



Check out Special Events  
including Black History Month  
on p.8-9.

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 Winter 2025



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



## President's Message

Recent global issues bring to mind the importance of good neighbours, in disasters, political unrest, violence, pandemics, peace and joy. In our homes, across the hall, on the block or down the street, if we could have understanding, respect human rights for all, share in prosperity and give to receive, could we influence the world?

We are a community centre and we cannot underestimate the importance of the daily grace for the people who visit the site to use the pool, rink, schools, library, teen centre, 55+, daycares, gyms or dry seats. It is our goal to be here for those who need the facilities and who need the company of those in those facilities.

In October the Board of Management met for a full day to discuss and deliberate on how to best serve our community in 2025, joy and fun must be at the centre of all that we want to do, which is to;

- Improve communications with our community and engage with our neighbours;
- Improve the Society to better serve the needs of the community through governance, staffing, policies and procedures, and;
- Determine the direction of the Society for 2026 to 2030.

Earlier this year the City of Vancouver informed the Board that funding (approximately \$17 million) will be used for capital maintenance to make sure that the pool and rink continue to operate for public use. We are in talks with the City on the replacement of the pool building, which includes a community gymnasium, gymnastic annex, fitness centre and multipurpose rooms. The Board will continue to advocate for better facilities for our neighbourhood.

We will be celebrating 50 years young in 2026, we hope to better understand the aspirations and hopes of our neighbours and for the community centre to play a part of achieving those hopes and dreams. We all share in creating a good, kind, respectful, helpful and friendly neighbourhood that takes care of each other in a vibrant 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 Margaret Buxton Tom Chang Susanne Dahlin Pat Hogan Vera Jones Nicki Simpson Terumi Squibb Naina Varshney
Youth Directors	TBD
Staff Rep	TBD
Partners	
VS	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

2nd Wed/mo 6:00pm  
Jan 8, Feb 12, Mar 12  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Anti-Racism & Anti-Oppression Committee

3rd Thu/mo 6:00pm  
Jan 16, Feb 20, Mar 20  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Arena Committee

1st Tue/bi-monthly 6:30pm  
Jan 7, Mar 4  
Susy Bando [susy.bando@vancouver.ca](mailto:susy.bando@vancouver.ca)

### Arts & Culture Committee

1st Thu/mo 6:00pm  
Jan 9, Feb 6, Mar 6  
Amanda Lye [amanda.lye@vancouver.ca](mailto:amanda.lye@vancouver.ca)

### Board Development Committee

3rd Mon/mo 6:00pm  
Jan 17, Feb 21, Mar 21  
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  
Feb 5, Mar 5  
Ruth-Elizabeth Briggs  
[gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com)

### Planning & Development Committee

3<sup>rd</sup> Tue/mo 6:30pm  
Jan 21, Feb 19, Mar 19  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)

### Pool & Fitness Committee

Last Tue/bi-monthly 6:00pm  
Jan 28, Mar 25  
[britannia.pool@vancouver.ca](mailto:britannia.pool@vancouver.ca)

### ReconciliACTION Circle

Call of the Chair 1:00pm  
Jan 7, Feb 11, Mar 11  
Denise Johnson  
[denise.johnson@vancouver.ca](mailto:denise.johnson@vancouver.ca)

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

3<sup>rd</sup> Wed/mo 3:30pm  
Jan 15, Feb 19, Mar 19  
Anne Cowan [anne.cowan@vancouver.ca](mailto:anne.cowan@vancouver.ca)

### Skateboard Committee

1st Mon/mo 6:30pm  
Jan 20, Feb 17, Mar 17  
Cynthia Low [cynthia.low@vancouver.ca](mailto:cynthia.low@vancouver.ca)  
[britanniaskateboardcommittee.com](http://britanniaskateboardcommittee.com)

### Volunteer Committee

3rd Fri/mo 4:00pm  
Jan 17, Feb 21, Mar 21  
Yao Zhang [yao.zhang@vancouver.ca](mailto:yao.zhang@vancouver.ca)

### Youth Committee

3<sup>rd</sup> Thu/mo  
Jan 16, Feb 20, Mar 20  
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, Board Priorities, Volunteer.....	4-5
Indigenous Programs, Food Security, Special Events.....	6-9
Licensed Child Care.....	10-11
Preschool Programs: Art, Music, Dance, Physical Activity.....	12
Children's Programs: Art, Language, Music, 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, WOCT, Dance, Health & Wellness, Technology.....	26-29
Fitness Centre: Rates & Programs.....	30
Aquatics: Registration, Lessons, Swim Sessions.....	31
Ice Rink: Rates, Arena Programs, and Skating Lessons.....	32-33
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 xʷməθkʷəy̓əm (Musqueam), Sk̓wx̓wú7mesh (Squamish) and səliłwətał (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

Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	CLOSED
Jan 1	New Years Day	CLOSED
Feb 17	Family Day	CLOSED

### Pool & Fitness Centre

Dec 25	Christmas Day	CLOSED
Dec 26	Boxing Day	1:00-5:00pm
Jan 1	New Yearsr Day	1:00-5:00pm
Feb 17	Family Day	1:00-5:00pm

### Rink

To view our current schedule, visit:

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

## Cover Photo

šxʷqʷeləwən ct Carving Pavilion in the midst of a winter wonderland.

Photo credit: Cyn Williams

# Registration & Rentals

## Registration Dates

Registration for **general programs** opens December 10, 2024 at 7:00pm in-person and online, and at 9:00am by phone on December 11, 2024.

Registration for **swim lessons** opens December 17, 2024 at 7:00pm in-person, online, and by phone.

Registration for **skating lessons** begins December 19, 2024 at 7:00pm in-person and online.

## How to Register

### 1) Register online at 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

## Contact

1661 Napier Street, Vancouver BC V5L 4X4

britanniacc@vancouver.ca

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.

## 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.

# Board Priorities & Volunteering

## Britannia Board of Management 2025 Priorities

The Board of Management met in the fall, as they do each year to establish the direction for staff and operations for the Centre. These priorities are set in consultation with staff and committees and based on the continued relevance of the 2021-2025 Strategic Plan.

In 2025 we will;

- Return to fun, play, and celebration of community. We will do this by focusing on recreation and more community led gatherings and activities.
- Improve communications with our community and engage with our neighbours. We will do this by redesigning our website and updating promotion and information sharing about the Society;
- Improve the Society to better serve the needs of the community through governance, staffing, policies and procedures. We will do this by updating accounting, communications and record keeping systems, reviewing and changing policies and procedures and enhancing hiring, training and onboarding of staff, finally;
- Determine the direction of the Society for 2026 to 2030. We will do this by engaging our community, staff and volunteers to set the direction for the Society.



Reconciliation will continue to be the Society's focus by integrating the principles and values in all that we do from programming, to operations and partnerships.

City Council has redirected our \$17M in Renewal Capital Plan funding to complete several maintenance projects on the existing Pool and Rink.

City staff have committed to meet with the Board to discuss the path toward Renewal and Building 1, which is planned to house a new pool, a community gym with gymnastics annex, an expanded fitness centre and multipurpose spaces. More details are available at: [BritanniaRenewal.org](http://BritanniaRenewal.org).

Residents and community members can be involved through the Board or on Committees please contact us at: [britanniacc@vancouver.ca](mailto:britanniacc@vancouver.ca)

## 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](https://britanniacentre.org/volunteer).



### 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: <https://britanniasoccer.org/volunteer/>



### 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](mailto:britanniacentre.org/volunteer)

### 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).

### Fun bike rides (19+)

Join Britannia volunteers and community members for fun bike rides in and around Vancouver. Leave from Britannia and explore local favourite bike trails at a leisurely pace. Participants should be confident riding approximately 30 kilometers. Waivers and release forms need to be signed prior to the rides.

Fair weather schedule is subject to change. To receive the updated list of the rides and sign up to any rides, please send an email to: [britanniavolunteer+rides@gmail.com](mailto:britanniavolunteer+rides@gmail.com) along with your contact information.

Fri/ Half day rides (Departs at 4pm)

**Apr 25 - Balaclava, May 23 - Jericho**

2.Sundays / Long rides (Departs at 9:30am)

**May 4 - Deer Lake, Jun 1 - UBC**

**Jun 15 - Foreshore Park**

**Jun 22 - Steveston**

# 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 Denise for more details. Upcoming meeting dates:

**Tue 11:00am-12:00pm** Jan 7, Feb 11, Mar 11  
Conference Room

### Indigenous Elders Tea & Bannock

Indigenous Elders please come by to Britannia Conference room, located in the Info Centre. This year, not only did we change location, we changed the time as well. We will sit, enjoy each other's company, while crafting with a Knowledge Keeper or playing board/card games! We will bring in Bannock made by local Indigenous Chef, Paul Fortin.

**Fr 12:00-4:00pm** Jan 10, Feb 7, Mar 14  
Conference Room Free

### 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.

**Wed 10:15-11:15am** Jan 15-Mar 5  
537047 Brenlee Free\*  
\*Registration required

### FitNation (18yrs+)

**Wed 8:00-9:00pm** Jan 15-Mar 5  
537048 Brenlee Free\*  
\*Registration required

### 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.

No one turned away for lack of funds. Full subsidies available for Leisure Access Program participants. See page 5 for more information on Leisure Access or contact Suzette Amaya at 604.718.5873 or [suzette.amaya@vancouver.ca](mailto:suzette.amaya@vancouver.ca).

### Beaded Hoobiye Earrings

Let's welcome back Knowledge Keeper Chantel Dustyhorn! Chantel will help the Britannia community get ready for Hobiye and bead some Hobiye earrings!

**Tue 6:00-9:00pm** Jan 14 & 21  
Rink Mezz \$10/2 sess  
541349 Chantel



Melissa Angus

### MMIWG2S Red T-shirt Press

Welcome back Knowledge Keeper Melissa Angus from Gitxaala, Nisgaa, Cree and Metis Nation. If you have a picture of someone you would like to honour and show who you are marching for, please email [Denise.Johnson@vancouver.ca](mailto:Denise.Johnson@vancouver.ca) before Feb 7 to have it printed and ready for your session with Melissa. Supplies provided.

**Sun 12:00-4:00pm** Feb 9  
Rink Mezz \$15/1 sess  
540881 Melissa

### Medicine Pouches and Painting MMIWG2S Signs

Come join Vancouver Aboriginal Transformative Justice Society and paint MMIWG2S signs for the February 14th March. If you have a picture to put on a poster, please e-mail [Denise.johnson@vancouver.ca](mailto:Denise.johnson@vancouver.ca) before February 12 and she will have it ready for your poster on the 13th.

**Thu 12:00-4:00pm** Feb 13  
55+ Centre

### DTES MMIW2S March

Meet on Main and Hastings.

**Fri Time TBD** Feb 14

### Star Blankets

Ruby Harry is back, and this time she is teaching us how to make star blankets. You will have 4 sessions to help complete and bring a beautiful star blanket home. Supplies provided.

**Tue 6:00-9:00pm** Mar 4-25  
Rink Mezz \$20/4 sess  
541748 Ruby

## WCT Sundays

Join Knowledge Keepers to learn a variety of skills through these monthly workshops. Snacks provided.

