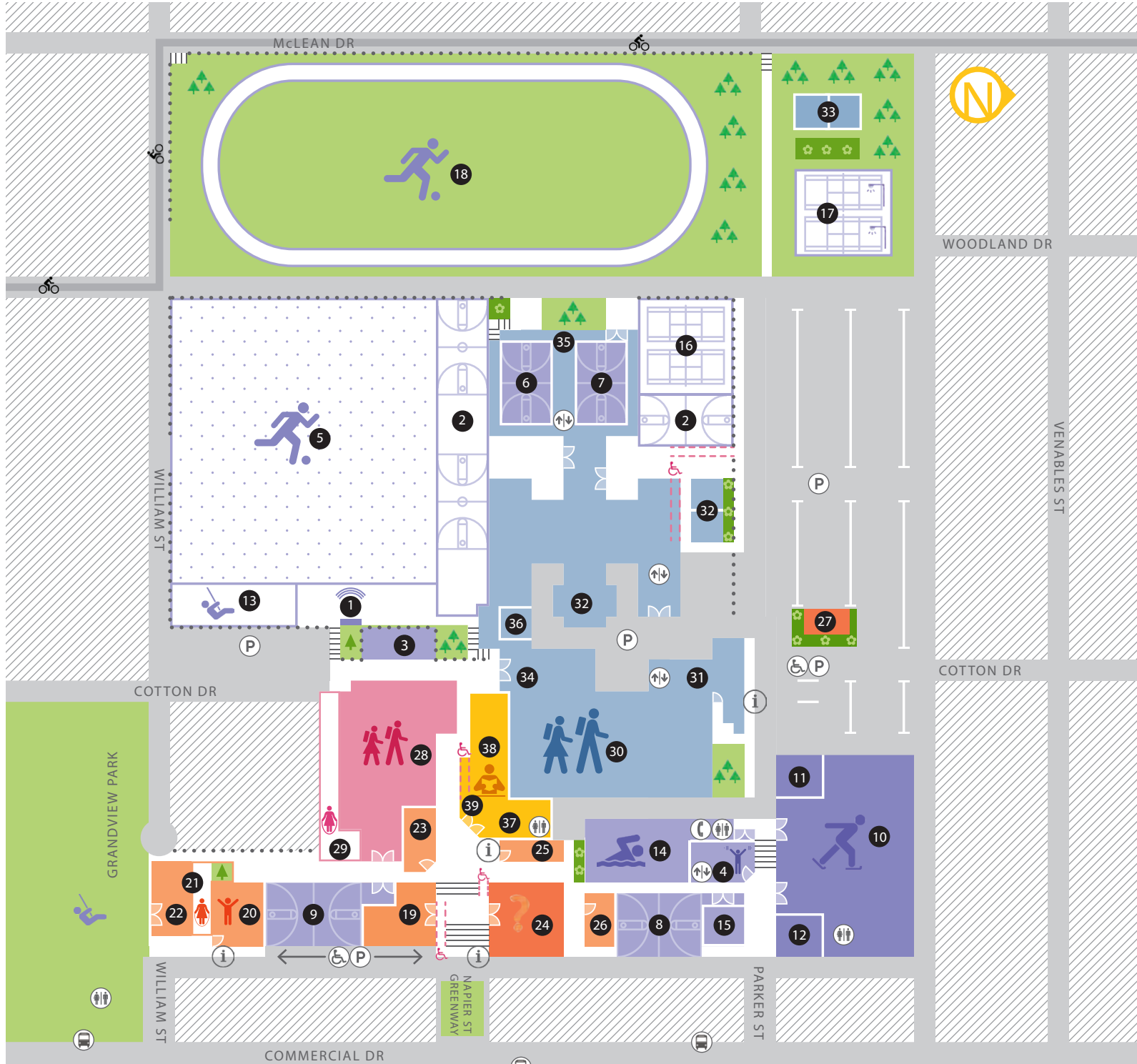
This work is often done through student leadership opportunities, noon hour and after school programming. For inquiries please call 604.713.8273.

### Community Schools Coordinator

Maddie LaFleur

### Office Support

Mitra Tshan



### recreation

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

### resources + services

- 19 Al Mattison 55+ Centre
- 20 Child Care Centre
- 21 Eastside Family Place (ground flr)
- 22 Canucks Family Education Centre (top flr)
- 23 Family Activity Room
- 24 Info Centre
- 25 Pre-Teen Centre
- 26 Teen Centre
- 27 5x"q\*eləwən ct Carving Centre

### elementary school

- 28 Britannia Elementary
- 29 Outdoor Play Area

### secondary school

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

### library + learning

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



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

•••• Fence	Wayfinding	Elevator	Residential + Commercial
Streets + Vehicle Access	Wheelchair Access	Entrance	Gravel
Bicycle Route	Stairs	Fields + Green Space	School Garden