### January

#### Open Sewing Circle with Ruby Harry

Please welcome back Knowledge Keeper, Ruby Harry from the Tsilhqot'in Nation. Ruby shares stories, songs and ceremonial teachings from lived experience and knowledge passed down from her Elders. Supplies are provided, but limited. Please feel free to bring your own craft and sit, drink tea & craft with us!

**Sun 12:00-4:00pm** Jan 5, 12, 19, 26  
Rink Mezz \$5  
536264

### February

#### West Coast Regalia Night with JB The First Lady (15yrs+)

Come join us every Sunday in February and make some beautiful west coast regalia! Let's get our Britannia community ready for Hobiye! Limited supplies provided and cost is by donation. Drop in.

**Sun 12:00-4:00pm** Feb 2, 9, 16, 23  
Conference Room



JB The First Lady

### March

#### Ribbon Skirts with Pam Nowell

Let's welcome back Knowledge Keeper, Pam Nowell. Pam will teach us how to put on a ribbon skirt together in 4 sessions, with the last session March 30 as an open sewing group. Supplies provided.

**Sun 12:00-4:00pm** Mar 2, 9, 16, 23, 30  
Conference Room \$20/4 sess  
541727



## 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)

### 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.



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

Tired of cooking alone? Beat the January blues and come cook with us! We will focus on warm and cozy recipes, and make sure we make enough to eat together and take some home. Each participant will leave with food to take home, so make sure you have space in your fridge! Registration required. Please BYO reusable containers if you can – or borrow some to return later!

<b>Mon</b>	<b>2:00-5:00pm</b>	<b>Jan 13</b>
<b>55+ Centre</b>		<b>\$5/sess</b>
<b>541495</b>		



### Seed Starting & Garden Planning Workshop

Join Master Gardener, Pablo Vimos, in exploring four different methods for starting seeds indoors & find out when to transplant to your garden in the spring! In this hands-on workshop, we start some veggies like tomatoes, peppers, brassicas, and lettuce. The pros & cons of each seeding method will be discussed, and this workshop welcomes gardeners of all experience levels and physical abilities. You'll leave with printed information, some started seeds, and seeds to start indoors at your home! Sign up to gain hands-on experience, and get ready to get dirty! Sliding scale – pay what you can (\$5/\$10/\$15 options)

<b>Fri</b>	<b>4:30-6:30pm</b>	<b>Feb 7</b>
<b>Rink Mezz</b>		<b>Pablo</b>
<b>541099</b>	<b>Pay what you can \$5</b>	
<b>541100</b>	<b>Pay what you can \$10</b>	
<b>541101</b>	<b>Pay what you can \$15</b>	

### Countertop Gardening – Sprouts & Microgreens Workshop

Join Master Gardener, Pablo Vimos, in exploring countertop gardening! In this hands-on workshop, we will learn how to grow sprouts and microgreens indoors, and you will be able to take home a tray to grow at home. This workshop welcomes gardeners of all experience levels and physical abilities. You'll leave with printed information and a tray with seeds, so make sure you have some counterspace at home! Sign up to gain hands-on experience ... and get ready to get dirty! Sliding scale – pay what you can (\$5/\$10/\$15 options)

<b>Sat</b>	<b>2:00-4:00pm</b>	<b>Mar 8</b>
<b>Rink Mezz</b>		<b>Pablo</b>
<b>541104</b>	<b>Pay what you can \$5</b>	
<b>541105</b>	<b>Pay what you can \$10</b>	
<b>541106</b>	<b>Pay what you can \$15</b>	



## Volunteer Garden Work Parties

### Seed Sorting

We're starting a seed library that can be accessed all year round in our garden here at Britannia! We need some HELP! We will be cleaning, sorting and labelling the seed collection we have from our garden. If you have extra seeds to donate, we'd love to have them, and if you need some seeds we'd be happy to share. We have a few knowledge keepers and are welcoming folks of any skill and knowledge level to join us.

<b>Sat</b>	<b>2:00-4:00pm</b>	<b>Feb 22</b>
<b>Rink Mezz</b>		<b>Free</b>
<b>540164</b>	<b>Victoria</b>	

### Soil is Life!

We are prepping the Nexways wa lh7aynexw (Transformed Life) garden beds by aerating them and adding some fresh soil. Bring a friend and contribute to a local sustainable food system together! Our school and community gardens provide fresh organic veggies to the school, community and food security programs. The Nexways wa lh7aynexw Garden is located by the Courts skateboard park.

<b>Sun</b>	<b>10:00am-1:00pm</b>	<b>Mar 16</b>
<b>Nexways wa lh7aynexw</b>		<b>Free</b>
<b>(Transformed Life) Garden</b>		
<b>540161</b>	<b>Victoria</b>	

### Decolonizing the Garden

This is a great opportunity for folks to get to know some native plants and contribute towards the stewardship of our Indigenous garden. All the plants in this garden are native and have cultural uses...except for the invasive species that we will be removing! The sxwqwelewen ct (One heart, one mind) Garden is located just outside the Carving Pavilion.

<b>Sun</b>	<b>10:00am-1:00pm</b>	<b>Mar 23</b>
<b>sxwqwelewen ct</b>		<b>Free</b>
<b>(One heart, one mind) Garden</b>		
<b>540162</b>	<b>Victoria</b>	

# Special Events

## 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 Spier. For more information contact [brtnngallery@gmail.com](mailto:brtnngallery@gmail.com). Full exhibition details and artist bios can be found at [britanniaartgallery.org](http://britanniaartgallery.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

Upcoming exhibition dates:

### December 4-January 31

*Voices of Self-Love*  
 Group show featuring various media  
 by La Libélula Cooperative



### March 2-30

*Woman of Colours*  
 Fiber Arts by Deirdre Pinnock



### February 2-28 - Black History Month Group Art Show

*Concrete Ideas: Hard Art for Your Soft Heart Vol 1* - Cement work by Karine Zamor  
 Exploring the fusion of raw industrial materials with nature's hues, this collection offers functional art that brings an earthy yet refined aesthetic into everyday living spaces.

*Behind the Eyes* - Art by Tolu Ayoka  
 Work that bridges personal history with collective experience, making the obscure and intimate feel less isolating and inviting others to find themselves behind that veil.

*BlackOut Collective* - Artist group featuring Simone Chnarakis, Savannah Sutherland and Joseph Coopson



## Artist Talks at the Britannia Art Gallery



La Libélula Cooperative

### Celebrating Black Artists

Please join us as part of our Black History Month event! Meet our February Group Exhibit artists and learn more about their work

Karine Zamor, Tolu Ayoka, and the BlackOut Collective - Simone Chnarakis, Savannah Sutherland and Joseph Coopson, will see you in the Art Gallery!

Check out p.21 for Karine's Cement workshop

Afterwards, visit the 55+ Centre for more Black History Month celebration, and continue learning about black history and arts in our neighbourhood.

**Wed 5:45-6:45pm Feb 19**

### Voices of self-love

A Conversation about inclusivity and opportunities for Latin Americans living in British Columbia, with the Artists in community that worked with La Libélula Cooperative for this installation.

**Wed 6:00-7:30pm Jan 22**



Art Gallery in the Britannia Library



## Black History Month Event

Britannia's Anti-Racism and Anti-Oppression Committee in conjunction with the Arts Committee present an evening of outstanding Afro-descendent artists. Join us to learn about Black History and artists in our neighbourhood. The night will include an Artist Talk in the gallery, a reading & conversation with Harrison Mooney about his memoir "The Invisible Boy", and music and dance from the African diaspora.

Refreshments will be served.

**Wed 6:00-9:00pm**      **Feb 19**  
**55+ Centre**              **FREE**



Harrison Mooney

## Spring Equinox Coffee House (All ages)



An evening of sweet spring vibes as we celebrate the turn of the season. Local musicians & poets will warm our hearts. The line up of performers will include: Clara Shandires, Roisin and Peter Chan, among others. Curated by Danais Yera Guerra. [britanniacentre.org/coffeehouse](http://britanniacentre.org/coffeehouse)

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

## Greenway Gatherings

Gather in the Greenway for some tea and local performances. Last Saturday of each month in the Napier Greenway. Sponsored by the Britannia Neighbours and the City of Vancouver Placemaking Department. Stay tuned to Britannia posters, socials and website!

**Sat 1:00-2:30pm**      **Nov 30**  
 Tim Sars trio

**Dec 28, Jan 25, Feb 22, Mar 29**  
 (Performers TBD)

## Britannia Market Vendor Invitation

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

## Community Artist Circle Monthly Meet-up

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 at the Britannia Rink Mezzanine. Please note space is limited and there is no storage so projects must be taken home each time. Tea and some art materials provided.

**Mon 6:00-9:00pm**      **Jan 27, Feb 24, Mar 31**  
**Rink Mezz**              **\$5/3 sess, \$2 drop-in**  
**541345**

## 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 [BritTaxClinic.org](http://BritTaxClinic.org), alternatively you can call the Info Centre at 604.718.5800 ext 1. Appointments begin in late February.

## East Vancouver Seedy Saturday (all ages)

The Grandview Woodland Community Seed Library hosting a community seed swap, fun activities, and more! For more info, visit <https://gwcseedlibrary.wordpress.com/> events. This event is run in partnership with the Grandview Woodland Food Connection at Britannia. For more food & garden events see page 7.

**Sat 11:00am-2:30pm**      **Mar 15**  
**Gym D**      **Suggested donation of \$2**

## 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	Jan 5-Mar 23	55+ Centre	Free*
535641	Ken			*Registration required.
Jan 5	The Grey Fox (1982)		Feb 16	Family Day Weekend - No movie
Jan 12	A Ghost Story (2017)		Feb 24	Red Rocket (2021)
Jan 19	One Life (2023)		Mar 2	Selma (2015)
Jan 26	The Apartment (1960)		Mar 9	The Madness of King George (1994)
Feb 2	The Lives of Others (2005)		Mar 16	The King Tide (2024)
Feb 9	Portrait of a Lady on Fire (2019)		Mar 23	The Outfit (2022)



## 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)

## Workshops

### Traditional Ukrainian Paper Cut (15yrs+)

Traditional Ukrainian Paper Cut with Ukrainian artist Tanya Znak will introduce the community to this technique. In this workshop we will design a pattern in the first class and then learn techniques to cut the paper by using x-acto blades with precision. All supplies are included.

**Sun 1:00-4:00pm**      **Feb 23 & Mar 2**  
**RAR**                      **\$26.25/2 sess**  
**540789**      Tanya

### Chip Carving Basics - Vancouver Tool Library

Join the Vancouver Tool Library 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.

**Thursday 6:00-9:00pm**      **Feb 20**  
**Rink Mezz**                      **\$40.00/1 sess**  
**541198**      VTL  
**Thursday 6:00-9:00pm**      **March 6**  
**Rink Mezz**                      **\$40.00/1 sess**  
**541207**      VTL

# 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)

## Toddler Program (18mo-3yrs)

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

### Mount Pleasant Child Care

960 East 7<sup>th</sup> Avenue 604.718.5844  
Waitlists for Mount Pleasant Childcare are currently closed.

Hours: Mon-Fri 7:30am-5:30pm  
Fees: \$573/mo  
Lunch Program: \$90/mo



## Preschool Program (3-5yrs)

Our Preschool program provides a rich and meaningful child-centered environment in which children learn and grow in all areas of development. Children practice creativity and freedom of artistic expression in a play-based learning environment as we highlight multiculturalism, diversity, arts 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, Grandview Terrace and Mount Pleasant Child Care offer full day daycare programs for children 3-5yrs. The programs offer a caring, safe and nurturing environment that provides children the freedom and support to develop their full potential. We offer multicultural programs that respect a variety of traditions, lifestyles, languages and cultural heritages. In our inclusive play-based programs, staff provide activities based on children's interests and developmental needs, offering opportunities for children to explore their environment through music, movement, blocks, construction toys, cooperative games, stories and outdoor play. Through play, children are able to develop social skills and learn more about their world.



### Eaglets Daycare

485 Semlin Drive  
Suzy Liguori 604.718.5856

Waitlist for Eagles Daycare are closed.

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

Lunch Program: \$90/mo

Snacks provided.

### Mount Pleasant Child Care

960 East 7th Avenue  
Mirae Pinpin 604.718.5844  
Waitlists for Mount Pleasant Childcare are currently closed.

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

Fees: \$584/mo

Lunch Program: \$90/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 Queen Alexandra Elementary and 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.

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 Feb 17.

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

Mon Jan 20-Mar 17 Free\*

1-2yrs 10:30-11:30am

0-12mo 12:30-1:30pm

\*Call 604.215.8289 to register.

## Music

### Music Together® (0-5yrs)

Experience the joys of music-making and the powerful benefits of having music in your child's life. Find out how important - 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. In our mixed age class, each child participates at their own level and their natural musicality is nurtured through singing, dancing, listening and watching the adults, and exploring musical instruments. Caregiver participation required. Siblings attend at a reduced tuition rate and children 6 months and under attend free with a registered sibling. \$60 Music Together Licensing fee is non-refundable after first class. No class Feb 15.

**Sat Jan 18-Mar 15 \$204/9 sess**  
**533067 10:30-11:15am**  
**533075 11:30am-12:15pm**  
**Rink Mezz Stephanie**

**Tue Jan 14-Mar 11 \$204/9 sess**  
**533077 10:00-10:45am**  
**533078 11:00-11:45am**  
**Rink Mezz Karina**

## Language

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

Babies understand and can communicate long before they are able to speak. Research shows that babies who are offered Sign Language learn more quickly and talk earlier. With songs and games, learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. Babies can sleep during class or you can bring toys. 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 Jan 15-Feb 12**  
**Mat Room \$77/5 sess**  
**532583 Sheri**

### Hola Spanish for Kids (3-7yrs)

A unique opportunity to hear the Spanish Language in a joyful, safe and fun environment. Join us in experiencing Latin culture. 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 immersed into this tasty and fun Latin World. Supervised and instructed by highly qualified native Spanish-speaking teachers.

**Thu Jan 16-Mar 13 \$144/9 sess**  
**537109 2:15-3:15pm ages 3-5yrs**  
**537099 3:30-4:30pm ages 5-7yrs**  
**RAR Words in Motion**

## Art

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

Art is a wonderful sensory experience in which you and your child can collaborate. Emphasis is placed on the creative process and exploration of materials. Be on time for an inspirational story. Dress for mess!

**Mon 9:45-10:30am Jan 20-Mar 3**  
**RAR \$84/6 sess**  
**533539 Helen**

## Dance

### 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, in the final week of the session we invite parents to stay for a presentation of what we have been learning. Parent participation required for 2-4 year old classes. [www.kirbysnelldance.com](http://www.kirbysnelldance.com).

**Sat Jan 11-Mar 15 \$130/10 sess**  
**532630 9:20-10:00am 2-4yrs**  
**532631 10:10-10:50am 2-4yrs**  
**532632 11:00-11:40am 3-4yrs**  
**532634 12:40pm-1:20pm 4-6yrs**  
**CFEC Endorphin Rush**  
**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. More info: [www.KirbySnellDance.com](http://www.KirbySnellDance.com)

**Sat Jan 11-Mar 15 \$130/10 sess**  
**532633 11:50am-12:30pm 3-4yrs**  
**532636 1:30pm-2:15pm 4-6yrs**  
**CFEC Endorphin Rush Dance**

### 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 class Feb 15, 16.

**Sat 525412 8:45-10:15am Jan 18-Mar 8**  
**Sun 525413 4:15-5:45pm Jan 19-Mar 9**  
**Gym D Stephanie**

## Physical Activity

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

Baby and Me Yoga classes are designed with the birthing parent and new baby in mind. Connect with your young one with playful asana (exercises) as you stretch, breathe and relax your body back into shape, while your baby is stimulated physically, emotionally and socially. This class is best suited for those who have healed after delivery, and for babes who are not yet very mobile. Previous yoga experience is not necessary. Bringing a blanket for baby and your own mat is recommended. Class located in CFEC, near Grandview Park. \$18/drop-in.

**Wed 10:30-11:30am**  
**525370 Jan 15-Feb 12 \$80.85/5 sess**  
**525369 Feb 19-Mar 19 \$80.85/5 sess**  
**CFEC Into Yoga**

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

All levels welcome. Classes cover all aspects of Capoeira: Martial arts, dance, music, acrobatics, culture, language and more. Classes focus on developing rhythm, reflexes, balance, coordination, strength and flexibility. Classes do not pro-rate; monthly rate only. Drop in \$20.

No class Feb 16.

**Tue 5:00-5:45pm Sun 11:00-11:45am**  
**Cafeteria Marcus**  
**525360 Jan 5-28 \$90/8 sess**  
**525361 Feb 2-25 \$90/7 sess**  
**525362 Mar 2-30 \$90/9 sess**

### 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.

**Sun 11:30am-12:15pm**  
**Gym D Sportball**  
**525424 Jan 12-Feb 9 \$95/5 sess**  
**525423 Feb 23-Mar 30 \$114/6 sess**

### 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.

**Sun 12:15-1:15pm**  
**Gym D Sportball**  
**525422 Jan 12-Feb 9 \$95/5 sess**  
**525421 Feb 23-Mar 30 \$114/6 sess**

## Art

### Drawing and Cartooning (6-12yrs) NEW

Learn to draw all of your favorite cartoon, video game, and comic book characters! 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! Materials supplied. All you need to bring is a broad imagination! Drawing has never been more fun!

**Thu 3:15-4:45pm Jan 16-Mar 13**  
**CFEC \$100/9 sess**  
**535336 Robin**



### Art Making (6-9yrs) NEW

Jennifer has recently moved here from the Ukraine and brings a wealth of experience teaching and engaging with children's art making. In this course students will learn how to create interesting images using simple tools such as line, dot and stain. They will learn different types of lines, mix them up, and even create fun patterns with rhythmic repetition. It's all about using graphic tools to help spark the imagination. Dress for a mess. On the last day there will be a chance to see the art work they have created together. No class Feb 15

**Sat 10am-11:20am Jan 18-Mar 8**  
**RAR \$112/8 sess**  
**534939 Jennifer**

### 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 Jan 28-Mar 4**  
**Room 208 \$142/6 sess**  
**530537 Helen**

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

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

**Thu 4:00-5:15pm Jan 16-Mar 6**  
**Room 208 \$142/8 sess**  
**530536 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 Jan 15-Mar 5**  
**Room 208 \$284/8 sess**  
**530538 Helen**

## Music

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

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.

**Tue 3:15-4:00pm Jan 21-Mar 11**  
**RAR \$240/8 sess**  
**535503 Pablo**

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

Continue your music studies or begin an instrument and enjoy a lifetime of making music! Focus on each student's development and goals. Conservatory exam preparation is available. An ongoing program for 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. 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 Feb 21, Mar 21**

**Fri Jan 10-Mar 28 \$280/10 sess**  
**533032 6:15-9:00pm**

**Sat Jan 11- Mar 22 \$280/10 sess**  
**533038 9:00am-4:00pm**  
**Preteen Centre Janine**

### 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. No class Feb 17.

#### 8-10yrs

**Mon 3:30-4:45pm Jan 20-Mar 10**  
**Rink Mezz \$42/7 sess**  
**529493 Will**

#### 10-12yrs

**Wed 3:30-4:45pm Jan 22-Mar 12**  
**CFEC \$48/8 sess**  
**529488 Will**

## Physical Activity

### Traditional Kung Fu (6yrs+)

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

#### Beginner

**Mon/Fri 4:30-5:45pm Jan 6-Mar 14**  
**CFEC \$285.60/19 sess**  
**525430 Marquis**

#### Intermediate

**Mon/Fri 4:30-6:15pm Jan 6-Mar 14**  
**CFEC \$305.55/19 sess**  
**525431 Marquis**

#### Advanced

**Mon/Fri 4:30-6:30pm Jan 6-Mar 14**  
**CFEC \$325.50/19 sess**  
**525429 Marquis**

### Free Swim

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

**Tue 2:00-4:00pm Ongoing**  
**Fri 6:00-8:00pm Dec 27, Jan 10, 24**  
**Free Feb 7, 21, Mar 7**

For full pool schedule visit [britanniacentre.org/pool](http://britanniacentre.org/pool)

### Swim Lessons

See p.31 for information on swim lessons and the Britannia Swim Club.

# 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 goes 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 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 will begin Monday, January 21, 2025. 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.

## Thank you to our 2024 Sponsors



## Sports

### Micro Footie Soccer Development

Not to be mistaken with our highly popular Spring League, the Micro Footie Development is a unique coaching experience for youth players on Sundays in Gym C. Players in MF Development learn Celtic turns, combination play, taking players on one on one, skills, out the box activities, and movement. The MF Development sessions are specifically for players who want to raise their game. Instructors: Jason Kyle: FIFA B License, MF Founder, 2018 & 2016 BC Summer Games Coach, Micro Footie mentor to coaches; Talisen - Brit Micro Footie Staff/Coach and Micro Footie Academy/Unity League 1 player, Active Start and Learn to Train courses, Langara Kinesiology; Brolin - Brit Micro Footie Staff/Coach and Micro Footie Academy/Unity League 1 player, Langara Kinesiology. No class Feb 16

#### 4-5yrs

Sun 9:00-10:00am Jan 12-Mar 30  
Gym C \$198/11 sess  
525414 Jason

#### 6-7yrs

Sun 10:00-11:00am Jan 12-Mar 30  
Gym C \$198/11 sess  
525415 Jason

#### 8-10yrs

Sun 11:00am-12:00pm Jan 12-Mar 30  
Gym C \$198/11 sess  
525416 Jason

### 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.

Sat 2:00-3:30pm Jan 11-Mar 8  
Gym D \$225/9 sess  
525428 Juan Carlos

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

This class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills and will be given the opportunity for game play. Bring your own racquet and runners.

Sat 3:30-5:00pm Jan 11-Mar 8  
Gym D \$225/9 sess  
525427 Juan Carlos

## Spring Break Camps

### Dance Camps with Endorphin Rush Dance

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

All dance camps run Mon-Fri from 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

## Funseekers Daycamp (6-12yrs)

There are many activities and out-trips planned for the Winter & Spring Break Funseekers program! Come learn new skills, meet new friends, or simply have fun! Learn arts and crafts, play group games, and more. Register early to avoid disappointment. Please provide lunch, snack, and water daily. Parents are required to complete consent forms. No camp Dec 25, Jan 1.

Funseekers 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.

#### Winter Break

Mon-Fri 9:00am-3:00pm  
520510 Dec 23-27  
520511 Dec 30-Jan 3

Gym D  
\$84/4 sess  
\$84/4 sess

#### Spring Break

Mon-Fri 9:00am-3:00pm  
529297 Mar 17-21  
529300 Mar 24-28

Gym D  
\$110/5 sess  
\$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).



## Art Camps

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

NEW

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

# 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 and Sasha—are looking forward to another great gymnastics season! For more information, visit: [britanniagymnastics.com](http://britanniagymnastics.com)

### Winter 2025 Schedule

Sat	Jan 25-Mar 29*	*No class Feb 15.		Gym B
525391	Tiny Tumblers	3-4yrs	1:00-1:45pm	\$162/9 sess
525387	Junior Jumpers A	4-5yrs	2:00-2:45pm	\$162/9 sess
525388	Junior Jumpers B	4-5yrs	3:00-3:45pm	\$162/9 sess
525384	Future Flyers A	6-9yrs	4:00-5:00pm	\$180/9 sess
Sun	Jan 26-Mar 30*	*No class Feb 16.		Gym A/B
525382	Dynamic Duo A	18mo-3yrs	10:00-10:45am	\$153/9 sess
525383	Dynamic Duo B	18mo-3yrs	11:00-11:45am	\$153/9 sess
525385	Future Flyers B	6-9yrs	11:30am-12:30pm	\$180/9 sess
525392	Tiny Tumblers	3-4yrs	12:00-12:45pm	\$162/9 sess
525389	Komet Kids	5-6yrs	12:45-1:45pm	\$171/9 sess
525386	Future Flyers C	6-9yrs	2:15-3:15pm	\$180/9 sess
525390	Performance Plus*	9-15yrs	2:00-3:30pm	\$234/9 sess
525381	Demo Team*	9-15yrs	3:45-5:15pm	\$234/9 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.



## 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 Feb 16

Tue/Sun	6:00-6:45pm/12:00-12:45pm	
Marcus Cafeteria		
525363	Jan 5-28	\$90/8 sess
525364	Feb 2-25	\$90/7 sess
525365	Mar 2-30	\$90/9 sess



### Youth (7-15yrs)

Please note: This is not an introductory class. Students are expected to execute all basic movements of Capoeira. Mon/Fri classes in Cafeteria. Weds classes in CFEC. No class Feb 17.

Mon/Wed/Fri	5:00-6:00pm	
Marcus Cafeteria/CFEC		
525366	Jan 6-29	\$110/mo
525367	Feb 3-26	\$110/mo
525368	Mar 3-31	\$110/mo

## 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. The Britannia Boxing Club is ready for all of your recreational boxing needs! Bags, gloves, portable ring and more, await you in our boxing gym! Come and visit our wonderful and experienced coaches and learn new skills: 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.

Sat	2:00-4:00pm	
525398	Jan 4, 11, 18, 25	\$45/mo
525396	Feb 1, 8, 15, 22	\$45/mo
525394	Mar 1, 8, 15, 22, 29	\$45/mo
Boxing Rm	Jay	



## After School Programs

### 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 Jan 21-Mar 11**  
**CFEC \$56/8 sess**  
**529439 Endorphan 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 Feb 17.

#### 8-10yrs

**Mon 3:30-4:45pm Jan 20-Mar 10**  
**Rink Mezz \$42/7 sess**  
**529493 Will**

#### 10-12yrs

**Wed 3:30-4:45pm Jan 22-Mar 12**  
**CFEC \$48/8 sess**  
**529488 Will**

### 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 Jan 14-Mar 4**  
**AML \$40/8 sess**  
**529262 Britannia Youth Staff**

### 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](mailto:info@redfoxsociety.org). No class Feb 14.

**Fri 3:15-4:45pm Jan 10-Mar 14**  
**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 Jan 23-Mar 13**  
**Gym C \$64/8 sess**  
**529505 Game Ready**

## 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.

**Fri 3:15-4:45pm Jan 17-Mar 7**  
**Gym C \$48/8 sess**  
**529503 Emma**

### Basketball Fundamentals

Emphasis will be on individual Basketball skill development, with scrimmages and games. Please bring water bottle and towel. No class Feb 15.

#### Beginner (8-12 yrs)

**Sat 11:00am-12:15pm Jan 11-Mar 8**  
**Gym D \$56/8 sess**  
**529291 Coach T**

#### Intermediate (10-13 yrs)

**Sat 12:30-1:45pm Jan 11-Mar 8**  
**Gym D \$56/8 sess**  
**529292 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.

**Fri 5:00-6:45pm Jan 3-Mar 28**  
**Gym C Free**

## 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 Jan 16-Mar 13**  
**Preteen Centre Free**  
**529499 Tiana**

## Special Events

### Preteen Dance (Gr 5-7)

DJ 2 Scoops plays the music. You and your friends will have a blast. Concession will be open for sale of glow sticks, glow necklaces, snacks and pizza. Grade 5-7 only. Parental consent form must be completed and are available 1 week before the dance. Pay \$2 at the door.

**Fri 6:30-9:00pm Feb 7**  
**Gym D \$2**

### 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 Dec 20, Jan 3,**  
**Britannia Pool 17, 31, Feb 14,**  
**Free 28, Mar 14**



### Leisure Access Program

The Leisure Access Program (LAP) provides City of Vancouver residents facing financial barriers access to Park Board programs and services at participating pools, rinks, fitness centres and community centres (including Britannia) at a reduced cost. For more information about how to apply, please visit: [vancouver.ca/leisureaccess](http://vancouver.ca/leisureaccess)

## 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



### 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:**  
Carlos Mendez 604.787.9251

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

### Welcome Rebecca!



My name is Rebecca Brass, I am a member of The Key First Nation which is located in Saskatchewan, I am Saulteaux/Cree on my mother's side and Panamanian on my father's side. I am the

new Indigenous Community Youth Worker at the Teen Centre, if you need support, resources, or information on recreational activities, please come see me!!

## 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.

## Social

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

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

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

For for info and to register, visit:

[transitpolice.ca/about-us/specialty-units/community-engagement-team/blueeagle](http://transitpolice.ca/about-us/specialty-units/community-engagement-team/blueeagle)

**Wed 5:00-7:30pm Ongoing**  
**Gym D Metro Vancouver Transit Police**

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



## Cooking

### 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 4:15-6:30pm Jan 14-Mar 4**  
**AML \$40/16 sess**  
**529262 Britannia Youth Staff**

### Latin Cooking (11-18yrs)



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

**Thu 4:30-8:00pm Jan 9-Mar 27**  
**55+ Centre Free\***  
**529487 Britannia Youth 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.

## Blackcomb/Whistler Ski & Snowboard

Youth will be required to ski/snowboard with a certified Whistler Mountain Staff at all times. Consent forms will be available one month prior to the trip. Limited spots available and will be filled on a first come basis with consent form and fees.

\$175 registration includes lesson, lift ticket, rentals, safety equipment and lunch. Must register a minimum of 2 weeks in advance. Contact Tom to register at 604.718.5826 or tom.higashio@vancouver.ca.

**Fri 6:00am-6:00pm Feb 14**  
Whistler \$175/1 sess

## Sports & Fitness

### Indoor Soccer (13-18yrs) ☀️

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

**Tue 5:00-7:00pm Jan 7-Mar 25**  
Gym D Free



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

**Thu 7:30-8:45pm Jan 9-Mar 27**  
Gym C Free

### Youth Basketball Drop-in (10-18yrs) ☀️

Drop in basketball for all levels. Please note this is a non instructional session. Please bring your own basketball.

**Wed 7:15-9:00pm Jan 8-Mar 26**  
Gym C Free

### 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 Jan 23-Mar 13**  
Gym C \$56/8 sess  
529506 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 Feb 15.

**Sat 2:00-3:30pm Jan 18-Mar 1**  
Gym C \$42/6 sess  
529263 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 Oct 12, Nov 9.

**Sat 3:45-5:00pm Jan 18-Mar 1**  
Gym C \$42/6 sess  
529264 Bernice

### 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 Jan 16-Mar 6**  
Boxing Rm \$80/8 sess  
529435 Jay

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

See page 16 for more information. No class Feb 17.

**Mon/Wed/Fri 5:00-6:00pm**  
Marcus Cafeteria \$110/mo\*  
525366 Jan 6-29  
525367 Feb 3-26  
525368 Mar 3-31

### Free Youth Swim (11-18yrs) ☀️

Contests, prizes, games and crazy staff! Britannia Youth only swim time, every other Friday! Be ready to 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 Dec 20, Jan 3,**  
Britannia Pool 17, 31, Feb 14,  
Free 28, Mar 14



### 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 Quintil Boxing as well as a writer, artist, and educator. The Boxing Room is located beside Gym C.

**Wed 4:00-5:00pm Jan 15-Mar 26**  
Boxing Rm \$132/11 sess  
525380 River & Tsvi

### 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. 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.

First time participants, pay \$15 drop-in. After this, participants will be expected to pay the monthly fee. Fees cannot be prorated. No class Feb 17.

**Mon-Fri 5:00-7:00pm Sat 2:00-4:00pm**  
Jay \$99.75/mo Boxing Rm  
525397 Jan 3-31  
525395 Feb 1-28  
525393 Mar 1-31



## 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.

### 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 Jan 7-Mar 14  
**Teen Centre** Free/Gratis\*  
 \*Registration required.

### 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 Jan 7-Mar 14  
**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** 5:00-7:00pm Jan 7-Mar 14  
**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.

## Music

### African Drumming (16yrs+)

Play traditional West African rhythms on hand drums (djembés). These introductory lessons are fun and concentrated. Learn foundational rhythms and playing techniques. Level 1 lays the foundation for higher level courses, dununs will be introduced halfway through. (Dununs are African bass drums played with sticks. No previous experience is required. Completion of Level 1 is required to move into Level 2, and completion of Level 2 is required to move onto Level 3 (or permission of the instructor) He can be contacted through his website: [www.drumming.ca](http://www.drumming.ca). Levels 2 & 3 can be repeated several times as new djembe and dunun rhythms are taught every course.

Drums are supplied during class times or BYOD. No class Feb 13, 15

Level 1: \$152/8 sess  
 530528 Sat 2:00-3:15pm Jan 25-Mar 22  
 530531 Thu 8:00-9:15pm Jan 23-Mar 20

Level 2: \$152/8 sess  
 530529 Sat 12:30-1:45pm Jan 25-Mar 22  
 530532 Wed 8:00-9:15pm Jan 22-Mar 12

Level 3: \$152/8 sess  
~~530530 Sat 11:00am-12:15pm Jan 25-Mar 22~~  
 530533 Wed 6:30-7:45pm Jan 22-Mar 12  
 Cafeteria Russell

### Guitar - group lessons - beginner Adult (16yrs+)

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 5:30-6:15pm Jan 21-Mar 11  
 RAR \$268.80/8 sess  
 535501 Pablo

### Guitar - private lessons- beginner Adult (16yrs+)

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.

Tuesdays Jan 21-Mar 11  
 535504 4:15-4:45pm  
 535510 4:45-5:15pm  
 RAR Pablo \$320/8 sess

### 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. Britannia Membership required. More information and to book the band [bookings@thecarnivalband.com](mailto:bookings@thecarnivalband.com). No workshop Feb 17 Family Day

Mon 7:00-9:30pm Jan 6-Mar 31  
 55+ Centre by donation/12 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. We are a non-auditioned choir and welcome everyone. We suggest a fee of \$35/month, but if you can't afford that, pay what you can. And if you can't afford anything, that's ok too. We generally do not meet on one Sunday of the month; check the website at [solidaritynotes.ca](http://solidaritynotes.ca) for up-to-date practice schedule re stat holidays, etc. Britannia Society membership required. no class Jan 26, Feb 26, Mar 30

Sun 10:30am-12:30pm Jan 5-Mar 23  
 55+ Centre by donation/10 sess  
 Earle

## Art

### 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.

Visit the Britannia Art Gallery and see some of Karine's cement pieces, and meet the artists featured at our Black History Month event Feb 19. See p.8 for more details.

Sat 2:00-4:00pm Feb 8 and Feb 15  
 Rink Mezz \$94.50/2 sess  
 535495 Karine

### 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, art making process, and artwork created, 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.

Thu 6:30-8:30pm \$199.50/5 sess  
 532669 Jan 9-Feb 6  
 540653 Feb 20-Mar 20  
 FAR Jill and Andrea

## 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, for using the wheel, and 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 March 4.

532844 Tue 7:00-9:00pm Jan 14-Mar 4  
 532925 Fri 7:00-9:00pm Jan 17-Mar 4  
 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. Last class Tuesday March 4. Pre-req: Britannia Intro to Pottery or contact the instructor 604-257-3087. Clay and glazes are included. Please get on the waitlist to be included in the overflow class and email the instructor at [helenspaxman\(at\)yahoo.ca](mailto:helenspaxman(at)yahoo.ca) for more information.

Wed 6:30-9:00pm Jan 15-Mar 4  
 Room 208 \$300/8 sess  
 532879 Helen

# Adults

## 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 Jan 15-Mar 5**  
**CFEC \$173/8 sess**  
**532671 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 Jan 14-Mar 4**  
**Gym C \$173/8 sess**  
**532672 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. No class Feb 17

**Mon 7:30-9:00pm Jan 13-Mar 10**  
**Gym C \$173/8 sess**  
**532673 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 Jan 16-Mar 6**  
**CFEC \$173/8 sess**  
**532670 Karlos**

## Dance

### Adult Beginner Traditional Bachata Dance

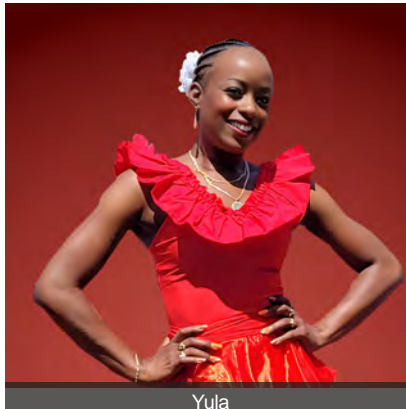
Naduska is a dance instructor, performer and personal trainer. She has performed, trained and taught across the Americas and is bringing Bachata (Dominican Republic) and Samba (Brazil) to the Britannia community. This will be entry level instruction so no background in dance is required - everyone is welcome! Bring a water bottle, wear loose comfortable clothes, and option to dance in bare feet or indoor shoes. \$20/drop-in, please pay at Pool office and bring receipt to instructor.

**Sat 4:00-5:30pm Jan 4-25**  
**CFEC \$84/4 sess**  
**539557 Naduska**

### Adult Beginner Dance Afro-foundation and Cuban Rumba

Yula is back to teach another round of exciting dance styles with our Britannia community. This set will be focusing three weeks on Afro-foundation, and then three weeks on Cuban Rumba. Dress in comfortable clothes, bring a water bottle and get ready for some high energy dancing fun in these 1.5 hour classes. No experience necessary. \$20/drop-in. Please pay at Pool office and bring receipt to instructor.

**Sat 3:30-5:00pm Feb 1-Mar 8**  
**CFEC \$120.75/8 sess**  
**538735 Yula**



Yula

### Leisure Access Program

The Leisure Access Program (LAP) provides City of Vancouver residents facing financial barriers access to Park Board programs and services at participating pools, rinks, fitness centres and community centres (including Britannia) at a reduced cost. For more information about how to apply, please visit: [vancouver.ca/leisureaccess](http://vancouver.ca/leisureaccess)

## Language

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

For more information, see page 9.

### Spanish Language - Beginner & Intermediate

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 Jan 16-Mar 13 \$180**  
**537103 5:00-6:00pm Beginners**  
**537105 6:05-7:05pm Intermediate**  
**RAR Words in Motion**

## Vancouver Latin American Cultural Centre (VLACC)

### VLACC 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. To register, please visit: [www.vlacc.ca](http://www.vlacc.ca)

**Tue 6:30-9:30pm Jan 14, Feb 11, Mar 11**  
**Conference Room FREE**

### The VLACC Choir - Canto Vivo (7yrs+)



Canto Vivo, The VLACC Choir creates a community around the love for Latin American music. 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 in Canto Vivo please email [thais@vlacc.ca](mailto:thais@vlacc.ca). (songs are sung in Spanish and Portuguese) No class Feb 19.

**Wed 7:00-9:00pm Jan 8-Mar 12**  
**55+ Centre Sergio**  
**contact VLACC/9 sess**

See full VLACC program details on p 34.

## 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 Jan 17, Feb 17.

#### Beginner

**Mon/Fri 4:30-5:45pm** Jan 6-Mar 14  
**CFEC** \$264/19 sess  
 525430 Marquis

#### Intermediate

**Mon/Fri 4:30-6:15pm** Jan 6-Mar 14  
**CFEC** \$282/19 sess  
 525431 Marquis

#### Advanced

**Mon/Fri 4:30-6:30pm** Jan 6-Mar 14  
**CFEC** \$300/19 sess  
 525429 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 classes in Cafeteria, Wed in CFEC. Drop in \$20. No class Jan 10, Feb 17.

**Mon/Wed -Fri -** 6:15-7:30pm  
**Marcus** Cafeteria/CFEC  
 525357 Jan 6-29 \$136.50/mo  
 525358 Feb 3-26 \$136.50/mo  
 525359 Mar 3-31 \$136.50/mo

### Qigong

Mind and body energy practices to strengthen your natural resilience, balance your nervous system, transform worry, anxiety and fear into inner strength.

Classes include meditation, breath-work, gentle, fluid movements, sound therapy and self-massage techniques designed to purge stagnation and circulate energy to nourish, replenish, invigorate and balance the systems of the body.

Wear loose comfortable clothing, indoor shoes or bare feet. Typically done standing, this practice can be adapted for sitting. All abilities welcome! \$20 drop in.

**Tue 11:30am-12:45pm** Feb 11-Mar 18  
**CFEC** \$105/6 sess  
 525418 Rachel

### 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** Jan 8-Mar 12  
 No class Feb 12 & 19.  
**Mat Room** \$50.40/8 sess  
 525408 Louis \$10/drop-in

#### High Grade

**Mon 7:30-9:30pm** Jan 6-Mar 31  
 No class Feb 10, 17 & Mar 10  
**Mat Room** \$52.50/10 sess  
 525409 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 Mar 12.

**Wed 5:45-7:00pm**  
**525410** Jan 8-Feb 12 \$37.80/6 sess  
**525411** Feb 19-Mar 26 \$31.50/5 sess  
**Mat Room** Emily

### 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 Feb 17.

**Mon-Fri 5:00-7:00pm**  
**Sat 2:00-4:00pm**  
**Jay** Boxing Rm  
 525397 Jan 3-31 \$99.75/mo  
 525395 Feb 1-28 \$99.75/mo  
 525393 Mar 1-31 \$99.75/mo

## Drop-in Fitness

Purchase drop-in tickets for these aerobic programs at pool office. \$7/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** Jan 9-Mar 27  
**Gym C** \$7/drop-in Allyson

### HIIT Fitness (18yrs+)

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

**Tue 6:00-7:00pm** Jan 7-Mar 25  
**Gym C** \$7/drop-in 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** Jan 11-Mar 29  
**Gym C** \$7/drop-in Denise

## 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 Jan 7-Mar 18**  
**CFEC \$242.55/11 sess**  
**525405 Claudia**

**Tue 7:00-8:30pm Jan 7-Mar 25**  
**CFEC \$264.60/12 sess**  
**525406 Claudia**

#### Level 2 & 3

**Thu 5:30-7:00pm Jan 9-Mar 27**  
**CFEC \$264.60/12 sess**  
**525407 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 Feb 16.

**Sun 10:15-11:15am Jan 12-Mar 16**  
**CFEC \$122.85/9 sess**  
**525439 Alex**

### Core Connect (18yrs+)

Join Meghan Goodman for an hour of pilates and yoga inspired movements to help you connect with your core, stabilize your pelvis, and find more ease and mobility in your limbs. Meghan will lead you through a fun and challenging class to get you moving, breathing, and feeling good. \$18/drop-in.

**Thu 11:15am-12:15pm Jan 9-Mar 13**  
**CFEC \$168/10 sess**  
**525403 Meghan**

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

For more information, see page 12.

### Stretch Therapy (18+)

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 Feb 17

**Mon 6:45-7:55pm Jan 27-Mar 10**  
**CFEC \$189/6 sess**  
**525425 Rob**

### Flow Skate (18+)

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 is no standing/upright movements on the skateboard during class

**Wed 8:30-9:30am**  
**540183 Jan 15 Free Trial**  
**537128 Jan 22-Feb 12 \$71.40/4 sess**  
**540192 Feb 19-Mar 19 \$89.25/5 sess**  
**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 Feb 15.

**Sat 7:15-8:15am Jan 4-Mar 29**  
**Gym C \$75.60/12 sess**  
**525399 Miguel**

### 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 Gym C**  
**525440 Jan 6 Free Trial**  
**525442 Jan 13-Feb 10 \$70.87/5 sess**  
**DNA**

**Wed 6:00-7:00pm Gym C**  
**525443 Jan 8 Free Trial**  
**525445 Jan 15-Feb 12 DNA**  
**\$70.87/5 sess**

#### Set 2

**Mon 6:00-7:00pm Feb 24-Mar 31**  
**Gym C \$85.05/6 sess**  
**525441 DNA**

**Wed 6:00-7:00pm Feb 19-Mar 26**  
**Gym C \$85.05/6 sess**  
**525444 DNA**



### 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. With the aim of reducing barriers to the LAP program, the Vancouver Board of Parks and Recreation has increased the net family income threshold amount for those who self-refer to the program. For more information about how to apply, please visit:

[vancouver.ca/leisureaccess](http://vancouver.ca/leisureaccess)



## 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. No class Feb 9, 16.

**Fri 7:00-9:45pm Jan 10-Mar 14**  
**Gym C \$84/10 sess**  
**525371 Allen \$8/drop-in**

**Sun 1:30-3:30pm Jan 12-Mar 30**  
**Gym D \$73.50/10 sess**  
**525372 Erica \$7/drop-in**



### 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!

**Wed 7:45-9:15pm Jan 8-Mar 26**  
**Gym D \$88.20/12 sess**  
**525376 Trey**

### Ball Hockey – Men (40yrs+)

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

**Sun 6:45-8:45pm Jan 5-Mar 30**  
**Gym D \$95.55/13 sess**  
**525377 Edwin**

**Thu 8:30-10:00pm Jan 9-Mar 27**  
**Gym D \$88.20/12 sess**  
**527318 Edwin**

### 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.

**Thu 8:30 -10:00pm Jan 9-Mar 27**  
**Gym D \$0/12 sess**  
**527319 Edwin**

### 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 Feb 16.

**Sun 2:00-4:00pm Jan 5-Mar 30**  
**Gym C \$88.20/12 sess**  
**525378 Simon**

**Sun 4:00-6:00pm Jan 5-Mar 30**  
**Gym C \$88.20/12 sess**  
**525379 David**

### Soccer – Women's Indoor (18yrs+)

A recreational program for all types of fitness and skill levels. Expect low-key, limited body contact, clean fun play. Registered players arrive by 6:15pm to hold your spot. 15 spaces are allotted per night. \$7/drop-in, space permitting.

**Thu 6:00-7:30pm Jan 9-Mar 27**  
**Gym D \$88.20/12 sess**  
**525420 Tracy**

### 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.

**Sun 6:15-9:15pm Jan 5-Mar 30**  
**Gym C \$109.20/13 sess**  
**525417 John**



## 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.

## 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.

**Tue 8:00-10:00pm Jan 21-Mar 25**  
**Gym A/B \$73.50/10 sess**  
**525434 Millin \$7/drop-in**

**Thu 7:00-10:00pm Jan 23-Mar 27**  
**Gym A/B \$94.50/10 sess**  
**525433 John \$9/drop-in**

### Advanced (18yrs+)

Friday Advanced Volleyball with 5-1, 6-2 format system play is geared towards intermediate and advanced players as this program is based on a higher level of play. The instructor reserves the right to ensure a player's skill level meets the needs of the program or suggest a different program for them. Please join if you 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.

**Fri 7:00-10:00pm Jan 24-Mar 28**  
**Gym A/B \$94.50/10 sess**  
**525432 Millin \$9/drop-in**

# 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)

### Staff

Anne Cowan [anne.cowan@vancouver.ca](mailto:anne.cowan@vancouver.ca)  
 Kya Prince [kya.prince@vancouver.ca](mailto:kya.prince@vancouver.ca)  
 604.718.5837

### Vietnamese Program

Luong Ho [luong.ho@vancouver.ca](mailto:luong.ho@vancouver.ca)  
 604.718.5818

### Registration for 55+ Programs

Registration opens on Tuesday, December 10 at 7:00pm (online and in-person only), and by phone on December 11 at 9:00am.

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

### 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 **Jan 15, Feb 19, Mar 19**  
 55+ Centre/Zoom



### Drop-in Hours

	Mon	Tue	Wed	Thu	Fri
9:00am					
10:00am	Drop-in 11:00am-2:00pm	Vietnamese Seniors 9:00am-2:00pm	Drop-in 10:00am-5:00pm	Drop-in 10:00am-4:00pm	Drop-in 10:00am-12:00pm
11:00am					
12:00pm					
1:00pm					
2:00pm					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 10:00am-12:00pm Jan 3-Mar 28 CFEC Free

### Vietnamese Ballroom Dance (55yrs+)

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

Fri 12:00-2:00pm Jan 3-Mar 28 CFEC Free

# 55+ Older Active Adults

## Health & Fitness

### Osteofit (55yrs+)

A gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures. The program is taught by a trained Osteofit fitness instructor. No drop-ins. No class Feb 17, Mar 24, 31.

#### Set 1

Mon 11:00am-12:00pm Jan 6-Feb 10  
CFEC \$60/6 sess  
533307 Berdjis

#### Set 2

Mon 11:00am-12:00pm Feb 24-Mar 31  
CFEC \$50/5 sess  
533330 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 Jan 6-Feb 10  
CFEC \$88.20/6 sess  
525438 Joan

#### Set 2

Mon 2:30-3:30pm Feb 24-Mar 17  
CFEC \$58.80/4 sess  
525437 Joan

### Badminton (55yrs+)

Fun and easy badminton for older adults. No drop-ins. No class Jan 15, Feb 15, 17.

Mon/Wed 11:20am-12:35pm Jan 6-Mar 31  
Gym C \$14.70/26 sess  
525373 Tho

Tue/Thu 11:20am-12:35pm Jan 7-Mar 27  
Gym C \$14.70/24 sess  
525375 Tho

Sat 3:00-5:00pm Jan 25-Mar 29  
Gym A \$14.70/9 sess  
525374 Angela

### 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.

#### Set 1

Tue/Fri 3:30-4:30pm Jan 7-Feb 14  
Boxing Rm \$60/6 sess  
535592 Jay

#### Set 2

Tue/Fri 3:30-4:30pm Feb 18-Mar 28  
Boxing Rm \$60/6 sess  
535594 Jay

### Qigong Fundamentals (19yrs+)

Mind and body energy practices to strengthen your natural resilience, balance your nervous system, transform worry, anxiety and fear into inner strength. This 8 week Qigong movement class introduction explores the fundamentals: Breath, Posture, Intention and the five organ systems. Delve into Yin Yang theory and Five Element theory. Wear loose comfortable clothing, indoor shoes or bare feet. Typically done standing, this practice can be adapted for sitting. All abilities welcome! \$20/drop in.

Tue 11:30-12:45pm Feb 11-Mar 18  
CFEC \$105/6 sess  
525418 Rachel

### 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.

Wed 10:15-11:15am Jan 15-Mar 5  
Britannia Pool Free\*

\*Registration required



## Friday Wellness

### Chair Yoga (55yrs+)

Chair yoga is an accessible gentle seated practice designed to help you feel more energized and calm. We'll explore simple and easy movements to mobilize your whole body, breath work to calm the nervous system, and other brain and mood stimulating techniques to help you feel more connected with ease. Please come in comfortable clothes, socks, and shoes. Feb 14 class in the Rink Activity Room.

#### Set 1

Fri 12:15-1:15pm Jan 3-Feb 14  
55+ Centre \$14/7 sess  
533334 Bryony

#### Set 2

Fri 12:15-1:15pm Feb 21-Mar 28  
55+ Centre \$12/6 sess  
533337 Bryony

### Wellness Friday Café (55yrs+)

Drop-in for a cup of tea or coffee, crafting, speakers and an afternoon social. Watch for speakers and special afternoons as well.

Fri 2:00-4:00pm Jan 3-Mar 28  
55+ Centre Free

## 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 Jan 7-Mar 18  
CFEC \$20/12 sess  
535536 Volunteer

### Chinese Folk Dance (55yrs+)

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

由于上一季节活动注册中遇到的一些问题，我们现决定此后所有免费老人活动项目登记时只能本人登记注册。我们将不再接受每次多人的登记注册。

Thu 9:00-11:00am Jan 2-Mar 20  
CFEC \$20/12 sess  
535557 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! No class Feb 16.

Sun 2:00-4:00pm Jan 5-Mar 30  
CFEC \$20/14 sess  
535567 Volunteer

# 55+ Older Active Adults

## Social

### Monday Soup (55yrs+)

Monday lunches are back! Join us every Monday for a warm and welcoming homemade soup lunch. A place to rest your feet a while, meet a friend, and enjoy a quiet space for a quick lunch. The staff and volunteers look forward to serving you. \$3.50/drop-in. Pay at the Pool or Info Centre and bring your receipt to the 55+ Centre. No session Feb 17.

**Mon 12:00-1:00pm Jan 6-Mar 31**  
**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. Everyone is welcome!

Note: The Craft Collective Committee usually meet during this time. The Committee plan to meet Jan 20, Feb 24. No sess Feb 17.

**Mon 1:30-3:30pm Jan 6, 20, Feb 3, 24, Mar 10, 24**  
**55+ Centre 535817 Free**

### Indigenous Elders (55yrs+)

A time and place to connect with Indigenous peers in the 55+ Centre. A place to share a cup of tea, maybe laughter. A place to support and celebrate one another. Please register.

**Mon 2:00-4:00pm Jan 27, Feb 10, Mar 3, 17, 31**  
**55+ Centre 541760 Free\***

### Crafting & Knitting Social Drop-in (All ages)

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

**Thu 1:00-3:00pm Jan 9-Mar 27**  
**55+ Centre 535820 Free**

### Ukulele Jam Circle (All Ages)

Calling all ukulele players to join a friendly jam session in the 55+ Centre. We welcome voices to join in the community sing-a-long too. Takes place on the first Friday of each month. Feb 14 in Rink Activity Room.

**Fri 1:30-3:00pm Jan 10, Feb 14**  
**55+ Centre 541834 Free\***

### Ukulele - Absolute Beginner (Level A)

If music is something you love but have never tried, this is the class for you! For absolute beginners, this is a welcoming, fun, informative ukelele class. No class Feb 17.

**Mon 9:30-10:40am Jan 13-Mar 17**  
**55+ Centre 535685 \$10/9 sess Laurie**

### Ukulele - Beginners (Level B)

Time to move onto Level B! This class is for those who have mastered chords from Level A. This class is loads of fun and a warm, friendly group. No class Feb 17

**Mon 10:55am-12:00pm Jan 13-Mar 17**  
**55+ Centre 535687 \$10/9 sess Jane**

### Quirk-e 2SLGBTQIA+ Seniors Group

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

The group meets every Wednesday online. If you're interested in joining or for more information, please call Anne or Kya at the Britannia 55+ Centre at 604.718.5837.

**Wed 1:30-4:00pm Ongoing**  
**55+Centre/Online Free**  
**In person Jan 22, Feb 26, Mar 26**

Check out our weekly programs and special events for 2STGD and 2SLGBTQIA+ children, youth, adults, and seniors offered by our Queer Inclusion team in various community centres across the city.

2STGD@vancouver.ca  
 queerinclusion@vancouver.ca  
 vancouver.ca/park-board-pride



### BINGO

**NEW**

By popular demand please join us on a Wednesday afternoon for BINGO, small snacks, tea and coffee. Please register.

**Wed 2:00-4:00pm Jan 8, Feb 12, Mar 12**  
**55+ Centre 541834 Free\***



Marina Montiel-Mahseredjian

### 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, monthly movie matinees and bingo!

For more Weaving Community Together programs, see pages 6.

**Thu 12:00-4:00pm Jan 9-Mar 27**  
**55+ Centre Free\***

**Jan 9 Tie Dye Shirts with Marina**  
**Jan 16 Craft & Social**  
**Jan 23 Craft & Social**  
**Jan 30 Bingo!**

**Feb 6 MMIWG2S T-shirt Press with Melissa Angus**  
**Feb 20 Beaded Hobiye Earrings with Chantel Dustyhorn**  
**Feb 27 Bingo!**

**Mar 6 Pavuk-Ukranian/ Indigenous Decoration Session 1 with Tanya**

**Mar 13 Pavuk-Ukranian/ Indigenous Decoration Session 1 with Tanya**

**Mar 20 Ukrainian Easter Eggs with Tanya**  
**Mar 27 Bingo!**

# 55+ Older Active Adults

## 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 [BritTaxClinic.org](http://BritTaxClinic.org), alternatively you can call the Info Centre at 604.718.5800 ext 1. Appointments begin in late February.

## Tech 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 1:00-2:30pm Jan 7-Mar 25**  
**55+ Centre Free\***  
**535838 \*Registration required**



## Special Events

### Fleurs de Villes Noel Walk



Join us for a walk through downtown Vancouver to see stunning holiday themed floral displays created by Vancouver's talented florists. For convenience we will meet at the Burrard Skytrain station, then make our way around the downtown core to see the over 20 displays. You must be able to walk over 10 blocks to register for this event. Space is limited to 10 participants. Lunch will not be provided, so bring a snack or money to purchase lunch along the way. Dress for the weather.

We will re-schedule to Wed Dec 11 if weather is undesirable.

**Tue 10:00am-1:00pm Dec 10**  
**55+ Centre Free\***  
**535840**  
**\*Registration required**

### Sunday Movie Night Series (All ages)



Everyone is welcome to attend our movie series every Sunday evening. See full movie schedule on p 9.

Doors open at 5:45pm. No movie Feb 16.

**Sun 6:00-9:00pm Jan 5-Mar 23**  
**55+ Centre Free\***  
**535641 Ken**  
**\*Registration required.**

## Valentine's Day Party

The theme is love! We invite you to join us for an afternoon social with lunch and special guests..

**Fri 1:00-3:00pm Feb 14**  
**55+ Centre \$8/1 sess**  
**541174**

## Community Kitchen for Seniors (55yrs+)

Tired of cooking alone? Beat the January blues and come cook with us! We will focus on warm and cozy recipes, and make sure we make enough to eat together and take some home. Each participant will leave with food to take home, so make sure you have space in your fridge! Registration required. Please BYO reusable containers if you can – or borrow some to return later!

**Mon 2:00-5:00pm Jan 13**  
**55+ Centre \$5/sess**  
**541495**



## 55+ Program Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Ukelele*</b> 9:30am-12:00pm	<b>Vietnamese Drop-in</b> 9:00am-2:00pm		<b>Chinese Folk Dance*</b> 9:00-11:00am	<b>Vietnamese Line Dancing</b> 10:00am-12:00pm	<b>No programs on stat holidays.</b> <b>*Registration required.</b> Registration opens on Tuesday, Dec 10 at 7:00pm (online and in-person only), and by phone on Dec 11 at 9:00am.	
<b>Osteofit*</b> 11:00am-12:00pm	<b>FitNation*</b> 10:15-11:15am	<b>Quirk-e (Hybrid)*</b> 1:30-4:00pm	<b>Badminton*</b> 11:20am-12:35pm	<b>Vietnamese Ballroom Dance</b> 12:00-2:00pm		
<b>Badminton*</b> 11:20am-12:35pm	<b>Badminton*</b> 11:20am-12:35pm	<b>Badminton*</b> 11:20am-12:35pm	<b>Thursday Lunch &amp; Bingo</b> 12:00-3:00pm Jan 30, Feb 27, Mar 27	<b>FRIDAY WELLNESS</b>		
<b>Monday Soup</b> 12:00-1:00pm	<b>Techi Tuesdays</b> 1:00-2:00pm	<b>Bingo</b> 2:00-4:00pm	<b>Crafting &amp; Knitting Social</b> 1:00-3:00pm			
<b>Drop in Crafts</b> 1:30-3:30pm	<b>Line Dancing*</b> 1:00-3:00pm		<b>WCT Workshops</b> 12:00-4:00pm	<b>Chair Yoga*</b> 12:15-1:15pm	<b>Badminton*</b> Sat 2:00-4:00pm	
<b>Yoga For Aging Well*</b> 2:13-3:15pm	<b>ESL Social</b> 2:00-4:00pm			<b>Wellness Friday Café</b> 2:00-4:00pm	<b>Classical Chinese Dance*</b> Sun 2:00-4:00pm	
<b>Craft Colective</b> 3:30-4:30pm Jan 20, Feb 24	<b>Boxfit*</b> 3:30-4:30pm			<b>Boxfit*</b> 3:30-4:30pm	<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)

### 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 only.

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

### 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 \$7.78 per client also applies (fees are subject to change).

### Strength Training for Adults 55yrs+ - Beginner

This course will show you how to use the cardio and weight equipment for a safe and effective workout. By the end of the course, you will be able to continue to use on your own.

Please pre-register a week prior to the start date so that a confidential health screening can be done.

Sun 9:00-10:00am Mar 2-23  
Fitness Centre \$30/4 sess  
540188 Jane



### 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.

## 2024 Pool and Fitness Centre Fees\*

\*2025 rates not available at time of publication

	Drop-in	10 Visit Pass	1 Month Flexipass	3 Month Flexipass	12 Month Flexipass	Britannia Membership
Adult (19-54)	\$7.78	\$70.02	\$62.95	\$169.96	\$543.87	Free
Youth (13-18)	\$5.45	\$49.05	\$44.06	\$118.98	\$380.71	Free
Child (6-12)	\$3.90	\$35.06	\$31.48	\$84.99	\$271.94	Free
Senior (65+)	\$5.45	\$49.05	\$44.06	\$118.98	\$380.71	Free
Britannia-Only Senior (55+)	\$5.45	\$49.05	\$44.06	\$118.98	\$380.71	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 \$7.34 admission.

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

## Britannia Holiday Hours

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

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

### Pool & Fitness Centre

Dec 24 Christmas Eve 8:30am-5:00pm  
Dec 25 Christmas Day CLOSED  
Dec 26 Boxing Day 1:00-5:00pm  
Jan 1 New Years Day 1:00-5:00pm  
Feb 17 Family Day 1:00-5:00pm

### 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.

## 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.

### 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 **TBD**

### 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 December 17, 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>Jan 7-Mar 11</b>
<b>538274</b>		<b>\$50/10 sess</b>
<b>Sun</b>	<b>10:00-11:00am</b>	<b>Jan 12-Mar 16</b>
<b>538277</b>		<b>\$45/9 sess</b>

## 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>Dec 27, Jan 10, 24,</b>
<b>Free</b>		<b>Feb 7, 21, Mar 7</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>Dec 20, Jan 3, 17,</b>
<b>Britannia Pool</b>		<b>31, Feb 14, 28,</b>
<b>Free</b>		<b>Mar 14</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>Jan 15-Mar 5</b>
<b>537047</b>	<b>Brenlee</b>	<b>Free*</b>
*Registration required		

### FitNation (18yrs+)

<b>Wed</b>	<b>8:00-9:00pm</b>	<b>Jan 15-Mar 5</b>
<b>537048</b>	<b>Brenlee</b>	<b>Free*</b>
*Registration required		

### 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 a lifeguards prior to attending these sessions.

# Ice Rink



## NOTICE FOR RINK USERS:

The Britannia ice rink will be having a major maintenance closure from mid-March through the summer. More details, including dates of closure and re-opening will be posted online when available.

## Public Skates

To view our current public skating schedule and holiday hours, visit: [britanniacentre.org/ice\\_rink](http://britanniacentre.org/ice_rink)

For information on ice rental booking dates and availability, visit: [vancouver.ca/parks-recreation-culture/rink-rentals](http://vancouver.ca/parks-recreation-culture/rink-rentals)

## Arena Programs

### Family Fun Hockey

This program is perfect for families who want to play casual hockey together. Whether you want to just pass around the puck or get involved in a friendly shinny, this family activity is sure to be a hit with the kids. Plastic sticks and pucks only for this session (provided). Helmets and gloves are mandatory for all participants.

Sun 12:45-2:00pm Jan 5-Mar 9  
Regular admission rates apply.

### Parent & Preschooler Skate



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

Thu 10:15-11:00pm Jan 9-Mar 13  
Free

### Women + Gender Diverse Hockey (19yrs+)

This pick up hockey program is perfect for women and gender diverse individuals who want to play hockey in a safe and inclusive environment. Encourage and be encouraged while continuing with your own hockey development.

Full hockey equipment is mandatory. Sign-up for the program is available weekly, 3 days before the session date starting at 9:00am.

Wed 3:15-4:30pm Jan 8-Mar 12  
Regular admission rates apply.

### Adult Stick, Puck and Ring (19yrs+)

Come out during the noon hour and practice your hockey skills. Sign-up for the program is available weekly, 3 days before the session date starting at 9:00am. Helmets are mandatory. Full hockey equipment is recommended. Sorry, no scrimmage.

Thu 3:15-4:30pm Jan 9-Mar 13  
Fri 12:00-1:30pm Jan 3-Mar 14  
Regular admission rates apply.

### Adult Figure Skating

This session is for those looking to practice their jumps, spins and field moves. All skaters must wear figure skates. No partners or pairs skating allowed. No skate rentals, and no lessons are provided.

Wed 12:15-1:45pm Jan 8-Mar 12  
Regular admission rates apply.

## 2024 Rink Admission Fees\*

*\*2025 rates not available at time of publication*

Adult (19-54yrs)	Youth (13-18yrs)	Senior (55yrs+)	Child (6-12yrs)	Family	Skate Rentals	Skate Sharpening
\$7.78/Drop-in \$70.02/10 visits	\$5.45/Drop-in \$49.05/10 visits	\$5.45/Drop-in \$49.05/10 visits	\$3.90/Drop-in \$35.06/10 visits	*at Child rate (Family minimum \$7.78)	\$3.93	\$8.07

- Prices include tax. Prices are subject to change without notice.
- Britannia Ice Rink 10 visit cards are valid at all Vancouver Park Board operated rinks.
- A 20% discount on admission is given to groups of 10 or more.
- Adult Stick & Puck sessions are at the Adult rate.
- Flexipasses may be used for public skating, Adult Stick & Puck, Adult Hockey, and Women + Gender Diverse Hockey sessions. For 2024 Flexipass rates, see page 30.
- \*Family rate is 1-2 adults from the same household and their children under 19yrs, all present at time of admission. \$3.68 per person (not including taxes).
- Children under 8yrs MUST be accompanied on ice by an individual 16yrs+.
- Helmets are strongly recommended for all public sessions and are mandatory for all participants of Family Fun Hockey and skating lessons.
- Adult hockey programs require full equipment. Participants must sign a waiver at the beginning of each session.



## Skating Lessons

Due to a maintenance closure starting mid-March at the Britannia ice rink, only 1 x 10-week lesson set will be offered for the winter. Registration for Winter skating lessons will begin Thursday December 19 at 7:00pm

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

There are 3 ways to register into Britannia Skating lessons:

1. Register online at [britanniacentre.org](http://britanniacentre.org) starting Thu Dec 19 at 7:00pm.
2. Register in-person starting Thu Dec 19 at 7:00pm at the Pool Cashier.

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

## Learn to Skate Lessons (3yrs+)

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



<b>Tue</b>	<b>6:00-8:00pm</b>	<b>Jan 7-Mar 11</b>	<b>\$71.60/10 sess</b>
<b>Sat</b>	<b>10:00am-1:15pm</b>	<b>Jan 4-Mar 8</b>	<b>\$71.60/10 sess</b>

### Preschool Levels (3-5yrs)\*

Level 1: This is an entry level skating class; no previous skating experience required.

Level 2: Can stand up on ice in skates unassisted; can walk on the ice in skates.

Level 3: Can skate across the ice and glide on two feet.

Level 4: Can scull forwards and stop without assistance.

Level 5+: Can glide on one foot forwards and skate backwards.

### Children/Youth/Adult Levels\*

Level 1: This is an entry level skating class; no previous skating experience required.

Level 2: Can skate across the width of the rink without assistance.

Level 3: Can glide on one foot, forward scull with both feet, and snowplow stop with both feet.

Level 4: Can skate backwards, scull backwards with both feet, and scull forwards with one foot.

Level 5: Can glide backwards on both feet, do a hockey stop, and forward circle thrust.

Level 6: Can do forward crossovers, backward circle thrusts, backward stops, can use outside edges.

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

## Power Skating

Improve your hockey skating skills through power skating lessons offered on Sunday afternoons. Learn proper skating posture and the importance making the most out of your edges. Work on skating skills that will strengthen your game. This is a chance to improve your speed, power, technique and control. Skaters must have passed Level 5 in the Learn to Skate program or have equivalent skills.

### Power Skating Child (8-12yrs)

<b>Sun</b>	<b>10:45-11:30am</b>	<b>Jan 5-Mar 9</b>
		<b>\$107.40/10 sess</b>

### Power Skating Youth/Adults (13yrs+)

<b>Sun</b>	<b>11:45-12:30am</b>	<b>Jan 5-Mar 9</b>
		<b>\$107.40/10 sess</b>

## Private Lessons

Learn one-on-one with one of Britannia's skating instructors. Perfect for someone looking for a little extra attention or wanting to brush up on a single skill or two.

Private lessons are available on Saturday mornings and Tuesday evenings during the Learn to Skate lesson times.

## Figure Skating Lessons

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

### Leisure Access Program (LAP)

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

To see if you and your family are eligible and can self-refer, see page 5. For more information about how to apply, visit:

[vancouver.ca/leisureaccess](http://vancouver.ca/leisureaccess)

# Partners



## GWFC

The Grandview Woodland Food Connection 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.

For a list of our Winter 2025 workshops, see page 7. If you'd like to participate in a program or get involved, contact Ruth Elizabeth at gwfcnetwork@gmail.com. For more information visit

[www.gwfoodconnection.com](http://www.gwfoodconnection.com).

## GWFC Committee Meetings

Please contact Ruth Elizabeth and join us for our monthly meetings if you're passionate about:

- Supporting the health and well-being of local residents;
- Promoting an accessible, just and sustainable food system; and
- Building the capacity of the neighbourhood through education, information sharing, and the creation of grassroots initiatives to address food security and justice issues.

**Wed 6:00-8:00pm Feb 5, Mar 5**  
Zoom/Board Room

## Britannia Bulk Buy Food Club

Once a month, you can purchase a \$15 bag of assorted produce at Britannia.

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. Email [bbbfoodclub@gmail.com](mailto:bbbfoodclub@gmail.com) or call 604-718-5895 for more info or to be added to the waitlist.

## East Vancouver Seedy Saturday (all ages)

The Grandview Woodland Community Seed Library hosting a community seed swap, fun activities, and more! For more info, visit <https://gwseedlibrary.wordpress.com/events>. This event is run in partnership with the Grandview Woodland Food Connection at Britannia. For more food & garden events see page 7.

**Sat 11:00am-2:30pm Mar 15**  
Gym D Suggested donation of \$2



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

## 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 6:30-8:00pm Jan 14, Feb 11,**  
**Conference Room Mar 11**  
VLACC

## VLACC Choir – Canto Vivo (17yrs+)

Canto Vivo, The VLACC Choir 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, 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 in Canto Vivo please email [thais@vlacc.ca](mailto:thais@vlacc.ca). (songs are sung in Spanish and Portuguese) No class Feb 19.

**Wed 7:00-9:00pm Jan 8-Mar 12**  
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. Contact us for more details.

Annual membership fee is required. Subsidies available upon request.

### Contact

1655 William St. 604.255.9841  
[info@eastsidefamilyplace.org](mailto:info@eastsidefamilyplace.org)  
[www.eastsidefamilyplace.org](http://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 Playtime and Backyard Playtime are available throughout the week.

<b>M/Tu/Th/F</b>	<b>9:00am-12:00pm</b>	<b>Families</b>
<b>Wed</b>	<b>9:00am-12:00pm</b>	<b>Caregivers</b>
<b>Tue/Thu</b>	<b>1:00am-2:30pm</b>	<b>Families &amp; Caregivers</b>

### 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
- Parents of Babies: A Weekly Baby Group  
 Baby & Me Yoga, Mon 12:30-1:30pm  
 Baby Drop-in, Wed 1-2:30pm

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 and Teens Programs

#### Toddler Storytime (18 mos – 5 yrs) ☀️

Tue 10:00am

#### Babytime (0 – 18 mos)

Tue 11:00am  
 Jan 7 – Mar 11

#### Family Storytime (all ages) ☀️

Thu 10:00am & 11:00am  
 Jan 9 – Mar 13

Sat 11:00am  
 Jan 11 – Mar 15

### Adult Programs

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

Mon 2:30 – 4:30pm  
 For more information and dates, see: [vpl.ca/program/kith-kin](http://vpl.ca/program/kith-kin).

#### Tech Help ☀️

Fri 2:00 - 3:00pm  
 Jan 10 – Mar 14  
 Drop-in

#### ESL Conversation Practice ☀️

Tue 3:00 – 4:00pm  
 Jan 7 – Mar 11  
 Drop-in

To check out what else is happening at the library, visit: [vpl.ca](http://vpl.ca)



## 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.

### Winter 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 Feb 17.

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

<b>Mon</b>	<b>Jan 20-Mar 17</b>	<b>Free*</b>
<b>1-2yrs</b>	<b>10:30-11:30am</b>	
<b>0-12mo</b>	<b>12:30-1:30pm</b>	

\*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.

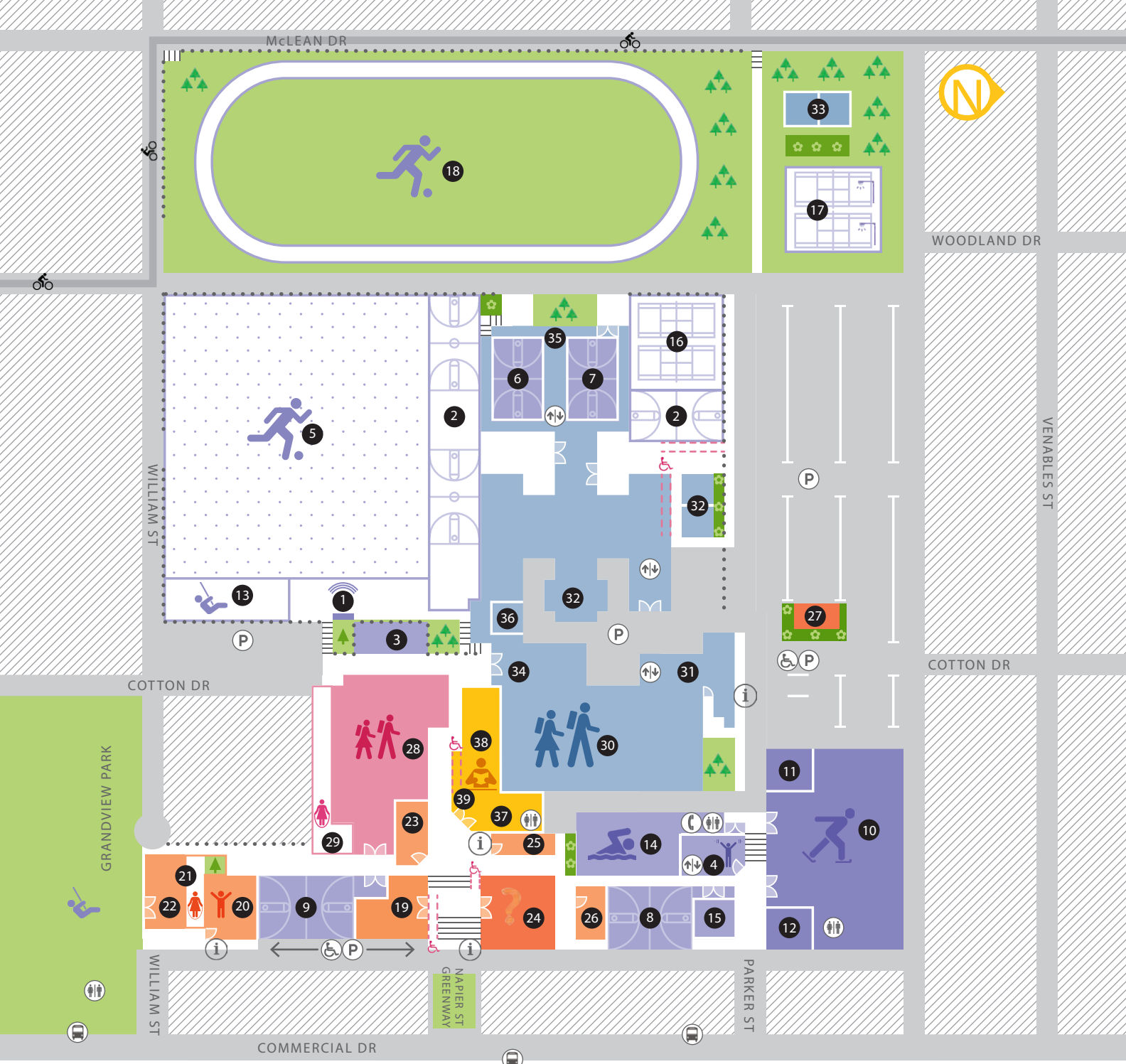
This work is often done through student leadership opportunities, noon hour and after school programming. For inquiries please call 604.713.8273.

#### 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 šx"q"elawøn ct Carving Centre

### elementary school

- 28 Britannia Elementary
- 29 Outdoor Play Area

### secondary school

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

### library + learning

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

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



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